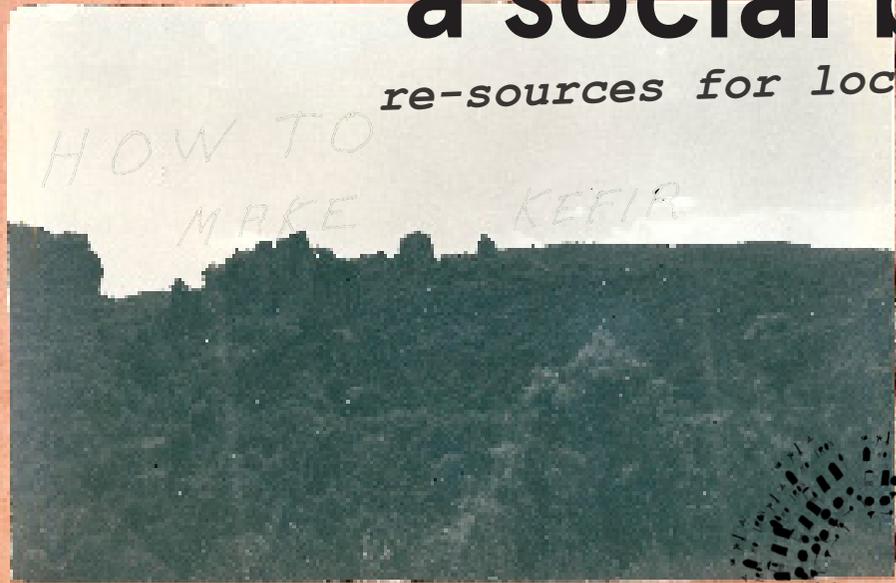


fauna flora & politics

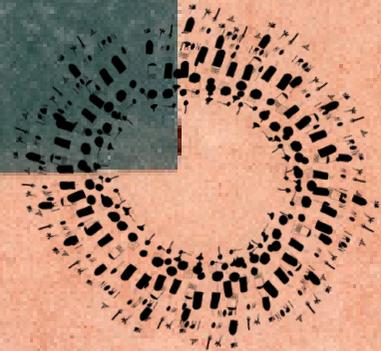
# kefir,

# a social blend

re-sources for local politics



Anne-Iris Espinat Die



J.F.P. 00

Content

Introduction

Context

Fauna FLora Politics

Guideline of questions

Responsability

human - ecosystem

health - grains of kefir

Subtext, the metanarration of my project

Design proposals

> communication of kefir benefits

shifting relationships to the beings, value local  
ressources

> diffusion (culture)

platform - textile - booklet

> public water fountain (for kefir)

Fonte da pipa today, filtrated and pure, a hub for  
exchange of ideas to come from the people of  
Almada

## Introduction



Fauna comes from the latin name Fauna, a roman goddess of earth and fertility.

Flora comes from latin *Flora*, goddess of flowers and has three definitions: one is the plants considered as a group, second is a book describing the plants of a country, region, time, and third is the microorganisms that inhabits some part of the the living.

From my observations of Almada, my research and the epidemic situation we are facing, I draw my interest: politics. Because it is within political actions that we can impact back the local nature, the local life.

Apocalyptic visions would be ones of an Almada without any cats, any birds, any ants, any fig trees, any lemon trees, any orange trees.

In Almada lays the possibilities of hopes for local future organisation of urban space and citizen responsibility.



## Introduction



I draw from the notion of Flora and Fauna and a community such as Almada, a strong interest for what is SHARED, for what GROWS by being WILD, for what is COMMUNITY by being UNITED in one plurality of links, for what slips out from INDUSTRIALIZATION greedy hands but REPRODUCE naturally itself when being free from human society interest and productivity.

The daily actions of being ALIVE by drinking water (H<sub>2</sub>O), and breathing (CO<sub>2</sub>) that we tend to forget and to think that is owned are present in kefir.

I believe in RESPONSABILITY and UNDERSTANDING and that it is my intention as a designer to BRING UP propositions and create narrative around specific actions to CONNECT people and possible futures. Responsibility and understanding are ideologic if they are not balanced with the feeling of being connected one and all of us.

from microorganism  
to macro  
organisation,  
or a  
system  
consisting of  
interdependent  
parts.





«This is mortality: to move along a rectilinear line in a universe where everything, if it moves at all, moves in a cyclical order. Rectilinear temporality cuts through the circular movement of biological life.»

Birmingham, Peg. *Hannah Arendt and Human Rights: The Predicament of Common Responsibility*.  
Bloomington and Indianapolis: Indiana University Press, 2006

# History



## PORTUGAL

### April 1974: Carnation revolution



**DOC O QUE VAI ACONTECER AQUI?**  
Documentary by Colectivo Laft Hand Rotation, 2019, 63'

This documentary portrays social movements and activists fighting for housing rights in a Portugal overwhelmed with tourism. It is a testimonial of a forced transformation in the urban landscape by capitalism and individual motivations. The title «O que vai acontecer aqui?» is also the title visible on official construction panels through the city of Lisbon and demonstrate the unbalanced situation in terms of perspectives between dwelling reality for locals and investors.

From 2010 crisis, the local people of Lisbon are facing major economical issues. Several factors created the crisis: 1. Prices in the city are going up but not the wages, originating a lower purchasing power. 2. Tourism is very present and encouraged. 3. Legislative changes making speculation possible. These three factors are devastating for the locals in terms of private spaces (dwelling) as much as in public spaces (public garden, urban landscape).

What we understand through this documentary is the complete disinterest of the locals by the municipality, for example, facing extreme tourism the mayor could have made the choice to keep in off buildings for social housing. Instead in 2012 a law on lease adjustment is created that enhance and encourage eviction of the tenant by the owner. The same year, another law creates what's called the «golden visa»: it is a five years visa for any international buyer of a 500 000 euros or more property. All of this is creating a speculation paradise, with fiscal benefits such as 15% taxation gap in between renting a short or long term apartment. All of this makes the country highly dependent on external capital and the locals vulnerable.

#### Urban spaces are financial assets.

At the beginning of the video, Rita Silva from the association Habita remind us how unnatural the situation is. The development we face today is crossing the limits of human reality in terms of scale such as time and space. The life time of a body compared to an economical investment, or the space needed for a body to take meaningful actions compared to the space given for consumption in the cities.

My topic being Flora and Fauna and writing about the economical system makes me think of the recent and recurrent fires in Portugal especially near Lisbon. Prosperity seems to only be preserved for profit matter. Devalorization is the consequence of only profit driven society, which creates dry lands subject to fire. Therefore, prosperity of a natural landscape is completely overlooked and unprotected because of its subjective value. The only evaluation criteria of today is market value. To store money is in complete contradiction with real life. Notion of reality is therefore shaken up and local people completely disconnected from political order.

- 2% of social housing for 20% of people leaving in poverty (2019)
- > 2.637 empty houses (2019)
- > « Santos lima » old industry workers housing facilities demolished

#### Polarisation of society and communities.

Not respected, humiliated when an area is evicted, locals lose houses, demolished and family lose their home in every way. On top of that, racism is visible through police presence in some peripheral areas of Lisbon where on top of inhuman political and economical actions, stigma is added to the situation. In the second part of the video, it is said that on 50 family evicted in the area, only 20 succeeded, after 1 suppose a lot of struggle, to be rehoused by the government « Spatial Rehousing Program ».

Activists and associations are taking daily pacifist actions such as the occupation of the ministry hall to raise concern about the violation of human rights and the illegality of their action. It is very inspiring to see how communities are giving hope back to powerless people, and make the local believe in the necessity and the validity of their request. « Insist, insist, insist » is saying the young mother in the end of the documentary « because we are not for sale » it is in deed a present concern since the industrial revolution of the second half of XVIII century in Great Britain with Taylorism and workers society, leading to the triumph of exchange value over subjective value. The examples of Lisbon demonstrate the very origin of servitude resulting from land property advent in capitalism. As I was writing about scale perturbations in terms of space and time we can also note the absurdity brought by the triumph of price over value, also in terms of human ethic and consideration for others.

In 2020 the prime minister Antonio Costa announces a 6% increase of the minimum salary and visibly tries to be more social but still preserve good relation with economical powers. We can already state that more political actions are needed urgently to solve the situation.

## ALMADA

The geographic location of the municipality and geomorphological characteristics determines climatic and environmental factors and thus defines a large variety of landscapes and habitats.

Indeed, the relief itself is one of the most determinant physical constraints in defining the municipality's landscape units, being closely related to the geological substrate.

natural resources: fruit trees – a lot of fig trees, orange trees, lemon trees

fonte da pipa : quality water for the citizens and the port

## LIFE

«Life is a characteristic that distinguishes physical entities that have biological processes, such as signaling and self-sustaining processes, from those that do not, either because such functions have ceased (they have died), or because they never had such functions and are classified as inanimate.»

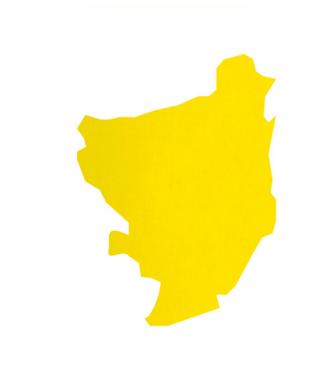
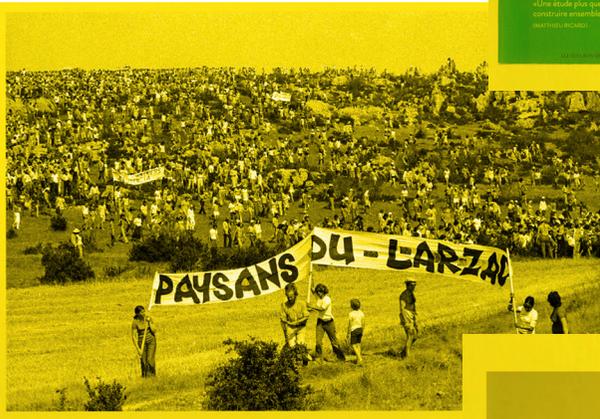
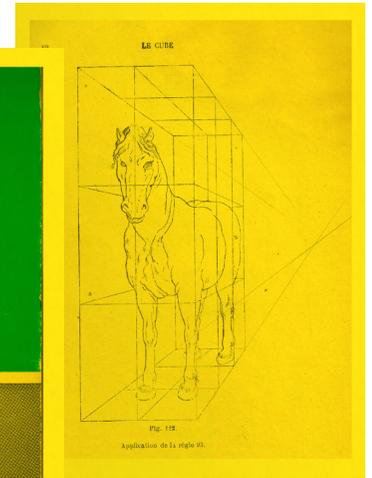
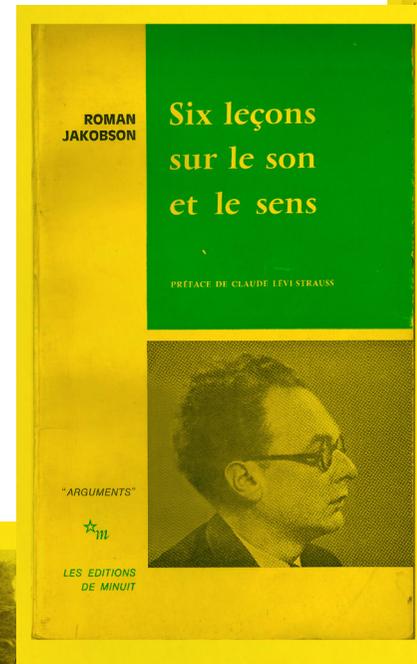
It all begins through water, H2O.

The first person to use the term Fauna in the study of species was Carl Linnaeus in 1745.





MID TERM video



April 2020, the question that drives me first is

# **How flora and fauna can be a source of political engagement ?**

Something so small it seems like nothing, but little by little, means a lot.

# My guideline of questions



How flora and fauna of Almada can be a source of political engagement ?

What is the impact of our normalized consumption ?

For who ?  
This initiative is designed towards anyone who feels like taking care of its environment and wants to act.

How a living habitat can be vector of actions?

What is the subtext of an action ? What do I want to convey and explore underneath the exploration of kefir in Almada community ?

Proposition for a public space with utility for a collective symbiotic economy

## Human responsibility

«Our story is the story of wars.» Sebastião Ribeiro Salgado

My first research around my very first problematic led me to Human responsibility topic.

The developement of human life on earth such as we know it today by the political term of «globalization» has been made through destruction of natural habitat (for industrialized meat production for example) and wars, creating a normalisation of inaction regarding our endemic surroundings, ecological or economical crisis and epidemics such as Covid-19 today.

The research around this notion helped me to be more consicous. It is clearly transcribed in my idea of working with kefir: kefir is an alive material, you need to take care of it, and for that to understand it. You need to nurrish and not destroy its micro ecosystem in order to preserve it for your own delight and health.



Encyclopedia universalis, at letter E for Epidemics.



«We are very fierce, terrible animal, us, humans, we are extremely violent.» Sebastião Ribeiro Salgado Congo, 1994.

## Subtext



### Metanarrative or subtext

In all complex and communicated narratives is a subtext.  
What is the subtext of an action ? What do I want to convey and explore underneath the exploration of kéfir in Almada community ?

To TAKE CARE.

Learning through making: the activity of kefir.

The values resulting of the activity of making water and fruit kefir, one of the oldest natural beverage common to all sub-tropical and continental areas, are the link for social and citizen responsibility.

Few reasons are: giving hand to hand the kefir grains, to pick the fruits needed from the gif trees, lemon trees in Almada, to take care and be conscious of the living material kefir represents.

From microbiological life that can't be REGULATED, for what is PRODUCTIVE outside human interest.

# Health responsibility



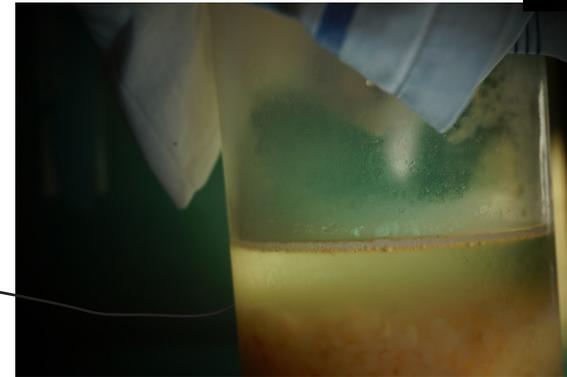
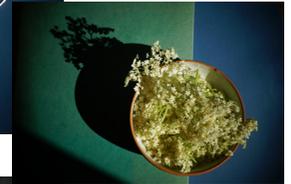
Kefir is a microflora, full of microorganism it enables your microbiot to be efficient and therefore your immune system.

People are not drinking in off water per day. Water is at the based of life and also constitute 65 percent of our body. Kefir makes you drink more.

Against the growing tendance of eating and drinking from supermarket to the plates and glasses without knowledge of natural cycles.

Against the actual tendancy of feeling comfortable in pre preared otpions from the food industry. I want to participate fighting back the habit of illusional and commercial confort.

Heath is also the health of the other beings.



## Design propositions



In a place where **fruits trees** and water\* seems visibly abundant, we actually face a paradox of globalization when coming to the real grasp of the local population on this resources.

The goal of this initiative is to activate the powerful narrative around the activity of making kefir, and therefore project in public space, as much mental as urban, tools and room for local political change.

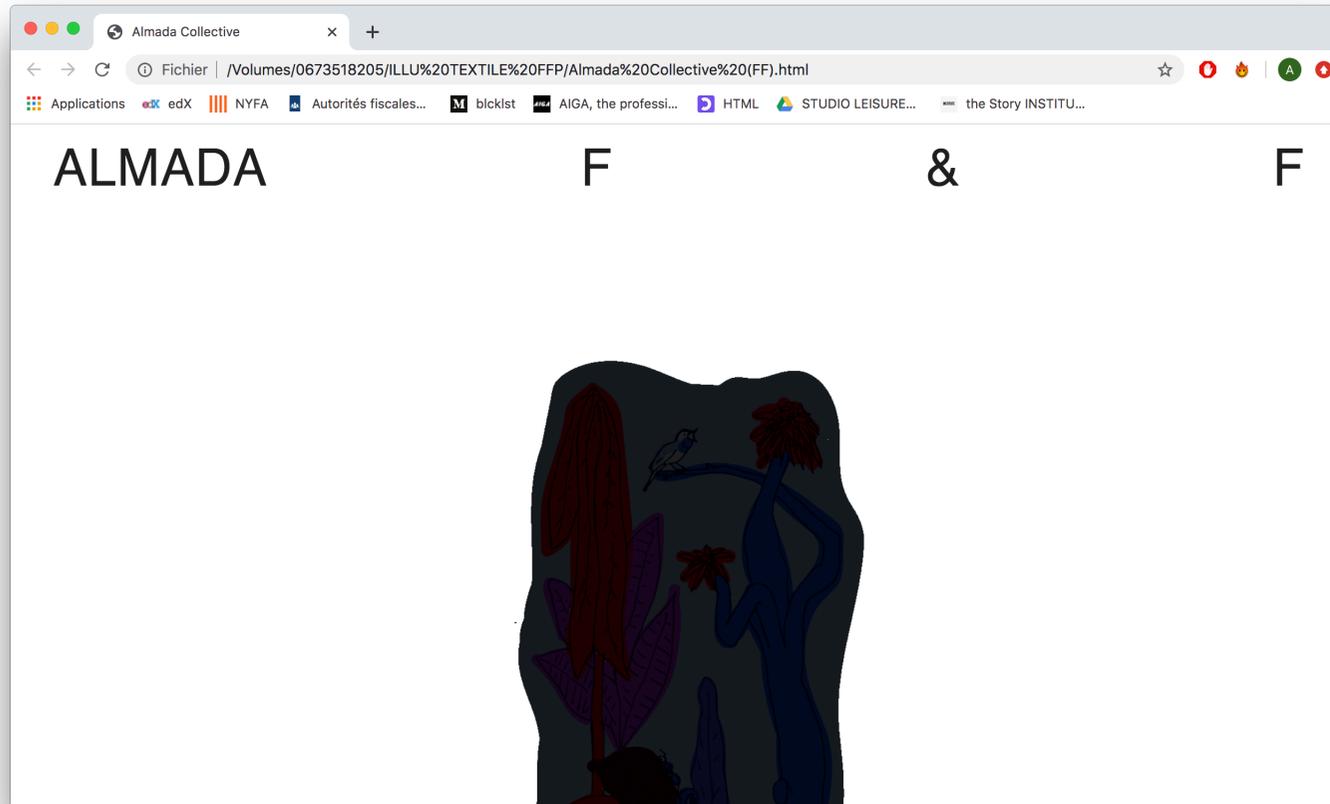
-Spreading kefir culture: kefir is a tool, taking care of kefir grains is local politics. Creating of digital hub, with illustration for understanding kefir benefits and put it in practice, theoretical content, and if possible interactive contact. + Inside exhibition booklet on how to make kefir.+ Large fabric to cut with scissors to bring back home for the practice of making kefir.

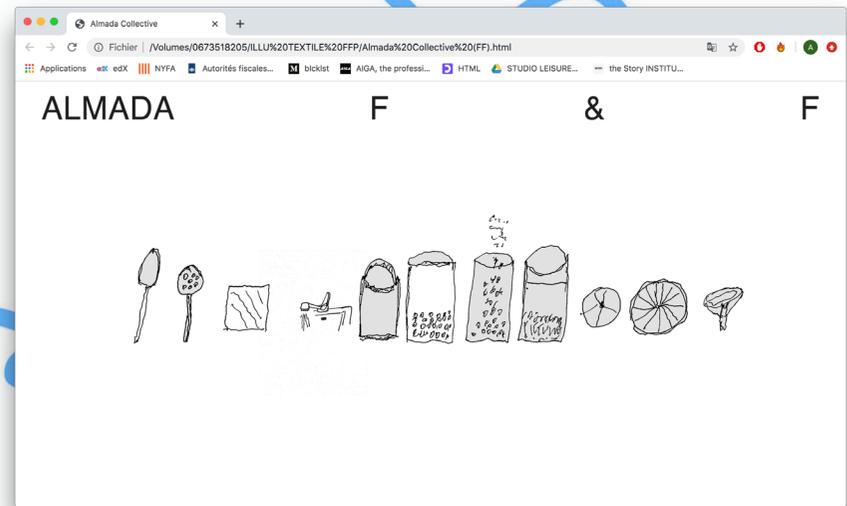
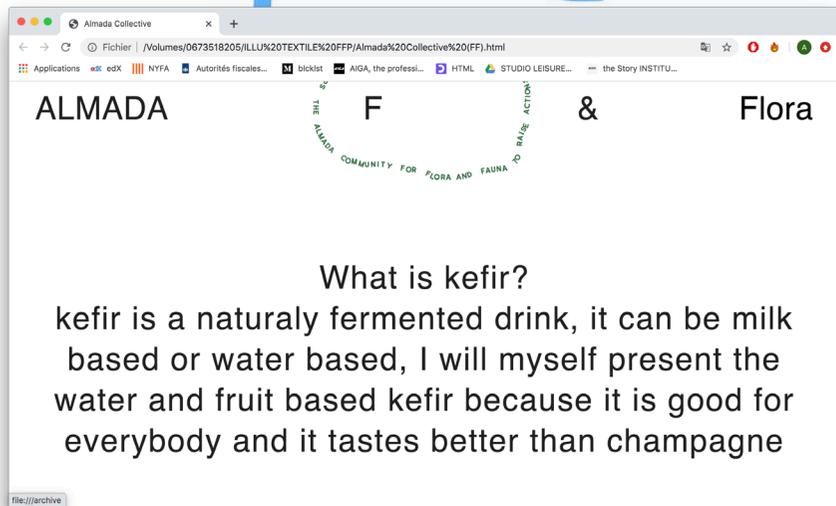
- Public fountain for flitrated water : design-fiction proposition for a public space in Almada. Creating rituals and meetings around seasons and kefir. *Nota bene: for Kefir to grow good, it demands pure water, you can filter it at home meanwhile, cf. How to make kefir communication campaign.*

\*The World Resources Institute estimates that, in 2040, Portugal occupies the 44th position in the list of countries that will face high levels of 'water stress'. The potential scarcity of water in Portugal can be countered by taking care of how resources are managed and recycled.

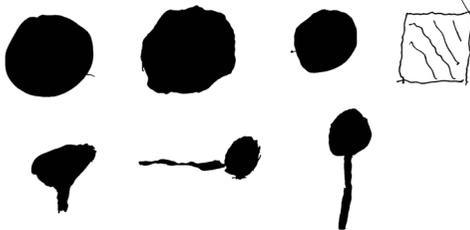
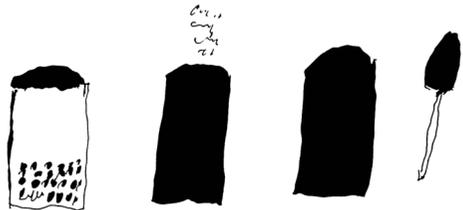


# Online platform





NO IRON



1L5

22°

25°7

BOTTLE

CLOSE

Collect

COVER

ELASTIC

FERMENTED ?

FIGS

FILL IT

FRIDGE

GLASS JAR

GRAINS

WITH

WATER

SUGAR

SPONS

POIR

ORANGE

NO IRON

# HOW TO MAKE KEFIR



Collect GRAINS



1L5 GLASS JAR

POIR SPOONS GRAINS



POIR SUGAR

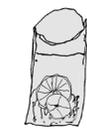


ORANGE LEMON FIGS



COVER

ELASTIC



POIR WATER

FILL IT

LET IT FERMENTED

DAYS	
20°	2
22°25°	2>1
25°	1

FILTER



GLASS BOTTLE CLOSE IT



FRIDGE 2 DAYS



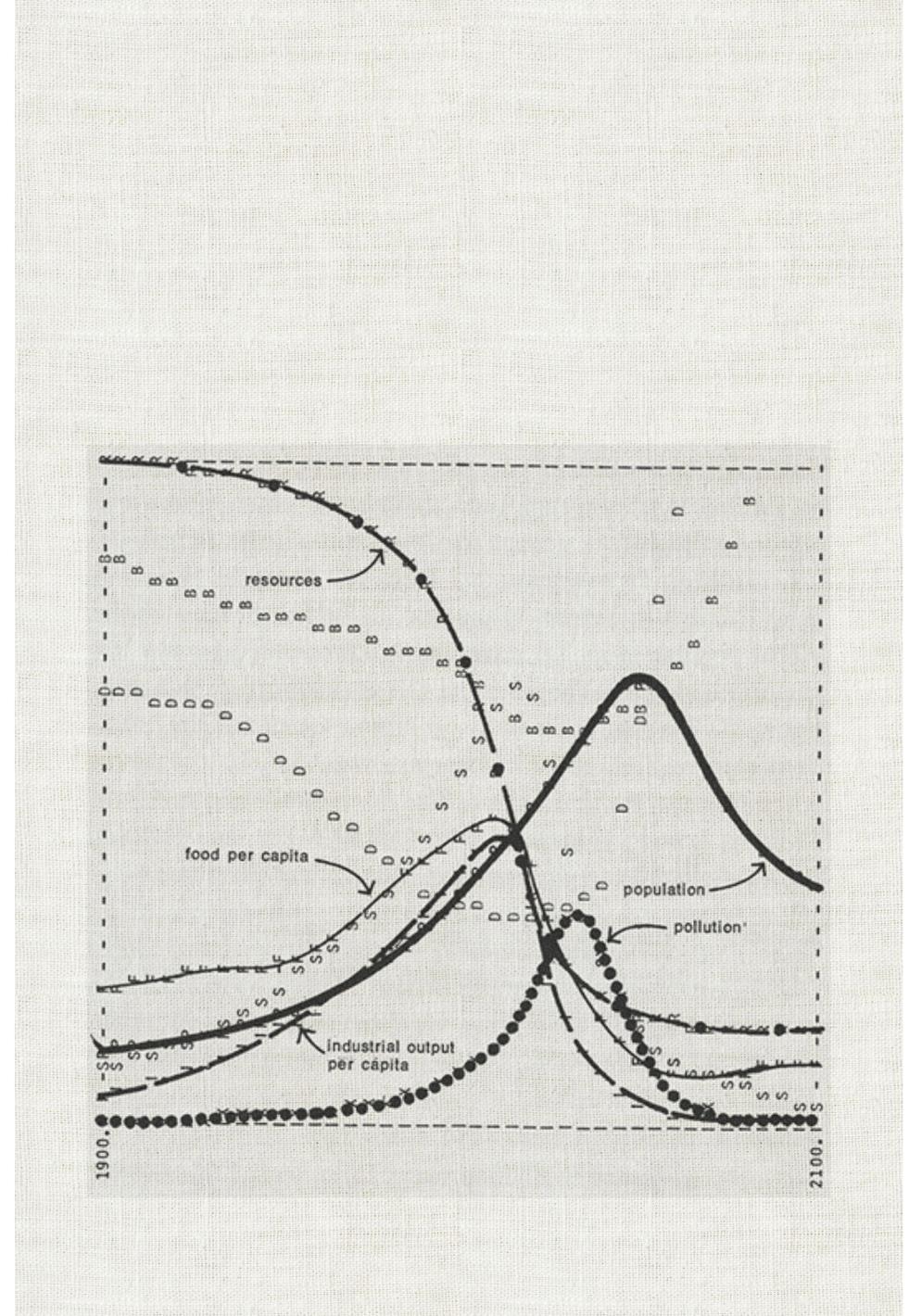
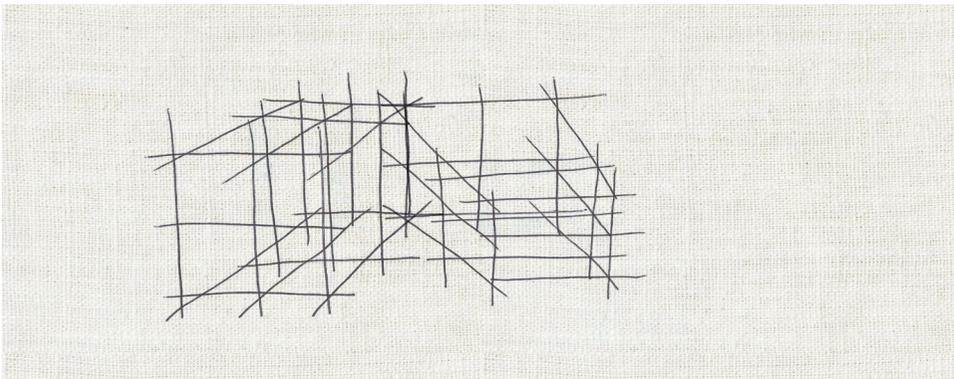
## Social fabric



In sociology, social fabric is the patterned network of relationships constituting a coherent whole that exist between individuals, groups, and institutions. It is the formal structure of role and status that can form in a small, stable group.

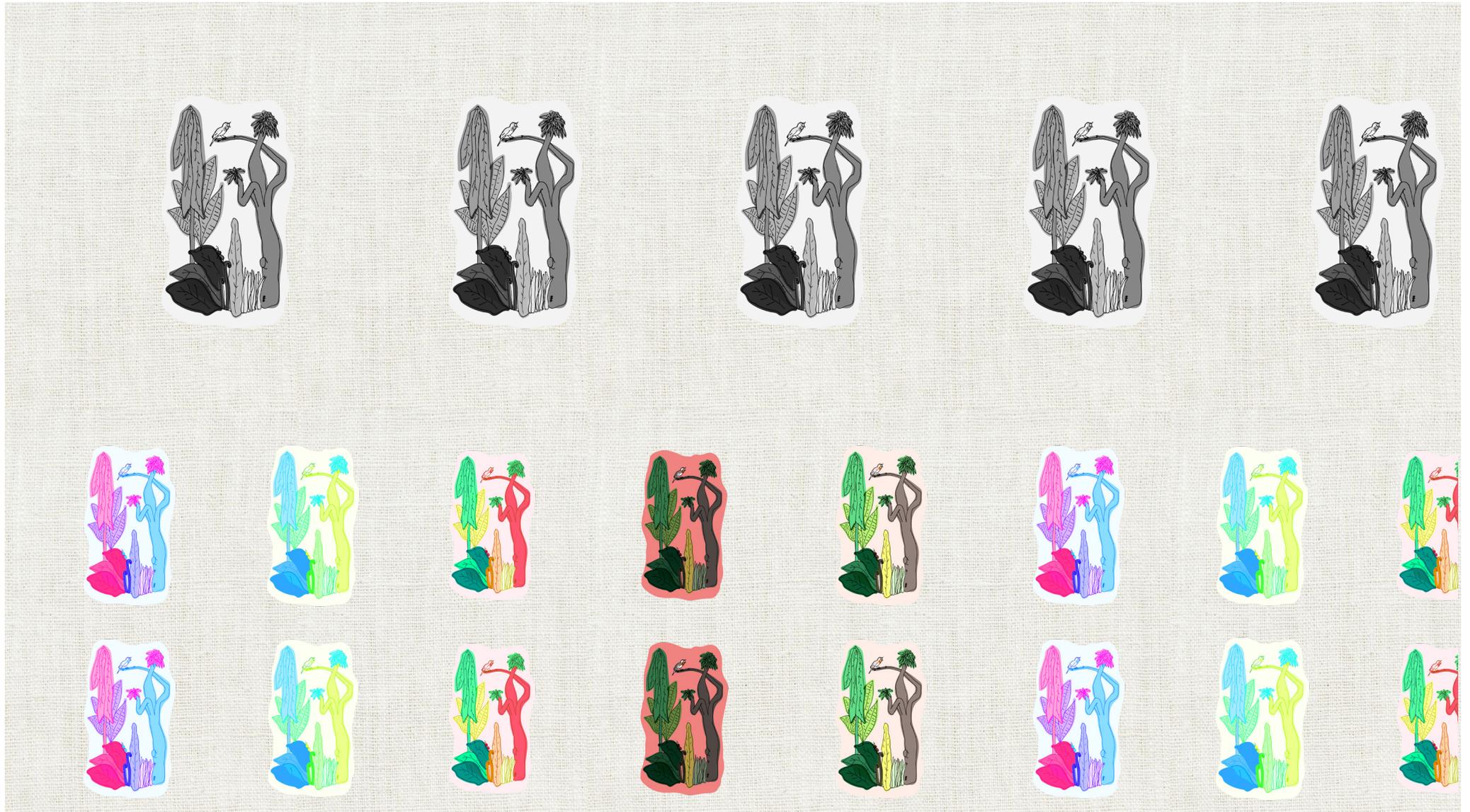
Directly link to political reflexions, it also echoes the definition of flora and fauna as living groups.

Social fabric is key for a change in mentalities, hopes and group dynamic.

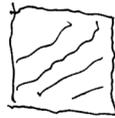


# Illustration

Inside exhibition : piece of fabric for the making of kefir, symbolizing the initiative in the social fabric of Almada.



# Pure water in public space

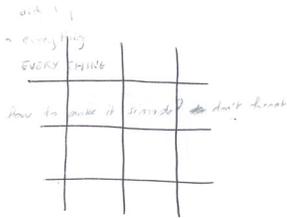


Design fiction: change the urban dynamism by proposing hub around a fountain of pure filtrated water.

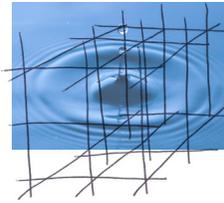
In 1753 D. João V ordered the construction of Fonte de pipa, a source of water facing the Tagus, for the resident of Almada and the harbor. Today in 2020 I propose an update with a filtrated water for the citizens and in that perspective will be placed higher on the cliff, closer to all the houses, in cultural center Casa de Cerca.

- why do we want / need structure of creation?

- what is a structure?

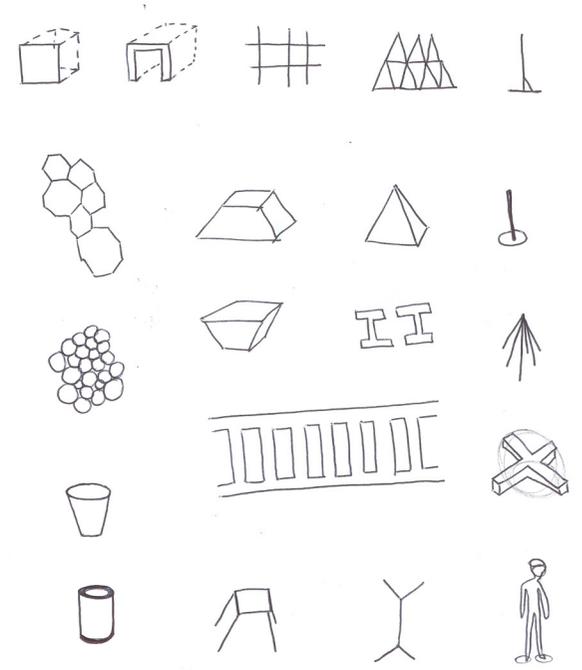


understanding the difficult quality of variability variations

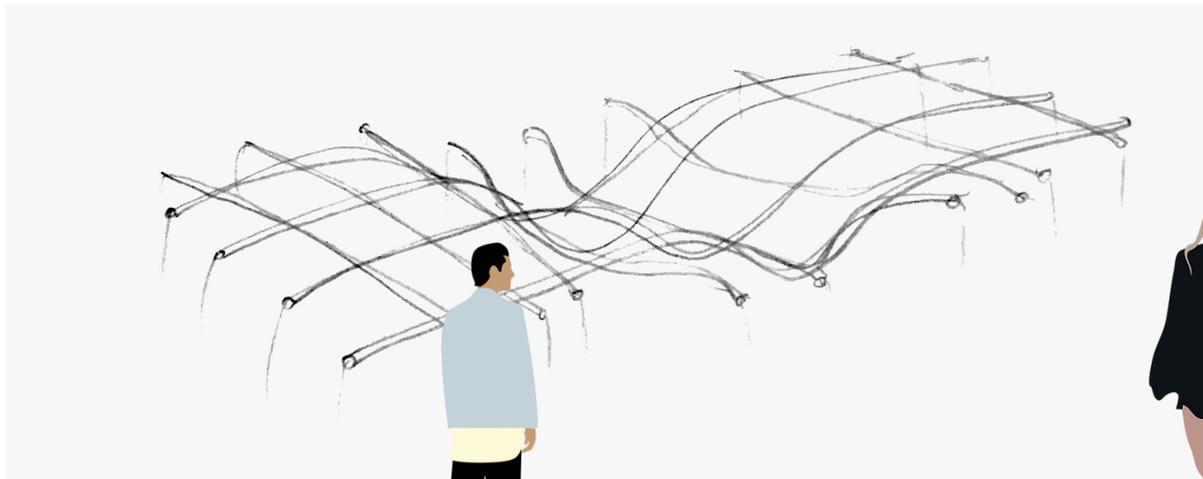


what is a mean?

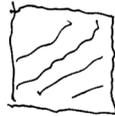
## FEW KNOWN STRUCTURES



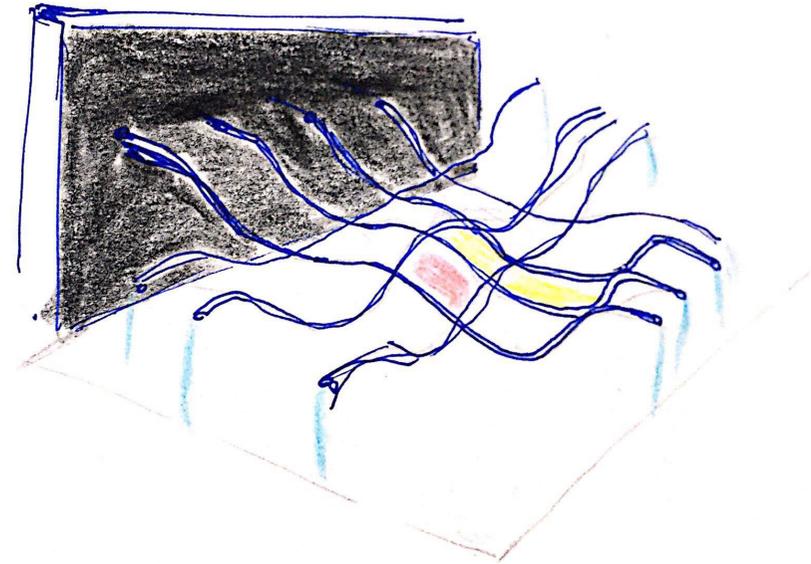
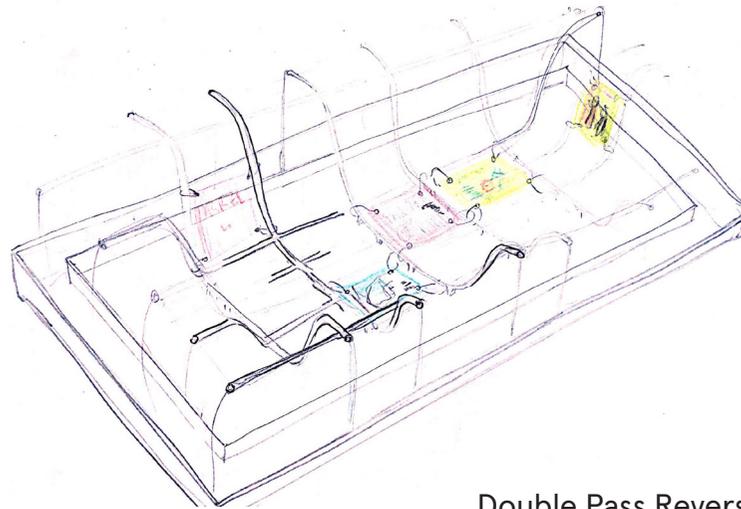
STRUCTURES WITHIN STRUCTURES WITHIN STRUCTURES ---



# Pure water in public space

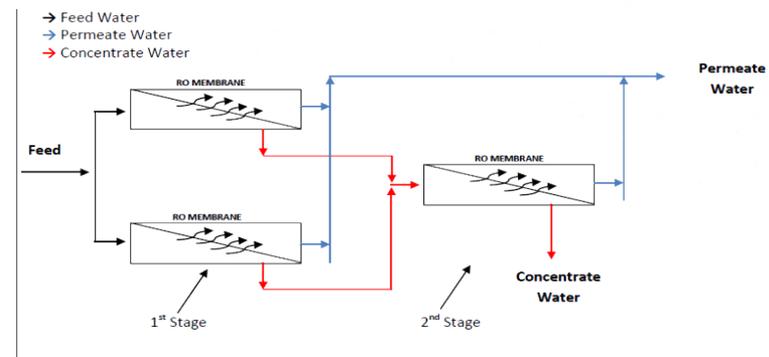
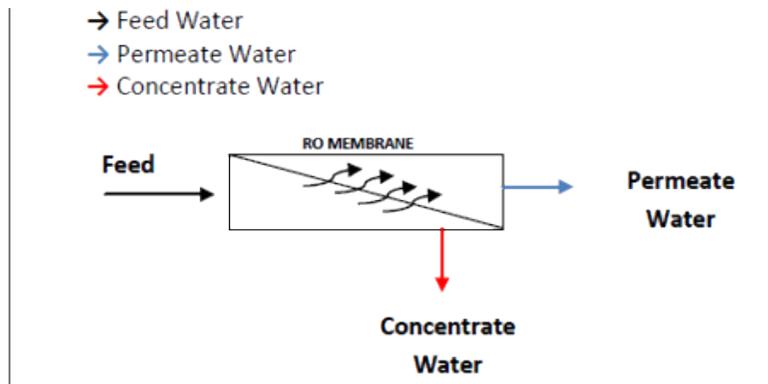


Reverse osmosis is a very simple filtration system that can be integrated in public fountain. The oxygenation of water is great for the quality of water.



Single Pass Reverse Osmosis

Double Pass Reverse Osmosis, preferred option



## Conclusion

**This project showed me how we've gotten far away, humans, from understanding and linking the unbalanced natural complexity of life. Far away from simple gestures in our daily life to put in practice something unfitting in a pre-conceived societal scheme- the development of mind and conscience in the human being led us to loose instinctive knowledge regarding cycles of life for the profit of concept. More than that, to leave together and grow as a species: we are today set in frames of production: from thought production (ideas...) to food and drinks. Therefore our very basic essentials.**

**Today situation with the pandemic showed us how important it is to come closer to those basic essential needs in ways that are unbounds, very much personalized and crafted, without a vertical chain of approval in time and needs, but an horizontal chaine of help and time through people that are around each other. Around 1km for example, city circle.**



**PS: I have a big hope for this futur that  
we start today.**



**CITY CIRCLES**