



Four Flies Flash

November/December 2009

Volume 1, Issue 6

Newsletter
Subscribe

Click and send

Specials

Please visit our website at www.4flies.co.za for our Nov/Dec specials



Marjoram, Lavender, Rosemary, Thyme and Sage

To be what we are, and to become what we are capable of becoming, is the only end of life.

-RL Stevenson

~~~~~

Original art pieces available. See catalogue in your unit.

## Put some zest back into living

Once you have discovered the flavour of garden-fresh herbs, you can never be without them again. The beauty and the smell, the wonder of self-grown herbs, will be part of you forever.

Herbs have been known for culinary, medicinal and cosmetic purposes for thousands of years. The Bible mentions coriander, dill, mint, mustard and hyssop amongst others. Doctors and healers have used wild herbs to cure wounds, sprains, respiratory infections, bladder and kidney ailments and many more. Herbs were used to repel insects, to fertilize plants and even as soap.

Anyone can have a supply of fresh herbs as they grow fairly easy in pots and baskets close to the kitchen. Plant a few of your favourites and enjoy the luxury and pleasure of all the benefits of these exceptional plants.

Popular herbs and its uses:

| Herb                 | Culinary                                                                                        | Medicinal                                                                                              | Other                                                                                               |
|----------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Lavender             | Gourmet flavour for biscuits, shortbread, cake, pancakes, syrups and ice creams.                | Antispasmodic, antibacterial and antiseptic. Relieves stress, sleeplessness, and headaches.            | Repels ants, fleas and cockroaches.                                                                 |
| Rosemary             | Use flowers for salads and decoration. Use sprigs for lamb and pork.                            | Anti-inflammatory and an energizer. Treatment for arthritis and chronic pain.                          | Rosemary hair rinse gives lustre to the hair and stimulates growth.                                 |
| Thyme                | Use for fish, chicken, eggs, baked potatoes, stews, casseroles, roasts and cheese dishes.       | It is antiseptic and antibacterial. Use for allergies, digestion, insomnia and hangovers!              | Effective for acne and greasy skins as well as dandruff and itchy scalp.                            |
| Marjoram and oregano | Fritters, egg dishes, pizza and pasta, meat, fish, casseroles and soups.                        | Excellent digestive herb. Helps with colds, flu, anxiety, nausea and exhaustion.                       | Repel insects. Act as a green manure.                                                               |
| Basil                | Delicious with pizza and pasta, tomatoes, eggs, chicken and soup.                               | Tea is a de-stressor and detoxifier. It relieves migraines, peptic ulcers, bites and stings.           | Skin cleanser and toner. Spray for aphids, scale, fungus and whitefly. Repels flies in the kitchen. |
| Garlic               | Add to almost any dish: Soups, salads, pasta, pizza, bread crackers, spreads, meat and veggies. | Wide-spectrum antibiotic, boosts the immune system, clears skin ailments, and treats high cholesterol. | Natural insecticide and a tick and flea repellent.                                                  |

From: *The Essential Margaret Roberts*  
*My 100 favourite herbs*



**We wish you  
all a blessed  
Christmas  
and for 2010:  
May you  
become the  
best you can  
be!**



*The making of a new  
herb garden*

## Contact us

Miemie and Wim  
van Loggerenberg  
[www.4flies.co.za](http://www.4flies.co.za)  
[miemie@4flies.co.za](mailto:miemie@4flies.co.za)  
Cell: 083 703 1166 or  
083 703 1287



## Editorial

As I sat on my veranda after a particularly hectic day, sipping my green tea, I thought of my friend Gerda. We haven't seen each other as much during the last few months. We were simply too busy. Gerda was conscientiously working to complete her PhD and me... well... I had many things to do. After the completion of her degree Gerda became gravely ill. She had cancer. As meticulously and thoroughly as she completed her studies, she painstakingly started to fight this disease and at this time she still is a winner. But I have a hole in my heart, and I wonder about the way we live our lives.

Soon it will be Christmas again, and as I look back on the year I can't believe how time flies. No wonder our children grow up so quickly and we reach 50 within the blink of an eye. Nevertheless, I still have a lot of pressing things on my to-do list before 2010 arrives, and clearly I need an earnest inventory of my future for the new year. However, just thinking about that already drains all my energy. Could there possibly be a different way to live?

I wonder what would happen if we could make a paradigm shift, if we could focus on how we can be, instead of what we must do? Picture a family where love, patience, faithfulness and self-control are the main items on the priority list. Envisage a community where people are kind, good and gentle. Think of a nation characterized by peace and joy. Wouldn't that be some change?

So, when the time comes to write down our new years resolutions, let us set our "what-to-do" lists aside and instead make "how-to-be" lists. And, tell your family and friends that you love them...

---

## Four Flies News

1. Soon we will have a beautiful new herb garden for you to visit.
2. **Four Flies Nature Farm** now also offers retreats for spiritual refreshment. We will only accommodate four people/four pairs at a time. Dates are available on [www.4flies.co.za](http://www.4flies.co.za) now.
3. We built a classical labyrinth in a silent spot between the blue gum trees. Labyrinths are really sacred places and you are invited to enjoy the experience of walking it.
4. Visit us at [www.4flies.co.za](http://www.4flies.co.za) to check availability online. You can also conveniently book online.
5. Register for one of our art classes before you arrive at **Four Flies Nature Farm**. Attend your class between 10:00 and 13:00 on Saturday mornings. All materials are provided and you do not need any skills. R100 per person.

## Unsubscribe newsletter

[Click](#)