

# life in balance

inspiring a sustainable culture

May 2013

## Nature Watch



This may look like an image of a pretty purple flower, but it is, in fact, a Flower Mantid, also known as Pseudocreobotra wahlbergi. Find out more and see the magnificent creature in higher resolution at Barbara's Facebook page. **More-**

## Planting Guide June 2013



Even though the chilly bite of winter is starting to be felt, and the long, sunny and warm growing days of the summer are fast diminishing, many crops can be planted over the winter months. **More-**

## Giveaway African Tree Essences



Made in the tradition of the "Bach Flower Remedies", the tree flower essences are made from the ancient trees of Platbos Forest - an

The merry month of May has brought us cooler autumn days and shifts in the natural cycle edging most of us towards the state of wanting to hibernate and literally 'chill' down. The Life in Balance team have been hard at work, however, creating a brand new web site for our readers and posting moments of wonder on Facebook that is drawing a lot of new readers from all over the world. The seeds we planted in 2008, when Life in Balance was launched, are truly starting to spread themselves as more and more people begin to embrace the role they have to play as a conscious participant in this consumer culture. The growing awareness of people who want to know what is in their food and how it is produced was evident when on the 25th May - Africa Day - South Africans took the streets and joined a reported two million concerned citizens worldwide to voice their rejection against genetically modified food. I was at the Cape Town march and have researched a number of interesting links to help you make up your own mind about the subject which you can read in the article. It is World Environment day on the 5th June and Soil For Life are raising awareness about food security by encouraging you to "Eat for the Earth". The work they are doing by developing food gardeners who are able to grow their own vegetable gardens and thereby create pockets of food security in some of the most degraded environmental areas of the townships is remarkable. Enjoy the tasty recipes (non GMO), read up on honey, enter the give-away, review what to plant this month and make use of the handy tips on cleaning without chemicals. Until next newsletter (and some good news) have a wonder-full month.

**Melissa Baird**

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## Monsanto told to "Voetsak"

Melissa Baird reports reports back on the anti-GMO protest that took place in Cape Town on 25 May and discusses a subject as controversial as climate change. She shares a number of interesting links for those who would like to learn more and decide for themselves whether GMO is friend or foe. **More-**



## An environmentally responsible ride



Despite surfers' reliance on the environment to provide their 'fix', it's a sad irony that the tools they use are created from toxic, poisonous, down-right dirty materials. Now, after seven years of experimentation, a Cape Town craftsman is creating a beautiful, functional, more eco-friendly ride. **More-**

## Product review: Original T Bag Designs

Original T Bag designs is an artful and inspiring social enterprise that makes use of old tea bags as the foundation of their product range that includes stationery, decor items, fabrics and tableware like coasters and trays. The designs are simply lovely. **More-**



## The ABC of nuts

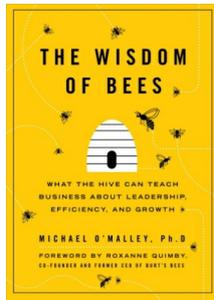
indigenous forest inland from Gansbaai in the Western Cape and three readers can each win a gift pack containing three essences.  
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### Oh, Honey...



Honey bees pollinate millions of acres of food crops each year AND give us a magical nectar. We share some amazing facts about bees, as well as some honey home remedies.  
**More-**

### The Wisdom of Bees: book review



Bee populations around the world are in steep decline and one of the causes is the huge amounts of pesticides that are being used on crops. It is a dire situation for agriculture and a massive call to action to return to natural principles so successfully demonstrated by permaculture farmers. This book addresses bees from a perspective that we can all learn from and is a wonder-full read.  
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### Natural Solutions



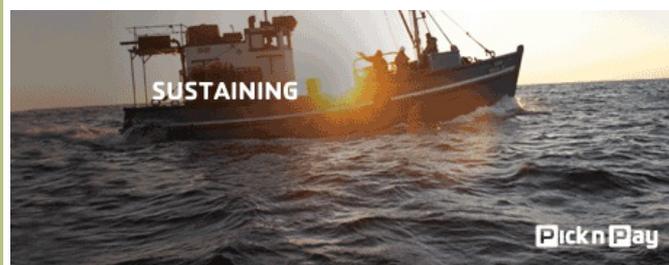
We share some of our favourite home cleaning and health and beauty solutions



Almonds, Brazil and cashew nuts are crammed with nutrients to help your body maintain a healthy immune system during winter. They are also the simplest foods to carry with you if you suffer from low blood sugar or have little ones who need on the go snacks.  
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### Stuffed Greek Conchiglioni

Conchiglioni are giant, ribbed pasta shells perfect for stuffing. This Greek-inspired dish packs a flavourful punch with feta cheese, olives, tomatoes, garlic and oregano, while the comfort food factor makes it a warming dish during the colder months ahead.  
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### Hake Fillets with Cajun-spiced sweet potato wedges



The second of our monthly recipes, courtesy of Pick and Pay Fresh Living magazine, comprises fresh Hake fillets with a lemon, dill and parsley dressing, (Panga would work, too) and Cajun spiced sweet potato wedges, served with a light and refreshing tzatziki.  
**More-**

### Eat for the Earth 2013

World Environment Day is on 5 June and for the third year Yuppiechef is challenging people to host a meal to raise funds and awareness for Soil for Life To acknowledge people eating for the earth, Yuppiechef has set up a real plant wall at Yuppiechef HQ with a live feed.  
**More-**



### Trashed

Sculptor Francois Knoetze, a finalist in the 2011 Absa L'Atelier and Sasol New Signatures competitions and soon to be Rhodes BFA graduate, re-appropriates rubbish to create 'grimy treasures'. He attributes his attraction to non-traditional materials to his upbringing.  
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### April winners - CiVio T + Feelgood Superguard

that are quick and easy and use a range of natural ingredients that don't cost the earth, as well as offer readers the chance to share their own tips and tricks for a comprehensive list of tried and tested natural solutions for everyday life. **More-**

#### Winners of the CiVvio Hemp T-shirt Give-away

The two lucky winners of the CiVvio Hemp T-shirt give-away: Come' Corff | Terry and Joan Cox (presumably they will share their T-shirt)  
And the Feelgood Superguard hampers winners are: Trish Matthews | Fikile Dlodlo  
Congrats! We will be in touch soon.

#### Thought for the month

*We cannot live only for ourselves. A thousand fibres connect us with our fellow-men (humans); and along those fibres, as sympathetic threads, our actions run as causes, and they come back to us as effects. - Herman Melville*

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