

PHUPLEC

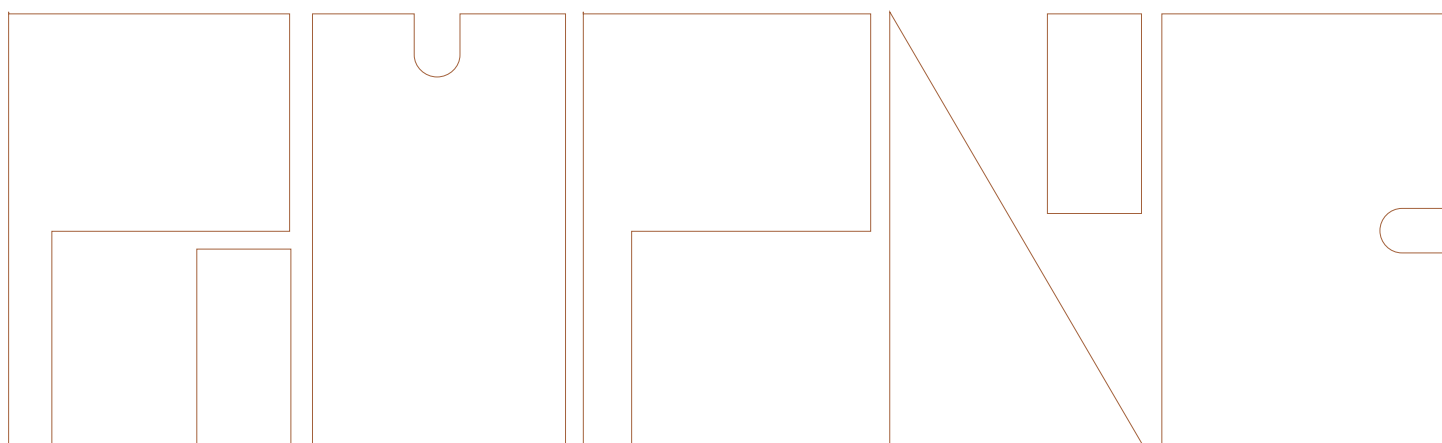
These activities are for people of all ages.

Phuplec is an art project that invites us to attune to nature. The project is inspired by the history of local allotments and growing and what we can learn from the plant world. Plants are essential to human life. They have survived on earth for 359 million years. We have so much to learn from them.

This activity sheet offers some activities for learning from plants that you can do from home.

Phuplec is an art project by Emma Smith, commissioned by Resonance-Cambridge as part of the Cambridge Investment housing programme. Emma is making a new artwork for Cromwell Road, Cambridge, UK.

For more information visit www.phuplec.com and follow on instagram @Phuplec



CREEP

A practice for SMALL MOVEMENTS

Plants know better than anyone how to thrive without being able to move around. For millions of years plants have had to create strategies for surviving in difficult circumstances without the option of going somewhere else. We don't have to change locations to feel that we can move. Flowers unfurl over a day, trees lengthen over years, and the earth moves over millennia. Movement does not need to be visible to be radical. Soil creeps on a particle level.

The human body has over 650 muscles and 360 joints which combined in every possible permutation, allow for infinite movement without moving from the same spot.



PRACTICE

Stay where you are

Draw your attention to your body

Start making very small movements

Think about where all the muscles are in your body

Think about where all the joints are

Continue to fidget

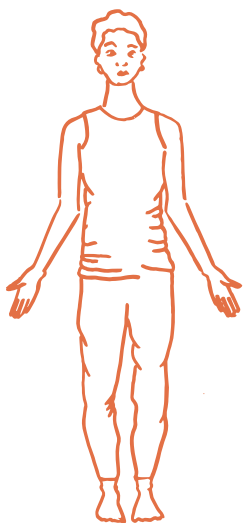
How many movement variations can you find?

ELONGATE

A practice for CONNECTING

Nature is a self-restoring system. Plants pass on knowledge to one another through their root systems to help each other thrive. Root systems of plants can extend over many miles via fungi that create a mycorrhizal network (nicknamed the 'wood wide web') allowing plants to connect across huge distances.

Through this earth bound connection plants can support one another as a community.



PRACTICE

Take your shoes and socks off and stand bare foot on the ground

(If you can, stand on grass or soil, but any surface is fine)

Try to place one toe down at a time

Focus on the weight in your toes

Focus on the weight in the balls of your feet

Focus on the weight in your heels

Feel grounded

Imagine your feet are part of the earth

You are connected through the earth to all living things

Take a moment to appreciate this

(You can also try this activity sitting down or using your hands to explore)

INCREDIBLE NATURE FACT: It is estimated that every kilogram of soil contains at least 200km of mycorrhizal fungi strands that are connecting plants to one another.

FALLOW

A practice for RELAXATION

When the earth is over farmed it becomes tired. The practice of set-aside or leaving fallow, allows the earth to replenish itself through rest. Rest allows recuperation. The following is a relaxation activity to connect to the earth and relax.



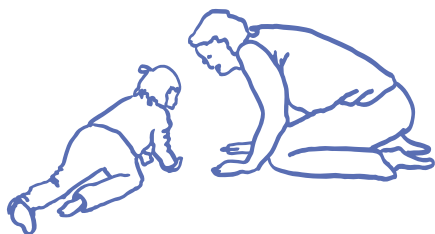
- 1 Find somewhere comfy to lie down. This could be on a bed, on a sofa or on the floor. If you can, lie on your back, but if this is uncomfortable for you lie in what ever position you are able
- 2 Lie with your feet a little bit wider than hip width apart and with your arms out to the sides with your palms facing upwards
- 3 Close your eyes
- 4 Working from your toes to your head we are going to move and then relax each part of the body
- 5 Start with your toes. Give them a wiggle then curl them up as tightly as you can then release. Let any tension fall downwards into the ground
- 6 Tense all the muscles in both legs. Hold them taught then let go. Let the tension disappear beneath you
- 7 Clench your buttocks together and then relax. Feel your weight drop into the ground
- 8 Clench your core muscles. Feel your stomach muscles tighten and try to hold it. Then let go
- 9 Tense your shoulders. Feel them inch towards your ears. Squeeze them up tight and then let them fall away
- 10 Make fists with your hands and tense all the muscles along your arms. Raise them slightly in the air and hold them tight. Then release
- 11 Scrunch up your face. Shivel your nose, pout your lips, crumple your eye lids. Feel the crunch then let go. Feel the energy flow down the back of the head and into the ground. Let it slip away
- 12 Take a long deep breath in, then exhale slowly and loudly
- 13 Breath normally and relax
- 14 Let yourself feel incredibly heavy. You are part of the earth. Stay here with your eyes closed for as long as you like

WILDING

A practice for APPRECIATION

Where you are there is nature. Nature is everywhere, woven into the city as much as the country, into our homes as well as outdoors. Spontaneous nature finds its home in the cracks and corners. It thrives in the most unlikely situations.

A typical human home, however clean, includes roughly 100 species of insect, spider and other arthropods. Most species found in homes are peaceful co-habitants and can even benefit human health. Find and appreciate the nature you live with. We are all part of an extraordinary eco-system called life on earth. Our homes host an equally extraordinary eco-system and are part of the worlds fastest growing environment: the indoor biome (communities of living beings that live indoors).



PRACTICE

Can you spot the following:

A HOUSEHOLD SPIDER

Spiders often catch nuisance pests and even mosquitos so are good contributors to your domestic eco system

A PLANT GROWING IN A GAP

Many plants that grow in cracks in buildings and paving provide vital foraging for local insects, especially in towns. Bees pollinate a third of all human food – that's one mouthful in every three we eat that has required bees

A LADYBIRD

These friends of the gardener eat up to 5000 pests in their lifetime

A SPARROW

Sparrows like living near humans but we are more reliant on birds than they are on us. Birds are vital to the world's ecosystem. They pollinate plants, spread seeds, eat insects and protect bio-diversity

Appreciate the wildlife you live with

Live and let live

If you want to, you can share photos of the nature you find at home with us on instagram using #phuplec #wilding

DISPERSE

A practice for APPRECIATION

When a plant spreads its seeds it does so without guarantee of destination, dispersed by wind, water, ballistics, gravity or animal. Journeying does not need to be about the destination. By drifting, dawdling, meandering, roving and deviating we can appreciate everything we find along the way.



PRACTICE

Take a journey of happenstance

Your journey can be inside or outside

Look around you

Feel the air

Move in whichever direction you feel like

Pay attention to things you might normally disregard

Stop when you want to

Take your time

Change direction

Take an unexpected route

Look up and look down

Turnaround

Slow down and speed up

Deviate

Enjoy the journey

INCREDIBLE NATURE FACT: A number of plants have exploding seed pods to spread their seeds by force. The sand box tree can fire seeds up to 100 meters at speeds of 160 miles per hour!

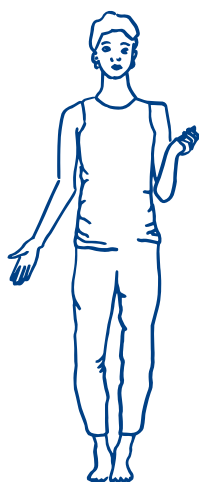
FERTILISE

A practice for SHARING

Plants eat in the most environmentally friendly way imaginable: photosynthesis. Using water, air and sunlight they absorb carbon monoxide from the air to produce their food – benefiting the planet as they do so. All life on earth depends on plants.

During the Covid-19 pandemic we have been collecting recipes from local residents of food to make at home with ingredients that are widely available to buy, or can be foraged or grown.

In memory of Allan Brigham, we include here his recipe he contributed in 2020 as an appreciation of allotment grown vegetables which need nothing but themselves:



Jersey Royal Potatoes with Butter and Freshly Cut Broccoli

Ingredients

Jersey Royal Potatoes
(known as International Kidney Potatoes when grown outside Jersey)
Broccoli
Butter

You can make this meal with any new potatoes and broccoli but to get the full experience grow or source potatoes and broccoli so that you can eat them as close to the day they are harvested as possible - ideally on the same day!

Method

1. Boil the potatoes till tender
2. Steam the broccoli
3. Serve with butter to melt
4. Fill your plate.

This meal is about appreciating the flavor that comes from vegetables that have just been picked. You can try this with any ingredients you can grow from home.

For more recipes visit www.phuplec.com

PRACTICE

Share a recipe with us using the sheet provided

FERTILISE

SHARE

We would love to hear about your recipes from the last year, homegrown or otherwise. Please share a recipe with us by filling in the postcard attached to this newsletter, add a stamp, and pop it in a post box. (If you don't have access to a printer you can use any paper and just fill

it out yourself). The first 20 recipes received will get sent a pack of seeds to sew to support wildlife.

All recipes will be added to our free online recipe collection at www.phuplec.com



SEND TO

PHUPLEC
Emma Smith
Wysing Arts Centre
Fox Road
Cambridge, CB23 2TX

Fix stamp
here

INGREDIENTS:

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METHOD:

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SENDER ADDRESS:

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This will not be kept on record and will only be used to send a pack of seeds to the first 20 recipes received.

SPROUT

A practice for GROWING

Most plants are hermaphrodite, producing both pollen and seed, and have spectacular powers of self-renewal and reproduction. Plants can reproduce in all sorts of ways including: from seed, spores, rhizomes (underground stems that shoot new stems up to the surface), stolons (runners from the base of the plant), and adventitious rooting (a root arising from a plant part that is not the main or primary root) as well as with human support through cuttings (stems, roots or leaves that are placed in water to grow new roots before replanting), grafting (the upper part of one plant is joined to the roots of another to grow as one), and budding (the bud of one plant is taken from one plant and grown on another). Plants can re grow themselves. When plants are pruned not only do they grow back, but the bits that have been pruned also have the potential to each grow a new plant.



PRACTICE

Try this activity to grow your own celery from celery. You may never have to buy it ever again!

You will need one bunch of celery (it needs to be a bunch not individual stems).

1. Cut through the whole bunch of celery around 6cm up from the base. Set aside the tops to eat later.
2. Take the base and sit it in a bowl or glass with about 3cm of water in it.
3. Change the water every 3 days and leave to grow. (if it looks brown after a couple of days don't worry – this is normal). Soon you will see a new celery growing in the middle of your base.
4. Keep an eye on the underside of your celery. After about 2 weeks little roots will start to show. This means it is ready to plant.
5. Plant your celery in soil, in a pot or in the garden. Place the celery about 3cm deep. Leave to grow.
6. Harvest and eat when you want to, retaining the base to grow your next one.
7. You can also try not harvesting and letting it run to seed to see if you can naturally grow a whole patch!

RIPEN

A practice for EXCHANGING

For years people have played music and spoken to their plants. Speaking with plants is an ancient practice in shamanic traditions. Recently a number of scientists have begun to record and evidence plant's ability to hear as part of a relatively new and fast growing field of research called bioacoustics. Research shows that plants communicate with one another sonically to communicate drought or insect attack, as well as responding to sounds in their environment, for example growing towards the sound of water. We may not speak one another's language but we might do well to listen.

Plants constitute 80% of living beings on the planet. While humans constitute only 0.01% of all living things we have destroyed 83% of wild mammals and half of all plants.

To address the climate emergency requires an adjustment to our human centric thinking and who better to consult than the plants that oxygenate our atmosphere and made possible our evolution in the first place.

Communication is far more than the words we use. Good communication requires respect, empathy and sensitivity. When we speak with one another we produce musical sounds, intentions, and feeling. Experiment.

PRACTICE

Take some time to sit with a plant

Talk to the plant in your own language.
(read a story, share what is on your mind, tell them how you feel about them...)

Listen

Listen with your whole body to what your ears can't hear

Feel

Feel what the plant might be telling you

