



cheese please

Fairview Wine and Cheese Estate scored highly at the 2007 World Cheese Awards, scooping the Best South African entry for its gold medal winner Fairview Blue Rock. They also collected two silvers, one for its chevin (Garlic & Herb), the other for the Fairview Boland Blue. This international competition had 120 cheese specialists assemble at London's Olympia, nearly 2 000 entries, including 50 cheeses from South Africa, 250 from the US and hundreds more from other major cheesy nations. These award-winning cheeses and wines are available at Fairview Wine and Cheese Estate in Paarl, and major retailers countrywide. If you're in the area, visit Fairview's farm eatery, The Goatshed, and make up your own cheeseboard.

For reservations, call 021-8633609 or go to www.fairview.co.za

things you'll love

If it's fine things you love, head to Things I Love, a fantastic new deli and gift emporium in Tulbagh in the Cape winelands. Indulge in a long lazy lunch or tea of gourmet sandwiches made from farm-fresh breads, tapenades, cheeses, or delicious, homemade free-range chicken pies. You can pick up your favourite picnic items – breads, meats, as well as your favourite local wine, borrow a basket, blanket, glasses, cutlery and ice, and pop off somewhere quiet. Things I Love is a part of the Tulbagh farmers' market held on the last Saturday of each month. Call 023-2301742 or go to www.thingsilove.co.za



to thai for

Head for the Thailand Exhibition at the Durban International Convention Centre from June 21–23 and the Cape Town leg at the CTICC from June 28–July 1. There are delicious things to eat, exquisite fruit carvings, dancing displays, textiles, shops, clothing, shoes and home décor – the list is endless. Opt for the last two days of the exhibition; the first two are open to the trade only. The exhibitions are open from 9.30am 'til 6pm daily, except the last day it'll close at 4pm.

For more info, contact the Thai Trade Centre on 012-3420835/50/56/59 or e-mail: tctpretoria@telkomsa.net

jingle bells

Pull out the Christmas decorations and hang up the mistletoe – it's Christmas time again! Expect the best local food (with a few of the Zingara favourites) and entertainment as the one-and-only Madame Zingara hosts their sumptuous Christmas in July celebration. The ball is a fundraiser, traditionally for Ikamva Labantu, a community upliftment programme. Last year Zingara handed over R170 000 and they're hoping to better it this year. The box office opens on July 1 – tickets will be on sale for R350 – includes a welcome drink and sublime three-course meal. Call 021-4262458, or go to www.madamezingara.com



egg-stremely good

Did you know:

- ▶ Eggs are a fantastic source of choline, which aids brain development in both the foetus and newborns. One egg will provide 28% of a pregnant woman's daily choline requirement.
- ▶ They are a good source of lutein and zeaxanthin, antioxidants that play a vital role in promoting healthy eyesight.
- ▶ Milk, meat, poultry and fish are all complete proteins, egg protein however has the highest quality rating at 100, milk comes in at 93 and fish and beef at 75. One egg has the same protein content as 30g cooked meat, fish or chicken.
- ▶ For decades, eggs have been accused of contributing towards heart disease. Research has found that an egg a day is fine, provided you don't suffer from high cholesterol and the rest of your daily cholesterol intake is controlled.

oysters for all

For adventure seekers, the 24th annual Pick 'n Pay Knysna Oyster Festival is on from July 6–15. Bring the entire family and enjoy the multitude of events, shows and shopping on offer. There's cycling, running, paddling, racing and all manner of adventure challenges for the adrenaline junkies. And for the not-so-active, there are the ubiquitous oysters and bubbly, craft markets, a wine festival and the oyster cooking, oyster shucking and oyster eating competitions. For more info and the full programme of events, go to www.oysterfestival.co.za and for accommodation, contact Knysna Tourism at email: booking@mweb.co.za

