

Welcome to the newsletter of VOKOMOKUM! Here members share their favourite recipes, we meet new members and share adventurous experiences.

voko mokum

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The magic of mushrooms

Mycelium' is a network of interwoven, thread-like hyphae that constitute the vegetative part of mushrooms. Mycelium is already on the market in the form of styrofoam-like packaging, "un-leather" handbags, flooring and sound-proofing acoustic panels. It's also been experimentally used to build larger structures such as benches, coffins (a Dutch start-up called Loop of Life), composting toilets and even buildings.

Up until recently, if you wanted leather that wasn't made from animals, you've probably had to settle for plastic "pleather," which comes with a different set of environmental problems. But a number of big brands, in partnership with biotechnology startups Bolt Threads and MycoWorks, are working on more products with leather made from another bio-based material: mycelium. But manufacturers are now aiming to scale up the products and applications made from mycelium, which they tout as a more sustainable substitute for petroleum-derived plastics such as styrofoam and vinyl, leather made with harsh chemicals from water-guzzling, methane-belching cows and even other bio-based materials such as cardboard and wood.

When museums open again, pay the sustainable fashion a visit (the first of its kind in the world!): The Fashion for Good Museum, here in Amsterdam.

<https://fashionforgood.com/museum/>



Tasty Deep Dives: "Ik eet cultuur" new episode!

The latest podcast episode is all about eat culture. Melissa Korn has founded the company Ikeetcultuur ("I Eat Culture") to connect people through stories about food. Food is more than fuel; on that many will agree. But if you ask Melissa, it's also the key to other people's worlds. A home-cooked meal can give rise to countless questions. I taste something I don't recognize. What is it? Where did it come from? How does it grow? Where do you buy it? And I could go on like this for a while. Food can say so much about who you are, where you come from and how you are in life.

Give the podcast a listen if you want to learn more! You can find Tasty Deep Dives on Spotify and Apple Podcasts.

<https://www.ikeetcultuur.nl> and for example

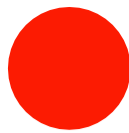
<https://www.podchaser.com/podcast/s/tasty-deep-dives-1981275> (or search @Spotify or Apple Podcasts!)



Oyster mushroombitterballen

The employees of the Dutch tax administration (Belastingdienst) and DUO (Education Executive Agency) together produce about 400 kilos of coffee grounds per day. At first this went into the container, but now De Zwammerij grows oyster mushrooms on it. The concept is simple: recycle what is left of a cup of coffee. De Zwammerij collects the coffee grounds and uses them as a fertile basis to grow oyster mushrooms on. The oyster mushroom bitterballs then return to the menu in the company cafeteria. A beautiful cycle. Currently, they have to be more creative and adaptive due to covid, but we can highly recommend the oyster mushroom bitterballs! Read more: <https://www.goodfoodclub.nu/aanbieder/de-zwammerij/> or order directly: <https://www.hoogelandcatering.nl/de-zwammerij>.

Fantastic oyster mushroom salad



This oyster mushroom salad will positively surprise you! It is delicious, extremely flavorful, and not your everyday recipe. It is ready in under 15 minutes and uses a special “pressing technique” for the oyster mushrooms. The technique is that you press them between two pans on medium high heat so they release liquids and get a really crunchy outer texture. And then add a marinade that they soak up and become packed with flavor. See below for the ingredients and the method! Spotted on the Instagram of Green Kitchen Stories – an awesome source for other recipe inspiration. They also have some great cookbooks!

Instructions

1. Whisk together the marinade ingredients in a small jar.
2. Add oil to a cast iron pan on medium high heat and place the whole mushroom clusters in the pan. You can trim off the thickest part of the stem but make sure they still hold together.
3. Place another pan on top and press down to squeeze out liquid and to give the mushrooms a nice crust.
4. Let sit for about a minute or two and then flip the mushrooms on the other side and press again. Use a kitchen towel to wipe off any moist that gathers underneath the pressing pan. Do this process a few times until both sides look nice and golden. Add more oil if they stick to the pan.
5. Add the marinade to the pan and let the mushrooms get shiny and juicy on both sides.
6. Place the mushrooms on a chopping board and slice them into large bits.
7. Add the chickpeas to the same pan and let them soak up the remaining marinade.
8. Whisk together the Caesar dressing in a mixing bowl. If it feels too thick you can add in a splash of water. The consistency should be runny but still so it sticks onto a salad leaf. Taste and adjust the flavoring.
9. Cut the romaine into large pieces and add to the mixing bowl. Toss until all leaves are coated in dressing.
10. Divide the salad into two bowls, add the chickpeas, mushrooms and 1/2 avocado to each bowl and top with fresh dill and freshly ground black pepper.

Ingredients

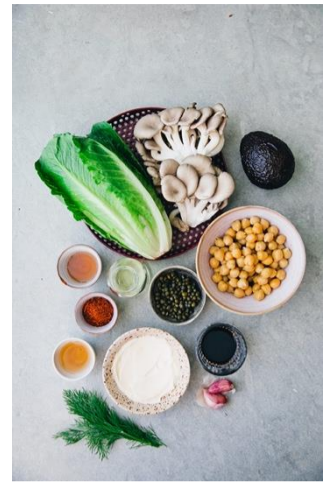
- 2 tbsp coconut oil
- 2 clusters of Oyster mushrooms
- 1/2 tin cooked chickpeas
- 1 romaine lettuce
- 1 large sprig of dill

Marinade

- 1 1/2 tbsp tamari or soy sauce
- 1 tsp apple cider vinegar
- 1-2 tsp maple syrup
- 1/2 garlic clove, grated
- 1 tsp spicy paprika powder
- Salt & Pepper

Caesar dressing

- 2 tbsp vegan mayonnaise (or regular)
- 1 tsp apple cider vinegar
- 1/2 clove garlic, grated
- 1-2 tbsp capers
- Salt & Pepper



New Member: Maaïke Pfann



Who are you and what do you do in life?

My name is Maaïke Pfann and I love wild plants. I studied herbal medicine and biodynamic agriculture, and I used to have an allotment garden (volkstuintje). But because every plant is of equal value to me, I quickly became known as 'miss weeds' and had to quit the garden. I embraced that name and began to use it as a nickname myself. As patroness of weeds, I now teach people the value of all plants, including so-called weeds. Their value as a medicinal plant, food crop or utility plant for fiber or dye. (See www.mevrouwonkruid.nl for more information)

I adore plants, but I love animals even more, and that's why I don't eat animal products. People can live on plants just fine. Biodiversity makes me very happy. I eat a varied diet with lots of colors. In my backyard, nature and I have created a little food forest consisting of 250 m², with an enormous diversity of species. Both in soil as above. Plants and animals. I can eat out of my garden all year long. Not fully, but it's a good addition.

How did you end up at Vokomokum?

Once, in a previous life, I was a graphic designer. The founders of Vokomokum - it was called 'De Krent' back then - asked me to create a logo for Noppes, the Amsterdam branch of LETS (a community that exchanges services and goods). I did, and in exchange I became a member of De Krent for free. That must have been about 20 years ago.

What changed throughout the years? And in what way are you involved with the collective right now?

I don't remember doing a work shift in the early years, I believe that was solved by a small contribution for the costs of ordering and collecting. Voko was very small at the time. It became a lot more fun when we were able to move to the Plantage Dok. I ended up in the baking team, because I love baking. I also started cooking later on. Sometimes I would cook for 100 people, completely plant-based. In summer, when wild plants can be collected in abundance, I would cook with weeds as well of course. Pesto from nettle and chickweed, for example, or garnish with dandelion and daisies.

In recent years I have been back in the baking team. I missed baking cakes... But well, sadly there hasn't been a lot of cake-baking in the past two years. It's fun to do another job as well every now and then, like Checkout. I really enjoy being part of the Voko anyway, and to work with the other members, even if I don't know everyone as well.

What do you like to order at Vokomokum and what do you use it for? Maybe you can share a recipe?

I like to order in quantities of 5 kilos because as little packaging material as possible is needed that way. Big packs of rice, buckwheat, sunflower seeds, flour and oat flakes are usually packed in a sturdy paper bag. Once empty, I reuse them to store my dried herbs. I also love dried fruits (dates, figs, mango, raisins, mulberries) and nuts. I often use dried fruits and nuts as a base for cakes. You can make a very good vegan version of snickers that way, for example. You don't even need an oven for it... just a food processor.

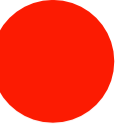
Ingredients:

- 100 grams of oatmeal
- 300 grams pitted dates
- 100 grams of peanut butter
- 100 grams of unsalted peanuts
- 200 grams of dark chocolate



Grind the oats into flour and place in a bowl. Mix the dates with the peanut butter and grind to a chewy texture in a food processor. Mix 150 grams of the date-peanut mixture with the oat flour and knead into a ball. Place the ball on baking paper and push the mass out into a rectangle. This is the base of the snickers. Spread the rest of the date-peanut butter mixture on the base and then push the peanuts into this mixture. Cut the snickers into bars. Melt the chocolate au bain marie and pour the melted chocolate on top of the bars. Chill in the fridge for 20 minutes, then flip the bars over so you can pour the chocolate over the bottom and let it set again in the fridge. Yummm!

Thanks to Lobke Faasen for the beautiful picture and recipe! (www.lobkefaasen.nl)



If you are interested in the transition of the food industry, we recommend to regularly check the website of the Slowfood Network. In the latest newsletter, we already recommended a book published by this Network. Unfortunately all activities have been suspended due to the covid measures, but in less restrictive times you can participate in all kinds of in-depth sessions on location – for example visiting a tofu factory while learning more on vegetarian meat substitutes, or visiting a supermarket to discuss their role in a better and more fair food system. On 8 January, the SFYN also started its yearly Academy. If you are or know someone age 18-35 passionate about food and making food more clean, sustainable and fair – check out this Academy. Applications for this year are closed, but you can follow their adventures and follow them online if you want to register in time for 2023. The SFYN Academy is a diverse and interactive curriculum, through lectures, excursions and workshops, the group of +/- 25 participants immerses itself in food chains and systems. From stables and fields to start-ups and factories: the food chain itself is the school. For six months, they travel throughout the Netherlands for workshops, lectures and discussions with farmers, fishermen, chefs, scientists, marketers, policymakers and, above all, with each other.

<https://www.slowfoodyouthnetwork.nl/nieuws/de-deelnemers-van-de-sfyn-academie-22>

Check out the website of Mediamatic to discover more cool and recent projects using mycelium or other parts of mushrooms. For example, together with CleanLab they experimented with creating biodegradable plant pots from mycelium, or with mushroom-furniture. If you are not familiar yet with Mediamatic – we suggest you start paying attention to their activities! Mediamatic is an art centre dedicated to new developments in the arts since 1983. They organize lectures, workshops and art projects, focusing on nature, biotechnology and art+science in a strong international network.



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