

There is undoubtedly much excitement about the beginning of spring, as anyone will agree that after the cold winter months it will be great to once again venture outdoors and experience all the things our wonderful warm climate has to offer. This month we take a journey through the Cape Floral Kingdom, and celebrate some of the remarkable things that have been happening in nature. We also take a look at what South Africa's Renewable Technology Center SARETEC has been up to, as well as Greenpeace's latest 'trouble makers' causing a stir. Enjoy this month's read, and welcome to the beginning of spring!

The Life in Balance team



Travel tip for August: A magic carpet ride

The far is renowned for many amazing things; aromatic spices, fragrant teas, and very beautiful carpets. However, not even the finest tapestry weaver can create something that compares to the rolling fields of colour that are the "Cape Floral carpets," which are currently in bloom. These magnificent wild flowers bloom around the sprawling areas of the Cederberg and Namaqualand, and as the Cederberg is a short two hour drive from Cape Town, it is the ideal spot for a long weekend getaway (especially the one coming up later next month).

[See full story](#)



Bright ideas

If the idea of a meal out is something



Moments of wonder

Nature's wonders are endless



Healthy Bodies

The end of winter marks the end of many things; cold fronts, wet weather and hopefully debilitating colds and flu. Even though one may be at less of

...the food and meal sets something that one finds appealing, but the thought of sitting in a noisy restaurant is not, Dial-a-picnic has the ideal compromise. Dial-a-picnic are picnic planning specialists, catering to individual needs, whether it be a romantic picnic for two, a high tea birthday party, or corporate event planning. It is the ideal outdoor dining experience, with the quality of professionally made food.

[View more](#)

Nature's wonders are endless, marvellous, and when it comes to trees, timeless. As it is national arbour week from the 1st of September, take a moment to view some of the world's most beautiful trees and how they have grown into shapes and colours of incomparable beauty. Additionally, see which exotic tree growing happily in South Africa has made it onto the list.

[Read more](#)

a risk of catching the sniffles, invest in your body with some of nature's most underrated little helpers. Certain medicinal mushrooms are known to aid a wide spectrum of ailments, and better yet, can be found in South Africa making them easy to acquire.

[See mushrooms](#)

Feature Article: Eskom: License to kill?



Unfortunately the only thing that Eskom and James Bond have in common is a few zeroes, in Eskom's case it's the number of zeroes that continues to increase rapidly on the consumer's electricity bill. As if it is not bad enough that Eskom has been hiking their tariffs for already cash strapped consumers, they are ducking and diving to avoid having to comply with emissions regulations which are due to take effect in 2015. This is a small piece of the large, dirty puzzle the power conglomerate is involved in (excluding the R21 000 a day salary former CEO Brian Dames was awarding himself in 2013).

[see the full story](#)



Beer-o-clock

The craft beer movement has taken off faster than a rocket in South Africa, and particularly in Cape Town. At certain bars, one can be faced with having to choose between 99 different kinds of ales, lagers, pints and the like. Jack Black can arguably be said to be the original trend setter,

Garden Guidance

If you are someone that often becomes frustrated with the choice of fresh produce in supermarkets, now is the ideal time to start investing in your own garden. As the beginning of spring marks the best time to plant many root vegetables, leafy crops and various fruit, try tossing a few seeds in the back yard and be amazed at the speedy growth of some of these amazing plants.

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Game Changer

When it comes to the topic of clean energy, there is often a lot of talk, amounting in fairly little do. However, German born wind power company Nordex has contributed considerably towards the "do," that is wind power in the Western Cape, starting at the grassroots level education; arguably

captivating beer drinkers since it's inception. Click to see the interesting story behind craft beer.

[See more](#)

the most important level of all.

[See what Nordex is up to](#)



Thought for the month:

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has"- Margaret Mead