



The Home of

Stoer
Talk

GARDENING TIPS
THE WONDERBOOM TREE
FLOURLESS CAKE RECIPE

Issue 3 | 2026

THE OFFICIAL PUBLICATION OF THE BOARDWALK MEANDER HOMEOWNERS ASSOCIATION

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FROM THE EDITOR

Dear Residents,

By the time you are reading this, we hope the worst of the cold weather has passed.

In this edition, nature lovers should take a moment to admire the **beautiful leopard portrait** captured by Ivan Muller in the Kruger National Park – a truly striking reminder of the incredible wildlife we are privileged to have on our doorstep. Ivan has caught similar amazing images in Pretoria's own Rietvlei Nature Reserve. For more, be sure to visit www.ivanmullerphotography.com or follow him on Instagram (@ivanmullerphotography).



With Spring around the corner, be sure to brush up on your **gardening skills** with all the easy tips provided in this edition.

Of course, there is always time for something delicious! Try our **flourless orange cake** – wonderfully citrusy and made with almond meal – the perfect treat to enjoy with a cup of tea, while the cooler weather is still around.

We do still love featuring photos of the estate. If you take any, send them in! We hope you enjoy this edition!

- Angela



CONTENTS

ESTATE NEWS

Chairman's Message	2
From the Office Pen	3

GARDENING

9 Garden weeds worth eating before you pull them	4
20 Herbs that grow year-round on the windowsill	5
These ground covers self-seed and return every year	6
Seed spacing guide for vegetable gardens	7
12 Flowers you sow once and never buy again	8
Fruit seeds that germinate in water	13
20 Vegetables that can grow in shade in containers	16
Vegetables that grow in buckets	17
Plants to turn your garden into a different place after dark	20
11 Plants that thrive on drought and still fill your borders	21

LIFESTYLE

The weight we give to matric	10
Flourless Orange Cake	18
Listings	29

NATURE

A leopard portrait	14
The Wonderboom Tree	22

TRAVEL

Wanderlust: AfriCamps, Karoo Calm	25
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MESSAGE FROM THE CHAIRMAN

Hello to all

Everybody is back from holiday – the third school term has started – good luck to all the scholars and students – just do your best, the year is almost done.

Baie dankie aan almal wat betrokke is om hierdie landgoed van ons so mooi te hou – ons sien al die nuwe beddings wat gedoen word en dit lyk baie goed.

Thank you to our service providers who have our best interest at heart and to John and the office personnel for their continuing efforts for us and our estate.

Thank you to my fellow board members for your attention to necessary matters and assistance where needed.

Remember to share interesting facts/articles or beautiful photos with René for our magazine. Your participation is always appreciated.

Ons kan amper begin dink aan “heerlike lente”! Geniet alles wat julle doen en wees veilig.

Groete

- Deon Strydom





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FROM THE OFFICE PEN

Good day residents – trust to find you all doing well.

This is our third edition of the magazine for the year.

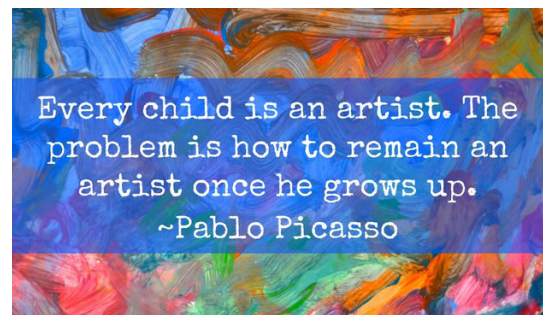
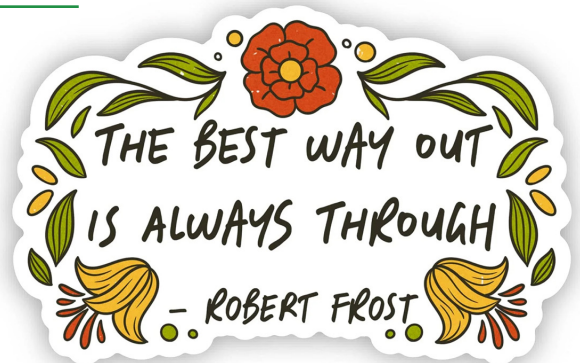
As we are halfway through this year already – I will be focussing on gardens and plants in this edition. My fingers get itchy this time of year to replant, change and renew my garden – I hope this holds true for you as well.

Please ensure your contact information i.e. contact number and email address is correct at the office. If you are not registered on the EstateMate application yet – feel free to visit us to assist you as this is the only communication platform for Boardwalk Meander.

If you are interested in getting involved in compiling articles for the Stoeptalk – please feel free to contact me for more details at 012 991-2770 or office@estatebwm.co.za.

Be the best you that you can be!

- *René*

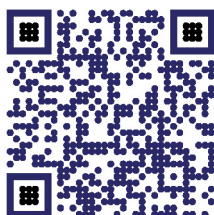


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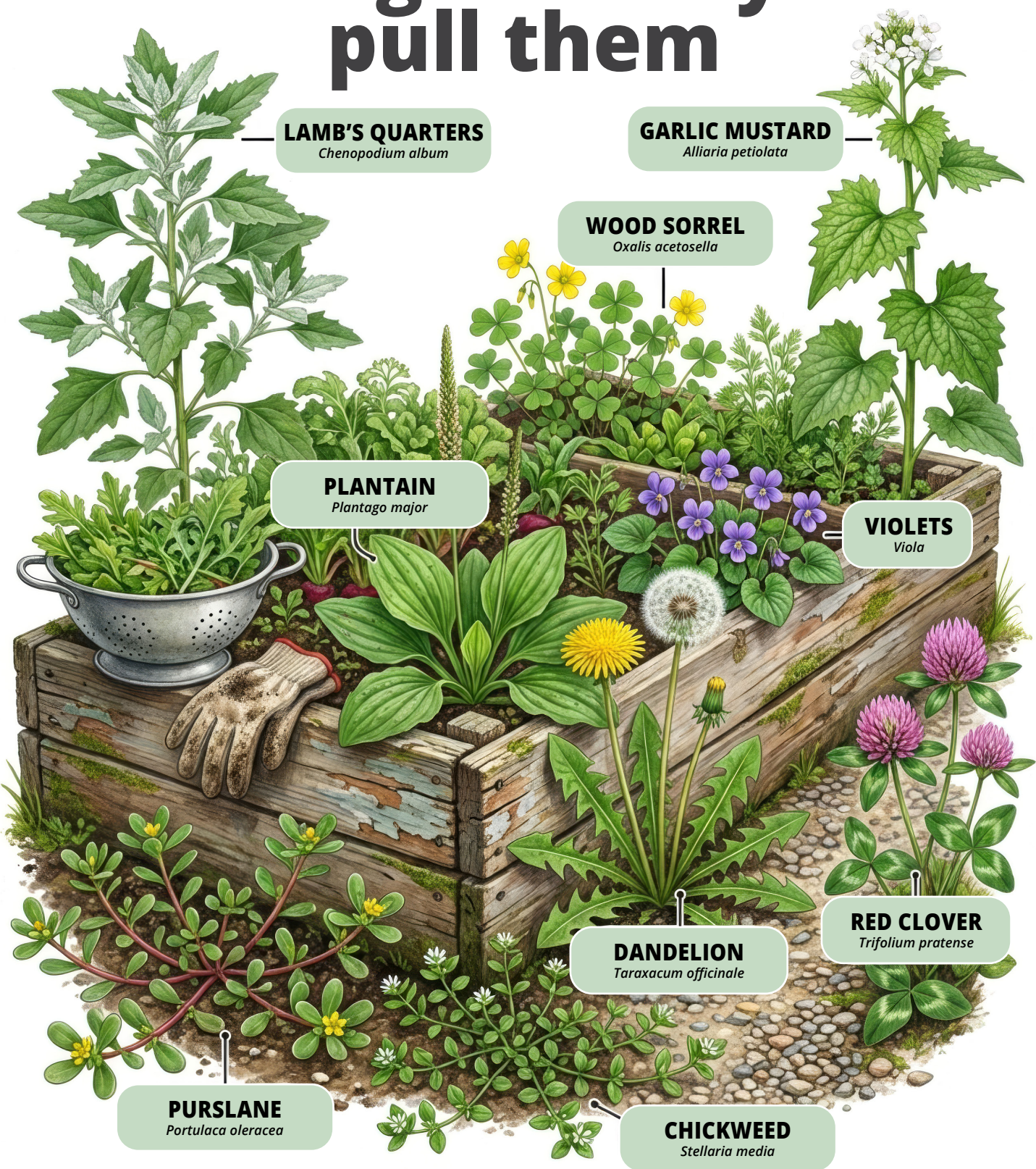
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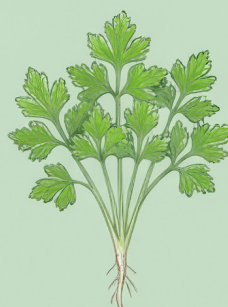
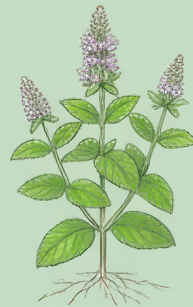
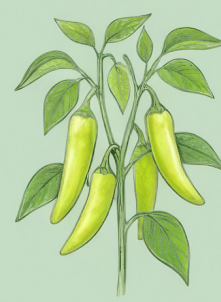
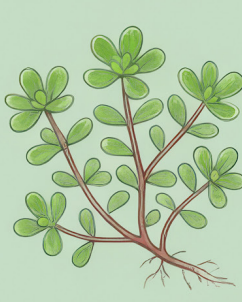
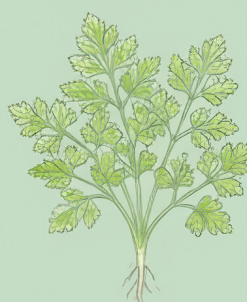
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GARDENING TIME

9 Garden weeds worth eating before you pull them



20 Herbs that grow year-round on the kitchen windowsill

**BASIL***Ocimum basilicum***CHIVES***Allium schoenoprasum***PARSLEY***Petroselinum crispum***MINT***Mentha spicata***PURPLE BASIL***Ocimum basilicum 'purpurascens'***OREGANO***Origanum vulgare***THYME***Thymus vulgaris***ROSEMARY***Salvia rosmarinus***CILANTRO***Coriandrum sativum***BANANA PEPPER***Capsicum annuum***CAYENNE***Capsicum annuum***JALAPEÑO***Capsicum annuum***SAGE***Salvia officinalis***LEMONGRASS***Cymbopogon citratus***BUNCHING ONION***Allium fistulosum***DILL***Anethum graveolens***PURLANE***Portulaca oleracea***CHERVIL***Anthriscus cerefolium***LEMON BALM***Melissa officinalis***ROSELLE***Hibiscus sabdariffa*

A window with light is all you need to stop buying herbs

These ground covers self-seed and return every year

IVY-LEAVED TOADFLAX
Cymbalaria muralis

RED DEAD-NETTLE
Lamium purpureum

FORGET-ME-NOT
Myosotis

BUGLE
Ajuga reptans

SWEET ALYSSUM
Lobularia maritima

WHITE CLOVER
Trifolium repens

SWEET VIOLET
Viola odorata

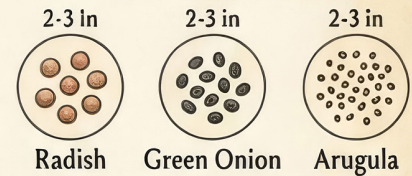
GOLDEN FEVERFEW
Tanacetum parthenium 'Aureum'

WILD STRAWBERRY
Fragaria vesca

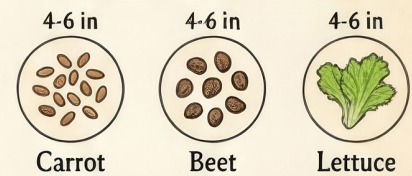
Seed spacing guide for vegetable gardens



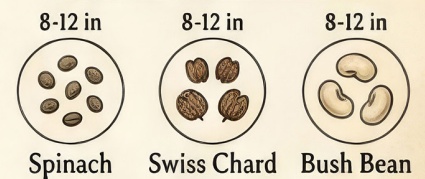
2-3 IN SPACING



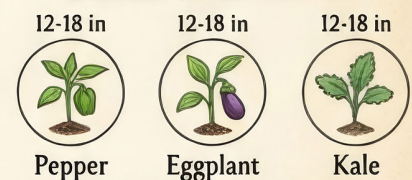
4-6 IN SPACING



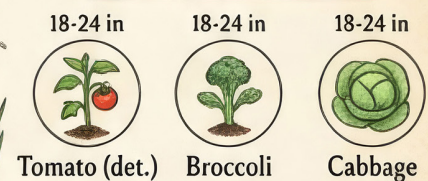
8-12 IN SPACING



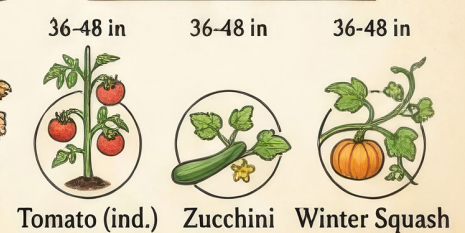
12-18 IN SPACING



18-24 IN SPACING



36-48 IN SPACING



12 Flowers you sow once and never buy again

(Self-seeding favourites that return every year)



BLACK-EYED SUSAN



COSMOS



ZINNIA



MARIGOLD



CALIFORNIA POPPY



LARKSPUR



COLUMBINE



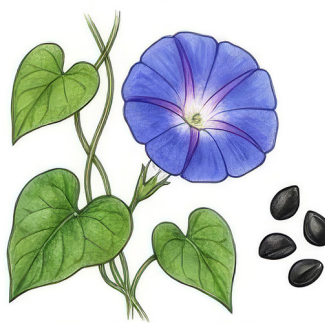
SWEET ALYSSUM



BORAGE



CLEOME



MORNING GLORY



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THE WEIGHT WE GIVE TO MATRIC

When a child reaches Matric, the whole household can begin living by one school calendar. Holidays are shortened or cancelled, weekends become study time and family plans are arranged around prelims, applications and final examinations. Even ordinary conversations seem to make their way back to marks, deadlines or what comes next.

Parents are trying to help, while teenagers are trying to hold it together, and by the middle of the year neither side is particularly convincing.

Matric deserves to be taken seriously. It requires commitment, consistent work and a willingness to keep going through a long and demanding year. Results can influence university admission and some of the options available immediately after school, but the problem begins when we ask the year to mean more than that.

A school-leaving qualification becomes a measure of intelligence, potential and future success. A percentage starts to feel like a judgement on seventeen or eighteen years of growing, learning and becoming. Young people begin to believe that one examination period will confirm whether they are capable, whether their parents are proud of them and whether their lives are moving in the right direction. That is an enormous load to place on somebody who is still working out who they are.

The pressure seldom arrives through one dramatic conversation, but tends to gather through ordinary questions. What did you get? Where are you applying? How much have you studied? Did you hear what someone else achieved?

These questions may come from interest, concern or genuine excitement, but teenagers hear more than the words themselves. They notice the anxiety underneath them and recognise when their parents are comparing, worrying or silently calculating what each mark may mean. As the year progresses, many Matrics are carrying their own ambitions alongside the hopes and fears of everyone around them.





Pertunia Nkomo-Mofokeng, Deputy Dean of Teaching and Learning at Rosebank International, argues that academic commitment and wellbeing cannot be separated. Chronic stress affects concentration, memory and problem-solving, while exhausted learners often spend longer at their desks and retain less of what they study.

This is where families can lose perspective. Sleep is cut to make room for revision, movement disappears from the day, meals become hurried and time away from schoolwork begins to look irresponsible. Every hour must apparently prove that the learner is trying hard enough, even though a tired and frightened brain does not learn better simply because it has been denied a break.

Sleep, food, movement, laughter and conversations unrelated to school are part of the conditions that make sustained learning possible. They also remind a teenager that they still belong to a family and a life beyond the examination timetable.

Parents often ask what else they should be doing during the final stretch, but in many homes the more useful change is to reduce the constant monitoring. A teenager should not have to provide a progress report every time they enter the kitchen, and encouragement does not always need to sound like another reminder to study. Silence should not automatically be treated as evidence that everything is under control, either.

Ask how they are coping and give them enough time to answer properly. Notice changes in sleep, appetite, mood or behaviour, listen before trying to solve the problem and keep some ordinary family routines intact. They should be able to take a break without having to defend it.

When worry, panic, withdrawal or low mood persists, early support from a teacher, school counsellor or mental-health professional is far more useful than waiting for the pressure to become unmanageable.

Young people also need honesty. Telling them that marks do not matter at all will not feel credible when applications and entry requirements are very real. The healthier message is that their results have consequences, but those consequences are not the same as a final judgement on their ability or future.

A disappointing result may change the next step. It may require a new application, another route into study, a different qualification or more time to work out what comes next. Those changes can be difficult and deeply disappointing, but they are still changes of route rather than proof that a life has failed.

Most adults cannot remember the exact marks they received for every Matric subject, but many can remember exactly how the year felt. They remember whether home was tense, whether every conversation became an interrogation, whether they felt trusted and whether they believed the adults around them would still see the same person when the results arrived.

Our responsibility is to help young people prepare properly without making them carry our fear of the future. They need to know that effort is expected, that their wellbeing will be taken as seriously as their marks and that support will remain available when the year does not go according to plan.

Matric can influence what happens next, but it cannot measure the whole person taking it.

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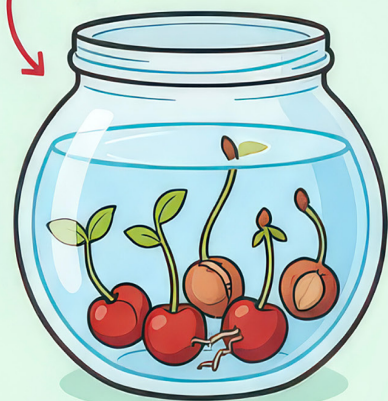
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Fruit seeds that germinate in water

CHERRY
2.8 in



LEMON
1.6 in



AVOCADO
2.4 in



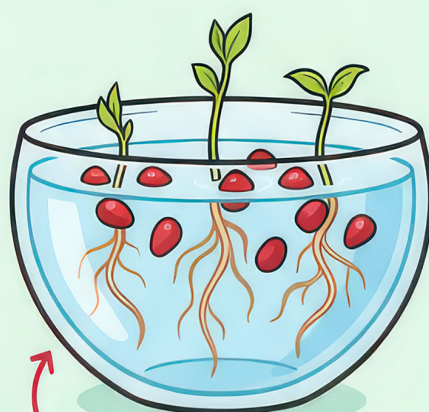
APPLE
1.6 in



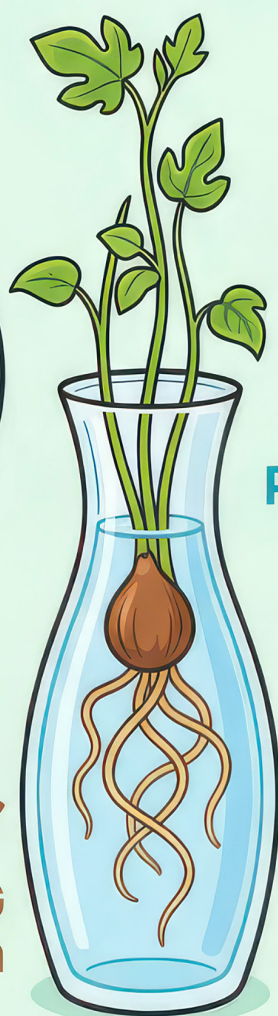
PLUM
2.4 in



POMEGRANATE
2.4 in



**HARDY
PASSION FLOWER**
2.0 in



PEACH
1.6 in



GRAPE
1.6 in

HAZEL
1.6 in

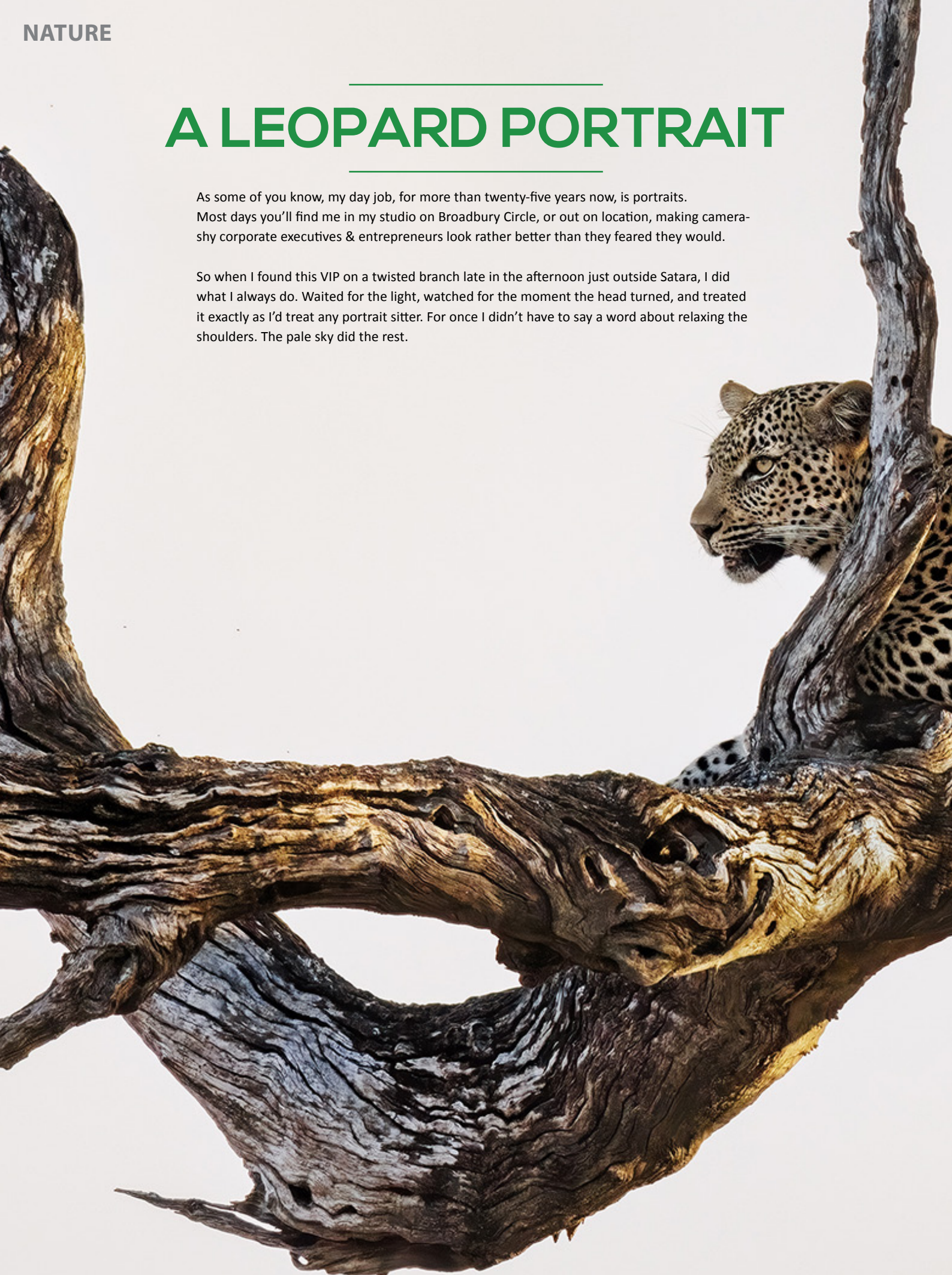


FIG
3.5 in

A LEOPARD PORTRAIT

As some of you know, my day job, for more than twenty-five years now, is portraits. Most days you'll find me in my studio on Broadbury Circle, or out on location, making camera-shy corporate executives & entrepreneurs look rather better than they feared they would.

So when I found this VIP on a twisted branch late in the afternoon just outside Satara, I did what I always do. Waited for the light, watched for the moment the head turned, and treated it exactly as I'd treat any portrait sitter. For once I didn't have to say a word about relaxing the shoulders. The pale sky did the rest.





Leopard / Luiperd - *Panthera pardus*
Canon EOS R7 · 1/1250 sec · f/11 · ISO 6400
Satara, Kruger National Park. May 2026
Photographed by Ivan Muller, www.ivanmullerphotography.com

20 Vegetables that can grow in shade in containers



BEETROOT



KALE



LETTUCE



RADISH



PEAS



MUSTARD LEAVES



LEEKS



TURNIP



SPINACH



BROCCOLI



CHARD



ROCKET



ASPARAGUS



MINT



GARLIC



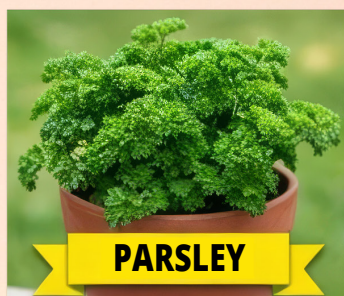
CELERY



CARROT



CORIANDER



PARSLEY



SPRING ONION

Vegetables that grow in buckets

**TOMATO****PEPPER****EGGPLANT****ZUCCHINI****CUCUMBER****LETTUCE****SPINACH****KALE****CHARD****RADISH****CARROT****BEETROOT****BUSH BEAN****PEAS****SPRING ONION****GARLIC****BASIL****POTATO****TURNIP****CELERY**

Flourless Orange Cake



Ingredients

- ☐ Melted salted butter, to grease
- ☐ 2 oranges
- ☐ 3 eggs
- ☐ 215g (1 cup) caster sugar
- ☐ 300g (3 cups) almond meal
- ☐ 1 tsp gluten-free baking powder
- ☐ Orange Syrup
- ☐ 1 orange
- ☐ 155g (3/4 cup) caster sugar

Method

1. Preheat oven to 170°C. Brush a round 22cm (base measurement) springform pan with melted butter to lightly grease. Line base with non-stick baking paper.
2. Place the oranges in a saucepan and cover with cold water. Bring to the boil over medium heat. Cook for 15 minutes or until tender. Drain. Return to pan and cover with cold water. Bring to the boil and cook for 15 minutes (this will reduce the bitterness of the peel). Refresh under cold water. Drain. Coarsely chop oranges. Remove and discard any seeds.
3. Place the orange in the bowl of a food processor and process until smooth.
4. Use an electric beater to whisk the eggs and sugar in a bowl until thick and pale. Add the oranges, almond meal and baking powder and gently fold until just combined. Pour into prepared pan.
5. Bake for 1 hour or until a skewer inserted into the centre comes out clean. Set aside for 15 minutes to cool.
6. Meanwhile, to make the orange syrup, use a zester to remove the rind from the orange. (Alternatively, use a vegetable peeler to peel the rind from orange. Use a small sharp knife to remove the white pith. Cut rind into thin strips.) Juice orange.
7. Place rind in a saucepan of boiling water and cook for 5 minutes or until soft. Drain. Return to pan with orange juice and sugar. Place over low heat and cook, stirring, for 2-3 minutes or until the sugar dissolves and the syrup thickens.
8. Turn cake onto a serving plate. Use a skewer to gently prick the top. Spoon over syrup. Cut into wedges to serve.



FINISHING TOUCHES FOR YOUR HOME

Elevating homes across Johannesburg and Pretoria's finest estates.

A well-finished home is never an accident. It's the sum of small decisions: how a curtain falls, the angle of a shutter louvre, the quiet click of a blind drawn just so. Homeowners across Johannesburg and Pretoria's leading estates have stopped treating these details as afterthoughts because this is where the real value sits. Finishing Touches has spent years getting this kind of detail right, and its latest offering puts shutters and blinds at the centre of that conversation.

Designer Shutters: Built to last, made to add value

Few additions do more for a home's character, or its resale value, than a well-specified set of shutters. Finishing Touches offers three materials, each suited to a different kind of home. Aluminium security shutters bring real peace of mind: a vertical locking mechanism and a build that holds up against moisture, heat and steam. They are available in both security and non-security options. For a warmer, more traditional finish, the wooden range is made from Phoenix Wood, a solid, lightweight timber that naturally resists wood borer and copes well with changing temperatures. Where a lower-maintenance, weather-resistant option is called for, the vinyl range delivers the same clean lines without the upkeep, indoors or out.

Each material comes in hinged, bi-fold or bi-pass configurations, allowing the shutter to be matched precisely to the window, door or opening it's fitted to. That matters as much in a Pretoria East family home as it does in a Sandton apartment with limited wall space.

Blinds, considered

Finishing Touches' blind range has always been extensive. What sets it apart is the level of finish available at every price point. The aluminium and PVC Venetian ranges remain timeless, practical choices,



while the blackout and sheer roller collections give homeowners greater control over light and privacy without compromising on style. For those who want precision without the wait, the trim-to-fit service tailors a blind to the exact window measurements.

For a fully bespoke experience, the made-to-measure service includes professional installation from start to finish, ensuring a seamless result and a perfect fit.

What's coming next

Two additions to the range are worth watching. A new wave curtain system is in development, bringing the soft, continuous folds of high-end interiors to a wider range of homes. It's a more contemporary alternative to traditional pleats for homeowners who want their curtains to feel as tailored as their blinds.

Alongside it, a nailless, tension-mounted roller blind launches in August, delivering full blackout performance without a single screw, nail or drill mark. That's a welcome option for heritage-sensitive homes, rental properties, and anyone who'd rather their window frames stayed exactly as they found them.

The complete room

Shutters and blinds rarely work alone. Finishing Touches' broader range, from curated rugs to decorative wall panels and wallpaper, is there to complete a room once the windows are sorted.

An investment, not an impulse

This isn't about a once-off saving. It's about choosing finishes that hold their value, suit the home they're in, and come with a team that knows the difference between a quick fix and a considered one. For homeowners ready to think beyond the obvious, Finishing Touches' design team can guide the process from first measurement to the final install.

Finishing Touches makes your home feel like a luxury hotel suite.

THE GOOD NEWS: YOU NEVER HAVE TO CHECK OUT!

Visit www.finishingtouchessa.co.za to explore the full range or arrange a consultation.



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Dusty Miller

THE GROUND GLOW
White Sweet Alyssum

11 Plants that thrive on drought and still fill your borders

RUSSIAN SAGE

GAURA

CONEFLOWER

AGASTACHE

BLACK-EYED SUSAN

LAVENDER

YARROW

CATMINT

SEDUM
(AUTUMN JOY)

BLANKET FLOWER

BLUE FESCUE

THE WONDERBOOM TREE

A Living Legend of Pretoria



One of the most remarkable natural wonders in South Africa!

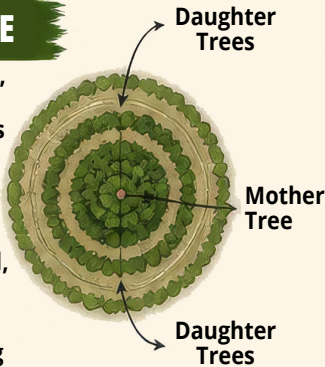
WHAT IS THE WONDERBOOM?

The Wonderboom is a 1,000-year-old wild fig tree (*Ficus salicifolia*) that has grown into a forest from a single tree.



UNIQUE STRUCTURE

- One central “mother tree”
- Surrounded by three rings of daughter trees
- Covers about 50 metres in diameter
- Branches grow downward, root into the ground and form new trunks
- A single organism forming an entire grove!



LOCATION

Wonderboom Nature Reserve
North of Pretoria, South Africa
At the foot of the Magaliesberg Mountains



HISTORY

- Discovered in 1836 by Voortrekkers led by Hendrik Potgieter
- Declared a National Monument
- Has stood for over a millennium and continues to thrive



FUN FACTS

- Can shade up to 1,000 people
- Or about 22 ox wagons
- Damaged by fire in 1870 and later by parasites, but it remains a thriving, active ecosystem



VISIT & EXPLORE

- Walk on raised boardwalks that protect the roots
- Enjoy a peaceful Wonderboom Nature Reserve
- Hike the historic Wonderboompoort (War Fort)



Walk the Boardwalk



Historical Photo (c. 1900)



Inside the Living Forest



Wonderboompoort (War Fort)

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WANDERLUST: AFRICAMPS KAROO CALM

By Nicky McArthur, courtesy of Muse Magazine, www.musemagazine.co.za



There is a stretch of the N1 that feels like driving through a living painting. As you climb the Hex River Pass, the lush, green vineyards of De Doorns – which famously produce over half of our country's table grape exports – begin to give way to the rugged, sun-kissed majesty of the Great Karoo.

The Huguenot tunnel runs through the mountain range as part of the unique landscape, stretching 3.9 kilometres and cutting through the Du Toitskloof Mountains between Paarl and Worcester. As you transition from the awe-inspiring landscape outside, it is here, tucked away on the Karoo 1 Farm Estate, that AfriCamps at Karoo 1 invites you to experience glamping that is as wild as it is comfortable.

Myth and mountain

The Hex River Valley is steeped in more than just agriculture; it is a place of myth and mystery. While the name originally stems from the crisscrossing Exe (X) of river trails and ox-wagons, local legend tells a different story. Since 1768, tales of the Heks (witch) of the Matroosberg have haunted the peaks. It is said she wanders the mountains under a full moon, searching for a long-lost love.

Whether you believe the folklore or not, the landscape is undeniably spellbinding as the sun sets over the Matroosberg – the region's highest peak – casting long, dramatic shadows over the fynbos. This magical time is ideal for wine on the verandah and watching the Karoo stars from the hot tub, which we patiently loaded up with wood all day until it was suitably hot.

The days are long in summer

They stretch lazily from sunrise, and we spent most of our mornings at the incomparable rock pool unique to Karoo 1. With cool waters, sun loungers, and epic scenery, it's not hard to while away the time. And when the kids needed movement, we met up with Chris, the king of adventure. From quad biking and Segways to archery and pellet gun target shooting, there is a lot to do.

TRAVEL

And, as the games room is filled with Foosball, ping pong, and a pool table, you may not see your kids at all. You can also hike through the rugged shrublands, lunch at the on-site restaurant and delightful bistro – where the lovely bartender Shakes is adept at cocktail making – or drink coffee at the on-site Bootleggers, which is close to the hotel pool, available to glampers. In the evenings, there are stargazing chats, a boma for chill-out time and outdoor cinema, weather permitting.

What makes AfriCamps at Karoo 1 the ultimate family destination is that it's completely dog friendly. The whole family truly means everyone – no more sad eyes in the rearview mirror as you drive away from home.

Dining or self-catering – you have options, and AfriCamps is also very well known for its breakfast and braai baskets. We tried both. Think wors, steak and kebabs, green salad, potato salad, and the most unbelievable rosemary-toasted ciabatta, and even marshmallows for dessert. Breakfast is equally scrumptious, with choices of eggs, sausage and bacon, yoghurt, homemade granola and honey, as well as freshly baked breads and preserves.





The tents

You can't stay at AfriCamps without admiring the tents. Would you call them tents? Seriously comfortable living quarters, two bedrooms, each with extra-length, queen-size bed and one single bunk bed in the second room plus a proper bathroom with a rain shower. There is even an air conditioner, a fireplace and electric blankets.

The kitchen is fully equipped for 5 people, and we happily munched at the kitchen table while playing Scrabble every evening. And when it rains, it's glorious; we zipped up the canvas sides and cosily listened to the Karoo downpour.

From the majestic views of the Hex River Pass to the boutique comforts of your tent, AfriCamps at Karoo 1 isn't just a place to sleep – it's a place to reconnect with the wild heart of South Africa, with family, friends and a dassie or two.

www.africamps.com

Explore AfriCamps in your backyard

Western Cape: Wellington, Stanford, Robertson, Cederberg, Swellendam, Hex Valley, Oudtshoorn, Wilderness, Plett

Eastern Cape: Addo

Kwa-Zulu Natal: Midlands, Drakensberg, Hluhluwe, Pongola Game Reserve

North West: Magaliesberg

Limpopo: Hoedspruit, Magoebaskloof, Waterberg

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