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Friends of Serene Valley did a foraging walk on 18 May to celebrate International Day for Biodiversity.

They tasted the berries of buffalo thorn and cross berries, discussed the uses of khaki bush, and a



There are two seeds inside, which can be roasted and ground to make a coffee substitute

Serene Valley is part of the green belt along the Moreleta Spruit in Garsfontein. It is roughly in the



Cracking open the buffalo thorn fruit to get the seeds

*Photos: Carol Martin*

For more information, visit [www.sereinevalley.org.za](http://www.sereinevalley.org.za), follow them on Facebook or send an e-mail: [info@serenevalley.org.za](mailto:info@serenevalley.org.za)