

SELF-DIRECTED WORKSHOP GUIDE

THE PEDAGOGICAL IMPULSE

<https://thepedagogicalimpulse.com>

FOOD FOR THE REVOLUTION

THEMES

Food
Activism

ENGAGING WITH

Kitchen Remedies
by People's Kitchen Collective

PARTICIPANTS

3 - 15

ABOUT THIS WORKSHOP

The People's Kitchen Collective (PKC) demonstrates how in the face of oppressive systems, "recipes hold the stories of our survival" and "ingredients hold stories of our resilience." Drawing from PKC this workshop facilitates an encounter between community members through the act of collective cooking; an encounter that is necessary to resist the increasing reduction of people's time to cook and share meals in community. Together participants will engage in a multi-sensory production of cultural resilience by sharing and prepping potato-based recipes.

The self-guided workshops explore the *Instant Class Kit*, a portable curriculum guide and pop-up exhibition. The kit brings together contemporary curriculum materials in the form of artist multiples such as zines, scores, games, newspapers and other sensory objects. The items in the kit strive to deliver a curriculum based on the values of critical democratic pedagogy, anti-racist and anti-colonial logics, and social justice. The self-guided workshops explore and activate some of the kit contents

PART 1: THE RECIPE

Participants share potato recipes, which opens up a conversation on the potato being a staple (or sometimes precarious) ingredient in many cultures across the globe. Thinking about the past and present of the potato's journey, including its role in histories of colonization, participants will consider how the potato has become intimately intertwined in the diet and economy of many societies.

PART 2: COOKING THE REVOLUTION

Participants engage with the process of cooking their potato recipes and hold space for discussion and reflection on their current activist causes (ones they are being a part of or are interested in being part of).

ACTIVITIES

PART 1: THE RECIPE

- Introduction to the People's Kitchen Collective and *Kitchen Remedies Project*.
- While cooking, participants share with the group stories about community involvement, active participation or a desire to get involved with a particular issue.
 - What do we know about the origins of the potato?
 - How did it become part of our personal story?
- On a volunteer basis, participants share their recipes with the session and explain:
 - Why did they choose the recipe?
 - Do they know the history of the chosen recipe?
 - When do they make the chosen recipe?
 - What memories does the recipe evoke?

PART 2: COOKING THE REVOLUTION

- Prepare the cooking space and organize your ingredients.
- While cooking, participants share with the group stories about community involvement, active participation or desire to get involved with a particular issue.
- When the dish is ready, participants share an intention, desire, need, dream or goal related to a social cause in which they are involved.
- Feast!
- Keep in mind the following:
 - Participants should cook individual portions
 - If certain dishes require more than 30 min of prep, participants need to have the basics completed in advance.

ACTIVITIES

PART 3: SHARE

- Participants submit to a collective repository (blog entry, Instagram post, digital zine).
 - The recipe
 - A photo of their dish
 - A 150-300 words reflection of the workshop
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RECOMMENDED READINGS

These readings are open source. You can access them by clicking on the link.

- [Holt-Giménez, E. \(2019\). Capitalism, food, and social movements: The political economy of food system transformation. *Journal of Agriculture, Food Systems, and Community Development*, 9\(Suppl. 1\), 23-35.](#)
 - [Arguedas, D. \(2020\). How the humble potato changed the world. BBC. Retrieved in August 2020.](#)
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MATERIALS

- You can find the artists' bios [HERE](#) and the projects' descriptions [HERE](#)
- Your own recipe ingredients.