



GREETINGS FROM SUMMERFIELDS

It's hard to believe that just months ago the country was in the grip of a freezing winter and the lowveld has seen temperatures in the mid-40's.. luckily Summerfields tents are perennially shaded , additionally cooled by the rushing Sabie River, and of course the splash pool and outdoor shower are always a bonus.

We at Summerfields are always striving to make your stay more enjoyable and have recently completed a road trip around our country, checking what other establishments offer to guests, what works and what does not. Soon you will see new touches to Summerfields, small things that will make your stay that much more memorable.

Summer brings with it the scent of thousands of roses and a of course our now larger thriving organic vegetable garden. So what your get on your plate is mostly from our rich soils and hours of hard work in the garden.

So this summer, come and enjoy the relaxation that is Summerfields, a stroll , a book, a spa treatment and lazy home-cooked meals that have made Summerfields a popular getaway.

The farm is in the process of being extended, so there will be more roses and nut groves to wander through. Of course our award winning menu is continually being improved. All in all your Summerfields experience just gets better and better

ANDRE AND ILSE

Organic vegetables

Summerfields has gone organic using age old farming methods such as crop rotation, couple planting and organic fertilizer and pesticide. A nutritional organic fertilizer we use is known as "earthworm tea" This beverage, which has become all the rage in organic agriculture, is not made from earthworms. No, this tea is made from earthworm excrement steeped in liquid. Earthworm tea is easier to transport and apply to crops than other types of fertilizers, and plants love it. Our range off vegetables we have to offer are:

Tomato, Cauliflower, Onions, Leeks, Potato, Lemons, Cabbage, Zucchini and the list is growing.

Roses



Our high quality export roses are still available from the farm. With over 30 varieties to choose from, Lavender mascara, Fiesta, Green fashion to name but a few. They are suitable for all occasions and we can accommodate most of your guest needs.

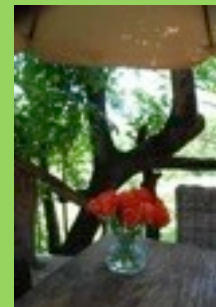
News at Summerfields...

Well if the river cafe' and restaurant are not enough to tempt your taste buds, we now serve complimentary fresh baked scones and cakes during the day and there is of course fresh milk and filter coffee/tea in all the rooms, so you don't have to leave the comfort of your verandah.

The spa is always there to help you work off those extra kilojoules but so is the beach along the river with its welcoming stretchers, beach shower and our poolside lounge.



DUSK OVER THE ORGANIC VEGETABLE FARM BACKED BY OUR POPULAR RESTAURANT. WHAT WE GROW YOU EAT!



WATERFALL ROUTE

The province is blessed with over 70 waterfalls and they are in their prime with the arrival of the rains. Pack a picnic basket and head to the many falls around the Sabie area. A gem is the Forest Falls, hidden about a kilometer off the main road, well maintained and a perfect place to walk or take a dip in its clean and clear inviting pool.



GET COOKING....

SUMMERFIELDS ROAST PORK BELLY

Serves 2

500g pork belly
2 cup chicken stock
Peel of 1 lemon
Fresh ginger
1 staraniseed
1 cinamon stick
1 cup sugar
Peanut butter oil for roasting dish



Caramalised ginger sauce

.250 palm sugar
.250 water
2 red chillies
2 green chillies
2 tablespoon ginger finely chopp
4 tablespoon thai fish sauce
Juice of 2 limes



Pre-heat oven to 160 deg Celsius. Put pork belly in small oven dish, it must just fit. Mix the chicken stock, lemon peel, ginger, star aniseed, cinnamon stick and sugar. Pour over pork belly and wrap dish with tin foil. Roast the dish for 4 hours. Take out the pork belly and remove the bones. Place the pork belly into another dish and put the same size pot over it with a weight of 3kg. Leave in the fridge to cool down. Once cooled completely take out of dish and cut into nice squares which can be presented. Pre-heat the oven to 180 deg Celsius. Put the sliced pork belly on a roasting dish with the fat side under. Drizzle the roasting dish with peanut butter oil prior to this. Roast for 10 min on each side until just crispy take out of the oven and serve with ginger sauce and limes wedges

Caramalised ginger sauce

Heat the palm sugar with water slowly until boiling, allow to simmer until sugar caramelizes. Add chillies ginger and fish sauce, plus the lime juice. Cook for another 2 minutes until all infused and serve



Artisan bread

Is locally-produced wheat flour. From the region in and around Heidelberg and Swellendam. The flour is naturally stone ground in a very special way. This grinding process ensures a pa is exactly what its name suggests: bread that is crafted, rather than mass produced. Baked in small batches rather than on a vast assembly line, artisan bread differs from prepackaged supermarket loaves in a number of ways.

Often, steam is utilized during the baking process to produce the crispy golden-brown crust characteristic of certain varieties of the artisan loaf. We at Summerfields use only Eureka high-quality to ensure a particularly natural and healthy end product

During this grinding process no components are abstracted from the flour. Therefore, white bread flour retains all the healthy wheat germ (about 3%), fibre, natural oils, vitamins and enzymes, making it rich in fibre, wholesome and nutritious.

RELAX AT THE SPA...

Summerfields spa is set next to the river creating a tranquil and serene environment for guest to while away there stresses, whilst being pampered from head to toe. Essential treatments like an executive stress relief, or a hot stone full body massage. We also offer great packages using local products as well as product produced on the farm such as sabie valley coffee exfoliation, Journey for summer or even a Eden romantica, which is a couples package. Booking essential to avoid disappointment.



So please feel free to contact us and try some of our freshly baked artisan breads or our garden fresh vegetables. Come and relax for the day at our spa and try some of our new improved menu.

We look forward to your continued support and wish you a Merry Christmas and prosperous New Year.

The Summerfields Team

For further enquiries contact us on 013) 737 6500 or email

info@summerfields.co.za.

