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Proposal Worksop

It's time to eat flowers!

Workshop It's time to eat flowers

Topic: New concept of recipes; Simple and organic combination of fruits, leaves and flowers

Detail: Changing the perspective of kitchen and cooking

Learning Style /Activity: Learning more about how to cook and eat flowers

Time: 4 hours (1 Preparation)

Materials: not yet defined

Number of participants:15

Audience: not yet defined



This workshop combines aspects of biology, cooking and nature to build up a new concept of botanical garden and nutrition laboratory.

In a sequence of an experiment that I undertook two years ago. This project began when, through illness, I developed an iron and vitamin C deficiency. I decide to start a new special diet based on Chakras colours, In Indian thought, each of seven centres of spiritual power in the human body. The doctrine says that the body's physical and spiritual harmony can be affected and modified by consuming different amounts of fruits and vegetables of specific colours.

I start spontaneously, eating red, and I really mean only red raw fruit, flowers and vegetables for one week. It turn out that I start to feel a lot of energy and I noticed a definite improvement in my overall state of health. From this I decided to extend this experience, including the other six colours, always base in the same principle: Eating one color per week, raw fruit and vegetables. This experience was a moment of catharsis and I incorporated parts of the diet regimen into my normal routine and work since then.

The workshop has 3 moments:

Collecting
“cooking”
Degustacion

1- **Collecting** – Serves to illustrate just how limited is the range of herbs and foods we consume in our modern Western diet, specially in the supermarkets.
Maybe we can do it in Himmelbeet?



2- **Preparation** – Each part of vegetable; flower, roots or leaves are adapted into a new unique and small shape The composition is inspired by my own recipes (my previous research) where colors, shapes and smell are reorganized by size, color and way of following, in a simple way that preserve and respect each part of the elements.



3- **Degustation** – Throughout time and in every culture, human beings have eaten together. Commensality - eating and drinking at the same table - is a fundamental social activity, which creates and cements relationships.

