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Agri
About

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Sustainable agriculture for the future

June | June 2025

No 146

Cover photo: Jaco Bruwer

The background of the cover is a photograph of a vineyard. The trees in the foreground have yellowing leaves, suggesting autumn. The vines are trained in rows, and the ground is covered with fallen yellow leaves. In the background, there are rolling hills under a clear sky.

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Food Security, and the
Need to Strengthen
the Resilience of South
Africa's Agriculture**

Vegetable production

Boosting vegetable productivity and income

Promoting zero-waste vegetable production

Lessons from the Field: Crop Challenges

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Editorial

Each season brings its own demands and opportunities, and none perhaps more so than the path of food production in Africa. In this June issue of *AgriAbout*, we turn our attention to **vegetable production**—a sector that is as vital as it is vulnerable, and central to the conversation about food security and rural resilience.

We have compiled a collection of insights that reflect both the challenges and triumphs in this field. From strategies to improve **smallholder farmers' productivity and income**, to lessons unearthed in the **arid lands of the Northern Cape**, the stories in this edition are grounded in real experience and speak to a shared commitment to progress.

It is also our privilege to introduce you to the **Agri Western Cape Young Farmer Competition finalists and the 2025 winner**—a cohort of young agriculturalists whose innovation and tenacity give us great hope for the future. Their dedication stands as a reminder that the strength of African agriculture rests not just in the soil, but in those who steward it with vision and resolve.

Alongside these, you will find discussions on **animal health, food security, silage mixtures** and the pressing need to **fortify the resilience of South African agriculture**. At a time when the stakes continue to rise, these voices—and yours—matter more than ever.

Until next time

Chris

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Photo: Jaco Bruwer

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Kompetisie 2025

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AgriAbout is al vir baie jare betrokke by die dekking van die Jongboer van die Jaar-streekskompetisies, sowel as die Toyota SA Nasionale kompetisie, waar die uiteindelijke wenner uit die room van die oes van die verskillende provinsies aangewys word.

Ons redaksiespan benut graag dié geleenthede om nie net oor die provinsiale wenners te berig nie, maar – waar moontlik – ook oor die finaliste se boerderye en hul unieke omgewings. Hierdie finaliste is nie net jonk nie; hulle is reeds gevestigde produsente wat 'n beduidende bydrae tot hul



Agri Wes-Kaap Santam Jongboer van die Jaar 2025



Die finaliste (van links na regs): Hermann Heins, Mario Lombard, Jaco Bruwer, Francois Rossouw, Musa Mfengu, Gordon Anderson, André Swanepoel en Niel Bruwer. (Foto: Agri Wes-Kaap)



(Van links na regs) Jannie Strydom - HUB Agri Wes-Kaap, Villiers Loubser – Agri Wes-Kaap President, Francois Rossouw, Niel Esterhuyse van Santam.

gemeenskappe én die Wes-Kaapse landbou-
ekonomie lewer.

Dit is daarom vir ons 'n besondere voorreg om in hierdie uitgawe te berig oor die Agri Wes-Kaap-kompetisie. **Francois Rossouw** van Mooigezicht Estates in die Hexriviervallei is as die Agri Wes-Kaap Santam Jongboer van die Jaar 2025 uit die agt finaliste aangewys. Hierdie toekenning vier uitnemendheid, leierskap en volgehoue toewyding aan die landboubedryf.

Jannie Strydom, Hoof Uitvoerende Beampte van Agri Wes-Kaap, beskryf hom só: "Francois is die soort jong boer wat hoop gee vir die toekoms van landbou in ons provinsie. Sy benadering tot bestuur – van presisieboerdery en tegnologie tot mense-ontwikkeling en gemeenskapsbetrokkenheid – toon 'n

buitengewone balans van kundigheid en menslikheid. Hy is 'n waardige ambassadeur vir ons provinsie."

Wat hierdie groep finaliste besonders maak, is die wye spektrum van boerderyaktiwiteite wat hulle verteenwoordig – van bloubessies tot varke, en van tafeldruiwe tot avokado's. Die sameroeper van die beoordelaarspaneel, Inus Oosthuizen, het dit só gestel: "Elke jaar word ons verras deur die gehalte van jong boere in ons provinsie – en vanjaar is geen uitsondering nie."

Ons het daarin geslaag om met al hierdie finaliste – met uitsondering van Musa Mfengu van Tulbagh – in verbinding te tree, en bring in hierdie uitgawe 'n omvattende blik op hulle stories en dié van die wenner.

Agri Wes-Kaap Jongboer van die Jaar wenner: Francois Rossouw

'n Boerdery-erfenis met toekomsvisie

In die asemrowende Hexriviervallei, waar die wingerde soos goue linte in die vallei warm bak, word 'n storie van toewyding, groei en familie-erfenis geskryf – met Francois Rossouw (31) as hoofkarakter. As vierde geslag op Mooigezicht Estates, dra hy nie net 'n trots in sy bloed nie, maar ook 'n vars visie in sy hart. Dis presies dié kombinasie van generasie trots, tegniese vernuf en leierskap wat hom die 2025-wenner van die Santam Landbou/Agri Wes-Kaap Jong Boer van die Jaar-kompetisie gemaak het.

'n Lewenspad gebou op liefde vir die grond

Francois se band met landbou is diep gewortel. Mooigezicht is in 1928 deur sy oupagrootjie gestig, en sedertdien het die Rossouws hul plek gevestig as sleutelspelers in die tafeldruifbedryf. Vandag bestaan die boerdery slegs uit pitlose tafeldruifwe, met produksie-eenhede regoor die vallei en 18 verskillende variëteite wat met sorg en tegniese presisie verbou word.

“My liefde vir die boerdery en sy mense was nog altyd daar,” vertel Francois. “Elke vrye oomblik het ek op die plaas deurgebring — lank voordat ek amptelik hier begin werk het.” Ná studies in landbou was dit 'n natuurlike stap om voltyds by Mooigezicht in te skakel.

Van grondvlak tot strategiese hoogte

Hoewel Mooigezicht 'n familiebesigheid is, is Francois se rol veel meer as net 'n bydrae tot daaglikse take. As produksieleier het hy direkte verantwoordelikheid oor die bestuur van die helfte van hul produksie, insluitend

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sputprogramme, besproeiing, arbeid, begrotings en tegniese besluitneming. Hy dien ook op Mooigezicht se direksie en speel 'n sleutelrol in strategie, finansies, kultivarproewe, grondgesondheid en die bestuur van hul protokolle. Boonop is hy 'n direkteur op die Hexvallei Tafeldruif Assosiasie, wat sy betrokkenheid op bedryfsvlak onderstreep.

Die drie pilare van sukses: Aanpasbaarheid, Tegnologie en Menswaardigheid

Vra Francois wat boerdery vandag suksesvol maak, en sy antwoord is deurdink en prakties:

- 1. Aanpasbaarheid** – “Met omstandighede wat daaglik verander, is dit noodsaaklik om buigsaam te wees en jou strategie te kan aanpas om winsgewend te bly.”
- 2. Tegnologie en data** – Hy glo vas daarin dat boere ingeligte besluite vinniger kan neem deur tegnologie te gebruik. Of dit nou produksiedata, klimaatmonitering of arbeidseffektiwiteit is – elke element dra by tot die groter prentjie van volhoubare bestuur.
- 3. Sosiale ontwikkeling en volhoubaarheid** – “Ons kan nie boer sonder om in ons mense



Ons wens
Francois Rossouw
van die Hexriviervallei,
De Doorns, hartlik geluk
met sy uitsonderlike
prestasie vir
Jong Boer van die Jaar.



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Veels geluk, Francois Rossouw!
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en gemeenskappe te belê nie. Ons is verantwoordelik vir opheffing, opleiding én om te sorg dat toekomstige generasies ook kos op die tafel kan sit."

Tegniese kundigheid én 'n hart vir mense

Met 'n arbeidsintensiewe produk soos tafeldruiwe, weet Francois dat mense sy grootste hulpbron is. Hy is passievol oor opleiding, ontwikkeling en waardigheid vir elke werknemer. Daarby is hy ook besig met projekte om hul koolstofvoetspoor te meet en bestuur, en prakties volhoubare stelsels toe te pas wat ook aan markprotokolle voldoen.

Uitdagings - en oplossings

In 'n bedryf waar uitdagings 'n daaglikse metgesel is, weet Francois dat strategie en insig die sleutel is. Die weer is onvoorspelbaar, maar hy gebruik beskermingstegniese soos nete, plastiek en afwisselende chemiese spuitprogramme om sy oeste te beskerm. Hy bly op hoogte van nuwe patoëen-beheer en pas dit vinnig aan.

Met logistieke knelpunte en die druk van stygende insetkoste, werk hy nou saam



met diensverskaffers, gebruik gevorderde logistieke tegnologie en beplan strategies rondom plantkeuses en oesvolumes.

"Hoe jy jou beskikbare hulpbronne gebruik is dikwels die verskil tussen sukses en verlies," sê hy. "Ek probeer elke besluit toets teen winsgewendheid én langtermynvolhoubaarheid."

'n Stille krag agter groot drome

Francois se pad is beslis nie 'n solo-reis nie. Sy vrou, Jean-Mari Rossouw, is 'n konstante bron van ondersteuning en balans in sy lewe. Sy is ook werksaam op die plaas en behartig die sosiale ontwikkelingswerk waar sy 'n reuse bydrae lewer tot die Mooigezicht sukses. "Sy is my klankbord, my veilige plek en iemand wat my help om perspektief te hou," sê hy met waardering. "Haar teenwoordigheid help my onthou waarom ek doen wat ek doen."

Redes vir inskrywing – en 'n wenner se houding

Francois het die kompetisie as 'n unieke geleentheid gesien om blootstelling buite sy normale omgewing te kry, nuwe kennis op te doen en betrokke te raak by georganiseerde

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Baie geluk aan
Francois Rossouw
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Francois Rossouw van **Mooigezicht Plase**
wat aangewys is as **Wes-Kaap Jongboer**
van die jaar **2025**.

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landbou. Sy deelname was nie net vir homself nie, maar vir Mooigezicht, sy werknemers én vir die generasies wat volg.

“Ek is trots op hoe georganiseerde landbou ons verteenwoordig. Hierdie platform gee my die geleentheid om ’n groter rol daarin te speel.”

Inspirasie vir die volgende geslag

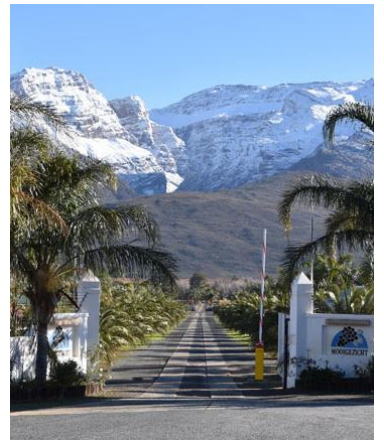
Vir jong boere – of selfs dié wat nog twyfel of landbou iets vir hulle is – het Francois ’n duidelike boodskap: “Landbou bied geleenthede ver buite net produksie. Daar is plek vir tegnologie, finansies, bemaking, menslike hulpbronne – en die wonderlike ding is: jy kan elke dag sien hoe jou werk ’n verskil maak.”

’n Erfenis wat leef

Francois Rossouw dra meer as net ’n van of ’n posbenaming. Hy is die beliggaming van moderne boerdery: gegrond, slim, mensgerig en vol visie. Hy eer die verlede, boer met vasberadenheid in die hede, en beplan met wysheid vir die toekoms.

Volgens hom is dit egter nie net hul naam of geskiedenis wat hulle dryf nie, maar ’n diepe





BAIE GELUK!

FRANCOIS ROSSOUW

MOOI GRAPES

**Agri Wes-Kaap
Jong Boer van die Jaar 2025**

Dit is vir ons 'n eer en 'n voorreg om deel te wees van julle strewe na 'n volhoubare, biologies-geïntegreerde benadering tot landbou.

Baie dankie vir die waardevolle ondersteuning.

NATUURLIK KAN ONS OP JOU PLAAS 'N VERSKIL MAAK!

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oortuiging dat boerdery 'n roeping is. "Elke seisoen is 'n geleentheid om genade in aksie te sien — dat jy nie alles beheer nie, maar tog getrou moet bly in wat jy doen. Dit leer jou om nederig, verantwoordelik en strategies te dink. Dis nie net 'n beroep nie; dis 'n lewensbenadering wat ek hoop my kinders eendag ook sal verstaan."

'n Finale woord van AgriAbout

AgriAbout wens Francois Rossouw hartlik geluk met hierdie uitmuntende prestasie as wenner van die Santam Landbou/Agri Wes-Kaap Jongboer van die Jaar-kompetisie. Ons dra graag ons beste wense aan hom oor met die Toyota SA Nasionale Kompetisie later vanjaar, waar winners uit alle provinsies meeding om die gesogte titel en fantastiese pryse. *Mag jou ywer, insig en passie vir landbou ook in dié arena vrug dra. Ons staan trots agter jou, Francois!*

Agri Wes-Kaap Jongboer van die Jaar finalis:

André Swanepoel

Jongboer met 'n hart vol geloof en vrugbare visie

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In 'n tyd waarin onsekerhede in die landbou wêreldwyd toeneem, bied een jongboer 'n vars, vasberade blik op die toekoms — gewortel in geloof, familie en 'n passie vir volhoubare groei. Op net 28 jaar oud, is

André Swanepoel van Appelsdrift buite Robertson een van die agt finaliste in die 2025 Santam Landbou/Agri Wes-Kaap Jongboer van die Jaar-kompetisie. Sy storie is een van deursettingsvermoë, nederigheid en 'n diep oortuiging dat sukses in boerdery nie net deur opbrengs gemeet word nie, maar deur vertroue — in God, in homself, en in die proses.

“Ek het nie landbou gekies nie, landbou het my gekies”

Hy het op die plaas grootgeword, waar sy liefde vir die grond hand-aan-hand gegroei het saam met sy bewondering vir sy pa. “Naweke en vakansies het ek altyd saam met my pa gewerk,” vertel hy. Rugby het kort ná matriek vir hom 'n pad gelyk toe hy 'n kontrak by die Blou Bulle gekry het, maar toe dit nie uitwerk nie, het hy – amper asof dit bestem was – landbou gaan studeer in Wellington en daarna weer wortel geskiet op die plaas.

Die dood van sy pa in 2021 het nie net 'n emosionele leemte gelos nie, maar André ook in die diep kant van verantwoordelikheid ingegooi. Vandag dra hy alleen die produksie verantwoordelikhede van 'n diverse boerdery





**So bedrywig
soos ons bye**

Baie geluk aan **Andre Swanepoel** van Robertson wat benoem is as een van die top jongboer finaliste vir 2025.

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wat bestaan uit sitrus, 16 steenvrug kultivars, wyndruiwe en groente. Spuite, snoei, besproeiing, oes – André draai aan elke skroef op **Appelsdrift**, waar hy die boerdery met hande en hart bestuur.

'n Onderneming met meer as net vrugte op die bome

Die Swanepoels pak hul eie vrugte in 'n eie pakstoor, met André se broer, Thean, wat die leisels daar vas hou. Die pakaktiwiteite geskied onder die handelsnaam **TDS Vrugtepakkers**, waarmee hulle ook aan ander produsente diens lewer. Met sekere ouer boorde wat tans uitgehaal word, het André planne om hul fasiliteit optimaal te benut en oop te stel vir eerlike, mededingende verpakkings vennootskappe. "Ons is nie gebind aan 'n uitvoerder nie en ons streef daarna om gehalte diens te lewer," sê hy met oortuiging.

Geloof as anker, visie as stuurwiel

Vra hom na die belangrikste eienskappe van 'n suksesvolle boerdery, en sonder om te huiwer antwoord hy: geloof, geloof, geloof. Daarna voeg hy by: vasbyt in moeilike tye, en nederigheid wanneer dit voorspoedig gaan.



**Met trots wens Spectra Trust vir
André Swanepoel
geluk met sy benoeming as finalis
in die Agri Wes-Kaap Jongboer van
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Ons sien uit om die
pad verder saam te
loop.**





Dis 'n resep wat in sy werk weerspieël — André se produksie beplanning is presies, sy bestuur is kundig, en sy deursettingsvermoë onoortreflik.

Tog is dit juis in die struikelblokke waar sy diepste insigte lê. "Die weerpatrone is ons grootste uitdaging," sê hy. "Dis onvoorspelbaar en beïnvloed elke aspek van boerdery." Daarby kom 'n gebrek aan regulering in nuwe aanplantings en die kopseer rondom buitelandse werkers sonder korrekte dokumentasie. André se oplossing is tweeledig: praktiese veranderinge soos nette teen hael en wind, én 'n beroep op kollektiewe aksie tussen regering, boere en gemeenskappe.

'n Rolmodel vir leierskap

Wat dryf 'n jong boer om in te skryf vir so 'n groot kompetisie? Vir André was dit 'n inspirerende ontmoeting met Dean Barnard, 2024 se wenner. "Sy verhaal het my aangeraak. Hy was onseker, soos ek, maar toe hy inskryf, het sy lewe verander," sê André met oortuiging. Deur Dean se aanmoediging én deur sy eie gebedslewe,

Die span van Ceres Transport wens

André Swanepoel

**hartlik geluk met sy aanwysing as 'n finalis in die
2025 Wes-Kaap Jongboer van die Jaar-kompetisie.**

**Ons is trots daarop om jou voorkeur Vervoer Venoot te wees
en sien uit daarna om nog vele kilometers se sorgvrye vervoer
oplossings aan jou te bied.**



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Geluk Andre Swanepoel

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het hy besluit om ook die sprong te waag — met 'n uitkoms wat hom nou plaas in die kollig van landbou-uitnemendheid.

Raad vir ander jong boere: Begin op jou knieë

André is nie skaam om geloof sentraal te plaas in sy boerdery nie. "Of jy jonk of oud is, of jy 'n plaasbestuurder is of op 'n familietrust boer — jy moet besef jy kan niks sonder die Here doen nie." Sy raad is eenvoudig, eerlik en kragtig: Bou 'n verhouding met God, bly nederig, en moenie oorhaastige besluite neem nie. Dié wysheid, geslyp deur ervaring en vertroue, maak van hom nie net 'n boer nie, maar 'n leier.

'n Toekoms in kleurvolle boorde en gemeenskap

Met 'n eerste baba op pad in September en planne om hul besigheid uit te brei, is dit duidelik dat André nie net dink aan vandag se oes nie, maar aan die toekoms van sy gesin, sy plaas en sy gemeenskap. Deur sy werk wil hy 'n nalatenskap bou wat die wêreld om hom verryk – 'n nalatenskap van diens, geloof en gesindheid.



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**Baie geluk André met
die uitsonderlike prestasie!
Jou liefde vir boerdery
is inspirasie vir ons en
mede Suid-Afrikaners!**



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Mnr. ANDRÉ SWANEPOEL

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aan u te lewer.

Ons wens u voorspoed toe.

MÔRESO

GRONDVERSKUIWERS



Dit is hierdie mengsel
van persoonlike
vasberadenheid,
tegniese kundigheid
en geloofsgebaseerde
leierskap wat hom 'n
plek besorg het as finalis
in die Agri Wes-Kaap
Jongboer van die Jaar-
kompetisie.

En vir die wat hom
ken, is daar geen
verrassing daarin nie:
André Swanepoel is die
soort mens wat, met
'n snoeiskêr in die een
hand en geloof in die
ander, die vrug van die
toekoms al vandag begin
oes.

Agri Wes-Kaap Jongboer van die Jaar finalis:

Niel Bruwer

Jongboer met 'n visie vir voedsel-sekerheid en 'n hart vir Suid-Afrika

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Op die vrugte belaaide hellings van Waboomsberg in die Wes-Kaap dryf Johannes Daniel Benjamin "Niel" Bruwer, landgoed bestuurder van Waboomsberg Boerdery, sy missie met passie en presisie. Hier, waar sonlig en vars lug 'n perfekte speelveld bied vir vrugte produksie, sien Niel landbou nie net as 'n beroep nie, maar as 'n roeping wat hom verbind aan grond, mense en gemeenskap. Hy is 37 jaar oud, maar sy visie vir die toekoms van voedselsekerheid en landbou is dié van 'n ware stigter.

'n Diverse boerdery – met 'n plan en 'n doel
Waboomsberg Boerdery beslaan 322 hektaar vrugteboom, met 'n indrukwekkende portefeulje van appels, pere, appelkose, pruimedante en selfs spesialis variëteite wat aangepas is vir beide vars markte en droog verwerking. Hierdie verskeidenheid bring nie net produksie diversiteit nie, maar ook strategiese risiko verspreiding — iets wat vir Niel van kardinale belang is, veral in die lig van klimaatsverandering en mark onsekerheid.

Onder sy bekwame leiding funksioneer die plaas soos 'n goed geoliede masjien, met seisoenale beplanning, koste-effektiwiteit, en sorgsame bestuur van arbeid en waterhulpbronne. "Jy moet met elke seisoen leer, aanpas en optimaliseer," sê hy. "Daar is nie plek vir herhaling sonder verbetering nie."



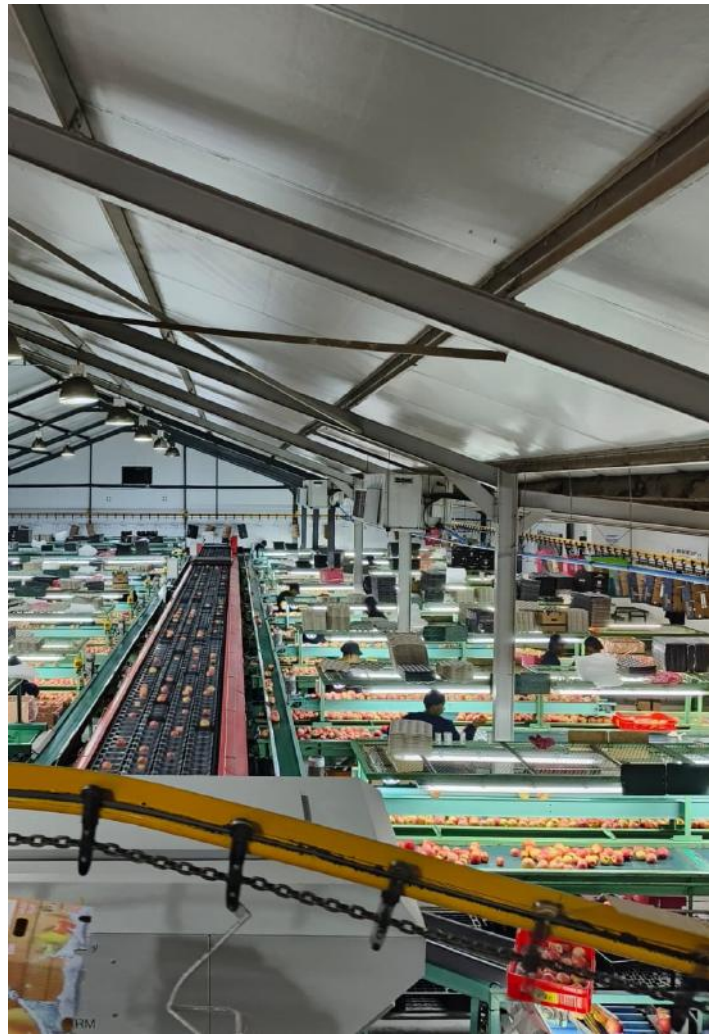
ewe veel waarde op sy span. “Boerdery is nie net bome en trekkers nie — dis mense, vaardighede, harte en hande. Jy moet jou mense ken, respekteer en bemagtig.”

Hy beskryf sy bestuurstyl as “strateeg én herder” — ’n treffende opsomming van iemand wat weet wanneer om te lei, en wanneer om te luister. Van opleiding en mentorskap tot praktiese oplossings vir daaglikse uitdagings: Niel is betrokke, toeganklik en doelgerig.

Die realiteite van ’n veranderende sektor

Niel is eerlik oor die uitdagings waarmee boere vandag gekonfronteer word: onvoorspelbare klimaatpatrone, tekort aan infrastruktuur, en ’n politieke landskap waar landbou soms nie die prioriteit kry wat dit verdien nie. “Ons grootste risiko is nie altyd in die boord nie – dis in beleidskamers en paaie sonder padtekens,” sê hy met ’n tikkie ironie.

Maar hy staan nie terug nie. Niel glo aan aanpasbaarheid, vennootskappe met ander produsente, en aktiewe deelname aan georganiseerde landbou strukture. “Ons



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mag nie passiewe toeskouers wees van ons eie toekoms nie. Ons móét deel wees van die oplossing – op plaasvlak, bedryfsvlak én nasionaal.”

“Jy kies nie landbou nie – dit kies jǃú”

Wanneer mense hom vra hoekom hy boer, glimlag hy: “Landbou kies jou. Dit is nie net ’n werk nie – dis ’n lewenstyl, ’n ingesteldheid. Jy dra die verantwoordelikheid van voedsel op mense se tafels. Dit bring eerbied en nederigheid.”

Hierdie beskeidenheid is nie valse deug nie – dit is geanker in ervaring. Sy deelname aan die Santam Landbou/Agri Wes-Kaap Jongboer van die Jaar-kompetisie was nie net ’n poging tot erkenning nie, maar ’n kans tot self-refleksie. “Ek wou myself toets – kyk waar ek nog kan groei, en wat ek reeds reg doen. Die kompetisie het my gehelp om buite my daaglikse konteks te dink.”

Familie as dryfveer

Agter elke goeie boer is ’n sterk ondersteunings netwerk. Vir Niel is dit sy vrou, *Chereze*, en hul twee dogtertjies, *Catrine* (2) en



Baie geluk aan Niel Bruwer, 2025 Jongboer van die Jaar-finalis! Jou toewyding, vooruitdenke en passie vir volhoubare boerdery maak jou ’n ware ambassadeur vir die landbousektor.

By **Rhino Agrivantage** is ons trots om ’n deel van jou reis te wees. As een van jou betroubare verskaffers weet ons: sukses in die veld begin by sterk vennootskappe – en boerderypraktyke wat sin maak, vandag én môre.

Jou prestasie herinner ons daaraan hoekom ons doen wat ons doen: om oplossings te bied wat die grond, die oes én die boer dien.

Welgedaan – en dankie dat ons saam met jou mag groei.

**VOORSPOED
BEGIN BY VISIE –
EN MENSE SOOS
NIEL BRUWER
GEE LANDBOU ’N
BLINK TOEKOMS.**

RHINO AGRIVANTAGE VOORSIEN LANDBOUPRODUSENTE VAN ALLE GROOTTES VAN TYDIGE, RELEVANTE RAAD OM OPBRENGS EN GEHALTE OP ’N VOLHOUBARE WYSE TE VERBETER.

RHINO
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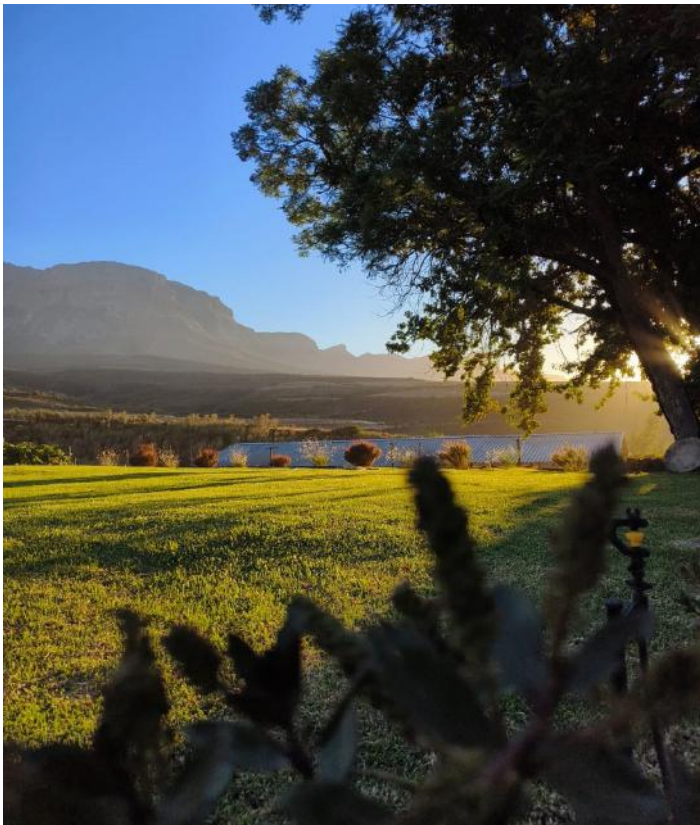
Niel Bruwer
Agri Weskaap 2025
Jongboer van die Jaar

AECI Plant Health word trots geassosieer
met jou boerdery



Joane (1). "Hulle is my hoekom," sê hy sag, "Ek boer nie net vir wins nie – ek boer vir hulle toekoms. Ek wil hê my kinders moet 'n land erf

waarin boerdery steeds waarde het, waarin mense steeds trots is om te produseer en waar hulle hul voete in die land kan vind."



'n Boodskap aan die jong geslag

Sy raad aan ander jong boere – of dié wat nog op die grens van besluitneming staan – is inspirerend: "Landbou is opwindend. Dis dinamies. En mense sal altyd eet – dit beteken jy het altyd 'n plek in die wêreld. Ons het 'n konstante rol – nie net om voedsel te lewer nie, maar om hoop te skep. Gebruik elke kans, leer elke dag, en wees die verskil wat jy self graag sou wou sien."

'n Bouer van toekomsdrome

In 'n tyd waar landbou dikwels onder druk verkeer en landelike gebiede kreun onder uitdagings, is dit boere soos Niel Bruwer wat wys wat moontlik is. Met 'n sagte stem, 'n ferm hand en 'n hart vir mense en land, bou hy nie net 'n vrugteboerdery van formaat nie — hy bou toekoms vertroue. In hom is die saadjie van hoop geplant — en die oes wat dit lewer, is niks minder as inspirasie nie.

Agri Wes-Kaap Jongboer van die Jaar finalis:

Hermann Heins

Jongboer met wortels so diep soos sy passie

In die golwende heuwels van Stellenbosch, waar die wind deur wingerde fluister en geskiedenis uit elke ry grond asemhaal, lê 'n plaas wat stories vertel – van toegewydheid, familie, en volhoubare boerdery. *De Clapmuts*, gestig in 1657 as 'n VOC-buitepos, is nie net die eerste plaas in die Kaap waar koring kommersieel verbou is nie — dit is ook die spil waarom Hermann Paul Heins se verhaal draai.

Op 25 jaar is Hermann nie net een van die agt finaliste in die Santam Landbou/Agri Wes-Kaap Jongboer van die Jaar-kompetisie nie — hy is

die jongste loot aan 'n ryke stamboom van boere wat hul hande en harte aan dié grond gewy het. Vanaf sy oupagrootjie, Hermann Heinrich Paul Heins, wat die plaas in 1946 gekoop het, tot by sy oupa Rudolf en vader, het elke geslag 'n stuk van hul lewens hier geplant.

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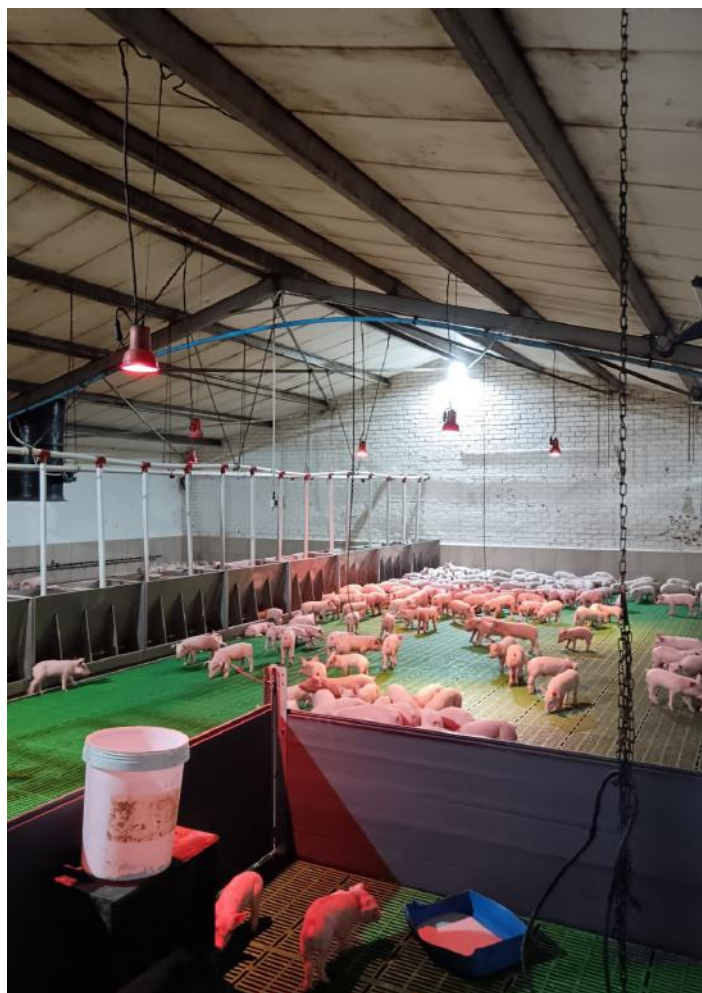
Die hedendaagse Heins-boerdery

Tans is Hermann die dryfkrag agter die 125 hektaar wyndruifproduksie én 'n varkboerdery met 450 soegeenhede. Die jaarlikse oes beloop sowat 900 ton, met kultivars wat wissel van Sauvignon blanc en Chardonnay tot Cabernet Franc en Pinotage. Deeglike beplanning en 'n sterk fokus op mark vereistes lei daartoe dat die wit druiwe aan Leeuwenkuil gelewer word, terwyl Simonsvlei hul rooi broers ontvang.

Maar Hermann stop nie daar nie. Onder die eie *Heins* etiket bottel hy 'n Sauvignon blanc, droë rosé en Shiraz — elkeen 'n vloeibare storie van die grond waaruit dit kom, en 'n bewys dat hierdie jong boer nie skroom om sy nalatenskap met trots uit te stal nie.

Boerdery as erfenis én missie

Vir Hermann was boerdery nooit net 'n opsie nie – dit was 'n pad wat hom van kleins af geroep het. Hy onthou die lesse wat hy van sy pa geleer het, voor dié in 2016 oorlede is, en die ondersteuning van sy ma wat tans in Ashton woon. Sy vier ouer susters en betroubare konsultante het hom gevorm – nie net in kennis nie, maar ook in karakter.



Herman Heins from De Clapmuts Farm

PIC is proud of
Herman Heins's
success as a finalist in
the Agri Western Cape
Santam Young Farmer
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*Congratulations
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Dis hierdie sterk fondament wat hom help om nie net met sy kop te boer nie, maar met sy hart. En waar sy voorgangers gebou het, bou hy nou voort gaan — met nuut gevonde tegnologieë, ekologiese praktyke en 'n visie wat sin maak vir 'n volgende generasie boerdery.

Praktyke wat saam met die natuur werk

Hermann is 'n voorstander van slim volhoubare praktyke. Hy gebruik miswater en droë mis van die varkboerdery op die wingerde, wat nie net natuurlike bemesting bevorder nie, maar ook bydra tot grond gesondheid. Verder benut hy ook natuurlike vyande in plaagbeheer – iets wat wys dat hy nie net produksie nastreef nie, maar 'n wyer, langtermyn gesonde ekosisteem.

Hierdie praktyke is nie net teorie op papier nie – dit word prakties toegepas met die hulp van 'n toegewyde span. Die plaas het 34 permanente werkers, waarvan die meerderheid al langer as 16 jaar hier werk. Met hul ervaring, Hermann se leierskap, en die ondersteuning van kontrakteurspanne tydens oestyd, loop die wiel van produksie seepglad.



Knowledge grows

Baie geluk aan

Francois Rossouw van Mooigezicht Estates, De Doorns, wat as 2025 Agri Wes-Kaap Santam Jongboer van die Jaar aangewys is, en aan **Herman Heins** van De Clapmuts Boerdery as 'n finalis.

Alle sukses op die pad vorentoe.



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Uitdagings, en die slim beplanning wat dit oorbrug

Soos enige boer weet, is landbou nie sonder sy uitdagings nie. Vir Hermann is die drie grootstes: kontantvloei (veral met die seisoenale natuur van druiwe-inkomste), diefstal van toerusting en kables weens maatskaplike probleme in die omgewing, en die onvoorspelbare markwaarde van meerjarige gewasse soos wynekultivars.

Sy oplossing? Beplan fyn, sluit slim begrotings af en beskerm jou bates met tegnologie. Hy het 'n kamerastelsel op die plaas geïnstalleer en alle waardevolle toerusting word netjies toegesluit. Deur marknavorsing te doen en nuwe praktiese metodes aan te leer, bly hy op die voorpunt van aanpasbaarheid — iets wat die moderne boer nie sonder kan klaarkom nie.

'n Kompetisie met 'n doel

Hermann is nie iemand wat in die kollig soek nie — maar toe hy deur die Stellenbosse Landbougenootskap genomineer is vir die kompetisie, het hy dié uitdaging met

dankbaarheid en erns aanvaar. “Ek wil myself meet teen ander jongboere en sodoende blootstelling kry aan nuwe praktyke,” sê hy. Dis juis hierdie nederige houding, gekoppel aan 'n gretigheid om te leer, wat sy reis so relevant maak — nie net vir ander jongboere nie, maar vir enige leser wat glo in groei en vasbyt.

'n Wysheid wat met die aarde groei

As jy vra watter raad Hermann aan ander jongboere het, antwoord hy met die soort eerlikheid wat van hard verdiende wysheid getuig: “Jy moet hare op jou tande hê. Dit is nie 'n maklike pad nie. Maar wees altyd bereid om te leer en hard te werk. Moet nooit dink jy is klaar geleer nie.”



Agri Wes-Kaap Jongboer van die Jaar finalis:

Gordon Anderson

Jongboer met planne, passie en 'n hart vol vrugte

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in English](#)

In die vrugbare gronde van die Overberg, waar die sonlig sag op appelboorde val en die wind stories van volhoubare boerdery fluister, werk Gordon Selkirk Anderson met toewyding en deernis aan sy droom. Op 36 jaar oud is hy nie net 'n bekwame boer nie, maar ook een van agt finaliste in die gesogte Agri Wes-Kaap Jong Boer van die Jaar-kompetisie – en dit met goeie rede.

Oewersig – waar passie en presisie ontmoet

Gordon boer op Oewerzicht, waar 83 hektaar appels en pere tans onder sy sorg staan, met nog 10 hektaar op pad. Wat hier saak maak, is nie net die landboukundige presisie waarmee die produksie geskied nie, maar die hartklop van 'n mens wat weet: jy kies nie landbou nie – landbou kies jōu.

'n Lewe tussen bome en seisoene

“Ek het van kleins af geweet boerdery is my roeping. Daardie kuiers op die plaas by my peetpa het iets in my wakker gemaak wat nie wou stil raak nie,” sê hy met 'n glimlag wat wys dat hy sy plek gevind het. “Ek het 'n passie vir mense en die natuur. Ek kan nie in 'n kantoor sit nie – my werk speel af tussen bome en seisoene.”

Produksiebestuur met visie en verantwoordelikheid

As produksiebestuurder sien Gordon om na alles van snoei, spuit- en kunsmis programme tot arbeid en pak kwaliteit – elke aspek van



die proses wat verseker dat 'n appel wat in die boord begin het, as premium pakket in die mark eindig. Saam met die eienaar, Kootjie Viljoen, doen hy ook strategiese beplanning oor nuwe boorde en kultivar keuses.

Genade, beplanning en innovasie – die drie sleutels

Maar, sê hy, al die kundigheid in die wêreld beteken min sonder genade: “Jy kan alles reg beplan, maar dan kom daar 'n haelstorm, of die wind waai jou nette stukkend – dis dan wat jy op jou knieë besef: jy het nie alles in die hand nie.” Genade is vir Gordon die eerste eienskap van suksesvolle boerdery, gevolg deur fyn beplanning en die vermoë om innoverend te dink. “Jy moet voortdurend vra: Hoe kan ek dit beter doen? Hoe maak ek my span se werk makliker én meer doeltreffend?”

Praktiese oplossings vir daaglikse uitdagings

Landbou het, soos elke boer weet, sy uitdagings. Vir Gordon is dit stygende kostes, die onvoorspelbaarheid van die natuur, en markte wat al hoe hoër spesifikasies stel. Sy



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Gordon Anderson & Andre Swanepoel

Finaliste in die Wes-Kaap Agri Jongboer van die jaar kompetisie.

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antwoord? Praktiese oplossings. “Ons moet ‘rondshop’ vir die beste pryse, slim platforms gebruik om produksie en gehalte te verbeter, nette oor ons boorde span teen sonbrand, en ‘reflective mulch gebruik’ om kleur op die vrugte te verbeter. Jy móét aanpas – dis nie ’n keuse nie.”

Kwaliteit as identiteit

Wat mark standaarde betref, is Gordon duidelik: “Ons moet die beste produk moontlik lewer. Nie net omdat dit van ons verwag word nie, maar omdat dit wys wie ons is.”

’n Kompetisie as katalisator vir groei

Die besluit om aan die kompetisie deel te neem het nie net uit ’n droom ontstaan nie, maar uit ’n begeerte om homself te meet aan die top jong boere in die land. “Dis ’n manier om jou eie werk te evalueer, te leer, en om met trots terug te kyk op wat jy al vermag het. Die blootstelling alleen is al klaar ’n oorwinning.”

Raad vir jongboere – mik vir die sterre

Sy raad aan ander jongboere? “Moenie bang wees om te vra nie. Daar is ongeloflike



Congratulations to Gordon Anderson!

Apple farmer from the Greyton area

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Picture: Gordon Anderson (left) and Louis van der Merwe



Contact

Louis van der Merwe
060 984 1099

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mense in die bedryf wat wil help. Glo in jouself en in jou drome. Jy is jou eie grootste teenstander, so mik vir die sterre."

Boerdery as lewenswyse en roeping

Vir Gordon is boerdery nie net 'n werk nie – dis 'n manier van lewe, 'n doelwit wat verder strek as net opbrengs per hektaar. "Dis 'n voorreg om deel te wees van hierdie ervaring – van die groot oomblikke tot die klein gelukwensings van tannies op Facebook. Hierdie kompetisie is meer as 'n titel – dis 'n viering van mense in landbou, en ek voel ongelooflik geseënd om tussen hulle te wees."

'n Jong leier met 'n vrugbare toekomsvisie

Met sy geloof, sy vlymskerp beplanning en sy onwrikbare werksetiek, is Gordon Anderson nie net 'n waardige finalis nie – hy is 'n simbool van hoop en volharding in 'n sektor wat toenemend op jong leiers steun. En op Oewersig boer hy elke dag met een doel voor oë: om kwaliteit te lewer, mense op te hef, en die land se vrugbare grond met respek en dankbaarheid te dien.

Agri Wes-Kaap Jongboer van die Jaar finalis:

Mario Lombard

Jongboer wat met vasberadenheid, visie en hoop boer

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In die groen valleie van Heroldsbaai, aan die voet van die Outeniekwaberge, lê Summer 16, 'n boerdery wat nie net vrug dra nie, maar ook hoop. Hier is waar *Mario Louis Lombard*, een van vanjaar se agt finaliste in die Santam Landbou/Agri Wes-Kaap Jong Boer van die Jaar-kompetisie, daagliks sy hande vuil maak ter wille van 'n toekoms wat nie net vir hom, maar vir sy gemeenskap waarde toevoeg.

'n Gesinsman met 'n groen visie

Mario, 'n 39-jarige pa van twee, getroud met *Dalena* en trots op sy kinders *Louis* (8) en *Magdalena* (6), is die algemene bestuurder van Summer 16, 'n gemengde boerdery met 'n sterk fokus op avokadoproduksie. Saam met sy span bestuur hy ook vleisbeeste en



kontantgewasse, maar dit is die “avo-groen” toekoms wat deesdae sy denke en strategie vorm.

’n Roeping, nie net ’n beroep nie

“Ek het landbou gekies omdat dit vir my sin maak – dit laat jou hard werk, maar jy sien ook die resultate,” vertel hy met ’n glimlag wat die spore van lankal gewortelde toewyding dra. “Boerdery is vir my nie net ’n beroep nie – dis ’n roeping. Elke plant wat groei, elke kalf wat gesond gebore word, is ’n herinnering dat ek deel is van iets groter.”

Drie pilare van sukses

Mario glo dat drie dinge noodsaaklik is om as boer sukses te behaal: goeie beplanning, ’n bereidwilligheid om nuwe tegnologie en praktyke te probeer, en die vermoë om mark geleenthede raak te sien. Hierdie drie pilare vorm die fondament waarop hy elke besluit by Summer 16 neem. “Ons het begin om slim rekords te hou, nuwe stelsels in plek te sit, en ons dryf voortdurend na meer doeltreffendheid – nie net vir produksie nie, maar ook vir mense,” sê hy vasberade.



Uitdagings met oplossingsbenadering

Tog is boerdery nie sonder sy uitdagings nie. Mario identifiseer onvoorspelbare uitvoertariewe, stygende insetkoste en die kompleksiteit van arbeidsbestuur as drie reuse struikelblokke. Maar in sy kenmerkende oplossings-gerigte benadering sien hy nie net probleme nie, maar ook moontlikhede: “Ons het sterker organisasies en samewerking met die regering nodig om hierdie struikelblokke aan te spreek. Slegs deur gesamentlike pogings sal ons ’n volhoubare bedryf bou.”

’n Kompetisie as spieël vir groei

Die besluit om vir die Jongboer-kompetisie in te skryf was nie gebaseer op eer nie, maar op refleksie. “Ek wou myself en my boerdery evalueer – kyk of wat ons doen regtig werk, en hoe ons meet teen ander boere in dieselfde sektor,” verduidelik hy.

Leierskap begin onder

Dalk is dit juis hierdie nederige ingesteldheid, gekombineer met ’n skerp strategiese brein, wat hom onderskei. Vir jong of nuwe boere het hy eenvoudige, dog kragtige raad: “Begin onder. Leer die basiese take, verstaan die praktiese werklikheid van elke proses, sodat

Mario Lombard



Finalist Young Farmer of the Year, Summer 16 Farming 2025

Westfalia Fruit congratulates Mario Lombard on his nomination, and being selected as a finalist for Young Farmer of the Year, 2025.

Our technical team has been pleased to mentor Mario who is among a new generation of talented young farmers leaving a big impression on SA agriculture.





jy later ander kan lei met empatie én insig. Dis daar waar ware leierskap gebore word."

Boerdery as 'n manier om 'n verskil te maak

Vir Mario is boerdery nie bloot 'n manier om 'n bestaan te maak nie – dis 'n manier om 'n verskil te maak. "Baie boere het nie 'n Plan B nie – dit is hulle manier van oorleef. Dis belangrik dat mense besef die boer dra swaar. Daar is wette, natuurkragte en internasionale druk wat elke besluit beïnvloed. En tog staan hy elke dag op, werk harder, en voorsien vir ander."

'n Boer met 'n hart vir mense

Wanneer mens met Mario praat, voel jy die diepte van sy roeping – daar is geen fasade nie. Sy passie vir avokado's, sy trots op sy familie, sy geloof in jongmense in die sektor en sy onwrikbare verbintenis tot sy plaas en sy mense – dit alles maak van hom nie net 'n Jongboer van die Jaar-finalis nie, maar 'n simbool van hoop vir landbou in Suid-Afrika.

Summer 16 – 'n belofte van groei

In 'n tyd waar baie hande die ploeg los, is dit bemoedigend om boere soos Mario Lombard te hê wat met moed, oorgawe en volgehoue nuuskierigheid vorentoe boer. *Summer 16* is dalk net 'n naam – maar met Mario aan die stuur, is dit ook 'n belofte. Van seisoene van groei. Van innovasie. Van volhoubare verandering. En van 'n boer wie se hart net so vrugbaar is soos die grond waarop hy werk.

Agri Wes-Kaap Jongboer van die Jaar finalis:

Jaco Bruwer

Jongboer Bring Vars Denke na die Klein-Karoo

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in English](#)

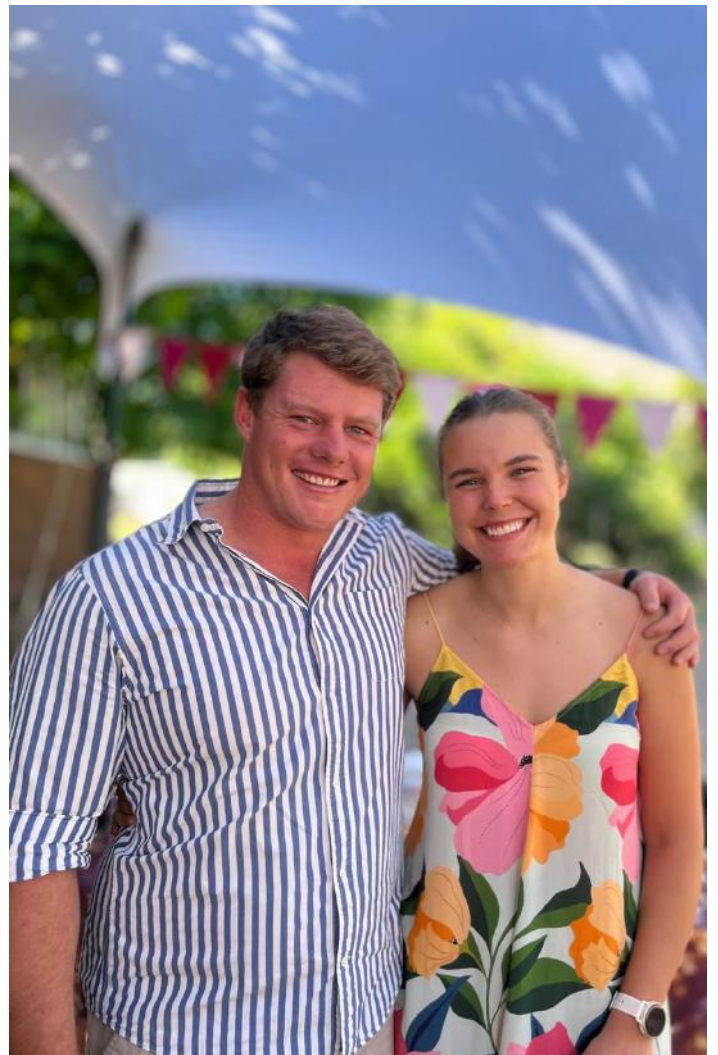
Net buite Barrydale, waar die Klein-Karoo se ru landskap saam met die seisoene praat, boer 'n jong man met visie, vasberadenheid en 'n waardestelsel wat diep gewortel is. *Jacobus Ettienne Bruwer*, of bloot *Jaco*, is 25 jaar oud en reeds 'n onontbeerlike spilpunt by Keurvlei, een van die produksie-eenhede van Vleihoek Agri.

Hoewel hy nog jonk is, straal Jaco se werk en ingesteldheid die volwassenheid van iemand uit wat verstaan dat landbou veel meer is as net 'n onderneming — dis 'n roeping, 'n leefstyl, en 'n toewyding aan mense én omgewing.

'n Onderneming van betekenis

Jaco is tans verantwoordelik vir alle aspekte van vrugte- en groente produksie by Keurvlei – van plant tot oes, van logistiek tot kwaliteitbeheer. Onder sy hande floreer kernvrugte, steenvrugte, sitrus en groente, hoofsaaklik bestem vir die uitvoermark. Waar moontlik word hierdie gewasse op die plaas self verpak, hoewel sekere volumes steeds na CFG en NOVO verskuif word weens beperkte kapasiteit.

Die hoë standarde wat aan uitvoervrugte gestel word, skrik Jaco nie af nie – dit motiveer hom om fyn te beplan, dinamies op te tree en voortdurend maniere te vind om kwaliteit én produktiwiteit te verbeter. Hy benader elke



seisoen as 'n nuwe geleentheid om te leer, aan te pas en sterker terug te kom.

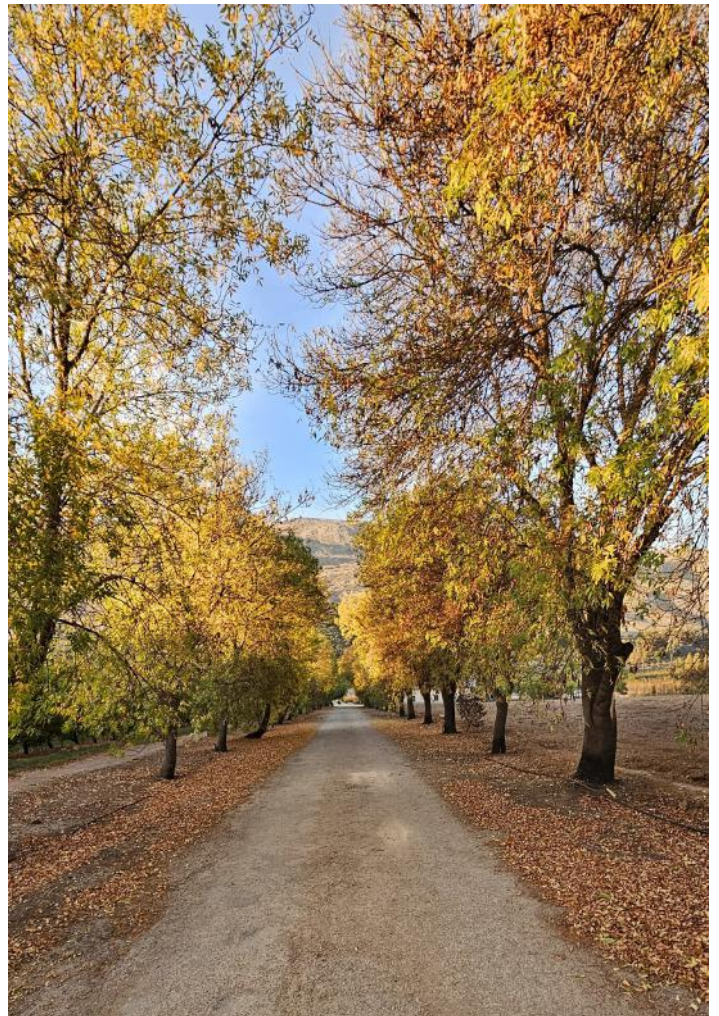
Landbou kies jou

Op die vraag waarom hy dié pad gekies het, antwoord Jaco sonder huiwering: "Landbou kies jou." Vir hom is dit nie iets wat jy oorweeg nie, maar eerder iets wat in jou wakker word – 'n diep liefde vir grond, groei en gemeenskap. Dis 'n beroep wat jou dwing om aanpasbaar te wees, strategies te dink en gedurig te groei – eienskappe wat hom beslis laat uitstaan as leier op sy jong ouderdom.

Mense voor opbrengs

Vir Jaco is mense sentraal in sy visie vir volhoubare boerdery. "n Suksesvolle plaas begin by mense wat inkoop in die missie en doelwitte van die besigheid," sê hy. Meer as net werksekuriteit wil hy 'n kultuur skep waar mense emosioneel, geestelik en professioneel groei. Hierdie benadering is nie net ideologies nie – dit speel uit in die manier waarop hy sy span motiveer, bemagtig en eer.

Die resultaat is nie net 'n beter werksomgewing nie, maar ook hoër kwaliteit



werk en 'n dieper verbintenis tot die sukses van die onderneming. Hierdie mens-gefokusde leierskap styl is verfrissend en inspirerend, veral in 'n bedryf wat dikwels deur produksie druk oorweldig word.

Uitdagings met insig beantwoord

Jaco is realisties oor die struikelblokke wat jong boere in die gesig staar. Die stygende produksie kostes, swak infrastruktuur en streng internasionale mark vereistes is daaglikse realiteite. Maar waar ander dalk moed verloor, sien hy geleenthede om slimmer te boer. Deur gesonder vrugte teen hoër opbrengste per hektaar te produseer, en deur hulpbronne doeltreffend aan te wend in harmonie met die natuur, bou hy aan 'n model vir sukses wat ekonomies én ekologies sin maak.

"Bestuur wat jy *kán* beheer, só deeglik en netjies as moontlik," verduidelik hy. Dit beteken om risiko's te verminder deur proaktiewe beplanning, om koste te beheer sonder om gehalte in te boet, en om altyd te leer uit uitdagings — nie net oorleef nie, maar aanpas en groei.



'n Kompetisie van selfinsig

Vir Jaco was sy inskrywing vir die Jongboer van die Jaar-kompetisie nie net 'n poging om erkenning te kry nie, maar eerder 'n uitnodiging aan homself tot eerlike self evaluasie. "Soms moet jy net stil raak en vra: doen ek genoeg? Waar kan ek nog groei?"



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Wysheid vir die toekoms

As mentor in wording het Jaco ook 'n boodskap vir ander jongboere en aspirant-toetreders tot die bedryf: "Vind altyd 'n manier om innoverend te wees. Moenie dink jou manier is die enigste manier nie. Bly nuuskierig en hou aan met leer. En bly altyd positief, selfs wanneer dinge swaar gaan."

In 'n era waar boerdery toenemend onder druk verkeer om volhoubaar, ekonomies lewensvatbaar én sosiaal verantwoordelik te wees, wys Jaco Bruwer dat dit nie net moontlik is nie, maar prakties uitvoerbaar — mits jy bereid is om met passie, insig en 'n oop gemoed te werk.

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Animal Diseases, Food Security, and the Need to Strengthen the Resilience of South Africa's Agriculture

Wandile Sihlobo,
Agricultural economist and author from South Africa.

We are currently struggling with foot and mouth disease in South Africa, and a few more cases have been reported in various regions of the country.

Of course, this raises several questions. First, from a consumer perspective, the question is whether red meat is safe and what prices will be in the coming months.

The brief answer to this is that, yes, beef products are safe, and consumers should not be concerned. In terms of prices, unlike what some might have imagined – a possible increase in beef prices – we may see the opposite.

Here is the thing: South Africa is generally a net exporter of beef products. When we are hit by foot-and-mouth disease, as we are now, key markets temporarily suspend imports, leading to a slight increase in domestic

supplies and downward pressure on the red meat market.

Second, the economic costs to beef farmers will be immense, as they are suspended from importing and must continuously feed their livestock.

We were emerging from another period of foot-and-mouth disease and rebuilding our exports. Now, with another temporary closure of exports and the fact that local demand is also relatively weak, one can expect increased cost pressures on the red meat industry.

You see, animal and plant health, in general, deserves serious attention. This is the bedrock of a thriving agricultural industry and its export strategy. The success of South Africa's agricultural export strategy over the past few decades, which has seen the value of exports grow from US\$2.4 billion in 2001 to US\$13.7 billion in 2024, speaks to the effectiveness of

the controls implemented during that period. But there are now weaknesses.

In recent years, South Africa has experienced frequent outbreaks of foot-and-mouth disease, avian influenza, and African swine fever. These suggest two challenges: first, the growing weaknesses in the country's biosecurity controls and the potential impact of climate change, which can lead to frequent disease outbreaks due to extreme events. These challenges are not unique to South Africa.

In recent years, we have seen various outbreaks of African swine fever in China's pork industry, as well as avian influenza in Europe, the U.S., the UK, and South America. Animal health is a global challenge, not a uniquely South African problem.

However, as a country with ambitions to expand exports of red meat and other livestock products, South Africa will need a robust approach to control disease spread and surveillance for potential risks.

Importantly, South Africa should also continue reviving vaccine production in various entities, such as the Onderstepoort Biological Products (OBP), which has recently experienced some performance and governance difficulties. This is not a new insight; a biosecurity report for 2022 was crafted in response to the spread of animal disease and to strengthen South Africa's capabilities. The report, which was done in collaboration with the private sector, made various recommendations for the government.

Moreover, the Agriculture and Agro-processing Master Plan also addresses the livestock and poultry industries, as well as the importance of disease control. The task ahead is immense, as the challenge persists.

However, the key is that the sector puts a more focused effort in this area and leverages both academic and private sector capabilities to ensure that South Africa is in a better position regarding animal disease.

Anecdotally, it also appears that the changing climate is leading to more disease outbreaks than in the past, which again calls for South

Africa to devote more resources to addressing the challenge.

There also needs to be sufficient capital for the regulatory bodies monitoring imports, so that swift actions can be taken to minimise risks when some of the trading partners are affected. Indeed, regulators must always make such decisions independently, after carefully assessing the risks.

Moreover, the biosecurity efforts should not be limited to livestock and poultry. While these industries have faced frequent challenges, plant health is another area requiring consistent monitoring. There must be continuous surveillance on crops and various fruits.

As with livestock, collaborative efforts with academia and the private sector in these areas must continue. There are already fruitful partnerships with scientists from some commodity associations and the government. Such collaborations should be nurtured as they remain central to South Africa's agricultural success.

Another vital dimension is the agility in registering vaccines, agrochemicals and genetics. The changing environment means that the innovation of scientists and breeders must also be faster. But that will not be the end.

The regulators must still satisfy themselves independently of any agrochemical, vaccine, or genetically improved plant. This process also requires an even greater amount of human capital to handle the anticipated increase in requests and demand in the new environment.

Ultimately, the success of South Africa's agriculture in delivering a national food-secure country that we enjoy, with nearly a million jobs in farming and exports of about US\$13.7 billion, hinges on biosecurity.

Therefore, this area must continue to be a priority, not only in words but also in efforts. The responsibilities lie with both the private sector and the government.

Boosting smallholder farmers vegetable productivity and income

Nadia Araya, Johleen Malaka, Graig Sithole and Mduduzi Sithole
ARC-Natural Resources and Engineering

South African marginal areas face significant social and economic challenges, often characterized by poverty, high unemployment, limited access to resources, and a history of inequality. These challenges are exacerbated by the prevailing adverse effects of climate change, which lowers the agricultural land potential for production of sufficient food that is rich in nutrients and phytochemicals to combat the predominant societal hidden hunger and malnutrition. These marginal

areas are often characterized by arid and semi-arid climates, with low and erratic rainfall (less than 500 mm on average annually), high atmospheric evaporative demand and poor soil fertility. As a result, crop production, particularly for vegetables, is constrained under such climatic conditions. For these reasons, the Agricultural Research Council (ARC), in collaboration with the Department of Agriculture, Land Reform and Rural Development (DALRRD) has initiated a project focusing on improving the productivity



Research trials being implemented at Groenvingers Vegetable Farm (an arid region of the Northern Cape Province) to test the productivity of eight vegetable crops (tomato, pepper, cucumber, onion, carrot, lettuce, Swiss chard, and beetroot) exposed to varying soil water supply regimes



Smallholder farmers vegetable crop productivity was considerably improved by increased access to water supply, installation of a complete drip irrigation system and application of organic soil amendment practices

of high-value vegetable crops in marginal areas of South Africa. Research trials are currently being implemented in an arid region of the Northern Cape Province to test the performance of eight vegetable crops (tomato, pepper, cucumber, onion, carrot, lettuce, Swiss chard, and beetroot) exposed to varying soil water supply regimes.

In South Africa, high-value commercial vegetable crops such as tomatoes, cucumbers, peppers, lettuce, onions, and carrots contribute to a gross national income of at least R27 million annually. Besides, vegetable crops are highly nutritious, with enormous potential to contribute to both, food, and nutrition security. This is particularly relevant



Market access and income generation (c, d, e) were considerably improved as a result of interventions made by the Agricultural Research Council



As a result of interventions made by the Agricultural Research Council Groenvingers Vegetable farmers entered into an agreement with a local NGO for continuous provision of social support, including delivery of food parcels

in South Africa, where acute malnutrition (including moderate and severe forms) remains a significant underlying cause of child mortality, being associated with one-third of all child in-hospital deaths. Vegetable crops are grown for a relatively brief period of time, can be easily harvested, and therefore have a promising profit return. The vegetable industry is mostly dominated by smallholder and emerging commercial farmers lately. Unreliable water supply, poor soil fertility and limited arable land are among the major challenges faced by vegetable farmers in South Africa. The ARC, with funding provided by DALRRD, addressed these challenges experienced by small scale farmers in marginal areas. As a result of these interventions, farmers vegetable crop productivity, market access and income generation were considerably improved.

Investing in agricultural infrastructure in smallholder and emerging commercial farms, building farmers knowledge and skills through training and technology exchange initiatives, and improving market access are key areas for fostering success for these farmers, particularly in South African marginal areas. The interventions made by ARC brought hope to these farmers for a more prosperous future and new collaborative opportunities with

local non-governmental organizations (NGOs) arose. As a result of ARC's interventions, farmers entered into an agreement with a local NGO for continuous provision of social support, including delivery of food parcels. They also secured a market for continuous supply of fresh vegetable produce.

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Promoting zero-waste vegetable production practices in South African marginal areas

Nadia Araya, Johleen Malaka, Graig Sithole and Althea Grundling
ARC-Natural Resources and Engineering

In South Africa, only approximately 16% of 1,22 million km² of the total land surface area is considered arable, with potential for cultivation. Close to 48.5% of this area is considered marginal or of low agricultural potential, which makes cultivation extremely unreliable, with increased risks of crop failure (DALRRD, 2020). This is because, these areas are often faced with drastic climate change effects, rely on rainfed agriculture, have lack of modern technology and inputs, limited market access and land fragmentation. Marginal areas in South Africa, particularly in terms of crop

production suitability, are primarily found in drier parts of the country. These areas include the Kalahari Desert and the Great Karoo region, which are primarily characterized by desert and arid climates. To improve crop production efficiencies in these regions, there is a need to maximize utilization of the scarce resources that are available. It is within this context that zero-waste crop production practices are being promoted at Groenvingers Vegetable Farm, located in Kanoneiland, Great Karoo region of the Northern Cape Province.



Zero-waste crop production practices being promoted at Groenvingers Vegetable Farm, located in Kanoneiland, Great Karoo region of the Northern Cape Province



Postharvest losses including leaves (top left) and unmarketable roots (top right) from a 1.0-ha beetroot field are collected and fed to pigs (bottom left), which in turn, produce swine waste that is used for generating manure to be applied back in the field as an organic fertilizer for soil structure and fertility improvements bottom right) at Groenvingers Vegetable Farm

Zero-waste crop production in marginal areas focuses on utilizing all resources, minimizing waste, and promoting sustainable practices. Zero-waste crop production for animal feed, with subsequent use of the animal waste for organic soil amendments, is being implemented by the Agricultural Research Council as part of a project funded by the Department of Agriculture, Land Reform and Rural Development. Postharvest losses (leaves and unmarketable roots) from a 1.0-ha beetroot field are collected and fed to pigs, which in turn, produce swine waste that is used for generating manure to be applied back in the field as an organic fertilizer for soil

structure and fertility improvements. This, consequently, contributes to increased crop productivity and a more sustainable circular agriculture model.

Reference

DALRRD, 2020. Economic Review of the South African Agriculture. Department Of Agriculture, Land Reform and Rural Development. <https://www.dalrrd.gov.za/> (Accessed on 15 November 2023).

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Lessons from the Field:

Crop Challenges in the Arid Northern Cape Region

Johleen Malaka, Graig Sithole and Nadia Araya
ARC-Natural Resources and Engineering

The Northern Cape is one of South Africa's driest provinces, with an average annual rainfall of less than 200 mm in many areas. Despite the harsh environment, vegetable farming plays a critical role in ensuring regional food security and supporting smallholder livelihoods. As climate change brings more unpredictable weather patterns such as intense heatwaves,

erratic rainfall, and prolonged droughts, the ability to grow crops under such conditions is becoming more challenging. The Agricultural Research Council (ARC), with funding from the Department of Agriculture, Land Reform and Rural Development (DALRRD), launched an important initiative in October 2024 to assess the impact of climate change on vegetable production. The aim is to develop practical



Research trials implemented by the Agricultural Research Council on a smallholder vegetable farm located in the ZF Mgcawu District Municipality, Northern Cape Province



Larvae (left) and adult phases (right) of African bollworm (*Helicoverpa armigera*).

recommendations for farmers, especially under arid climatic conditions, including suitable alternative production areas. Our research and development efforts were implemented on a smallholder vegetable farm in the ZF Mgcawu District Municipality, Northern Cape Province. The trial involved eight high-value vegetable crops (beetroot, carrot, lettuce, onion, spinach, cucumber, tomato, and pepper), which were chosen for their high nutritional content, market value and potential adaptability to warm, arid climatic conditions. However, as with any fieldwork in challenging climates, we encountered several obstacles that brought valuable learning opportunities especially around pest management and plant spacing.

African Bollworm infestation across multiple fruity vegetable crops

A significant challenge during the trial was the unexpected outbreak of African bollworm (*Helicoverpa armigera*), which affected not only our cucumber crops but also tomatoes and chilli peppers. Although this pest typically targets crops like maize and cotton, it has a wide host range and can adapt to new environments and crop types particularly under changing climatic conditions. The larvae typically damage the fruit while the adult stage targets the leaves.

In our experiment, we have observed that the larvae bored into developing fruits, causing internal rotting and visible holes that rendered the produce unmarketable. In several

instances, a single larva damaged multiple fruits, drastically reducing overall yield and market quality of the crop. The outbreak was likely worsened by high temperatures following an excessive period of rainfall. These environmental factors are known to speed up the Bollworm's life cycle and increase its reproductive rate. This highlighted the importance of routine pest scouting, not just for common pests but also for opportunistic ones that may emerge due to ecological shifts. Under changing climate conditions, pests can shift hosts or extend their range, making integrated pest management (IPM) more crucial.

Plant spacing issues: overcrowding from over-seeding or -transplanting

To increase the chances of seedling establishment in warm, dry climatic conditions, we opted to plant multiple seeds or seedlings per hole for crops such as carrot, spinach, beetroot and spring onion. This approach was intended as a hedge against poor germination rates often caused by high soil surface temperatures and rapid moisture loss. However, while the strategy improved initial emergence rates, it inadvertently led to severe overcrowding, with multiple seedlings competing for space, water, light, and nutrients. This experience emphasized that over-seeding can be counterproductive, especially if thinning is not done promptly. Thinning is often overlooked because it is labour-intensive and time-sensitive, especially



Damage caused by African Bollworm (*Helicoverpa armigera*) larvae on cucumber (left), chilli pepper (middle) and tomato fruits (right) at Groenvingers Vegetable Farm in the Northern Cape Province

on small farms with limited manpower. However, it remains one of the most cost-effective agronomic practices for ensuring uniform crop stands. Thinning should ideally be done when seedlings are 5–10 cm tall, and the removed plants can even be transplanted to fill gaps where there are missing plants,

thus minimizing waste. This experiment demonstrated that proper spacing is critical for healthy crop development and optimal yields, particularly for root and leafy crops.

Transplanting multiple seedlings of spring onion in one hole resulted in slow plant growth and development, with consequent yield reduction. Multiple seedlings developed in tight clusters, with limited space between individual plants. When plants are too close together, they compete for light, nutrients, and root space, limiting the energy that can be allocated to bulb enlargement. Moreover, excessive leaf density shades the lower leaves, leading to leaf yellowing and reduced photosynthetic efficiency.



The consequences of over-seeding or -transplanting were visible across different study crops, including (a) carrots which became stunted and developed forked or twisted roots, (b) spinach which produced small, pale, fragile and crowded leaves, (c) beetroot which produced small roots and (d) spring onion which showed slow growth and low yield

Key takeaway messages

Scout regularly and widely:

- Don't assume a pest only affects specific crops. Pests like African Bollworm can adapt to new hosts under changing climatic conditions.
- Inspect crops regularly from seedling to fruiting stage to detect signs of infestation early (e.g., holes in leaves or fruit, frass, or larvae).
- Introduce biological controls as part of an integrated pest management (IPM) approach.

Avoid over-seeding:

- Planting too many seeds per hole may seem like a way to increase germination chances in warm conditions, but it leads to overcrowding.
- Overcrowded crops like carrot, spinach, spring onion and beetroot suffer from



Transplanting multiple seedlings of spring onion in one hole resulted in slow plant growth and development, with consequent yield reduction

stunted growth, poor root or bulb development, and lower yield quality.

- Invest in good quality seed and pre-soak or prime them before planting to improve germination, which can reduce the urge to over-seed.

Don't skip timeous thinning:

- Thinning helps each plant develop to its full potential, improving uniformity, bulb size, and overall market value.

Despite these challenges, the trial provided practical, real-world lessons that will guide our future recommendations for vegetable production in arid regions. With climate change creating new pressures on agriculture, adaptability, research, and farmer knowledge-sharing are more important than ever.

Acknowledgements: The Department of Agriculture, Land Reform and Rural Development (DALRRD) for funding and the Agricultural Research Council (ARC) for implementing the project.

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Wildfires are set to become commonplace

Here is how World Cup rugby star and farmer Kwagga Smith prepares for fire season

The Council for Scientific and Industrial Research (CSIR) reports that the increasing urbanisation of South Africa's rapidly growing population is a significant factor impacting the risk of wildfires. They explain: "More and more people, assets and infrastructure are placed on the boundary or interface between developed land and fire-prone

vegetation – what we call the wildland-urban interface (WUI) – where they are exposed to wildfires." They go on to say that the combination of climate and vegetation characteristics that favour fires, and growing human exposure, results in significant wildfire risk across the country, especially in the southern and eastern parts.





“Unfortunately, the situation will not improve because climate change will result in more frequent and extended high fire danger periods and, therefore, an increased likelihood of severe fires,” they further add, advising that the best option is to reduce fire risks and keep them as low as possible.

Kwagga Smith a world-cup winning rugby player, is also a farmer in one of the highest fire-risk areas in our country. “The Dullstroom area has experienced some devastating fires and as a farmer, you need to be prepared at all times. Drawing from his personal experience, he shares valuable advice on fire prevention and safety. These are his five top tips for BEING PREPARED for fire season:

Burn fire breaks

Start this process in summer rather than waiting until after the first frost. Burn the tracer lines so that it's easy to burn the breaks after the frost kills the grass in winter. Apply glyphosate using sprayers to create a 1m wide strip along the fence line and another 1m strip about 20m into the farm. Once this grass dies off, burn it. Then wait for the frost, which will kill the grass in the 20m strip between the tracer lines. After the frost, burn this area. This final burned strip becomes your firebreak.

Skill up, Gear up

A fire break will not stop a fire though; it's there to give you space to work from. Back burning, beating or some other form of firefighting, will still be necessary to stop a fire from spreading. It is, thus, essential that everyone is skilled and equipped to be able to manage fires.

Invest wisely

When you're facing a raging inferno, any money saved from buying inferior equipment can quickly become a costly mistake. Rather invest in quality machinery that will perform reliably when it is needed most.

Be ready

Before fire season, service and test all necessary equipment. Make sure pumps and leaf blowers are easily accessible, chainsaws are sharp, tractors are fuelled, fire beaters are intact, and your 'bakkie-sakkie' is full. This will ensure that everything you need is ready and on standby. In the case of an emergency, preparedness can make all the difference.

Share the Responsibility

Fire defence shouldn't rely on a single person. It's crucial that multiple people know who to call and what to do in an emergency. Ensure that several individuals can take charge if you are not around, thereby creating a more robust fire response system.

“My dad always said “Goedkoop is duurkoop” – “Penny wise, pound foolish”. That's why our family invests in Husqvarna's sprayers, chainsaws, blowers and pumps to ensure we have quality, reliable equipment on hand in the event of a fire. You never know when you will need it and being prepared can make all the difference,” concludes Kwagga.

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Silage mixtures in the Swartland of the Western Cape

Marline Burger, Research & Technology Development Services, Western Cape
Department of Agriculture, Elsenburg

The Swartland region of the Western Cape has a winter rainfall pattern. This region receives 80% of its rainfall in the cool winter months, while the summers are hot and dry. For this reason, it is a challenge for farmers to produce high quality feed for dairy cattle in summer. High quality crops that grow in the summer months, such as lucerne and maize, require irrigation during the summer, and without access to summer irrigation water, their cultivation is not possible. The region does not have rain all year round, so planted permanent pastures are also not an option. Instead, winter grain crops are planted, of which oats are mostly used as the roughage component in the dairy cattle ration. The grains that are planted also include triticale, barley and rye as well as combinations thereof. The problem with these crops is that they are much lower in crude protein levels and produce lower dry matter yields than maize and lucerne. So, if farmers must use these grain crops as part of their total mixed ration, this means higher levels of concentrates per cow per day, or supplementation with higher crude protein levels to maintain high milk production. These concentrates, as well as higher protein concentrates, are very expensive to purchase. The feeding of higher levels of higher quality concentrates has two major disadvantages, namely that the rumen health of the cows can be negatively affected, and it can also affect the vulnerability and viability of the total mixed ration-based production system.

It has therefore become important to start evaluating alternative crops to just oat silage for dairy cattle to reduce the ever-increasing cost implications of high concentrates. These alternative crops must also be able to fit into the rotation plantings of the main grain income in the Western Cape, which is wheat production.

Purpose of the study

The purpose of the study was to evaluate different mixtures of grain/legume crops to deliver a high dry matter yield and a higher quality roughage than oats alone.

The study

The study was undertaken on the Western Cape Department of Agriculture's research farm, Langgewens, located approximately 2km east of the N7 between Malmesbury and Moorreesburg. This region has an average annual rainfall of approximately 395mm. Fourteen mixtures of grains/legumes were planted on 24 May 2019 with a tine planter. The soil preparation was 2 litres of glyphosate sprayed per hectare as herbicide. No fertilization was given at planting, but two top dressings were given afterwards. 110kg/ha of LAN was used in July and again in August. There was no foliar spraying. On July 15, aphids were sprayed with 500ml Dimet/ha and rust spraying occurred during the first week in August at 500ml Artea/ha. The mixtures planted, as well as the planting densities, are illustrated in Table 1 below.

Table 1 – The grain/legume mixtures with their planting densities

Mixture no	Species	Cultivar	Plant density (kg/ha)
1	Triticale, oats & barley	US2014, Pallinup, SVG13	50, 30, 25
2	Triticale, oats & barley	US2014, Pallinup, Moby	50, 30, 25
3	Triticale, oats & bitter lupine	US2014, Pallinup, Azuro	40, 30, 40
4	Triticale, oats & vetch	US2014, Pallinup, Haymaker	40, 30, 10
5	Triticale, oats & faba beans	US2014, Pallinup, Fiesta	40, 30, 75
6	Triticale, oats & field peas	US2014, Pallinup, Arvika	40, 30, 55
7	Triticale & bitter lupine	US2014, Azuro	100, 30
8	Triticale & vetch	US2014, Haymaker	80, 12
9	Triticale & faba beans	US2014, Fiesta	80, 90
10	Triticale & field peas	US2014, Arvika	80, 65
11	Triticale, oats, vetch & field peas	US2014, Pallinup, Haymaker, Arvika	40, 30, 5, 25
12	Triticale, oats, vetch & faba beans	US2014, Pallinup, Haymaker, Fiesta	40, 30, 8, 15
13	Triticale, oats, vetch & bitter lupine	US2014, Pallinup, Haymaker, Azuro	40, 30, 7, 10
14	Triticale, oats, field peas & bitter lupine	US2014, Pallinup, Arvika, Azuro	40, 30, 40, 10

The rainfall from planting to ensiling was 175mm. The rain decreased strongly in early September and the weekend of 6 and 7 September was characterised by high temperatures and hot winds. Ensiling was therefore done on 9 and 10 September to prevent pods from wilting and being lost. Three samples of each mixture were cut with sickles, weighed until there were 10kg of each mixture, and then cut into 8mm pieces by a

Ferraboli silage chopper. The material was spread out on a black tarpaulin and sprayed with the correct amount of inoculant (Sil-All4x4 W.S.). The material was immediately packed densely into Weck jars that do not let in any air but can let air out. These jars were left in a dark cupboard for 6 weeks to allow fermentation to take place. The jars were sent to Nova for chemical analyses.



Figure 1 – Cutting the samples with the Ferraboli chopper



Figure 2 – Spraying the spread-out material with the inoculant



Figure 3 - Compacted material in the glass bottles.

RESULTS

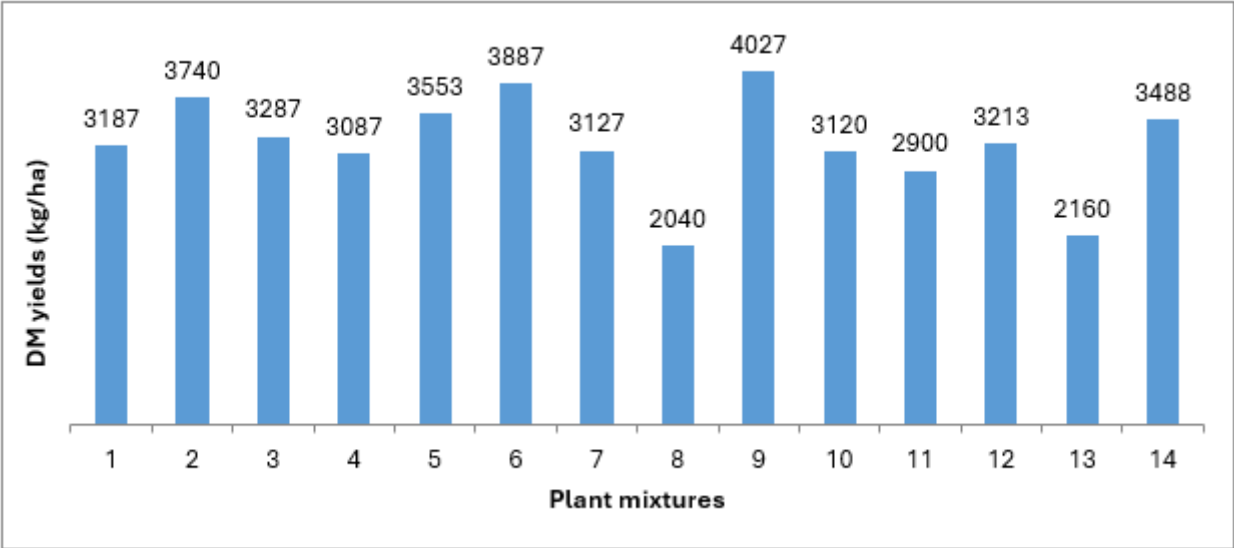
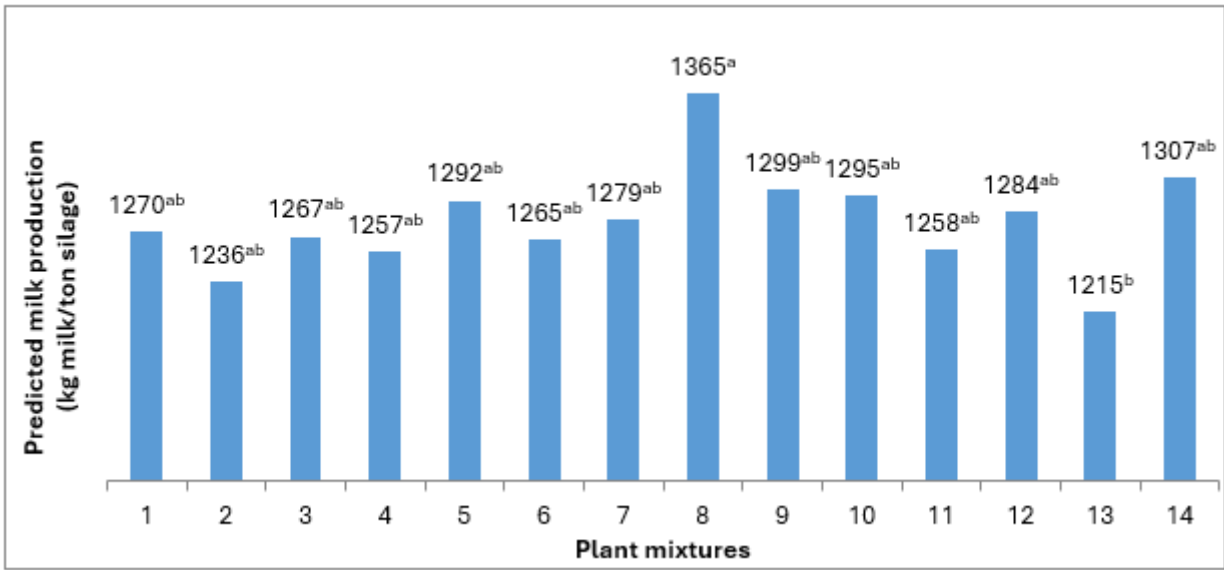


Figure 4 - DM yields of the mixtures

Yields were relatively low due to the below average rainfall, as well as the fact that it was planted later than usual.

Mixture 9 (triticale/faba beans) produced the

highest DM yield of 4027 kg/ha. This DM yield was higher than the grain-only mixtures, i.e. Mixture 1, which was triticale/oats/SVG 13 barley (3187 kg/ha) and Mixture 2, which was triticale/oats/Moby barley (3740 kg/ha).



id

Figure 5 – Predicted milk production per ton of dry matter of the mixtures

Valley Analytical Services in USA. The predicted milk production for Mixture 9 was 1299.2 kg milk/ton silage. This index that predicts milk production considers the mixtures' crude protein value, starch value as well as NDF digestibility. Mixture 8 (triticale/vetch) showed the highest predicted milk production of 1364.8 kg milk/ton silage. However, this predicted milk production was not significantly

higher than any of the other mixtures except Mixture 13 (triticale/oats/vetch/bitter lupines), which had significantly lower predicted milk production (1215 kg milk/ton silage). Unfortunately, Mixture 8 also had the lowest DM yield of 2040 kg/ha. This is because vetch require a longer growing period than faba beans. It is preferable to plant vetch and lupin mixtures in April and faba beans and

field peas in early May so that they can yield higher DM at harvest time in September. Due to logistical problems with this study, planting could only be done at the end of May 2019, and this could have had a huge impact on DM yields as well as crude protein and starch content.

After the ton DM yield per hectare of each mixture was combined with the amount of milk that each ton of silage can potentially produce, the kg milk per hectare was determined.

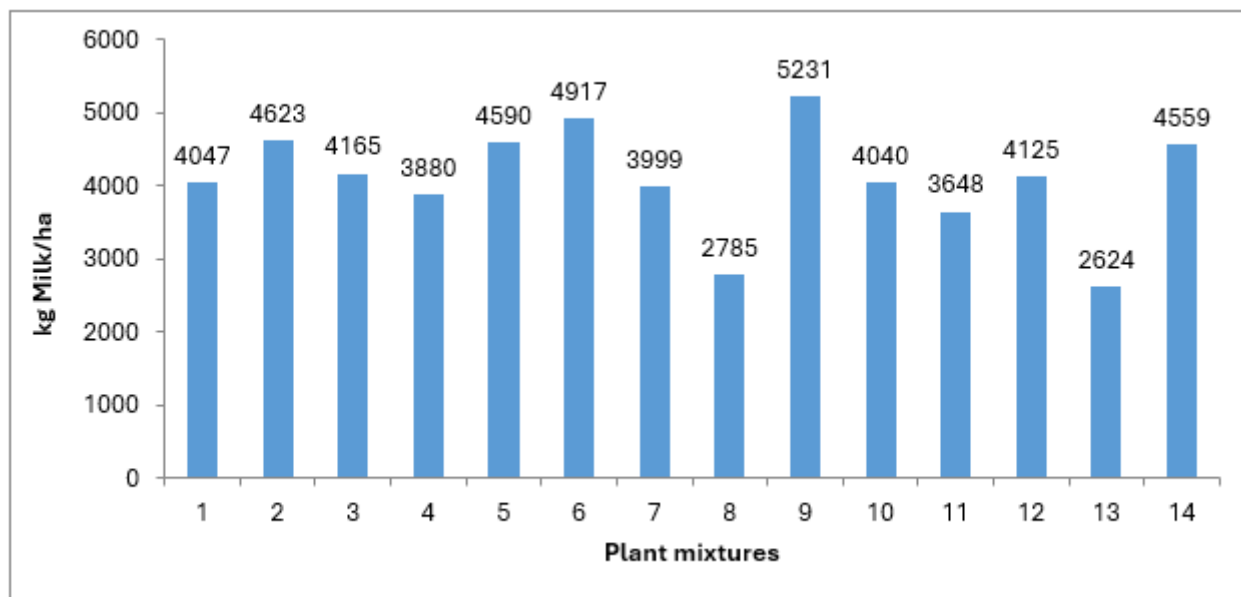


Figure 6 – Predicted milk production (kg milk/ha) for each mixture

When looking at how much predicted milk was produced per hectare (Fig. 6), the picture looks somewhat different. Mixture 9 (triticale/ faba beans) is the best and Mixture 8 (triticale/

vetch) is much weaker than Mixture 9 in terms of predicted milk per hectare. Mixture 6 (rye/ oats/field peas) also performed well.

Table 2 - The Crude Protein, Starch, Lignin and NDF content (% of DM) of the different mixtures

Mixture	Crude protein %	Starch %	Lignin %	NDF %
1	11 ^{bc}	3.1 ^a	4.9 ^{ab}	56.7 ^a
2	9.9 ^c	2.3 ^{ab}	5 ^a	57.8 ^a
3	12.7 ^{ab}	0.9 ^b	4.9 ^{ab}	55.4 ^a
4	11.4 ^{abc}	0	4.7 ^{ab}	57 ^a
5	11.9 ^{ab}	0.9 ^b	5 ^{ab}	53.9 ^a
6	12.3 ^{ab}	1.6 ^{ab}	5.5 ^{ab}	56.3 ^a
7	11.8 ^{ab}	1.3 ^{ab}	5.6 ^{ab}	55.9 ^a
8	11.9 ^{ab}	1.8 ^{ab}	4.5 ^b	51.7 ^a
9	12.4 ^{ab}	0.6 ^b	5.4 ^{ab}	52.7 ^a
10	13 ^a	2.4 ^{ab}	5.9 ^a	51.9 ^a
11	11.6 ^{abc}	1.3 ^{ab}	5 ^{ab}	57 ^a
12	12.9 ^a	1.9 ^{ab}	5.6 ^{ab}	53.6 ^a
13	11.3 ^{abc}	2.3 ^{ab}	5.1 ^{ab}	57.9 ^a
14	12.7 ^{ab}	2.1 ^{ab}	4.6 ^{ab}	52.5 ^a

According to Table 2, Mixture 1 (rye/oats/SVG13 barley) had the highest starch content, but it was only significantly higher than Mixture 9 (triticale/faba beans). It was not significantly higher than Mixture 6 (triticale/oats/field peas). Mixture 10 (rye/field peas) had the highest protein %, but it was not significantly higher than Mixtures 6 & 9. Mixture 10 also had the highest lignin content, and it was not significantly higher than Mixtures 6 and 9. The NDF digestibility of all the mixtures did not differ significantly from each other.

Mixture 9 is therefore a good mixture to consider based on its DM yield, quality and predicted milk per hectare. It is projected to deliver 5231 kg of milk/ha of planted mixture compared to the grain-only mixtures which are projected to deliver respectively 4047 kg of milk/ha (SVG13 barley) and 4623 kg of milk/ha (Moby barley). Mixture 6 is good to consider if the area's rainfall is high enough to justify good field pea crops.

Limitations

Unfortunately, 3 samples could not be taken of each mixture, so the DM yields could not be analysed scientifically, therefore scientific differences could not be established between mixtures for DM yield.

LESSONS LEARNED

- Silage mixtures should be planted between 20 April and 10 May in the Swartland region
- Faba bean mixtures give good DM yields but are very unpredictable and are therefore only recommended for areas with an average rainfall of more than 250mm during the growing season.
- The focus needs to shift to mixtures that do better in drier years, e.g. oats/triticale/vetch, oats/ triticale/field peas and oats/triticale/ barley.
- A clean oat cultivar must also be included for comparison – Majoris, SSH491, Pallinup and Wizard as references.

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Seafood Soup with Garlic Mayo

Ina Paarman

An intensely flavoured seafood soup. It makes for generous portions. Delicious with the mayo accompaniment.

Serves: 6

You Will Need:

Seafood Base

- 2 onions, chopped
- 1 t (5 ml) Ina Paarman's Green Onion Seasoning
- 2 T (30 ml) butter
- 2 cloves garlic, crushed
- ¼ cup (60 ml) fresh parsley, chopped
- pinch of saffron or turmeric
- 2 t (10 ml) Ina Paarman's Chilli & Garlic Seasoning
- 2 T (30 ml) flour
- 8 cups (2 l) water
- 3 x 25 g Ina Paarman's Liquid Fish Stock

Garlic Mayo (Rouille)

- ½ cup (125 ml) fresh white breadcrumbs
- 1 x 25 g Ina Paarman's Liquid Fish Stock
- ¼ cup (60 ml) water
- 2 cloves garlic, crushed
- 1 egg yolk
- 1½ T (22,5 ml) Ina Paarman's Sun-dried Tomato Pesto
- ½ cup (125 ml) olive oil
- Ina Paarman's Chilli & Garlic Seasoning to taste

Seafood

- 300 g each kingklip (cubed) calamari rings, prawns, and mussels
- 1 T (15 ml) Ina Paarman's Lemon & Black Pepper Seasoning
- 1 cup (250 ml) fresh cream

Ina's Tip

Do not overcook the fish and seafood, stick to our suggested cooking times.



Method:

Seafood Base

Preseason the onion with Green Onion Seasoning and sauté onion in the butter.
During cooking lift the lid and stir now and again until onions are soft and golden.
Add garlic, parsley and saffron.
Mix Chilli & Garlic Seasoning and flour together and sprinkle over onions.
Stir-fry over gentle heat to blend flavours.
Add water and Fish Stock.
Simmer 10 minutes.
Prepare up to this stage if you plan to serve the soup later.

For Serving

Devein the prawns.
Season fish and seafood with Lemon & Black Pepper Seasoning.
Bring soup base back up to the boil.
Add all fish and seafood to base, cover with a lid and simmer for 5 minutes.
Add cream and simmer for only a further 3 minutes.
Stir through and serve straight away with a dollop of Garlic Mayo in each bowl.

Garlic Mayo

Put all the ingredients except the oil and Seasoning into a large measuring jug and pulp using a handheld stick blender.
Now add the oil very slowly until the rouille resembles a thick mayonnaise.
Season to taste with Chilli & Garlic Seasoning.



It Starts At Home

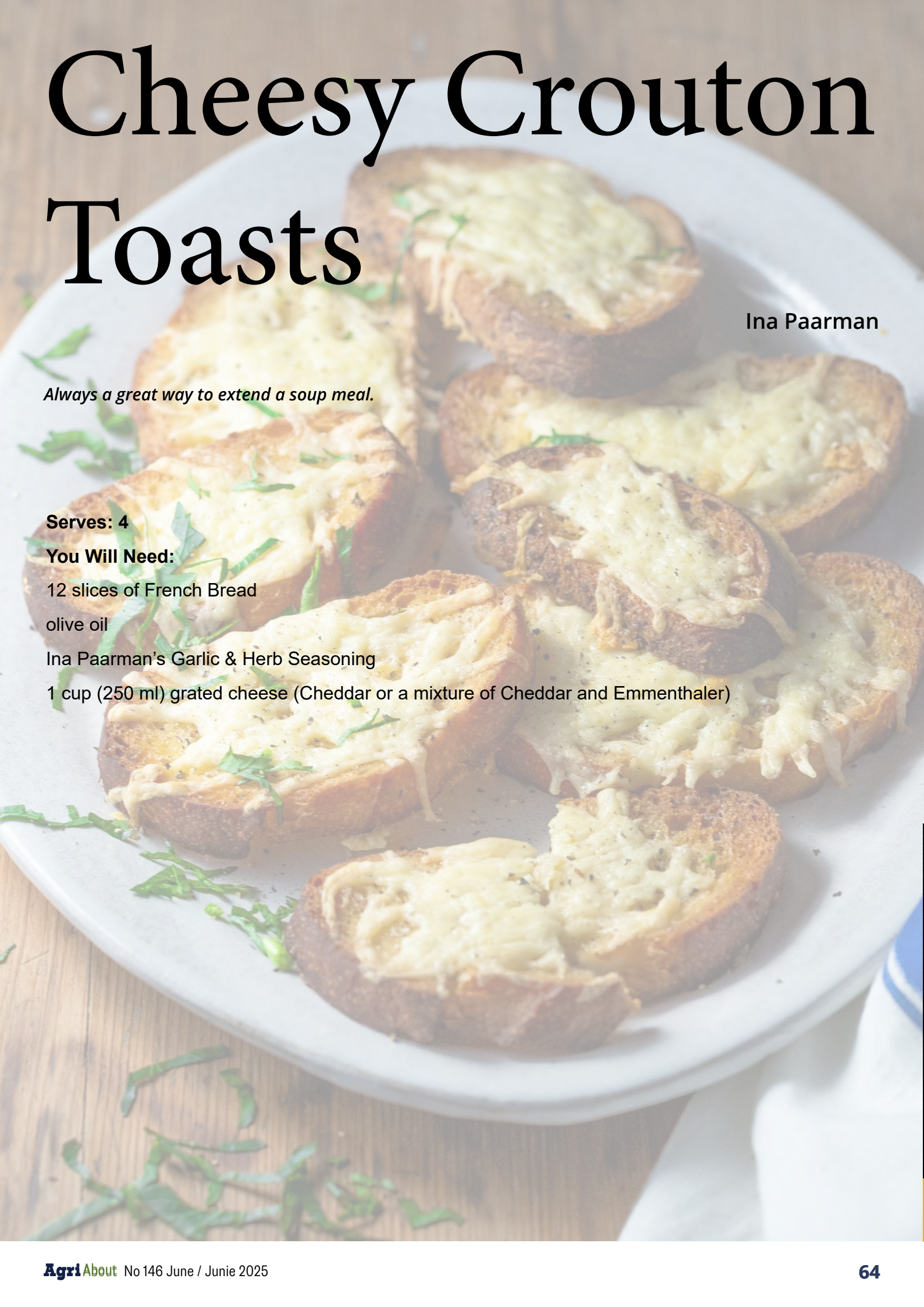


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Cheesy Crouton Toasts



Ina Paarman

Always a great way to extend a soup meal.

Serves: 4

You Will Need:

12 slices of French Bread

olive oil

Ina Paarman's Garlic & Herb Seasoning

1 cup (250 ml) grated cheese (Cheddar or a mixture of Cheddar and Emmenthaler)

Method:

Brush the bread lightly with oil on one side and season lightly with Garlic & Herb Seasoning.

Toast in the oven for 6 - 7 minutes at 200 °C. Top with cheese and bake a further 6 - 8 minutes or until golden brown on the edges. Remove and serve.



It Starts At Home



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