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DESIGNING THE WILDERNESS FOR YOUR P(A)LATE: A JOURNEY INTO SUSTAINABLE LIVING THROUGH FORAGING.

Zsófia Márta Németh^{*a}

a Moholy-Nagy University of Art and Design, Budapest, Hungary

* sofia.nemeth@gmail.com

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ABSTRACT | “Designing the Wilderness for Your P(a)late” offers a 90-minute workshop for a dozen participants, reintroducing the art of foraging and sustainable living practices. Those who are participating explore the ecological significance of wild plants, envisioning their roles in future gastronomy. Through hands-on activities and collaborative learning, participants unlock the potential of edible plants for nutrition and culinary innovation. Emphasizing proximity and provenance, the workshop fosters a deeper connection to nature and promotes eco-responsible practices. By embracing ancestral wisdom and integrating wild plants into daily life, participants contribute to a more harmonious relationship between humanity and the natural world.



1. Workshop

In an era where the natural world often feels distant from our daily lives, the art of foraging stands as a beacon of traditional wisdom waiting to be rediscovered. "Designing the Wilderness for Your P(a)late" offers a unique opportunity for a dozen participants to embark on a 90-minute journey back to our roots, where wild plants weren't just supplements but integral parts of our existence. This workshop aims to reintroduce the lost art of foraging to a modern audience, emphasizing sustainable living practices and the importance of reconnecting with nature.

The resurgence of interest in locally sourced ingredients within culinary circles speaks volumes about our changing relationship with food. Michelin-starred chefs are leading the charge, venturing into nearby forests and fields to handpick ingredients for their masterpieces. This shift underscores a deeper understanding of the importance of proximity and provenance in haute cuisine, paving the way for a more sustainable and eco-conscious approach to gastronomy.

But it's not just about haute cuisine; it's about recognizing the ecological significance of edible plants within our ecosystems. As we struggle with the environmental consequences of industrial agriculture, edible wild plants are emerging as beacons of hope. Nutrient-rich, ecologically sustainable, and universally accessible, they offer a tantalizing glimpse into a more harmonious relationship between humanity and nature.

Through speculative design methodologies, participants in the workshop embark on a journey of exploration and imagination. They delve into the botanical intricacies of indigenous plant species, pondering their potential roles in a future where sustainable nutrition is paramount. Collaborative exercises spark creativity as participants envision new food products and advocacy strategies centered around these wild plants.

The workshop isn't just about theoretical knowledge; it's about hands-on learning and multisensory experiences. Participants engage in experimental activities designed to unlock the hidden potential of edible plants, learning to identify them safely in nature and incorporate them into their daily lives. From practical culinary applications to medicinal uses, each plant offers a wealth of possibilities waiting to be discovered.

With a focus on experiential learning, the workshop accommodates diverse learning styles and levels of expertise. Small group discussions foster collaboration and mutual learning, ensuring that participants leave with a deeper understanding of foraging and its implications for sustainable living.

About the Authors:

Zsófia Márta Németh, a PhD student at MOME, explores the interplay between edible wild plants and nature connectivity in the Balaton Highlands. She explores navigating environmental pressures in tourism-driven areas, striving for scenarios where both nature and society mutually benefit.

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