

Making the world a better place through  
**FOOD ART ACTIVISM**



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ARBIT





## ENTRETEMPO KITCHEN GALLERY

The Entretempo Kitchen Gallery is an interdisciplinary art space and gallery in the heart of Prenzlauer Berg, Berlin. The aim of the gallery, initiated and managed by Tainá Guedes, is to research and explore food in a cultural and social context, based on the philosophy that both food and art can promote positive changes to our world.

Important values in the work of the gallery are sustainability, social and environmental engagement, connectivity and *mottanai* - the Japanese Buddhist term for regretting what is wasted. These values are expressed through exhibitions, dining experiences, installations, performances and workshops, to raise awareness about the wellbeing of humans, plants and animals in relation to what and how we eat.

# TAINA GUEDES

Tainá Guedes was born in Sao Paulo, Brazil in 1978. She grew up in the creative atmosphere around her father's art studio, surrounded by artists and musicians. In Brazil she worked for different media platforms like radio, television and newspapers, and was involved in different creative projects working with film and music.

After nine years of working for a Japanese restaurant in- and outside of the kitchen, Tainá attended to the *International Chef Program* at the school of gastronomy at Senac University, where she graduated in 2006. During that time she organized several events that involved art, culture and food, which she describes as "important expressions of our time, surroundings and the environment".

After moving to Europe in 2006, Tainá got in touch with shojin ryori, the Japanese term for Buddhist vegetarian cooking. Since that time she has constantly been researching vegetarian food and cooking. According to Taina, the art and philosophy of shojin ryori becomes "more actual and innovative than ever" within modern life's search for inner balance, health and harmonic togetherness.

With Entretempo Kitchen Gallery, which opened her doors in 2014, Tainá Guedes created a centre for Culinary Art, which is at the same time her philosophy of life. Art becomes an extension of the kitchen - and food a common base for expressing and sharing thoughts, ideas and values.





PAINTING



## BECAUSE WE SEE FOOD IN ART AND ART IN FOOD

The Food Art Week is a food and art festival initiated by Entretempo Kitchen Gallery. It takes place in different cities in Europe, where people come together in different venues for a whole week of exciting art exhibitions, dining experiences, performances, lectures, workshops and more.

The aim of the Food Art Week is to address social and environmental issues, to start discussions and raise awareness about our food and how we consume it. The Food Art Weeks connects people through eating, seeing, listening, reading, learning and dancing, to share their stories, experiences and values.

The first edition of the Food Art Week took place in Berlin in 2015, where 30 locations and more than 100 artists participated to create events for more than 10.000 visitors. In 2016 followed Paris with about 40 participating artists and over 1300 visitors. For 2017 the Food Art Week will take place in Berlin and Paris again, as well as in Swiss and Bologna in Italy. Plans for other Food Art Weeks in and outside Europe are in the making.



# BRINGING AWARENESS INTO THE KITCHEN

One of the leading philosophies in the work of Tainá Guedes is *mottanai* - the Japanese Buddhist term for regretting what is wasted. Based on the idea of cooking without waste and with awareness, Tainá wrote 2 cookbooks that bring these values into people's kitchen. The books are educational and inspiring and they make the idea of conscious cooking and consuming tangible and workable for everyone.

The first cookbook, *Kochen mit Brot*, was published in 2013 in collaboration with Joachim Weckmann from the organic bakery Märkisches Landbrot in Berlin-Neukölln. In Germany only, about 500.000 tons of bread are being wasted annually, from which most breads are still suitable for consumption. In her cookbook, Tainá shares over 30 recipes that inspire people to use their stale bread. It is a hands-on approach on food-waste and a reflection on the value of bread and its role in our society.

The cookbook *Die Küche der Achtsamkeit*, which will be published early 2017, explores the value of *mottanai* through healthy, vegetarian recipes that require creative thinking and a mindful approach. The recipes have origins in Japanese, Brazilian, German and other cuisines, which is a good representation of Tainá's roots and her intercultural approach on food and culture.





## CARING FOR WASTE, SHARING FOR A BETTER FUTURE

In September 2011, Slow Food Germany organized the public action Teller statt Tonne, to raise awareness about food waste and also its impact on low income countries. Tainá contributed with 2 of her projects.

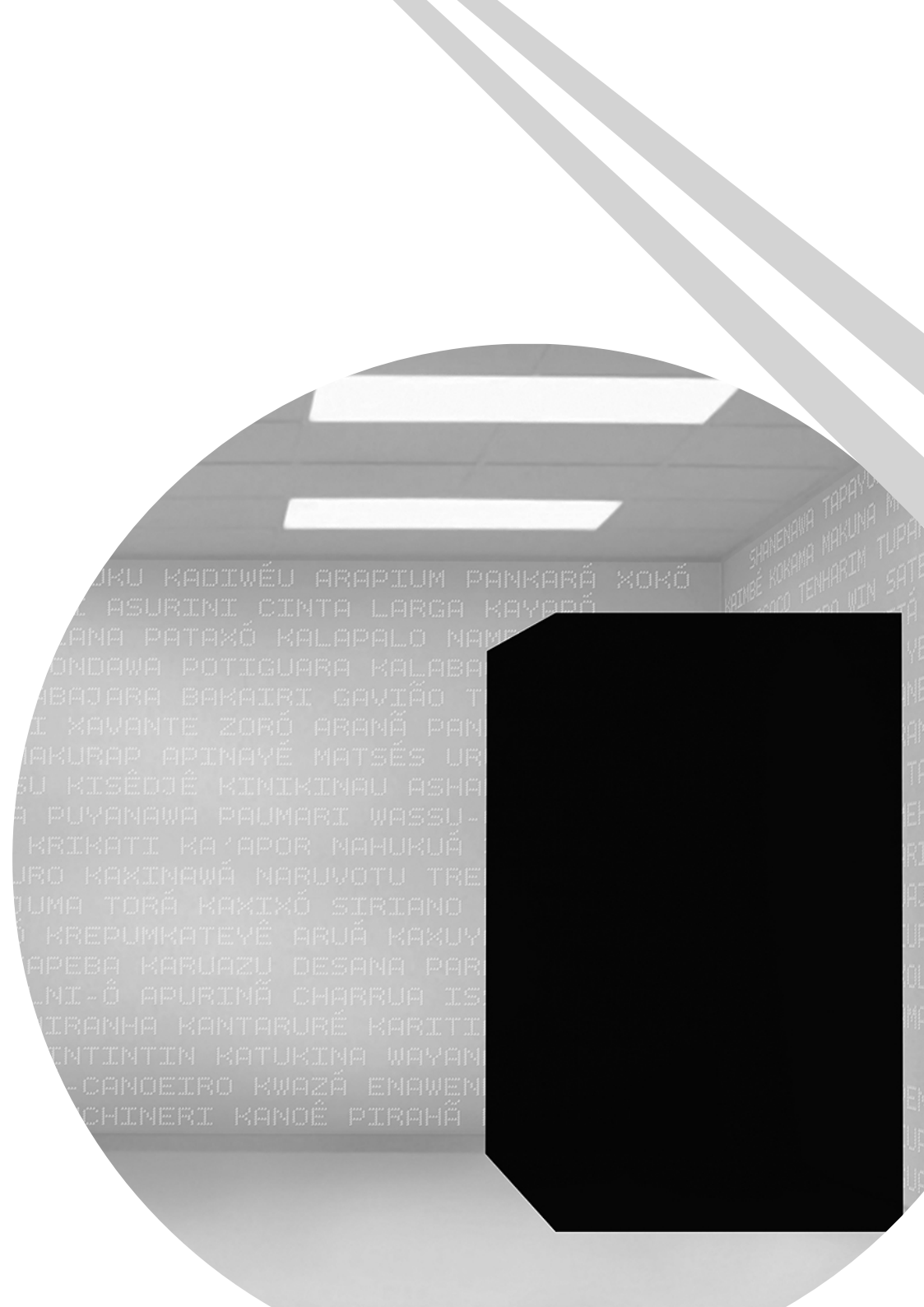
One of the projects, accomplished with the NY artist and green activist Lynn Peemoeller, sought to call attention for green activities and waste in the city. Nuts and fruits were collected throughout the city, cooked and served at the event.

The other project, called Share Your Food, was a gastronomic event where Tainá cooked and invited others to share what they believe could improve our world. Paintings, drawings, photos and texts were printed in the Sharezine to spread the ideas and dreams that were gathered at the event.



# FOOD AND ITS EMOTIONAL AND CULTURAL ROOTS

The installation *Fair Tale*, which was presented at the Berlin art festival *48 Stunden Neukölln* and the *OSTRALE Centre for Contemporary Art* in Dresden, is made out of tapioca balls, one of the products from the cassava root. The cassava has an important role in Brazil for its nutritional and cultural value. It is one of the main sources of carbohydrates in the tropics, and also part of the founding myth of the indigenous Brazilian Tupi-Guarani. In public, the Tupi-Guarani have become invisible and their suffering remains largely unrecognized. The cassava serves as the medium in this installation, that gives the viewer visual, tactile and gustatory reflection on the roots of a culture, about losing identity, oppression, annihilation and the destruction of livelihood. It shows the importance of cultural roots in our globalized world.





## BECAUSE WE ARE WATER, AND WATER IS LIFE

*Aqua-viva, living water, jellyfish* is a temporary exhibition in the Entretempo Kitchen Gallery. Born from the idea that water is vital and that our bodies are made up of 70% water, the exhibition addresses the huge impact of the global water pollution and illustrates the importance of water in our lives.

An installation made with an enormous amount of plastic bags, some in the shape of jellyfishes, illustrates the current situation in our oceans, where plastic waste is often mistaken for food by sea animals. The installation invites the audience to become part of this world and experience how our human lives and that of all other living beings, including our planet itself, are intertwined.



# WHAT DOES FOOD WASTE LOOK LIKE?

This food and sound installation was presented in Markthalle Neun during an event against food waste, with a focus on bread. Every week in Germany, one person throws 6 kilos of food in the garbage, which is about 500.000 tons a year in the total country. About half of the food discarded is fruit and vegetables, closely followed by pasta and bread, despite the last one being so important for Germany. The installation includes exactly this amount of bread, represented in the form of a globe. Because what we eat and what we don't eat influences the entire world.





## A DAILY REMINDER FOR CONSCIOUS CONSUMPTION

The way we eat not only directly influences our own lives, but also our environment and the well-being of all other living beings. With this in mind, Entretempo Kitchen Gallery created images for a calendar that features animals who are at risk of becoming extinct. The animals on the calendar are made out of ingredients and spices from our kitchen. By integrating these images and information in the daily life and habits of households, the calendar aims to create awareness about our food consumption and the effects on our planet and animals. It also shows that by becoming more conscious of how and what we eat, we can create powerful changes in our environment.

The design of the calendar is made by the Japanese designer Fumiko Anspaugh.



# A PERFORMATIVE WASTE FREE RESTAURANT

For this exhibition, which will open in January 2017, the Entretempo Kitchen Gallery will turn into a pop-up restaurant, stage and workspace at the same time. In collaboration with Guerilla Architects and Tabea Mathern, Entretempo Kitchen Gallery aims to raise public awareness and propose possible alternatives to the global food waste problem.

The gallery becomes a stage, the guest are actors, who vitalize the space as being part of the installation. A classical typology of a fast food restaurant will be realized, integrating all its features (furniture, packaging, uniforms, corporate identity) into the space. Food that has fallen out of the economical cycle will be used and given a worthy destination. Apart from that there will be different events during the whole exhibition, where partners, artists, chefs and people working within the food industry will come together to discuss and work together or alongside.







## ENTRETEMPO KITCHEN GALLERY

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