



# CROWN NATIONAL SPICES UP HUNTEX 2024



HuntEx is the premier showcase for the hunting, sport, gaming, and breeding industries. Crown National was there to showcase all its products through a Factory Mart Pop Up Shop. Attendees were ready to indulge in a shopping extravaganza with an array of spices, seasoning, condiments, blends, and much more.





HALL  
3  
STAND  
338

SHOW  
SPECIALS

VISIT  
US AT

**HuntEx™**

FULL  
FACTORY  
MART  
STORE



COME SAY HI TO  
CHEF VAAIJIE

26 - 28 April 2024  
Gallagher Estate  
Midrand



PRODUCT  
TASTINGS

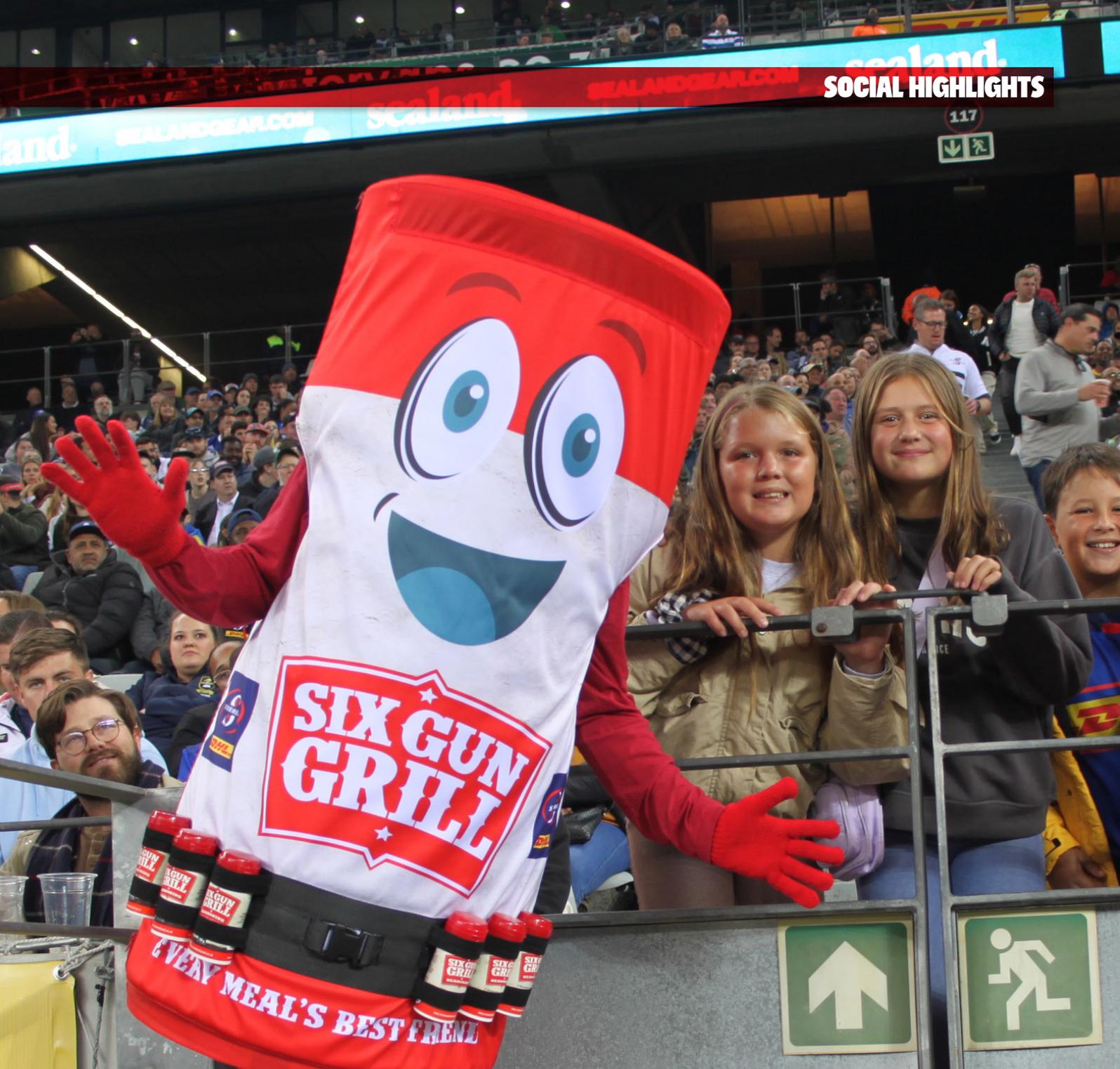


SPICE & MORE



Attendees were delighted with the opportunity to savor some exceptional product tastings and the chance to meet the renowned Chef Vaaijie.



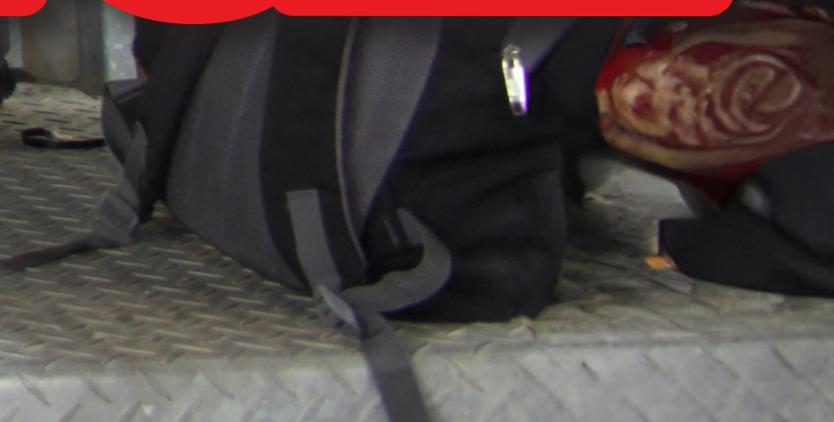


**Siga, our beloved Six Gun Grill mascot, reigns supreme as the ultimate entertainer at DHL Stadium, delighting crowds with his boundless energy & infectious charisma!**





# SIGA



# FAMILY FEUD

CHICKEN SPICE 39

AROMAT

BARBECUE 22

CHERRY/MASALA 15

SIX GUN 9

*Family Feud Africa agrees,  
Six Gun Grill is one of the best spices!*

ANOTHER  
SIX GUN  
GRILL  
Recipe



## 4 Way Sliders

### Ingredients

8 x Six Gun Grill® Beef Burger patties  
basil  
lettuce  
4x slices of cheese  
Six Gun Grill® Sauce  
Grama's® Creamy Jalapeno Sauce  
cocktail Rolls

16x cocktail bread rolls  
rocket  
8x slices of streaky Bacon  
60g blue cheese crumbles  
Grama's® Spicy Relish  
Six Gun Grill® Burger patties.

### Method

Combine the Six Gun Grill® patties and divide into 16 equal balls (frikkadels). Place the frikkadels in a pan or on a grill, once it starts to brown, flatten with a spatula. Cook until desired finish. In the meantime cook the bacon and slice open the rolls. Assemble them as follows:

4x rolls rocket, patty, 2x slices of bacon, spice with Six Gun Grill®, add Grama's® Spicy Relish.  
4x rolls basil, patty, season with Six Gun Grill®, slice of cheese and finish off with Six Gun Grill® Sauce.  
4x rolls lettuce, patty, blue cheese, season with Six Gun Grill® and finish off with Six Gun Grill® sauce.  
4x rolls rocket, patty, finish off with Grama's® Creamy Jalapeno Sauce.  
Place one of each on a wooden board and serve with a side of your choice.



What would you like  
us to cook up next?

Email: [Eric.Ngidi@  
crownsfood.co.za](mailto:Eric.Ngidi@crownsfood.co.za)

# OHS CORNER

## KIDNEYS

The kidneys are a pair of vital organs that perform many functions to keep the blood clean and chemically balanced. Understanding how the kidneys work can help a person keep them healthy.

### What do the kidneys do?

The kidneys are bean-shaped organs, each about the size of a fist. They are located near the middle of the back, just below the rib cage, one on each side of the spine. Every day, a person's kidneys process about 200 liters of blood to sift out about 2 liters of waste products and extra water. The wastes and extra water become urine, which flows to the bladder through tubes called ureters. The bladder stores urine until releasing it through urination. The kidneys remove wastes and water from the blood to form urine. Urine flows from the kidneys to the bladder through the ureters.

### In addition to removing wastes, the kidneys release three important hormones:

- Erythropoietin, or EPO, which stimulates the bone marrow to make red blood cells;
- Rennin, which regulates blood pressure; and
- Calcitriol, the active form of vitamin D, which helps maintain calcium for bones and for normal chemical balance in the body.

### Points to remember:

- The kidneys are two vital organs that keep the blood clean and chemically balanced.
- Kidney disease can be detected through a spot check for protein or albumin in the urine and a calculation of glomerular filtration rate (GFR) based on a blood test.
- End-stage renal disease (ESRD) is the total or nearly total and permanent loss of kidney function. Dialysis and transplantation can extend the lives of people with kidney failure.
- Diabetes and high blood pressure are the two leading causes of kidney failure.
- People with reduced kidney function should see their doctor regularly. Doctors who specialize in kidney disease are called nephrologists.
- Chronic kidney disease (CKD) increases the risk of heart attacks and strokes.



For all new story submissions, email us at [eric.ngidi@crownsfood.co.za](mailto:eric.ngidi@crownsfood.co.za). Follow us on the below platforms if you are not already doing so to see all the activities that happen in the business.

Facebook: [@sixgungrill](#) & [@crownnational](#) | Instagram: [@sixgungrill](#)  
With thanks from the team that goes the extra (s)mile – Eric Ngidi & Jean Adams