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Organically & Naturally speaking

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Organic & Natural Sector to gain exponentially from COVID-19

By Warren Hickinbotham

If there's one thing that's certain, it's that in time, this sector will see massive gains that ironically will be due to COVID-19.

It's hard to think of thanking COVID-19 now, since it feels that all we are doing is trying to catch up in the wake of devastation left by the disease, but we are already seeing a renewed focus on health as a result. Those businesses that are able to keep the conversation going in these hard times will reap the rewards in the not too distant future.

To illustrate this, since the launch of our portal (www.organicandnaturalportal.com), we've seen monthly visits grow from just over 2000 in November 2020, to around 9500 in the month of May 2021. Our Virtual Talk Shop last September which attracted 144 trade attendees and 36 featured companies, grew this year to 406 registered attendees and 46 featured companies. If these figures don't tell you that something is brewing then nothing will.

These platforms will form a part of our overall ecosystem which will be highlighted annually by our live expo. At this point in time we are hoping to see fruition of the dream of a live event in May 2022, provided COVID-19 & vaccinations play ball. For now, make sure you do everything you can to participate on the platforms we have at our disposal, and **Keep the conversation going !**

Contents

Page 1

- Intro

Page 2

- Virtual Talk Shop

Page 3

- Products in demand
- New portal listings

Page 4

- Edible gardens
- SAOSO pollinator program

Page 5

- Natural beeswax hair food

Page 6

- Special offer for Jacksons suppliers

Page 7

- Special offer for you

Page 8

- Planet friendly tips

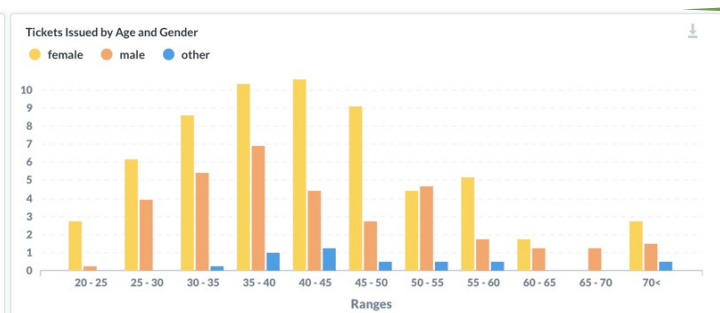
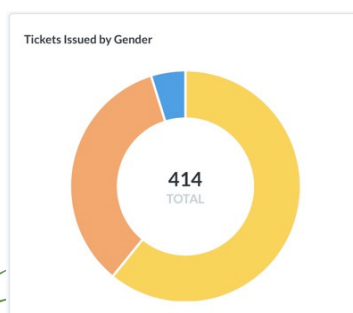
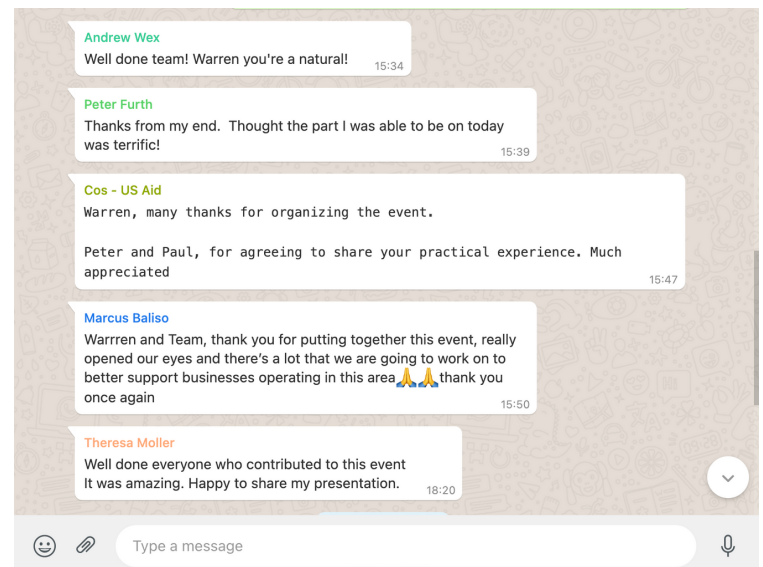
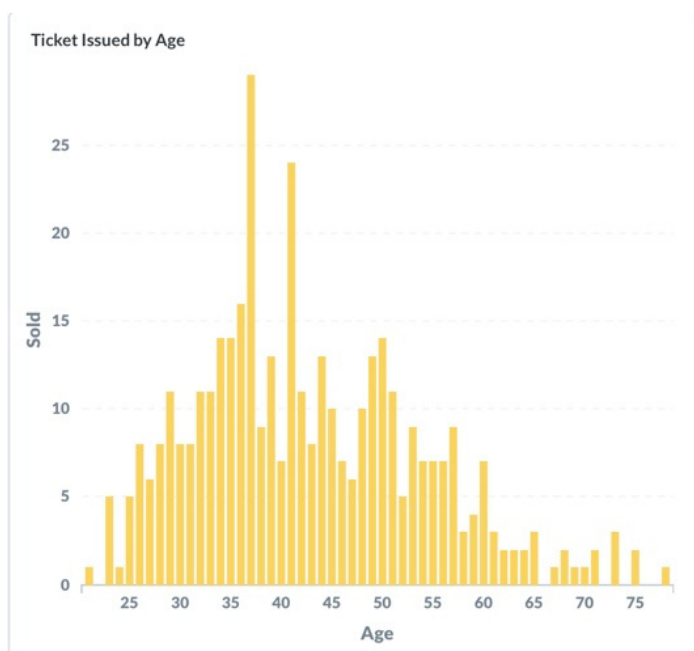
O&N Virtual Trade Talk Shop a total Success!!!

- Over 400 registered trade attendees
- Over 40 featured companies
- Over 10 hours of conference content over 2 days
- Over 15 countries represented
- 200% growth from 2021



They say the numbers don't lie. If that is to be believed then the industry has spoken. One just has to visit any food store to see with your own eyes the explosion of organic and natural products, often in their own dedicated section.

Based on these numbers, and the ever growing hunger for information at varying levels, we will be hosting a second Virtual Trade Talk Shop in November 2021, but we will be changing the format to cater for new and established business information requirements. The new format will also focus on matchmaking between delegates to enhance the networking capabilities of the experience.



Next edition November 2021 !!!

PRODUCTS IN DEMAND ... IF YOU SUPPLY THESE, LET US KNOW...

Through the "general enquires" facility on the O&N portal, we often get enquires for products in categories for which we do not yet have listings. Each month in our newsletter we will highlight these categories, and should your business provide these please get in touch with us on warrenh@blankpage.co.za, or better yet, get listed!

New to this issue are questions we get asked, but don't have the answers to. If you do, let us know and we will connect you to the person who asked us....

- Bees wax for hair food
- 100% Argon oil
- Vitamin C serum
- 100% silk

NEW COMPANIES ON THE PORTAL



The following companies are showing their commitment so show them yours. Visit them on the portal to see what they offer:

- AFRICAN CARIBBEAN <https://www.organicandnaturalportal.com/company/african-caribbean-aloe-products/>
- THOKOMAN FOODS SA <https://www.organicandnaturalportal.com/company/thokoman-foods-sa-pty-ltd/>
- ECO BIO FARM SOLUTIONS <https://www.organicandnaturalportal.com/company/eco-bio-farm-solutions/>
- ENZYME TECHNOLOGIES <https://www.organicandnaturalportal.com/company/enzyme-technologies-pty-ltd-2/>
- H2O INTERNATIONAL SA <https://www.organicandnaturalportal.com/company/h2o-international-sa-pty-ltd/>
- THE HARVEST TABLE <https://www.organicandnaturalportal.com/company/the-harvest-table/>
- BURLY INC <https://www.organicandnaturalportal.com/company/burly-inc-2/>
- GREEN TOPIA <https://www.organicandnaturalportal.com/company/greentopia/>
- PURIFI ORGANIC FRESH <https://www.organicandnaturalportal.com/company/purifi-organic-fresh/>
- Umngazi Hotel & Spa <https://www.organicandnaturalportal.com/company/umngazi-hotel-spa/>
- CELUVAC <https://www.organicandnaturalportal.com/company/celluvac/>
- SOIL ORGANIC AROMATHERAPY <https://www.organicandnaturalportal.com/company/soil-organic-aromatherapy/>
- COCO-MAT <https://www.organicandnaturalportal.com/company/coco-mat/>
- JYOTHI SKINCARE <https://www.organicandnaturalportal.com/company/jyothi-skincare/>
- RAWBIOTICS <https://www.organicandnaturalportal.com/company/rawbiotics-2/RUDE HEALTH>
- REIKI ASSOCAITION SA <https://www.organicandnaturalportal.com/company/reiki-association-of-southern-africa/>
- SPREZZATURA <https://www.organicandnaturalportal.com/company/sprezzatura/>
- BEAUTIFUL EARTH NATURAL AROMATHERAPY <https://www.organicandnaturalportal.com/company/beautiful-earth-natural-aromatherapy/>

WHAT IF EVERY LAWN WAS TRANSFORMED INTO AN EDIBLE GARDEN?

Lawns may look pretty, and they can impress the neighbors. But are their benefits really worth their costs? They can be bad for the environment, and the pesticides sprayed on them can be bad for your health, too. Have you ever wondered what would happen if we turned all our lawns into edible gardens, filled with fruits, vegetables, and herbs?

https://foodrevolution.org/blog/benefits-of-transforming-lawns-to-edible-gardens/?utm_source=sfmc&utm_medium=email&utm_campaign=blo-2021&utm_content=lawns-and-gardens



Where the pollinators are

In January and February this year, SAOSO and PGS SA delivered the first training module to expand the uptake of Participatory Guarantee Systems in South Africa. 23 PGS pollinators will facilitate the process of forming PGS groups in their communities to share the benefits of farming organically. PGS groups evaluate a farmer's practices to the SAOSO standard. This is known as second party assurance. To see where the pollinators are in South Africa, visit:

<https://maphub.net/PGSSouthAfrica/ea-pollinator-map>

THATS A FACT!

Organic gardening helps to prevent a loss of topsoil, toxic runoff, water pollution, soil contamination, soil poisoning, death of insects, birds, critters and other beneficial soil organisms, as well as eliminating pesticide, herbicide, and fungicide residues on food from synthetic fertilizers.



NATURAL BEES WAX HAIRFOOD

CAN NATURAL BEESWAX BE USED IN MAKING HAIR FOOD?

By OTI Ghana

As beauty evolves, new ways of maintaining beauty are being established. Beeswax has diverse health benefits and uses. If most people have heard of the benefits of beeswax, many are those who still do not have a clue of its usages and mostly for the cosmetic products. This content seeks to clarify any doubts and provide the necessary information on how to make hair food with Beeswax. This is an easy step-by-step DIY solution for beginners.

The base ingredients to be used for your DIY beeswax hair food are Beeswax, Coconut Oil, Bentonite clay, and Argan Oil. Each ingredient serves a specific purpose, which it's broken down below:

What are the health benefits of each ingredient?

- Beeswax helps make this DIY hair pomade less greasy. If you find that you need more hold as you prepare, simply add one more tablespoon of beeswax to the mixture. Beeswax contains propolis and E. sativa oil which is pharmaceutically stable and well compatible with skin without causing sensitivity reaction. It significantly improves hair growth.
- According to Pubmed, coconut oil is better at preventing protein loss than both mineral and sunflower oils when applied either before or after the hair was washed. In reality, coconut oil comes out on top in all of the studies and reduced protein loss in hair that was undamaged, bleached, chemically treated or UV exposed. On the other hand, both the mineral and sunflower oils did not have this effect and were not found to be effective at reducing protein loss from hair. It is thought that coconut oil's chemical structure is behind its superior ability to protect hair. Coconut oil, not only conditions hair, it also helps repair it and is an excellent agent to fight dandruff. One of the astounding things about coconut oil is that it will be soft and pliable in your hands, but will harden back up on your hair. This helps to cut down on the greasy feeling but will leave your hair shiny and soft.
- Bentonite clay is a gritty powder made from naturally occurring volcanic ash. Bentonite diminishes poison ivy and poison oak rashes (as well as other forms of allergy-related contact dermatitis in North America), which is great news for the dry and irritated scalps that can sometimes accompany natural hair types. Bentonite clay contains sodium, potassium, and calcium – minerals that are essential for hair growth. But, additionally, it also removes dead skin cells from your scalp and cleanses hair follicles that, in turn, boost hair growth. Bentonite clay also makes for an excellent hair rinse that adds intense shine to your hair.
- Argan oil is mostly used as a moisturizer for skin and hair because it is full of fatty acids, mainly oleic acid and linoleic acid. These oils have been shown to lubricate the hair shaft and help your hair maintain moisture. Aside from the health benefits of these oils, they all have a pleasant and characteristic odour.

DIY Natural Homemade Hair Pomade

Ingredients

- 2 Tablespoons beeswax pastilles
- 3 Tablespoons coconut oil
- 2 teaspoons bentonite clay
- 10 drops argan(essential) oil



Continued.....

Instructions

- Begin making your homemade pomade by melting the beeswax in a double boiler. (You can improvise and use a glass Pyrex mixing bowl in a pot of boiling water).
- Add coconut oil and stir until melted.
- Turn off the boiler and add bentonite clay.
- Stir in argan essential oil.
- Pour into a container. (You can use a small mason jar, but any container works fine.)

This is a DIY you should try for a better lustrous and nourished hair. We would be glad to see pictures of it by tagging us on our social media platforms.

Organic Beeswax is available on Organic Trade & Investments e-store (www.oti-gati.com/shop). .

**ARE YOU A JACKSON'S SUPPLIER?
YOU NEED TO READ THIS!**

JACKSON'S REAL FOOD MARKET STEPS UP FOR THE LITTLE GUY

Many suppliers in this sector are small business and as such need support. Known for helping where they can, Jacksons has again stepped up to the plate with financial support for their suppliers.



Listing on the Organic & Natural Portal costs companies a small contribution to a central marketing fund, used to drive traffic to the portal for the benefit of all. Jackson's are subsidising a portion of this cost for their suppliers who want to be on the portal, but for whom the required contribution is a bridge too far.

After the subsidy, companies who sign up will only be required to contribute very small amount for a 6 month listing. A "buy now" button will then link users to the Jacksons online store.

Contact Jacksons on info@jacksonsrealfoodmarket.co.za to see if you qualify.

July 2021

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7 PLANETARY FRIENDLY TIPS

By: Barbara Lindenberg - Fynemists

We can make a difference by adopting eco-friendly habits. Here are seven tips to look after our precious environment and preserving it for future generations.

1. **Read the labels before you buy:** Choose chemical-free home and beauty products. Insist on natural products for the sake of our planet and your health.
2. **Reduce plastic waste:** Buy products in recyclable glass bottles. Take reusable bags with you when you go shopping. Say no to plastic.
3. **Support local businesses:** Buy from businesses in your area that focus on sustainable and eco-friendly products. Get locally grown food from farmers' markets. This also reduces the fuel costs of transporting goods from elsewhere. You're doing your local businesses, yourself, and our earth a favour.
4. **Burn less fuel:** Walk and ride your bicycle to your local shops. Share car rides where you can. Save petrol, be kind to our planet.
5. **Go hiking:** Take your family and friends to the mountains, the beach, and the veld. Get fit and healthy and appreciate our beautiful earth.
6. **Use less electricity:** Don't tumble dry clothing, let your clothes dry naturally on a clothesline. They will last longer too. Invest in a solar water heater. Save more than 50% on your electricity bill. The solar water heater will pay for itself within 3 to 5 years with the money you save on electricity, and you're helping our planet by using fewer fossil fuels.
7. **Donate your old clothing to local charities:** Clear your cupboards of unwanted and excess items and give them to those who are less fortunate. A good deed goes a long way. The industrial waste from textile factories is major pollutants. Let's help to reduce pollution by buying fewer fashion items and recycling clothes.

There are so many ways we can help sustain our planet. Please share your tips with us to protect our environment. We'd love to hear from you.



<https://fynemists.co.za>



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