

# CONDÉ NAST House & Garden

SOUTH AFRICA'S FINEST DECOR MAGAZINE

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OTHER COUNTRIES R48,26

## KITCHEN TREND FOCUS

**VISIT  
TOP  
DESIGN  
STARS  
AT HOME**

**DISCOVER  
THE BEST  
GADGETS,  
FINISHES  
& SPACE  
PLANNING**

**the MODERN  
CLASSIC REMIX**  
HOW TO BLEND INTERIOR STYLES



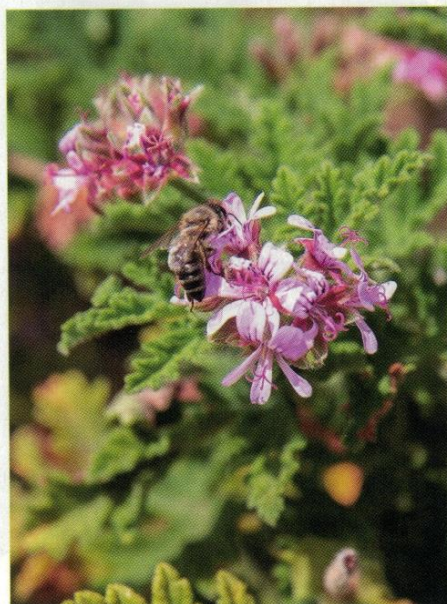
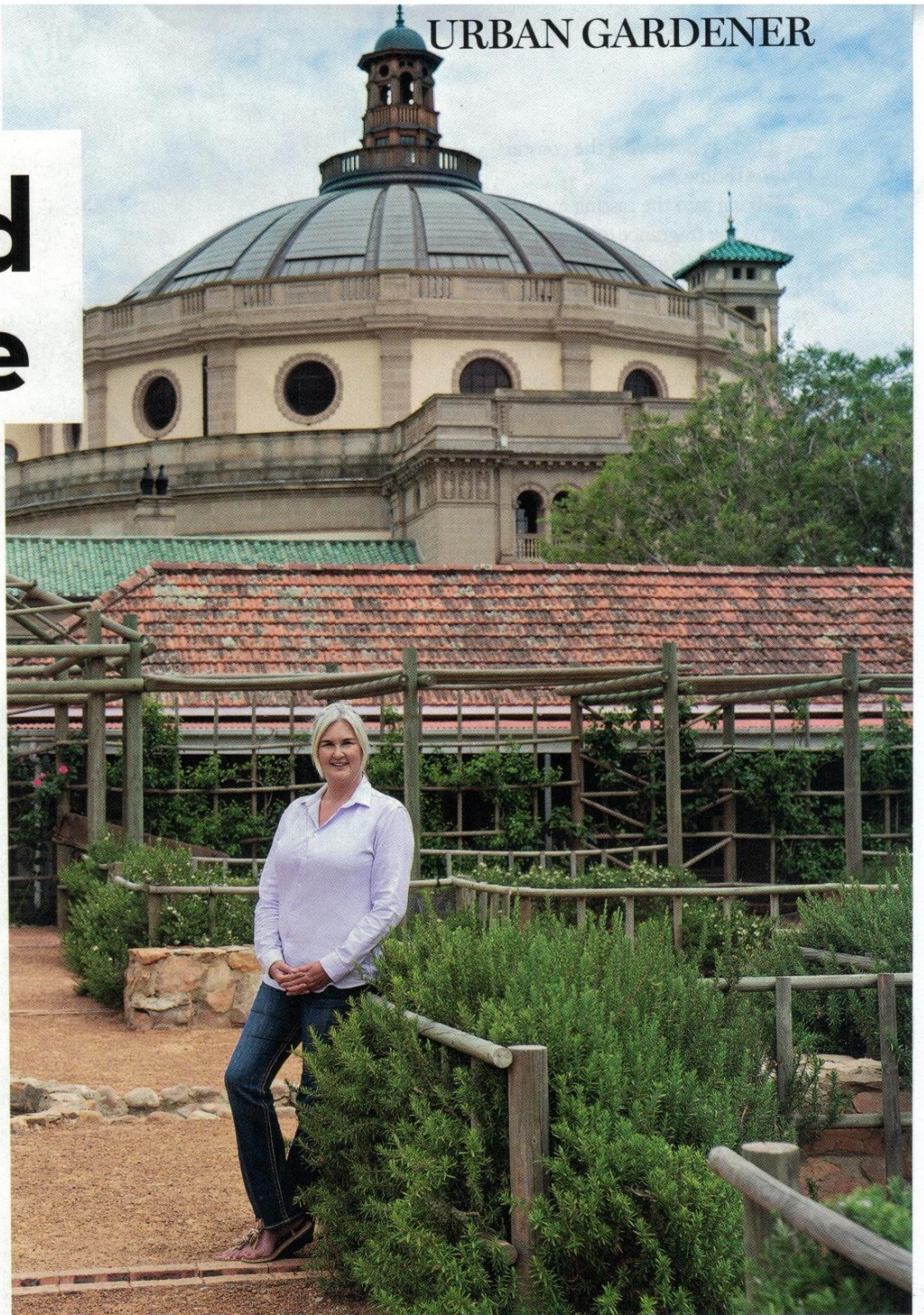


# Fyn and fortune

Giselle Courtney's Cape Town Fynbos Experience is our hot new pick on the Cape floral calendar, offering fynbos tastings and apothecary workshops steeped in a wealth of knowledge about the Cape's rich botanical heritage

**F**ynbos is an ancient vegetation endemic to the tip of the African continent in an area known as the Cape Floristic Region. In terms of diversity, density and number of endemic plant species, the region is classified by Unesco as one of the world's most outstanding examples of ecological, biological and evolutionary processes in the world. 'I am passionate about South Africa, and fynbos is the perfect metaphor to depict the diversity of our country: we share so much diversity, yet are all rooted in the same beautiful landscape,' says Giselle.

It was wanting to share this deep connection with the land, as well as a move back to Cape Town after 20 years, to a property in the Renosterveld Biome of the Cape Winelands 'literally covered in naturally occurring fynbos', that saw the genesis of the Cape Town Fynbos Experience. Set in the historic Company's Garden, the experience is a contemporary way to engage with the Cape's protected indigenous flora through innovative apothecary workshops and fynbos tastings. However it doesn't end there: Giselle has also developed a delicate range of fynbos salts using hand-harvested Atlantic sea salt from the Cape's ►



ABOVE AND BELOW GISELLE COURTNEY IN THE VOC VEGETABLE AND HERB GARDEN AT THE COMPANY'S GARDEN. ITS DESIGN WAS INSPIRED BY THE CIRCA-1790 GARDEN SUPPLYING PASSING SHIPS WITH VEGETABLES AND ROSE WATER

LEFT THE LEAVES OF ROSE PELARGONIUM MAKE A SOOTHING TEA





West Coast, bordering the coastal Fynbos Biome.

Walking into the tasting room, one is hit by the fragrance of fresh fynbos – Rhino bush, Cancer bush (*Lessertia frutescens*), Buchu and Snow bush (*Eriocapthalus africanus*) line the centre of the tasting table. Glass beakers filled with tea infusions such as local rooibos and honeybush, petri dishes topped with fresh stalks of Spekboom (*Portulacaria afra*) and fynbos salts are all artfully arranged at individual place settings. ‘Our focus is creating experiences and products that do fynbos proud and make unique culinary flavours accessible,’ says Giselle.

Where to next for this energetic botanical heritage advocate? Word on the ground is that urban fynbos trails and her Sorghum Gose botanical beer collaboration with Little Wolf Brewing Co. are fresh areas of growth. ■

capetownfynbosexperience.co.za



ABOVE EDIBLE FYNBOS PLANTS, TINCTURES AND JELLIES AT A FYNBOS TASTING

RIGHT GLASS BEAKERS OF PINK ROSE PELARGONIUM, SNOW BUSH, FLAME-COLOURED CANCER BUSH AND RHINO BUSH

THIS IMAGE THE VOC VEGETABLE AND HERB GARDEN AT THE COMPANY'S GARDEN

LEFT GISELLE WITH FRESHLY CULTIVATED FYNBOS FROM HER WINELANDS HOME GARDEN







CLOCKWISE FROM ABOVE LEFT FYNBOS PLANTS USED TO FLAVOUR GISELLE'S RANGE OF SOUTH AFRICAN FYNBOS SEASONING SALTS; AT THE FYNBOS APOTHECARY WORKSHOP; PINK-FLOWERING EDIBLE SOUR FIG AND SPEKBOOM WITH HOME-MADE PLANT JELLIES; GOLD-COLOURED UMBELS OF DILL IN THE COMPANY'S GARDEN



## Botanical Heritage

At the Cape Fynbos Experience you will get to taste and blend tea infusions and create oil-based scents, beard oils, face spritzers, invigorating salt scrubs and relaxing soaks. Here are Giselle's favourite edible fynbos plants to use.

■ ROSE PELARGONIUM (*Pelargonium graveolens*)

Flavour profile: intense rose. Use as calming tea, cordial or to flavour scones and cakes

■ CANCER BUSH (*Lessertia frutescens*)

Flavour profile: bitter. A much talked-about immune booster. Use as a tonic to aid digestion and as a gentle tranquilliser.

■ SNOW BUSH (*Eriocephalus africanus*)

Flavour profile: wild rosemary. The local equivalent to traditional culinary rosemary.

■ RHINO BUSH (*Dicrothamnus rhinocerotis*)

Flavour profile: resinous. It has significant anti-inflammatory properties.