

life in balance

inspiring a sustainable culture

January 2013

Inspired by Nature



This extraordinary recording, which has made its way around the world, shows a dolphin asking a diver to help release it from a fish hook. Watch and be amazed. **More-**

My favourite performance poet told me his motto for this year is 'To be in the love' and I have seen 2013 - written in reverse - to read eros... As January turns into February there will be red hearts adorning all the shops in a quest to get us to purchase indications of how much we love another. But as we all know - money can't buy you love and the best expressions of it are usually spontaneous and so deeply felt that no item could ever quantify its value. So, with my heart on my sleeve, I have decided to 'spend' more time doing what I love, with those I love and choose products and services that are made with love and care for our beautiful planet and the creatures who we share it with. What have you decided to put at the centre of your life this year and what will determine your life choices? With that point to ponder take some time out and enjoy the latest newsletter and thanks for supporting Life in Balance. Spread the word...and the love.

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Food for Thought Permaculture in Schools



Afristar Foundation, an organisation that promotes 'green' futures around the concept of a nature based economy, recently released a short, inspiring documentary (just 27 minutes) that examines the rising movement of school gardens nationwide. It's well worth a watch. **More-**

The Stink Behind the Perfume Industry

When love is in the air, it is almost certain that perfume will be too. Smell plays an important role in our attraction; there is thought to be a connection between olfactory receptors and the limbic system. But the huge international perfume market may have unintended consequences. **More-**



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Planting Guidelines February 2013



February is a great month to start planning for a late summer crop of fresh veggies or an early autumn or winter harvest. If you are hoping to

Broccoli and Lemon Pasta Shells



This light and summery dish is fragrant and fresh, with touches of garlic and lemon, and chili for just the right amount of spice. Even better, you can have it on the table within half an hour, because who wants to spend hours slaving at a hot stove during the warmest months of the year? **More-**

preserve or freeze veggies for winter consumption, this is a big month. Get started with help from this brief guide to planting by the phases of the moon. **More-**

Salad Days



There's nothing like a fresh, crisp green salad, especially if you have grown some of the leaves yourself. Christine Stevens of Mountain Oak Winery shares some practical advice on growing and maintaining your own salad garden. **More-**

Product Review Household Cleaners



While we may have every intention of making our own cleaning products with wonder ingredients like lemon juice, bicarbonate of soda, vinegar and salt, sometimes we need the quick convenience of off-the-shelf products. We review a range of cleaners that is cost effective, eco-friendly and good for the earth. **More-**



Seafood Stir Fry with Lemon and Basil Rice



Light and fluffy basil and lemon rice perfectly complements the seafood stir fry that combines seafood marinara, garlic, chili and cherry tomatoes into a delicious dish guaranteed to impress friends and family. It's easy to make, too, even if you are usually intimidated by cooking seafood. **More-**

The Harkerville Trail: Magical Forests & Coastal Wonders

Situated between Knysna and Plettenberg Bay on the garden route, the Harkerville Trail is a twoday hike through spectacular indigenous forests and breathtaking rocky shores where you can walk, listen and admire the magic that is a functioning forest and the glory of our rocky coastline. **More-**



Giveaway: O' My Goodness snack gift boxes



Pre-prepared snacks have never tasted this good nor done so much to nourish and revitalise you from the inside out. The selection is heavenly, which includes savoury treats too, like mushroom biltong, sweet potato flax crackers and spiced cashews. You can win one of three gift boxes. **More-**

December Giveaway Winners

Kelslim: Colleen Faber; Sarah Loader; Nina Du Plessis; Natasha Henry; David Van Rensburg
Olive Leaf Tea; Ulanda Neveling

Thought for the month

"Men come and go, cities rise and fall, whole civilizations appear and disappear-the earth remains, slightly modified. The earth remains, and the heartbreaking beauty where there are no hearts to break....I sometimes choose to think, no doubt perversely, that man is a dream, thought an illusion, and only rock is real. Rock and sun." **Edward Abbey, Desert Solitaire: A Season in the Wilderness**

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