

LAB&KITCHEN

PRESERVING the FOODS of the FOOD FOREST

PREPARATION

Collect an edible species of the *brassicaceae/cruciferae* family as close as possible to your place of residence. These plants can be found almost on the entire land surface of the planet. The species that you harvest must be edible. A biennial or perennial plant is favoured. It is important that you collect the green leaves of the vegetable, as we will use this part during the workshop. Make sure the plant is fresh when the workshop starts. Examples of the possibilities include:

- *Brassica rapa* - chinese cabbage (bomdong, bok choy, napa cabbage), rapini, turnip greens, komatsuna

- *Raphanus sativus* - radish greens
- *Brassica narinosa* / *brassica nigra* / *brassica juncea* - mustard greens
- *Brassica oleracea* - savoy cabbage, white cabbage, cauliflower, broccoli, brussels sprouts, thousand-headed cabbage, oxheart cabbage, red cabbage, kale, sea kale, palm cabbage, kai-lan, kohlrabi.
- If you are unable to collect a *Brassica* species, you may be able to find a species of the *Amaryllidaceae* family, such as wild garlic or garlic mustard. Alternatively, you might be able to find a species of the *Amaranthaceae* family, such as swiss chard.

Additionally, collect an edible herb or flower as close as possible to your place of residence. Try to find edible 'weeds', or commonly unwanted invasive species such as nettles, dandelions, kardoon, blackberry leaf, fireweed, chickweed, burdock, cleavers, Japanese knotweed, lambs quarter, milkweed, mint, plantain, purslane, quickweed, etcetera.

N.B. Take photographs of all plants in the places where you found them. This may be a rural or urban environment and could be a beach, forest, public park, vegetable garden, street, shop or balcony. Make sure the surroundings are clearly visible in the photograph. You can upload these photographs [to the designated group in Whoova](#).

Kitchen tools for the workshop

- a jar + lid
- a weight that fits into the jar (e.g. small bag with water/a stone from the garden)
- sea salt
- cutting board
- knife
- tablespoon
- teaspoon
- scale or measuring cup
- serving plate
- 2 bowls (1 large, 1 small)
- small to medium-sized pot with plant-based oil (for deep frying)
- kitchen paper
- kitchen towel
- skimmer or spatula
- your edible flower/herb and brassica plant
- your favorite spice
- 1 cup of any type of flour (e.g. eikorn, rhye, spelt, teff, chickpea, lentil, corn, seaweed, tapioca, rice, coconut, sorghum, etcetera)

- 1 cup of cold water, carbonated water or beer (refrigerated if possible)
- ingredients for a quick sauce (e.g. a pesto, salsa, chutney, harissa, sambal, chimichurri, mayonnaise, pico de gallo, aioli, romesco, nam chim, nước chấm, etcetera).