

Punk and Food

Without any prior knowledge of the music business, Sandra and Ulisse had dived into Zurich's musical cosmos. They liked the improvisation of the scene, and the fact that in their life, nothing was a given. They had met when Ulisse moved into Sandra's apartment, a place where there were quite a few people coming and going, to the point that even Sandra at times wasn't entirely sure who was living there and who wasn't.

It may sound unusual today, but that kind of lifestyle wasn't uncommon back then. There was something in the air in the late Eighties. People were questioning common assumptions, trying out different lifestyles, trying to become more independent and to take control of their lives and their values. And while they were at it, a lot of people, including Sandra, started questioning the quality of the food they were eating. As she was responsible not only for the organization of concerts, but also of taking care of the bands' and musicians' wellbeing, she had to provide food for sometimes up to 20 people per day. And she wanted it to be good, healthy food, even if she was feeding a band of ragged-looking punks with spiky, colorful hair and a slight smell of old beer about them (or maybe despite that – it would, in any case, be a good preparation for life with the many children she was to raise in the coming years).

Consequently, she started getting into organic produce, which back then was a foreign concept to many. The general idea was that food should be generic, readily available, with minimal fuss; conformity was key. If you wanted to get your hands on organic products, you had to go to specialty stores or order vegetables from farms specialized in growing organically. But Sandra didn't care. She went the extra mile because she genuinely believed in eating seasonal and regional produce. Choosing to buy vegetables and grains that were produced on a small scale, without the use of harmful pesticides, felt like a liberation of the overarching consensus that bigger is better. "Most people eat food that isn't alive", she says today. "It has been killed by too many chemicals, in soil that can't take the poison anymore." Feeling and being alive has been at the heart of everything Sandra and Ulisse strived for, and it remains the reason why they get up in the morning to face the many challenges the farm brings with it to this day.

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Sandra making
pizza during one of her
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