



ORTHOLOPHA

The Newsletter of the Aloe, Cactus and
Succulent Society of Zimbabwe

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Hi Everyone!

The meeting this month is at the home of Hans Christen out at Glen Forest. He has an amazing set-up for multiplying *Adeniums* in particular but also other plants, so this is an outing not to be missed. The meeting will be at 10.00 am for a 10.30am start. Be sure to bring your own chair, plate of snacks to share, hat and a plant for the raffle.

It is great to be back in the meeting mode, but be sure to adhere carefully to all Covid-19 recommendations/protocols. Wear a mask, wash hands with sanitiser, socially distance at least 1,5m between you and the next person. Bask frequently in the sun!



Your Committee

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Committee members:

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Building for aesthetics and practicality

Above you can see a walled garden our niece and her husband have built just out of town on their peri-urban plot. The wall keeps the cattle, goats and sheep out of the luscious vegetables and even the chickens have to expend tremendous effort to get inside. However just walking past you can look inside and see the vegetables without necessarily having to go inside and get your feet muddy. The hinged windows can be opened to allow prevailing breezes to cool down the extensive interior.

And of course the whole structure is built utilising local stone unearthed whilst digging the foundations, so naturally it blends in perfectly with the miombo woodland in which it resides. Feng shui plays its role too as the windows, entrance and the whole structure are circular in shape and life's forces can flow freely around and through these naturally shaped portholes. No corners for evil forces and shirkers to hide! Or so the theory goes.

Cheers Mafungi

Directions:-

Our meeting is at the home of Hans Christen, this Sunday 26th October, 10 am, head north from Borrowdale Village on the Domboshawa Road. Go past Helensvale, Winchendon shops. Then proceed further out passing Hatcliffe and Hatcliffe market where there are multiple rumble strips. 2 or 3 kms further along you will see a long line of cypress trees on your left with a durawall, at the end of these turn left into Glen Forest Cemetary Road. Take first turn right and then first left. You will see two blue classroom blocks on your right.

Hans is the house right next to the classrooms.

Interesting Plant: August

What is this, on the right?

Send your knowledgeable and considered opinions to bo.hoom52@yahoo.com.

The respected judge's decision is final and the winner will get a box of choice Belgian chocolates, provided they are shared.

There was a winner last month for the flowering plant depicted but you will have to come to the monthly meeting to find out who won. See you on Sunday!



You can win a box of chocolates!!!

Send your entries to Mafungi at
bo.hoom52@yahoo.com

Photograph taken by Mafungi

Clue: These are interesting cacti that do very well in hanging baskets



Whilst building you can scrounge around and find suitable bits of scrap to fill with our wonderful succulent plants to fill up spaces and take advantage of the wide outdoors.

At the right time of year the aloes will flower and bits and bobs can be broken off like the fleshy leaves of other plants to spread the waterwise theme.

Red Alert: US\$ subscription of US\$10 per person/couple.

US\$2 for a junior and US\$5 for a senior.

Foreign members US\$40 per person

.We need to replace our US dollar stocks to enable the Society to continue functioning effectively.

Annual Membership: Are due in January each year. Renewal is long overdue. Remember for your US\$10 per year, you get a monthly Newsletter, free issues of Ingens as they are published and you get invited to at least 11 choice venues each year. Big-time Bargain Bonanza!

Membership is US\$10 Seniors US\$5. Children US\$2 per year.

Foreign membership US\$40 per year. Make payment to a committee member, or

CABS Platinum: Aloe, Cactus and Succulent Society Acc #: 1002616336

Reference: kindly include your Surname as the deposit reference or through

EcoCash: 0772 241 286 (Mike Caulfield) Note this number is in his name. Save it on your phones.



A further look into the same vegetable garden showing the rounded structure and the swivelled windows which allow good viewing of the interior as well as fresh breezes to flow over the crops. The idea in modern landscape gardening is to have lines that lead the eye on to new vistas or “rooms” in the garden structure and you can easily see already in the unfinished structure above just how the eye is led around the corner to new things slightly further around. Modern life requires us to be continuously innovative and to have areas in our lives where we can escape the demands of the ninternet, the cellphone and the computer and easily find peace and quiet, where plant and wildlife can thrive in close proximity and enrich our own lives. Tread lightly in these spaces and treasure them.

And when they are endorsed by wild creatures, like the blue-headed agama below, you know you have finally made it in your neck of the woods. Or if you look carefully on the path of the Rolf Valley house, below left, you will see that a passing pachyderm has left his stamp of approval on the winding pathway.



Healthy Habits No 13 by Lizzie Small

A vegetarian menu.

I think it is true to say that when vegetarians are invited out for a meal they are usually faced with a vegetable curry or an omelette!! Not the most exciting of menus. However with a little forethought a vegetarian menu is not difficult to compose.

There are some simple facts that will help initially until you begin to make up your own recipes. Any meal which has chunks of meat in it can easily be made vegetarian with substituting chunks of vegetables. Tomato sauce, see recipe below, can nearly always be substituted for cheese sauce. The meals that I have put together to form the basis of a vegetarian menu are of a wide variety some suitable for lacto-ovo vegetarians, who eat eggs and dairy products and others which are suitable for a vegan as well. Pick and choose and of course make amendments to my suggestions to suit yourself. These suggestions could form a two week menu without repetition or boredom. Of course anyone who is serious about their dietary choices will gradually arrive at the family/personal favourites but as variety is the spice of life give it all a go!

The meal is basically described and the recipe/method outlined. Quantities are up to you.

N.B. unless a V is stated the meal is not suitable for a vegan but remember you can substitute tomato sauce for the cheese sauce in many instances.

LIGHT MEALS:

French vegetable quiche – a thin lining of shortcrust pastry with a mixture of vegetables of your choice, garlic and herbs, 2 eggs and 150mls milk or milk and cream. Bake in a moderate oven. Cheese optional. (L/O)

Soufflé cheese omelette – Separate the eggs and add grated cheese to the yolks. Beat the whites until very stiff, fold into the yolks and make the omelette as usual. (L/O)

Stuffed baked jacket potato - Bake the potato, cut in half and scoop out flesh. Mash the flesh with a filling of your choice eg cheese/ tomato sauce and sweetcorn. Put the mixture back into the shells and reheat. (L/O or V)

Rice and nut salad. Cook the rice and then mix with chopped vegetables and nuts of choice. (V)

Lentil soup and bread. (V)

Mediterranean salad and bread. Make a mixture of tomatoes, peppers, cucumber, olives and chunks of feta cheese on a bed of crisp lettuce. Dress as desired and eat with fresh bread. Leave out the feta for vegans. (L/O or V)

Leek and thyme quiche – Make as for number 1) but with sliced leeks.

Pumpkin and coriander soup – This recipe is particularly nice if made with butternut. Use plenty of coriander to maximise the flavour. (V)

Vegetable curry – make as usual with a mixture of vegetables of your choice. (V)

Macaroni cheese/tomato sauce with sweet peppers – make as usual and at the end mix in chopped sweet peppers. They should not be overcooked but remain crunchy. (L/O or V)

Vegetable potato nests – Make mashed potato and either pipe into a round shape making a depression in the middle or make a mound of potato and make a hole in the centre. Fill the hole with a mixture of vegetables in a light cheese or tomato sauce. (L/O or V)

Greek vegetables with fresh bread – make a marinade with vinegar, a little oil, garlic, ginger and herbs of choice. Chop tomatoes, onion, courgettes, sweet peppers, cauliflower and broccoli into large pieces. Lightly poach them in a little stock. Put into the marinade and leave for 2 hours. (V)

Open sandwich – Use 2 slices of bread both open make sandwiches with topping of your choice. (V)

Crudites and humus – Make humus from chick peas with garlic and a little oil and use as a dip for vegetable sticks eg carrot, sweet pepper, and other vegetables of choice. (V)

MAIN MEALS:-

Vegetarian Stroganoff – Make the stroganoff using haricot beans instead of the meat. Serve with boiled rice. (L/O)

Stuffed vegetables – For this recipe you can use sweet peppers, aubergines, pumpkin or potatoes. Scoop out the flesh from the cooked vegetable and mix it with chopped vegetables of choice and a little light cheese/tomato sauce or simply grated cheese. (L/O)

Vegetable stir fry and noodles – Use a mixture of vegetables as usual and add some cooked dried beans. Cook in a wok in stock and serve with boiled noodles.(V)

Roasted vegetables with noodles – Cut your chosen vegetables into large chunks. Roast in the oven with seasoning and having brushed them with a little oil. Mix together and serve with rice or noodles. (V)

Frittata – This is an egg dish. Beat eggs and mix in a variety of vegetables of your choice. Cook slowly on top of the stove, mixing gently – the result should be soft and creamy. (L/O)

Broccoli and mushroom pasta –Cook the broccoli and mushrooms in butter or olive oil with onion garlic and herbs of choice. It makes its own sauce as the mushrooms sweat. Pour over cooked pasta. (V)

Vegetarian shepherds pie – Make a mixture of vegetables of your choice with tomato or light cheese sauce. Place in a dish and put mashed potato on top. Bake in the oven till brown. (L/O or V)

Vegetarian chili con carne – Prepare a mixture of vegetables, add kidney beans and some chili and cook in a tomato sauce (see below). Serve with rice. (V)

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Mediterranean Casserole with chick peas – Add the chick peas to a mixture of sweet peppers, aubergine, courgettes, tomato, onions, garlic and olives if desired. Serve as a casserole with starch (V)

Vegetarian Lasagne – Make as usual substituting a vegetable mixture for the minced beef. (L/O)

Spanish potato omelette – Cook potatoes, slice quite thinly and layer in a frying pan with onion and garlic. When the pan is full beat 2 eggs and pour over the potatoes. Cook slowly until firm. (L/O)

Risotto – Mix a variety of lightly cooked vegetables with cooked rice. Include beans if desired and as an option add some grated cheese. Mix gently until the cheese is melted (V if a tomato sauce is used instead of cheese)

Eggs Florentine – Make a bed of spinach, top with poached eggs and cheese sauce. (L/O)

Vegetarian Pizza – Make a thin pizza base and pile on top vegetables of your choice and a sprinkle of gouda cheese



Basic Tomato sauce / relish.

Cut up as many tomatoes as you have and put into a saucepan with a little oil (olive is best). Finely chop an onion and some garlic if desired. Add seasoning to taste and a sprinkle of sugar. Let the mixture boil down until it is the thickness you need .

Very easy and very useful in vegetarian cooking..



Whatever you do when building a new house, be sure that whether you like it or not there is going to be plenty of advice streaming in your direction. Make sure you listen to this, but not necessarily take it all as the gospel truth and in this picture we can see some well-known know-it-alls looking at work in progress. Most people can contribute something to building And development plans and every little nuance or addition can help make a house a home.

If your site has a view at all, make sure that the western aspect allows for relaxing sundowners. East facing windows and verandahs will wake you early but you rarely have the time to enjoy them. Try and ensure some big

windows face north, unimpeded by large shady trees because the added value of the warming effect of the winter sun in Zimbabwe is priceless. And in the hot summer months, a north-facing veranda is shady and cool.

Plant your waterwise plants in accordance with your needs. In winter it will be great to wake, open one eye of your sleepy head and see sun-birds feeding on the copious nectar of some aloes flowering just outside the bedroom window.

And the net-effect of this terrible pandemic Covid-19 is that we must all, whether still living in our old houses or building completely afresh, maximize the outdoor spaces because sunshine-induced vitamin D makes you very healthy and the debilitating effects of ultra-violet light on the virus both contribute to a livable life-style.



So Everyone,

Your society has been very busy this past month or so with a meeting in early October at Rockyvale, distribution of Ingens 60 almost complete and now a meeting this Sunday 26th of October at the home of Hans Christen in Glen Forest area. See you all there! A modified rare Plant Sale is on the cards so watch this space and hopefully we can all stock up before the rains set in properly. I trust none of you were tricked by the earlier showers in October into thinking the rains had started!!!!

Cheers Mafungi