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.
DATE 30th September 2020
LOCATION My bedroom, first room on the right
HABITAT Underground
Height & Spread 3mm x 5mm

Observations on carrot vegetation:
Since 30th September the peel beneath its surface, it seems that it shrunk a bit itself, it changed its colour.

Describe in detail colour, site and shape texture:
It went from a very light orange to a brownish orange, it had one angle piece and one smooth side (resulting from the cut) were (5th October) the sides are the same, they become both kind of white it's almost completely dry.

The peel of the carrot is used in the kitchen like the rest of the carrot, really wonderful. canon and potato soup, because both my mother and grandmother used (and it's me) to cook it very often doing under mine 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 pumpkin. It feels like home.

Be a carrot peel
- vanish, this is very warm and cozy ... and very dark!
- no wait! leave me here, I will have to grow a little bit!!
- oh no! look at this place, too much light too many people staring at me...
- oh this is wise, a wise trap... I actually start to enjoy these traps...
- Wait!! What are you doing?!?
- This is very cool and wet, I feel like I don't have enough orange juice anywhere...
- Oh it's dark again
Cabbage leaf

Taken from vegetables garden

Habitat: cool growing season between 7-24°C

15 cm length
5 cm spread

Transported by my mom
from our garden

Humid after 2 months, passes it's very dry and you can feel the texture

Used for: salads, cooked and eat with potatoes, eggs

Probably grown by ancient greeks and romans, starting from a wild species

Tollkönigpost: longcapon rape, leaf of cabbage stuffed with meat, onion, rice and sausage

Silvia Bertolin
Date: 12 November
Location: Venice;
Flight spread: 20-12 cm x 1 cm for most of the pieces;
Description: the carrot peels look nice. Their colour is dark orange. They present many imperfections on the surface, like wrinkles and brown patches. They are very delicate. If you tough them roughly, they will break.

Recipes:
- Turn the carrot peels in fried chips;
- Mix them with scrambled eggs;
- Invent them into the muffin dough.

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

Memories from my childhood: carrots were a my favourite vegetables. I only ate them at my grandmother’s house because I was convinced she cooked better than my mother (truly, it was the same!). I started to eat raw carrots when I turned 6. Before that age, I thought eating raw carrots for a small was scary!

Sofia Borroni
Fall has come again
The vine turns brown it is harvest season and I am the queen again
The orange of my joy brings pulp to the dining table and warms my heart
People's peel lies like an old wooden chest
Left aside ignored forgotten after the treasure has been taken away
How it is used by my family: Porcini have always been eaten raw by my family for a
lunch. We would pull it out of the dirt and even though they are big (up to
5 cm), we would eat them whole. I don't remember eating it as a
child, but at that time I didn't really like to eat many fungi.

How it is used in Chinese cuisine: The porcini is believed to be native to China, where it was
consumed as a part of the Tang and Song dynasties. It
can be served as a main dish or used as a garnish to
chinese food. It is often served in a dish called
"Porcini Fried Rice". It is also used in soups and
curry dishes.

How it is used in medicine: In Chinese herbal
medicine, porcini mushrooms are used to treat high blood pressure or dial for chronic coughs.

Habitat:温暖的潮湿森林，土壤

Characteristics: Papritsi orange and grayish red in
Section of the spores, it has
sharpen green. The outside of the
blossom is
It usually looks like a mushroom and
It smelled a little bit.
Potato Skin

About 1 cm – date: 4/1/2023
Taken from the kitchen, habitat: garden (in this case, lawn area).

Yellow with brown discoloration. It doesn’t change in colour, but it becomes dry and brittle.

We eat a lot of potatoes. They’re easy to grow and can be used in many recipes (potato soup with fennel is a “must do” during winter/spring in our family; it’s a way of thanking “fennel” for its gifts and seeds).

Originating from the Americas, although it was later documented that their origins were in South America. This food was introduced in Europe during the 16th century, and worldwide, it’s one of the most eaten foods.

Final thoughts: Every民族 thing brings a story of the past, of family, faces, and traditions. We should let ourselves be taken by these memories and enjoy the moment, always.
APPLE

DATE: OSLO 1994
LOCATION: Opposite Flaggere CIV, Trondhjem
HABITAT: Native to Central Asia, cultivated worldwide
HEIGHT AND SPREAD: 15' x 2'
GERMINATION: Deciduous, hardy, fruiting plants

USE: Often used in applesauce, desserts, and pies

CREATION: I drew the sketch of the apple to help with my vegetable garden design.

LIFE: The apple tree's leaves turn red in autumn. I enjoy the fall leaves, especially on sunny days.

LIFE EXPECTANCY: It can live up to 100 years.

USE: The apple is used for pies, salads, and desserts.

HEALTH BENEFITS: APPLES are rich in vitamins C and B, and are a good source of dietary fiber.

REFERENCE: The apple is one of the most delicious fruits in the world.

TRANSPORT: 1 ton.

HISTORY: The apple is one of the oldest cultivated fruits, dating back to prehistoric times. The apple was cultivated in Europe and Asia, spreading to the Americas later.

Kris Gandin
Date: 25/10/2020 - 06/11/2020
Location: Venice, Italy, Doge's Palace
Garden (Viale, Via, Fillia, Street)
Dimensions: 1m to 2m

Exhibition: dried leftovers from the
nursery mother's garden is compost:
- eggplant
- kiwi fruit
- dandelion leaves
- garlic peels
- avocado peel
- fennel seeds
- sausages and peach seeds

Detailed description: these products were
used for the nursery mother as
help to feed the plants (fruit, etc.).
She grew on her farm in Russia, the
products were used for traditional
Russian meals and had been digested
and used again. The vegetable
concept helps the plants to have full
nutrients (specific plants & vegetables).
So the remains of each article has a
certain taste: the best mother on Decima,
in Venice from fruit she named
Paulo.
Francesco Messina

Campedoglio, House, Italy

Original: Central and South America → Whole World

These tomatoes pellicles come from my neighbour’s farm. She has a small land in a village near my hometown and there she cultivates tomatoes and other vegetables. She grows them, taking great care of them and then donating them to her loved ones. These pellicles were funny and a little itchy, now that they have dried, they are smooth and fragile, little stars composing a dynamic constellation on this whole 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 makes tomato preserves every August, so this vegetable is strongly connected with my relationship and history 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 Crosby), demonstrating a long story of cultural mixes and exploration. Lastly, tomatoes are strongly connected with migrants, whose tanned 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 Tricario, in Foggia, “Solo Braccia” (Only Arms).
DATE: 1st November
LOCATION: VICENZA, ITALY
HABITAT: PERU, BOLIVIA, MEXICO
HEIGHT AND SPREAD: A piece: 4 cm x 1 cm; the rest: 5 cm x 1 cm
REPRESENTATION OR SHOW VARIATION: DRY, FROM LIGHT BROWN, TO DARK BROWN

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 option.
- I remember when my grandmother always cooked them for me and my brother, only in the even 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, it is going to be a good meal.
- Potatoes are not a family food, they are friendships and love 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.
**BULANUM TUBEROSUM (family of the SOLANACEAE), in the Variety "Desiree"**

**DATE**: 11/10/2020

**Fetched on the 28th of September.**

**HABITAT**: Plateau of Colfiorito, Umbria.

**LOCATION**: Ascolu Piceno, Marche.

**HEIGHT AND SPREAD**: 12.5 × 13.9

**CHARACTERISTICS**: The skin is dry yet pleasantly smooth. What was bright and yellow is now dull and brown (or even grayish), has shrunk, but it has kept its singularity.

**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.

Matilda Nardoni
DATE 26/10/20
LOCATION MY ROOM, TRAVERSE (VA), LOMBARDY
GARLIC
• ONION, CENTRAL SLOV
• RHODANSEAN CRISP/SOFT
• GARLIC, CENTRAL SLOV

VARIATION: The leaves are way less soft and almost feel like paper. The parsley stem is less vivid, but the leaves, as well as onion or garlic, instead, they didn’t resemble that much. texture/color, like the leaves lose 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 she uses them. They are ideal for the “soft” fundamental for sauce, heat...

In this case, they, onion and garlic were used to prepare a
sugo (tomato sauce) with meat - (ago)

Instead, I have always loved parsley in this period of the year. I also use to drain 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 cm x 1.5 cm, 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:** CASTELLNUOVO DEL GARDA (VR), ITALY
- **HABITAT:** IN TEMPERATE CLIMATES 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 raw. Sometimes we use it stewed tomatoes to enrich esllo and make dishes lightly in olive oil in a pan.

**THE STEM IS DARK GREEN IN COLOR, THE PETIOLE IS DARK GREEN WITH BROWN VELVET SHADES. BOTH ARE DRY, DETERMINATE, AND STIFF.**

In summer, when I was young, my mom used to prepare cold pasta with different ingredients including cherry tomatoes. I was one of the main moments of conviviality that we spent together.

**CALTAGIRONE (CT), SICILY**

Transported by boat and truck.

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

The tomato is thought to have been first domesticated in the Fertile Crescent area of Mesopotamia. I have received this area from both my mother in the form of a recipe for cherry tomato.

**I DON’T HAVE A MAIN ROSE IN THIS CHERRY TARAL AUTOPSY. I HAVE AN EXTRA ROSE I LIKE TO THINK THAT WITH MY TASTE AND SMELL I CAN ENOUGH RISHES.**

**I DISCOVERED MY MOTHER’S SPICY IN THE TABLE AND WE KNOW THAT THERE IS TOMATO. THERE IS PLAIN WITHOUT LOVE IT WOULD BE JUST A IN RICE.**

Roberta Panzino
In Italy a movement called "Migrantes Sicuri Verdi" (Safe Migrants) was born to fight the injustices suffered by migrants who arrive in Italy and their working in the harvesting of fruit and vegetables. Unfortunately, respect for the rights of such workers was neverguaranteed. Gaia Pellegrino
"I protected my juicy interior for days and days, for it to grow. It was mature and they caught us. I will the fruit of so much effort before it was mistreated and explored. And I was discarded."

**Cucumber Skin**

*Date: 03/20 2020*

Location: Paedon from the city centre square market

Habitat: Cucumber, vegetable. Garden plant or creeper

Height and spread: 12 x 5 cm

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*Record characteristics:*
- Rectangular fragment curved on the edges. Longer in the central part, narrower at the extremities.
- Great variation in size and number. The more the more the buds.
- In Germany, to eat, they are usually cut into smaller pieces.
- In China, they are eaten as is.

*Inociation Tests:*
- I larved immediately. The more the more the more.
- I am on the way to China. I am on the way to China.
- In Germany, I am on the way to China. In China, I am on the way to China.
- In Egypt, I am on the way to China.

**Detailed description:**
- Irregular exterior, smooth
- Some rounded protrusions
- Dark green outside, bright green inside
- Fresh smell, similar to the smell of mulberry leaves

**Representation or show variation:**
- Single piece of the skin of a cucumber

**Americanisation:**
- Consumed as shredded cucumber

**Inoculation tests:**
- I lared immediately. The more the more the more.

*Inociation Tests:*
- I larved immediately. The more the more the more.
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Apple

05/10/2020
VENICE (ITL)

Tress originally from Asia and Europe

Seed growth: from flower to fruit

.Usually, the pomes present different colours but mainly three: green, yellow and red.
Used usually in sweet dishes but paired in salty dishes, such as risotto, too.

Has a medicinal 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: ZELGAINO
HABITAT: ORIGINALLY INDIA AND CHINA
S & H: 3 x 2.5 cm

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

MY FAMILY ALWAYS ADDS THE LEMON TO THE TEA, AS A FUNDAMENTAL ELEMENT, INSTEAD OF PINK. 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 GRANDPA'S HOME.

I ALWAYS STAY IN A BASKET, CONSTANTLY USED, BUT 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 NORTHERN 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: 3/30/2020
LOCATION: Vicenza, Italy
HABITAT: Mediterranean Basin, originally China.
HEIGHT & SPREAD: 2 cm to 8 cm.
VARIATION: The peel is orange, orange but still slightly inside is white and yellow, a little granular and mellow.
CHARACTERISTICS: Day after day, the peel becomes harder.
DESCRIPTION: a small tender. 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 remembers 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 many citrus come.

It's used especially to make marmalade, or essential oils.
Tangerine's origin habitat is China, but during XI century, had been exported to Europe, especially in Spain and Portugal.
Alessandra Signorini

CARROT PEELS

- Date: 30/04/2020
- Location: Gubbio, Umbria, Italy
- Hospital: Hospital of Gubbio, Italy
- Description of the peel's texture and color
- Characteristics: small and sticky

In the past, we
test the curiousity
by doing something
we think is easy and
simple. For example
her famous
vegetable soup,
we trusted taking
them on a daily basis.
Over a couple of years,
my
(mom and I)
love
carrots
because
sometimes
in soap
alcohol
sugar water)
in a pan
hot

I cleaned the carrots in a pan with a
little oil, some water, sugar and

I know that in the life they have to
be cut at the ends and
cleaned. Today, she
was always
alcohol, soap, and
potatoes
in soap
alcohol
sugar water)
in a pan

They don't
really smell
are more to
the taste and
cut savory
one food when
cooked

I've eaten so much
of them in the last
memories.
To eat
I can build
base of

They can be used
in a dish
with
vegetables,

The original carrots were a
clay color and white
clay changed

A poem about carrots:
MY business of work let me see the world
As snow is white, so is snow
I see people running by
Alas no one has time to know themselves

The circle of life
Black cabbage
- 03/10/2020
Location: Sant'Erasmo's Field
Height and spread: 21 cm x 24 cm
Features: large lanceolate leaves
that are dark green, almost black in nature, bullet-like and smooth
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 quite a long time.

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

Only the color on the edges of the peel has changed; it is become darker.

Another difference is the fact that, unfortunately, the peel doesn't perfume any more.
**FRILLIARIA MILIA (family Physalacriaceae)**

**EXTRAS NOTES:**

Frilliaria milia mushroom is considered safe to eat. Although some individuals are reported allergic reactions that result in stomach upset, the mushroom has a taste that is considered slightly sweet and nutty, with a texture ranging from flaky to creamy depending on the method of preparation.

Acidic mushrooms like the Frilliaria milia, commonly known as the bitter root, produce toxins in some genera and may reduce the amount of gastrointestinal irritants. According to one guide, they must be cooked before eating. The mushrooms can be used to garnish and participated.

**DATES:** 28/11/2020

**CHARACTERISTICS:** The upper part of the cap is covered with a light brown layer.

**HABITAT:** The mushroom is widespread in all possible environments and is characterized by the presence of the organisms and algae. It can be found in forests and woodlands.

**DESCRIPTION:** The shape of the mushroom is elongated, up to about 10 cm (4 in) long and 1.5 cm (0.5 in) in diameter.

Rubens Tola
Francesca Weber
Habitat: Ulmus pumila, Arbouridge
Dimensions: 15.3 x 12.0 cm

Record Characteristics:
- Green unskinned apple's leaves
- Quite thick, rough to the touch

Apples, Leaves
November 23rd 2023
Vercelli (22), Italy

The regular consumption of apples may be beneficial to health.

Apples are a source of antioxidants and anti-inflammatory effects, and they also have dietary fiber.

From nature's freedom
on your hands
a knife breaks my heart
Seeds from Spain

I always eat an apple, even at fast times sometimes I use apples for making cakes.

The apple tree originated in Asia and Europe forever.

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 teeth!

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.

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