

go!

towns | people | entrepreneurs | gardening | food | DIY | animals

# Platteland

The slow life is the good life

## Where 3 provinces meet

- Gariep Dam
- Norvalspont
- Burgersdorp

### MAKE YOUR OWN

**GREEN CLEANING PRODUCTS**  
11 easy recipes

**FARM ATTACKS**  
All for one, one for all

**B'BOS**  
No longer the underdog of the Overberg!

### ESCAPE TO

## DE VLUGT

Off the grid and on a mission

# Celebrate Garden Day!

Enjoy a picnic in your own backyard

## GROW A PHARMACY

SA's top 10 medicinal plants

Karoo Donkey Sanctuary

A rescue success story for the books



R49 (VAT INCL)  
OTHER COUNTRIES R51,50  
NAMIBIA N\$51,50

## ARTICHOKES

## Pretty thistles to grow, cook and enjoy

totally prohibited when you are growing a plant for medicinal use, and only natural, organic feed is allowed.

### Be warned

Although plants appear “natural”, they are not always safe for human and medicinal use. Some can be poisonous and the effects of active ingredients should never be underestimated.

When you buy plants specifically for medicinal use, you must be 100% sure they are the correct species. Remember, it isn't possible to identify a plant correctly based on common names or a sketch in a book. It is essential to use the botanical name when you are purchasing a medicinal plant.

It's also important to keep in mind that interactions can occur between different herbs and between herbs and conventional Western medicines. For example, the use of liquorice root together with medication for

high blood pressure is strongly contraindicated, and the incorrect use of herbal medicines by pregnant women or people with compromised immune systems can be lethal. Under no circumstances should you mix your own herbal concoctions left right and centre, or, even worse, use them in conjunction with prescribed medications. Always talk to a registered health practitioner, herbalist, botanist or phytotherapist before you write out your own scripts for friends and family just because you have planted your own pharmacy!

*Dr Sanien de Beer is a registered phytotherapist from Somerset West who has been involved in the field of complementary medicine for the past 15 years. For more information about phytotherapy visit [herbalpractitionerssa.co.za](http://herbalpractitionerssa.co.za) or [saniendebeer.co.za](http://saniendebeer.co.za).*

## A magnificent medicinal garden

Take a breather, surrender to the stillness and enjoy a tea ceremony with a bite to eat at the Healing Garden, beside the Greenhouse at Babylonstoren outside Paarl.

This garden is laid out according to the human body, starting with the head and ending with the feet, and includes a wealth of medicinal herbs – each with a fascinating story – to treat the ailments of each body part. The herbs along the outside wall follow the seasons, from summer to winter, and have been chosen to heal and balance the body through the ancient tea ceremony.

• The tea ceremony takes place every Tuesday at 09:30 (weather dependent). It costs R290 per person for groups of up to eight, and a 50% deposit secures your booking. Call ☎ 021 863 3852 or send an email to ✉ [enquiries@babylonstoren.com](mailto:enquiries@babylonstoren.com).



## SAY WHAT?

**INFUSION** is the term used to describe herbal tea made with soft plant material (usually leaves or flowers). Simply cover the fresh or dried plant material with boiling water at about 90°C (allow the water to cool down in the kettle for 5-10 minutes before using it) and, importantly, cover the pot or container with a lid or saucer to prevent the volatile oils from evaporating in the steam, losing their medicinal value in the process. Let it draw for 10 minutes, then pour the tea. Sweeten with honey if you like.

**DECOCTION** is when hard plant matter, mostly roots, seeds or bark, is used to make tea. Place the plant material in an enamel casserole dish, cover with cold water, place the lid on top and slowly heat the mixture until it is simmering. Then reduce the heat and let it simmer for 15-20 minutes (it should not boil rapidly). Let the mixture stand for a few minutes to cool slightly, then pour it through a sieve to separate the liquid from the plant matter. The liquid is called a decoction and you can drink it warm or cold. Dispose of the plant matter on your compost heap.

**TINCTURE** This is an alcohol-based plant extract made by soaking fresh or dried plant matter in alcohol for several weeks so that the active ingredients and secondary metabolites can dissolve in the alcohol. Different concentrations of high-quality alcohol are used to extract active ingredients from the plant material. After it has drawn for a few months, various processes are used to separate the liquid from the plant material. The liquid is called a tincture and must be stored in dark glass bottles. >