

HEALTHY PEOPLE - HEALTHY PLANET - Toni's spekboom campaign.

Toni Rowland. Laudato Si Action Platform. Family Sector.

DOING YOUR BIT FOR CLIMATE CHANGE? !

Plant a SPEKBOOM cutting, good for our ecosystem.

- it is an indigenous, evergreen, easy to grow succulent.
- its flowers attract insects and bees for pollination
- an environmental miracle worker, extracts carbon dioxide, fights climate change and air pollution.
- it is water wise, tolerates drought and frost.
- is edible – but very sour!, high in basic nutrients & Vitamin C
Juice or chop to add to salads, even ice-cream and jam.
- Suck to quench thirst, soothe sunburn
- For medicinal purposes: antiseptic, skin ailments, chew for a sore throat & mouth infections.

Plus: #proudlysouthafrican.

Celebrate Spring and the Season of Creation. 17.09.2022

How it all started: The story.

A PARISH PROJECT. In 2022 some of the Cape Town Laudato Si Animators conducted a parish project to publicise the value of an indigenous succulent plant with very useful properties for personal health and for environmental benefits too.

Many cuttings were given out at Masses and people were encouraged to plant them – and literally watch them grow. “Stick it in the ground and leave for 2 weeks, then water occasionally.”



HEALTHY PEOPLE, HEALTHY PLANET was a LS initiative in 2022 linked with a petition. As I was interested in gardening and growing vegetables I was fascinated at this easy to grow little plant. At any, and all, possible opportunities I gave out cuttings, which were easy to obtain in our retirement village –(that is another story in itself.)

Our retirement village holds a “Spring Breakfast” for up to 40 oldies early in September. In

2022 I requested the organisers to promote the planting and use of spekboom and its edible and other useful benefits. Each guest received a cutting and many people did plant them. Now, on my regular dog walks, a year later I see them growing all over the place. Quite a few were sceptical about eating the leaves, which are very sour but mainly by promoting the health benefits and noting the environmental benefits we’re slowly getting there.

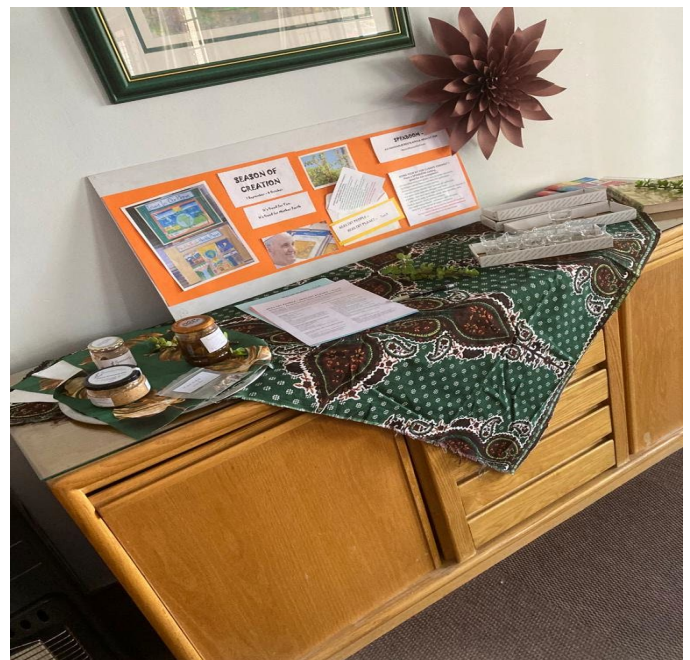


September 2nd 2023, Day 2 of the SEASON OF CREATION was the occasion of our Spring Breakfast and this time I had gone further. I researched and found some recipes, we made up spekboom jam and a breakfast smoothy, containing spekboom other fruit and yoghurt. The leaves can also be added to salads and cooked in chutneys and pickles. That’s partly the human side. Spekboom plants grow



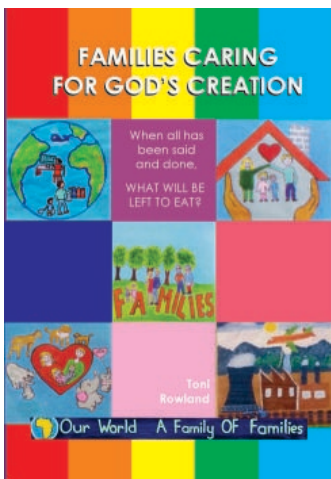
extensively in the dry Eastern Cape part of the country and are popular with animals too because of their water content.

A special blessing for the environment is its ability to absorb larger quantities of carbon dioxide than usual, e.g. 100 times more than e.g. a fir tree of the same size. This has been scientifically researched and widely documented. Imagine what a field full of these easy-growing plants can do for us to create a **HEALTHY PEOPLE – HEALTHY PLANET.**



PS the official name is *portulacaceae afria* and it is one of more than 2000 edible indigenous plants growing wild as described in the book **FOOD FROM THE VELD** by Fox, Norwood and Young. Indigenous people in parts of the country in previous times, long before colonization, knew about them, but sadly it is knowledge that appears to be largely lost in our modern world, and certainly warrants being rediscovered.

Studying this book has made me wonder how many other countries have such an untapped resource. I bet many do!



Toni Rowland MARFAM – Marriage and Family Renewal Ministry. South Africa. www.marfam.org.za info@marfam.org.za

MARFAM – BECOMING AN ECO—FRIENDLY FAMILY.

SPEKBOOM - AN INDIGENOUS SOUTH AFRICA MIRACLE TREE.

NATURE BENEFITS: Drought resistant, extracts carbon dioxide, animal food, long living.

HEALTH BENEFITS: Edible. Vitamin C, throats, burns, insect bites, in cosmetics,

FOOD AND DRINKS. Some recipes to try, plenty more on google. To watch and download

www.youtube.com/watch?v=nJ9iYwZ4NvE Spekboom and apple jam.

https://www.youtube.com/watch?v=6Z7Ljz0yO_s spekboom special videos

<https://degrendel.co.za/blogs/news/recipe-spekboom-cucumber-relish>

Spekboom Chutney *By Steenberg Chef*

Ingredients:

375ml spekboom leaves
1 onion chopped
110ml white spirit vinegar
140g sugar
5ml fennel seeds
5ml brown mustard seeds
5ml salt

Method:

Sweat the onions and spices until soft taking care not to turn brown. Add the spekboom and cook for a further 3 minutes. Add the vinegar, sugar and salt. Cook for a further 15 – 20 minutes on a low heat or until a nice thick chutney type consistency. Taste and season.

Spekboom and blueberry smoothie

2 and a half frozen bananas
Half cup frozen blueberries
1/4 cup spekboom
1 cup water
1 cup aloe vera juice
1/2 tsp fresh ginger, skinned

Method: Blend thoroughly and enjoy over ice

Spekboom and cape gooseberry pickle

Ingredients:

1 cup vinegar, such as white, apple cider, or rice
1 cup water
1 tablespoon salt or 2 teaspoons pickling salt
1 tablespoon granulated sugar (optional)

SPEKBOOM ICECREAM from Tannie Maria.

- 1/2 cup spekboom leaves, loosely packed 3 T lemon juice
- 2 t finely grated lemon zest
- 2 eggs, separated
- 1 × 385 g tin (11/3 cups) condensed milk
- 2 cups whipping cream

Set aside 2 T of the spekboom leaves for garnishing. Blend the rest of the leaves together with the lemon juice and lemon zest into a green slime. Put it in the fridge while you prepare the other ingredients.

In a bowl, whisk the egg yolks, then add the condensed milk and whisk again.

Whisk the cream until it's thick. You can whizz it in a blender, but stop before it turns to butter.

Whisk the egg whites until frothy.

Whisk the green slime into the condensed-milk mixture.

Use a flat spatula to gently fold the thick cream and then the frothy egg whites into the pale- green mixture.

Freeze for at least 8 hours.

Garnish with the 2 T fresh spekboom leaves.

3 baby onions (peeled and thinly sliced) 250g cape gooseberries

400g freshly picked spekboom leaves.

Method:

Place the vinegar, water, salt, and sugar (if using) in a small saucepan over high heat, bring to a boil, stirring to dissolve salt and sugar. Place spekboom and gooseberries in bowl, pour the brine over the fruit. Cover and allow to cool.