



Get shiny hair with a little help from Rooibos

Meet "the Queen" at the World Tea Conference & Expo 2023

Easter gift featuring Rooibos tea

In this newsletter, we find out more about how Rooibos can help you get shinier, healthier hair. Watch the video below created by the SA Rooibos Council for tips and tricks to try at home.

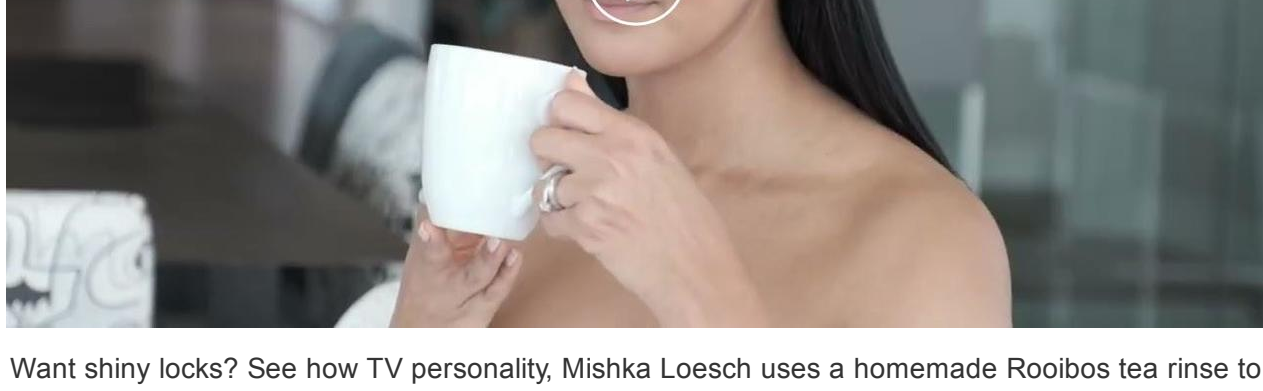
Looking for a unique meal idea? Check out this exciting hot pot recipe below and give it a try at home.

We also take a look at a new cocktail created in Calgary. It's a martini made using Rooibos tea.

Furthermore, we are excited to be showcased on Rooibos North America's stand at the World Tea Conference and Expo, taking place in Las Vegas in the USA.

Read this and more below.

Get shiny hair with a little help from Rooibos



Want shiny locks? See how TV personality, Mishka Loesch uses a homemade Rooibos tea rinse to spruce up her tresses.

The South African Rooibos Council recently shared this video, and we think this tip is a must-try.

Meet "the Queen" at the World Tea Conference & Expo 2023



The 'Queen of lemon herbs' – Lemon Myrtle – will be showcased on Rooibos North America's stand at the World Tea Conference and Expo, taking place in Las Vegas USA from 27-29 March 2023.

Visitors to the show will be able to sample the incredible Lemon Myrtle leaf on stand 1443, along with Rooibos North America's high quality Rooibos, Honeybush and Rosehip products.

Lemon Myrtle is often described as 'lemonier than lemon,' due to its high concentration of citral, which gives an intense citrus hit coupled with sweetness and cooling on the palate.

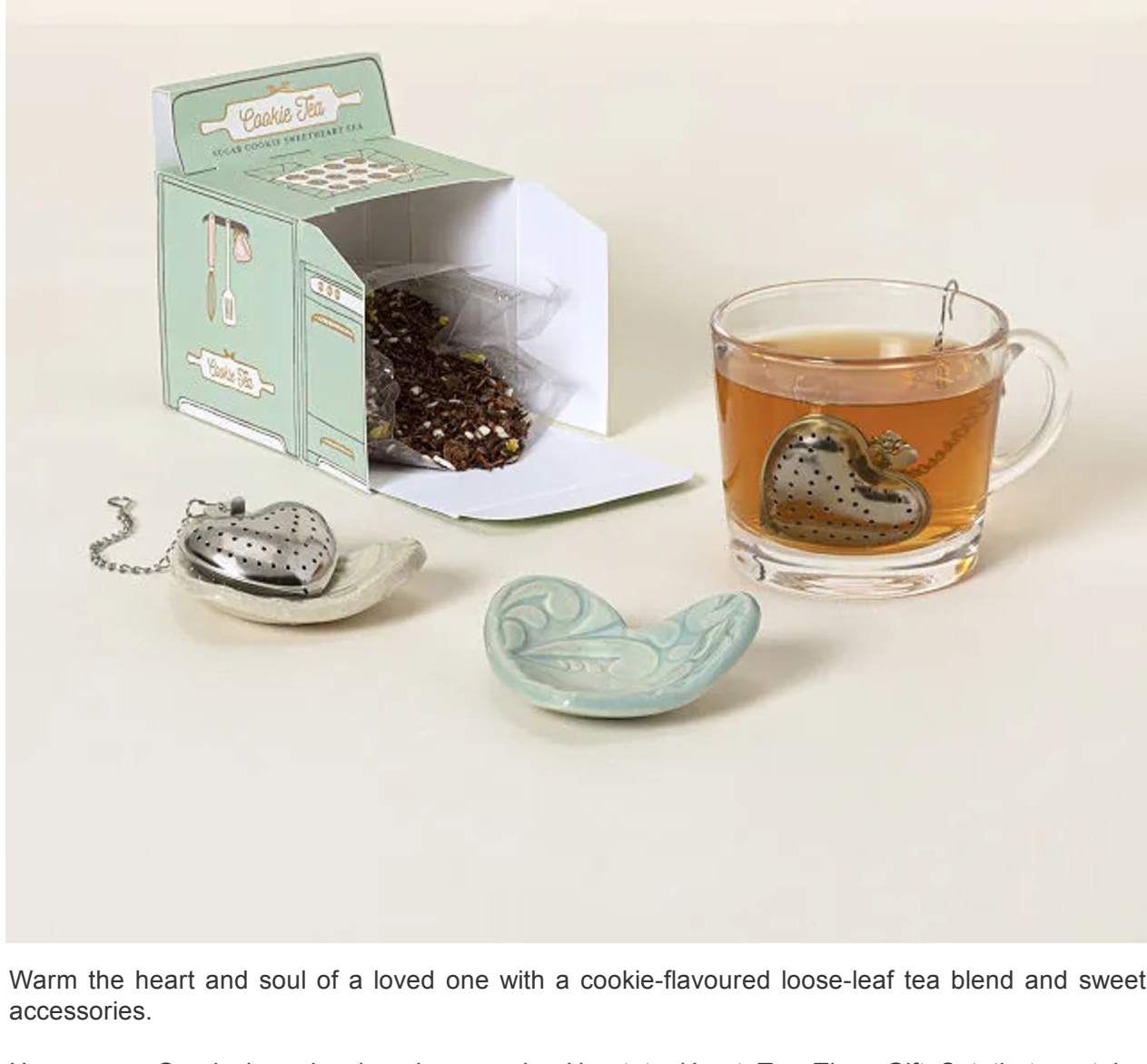
Rooibos North America's President, Hugh Lamond, says he has long been a fan of Lemon Myrtle and he is delighted to include it in his portfolio for North American customers.

"We're sure that this unique product will regain a foothold in the North American market now that consistency of supply is no longer an issue and a far more reasonable price point has been established compared to the past ten years," he explains.

Lamond adds he was impressed by the tremendous investment and improvements that have been made in cultivation, processing, drying and packaging – resulting in a vastly superior quality product, with an extended shelf life of three years.

Click [here](#) to read more.

Heart to Heart Tea Time Gift Set Featuring Rooibos Tea



Warm the heart and soul of a loved one with a cookie-flavoured loose-leaf tea blend and sweet accessories.

Uncommon Goods has developed a popular Heart to Heart Tea Time Gift Set that contains Rooibos.

The Sugar Cookie Sweetheart Rooibos Tea is a loose tea blend with ingredients like carob, white cocoa butter, and pink heart sprinkles.

This unique drink is the perfect gift for anyone, old or young, this upcoming easter period.

Click [here](#) to read more.

Recipe: Rooibos, Tuna & Bean Hot Pot



Tuna is a healthy and affordable source of lean protein and this meal is perfect for serving as a bowl of warm, nourishing goodness.

Ingredients:

- 2 tbsp (30 ml) desiccated coconut
- 200 ml low-fat milk
- 1 tbsp (15 ml) olive or canola oil
- 2 onions, coarsely chopped
- 3 carrots, halved and sliced
- 3 baby marrows, halved and sliced
- 4 tsp (20 ml) curry powder or to taste
- 4 tsp (20 ml) ground cumin
- 2 tsp (10 ml) paprika
- 300 g butternut, peeled and cubed
- 1 1/2 cups (375 ml) Rooibos tea
- 1 small red chilli, whole (optional)
- 1 x 410 g tin red kidney beans, drained
- 2 x 175 g tins tuna, with the liquid
- 1/2 tsp (2,5 ml) salt
- lemon juice and black pepper to taste
- handful fresh coriander leaves, c

Method:

1. Mix the coconut into the milk and let it stand.
2. Heat the oil in a large pot over medium heat and fry onions, carrots and baby marrows for a few minutes.
3. Add spices and butternut and fry until aromatic. Reduce the heat and stir in the Rooibos tea with the chilli. Simmer with the lid for 20 minutes or until the veggies are just cooked.
4. Add beans, tuna with the liquid, coconut with the milk and salt. Simmer for another 5 minutes or until heated through.
5. Season with lemon juice and pepper. Stir in chopped coriander and garnish with more fresh leaves.

Serve in bowls with slices of avocado. This dish has enough carbs to fill you up, so it is not necessary to serve with more carbs. Enjoy with a green salad.

Click [here](#) to read more.

Check out this espresso martini made using Rooibos



A new article recently set out to find the best martinis in Calgary. We were pleasantly surprised to see that the article mentions a Rooibos espresso martini as one of the most ambitious cocktails in the area!

The ingredients include Rooibos espresso, creme de cacao and orange, for a chocolatey and fruity cocktail.

The cocktail bar that has created this drink is called Our Daily Brett.

Click [here](#) to view the post on Instagram.

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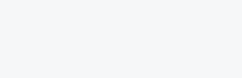


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