

FG FOOD EXPERIENCE

BACKGROUND - A FRAGMENTED GARDEN

CONCEPT - FOOD AS MEDICINE

FOOD - 5/30 MEAL

COLLABORATION

GALLERY

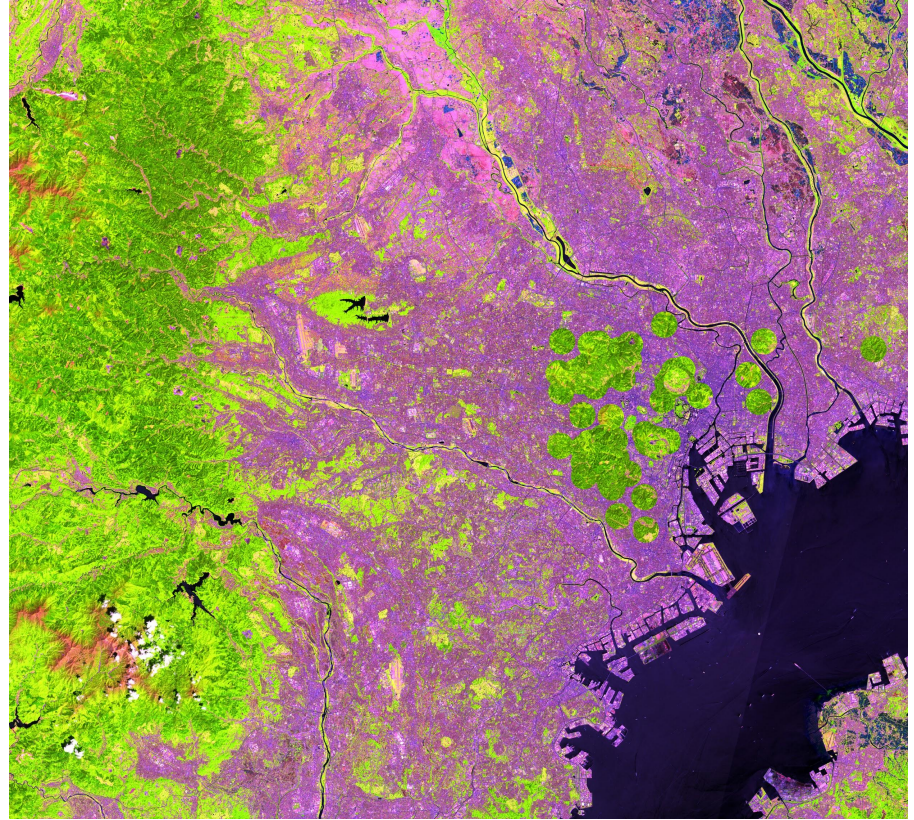
SAMPLE MENU



BACKGROUND - A FRAGMENTED GARDEN

A Fragmented Garden is Daniel Silva's proposal for a different way to construct a garden. It is composed of 50 Nendo Dango seed units distributed around Tokyo and uses technology and algorithms to come together as a cohesive system. The garden employs a new approach to seed dispersal - using collaborations and participants to distribute and house the Nendo Dango units. The network of participants reports on warmth, time and location of the (mostly edible) plants that germinate from each of the units. The collected data will inform the creation of a system of artworks.

The work from A Fragmented Garden came together as an art installation in Kyojima (Sumida-ku), Tokyo on 23 May 2020.



CONCEPT - FOOD AS MEDICINE

The Nendo Dango seed units distributed in November 2019 include edible plants such as radishes and mint. The Fragmented Garden also explores connectivity through Mycelia (i.e. the “roots” of fungi) and advocates for the healing powers of food --food as medicine-- by focusing on:

Superfoods: unprocessed foods that are rich in nutrients such as antioxidants, healthy fats and fiber. When incorporated into a well-balanced diet they boost the immune system, increase energy levels, promote weight loss, and have anti-aging effects. People in areas known as Blue Zones (e.g. Okinawa) have traditionally based their diets on superfoods and on average live longer, healthier lives.

Seasonality: eating seasonal produce delivers better flavor and cost efficiency while supporting environmental sustainability. Foods that are grown out of season are unable to follow natural growing and ripening rhythms and likely require post-harvest treatments.

Slow Food: an approach to food that appreciates the background story behind a plate, such as the producers’ story or farming methods (e.g. permaculture). By encouraging food producers and consumers to embrace and promote sustainable foods and mindful consumption, *slow food* aims to preserve local food heritage.



FOOD - 5/ 30 MEAL

Finger Food

spiced nuts

Super Potage

pumpkin, carrot, Grøn Red Heat*, wasabi bread with Grøn Pancake mix*

Boosted Bento

tofu and mushroom patty, roasted green peppers, zucchini & beets, red cabbage, pickled radishes and shallots, fresh tomatoes & holy basil, green peas, yogurt sauce with purple yam protein powder.

Sober-up Shot

green chilli, coconut water, cucumber, honey, Grøn Green Monster*

Brain Power Balls

dates, coconut oil, turmeric, lion's mane mushroom powder, Grøn Red Heat, walnuts, dark chocolate, coconut flakes

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water, Hoegaarden beer, natural wines



COLLABORATION

OFFLINE VENTURES

GRØN



Offline Ventures

Offline Ventures focuses on #Offline learning & entertainment. Harnessing the transformative power of creativity to stimulate human encounters and contribute to the (re) vitalization of physical spaces. Human-powered serendipity acceleration through the creative process. www.offlineventures.org

Grøn

Grøn is a Japan-based company focused on enriching people's daily lives through plant based superfoods. Grøn collaborates with the Offline Ventures team in sourcing some of the ingredients, as well as selling its protein powders, for the creation of the FG Food Experience. Grøn is proudly sourcing Okinawa vegetables meant for consumption at the farm-to-table restaurants & hotels during the May (holiday peak season) now affected by the COVID-19 pandemic. Eat Well, Live Whole, Feel Amazing! <http://groen.jp/>

Future Food Institute - Kyobashi Living Lab

Future Food Japan is headquartered in the Kyobashi neighborhood of Tokyo. The experimentation on, and preparation of the FG Food Experience took place in the professional kitchen at Tokyo Food Lab - primary venue of the FF Kyobashi Living Lab. FF Living Labs are permanent and operational spaces in vibrant urban areas where the food community comes together to work on improving our food systems and shaping the future of food. Futurefood.network

GALLERY (1)

Exhibition: **美術展「庭園のカケラ」**
あなたが思い浮かべる「庭園」のイメージを、あっけなく覆します。
群知能、アルゴリズム、インターネットらの新技術と融合し、
誰も想像したことのない、新たなカタチの「庭園」。

FRAGMENTED GARDEN
by Daniel Silva
月曜定休

2020 5.23 Sat - 5.31 Sun
11:00 am - 6:00 pm
Opening Reception 5:30 Sat
RSVP

@SHEEPSTUDIO
(墨田区京島3-20-9)
入場無料
Admission Free

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OFFLINE VENTURES
Tokyo Tokyo
FESTIVAL



GALLERY (2)

