

LENKA KUBELOVÁ



VELKÉ
KVAŠENÍ

KOMPOSTEREN
FÜR ALLE!

UBLEJ!

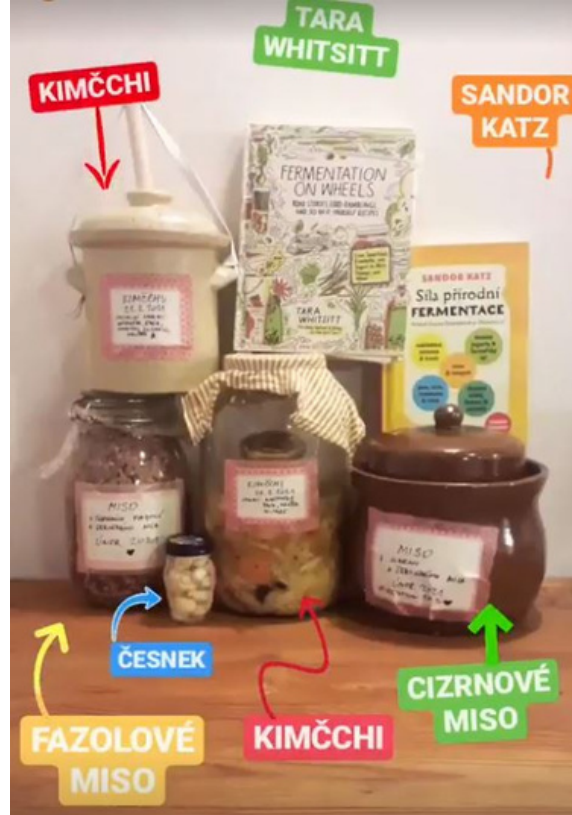
FERMENTATION
IS FUN!

COMPOST FOR ALL

COMPOST
THEM
ALL!

VELKÉ KVAŠENÍ

#BIOCALTRIALHOTEL



topic of transformation

I finished Academy of Fine Arts in Prague having my theme, but being discouraged by toxic approach (poisonous materials, overproduction).

Later I found my media—
natural pigments and fermentation.

events and workshops:

- 1) community events, more about kitchen stuff
- 2) art related actions, with ambition to mediate a new vision for participants

the essence of place

taste of space, slow food, non-humans, new sensations, building relations (with plants, microbes), awareness of how our society works, alternatives

biocultural hope

social transformation (ways to more just, ecologically aware society, non-extractive models, how to be present and active without being overwhelmed by environmental grief)

personal transformation (pilgrimages, spiritual development)

studio cibule

arts and ferments lab

running a space dedicated to natural materials, biodiversity, teaching





UTOPIA OF TENDERNESS

*collective participative work of several months with Eliška Fialová and Adéla Márová,
artistic research for Prague City Gallery, Prague City Gallery, Institute of Planning and Development, Academy of Performing Arts and University of Economics
for the location under the Radotín bridge, belonging to the river floodplain in the area of the future Soutok Suburban Park + Summer solstice festival 2022*

After a major (and part of the world predicted) ecological disaster, a group of women live in a sun-drenched concrete temple near the confluence of two great rivers. A pasture with animals, invasive wild plants, a fire pit, a bike path, lines with drying children's clothes and plastic fragments of a crumbling civilization falling from the sky form the axes and epicenters of their refuge. A large concrete sundial sets the rhythm of their days: when the line of sunrays reaches the canvas of the third tent, it is time to rise and thank the Earth and the Sun. Then the community dedicates itself to purification in the nearby River, singing, caring for Children and Animals, dancing, preparing food and drinks from Herbs growing in the surrounding terroir, drawing sacred Symbols, sharing Stories, resting and preparing for the Great Ritual. The solstice, the imaginary peak of the year and of our civilization, is approaching. In a crumbling world marked by endless growth, mining and plastic debris falling from the ever-accelerating action at the tip of the temple, can Life be preserved?

The post-apocalyptic community dedicated itself to painting with pigments and drawing carbon symbols on the pillars of the temple of transport, also with the involvement of the garden class from the Radotín Kindergarten, preparing the camp and fire pit, collecting, drying and fermenting local herbs, trampling the space by dancing with Daniela Paseková, circular, gesture-oriented meetings with Mothers Artlovers, creating a voice landscape with Ridina Ahmedová as well as searching for community resilience with Anto Nie.



THE ESSENCE OF PLACE
performative workshop, 2022

- ☀️ An attempt to capture the taste profile of the place through wildy fermented drinks prepared from locally grown herbs.
 - ☀️ Wild fermentation comes from yeast naturally "wild" occurring on some plants.
 - ☀️ In the process, the added sugar is alchemically transmuted into alcohol, CO2 (bubbles!) and, over time, into acetic acid.
- ☀️ It was quite exciting, fermentation is a process thing and cooperation with microbes, we have no control over some of the events, nature plays a role there(life, non-human actors), I also wondered how to share process magic.
- ☀️ Interested parties could taste a pre-prepared range of flavors (from sweet limo to sour and bitter elderberry sodas) based on the character of the place and the pre-summer season.
 - ☀️ Also my aim was to share the basic principles of wild fermentation and encourage to create own flavor combinations with the starters.
- ☀️ Research and collection on site was supported by a June walk through the local new wilderness and steppe zone under the flyover with biologist Jiří Sádlo and consultations with fermentation specialists.
- ☀️ The most popular drinks were super bubbly elderberry champagne, aperol with green walnuts, nettle wines and wormwood-yarrow primitive beer.



TASTES OF THE END OF CIVILIZATION

performative event, 4 + 4 days, international festival of contemporary art, Everything's Everybody's, Prague, spring 2023

How does the decay of a civilized place taste, enriched with the vitality of springtime plants?

Tasting bar at the festival 4+4 days with fermented alcoholic and non-alcoholic drinks and other fermented snacks from raided and forgotten once cultivated plants collected in the post-space of urban ERPET stadium and on the overgrown stands of the abandoned football field.

Dandelion beer, lilac champagne, garlic pesto, wild yarrow beer, fizzy pine and other delicious May tastes of the one urban post-place.

whatever non-toxic can be turned into interesting drink – 30+ taste combination – range where it can go

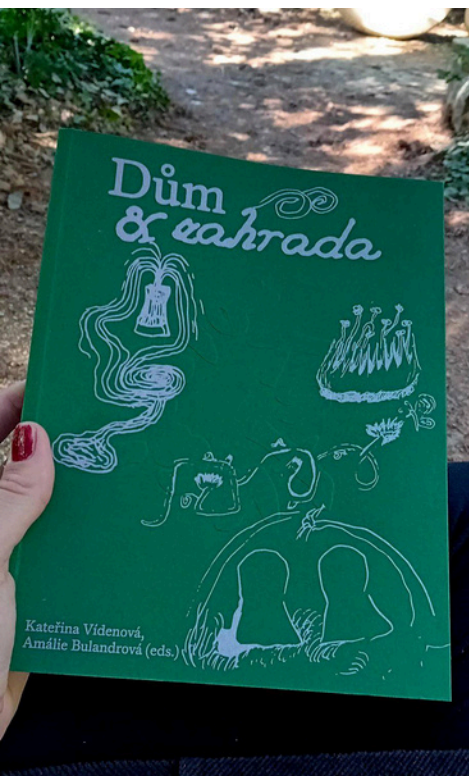
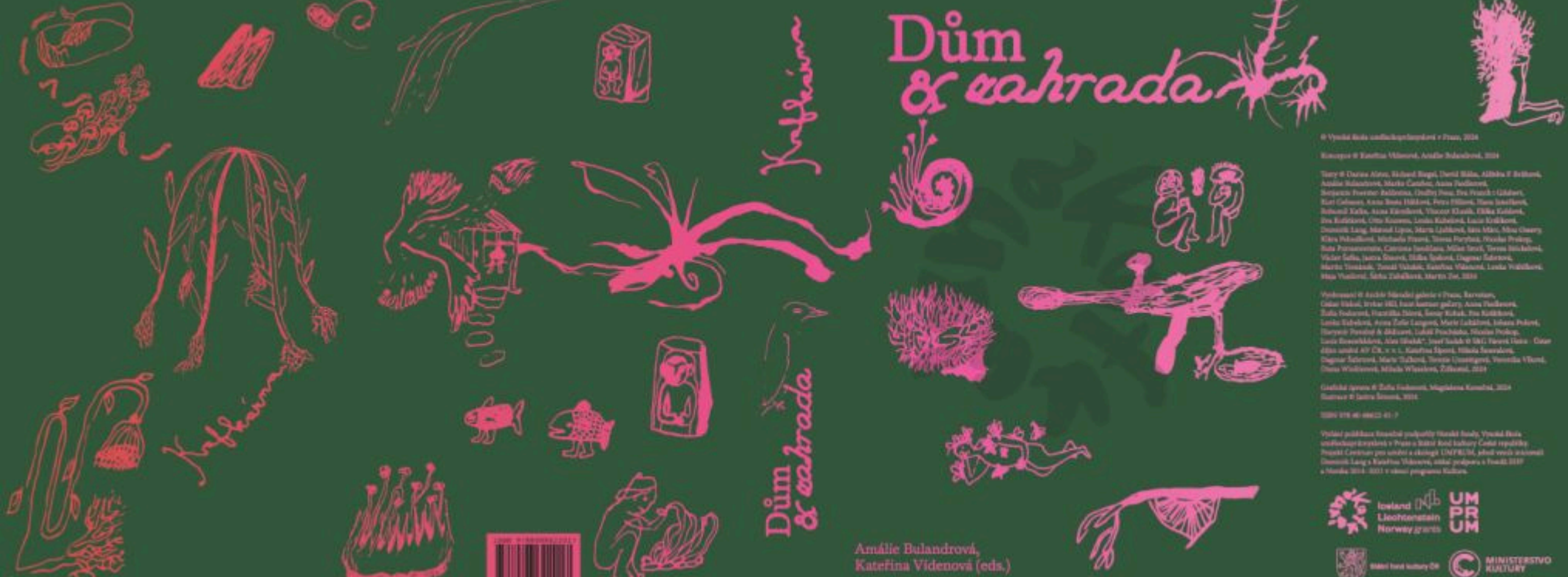


FERMENTING KAFKÁRNA

symposium Gardening Ecofeminisms, Kafkárna – Center for Arts and Ecology UMRUM, 2023

An exploration and collection journey through the garden and the surrounding garden neighborhood. Introducing the basic principles and types of fermentation and create both familiar and custom-made combinations of flavor inputs.

- topinambur (Jerusaleme artychok) kimchi –
- maple leaf “sauerkraut” –
- rosehip lemonade –
- twelve herbs of Kafkárna oxymel (fermented vinegar and honey lemonade) –
- freestyle fermenting –



Text Fermentation as a Social and Ecofeminist Practice
 in a book House & Garden
 compiled by Kafkárna – Center for Arts and Ecology
 at Academy of Arts , Architecture & Design in Prague. Published in spring 2024.

The book serves as reader of texts about contemporary ecological art in Czech+ context.
 I contributed to the book with a text about fermentation and its role in transformative
 approach to the world.



ADAPTATION BAR
Y events in theatre X10 : Y:surVive!, 2023

— preparing for winter — preparing for anything —
adaptogenic mushrooms, homemade miso and shots of cork-lemon-ginger-honey lemonade



17



18



6



7



22



23



11



12

FERMENTATION IN ART AND CULTURE
talk

presented at first festival of Fermentation at Cross Club,, Prague, June 2024
microbes and mushrooms
special focus on Czech context + international highlights,
context: who makes what, how, why, where
would like to present it more



NOURISHMENT ART

*symposium/retraet in Cima Citta, Switzerland, organized by Future Fermentation
with Jelena Sucic, Mateo Fienni and Ute Panella, August 2024*

four visual artists who are on some level into fermentation were fermenting together and themselves together, sharing knowledge and cultures, preparing visually stimulating feasts, video documentation and time-lapses, experiments with synchronization, circadian-rhythmes, cryotherapy, yoga, nourishment and self-nourishment research



FORAGING WITH WILD ŠÁRKA workshop at 5th year of festival *Divoká Šárka is alive*, 2024

"Divoká Šárka" is an art project taking place in the natural reservation of the same name, dedicated to the possibilities of landscape protection and human-nature relations.

The afternoon with Divoká Šárka natural reservation focused on its neglected agricultural history, especially on fruits and mushrooms from the surroundings of the remaining orchards. Can we own the fruits of this place? And what is the flavor profile of locality? These considerations were accompanied by Tomáš Uhnák and Lenka Kubelová.

In addition to learning about alternative, non-dominant ways of sharing the landscape, we focused on the collection of plants and preparation of wild beer and other fermented beverages. By tasting Divoká Šárka, the area ceases to be just a backdrop. We merge with it and its processes. The landscape in us travels to the city. And who does it belong to?



daily jobs:

lecturer in a community centre

part-time employment, afternoon classes, weekend stays, summer camps – elements of social work, intercultural work and art therapy

+

book editor

now freelance, editing and proofreading craft

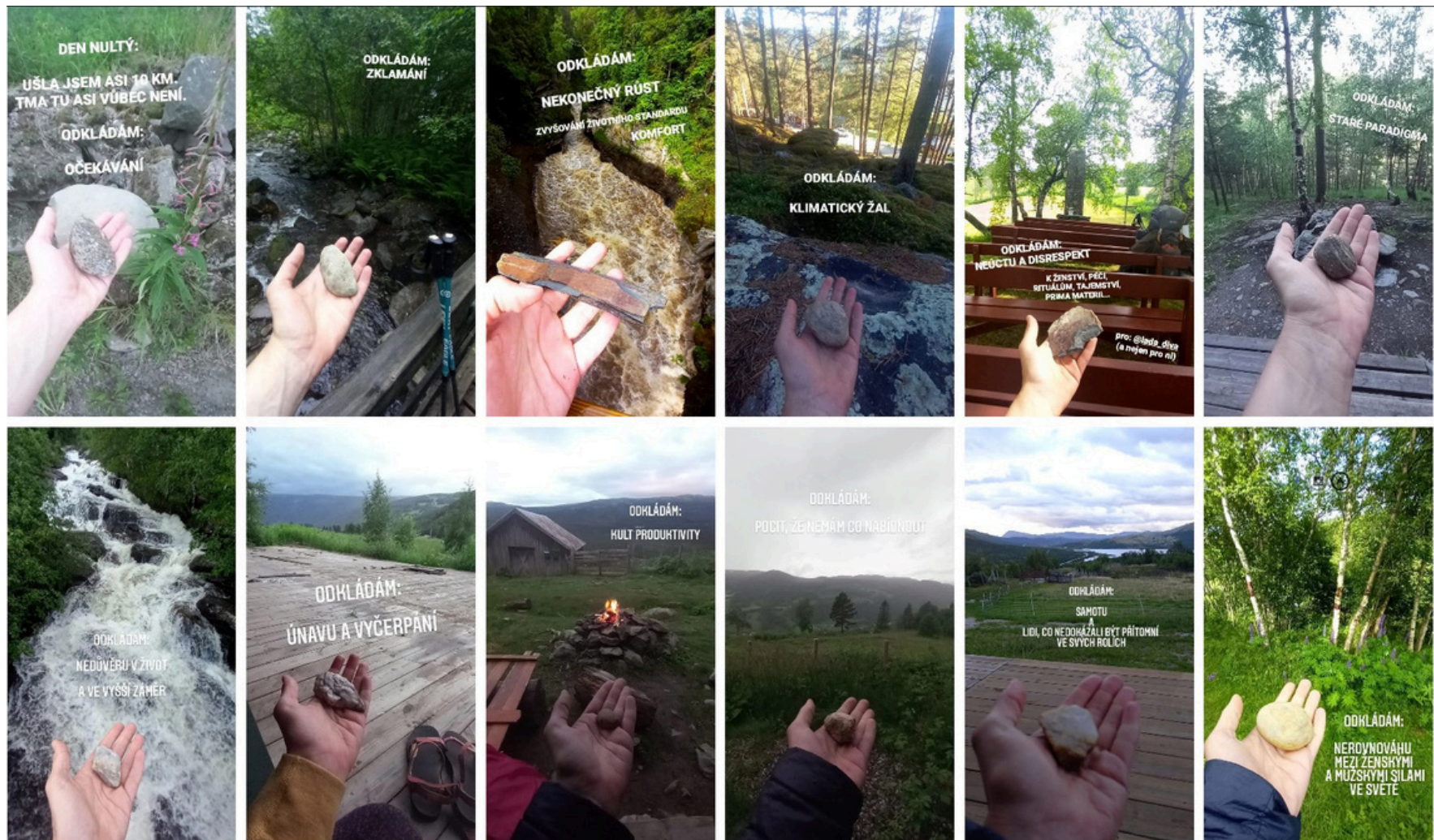
before for 5 years full-time editor-in-chief of one imprint in a publishing house – study of how our extractive society works
acclaimed series on eco-spirituality, yoga, NVC, fermentation (Sandor Katz, Pascal Baudar, Koji Alchemy, initiation through book)

+

gardener

one day at week, learning the craft





MOUNTAIN OF STONES
pilgrimage, 2022

After summer solstice I set off to the north on a pilgrimage, where I explored my relationship with the sun. I also went through the Dovre mountains, there is a place called Allmannrøysa where there is a tradition to put down one stone and with it a burden. Every day I carried one stone, concentrated on the given topic and put it away in the evening. I put down one burden with it.

Whether personal, communal or planetary.

I also offered this as a public service, people who had a burden that they would like to put aside could write to me. Sometimes I reformulated them to be more universal, I made sure that they were also my burdens so that I could really work with them, we carried them with the sun during the day and I left them somewhere in the mountains.

examples of put down burdens: expectations – disappointment – neverending growth – climate grief – old paradigm – exhaustion –cult of productivity...



COLOURS OF THE ORCHARD

series of workshops, ongoing, for Na ovoce (Let's go on fruit) organization, since 2022

Lucie Fryčová and I are preparing art workshops focused on the perception of the old orchard. With participants we study the colour profile of the place, create our own colours and colour palettes from natural pigments and dyes.

The colors of the orchard are different in May, different in summer, different in September.



WHAT ARE YOU ACTUALLY DOING?
participative project, zin, 2019

In 2019, I worked with Aňa Jakš on the project What are you actually doing?

To map out how to live with art, we made and recorded dozens of hours of interviews with our peers, graduates of art schools who create quality things, but are not very famous. In addition to interviews about their current works and topics, we addressed issues of spaces and conditions of creation, personal settings, motivation, sustainability, regeneration and inner freedom. It was a project about support, belonging, connections and inspiration.

The output is a photographic zine with essential statements of the participating artists sharing their own way of living with art.



RHIZOSPHERE

*exhibition in MGLC Ljubljana, part of SAiR programme,
winter 2024*

- focus on nearby hill called Šišenski hrib and winter season
- topic of roots
- prints with collected pigments
- prayer / ethical guidance of non-invasive, regenerative approach
- special winter ferments with taste of the place
- ecosystems as inspiration for our society

+ zine
diary of process

LENKA KUBELOVÁ: RHIZOSPHERE

What happens in the rhizosphere – the sphere of the soil, the roots and the associated microorganisms? The winter rhythms of Šišenski hrib. Pigments collected from the root systems of uprooted trees, fermented oxymel with pine branches, winter mushrooms, ethical guidance on foraging, ecosystems as inspiration for our human civilisation.

Lenka Kubelová graduated from the Academy of Fine Arts in Prague. Her fermenting projects and fermentation lab help her discover relationships with non-human subjects and find inspiration for social change towards more holistic systems. She believes in the power of subtle actions. As of late, she has been expanding her knowledge of natural pigments and dyes.

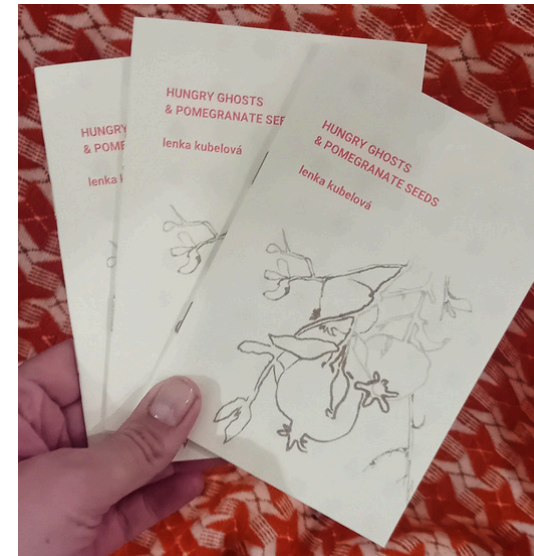
#bioculturalhope

HUNGRY GHOSTS and POMEGRANATE SEEDS

*exhibition in Snehta in Athens,
part of SAIr programme, autumn 2024*

*zine, ferments, natural dyeing, guided
visualisations sets*

time spent with wax and its slow dense warming qualities, madder root dyeing of linen, crops and pomegranates, upper world and underworld, fertility and mortality, surrendering and activity, flow and struggle, drawing with wax and trying to evaporate the wax out of textile...
... stored into wax batik mythological skyscape





Kitchen Inks

Recently I work with seasonal vegetables and fruits and also spices and destile edible, naturally degradable live painting media. I play with pH modifiers (lemon juice, vinegar, ...) and knowledge of pigment characteristics (anthocyanins, betanin,...) to get more vivid colours and wider range of them.

With inks I create “metabolic drawings” in which human body connects with body of Earth and questions about healthy metabolisms, soil, agriculture, ecosystem will be raised.

The inks are alive and colours processually change.



artist run space CIBULE



- arts and ferments lab
- since November 2025
- in tranquil space of Tusculum in Prague, run by Petrohradská kolektiv
- fermentation, education, natural pigments, book clubs
- @studio.cibule
- www.studiocibule.cz