OrangeFarm NEWS

WEEKLY SNAPSHOT

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Your community. Your stories. Your weekly brief.



Boost for local football! ⚽

Orange Farm-based Real Farmton Citizens FC, known as The Landlords, has received 180 branded soccer balls from Moti Cares to support grassroots football development.

MORE INFO

Local voices take step towards change



Orange Farm residents joined a Solutions Journalism training session at the OrangeFarm NEWS head office, learning how to tell stories that explore responses to community challenges. The session encouraged participants to use their voices to highlight local efforts and inspire positive change.

One-Pot Chicken & Cabbage Rice

By Chef Hey Taylor | Serves 4
Time: 45 min | Easy



Ingredients: 6 chicken pieces, 1½ cups rice (rinsed), 3 cups shredded cabbage, 1 chopped onion, 1 grated carrot, 2 tbsp oil, 2 crushed garlic cloves, 1 tbsp mild curry powder or chicken spice, ½ tsp turmeric, 1 chicken stock cube, 3 cups hot water, salt and pepper to taste. Optional: chopped coriander or spring onion.

1. **Season chicken with salt, pepper and half the curry powder or chicken spice. Heat oil in a large pot, brown chicken on both sides, then remove.**
2. **Fry onion in the same pot until soft. Add garlic, carrot, cabbage, turmeric and remaining spice. Cook for 3–4 minutes.**
3. **Stir in rice, hot water and crumbled stock cube. Return chicken to the pot, placing it on top.**
4. **Cover and simmer gently for 25–30 minutes, until rice is tender and chicken is cooked through.**

Beadwork with a bigger purpose! 🧵❤️



Gogo Mfelakazini is using her beadwork skills to make a difference in the community. Through her craft, she is creating opportunities for young people, encouraging creativity and helping steer them away from drug abuse.

MORE INFO

📚 300 ECD principals receive Maths and Science training



Orange Farm-born artist and producer Fr3sh Fuego is building his music career while giving back to the community.

MORE INFO





Your story matters. Your voice matters. Help us keep community journalism alive – share your story, tip us off, or partner with us to drive real change where it matters most.
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