

# Science and Cooking n°1

## Dr Atomato's first recipe: Eat Sustainable! Choose organic local food !

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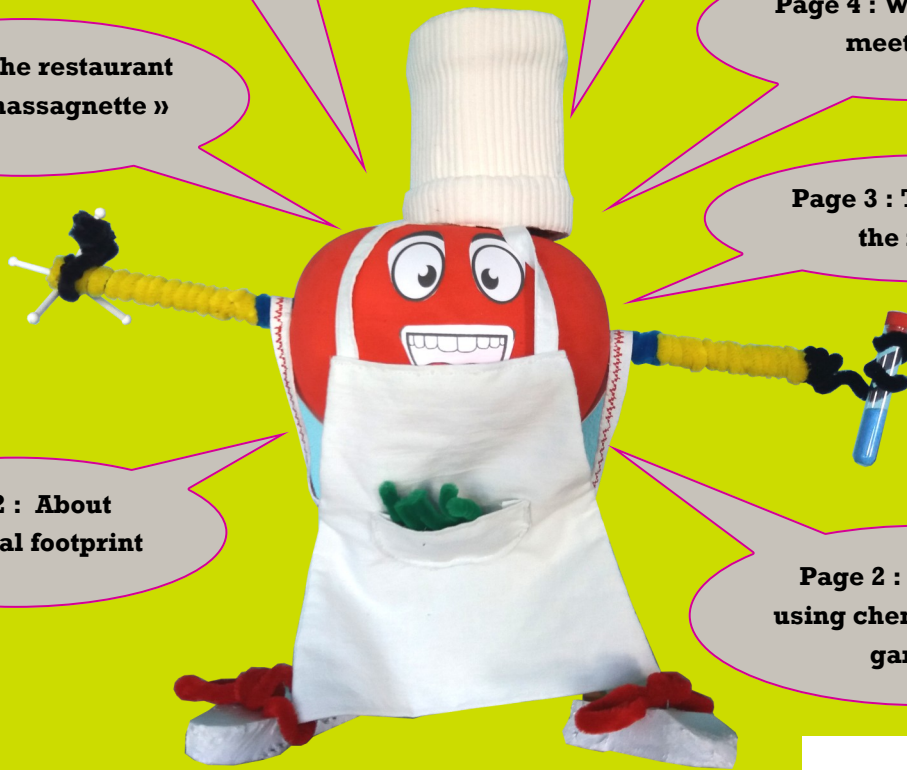
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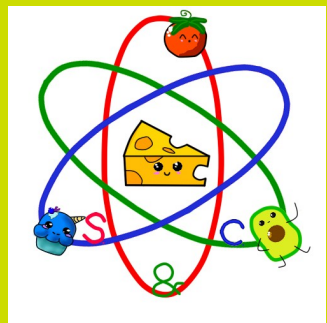
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Cooked by Aya, Baptiste, Célestin, Eloïse, Emilien, Ferdinand, Inès, Jordane, Joseph, Laura, Lou, Marwa, Morgane, Pierre, Robin, Soline, Soraya, Telio.



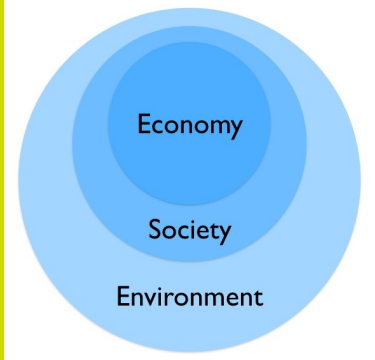
# Toward an environmentally friendly agriculture

*First of all, what does « sustainable development » mean?*



Sustainable development is a form of economic development whose main objective is to reconcile economic and social progress with the preservation of the environment, the latter being considered as a heritage to be passed on to future generations.

**Emilien et Telio, 2<sup>e</sup> 1**



## The dangers of using chemicals in our gardens.

In Arles, at the “rencontres de la photographie”, Mathieu Anselin made an exhibition: “Monsanto, a photographic investigation” in 2017.



Monsanto is an American agro-chemical research company. It is a company that creates GMOs (Genetically Modified Organisms), weedkiller...

According to the Guardian, the big problem with companies like Monsanto is that they privilege profit over health, and, to achieve their goal they don't hesitate to bully scientists to make them give the customers false information about their chemicals, like: “We are making totally safe products !” but some companies make money as well as giving importance to sustainability and legislation should defend them instead of supporting the lobbies.

Through a selection of telling pictures, Mathieu Anselin wants to explain to all of us that the future sold by Monsanto is a poisonous



future, a very bad one, but, he also wants us to understand that we can avoid this future, choosing to consume healthy organic food.

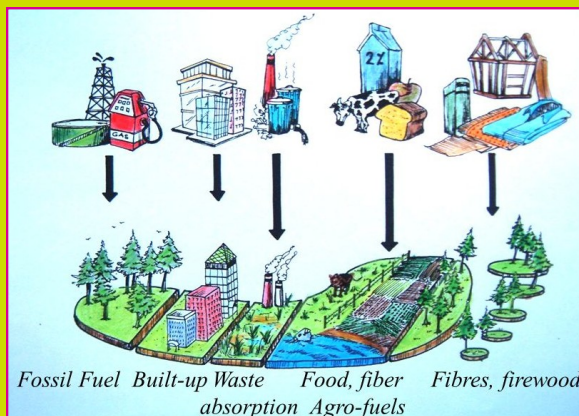
**Ferdinand, 2<sup>e</sup> 1**

## About Ecological footprint.

Ecological Footprint compares the *demand* on and *supply* of nature for one year.

When the ecological footprint is over one, it means that we consume too much compared to the time the nature needs to renew the materials and energy sources we use.

**Everybody**



How many planets would we need if everyone lived the lifestyle of a typical Swiss citizen?

Switzerland	3.3	
What about some other countries?		
USA	4.8	
Belgium	4.3	
Germany	3.1	
France	3.0	
United Kingdom	2.9	
Italy	2.7	
China	2.0	

## Visit at « La Chassagnette ». Welcome to Armand Arnal's organic world

### The gardens

There are two different gardens at the Chassagnette.

The first one is the ornamentation garden, with a fountain, and a view of all the vegetables and fruits



that we can find in the dishes of the Chassagnette. It's very colourful and nice to look at, with many edible flowers, such as pinapple sage ones.

The second one is the garden where vegetables grow in great quantities and where four gardeners work all year round. One of them explained to us that they practise permaculture. They are not allowed to use hydroponic culture because everything is organic. That's the reason why they don't use any chemicals in the garden but use environmentally friendly alternative techniques to

replace chemicals:

- instead of fertilizers, they use their own compost.
- instead of pesticides they use specific bacteria which destroy insect eggs.
- instead of weedkillers, they use sand banks which smother weeds.

At the back of the garden, there is a water treatment area where gravel and sand layers, but also plants such as reeds, rushes, water mint or loosestrife filter waste water before releasing it in the ditches.

The two gardens are separated by a small canal which gives the place a pastoral atmosphere.

**Célestin, 2°5**

### The restaurant

La Chassagnette was an old farmhouse which was restored as a restaurant. Its starred chef, Armand Arnal, has worked there since 2006.

At noon, customers can eat outside, on the terrace where they can enjoy the beautiful view on the garden.

During summer evenings, they have dinner under a wide net to preserve them from mosquitoes which are rather numerous in the natural reserve of Camargue since, as they

contribute to the local ecosystem, no heavy treatment is allowed be used against them.

During winter evenings, dinner is served inside in the dining room where the coloured murals on the walls contrast with the traditional frame of the sheepfold.

La Chassagnette also provides private rooms for family meetings or professional seminars.

Whatever purpose has made you come here and whatever

place you choose to eat, the experience begins with a short visit of the kitchen and the discovery of the chef's universe.

**Pierre - 2°1**



### The Chef and the recipes

We enjoyed Armand Arnal's speech, especially when he explained to us the way he gave up fast food, so bad at promoting taste and social enjoyment.



We visited the kitchen with him and he explained the workstation organisation and the way he cooks vegetables, meat, fish and desserts. For example, meat is cooked in vacuum bags to preserve all the taste and the smell.

He also presented his story, from school he left early to his current position as a Michelin starred chef. Like several people in his team, he worked abroad for a few years, and advised

us to never give up our dreams!

And to conclude, he brought us wonderful and tasty cookies he was awarded for in New York City.

**Aya - 2°3, Marwa - 2°4**



# When cooking meets Art

## Do we dream under the same sky

On the 20th of September, we went to the Luma foundation to discover the installation named "Do we dream under the same sky" which was created by Rirkrit Tirvanija, a Thai modern artist.



He was helped in this project by two architects, Nikolaus Hirsch and Michel Muller. It took place within the ruins of the Forges which allowed, thanks to their open sky, to install a bamboo roof, steel plates and some wooden bamboo boxes with aromatic herbs.

The animator told us about Rirkrit's purpose when he made this world-wide travelling piece of art. It's a new concept of creativity where a team of artists (architects, gardeners, chefs) build a micro world to share time and taste experience with the visitors.

After that, chef Laurent Blondin, the deputy of Armand Arnal at the restaurant "La Chassagnette" introduced us to the solar ovens and the way they daily use them. Then, the



gardener explained to us what kind of aromatic herbs were exhibited.

Just before leaving, we each ate two bowls of local food prepared in the solar ovens and seasoned with herbs from the installation. It was deeply creative and really tasty!

**Joseph, 2<sup>e</sup>3**



### LESSON 1

**What to remember : Privilege healthy local products!**