

Local is lekker

Everyone knows that September in Hartbeespoort means the **Hartiwood Food and Film Show Night Market @ Pretville**. This year the epicurean extravaganza takes place on Saturday 1st September. As always local and seasonal ingredients are amongst the top tastes.

The delicious diversity of South Africa will be everywhere apparent in the sumptuous stalls. Carnivores will adore the meaty potjies, heritage lamb sliders and organic pulled pork. Vegans are well catered for with fabulous falafel, superb samosas and a selection of animal product free buns and bakes. Ditch the diet with scrumptious sour doughs, croissants and brioche. Interested in indigenous ingredients? There are marula nut butters and baobab ice creams to sample. And hearty plates of pap and marog too. Sweet toothed types will be driven to distraction by the vast quantities of cakes, macaroons, fudge and adorably old-fashioned

botanical-infused, petal-studded lollipops.

The fine food and drink are accompanied by magical movies. This year the theme is vintage chic with a superb selection of black and white, English and Afrikaans language classic films shown on a restored 1950s 16mm film projector.

Once bellies are full to bursting with cupcakes and brains are jam packed with cinematic sensations guests can settle down to listen to live music with a craft beer in hand. Or a gorgeous gin – locally distilled of course. Fabulous food, magnificent movies and an elegant evening under the stars. What's not to love? We can't wait...

Tickets for the Hartiwood Food and Film Night Market @ Pretville are available at the gate. R60 adults, R30 children. www.hartiwoodfoodandfilmshow.co.za

Three of the festival's most popular stall holders have kindly agreed to offer a sneak peak of their wares...



DR TRACY, MAVHUNGU NELWAMONDO is a doctor with a difference. She believes that "indigenous and heritage African grains, seeds, fruits and vegetables have a role in health care solutions. I am in no way disregarding medicine but there is a place for both healing with food and with medication." This Wits trained MBBCh is the creator and owner of the Modern Traditions food and lifestyle range (Instagram: we are modern traditions; Facebook: modern traditions). At the Hartiwood Food and Film Show she will be selling, low GI, gluten free organic, fair trade sorghum and millet salads, marula nut butters, cassava breads, baobab ferments, mulberry, moringa and baobab smoothies. Those with dairy allergies will adore her ice 'creams' made from a marula nut milk base with a pinch of baobab, raw honey and organic fruit or cacao or vanilla or coffee. She also makes a range of anti-inflammatory, omega 9 rich cosmetics made with marula nut oil.