



TAKE 5

5 MINUTES to enrol in the 10-week-long online Stellenbosch University Wine Evaluation Course. For more information, call Karin at (021) 685-4775 or visit www.getsmarter.co.za.

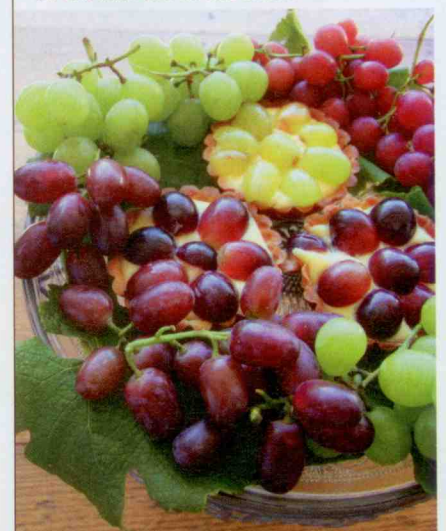
15 MINUTES to sample one of Italy's finest exports at Giorgio Nava's new Mozzarella Bar. The owner of 95 Keerom and Carne SA believes his latest venture is a first in SA. 51 Kloof Street, Gardens, Cape Town; tel; (021) 422-5822.

50 MINUTES to attend a wine-pairing evening at the Palazzo Montecasino Hotel in Johannesburg. On offer until November, the evenings cover subjects such as The Great Whites of South Africa, Amazing Red Blends and The Great Pinot Trail. Tickets cost R250 each and include a four-course meal. Call (011) 510-3000 for more information.

5 HOURS to wend your way through the Durbanville Wine Valley to enjoy the Feast of the Grape. Hosted on 12 wine farms on 21 March, the event marks the end of the grape harvest and the arrival of autumn, and is filled with grape gastronomy, country fare, live music, squishy grape-stomping, hay rides in the vineyards and plenty of seasonal wines to sip.

AS MUCH TIME AS YOU NEED to enjoy Bushmans Kloof's gourmet Chef's Weekends, on offer from May until August. Hosted by Executive Chef Floris Smith, these culinary escapes offer mouth-watering cuisine, fine wine, enriching heritage, exhilarating outdoor activities or tranquil, healing pursuits in luxurious comfort in the foothills of the Cederberg. The weekends include Cooking the Natural Way with Rooibos, Healing the Body with Food, Bread – The Healthy Way, Winter Classics and Cooking with Chocolate. Call (021) 437-9000 for more information.

ENJOY CUSTARD AND GRAPE TARTLETS AT THE FESTIVAL OF THE GRAPE



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TUMMY FILLERS

Make kids' lunch boxes more interesting with these great additions to Woolworths' children's menu. Let your little ones choose between Chicken Mayo Sarmie Soldiers, Egg Mayo Sarmie Soldiers, Ham and Cheese Sarmie Soldiers, Meaty Dippers, Chicky Dippers, Vienna Sausage Rolls and Mini Mince Pies. From R11.95. Available at selected stores.

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EPIC ACHIEVEMENT

Woolworths is a proud sponsor of the Absa Cape Epic, the largest full-service mountain bike stage race in the world. From 27 March to 3 April our favourite retailer will be providing top-quality food and drink to the riders as they traverse 700 km of valleys and hills. Visit www.tastemag.co.za for nutritional information on everything from carbo-loading to basic meal planning for endurance sports – and lots of delicious recipes – as we build up to the big day.

