



# XCentric Ideas

One day, someone showed me a glass of water that was  
half full. And he said, "Is it half full or half empty?"  
So I drank the water. No more problem.

Alexander Jodorowsky

All photos my own

November 2012  
Volume 7 — Issue 11  
by  
ALMA PRETORIUS  
[alma@xcentricideas.co.za](mailto:alma@xcentricideas.co.za)  
[www.xcentricideas.co.za](http://www.xcentricideas.co.za)

# Flavored Water in a Jug

I couldn't drink water. At all. But then a few years ago, we spent December in Natal ... think hot, humid and sticky weather ... I started to drink AND ENJOY water. Although I don't drink enough water every day, I will happily order still water in a restaurant.

But lately I've spotted a new trend ... flavored water in a jug on your table. And no, I'm not talking the artificial flavoring of water .... **I URGE YOU ... I BEG YOU .... I IMPLORE YOU ....** Try this ... **AT HOME!**

This must be one of the most efficient ways to serve water – E V E R!!!! And the beauty of this, it looks absolutely gorgeous on every single table ... be it a wedding, party, or just a social gathering.

Turn an ordinary jug of water with ice cubes into something spectacular:

**Ice cubes** is a must. You can freeze your cubes with little **mint leaves** in or **glaze cherries**. Or small sliced pieces of **orange, lemon or lime**.

It's ideal to use normal water – but you can also use **Sparkling Water or Lemonade**

# ..... in a Jug

These are just **guidelines** for you to use. Choose fruit, herbs and combinations that you like.

**Citrus** fruits, eg: oranges, **grapefruits**, **lemons** and **limes**, can be sliced and added to the water with their skins on.

Soft or otherwise juicy fruits, such as **berries** and **pineapples**, should be washed and sliced so more of the pulp is exposed to the water.

You can also **crush** some of the **soft fruit** to enhance the flavors, although it will 'muddle' the water.

Harder fruits such as **apples** and **pears**, will add a stronger flavor if frozen first.

Soft vegetables such as **cucumbers** can lend a nice taste to the mixture.


**Edible flower petals** (carnations, fuschia, gardenia, hibiscus, jasmine, lavender, pansy, rose (remove white part of the base), violet – washed properly) can also be used.

Fresh herbs like **mint** or **rosemary** can be added in place of fruit. The leaves should be fresh and slightly bruised or crushed, then added to the water in the above recipe.

Slice **fresh ginger** or bruise fresh **lemongrass** and add to fruit.

# Apples and Cinnamon Stick



A clear glass filled with water, containing several slices of lime and ginger floating near the surface, and a layer of blackberries at the bottom. The glass is set against a plain white background.

Blackberries, Lime and Ginger Slices



Blueberries, Frozen Mango &  
Mint



Strawberries, Rosemary, Cinnamon  
Stick & Grapes

Pear, Pineapple and Lime







Oranges



Peaches



Watermelon, Melons and Rosemary