



■ Michael Mabasa, corporate relations director at brandhouse, and Nokwanda Sotyantya, owner of Hout Bay Recycling, at the handover ceremony.

Recycling initiative gets a business boost

Hout Bay Recycling, a co-operative with six employees from Imizamo Yethu, has received a new bakkie and a cheque of R50 000 from food and beverage company, brandhouse, to improve their business capacity. Hout Bay Recycling currently collects 6.4 tons of glass a month.

As a founding member of The Glass Recycling Company – a national organisation that facilitate glass recovery, brandhouse called for applications from community-based glass recycling enterprises in Western Cape for grant funding to be used to expand.

The small enterprises needed to have a track-record in glass recycling

and demonstrate ability to use the support from brandhouse to increase recycling capacity.

Of the nine applicants, Hout Bay Recycling and Athlone-based Walker's Recycling demonstrated the best potential to grow their small businesses.

"Most of the brandhouse products come in bottles, cans and other recyclable containers. We have, therefore, focused our enterprise development strategy on recycling and improving our environmental efficiencies in general. The support we are providing to these organisations is part of that strategy," said Michael Mabasa, corporate relations director at brandhouse.



■ Participants at the Thrive composting workshop held at Ambleside School watch Nicki Upton holding a handful of organic matter that will be transformed into rich compost in a few weeks from now.

Schools teach residents how to feed soil and grow their own gardens

BRONWEN LANKERS-BYRNE

Hout Bay schools are teaching residents to feed hungry soil and grow their own food.

At Ambleside School last Saturday, 30 parents, teachers, school gardeners and their children were inspired to make compost, worm farms and nutritious tea for the garden.

"Let the little red wrigglers do all the work," was Nicki Upton's advice at Thrive's composting workshop.

The morning was a great success, according to those who attended.

A theoretical introduction on how to compost and make nutritious tea as fertiliser for soil was followed by a hands on demonstration on how to make a compost heap. All the children enthusiastically lent a hand in starting the process of soil alchemy.

On closing, after having shown everyone the "easy-peasie

"albeit slightly smelly step-by-step process of how to make fertiliser tea, Nicky emphatically reminded them: "Never, ever, fertilise your soil with non-organic fertiliser."

Jemimah Birch, Thrive mentor and teacher at Kronendal school, has recycling down to a fine art. The group found it hard to believe that she puts out their family's black waste wheelie-bin for collection only once every six months.

All waste from Hout Bay's weekly waste collection from black wheelie bins goes to a landfill site near Muizenberg.

Jemimah shared information on how her family achieves a nearly zero waste household in six simple steps:

1. She seldom purchases items in packaging which cannot be recycled
2. The family recycles all clean paper/cardboard, tin, glass and plastic
3. All garden waste gets com-

posted on a compost heap

4. All uncooked fruit, veg and tissues gets fed to the worms

5. All cooked food gets trenched and is dug into the ground.

6. All used clothes get given away and broken electronic and others items, get taken to the Hout Bay Drop-Off depot behind the police station for fixing and reusing.

At the end of the morning there was a unanimous thumbs-up from participants to their composting experience and many went home proud owners of a worm-farm or organic seedlings to start planting their winter crops.

The seedlings that were not purchased will be planted in the food gardens of schools such as Kronendal, Hout Bay High and the Sentinel.

For more information about Thrive and their projects visit www.thrive.org.za or send an email to info@thrive.co.za or call Bronwen on 082 318 3308.

R
5 ROOMS
THE
RESTAURANT

SPECIALS

021 795 6313
5rooms@alphen.co.za
The Alphen Estate, cnr Alphen
& Peter Cloete Dr, Constantia
Terms & Conditions Apply

**CHALMER
SIRLOIN R95**

BABY BUTTON MUSHROOMS,
PESTO POTATO WEDGES, ANCHOVY BUTTER

**CHALMER
HANGER STEAK R109**

GARLIC POTATO PURÉE,
ROASTED BABY TOMATO, BÉARNAISE SAUCE

**CAPE MALAY
SEAFOOD CURRY R99**

LEMON SCENTED BASMATI RICE, TZATZIKI

**TEMPURA
LOBSTER R129**

PONT NEUF POTATO, HOME-MADE TARTARE SAUCE

**3 COURSE SET
MENU R199**

What's On

Breast Cancer

Reach for Recovery Cape Peninsula has open meetings at the Cansa offices, 37A Main Road, Mowbray on the last Thursday of the month, start-

ing at 10am. The next is on March 28. The guest speaker is Frieda Loubser talking about hereditary breast cancer. Entry is free.

Call 021 689 5347 for more information.