

SIBUYISELA ULWAZI

Food and Seed Festival

A FEST FULL OF THE DELICIOUS, NUTRITIOUS AND SUSTAINABLE!

DURBAN BOTANIC GARDENS | 25-26 OCTOBER | www.biowatch.org.za

Join us at the **Biowatch SA** 2017 Food and Seed Festival! We invite you to experience and celebrate the diversity of our indigenous and traditional seed and food cultures; exchange knowledge and ideas; identify challenges; and explore future-thinking innovations in support of seed and food sovereignty, and socially and ecologically just food production systems.

The tantalising programme includes recipes and tasting of traditionally-prepared indigenous crops, and the same foods with an exciting modern twist; sharing of traditional knowledge and culture around seed; buzz groups on topical food system issues; practical demonstrations; and an exhibition and market space.

A first for Durban, the festival will raise awareness about the importance of our indigenous and traditional seed and food, and the role of the small-holder farmers who sustain these. Farmers from communities in northern KwaZulu-Natal will showcase their seeds and traditional preparation methods, and will be on hand to share their knowledge and experience around traditional seed saving and storage, household seed banks, innovations in seed production and seed blessing rituals, as well as agroecology – farming in harmony with nature.



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biodiversity | food sovereignty | agroecology | social justice

2-DAY FESTIVAL PROGRAMME

WEDNESDAY 25 OCTOBER

MORNING SESSION

	Rapporteur – Menzi Maseko
09h00	Welcome to the Biowatch SA 2017 Food and Seed Festival – Pumla Mabizela, Programme Manager, Biowatch SA
09h15	Opening address: My Journey around seed and knowledge – John Nzira, Ukuvuna Urban Farming Projects
10h00	Blending nutritional compounds and cultural memories – Mpho Tshukudu, Dietician and Chief Well-Being Officer, Indulge Well
10h40	Open discussion
11h00	Tea and Coffee
11h20	Bow music and the calabash – Sazi Dlamini, University of KwaZulu-Natal
12h00	Seeds and our spirituality: reviving traditional ecological knowledge and practices – Method Gundidza, EarthLore Foundation
12h40	Open discussion
12h55	Thanks and closing of the morning session – Rose Williams, Director, Biowatch SA

WEDNESDAY 25 OCTOBER

AFTERNOON SESSIONS

Market stalls:

Coral Vinsen, Mnandi and Mpophomeni Conservation Group, Owen Sithole Agricultural College, Rebel Seeds, Rocketworks, Siyavuna and Kumnandi, Sprout it, Sunstove Organisation, Wonderbag

Displays:

Biowatch South Africa, Botanical Society, EarthLore Foundation, KwaZulu Regional Christian Council, Pietermaritzburg Agency for Community Social Action (PACSA)
Ukuvuna Urban Farming Project

Books:

EAT TING – *Lose Weight, Gain Health, Find Yourself* by Mpho Tshukudu and Anna Trapido
MNANDI – *A taste of Mpophomeni* with Nikki Brighton and the Mpophomeni Conservation Group

LET'S TALK: A SERIES OF SHORT TALKS		TASTES AND MAKING FOOD	
14h30	PACSA and the Food Price Barometer – Michael Malinga, PACSA	14h00 onwards	Meet the farmers and taste traditional foods from northern KwaZulu-Natal
14h45	GMOs in our food – Rose Williams, Biowatch SA		
15h00	Climate Smart Agriculture: why it's not so smart! – Vanessa Black, Biowatch SA	14h30	<i>EAT TING</i> recipe: Green Apple, Macadamia Nut and Wholegrain Sorghum Salad, with Mpho Tshukudu, Dietician and Chief Well-being Officer at Indulge Well
15h15	Creative water harvesting – John Nzira, Ukuvuna Urban Farming Project		
15h30	Why agroecology? – Lawrence Mkhali, Biowatch SA		
16h00	Ark of Taste, products from South Africa – Loubie Rusch, Making KOS	15h30	<i>MNANDI</i> recipe: Wonderbag mixed vegetable stew and a rainbow salad, with the women from the Mpophomeni Conservation Group
16h15	The benefits of fermentation – Deborah Prosser, Sprout It		
16h30	Indulge well – Mpho Tshukudu, Indulge Well		
17h00	Seed and African spirituality – Method Gundidza, EarthLore Foundation		
17h30	Making music: a bow making demonstration – Sazi Dlamini, University of KwaZulu-Natal	16h30	Tastes from the farm, with Richard Haigh, Enaleni Farm – made with love and care
		17h30	Nutritious and delicious juices from the South Coast, with the Siyavuna Abalimi Development Centre

THURSDAY 26 OCTOBER

MORNING SESSION

	Rapporteur – Menzi Maseko
09h00	Welcome – Pumla Mabizela, Programme Manager, Biowatch SA
09h10	Looking deeper into the benefits of fermentation – Mpho Tshukudu, Dietician and Chief Well-being Officer at Indulge Well
09h45	The politics of taste and appetite – Richard Haigh, Enaleni Farm
10h20	Tea and Coffee
10h50	Stimulating sustainable access to local wild foods – Loubie Rusch, Making KOS
11h25	Being conscious of traditional and indigenous food and nutrition – Gogo Qho (Fakazile Lantoni Mtetwa)

AFTERNOON SESSIONS

13h00 and 14h00	LEARN AND TASTE STATIONS (2 x 30-minute sessions repeated at 13h00 and 14h00 at each station): Station 1: Indigenous foods: types of vegetables and traditional herbs – Gogo Qho Station 2: Pickles and Maas Kaas – Loubie Rusch, Making KOS Station 3: Stories from farmers: seed storage in northern KwaZulu-Natal Station 4: Tasting fermented drinks: amasi with sorghum, making amahewu, amadoka Station 5: Versatility of foods and processing methods, maize in different forms – Richard Haigh, Enaleni Farm
14h30	Reflections on the day
15h00	Thanks and closing – Rose Williams, Director, Biowatch SA