

your practical guide to beautiful living

SA's
No.1
home and garden
magazine



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home

May 2024

IN THE KITCHEN

Prawn breyani,

UPSIDE-DOWN ONION TART,
QUICK 'N EASY PAN BUNS

+ Lentil salad with
biltong & figs

SA's best
renovation
competition

FIX IT WITH FLAIR

R125 000 UP
FOR GRABS!

IN THE GARDEN

A floral paradise
+ from seed!
Sloping erf?
Create terraces



DE AAR

Cottage makeover

Space maximised
with drywall

25 tips & tricks for THE MOST BEAUTIFUL BEDROOMS

NAPIER

Barn-style home
built from scratch

PARKWOOD

Monochrome makeover
with splashes of colour

DOLPHIN COAST

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glass, steel and slate





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32 *Reader home*



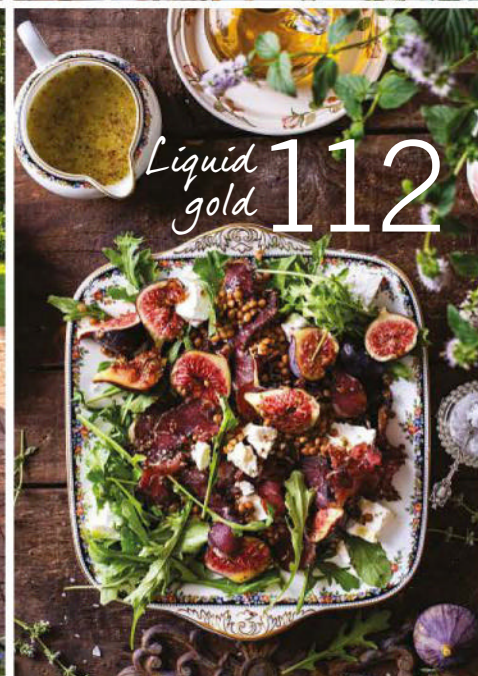
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A friend sent me a message the other day: she's moving and she wanted to know what she should do with all her CDs.

Good question. There isn't even a CD player in my car anymore. And the one in my house died the other day. Can one even get them repaired?

Annette, our digital editor, posted the question on Facebook. And the comments (see page 6) varied from surprised people who said they still listen to their CDs every day to someone who said you can make a solar panel out of them! (Really? We'll do some research...)

But the funniest response was from a reader who said: "I still play my Christmas CDs to infuriate my husband and I have the odd one in my car to freak out my children."

But back to the original dilemma. What have you done with all your old CDs? I have a few, mostly recordings of local choirs that you won't find on Spotify or Apple Music. I sing on some of those recordings, and you wouldn't throw yourself in the trash, now would you?

It's amazing how fast the world is changing. And the pace quickens every day. I've written about artificial intelligence before, and how machine learning will soon bring about the next industrial revolution. Progress is all well and good but the 'smarter' we get, the dumber we get. Because you don't need to know or remember anything, you simply Google it! Or ask on Facebook.

There's no shortage of know-it-alls (sometimes with ridiculous advice) on some of the Facebook groups I belong to. The latest low point was when someone asked, without a single please or thank you: "Restaurants for tonight, and GO!" Excuse me? Are we contestants on your personal reality show? The *Amazing Restaurant Race*, FB-style? Where do you live, "Linda on Facebook"? Maybe then we can make a sensible suggestion. And what do you like to eat (curry, Italian, sushi – or maybe you're more of a burger-and-chips girl)? What's your budget and are you perhaps looking for a place with a play area for your kids? Do you even have kids? I have so many questions...

Earlier this week, I had to call a new number that's not in my contacts and for a moment I was thrown: where exactly is the keyboard on my cell phone...? Is that what it's come to now? Can I only call people I know?

I think it's time to start memorising phone numbers again. Like when I was a kid. Able to rattle off the numbers of every classmate I needed to call late at night on the old-fashioned phone in the entrance hall, but unable to remember what the maths homework was – and grumpy Mr Brink was armed with a cane.

Fortunately, I have other talents. I know the difference between 'complement' and 'compliment' and I know chartreuse is not quite lime-green. And watch out for royal blue, it's not indigo.

Go ahead and enquire on Facebook, if you must, but remember: here at *Home*, the team and I are at the ready – with the right answers.



home

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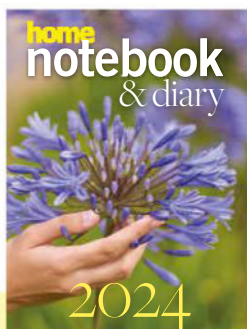


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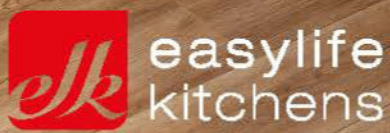
Wicus editor@homemag.co.za

- Entries for our annual *Fix it with Flair* competition in partnership with JoJo are once again open! Check out page 74 for all the details.
- Don't forget that you can buy any of our editions that are no longer available in-store – including our beautiful *Notebook & Diary* – online. Place your order at media24shop.com and we'll deliver to your home!

The next issue of *Home* will be on-shelf from 17 May.



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Your space

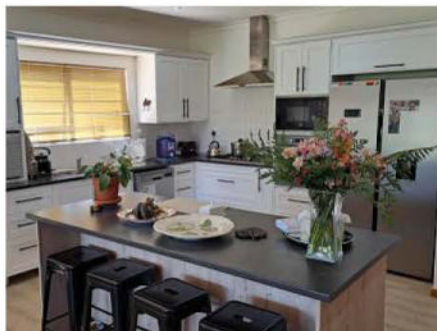
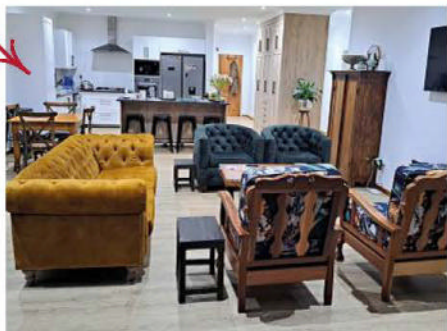
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WINNING LETTER A fresh start

Rolf Gevers of KwaZulu-Natal writes My wife Ilse and I were living in Kloof when we decided to retire. We had all our possessions stored at Biddulphs in Pinetown, waiting for our next move, when the looting happened in July 2021 and all our things were taken.

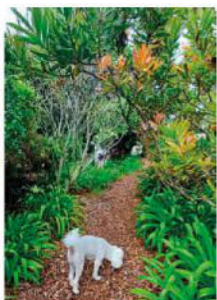
We literally had to start over – thank goodness for insurance!

We've now built a new house at the retirement village in Paulpietersburg and I wanted to share some pictures with you...



The story of a buffalo trophy

Linda Rautenbach of Gqeberha writes The other day, I headed off to an auction to buy a leather sofa. Once there, I spied the sofa: very nice and clearly quite expensive. But it was as hard as a rock to sit on! I made my way up a spiral staircase to the top floor, which was filled with an array of animal trophy heads. However, I prefer live animals in the veld, thanks. Just then, the bidding began and seconds later the pawpaw hit the fan. I think I must have been overcome by a hot flush because suddenly I heard my own voice. And, to my horror, I realised I had just purchased a buffalo head the size of a small car. As I left, the owner told me how he'd hunted that animal for days. I was heartsore. Back at home, the cats skedaddled, even the blind one. We hung the buffalo head on the wall, and I lit a few candles for it, welcoming it to our home. We appreciate what a beautiful animal it must have been and we hope it will be happy here with us!



IN SHORT

I love the garden we have created after 10 years of hard work, but sadly we are planning to sell our property this year. Here's hoping the new owner enjoys it as much as we do! – *Colin Stander, Mossel Bay*

home

FROM FACEBOOK

WHAT HAVE YOU DONE WITH YOUR OLD CDs?

- I listen to them – and I always will. – *Rykje van der Merwe*
- My CD collection is going strong – if anyone wants to get rid of theirs, I'll give them a good home. – *Ryno Smit*
- I donated mine to our local crèche; they use them for art projects. – *Riana le Roux*
- I still listen to them. – *S'thembile Shabangu*
- I threw them away because everything I want to listen to is on Spotify. – *Emma Mitchell*
- I still store them in a safe place. – *Danny Moreo*
- I hung mine in my fruit trees to deter birds – and it works! – *Magda Coetzee*
- I still listen to my CDs – as well as my LPs. – *Anthony JP Louw*

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OUT OF **the blue**

A Victorian Karoo cottage has been dramatically coloured in from floor to ceiling – yet it's far from predictable, as the occasional surprise awaits in black and white.

Text and production Marian van Wyk • *Photographs* Greg Cox



*I love knowing who won
the old trophies;
I'm very nostalgic!*
– Jan Sauer

Feel at home

Creating an inviting atmosphere in his guest accommodation is a priority for Jan Sauer Lambrecht. He finds that the uniform dark blue palette in this cottage in Richmond in the Northern Cape Karoo creates a cosy feel in winter and a cool atmosphere in summer.

Jan Sauer adores the Karoo landscape; in the main bedroom he has hung a print of a photo he took on his family's farm in the De Aar area. "There aren't any big windows with a view here," he says. "Now, visitors can enjoy an expansive landscape from the bed." Trophies, like those on the side table, can be seen throughout his cottages. They add interest and serve as receptacles for flowers, thorn tree twigs and even sweets.

Side table from PEP Home



Bookshelf made by
CJ Robinson; sofa and scatter
cushion from Nook Interiors

One for the books

The four *nagmaalhuisjes* (communion cottages) that have stood side by side in Richmond since the late 19th century have long captured Jan Sauer's imagination. "They were the town's book houses and I bought them, one by one, over three years," says this guest accommodation entrepreneur. The book houses and annual book festival, which were internationally renowned, were a wonderful economic injection for this small town next to the N1. This bookcase in the first cottage that Jan Sauer renovated serves as a tribute to this history; he designed it himself. "The taxidermy parrot introduces an eclectic element and inspired the décor colour scheme," he adds. The bathroom (see page 10) is just visible to the left of the bookshelf. >>

A playful twist

In the dining area (*right*), the dark drama of the uniform blue palette is interrupted. This focal wall is the only light wall and the graphic motif contrasts beautifully with the dark blue. “Since the Victorian cottage is so stately on the outside, I could take a few risks with more playful décor on the inside,” says Jan Sauer. He painted the chairs in a brighter blue than the walls, which makes them stand out while also contributing to the colour-drenching technique used in the space.

All fired up

The bathroom (*below*) is the only room with Victorian finishes. “But I didn’t want to make it overly Victorian,” says Jan Sauer, referring to the black and white tiles which connect visually to the wallpaper in the dining area and also offer relief from the intense blue palette. The large fireplace is a telltale sign that this room was likely the original kitchen. Overnight guests can shower next to a crackling fire when the temperature plummets here in the Karoo. What a treat! 🏠



Wallpaper from Cara Saven Wall Design; black pendant from Weylandts; dining table from Colonial Antiques



Table from PEP Home; towels with blue stripe from The Cotton Company; shower products from Roodt Made By Nature and Liedjesbos; wooden scoop from Ethos



STOCKISTS AND CONTACT

Cara Saven Wall Design carasaven.com CJ Robinson 083 506 3981 Colonial Antiques [instagram.com/colonialantiques](https://www.instagram.com/colonialantiques) Ethos ethos-store.co.za
Liedjesbos liedjesbos.co.za Nook Interiors nookinteriors.co.za PEP Home pepstores.com Roodt Made By Nature [instagram.com/roodtmadebynature](https://www.instagram.com/roodtmadebynature)
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Compiled by
Johané Neilson

Rock Wall Light
in Bourbon
(16cm W x 48cm H
x 23cm D) R2 200,
hertexhaus.co.za

What's new

NEW!

The Orissa Collection by ILIV for St Leger & Viney draws inspiration from the lively tapestries of India and features jewel tones that evoke warmth and positivity. Go to stleger.co.za.



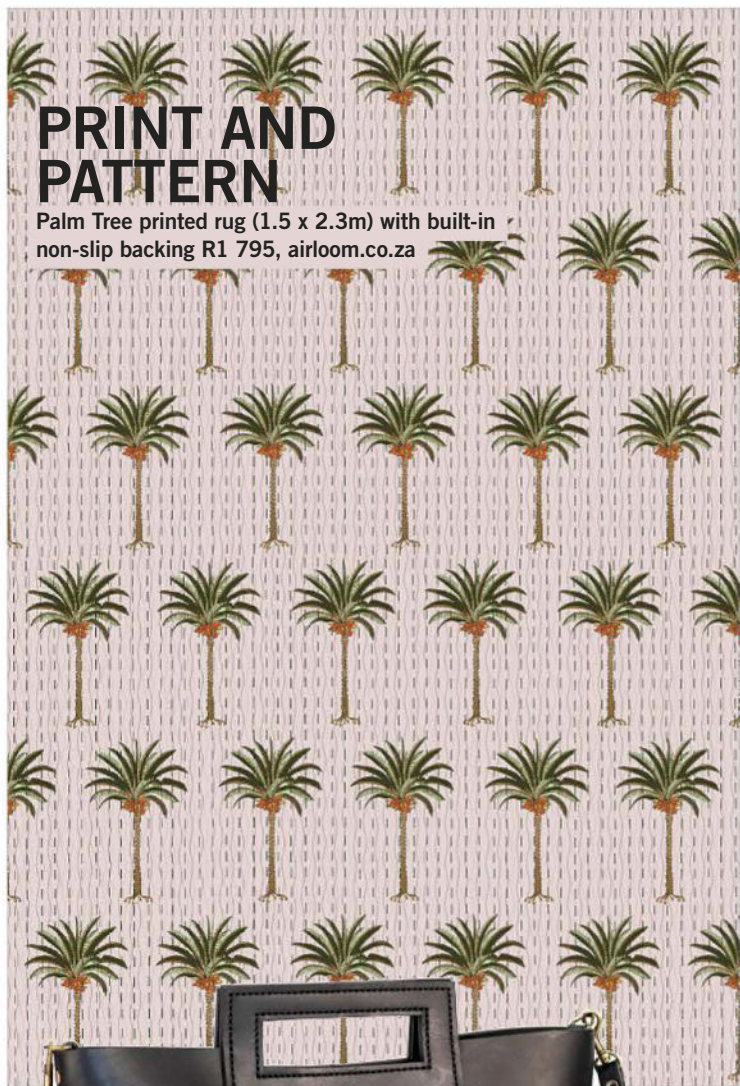
Take cover

Lisburn Linen Cushion Cover (pictured in Bronze; 60 x 90cm) R700, mungo.co.za

Judi Swivel Chair in
Maya Cream R12 999,
sofacompany.co.za

PRINT AND PATTERN

Palm Tree printed rug (1.5 x 2.3m) with built-in non-slip backing R1 795, airloom.co.za



Yem-b (which stands for 'Your End, My Beginning') is a social entrepreneurship company that upskills local crafters in beadwork, sewing, leatherwork, crocheting and business with the aim of each of these trainees independently running their own business and becoming suppliers to Yem-b and other companies. Go to thusana.com/thusana-friends/yem-b/ to see their range of bags, clothing, toys, décor and jewellery.

We love this leather Mongi handbag (R1 800)!

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pepstores.com



Hawaiian Rattan Pendant in Natural
(41cm H x 53cm D) R2 520, klight.co.za



Trend alert!

Woolworths has announced its colour trends for autumn and winter. Its 'Artisanal' autumn theme embodies rich earthy reds, olive-greens and tan, while its 'Nostalgia' winter theme highlights dark, dreamy teals paired with saffron-yellow and tans. "Both of our themes and palettes are underpinned by natural shades of stone, ecru, camel and toffee," says Courtney Louw, senior designer.



Egyptian Cotton Duvet Set (400 thread count; king)
R1 699; Comforter R1 399; Mushroom Lamp
R1 299, all from woolworths.co.za

Treat yourself

The new Margo Selby Finchley Bath Towels (130 x 70cm, 600gsm; R699, yuppiechef.com) are soft yet durable. >>



WHAT'S NEW



The Lula Fabrics Ikat collection is a printed interpretation of this classic, adopting the blurry edges, geometric patterning and vivid colours that are all synonymous with ikat weaves and design. Printed linen in Jade and Spot designs (R1 398/m, lulafabrics.com) is available in an array of colours.

WATER LILY
W05

SNOW PROTEA
01

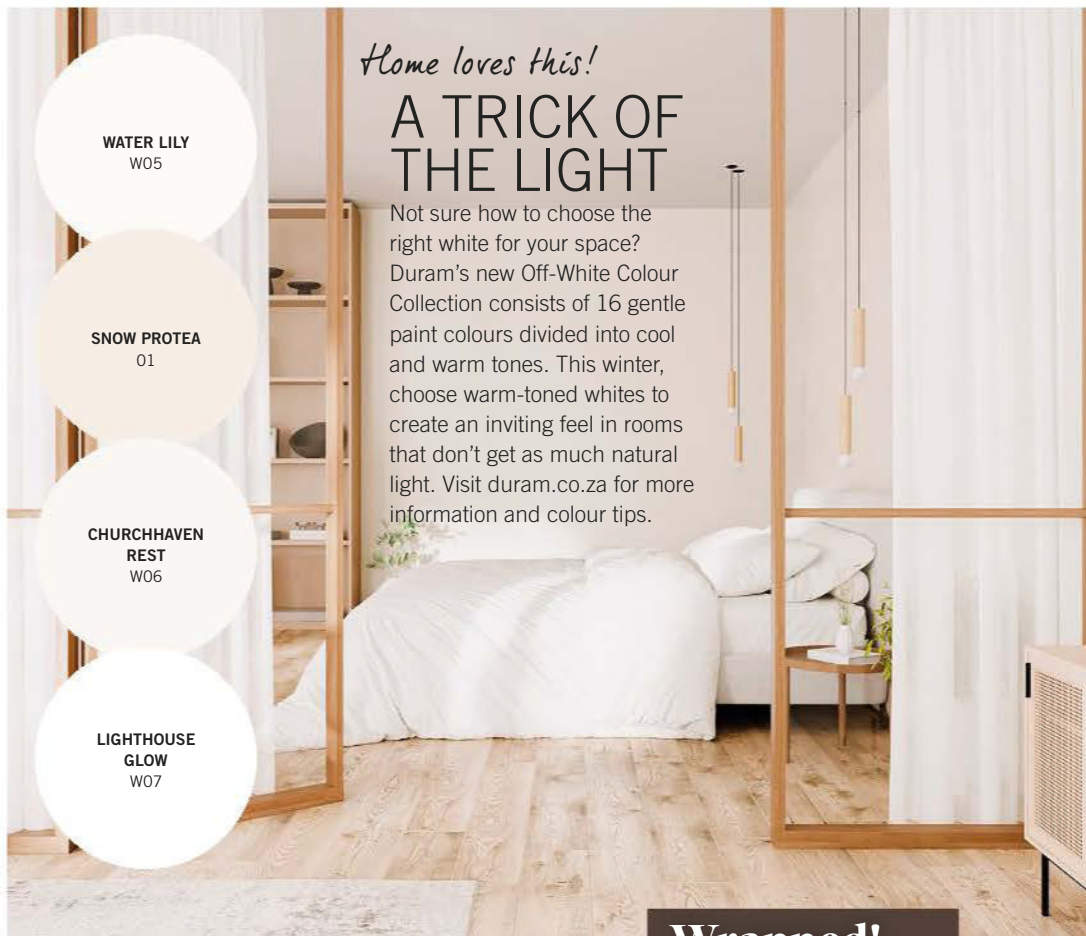
CHURCHHAVEN
REST
W06

LIGHTHOUSE
GLOW
W07

Home loves this!

A TRICK OF THE LIGHT

Not sure how to choose the right white for your space? Duram's new Off-White Colour Collection consists of 16 gentle paint colours divided into cool and warm tones. This winter, choose warm-toned whites to create an inviting feel in rooms that don't get as much natural light. Visit duram.co.za for more information and colour tips.



Wrapped!

The new Wood-Plastic Composite (WPC) panels and cladding by Smart Art boast the best properties of both materials, creating a product with improved strength, durability and resistance to environmental factors. It's perfect for walls and ceilings and it's available in a range of colours (pictured in an Oak finish). For details, go to smartart.co.za.



Premium Feather and Down Cotton Duvet Inner from R909.99 (double), mrphome.com



TIME TO HIBERNATE

A winter-ready bed is incomplete without a luxurious duvet inner. Consider materials like goose down or down alternative for a cloud-like cocoon that traps heat efficiently. Shop for your bedding in-store, online (mrphome.com) or on the Mr Price app today!

Light a candle

Locally made, Amanda-Jayne's new double-wick candles (R799 each, amandajaynecandles.com) burn brighter and offer a stronger scent as well as longer burn times of up to 70 hours. They're available in 11 fragrances and each candle's 370g glass tumbler is packaged in a cream box, making it an exquisite gift. >>





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roomservicehomeware.co.za



The Detail Smith
medium dinner
plate (28cm) R399,
poetrystores.co.za

A MODERN SILHOUETTE

The Spanish-designed, wall-hung
Invicta Arena 4-drawer vanity
(currently on promotion for R6 990,
italtile.co.za) offers ample storage and
its generous dimensions (1 190mm L
x 450mm W x 480mm H) make it
the ideal cabinet for larger
contemporary bathrooms.



CREATE, INNOVATE!



WHO Kim Speer
and Clarissa Kok

WHERE Cape Town

BUSINESS Natural Selection
Lifestyle Collective

THEIR WORK After closing their retail stores
in vibrant Kalk Bay, creative duo Kim Speer

and Clarissa Kok started Natural Selection, an online décor hub
that focuses on fun and eclectic design. Think colourful scatters,
bags and kimonos. "Our motto is 'Living Life in Colour'," says
Clarissa. "We source our fabrics locally and use a sublimation
printing process to produce beautiful bright colours. We choose
what we make from things we love!"

Visit naturalselectiondecor.co.za and follow them on
[instagram.com/naturalselectioncollective](https://www.instagram.com/naturalselectioncollective).

Cushion covers (pictured above) R750 each:

1 Chamarel Monkeys 2 Plantation Taj

3 Boho Leopard 4 Cabo Verde

Inspired by nature

Kent Side Table in Green
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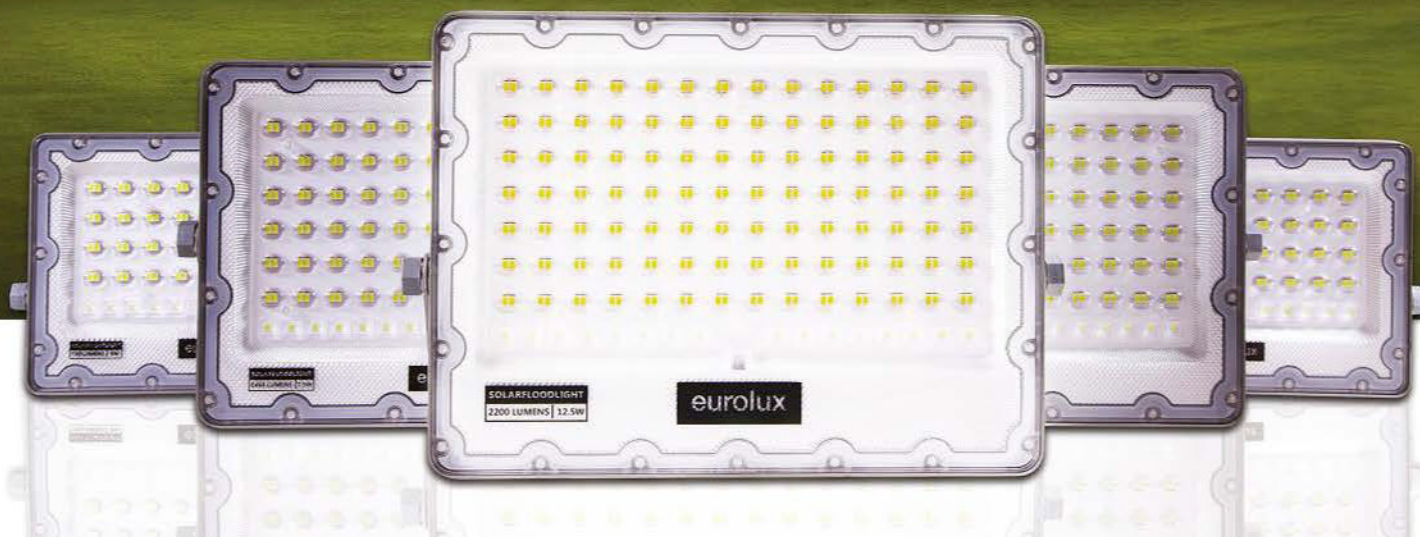


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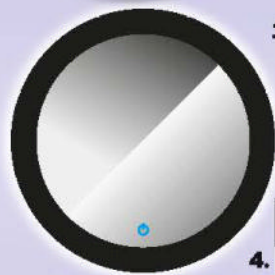
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6.



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2. New Road Tivoli Tap Range
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3. Oswaldo Black Wall Hung Vanity

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WHO LIVES HERE?

Jan Boeyens and Alta Moggee with Alta's children Isabella (16) and Christian (14), and four dogs

WHERE Parkwood, Johannesburg

SIZE 420m² (including stoeps)

Paint colour

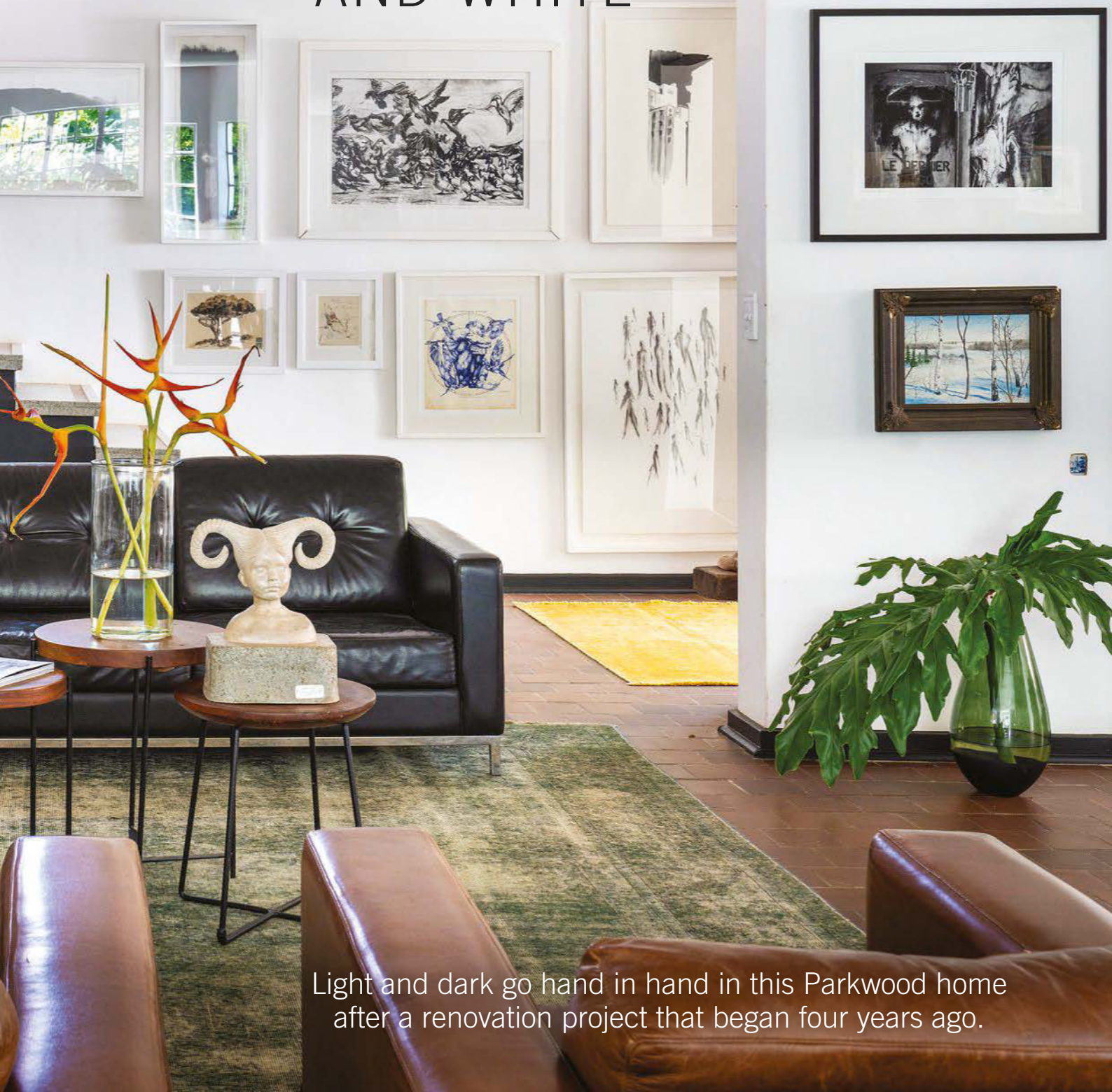
Plascon
Tribeca Corner

The black-and-white palette in the living room creates a tranquil atmosphere. A 1955 geological map of South Africa hangs above the sofa on the left. "Jan bought it for his dad years ago. It was hanging in the garage and we had it framed recently," says Alta. The art collection at the stairs includes the work of Sue Pam-Grant, Dina Kroon, Adèle Prins, Terry Kobus and Renier Spies.

Vintage rug from Herat Trading

A STUDY IN **black** AND WHITE

By Marian van Wyk
Photographs Christoph Hoffmann
Styling Amanda van Wyngaardt



Light and dark go hand in hand in this Parkwood home after a renovation project that began four years ago.

If a paint colour doesn't work for Alta Moggee, she has it remixed. In fact, as many times as needed. Her wall colours are like her opinion on all things décor-related: (almost) black or white. Because this hairstylist and part-time interior designer's work is visual, and in her home she gravitates towards the tranquillity of a monochromatic palette.

The renovation story of the house that Alta and Jan share began four years ago, after they'd been dating for more or less a year. Jan has lived here for 20 years. Four years ago, he asked her to modernise the 1970s kitchen, and a year later the bathrooms. The rest of the house remained as it was built.

It wasn't until May 2023 that Alta began making plans to update the remainder of the home. >>

A small stoep outside the original front door was enclosed as an entrance hall; Jess, a rescue pup, likes to keep watch over the garden from here. Yellow, especially in a chartreuse shade, is Alta's favourite accent colour. The pendant lights were a second-hand buy; like many of the walls, they were spray-painted in the Plascon colour Tribeca Corner, with gold leaf on the inside. The shutter doors to the left of the stairs lead to Jan's home office.

Floor tiles from Hadedra Tiles



The sunroom leads out to the new long patio. Where new floors were laid or joined the old clay tile floor, bricks were installed in a herringbone pattern. The new glass doors are fitted with double safety glass. "The doors are heavier and feel more durable," says Alta. The chair was upholstered in her favourite accent colour. "It's a counterpoint to the leather sofas around the corner," she adds.



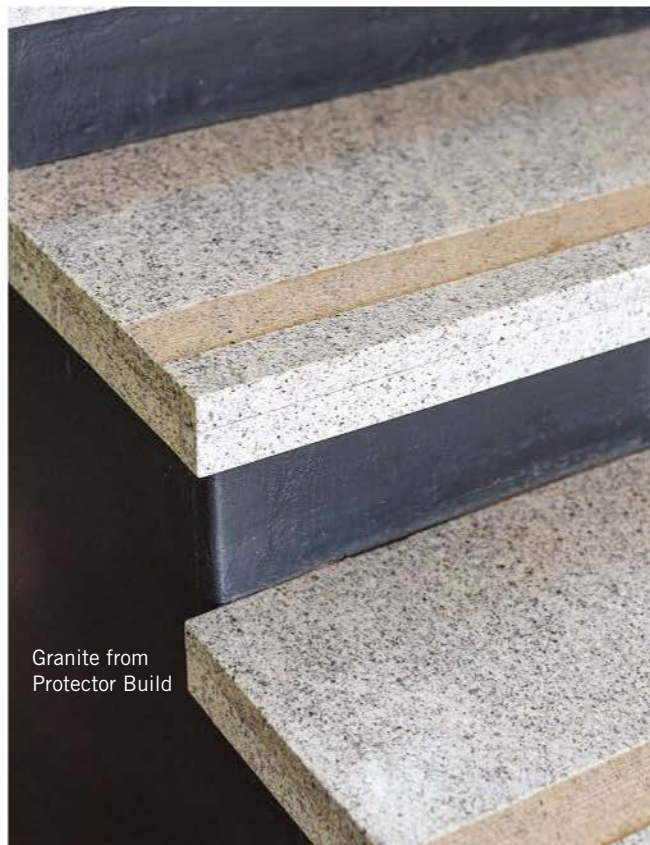


Paint colour
Plascon
Tribeca Corner



The mixed-media artwork (*left*) by Pauline Gutter in the sunroom was a 40th birthday gift and is very special to Alta. Pauline worked with charcoal that she collected after the devastating fires in the Knysna area in 2017, where Alta lived at the time.

During the renovation project, Alta spent many hours at a building materials salvage yard, and found everything from windows to treads with a non-slip groove for the staircase in the living room (*below*). The stairs previously had brown carpet tiles that needed to be replaced with a non-slip surface.



Granite from
Protector Build

The kitchen was the first space Alta renovated, four years ago. "Everything revolves around the island," she says, "and is arranged logically, with the pots and pans close at hand in the drawers next to the stove." The clay tiles are the originals from 1978. The British flag is a second-hand buy which was recently framed.



In winter, the closed-combustion stove provides warmth, day and night. The sunroom is located just around the corner from the piano, which Jan bought for his daughters years ago. >>

Closed-combustion stove from Heatwave



All the bedrooms have parquet floors. In the main bedroom, a 1.9m-tall Indonesian headboard fits snugly under the window – a stroke of luck! The mirror is part of a second-hand collection that can be seen throughout the house.

Headboard from The Railway House

Paint colour

Plascon
Tribeca Corner



TIP FROM A DEDICATED THRIFTER
I search until I find something *at an acceptable price*; I'm always on the hunt for a bargain. – Alta



Copper-framed mirrors add a touch of elegance to the bedrooms and bathrooms. Alta has been collecting these mirrors for years and always keeps an eye open for them in second-hand stores.

The light fantastic

Today, this house dating from 1978 is almost unrecognisable. Walls were demolished, rough brick walls were plastered and larger windows were installed. Alta is effusive about the fact that the house now “breathes”. “The light makes such a difference. Once the brick walls were plastered, light was reflected instead of being absorbed because there was too much texture.”

And Jan? Well, this software company owner and ceramics enthusiast is delighted as he has more than enough space for his hobbies: ceramics, beer-brewing and reading.

He now has a ceiling-height bookcase that provides more than enough storage space for 40 linear metres of books. Yes, perfectionist Alta measured his book collection! >>>

The wall between the original small green bathroom and a dressing room was demolished to create the spacious en-suite bathroom for the main bedroom (above). This was Alta’s second renovation project three years ago. “I despise an enclosed shower cubicle; it feels cramped,” she says, referring to the new open shower. “And no, the bathroom floor doesn’t get wet.” The bath and basin were chosen for their uniform design.

Round and arched windows by Delarey Welding Works; floor tiles from Union Tiles; metro shower tiles from Italtile; bath and basin from Dado Quartz; towels from Mungo



Alta had the blue paint for the wall mixed four times before she was satisfied.

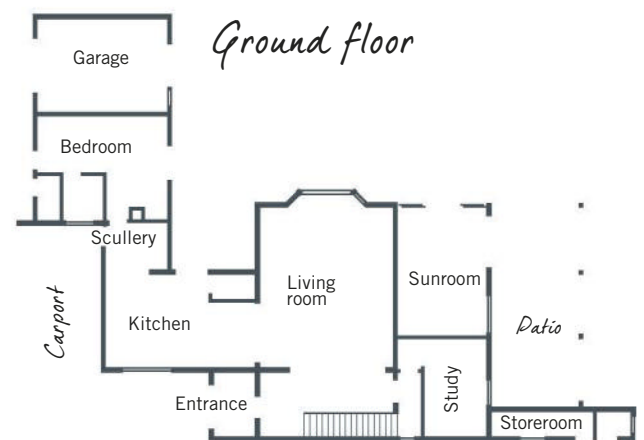


Alta and Jan on the patio.



Paint colour
Tjhoko Creative Chrystal

A wall niche in the guest loo under the stairs is painted in a cheerful accent colour.



Top floor



A photograph of a bathroom shower area. The walls and floor are covered in blue and white geometric tiles that create a 3D optical illusion of cubes. A silver showerhead is mounted on the wall. To the left, a window with white frames looks out onto greenery. A black metal towel rack is mounted on the wall, holding a patterned towel and a potted plant. A wooden stool is in the foreground.

A large bathroom was divided into two identical smaller bathrooms for the two guest bedrooms. Alta chose the blue tiles to tie in with the Mediterranean accents elsewhere, such as the pool wall and at the entrance hall and on the patio. >>

Shower tiles from Hadedra Tiles;
towel from Mungo



On the new east-facing patio, a pine pergola with its transparent roof sheets was another stroke of luck that saved on building costs, says Alta. "The planks were lying around here, so I said 'let's just use them!'" The floor bricks perfectly complement the old clay tiles inside the house.

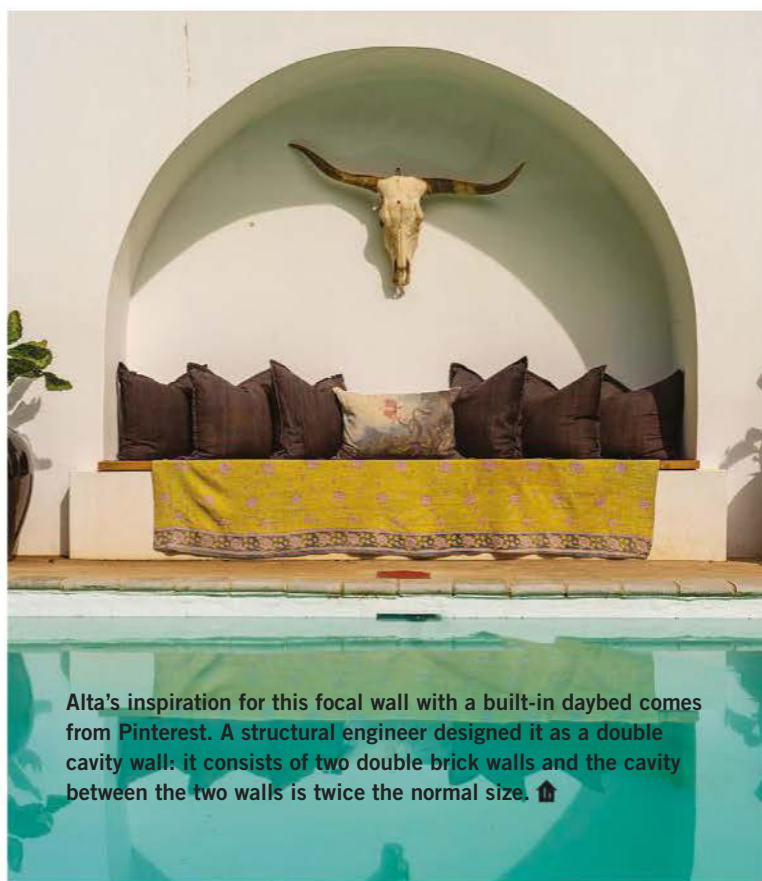
Floor bricks from Top Rock Brick Tile Manufacturers

The patio is shaded by two white stinkwood trees (*opposite*). It's a generous 8m long and overlooks the pool. New glass doors lead to the sunroom and make the living space noticeably lighter.

Architecture by Michelle Oosthuizen of MO Architects; construction by Tshuma Builders

STOCKISTS AND CONTACTS

Dado Quartz dadoquartzbathware.com
 Delarey Welding Works delareyw.co.za
 Go-To Door and Window gotodoorandwindow.co.za
 Hadedra Tiles hadedra-tiles.com Heatwave heatwave.co.za
 Herat Trading facebook.com/herattrading Italtile italtile.co.za
 MO Architects 082 928 2436 Mungo mungo.co.za
 Plascon plascon.co.za Protector Build protectorbuild.co.za
 The Railway House facebook.com/kalkbayshop
 Tjhoko Paint tjhoko.co.za Top Rock Brick Tile Manufacturers trbrickntile.co.za
 Tshuma Builders 083 313 4219 Union Tiles uniontiles.co.za



Alta's inspiration for this focal wall with a built-in daybed comes from Pinterest. A structural engineer designed it as a double cavity wall: it consists of two double brick walls and the cavity between the two walls is twice the normal size. 🏠



READER HOME

WHO LIVES HERE? Monique and Dehan Opperman with their rescue pooch Loki

WHERE Napier, Overberg

SIZE 225m²; stoep (50m²) and mezzanine (25m²) included

Dehan and Monique's open-plan living area leads out to a large, sheltered stoep on the north-facing side of the house.

Construction by RJ Bouers

'A very silly idea'

Text and production Marian van Wyk • Photographs Karl Rogers



Next to a gravel road in Napier stands a house built by a young couple on a small budget – but with big DIY plans.



The double-volume space gets loads of natural light. The couple saved on costs by building the kitchen cabinets themselves, with the help of Dehan's father Derick. The thick, solid American white oak was finished with food-safe Rubio Monocoat Oil Plus 2C in the colour Dark Oak. "It was our only extravagance," says Dehan. For practical reasons, and to soften the look, the lower section of the kitchen walls was plastered. "After that it made sense to do the same throughout the house," says Monique.

Countertops by Eiger Furniture; bar stools from Superbalist; light grey pendant lamp from Takealot; dark grey pendant lamp from Bali Trading

The kist comes from Monique's childhood bedroom and the oak table was the first second-hand piece of furniture she bought as a student. She found the artwork behind the bed online and had it printed on linen at Buzuci.



Paint colour

Paintsmiths My Love



Pendant lamp
from Bali Trading

It's not every day that a village like Napier gets new homeowners under the age of 30. People usually whizz through this small town on their way to Agulhas or Struisbaai, although those in the know have a pretty good idea where to stop for delicious milk tart or the best local wines. "It feels like a farm, without living on a farm," says Dehan Opperman. In 2019, he and Monique had never heard of the Overberg, let alone Napier at the foot of the Soetmuisberg mountain, where Dehan's parents, Derick and Renette Opperman, retired.

At the time, Dehan had started working in the business intelligence industry and Monique was pursuing a doctorate in biochemistry. In 2020, they began to spend more time with Derick and Renette in their stone house, and worked from Napier for several months. They soon fell madly in love with the platteland, and their stays in the stone house became even longer. >>

The lounge, kitchen and main bedroom form one large open-plan space on the ground level (above). Monique's dad, Kobus Combrink, made the coffee table from old pallet wood, with legs from Gelmar. Loki, the couple's rescue dog from their university days, loves his new home. A home office can be seen on the mezzanine level above the bedroom.



The open-plan area was designed to create a dark environment for the main bedroom. This makes the colour of the wall paint seem darker than elsewhere. Monique and her mom, Heleen Combrink, made curtains to separate the spaces. "In summer, it gets light very early, so the curtains ensure that we get more time to sleep in," says Monique. "We plan to add another main bedroom later."

A chest of drawers that serves as a bedside table (*below left*) and the bookshelf on the other side of the bed (*opposite, far left*) come from Dehan's grandparents' house. An architect's filing cabinet from Marketplace serves as a kitchen island (*below right*), separating the kitchen from the lounge. "It was sanded down and my father-in-law changed the eight shallow drawers to four deeper drawers without detracting from the style," says Monique.



Arch-shaped candle and vase from PEP Home; art print on linen by Buzuci



The frames on the gallery wall above the stove (*below*) were bought on auction in the neighbouring town of Bredasdorp; Monique found the vintage prints online.



Paint colour Paintsmiths Monkey Ropes





A large 2.4 x 1.5m second-hand window with teak frames makes the kitchen feel like part of the stoep.
Second-hand window from Seconds

It's a sign!

By 2022, there were two clear signs as to where their life paths were leading them. Dehan was offered a job opportunity in the Western Cape just as the plot of land overlooking his parents' house came on the market. During a late afternoon stroll under the tall blue gum trees lining the gravel road, he surprised Monique by suggesting that they buy the huge 2 300m² stand.

"I thought it was a very silly idea," she says, laughing. "Yes, we would have a plot of land, but still nowhere to live." However, devising plans is in the Oppermans' DNA. Derick is a keen DIYer and Renette has the creative and aesthetic vision that made their stone house a winner in the "Most Beautiful" category of *Home's Fix it with Flair* competition in 2021.

In June 2022, the two 26-year-olds' (now 28) offer was accepted and they moved in with Derick and Renette. And then things started to take shape quickly...

Roland Johannes of RJ Bouers began digging the foundations at the end of November and by the end of April 2023, Dehan and Monique were able to move in – with all sorts of ingenious plans for what still lay ahead.

Two years later, the pair still marvel at their handiwork. "The transformation of humble materials and Marketplace finds reminds us every day of the blood, sweat and tears as well as love and craftsmanship it took to create this special space," says Monique proudly.





Paint colour

Plascon Subtle Night

The wire locker was a Marketplace buy; pendant lamp from Builders; patio doors by Gemini Alu (opposite, top left)

The stoep is used throughout all the seasons. All the pine beams were finished with waterproof Dulux Woodgard Rubbol in the colour Light Brown. The cement floor inside and out was sealed by Paintsmiths with Multi UV Sealer Satin and Colour Retaining Primer with a light grey tint.

BRIGHT IDEAS FOR A FIRST HOME

Dehan and Monique's budget was limited, but they were able to stretch their rands. They tell us how they built cost-effectively:

Self-designed The couple designed the house themselves with loads of inspiration from Derick and Renette's stone house, which has already stood the test of time. "We played around with the free program HomeByMe (home.by.me/en/) for hours until we found exactly what we liked and then handed it over to a draughtsman," says Dehan.

Versatile structure The basic elongated structure houses the two bedrooms, living room and kitchen on ground level. An open-plan layout made it easier to stay within a tight budget.

Double volume "This makes the compact house feel open and much larger, without adding more square metres," says Monique. "Thanks to the height, we were able to build in a mezzanine level and set it up as a home office."

Designed for expansion The Oppermans still have lots of plans for extensions, which include a new main bedroom and kids' bedrooms.

The elongated barn-shaped structure lends itself to an L-shape in the future, making it possible to add a bedroom wing on the short leg of the 'L'.

Industrial style A combination of exposed red bricks and dark grey aluminium window frames creates character and a modern, industrial feel without having to pay extra for finishes.

Good insulation IsoBoard ceilings were installed throughout the house; they keep the home naturally cool in summer and warm in winter, without the expense of additional heating or cooling.

Wood for heat In the cold winter months, they use a closed-combustion stove, which makes the entire open-plan space wonderfully warm. "We almost look forward to the cold and wet Cape winters," says Dehan.

Refurbishing and DIY "Our approach to DIY was 'how hard can it really be?'," says Monique. "But I have to say that without my father-in-law's knowledge and help it would have been much more difficult!" Instead of buying new built-in kitchen cabinets, they saved a lot of money by using second-hand furniture and timber. >>

After two years in a bachelor apartment, the spacious bathroom is a huge spoil. The oak vanity was a rickety Marketplace buy. Father-in-law Derick reinforced the structure, and Monique and Dehan spent days scraping off paint. The drawer was adapted to accommodate the plumbing pipes.

Towels from African Jacquard; soap from Hermanus Brewing Company



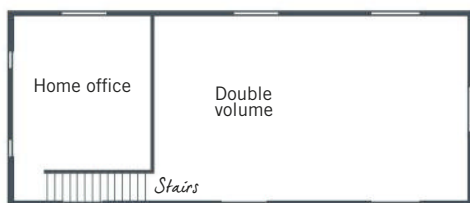
Paint colour

Paintsmiths
Salt River

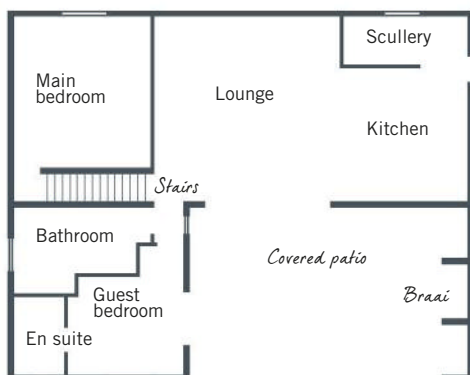
Paint colour
Paintsmiths My Love



The Oppermans love a natural cement finish rather than tiles. The shower floor is sealed with MCC Multi UV Sealer Satin and Multi Colour Retainer with a light grey tint. The shower walls were painted with durable Midas Envirolite 240, which can easily cope with daily splashing.



Mezzanine



Ground floor



The barn door to the guest bedroom's en-suite bathroom is finished with waterproof Dulux Woodgard Rubbol in the colour Light Brown. Monique's dad Kobus made the copper bedside lamp.

Barn door self-assembly kit from Leroy Merlin; towel from African Jacquard; brown vase and candle from PEP Home

STOCKISTS AND CONTACTS

African Jacquard africanjacquard.com **Builders** builders.co.za **Bali Trading** balitrading.co.za **Buzuci** buzuci.co.za
Dulux dulux.co.za **Gelmar** gelmar.co.za **Eiger Furniture** 083 664 6861 **Gemini Alu** geminialuminiumoverberg.co.za
Hermanus Brewing Company hermanusbrewery.com **Leroy Merlin** leroymerlin.co.za **Mr Price Home** mrphome.com
Paintsmiths paintsmiths.co.za **PEP Home** pepstores.com **Plascon** plascon.co.za **RJ Bouers** 081 256 2801
Seconds 028 313 2372 **Superbalist** superbalist.com **Takealot** takealot.com

READER HOME

As the only room with an entire wall of exposed bricks, the guest bedroom has a more industrial feel. The orange lamp comes from Dehan's childhood bedroom and the Oregon pine cabinet from Monique's childhood bedroom. 🏠

Rug from Mr Price Home; pendant lamp from Takealot



We featured Derick and Renette's house in the April 2022 issue of *Home*. Read all about it at news24.com/home.

A modern farmhouse interior with large windows, indoor plants, and contemporary furniture. The room features a wooden dining table with white chairs, a teal sofa with red cushions, and a brown leather sofa. Large windows offer a view of a lush garden with tropical plants. A white brick fireplace is visible in the background.

CONTEMPORARY

‘farmhouse’ at the coast

In this forest estate, the home and landscape work together beautifully.

By Beatrice Moore-Nöthnagel
Photographs Karl Rogers/Vignette
Styling Natalie Boruvka/Vignette

WHO LIVES HERE?

Gary and Taryn Uys
with their kids, Ben (11)
and Hanna (9)

WHERE Elaleni Coastal
Forest Estate, KZN

SIZE 600m²

Always go with your gut. Incorporate the things you love into your home, even if they aren't fashionable or relevant at the time – you won't regret it."

This is the ethos that Taryn and Gary Uys followed while planning their new family home on the KwaZulu-Natal North Coast. The result? An unfussy, contemporary, steel-frame home with traditional crazy paving slate tiles, bagged brick walls, parquet floors, natural rock features and raw wood details. It's a celebration of textures and tones!

"Gary and I have a deep sense of nostalgia; we love and celebrate 'old stuff' and well-crafted items in natural materials," says Taryn. "It really helped that our architect also loves texture; a lot of the rock and wood details were her idea.

"We particularly love the crazy paving. I have very fond memories of visiting the Kruger National Park where we dined at all the old restaurants with their polished crazy paving floors. I can still remember the smell of the thatch and the polish and, of course, the overall sense of space and freedom. These wonderful memories are now reflected in my home." >>

Homeowner Taryn believes that you can never have too many plants – eventually, she would love to have some growing up the interior walls and taking over the ceiling!

READER HOME

With the majority of the walls being glass, the brick walls were kept neutral to showcase a growing collection of art.



Taryn and Gary are avid collectors. They particularly love vintage pieces and the Art Deco wood-and-glass drinks cabinet (*below*) and neoclassical sideboard (*above right*) are among their favourites. >>



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The kitchen is unfussy with an oversized marble counter as the hero in this space. Gary and Taryn believe marble is “nature at its absolute best – a work of art in itself”.

Kitchen by Kitchens for You; marble from Afrigran; wall light from Aura Interiors

Industrial style

When the Uys family first visited the then unbuilt Elaleni Coastal Forest Estate, a single container greeted them. “We found ourselves in this lush North Coast forest belt and we just loved the sound of the birds and insects. It felt like we had landed in a tropical secret garden,” says Taryn.

It was important that any future structures blend in naturally with the environment to keep the feel as ‘authentic’ as possible. Hence, the architecture of the family’s new home is quite simple and can best be described as modern industrial farmhouse with its exposed black steel beams, high ceilings and white interior walls.

According to architect Julia Rutherford, the Uys’s home was designed to respond to the context of its surroundings. “We designed the house in a practical way, creating two long ‘barns’ with a glass corridor that allows for courtyards between them. This results in an immersive experience in the beauty of the forest setting,” explains Julia. “Our priority is to work in harmony with the natural environment. The home and landscape must work together.”

Karl Wang of KR Projects, whom Taryn can’t recommend highly enough, started construction in 2019 and the family moved in at the end of June in 2020.

“I love our home; it’s perfect for living on the North Coast – the entire house opens up and it works well in the tropical heat of Salt Rock,” says Taryn. “We don’t really have boundary lines between the interior and outdoors, so it’s as if we live in a great big greenhouse. That being said, we absolutely love our fireplace in winter as all the glass can make it quite chilly in the evenings!”





Eclectic décor

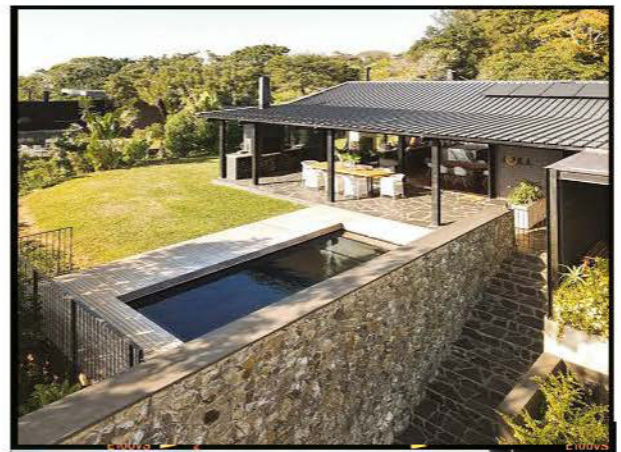
Taryn describes her décor style as neo-industrial with eclectic elements and a prevalence of Art Deco furniture and art. “We’re collectors at heart; if we love something, we’ll find a place for it – no matter the style,” she says. Their furniture consists of a mix of old and new pieces, with a focus on comfort and beauty. “Good craftsmanship is timeless – if something has been made beautifully, it will stand the test of time,” Taryn adds. “A sense of history and a backstory add the depth and complexity I love.”

While a few of the couple’s pieces are heirlooms, the majority have been sourced from auctions and second-hand stores, as well as online second-hand sites and groups. “I’m a fan of buying second-hand! In fact, I struggle to buy new furniture when it’s so much fun finding treasures that no one else has!” Taryn says with a smile.

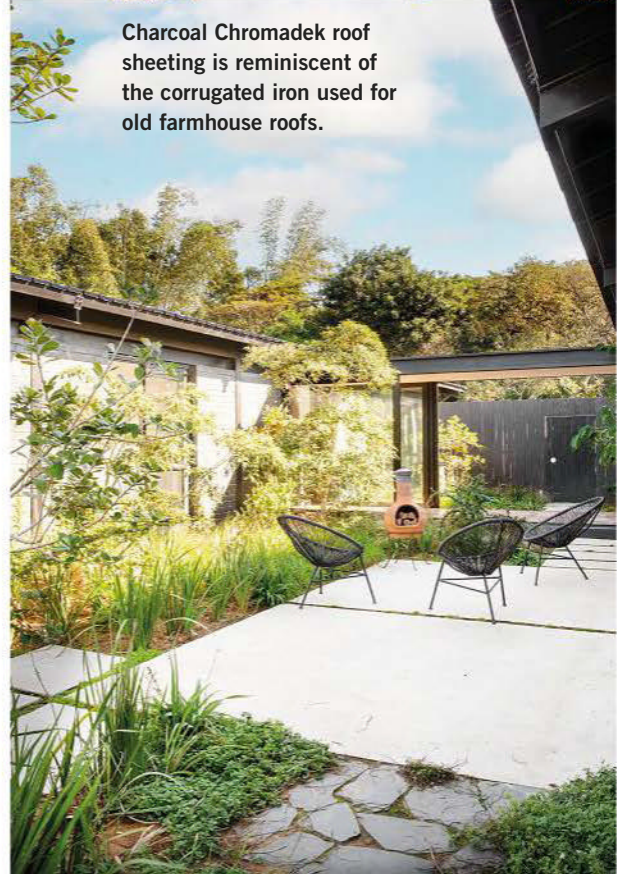
“I have a lot of old, and sometimes bizarre, art. We have a fish that was painted by a respected local diver (my husband Gary is an avid spearfisherman) and one of his drawings – it’s not perfect but it comes with a story!

Gary and I don’t always agree on the kind of art we like but a home should speak to everyone who lives in it, so we mix and match. There are a few blank walls that will soon be filled.” >>

The wall next to the entrance staircase is clad in stone (*above right*), while crazy paving slate is repeated on the steps and veranda (*right*). The concrete pool (*below*) is 2m deep and the family loves the dark effect of the wooden decking, which complements the stone and slate.



Charcoal Chromadek roof sheeting is reminiscent of the corrugated iron used for old farmhouse roofs.





A crazy paving slate floor keeps the main bedroom cool, while a large rug adds a soft touch.



In the guest bedroom, Taryn kept to a neutral colour scheme for a serene look and feel.



In the main en-suite bathroom, a glass sliding door the length of the wall alongside the shower opens up to the outside. >>

Sideboard from AE Wright Furnishers; sanitary ware from Classic Trading, On Tap and Richmond Plumbing

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READER HOME

As in the other bedrooms, Ben's built-in cupboards are black to match the steel design elements throughout the house.



TARYN'S TIPS

- Spend time on site before you start designing to get a feel for the land and to better understand its natural advantages and drawbacks.
- Employ a great team. It's crucial that you get the best builder and architect you can, and then trust them to make the right technical decisions with trustworthy contractors. We leaned heavily on our team, and they were fantastic.
- Bagging brick walls is more difficult than plastering as it shows all the mistakes. Planning was critical; you can't chase electrics or plumbing into the facebrick as it will show through the wash. This has to be done on the reverse side of the wall. I'm so glad we went this route as it adds another natural layer to our home.
- Building will always be more expensive than you think, so keep an emergency fund. Really!

STOCKISTS AND CONTACTS

AE Wright Furnishers facebook.com/AEWrightFurnishers
Afrigran afrigran.co.za
Aura Interiors aurainteriors.co.za
Classic Trading 031 579 1900
Julia Rutherford rutherfordarchitect.co.za
Kitchens for You kitchensforyou.co.za
KR Projects krprojects.co.za **On Tap** ontap.co.za
Richmond Plumbing richmondplumbing.co.za

An old sideboard works perfectly as a vanity; it adds character and an interesting design element in the kids' wet room. Taryn says she'll never install a shower door again! "You don't have to worry about the 'swing factor' of a door or creating a separate space for your bath," she explains. "And you don't have to worry about water going everywhere." 🏠

Sideboard from AE Wright Furnishers; sanitary ware from Classic Trading, On Tap and Richmond Plumbing



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STYLE UPDATE

Bedrooms made beautiful

25 inspiring, inventive and practical ideas to help
you create the ultimate sanctuary.

Compiled by Beatrice Moore-Nöthnagel

1

Make a blanket statement

A luxurious blanket is often all that's needed to create a beautiful setting. They can be expensive but consider it an investment piece that you can one day pass on as an heirloom.

In DIY guru and builder Karin Cronjé's bedroom, a gorgeous wool blanket featuring leaves in a deep jade is a showstopper. The dense, felted fabric is ideal for adding definition and colour to a country home or a sleek city pad.

Wool blanket from Babylonstoren; cotton bed throw from African Jacquard; cushions from Skinny laMinx; round rug from H&M Home at Superbalist

2

Bold in blue

The perfect colour to send you off to dreamland, blue is a world-wide favourite for bedroom feature walls. This children's room in a *nagmaalhuisie* (communion cottage) in Richmond in the Northern Cape boasts opulent décor and soft furnishings that complement the Victorian architecture of the building (see *Fresh Ideas* on page 8).

Serial renovator Jan Sauer Lambrechts loves the intense blue palette: "I find darker colours simultaneously cosy and cool, which works perfectly in the extreme Karoo climate. I love the harmonious, tranquil feel it creates."

EXPERT ADVICE

Jan Sauer's tips



A firm believer in having fun with his choice of interior finishes, Jan Sauer pushed his own creative boundaries and combined traditional chequered knee blankets and opulent floral motifs to create

a Victorian feel with a twist.

For each bed, two contrasting PEP Home blankets were sewn together. "The blankets make for an unusual focal point, and the combination adds an element of eccentricity."

CONTACT sauergroup.co.za

3

Paint remains the quickest and most affordable way to instantly update a bedroom. Don't be afraid to experiment with darker colours. >>

Paint colour

Plascon Splinter

Photograph Greg Cox • Production Marian van Wyk

Headboards and cushions by Nook Interiors; blankets from PEP Home

2

Find an interesting headboard

"This bespoke wall-mounted headboard creates the impression of an oversized pillow – and it's super comfortable," says Anlo Neethling of One Design and Development. Choosing leather over fabric is practical as it holds its shape well and provides a durable finish with a soft, inviting texture. The copper rail from which the headboard is suspended further enhances its stylish contemporary appeal.



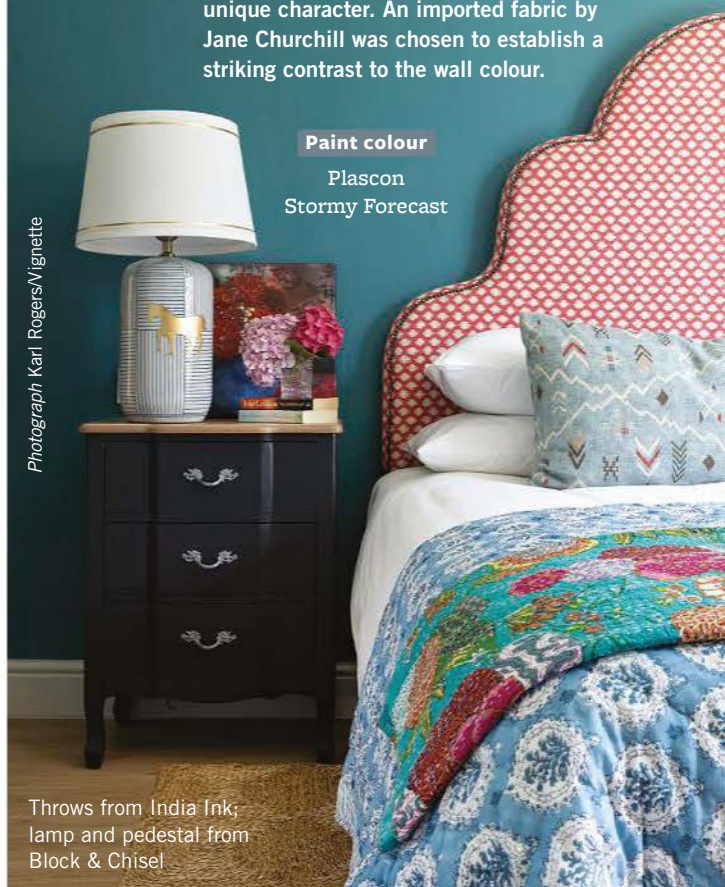
Photograph Karl RogersVignette

5

ATTENTION TO DETAIL

The studded detail on this headboard, custom made by designer Sue Lederle, adds a visually interesting decorative element that instantly gives this bedroom unique character. An imported fabric by Jane Churchill was chosen to establish a striking contrast to the wall colour.

Photograph Karl RogersVignette



Paint colour

Plascon
Stormy Forecast

Throws from India Ink;
lamp and pedestal from
Block & Chisel



Inspired by the botanical wallpaper in this space, Ivy Décor & Design's Tammy Holmes introduced playful piping on the neutral headboard for an elegant look.

Wallpaper from Cara Saven Wall Design; headboard design by Ivy Décor & Design Custom Studio with fabric from Hertex; scatters from Homestead Décor

6

Get a handle on it

Much like a paint job, fitting new doorknobs or handles on cupboards will instantly elevate your space. Long wooden handles are all the rage; they're elegant and add a touch of warmth. Try Douglas & Douglas and Handles Inc. for a variety of similar designs. Gold and brushed gold finishes for knobs and handles contribute to a luxe aesthetic.

7

UPGRADE WITH WALLPAPER

Wallpaper is not reserved for walls – it can also transform a dull melamine cupboard into a focal feature. Vintage designs such as black-and-white landscapes invoke a sense of nostalgia and add a classic element to your décor.

Consider having one of your favourite black-and-white photographs or prints enlarged and printed on wallpaper for a personal touch that tells a story and reflects who you are. Various companies such as Smart Art, Orms Print Room & Framing and Hope Vol Hoop, to name just a few, offer this service. >>

Photograph: Elisa Young/Bureaux

Colour is descriptive. Black-and-white is interpretive.

– Elliott Erwitt, French-American photographer



8

BLACK AND WHITE

There's something about a black-and-white colour scheme that just works, especially in a bedroom. It's simple, elegant and timeless.

The trick is to use various shades of black, charcoal, grey and white in combination with pattern and texture. Take it even further with black photo frames and steel bedside tables to add an industrial touch.



9

Go monochrome

According to thespruce.com, a monochromatic colour scheme offers the following benefits when it comes to design:

- It creates a sense of simplicity and harmony;
- eliminates concerns about clashing colours;
- provides a minimalist backdrop to highlight precious items or antiques;
- highlights contrasting elements and architecture in a room;
- makes a bold impression when using an intense or unusual colour base. >>



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Photograph Karl Rogers/Vignette

Blind fabric from Hertex made up by Susi Bee Curtains & Blinds; pom-pom fringe from The House of Passementerie

Go dotty

This room in designer Sue Lederle's home doubles as her grandchildren's den and a guest bedroom, so it had to strike a balance between functionality and fun. To bring the walls to life with a pattern that would be playful but not overpowering, Sue chose a vibrant blue wallpaper animated with small white dots by Thibaut from St Leger & Viney.

The Roman blind is a practical treatment that both softens the window's edges and complements the strong lines of the metal-framed bed. A pom-pom fringe adds another layer of cheerfulness to a welcoming space that doesn't take itself too seriously.

COLOUR INSPIRATION

Pink is such a versatile paint colour to work with. In a brighter shade, it creates a fun and energetic room setting. If you're keen on a more neutral look, opt for dusty pink.



Paint colour

Plascon Beautiful Pink

Leopard Grey headboard fabric and Birds of Paradise cushion fabric from Lula Fabrics; quilt from India Ink

Photograph Greg Cox

11

PLAYFUL IN PINK

We're smitten with this beautiful bedroom in the Pineapple House Boutique Hotel in Sea Point. "Pink is a tricky colour to get right as it can often lean towards being too mauve or too orange, depending on the light in the room," say owners Lesley and Rupert Sykes.

"This pink hits the mark – and it's a great shade to pair with complementary prints and colours." Here, blue tones balance the look and make the pink a little less 'girly'. A collection of suitcases adds a quirky touch.

Dulux
African Glow

Duram
Barely Blush

Duram
Fynbos Bloom

Plascon
Punch of Pink

12

Oversized art

Bedrooms often have large windows or sliding doors that open to the outdoors, leaving the wall behind the bed as the only space available for art. “An oversized work of art is the ideal solution for creating a focal point in such spaces,” says Amanda du Plessis of Evolution Product.

“The wall art in my bedroom is a design I created for Weylandts 10 years ago and it embodies our intention to create conversation pieces for the home. The archival visual was printed on 100% linen, dyed by hand, painted and embroidered with yellow mohair. It’s a statement piece that pulls my room together.” >>



Oversized prints are a relatively *affordable solution* if you want to make a big impact in a room.

– Amanda du Plessis, Evolution Product

Photograph Warren Heath/Bureau

13

An exotic touch

Indian prints have become extremely popular – they're ideal for adding colour and pattern to your bedroom. "People love the vibrant colours, intricate designs and cultural significance of Indian quilts," says Jenna Kahn of India Ink. "They're unique and visually appealing, adding a touch of exoticism and elegance to any space. When it comes to colours, we find that most people are drawn to the calming tones of earthy greens and soothing blues, but bold and dramatic reds, pinks and jade are also a hit.

"Always choose a quilt with a pattern and colours that resonate with your personal style and consider the scale of the pattern to ensure that it will work well in your space."



FABRIC INSPIRATION

We love these exciting options
from India Ink:

- 1 Kantha French Toile in Peach
- 2 Kantha Garden of Eden in Coral
- 3 Kantha Safari Forest in Green



STYLE UPDATE

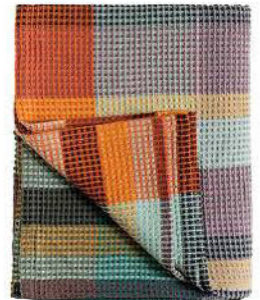
H&M Fringed Cotton
Muslin Bedspread
R749, Superbalist



Grid Check Throw
R499, Woolworths



Vrou-Vrou Woven Blanket
from R3 655, Mungo



Bilal Monochrome Knit
Throw R1 299, Cielo



14

Layer, layer, layer

Don't forget to add layers! A duvet cover and two pillows won't do the trick to create that well-finished look. Use at least one or two throws over the bed, over and above the duvet. The same goes for scatters – it doesn't have to be a mountain of cushions; even one in the middle will add interest. And remember the floor – introducing a rug is an easy way to add another layer to the space. If you don't have a beautiful wooden floor, you can include a loose rug on top of a wall-to-wall carpet. >>>

Photograph Elsa Young/Bureaux



Throw from Mungo

Autumn Check Throw
R499, Superbalist



Super Soft Diamond Throw
with Tassels R380 each,
Room Service Homeware





15

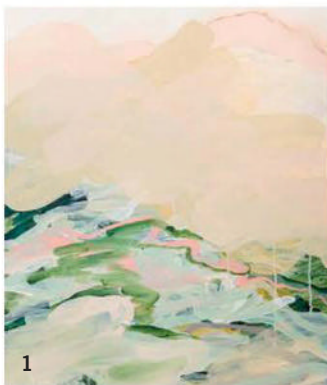
Decorative shelves

Who doesn't love a cute little wall shelf? Well, how about seven of them? We adore this grouping of floating shelves above this bed. Not only do they create an interesting focal point, but they also allow you to switch up your décor and colour scheme when you feel the urge. The design of the black steel boxes enhances a contemporary aesthetic, while the wooden bases add warmth.

WALLPAPER INSPIRATION

Whether you're keen on pattern or texture, wallpaper immediately changes the look and feel of a bedroom.

- 1 A Moment in Time by artist Jozelle McLea from Cara Saven Wall Design
- 2 Surfaces Natural wallpaper from Groen
- 3 Home Fabrics Floral wallpaper from Superbalist



1



16

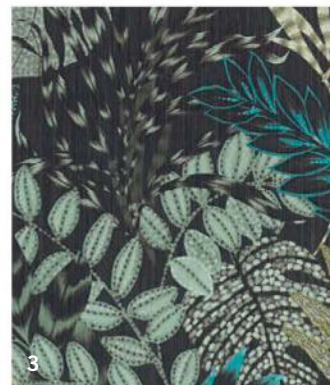
TEXTURED WALLPAPER

We love wallpaper that makes a statement, but sometimes less is more. The muted woven wallpaper in this bedroom introduces a subtle texture that wouldn't have been achieved with paint.

Wallpaper from Hertex; lamp and scatter from Weylandts



2



3

17

Paint a feature wall

A once navy-blue wall was transformed into a fresh masterpiece when Daniel Swanepoel and Rial Visagie of Clairvaux Estate and Rialheim in Robertson got their hands on some paintbrushes. For Daniel, who studied art, it was the ideal opportunity to work on a large surface. "I applied white PVA paint with a thick brush in horizontal strokes over the existing Dulux Blue Beard," he explains.

"The strokes were uneven and ranged between 400 and 750cm. Once the paint started to dry, I vigorously painted over the white with a clean brush and water to create texture. I also painted some clouds. When the paint had dried completely, I scratched in random lines with a blade to create a sense of movement." >>

news
24

Four-poster beds remain popular; see our DIY project at news24.com/home.

Lamp from
@home

Rich textures and colours

In the main bedroom in his Victorian *nagmaalhuisie* (communion cottage) in Richmond in the Northern Cape, Jan Sauer Lambrechts built the décor scheme around the wallpaper. He searched through piles of upholstery fabric to find just the right thing to provide the rich colours that would complement the monochrome wallpaper. A handmade throw with embroidery detail provides texture. >>

Not shy to mix patterns for an eclectic feel, Jan Sauer finished the look with a vintage rug, wall-mounted plates and fish sketches. “The *nagmaalhuisie* has such an elegant façade, I didn’t want to make the interior ‘too heavy’ – I prefer to keep it playful and eclectic,” he says.

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Glass Leopard Print Candle Holder R75



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100% cotton 200 thread count percale Oxford Duvet Cover Set (single to super king) from R440 to R840 (also available in 50/50 polycotton T200 percale)



100% cotton Downproof Microfibre Pillows (standard and king) from R140 to R185



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HOMEWARE

19

Be daring!

"The minute we saw this wallpaper, we simply had to have it!" says Lesley Sykes of the Pineapple House Boutique Hotel in Sea Point. "We knew it would make a stunning statement piece in this room. It connects very nicely with all our artworks from SMAC Gallery in Cape Town; they created several gallery walls in our new five-room extension."

The dark grey behind the bed works well with the colourful wallpaper and serves as a dramatic backdrop for wall art.

Paint colour
Plascon Bovine

20

The right lighting

The role of a bedside lamp is very important. At bedtime, it offers softer lighting and creates a mood conducive to sleeping. It also serves a role as task lighting when you want to read in bed, especially if your partner is keen to sleep.

21

FLOORING

A seagrass rug serves as a beautiful textural element – and it's lovely and soft underfoot. Décor accessories in natural materials have become increasingly popular in homes. Unlike synthetic rugs and carpeting, natural fibres will keep you warm in winter and cool in summer. Coir is made from coconut husks, while seagrass, as the name suggests, is grass harvested from the sea or near the sea. Sisal is woven from the long leaves of the *Agave sisalana* plant.

Source: sisalcarpet.com >>

Wallpaper from Cara Saven Wall Design; quilt and throw from India Ink; scatter cushions, headboard and bench fabric from Lula Fabrics; crockery from Mervyn Gers; lamp from Cécile & Boyd; seagrass rug from Coirtex



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Photograph Elsa Young/Bureaux

22

An abundance of plants

Plants are a great addition to any bedroom! They add a fresh burst of greenery and bring the outdoors in. If you're concerned about them emitting carbon dioxide at night, don't worry. There are loads of indoor plants that produce oxygen during the day and at night, including heart leaf philodendron, peace lily, spider plant, snake plant and the money plant, to name just a few.

Old security bars were reclaimed to create an indoor trellis for the philodendron.

FRESH IDEA!

Two kids sharing a room? Create a divider by fitting a rail on the ceiling and hanging an eye-catching curtain that can be closed when necessary.

23

A gallery wall

Gallery walls are not reserved just for the living room! They work equally well in a bedroom. Here, in the manor house at Clairvaux Estate in Robertson, the bedroom art is personal: the prints, many of which are by the artist Walter Battis, have been collected over a period of 16 years. The cute dinosaur behind is from the owners' business, Rialheim, and it keeps the look playful and fresh.

TIP Mix and match wooden frames with black frames and other unusual items to create contrast.

Photograph Dirk Pieters • Production Marian van Wyk





Hello sunshine!

Colour plays an important role in a bedroom and can be introduced in a variety of ways. With yellow being such a happy and energetic colour, it's a good choice for small bedrooms. "This was one of the more bold and confident colours that we decided on," says Lesley Sykes of the Pineapple House Boutique Hotel. "It literally is pure sunshine and when the light streams in, it looks absolutely beautiful. The yellow is balanced by strong colours such as the jungle greens in the scatter cushions at the back and rich blues in the quilt design."

The cupboard design is a clever solution for a small bedroom as it allows for maximum use of space. "Recessed side tables were built into the design; this allows for plug points right next to the bedside, with drawers below and cupboards above," explains Lesley. "It's extremely practical – and it looks great!"



LET CURTAINS POOL

Whether curtains and bedspreads should pool on the floor or not is a contentious issue. However, if they are made of luxurious 100% linen, such as these ones, you will want to show them off! If you're keen to create this opulent look, keep the rest of the room as simple as possible. Here, a single artwork on the wall and a classic pedestal next to the bed does the trick. 🏡

STOCKISTS AND CONTACTS

@home bash.com African Jacquard africanjacquard.com
Ashanti Design ashantidesign.com Babylonstoren shop.babylonstoren.com
Block & Chisel blockandchisel.co.za Cara Saven Wall Design carasaven.com
Cécile & Boyd cecileandboyds.com Cielo cielo.co.za Coirtex coirtex.co.za
Douglas & Douglas douglasanddouglas.co.za
Evolution Product evolutionproduct.co.za Groen groenjan.co.za
Handles Inc. handlesinc.com Heavenly Feather heavenlyfeather.co.za
Hertex hertex.co.za Homestead Décor homestead-decor.co.za
Hope Vol Hoop hopevolhoop.co.za India Ink indiaink.co.za
Ivy Décor & Design Custom Studio ivydecor.co.za
Jane Churchill janechurchill.com Lula Fabrics lulafabrics.com
Mervyn Gers mervyngers.com Mungo mungo.co.za
Nook Interiors nookinteriors.co.za One Design and Development onedd.co.za
Orms Print Room & Framing ormsprintroom.co.za Paco Rugs pacorugs.co.za
PEP Home pepstores.com Pilgrimage Spaces pilgrimagespaces.co.za
Pineapple House Boutique Hotel pineapplehouse.co.za
Rafel Décor instagram.com/rafeldecor Rialheim rialheim.co.za
Room Service Homeware roomservicehomeware.co.za
Skinny laMinx skinnylaminx.com Smart Art smartart.co.za
St Leger & Viney stleger.co.za Sue Lederle lederleholdings.co.za
Superbalist superbalist.com Susi Bee Curtains & Blinds 021 705 5810
The House of Passementerie passementerie.co.za
Weylandts weylandts.co.za Woolworths woolworths.co.za

MORE *bedroom* INSPIRATION

The TuislHome Décor School in partnership with **Mr Price Home** packed a punch!

The students at our 2023 Décor School created beautiful spaces, perfect for blissful sleep and sweet dreams. Take a look at what they did – and use their clever ideas in your own home!



TOP TIP

Mr Price Home's scatters are a staple in the TuislHome styling kit: they're versatile and affordable, and can easily be interchanged between the bedroom and living room. Updating your décor has never been this easy!

What we loved about this room...

A green focal wall was the 'challenge' in this bedroom, but Hendrik Marais of Cape Town did an excellent job of embracing this trendy colour, instead of working against it.

The secret is to create contrast – which is exactly what Hendrik did with a combination of neutral and floral scatters, as well as a single yellow cushion for a touch of whimsy. Yellow tones are repeated in the throws, which creates cohesion and visual harmony.

Instead of a headboard, a variety of scatters in different sizes serves as a soft support for your back, making this bedroom a cosy escape in winter.

What we loved about this room...

Picture-perfect! Laetitia Brits of Pretoria opted for a playful look, selecting quirky artworks and a round mirror from Mr Price Home as decoration for a floating shelf and pedestal.

An open shelf above a bed is an excellent solution in a small space – it keeps the floor clear of clutter and you can curate a collection of fun items to add a personal touch.

And don't forget about greenery! Plants, real or artificial, will immediately bring a space to life.

The embroidered bee scatter was a firm favourite in the students' shopping trolleys and the good news is that new stock with a similar design has just arrived in Mr Price Home's online store. >>

Courage doesn't mean that you don't get afraid.

Courage means that you don't fear failure.



TOP TIP

These smoked-glass vases are a winner! You can use them anywhere in your home, from the bedroom to your dining table when friends gather for a celebration!

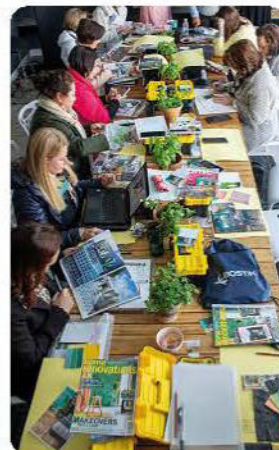
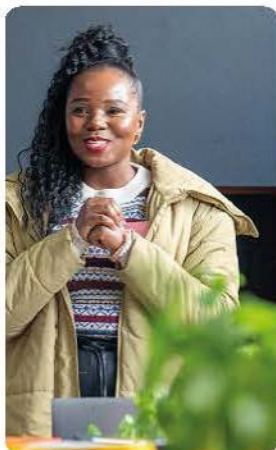


BEST BUY! The Kotini Bench, available in different sizes and colours, is a must-have from the Mr Price Home furniture range. The raw wood bench with beautiful riempie detail (used here at the foot of the bed by Claudia Bucking of Windhoek, Namibia) complements the green colour scheme beautifully, and matches the woven rugs perfectly.



BANG ON TREND! Whether bright pink or a more subtle dusty-pink, this versatile colour remains very popular. And it's not limited to the bedroom – it works wonders in a kitchen, too. Juanita Jeffery of Worcester matched the homeowner's rattan headboard with a rustic wicker tray and woven foot stool – a lovely finishing touch.

Looking back at 2023!



On Day 1, Pamela Mvuyane, PR & Special Projects Coordinator at Mr Price Home, shared inspirational stories of the homeware store's corporate social investment projects. *Home* editor Wicus Pretorius shared some insights into the trends for 2024, and creative editor Marian van Wyk presented a masterclass in styling.

What's Décor School without a mad trolley dash! In preparation for Day 2, students had to plan their photo shoots and then fill their trolleys with décor must-haves from Mr Price Home.

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... of kies neutraal

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Gebou vir die
dramatiese uitsig

BLOEMFONTEIN

Drie generasies
saam op een werf

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... of kies neutraal

WELGEMOED

Gebou vir die
dramatiese uitsig

DURBANVILLE

3 Groenewald generasies
saam op een werf

WALVISBAAI

Wiesewoning: Twee
ontwerpers wys hoe

THINK OUT OF THE BOX! It's hard to believe that this space is the same as the one on the right... Thanks to Mr Price Home's vast selection of décor accessories, this bedroom has taken on its own distinct style. There are a number of highlights, but using the white screen as a headboard deserves a round of applause. Well done, Liezl Viviers of Bellville!

CREATE GROUPINGS! Marselle Groenewald of Durbanville softened the green wall with a trio of artworks above the pedestal – the bottom one is neatly tucked behind a Mexican fan palm to create a subtle layered effect. A combination of colours and patterns in the luxe layered textiles and scatters on the bed sets an autumnal tone, with trendy terracotta the star of the show.



Day 2 was all about the bedroom makeovers. Each student had one hour to shoot their space with a professional photographer. And in between there were three workshops; among others, Vicki Sleet (*third from left*) of the blog 'I Want That' presented two masterclasses: how to style a bedroom and setting the perfect festive table.

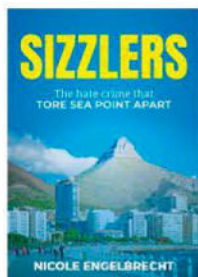
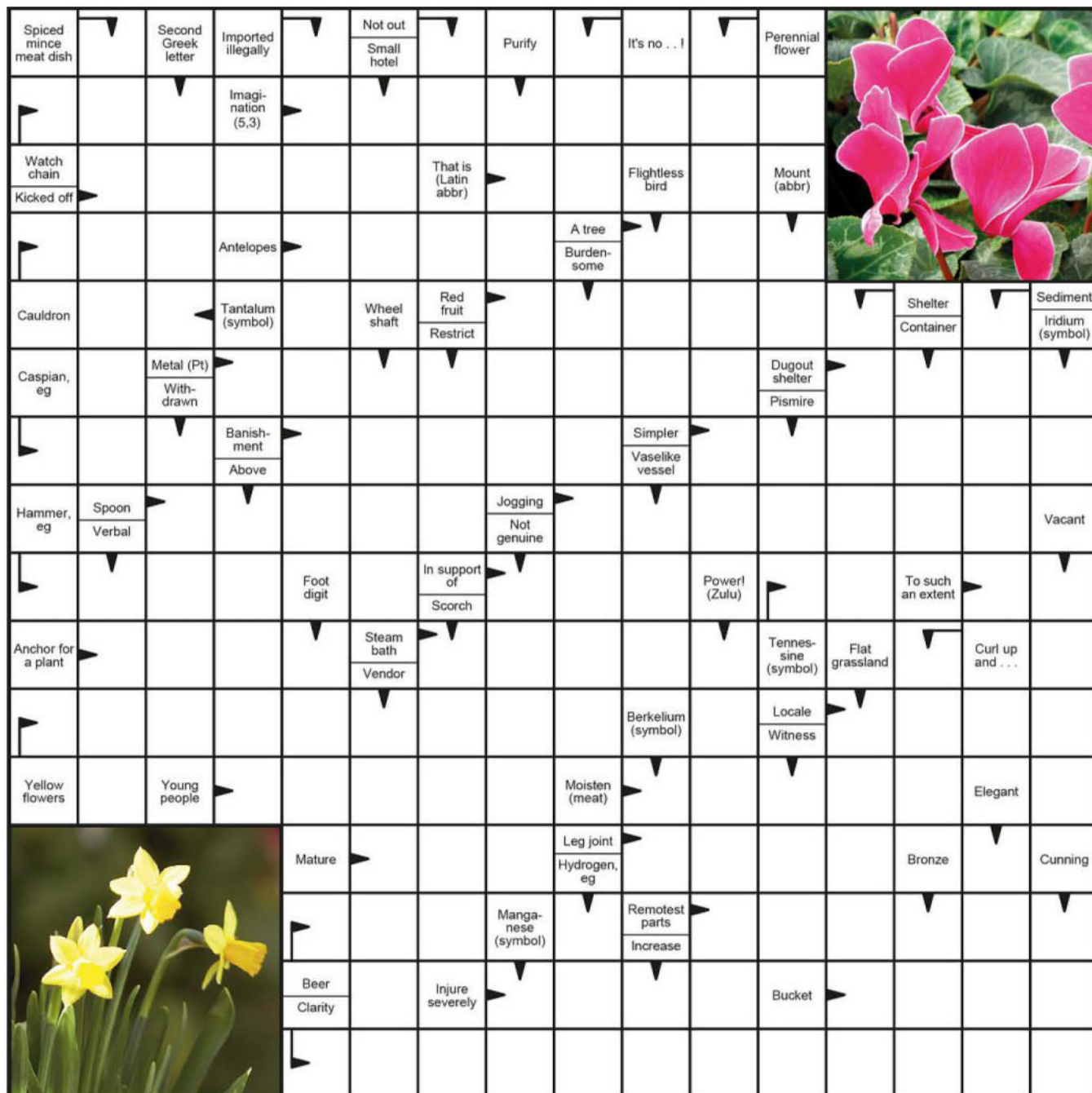
Décor School was concluded with a few surprise visits. In Cape Town, Cara Saven of Cara Saven Wall Design (*fourth from left*) delighted us with the story of her impressive home renovation. The grand finale included a delicious lunch and prize-giving. >>



What we loved about this room...

This is a space for quiet reflection. Adele Meredith of Heidelberg in Gauteng used the blank canvas of this predominantly white bedroom to set the mood for a pared-down but inviting sanctuary. Dry branches with a single yellow leaf displayed in a blue smoked-glass vase add a subtle yet striking touch, while the layered artworks on the ledge behind the bed create movement and depth. And never underestimate the power of a bold, chunky throw to take your bedroom from drab to fab!





WIN! One of four NB Publishers books worth R320 could be yours.

On 20 January 2003, 10 men were brutally attacked at Sizzlers, a massage parlour in Sea Point. Nine of the men lost their lives but sole survivor Quinton Taylor was able to identify the perpetrators, Adam Woest and Trevor Theys, who were subsequently arrested. What was the motive behind such savagery? Was it a twisted hate crime against its homosexual victims? Some believed it had its roots in organised crime and the sex trade turf wars in the city. The offenders claimed it was a robbery gone wrong. In April 2004, the two killers were sentenced to multiple life sentences. Now the surviving killer, Adam Woest, is up for parole. In *Sizzlers*, true crime writer Nicole Engelbrecht unpacks what is considered to be one of the worst mass murders in South Africa. **The first four readers whose correctly completed crosswords are drawn will each win a copy of *Sizzlers* worth R320.**

Send the completed crossword, and your details, to **Home Crossword #175, PO Box 1802, Cape Town** or scan in your completed crossword and email it to competition@homemag.co.za to reach us by **16 May 2024**. See our competition rules on page 128.

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Last year, we were bowled over by the entries in the new sustainability category in our annual *Fix it with Flair* competition, so we're doing it again!

“From tank to tap.”

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THERE ARE FOUR CATEGORIES

Once you've decided which one best suits your project, submit your pics!

1

DIY

This one is for avid DIYers who did at least 50% of the work themselves. So if knocking down walls or retiling doesn't scare you, go for it! You'll have to submit a budget breakdown and show what you did with your own two hands.

2

INNOVATION

If you fancy yourself an out-of-the-box thinker, this category is for you. It could be a mobile home, an outdoor kitchen – you name it! Whether you did it yourself or managed the project, feel free to enter your makeover here.

3

MOST BEAUTIFUL

If you're all thumbs and have a fear of power tools but you oversaw a gorgeous renovation and paid for it, consider this option. Even if a contractor completed 100% of the physical work, you are eligible for this prize.

4

SUSTAINABILITY

This one celebrates forward-thinking plans that put the planet first. It could be a beautiful bathroom with toilets that flush with rainwater, or a natural pool conversion! Even if a contractor completed 100% of the physical work, you are eligible for this prize.

TO ENTER

Visit fixit.tuis.co.za and follow the prompts.

CLOSING DATE

30 June 2024

THE PRIZES

R125 000 in cash is up for grabs: the **winner** in each category will receive **R25 000**; the **runner-up** in each category will receive **R5 000**. **One favourite**, based on reader votes, will get **R5 000** in cash.

Don't move, improve!

STOEP

A front stoep was non-negotiable and added 10m² to the 60m² living space.

Deep in the Northern Cape, another dilapidated cottage has been saved, thanks to a young couple's passion for renovating and decorating.

By Beatrice Moore-Nöthnagel • Photographs Greg Cox • Production Marian van Wyk

WHO LIVES HERE?

Noeline and Piet Marais

WHERE De Aar district,
Northern Cape

SIZE 60m²

All the window frames were painted black to create a uniform look between old and new. The Dover stove was bought second-hand and keeps the cottage cosy in winter.

KITCHEN

The cement screed on the floor was applied on two different occasions, resulting in a colour variation. Although sanding and polishing helped to bring the two colours 'closer together', Noeline and Piet have now accepted that this is part of the look.

A 100-year-old farmer's cottage with just a kitchen and no separate rooms had fascinated Noeline Marais ever since marrying Piet seven years ago and moving to his family farm. She wanted to save the house and to justify the cost of the project, guest accommodation seemed like the logical motivation – hunting season in the Northern Cape sees an influx of visitors looking for a comfortable place to stay.

"When we finally started the project in January 2023, we thought it would take about six weeks to complete, but then it turned into six months!" says Noeline, now a mom of two. "The building, which had been used as a tool shed for the

past 30 years, was really just a shell. The roof had so many holes, it resembled a galaxy of stars when you looked up during the day! There was also no water supply and the electrical wiring had to be replaced. Some of the old thick clay walls had to be chopped open and reinforced."

And then they had to create separate bedrooms; they ended up using cost-effective drywall for this purpose.

Thanks to the help of friends, neighbours and farm workers, and with furniture from farm attics and second-hand shops, the former shed is now a comfy two-bedroom cottage with a kitchen, lounge, two bathrooms and a stoep – and the most beautiful sunsets. >>

LIVING ROOM

The leather sofa comes from Noeline's childhood home. The coffee table was made from an old army trunk that belonged to Piet's grandfather; the couple simply added wooden legs.

H&M Home plain linen cushion from Superbalist; sheepskin from Schapen



221024K KOMDT P.C. MARAIS
DE AAR KOMMANDO



Tea towel from Mungo



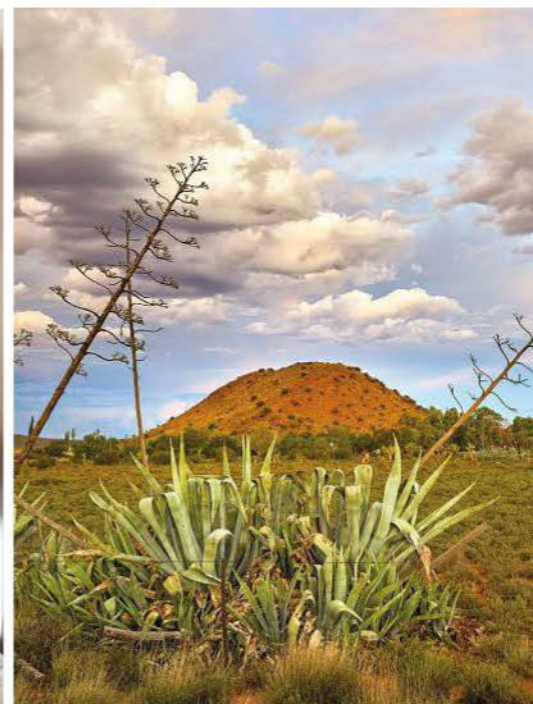
RENOVATION



Noeline Marais



This cupboard, which was part of the old shed, now has pride of place in the kitchen.



Q&A with Noeline and Piet

What was the most expensive surprise and why? We initially wanted to install the drywall ourselves, but ended up having to find a specialist to do the job for us. We decided to use waterproof marine plywood panels for the bathrooms instead, but they were significantly more expensive than ordinary Gypsum. And although we were initially going to use wood for the structure onto which the panels were attached, we had to use aluminium – it's more durable and resistant to the termites we get here.

What was your biggest saving? The furniture and décor! Fortunately, we already had most of it. I'm an avid bargain hunter, so I'm always on the lookout for affordable alternatives. The other saving came in the form of an incredibly helpful handyman friend – I still owe him a giant lemon meringue tart!

What was the biggest challenge? The structure was old with clay brick walls. We underestimated how difficult it is to work with such old walls. When the bathroom and kitchen windows were broken out and reinstalled, large sections of the walls collapsed – they had to be carefully reinforced and repaired.



EXPERT ADVICE

Working with drywall panels

"Careful planning and attention to detail are crucial when incorporating drywall into home renovations," advises Asaad Manjoo, product manager at Gyproc Plasterboards. **"By doing things right from the outset, you can achieve durable, functional and aesthetically pleasing results."**

The right thickness Opt for standard thickness drywall boards (typically 12.5mm or 15mm) for interior walls. In some cases, thicker boards may be required, such as for partitions that have to comply with fire-resistance regulations.

Moisture In areas prone to moisture, such as bathrooms, use a product such as Gyproc RhinoBoard MoistureResistant to prevent damage.

Proper waterproofing Drywall can be used in wet areas such as showers or near sinks. Implement proper waterproofing measures, such as applying waterproof membranes or sealants before tiling. This will prevent water seepage and mould growth.

Soundproofing Drywall partitions could necessitate the use of additional soundproofing materials, such as insulation, if noise reduction is a priority.

Structural integrity Ensure that drywall installations are properly supported and anchored to the framework of the building. Pay attention to load-bearing walls and ceilings to maintain structural integrity.

Avoid common mistakes First-time users often overlook proper taping, plastering and skimming techniques, which results in uneven surfaces. Take the time to learn and practice these finishing skills for professional-looking results. >>

CONTACT gyproc.co.za

Noeline bought the miniature roll-top desk when she was a visiting scholar in the US.

Navy-blue blankets from Mr Price Home



This bathroom vanity was once Noeline's great-grandmother's dressing table.



A rustic bedroom with a large window, a wooden wardrobe, and a patterned bedspread. The room features a wooden ceiling with exposed beams and a large window with white curtains. A wooden wardrobe with glass doors is on the left, and a bed with a patterned bedspread is in the center. A basket of colorful items is on the floor near the wardrobe.

The wardrobe is a restored
biltong-drying cabinet.

MAIN BEDROOM

A tablecloth makes a striking
bedspread. Noeline likes to
support local farmers' wives
by buying their products; the
striped cushions on the bed
were one such purchase.

Cushions from Trousseau;
rug from Superbalist; mohair
blanket (in basket) from
The Mohair Mill Shop

This was my passion project; Piet didn't
interfere much but *he was always there* to
provide insight and offer advice. We solved
many problems together. – Noeline

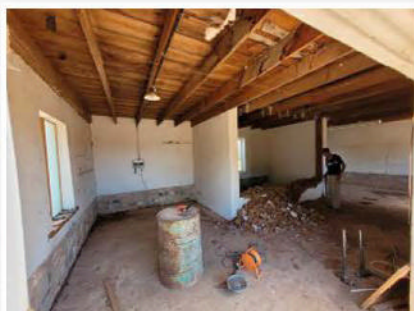
What they did...



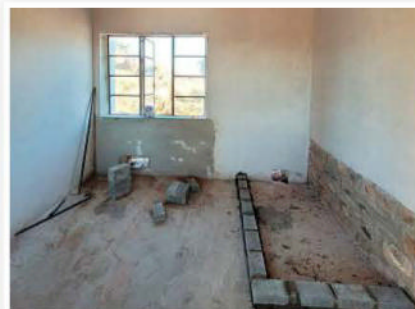
The roof was repaired and the loft thoroughly cleaned. All the timber (rafters and ceiling boards) was sanded and sealed. The old front door was replaced with a steel-framed door.



The uneven cement floors inside were given a new self-levelling screed, while the walls inside and out were sanded and painted white. The original stonework was cleaned and sealed.



The wall between what is now the kitchen and living area was broken out and the kitchen window was replaced with a larger steel-framed window. To create kitchen cabinets, cement walls and work surfaces were built and plastered; shelves underneath provide storage space.



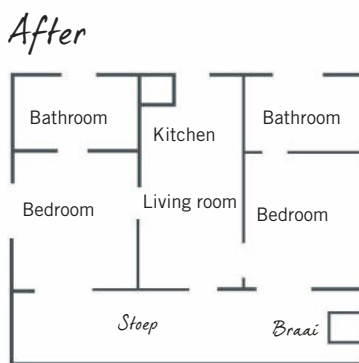
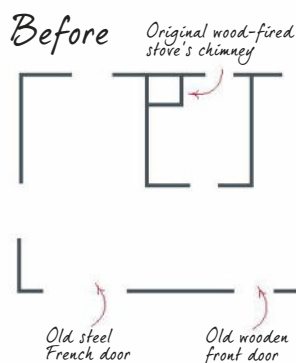
Two drywalls were installed to create two bedrooms and two bathrooms, while a new window was installed in one of the bedrooms.



The old shed door was replaced with new steel-framed French doors. A new stoep was added on; all the building rubble was used in the foundation before that was filled in and finished off. A new braai area was also added. 🏡

TOTAL: R285 000

Building material	100 000
Cement floors	22 000
Steel doors	18 000
Roofing material	8 000
Steep roof	5 000
Plumbing material	22 000
Sanitary ware	10 000
Dover stove	3 200
Drywall material	34 000
Drywall installation	16 000
Lighting	6 000
Blinds	6 800
Electrical contractor	14 000
Assistant builder	20 000



STOCKISTS AND CONTACT

Guest accommodation stay.karooexperience@gmail.com
 Mr Price Home mrphome.com Mungo mungo.co.za
 Schapen schapencollection.co.za
 Superbalist superbalist.com
 The Mohair Mill Shop mohairmillshop.com
 Trousseau [instagram.com/trousseau_vintage_home](https://www.instagram.com/trousseau_vintage_home)

Inspire Gita Tapped Curtain 200X280 81489656 R499
 Inspire Picture Frames from R29
 Inspire Barbier Mirror Black 57CM 81484768 R649
 Inspire Cushions from R189
 Inspire Tony Rug 81475206 R999



Inspire Iron Matt Black Light Pendant
 81401490
 R999



Inspire GLAMA Curtain Rod Kit
 81479585
 R755



Table Top Clock In Matt Black 17.5cm
 81489130
 R299



Gold Round Jimo Pot
 25 x 25cm
 45D2487E
 R990

Modern Contemporary
Area Rug
 A7C9B5B8
 R3700

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DECORATIVE OBJECTS

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Ask the experts



Compiled by
Beatrice Moore-Nöthnagel

 **ASK US ON
FACEBOOK**

Do you have an urgent question that just can't wait? Ask on Facebook so that the team, experts and other readers can help – and don't forget to include a photo!

Keen to style open kitchen shelves or need advice on how to hang art?
Just ask – we'll find the answers.

Stylist's tips Creating the perfect display shelf



Tasked with styling a kitchen shelf from scratch, our creative editor Marian van Wyk worked her magic from the bottom up. She tells us why, and shares her tips:

Solid and dark at the bottom, light on top This basic design principle is inspired by nature, where darker colours (soil, grass, tar) are at the bottom, and light

colours (blue or grey skies) are at the top. I placed heavier pieces on the bottom shelf, and glassware higher up.

Pairs, groupings and stacks Rather than spacing crockery evenly (yawn!), create interesting pairs and vary the numbers: here, I have two trios of mugs, and a pair of identical white vases.

Height vs breathing space When styling multiple shelves, vary items according to height, and be mindful of the lines they create. Rather than a diagonal (yawn again!) from low to high, be unpredictable. Avoid overfilling all the shelves; instead, create much needed pause areas where the eye can rest, such as the stack of pink books and single plant on the middle shelf.

Books, my secret weapon Of course it's OK to repeat a visual element; it adds rhythm to your display. I repeated the trio of mugs but added books with pink spines to the pink trio to create a strong colour block. By adding a single book to the collection of pink glasses, I break their strong horizontal line.

Sparkle! Coloured glassware adds sparkle to any display, and two decades on photo shoots has taught me to place it where it catches the natural light best.

Pops of colour I enjoy working with conceptually opposite colours. Green is a cool colour with calming qualities; pink is warmer and adds energy. Both have been on trend for some time, but it was also important to choose colours that would pop against the natural wood background. Here, my much-loved yellow would have blended into the background.

Texture for contrast With so many smooth surfaces (porcelain, glass, enamel), a couple of plant baskets add texture and contrast.

Go green Finish the look by interspersing your kitchenware with greenery. This adds life and texture.



Done?

Look again. When you think you're done, take three steps back and look at your handiwork critically. Does it tick the boxes? You might have to start over to achieve perfection. I have, several times. After all, I have an obligation not to bore the *Home* reader!



Meet the designer



Katy Ward

Hang art like a pro!

What started as a side hustle for Katy Ward, owner and founder of Jasper & Jute, soon turned into a full-time dream job. “I really wanted stylish, affordable art in my own home and soon realised that many people have the same need,” says Katy. “I can’t believe how fortunate I am to grow this niche industry, work with amazing artists and clients, and bring beautiful, printed artworks to walls that might otherwise be lacking!”

Lucky enough to work not only with homeowners but big corporates, the hospitality industry and leading interior designers and architects, Jasper & Jute has spread its wings to the UK and Europe.

“As a team, we love to experience the transformative power of art, while also building a community that links artists to buyers and spaces,” says Katy. “Hanging art is not just about randomly placing a picture on a wall. It’s an art form that requires precision, balance and a keen eye.”

Katy’s top tips

Measure and plan Use a measuring tape to measure the dimensions of your wall space and artworks. Consider the height, width and depth of each piece to create a balanced arrangement. Plan the layout by experimenting with different placements on the floor or a large table.

Eye-level rule Position the centre of the artwork at eye level, which

is typically about 145–152cm from the floor. Adjust the height based on your ceiling height and the average eye level of the people in your household. If the reflection of your head is roughly in the centre of the frame on the wall when viewed from the middle of the room, you are probably spot-on!

Gallery walls are a fantastic way to showcase a collection of artworks or photographs. Start by selecting a theme, such as a colour palette or a specific style, to create a cohesive look. Pay attention to the medium, style and overall look of all the individual pieces as well as the space you will be utilising. Depending on your taste, your gallery wall can be in harmony with the style of your interior, or it could be vastly contrasting and bold. Art is an expression of self, so explore what feels good for you. When hanging, start with the centre or focal point and work your way out, using a level to ensure straight lines. Remember to leave enough space between each piece for visual impact.

Layering and leaning artwork is a popular trend that adds depth and dimension. You can create a captivating visual composition by starting with a larger piece as the base and leaning smaller artworks against it at various angles. This contemporary approach brings an interesting dynamic to your décor. We love the idea of layering artwork. You can lean it against the wall or prop it up with a stand on top of a little pedestal, creating an eclectic, laid-back and layered appearance. Don’t be afraid to hang a smaller piece on the wall beside it to complement the arrangement. >>

CONTACT jasperandjute.co.za

Quick questions

Q: The red table and chairs featured on page 37 of your February 2024 issue are stunning; where are they from? – *Vicki Brander, Cape Town*

A: They're from Block & Chisel's Brioche range (blockandchisel.co.za).



Q: Where can I find the beautiful ceiling fan featured in Lauren Rossouw's home on page 31 of the March/April 2024 issue? – *Jenna Roberts, Sandton*

A: The fan is from Newport (newport.co.za). 🏠



A . SHAK

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- **DO NOT APPLY A SECOND COAT.**
- Dries in 2 - 4 hours.



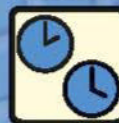
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Want to be eligible to win part of **R692 000 in prizes** (including R275 000 in cash), and have the perfect platform to showcase your business? Of course you do!

CALLING ALL WOMEN ENTREPRENEURS!

Santam, FAIRLADY and TRUELOVE are excited to invite you to enter the **10th annual Santam Women of the Future Awards**, in association with FAIRLADY and TRUELOVE, or to nominate a fabulous woman entrepreneur you know.

**WIN OVER
R692 000
IN PRIZES
INCLUDING
R275 000
IN CASH**

WHAT IT TAKES

THERE ARE THREE CATEGORIES:

1 The **Santam Woman of the Future** title is awarded to an entrepreneur whose business is older than 1 000 days and who is well on her way to establishing an extensive enterprise.

2 The **Santam Rising Star** title is awarded to an entrepreneur between 16 and 35 years old who is still within her first 1 000 days but whose business, our judges believe, will flourish.

3 The **Santam Social Entrepreneur** title is awarded to an entrepreneur who is making a real difference in her community. Her business/social enterprise/NPO has survived the first 1000 days.



HOW TO ENTER

To enter yourself, or to nominate an entrepreneur, visit **womenofthefuture.co.za** for the process, to meet the panel of judges, and to read the terms and conditions.

ENTRIES CLOSE: 3 JUNE 2024



Compiled by
Beatrice
Moore-Nöthnagel

Animal antics

Life is good!



The golden hour

Lilli admires a magnificent sunset over the Vaal Dam. – Bettina Herbert, Pretoria

The Lion King

Roomier, a Maine Coon, gazes over the plains.
– Thia van Wyk, Letsitele, Limpopo

Enough already!

These cuties were adopted during the Rugby World Cup – Faf is puffed but Rassie never stops.
– Marais Neethling, Stellenbosch



Sweet and succulent

Rebecka tends to the spekboom.
– Christelle de Kock, Krugersdorp



Take a moment

Biewer Terrier Snowy works out on the trampoline.
– Lee-Ann Bezuidenhout, Newcastle, KZN





Lights, camera, action!

Dennis the Pug strikes the perfect pose for his part-time photographer mom.

– Leonie Jordaan, Somerset West

We love this!

Travelling with your furry friend? Treat them to a luxurious stay at Mount Nelson (belmond.com) in Cape Town! To celebrate its 125th anniversary, the hotel has opened five ground-floor rooms to pet companions with in-room amenities, including food and water bowls as well as delightful velvet pillow beds custom made by Chommies (chommies.com). Be sure to pop in for Afternoon Tea – your bestie will love the dedicated pet menu!



WIN!

Each owner whose pet is featured here wins a gift voucher worth R500 from Petshop Science (petshopscience.co.za). Find all your pet products under one roof at Petshop Science where knowledgeable in-store assistants can help you make the right choice.

Our furry friends need just as much care as we do. A good personal hygiene routine keeps your pet feeling their best, and wards off germs, parasites and diseases. This also includes cleaning kennels, pet beds and feeding bowls regularly, and emptying litterboxes daily. At Petshop Science you will find a wide variety of products that make it easier for you to keep your pets, and their home, clean.

Pop in at your nearest Petshop Science for products such as Vets Own Tearless Puppy and Kitten Shampoo (250ml; R89.99), Riverhound Luxury Premium Pet Perfume (250ml; R109.99), Daro Trigger Dog Poop Scoop (R179) and much more.

Send your pics (at least 2MB each) and contact details to pets@homemag.co.za – you could be a winner too! See our competition rules on page 128.



Q&A

Your pet can be a blood donor

Rachel Gardiner of Cape Town writes I recently heard that dogs can donate blood; what do I need to know about signing up my pooch?



Sr Janeke Olivier at The Animal Hospital (TAH) in Bellville replies

Like humans, animals might need a blood transfusion in the event of an accident, rat poisoning, tick bite fever or anaemia, to name a few.

By becoming a donor, your pet can help vets save the lives of other furry friends and you can provide for your own animal should they need a transfusion.

Chat to your vet about how you can get involved. In the Western Cape, The Animal Hospital (TAH) in Bellville offers the only veterinary blood bank in the province. Onderstepoort Veterinary Academic Hospital at the University of Pretoria in Gauteng also has one.

Both dogs and cats can donate blood but when it comes to cats, the donation must be made right before being administered as cat blood cannot be stored in the same way as human and canine blood.

Requirements for dogs:

- between 1–7 years old
- weight of more than 25kg (not obese or underweight)
- clean bill of health
- calm temperament
- no previous blood transfusions
- up-to-date vaccinations, deworming, and tick and flea treatment
- not on chronic medication (specifically for heart/kidney/liver/spleen)

Requirements for cats:

- between 1–8 years old
- minimum weight of 4kg, but also not obese
- FIV (feline immunodeficiency virus) and FeLV (feline leukaemia) negative
- must not be suffering from a chronic condition
- calm temperament

The rewards!

- Free clinical examinations at every donation (usually 3–4 times a year).
- Free blood count and examination for parasites and platelets.
- Free dewormers and dog biscuits.
- Discounted dental scaling and polish.
- Free blood transfusion for your donor pet should they ever require it.

Pets can safely donate blood every 8–12 weeks. A physical examination and a blood count are done before each donation to ensure that the blood supplied is safe for the recipient and that there will be no detrimental effects on the donor.

CONTACT tah.co.za 🏠



Gillian Eva

Compiled by Gillian Eva
Photographs supplied

Gardening notebook

WE'RE BACK!

After a four-year absence, South Africa will once again be exhibiting at the Chelsea Flower Show (21–25 May). The theme for the exhibit is 'The Cape Floral Kingdom of South Africa'. The design team will be led by Leon Kluge, who clinched the last two gold medals for SA.

Stay cool and collected this autumn with plants that can hold their own in the chilly months ahead.

Leptospermum
'Cherry Brandy'

Japanese anemone

Chrysanthemum

Go evergreen this winter with a stunning selection of plants that won't lose their colour to frost. But remember, even frost-hardy plants will appreciate a mulch – add a thick layer of organic matter such as leaves, bark, hay, or fresh garden cuttings around the base of your plants.

TENACIOUS TREES

- Lemonwood (*Pittosporum eugenioides*) is a fast-growing hardy tree that will grace your cool-season garden with small, fragrant yellow flowers in late winter and early spring. Reaching 12m in height, it bears glossy leaves with yellow-green margins that emit a lovely lemony scent when crushed. Plant lemonwoods in full sun to semi-shade and water well weekly.
- The frost-hardy and waterwise indigenous African dogwood (*Rhamnus prinoides*) is a great evergreen choice for small gardens as it doesn't have an aggressive root system. It bears shiny dark green leaves with greenish-yellow flowers, followed by round berries that ripen to red, purple and then black. African dogwoods can be clipped into a hedge and don't mind a little shade.
- Another tough small tree (or large shrub) suitable for compact gardens is the showy *Camellia japonica*. It bears an abundance of large pink blooms from May until winter that will attract birds to your garden. In summer, its lush foliage is ideal for a shady nook. Plant *Camellia japonica* in dappled shade or semi-sun and ensure well-drained soil with regular watering.



Cape thatching reed



Lemonwood

FRIEND OF THE FROST *Leptospermum* is a must-have plant as it is evergreen, frost-hardy, and drought-, salt- and wind-tolerant. Commonly known as tea bush, its leaves can be used to brew a herbal tea rich in vitamin C. In the autumn and winter garden, the popular dwarf cultivar, *Leptospermum* 'Cherry Brandy' is a sight to behold with its masses of cherry-red flowers and aromatic dark green leaves with wine-red tinges. The bush starts to form buds in May, followed by blooms from August. Plant in full sun and ensure the soil is well-composted.

THE COOLEST OF THE CROP Cape thatching reed (*Elegia tectorum*) is a leafless, grass-like perennial that occurs naturally in marshes throughout the Western and Eastern Cape. Prized for its hardiness and bold architectural shape, the plant boasts clumps of thin, dark green stems reaching 1.5m in height, topped by compact, golden-brown flower spikes in autumn. It requires full sun and performs best when planted in moist soil near shallow water. It can also be used in natural swimming pools and grey-water recycling systems. This evergreen, highly ornamental plant can withstand temperatures as low as –6°C!



African dogwood



Camellia japonica

[TO-DO LIST]

- **Fill** barren spots with stocks (*Matthiola incana*), a glorious winter- and spring-flowering annual. Its foliage is greyish-green and velvety-soft to touch with fragrant flower spikes available in shades of dark purple, rose, cream, pink, and white.
- **Prune** *Plectranthus* species and varieties as soon as they have stopped their autumn flowering. Wait for the first frost to arrive, then trim off the dead frosted top growth of dahlias. Cut back Japanese anemones, chrysanthemums and daisy bushes to encourage bushy regrowth.
- **Feed** feathered friends by planting autumn and winter-flowering aloes that provide a rich source of food for nectar-loving bird species. Birds such as guinea fowl will relish the berries of Cape holly (*Ilex mitis*) and red currant (*Searsia chirindensis*).
- **Rake** fallen leaves and place them on the compost heap or use as free mulch.



Stocks



Cape holly

We love succulents!

IN A FANTASY WORLD



Crassula ovata 'Gollum' has unusual tube-shaped leaves with trumpet-like tips that are tinged with red, making it a lovely focal plant in succulent beds or patio pots.

Claim to fame Although the foliage is the standout feature of this plant, it also bears tiny, star-shaped flowers in pink or white when mature (at least three years old). To get your plant to bloom, make sure it receives plenty of direct sun.

Growing tips *Crassula ovata* 'Gollum' likes gritty soil with added gravel and perlite. Grow it in a sunny spot (at least 4–6 hours of direct sunlight) and only water every 2–3 weeks, drenching the plant thoroughly. It can be planted in semi-shade but then it won't grow as vigorously or develop the attractive reddish tinge on the tips of its leaves.

In the garden Compact and neat, reaching a height of about 80cm after several years, 'Gollum' looks good along pathways, on border edges, or in the rockery (take care though, as it is toxic to animals). To give garden plants a boost, feed with a liquid fertiliser every second month.

Pest patrol Indigenous *Crassula ovata* is naturally pest- and disease-resistant, but be on the lookout for yellow, black or brown leaves that may indicate a fungal infection or root rot. Remove infected leaves and transplant immediately into fresh, dry soil.

Fun fact! Also known as Shrek ears, this succulent's name was inspired by the fingers of two fantasy sci-fi characters: ET and Gollum. >>



LETTUCE

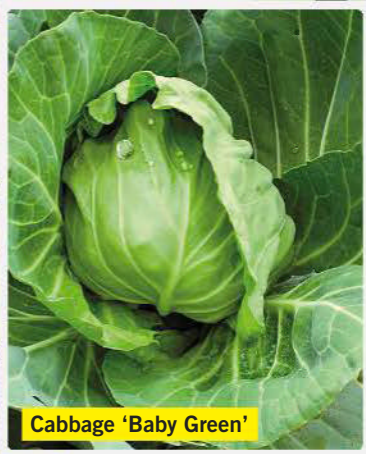
Grow your own!

Prep for winter

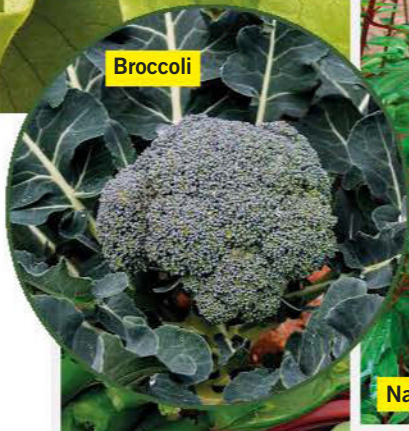
Winter arrives next month and there's lots to do before the cold and frost set in.



Cabbage seedlings ready for transplanting.



Cabbage 'Baby Green'



Broccoli



Nasturtium



Broad beans



'Citrus Mini Me'

Citrus trees also need protection from extreme cold, so be sure to provide a frost cover for them too.

In all areas, this is the last month to sow broad beans although in sheltered gardens that don't get frost, it is probably safe to sow peas, spinach, lettuce, onions, and radishes. For those in the Lowveld and subtropical coastal areas you can still sow crops such as beetroot, brinjal, carrot, cucumber, pumpkin and tomato.

Don't forget about edible flowers that can be planted among veggies, such as evening scented stocks, calendula (in warmer areas) and nasturtiums. The latter have peppery edible leaves and lovely orange and yellow blooms that brighten up the winter garden, and they also act as a trap crop for aphids – in other words, they attract these pests away from your cabbages and cauliflowers, which can damage the heads.

If May is still warm, aphids and other sucking insects will still be active, so control them by spraying your crops with an organic insecticide such as Ludwig's Insect Spray Plus or Margaret Roberts Organic Insecticide.

Winter crops such as cabbage, cauliflower, broccoli and other *Brassicas* need to be well established before the cold. Feed with a liquid fertiliser such as Margaret Roberts Organic Supercharger or the granular fertiliser, Ludwig's Vigorosa 5:1:5, to develop strong stems and leaves to withstand frost. Water well after applying granular fertiliser.

Tender lettuce and other greens, as well as citrus trees, need protection from frost. Check the state of your frost cover and stock up before the first frost which usually arrives towards the end of May. Cover the veggies in the afternoon to trap in the heat and remove the next morning so that the air can circulate. Another option is to make a small plastic tunnel to protect all your leafy greens.

In areas that experience rain, have a broad-spectrum fungicide on hand like Copper Count N which controls many garden diseases such as bacterial spot, botrytis rot, black spot and downy mildew.

CONTACT kirchhoffs.co.za



Indoor beauty

Miniature perfection

Spoil your Mum this Mother's Day with a beautiful pot rose – they are guaranteed to be in bloom and come in a wide range of colours. Pot roses love a patio or sunny room, anywhere with bright light, but not necessarily sunlight. Keep the soil lightly moist and feed with a liquid fertiliser to encourage strong growth and flowers. Cut off the spent blooms to encourage more flowers. Once the flower flush is over, cut the rose down to about 5cm above the ground and put the pot outside to regrow. Make sure to water daily and feed with a liquid fertiliser at half strength every second week.

CONTACT lvplant.co.za



New in nurseries

Minty fresh!

'Peppermint' is a new variety in the Firehouse range of novelty verbenas – these plants have been bred to bloom continuously and not cycle in and out of colour. 'Peppermint' bears eye-catching red-and-white striped flowers on a spreading plant that will tumble out of hanging baskets and fill containers. It is also ideal for garden beds that need some low-growing cover as it has a spread of up to 56cm. The flowers attract butterflies and other nectar-seeking insects and birds. Plant in full sun or partial sun, in well-composted soil that drains well.

CONTACT ballstraathof.co.za



ASK LUDWIG

Time to transplant

Bertie van Schalkwyk of Westonaria writes

I would like to move my 'Red 'n Fragrant' roses that have grown too tall in front of my other

roses. Would it be easier to move them in July after they have been pruned?

Ludwig replies It is better to move your roses in May rather than in July. By May, the bushes have started to go dormant, so there is less stress on the rose. Also, they have time to establish themselves before winter and only need to be lightly pruned, if at all.

Prepare the new positions first. The night before, water the rose bushes. Cut down the growth by a third. This also reduces stress on the roots. Dig around the rose, about 20cm from the stem and push the spade in deeply to cut the roots. It helps to have two spades pushed in deeply to lever out the rose with as much of its root ball as possible. Do not pull the rose out by the roots.

Plant the rose in its new position, making sure that the bud union, which is the thickened stem at the base, is just below the surface of the soil. Firm down the soil and water well.

CONTACT ludwigsroses.co.za.



'Red 'n Fragrant'



ASK JJ

Circles of doom

Bernice Walters of Paarl writes

My beautiful red pelargoniums are infested with something that is making these yellow spots on the top of the leaves. When I looked underneath the leaves, I saw lots of circles of what looked like tiny insects. What is this and what can I do to fix it? Must I cut off all the infected leaves before the problem spreads? I don't want to use poisonous sprays as I have cats and dogs.

JJ replies The disease you are battling with is called leaf rust and it could spread to adjacent pelargoniums and other soft-leaved plants. Control with an organic-based product called Copper-Flow-Plus at a rate of 5ml per litre of water. Be sure to spray the soil as well, as the spores (seeds) fall on the soil surface and get back on the plant. The best way to prevent it in future will be to remove the lower leaves on the stems up to about 15cm from ground level. >>

Listen to JJ's gardening tips and tricks on Derrick Gardner's show *Brêkfis met Derrick* at 07:40 every Saturday on RSG.





Riad Azzar
luxury patio
umbrella
(210cm)
R4 999, Poetry



Wrought-iron
doormat R1 390,
Garden Bleu



Outdoor bollard lights
R2 520 each, K.Light

Garden goodies

Compiled by Beatrice Moore-Nöthnagel

REMEMBER!

It's Mother's Day on 12 May.



Spoil your mom with a variety of bouquets
(from R149.99 each, Woolworths).



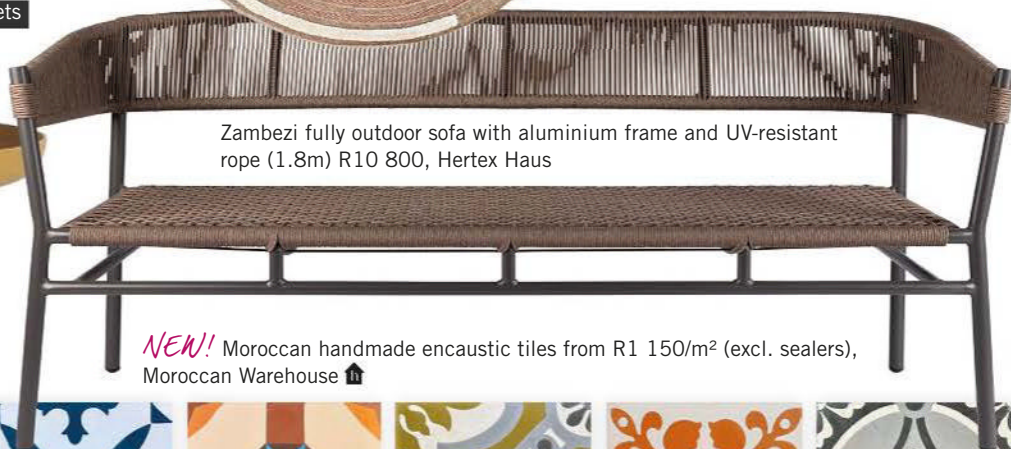
Round jute Mars rug (2m)
R3 300, Incanda



Cast-iron
Firewood Splitter
and Hammer
R1 700,
Babylonstoren

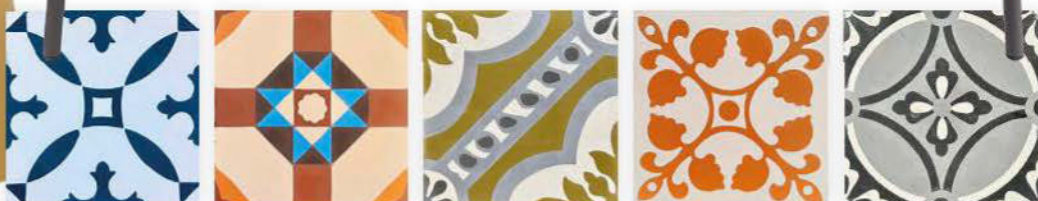


Sumo
polypropylene
side table
(50cm D
x 46cm H)
R1 699.99,
Elevenpast



Zambezi fully outdoor sofa with aluminium frame and UV-resistant rope (1.8m) R10 800, Hertex Haus

NEW! Moroccan handmade encaustic tiles from R1 150/m² (excl. sealers), Moroccan Warehouse 🏠



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ON THE next level

If your property is on a steep slope, create garden terraces – as Minki du Toit has done here in Waterkloof.

WHO LIVES HERE?

Johan and Minki du Toit

WHERE Waterkloof, Pretoria

SIZE OF GARDEN 750m²

AGE OF CURRENT

GARDEN 27 years

TYPE OF SOIL Red and rocky

By Marié Brody • Photographs Christoph Hoffmann

Weeping boer-bean

Duranta erecta
'Sheena's Gold'

“We live on part of a subdivided plot on which not much gardening was done before we moved here in 1996,” says Minki du Toit of Pretoria. It had a few trees such as the indigenous weeping boer-bean (*Schotia brachypetala*), two white stinkwoods (*Celtis africana*) – which unfortunately have since died of a fungal disease – and a very large tree which just fell over one day with a huge thud,” she recalls. “Even though we didn’t know what kind of tree it was, it was such a big loss because when we sat on the stoep it always felt like we were right inside that tree.”

But this avid gardener always has a plan.

The previous owners’ garden was already laid out on three levels, but there were no steps to the bottom terrace, just a steep pathway all along the boundary wall. The Du Toits decided to have steps built to connect the different levels.

From top to bottom

After the big tree fell over, Minki started to redesign the garden bit by bit. “On the top level, near the front door, I put in plants with a soft look, as well as pastel-coloured blooms such as pansies, violas, light pink fuchsias, forest bell-bush and pale yellow bush lilies in the bed around the weeping boer-bean. Here and there I used brighter colours, like a red fuchsia. All of these plants thrive in filtered sunlight.”

The middle level consisted of a long, narrow lawn but getting the lawnmower there was quite a story, and carrying the lawnmower up and down the stairs damaged them. So, the grass was removed and replaced with bush lilies and tree ferns. But then the two white stinkwoods that provided shade here died, and Minki had to make a new plan: she moved the bush lilies and tree ferns and planted agapanthus and Orange River lilies (*Crinum bulbispermum*), which can cope with sun, on the middle terrace.

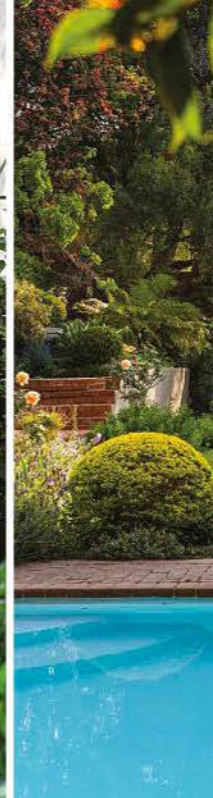
Bearded iris

The top terrace has a lovely view of the lower level where Minki has framed the lawn with a low hedge of star jasmine. The trees along the boundary wall provide privacy for the garden.

The lower level, Minki says, was already laid out by the previous owners. "I made the beds around the lawn a little wider, cemented in bricks as an edging and planted star jasmine to frame the lawn. Over time, 'Just Joey' roses, Barberton daisies, bearded irises, day lilies, *Salvias*, Inca lilies, dahlias and Japanese anemones, among others, have found a home here," she says. "On the shady side, I reduced the lawn as it wasn't growing well. This is an unstructured part of the garden so I gave the bed a meadow feel by planting perennials and ornamental grasses together." She specifically chose flowers that provide colour for long periods of the year. In between, she sows packets of mixed seed annually to provide seasonal colour. "It's an oasis of colour, fragrance and chattering birds, especially in the early morning and late afternoon. >>



Bush lily



Homegrown

Minki likes to propagate plants. “It gives me so much satisfaction growing my own plants, especially from seed. It’s so exciting to see that first sign of greenery and then picking the blooms for the house later. I also give away some of my cultivated plants to anyone who wants them but my daughters, Elise and Heleen, are usually the recipients.

“I grow cuttings of plants such as *Salvia*, spurflower, lavender (*Lavandula*) and impatiens – for the latter I sometimes use hormone powder to get them to root more easily.

“For annuals such as snapdragon (*Antirrhinum majus*), annual phlox (*Phlox drummondii*), larkspur (*Consolida ambigua*) and forget-me-not, I sow seeds.

“I plant the dead flowerheads of Barberton daisies upside down in well-drained soil – it works really well. Mix a little sand with the soil to improve drainage.”

She admits, though, that she has tried three times to grow delphiniums from seed, but without success. >>



Lavender



Fuchsia triphylla



'Just Joey'

It bothered Minki that the three terraces had nothing connecting them. "I wanted them to form more of a cohesive unit."

She approached her good friend, landscape architect De Wet Louw of De Wet Louw Design and Landscape, for his advice. He suggested that she build large square planter boxes and finish them with cement. A stand was built inside each planter and round cement pots were placed on each stand.

"I planted spurflowers in the square boxes and *Duranta erecta* 'Sheena's Gold' – trimmed into balls – in the round pots, with white bedding begonias (*Begonia semperflorens*) around them. The three planters were built one below the other on the different levels, and they line up with the metal arch bedecked with climbing roses on the lower level (see photo centre top, page 101). This helps to draw the eye from top to bottom and connects the three levels to each other," she explains.

EXPERT ADVICE



DE WET'S TIPS FOR TERRACE GARDENS:

- A terrace shouldn't feel like a precipice, but have a safe, stable look. Therefore, proportions are important. A terrace mustn't be too small and just look like broad steps – it should be at least 1–1.5m wide.
- It is important that the drop from the first terrace nearest to the house is less than a metre. If it has a drop of more than a metre, a balustrade is essential for safety.
- Simplicity and repetition create tranquillity. Repeat different textures, plants and pots on the different terraces. Textures, especially, are important. For example, if you want retaining walls to be visible, build them with elements that already form part of the house. If the house is built with red bricks, use the same bricks. The house and the terrace must connect with each other. If you don't want to see the walls, grow climbers such as ticky creeper (*Ficus pumila*) or star jasmine that can be planted right against the wall. Remember that star jasmine needs to be tied to a wire or wooden frame. This will ensure that you keep the feel of a terrace, but 'lose' the wall.
- Choose smaller trees that don't grow too tall, with lighter trunks and a canopy that is not too dense. The indigenous lavender tree (*Heteropyxis natalensis*) is an excellent option. A tree like this ensures that you don't feel constricted, since the next terrace will be visible through the trees.
- Lighting is essential, otherwise it feels as if the garden doesn't lead anywhere once night falls. Lights give you a sense of the garden's depth.
- Use plants with a more delicate texture closer to the house and those with a coarser texture further away on a lower terrace. Coarser textures too close to the house make the garden seem smaller. The more delicate textures actually disappear and the rest of the garden is visible through them. By using plants with grey foliage further away, you create a blurred effect that makes the garden seem larger. Choose plants with green leaves for beds closer to the house.

CONTACT 083 263 1517

FOND MEMORIES

Barberton daisies and sweet peas are very close to Minki's heart. "Barberton daisies remind me of my childhood in what was then Nelspruit. My friends and I would head for the hills with a picnic in a rucksack and not come home until dusk. They grew wild everywhere and bloomed in many different colours," she recalls. "My mom bought plants for me at the local botanical garden but unfortunately I could only bring a few with me when we moved to this house. Some of them are still flourishing here!"

"Sweet peas also remind me of my mom. They were the first flowers I became aware of as a little girl. My mom would dig a deep trench and fill it with newspaper, soil and manure, then we would sow sweet pea seeds in that bed. I always knew those flowers were very special to her." 🏡

Ever since she was a little girl, Minki wanted a garden with abundant flowers that she could pick for the house. "I think I was born with a passion for a beautiful garden. But my mom Elise and grandmother Miemie definitely also played a huge role," she says. "They instilled in me an awareness of the beauty of flowers."



FAVOURITES IN THIS GARDEN

FOR A SUNNY BED

- Barberton daisy (*Gerbera jamesonii*)*
- Bearded iris (*Iris germanica*)
- Dahlia
- Day lily (*Heliconia* hybrids)
- Delphinium (*Delphinium x elatum*)
- Forget-me-not (*Myosotis sylvatica*)
- Inca lily (*Alstroemeria aurea*)
- Roses, especially 'Just Joey'
- *Salvia*
- Sweet pea (*Lathyrus odoratus*)

IN THE SHADE

- Azalea (*Rhododendron*)
- Bush lily (*Clivia miniata*)*
- Busy Lizzy (*Impatiens walleriana*)
- Camellia
- Fairy primrose (*Primula malacoides*)
- Forest bell-bush (*Mackaya bella*)*
- Foxglove (*Digitalis purpurea*)
- Fuchsia
- Star jasmine (*Trachelospermum jasminoides*), which also thrives in a sunny spot
- Spurflower (*Plectranthus*)*

* indigenous

WHO LIVES HERE? Heather and Colin

Batchelor with their son Jamie
and their dogs, Joey and Rosie

WHERE Houghton Estate, Johannesburg

SIZE OF GARDEN 1 500m²

AGE OF GARDEN 14 years

TYPE OF SOIL Mainly clay, supplemented
with compost and peanut shells for drainage



A statue of Neptune is framed by one of a series of metal arches garlanded by climbing 'Gulilah' roses.

In late summer, roses, sunflowers and tall tuber-grown dahlias add colour at eye level to the meadow garden (opposite) that Heather established after filling in the swimming pool. "We noticed that once the pool had gone, the insects, especially the bees, returned. They obviously didn't like the smell of the chemicals," she says.

THE flower AND THE glory

This colourful garden not only provides a beautiful outlook from Heather Batchelor's home, but also gives her a bounty of blooms for the vase.

By Mary Jane Harris • Photographs Christoph Hoffmann
and supplied

“A garden should be for picking, whether it's flowers, fruit or vegetables,” says translator Heather Batchelor. And in Heather's case, she's lucky enough to have all three options: flowers from the meadow garden in front of her house, veggies from the patch outside the kitchen and 'Catawba' grapes from the vines that shade the dining patio.

Fourteen years ago, when Heather and Colin Batchelor moved into their house dating from 1902, there wasn't much in the garden. “There were a couple of established trees on the right with some agapanthus and lavender, and a swimming pool on the left as you approached the house,” recalls Heather.

Fortunately for Heather, who is a passionate gardener, they were able to bring a lot of the plants from their previous home. “It was going to be turned into offices, so the new owners were happy for me to take my precious hydrangeas, slipped from my mother's garden in Lesotho, as well as a number of other shrubs that had great sentimental value,” she explains.

“Moving day turned out to be one of the hottest days of the year and, as luck would have it, the truck we hired to move the plants broke down. So, they sweltered for hours in the sun.

But when they finally arrived, we planted them immediately and watered and watered – and they all survived!”

Initially, Heather employed a landscaper to remove rubble from the beds and supplement the soil but after that, she took over. To disguise the concrete boundary walls, she planted a hedge of sweet viburnum (*Viburnum odoratissimum*) and commissioned an engineer-turned-metalworker to create a series of arches along one side for climbing roses.

“I've always loved roses,” says Heather. “My mother had a big garden in Maseru where she grew hundreds of roses under difficult conditions. I remember her going to the station at the border to collect bare-rooted roses that came on the steam train from Port Elizabeth.”

Heather established a long curving bed filled with roses of different colours and types on one side of the path leading to the front of the house.

“These provide plenty of flowers for my home,” she says. “I usually have roses in the living room and kitchen. In summer, the hydrangeas and dahlias are magnificent and I can't resist bringing them into the house.” >>

An arch near the original entrance to the house (opposite) is covered with 'Gold Bunny' roses. Inca lilies, one of Heather's favourites, line the path. “These are the long-stemmed ones and they bloom from August right through to the next winter,” says Heather who loves to pick them for the house.



'Tawny Profusion' rose

I spend time *in my garden* every single day.
It's good for my soul. – Heather



Embracing colour

However, it was when the couple decided to fill in the swimming pool that their garden took on a new colourful personality. "The pool was always giving us problems, so we called in a builder who cracked the bottom with a machine for drainage, and then filled it in with good soil," explains Heather. "We left the sides and the paving around the edge."

As it was situated in the sunniest part of the property, the filled-in pool lent itself to a flower garden. "There was no plan, I just wanted it to look like a meadow," Heather recalls. A friend gave her a couple of bare-rooted rose bushes. "I wasn't sure what colour they were, so I put three in each corner. Then I sowed hundreds of seeds and that first season it really was like a meadow. Now there are more perennials such as salvias and penstemons and a few more roses. But I love the fact that many of the plants such as *Echinacea* and sweet alyssum seed themselves, sometimes even in the cracks in the paving." >>



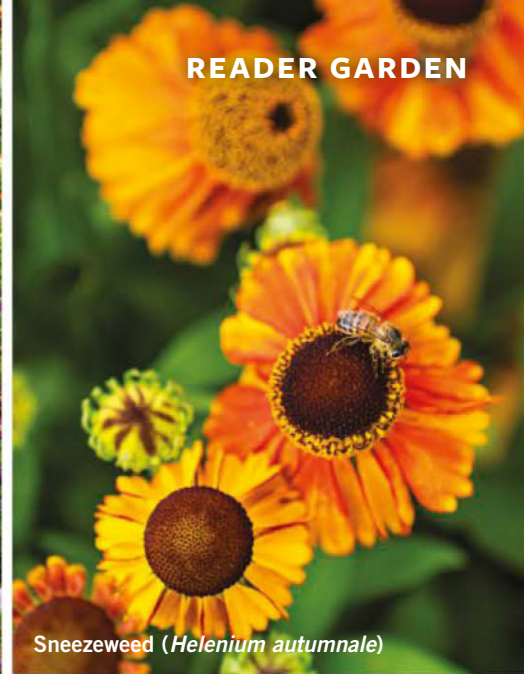
Dahlia



Zinnia



The original pool paving now provides a place for pots, which are filled with colourful plants such as petunias.



READER GARDEN

Sneezeweed (*Helenium autumnale*)



Heather Batchelor



Cactus dahlia



'Burgundy Iceberg'



Cosmos



Delphinium



Pompon dahlia

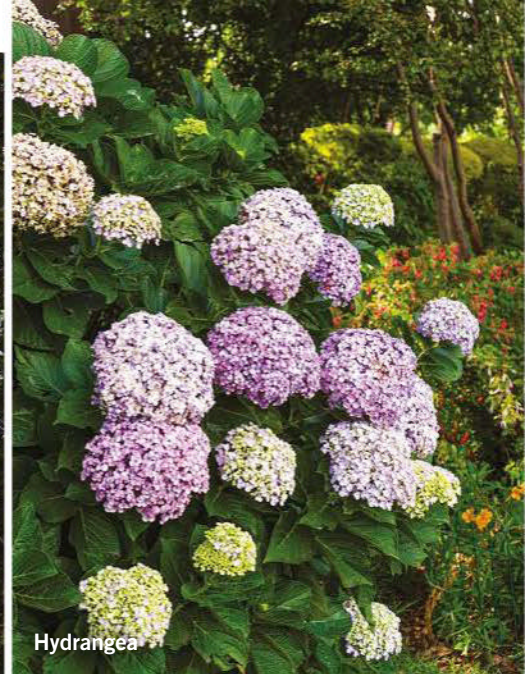
Through the seasons

With successive sowings of seeds, the flower garden is a riot of colour throughout the year. In winter when the roses have been pruned, the bare stems are hidden by calendula, sweet William (*Dianthus barbatus*) and Cape scabious. "I also include Iceland poppies but as I find them difficult to grow from seed, I buy seedlings," says Heather. "This area never looks empty."

In spring, sweet peas, African daisies, larkspur, columbine and pansies put on a colourful show. "I sow these seeds at the end of March and the beginning of April," Heather explains. At the end of August and the beginning of September, she starts sowing for summer. "I sow seeds *in situ* and some in pots," she says. "I let certain plants go to seed so that I can collect them."

Summer sees a profusion of hibiscus, red and yellow sunflowers, dahlias, roses, delphiniums, cone flowers (*Echinacea*), Russian sage (*Salvia yangii*) and Inca lilies (*Alstroemeria*). Some of the dahlias and cosmos continue flowering into autumn and are joined by marigolds, balsam (*Impatiens balsamina*) and Michaelmas daisies.

Heather sprays her garden with organic insecticides as far as possible. "We foliar feed with BioGrow organic fertiliser and the roses are dosed with Ludwig's Vigorosa; this helps to keep everything healthy and looking good throughout the year."



Hydrangea



Sunflower



'Lavender
Perfumella'
rose

Sowing seeds



Marlaen Straathof of Kirchhoffs offers the following advice:

Growing flowers from seed is economical as one packet will give you plenty, and some of the more unusual varieties are often only available in seed form.

There are two ways to sow seeds: directly into the soil where you want them to grow (*in situ*), or in pots or seed trays (the seedlings are then planted out).

The type of seeds will determine the method of sowing, and sowing times will also vary depending on where you live – check the back of the seed packet beforehand.

IN SITU The advantage of this method is that there's no need to plant out seedlings and the plants tend to develop more quickly and flower sooner. Loosen the soil to a depth of 30cm, remove any stones and add compost for fertility and drainage. Level the soil with a rake or fork and water the day before sowing. Follow the instructions regarding how deep to sow the seeds; the size of the seed generally dictates the depth – this means that the finer the seed, the shallower it should be sown. Very fine seed can be sprinkled on the surface and firmed down with your hand. Water well with a fine spray after sowing. When the seeds germinate and the first pair of true leaves appear, you can thin them out so that each plant has space to grow.

SEED TRAYS AND POTS Fill the seed trays or pots with a commercial seedling mix. Shake the tray gently to allow the soil to settle to the bottom of the container; top up with soil if necessary. Press the seeds on the surface if that's the recommended method. If the seeds are large, make a hole with a stick or pencil and drop the seed in. Press the seeds down gently and cover with a fine sprinkling of seedling mix. Mist with a spray bottle so the soil is moist but not saturated. You can also create a mini greenhouse by using small plastic fruit containers as seed trays. This minimises evaporation so you don't have to water as often. Place in an area with good light but not direct sunlight. When seedlings have emerged, plant them out into a larger container or compartmentalised seed trays filled with a richer potting mix and slow-release fertiliser. When the seedlings look leafy and have developed roots, plant them out into the garden.

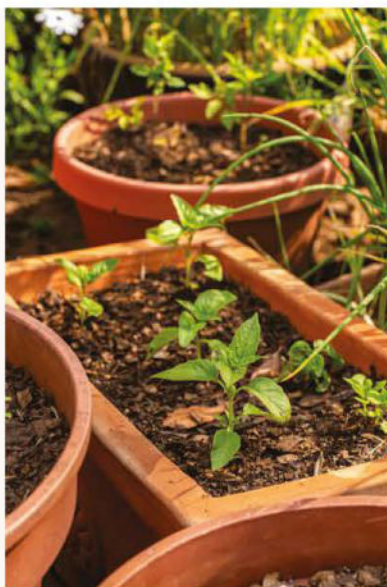
MARLAEN'S GOLDEN RULES

• Whether sowing *in situ* or in seed trays, **never ever let the soil dry out while the seeds are germinating.** You may have to mist them twice a day in hot spells. Watering with a spray bottle is perfect for seed trays. Set the sprayer to a fine mist if sowing *in situ*.

Watering with a watering can or hose can dislodge the seeds or even wash them away.

• **Don't weed until seedlings are large enough to be identified.** Many a gardener has weeded too vigorously and found out too late that they've removed the 'wrong' weeds!

CONTACT Kirchhoffs kirchhoffs.co.za 🏠



SOW-FROM-SEED FLOWERS

The flowers listed here are all sun-lovers and can be grown from seed. Not all are suitable as cut flowers, but they'll add colour to your garden. Sowing and flowering times depend on the climate in your area. Always follow the instructions on the back of the seed packet.

SPRING FLOWERING:

- African daisy (*Dimorphotheca*)*
- Annual phlox (*Phlox drummondii*)
- Columbine (*Aquilegia caerulea*)
- Edging lobelia (*Lobelia erinus*)*
- Fairy primrose (*Primula malacoides*)
- Forget-me-not (*Myosotis sylvatica*)
- Foxglove (*Digitalis purpurea*)
- Stocks (*Matthiola incana*)
- Sweet alyssum (*Lobularia maritima*)
- Sweet pea (*Lathyrus odoratus*)

SUMMER AND AUTUMN FLOWERING:

- California poppy (*Eschscholzia californica*)
- Cosmos (*Cosmos bipinnatus*)
- Bedding dahlia (*Dahlia variabilis*)
- Delphinium (*Delphinium grandiflorum*)
- Hollyhock (*Alcea rosea*)
- Larkspur (*Delphinium cultorum*)
- Marigold (*Tagetes erecta*)
- Michaelmas daisy (*Aster* spp.)
- Sunflower (*Helianthus annuus*)
- Zinnia (*Zinnia elegans*)

*indigenous

WINTER FLOWERING:

- Calendula (*Calendula officinalis*)
- Cape scabious (*Scabiosa africana*)*
- Iceland poppy (*Papaver nudicaule*)
- Kingfisher daisy (*Felicia amelloides*)*
- Pansy (*Viola wittrockiana*)
- Snapdragon (*Antirrhinum majus*)
- Look out for winter scatter packs such as Kirchhoffs Namaqualand Flower Scatterings.

I grow most of my flowers from seed and I always look out for unusual varieties when travelling. Friends also give me seeds, which I love trying.
– Heather

UPSIDE-DOWN ONION TART WITH
CREAM CHEESE AND BACON

Recipe on page 117



A hand with dark nail polish holds a glass teapot, pouring a stream of golden olive oil onto a stack of four pan buns. The buns are golden-brown with dark, caramelized bottoms and are garnished with fresh green herbs. They sit on a rustic, scalloped-edge copper plate. In the background, more pan buns are visible, and a sprig of white flowers adds a touch of elegance. The overall scene is set against a dark, textured background, creating a warm and inviting atmosphere.

Liquid GOLD

PAN BUNS

Recipe on page 121

Even just a little olive oil, used correctly,
creates a taste sensation!

By Johané Neilson • Photographs ER Lombard

Pasta with broccoli pesto

The bright green pesto can also be served as a dipping sauce with bread or veggie sticks; it's also the perfect sauce to go with roast chicken and baked potatoes.

Serves 6 • Preparation: 25 minutes • Cooking time: 10 minutes

- 500g spaghetti
- 1 medium-sized broccoli, stem removed, florets finely chopped
- 125ml grated Parmesan
- 125ml roasted almonds or cashews
- zest of 1 lemon

- a large handful fresh basil
- 1 small garlic clove
- a pinch of chilli flakes
- about 60ml olive oil
- 100g green olives stuffed with anchovies, chopped

1 Boil the pasta in salted water until al dente.

2 While the pasta is cooking, place the finely chopped broccoli in a large mixing bowl and pour boiling water over it; leave for 5 minutes. Drain, then place the blanched broccoli in the bowl of a food processor. Add the cheese, nuts, lemon juice, basil, garlic, chilli flakes and olive oil and process until smooth. If the processor is battling to chop the nuts, add a little pasta water to get the blade spinning – this will also dilute the

sauce a little bit. Season to taste with salt and freshly ground black pepper.

3 Drain the pasta and immediately mix in half of the pesto. Dish into deep bowls, top with an extra dollop of pesto, a few drops of olive oil and a sprinkling of olives. Serve immediately.

Tip I like to use peri-peri nuts; they give the broccoli a bit of bite and then I don't need to add as much salt and chilli flakes. >>



LENTIL SALAD WITH
BILTONG AND FIGS

Recipe on page 117





CHICKEN WITH MUSHROOMS
AND PEARL BARLEY



BREAD & WI





Chicken with mushrooms and pearl barley

The secret to this simple autumn dish is the fresh herb oil at the end.

Serves 4

Preparation: 1 hour and 30 minutes

Cooking time: 45 minutes

- 60ml olive oil
- 250ml fresh basil
- 1 garlic clove
- 8 chicken thigh fillets, each cut in half
- juice and zest of 1 small lemon
- bay leaves (optional)
- 250ml pearl barley
- 30ml butter
- 1 large onion, halved and thinly sliced
- 350g fresh mushrooms (white or brown), halved
- 80ml sweet sherry
- 250ml chicken stock

1 Process the oil, herbs and garlic with a stick blender and pour half of it over the chicken; set aside the rest for serving. Rub the chicken well with the herb oil, add the lemon juice and zest, season with salt and pepper. Thread the chicken onto sticks (4 pieces per stick) and marinate in the fridge for 1 hour. I like to thread bay leaves in between as they look lovely and add to the flavour, but that is optional.

2 Boil the pearl barley gently in salted water – about 20 minutes. Drain and set aside.

3 Heat the butter in a heavy-bottomed pan and sauté the onions and mushrooms until golden-brown and fragrant. Stir in the sherry and cook until almost reduced; stir in the barley and the stock.

4 Fry the chicken in a second heavy-bottomed pan until golden-brown on both sides. When it is almost done, arrange it on top of the barley, cover with a lid and simmer everything together for another 10 minutes. Drizzle over the remaining herb oil and serve.

Upside-down onion tart with cream cheese and bacon

Shallots are like the mild French cousins of pickling onions, only slightly less bitter.

This tart is my version of a recipe I saw in the British magazine *Delicious*, and now I can't stop making it! I love the chewy edges where the pastry comes into contact with the sugar and caramelises...

Makes 1 x 26cm tart

Preparation: 25 minutes

Cooking time: 40 minutes

Oven temperature: 200°C

- 30ml olive oil
- 2 thick-cut bacon rashers, cut into pieces
- 10 shallots, peeled and halved
- 60ml castor sugar and a knob of butter
- 8 sage leaves
- 230g medium-fat cream cheese
- 1 roll (400g) puff pastry, thawed

1 Preheat the oven. Warm up an ovenproof frying pan, heat the olive oil in it and fry the bacon until golden-brown. Scoop out the bacon but reserve the oil. Add the onions, along with a splash of hot water. Allow to simmer gently until all the water has reduced, then fry for a few more minutes until the onions start to brown. Scoop out.

2 Stir the sugar into the pan and heat over a low heat until the sugar caramelises. Keep a close eye and shake the pan as needed; it caramelises in no time and you don't want the sugar to burn. Remove from the heat and immediately arrange the fried onions cut side down in the caramelised sugar, dot with butter and sprinkle the sage leaves and crispy fried bacon on top.

3 Spoon dollops of cream cheese over the onions in the pan and season to taste with salt and pepper. You can of course add garlic and herbs to taste if you like. Try to spread the cheese as evenly as possible.

4 Cover the filling with a circle of puff pastry cut slightly larger than the pan; tuck the pastry in around the edge of the filling. Bake the tart for about 30 minutes or until the pastry is golden-brown and risen.

Allow to cool for a few minutes; then place a serving platter upside down over the tart and flip it over in one quick motion. Remove the pan and serve.

Lentil salad with biltong and figs

Slices of roasted pear instead of the fresh figs are just as delicious in this salad.

Serves 4 as a side dish

Preparation: 10 minutes

Cooking time: 3 minutes

- 1 tin (400g) brown lentils, rinsed and drained
- 80g fresh rocket
- a handful of wet biltong
- 6 fresh figs, quartered
- 100g creamy feta or goat's cheese
- 30ml olive oil
- ½ garlic clove, finely chopped
- 2ml cumin seeds, pounded

VINAIGRETTE

- 60ml olive oil
- a pinch of dried Italian herbs
- 5ml wholegrain mustard
- 15ml lemon juice
- 5ml red wine vinegar
- a pinch of sugar

1 Shake the vinaigrette ingredients together in a jar with a screw cap; season to taste with salt and pepper. Mix half the sauce through the lentils and dish onto a serving platter with the rocket, biltong and figs. Lastly, crumble the cheese on top.

2 Heat 30ml olive oil in a pan and fry the garlic and cumin seeds until aromatic; season with a pinch of Maldon sea salt. Drizzle the hot oil over the salad and serve immediately with the extra dressing. >>

**TOMATO AND BRINJAL
ANTIPASTO WITH
TAHINI YOGHURT**

Recipe on page 121

SAUTÉED BABY MARROWS

Recipe on page 121

SWEET PEPPER AND
FETA SPREAD
Recipe on page 121

Hake with garlic and chilli oil

The rich olive oil seasoned with chilli, garlic, parsley and lemon makes this quick meal special.

Serves 4 • Preparation: 30 minutes • Cooking time: 20 minutes

- 1 bunch kale (see tip)
- 60ml olive oil
- a large knob of butter
- 1 small lemon
- 3 garlic cloves, peeled and thinly sliced
- 1 red chilli, chopped
- 8 mini hake fillets, skin on (thawed and patted dry if previously frozen)
- flour to coat the fish
- a generous sprinkling of paprika
- 5ml chopped flat-leaf parsley
- 200g green beans, cut into 2cm pieces and steamed
- cooked soft pap or mashed potato, to serve

1 Rinse the kale well and squeeze dry – this is important if you want crispy pieces. Remove the veins and chop finely. Heat a large pan until very hot, pour 30ml of the olive oil into the pan and add the kale as soon as the oil is hot.

2 Fry the kale fairly quickly over high heat. When the kale has shrunk in size, with lovely brown bits here and there, season generously with sea salt, reduce the heat and fry for a few more minutes until done. Stir in the butter, season with lemon zest and lemon juice; scoop out.

3 Add the rest of the oil to the pan and fry the garlic and chilli until fragrant. Scoop out the chilli and garlic for later, but reserve the oil in the pan.

4 Dry the fish well. Roll it in the flour until coated with a very thin layer, and season generously with paprika, salt and pepper. Now fry the fish skin side first in the flavoured oil until crispy. Turn quickly and fry briefly on the other side. Spoon the crispy garlic and chilli on top of the fish, sprinkle the parsley over and serve it together with the kale and beans on a portion of pap or mash, with an extra slice of lemon.

Tip

If you're not a fan of kale, use spinach instead.

Pan buns

These soft rolls are pan-fried in olive oil rather than baked, and are worth the wait of the long resting time.

Makes 8 buns

Preparation: 30 minutes, plus 2 hours and 30 minutes rising time

Cooking time: 10 minutes

- 200ml lukewarm water
- 80ml lukewarm milk
- 7.5ml light brown sugar
- 7.5ml instant yeast
- 45ml olive oil, plus extra for frying
- 5ml salt
- 750ml bread flour
- Maldon sea salt and dried thyme (optional)

1 Mix the water and milk with the sugar and check to make sure it is lukewarm before adding the yeast. Allow to stand for a few minutes until frothy. Stir in the olive oil and salt, followed by the flour. Stir until the dough comes together in the bowl, then use your hand to press all the dough together in the mixing bowl. Turn out onto a clean work surface and knead for at least 5 minutes until smooth (good exercise!). Grease the mixing bowl with a little olive oil, put the dough in it and cover with a damp tea towel. Leave to rise for 1 hour and 30 minutes.

2 Turn the dough out and divide it into eight equal portions. Form each portion into a ball, press flat to form a bun and place on a greased baking tray or cutting board. Carefully cover with a greased sheet of cling wrap or a damp tea towel and leave to rise again for 1 hour.

3 Heat a heavy-bottomed pan until nice and hot (I work with two pans at a time so that I can fry all the buns, 4 in each pan, at the same time). Then put 4 buns in the hot dry pan; wait 30 seconds and turn them over. Wait another 30 seconds and turn again. Now add a splash of olive oil to each pan, reduce the heat slightly and continue frying for about 8 minutes or until the buns are golden-brown and puffed up. For flavour and gloss, I brush on a little oil again and sprinkle Maldon sea salt and thyme over the hot buns when they come out of the pan.

Tear and share!

Make one or all three of these accompaniments to go with your pan buns for a wonderful appetiser or light meal.

1 SWEET PEPPER AND FETA SPREAD

Makes about 350ml

- 2 large red peppers
- 300g creamy feta
- 2.5ml crushed garlic
- 30ml olive oil, plus extra, to finish
- 15ml red wine vinegar
- 100g kalamata olives, pitted and chopped
- 15ml chopped flat-leaf parsley

1 Preheat the grill. Arrange the peppers on a baking tray and place them about 10cm below the grill. Keep the oven door open a little and turn the peppers over once or twice until the skin is charred and blistered (it comes off easier then). Place the roasted peppers in a bowl with a tight-fitting lid and let them 'sweat' for 5 minutes. Pull off the charred skins, cut open and discard the membranes and seeds.

2 Crumble the feta into your food processor and process until almost smooth. Tear the sweet pepper flesh smaller (keep a few pieces as a garnish) and add it to the feta along with the garlic, olive oil and vinegar; process until smooth and creamy. Season to taste with salt and pepper.

3 Dish the spread into a bowl, garnish with the reserved sweet pepper, olives, parsley and an extra drizzle of olive oil.

2 SAUTÉED BABY MARROWS

Makes about 300ml

- 15ml olive oil
- 1 small onion, finely chopped
- 8 baby marrows, diced
- 1 garlic clove, finely chopped
- a pinch of dried mint
- about 5ml lemon zest

Heat the olive oil and sauté the onions for a few minutes until soft and translucent. Stir in the baby marrows and garlic and continue to sauté until soft and fragrant – about 10 minutes. Stir in the mint and lemon zest and season to taste with salt and pepper. Dish into a serving bowl.

3 TOMATO AND BRINJAL ANTIPASTO WITH TAHINI YOGHURT

Each warm bite of this delicious spread inspired by Yotam Ottolenghi, the master of Mediterranean delicacies, is a delight of surprising textures.

Makes about 500ml

- 2 large brinjals
- 375ml ready-made pasta sauce with a tomato base, heated
- 30ml tahini
- 80ml plain yoghurt
- 30ml olive oil
- 1 garlic clove, finely chopped
- 125ml coarsely chopped cashews
- 15ml sesame seeds
- a pinch each of ground cumin, coriander and paprika
- a large pinch of sea salt flakes
- 4 sprigs fresh dill, chopped

1 Heat up a griddle pan until very hot. Prick the brinjals with a fork about four times on one side and roast them in the griddle pan until well charred on the outside and soft on the inside – this takes about 40 minutes. I take a shortcut and grill them well on the outside for 10 minutes, then place them on a sheet of baking paper in the air fryer at 200°C for another 30 minutes until soft.

2 Allow the brinjals to cool until just manageable, then peel off the charred skin and discard it. Tear the flesh into long strips (the texture is wonderful!). Season the brinjal with salt and pepper and mix with the ready-made pasta sauce. Dish into a serving bowl.

3 Mix the tahini and yoghurt until smooth (season with a pinch of salt). Add dollops on top of the brinjal in the bowl.

4 Heat the olive oil over low heat and heat the garlic, cashews and sesame seeds together. Once this is gently fried, season with the spices and salt, and pour the oil and pan mixture over the brinjal. Lastly, sprinkle the dill on top. Serve hot or at room temperature. 🏠

Prawn breyani



We've given this traditional Cape Malay rice dish a seafood twist – and it's a feast of colour and flavour!

Tip

The crispy prawn heads add great crunch to the breyani when used as a garnish along with boiled eggs. Serve with extra yogurt.

Serves 6 • Preparation: 1 hour
Cooking time: 50 minutes

PRAWNS

- 700g whole prawns
- 5ml chilli powder (or to taste)
- 5ml turmeric • a pinch of salt
- 15ml fresh lemon juice
- 15ml olive oil

YELLOW RICE

- 2 cups basmati rice
- 2 bay leaves, fresh or dried
- 2 cloves
- 6 whole peppercorns
- 5ml turmeric or ground saffron
- 5ml salt

SAUCE

- a generous drizzle of olive oil
- 1 cinnamon stick
- 5 cardamom pods
- 1 large onion, finely chopped
- 15ml ground breyani masala or fish masala
- 2cm fresh ginger, peeled and finely grated
- 2 plump garlic cloves, finely chopped
- a sprig of curry leaves (or 1 bay leaf)
- 2 large tomatoes, diced
- 1 whole green chilli
- 30ml chopped fresh mint
- 30ml chopped fresh coriander
- 60ml plain yoghurt
- 5ml fresh lemon juice

EXTRA

- 3 potatoes, peeled and cut into 2cm blocks, then deep-fried until crispy
- 1 onion, halved, thinly sliced and deep-fried until light brown
- 15ml each chopped fresh coriander and fresh mint
- 125ml butter
- 6 eggs, hard-boiled and peeled



1 Cut off the heads of the prawns and save for later. Cut open the back of the prawn tails, remove the intestines and shell. Mix the cleaned prawns with the chilli powder, turmeric, salt, lemon juice and olive oil; set aside until needed. **2** Rinse the rice well under running water until the water is clear. Then cover the rice with cold water and add the seasoning. Bring to the boil, reduce the heat and cook for 8 minutes. Drain and rinse in cold water.

3 Heat the olive oil for the sauce in a heavy-bottomed pan; fry the whole spices for half a minute. Stir in the onions and fry everything together until the onions are soft and start to brown. Stir in the ground masala, ginger, garlic and curry leaves and fry for a few more minutes. Now add the tomatoes, whole chilli, mint and coriander, followed by 250ml hot water. Season with a generous pinch of salt and simmer for 5 minutes.



4 Stir in the prawns and simmer until the tails are pink (maximum 5 minutes); remove from the heat, then stir in the yoghurt and lemon juice. Remove the chilli and any whole spices. Melt the butter with a splash of olive oil and fry the prawn heads until crispy. Spoon out of the butter and use as garnish (see tip). Get the yellow rice, fried potato, crispy onions and extra herbs ready.

5 Assemble Grease a wide heavy-bottomed pan (with a tight-fitting lid) well with a spoonful of the prawn-infused butter. Spread half of the potato cubes on the bottom, followed by half of the rice and finish with a sprinkling of crispy onions and chopped herbs. **6** Spoon the prawn sauce on top, followed by the rest of the rice, potatoes, onions and herbs. Pour the rest of the prawn butter over, as well as half a cup of boiling water. Put the lid on and allow to steam over low heat for 20 minutes until the rice is perfectly cooked. Garnish with the hard-boiled eggs. 🏠



We've got
supper
sorted!

Roast chicken with olives

Under R130 • Serves 4 • Preparation: 15 minutes

Cooking time: 40 minutes

- 800g baby potatoes, halved
- 4 chicken quarters (or 8 chicken thighs)
- 1 lemon
- 45ml olive oil
- 5ml dried Italian herbs
- 100g olives, pitted
- 200g green beans, steamed
- 30ml capers
- a sprinkling of fresh basil

1 Preheat the oven to 200°C. Boil the potatoes in salted water for 10 minutes. In the meantime, make 5 deep incisions in each chicken portion, down to the bone. Finely grate the skin of the lemon, mix the zest with 15ml of the olive oil, the dried herbs and a generous pinch of salt and pepper, then rub the chicken all over with this. Fry in a hot pan until golden-brown and par-cooked.

2 Drain the potatoes and mix them with the rest of the olive oil and the olives. Transfer to an ovenproof dish and place the chicken on top. Slice the lemon and add to the dish. Bake for 30 minutes until everything is cooked and aromatic. Add the beans, as well as the capers and finally the basil.



Curried cauliflower and chickpea soup

Under R90 • Serves 4 • Preparation: 20 minutes

Cooking time: 40 minutes

- 1 cauliflower, finely chopped
- 30ml oil
- 15ml mild masala
- 1 tin (400g) chickpeas, drained
- a knob of butter
- 1 onion, finely chopped
- 2 garlic cloves
- 15ml flour
- 1.2L stock (chicken or vegetable)
- a big handful of baby spinach
- 125ml double-cream yoghurt
- 4 naan breads, to serve

1 Mix the chopped cauliflower with the oil and masala, place in the basket of your air fryer and cook for 20 minutes at 180°C. Stir in the chickpeas and air-fry for another 10 minutes.

2 In the meantime, melt the butter in a pot and sauté the onion and garlic until golden-brown and fragrant. Stir in the flour to form a roux; beat in the stock and cook for 10 minutes.

3 Set aside 125ml of the crispy cauliflower and chickpeas as a garnish, stir the rest into the soup and purée with a stick blender. Season to taste with salt and pepper; reheat the soup.

4 Ladle the soup into bowls. Divide the spinach, yoghurt and reserved cauliflower between the bowls; serve with naan bread.



Pork, bean and mushroom stroganoff

Under R140 • Serves 4 • Preparation: 30 minutes
Cooking time: 30 minutes

- 1 pork fillet (500g)
- 30ml oil
- 2ml paprika
- 350g mushrooms, sliced
- 15ml Worcestershire sauce
- 5ml Dijon mustard
- 250ml stock
- 1 tin (400g) butter beans, drained
- 125ml sour cream
- 80g baby spinach
- steamed rice, to serve

1 Heat a heavy-bottomed pan. Cut the fillet in half, rub all over with half of the oil, as well as the paprika, salt and pepper to taste. Fry until golden-brown.

2 After 7 minutes, the outside of the meat should be nicely browned. Add the mushrooms and the remaining oil to the pan and continue to fry for another 5 minutes. Lift out the meat and let it rest on a chopping board.

3 Stir the Worcestershire sauce and mustard into the mushrooms and fry for a minute; add the stock and beans and cook for 5 minutes. Stir in the sour cream and spinach; heat through.

4 Slice the fillet and spoon it onto the hot sauce. Serve with rice.

Tip If you don't like your pork blush-pink, heat the slices of meat in the cream sauce until cooked through. 🏠



CHICKEN AND CREAMY CORN SALAD

Serves 4 • Preparation: 20 minutes
Cooking time: 10 minutes

- 30ml B-well Canola & Olive Oil blend
- 5ml lemon zest
- 400g mini chicken fillets
- 3 whole mealies
- 300g bow-tie pasta, boiled until al dente
- 1 red pepper, diced
- 1 red onion, halved and thinly sliced
- 200g cherry tomatoes, halved
- 1 ripe avocado, diced
- DRESSING**
- 200ml B-well Thick & Creamy Mayonnaise
- 45ml plain yoghurt
- ½ garlic clove, finely chopped
- 30ml lemon juice
- 30ml fresh coriander, chopped (plus extra, to garnish)

1 Mix the oil, lemon zest and a generous pinch of salt and pepper through the chicken and fry in a hot pan over high heat until golden-brown and cooked but still juicy. Lift out and set aside.

2 Boil the mealies for 8 minutes. Heat a dry heavy-bottomed pan until very hot and roast the mealies to char the kernels here and there. Cut the kernels off the cob with a sharp knife.

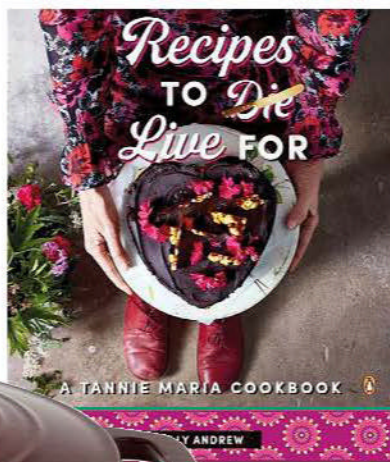
3 Combine the dressing ingredients and mix half of the dressing through the cooked pasta. Dish the rest of the dressing into a pretty serving bowl. Place the chicken on a serving platter; add the creamy pasta, and top with the rest of the salad ingredients (or mix everything together). Serve with the extra dressing and a sprinkling of fresh coriander.

If you care about your heart but still want to eat delicious food, B-well's range of products is the perfect choice! The range is produced locally with canola oil that is naturally cholesterol free and high in omega-3 fats. In addition, B-well Canola & Olive Oil blend is one of the few cooking oils to hold the **Smart Choice Seal from the Cancer Association of South Africa (CANSA)**. Tasty and nutritious! Visit bwellfoods.co.za for more.



Food & drinks

By Johané Neilson • Photographs supplied



A NOVEL IDEA

Tannie Maria, everyone's favourite amateur detective and agony aunt, has finally heeded her fans' call to produce her very first cookbook. *Recipes to Die Live For* (R400, Penguin Random House) features delicious dishes from Sally Andrews's first four murder mystery novels, as well as a few tantalising new additions such as spekboom ice cream. Give it a go!

Bronze Stove Top Kettle
(2.5L) R399, mrphome.com

SUPER SHOPPER

Flourish shopping bags (R110 each, flourishbycaron.com) are made from 100% recycled materials and hold up to 30kg; you can choose from four original watercolour artwork designs.

GET COOKING!

Forage and Feast Cast Iron Shallow Casserole Pot (30cm) R999.99, available at selected Checkers and Checkers Hypermarkets

The Aarke III Premium Carbonator (pictured in limited-edition Cobalt Blue; R4 699, yuppiechef.com) boasts a stylish cordless design from Sweden.

Round Woven Seagrass Basket (30 x 8cm) R170, roomservice homeware.co.za



FILLED WITH JOY

The 2023 La Motte Vin de Joie Rosé (R110, la-motte.com) with its well-defined notes of nectarine, melon, rose petal and Turkish delight is perfectly paired with comforting fish soup or seafood paella in winter, and leafy salads and finely sliced charcuterie in summer.

We love this!

The latest Sera Holland and Poetry Stores Collab showcases West Coast wildflowers hand-painted on ceramic platters. Featured here is the stunning limited release Oval Platter (R1 299, poetrystores.co.za).

Tall Tinted Glass Mugs
R149 each, Woolworths

ONE FOR THE AGES

Eight years in the making, Spier Prestige Cuvée Cap Classique 2016 (R450 per bottle, spier.co.za) is a bubbly worth waiting for! 🍾



Versatile avocados!

Green and dark-skinned avocados are available in South Africa almost all year round – and they're equally delicious and nutritious.

Top tip when shopping for avocados: green-skinned avos remain green when ripe, while dark-skinned avos turn purple-black when ready to eat – so please don't squeeze!

Even though avocados may vary in colour, shape and size, they are all a great source of nutrients and can be included as part of a healthy eating plan.

Avocados are one of the most versatile fruits around – they can be mashed, diced, sliced and puréed for everything from guacamole and salads to pizza toppings, sandwich and wrap fillings, soups, snacks and dips, and even ice cream.

They're great for breakfast, lunch, supper and dessert – and as snacks for when you're on the move. They're also ultra-convenient: avos are quick and easy to prepare, no matter what dish you're making. It really couldn't be easier!

So, no matter what you're planning for your next meal, always add an avo, whether on the side, on top or inside – green-skinned or dark-skinned – for double the deliciousness!

And that's not all! Avocados can form part of a successful energy-controlled diet for weight management. The healthy monounsaturated fats found in avocados result in a feeling of fullness, which reduces the temptation to overeat or binge on less healthy foods.

AVO PASTRY TART (a vegan-friendly butter substitute)

Serves 8 • Preparation: 30 minutes, plus resting time
Cooking time: 30 minutes

AVO PASTRY

- 125ml mashed avocado
- 330ml cake flour, plus extra
- 7.5ml baking powder
- 2.5ml salt
- about 60ml cold water

FILLING

- 6 eggs
- 500ml frozen peas, defrosted
- 125ml crumbled feta
- salt and pepper
- 1 firm and ripe avocado, halved, pitted and peeled
- a handful of basil

1 For the pastry, blitz the avo until smooth. Mix through the flour, baking powder, salt and just enough water until it comes together in a ball. Knead until

smooth on a floured surface. Cover in cling film and rest for 20 minutes.

2 Roll the dough out into a 5mm-thick circle. Line a greased 23 x 4cm tin with the dough, trimming any excess. Prick the base with a fork. Top with scrunched baking paper and baking weights (like dry beans). Refrigerate for 10 minutes.

3 Preheat the oven to 200°C. Bake the tart case for 10 minutes. Remove the baking paper and weights and bake for about 5 minutes or until lightly golden.

4 For the filling, blitz the eggs, 375ml of the peas and 80ml of the feta. Season with salt and pepper. Pour into the tart case and bake for about 30 minutes or until set. Cool to room temperature.

5 Place 1 avo half on a cutting board, cut-side down. Cut through the width into thin slices. Begin at one end and gently roll up into a rose shape. Repeat.

6 Place the roses on the tart with the remaining peas and feta. Top with basil.

For more information and tasty avo recipes, visit www.avocado.co.za and be sure to like @iloveavocadoSA on Facebook and follow @iloveavosSA on Instagram. #addanavo





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PAN BUNS
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Shopping guide

There's something for everyone in the family in this basket of goodies!

TREAT YOURSELF AND NOURISH YOUR NATURAL HAIR

Suki Suki Naturals believes that loving your hair is integral to loving your natural self. Through their carefully crafted products, they celebrate the unique beauty of every individual, encouraging them to embrace their natural hair. Miraculous Oil is a real treat, delivering intense nourishment and promoting hair growth. It contains Vitamin E-rich Moroccan Argan Oil, Kalahari Melon Seed Oil, Marula Oil and Baobab Oil. Go to sukisukinaturals.co.za or follow them on [instagram.com/sukisukinaturals](https://www.instagram.com/sukisukinaturals) and [facebook.com/sukisukinaturals](https://www.facebook.com/sukisukinaturals).



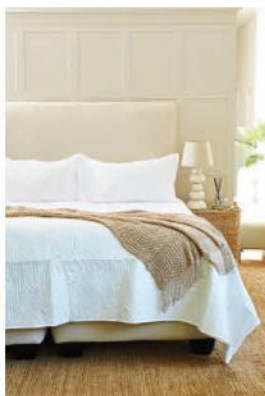
LOCAL LUXURY

Did you know that Jeeves' heated towel rails are manufactured in South Africa and exported to global markets? Add luxury, comfort and a bit of glamour to every shower or bath by investing in these handy rails that support South African excellence. They are designed to dry and warm your towels, making daily life just that little bit better. Go on, you deserve it – and so does your home! Go to jeeves.co.za.



ROOM SERVICE AT HOME

Room Service offers locally manufactured bedding as well as beautiful décor items to create a simple yet sophisticated look for homes, B&Bs and boutique hotels. They supply top quality products at affordable prices from their factory in Cape Town. Choose from a range of duvets, cosy bedcovers, blankets and throws as well as crisp percale bedding. You will find everything you need at Room Service. Go to roomservicehomeware.co.za.



ELEVATE YOUR BATHROOM

Choose quality door knobs, taps and basins – since you use them every day! And turn your bathroom into the pinnacle of luxury with the Laufen Alessi White Counter Top Bowl. This masterpiece is a fusion of Swiss precision, innovation and modern design, and an award-winning creation from the renowned Italian designer Stefano Giovannoni. It's exclusive to Italtile; visit one of their showrooms or find out more at italtile.co.za.



PAINT IT PRETTY

You can now enjoy your favourite Tjhoko Paint colours on your walls. A high-quality, ecofriendly wall paint is now available in Tjhoko's signature colours so you can transform your space and create a lasting impression. This innovative water-based, low-sheen range offers vibrancy and easy maintenance with washable shades that will resonate with your unique style. For details, go to tjhokopaint.co.za.



A BOOST WITH MANDARIN AND BERGAMOT

The Body Shop has extended their Boost Wellness range with the energising scent of 100% natural essential mandarin and bergamot oils. Recharge and realign your positive vibes with this juicy scent. Uplift your inner self and delight your spirit with either a scented candle (R550) or a fragrance diffuser (R600); both are available at The Body Shop stores nationwide and online at thebodyshop.co.za.





Zen

AND THE ART OF washing dishes



To most it is a dreaded kitchen chore, writes Karin Brynard, but to her, it's the chore of choice.

Doing the dishes, these days, takes only a minute. I live alone, so it's one plate, a knife, fork and a pot. Nevertheless, I do it diligently. Happily. No, actually, it's more than that – I love it.

And when I'm in a group somewhere and we divide kitchen tasks, I always take dibs on doing the dishes. Naturally, it leads to arguments. Everyone feels guilty when I, like poor old Cinderella, get to do the 'dirty work' after a lovely meal. They will hover around, jostling each other at the drying rack. Until I lose my patience and chase them out. Vamoose!

There's ritual in washing up, I've discovered over the years, and in ritual I find comfort. There's order and routine: you start with the cleanest things – glassware – then work your way through to the hard-core stuff. Soon there's a certain rhythm to it: wash, then dunk in cold, clear water, rest on the drying rack, refreshed. It becomes like a mantra, a motion that slows things down.

The ideal sink should be under a window. It's good for the soul. It lifts the fences for cooped-up thoughts to go roaming. The view from my own kitchen sink is of a tree with hanging baskets, strands of old man's beard and bird feeders which attract a kaleidoscope of feathery life – noisy gangs of little white-eyes, fairy-like sugar birds and even a breathtaking malachite sunbird or two.

At times, even the dishes themselves will loosen thoughts, like the ancient oval-shaped cast-iron pot from a great-great grandmother. This pot must have started working in the early 1800s. Still bravely at it today, quietly lolling there in the soapy water among its modern brethren with their non-stick bottoms and space-age finishes, like a wise old soul.

What was this *ouma* like, I wonder, and what was her life like, back in the 1800s? What did her kitchen look like? Did she believe, like me, that the kitchen is the hub of the house where all of life's twists and turns somehow get processed. It's the place where you'll happily throw something together, or seek refuge when life tears you apart. She would have had a large kitchen table, I imagine, with self-made chairs, each whimpering its own little prayer on receiving a work-weary bottom.

The kitchen shrine is what I call such a table where much of family life unfolds. The place where family fights begin or get sorted out, kids get fed or do their homework. It's where old friends linger, or you sip your first coffee of the day and savour the golden morning light on the violets in the windowsill.

When I was very little, we had a kitchen with a large old cast-iron stove, an AGA. A yellow enamel teapot with rooibos was forever brewing on one of the cooler plates; and in winter, after the evening meal and prayer, chairs were dragged in front of it for the last bit of drowsy conversation or cuddling in mom's lap before bed.

I'm talking about the olden days, before TV and the always-on smartphone altered the family's together time. Modern kitchens these days sport an island with stools on high legs that tend to discourage any notion of cosy *kuiers*. Don't get me wrong, I love modern interiors – all that sleek minimalism and chic functionality.

But my own kitchen must be a sanctuary, a place where my soul comes to rest, where the fridge doesn't talk to me and a creepy little robot isn't prowling for crumbs on the floor. A place I gratefully return to after I've seen my dinner guests off, to quietly contemplate everything said or left unsaid while my hands stay busy, deep in the warm, soapy suds.

It's like finding the calm, orderly full stop after a complicated sentence. And getting ready for the next. End and beginning. Over and over. *Samsara*, as the Eastern religions believe: the cycle of life. Everything that was, or is, or might become, comes full circle. Paradise, the fall, redemption, and the promise of new beginnings.

Philosophy aside, there's also just pleasure enough in the face of a shiny clean plate, piously drying there on the rack. Or finding the rainbow in a single bubble of dishwashing soap. Small joys, I know. Fleeting.

Even so, somewhere along the flow of greasy dishes and straying thoughts, my hands, slippery with soap, may grab hold of holy moments of grace. Touch a moment of truce in this mad, wonderful life.

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