

## **Response from Anthea and Ryan to questions posted on 21<sup>st</sup> and 25<sup>th</sup> January 2016**

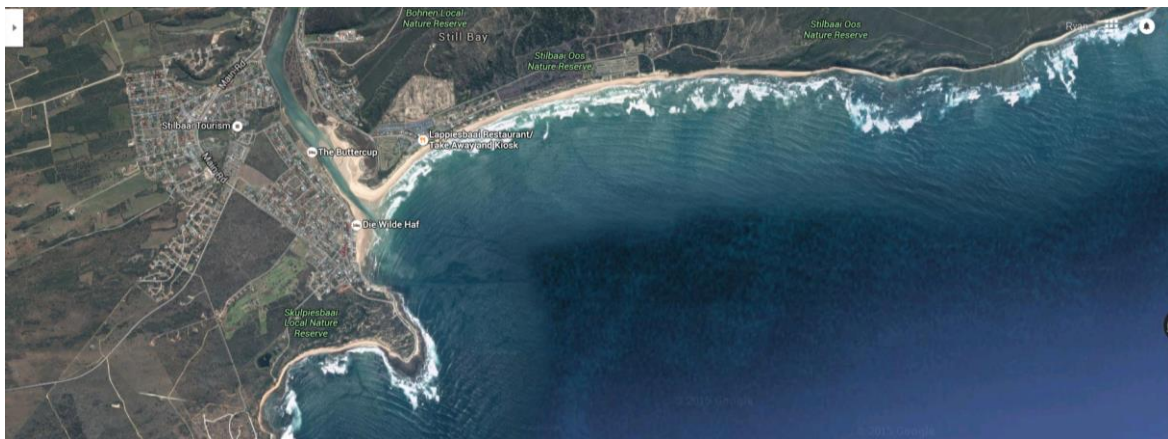
### **Questions on beaches**

#### **Wondering about access to the beach by community?**

In general the population of Melkhoutfontein rarely go to the beach due to the lack of transport. The beach is approx. 5 km away and is not walkable and public transport, in relative terms, is expensive.

#### **What are the coastlines/beaches like?**

We recommend you look at the photos in the launch presentation. As below there are km of beautiful sandy beaches. In places there are rock pools and don't forget the fish traps!





### **In terms of rubbish being washed up?**

One of the major attractions to Stilbaai is the beaches and therefore they are well maintained with regular beach cleans by the local environment office. All the beaches in Stilbaai have Blue Flag status for water and local environmental quality including litter levels.

Being located at the Southernmost tip of Africa and therefore high levels of shipping traffic there could be waste washed up (note it is normally removed quickly for the above reasons) – we will check with the local environment office for more details and get back to you.

### **Who uses the beaches? Are they popular? if so who too? to tourists? are they used a lot? or all year round?**

Again we spoke about this at the project launch and look at document *“some possible design directions provided by Dreamcatcher”* under downloads in The Wiki-Waste-Factory of Community 21 where there is a lot of information about the markets. The main beach users are residents of Stilbaai, people who have second homes and tourists. The peak periods are November to April which is main holiday period in South Africa (the equivalent of our summer holidays).

### **Weather?**

<http://www.accuweather.com/en/za/stilbaai-wes/306599/weather-forecast/306599> .....

### **Questions on food**

**I'm just wondering what the diet is like (other than junk food!) and if there are any traditional recipes from the area that cooked in local households - especially bread recipes...**

Note if you want recipes e-mail Anthea directly on [arossouw@btinternet.com](mailto:arossouw@btinternet.com)

Typically most shopping is done in Stilbaai at the OK store or Spar Supermarkets. Very few grow their own food – but this is something we are working on as part of another project. Traditionally the main source of protein would be fish and to some extent chicken. Potatoes/sweet potatoes are also a mainstay of the diet.

The staple food is bread and many bake their own bread on a weekly basis. There are many different forms which are either baked or deep fried. Some are cooked in ovens others on open hearths (an open fire with live coals) – an example is Roosterkoek – see below.





BBQs (Braai) are a national sport! Pumpkin is also heavily used as a side dish – a popular treat are pumpkin fritters which are pumpkin with cinnamon, brown sugar/or honey. Spices and herbs are heavily used and local herbs are freely available such as fennel, mint, thyme, lemon grass, borage, parsley. One of the most significant herbs is Honeybush which is a stunning herb indigenous to the area. It is used to make tea which is exported all over the world due to its high anti-oxidants (see below). This will also planted on the botanical garden.



A tradition in Melkhoutfontein and the greater Stilbaai resort area are 'Vetkoek' (hand kneaded dough breads – see top image below), fish and 'potjiekos' – which is either fish/red meat/chicken which is cooked on the open hearth with vegetables added in a black 3 legged pot (swart potjie – black pot) this is integrated into the logo of the Foundation's Cook-Up with Kamamma initiative) – see below and a photo of a potjie being used.



Cook-Up with  
  
Kamamma

