

D E S I G N

Y O U R

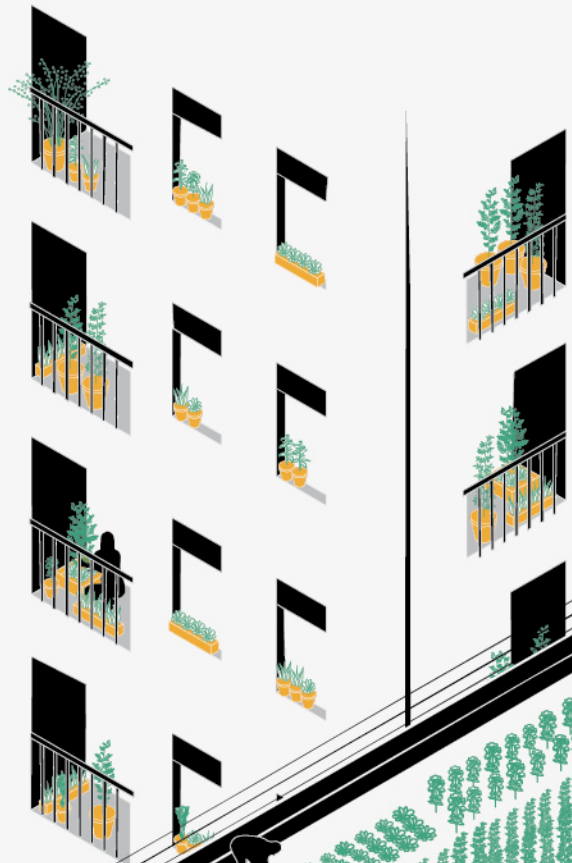
F R E E

L O C A L

10TH ARCHITECTURE BIENNIAL

M E N U

OF SÃO PAULO 2013



QU
PLAN
OS MALES



**EM
NTA
S. ESPANTA**

HOW TO DESIGN YOUR FREE LOCAL MENU



For the São Paulo X Architecture Biennial, an experimental kitchen was located on the rooftop of

the CCSP that offered a space for exchange and critical reflections within the framework of public cooking actions. The kitchen and its usage was developed in cooperation with the Institute of

Contemporary Art - TU Graz, Hortelões Urbanos, Árvores Vivas, Come-se/Neide Rigo – and became a platform for further organizations, initiatives and local actors to join in!

BUILD TOOLS!

- a sharing platform for social and green interactions

FRUITMAP.AT

- build a kitchen while thinking about resources, energy and waste

> WOOD KITCHEN CHAP. 6

> GREY WATER CLEARING SYSTEM CHAP. 7

- cooking and eating

> SOLAR COOKER CHAP. 9

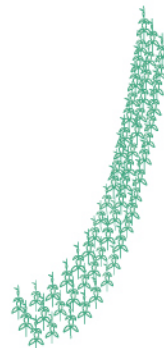


USE URBAN GREEN!

- roofs and balconies
- community gardens
- vacant lots
- traffic islands
- public squares

> GREEN INTERACTIONS CHAP. 3

> LOCAL RESOURCES CHAP. 8



ACT LOCALLY! IN GRAZ

- Lendlabor
WWW.LENDLABOR.AT
- Gemeinschaftsgärten Graz
VIMEO.COM/50009569
- Gardenlab Graz
GARDENLAB-GRAZ.OVER-BLOG.COM

- Schloss Schwarzenegg Garten

> THE EDELBERRY SYRUP STORY CHAP. 11

- Kunsthaus
WWW.MUSEUM-JOANNEUM.AT/DE/KUNSTHAUS

- HDA Haus der Architektur
WWW.HDA-GRAZ.AT

> ACTIVATING RESOURCES IN GRAZ CHAP. 4

ACT LOCALLY! IN SÃO PAULO

- Come-se - Neide Rigo p. 22
COME-SE.BLOGSPOT.COM.BR

- Árvores vivas - Juliana Gatti
WWW.FACEBOOK.COM/ARVORESVIVAS

- Hortelões Urbanos
WWW.FACEBOOK.COM/GROUPS/HORTELOES

- Muda SP - Isaac Kojima et al.
WWW.MUDA.ORG.BR

- Monique Schoenacker
FORADESERIE.ART.BR

> EXCHANGING WAYS OF ACTING CHAP. 5

EXCHANGE!

IDEAS



- new tastes and recipes
WWW.SLOWFOODAUSTRIA.AT

> HOW TO COOK POLENTA BALLS CHAP. 10

> THE EDELBERRY SYRUP STORY CHAP. 11



SEEDS

- for seed diversity
SEEDFREEDOM.IN

KNOWLEDGE

- transmitting ancient knowledge - grandmother's university

WWW.NAVDANYA.ORG/DIVERSE-WOMEN-FOR-DIVERSITY/GRANDMOTHERS-UNIVERSITY

- discovering rare seeds is more interesting than modifying them
WWW.SAATGUTKAMPAGNE.ORG

INTRODUCTION

“Design your free local menu!” evolved from the online platform fruitmap.at, which was developed by the Institute of Architecture and Landscape at Graz Technical University, Austria, to raise awareness about the potential of urban greenery, such as mapping fruit-bearing trees in public space and promoting the idea of an open urban harvesting landscape. “Design your free local menu!” organizes public cooking actions, in which fruits, vegetables, greens and blossoms that are available for free

in public space are cooked and used to create delicious meals. The public is invited to contribute fruits and join in the cooking – as long as they oblige to the few basic rules regarding the harvest and collaborative cooking.

“Design your free local menu!” was developed to compliment the online platform with sensitive actions in public space. It tries to tap into new areas and into the in-between spaces of our rural



and urban environments. Both the usage of urban wastelands or traffic islands and the communal cooking with people from different backgrounds, are fostered for intentional micro-political effect. The menu itself differs depending on the site, its latitude and the season, resulting in actions such as blossom buffets in front of the city palace, carrot cake in abandoned fields, or fallen-fruit-parties on a residential block.

“Design your free local menu!” produces explicitly temporary cultural happenings to raise awareness of the precious and delicious resources through

reinterpretation of public space. By sharing a meal while designing something beautiful and tasty, new values and potentials can be discovered within our public green infrastructures.



Today we believe with a calm certainty that the majority of humanity lives in cities and is therefore independent from nature. Mankind seems to be removed from natural processes as the city limits grow and density increases. More and more city dwellers request technical infrastructures such as public transport, sewage systems and air conditioning. Nature is increasingly perceived as dangerous, unpredictable, and even foreign. As a result, green is mostly considered a color, a decorative element or a technological advancement, rather than a series of natural processes. Open green spaces are most commonly perceived as a dog toilet or as no man's land.

Yet green infrastructures for the inner city will play a key role in the future of urban climate moderation. Since scientist began recording temperature in 1906, the past decade has been registered as the warmest in central Europe and in the UK¹. According to the regional increase patterns, as well as urban climate predictions, the coming years up until 2020 will experience a temperature increase of another 1,8 to 3,1°C. Cities are affected proportionally more by the global rise of temperature and extreme weather conditions. Urban heat islands in big cities currently add 5–6°C to summer night time temperatures.² The hottest summer days within our cities will become up to 9°C warmer than they are today and seasonal rainfalls and dry periods will intensify by 20 percent.

Trees especially are able to reduce the concentration of heat with their shade and increase the comfort level of inhabitation through the

evaporation process they perform. Green rooftops and walls reduce the quantity of heating and cooling, as well as the building's temperature albedo. In contrast to common surfaces, plants convert sun energy through photosynthesis and transform it into biomass (carbon fixation), oxygen and air humidity. Over the past decades buildings in many regions have been constructed or equipped with thermal insulation. These construction systems reduce the transmission of heat or cold into the building. Especially in summer, when these buildings are highly exposed to global radiation (sunlight), the outer surfaces become increasingly hot and emit long-wave radiation – heat that can be felt directly. A green facade reduces the transmission of direct sunlight and the reflection (albedo). Plants ameliorate the urban microclimate by adding humidity whilst reducing radiation and wind speed – contrary to common surfaces like plaster, tin or bricks that actually reduce the thermal comfort of cities. Furthermore, green infrastructures can pay a considerable contribution to rainwater retention. Intensive green roofs can retain about 70% of the amount of rainwater. Elaborate green roof systems can store and evaporate up to 137 l/m² of water.³ The climate moderating effect of plants actually increases as it is needed. Research at the Institute of Soil Bioengineering and Landscape Construction (IBLB) at BOKU in Vienna showed that during a hot summer day in Vienna,

hot summer day in Vienna, a green wall with a surface of about 850 m² was able perform the cooling effect of 75 air conditioners running at 3000 W for 8 hours.⁴

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GREEN INTERACTIONS

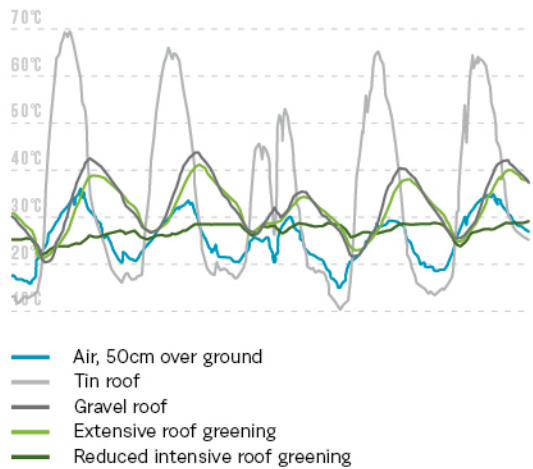


To effectively moderate the future urban climate within more extreme weather conditions and to evade the potential effects of climate change, we will have to increase the percentage of urban green by more than 10%, even in face of simultaneously experiencing an increasing population density in which land and ground value will be subject to enormous economic pressure.

It seems that in the urban population, the growing awareness of climate change coincides with an increased loss of practical and sensorial abilities in the handling of natural and ecological processes. Nature is long gone from our everyday and individual competences. Planners, architects and policy makers have difficulty in realizing green infrastructures within urban environments. Since cities became the focus of the cultural and academic mainstream, the dealing with natural cycles and metabolisms has been neglected over the last decades. Beyond the general dissolving of direct human interaction with its natural environment, nowadays even food is characterized by its chemical and nutritional properties only. Its impact on the production origin or possibilities to restore the environment, remain unknown. It seems that the lack of nature in our everyday competence is not in technological aptitude or recommendations, but in stronger visions of integrative and cultural models.⁵

It is a prerequisite to integrate daily urban practices with the usage and cultivation of urban greenery, if our urban landscapes are to become an active component of the regional and global ecosystem. Nature has to become an integral aspect of the practice of urbanity.

Roof temperature of a building (Vienna, June to July 2011)



Text by Bernhard König, TU Graz, Institute for Architecture and Landscape, LANDLAB La&I, using material by Bernhard Scharf and Vera Enzi, BOKU Vienna, Institute of Soil Bioengineering and Landscape Construction.

1. According to global meteorological data sets, the past decade is supposed to be the warmest on earth since the 19th century. see also: Greater London Authority, Managing Risks and Increasing Resilience – The Mayor’s Climate Change Adaption Strategy, London 2011, p.25
2. Greater London Authority, Living Roofs and Walls, London 2008, p.18 (reference LCCP „The impact of climate change in London.”)
3. a.o.: Verband für Bauwerksbegrünung, Projekt GrünStadtKlima, Leitfaden Grüne Bauweisen für Städte der Zukunft, Wien 2013
4. a.o.: Verband für Bauwerksbegrünung, Projekt GrünStadtKlima, Leitfaden Grüne Bauweisen für Städte der Zukunft, Wien 2013
5. According to a survey in London 2011 it is striking that 92% of developers, but only 27% of engineers have doubts regarding the technical and structural feasibility to implement more green infrastructure. see also: <http://livingroofs.org/barrstruct> (10.10.2014)

Literature:

Verband für Bauwerksbegrünung, Projekt GrünStadtKlima, Leitfaden Grüne Bauweisen für Städte der Zukunft, Wien 2013
 Greater London Authority, Living Roofs and Walls, London 2008
 Greater London Authority, Managing Risks and Increasing Resilience – The Mayor’s Climate Change Adaption Strategy, London 2011
 London Climate Change Partnership, London’s Warming – The Impacts of Climate Change on London, London 2002
 Reinhold Lazar, Alexander Podesser, An urban climate analysis of Graz and its significance for urban planning in the tributary valleys east of Graz, in Atmospheric Environment, No. 33, 199

“Design your free local menu!” evolved from the online platform fruitmap.at, which was developed to raise awareness about the potential of urban greenery, like mapping fruit-bearing trees in public space. Inspired by the idea of utilizing fruits and vegetables that are freely available in cities, the fruitmap.at team organized a public event to promote their online project in May 2012. Since most trees and shrubs in Austria don’t bear fruits in spring, the first happening called “Design your free local menu!” turned out to be a blossom buffet by the fig tree under the clock tower at the Schlossberg in Graz.

The successful reception of this initial happening with visitors an passer-by, as well

as the media attention it received, gave cause for further cooking performances. Raising awareness of- and utilizing the urban harvesting landscape, as well as mapping new and unknown areas and engaging diverse sections of the population became the goals. By early 2013 the project was given a fully equipped kitchen by Kunsthaus Graz – for free.⁵ This mobile kitchen and furniture built from unpolished wood has become a hallmark of the project. “Design your free local menu!” has since been

activating and greening the courtyard of the abandoned Dominikanerkaserne in the center of Graz, turning fresh fruits into pancakes in the park, or inviting the public to cook under the railway bridge.

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GRAZ

ACTIVATING URBAN SPACES
THROUGHOUT THE SEASONS

“DESIGN YOUR FREE LOCAL MENU!” HAS 5 PRINCIPLE CHARACTERISTICS:

- **COMMUNITY** – We want to grow social networks and connect people.
- **COMMONS** – Our project belongs to the commons. Anyone is welcome to cooperate or participate – ideally by utilizing common goods.
- **RULES OF THE GAME** – All good things are based on a few simple rules. Our rules focus on how to utilize urban resources (ideally from public space) and we ask the cooks to wear an apron (for hygiene and to avoid too many cooks in the kitchen).
- **DIY KITCHEN DESIGN** – Hallmark of the project are the hand-built kitchen furniture made of unpolished wood, biological wastewater filter that also employ pants, and a solar cooker.
- **ENVIRONMENTAL PURPOSE** – The project originated from a complex set of intentions, including promoting the awareness, activation and fostering of urban green spaces with the intention of regulating the urban climate. The environmental purpose is the central content of the project and factors into all decisions and arguments about the project.



SPRING:

FLOWER BLOSSOMSBUFFET



6. The kitchen was inherited from Cittadellarte – Sharing Transformation, Exhibition at Kunsthaus Graz, 29.09.2012 – 20.01.2013



SUMMER:
PORTABLE GARDEN IN
VACANT BUILDING

AUTUMN:
HARVESTING TIME IN THE
KUNSTHAUS



For the 10th Architecture Biennial of São Paulo with the theme “City: Ways of Making. Ways of Using”, “Design your free local menu!” was invited to produce a public intervention in the urban landscape of São Paulo. Prior to the biennial’s opening a new project kitchen was built from a truckload of unpolished wood and other locally sourced materials.

The main communal cooking event took place during the opening night on the biennial on the rooftop of the main event location, the Centro Cultural São Paulo – and involved over 200 participants simultaneously. In that context “Design your free local menu!” was introduced as a platform for temporary events, bringing together diverse interest groups around the communal act of cooking, and promoting the usage of urban resources.

Subsequently, the project kitchen on the CCSP rooftop was used as a site for workshops, performances, and lectures. “Design your free local menu!” became an active link between diverse local projects and actors working in São Paulo. Participants organized and produced city-tours to locate edible plants, and multiple urban gardens and lo-



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SÃO PAULO

EXCHANGING WAYS OF DOING
AND WAYS OF USING

cal neighborhood initiatives used the communal cooking platform to introduce themselves and invited the public into shared excursions.

And so a grandmother with a hundred-year old family recipe met a chemist who listened in amazement to her knowledge of plant and

flower properties, and a young student who to date had almost no experience cooking her own meals. A grandfather recalled old tales of fruit harvests and shared his knowledge with a young mother, who until now only perceived the bread-fruit tree in from of her house as a threat to her kids and to her car, and with a student that hadn’t even noticed the tree at all. “Design your free local menu!” enabled an unexpected dynamic of interactions, of mutual exchange and of experimentation. The myriad of new discoveries and experiences were made public through local networks, actions, newspaper articles, and blog-entries. The project was rapidly accepted and maintained as a platform by many local groups of the São Paulo community.

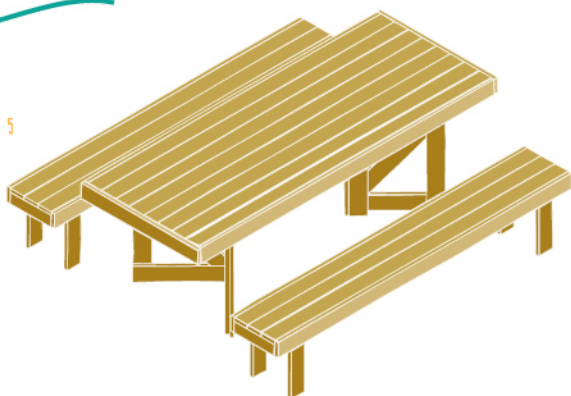
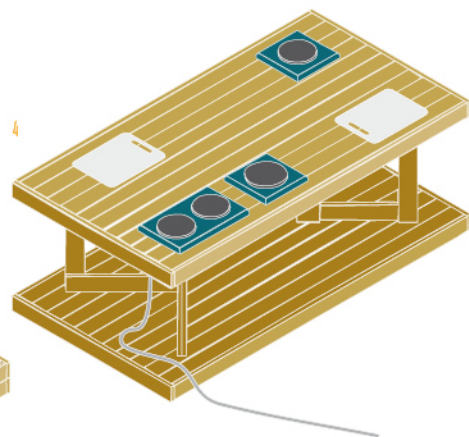
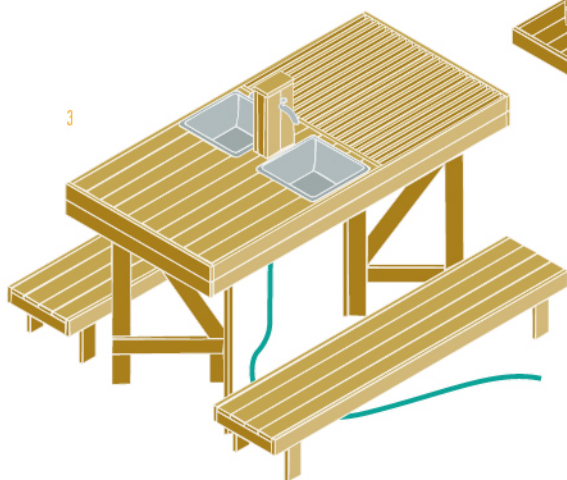
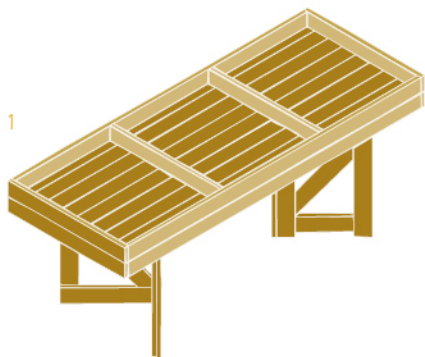






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HOW TO BUILD A WOODEN KITCHEN



1. Cultivation table
2. Harvesting table
3. Washing table
4. Cooking table
5. Eating tables and benches



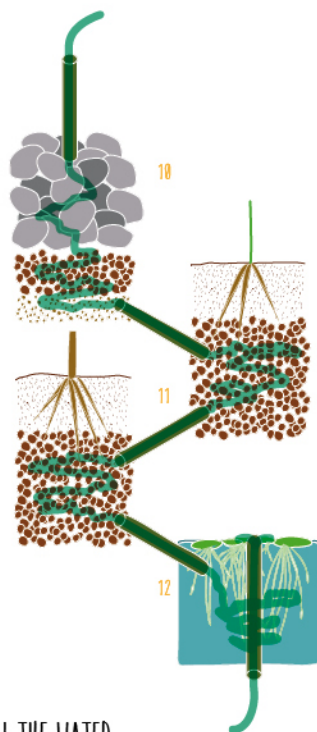
ALL THE FURNITURE OF THE KITCHEN HAS BEEN CONSTRUCTED WITH SINGLE SIZE WOOD PIECES, CUT ONLY IN LENGTH.

THIS IS HOW THE FINISHED KITCHEN LOOKED LIKE



HOW TO BUILD THE WATER CLARIFICATION FILTER SYSTEM:

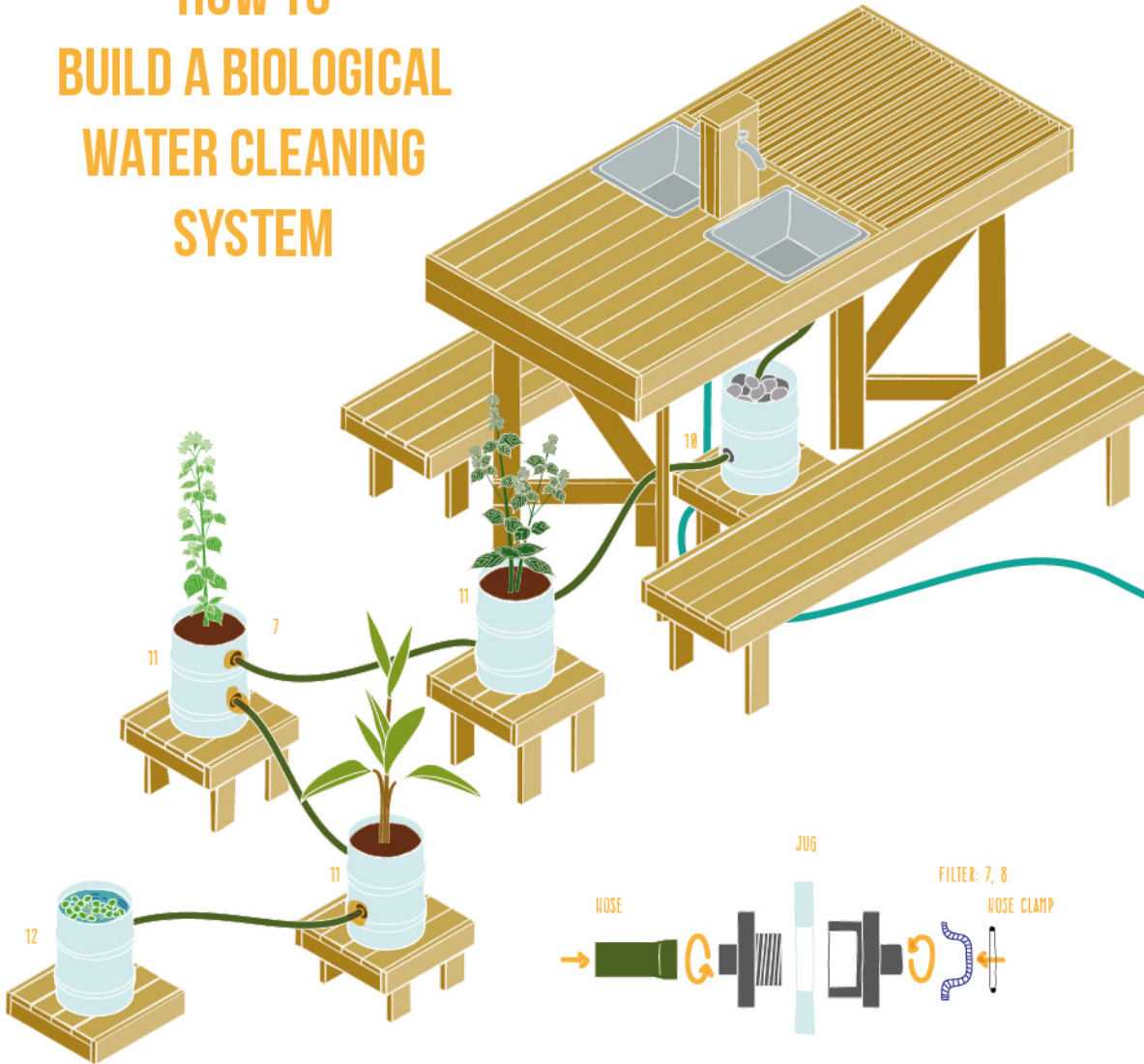
1. Raise the height of your washing table by 40 cm and build a small bench for people to stand on while washing. We made one sink just for washing the vegetables and thus could reuse the water directly to water the vegetable garden, and the second sink for dish washing, which connected the waste water drainage to the filter cleaning system described here.
2. Collect four 5-gallon water jugs and cut off the upper part with the spout.
3. Use pvc or metal connectors for hydraulic systems that fit with the hose and pipes you are using.
4. Drill two holes on the side of each water jug with the same diameter as your connectors. The holes should have a height difference of at least 10 cm between entry and exit hole to ensure the water drainage. Save one water jug for instruction point 3.
5. Build stepping stools to install the water jugs at different heights (40, 30, 20, 10cm).
6. Cut the hose into pieces of the length necessary to connect the water containers to one another.
7. Install the connectors with hydraulic isolation tape; then install the hoses.
8. Install strainers in the exit holes of each water jug to avoid clogging the system.
9. For the last water jug, drill one entry hole on the side of the container and one exit hole on the bottom. The last container is responsible for keeping the water level stable within the whole system, avoiding it to dry out. A vertical pipe, connected to the bottom hole, allows the water to drain only when a certain water level is reached.



HOW TO FILL THE WATER CLARIFICATION CONTAINERS:

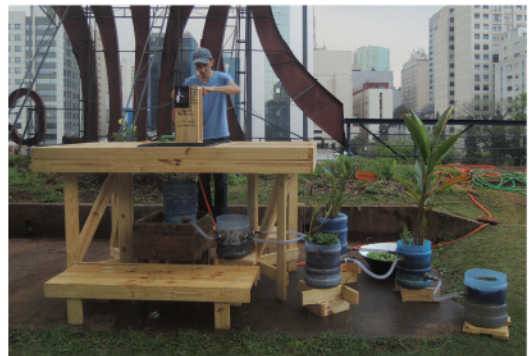
10. The first one (installed on the highest stool) is the mechanical drainage: fill the bottom of the jug with rough grained sand, then add a layer of gravel and expanded clay pebbles on top (the strainer installed in this exit hole has to be very fine).
11. In the 2nd, 3rd and 4th container plant plants whose roots can biologically clean the water. Check for regional plants - we used Oregano, Peppermint, Banana tree and Swamp Lilly. Fill the bottom half of the container with expanded clay pebbles and the top half with earth to plant the shrubs, herbs, grasses. You can use gravel on the bottom of the container to fill the space below the exit hole.
12. The last and lowest container should be filled with water and use water filtering plants. We used Pistia (or "water cabbage") and Eichhornia. You could try to have more containers with water filtering plants. If you can make a bigger and more complex system, the clarification process is more efficient.

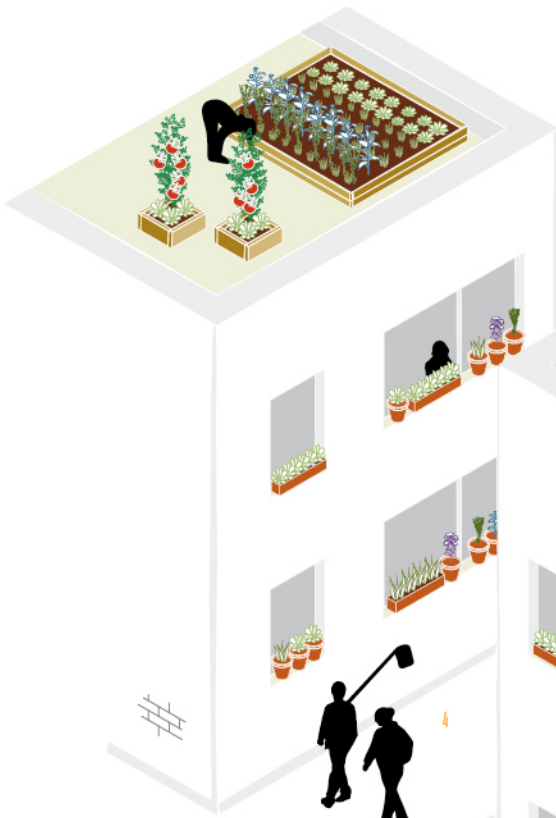
HOW TO BUILD A BIOLOGICAL WATER CLEANING SYSTEM



HOW TO USE THE WATER CLARIFICATION SYSTEM:

- 13. Only use biological soap for washing, preferably self-made.
- 14. Do not drain oil in the sink. Clean your dishes and pans with old newspaper or used paper napkins before washing.
- 15. The grey water will be clean enough to return to the environment, but not to drink!





HOW TO CULTIVATE AND HARVEST URBAN RESOURCES



1. USE ROOF GARDENS

Modify empty roofs to community gardens with great outview. Build raised beds to get more cultivation areas.

2. USE FACADES

Create your mini garden on your balcony or your windowsill.

3. USE PUBLIC SPACES

Trees/bushes in public space belong to the common good. Be respectful in handling the common goods.

4. SHARE AND CARE

The responsibility for verifying edibility or consequences of consumption rests with the user. Savor and share the products of the common goods with friends and family; raise awareness about the value and handling of these common resources by using online platforms like fruitmap.at

5. HARVEST CAREFULLY

Use proper equipment like harvest rods and ladders. Don't damage trees and plants by climbing carelessly on them or removing branches.

6. ACT RESPONSIBLY AND SUSTAINABLY!

Go by bike during our harvesting tour and do not leave garbage on harvesting sites.



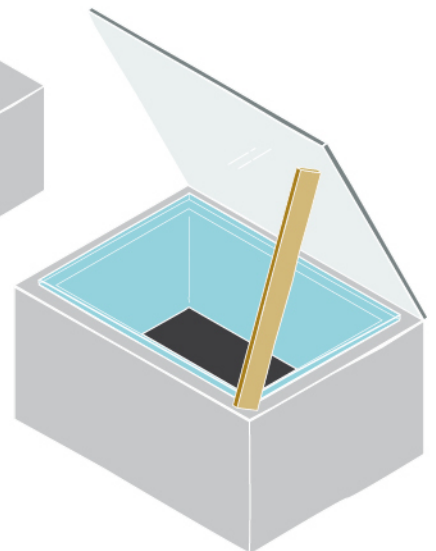
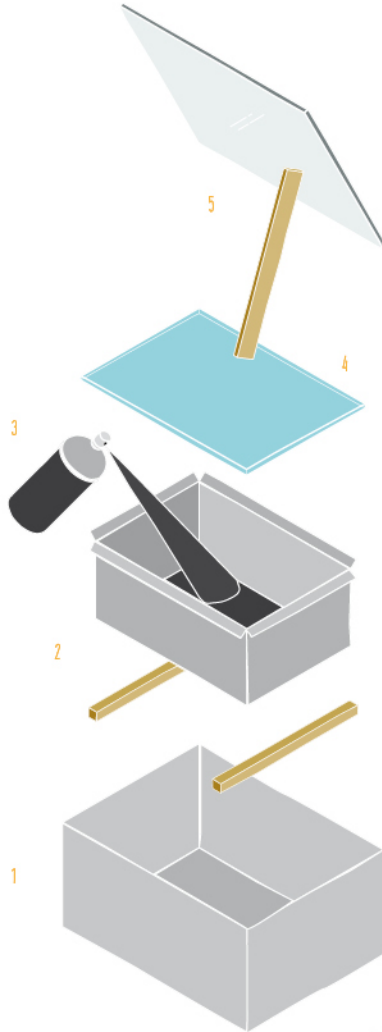
HOW TO BUILD A SOLAR COOKER

BUILD THE COOKER

1. Build the outer box out of plywood with the measures: 90cm x 60cm x 40cm.
2. Build a box that is at least 5cm smaller than the outer box. Put it inside the outer box. Take care that there is airspace between the two boxes on every side. The airspace will provide the thermal insulation between both boxes.
3. Varnish the inner box black for a better light absorption. Be sure to use a non toxic paint.

COOK

4. Close the inner box with a glass plate.
5. Mount a mirror at the edge of the outer box and adjust the angle of the mirror in order to use it for directing the sunlight into the inner box through the glass plate.



BE CREATIVE!

Recycle a parabolic plate and use reflective film on it. Or look for more Plans on:

SOLARCOOKING.ORG/PLANS

HOW TO COOK POLENTA BALLS



POLENTA BALLS WERE HANDED OUT
TO THE GUESTS DURING THE OPENING
EVENT OF THE X BIENNIAL SP, AS AN
INVITATION TO COME VISIT THE KITCHEN
ON THE TERRACE.

1. POUR

Pour 2 cups Polenta
in 2-3 cups of boiling
water.
Stir while cooking for
8-12 min.

2. HARVEST

Harvest fresh herbs
from the garden such
as mint, dill, oregano
or whatever is growing
seasonally, chop and mix
into the polenta.
Then salt and pepper as
you like.

3. ROLL

Roll Polenta into small
balls when it has the
right thickness and is
still hot.
Arrange the balls on a
plate and sprinkle fresh
cut herbs on top.

4. SHARE AND ENJOY!



Like most people here in Brazil, I only knew of elder as a medicinal plant and as a flavor enhancer for alcoholic beverages, which has the smell of honey and a particular, bitter taste. But as of recently, with the discovery of an elderberry tree near my house and the first sip of the syrup made of its flowers, a new world has opened up.

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ELDER FLOWERS, ELDERBERRIES, ELDERBERRY TREE, BLOSSOMS AND FRUITS

NEIDE RIGO

PUBLISHED MARCH 6TH, 2014
ESTADÃO NEWSPAPER, SP BRAZIL

This syrup was a simple concentrate of fruits and flowers that can be diluted with water to create a refreshing drink. And that's exactly what I pursued to do: hand-make my own elderflower syrup. Everything started with the attempt to reproduce the content of a little bottle that I had received from Daniela Brasil, an artist/architect teaching at the Technical University of Graz, Austria, who was visiting her native Brazil to participate in the Architecture Biennial of São Paulo. In our exchange of courtesies and seeds, I received a bottle with a small handwritten label "Holler Minze". Holler Minze is an elderflower-mint syrup that, I was told, is a very popular drink in Austria. And so I took the bottle home and diluted 2 spoons of syrup with a cup of cold water. The refreshing taste was so astonishing that I decided to do my own research with the elderberry tree close to my house, which I pass on a weekly basis. I went on to cook and taste a variety of its flower concentrates, until the

tiny blossoms turned into berries in big bunches of tiny, dark purple grapes. And I asked myself how it was possible to pass these precious trees so many times without giving them my attention?

If you haven't heard of them yet, you surely will soon. Since antiquity elderflowers and elderberries have been the treasured produce of the Sambuca genus, found as the *Sambucus nigra* (Black Elder) species in central and southern Europe, as *Sambucus peruviana* (Peruvian Elder) in the Andes, and as *Sambucus australis* (Southern Elder) native in southern Brazil. All of these species are similar in appearance, have similar common names, and offer the same agricultural uses. The differences are minimal and morphological. However in Europe, elderberries are currently hailed as a substitute for blueberries, cranberries and goji berries – and soon opportunists will produce universal remedies in powder form or as cure-all pills and lozenges. You shouldn't believe everything they say though.

Of course it is nice to know that they don't only taste good, but that they have other advantages too. When you search for the elderberry's scientific name in subject-specific search engines, such as Pubmed or Scielo, you will find many references to its dietary components as well as its preventive and therapeutic advantages. First off, let me say that there is no equivalent remedy for flu and respiratory diseases. But putting the hype aside, it is good to know that we can find elder trees in our environment, both the European and the native species, and that we can produce further products than just medicinal ones. The clear, yellowish flower syrup, as well as the velvety, red berry-juice are attractive alternatives to the common juice concentrates and artificial red-current juice.

The small blossoms of the elderflower are white and grow bunched in the shape of a bouquet. They possess a strong honey-like scent mixed with pineapple aromas that remain in the syrup. To say the truth, the resulting small berries are nothing special in appearance, comparable to black nightshade (*Solanum nigrum*). However, the taste – with its hints of resin and almonds, is amplified with heat and sugar. The pulp is juicy and red, so red that it leaves stains on your fingers. Covered by a thin, dark skin, the fruit appears to be black even though it is a deep ruby color, and it contains powerful antioxidants.



Even though now is the time of harvest, elderberries cannot be found for sale. They remain destined for the trees in streets and parks, to avoid the risk of mistaking the plant for another. A similar species exists – the *Sambucus ebulus*, whose flowers and berries are toxic. To tell one species from the other, one should know that the *Sebulus* is classified as a bush, whereas the elder is a tree that can reach a height of over 4 meters, depending on its origin. A further difference can be found in the flowers of the elder: they have yellow anthers and filaments, whereas those of the toxic relative are red.

Elderflowers and elderberries (both of the native and the European kind) should not be consumed raw, except for small quantities. Neither raw nor cooked should the seeds be ingested. As is the case with bitter almond or wild tapioca root, the plant contains cyanogenic glycoside, which above a certain quantity is toxic. Luckily this condition is alleviated in the cooking process.

For the flower harvest, you should search for the trees towards the end of spring. Sometimes you

will even find trees full of grapes of berries and blossoms in mid summer. With the yield of the harvest you can make juice concentrates, herbal teas, a soup of the berries and apples (Sauco soup – an Argentinean specialty), cakes made with the flowers and the fruits, jellies, jams, syrup, ice cream, or sweets: battered and deep-fried berries served with powdered sugar (these are *fritelle di fiori di sambuca*, which is an Italian specialty).

If you want to dive deeper into this elder-world, you can look up the plant's name in other countries where the flowers and fruits are being used in many creative forms as nutritional delights. *Saúco*, *sabugo*, *canillero*, *süc*, *bonarbre*, *sauko*, *sarets*, *txotixika*, *sureau*, *grand sureau*, *sambuquier*, *sue*, black elder, european elder, pipe tree, bour tree, *vlier*, *holunder*, *flieder*, *schwarzer holunder*, *sambuco*, *zambuco*, *sambrugo*, *saugo*, *nebbli*, *savucu*, *sabugueiro-dorrio-grande*, are just a few of these nominations.

If you cannot harvest enough flowers or berries all at once, you can freeze the individual bunches. Once you have gathered a proper quantity, you can prepare the syrup to be conserved. The berries

are easily separated from the stems when frozen. The flowers can be made into concentrate in small batches. You only need a jar-full of blossoms that have been removed from their stems.

An onion holder is a great tool for separating the blossoms or berries from the stems.

Another method of conserving the fruits is to dry them. The dried berries can be used in herbal teas, just like orange peel, ginger, cinnamon and hibiscus.



THIS IS HOW YOU MAKE THE CONCENTRATE:



ELDERBERRY SYRUP

Gather one kilogram of elderberries, wash and place them in a glass pot. Cover the berries with water and let them rest for 15 minutes. Then heat up the pot on the stove and let the water simmer for 5 minutes, making sure the berries remain covered by the water.

Strain the berries and press them through a potato ricer. Add 200g of sugar to the juice and reheat on the stove. Once the sugar has melted, the syrup can be bottled and stored. It can be diluted and enjoyed as a refreshing drink, or used as a syrup in mixed drinks and cocktails.



ELDERFLOWER SYRUP

Separate the blossoms from the stems, picking enough to almost fill a jar (choose a jar in a size proportionate to the quantity of flowers). For each bunch of flowers used, add two slices of lemon and 2cm of a vanilla bean to the jar. Then fill the jar with water heated to 40° centigrade. Seal it and set it in the sun for two days. Placed in direct sun the water will maintain its temperature or even heat up further.

Strain the liquid from the jar. Measure its quantity then add that same amount in sugar. Heat and let the mixture simmer for about 5 minutes or until it reaches the consistency of syrup. Then add one teaspoon of lemon juice per flower bunch used, bottle the syrup and store it in the refrigerator.

For consumption, you simply dilute the syrup with sparkling or still water, adding a few ice cubes and lemon wedges. Furthermore, you can use the syrup to make sorbets or mixed drinks (for example with gin, ice and lemon).

HARVEST AND PRODUCTION
OF ELDERFLOWER SYRUP
IN THE COMMUNITY OF THE
SCHWARZENEGG CASTLE,
STYRIA, AUSTRIA.



A FEW BOTTLES, PRODUCED
BY ANDI PERNER, WERE
TRANSPORTED TO THE
X BIENNIAL SP. EXCHANGED
WITH LOCAL ACTORS AND
SERVED AT THE OPENING
EVENT.



MEIDE RIGO RESEARCHED AND DEVELOPED
HER OWN RECIPE, SUBSTITUTING THE
COOKING PROCESS WITH LEAVING THE
INGREDIENTS UNDER THE WARM
BRAZILIAN SUN.

AN INITIATIVE OF:

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- Hortelões Urbanos, Movement "Muda-SP"
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FRAG

DEINE



ANNUAL
LIONNA

"DESIGN YOUR FREE LOCAL MENU!"

...is a collaborative social practice project for public space. Its aim is to facilitate public cooking actions that make delicious meals out of foraged edible fruits, vegetables, greens and blossoms that are available for free in

public space. Anyone can bring their own fruits, blossoms or greens and start cooking – as long as they adhere to the few basic rules regarding the harvest and collaborative cooking.

"DESIGN YOUR FREE LOCAL MENU!" WAS INVITED TO CONTRIBUTE TO THE SÃO PAULO X ARCHITECTURE BIENNIAL WITH AN EXPERIMENTAL KITCHEN LOCATED ON THE ROOFTOP OF THE CENTRO CULTURAL SÃO PAULO.

GRAZ, SÃO PAULO, 2013 - 2014

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