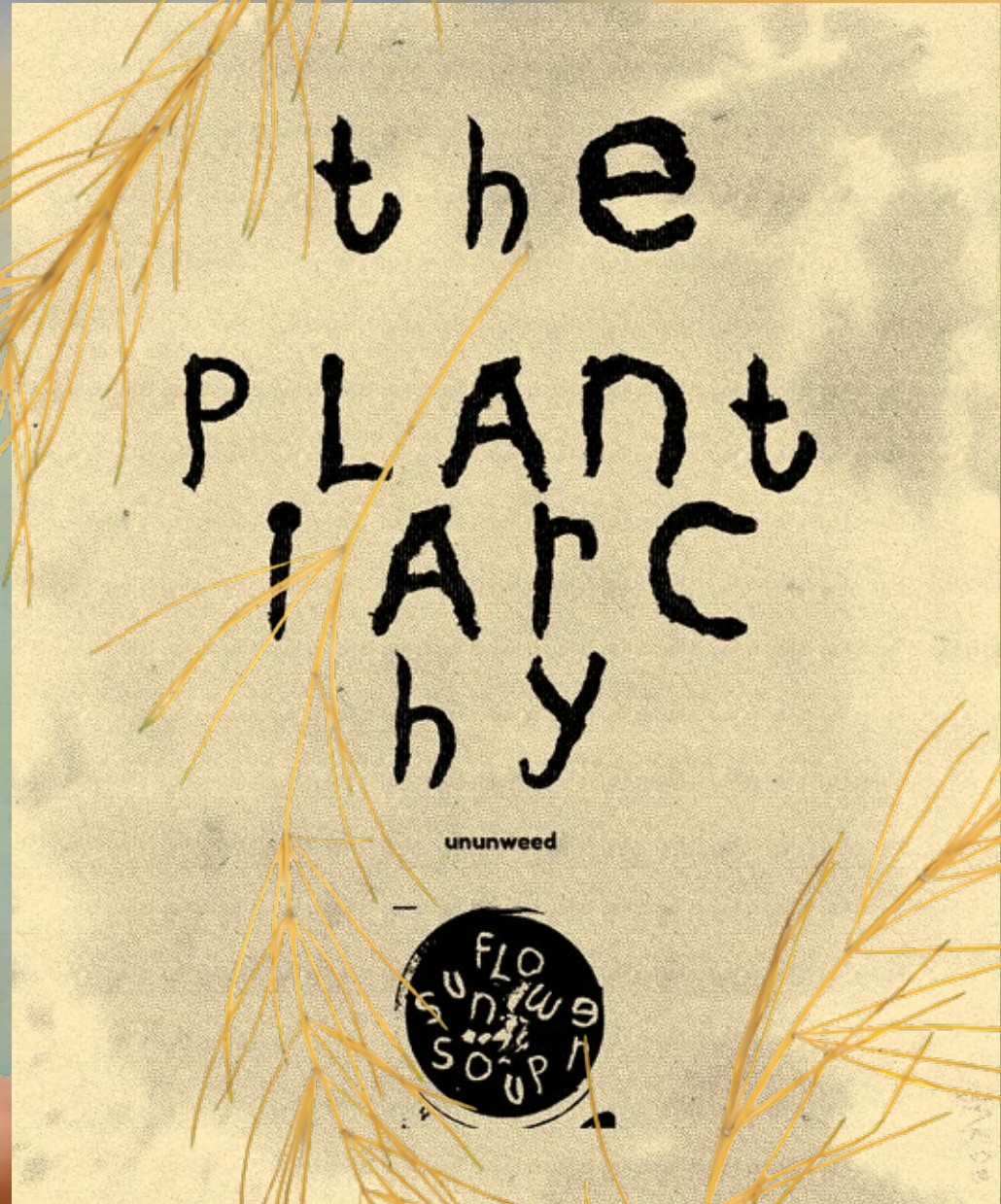


# Marres



4 July –  
3 September 2023



# SUNFLOWER SOUP RECIPE

## ingredients

Five artists, a garden, elementary school pupils, high school students, university students, Marres crew.

Interest in art and activism.

Being bored or even irritated by the art world and not feeling the need to work on your own.

Endless loads of hummus, vegan lunches and dinners.

A common space, this can also be outside.

## instructions

1. Start with a few video calls.
2. Submit a few unsuccessful applications because you don't know what you're doing yet.
3. Put it to soak for two years and stir the soup endlessly.
4. Continue to give space to each other in the collective and create an open atmosphere where everyone dares to speak up and also has the space to do their own things.
5. Distract each other with activist shit that always seems more important than the collective.
6. Provide an exhibition that you can work on together for some concrete action, it will also take over the whole collective, so you have to be aware of that.

Enjoy the soup!







FROM  
**van  
ego  
naar  
eco**  
TO

het land  
gaat naar  
de knoppen  
maar  
**PULP**  
kan het  
stoppen

THE LAND IS  
IN DECAY BUT  
IT CAN  
LEAD  
THE WAY

FLO  
SUN  
and  
SOUP





# the PLANTIARCHY

## sunflower soup proclaims the plantiarchy!

What would the world look like if plants were the dominant force? Where would the roots begin? What leaves would we read? What stems would we hear? To what veins could we penetrate? How would this world be able to grow and flourish?

Our understanding of the intricate 'nervous systems' of plants continues to grow. It is now clear that plants and trees have the ability to speak with each other and warn each other of threats such as diseases, pests or fire. They can send information from root to leaf, and back, and can communicate with other plants through extensive underground networks. Plants are thus strongly connected to their environment. They can teach us to cooperate and experience our environment with renewed attention. It's time to take plants seriously!

*Plantiarchy* puts plants first. Originating from Marres' garden and continually spreading themselves, plants take over the interior spaces. They are made of papier-mâché; old paper that has been shredded and ground into pulp, then turned back into plants. Over the past few months, hundreds of people, young and old, have participated in countless workshops in schools, community centers, care homes and in the Marres attic to help create *Plantiarchy*. Everyone adds a leaf, branch, flower or root to grow this plant world. Like the complex network of plants, the *Plantiarchy* comes from collectivity and connection with the environment. Waste does not exist in *Plantiarchy*; everything has value. Only second-hand materials were used, because there is already an abundance of resources. Also, no plants were killed.

Scattered throughout the plant world are excerpts from the film *The Plantiarchy*, in which the lead role is played by a (nonexistent) invasive plant species. This costume drama, partly shot in a decor made out of paper, is a journey through the past, present and future. Questions are raised about the complex relationship between humans and plants, and who actually is the "invasive species". Interviews with scientists are interspersed with fictional scenes, in which the protagonist first overgrows the human world, but eventually plants and humans form a new balance with each other.

Everyone is welcome to help *Plantiarchy* grow! Throughout the summer you can participate in several workshops. Draw, stamp and pulp with us! Put yourself in the positions of plants, and imagine how they feel, smell, see, hear.





# THE PLANTIARCHY WELCOMES ALL:

leaves  
sprigs  
stems  
trees  
roots  
trunks  
flowers  
threads  
pistils  
calyces  
veins  
stamps  
axils  
kernels  
fruits  
mosses  
vines  
nodes  
bark  
cork  
rings  
juices  
seeds  
blades

herbs  
tendrils  
crests  
shafts  
feet  
needles  
buds  
tussocks  
bulbs  
grasses  
pollen  
spines  
thorns  
chloroplasts  
sprouts  
shoots  
culms  
canes  
bushes  
grafts  
cuttings  
twigs

toes  
stumps  
blossom  
pods  
peels  
shells  
husks  
offshoot







"There is a slogan: hope dies, action begins. At least there is hope for action"



# SUNFLOWER SOUP RECIPE

## ingredients

for 2-6 people

1 onion  
3 cloves of garlic  
1 cauliflower  
600 grams of sunflower seeds (without skin)  
3 sprigs of thyme  
1.5 liters of water  
3 vegetable stock cubes

300 ml coconut milk  
3 tablespoons turmeric  
1 tablespoon cumin  
2 tablespoons caraway seeds  
2 teaspoons chili oil  
(or according to desired spiciness)  
Dash of olive oil  
Cornstarch

Chives for garnish

## instructions

1. Toast the sunflower seeds in the oven (30-40 min 175C, spread on a baking sheet with baking paper) or frying pan (15-20 min), until browned.
2. Chop the onion and garlic.
3. Cut the cauliflower into small florets.
4. Fry the onion in the pan until golden brown.
5. Add the garlic, sauté for a few more minutes.
6. Add the cauliflower florets, cook for a few minutes.

7. Add the water and stock cubes and bring to a boil.

8. Add the thyme (without sprigs).

9. Simmer for about 5 minutes, then add the roasted seeds, and bring to a boil again. Simmer for another 5-10 minutes or so, until the cauliflower is soft.

10. Remove the pan from the heat. Blend everything thoroughly with a hand blender. Make sure the seeds are well pureed, this will take about 10 minutes. If the soup is too thick, you can add some more water if necessary.

### Topping:

1. Bring the coconut milk to a boil over low heat.

2. Add splash of oil.

3. Add the turmeric, cumin, caraway seeds and chili sauce.

4. Make a paste of cornstarch and water, and add it while stirring, and boil briefly. Blend with a hand blender.

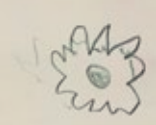
5. Cut the chives into small pieces.

Serve the sunflower soup with the topping and chives.



CHANGE YOUR DIET  
FOR THE CLIMATE  
EAT THE RICHER





A GARDENER KNOWS  
COMPOST IS NOT JUST FERTILIZER,  
BUT THE FUTURE IN THE  
MAKING









“Can you actually write from the perspective of plants? Isn't it a bit too colonial to imagine what they think or do? The interesting thing is, if something has no voice, it needs to be heard. But how do you not speak for the other person?”





Yvonne Faber is filosoof. Eva Meijer is filosoof en...

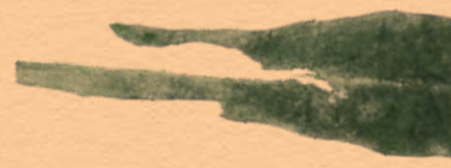


PHOTO: COURTESY OF THE WAXES

TAKE PLANTS MORALLY SERIOUSLY AS WELL  
Neem ook planten  
moreel serieus

**P**lanten maken geluiden die een aantal roeter vezelkeken, blijkt uit een onlangs gepubliceerd onderzoek van de Universiteit van Tel Aviv. Onderzoekers wisten al dat planten ultrasone geluiden maken, te hoog voor mensen om waar te nemen, maar dit onderzoek laat zien dat het niet beperkt blijft tot het ruisen van hun bast. En het zijn niet zomaar geluiden. De onderzoekers smeden in de planten en lieten ze uitdrogen. Planten die stress ervaren blijken meer geluid te maken dan planten die dat niet doen, en er zijn verschillen tussen soorten, tomatenplanten, tabakplanten, mais, cactussen en druiven hebben allemaal hun eigen klankroepen. Tomatenplanten zijn normaal erg stil, ze maken alleen geluid als ze stress ervaren, vertelt hoofdonderzoeker en bioloog Iljač Karany. Ze noemt het onderzoek belangrijk voor de tuinbouw.

Het belang voor de tuinbouw is echter het belang voor de mens, en dit onderzoek roept juist vragen op over de belangen van de planten zelf. Zoals de vraag wat die belangen zijn, hoe we moeten (en kunnen) nadenken over andere vormen van ervaring dan de dierlijke (wat ouder de menselijke), en over de verdere ethische implicaties van dit onderzoek.

Wanneer de talloze biologen bezig zijn met het zoeken van communicatie tussen dieren, zoals vis of met schimmels, planten levens. In de genesewetenschap worden planten winnen de planten momenteel in snel tempo terrein. Plantbiologen zoals Michael Mandel onderzoeken de morele gevolgen van inzichten over plant cognitie: planten blijken andere wezens te zijn dan we dachten, en dat heeft gevolgen voor hoe we ze zouden moeten behandelen. Nieuwe vakgebieden zoals de 'critical plant studies' buigen zich over de vraag hoe we samen kunnen leven met planten op een manier die hen recht doet.

**D**at we planten moreel niet serieus nemen is geen uitzondering. Het westerse denken is sterk mensgericht en notoir slecht in het inschakelen van de ervaring en morele waarde van anderen. Niet alleen dieren, ook mensenbaby's worden lang niet als sentient beschouwd, oftewel in staat tot het hebben van een subjectieve ervaring, ook wel gedefinieerd als het vermogen tot het voelen van pijn en plezier. Van mensenbaby's, vogels, vissen en veel andere dieren wordt die sentience tegenwoordig niet meer betwist. Momenteel buigen we ons zich op de tamerlijke leverschieten. Bijen hebben bijvoorbeeld, doornen, en een ervaring van pijn. Huttmels zijn goed in het oplossen van puzzels en geven dat ook aan andere, ze hebben tradities en

Hoewel planten anders zijn dan dieren, zijn ze parallel. Met de uiteindes van hun wetrels winnen planten bijvoorbeeld informatie in over hun omgeving en reageren daarop op een manier die hetzelfde en hun gemeenschap ten goede komt. Ondanks dat een plant geen centraal brein heeft, wordt die informatie van wortel tot blad doorgevoerd met vergelijkbare 'neurologische' processen als bij dieren. Dat planten geluid maken bij stress is natuurlijk ook een heel afgeleid voorbeeld: als we het zouden horen, zouden we misschien anders handelen. Niet als in het geval van de dieren zou voortschrijdend wetenschappelijk inzicht moeten leiden tot een gedragsverandering bij de mens. Hiermee willen we niet zeggen dat we planten niet meer kunnen eten, want planten kunnen blijven leven als we dat op de juiste manier doen. Het betekent wel dat we ons respect voor planten moeten heroverwegen, en hun wijzen voor de menselijke gemeenschap moeten doorzien, zoals Robin Wall Kimmerer doet in haar boek 'Wilde Proeven'. Het is niet zomaar een heilig gras, het is een plant die leeft, die pijn kan voelen, en niet meer dan een dier. Het is niet te danken hoort ook bij de respectvolle houding.

**I**n Nederland blijft het denken over planten nog achter, het heeft de politiek zich geen rekening met hun belangen. We willen dat er een aantal aanbevelingen doen.

Ten eerste moet er meer onderzoek worden gedaan naar de morele implicaties van nieuw plant onderzoek. Dat betekent onderzoek naar hoe we beter met planten om kunnen gaan onder stress, maar ook naar hoe we uiteindelijk laten. Doreen wordt het onderzoek naar begrip van de 'taal' in relatie tot planten. Het hoeft de westerse wetenschap niet uit te vinden: in andere culturen is er al veel kennis over planten en hun rol in rituelen naar bezetting van de aarde over planten.

Ten tweede zou er meer aandacht moeten worden gegeven aan de morele implicaties van het gebruik van planten voor voedsel. Het is belangrijk om te weten van de morele implicaties van het gebruik van planten voor voedsel. Het is belangrijk om te weten van de morele implicaties van het gebruik van planten voor voedsel.







**If You Can't Stand The Heat, Stay Out Of The Garden**



“There is this anecdote about John Berger. He was in his garden and he was talking about drawing plants. He was trying to decipher them as a kind of language. They spoke to him, but not in a language he knew.”





**the  
plantiarchy**



**is for everyone**



# PAPIER-MÂCHÉ RECIPE

1. Tear paper or cardboard into small pieces (the smaller the better). Soak old paper or cardboard overnight in a bucket of water. It is best to tear off pages of books or magazines and put them in one at a time. The paper dissolves more easily in warm water.
2. With a drill and a paint or cement mixing rod, you can grind the paper finer. Using a (hand) blender will give you an even finer result.
3. Put the wet paper in a piece of thin cloth (cheesecloth works best, but a cotton tote bag will do too) and wring out as much water as possible.
4. Add (methyl) wallpaper glue powder (or Glutofix glue powder for children). Sprinkle thinly and mix immediately to avoid lumps. For a bucket of squeezed-out paper pulp, you need about 65 grams of glue powder. Knead it well, adding a little glue each time until the paper no longer feels crumbly, but becomes a homogeneous mass. Let it rest for 10-15 minutes and then knead it well again. You can also add chalk powder to get a smoother consistency. It dries more easily then.
5. Place a ball of paper pulp on plastic wrap (e.g. a garbage bag) so it doesn't stick to the surface. If you are making small objects, it is best to place them on a firm surface so that you can move them easily. You can now start shaping the clay sphere with your hands. You can also roll out the ball with a rolling pin and make it into a flat sheet, which you form into a leaf or flower, for example. In that case, do put a plastic bag between pulp and rolling pin: this will ensure that the clay does not stick to your rolling pin. Avoid volumes more than three centimeters thick because of the drying process.
6. Let it dry in a place with adequate ventilation. You can also dry it in a bowl or on a bumpy surface so that the pulp is formed in a kind of mold. If possible, turn your piece over when the top is dry. Drying takes time, one or two weeks is normal.

7. You can roll the material into stems or branches. Making leaves also works well. As it dries, the leaf will undulate a bit, which will actually make it look more organic. The paper clay can also be easily shaped around a branch, paper tube, or cardboard object.
8. Time permitting, it is recommended to work in two sessions, that way objects can dry and be connected in the next session, with fresh papier-mâché or with a glue gun. After drying, the objects can also be colored with watercolors. Be careful not to make the piece too wet again immediately, because then the paper will fall apart.
9. If you want to make larger objects (branches or a trunk), start with a shape made of (corrugated) cardboard or cardboard tubes, which you then cover with papier-mâché.











LIEFDE  
VOOR  
VLEER  
MUIZEN  
en  
ANDERE  
STERREN  
uit  
het  
BOS

LOVE  
FOR  
BATS

AND  
OTHER  
STARS

OF  
THE  
FOREST

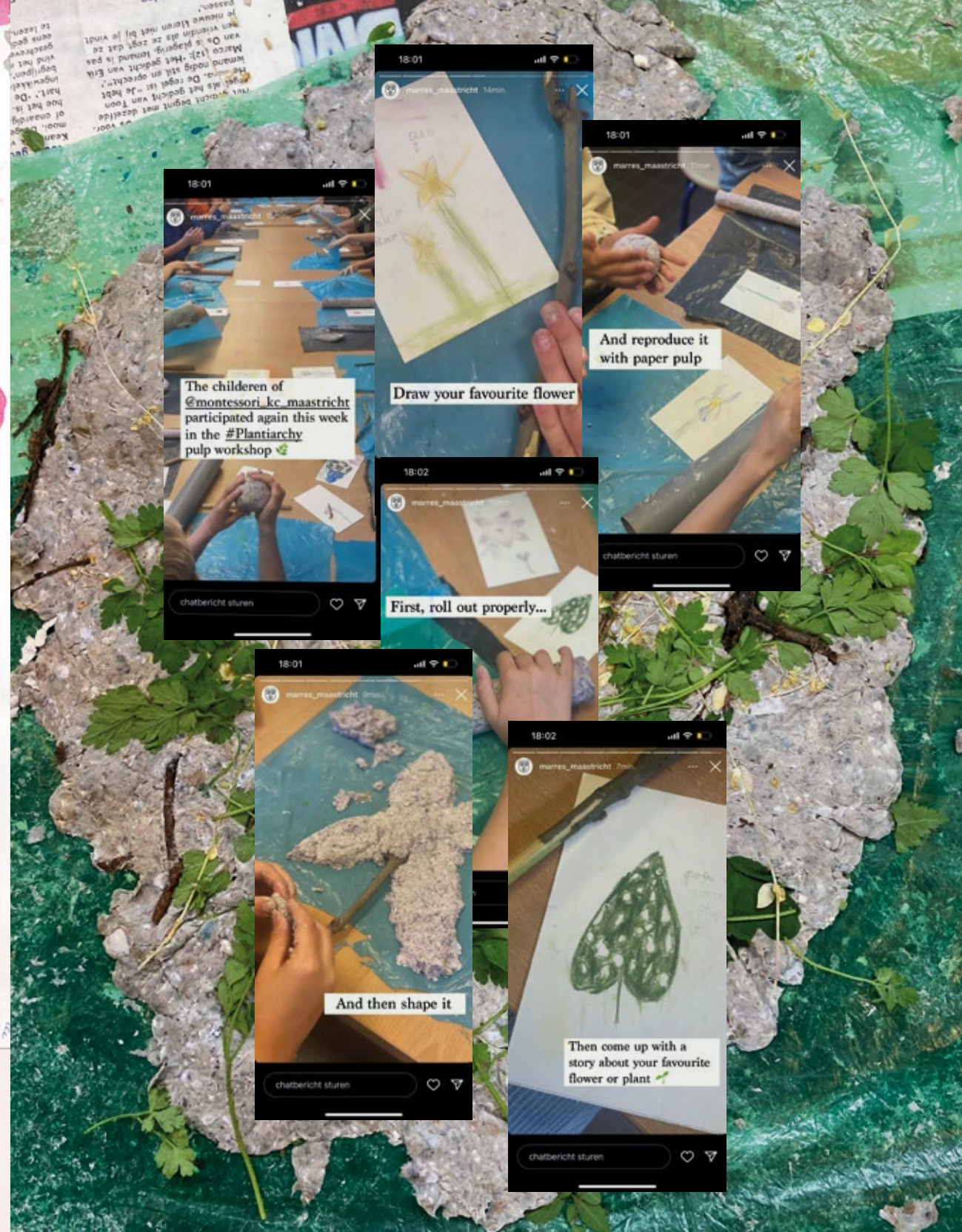




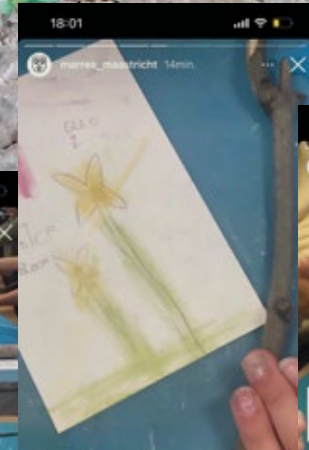


PLANTS  
 AGAINST  
 CAPITALISM

PLANTEN  
 te Goeien  
 KAPITALISM  
 UH



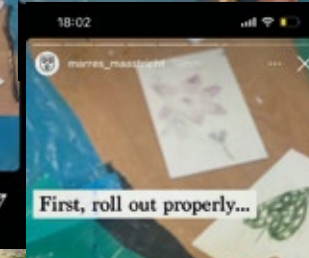
The children of @montessori\_kc\_maastricht participated again this week in the #Plantarchy pulp workshop 🌱



Draw your favourite flower



And reproduce it with paper pulp



First, roll out properly...



And then shape it



Then come up with a story about your favourite flower or plant 🌱



Over the past few months, *Plantiarthy* has experienced significant growth, spreading its roots through numerous workshops, interviews, recordings, meetings, and processions with hundreds of participants. This list tries to give as complete an overview as possible, but at the same time nothing is static. Throughout the summer, *the Plantiarthy* will continue to evolve. Many thanks to all companions who have already contributed and will continue to contribute to *Plantiarthy*. Special thanks to Marres' Ilse van Lieshout and Fee Veraghtert for organizing and coordinating all the workshops.

Sunflower Soup is:  
Bernice Nauta, Freija van Dijk,  
Derk Thijs, Simon Kentgens,  
Wouter Venema

Thanks to:  
Giulia Bellinetti, Jhen Chen, Esther Darley, Hans Engelbregt, Boudi Eskens, Rudolf Evenhuis, Yvonne Faber, Nadine Fujimura - van der Vlies, Verena Grothe, René van Heel, G.C. Heemskerk, Martine van Kampen, Kasteel Wijlre, Roona YJ Kim, Limestone Books, Margot Marres, Nel van Nood & Bart Thijs, Galerie Onrust, Kimmy Spreeuwenberg, Renée Turner, VU Art Science Gallery, Wende Wallert, Stefanie Wels, all plants in the Marres garden, the compost pile and school gardens.

Workshop participants:  
BSO De Wereldster, Basisschool Montessori, Basisschool Bernard Lievegoed, Bonnefanten College, Broeklandcollege, Connect College, CNME, Cultuurmakers Maastricht, Extinction Rebellion, Zuyd University: Fine Art and Design in Education, Kindcentrum Dynamiek, Kunstkoepel Bilzen, Maastricht University, Marres Extended, Porta Mosana College, UWC Maastricht, Woonzorgcentrum De Beyart, Zorgatelier Maastricht, Zorgcentrum Sevagram

Team Marres:  
Valentijn Byvanck, Lisa Alzer, Julie Cordewener, Oonah Duchateau, Romy Endeman, Rosa van der Flier, Anneke Haane, Laurent Janssen, Tineke Kambier, Ilse van Lieshout, Alejandra Murillo, Isabel Numan, Germaine Sijsterman, Fee Veraghtert, Dagmar van Wersch, and all of our volunteers

Contributors to the film  
*The Plantiarthy*:

Locations:  
Foreestenhuis Hoorn, Heijmans Dienstverlening B.V., Hortus Botanicus Leiden, Hotel Maria Kapel, Internationaal Theater Amsterdam

Actors:  
Djuna Couvee, Lotte Driessen, Yvonne Faber, Jip van der Hek, Boris de Klerk, Gerda Lenten Havertong, Juan Pablo Plazas Saenz, Norbert Peeters, Geert Potters, Samieh Shahcheraghi, Berthe van Soest, Julian Wijnstein

Crew:  
Ole Blank, Suzanne Boekestijn, G.C. Heemskerk, Lyckle de Jong, Anouk van Klaveren, Sasha Kulak

Extras:  
Anthony Blokdijk, Michael Bluesharp, Freija van Dijk, Darsha Golova, Fatameh Heydari, Manus Meurs, Anna Minervina, Mariana Penscharrua, Derk Thijs, Ruben Thijs, Renske Tiemersma, Hussel Zhu

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Gemeente Hoorn  
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Stroom Den Haag

Image credits:  
Everything by Sunflower Soup, except:  
page 4, 6, 7, 10 and 32:  
by Gert Jan van Rooij  
page 20, 21 and 31:  
from the magazine '100 idées', number 104, June 1982  
page 20, 21:  
NRC, 15 April 2023 by Yvonne Faber and Eva Meijer  
page 30:  
by 'Amelissewerd Niet Geasfalteerd' during 'Red Het Sterrenbos'

All facts are from the garden of Marres.

The quotes are extracted from a conversation Sunflower Soup had with Renée Turner about the garden as a research partner (dated May 16, 2023).

BIO/TOPE

Inspired by nature, the Sunflower Soup collective envisions itself as a biotope, where behaviors, ideas, and emotions intertwine to the extent that they become indistinguishable. The organizational structure reflects their aspiration to create a work inspired by natural growth patterns. The exhibition aims to emulate nature, with its topsy-turvy representation where the roots are above and the crests below. While Sunflower Soup comprises five core members, the exhibition itself is a result of collaboration among a diverse range of individuals: school children, the elderly, climate activists, nature experts, people experiencing poverty, volunteers, hobbyists, and refugees. Together, they invite us to perceive the plant world from a fresh perspective. Simultaneously, they voice their protest against the individualistic nature of the art world. In *Plantiarthy*, everyone is a creator, and nobody is boss.

Marres  
House for Contemporary Culture

Capucijnenstraat 98  
6211 RT Maastricht  
+31 (0) 43 327 02 07  
info@marres.org  
marres.org

Tuesday - Sunday  
12 - 5 PM

Located in the heart of the old town of Maastricht, Marres develops in collaboration with artists, musicians, designers, chefs, and perfumers a new vocabulary for the senses in addition to bringing a lively program of exhibitions, presentations and performances. Marres also features a beautiful garden and a wonderful restaurant.

COLOPHON

*Plantiarthy* is an exhibition by artist collective Sunflower Soup  
Head of production: Rosa van der Flier  
Text: Sunflower Soup, Valentijn Byvanck  
Publicity: Julie Cordewener  
Graphic design: Sunflower Soup  
Print: Drukkerij Tienen

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het Prins Bernhard  
cultuurfonds

stokroos  
Iona stichting



Ministerie van Onderwijs, Cultuur en  
Wetenschap

provincie limburg



Gemeente Maastricht