



# SONOP NEWSLETTER

JUNE 2021

## NEWS OF THE MONTH

Sonop is busy harvesting, we are very excited about this year's vegetable harvest the product are incredibly good quality and volumes for which we are very grateful. Our packhouse teams is doing excellent work in collaboration with Naturesmart which is our marketing and distribution department in Cape Town in order to ensure customer satisfaction.



We are privileged to pack all our different varieties (butternut, tomatoes and green pepper) at the same time for our valuable customers. And as we did last season our delicious butternuts are again packed and shipped to the UK.

tomato for cooking, salad and just for a healthy lifestyle. Sontomini is Sonop's proud cherry tomato with a deep red colour and the best fresh, sweet taste.

Sonop Farming is super excited to be able to deliver our popular Sontomini on the customers' shelves again. This is the most delicious crispy little cocktail tomato that will exceed your wildest expectations. It is the most delicious

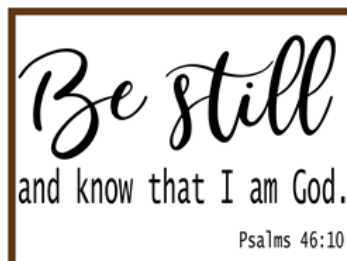
Sonop has been looking forward to this wonderful day, a new season, a new era, that our new expansion Ramansdrift has started harvesting. We are excited about the quality that we receive from Ramansdrift and are proud of the team that works so hard to deliver this top quality produce.



**We look forward to a prosperous season.  
All the best to the production and packing teams.**



BIRTHDAYS	
LINDA CALITZ	22 JUNE
HANNES VAN DEN HEEVER	25 JUNE
BERTUS HAITEMBU	03 JULY
MATHEW LEONARD	06 JULY
ALBERT VAN DER MERWE	14 JULY
MARAIS VAN DER MERWE	14 JULY



**Butternut Squash**

- Rich in anti-oxidants. Prevents cancer.
- Low calorie.
- Lowers blood pressure.
- Natural pain reliever.
- Reduces symptoms of arthritis and asthma.
- Lowers risk of heart attack and stroke.
- Rich in fiber.
- Helps diabetes.
- Low fat.
- Promotes strong bones and teeth.
- Prevents birth defects.



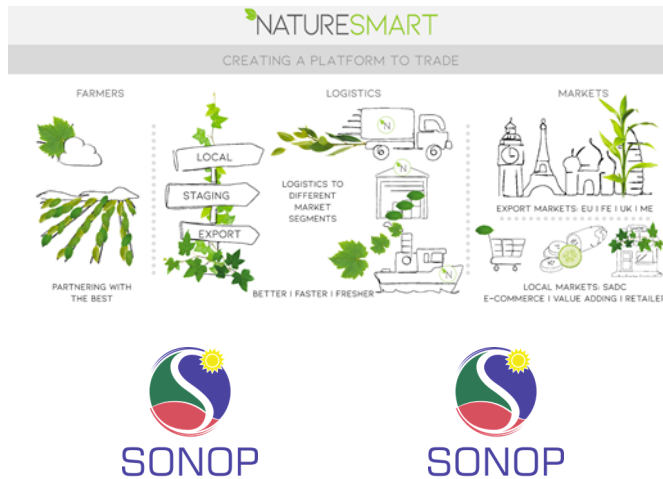
# News from Sonop's Marketing Partner—NATURESMART



Naturesmart is a fresh produce retail supplier and exporter in South Africa. They trade in fruit and vegetables. Their produce is sourced directly from the farmers in various areas from Namibia all the way down to Paarl in the Western Cape. Naturesmart partners with only the best Farmers, to ensure top quality produce for the customers.

Naturesmart has a staging facility in Klappmuts, South Africa – fresh produce is received in bulk from Sonop and various farmers, from where it is packed, labelled and transported directly to the retailers daily.

Naturesmart delivers fresh Sonop produce, 7 days a week to very important and valued customers. They make sure that the freshest quality food gets from the farm gate to the consumer's table better, faster, cheaper.



**URGENT NOTICE TO ALL EMPLOYEES/COLLEAGUES**

We want to appeal to all to adhere to the COVID-19 rules and regulations.

It is critical that all realize and note the drastic increases in COVID-19 cases in Namibia. To ensure that we at Sonop provide satisfactory customer services to all our esteemed customers it is essential that we stay safe and healthy. Wear the necessary protective gear, sanitize, keep safe distances, do not attend to group gatherings to ensure that you and your families are safe. Try and avoid travelling outside Noordoewer especially toward the North of Namibia.

**We can only achieve the above if all adhere to the safety regulations.**

## CONGRATULATIONS EMPLOYEE OF THE MONTH



**Ruzaan de Jongh  
Office Cleaner**  
Thank you for your hard work.  
We are very proud of you.



**You can help prevent the spread of illnesses such as the coronavirus and the flu:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands often with soap and water for at least 20 seconds.
- Stay home and get rest when you are sick.
- Cover your cough or sneeze with a tissue, then throw it in the trash.
- Clean and disinfect frequently touched objects and surfaces.

