



APRIL 2024

NEWS @ SONOP**TEAM BUILDING @ RAMANSDRIFT**

It was with great excitement that Sonop's admin personnel and management team gathered at the office in the early hours of the morning of 11th April 2024 for departure to Ramansdrift.

After a long and bumpy road, we were met with the most beautiful scenes on Ramansdrift. For some it was their very first visit to Ramansdrift and as usual the farm and its people did not disappoint. After we arrived and stretched our legs, we went to visit the orchards where Andries Rossouw and Louis le Grange gave us practical insights into the producing of butternuts and tomatoes. We realised the hard work and many hours it takes to produce these products. We again realised that just like an ecosystem in nature, the Sonop family needed everyone on the team to produce the best quality product for ultimate client satisfaction. Both crops look very promising and we are looking forward to the harvest ahead. We even had the opportunity to see how the lucerne were harvested and this was also a first for some of us.

After the farm visit, we all gathered for the teambuilding session and what a delight it was. Albert van der Merwe (CEO) again reminded us all that Sonop is not just a place of work, but a family. A family with an inspiration:

"To preserve a globally competitive and sustainable ecosystem for future generations through excellence and innovation in all business divisions".

This year Sonop's focus is on excellence in all parts of our work and personal life. Albert gave us some pointers on how to achieve excellence. Excellence is not something you can learn, however to change your attitude and by making a decision to live your life with excellence in all aspects.

Ds. Dirk Coetzee followed later with the same message from the Bible as to excel in your Spiritual life and faith in God. We should not do anything for people or our leaders, but to always do our best and excel for God.

As for the practical part of our teambuilding, we played "tick, tack, toe" and some eggs, chickens and "vollies" were involved. At one stage there were a few participants standing under the tree, proud to end up as Ostriches. The game continued and some of them ended up again as chickens. *Conclusion: Even if you reach the top, life sometimes force you to take a step back and try again. Never give up—always give your best until the end!*



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After this we divided into three teams. We had to work as a team by walking on planks from one point to the next. Some teams were very intuitive with their interpretation of the rules, but in the end we all agreed that none of us could have done the task alone, we needed each other to complete it.

Thank you for the junior managers who took the lead for the day on Noordoewer, allowing management to take part in the teambuilding. We definitely look forward to a year of excellence.



Congratulations to Lua and his family on the birth of their baby daughter!
May she brings you years of love, happiness and laughter



In Matthew 6:28-29, Jesus speaks of how God clothes the flowers of the field, highlighting their beauty and importance as part of God's creation.

Biblical Association: While the name Flora itself is not mentioned in the Bible, it shares similarities with other biblical names that have botanical or floral meanings, such as Lily (representing purity and beauty) or Rose (symbolizing love and devotion).

BIRTHDAYS

MAY	
HILMA MATHIAS	04 MAY
NICO VAN DER MERWE (JNR)	06 MAY
LIAH VAN DER MERWE	06 MAY
ENJE VAN DER MERWE	09 MAY
STANLEY DAWIDS	14 MAY
ANTHONY GERTZE	18 MAY
HELVI MALENGI	23 MAY
ANNABELL VAN DER MERWE	25 MAY





As the sun rose over Sonop Farm, casting a golden glow across the fields, anticipation hung in the air like a tangible force. The time had finally come – the moment we all had been eagerly waiting for. First tomato harvest day, and every member of the Sonop team could feel the excitement pulsating through their veins.

For weeks, the Sonop team nurtured their tomato plants with unwavering dedication, tending to them with care, hard work and above all, love. Each seedling had been planted with hope, each leaf tenderly caressed by gentle hands. And now, as the first blush of dawn painted the sky, their efforts were about to bear fruit – quite literally.

The first tomatoes of the season were harvested at Ramansdrift middle of April. Great care was taken to make sure that the tomatoes arrive at Noordoewer in excellent condition, even after travelling 146km on a bumpy gravel road.

The tomatoes that our loyal customers purchase in a store are picked well before they are ripe, these tomatoes are often packed and shipped hundreds of kilometers. If you shipped a ripened tomato, it would likely arrive bruised, battered and leaking all its delicious juice. This means that tomatoes for sale commercially are picked when they are barely red in colour and certainly not ripe.

The goal is to get the produce to the store and on the shelves for sale when the tomato is in its prime, fresh, healthy and slightly red in colour. Sonop Farm prides itself on its commitment to excellence, and nowhere is this more evident than in its rigorous research and trial processes. With a passion for perfection and a dedication to delivering the finest produce to its customers, Sonop leaves no stone unturned in its quest for the perfect tomato.

In the sprawling fields of Sonop, scientists and agronomists work tirelessly, experimenting with different varieties, testing their resilience to environmental factors, and evaluating their taste and texture. Each new season brings with it a fresh opportunity to innovate, to push the boundaries of what is possible, and to cultivate tomatoes that are not just good, but exceptional. But it's not just about finding tomatoes that look good on the outside – it's about ensuring that every bite is a symphony of flavour, a burst of sweetness that dances on the palate.

Harvest time for tomatoes should ideally occur when the fruit is a mature green, and then allowed to ripen off the vine. This prevents bruising and allows for a measure of control over the ripening process.

How to Ripen Tomatoes after Picking

- Tomatoes continue to ripen after they are picked. Picking them at the color break stage and then refrigerating can extend stops ethylene production, essentially putting the fruit into temporary stasis.
- To expedite the ripening process of your tomatoes, place them in a paper bag along with a banana or other already ripe tomatoes. Both the ripened fruit and the banana emit ethylene gas, a ripening compound that accelerates the ripening of tomatoes.





BUTTERNUT HARVEST

Sonop Farming is thrilled to report that on Friday, 12 April 2024, the first container with butternuts intended for the UK market was dispatched to Cape Town.

We want to wish the Sonop teams good luck with the butternut season ahead.

Keep up with the hard work and always remember to be proud of a dynamic team!



Interesting facts about Butternuts

All squash is native to the Americas, and the butternut variety is thought to have been developed way back in the 1940's. It was named "butternut" due to its *smooth-as-butter* texture and nutty taste

A fruit or a vegetable

Though commonly considered a vegetable, butternut squash is technically a fruit. It has many culinary uses and adds greatly to many sweet and savory recipes.

Butternut squash is tasty and packs a punch of vitamins, minerals, fiber and antioxidants.



The burden of responsibility is a heavy burden to bear but carry it with pride, dignity, integrity, grace and excellence

Stuffed Butternut Recipe



Prepare the butternut squash.

Slice each one in half lengthwise.

Use a spoon to scoop out the seeds and fleshy strands tangled with the seeds.

Drizzle the cut sides of butternut squashes with olive oil and season with salt and pepper.

Turn the squash over, and place it cut sides down on a baking sheet. Then, roast the butternut squash in the preheated oven at 400 F for 40 minutes.

Next, combine cooked spinach with softened cream cheese and shredded Parmesan cheese. Mix everything well. Fold in chopped cooked bacon.

Tip: *save a few bacon pieces to arrange on top of the cheese mixture.*

By this time, you have roasted the butternut squash for 40 minutes. Remove it from the oven and turn cooked squash halves cut sides up. Let it cool slightly.

Using a spoon, scoop out the flesh leaving about a 1-inch border along the sides.

Divide the spinach, bacon, and cheese mixture among the 4 halves and stuff the squash until the mixture is leveled.

Top with the chopped cooked bacon.

Roast the stuffed butternut squash in the preheated oven at 400 F for 15 more minutes until the cheese mixture melts.





EMPLOYEES OF THE MONTH



NDAPANDA MWANYANGAPO
Ramansdrift—Team Louis



LAURENCIA KAZUNGU
Makalane



OTTO MATEUS
Ramansdrift—Team Andries

"Successful people are not gifted; they just work hard, then succeed on purpose." —G.K. Nielson

CROSSWORD PUZZLE—Synonyms (based on the values of Sonop Farming)

	Protect (down)				Trustworthy (down)															Attribute (down)	
Enthusiastic (right)																					
		Perfection (down)		Attitude (right)											Unchanging (down)						
				Applied science (right)																	
				Allow (down)																	
Creativity (right)																					



2nd Value of Sonop Farms

**RESPECT : Attitude is everything - Display self-control and be open to other opinions.
Accept individual differences and respect each individual's uniqueness.**

