

WELCOME TO THE  
**FOOD FOREVER**

**EXPERIENCE** BONN 2019



**@FOODFOREVER2020**

Of the **30,000 edible plant species**

just **four**  
make up 60%  
of our daily calories

**Wheat, Rice,  
Maize and Potato**

**@FOODFOREVER2020**





We're also losing food diversity every day.

If we're going to sustainably produce enough nutritious food for **9 billion people by 2050**, we need to **conserve and share all food diversity**.

@FOODFOREVER2020





***We all eat three times a day.***

That's three opportunities we have to decide which foods to consume, where to source them, and which establishments to support.

By ***demanding more diverse foods***, we can provide the foundation for a nutritious and resilient food system.

**@FOODFOREVER2020**

The Food Forever Experience Bonn will shed light on some of the world's lesser known crops, while calling on chefs and consumers to ***plant the seed for a more diverse, sustainable, and delicious future.***

@FOODFOREVER2020



A decorative border composed of various colored triangles (green, blue, red, orange, yellow, purple, pink, brown) arranged in a repeating pattern around the edges of the page.

# MEET THE CHEFS

[FOOD4EVER.ORG](https://www.food4ever.org)





**JEAN-MARIE DUMAINE**  
Vieux-Sinzig



**DAVID MAHLBERG**  
The Protea



**ERIK OBERHOLTZER**  
Tender Greens

# CHEF JEAN-MARIE DUMAINE



Restaurant  
**VIEUX-SINZIG**

Master of wild herbs and discoverer of German truffles, Jean-Marie, has found his second home in Sinzig from his homeland in Normandy and created the culinary attraction of the region with the VIEUX SINZIG. Born in Normandy in 1954, after completing his training as a cook, he first worked in various regions of France before gaining new experience in Germany. Sinzig was opened in 1979 where wild herbs of the region take center stage.

# CHEF DAVID MAHLBERG



Restaurant  
**THE PROTEA**

David started his training 2008 in the Kongresspark Bad Honnef and finished in 2011. After his studies, he worked in the Maritim Hotel in Königswinter until mid 2012 when he later joined the Restaurant Bastei in Bad Godesberg where he worked until 2015 as Sous-Chef. His love of South African cuisine soon followed when he began working in the Restaurant „Springfontain Eats“ by Jürgen Schneider. His first solo endeavour is the Protea, which opened in 2018 where he serves as Executive Chef.

# CHEF ERIK OBERHOLTZER



Restaurant  
**TENDER GREENS**

Erik Oberholtzer is chef, social entrepreneur and food activist. He is co-founder and chairman of Los Angeles-based Tender Greens, a healthy food restaurant chain. Erik leads initiatives on food security, urban agriculture and organic farming. Erik sits on the boards of Sustainable Economic Engines of Los Angeles (SEE-LA), LA Kitchen, The California Restaurant Association and Big EQ Campaign. He holds advisory roles with The Berkeley Food Institute, Farmshelf and is a global champion of Food Forever.



A decorative border composed of various colored triangles (green, red, blue, orange, yellow, purple, pink, brown) arranged in a repeating pattern around the edges of the page.

# TASTE THE INGREDIENTS

[FOOD4EVER.ORG](https://www.food4ever.org)

## CHEF ERIK'S CHALLENGE

### Birch Blossom



For a short time in early spring, sap moves through birch trees to prepare for spring growth. Birch sap is slightly sweet-tasting, rich in minerals, and can be drunk fresh or naturally fermented. It has traditionally been drunk in Northern and Eastern Europe as well as used for medicinal purposes.

## CHEF DAVID'S CHALLENGE

### CHICKPEA



Chickpeas are traditionally popular in Indian and Middle Eastern dishes where it plays an important cultural role as well as nutritional, being almost a quarter protein. More recently their rich, creamy and nutty flavour has been in demand in Western diets. Chickpeas can grow in dry environments and capture its own nitrogen, reducing the need for water and fertilizer.

## CHEF JEAN-MARIE'S CHALLENGE

Wild Sloe



Jean-Marie Dumaine created the so-called "Eifel olive" from sloes, or blackthorn fruit, in brine and spices. Sloes are considered rather tart to taste, and are normally processed to make liquers and jams. However, they may have been more commonly eaten in history, with sloes found in the stomach of the ancient man Ötzi who lived over 5000 years ago.

## CHEF DAVID'S CHALLENGE

### Piquanté Peppers



Sweet piquanté peppers are a special South African cultivar of the *Capsicum baccatum* chili pepper and were discovered in 1993. Despite its hot red colour, it is mild on the Scoville scale. *Capsicum baccatum* is normally found in Central and South America, so how this variety made it to South Africa is unknown.

## WHAPOW'S CHALLENGE

Spirulina



Spirulina is dried blue-green algae which was harvested by the Aztecs from Lake Texcoco and today it can be cultivated in ponds. These tiny, cylindrical organisms are bright green and packed with protein and nutrients.



## CHEF JEAN-MARIE'S CHALLENGE

### Wild Cornel Cherry



The Cornelian cherry is a small, long-lived tree that is found around the Mediterranean. It has yellow flowers and bright red fruits that have been said to taste like cranberries or sour cherries.

This versatile fruit can be candied, pickled, juiced, roasted or baked.

## CHEF JEAN-MARIE'S CHALLENGE

Wild Garlic



Wild garlic can be found in the soils of forests across Europe and is popularly dug up by brown bears and wild boars. Its leaves, stem, bulb and flowers are edible but one must be careful to not confuse it with the poisonous lily of the valley. It can be used as fodder too, and cows in Switzerland were once fed wild garlic to produce milk that was made into a special garlic-flavored cheese!



## CHEF DAVID'S CHALLENGE

Kumquats



Kumquats, *Citrus japonica*, are much hardier plants than citrus plants such as oranges, but the small, sour fruits are still juicy and rich in Vitamin C.

## CHEF JEAN-MARIE'S CHALLENGE

### Rhine Walnuts



Walnuts are very nutritious, containing protein, vitamins and minerals, and more omega 3 fatty acids and vitamin E than many other nuts. They may be pickled when young but are more commonly eaten dried and may be roasted to turn them gold and bring out their flavour. Grown in China, Turkey, Iran, Mexico and the US, walnut trees are best suited to sunny climates.

## CHEF DAVID'S CHALLENGE

Roobios



Rooibos, or redbush, tea is made from the leaves of a shrub native to mountainous parts of the Western Cape in South Africa. The plant survives harsh, dry conditions with its deep taproot. The refreshing tea is caffeine-free and naturally low in tannins.

## CHEF JEAN-MARIE'S CHALLENGE

Wild Peach



The peach tree is native to China and symbolises longevity in local mythology. Peaches of Immortality are said to grow in an orchard belonging to Xiwangmu, a goddess, and take 3000 years to ripen.

## CHEF ERIK'S CHALLENGE

### Hemp Seeds



Hemp is fast-growing, thrives in a variety of soils and doesn't require chemical inputs. It has been a key part of Chinese and Indian diets for centuries and were one of the first plants to be spun into usable fibre, roughly 10,000 years ago. The small, crunchy seeds have a soft, buttery texture and are rich in omega 3 and omega 6 fatty acids and can be used as oil, a milk substitute, flour, as meal, sprouted or made into powder.



## CHEF JEAN-MARIE'S CHALLENGE

### Sweet Clover



Melilotus, also known as sweet clover, is a grassland plant that can be eaten in moderation. The bitter, aromatic leaves are eaten raw, preferably before the plant blossoms. The whole plant can be used to make a tea with a trace of vanilla and the seeds can be used as a spice.

## CHEF DAVID'S CHALLENGE

### Goji Berries



Vibrant orange-red goji berries are from two species of blackthorn and are traditionally used in Asian cuisine. The fruit can be eaten fresh or dried to become sweeter and are considered an alternative medicine.

***Knowledge is power and we want you to share yours!***

Take a selfie next to our mannequins and share on social media using  
#LETSPLANTTHESEED  
#SDGGLOBALFEST

**@FOODFOREVER2020**





# ARTIST: LOIS WETZEL



Lois Wetzl  
**Owner of The Protea**

Painter Lois Michele Wetzl, who was born in South Africa and now lives in Neuwied, Germany, studied art and design at the University of Johannesburg and has been working as an artist for 40 years. In South Africa she ran her own studio for over five years and later also a gallery. In Germany she opened her own art studio in 2012 where she also taught art. She has been exhibiting her art in various galleries in the area.

A decorative border composed of various colored triangles (green, blue, red, orange, yellow, purple, pink, brown) arranged in a pattern around the edges of the page.

# EXPERIENCE THE SERIES

<http://bit.ly/FFXNYC>



**GLOBAL OF ACTION FESTIVAL**



**#SDGGLOBALFEST**