

"In three words I can sum up everything I've learnt about life. It goes on" Robert Frost

GOOD HEALTH IN 2024 AND BEYOND

A friend suggested taking a look at a program about Blue Zones on Netflix (those of you with Netflix I would recommend it). The program is about zones in the world that have the most centenarians (people over 100) and what causes such longevity. Most of these zones have common characteristics – many of these we all inherently know about. Obviously diet is a factor, as is exercise. In essence there are four major factors – move naturally, outlook, eat wisely and connect.

Move naturally; when our doctors tell us to exercise more we think of more gym time, getting out for a run, swim or cycle. For many these are not seen as pleasant activities. In the blue zones exercise was more about gardening and walking – some of these zones are in hilly areas and residents walk a lot to visit or go about daily chores. **Outlook;** people living in blue zones tend to live with purpose – they face each day with a positive resolve to achieve something. Stress was low in these zones as residents know how to unwind – quit worrying about things outside their control and have fun. There was also a common thread of faith.

Eat wisely; going on diet is an ordeal, people in blue zones tended to have a plant based diet – in fact over 60% of food consumed in these zones is plant based. Interestingly, most zones consumed a lot of wine! The secret was to have all food (and drink) in moderation. **Connect:** family first was the mantra and in many cases multiple generations lived together – all learning from each other, sharing chores and providing fellowship – not shipping the elderly off to old age homes. In addition, the elderly formed into some sort of group or club and did things together – like walking, or playing music, singing or just having fellowship. This added to their sense of purpose and gave them a reason to keep living.

My wish for the global citrus family is for good health to all of you in 2024 and beyond – find what works for you and follow best practice to keep healthy. Get rid of those things and those people who stress you out; it is really not worth it. To citrus growers around the world you live in an environment that allows you to practice many of the activities listed above. You grow the most nutritious food in the most glorious environment – get out into the orchards on a daily basis and walk amongst the trees, it is the best way to know what is happening on your farm. Get involved in community events and start community outreach projects (it was shown that those who give have a greater sense of purpose and live longer). Keep family close and cherish those around you.

CRI POST HARVEST WORKSHOPS

Datum/Date	Pakhuiswerkswinkel/ Postharvest Workshop	Plek/Venue
30 – 31 Jan 2024	Limpopo 1 (English)	Die Eiland, Letsitele Tel: 015 386 8000
1 – 2 Feb 2024	Limpopo 2 (Afrikaans)	Loskopdam, Groblersdal Tel: 013 262 3075
12 – 13 Feb 2024	Mpumalanga (Afrikaans)	Die Stoor, Alkmaar Nelspruit
15 - 16 Feb 2024	KZN & Swaziland (English)	Salt Rock Hotel, Salt Rock Tel: 032 525 5025
20 - 21 Feb 2024	Eastern Cape (English)	Mentorskraal, Jeffreysbaai Tel: 042 293 3278
22 - 23 Feb 2024	Wes-Kaap (Afrikaans)	Rhebokskloof Estate, Paarl Tel: 021 869 8386

Please click on the link below to open the Agenda. Registrations for these workshops are now open on CRI events site.

[Postharvest 2024 Information](#)