

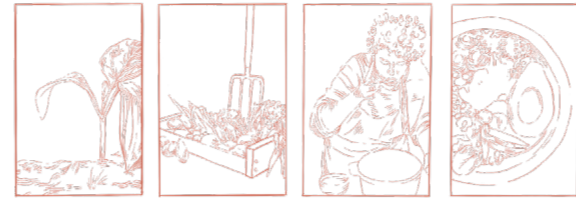


PROPOSAL SUMMARY

Root to Recipe is a **multifunctional, green initiative**, offering cooking and gardening workshops. By integrating hands on gardening experiences with culinary education, the space hopes to **empower users to reconnect with their food sources, develop healthier and more sustainable eating habits, and develop a deeper connection to their environment**. The proposal aims to combine education and social engagement to create a space that has the potential to create a positive impact on individuals, communities and the environment.

Site

Root to Recipe is situated **Castlefield Congregational Chapel**: It's significant architectural and historic value plays a role in the design concept within the space. The close proximity to the **Bridgewater Canal** is also a significant in the design of the space creating the desired indoor outdoor environment.



ROOT TO RECIPE

CONCEPT COLLAGE



ROOT TO RECIPES SUSTAINABLE INITIATIVE

By addressing a wide number social and environmental considerations, the Root to Recipe sustainable initiative aims to be a **holistic approach to food production and consumption**, ultimately contributing to a healthier planet and communities.

Supporting Vulnerable Communities

Root to Recipe reinforces support for communities and **improves their ability to make sustainable and healthy choices** throughout their consumer journeys. The processes within **the space addresses the external factors that can potentially hinder the users capacity to be environmentally conscious in their behaviours**. Communities are not only receiving important life skills surrounding nutrition and horticulture, but also the space offers a number of **employment opportunities** for surrounding communities.

Protecting Heritage

Castlefield is one of the largest **conservation areas** within Manchester. Castlefield and surrounding areas are significant sites that are enriched with **historical value**. Currently, refurbishments of historical buildings is of high interest. The buildings are used as historical shells to new functions within them. Root to Recipe is **retrofitted space** that provides a new meaning to the building that **fosters progression and connection**. The proposal reinforces bodily and planetary care whilst celebrating a **sense of place**. The historical context of the site is represented and its charm is valued.

Regenerative Spaces

In response to the **damage caused to biodiversity** through the food production industry, Root to Recipe aims to be a **regenerative initiative** that instead **reinforces** the biodiversity within the area. Through the expansion and renewal of its current exterior green and blue landscape, Root to Recipe will offer an **improved high quality green and blue space** for habitats and vegetation to flourish within its urban context. The proposal aims to **redefine the green infrastructure within cities**, focusing on improving urban sites for both people and the planet.

Improving the Urban Green Infrastructure

Root to Recipe harnesses social and environmental importance when addressing what is needed for a sustainable future. Urban Green Infrastructure has the ability to offer environmental, social and economic benefits that will ultimately enhance the **climate resilience of cities** (Climate ADAPT, 2023).

In terms of food production and the focus for Root to Recipe, the significance of **sourcing food locally and sustainably** will be a stance that will be reinforced throughout each stage of the space.

Education and Awareness

Root to Recipe addresses the need for education and learning when thinking about the progression to a sustainable future. Behavioural patterns that protect and enhance the environment will be enforced and **transferred** to its users with an aim to **embed these behavioural decisions** into their day to day lives.

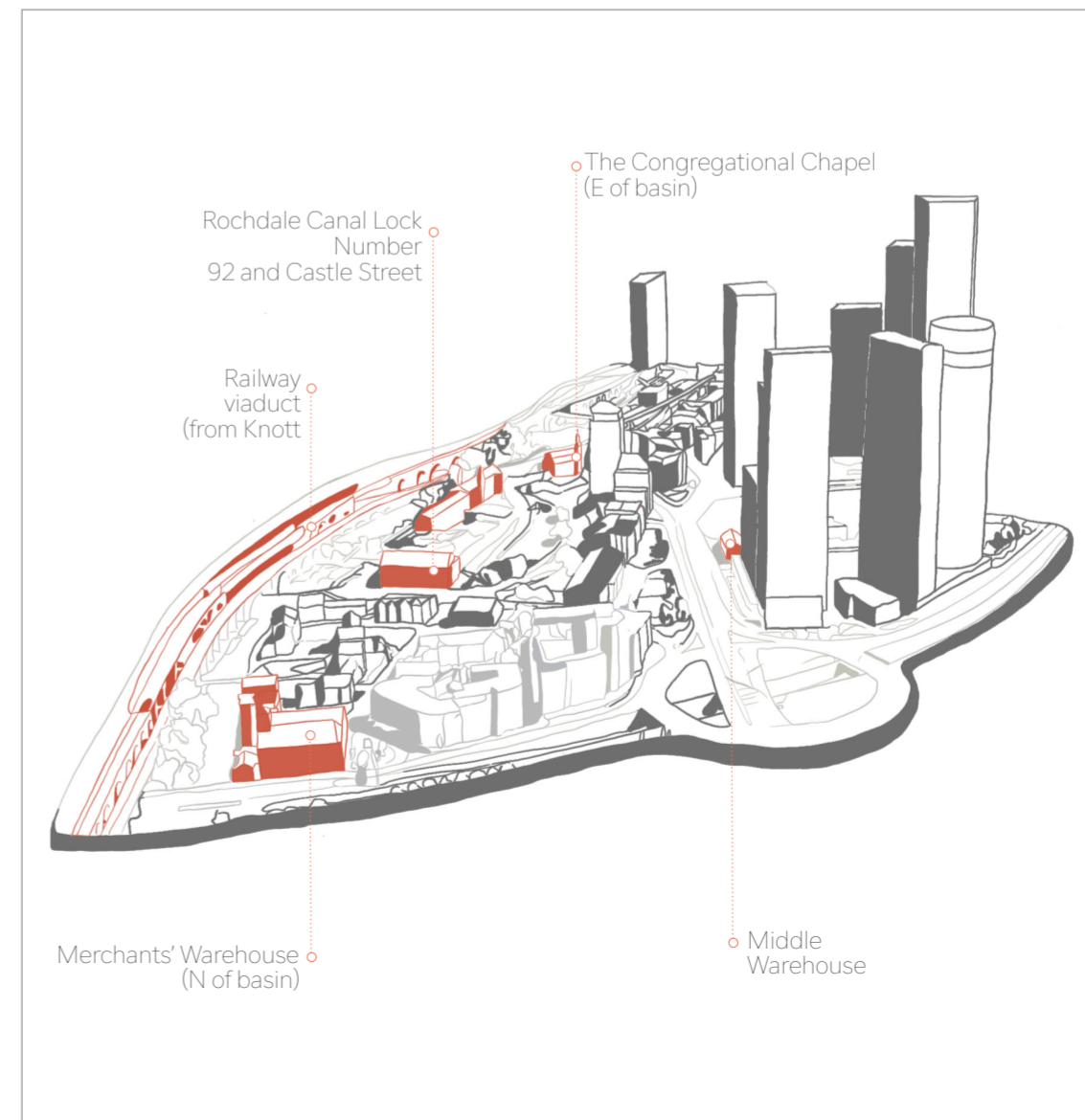


GEOGRAPHICAL CONTEXT MAP

Geographical Heritage

The **River Medlock**, flows from Oldham, through Clayton Vale and the city centre and into River Irwell, shapes Castlefield. Today the River Medlock runs through Castlefield underground. Castlefield Congregational Chapel sits alongside the

- RIVER
- CANAL
- SITE



SURROUNDING LISTED BUILDINGS

Conservation Area

Castlefield is an central conservation area in Manchester. The conservation area is bordered by the River Irwell, Quay Street, Deansgate and Chester Road. It was the former site of the **Roman era fort of Mamucium**.

PROPOSAL SECTION



FIRST AND SECOND FLOOR

Community Engagement

Root to Recipe is a multifunctional space designed to support various external elements users might encounter. It aims to enhance users' abilities to make sustainable and healthy lifestyle choices. At Root to Recipe individuals will meet like-minded people, creating an additional support network.

GROUND FLOOR

Balanced Consumption

Culinary workshops will increase users' awareness of sustainable food consumption. They will learn how to source and cook affordable, balanced meals.

Teaching of Home Economics

Root to Recipe will teach vulnerable individuals how to cook balanced and affordable meals for their homes, reducing reliance on processed and environmentally damaging alternatives. Due to a lack of education, many Gen Z individuals lack understanding of mortgages, budgeting, insurance, debt, and culinary skills (Louise Jones, 2024).

LOWER GROUND AND EXTERIOR FLOOR

Balanced Production

Horticulture workshops will introduce users to self-sufficient processes, reducing reliance on harmful food production systems found in supermarkets. Ultimately, this benefits both people and the planet. Root to Recipe embraces a feeling balance through its internal engagements: foster circularity and environmental awareness.

Biodiversity

In response to the damaging effects industrial agriculture has on biodiversity, Root to Recipe offers an indoor outdoor concept for users to better understand the importance of planetary care. Preserving ecosystems within the surrounding area is a significant.

Celebrating Heritage

The essence of Root to Recipe is connectivity, through linking people, spaces and the environment. Design decisions within the space will reflect the surrounding environment with an intent to celebrate place and nature.

CURRENT THINKING: CITY FARMING

The CPUL Concept

CPUL City is an environmental design strategy. A Continuous Productive Urban Landscape is an urban green infrastructure that aims to link food producing sites with other green open spaces through and across towns and cities. The systemic approach proposes that urban agriculture can contribute to more sustainable food systems while also adding benefits to the spatial and socio-economical quality of the urban landscape.

Social and Therapeutic Horticulture

Social and therapeutic horticulture is the process of using plants and gardens to improve physical and mental health, as well as communication and thinking skills. Root to Recipe sees the importance of nature and the understanding that working with horticulture can be a therapeutic process.

Green Social Prescribing

Green social prescribing is aims to support people by engaging them in nature-based activities in an effort to improve their mental and physical health. Social link workers will connect people to community groups for emotional support or these activities may be prescribed by professionals, such as support workers and GPs (Green Social Prescribing, 2021).

Conscious Consumer: Engaging with a space that embodies sustainable thinking and environmental protection will provide ease to climate anxieties: becoming an outlet for sustainable ventures.

Anxious Consumer: Their mental health surrounding money issues may be physically and mentally effecting day to day life. This can lead to them being prescribed to the Root to Recipe to offer some support on how to be more self-sufficient and therefore relieved.

Concerned Consumer: Prescriptions to Root to Recipe may be given to the concerned consumer by a GP if they continue to suffer from dietary related diseases. The space will offer support on how to make better dietary choices.



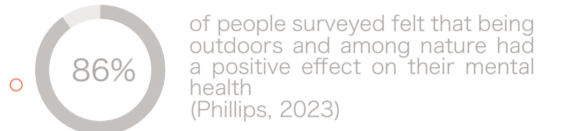
THE PROBLEM

Food disconnect is described as the disconnect between the production of food and the consumers eating the food (Health Fitness Revolution, 2022). This includes how food is farmed and processed. The consumers are partially unaware of the true environments within the production industry.



Rise in Conscious Consumption

It can be said that people are becoming more aware and cautious about the food systems they are consuming from, for example **dairy and meats** are becoming **less popular**.



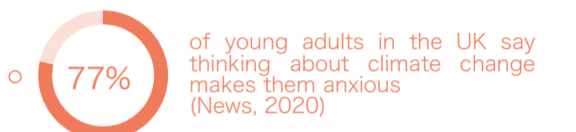
Interest in Plant Based Diets

Especially in the younger generation, there has been a significant shift towards **plant based diets**, mainly due to the clear **environmental benefits** of this diet.



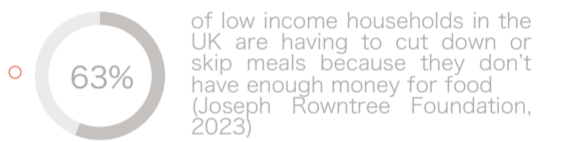
Rise in Environmental Anxiety

Society has seen a significant rise in environmental concern, especially in the younger generations. Research worldwide related to **climate anxiety** or **eco-anxiety** increased by 4590% from 2018 to 2023 (Moench, 2023).



Rise in Cost of Living

Vulnerable communities resort to **searching for deals** or processed foods in order to afford food each month. Some have no choice but to **skip meals** in order to pay bills.



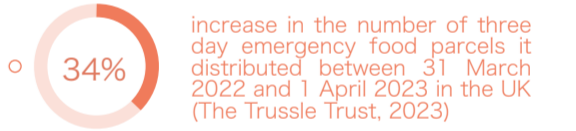
Diet Inequality

Low-income populations are **disproportionately impacted by low dietary quality**. Evidence suggests that compared to high-income households, low income households purchase less healthful foods and have significantly lower dietary quality (French et al., 2019).



Mental struggle

Evidence suggests a **rise in mental health** problems relating to **financial stresses** and anxiety (Mental Health Foundation, 2022).



Rise in Unhealthy Diets

Dietary choices are largely shaped by the **food environment**, availability, affordability, or convenience of food. Unhealthy diets are on a rise due to difficulties within these.



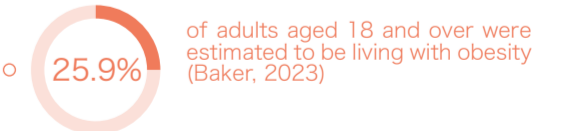
Lack of Home of Economics

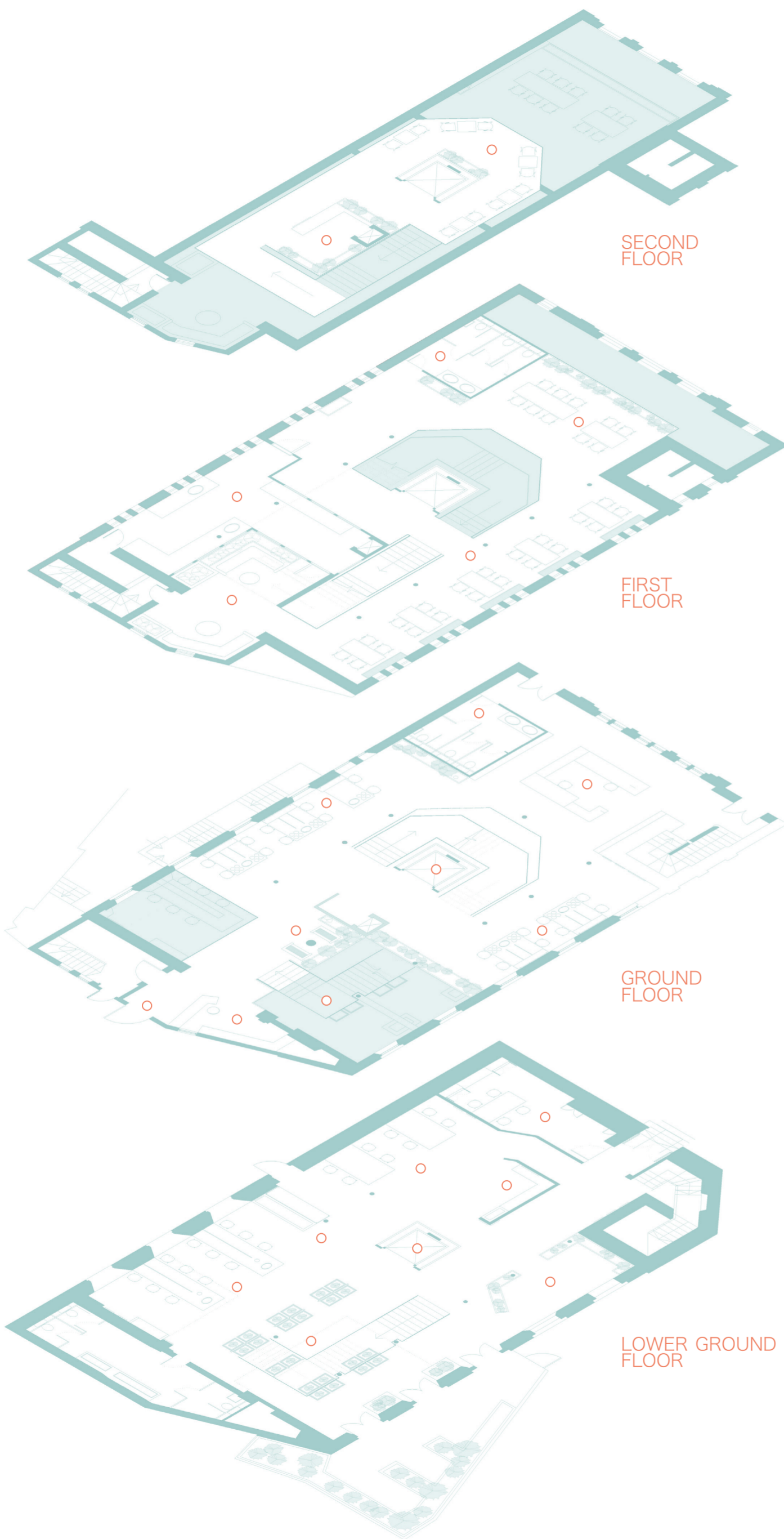
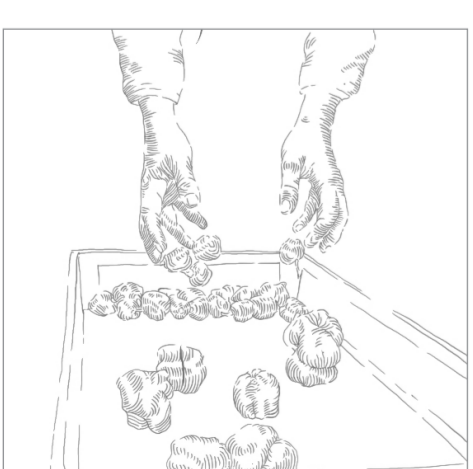
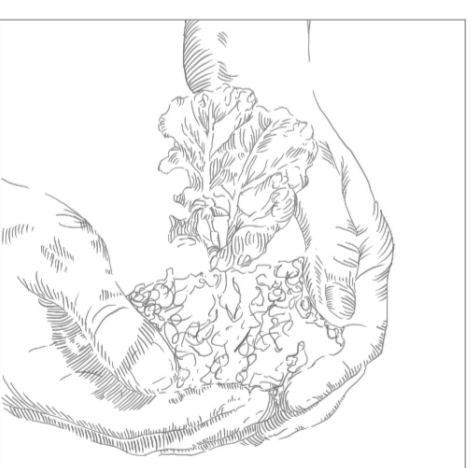
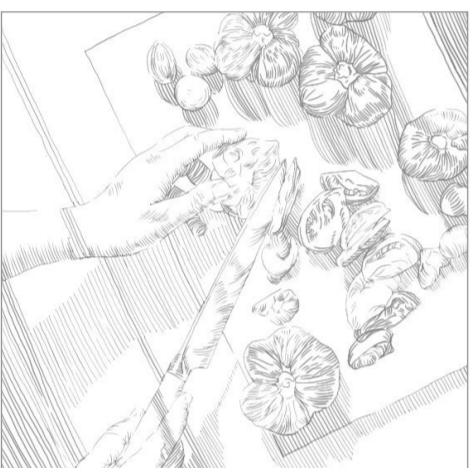
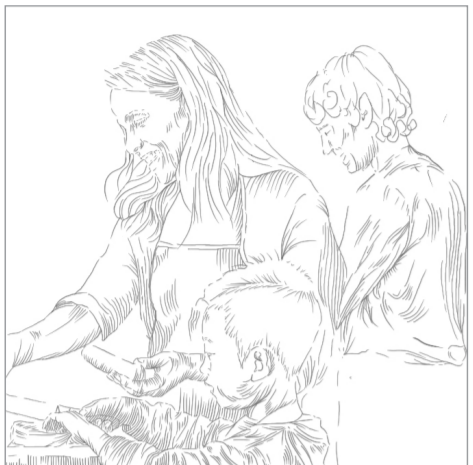
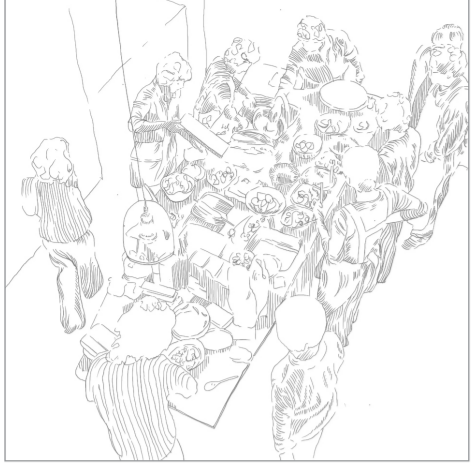
Unhealthy **behavioural patterns** are copied and passed on to future generations and families if understanding is not learnt through childhood. The lack of support in **home economics** in schools and potentially family members, means that these damaging behaviours are unlikely to change.



Rise in Obesity

Due to financial struggles in the UK, evidence suggests that people have no choice but to **neglect a healthy diet**, in order to afford to eat (Sinmaz, 2023).





CONSCIOUS CONSUMER

Rosie, 24, is currently working full time in Manchester. Due to the globes current **social and environmental issues**, Rosie has started to consistently follow the news to develop her awareness. Since this, she has noticed that her **worries about the world** have become worse. In response to this Rosie would like a supportive space that allows her to learn about what she can do to **positively contribute to the health of the planet**.

- LIFE BEFORE**
 - 01. STRUGGLE
Anxieties about the climate are worsening.
 - 02. ARRIVE
Sign in as a walk in at the welcome desk.
 - 03. CIRCULATE
Decide that they want to be in all of the workshops to better understand what they can do to help.
 - 04. HORTICULTURE
Learn about how to sustainably source food so they can become less reliant on damaging food sources.
- EXPERIENCE**
 - 05. COOKING
Learn about what a sustainable diet is.
 - 06. EATING
Feel more at ease surrounded by others that are attempting to be more environmentally aware.
 - 07. TRANSFER
Sign up to one of the subscriptions upon exiting. Pick up some of the tools available to take home.
- LIFE AFTER**
 - 08. EXIT
Leave the Root to Recipe.
 - 09. APPLY
Recreate the allotment space at home and begin to grow their own vegetables.
 - 10. CONTROL
Feel pleased that they have reduced their support of damaging food sources.



ANXIOUS CONSUMER

Joe, 25, works full time at his local supermarket. Joe currently lives at home with his family. Joe has found it hard to save for years as he has grown up in a family that has always **struggled with money**. The **cost of living crisis** has made this even more difficult. Joe is sometime left **skipping meals** as food prices have risen so dramatically. Joe desires some kind of financial security as it is beginning to **affect his mental health**.

- LIFE BEFORE**
 - 01. STRUGGLE
Joe and his family are skipping meals in order to pay bills and therefore his mental health is declining.
 - 02. ARRIVE
Sign in as a walk in at the welcome desk.
 - 03. CIRCULATE
Decide that each workshop could be a significant help to becoming more financial secure.
 - 04. HORTICULTURE
Learn about how to be more self-sufficient.
- EXPERIENCE**
 - 05. COOKING
Learn about reducing reliance on processed food sources as well as understanding of budgeting with sustainable recipes.
 - 06. EATING
Feel supported and welcomed in the eating spaces, surrounded by others that may be struggling with the same issues.
 - 07. TRANSFER
Due to lack of equipment at home, sign up to subscription system so that they can transfer these new skills home.
- LIFE AFTER**
 - 08. EXIT
Leave the Root to Recipe.
 - 09. APPLY
Reinforce skills at home resulting in feeling more secure.
 - 10. CONTROL
Become self-sufficient whilst sourcing your home grown vegetables.



CONCERNED CONSUMER

Rachel is an exhausted young mother of two with a full time job. Often Rachel resorts to **fast food dinners**, saving her from trying to cook. It is clear to Rachel that herself and families **health** is beginning to **decline** due to this. Rachel understands the need to change these unhealthy habits, but she doesn't know how as she's **never been taught**.

- LIFE BEFORE**
 - 01. STRUGGLE
No culinary skills so dietary related health problems occur, resulting in a GP visit.
 - 02. PRESCRIBING
GP prescribes Root to Recipe to offer support.
 - 03. ARRIVE
Sign in as a prescribed user at welcome desk.
 - 04. CIRCULATE
Decide they want to be involved in the cooking workshops.
 - 05. COOKING
Learn about what makes a healthy and sustainable diet that helps to nourish both body and the
- EXPERIENCE**
 - 06. EATING
Socialise and eat with like minded people from the previous workshops.
 - 07. TRANSFER
Sign up to one of the subscriptions that allows them to take a selection of recipes home, along with a veg baskets.
 - 08. EXIT
Leave the Root to Recipe.
- LIFE AFTER**
 - 09. APPLY
Recreate the meals at home and healthier and more sustainable habits start to become part of their daily behaviours.
 - 10. CONTROL
Dietary health problems begin to improve within the family and therefore their confidence improves.

MATERIAL STRATEGY

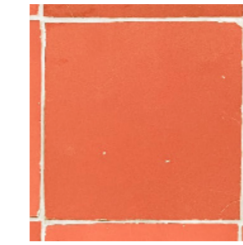
As the space has sustainability embedded into its proposal, the material considerations needed to follow. Root to Recipe uses materiality and colour to offer a **sense of comfort** to its users as well as **emulating balance** within the space. **Recycled materials** are used throughout to create connections to natural forms, structures and **product life cycles**. The **reuse of materials harnesses the notion of balance by re-purposing materials rather than accumulating further to damaging waste streams**. In addition, plant based materials run throughout the space to build an appreciation and **deeper connection to nature** and natural, unique forms.

As conserving and **celebrating heritage** was another key aspect of the proposal, the **typical Mancunian brickwork** will be highlighted throughout as well as other typical structures and forms found within the surrounding architectural landscape. These **exterior observations will inform design considerations** within the space through influence and reflection.



Terracotta Tiles
Supplier: Claybrook

Terracotta tiles will be a significant material throughout each floor of Root to Recipe. Terracotta tiles are used with an aim to create **connections to the exterior historical context** and therefore building a sense of place and **celebrating heritage**. Manchester is recognised as a city made from predominantly red brick, therefore comfortability and familiarity is suggested through the use of these tiles. Claybrook offers an environmentally friendly terracotta range, using **reclaimed and discarded roof tiles from land fills** in Serbia. Their tiles are long lasting and durable, making them a suitable material for the commercial space.



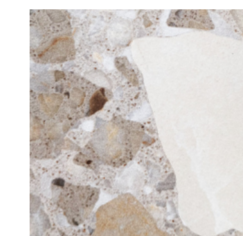
Domus Tiles
Supplier: Domus (Domus, 2024)

Domus offers a selection of **eco-friendly** luxury tiles and mosaic products, including **natural ceramics**, porcelain, concrete, glass and stone. Domus celebrates their home made quality and uniqueness of product by highlighting the **lack of harsh machinery** used during the manufacturing process, instead they **combine natural processes**. As a result the finish also reflects subtle shade variations and imperfections to create a vintage and worn outcome. Similarly to red brick, these glossy ceramics are recognised as another key material within Mancunian architecture, therefore it is used in this proposal as another form of material comfort.



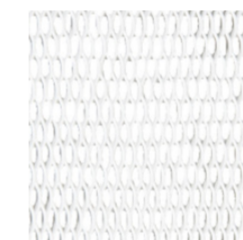
Brique Monosoft
Supplier: ClayLime

Lime plaster is a mixture of lime, sand and water and is therefore one of the **most sustainable materials currently on the market** today. The finish incorporates **raw earth ingredients** such as clay, natural hydraulic lime and crushed **recycled marble**. The proposal will use the pinkish/red earthy clay lime tones throughout the space in an effort to create links to the typical Mancunian brickwork colour scheme.



Chunk Sand Tiles
Supplier: Claybrook

Claybrook's Chunk Sand Tiles will also be used as flooring throughout the space. The tiles will create an attractive contrast to the deep earthy reds found on surfaces. The tiles rough, textured finish allows for high durability and grip. These patterned, terrazzo-style **porcelain tiles** are made from chips of porcelain to create a warm unique finish.



Metal Wire Mesh
Supplier: Zentia

Zentia's DecoMesh range is **recyclable** and made from **48% recycled content**. Zentia's metal mesh sheets will be used on balustrades as key material within Root to Recipe. The use of metal detailing is a nod to the details found in the surrounding exterior landscape. The use of metal mesh is significant in the space as it **allows for light to permeate** through, and therefore it doesn't compromise the growing processes going on in the space.



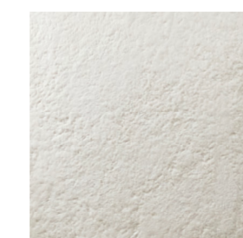
Potters Glaze Tiles
Supplier: Claybrook

The Potters Glaze range from Claybrook will also be used throughout the space, in particular the food lift. These tiles will be used to highlight and celebrate the structure that runs through three out of the four floors, as well as **balance** the predominant red colour scheme throughout. Ultimately this will **celebrate the experience** within the space.



Limestone
Supplier: Smile Plastics

Smile plastics prides themselves on seeing the beauty in waste materials and therefore fostering a **circular economy approach**. Smile Plastic panels are made from **100% recyclable plastic**, often focusing on **single use plastics**, such as yoghurt pots to create their products, **addressing issues surrounding land fill waste**. Root to Recipe aims to incorporate this material to **create connections** between users and their own **waste streams**.



Mycelium
Suppliers: Mogu and Danielle Trofe

Mycelium is a **plant based** material made from a network of fungal threads or hyphae. Mogu's acoustic eco-friendly range brings nature closer to people and celebrates the **natural textures** of the Mycelium: they will be used in high traffic areas. In addition, Danielle Trofe's MushLume range continues to celebrate nature's natural forms: their **bio fabricated** lighting collection is grown using sustainably sourced **hemp** and **Mycelium**. These eco-friendly lamp shades will be used throughout each floor of Root to Recipe.



Bianca London Plane
Supplier: Foresso

Foresso is a company with core environmental values at the forefront of their product range. Their Foresso surfaces are made from **waste wood sourced from trees fallen** in Britain. Not only this, Foresso sources **waste timber from city maintenance**, local sawmills and building sites. Due to this circular initiative, **0% of wood they source goes to landfill**. Instead Foresso encourages their surfaces to be returned and then recycled.



Cork
Supplier: Flooring by Nature

Flooring by Nature is a UK based distributor of sustainable and **eco-friendly** floorings. The Essence, is their eco-friendly cork flooring range. Cork wall coverings will be used in the space to **improve the micro climate** within the interior and also **dampen noise levels**. The natural material creates further **connections to nature** and its abilities.