



**Tell us a little about your family and life in the U.S.?**

I currently live in a suburb of Nashville, TN, with my husband, our three kids and our chocolate lab, Sadie. Most of my time is spent creating a home and managing our day-to-day family life, but whenever I have a spare moment, I spend it creating, cooking, photographing and sharing the recipes I cook for my family on the blog [www.southernprotea.com](http://www.southernprotea.com). I am constantly trying to find ways to teach my two boys and little girl about our shared South African culture, and they love to learn about all aspects of it (usually evidenced by the 10 million questions in response to my efforts). Additionally, I'm active in the South African community here in Nashville, particularly with the widely-known Tannies Teas, and am a member of the Nashville Cookbook Club, where I get to explore all sorts of cuisine by cooking, gathering and enjoying meals with fellow foodies.

a farm near the Polokwane area, I could experience the slower lifestyle of rural South Africa as well. I always loved my South African heritage and soaked up the culture, food and history every chance I got.

**When did you come to the U.S. and why?**

We arrived in California in September 2004. My mother is a pharmacist, and at the time, the U.S. was recruiting from outside the country. When my family got the call, we decided to take on this adventure and in the process, opened up a whole new possible future. Sometimes the transition was difficult, especially as an uprooted 11th grader, but looking back now I'm so thankful for the chance I had been given. Having met my husband here and having the family and life I do now, I recognize the immense generational impact my parents' brave choice had on us — not only on our current family, but on those who will come after as well.

**Where did you live before coming to the U.S. and what did you do?**

I spent my childhood in Centurion, Gauteng, where I enjoyed a beautiful life filled with all the things that make up suburban South Africa. It was a rich and stable foundation that stretched into my late high school years, when my parents, my sister and I emigrated to the States. As a child, I spent summer holidays in Gordon's Bay with my grandparents and winter holidays split between Mabula Game Lodge near Bela Bela (Warmbad at the time) and Pine Lake Resort in White River. With family in Ermelo and family friends who owned



**Where is Southern Protea located?**

I am based in the quaintest little town in Tennessee named Franklin, about 20 minutes south of Nashville. We are considered one of the American South's "best and prettiest small towns," so I highly recommend a visit if you're ever in the mood for some small-town charm.

**How did you get the idea for Southern Protea?**

It was the result of years and years of longing to share what I had