

MARCH 2022

PRODUCT CATALOGUE

Bloemfontein | Boshof | Kimberley





*“A way of life ...
healthy, natural
and delightful!”*

GROENGETROU

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Why GroenGetrou?

OUR JOURNEY TO: REVIVE-REBUILD

Dear GroenGetrou Client

GroenGetrou (translating to Faithfully Green) is a way of life. It's the commitment that transforms your life and nurtures the health and environment of the communities around you.

Through our **GroenGetrou** lifestyle, we are committed to whatever is genuine, wholesome, healthy, and useful. We strive to work together in helping man, animal and nature **relive**. Our wish is to see them **grow** and **flourish**!

We are passionate about farm life, wholesome food, and healthy alternative solutions to everyday challenges. We like to share the discoveries and experiences we encounter on this journey.

Think **GroenGetrou** with us! Help to **revive** and **rebuild** so we may enjoy a blessed basket and kneading bowl every day.

Join us in the exciting process of returning to nature so we can enjoy the good of the land together.

Kind regards



Hendrik & Tindie



063 060 7586 (Office)
083 689 2620 (Hendrik)
082 680 2808 (Tindie)



groengetrou@gmail.com



Our **GroenGetrou** products
are seasonal.

When placing your order,
please wait for the invoice
on which the available
items will be indicated.

GroenGetrou strives for quality in all respects, but in the event of human error, we indemnify ourselves from any shortcomings or consequences of our products and information. Although we do everything in our power to provide the best products and advice, it does not replace the expertise of a physician. The use thereof is and remains the consumer's choice. We trust that our products and words will be a blessing.



*To every thing there is a season,
and a time to every purpose under the heaven ...*

ORDERS & DELIVERIES



Enjoy the walk through our catalogue.



Send your order to groengetrou@gmail.com or 063 060 7586 and kindly indicate your area.



We will confirm product availability and discuss delivery options.



You will receive an invoice for electronic payment. Once we have received the amount, your order will be carefully made up.



Orders may take up to 10 business days before it is ready for shipment.



GroenGetrou offers a free delivery service to central collection points in Bloemfontein, Boshof and Kimberley. Home deliveries in these areas are charged at R120.



Pasture-raised Chicken

HOW WE FARM BROILERS

For the first two to three weeks, the broilers are pampered in our snug chick room. As soon as they shed their yellow down and are strong enough, they are let out in the grazing field, within Salatin-style chicken tractors. The chickens are moved to a new, clean pasture daily. This **holistic farming** practice plays a central role in the fertilisation and establishment of our pasture.

Starting from day-old chicks to nearly-9-week-old chickens, our broilers are never given any growth hormones or antibiotics. We make use of a specially-formulated non-GMO feed that ensures the **optimal health** of the chickens.

The result is **large, healthy, delicious** chickens. Although we initially started this farming method for personal use, it has gradually grown into something bigger. We have been providing wholesome chicken to satisfied customers since 2015.

No water is injected.

GroenCetrou products contain no MSG, sugar, irradiated spices, or artificial sweeteners.



Organic



NO WATER
ADDED



**Groen
Cetrou**

PASTURE-RAISED CHICKEN

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Our pastured chicken is available in interesting processed forms such as sausage and smoked fillets, as well as whole or pre-cut portions.



Estimated prices are provided per pack. Each packet differs in weight and is weighed with ordering.



Fillets (4 per pack)	R90 - R140
Drums (6 per pack)	R90 - R120
Thighs (4 per pack)	R110 - R150
Wings (8 - 10 per pack)	R80 - R100
Whole chicken, round (approx. 2.5 kg)	R150 - R235
Whole chicken, flat (approx. 2.2 kg)	R150 - R200



Smoked fillets (2 per vacuum pack)	R75 - R100
Read to eat! Perfect for salad, pasta dishes, quiches and more	

Chicken sausage (+/- 500 g per pack) (sugar-free, MSG-free, sheep casings)	R60 - R80
<i>Apricot Curry / Honey Musard / Cheese & Macon / Garlic & Cheese / Olives, Feta & Rosemary</i>	



Necks (10 per pack)	R32 - R42
Livers (+/- 8 livers per tub)	R40 - R50
Hearts (+/- 500 g per pack)	R15 - R20
Gizzards (+/- 500 g per pack)	R17 - R25
Meaty bones (+/- 2 kg per pack)	R60
Heads (5) & Feet (10)	R25

Pastured Eggs

OUR HENS' FEATHERY TALE

Everything has a reason and a purpose on the farm, and so even the laying hens (layers) must earn their keep. The hens' primary role involves cultivating pasture and producing eggs. Their friendly clucks contribute to the sound of a true farm and provide entertainment to young, curious visitors. When the hens forage and scratch the ground, they not only spread manure but also bring dormant seeds to the surface just like birds do in the wild. We make use of custom-made eggmobiles, electric nets, and a rotational grazing plan. The hens are moved around every couple of days, receive feed twice per day and the eggs are collected daily.

Special attention is given to the hens. Our day-old chicks' beaks do not get clipped and they enjoy the outdoors from an early age. Spacious A-frame scaffolding serve as climbing frames and sleeping poles. At 17 weeks old, these chickens win the title of "point-of-lay" hens. This simply means that they are then old enough to start laying eggs. The young ladies will then be moved to their eggmobiles in the field. For the rest of their lives, they can roam freely on the farm and be their best chicken selves!

We continually make use of high-quality feed. **No genetically modified grains are used, neither are any antibiotics or hormones administered.**



Organic

non-GMO



Groen
Oetrou

PASTURED EGGS

7



18 eggs

R58

30 eggs

R90

Double tray with 60 eggs

R175

Midi box eggs
(15 dozen)

R515

Maxi box eggs
(30 dozen)

R1000

Bulk prices are available upon request.

HOW DO PASTURED EGGS DIFFER FROM COMMERCIAL EGGS?

According to several studies, pastured eggs contain approximately:

- Twice as much vitamin E
- 35 - 40% more vitamin A
- Two to three times as much Omega-3 fatty acids
- Less than half Omega-6 relative to Omega-3
- Three to four times as much vitamin D



Eggs are Nutrient Dense.

That means eggs have more nutrients - vitamins, minerals, amino acids - per calorie than most other foods.

Have an egg & you'll get:

- High-quality protein
- Selenium
- Phosphorus
- Choline
- Vitamin B12
- Multiple antioxidants which help keep your cells healthy



PASTURED LAMB

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Red meat that is as **healthy** and truly South African as can come!

Our Meatmaster sheep roam freely on the Free State plains. The lambs are weaned at around 90 days of age and are rounded off without any growth hormones, antibiotics, or animal protein.

This flavourful meat offers a fantastic experience you have to try!

Stock is limited.
Be sure to place
your name on
the waiting list!

Half lamb (+/- 12 kg)

R130 p/kg

1 whole leg of lamb

1 whole rib

Chops

Stewing meat

The cuts can be adjusted upon request.



NO GROWTH
HORMONES



NO
ANTIBIOTICS

Organic



**Groen
Getrou**



Raw honey

500 g bottle

R86

3 kg bucket

R460

Seasonal variants available:



Raw onion honey 3 kg bucket

R360

Raw onion honey has a unique flavour and is ideal for use in food and natural medicines.



Throughout the year, honeybees work in various locations where all kinds of blossoms naturally occur. The honey is harvested after the bees have pollinated certain areas, hence the variety of flavours. The natural taste and texture of honey differ.

This makes every drop unique!



Honey can be enjoyed as a sweet ingredient in food and drinks, but also medicinally as an antidote, ointment on wounds, in facials, and more. It contains antibacterial, antiseptic, and anti-inflammatory qualities. Honey strengthens the immune system. It is rich in antioxidants, vitamins, and minerals that offer loads of benefits!

Raw honey is not heated.



In this way, valuable enzymes and nutrients in the honey are preserved.





Himalyan Salt 3 kg

Fine, pink Himalayan salt

R158

Cocoa: Medium 1 kg

Medium cocoa, unsweetened

R90

Cocoa: Dark 1 kg

Dark cocoa, unsweetened

R125

Sodium bicarbonate (Bicarbonate of soda)

Aluminium-free bicarbonate of soda, 250 g per container

250 g

R40

10 x 250 g

R320

Teff flour 1.5 kg

Stone-ground brown teff flour: gluten-free; high in fibre, iron, calcium, magnesium, and protein

R110





TEFF WAFFLES

INGREDIENTS

- 2 cups teff flour*
- ½ tsp aluminium-free bicarbonate of soda*
- 1 tsp cream of tartar
- 1 tsp cinnamon
- 1 tsp Himalayan salt*
- 3 – 4 pastured eggs*
- 3 tbsp coconut oil/butter
- 2 cups water/milk/kefir*



*GroenGetrou products

METHOD

1. Mix the dry ingredients.
2. Melt the butter/oil and mix with the water, milk, or kefir.
3. Beat the eggs and mix with the wet ingredients.
4. Mix everything lightly together.
5. Pour batter into waffle pan and bake until cooked.

Serve with sweet or salty food such as grass-fed minced beef or cheese, butter and honey*, strawberries and cream, ice cream and chocolate sauce, or any delicacy that matches these delicious waffles!



WITH PROBIOTICS



Milk kefir culture

R120

Frozen milk kefir grains (enough for 1-litre milk) with directions, unbleached linen cloth and two tight rubber bands

Unbleached linen cloth

R50

Embroidered unbleached linen cloth (29 cm x 29 cm) for kefir or kombucha

Cheesecloth

R30

Cheesecloth (47 cm x 47 cm) to produce kefir cheese, etc.

Kombucha culture (SCOBY)

R140

Kombucha SCOBY with starter fluid to produce kombucha, with directions, unbleached linen cloth and two tight rubber bands

Jun kombucha culture (SCOBY)

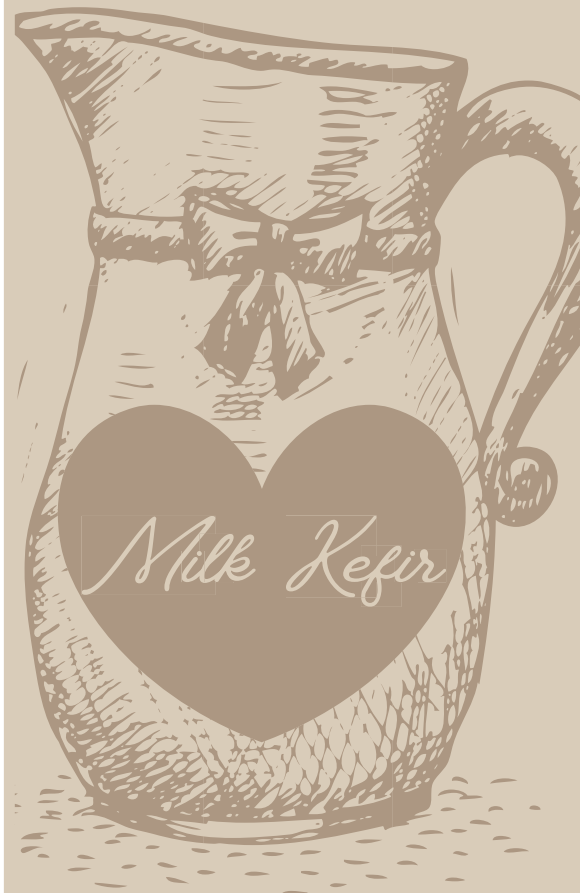
R200

Jun SCOBY with starter fluid to produce Jun (honey kombucha), with directions, unbleached linen cloth and two tight rubber bands

Sourdough culture

R100

Wheat sourdough starter for the making of bread, pizza bases, cinnamon rolls, crumpets & more!



Authentic, safe, and environmentally-responsible



Prices may change without notice.

Bulk quantities are available upon request.

Bio Det Laundry Cream

Powerful laundry cream for hand washing or washing machine (no additional softener needed)

1 kg R123
5 kg R514



Auto Dish Gel

Dishwash soap for use in a dishwasher or sink

500 ml R86
5 l R665



Wonder Gel

Multi-purpose gel cleaner for hand-washing dishes, general cleaning, windows, floors, bathroom, oven, etc.

500 g R101
2.5 kg R467
5 kg R690



Bio Sanitise Spray

Alcohol-based disinfectant spray for hands, kitchen-, bathroom-, and other surfaces; effective against many harmful pathogens

500 ml R79
5 l R708



Wonder Spray

Multipurpose spray for ovens, tiles, walls, surfaces, grease, oil stains on clothes, hand washing, greasy dishes, and more; effective against many harmful pathogens

500 ml R50



Nourish & Shine

Leather food suitable for wood and leather products like briefcases, leather jackets, shoes, sofas, etc., and can also be used as lip balm

125 g R93



Fruit & Veg Wash

The all natural way to remove wax, soil and agricultural chemicals from produce. A tiny amount goes a long way!

500 ml R73



3-Pack Home Basket

R257

Bio Det Laundry cream (1 l), Wonder Gel (500 g) & Wonder Spray (500 ml) combo



4-Pack Home Basket Plus

R330

Bio Det Laundry cream (1 l), Wonder Gel (500 g), Wonder Spray (500 ml) & Bio Sanitise (500 ml) combo



UNDER THE

Shade Nets



Feel free to contact us should you have a special request or require alternative cultivars.

Plum tree (10 litre bag)

Fortune	R120
Souvenir	R130
Suplumsix	R130

Fig tree (10 litre bag)

White Genoa	R120
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Apple tree (10 litre bag)

Early Red One	R140
Granny Smith (cross-pollinator)	R140

Apple tree package

5 x Early Red One + 1 x Granny Smith

R720

Apricot tree (10 litre bag)

Bebeco	R120
Bulida	R120

Pomegranate tree

Wonderful, 10 litre bag

R100

Nectarine tree

August Red, 10 litre bag

R140

Peach tree

Clingstone, 10 litre bag

R105





New season: August 2022

Young fruit trees will be sold in 10-litre bags.

Bare rooted trees are also available in bundles of 20 per cultivar. Orders for bare rooted trees need to be placed in April for delivery in July/August.

Peach trees:

Freestone:

Elberta
Suncrest
Transvalia



Clingstone:

Kakamas
Keisie
Malherbe
Oom Sarel

Plum trees:

Flavour King
Harry Pickstone
Laetitia
Sumplumsix

Cherry trees:

Lapins

Apple trees:

Early Red One
Golden Delicious
Granny Smith

Pomegranate trees:

Acco
Wonderful



Nectarine trees:

August Red
Fantasia
Flavortop
Sunlite

Apricot trees:

Bebeco
Bulida
Palsteyn
Royal
Soldonne
Supergold



Prune trees:

Van Der Merwe

Pear trees:

Forelle

Fig trees:

Adam's Fig
White Genoa

Grape trees:

Crimson, seedless
Flame, seedless
Red Globe
Red Hanepoot
Sultana
White Hanepoot



Pecan nut bare rooted trees:

Choctaw
Navaho
Pawnee
Western Schley
Wichita

Almond trees:

Nonpareil
Peerless
Texas Mission



COMING SOON!



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Lovely strawberry plants will be available from middle March 2022. Place your order soon, to avoid disappointment.





Point-of-lay *Hy-Line Brown* hens on order only



Meatmaster sheep available



REVIVE REBUILD

