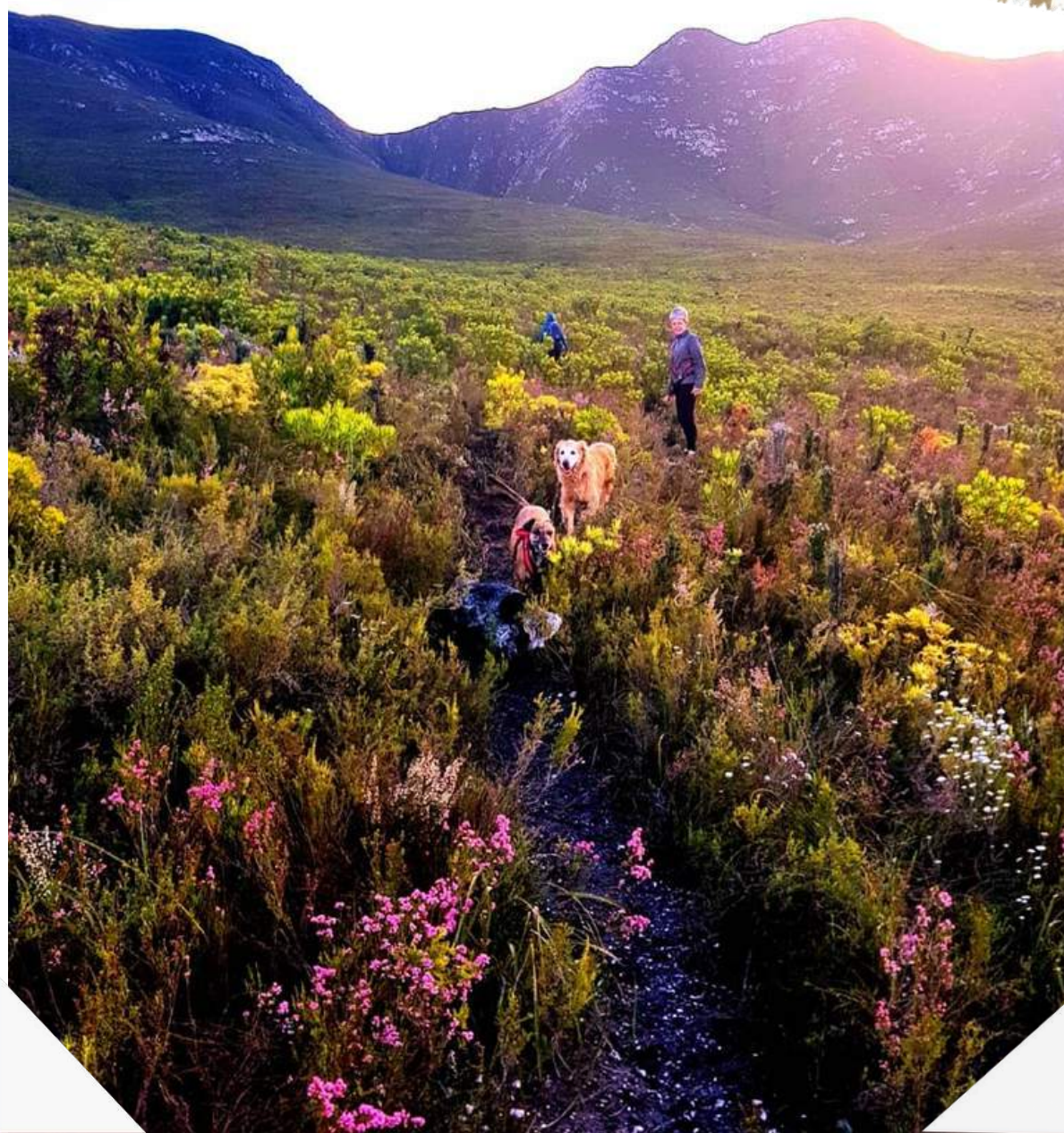


# Stanford

*connect to country life*

SPECIAL EDITION 2020/21







# A VILLAGE UNLOCKED

Tracey Anderson, Stanford Tourism & Business

Just 1 ½ hours from Cape Town, visitors to Stanford can enjoy the relaxed, laid back rural atmosphere; the many excellent coffee shops and speciality food and deli outlets; the restaurants where you can enjoy delicious slow lunches sipping local wines from the Stanford cool climate wine route; browsing the quaint gift shops, many antique stores and of course the historic village itself.

Visitors and locals alike meet at the regular weekly morning and monthly evening markets to enjoy each other's company as well as indulge in the many wonderful goodies on offer from fresh bakes, preserved and delicious home-made food, plants, clothing and collectables.

Amble along the 3km Wandelpad, which follows the Klein River through the village, or paddle or take a cruise down the

Klein River to enjoy the spectacle of more than 130 bird species that live and breed along the river and its banks.

Surrounded by mountainous landscape, the fynbos covered slopes, waterfalls and forested kloofs that tower over Stanford are enjoyed by hikers, bikers, walker and nature lovers alike. This little village has everything and more.

During South Africa's initial hard lockdown, resident Bea Whittaker initiated the **21 Days in Stanford Facebook Group** encouraging locals to share their favourite Stanford images according to themes. This emag is a result of those efforts. Search "21 Days in Stanford" on Facebook to see them all.



**HOMES &  
GARDENS**





Stanford, in the Cape Overberg, is a serene, family oriented village, steeped in history. The charming cottages of Cape Victorian and Edwardian architecture are protected by law, resulting in Stanford's status as one of South Africa's best-preserved heritage villages.

The original farmhouse, built in 1785, is one of the oldest houses still in existence in the Cape Overberg and the beautiful St Thomas Anglican stone church is thought to have been built in the 1700's as well, although the records have unfortunately been lost.

Situated on a bend along the beautiful Klein River, Stanford is surrounded by magnificent countryside, with vineyards, wheat, and canola fields, dotted with prolific bird life.





Gardens





Stoep Life







RIVER





The Klein River originates as the Hartebees River, 300 metres above mean average sea level on the northern slopes of the Kleinriver Mountain range. The catchment divide between the headwaters of the Onrus River (flowing west) and the Hartebees/Klein River (flowing east) is clearly visible when traveling along the Hermel-en-Aarde road from Hermanus to Caledon (on the farm Diepgat). From the confluence of the Hartebees and Klein Rivers, the river is officially known as the Klein River.

Three other rivers flow into the Klein River before it curves south and then west to flow into the Atlantic Ocean at the Klein River lagoon. Although the Klein River is 80 km long, it is the river with the shortest distance between its origin and mouth in the world (5 km as the crow flies)! -

[www.overberg.co.za](http://www.overberg.co.za)



















MOUNTAINS





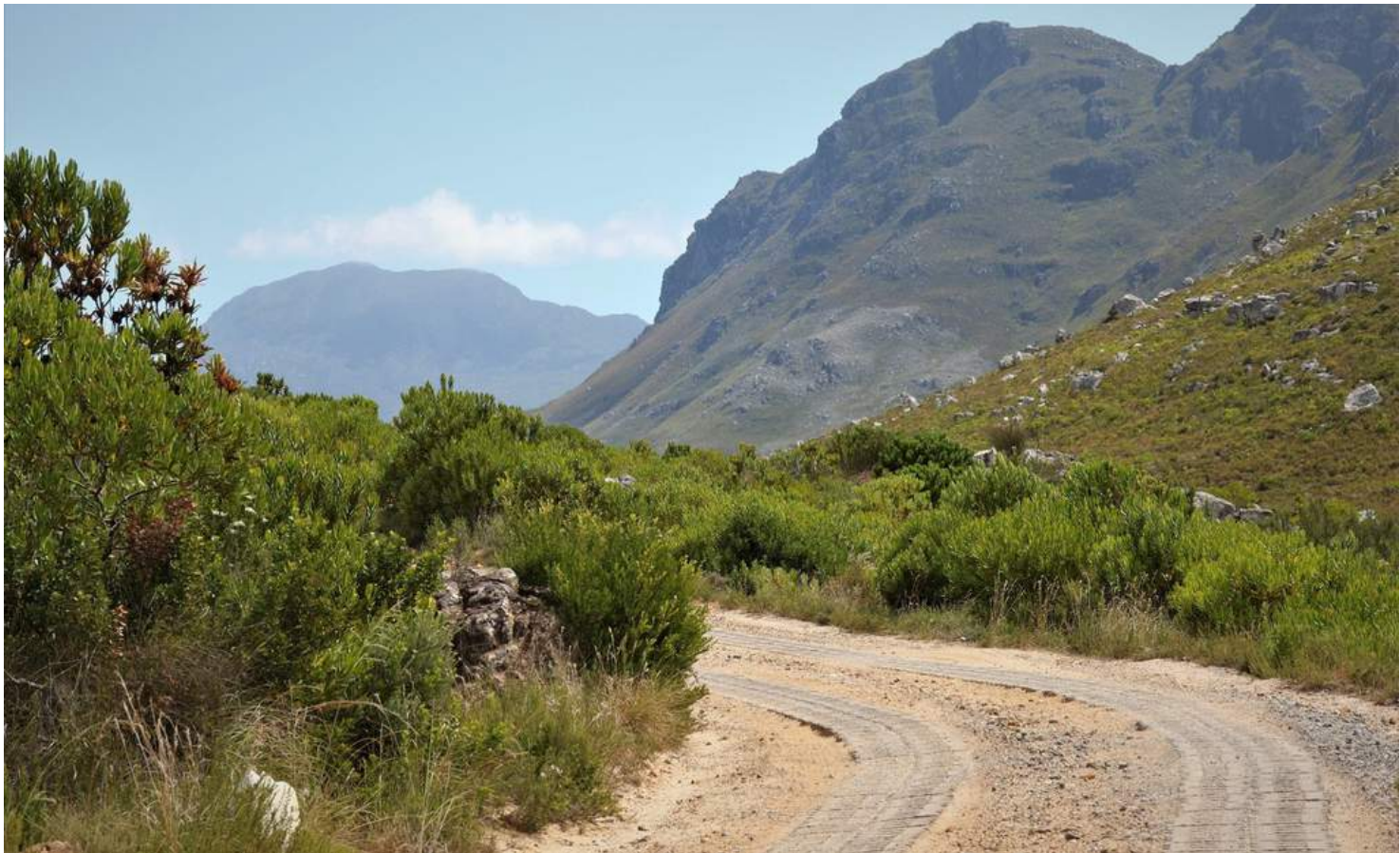
**The Klein River Mountains** are made up of hard quartzitic rock of the Table Mountain Group (often called Table Mountain Sandstone). This rock type makes up Table Mountain (as one would expect from its name) and most of the highest mountains of the Western Cape. The soils that derive from this quartzite are very sandy, acidic and nutrient poor, unsuitable for most crops or grazing.

The vegetation that grows here is "acid sand proteoid fynbos", one of the most diverse habitats for plants in the world. The "acid sand" refers to the soil type; the "proteoid" reflects the large number of members of the protea family (Proteaceae) found in this vegetation; "fynbos" is a type of heathland found only in the Cape region of South Africa. Fynbos is characterised by the high presence of members of the restio family (Restionaceae), protea family (Proteaceae) and of the genus Erica.

- From [www.phillipskop.co.za](http://www.phillipskop.co.za) - visit their website to learn more about their beautiful reserve

*The road to Stanford from the peak of Maanskynkop - John Furgman*







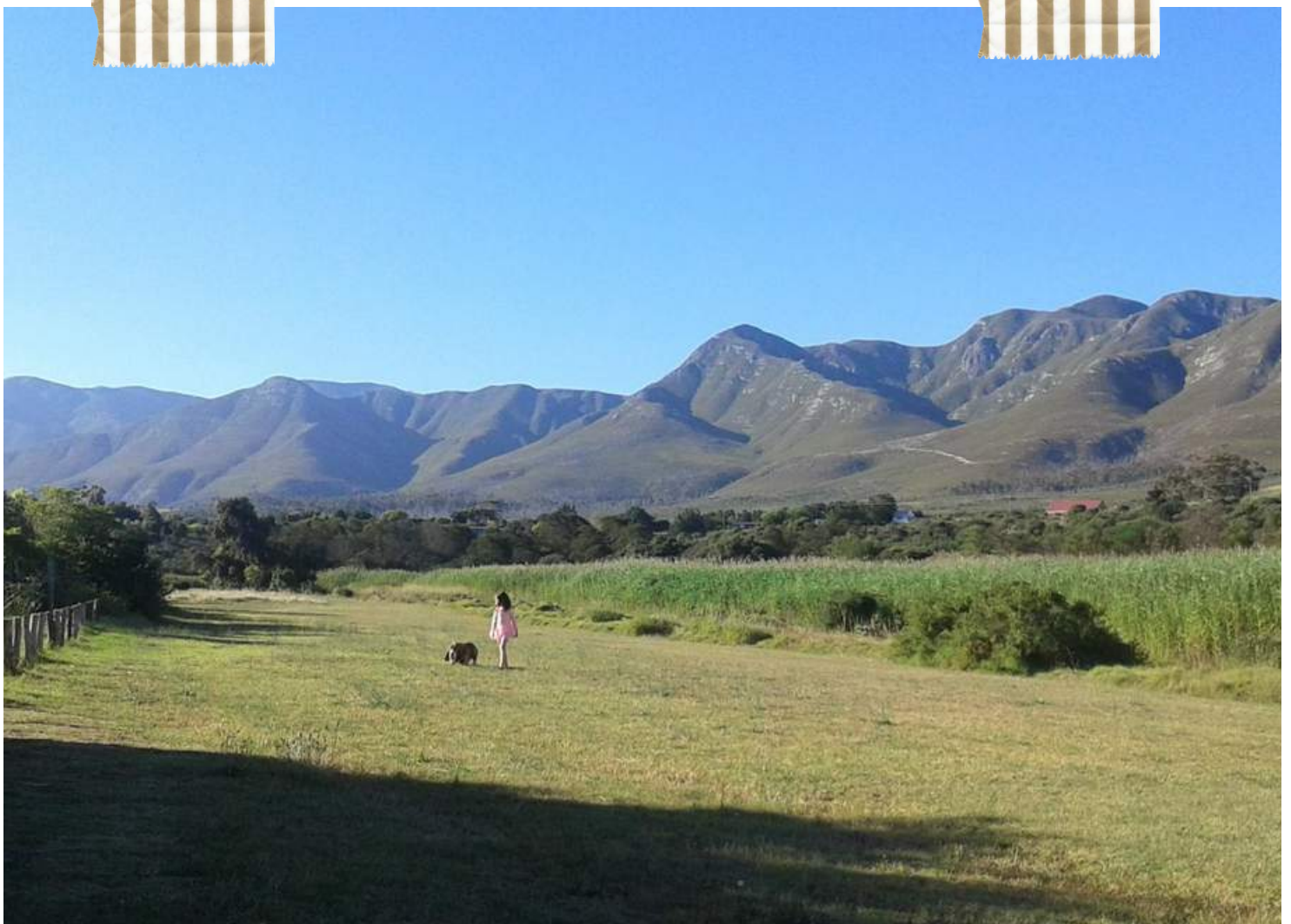


WANDELPAD





Enter the Wandelpad along Queen  
Victoria for the ultimate scene... -  
Christine Hagen







*A walk along the wandelpad can be filled with adventure!*


One of the “must dos” when in Stanford is the Stanford Walking Trail (Wandelpad) which winds its way along the banks of the Klein River and through the town. It offers visitors some wonderful glimpses of the many birds in the area, including the Blue Crane, Fish Eagle, or majestic Cape Eagle Owl perched silently in a tree.




Stanford Village

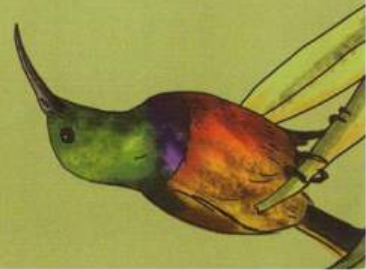
# Wandelpad

## MAP LEGEND

 Wandelpad/Walking Trail

 Tourism Office

- 1 Memorial Forest
- 2 The Loop
- 3 Flowering Gum Corner
- 4 Recreation Area
- 5 "The 47 Steps"
- 6 Boat Launch Area
- 7 "Wasklip"
- 8 Milkwood Grove
- 9 Historic Cemeteries
- 10 Blue Gum Loop
- 11 New Cemetery
- 12 Willem Appel Dam
- 13 Viewing Platform
- 14 Ou Krale Picnic Site
- 15 Bird Hide
- 16 Village Green



stanfordtourism.co.za



stanfordconservation.co.za







VILLAGE





















KIDS' LIFE

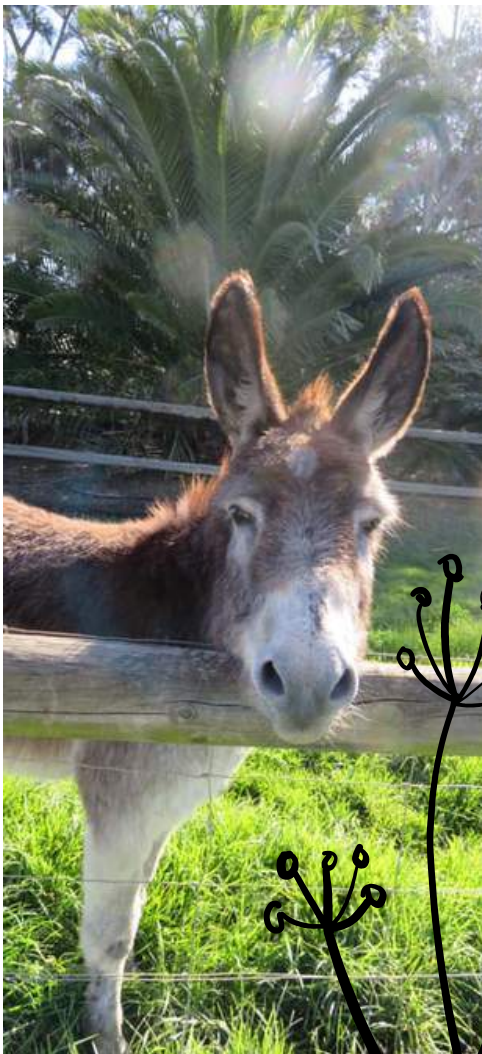




Stanford is a wonderful family destination which is only two hours drive from the Mother City, and those lucky enough to have shrugged off city life for country simplicity are happy to share the secret good life with visitors.

The clean air, views of morning clouds cloaking the Klein Rivier Mountains that fill our eyes on our morning strolls to school, our leiwatersystem filled with evening platannas and the wild, free and innocent old-fashioned childhoods that we can give our children make country life sublime.

There are friendly restaurants in town, and a couple of very fancy restaurants for which you may prefer to hire a babysitter to watch the kids. Our neighbouring villages have beautiful beaches, caves, hikes and restaurants. Load the Geocaching application onto your smart phone and explore the Overberg with your kids. The whole experience bursts with moments to treasure  
- Philippa Murray



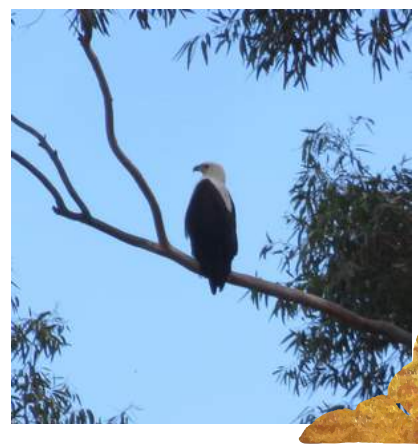
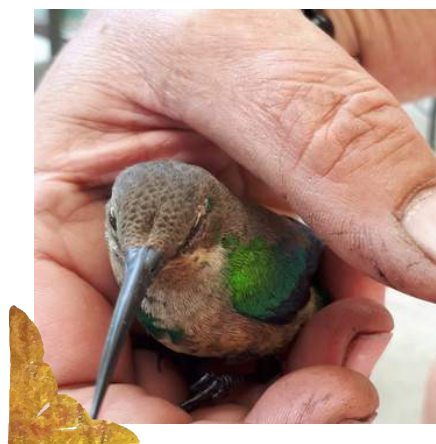
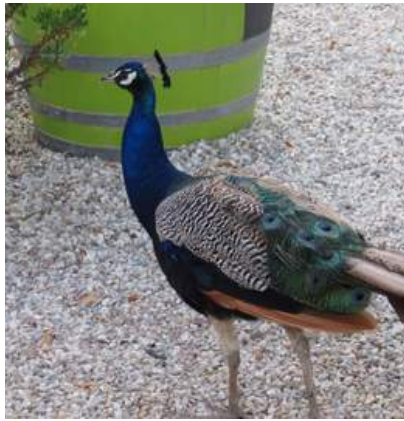
















FOODIE SCENE





Quick and easy croissants and coffee, to a Michelin Star Chef—Stanford has something for every palate. Grab a coffee and read a magazine, or laze in a farm garden tasting fresh-farm produce and take in the magic of Stanford country living. Stanford is fast becoming an exciting food destination with chefs serving an array of fresh and locally produced food with a leaning towards the slow food movement. Foods range from family fare, gourmet delights, country comfort cuisine, and pup grub to fine dining. You'll be pleasantly surprised at what you will find in this small country village. The move towards Artisan food is also gaining momentum with some exceptionally talented purveyors of fine food wowing residents and visitors alike. Talented food artisans use seasonal ingredients, both locally sourced and environmentally friendly.

Delicious market goods can be bought at the local Saturday morning markets as well as directly from local farms. Come ready to stock up your pantry with homemade preserves, to have your appetites satiated and your taste buds deliciously tempted.













## Teatime Inspiration

AS PART OF THE NEWLY LAUNCHED **STANFORD CULINARY** INITIATIVE, WE ASKED OUR FRIENDS AT **STANFORD VALLEY GUEST FARM - MANOR HOUSE RESTAURANT** TO SHARE A TEATIME INSPIRED RECIPE YOU CAN TRY AT HOME. FOR MORE DELICIOUSNESS VISIT [WWW.STANFORDCULINARY.CO.ZA](http://WWW.STANFORDCULINARY.CO.ZA)



# Hibiscus Pears and Chocolate Fondant

## CINNAMON PAVLOVA

4 large egg whites, at room temperature  
220 g caster sugar, sifted  
1 pinch cream of tartar  
¼ tsp cornflour, sifted  
¼ tsp white vinegar  
1 tbsp cinnamon

### TO SERVE

150 ml thickened cream  
1 tbsp caster sugar

## PAVOLOVA

- 1) Pre-heat oven to 140°C (120°C fan-forced) and line a baking tray with baking paper. Trace an 18cm (7") circle on baking paper, then flip the paper over to avoid marking pavlova.
- 2) Place egg whites and cream of tartar in a free-standing mixer and whisk on medium speed until frothy.
- 3) Slowly add caster sugar, teaspoon by teaspoon, while continuing to whisk (this process should take approximately 10-12 minutes).
- 4) Turn the mixer up to high speed and continue whisking until mixture transforms into a glossy thick meringue and stiff peaks form (approximately 2 minutes). If you rub a little meringue between your fingers it should feel completely smooth, with no grittiness of undissolved sugar.
- 5) Sprinkle sifted cornflour over meringue, then fold in along with vinegar and cinnamon.
- 6) Spoon meringue onto the baking paper within the drawn 18cm (7") circle, then use a palette knife to shape the sides of the pavlova and create a small nest in the middle.
- 7) Place the tray in the oven on the bottom shelf and turn the oven down to 130°C (110°C fan-forced). Bake for 90-100 minutes, then turn the oven off without opening the oven door and leave pavlova in the oven for 4-6 hours to allow the pavlova to cool down slowly and prevent collapse.

## HIBISCUS POACHED PEARS

4 buerre bosc pears, washed, peeled, halved & cored  
1 l water  
3 star anise  
1 cinnamon stick  
5 cloves  
8 cardamom pods, cracked  
15 g hibiscus petals  
50 g caster sugar  
Squeeze lemon juice



## HIBISCUS POACHED PEARS

- 1) Place water, spices and petals into a large pot and allow to simmer 5-10 minutes for flavours to infuse.
- 2) Add pears and simmer again for 10-15 minutes, turning intermittently. When poached well, the pears should maintain their shape, but be soft enough to be eaten with a spoon.
- 3) Allow pears to cool in the pot, turning intermittently to ensure an even colour develops.
- 4) When cooled, remove pears, strain liquid and return liquid to the pot, along with sugar and lemon juice to simmer for another 15-20 until reduced to a syrup.
- 5) Pears and syrup can be kept refrigerated for 1-2 days prior to serving.

## TO SERVE

- 1) Gently whisk together cream and sugar to soft peaks, then spread over the pavlova.
- 2) Decorate with a few poached pears, drizzle with syrup



## CHOCOLATE FONDANT

120 g butter  
120 g dark chocolate  
2 eggs  
2 yolks  
60 ml castor sugar  
45 ml gluten free flour (or cake flour)

- 1) Preheat the oven to 220°C, prepare 4 molds by buttering them and dusting a little castor sugar in them; tip out any excess.
- 2) In a double boiler melt the butter and chocolate together.
- 3) In a separate bowl, beat the eggs, yolks and castor sugar until light and creamy in colour.
- 4) Fold in the chocolate and sieve in the flour, gently folding in to prevent knocking the air out.
- 5) Divide between the 4 molds and place in the fridge for minimum of 4 hours or overnight.
- 6) Bake for 10 - 12 minutes (if cold) until the outer edges are set.
- 7) Carefully loosen the edges from the mold with a sharp knife. Place the serving plate upside down on the top of the mold and invert. Leave to stand for 30 seconds before removing the mold.





MUSIC +  
FESTIVALS

















HATTERDAY





Saturdays became Hatterdays in Stanford. From Pirates to Vikings, all kinds could be found enjoying a vibrant morning in the village









**VISIT**  
**WWW.STANFORDINFO.CO.ZA**  
**FOR MORE ON:**

**FAMILY FRIENDLY FINDS:**

Visit Panthera Big Cat Sanctuary  
 Fynbos Adventures  
 Hike, Bike or Horse  
 Klein Rivier Picnics and Play Area  
 Join us for our Sunset Market  
 Cycle around the Village

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Amazingly Awesome Things  
 about the Stanford History  
 Stanford: What's in a name?  
 Historical Stanford on Foot

**STANFORD CARES:**

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**STANFORD**  
 WINE ROUTE



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