

Love on the rocks



From whisky to wine, there are plenty of choices to pour your heart into this Valentine's Day.
By Eugene Yiga

WONDERFUL WELLINGTON

Named Best International Whisky Distillery at the New York International Spirits Competition in 2015, the James Sedgwick Distillery at the foot of the Bainskloof Pass near Wellington is now open to the public on selected dates. The experience includes a refreshing whisky cocktail, a guided tour, and a tasting of three whiskies paired with five dishes. Tastings and tours are limited, so do book in advance via Webtickets or by emailing info@jameswedgwickdistillery.co.za. For more information visit www.bains.co.za and www.threeshipswhisky.co.za.



Pretty in pink

Kleine Zalze released its first Méthode Cap Classique (MCC) in March 2014. And what better way to celebrate that upcoming anniversary (or perhaps your own) than by popping a bottle of its non-vintage Brut Rosé? The winemaker describes it best as 'a traditional yet fun and flirtatious MCC with flair that delights the palate as much as the eye'. Get it at the cellar door for R90. Visit www.kleinezalze.co.za to find out more.



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JESSICA BONIN

Creator of Lady Bonin's Tea

Where did your love for tea begin?
My gran was an avid tea lover; I could taste her love. I spent many years in boarding school and tea was our elixir to connect, laugh, love and soothe. There is a tea for everything you could possibly need. It doesn't matter whether you're happy, sad, low, high, sick, healthy, depressed or in love. It's an amazing tool for bringing balance to life. And balance is happiness.

Why don't people drink more tea?
People assume it is bitter, complicated or boring. But there are thousands of different teas to explore. The flavour itself is remarkable if you know how to make it properly, and the steps are as simple as choosing cooler water over boiling water, leaves over tea bags, and timing the steeping just right – similar principles that people incorporate when making roasted coffee.

What about coffee drinkers?
I think the coffee culture is great – it's established a market for us. We're just adding to their choices, providing things that give better effects. People drink coffee because it stimulates them; tea does that in a harmonised way, and then some. When people experience that, they make the change naturally.

Did you know? Honeybush tea has age-old health benefits – it's great for the digestion, relieving bloating, nausea and stomach discomfort, and is packed with antioxidants.



TEA FOR TWO

Bree Street may currently be the coolest thoroughfare in town, but Cape Town's Long Street can now claim the country's newest dedicated Tea Bar. Lady Bonin's Tea sources, blends and distributes loose-leaf teas and herbal infusions from around the world. Owner Jessica Bonin imports matcha, sencha, and genmaicha tea from Japan, and more specialised products,

such as pu'erh and oolong, from China. But the biggest sellers (and most popular products) are her local blends of home-grown favourites: honeybush, buchu and rooibos. Pop in to sample some unusual teas and grab a special gift for the tea lover in your life. Lady Bonin's Tea, 213 Long Street, Cape Town. Email info@ladybonin.com or visit www.ladyboninstea.com.



Oh, my darling!

Blood Serpent, the new and unfiltered dry-hopped lager from Darling Brew, is 100% carbon neutral. Carbon emissions from the brewing process are offset against its contributions to the Kariba REDD+ (Reducing Emissions from Deforestation and Forest Degradation) project in Zimbabwe. That means you can love your beer and love the planet too. Visit www.darlingbrew.co.za.

SAVE

AS AN EDGARS CLUB VIP OR CLUB LIFE MEMBER, WHEN YOU SIGN UP TO THE WINE AND FINE CLUB, YOU GET EXTRA-SPECIAL OFFERS ON WINE, WHISKEY, CHAMPAGNE, COFFEE AND INDULGENT OLIVE HAMPERS – ALL DELIVERED TO YOUR DOOR. FOR MORE INFO VISIT WWW.EDGARSCLUB.CO.ZA.

Opposites attract

If you like white wine but your partner likes it red, there's no need to fight. Incipio, an innovative blend from Doran Vineyards, combines Shiraz and Chenin Blanc to give you the best of both worlds. The wine is available from the farm and selected retail outlets at a suggested retail price of R179. Visit www.doranvineyards.co.za.

