



**Herbarium  
Creative  
Activities**



A set of instructions by Gayle Chong Kwan to guide you in the realisation of a *herbarium* from domestic waste.

Following is a selection of works realised by the students of Ca' Foscari University of Venice involved in the *Waste Matters* project.

*A4 card, A4 paper, waste foodstuff, pencil, digital camera, heavy books*

- Keep any vegetable food waste that will dry out when left on a tray/ oven tray for one week. Leave it to air-dry.
- Place each food waste on a page of paper with paper below then place a piece of A4 paper on top of it.
- Put one heavy large book on the bottom then place one piece of card on top of it then layer your paper and food waste.
- Place at least one heavy book on top of the stack or as many as you have and leave for at least 5 days.

*Follow the conventions of making a traditional herbarium and for each waste food stuff write:*

- Date
- Location
- Habitat
- Height and spread
- Representation or show variation
- Record characteristics
- Describe in detail – colour size and shape texture

*Expand and complicate the conventions of a traditional herbarium:*

- Write the temporal nature of it.
- Write the relational aspects of it.
- Consider its ecology of place, people and communities, other habitats and ecologies further afield.
- Describe your personal relationship to it.
- How is it used by you or your family in terms of eating, cooking, growing.
- Write your memories of it perhaps from childhood.
- Describe how it smells, what it is like to touch, what it tastes like.
- What is your emotional reaction to it.
- Imagine life from its perspective and write a short paragraph or poem detailing this.
- What could be its role in a meal, its use in a recipe.
- Research and make notes on how cultures, other than your own, use this food stuff.
- Is this foodstuff used in medicine, if so how?
- How might you imagine it was transported?
- Research the history of its cultivation.



## CARROT PEEL

DATE 30<sup>th</sup> September 2020  
LOCATION Hestra, my bedroom, first room on the right  
HABITAT Underground  
HEIGHT & SPREAD 71mm - 61mm  
8/9 cm



Representation or show variation:

Since 30<sup>th</sup> September the peel reduce its surface, it seems that it shrank in itself, it change its colour

DESCRIBE IN DETAIL COLOUR SIZE AND SHAPE TEXTURE  
It went from a very light orange to a brownish orange. It had one rough side and one smooth side (resulting from the cut) now (5<sup>th</sup> October) the sides are the same, they became both kind of rough. It's almost completely dry.

The peel of the carrot is not used in the kitchen like the rest of the carrot. I really love though carrot and potato soup because both my mother and grandmother used (and still use) to cook it very often during winter time. I used to compare both recipes but I still can't decide which of them I like the most. It doesn't smell, it's very light and it tastes like autumn. It feels like home.

### BE A CARROT PEEL

- mmm this is very warm and cozy -- and very dark!  
... no wait! Leave me here, I still have to grow a little bit!!!  
Oh no! Look at this place, too much light too many people staring at me --  
Oh this is nice, a little trap... I actually start to enjoy these traps...  
Wait!! What are you doing?!?  
This is very cold and wet, I feel like I don't have enough orange in me anymore...  
Oh it's dark again

# Cabbage leaf

5 October 2020  
Marostica (VI)  
Italy

Taken from vegetables garden.

Habitat: cool growing season  
between 7-24°C

15 cm height  
5 cm spread

transported by  
my mom



from our garden!  
km 0

humid  
after 1 month  
press, it's very  
dry and you  
can feel the texture

white, green  
and brown  
after 1 month  
press, now it's  
very black  
and grey



Used for: salads, cooked and ate with potatoes or meat  
Probably grown by ancient greeks and romans, stemming  
from a wild species.

TöltöttKaparit: hungarian recipe, leaf of cabbage stuffed  
with meat, onion, rice and sausage



## Carrot Peels

Date : 12 November;

Location : Venice;

Height - spread : 10-12 cm x 1 cm for most of the pieces;

Description : the carrot peels look sick. Their colour is dark orange. They present many imperfection on the surface, like wrinkles and brown patches. They are very delicate: if you touch them roughly, they will break.

Recipes :

- Turn the carrot peels in fried chips;
- Mix them with scrambled egg;
- Insert them into the muffin dough.

The back front of the carrot peels are smoother and slightly wrinkled. They remind the human wrinkles of the hand.

Memories from my childhood : Carrots weren't my favourite vegetable. I only ate them at my grandmother's house because I was convinced she cooked them better than my mother (truly, it was the same!). I started to eat raw carrots when I turned 24: before that age, I thought eating raw carrots for a snack was crazy!

SOFIA BORRONI 2020







POPPINNON POGONIS  
October 2nd 2020  
Tosgo, Italy

HABITAT: Soils of billonland, warm and temperate climate.  
CHARACTERISTICS: Bright orange and glossy skin in contact of the extremities, it has dark-green tough leaves and the blossom - and.  
It gradually lost its glossiness and it shriveled a little bit.



How IT IS USED BY MY FAMILY: Poppinnon has always been often raw, by my family, as a fruit. We usually peel it because the skin is too bitter and rough, then we cut it into round slices. I don't remember eating it as a child, but at that time I didn't really like to eat many fruits.

How IT IS USED IN OTHER COUNTRIES: The poppinnon is believed to be native to China, where it was cultivated since the Tang and Song dynasty. In Chinese culture is a symbol of good luck and for this reason they are particularly popular around the New Year. They are eaten fresh and dried or even frozen as an ice-like treat. Newly married couples give poppinnon to friends from whom they receive wedding gifts, it's then made of thanks. In Japan is often used in cookies, cakes and sweets.

How IT IS USED IN MEDICINE: In China traditional medical doctors recommend to eat the fruit fresh for high blood pressure or dried for asthmatic coughs.

EMOTIONAL REACTIONS: It gives me a sense of autumn and winter. It reminds me of something that I would eat either in the morning, a very sunny morning, or during a calm and cozy afternoon before watching a movie.

SMELL AND TASTE: It has a sweet, almost honeyed smell and a rich, sweet and juicy flavor. The inside texture is soft and smooth.



### POTATO SKIN

ABOUT 1 cm - DATE: 1/10/2020  
TAKEN FROM THE KITCHEN, HABITAT: GARDEN (IN THIS  
CASE, TWOHO RESIDUES).

YELLOW WITH BROWN/GREY POINTS. IT DIDN'T CHANGE IN  
COLOUR, BUT IT BECAME DRY AND SLIPPERY.

WE EAT A LOT OF POTATOES, THEY'RE EASY TO COOK AND  
CAN BE USED IN MANY RECIPES (POTATOES' SOUP WITH RICE  
IS A "MUST DO" DURING WINTER/AUTUMN IN OUR FAMILY;  
IT'S A SORT OF TRADITION TO "FEND OFF" COLDS AND SUCH).

ORIGINALLY FROM THE ANDEANS, ALTHOUGH IT WAS NEVER RECORDED  
THAT THEIR ROOTS WERE IN MORE THAN A SINGLE COUNTRY,  
THIS FOOD WAS INTRODUCED IN EUROPE DURING THE 16TH CENTURY.  
\*KNOW WORLDWIDE, IT'S ONE OF THE MOST EATEN FOODS.

FINAL THOUGHTS: EVEN THE SMALLEST THING CAN BRING  
REMINISCENCES OF THE PAST, OF FAMILIAR  
PLACES AND TRADITIONS. WE SHOULD  
LET OURSELVES BE TAKEN BY THESE REMINISCENCES  
AND ENJOY THE MOMENTS, ALWAYS.

# APPLE

DATE: 05/10/2020

LOCATION: Cappelle Maggiore (TV), Italy

HABITAT: native to Central Asia, cultivated worldwide

HEIGHT AND SPREAD: 15 x 2

REPRESENTATION / SHOW VARIATION: small cracks on peels

RECORD CHARACTERISTICS: red colour, round shape

USE: eaten as a snack, used to prepare desserts

GROWTH: cultivated in my garden with lots

MEMORIES: it reminds me of my childhood.

Used to cut this fruit and

SHELL, TOUCH AND TASTE: Sweet and tough

EMOTIONAL REACTION: apple reminds

the place where

Used to help my

vegetable garden,

fruits from the trees,

LIFE PERSPECTIVE: I'm called the fruit of sin.

People ate me to have knowledge.

can give total knowledge. I

wore, someone else, someone

For Christian belief I was

to catch your first parents

of people are forgetful of

themselves into an ingenious

RECIPE: It's the protagonist of the Tuesday

cooks it many times and I frequently

2 walk. It's very easy to prepare:

apples, raisins, toasted pine nuts,

breadcrumbs and sugar.

USAGE: eaten as a snack.

DIFFERENT CULTURES: apples are eaten with

Year of Bush Meskaneh.

numerous alcoholic

produced, such as

MEDICINE USE: they ~~are~~ compounds that pressure

study, eating one apple per day

is seen.

PLACE OF CULTIVATION: they are mainly cultivated in

on a tree at home. I took and

TRANSPORT: Km 0.

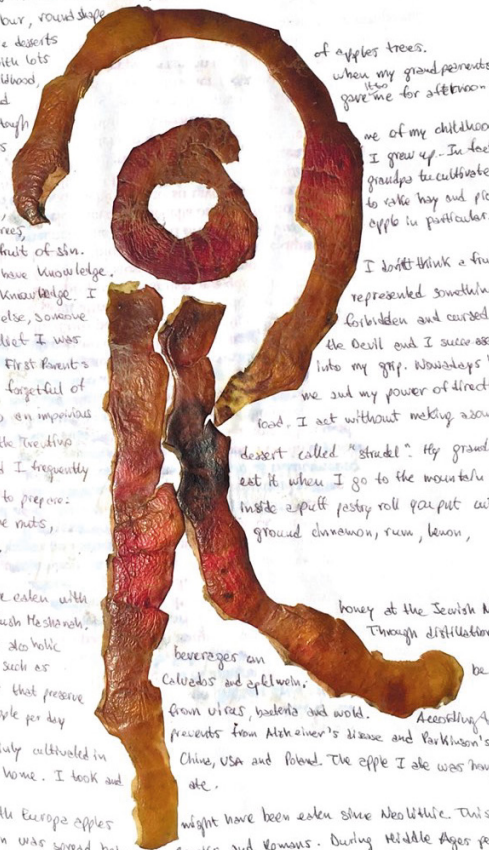
HISTORY OF CULTIVATION: in South Europe apples

cultivation was spread between

Greeks and Romans. During Middle Ages people

ate different qualities of apples. Then, through geographic explorations, apples

were introduced in America, Australia and New Zealand.



of apples trees.

when my grand parents

also gave me for afternoon sn

me of my childhood

I grew up. In fact,

grandpa to cultivate in

to make hay and pick

apple in particular.

I don't think a fruit

represented something

forbidden and cursed.

the Devil and I succumbed

into my grip. Nowadays but

we and my power of directing

load. I act without making account

dessert called "strudel". My grandma

eat it when I go to the mountains to

inside a puff pastry roll you put cut

ground cinnamon, rum, lemon,

honey at the Jewish New

Through distillation,

beverages are

Calvados and Apfelwein.

from vines, bastards and wold.

According to

prevents from Alzheimer's disease and Parkinson's

China, USA and Poland. The apple I ate was brought

ate.

might have been eaten since Neolithic. This

During Middle Ages people

ate different qualities of apples. Then, through geographic explorations, apples

were introduced in America, Australia and New Zealand.



## The nursing mother's herbarium

Date: 25/10/2020 - 04/11/2020

Location: Venezia, Italy, Dorsoduro

Habitat: all products from Italy  
regions (Veneto, Puglia, Sicilia)

Dimension: from 13m<sup>2</sup> to 73m<sup>2</sup>

representation: dried leftovers from the  
nursing mother's meals is contain:

- eggshell ; • kiwi peat
  - onion's peels ; • garlic peels
  - avocado's peel
  - peeling a tangerine
  - avocado and peach seeds
- all dried  
on the  
open air

Detailed description: this products were  
used for the nursing mother as  
help to feed her newborn (just 4 mth.)  
As far as her mom is mention all  
products were used for traditional  
Russian meal and had been replicated  
over and over again. The Italian  
concept follow the rule to have just Italian  
products (specialy fruits & vegetables), so  
the provenance of each article has a  
common base: the boat market on Dorsoduro  
in Venice from fruit seller named  
Paulo.



5/10/2020

CAMPBASSO, MOLISE, ITALY

ORIGIN: CENTRAL AND SOUTH AMERICA ⇒ WHOLE WORLD

THESE TOMATOES PEDUNCLES COME FROM MY NEIGHBOUR'S FARMLAND. SHE HAS A SMALL LAND IN A VILLAGE NEAR MY HOMETOWN AND THERE SHE CULTIVATES TOMATOES AND OTHER VEGETABLES. SHE GROWS THEM, TAKING GENTLY CARE OF THEM AND THEN DONATING THEM TO HER LOVED ONES. THESE PEDUNCLES WERE FURRY AND A LITTLE ITCHY, NOW THAT THEY HAVE DRIED, THEY ARE SMOOTH AND FRAGILE, LITTLE STARS COMPOSING A DYNAMIC CONSTELLATION ON THIS WHITE PAGE.

TOMATOES REPRESENT A PIVOTAL INGREDIENT OF MY FAMILY DIET AS WE OFTEN EAT THEM WITH PASTA OR OTHER MEALS. I ASSOCIATE THEM WITH SUMMER, HOT DAYS AND WATER. MOREOVER, MY GRANDMOTHER PREPARES TOMATO PRESERVES EVERY IN AUGUST, SO THIS VEGETABLE IS STRONGLY CONNECTED WITH MY RELATIONSHIP AND MEMORY OF HER. DESPITE BEING A CENTRAL INGREDIENT OF ITALIAN CULINARY TRADITION, TOMATOES ARRIVED IN OUR NATION THANKS TO THE "COLUMBIAN EXCHANGE" (AS DESCRIBED BY ALFRED CROSSBY), DEMONSTRATING A LONG STORY OF CULTURAL MIXES AND EXPLOITATION. LASTLY, TOMATOES ARE STRONGLY CONNECTED WITH IMMIGRANTS, WHOSE TIED HANDS ARE FORCED AND ABUSED TO GROW AND HARVEST THEM. IN FACT, THEY WERE AT THE CENTRE OF THE LAST MONUMENTAL WORK BY ITALIAN ARTIST, ALESSANDRO TRICARICO, IN FOGGIA, "SOLO BRACCIA" (ONLY ARMS).



Francesco Messina

## POTATO PEEL



DATE: 1<sup>ST</sup> November

LOCATION: VICENZA, ITALY

HABITAT: PERÚ, BOLIVIA, MEXICO

HEIGHT AND SPREAD: 1 piece: 14 cm x 1 cm; the rest: 5 cm x 1 cm

REPRESENTATION OR SHOW VARIATION: DRY, FROM LIGHT BROWN, TO DARK BROWN

### KEY CHARACTERISTICS:

DESCRIBE IN DETAIL: Brownish, Dry, Wrinkled

- Potatoes were always present in my family table. As an easy to cook food, when we don't know what to eat, potatoes are always an answer.
- I remember when my grandmother always cooked them for me and my brother, only in the oven because fried potatoes were bad for our health.
- I would say that potatoes, because they can be cooked in different ways they can change their smell and their taste, depending on the method of cook or if you use spices or not.
- Every time I see or smell potatoes I always think that, it is going to be a good meal.
- Potatoes are not a family food, they are friendships and loves kind of food. Especially if they are fried, potatoes unite people. In my friends group, we often meet to eat fried potatoes and we don't share them with people we are not really comfortable with.



→ SOLANUM TUBEROSUM (family of the "SOLANACEAE", in the Variety "Desirée".



DATE: 19/10/2020

PACKAGED on the 28th  
of SEPTEMBER.

HABITAT: PLATEAU of COLFIORITO, UMBRIA.

LOCATION: ASSISI PICENO, MARCHE.

HEIGHT and SPREAD: 13.7 x 13.9

CHARACTERISTICS: the skin is dry yet pleasantly smooth. What was bright and yellow is now dull and brown (or even greyish). It has shrunk but it has also kept its sinuosity.

EXTRA NOTES: my mom, as a child, used to put potato peel over her wounds in order to relieve the pain. The composition curiously reminds me of an ancient prophet with the features of an old American native lady. I see her dry and dark skin, the powerful energy she spreads only with her firmness. She takes care of the young ones and accompanies them in their adult hood. She is essential, yet belonging to a different land.



DATE: 26/10/20

LOCATION: MY ROOM, TRADATE (VA), LOMBARDY

ORIGINS:

- ONION: central asia
- PERSIMMON: china/Japan
- GARLIC: central asia

VARIATION: The leaf's are way less soft and almost feel like paper, the persimmon stem is less vivid, like the leaf's. ABOUT onion or garlic, instead, they didn't vary that much. texture/color: the stem and the leaf's look less vivid and more like yellow. garlic and onion are a little more vivid.

- In my family I have always seen my mom using garlic and onion in almost every recipe that affords it. They are used for the "soffritto" fundamental for soups, meat...
- In this case these onion and garlic were used to prepare a "sugo" (tomato sauce) with meat -> "ragù".
- Instead I have always loved persimmon in this period of the year. I also like to drink it in order to eat it all the year.

Courgette,

DATE: 11/10/2020



LOCATION: ITALY, VENICE



HABITAT: Greenhouse,  
vegetable garden

HEIGHT AND SPREAD:  
1,5 km x 1,5 km,  
approximately



CHARACTERISTICS:

Round slices of courgette,  
some weeks old. In the center  
they have a bright color, while  
the borders are thick and dark  
green. After the weeks spent while  
being pressed, the courgette's surface  
is now dry and wrinkled.

# CHERRY TOMATO STEM AND PETIOLE

- DATE: 07/05/2021
- LOCATION: CASTELNUOVO DEL GARDA (VR), ITALY
- HABITAT: IN TEMPERATE ZONES, THE TOMATO PLANT DOES NOT SURVIVE THE WINTER CLIMATE, AND THEREFORE IS GROWN AS AN ANNUAL
- HEIGHT AND SPREAD: 10,5 cm x 3 mm

NORMALLY MY FAMILY AND I CUT THE CHERRY TOMATOES AND EAT IT IN THE SAUCE. SOMETIMES WE USE CHERRY TOMATOES TO ENRICH FISH AND PASTA DISHES, TRYING THEM LIGHTLY IN OLIVE OIL IN A PAN.

THE STEM IS DARK GREEN IN COLOUR, THE PETIOLE IS DARK GREEN WITH BROWN AND WHITE SHADES. BOTH ARE DRY, DETERIORATING AND STIFF.

IN SUMMER, WHEN I WAS YOUNG, MY MOM USED TO PREPARE COLD PASTA WITH DIFFERENT INGREDIENTS INCLUDING CHERRY TOMATOES. IT WAS ONE OF THE MANY MOMENTS OF CONVIVIALITY THAT WE SPENT TOGETHER.

STEM AND PETIOLE HAVE NO SMELL AND DRY TO THE TOUCH. THE CHERRY TOMATO IS SWEET AND REFRESHING TO THE TASTE. IT SMELLS LIKE SUMMER, SMOOTH TO THE TOUCH.



CALTAGIRONE (CT), SICILY

TRANSPORTED BY BOAT AND TRUCK

THE TOMATO IS THOUGH TO HAVE BEEN FIRST DOMESTICATED IN THE PUERTO VERRACUS AREA OF MEXICO AND TO HAVE REACHED THIS AREA FROM SOUTH AMERICA IN THE FORM OF A WOEDY CHERRY TOMATO

IT REMINDS ME OF MY MOTHER AND HER WISHE

IN MEXICO, THE CHERRY TOMATO IS USED FOR SAUCE GUMBAND. OTHER DISHES CAN BE PREPARED WITH IT. TOMATOES CAN BE USED IN PASTA SAUCE. THE STEM, LEAVES AND FRUITS OF TOMATO PLANTS CONTAIN TOMATIN THAT HAS POSITIVE EFFECTS ON HEALTH.

I DON'T HAVE A MAIN ROLE IN THIS MORE COMPLEX RECIPE. I HAVE AN EXTRA ROLE. I LIKE TO THINK THAT WITH MY TASTE AND SMELL I CAN ENRICH DISHES. I REPRESENT THE NAUYN SPIRIT AT THE TABLE AND WE KNOW THAT WHERE THERE IS TOMATO THERE IS PIZZA, WITHOUT ME IT WOULD BE JUST A MISERABLE WHITE PIZZA.



**MEMORIES**

According to what my mother told me, I used to love tomatoes as a child. However, I stopped eating them once I started primary school, since the cauliflower offered tasteless tomatoes with no dressing. I started to like them again in middle school, because I used to have lunch at home and I could eat them as I preferred. Since then I love tomatoes and I eat them cooked in any way.

**CHARACTERISTICS**

See-through, edgy and thin peels. Once they were smooth and bright red, now they have become wrinkled due to drying and the colour has faded. Some have stains because the tomatoes had been forgotten in the fridge and they had started to change colour.

**SMELL, TOUCH, TASTE**

Slightly sour but sweet, very juicy and crunchy. Smooth and solid to the touch when ripe.

**DATE** --/--/--  
21/09/2020

**LOCATION**  
Bologna, Italy

**HABITAT**  
vegetable garden, greenhouse

**HEIGHT**  
AA

**SPREAD**  
& 3 cm  
1.5 cm  
more or less

**SKIN**  
My red and smooth skin

**HISTORY**

The tomato is native to Mexico and Peru and was highly appreciated in the homeland, where the Incas and the Aztecs called it xitomatl (hence the English "tomato") that is a plant with globular fruit, juicy pulp and numerous seeds and they consumed it everyday, even in the form of sauce. The tomato arrived in Europe in 1492 when the conquistador Hernán Cortés brought home some specimens. Tomatoes are today one of the most famous and eaten vegetables in the world and for this reason behind their production there are numerous stories of exploitation.

In Italy a movement called "Pomodori Rossi Salvati" ("blood red tomatoes") was born to fight the injustices suffered by migrants who arrive in Italy and start working in the harvesting of fruit and vegetables with little or no safeguard of their rights by workers.

**HOW THEY ARE USED BY MY FAMILY**

Tomatoes have always been used by my family, although my parents, having been born and raised in Southern Italy (Calabria), have always preferred tomatoes from there. They claim that the climate, air and water of the South make them sweeter and tastier. However, now we all live in Northern Italy and for this reason we tend to buy mainly Datterini tomatoes (the smallest ones) instead of the big ones, since they're the only one and the sweeter and tastier.

Shall not make you BLEED

"I protected my juicy interior for days and days for it to grow. It was mature and they caught us. I lost the fruit of so much effort before it was mistreated and exploited. And I was discarded."

In my family we eat cucumbers during summer, peeling and cutting them in slices to put in mixed salads, usually with sautés, tomatoes  
 in many other countries I've seen people not peeling them

Record characteristics:  
 rectangular fragment curled in the edges. Larger in the central part, narrower at the extremities.

Representation or show variation:  
 single piece of the skin of a cucumber

American tradition: Christmas pickle  
 Greece: tsatziki  
 it reminds me of summer in Greece when I was a child

In Germany they make me this recipe  
 boiled cucumbers a traditional recipe that I did not like  
 I saw people eating them boiled again for the first time  
 Cucumbers come from India - they have been grown for over 3000 years, early ones were probably very bitter due to acrylates. Cultivated and eaten in ancient Egypt



Detailed description:  
 Irregular exterior, smooth with some rounded protuberances. Dark green outside, bright green inside. Fresh smell, similar to the one of mulberry leaves

it reminds me of silk worms. I used to breed them in a cardboard box

Cucumbers are employed in skin-care products, for softening skin

**CUCUMBER SKIN**  
 Date: 03-10-2020  
 Location: Padova, from the city centre squares' market  
 Habitat: crawling vegetable garden plant or creeper  
 Height and spread: 12 x 1 cm

Relatively early to grow - prefer a full-sun exposure in a well-drained garden loam. Cucumbers plants are vines and need room to grow.

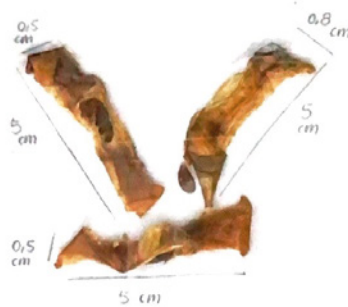
# Apple

05/10/2020

VENICE (ITALY)

trees originally from Asia  
and Europe

fruit growth: from flower to fruit



- usually the pomes present different colours but mainly three: green, yellow and red
- used usually in sweet dishes but traced in salty dishes, such as risotto, too
- has a medical use: apples increase sugar in blood
- to me, apples mean autumn: their redness and their smell remind me the fallen leaves
- I usually take different sweets with them





DATE: 26/10/2020

LOCATION: ZELARINO

HABITAT: ORIGINALLY INDIA AND CHINA

S&H: 3 x 2,5 cm

IT IS YELLOW, OVAL SHAPED, WITH NOT COMPLETELY SMOOTH PEEL. IT HAS A SPECIFIC FRESH SMELL. WHEN CUT IN HALF, INSIDE PART OF THE PULP IS WHITE. IT HAS SOUR TASTE.

MY FAMILY ALWAYS ADDS THE LEMON TO THE TEA, AS A FUNDAMENTAL ELEMENT, INSTEAD OF MILK. IT IS ALSO USED, IF MIXED WITH HONEY, AS A SYRUP FOR SORE THROAT. SURELY IT IS WIDELY USED IN COUSINE: AS AN ADDITION TO CAKES, PLUMCAKES, OR FISH, WHEN COOKED IN OVEN. IT REMINDS ME OF FRESHNESS, OF SOMETHING CLEAR AND TIDY, AND ALSO... OF TEA, SO OF WINTER. AND OF MY GRANDMA'S HOME.

" I ALWAYS STAY IN A BASKET, CONSTANTLY USED, CUT. EVEN MY PEEL IS USEFUL FOR SOMETHING. HOWEVER I DON'T UNDERSTAND WHY PEOPLE ARE SO DELICATE WHEN THEY TASTE MY JUICE. MOST OF THEM THROW ME AWAY UNTOUCHED. LEMON IS USED NOT ONLY FOR "SEASONING" BUT IT HAS PLENTY BENEFICIAL EFFECTS ON PEOPLE'S BODIES. IT HELPS DIGESTION, WHITENS THE TEETH, PROMOTES HYDRATION AND IT IS A GOOD SOURCE OF VITAMIN C.

THEY ARE THOUGHT TO HAVE BEEN ORIGINALLY CULTIVATED IN NORTHEAST INDIA AND NORTHER BURMA OR CHINA. SPANISH CONQUEST THROUGHOUT THE NEW WORLD HELPED SPREAD LEMON SEEDS. IT WAS TRANSPORTED ON SHIPS, NOW SURELY ALSO BY TRUCKS.

## TANGERINE'S PEEL



IT FEELS LIKE  
WINTER AFTERNOONS,  
CHRISTMAS EVE,  
KITCHEN'S PERFUME,  
MOM'S HANDS,  
CHILDHOOD MEMORIES,  
FAMILY  
AND  
HOME.

- DATE: 3/10/2020

- LOCATION: Vicenza, Italy.

- HABITAT: Mediterranean basin, originally China.

- HEIGHT & SPREAD: 2cm To 8cm.

- VARIATION: N. The peel is orange, coars but still soft. The inside is white and yellow, a little grainy and mellow.

- CHARACTERISTICS: Day after day the peels become harder, at the moment is quite tender.

- DESCRIPTION: The smell is very fragrant and sweet.

### EXTRA NOTES

During winter season this fruit is always present in my kitchen. Like a tradition me and my family eat it, like a sweet treat, after every meal.

Its strong and sweet smell, reminds me of Christmas, as a child I left tangerines on the kitchen table thinking Santa would have eaten after... leaving all the gifts under our Christmas tree.

Tangerine is an important fruit: it is the original fruit from which derive many other citruses.

It's used especially to make marmalade, or essential oils.

Tangerine's origin habitat is China, but during XI century, has been exported to Europe, especially in Spain and Portugal.

## CARROT PEELS

- Date: 30/09/2020
- Location: Gussateca, Venice, Italy
- Habitat: Field, Pianura Padana, Italy
- Colour: orange-grey; size: small and slim; shape: texture = still humid and stiff
- Height & spread: 2.5 to 8 cm length / less than 4 cm width
- Variation: the peels have become a little stiffer and more grey
- Characteristics: small and many pieces

In the past, we rarely ate carrots, my mum would only use them in some meals, for example her famous vegetable soup, we started eating them on a daily basis only a couple of years ago. My mum (and I) cook carrots boiled (sometimes with potatoes, no oil), just a little water, for in a pan with sugar and vinegar.



They don't really smell, they are coarse to the touch and taste savory when raw, sweet when cooked.

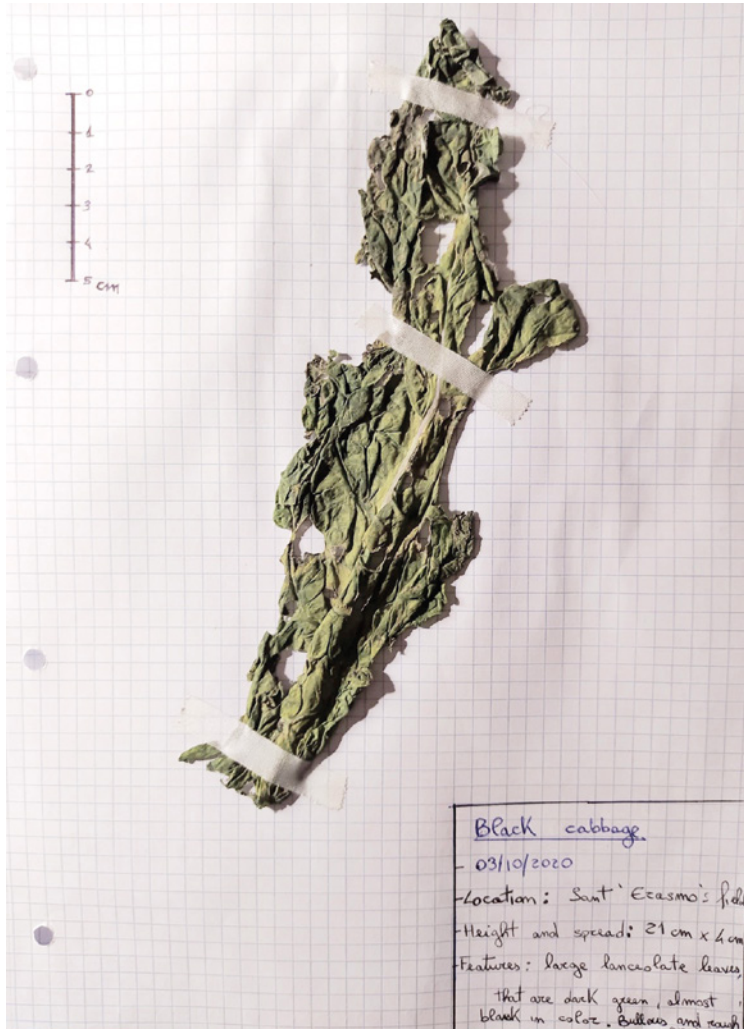
I've eaten so much of them in the last months that, to be honest, I am quite sick of them.

They can be used as a side dish with other vegetables, in soups; my mum puts them in the "ragù" as well.

I cooked this carrot in a pan with a little oil, some water, sugar and vinegar.

- I know that in the USA they have started to make carrot cupcakes and cakes; in India they use carrots alongside with tomatoes, parli and onions to make side dishes to go alongside with dosa (kind of bread), there are specifically treated carrots "Chutney"
- Carrots are very good for eye health, but also for allergies, rheumatism, ...
- The original carrots were actually purple or white, not orange! Some Netherland farmers crossed them with some African carrots to create the King's dynasty ("orange"). They grow on fields of sand and clay, its roots need a lot of nutrients.

A poem about carrots: My barriers of glass let me see the world  
Becoming old, slowly withering  
I see girls running by  
Blossoming and getting to know themselves  
The circle of life





- Name : tangerine peel
- Date : 20.10.20
- Location : Mestre (Venice), Italy
- Origin : Sicily, Italy
- Colour : orange

One of my favourite foods is the fruit. I love its sweetness and the fact that it contains a lot of vitamins, really important for our health. In this season I'm used to eat many tangerines.

The thing that I like about this fruit is its intense aroma. When I peel it, its particular smell remains on my hands for a lot of time.

At the end of the pressing time of this piece of tangerine peel, I haven't seen big differences.

Only the colour on the edges of the peels has changed; it has become darker.

Another difference is the fact that, unfortunately, the peel doesn't perfume any more.

ARMILLARIA MELLEA (family PHYSALICRIACEAE)

FOOTNOTES:

Armillaria mellea mushroom is considered good edible, although some individuals are reported allergic reactions that result in stomach upsets. The mushrooms have a taste that has been described as slightly salty and nutty, with a texture ranging from chewy to crunchy depending on the method of preparation.

Rehydrating mushrooms before consuming removes the bitter taste present in some specimens and may reduce the amount of gastrointestinal irritants. According to one guide they must be cooked before eating. The mushrooms can also be pickled and roasted.



DATE: 25/10/2020.

CHARACTERISTICS: It's edible at the upper end and brownish-yellow below, often with a very dark colored base.

HABITAT: The mushrooms are widespread in all wooded environments, and in all unutilized habitats of the countryside and along the banks of ditches and rivers, wherever there is a wooded part. It's in fact a fungus that grows on wood.

LOCATION: VIGNONIA VENETO (TRE CANE)

HEIGHT and SPREAD: The size is of variable length, up to about 20 cm (8 in) long and 3,5 cm (1 1/2) in diameter.



# Cabbage

- Cabbage has always been considered a "poor" food, used as a side dish, raw as a salad and dressed with just oil, salt and vinegar
- In my family is very common to eat cabbage, its fresh and has a particular taste, moreover in Alto Adige is very common to eat it as a salad with the addition of cumin seeds and sticks of Speck (an Italian smoked ham).
- Here in the land where I live (Trentino) is very to cook cabbage with vinegar and water and to eat it together with meat and polenta (this kind of preparation transform the cabbage in the so-called "kraut". I personally don't like them but is one of my Grandmother traditional meal.
- When I eat cabbage I think of her and of my land, it has "water" taste a little bit spiced thanks to the flavour of cumin
- To grow, cabbage, prefer cool humid climate zones (45-48°) and can be carried open May but in field from February to February has a specific procedure: the plants are cut at the growing from 60 to 110 days after the transplant.



Herbarium Specimen  
 Date: 5<sup>th</sup> October 2020  
 Location: Trento, Trentino Alto Adige (Italy)  
 Habitat: Val di Fiemme (Trentino)  
 Height and spread: 10 cm x 1 m ~  
 Representation and show variation: 2 leaves of cabbage, a little old, soft, colour changed  
 Record characteristics: flat and dried leaf, wrinkled and smooth parts, yellow to green shades  
 Botanical description: irregular borders



Habitat: Valpusteria, Alto Adige  
9,5 x 10,0 cm

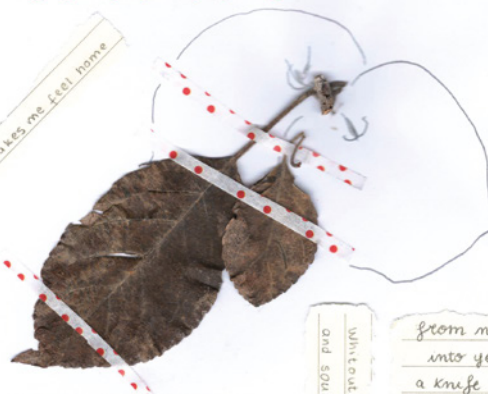
Record Characteristics:  
green skinned apple's leaves  
quite thick, rough to the touch

### Apple Leaves

November 2nd, 2020  
Verona (VE), Italy

The regular consumption of apples may be protecting against cancer and preventing asthma, they also have antioxidant and anti-inflammatory effects.

It makes me feel home



When I was in grade school, I was eating an apple and I thought to plant its seeds in the school garden. Sadly I ate by accident what I thought was a seed ... finding out it was actually one of my baby tooth!

It grew in Italy, in a private country round. My uncle personally gathered some to bring them home.

In Iceland they use apples for the cream of a fish soup.

Without any smell, it is crisp and sour, not so juicy.

from nature's freedom  
into your hands  
a knife cracks my heart  
seeds over blood

I always eat one apple for breakfast; sometimes I use apple for making cakes.

The apple tree originated in Asia and Europe forever.

Apples grow on tree and should be picked in autumn. I eat apples plain or I use the slices as filling for cakes.





