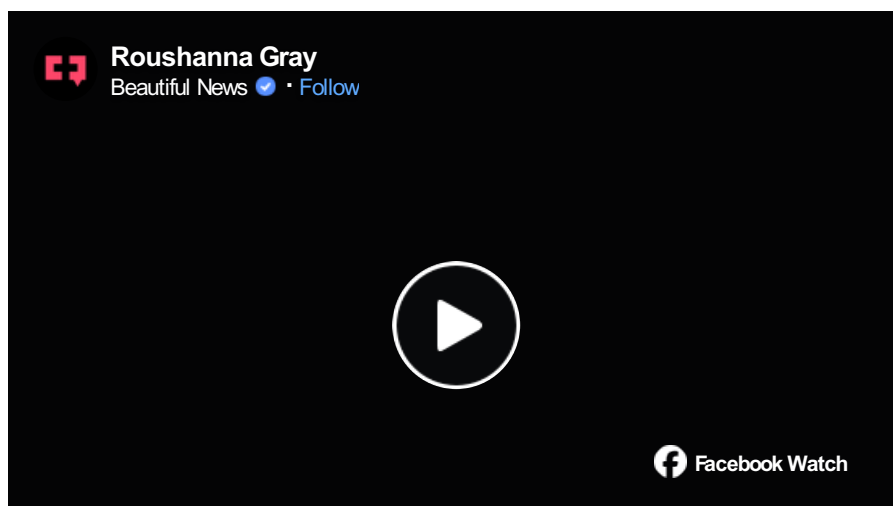


## #BeautifulNews: Pick your flowers and eat them too. This forager shows us how

Roushanna Gray takes a bite of a delicate blossom. It's not unusual to see her include buds, petals and leaves that she's foraged in her meals. "In fynbos, there are so many different types of edible and medicinal species," Gray says. South Africa's biodiversity is as abundant as it is breathtaking. Centuries ago, local foliage served as people's diets. Today, among artful food trends, indigenous blooms are returning to modern palates.

Read Roushanna Gray's full story [here](#).



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