

Back at Home

Be inspired by the environment, the diverse variety of plants and food sources available in our communities and the themes of *What's for Tea?* and get creative with these activities from artist Isabella Carreras.

Go Go Re-grow; Sprouting from Scraps

Scraps of vegetables don't need to be destined for the bin; some can be re-grown and eaten again. The parts you can re-grow are usually the bits that get chopped off for cooking so it's a perfect way to reuse something old. Experiment with different vegetables and learn how to sprout from scraps.

What you'll need

- Vegetable scraps: the tops of carrots, turnips and beetroot (about 2-5cm of top), bases of lettuce, spring onion, celery (about 5cm of base)
- Saucer or plant pot (depending on what you are going to grow)
- Soil or compost (if you are growing lettuce or spring onions)
- Water

Gather your veggie tops or bottoms.

For beetroot, carrots and turnips you need the part of the vegetable where the leaves would grow; from this you can grow edible and delicious new leaves.

Place your veggie top on a saucer with a little water and leave it somewhere bright. Keep an eye on it over the next week and you should see roots and leaves start to grow. Change the water every couple of days. When you have lots of lovely leaves, harvest them. Carrot tops are tasty raw in a salad, while beetroot and turnip greens can be cooked like spinach or kale.

Veggies like lettuce, celery and spring onions can be re-grown from the bottom where all the leaves join together. Put the cut-off base into a plant pot filled with damp soil and wait for new growth.

www.baltic.art
www.travellinggallery.com

Incr-Edible Bread Art

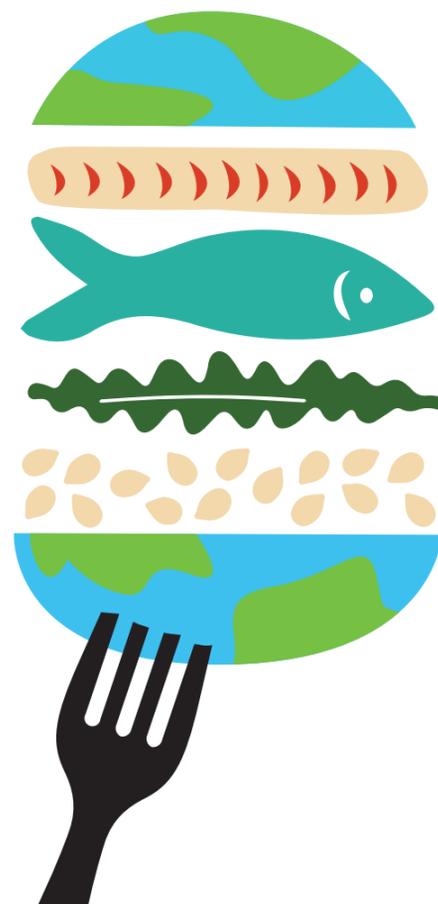
Bread dough is squishy and fun to shape, you can knot it, twist it, roll it and plait it to make some really interesting (and tasty!) bread art.

What you'll need

- Bread dough: use a packet mix or follow a recipe from www.baltic.art/bread
- Baking tray
- Wire rack
- Tea towel

Once you've made your dough, divide it into smaller pieces so you can experiment with different shapes. Dust your clean hands with a little flour to make sure your dough doesn't stick.

When you're happy with your shapes, bake your bread. The colour, texture and shape of your bread artwork will change as it rises and browns in the oven. Enjoy!



What's for Tea?

BALTIC & Travelling Gallery
21 February – 17 July 2022

What's for Tea? is BALTIC Centre for Contemporary Art's first mobile exhibition, travelling to communities across the North East of England on board a custom-built bus. The bus was created by Travelling Gallery who are based in Edinburgh. It usually visits rural communities across Scotland.

What's for Tea? presents sculpture, film, writings, photographs, costume and drawings by artists, artist collectives and community initiatives. The artworks in the exhibition explore themes of food production and consumption; growing, eating and everything in between. They link to BALTIC's own history as a working flour mill and silo which was opened and operated by Rank Hovis Limited until 1984.

This guide introduces the artworks in the *What's for Tea?* exhibition and includes some creative activities to try at home too.



BALTIC

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Aboard the Bus

Isabella Carreras + Art Lab families

Working in collaboration with families from BALTIC's ongoing Art Lab project, Isabella Carreras's co-designed cagoules are intended to be worn. This work promotes 'slow' fashion and ethical production, using a 'deadstock' fluorescent orange fabric that would otherwise have gone to landfill. You're invited to pull on a cagoule, play some games, head off on a foraging walk and explore the outdoors.

Get creative at home with activities created by Isabella Carreras at the end of this guide.

Kara Chin

Throughout lockdown many of us self-soothed with baking, gardening, cooking and crafts. New hobbies were developed, manic crazes jumped upon and nostalgic memories prodded through these forced circumstances. Kara Chin's work *Bread, Hands, House* (2021) explores this new-found reconnection with baking; a manifestation of the isolation, frustration, and individual moments of solace sought during the pandemic.

"Many of the works I made during this time reference windows; we all spent our days interacting with people through various physical and digital windows. *Bread, Hands, House* appears as a large open window, pressing its weird dough hands up against the glass as if someone has spent so long staring out the window, kneading dough, that they've slowly morphed into some weird hybrid creature of the two." - Kara Chin

Celebrate!

At the end of the *What's for Tea?* tour we'll be parking the bus at BALTIC on Gateshead Quayside, NE8 3BA. We hope you'll join us at BALTIC for a weekend of activities, art and food to celebrate our 20th Birthday on Saturday 16 and Sunday 17 July 2022.



Cooking Sections

Cooking Sections are Daniel Fernández Pascual and Alon Schwabe. Their long-term project *CLIMAVORE* (2017 – ongoing) is presented here in a documentary film exploring the relationship between how we eat and the climate emergency.

CLIMAVORE recognises that new 'seasons' are emerging and that the lines between spring, summer, autumn and winter are increasingly blurred. Periods of polluted oceans, subsidence, soil exhaustion and droughts are becoming more regular. In response, Cooking Sections have collaborated with experts in ecology, marine biology, agriculture, nutrition and engineering to propose adapted forms of eating and farming. They suggest introducing more seaweed and molluscs into diets because seaweed has the potential to absorb carbon dioxide more effectively than trees and winkles (or whillicks) are brilliant at cleaning our seas.

As part of this ongoing project, Cooking Sections have produced a series of postcards which highlight local stories. These stories reference the *CLIMAVORE* project's aims and core values. Cooking Sections are looking for stories related to these postcards to continue their research.

Have you got any more knowledge on these subjects? Write your story on the postcard and put it in the box for us to send back. Feel free to take a postcard home too.

Futurefarmers

Futurefarmers are a collaborative group of artists, designers, architects, scientists, writers and farmers. Through their work, they promote contemporary forms of permaculture, where the practice of cultivating plants and animals is inspired by the ecosystems naturally found in a specific place.

In *What's for Tea?* Futurefarmers present a continuation of their cross-continental project *Seed Journey* (2016–17), which explores questions of seed diversity, migration and time travel through the journey of a 500-year-old grain that was found by archaeologists in a church in Pajottenland, Belgium in 2015.

A collection of texts including a new story created by Californian writer Elia Vargas and a glass seed vessel, produced by Sunderland based artist Kalki Mansel, bring together contemporary and historical farming methods and stories.

Julia Heslop

Julia Heslop's *Grains to Tyne* (2022) references BALTIC's history as a site of flour production and distribution. Previously a working flour mill, opened in 1950 by Rank Hovis Limited, BALTIC's building is the old silo where wheat grains from around the world were stored before processing.

Situated outside the bus, *Grains to Tyne* is an interactive work about the global nature of food production. It invites us to get involved in the process of flour making and create our own blend using grains from around the world, hand-grinding them to take home.

Use your flour blend to make salt dough with a recipe from www.baltic.art/bread

David Lisser

Alongside milling and baking, Joseph Rank (1854–1943), founder of Rank Hovis Limited, encouraged research into crustacea farming, seed and cereal production and wheat hybrids. He also pioneered protein production from starch and established a joint venture with Marlow Foods to create the meat substitute product Quorn.

In *Subculture #1* and *Subculture #2* (2021) David Lisser addresses the fine line between something that is appetising and something disgusting. His digitally constructed images re-seed mollusc exoskeletons with meat tissue to create hybrid forms. Stripped of their original living material, these shells are re-imagined into 'bio-scaffolds' and reseeded with lamb, chicken and fish tissues.

Sara Qaed + Language Café Participants

Share and exchange your recipes and stories. Sharing family recipes protects and connects the rich cultural heritage of the North East. As this exhibition tours the North East, these changing places and people will collectively build a bank of food memories, ideas and tips, ensuring there's always an answer to the never-ending question of 'what's for tea?'. These will be used to prompt collaborative creations in workshops throughout the tour with Language Café participants and artist Sara Qaed.

Fill in a card and pin it on the cork wall. Take a photo of any recipes you fancy for tea.

Asunción Molinos Gordo

Who are the Hungry? (2014) produced in collaboration with ceramicist Monica del Pino, suggests that the world's financial systems have turned 'hunger' into a manufactured product.

We grow more than enough to nourish the entire planet, yet, globally, one in nine people are still hungry or undernourished. The pie chart represents this with data from The United Nations and documents the global percentages of people - farmers, foragers and rural poor - who are food insecure.

Answerphone (2016) is an interactive work that invites us to experience the hidden admin that negatively affects small and medium-scale farmers in Aberdeenshire.

"*Answerphone* is inspired by the forms of dialogue commonly used by the public administration with farmers. Many times, when the farmer needs to make a query, they reach the administration through a mechanised telephone service. The administration offers a menu with options and the farmer can only answer by saying 'yes', 'no' or 'pass'.

What would happen if it were the farmer who had a telephone service and it were the administrators, consultancies, insurance companies, banks, distributors of agrochemicals or machinery, etc, who had the need to contact them? That's what *Answerphone* is about." – Asunción Molinos Gordo.

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