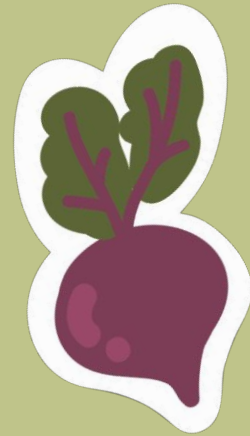
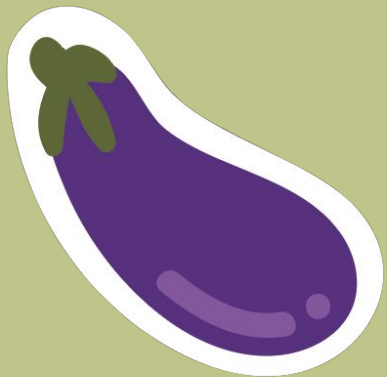


FLAVORS OF HOME

Noelle David, Sofie Kanayama, Lia Bonfilio, Sarah Grimes



PHASE/ 01. Research and Design Analysis

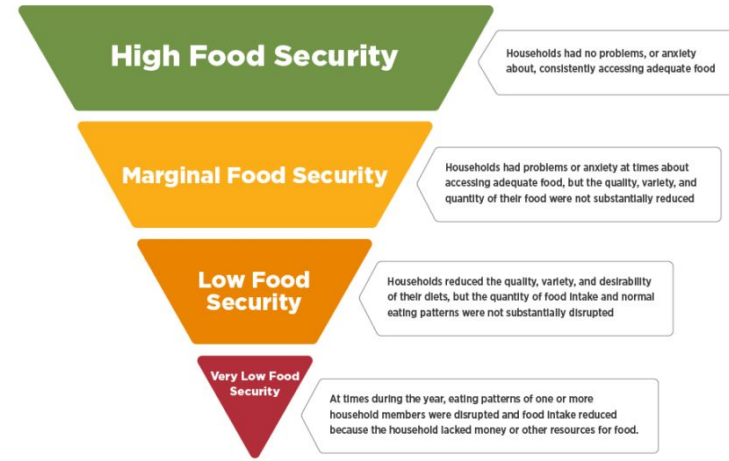
https://youtu.be/tYhN7dvr5_k



Food Insecurity - a state in which access to nutritionally sound and culturally appropriate food from reliable mainstream sources is lacking

Food is not only nutritional substantive, but also richly symbolic.
Comfort foods – invoke feelings of familiarity and being cared for.

Commensality and sharing comfort foods.



Source: Adapted from the USDA Economic Research Service.



Chris is a young man in his mid twenties who moved to London seven years ago. He works as a physicist and when asked what food reminded him of home, he said Malaysian food, specifically **nasi lemak, the national dish of Malaysia**. It's made using coconut milk, salt, cinnamon, sliced cucumber, dried anchovies, and chili sauce. A pop-up produce store would give him access to fresh chilis with which to make the sauce.

Bella is a woman in her mid twenties who moved from Taiwan and currently works in digital marketing. She misses dishes such as **congee, oyster omelets, and beef noodle soup**. In order to prepare them, the dishes require the freshest of ingredients (especially the beef flank). She has therefore concluded that it is much easier to buy the dishes from restaurants, rather than collect the ingredients and make it herself at home. A pop-up produce store would allow her to gather the necessary ingredients in a more efficient manner.



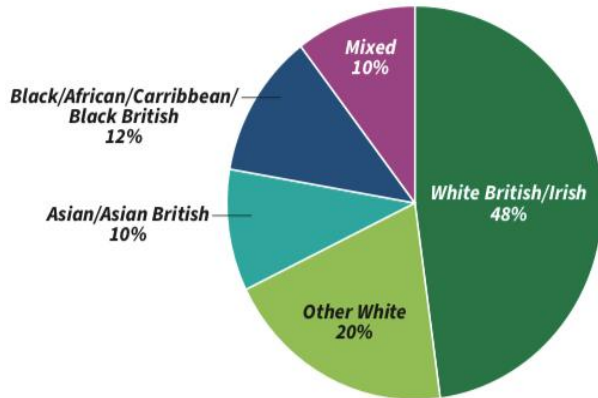
Hajarah is a woman in her early to mid 40s who moved to London from Uganda 20 years ago. She is a working mother of two young girls. When asked what dish reminds her of home, she mentioned **chapati, a fried dough** made from flour and water which she makes at home sometimes for her family. She wants an opportunity to share her culture with others via more complex dishes than chapati, which a pop up produce stall near her would allow, as well as being able to find a community that connects her and her daughters to their culture and other cultures as well.



Pim is a middle-aged woman in her mid 50's. She moved to London 4 months ago but has been living in the United Kingdom for 20 years. She has been working in the culinary industry as a private chef for families for several years. She is originally from Thailand and loves to make several Thai dishes that remind her of home. Some of her favorites are classic **pad thai and tom yum soup**. Pim mentioned that some essential Thai ingredients are uncommon in the area she resides in, which makes it difficult to make these dishes. She says that "food is everything."



- Less than half (44%) of Islington residents are estimated to be “White British” in 2022,
- 32% of residents were in Black Asian and other Ethnic Groups and 20% of residents were in “Other White” in 2022

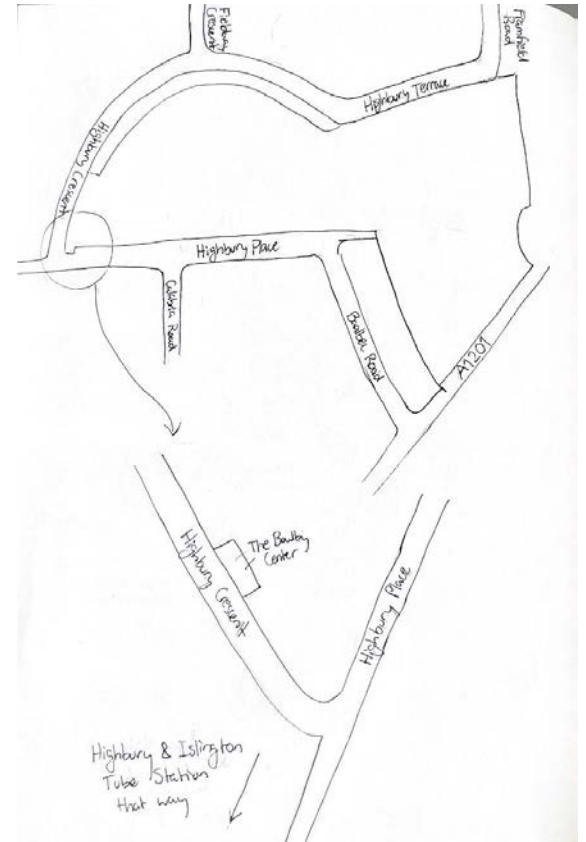
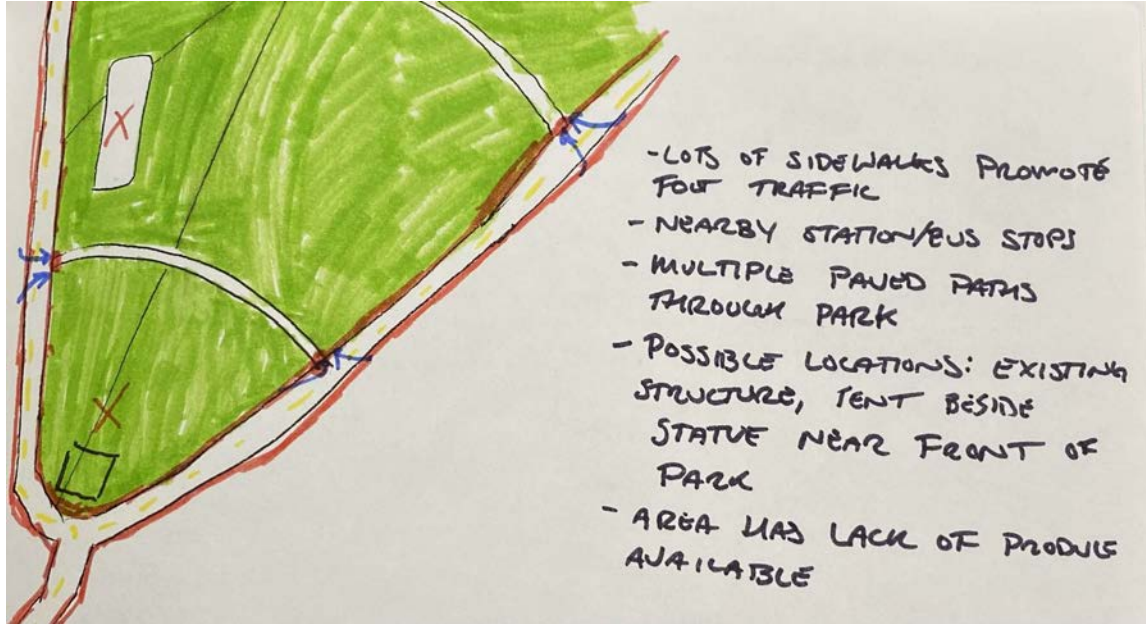


- Poverty is an issue in every part of the borough: almost every ward includes one of the most deprived LSOAs in Islington.
- 19,000 people in Islington experience moderate or high levels of food insecurity (1 in 10 of the population aged 15 and over in a nationally representative survey). Proxy measures of food poverty, including income deprivation, fuel poverty and obesity, also indicate high levels of need in Islington.
- Mapping of supermarkets show areas of higher deprivation far away from large or discount supermarkets in Islington. Also showed that some large supermarkets are outside the affordability price bracket for many residents at risk of food poverty.
- Has a higher fast food outlet density than the London and England average, indicating a local environment with a high risk of food poverty. Mapping of hot food takeaways showed it has a high concentration of outlets, which are clustered along transport routes and in some areas of higher deprivation.

Highbury Fields

Highbury Fields is the largest park in the borough of Islington. Until the mid 19th century the land was privately owned and used for dairy farming. In 1885, the Islington Vestry and Metropolitan board of Works jointly acquired 10.3 hectares of land for a public park at the cost of £60,000. An earlier proposal to create a much larger park did not come to fruition due to the failed campaign of raising £200,00. By the end of the 1850s, much of the land was built over with villas and terraces of houses. Initially the act of parliament that has authorized the original land purchase prohibited public meeting the playing of music, but the restriction was lifted in 1896, Since then, the fields have been used for numerous circuses, open-air concerts, rallies, and sporting events.







14,475 likes


Flavors of Home Rebecca Ruben was able to get potatoes from our produce stall to make some potato latkes for her neighbor, allowing for her to share some of her culture with her community. By coming to our produce stall at the corner of Highbury Fields, you can get FREE produce and can also swap recipes with other members of our community!

#flavorsofhome #producepopup #freeproduce ... more

View all 16 comments

 Add a comment...

6 days ago

 **Flavors of Home** is at Highbury Fields, Islington.
Yesterday at 4:45am · 🌐

Sara Chen was able to get scallions from our produce stall to make cong you bing for her children, allowing for her to share some of her culture with her family. By coming to our produce stall at the corner of Highbury Fields, you can get FREE produce and can also swap recipes with other members of our community!



   13k

21 Comments 10 Shares

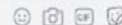
 Like

 Share

View more 16 Comments



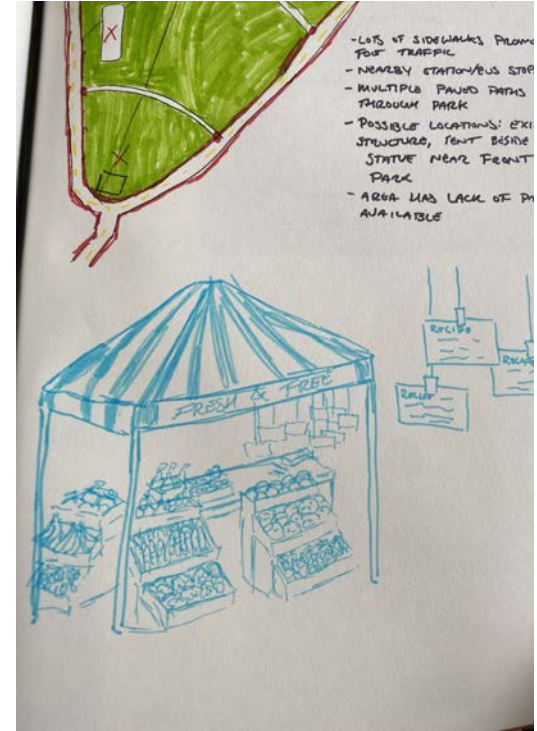
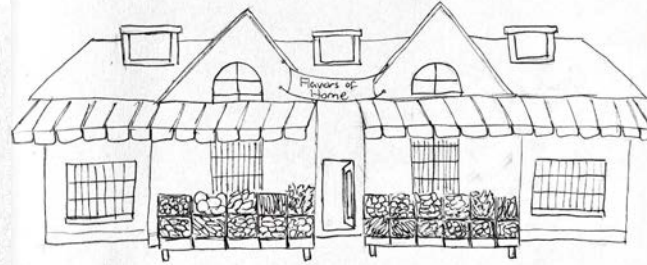
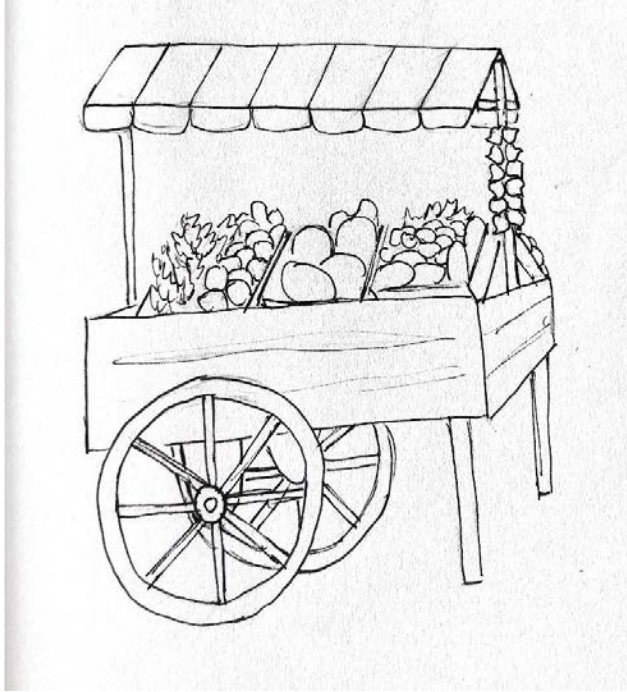
Write a comment...





PHASE/ 02. Concept and Design Proposal

The goal of Flavors of Home is to not only tackle issues of food insecurity and food apartheid by providing easy access to free produce, but to also foster a sense of community by uniting the diverse demographic of Islington via the common denominator of food. Food is a powerful tool that can evoke feelings of home and nostalgia, so by having easier access to ingredients needed in cultural dishes, residents of Islington will be able to share their cultures with others more easily. Additionally, by having a take-one leave-one recipe option at the Flavors of Home, residents will be able to connect with other members of the greater Islington community by realizing the connections they share. A pop-up produce stall in Highbury Fields, the park right beside the Highbury and Islington station, will not only serve to help residents eat healthier, it will also bring them closer to their home and allow them to share that home with others.





Meals that Remind us of Home



Fruit and Veggie Up



FRUIT &
VEGGIE
Up

According to a 2018 study 44% of UC Davis students have experienced food insecurity

Free seasonal, fresh, and organic produce and eggs for UC Davis students at the MU South Patio. This program is made possible by donations from the UC Davis Student Farm and neighboring farms.

PHASE/ 03. Detailed Design Solutions

Home looks different for everyone






British Mailbox → Feedback/Request box



Recipe card

MARMALADE CHEESECAKE

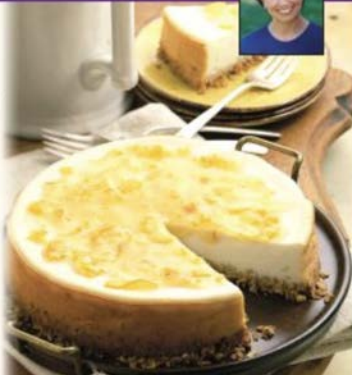
Ann Smith
REALTOR®
Office: (802) 354-1525



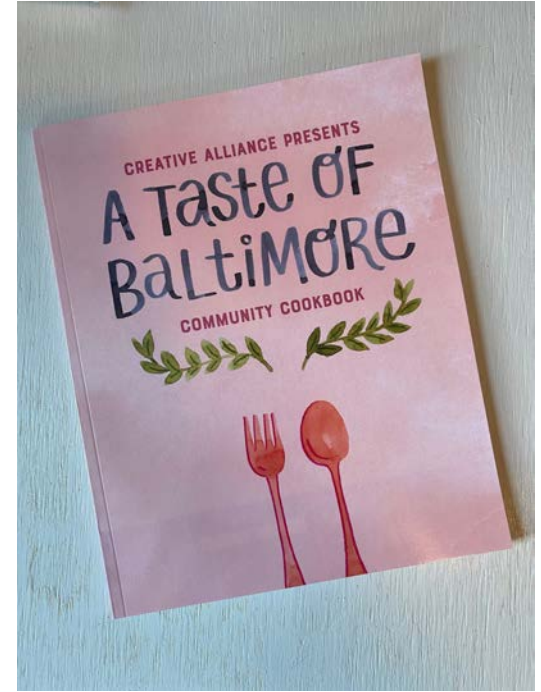
- ◆ 2 cups ginger snap cookie crumbs
- ◆ 6 Tbsp. butter or margarine (melted)
- ◆ 3 - 8 oz. pkgs. cream cheese (softened)
- ◆ 3/4 cup sugar
- ◆ 1 tsp. vanilla extract
- ◆ 3 eggs (room temp.)
- ◆ 1 cup orange marmalade
- ◆ 1 Tbsp. orange or lemon zest
- ◆ 2 Tbsp. orange liqueur (optional)

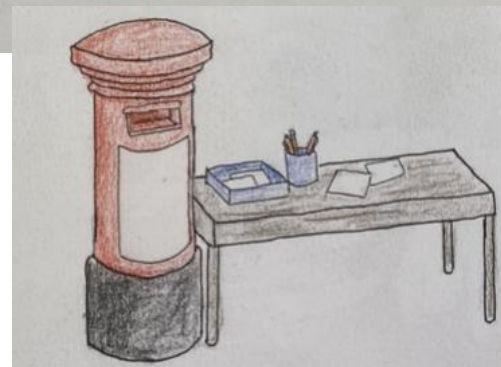
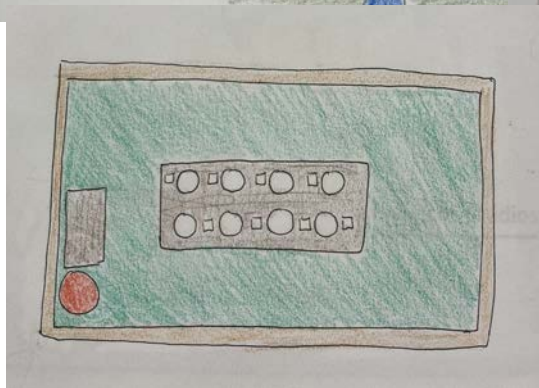
Mix crumbs with butter, and press firmly onto bottom of a 9-inch springform pan to form a crust. Beat cream cheese, sugar and vanilla with an electric mixer at medium speed until smooth. Add eggs, 1 at a time, mixing on low speed just until blended. Pour over crust, and bake at 325° for 1 hour or until center is almost set. Cool completely before removing sides of pan. To make the glaze, combine marmalade, zest and orange liqueur in a small saucepan, and heat over low heat until melted. Top cheesecake with melted glaze, and refrigerate at least 4 hours or overnight.

just DESSERTS



Community Cookbook





Azo Sans Black

ABCDEFGHIJKLMNOPQRSTUVWXYZ

abcdefghijklmnopqrstuvwxyz

Bello Script Pro

ABCDEFGHIJKLMNOPQRSTUVWXYZ

abcdefghijklmnopqrstuvwxyz

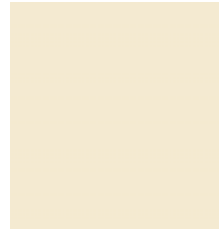
Marydale

ABCDEFGHIJKLMNOPQRSTUVWXYZ

abcdefghijklmnopqrstuvwxyz



#BDC683
(189, 198, 131)



#F3E8CE
(243, 232, 206)



#42311B
(66, 49, 27)



#B73426
(1183, 52, 38)



#DB8C27
(219, 140, 39)



#5D2B80
(93, 43, 128)



Southern Yellow Pine
Reused, from old fruit crates
Structure for house frame



Food safe plastic (HDPE)
Buckets to hold produce



Stationary paper
For recipes



Cast iron and paint
Existing UK post/pillar box

PHASE/ 04. Design Documentation and Intent

With this pop-up, residents of Islington will be able to overcome issues of food apartheid while also forming connections and fostering communities with residents of different cultures. By offering a variety of free fresh produce, as well as cultural recipes from Islington residents that feature the produce, residents will be able to form connections based on the common theme of food and home.

THANK YOU!

Noelle David, Sofie Kanayama, Lia Bonfilio, Sarah Grimes

