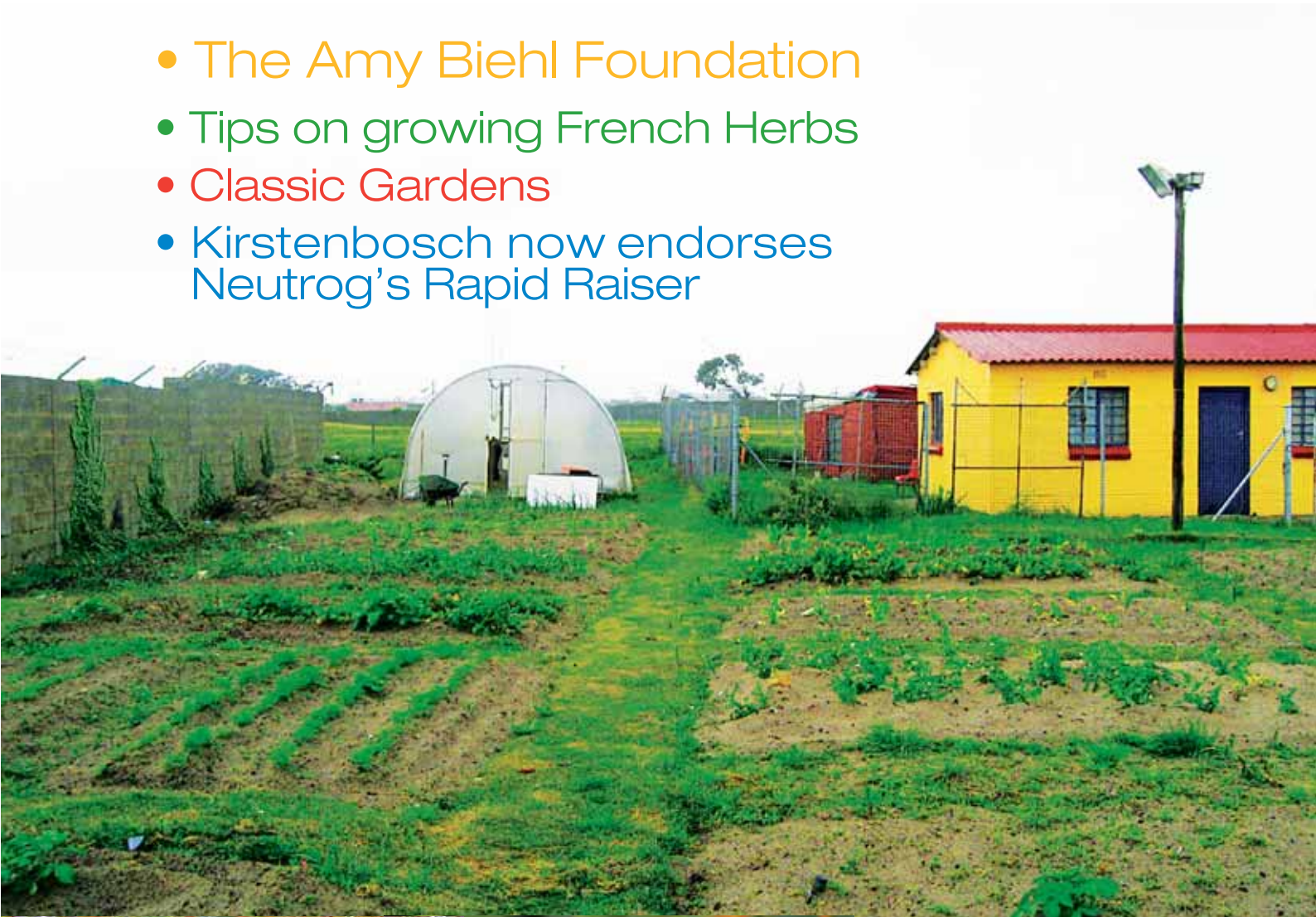


feedback

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The Amy Biehl Foundation



Amy Biehl was a gifted and dynamic young woman committed to making a difference; she embodied a unique spirit of determination throughout her life. Amy was born April 26, 1967 in Santa Monica, California. At High School, Amy heard Nelson Mandela's story and applied her signature determination to the cause. The call to "Free Mandela" was advertised on her postcards, letters, notebooks and even her graduation cap. This was the beginning of her lifelong passion for human rights. Her strong commitment to service exposed her to many high-level political figures. But her heart belonged to Africa. Even before Amy left the US, she showed a tremendous desire to commit to service in South Africa. Amy stood out in a nation that had been divided by more than forty years of legally sanctioned racial separation under Apartheid. She was one of the few white people who ventured to study the Xhosa language rather than ask locals to speak English for

her. Amy seemed to want to adopt South African culture as her own. She often seemed to forget that her white skin carried negative connotations in a society oppressed by those of her racial profile. On August 25th, 1993, Amy Biehl's life was tragically cut short in an act of political violence in the Guguletu Township outside of Cape Town. Four young men were convicted and sentenced to 18 years imprisonment for her murder. When the Truth and Reconciliation Commission was established, the young men applied for amnesty. Determined to honour Amy's love of South Africa and her belief in the truth and reconciliation process, Amy's parents participated in the Commission's hearings and supported amnesty for the youths; the four were granted amnesty and released from prison in 1998.

"While we must never forget Amy Biehl and the life lessons that her and her parents have taught us, our focus needs to

be on helping the children of South Africa." The Amy Biehl Foundation is not only about a tragic story, but about programmes and schools, and restoring hope in disadvantaged communities so that a bright future can be had by all.

Providing these students with meaningful opportunities helps to grow the economy moving forward, as the next generation will be better equipped to deal with the challenges of tomorrow.

The Amy Biehl Foundation (ABF) is a non-profit organisation based in Cape Town whose programmes are designed to develop and empower youth in the townships and contribute to community building efforts as a mechanism to reduce the levels of crime and violence in these areas and aims to give them opportunities to become future leaders and entrepreneurs in society. Their programmes reach thousands of children every week.

They conduct programmes in numerous primary schools in all the townships in Cape Town, including Guguletu, Khayelitsha, Langa, Crossroads, New Crossroads, Nyanga, Mannenberg and Phillippi. They plan to roll out more programmes to other townships in the Western Cape and the other Provinces of South Africa.

The Amy Biehl Foundation runs a greening and school feeding programme in 6 junior schools in the Western Cape. This programme has been running for 2 years and has seen great success. This programme works to improve the external landscape of participating schools by planting trees, flowers and vegetable gardens. Since mid 2009 Neutrog has donated Rapid Raiser to assist with the growing of the vegetable gardens. The vegetable gardens are intended to feed the scholars during their lunch,





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as for many of the students this is their one and only meal of the day. The gardens grow a wide variety of vegetables from staples like spinach, potatoes and tomatoes. Cultivation of seeds are use to sustain and grow the gardens. Some of the successful

schools have been able to grow crops under food tents which they sell to the community to help fund the growing of vegetables for the school lunches. The benefits are not only a beautified school, but also students with a greater sense of school

pride, respect for the environment and the ability to focus on their school work. With the help of the community, the greening programme has changed the attitudes and perceptions of what a township school should look like. To date over 1,000

students have attended workshops on topics such as the cultivation of plants, the effects of global warming, the benefits of recycling and the dangers of pollution.

Tips on growing French country herbs



Most herbs need a well drained soil and to be planted in an area with plenty of direct sunlight. Fertilize your herb garden just as you would the rest of your organic garden and always remember to water regularly.

Basil

Basil should be planted in a sheltered and sunny place in very rich soil. Keep basil well watered and pinch off flowers as they appear. Basil does especially well in greenhouses.

Lavender

A perennial shrub, there are many varieties of lavender,

most producing attractive purple flowers. These shrubs can grow to be very large and like direct sunlight. While lavender should be watered regularly, you will find that it does well in dry soil. Be sure to trim back your plants in order to keep their size under control.

Rosemary

An evergreen shrub, this plant makes an attractive border and produces lovely little blue flowers. Though it is evergreen, it is not resistant to very cold climates. Rosemary prefers a sunny location and well-drained soil. Add bone meal to

your soil to loosen if necessary. A rosemary bush will provide fragrant cuttings year round. The flowers can be picked and used in salads with a flavour that is not as intense as the leaves.

Tarragon

A hardy perennial, French tarragon is also especially flavourful. Grow tarragon in a sunny and sheltered spot with good drainage. Protect plants in the winter with a layer of straw. Replace plants every several years as they lose flavour with maturity.

Thyme

Comes in either a low-growing, ground cover variety or as a tall growing plant. Thyme grows best in soil with a pH of 7.0; you may have to add lime to acidic soil. Be sure to cut back plants after flowering.

Winter Savory

A perennial evergreen shrub that can be grown in a herb garden or as a border. Cut back top growth often to encourage growth at the base of the plant. Replace plants every few years as they lose flavour with maturity.

Classic Gardens

Classic Gardens is a landscaping company owned by Ian Buck. They are situated in Gauteng and have been operating for 22 years and have a property of over 8 hectares. Ian Buck has held ownership for the last two years but has been working in landscaping for the past 14 years with a focus on Commercial Development. Roses, foliage, flowers and indigenous plants are all grown

by Ian, which he uses in the landscaping industry. Classic Gardens changed over to an organic fertilising programme about 8 years ago, as they saw better results. "With no chemicals we have seen the health of the plants and especially the roses benefit significantly". They have used Neutrog's Bounce Back Fertilisers for all of those 8 years and hope to introduce

Neutrog's Rapid Raiser soon. "We have had good results using Neutrog's Bounce Back, it's easy to use and we have peace of mind that there will be no burning and damage to the plant" says Ian. Neutrog's Bounce Back is applied directly to the plants in the bags and mixed into the soil; it is also applied as a layer over the top. It is

applied every four months on the smaller plants, every 3 months on the bigger plants and also when they are re-bagging the plants to a different bag size.

Classic Gardens hope to expand into bigger trees and open ground trees in the future. They will continue with their current fertiliser programme, with the hope of introducing Neutrog's Rapid Raiser.



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RAPID RAISER

As many of you may know, Neutrog is extremely proud to have our flag ship product, Bounce Back, to be recommended and used by the Kirstenbosch Botanical Gardens on the slopes of Table mountain. As of recently Rapid Raiser has also been endorsed by Kirstenbosch.

Kirstenbosch covers 528 hectares on the eastern flank of Table Mountain, and includes a cultivated garden and a nature reserve. The developed garden (which covers 36 ha) displays collections of southern African plants including many rare and endangered species. Theme gardens include the Fynbos Garden, Braille Trail and the fragrance garden, useful plants garden and a Waterwise

demonstration garden. The Botanical Society Conservatory is a desert house which displays the succulent treasures of southern Africa, as well as collections of bulbs, ferns and other indigenous alpine plants.

Philip le Roux - curator of Kirstenbosch - has the following to say "We use Neutrog on all the gardens in Kirstenbosch as it is organic and enables healthy growth, strong root growth and moisture retention."

Just another example of why Neutrog is the experts choice.

