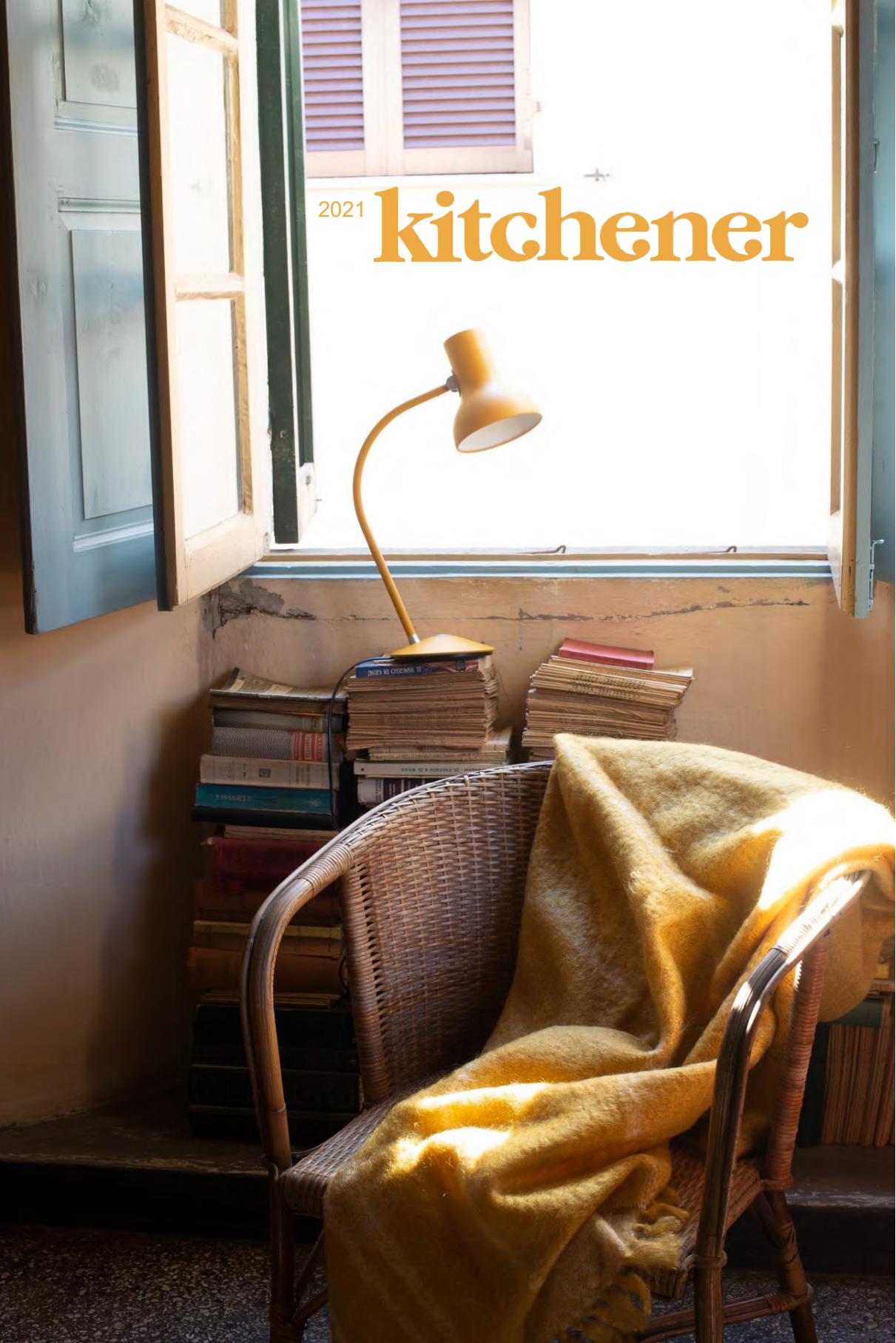


2021

# kitchener



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Images:

Raffael Waldner  
Sarah Huber

Graphic:

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**Cooking Aprons**

Perfect Christmas gift: Kitchener items cooking aprons.

**CHF 49.90**

Dear Kitchener customers

How do we stay inspired and how do we nourish body, mind and soul in times of limited possibilities? This is our theme for this year's catalogue.

We're getting a little starved. We miss the direct contact with people we work with. Another special year lies behind us. Again, we have seen most of our partners and their collections only via screen and bought without having held the products in our hands.

We are looking forward to travelling to a trade fair again soon and discovering new products. We long to walk through foreign cities once again and be inspired by the shops there. We want to visit concerts, exhibitions and theatres again and luckily this is all possible again.

If our horizon becomes larger again, the field of vision also widens. And there, at the edge of the field of vision, it becomes exciting. We get new ideas when we see something with different eyes and venture into unfamiliar territory. Have we whetted your appetite and awakened your curiosity?



The pictures in the catalogue were taken at Casa Alba in Ottone. The enchanted palazzo belongs to the Bernese goldsmith Barbara Mohr. It is located in a wild area of Emilia Romagna on the Strada Statale 45, which leads from Genau to Piacenza. The village lies on the river Trebbia, surrounded by woods. During our walks along the Trebbia we see wild boars and deer and the people from Ottone tell us about encounters with wolves early in the morning on their walks along the river.

For all those who are holding this catalogue in their hands for the first time, it should be mentioned once again that almost our entire range comes from sustainable production and independent small producers.

We look forward to your visit in the shop or in our webshop.

Thank you for your loyalty. Your Kitchener Team

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# Style



Sabine wears: Bric-A-Brac Elia Kimono 249.90 / Kitchener items T-Shirt (vintage).

Slipping into your shoes without socks for the first time after a long winter, the feeling of a soft, light dress on your skin, putting on your favourite woolen jumper again after the summer - that makes you happy.

We want to feel comfortable in our clothes. But they are also a wonderful way to express your personality. There are days when you don't want to get out of your pyjamas. On other days, you like to wear a big hat with a gaudy dress.



Câline

Macon&Lesquoy belts are hand-embroidered in Pakistan by artisans of the highest quality. They are then sewn in their own workshop in Normandy.

Simply enhance plain clothes.

CHF 149.90

## All Tigers

Many women opt for environmentally friendly products when it comes to food, cosmetics and detergents, but they do not yet dare to take the step when it comes to make-up. Mostly because they don't feel inspired by the product. All Tigers want to change that! The result is a stylish and engaging beauty brand for the queens of the modern jungle.

from CHF 15.80



kitchener\*

Thus, clothes also form the interface between inside and outside. Or as Orson Welles so aptly says:

"Style is knowing who you are, what you want to say, and not giving a damn".



Sana Jardin

The world's first socially conscious luxury perfume house blazes a revolutionary trail in fragrance, spirit and humanity. Created primarily as a vehicle for social change to empower women economically. Jaipur Chant, Nubian Musk, Tiger by Her Side and more.

CHF 180.-



Casimier

Beautiful cashmere hats from the Berlin label Casimier. Hand knitted in Berlin.

from CHF 99.90

## (M)ANASI17

The Swedish beauty brand (M)ANASI17 combines the performance of conventional cosmetic products with the caring properties of natural and organic ingredients.

The 100% natural and wild-harvested All Over Colour products are lip and cheek colour, as well as contour cream and eyeshadow in one. For those who don't want to carry too much baggage.

from CHF **49.90**



### Bonne Maison Socks

The French brand Bonne Maison creates high quality socks with egyptian Cotton and a spandex double twist. We love the creative patterns.

Real Eye Catchers!

from CHF **19.90**



### A Beautiful Story

This jewellery is produced under fair conditions in Nepal and thus tries to improve the living standard of the employees there through fair wages. The jewelry of A Beautiful Story is elegant and playful, and is characterized by natural colors and materials, gemstones, brass and glass beads.

CHF **39.90**



### Atelier Oblique

Unique, sustainable and clean compositions and free of stabilizers. Each composition of this Berlin boutique perfume house unfolds a very personal fragrance. A deep Breath of the present and a dance with the unknown.

CHF **140.-**

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## Mühlbauer

Finest handcrafting and the use of the best, worldwide sought-after materials make the quality of this Viennese hat manufactory visible and tangible since 1903. The house's customers include not only the most beautiful shops in the world, but also famous personalities such as Brad Pitt, Meryl Streep, Madonna or Yoko Ono.

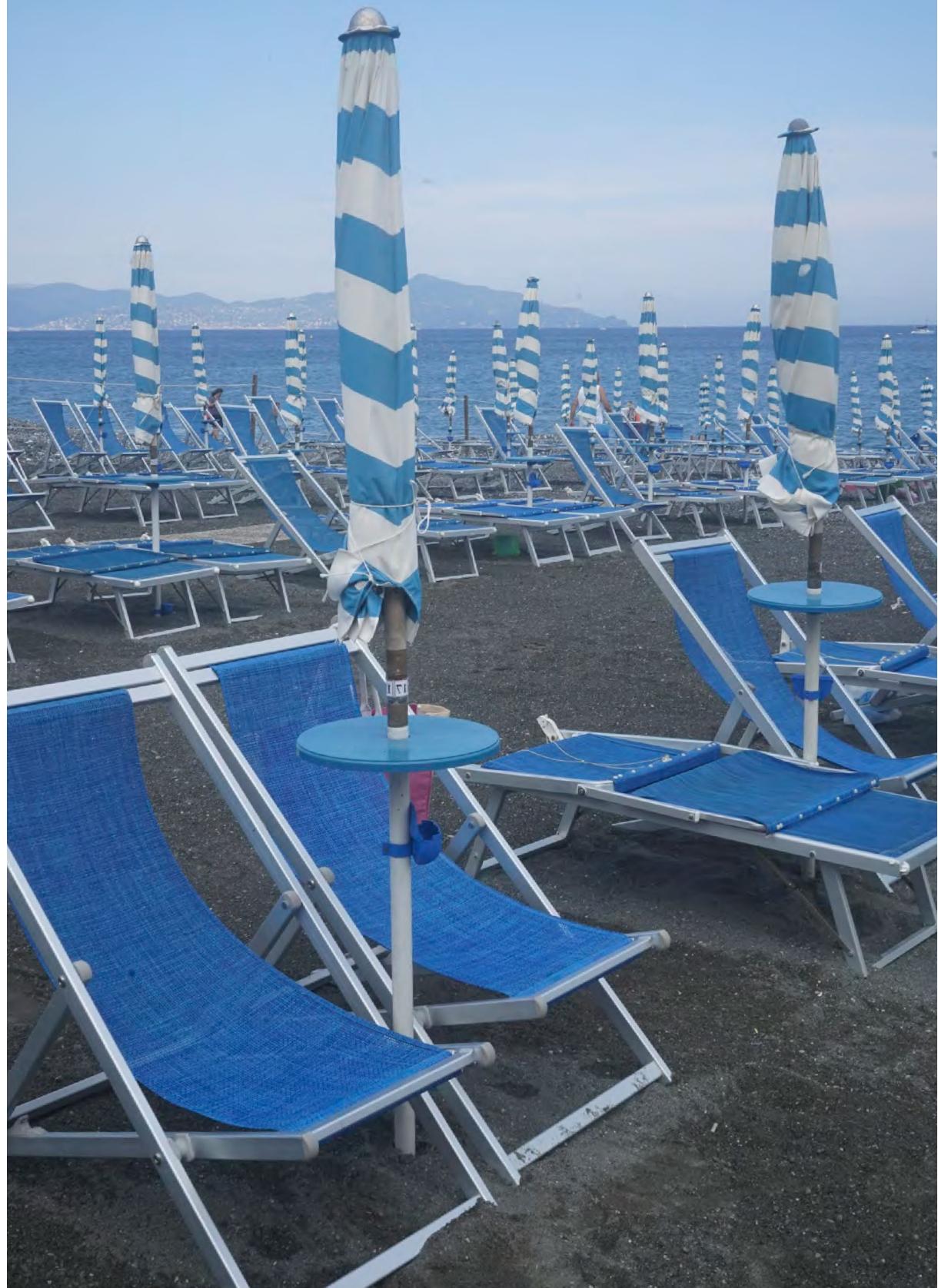
CHF **319.-**



Solovair Tassel Loafers **219.90** / Kowtow Everyday Shirt **129.90** / Crosley Turntable **119.90**



Kitchenersäckli 9.- / Le Baigneur shaving soap 25.-



# Body care



ZigZag Pool Shower Curtain 139.90 / Schönstaub SECA Cloth from 29.90 / Soeder Soap of Good Music 40.-

The skin is functionally the most versatile organ of the human organism. It serves as an enveloping organ, the protection against environmental influences and the maintenance of the inner balance. In addition, the skin is the largest organ of sensory perception in terms of surface area. It is therefore worth paying a little more attention to it. It wants to be well nourished and protected and not covered with chemicals.

A cold shower in the morning, a long bath in the evening or after a day outdoors are rituals that are good for body and soul.

## Bernese Medicinal Plants Studio

In Ulrike Toma's medicinal plant studio in Bern's Länggasse, all ingredients come from organic cultivation or regional wild collection. High-quality cold-pressed oils and vitalising plant waters combine with essential oils to create wonderful care products. Enriched with Bach flowers, gemstones and spagyric essences, the effect of the cosmetics is enhanced in a unique way.

from CHF 12



## Make-up Removal Pads

The washable fair trade make-up pads from our Kitchener items in a beautifully illustrated cotton pouch and with soap sachet are ideal for travelling.

CHF 29.90

kitchener®



## Everyday Oil

Our favorite oil with a soothing Palo Santo scent. "Use Every Day / All Over"  
from CHF 18.-



## Saint Charles

Based on the teachings of traditional European medicine, the Viennese company relies on the healing power of nature and the indigenous Herbal World. The products consist of natural ingredients from as far as possible regional cultivation in organic quality or wild collection.  
from CHF 24.-



## bepure

After travelling through Morocco, bepure was founded by Kathleen and Fabian, at the end of 2014 in the to make a positive and sustainable contribution to nature and the environment. people. Products with precious argan oil and finest prickly pear seed oil according to the organic guidelines. by ECOCERT. Secure jobs and fair payment.

from CHF **29.-**



## Haeckels

Located in East London, Margate is a wild coastal fishing town where the people of Haeckels harvest seaweed and other natural products to make the best quality beauty products. Made in Margate!

from CHF **29.90**



## Onsen Saru

Transform your own tub into an onsen with a soothing blend of sea salt with magnesium flakes and let the scent of Japanese matsu pine, cedar wood and snow seduce you into a cleansing ritual that will give you a new lease on life.

Feel like the Onsen Saru, the monkey of the hot springs.

from CHF **7.-**

## Soeder\* Specials

From the Soeder\* soap factory come these two special editions: Soap Of Good Music for Club Zukunft and the Hinoki

Yuzu for the Japanese restaurant Ooki, both in Zurich. Once Negroni and once yuzu!



from CHF **40.-**

## Rahua

The Rahua beauty products made from 100% organically grown ingredients are produced in sustainable cooperation with the inhabitants of Amazon region. The most important ingredient is the rich vegetable oil Rahua, which is produced by hand in a particularly environmentally friendly way.

is obtained.  
from CHF **44.-**



## Kitchener Gift Box

Give a loved one our Kitchener Beauty Gift Box with Every-day Oil, a natural deodorant, Argan Oil and more. Either ready to use or can be put together individually.

CHF **129.90**



## kitchener



## Ohépo

OHÉPO soaps from Brittany are all handmade using the traditional method of cold saponification from organic ingredients.

CHF **11.-**

## Shampoo Solide

Le Baigneur's solid shampoo is perfect for economical and ecological hair washing. Made in France using an artisanal process. Suitable for all hair types. Only with natural ingredients. Without palm oil.

from CHF **15.-**



## The Humble Co

Toothbrushes, dental floss, toothpaste or cotton buds - The Humble Co. from Sweden have developed a whole line with added activated carbon - natural, environmentally friendly and amazing. Convince yourself! New also with attachments for electric toothbrushes.

from CHF **5.90**



**FINE [fi-ne]**  
Our favorite deodorant! Wonderfully fragrant, pure and free of aluminum salts. From Germany.

from CHF **32.50**



## Sasawashi body wipes

Founded in response to the wastefulness and transient lifespan of the textile industry. Made from absorbent Washi (Japanese paper) threads infused with anti-bacterial Kumazasa plant fibres, this innovative fabric contains natural deodourising properties that prevent mould and fibre decay.

from CHF **9.90**



## Savon Stories

Solid lotions made from 100% wild & organic ingredients. Melt onto skin when massaged to moisturize, repair and tone all skin types. With inviting Aromas like peach & strawberry, elderberry, cinnamon, Chamomile and more.

from CHF **9.90**



## Cactus Hydration Face Serum

A lightweight but effective hydrating hybrid serum with highly praised prickly pear seed oil. Nourishes, repairs and helps retain moisture.

from CHF **23.50**

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# For the Ladies

"How wrong is it for a woman to expect the man to build the world she wants, rather than to create it herself?" Anais Nin.

**From bio tampons to vibrations to feminist literature:**  
We have all kinds of products for women and men who are not afraid to talk about sexuality, gender stereotypes and equal rights.



**Red is beautiful**  
A colourful smorgasbord of thoughts and stories on the subject of menstruation with the aim of clearing up misconceptions and encouraging all people to be open and to be cavalier about the subject.

CHF 21.-



## Unicorn products

If you have so far resorted to classic products such as tampons, pads and the like during your period, a menstrual cup may seem a little out of the ordinary at first glance. But it's really worth giving it a chance. Unicorn from Berlin manufacture sustainable menstrual products - panty liners, tampons and more.

from CHF 4.50



The focus of this project from Bern is the individuality of the human being. NUs show the interesting - diversity - and uniqueness of different bodies - far from ideals

and norms of society. 10% of the proceeds we donate with project NU to a women's rights organization that opposes FGM/C employs.

from CHF 99.-



## Girl, Woman, etc.

In this novel, Bernardine Evaristo weaves the stories of black women across a century into a unique and polyphonic panorama of our time. An impressive novel about origins and identity that reminds us of what holds us together.

CHF 35.90



## Smile Makers vibrators

The mission: to normalize the perception of female sexuality. The idea: the best product experience, a brand that women love. Promoted and sold in everyday environments. Women should not be afraid of joy and pleasure. An important part of everyone's life.

from CHF 39.90



## LIP Intimate Care

The intimate area is the most sensitive part of your body. Mineral oils, surfactants, synthetic fragrances or other petrochemicals should not be used there, as they can cause irritation. LIP are gentle intimate oils that cleanse, moisturize and nourish the skin.

CHF 29.90



## Feminist Comics

In her comics "The Origin of Love" & "The Origin of the World" Liv Strömquist searches for new answers to the omnipresent question of what love is and traces the cultural history of the vulva - from the Bible to Freud.

from CHF 28.90



## Eat Like a Woman

What influence does nutrition have on the cycle phases? What happens to the female hormones in 28 days? What is good for women?

And what alleviates complaints such as abdominal cramps, migraines, fatigue and mood swings? This book provides recipes for a harmonious cycle.

CHF 38.90



## DAME Products

Dame's mission: to make the world a happier place, one vagina at a time.

Dame Products was founded by intelligent women with the goal of creating phenomenal, sophisticated sex toys that enhance intimacy, pleasure and pleasure.

and openly empower the sexual experience of humanity.

CHF 119.90



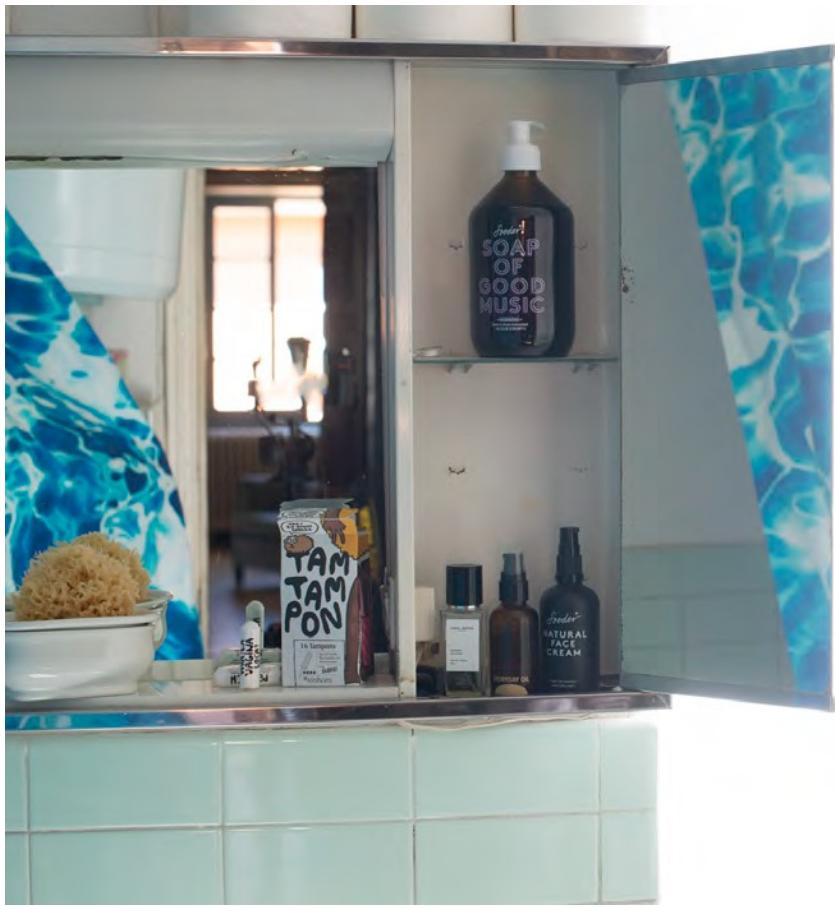
## How to Have Feminist Sex

The mission: to get more people talking openly about what they do and don't want to do in a romantic encounter. Flo

Perry addresses everything from faking it to consenting, from stress to kink, and that losing your virginity isn't that different from eating your first chocolate croissant.

CHF 29.90

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**Soap of Good Music**

From the Soeder\*  
soap factory in  
Zurich, produced for  
Club Zukunft  
- Negroni soap.

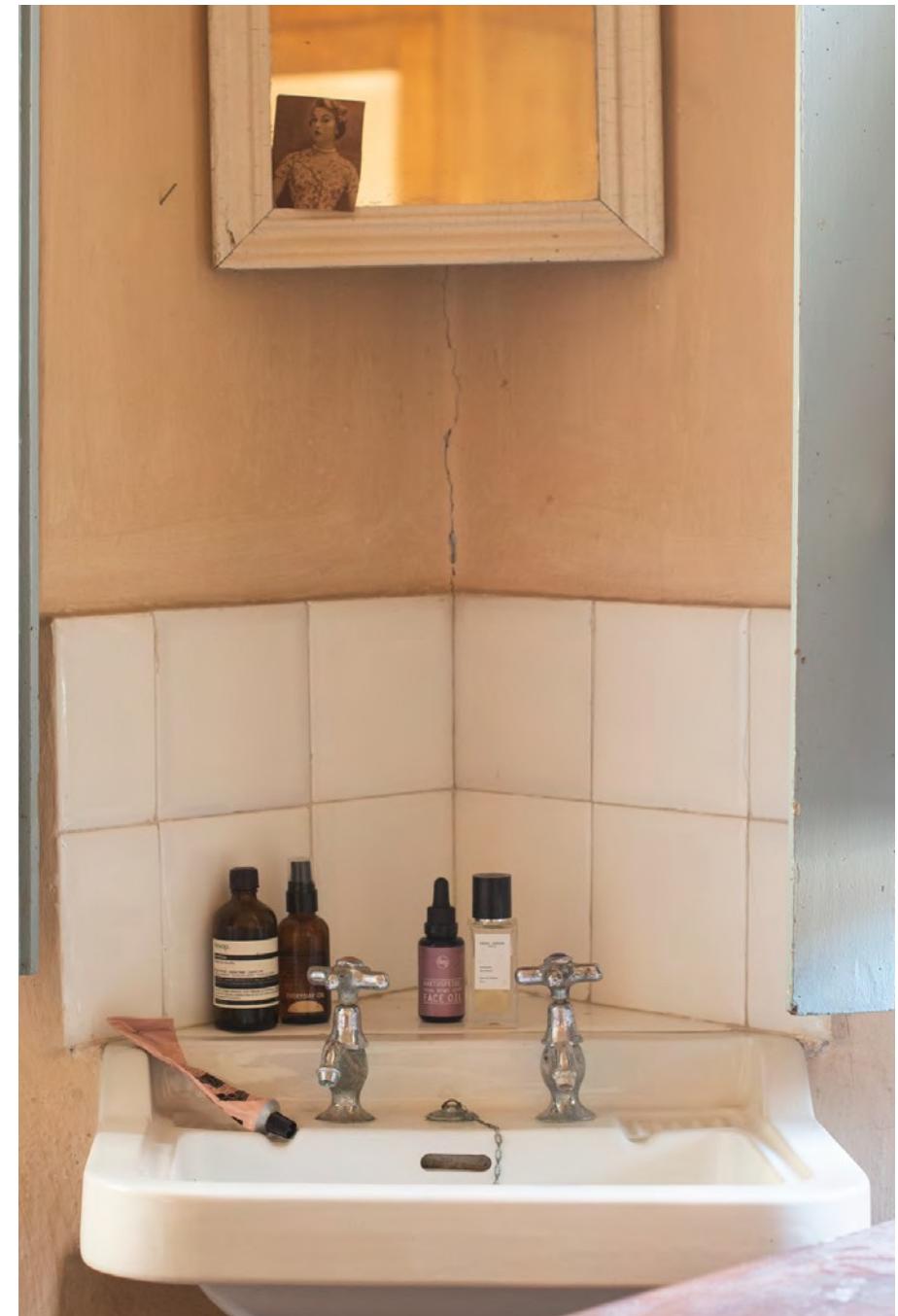
**CHF 40.-**

**Tampons by Einhorn**  
Sustainable and  
modern menstrual  
products from Berlin.  
**CHF 4.50**

**Berber Blonde** An  
energetic perfume  
by Sana  
Jardin, the world's  
first socially  
conscious luxury  
perfume house.  
**CHF 180.-**

**Everyday Oil** Our  
favorite body oil -  
with soothing Palo  
Santo fragrance.  
**CHF 18.-**

**Soeder\* Face Cream**  
Best serum made  
from 100% natural  
ingredients.  
**CHF 125.-**



Aesop Hand Cream **29.90** / Aesop Breathless Oil **35.-** / Everyday Oil **from 18.-** / bepure Prickly Pear Face Oil **43.-**  
Sana Jardin Perfume **180.-**

# Souls Balsam

**Smell is significant for our lives. Smells form an important basis of communication.**  
Animals and plants communicate in this original way: plants drive away pests with essential oils and attract pollinating insects with pheromones.

The sense of smell has a particularly fast and direct connection to the brain.

In particular to the limbic system, which controls our unconscious actions and serves to process feelings. This olfactory memory allows us to remember exactly what it smelled like in grandfather's kitchen decades later - or on our first summer holiday by the sea.



## incense cones

Whether juniper, lemon balm or wild fennel. The ingredients for Haeckels incense cones are collected by hand near Margate in England.

from CHF 29.90



## White sacred sage

Salvia apiana is an evergreen shrub used by Native Americans in various ceremonies. Just as effectively, it fills your home with a purifying, calming aroma. From Incausa.

CHF 8.50

kitchener

The ingredients of essential oils have positive effects on various areas and functions in our body: Germs in the respiratory tract are eliminated and we can breathe more freely, stress hormones are reduced and our nervous system calms down, tensions are released, Pain and inflammation are going down....

Fragrances and incense products are the main focus of our wellness range this year.



## Room sprays

Anxiety protection, soul balance and stress protection. The room sprays of Saint Charles from Vienna are all 100% natural, have no additives, are fully organic quality. Ideal for aromatherapeutic applications or simply for self-well-being at home. All Saint Charles products are based on the teachings of Traditional European Medicine (TEM) in conjunction with the latest findings in naturopathy.

from CHF 16.-



## Incausa

Brooklyn-based NGO Incausa works with the indigenous Ama- zona people to source quality smoked goods. Incausa gives all profit margins from the sale of indigenous craftsmanship and uses existing resources to increase production. Pure Breu, Palo Santo, White Sage, Chacrona & Jagube. Individually or in beautiful sampler kits to give away.

from CHF 8.-



## Kruut Incense Bundles

Organically grown, grounding incense plants give us stability and security. Hello Intuition! From Kruut in Germany - Safe Space, Grounding, Fresh Vibes, Clear Mind, Good Vibes. Invigorating, strengthening, protective, cleansing.

CHF 18.50



## Hako leaf-shaped

smoking paper from Japan. Like the feeling of walking through the misty forest and trudging through rotting leaves. Vetiver, cypress and hemp calm the nerves and soothe the spirit. The scent is lush and full of the breath of nature,

as if you had suddenly become a part of the forest - surrounded by plants, trees, flowers and fruits. from CHF

56.-



## Organic Tinctures

Tinctures are concentrated liquid extracts of organic medicinal herbs prepared in alcohol using sugar beets so that all the medicinal components of the herb can be extracted over a month-long lunar cycle. More effective than

a

Herbal tea and are easier to take in and out every day. From Wilder Botanics in London.

CHF 25.-



## Propolis

All propolis products from the Saint Charles apothecary are natural products and come from selected beekeepers who offer their bees a wide range of forests and meadows. This is also reflected in the unique composition of propolis.

Honey bears, soothing propolis drops and more. Naturally antibacterial. from

CHF 13.-



## Hibi 10 Minutes Aroma

An incense stick that can be lit like a match and can be with you everywhere. Ideal to liven up the air in your living room, your office or your hotel room when travelling and to refresh your spirit.

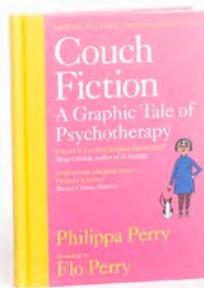
CHF 13.-



**Cozy at home** Traditionally made slippers from water grass.

Made in Thailand.

CHF 35.-



**Saint Charles herbal teas**  
Composed with a lot of joy, creativity and the experience of a pharmacist in the sixth generation, these versatile tea blends from Saint Charles in Vienna are the best companions in the colder season. Breakfast tea, shivering tea, base tea, detox blend, love tea and many more.

from CHF **12.-**



**couch fiction**  
A Graphic Tale of Psychotherapy. This compelling study of psychotherapy in graphic novel form depicts a year's worth of therapy sessions as a search for understanding and truth.

By Philippa Perry, bestselling author, illustrated by Flo Perry, author of How To Have Feminist Sex.

CHF **29.90**



**Home-grown superfoods**  
Straight from nature on our doorstep: nettle, dandelion and goutweed. Nutrient-rich raw food powder from Kruut for more energy and stress resistance. With natural iron, calcium and potassium. Wild pleasure as herbal latte or in muesli. Two hands full of fresh wild plants are in one serving.

CHF **12.50**



#### Oxymels

Kruut brings the traditional elixir that Dioscorides, the Roman legionaries and Hildegard von Bingen already appreciated back into our everyday life and repackages a millennia-old recipe. Oxymel [Oxy = sour; Mel = honey] is a traditional tincture of raw honey, naturally cloudy apple cider vinegar and a selection of native wild herbs. Due to the high extraction power of the basic ingredients, the valuable herbal ingredients are preserved in Oxymel. You need nothing more than to find their favourite variety, shake it and mix it with water or a drink of their choice. Ready is a refreshing

and tangy wild herb extract. from CHF **2.50**

kitchener®



#### Greenbird CBD

The Greenbird CBD oil products come from 100% organic hemp fields from Switzerland and are completely free from pesticides and herbicides. from

CHF **32.-**



#### MATCHA

Yes, you can read a whole book about tea. Matcha is no ordinary tea. The caffeine kick from powdered green tea doesn't cause jitters or a drop in energy. If that's not convincing enough, it gives you a fleeting...

Energy combined with mental clarity.

CHF **29.90**



#### Chawan

Modeled after a traditional Japanese tea bowl, this tea cup is hand-turned in a variety of earthenware clays and glazed on the inside only with a selection of high-fire glazes.

From Studio Arhoj  
from Copenhagen.  
CHF **39.90**



#### cosmic dealer

Dark (85% - 100% cocoa), handcrafted Chocolate from Cosmic Dealer from Paris. Refined with Ayurvedic spices and adaptogens.

from CHF **11.-**



**Folding shapes and techniques** Paper design between play and symmetry - the new book by Alexander Heinz. The basics for paper design, fashion and architecture by Paul Jackson. Both provide inner peace.

from CHF **17.90**



**Ceremony Matcha** Rejuvenate your mind and body with a soothing, invigorating beverage prepared from Ceremony's traditional

Japanese Matcha powder from Zurich. This ritually cultivated matcha offers a delicious alternative to your daily cup of coffee. 100% organic and sustainable, from Uji, Japan.

CHF **52.-**

CHF **11.80**

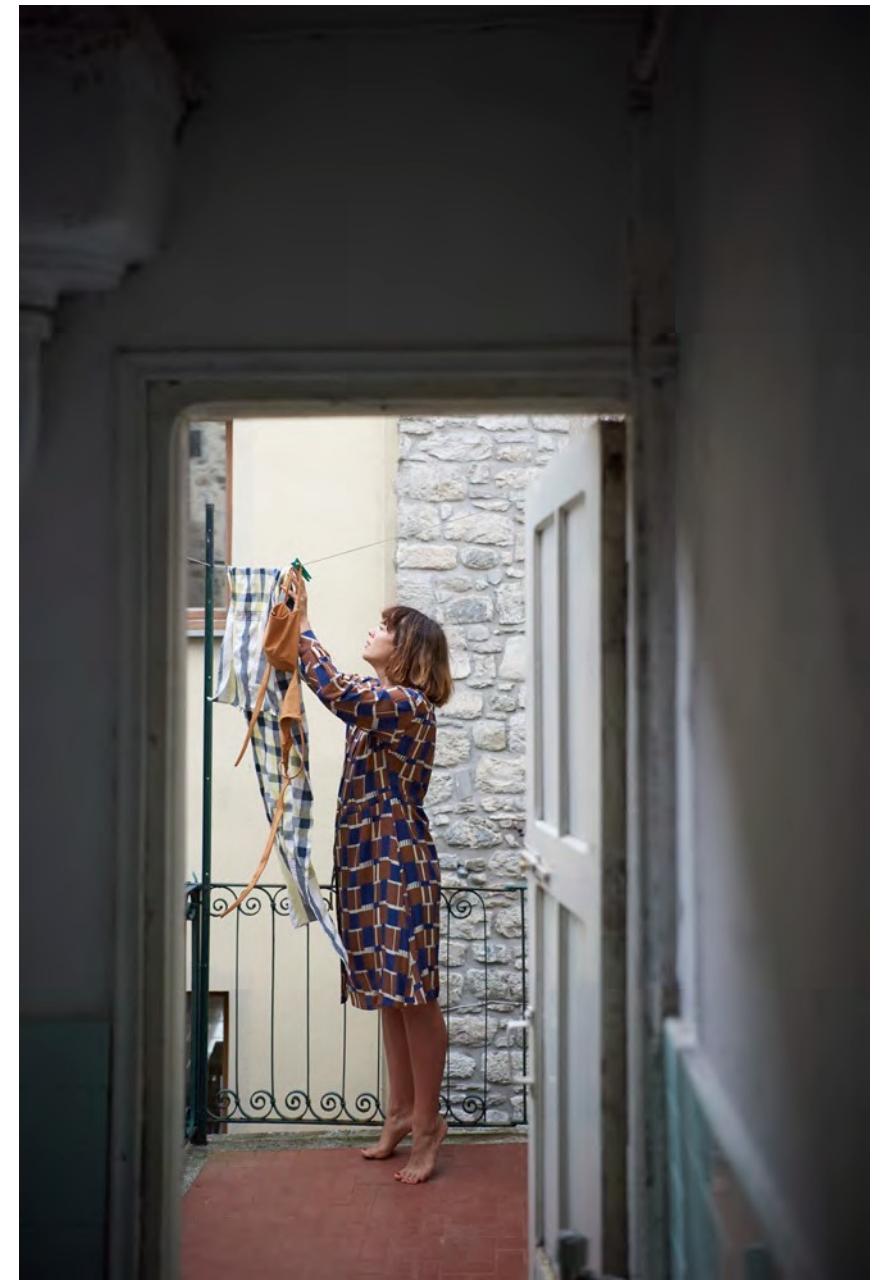


#### Stoicism Cards

These cards are designed to introduce us to the philosophy of Stoicism and its relevance to our daily lives. 50 of the best insights and sayings of the great Stoic thinkers, combined with commentary.

From The School of Life.

CHF **19.50**



**Sabine wears:** Nectar Dress by Chloé Stora 339.-, the bikini is by Organic Basics from 45.-.

# Cooking & Food



**Sabine wears:** Bensimon Pilotsuit **239.90**, Solovair Tassel Loafers **219.90**, a Wallace#Sewell Silk Scarf **199.90** and prepares vegetables with a Pallares Solsona kitchen knife from **14.-**. The bowl on the table is from Cécile Pre-ziosa **69.90**

The day before the second lockdown, we looked at the BAG's list of "daily necessities" and realized that we have a lot of them in our assortment. The next day, Kitchener DAILY opened its doors. The few people who ventured downtown and the customers who came to pick up their webshop orders were thrilled. We also liked the friendly atmosphere of the "DAILY".

We are impressed by the change that is currently taking place in the food sector. More and more people, especially young people, are starting to produce products and are taking new and sustainable approaches. This has led us to decide to continue this concept. With its mixture of specialties and food from micro-productions, the offer is no longer commonplace and is therefore not suitable for the market.



## Apple Gold

From the Länggasse in Bern comes the delicious, pure apple juice from Apfelfeld. The in-house spritzer is pure refreshment. Boskop, Swiss orange, bell apple and more. **CHF 5.50 / CHF 22.-**



**Les Essentiels du Cuisinier**

An office knife, a serrated knife, a peeler and a paring knife. Made by Opinel in France & Portugal. The most important for the kitchen.

**CHF 39.90**



## At table

After four years, 34 round tables, 170 dishes served and 340 guests, Anna and Catherine Pearson conclude their supper club project with this book. Divided into twelve chapters, the book contains the recipes for the dishes that Slow Food chef Anna Pearson served up at twelve dinner parties. Each round table is dedicated to a theme, following the course of the seasons.

**CHF 58.-**



## To shop

Produced since 1860. The typical bags from Normandy are very stretchy, strong and practical. Perfect Märit companions in different colors.

**CHF 15.-**



Girls Who Grind Coffee Amaca Beans **17.50** / La Rochère Ouessant Espresso Cup **6.50**

# Breakfast in bed

Is there anything better than a super long start to the day? Lie in bed, ponder, read a bit and why not have breakfast in bed? Maybe a granola or a porridge or rather toast with anchovies? In any case with good coffee! And then maybe another a little snooze.



## sticky chai

Chai Walla Sticky Chai is handmade in Zurich. Blends of roasted spices, fresh ginger, black tea and organic Agave (aha!). Turmeric, chili, chocolate... Sticky Chai is the preserved, sweet Sister of Chai.

**CHF 17.50**



**Golden milk**  
Haldi Ka Doodh is the original name for this ancient Ayurvedic drink that has been appreciated for thousands of years for its invigorating effect.

Today, the drink is also very popular in our country as Golden Milk or Turmeric Latte.

Turmeric is the main Ayurvedic spice and was traditionally brewed and drunk with water and the Ayurvedic butter fat "ghee" to get the life energy flowing and to bring body, mind and soul into harmony. This blend of Soul Spice lets you brew the best golden milk easily and healthily at home.

**CHF 9.60**



After the pleasure back into nature. Stoll capsules are 100% biodegradable in home compost. Organic & Fairtrade coffee as it should be. For your Nespresso® machine. With love from Zurich!

**CHF 15.-**



## Abe Sangyo Room Shoes

Room shoes are an integral part of daily life in Japan, and since their founding in 1919, Abe Sangyo has been dedicated to producing the country's most comfortable specimens. The best balance between comfort and style.

**CHF 75.50**

kitchener®

## Wild coffee

The coffee alternative from native roots, vital mushrooms and beechnuts for invigorating taste. Collected and processed by Krut in Germany. 100% organic.

CHF **12.50**



## Genmaicha and Hojicha-

Clearspring from London supply Japanese products in organic quality. Genmaicha is green tea with a nutty taste. Thanks to its roasted brown rice. Hojicha is roasted green tea from the hills around Kyoto and Kyushu.

from CHF **6.-**



## SOOISHI Granola

Our friend Marcia has been making probably the best granola we know for years.

The story of Sooishi Granola began with the simple fact that it seemed impossible to find a granola in Switzerland that deserved the name. So

Marcia created their own. Whether with dark chocolate, matcha powder, pecan nuts or Kinako bean powder - it tastes good!

from CHF **15.-**

## Winter Aromas

1001 Nights Coffee Magic to spice up your coffee, Cinnamon Sugar with fine Ceylon cinnamon and a Winter Magic Mulled Wine Spice Blend. To sweeten the cooler season.

From Soul Spice.

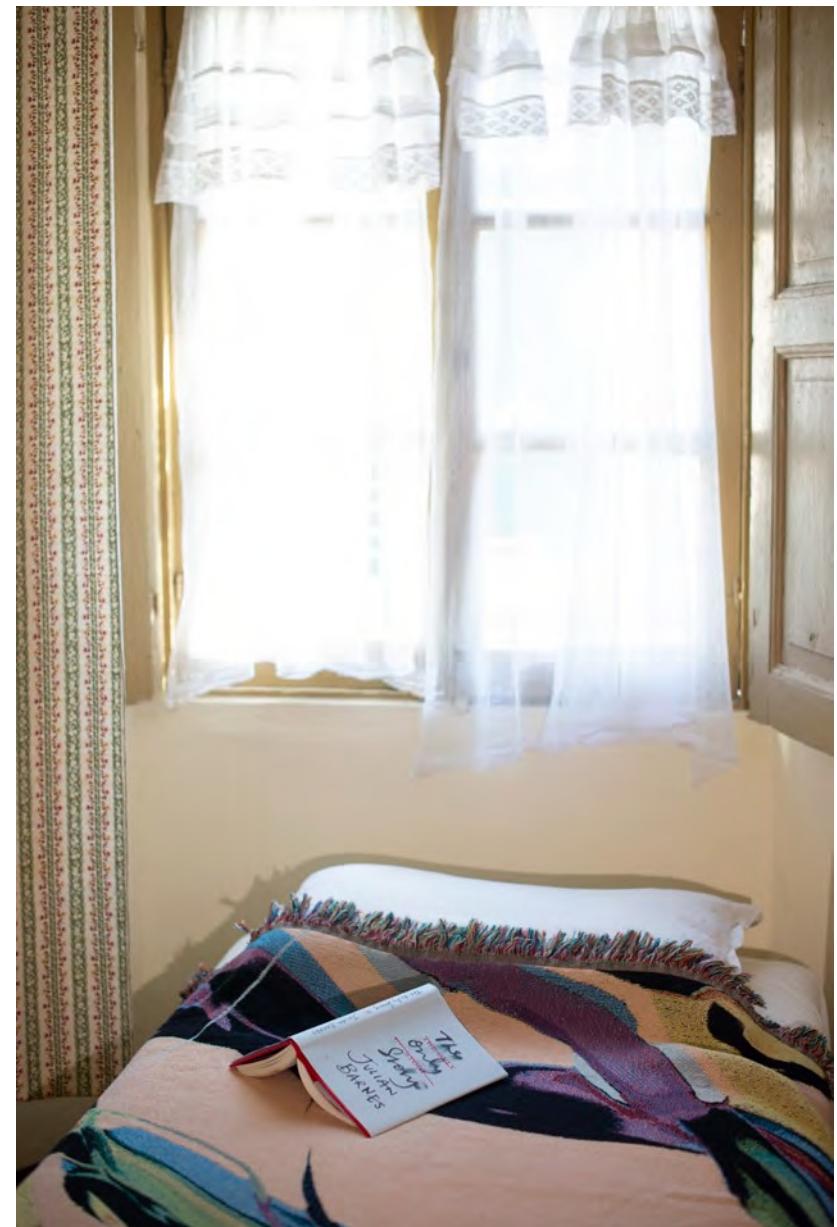
CHF **8.-**



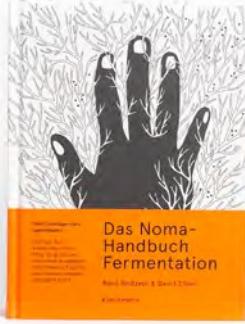
## Girls Who Grind Coffee

A specialty coffee roastery run by Fi O'Brien and Casey LaLonde. They source their coffees specifically and exclusively from female producers.

from CHF **14.90**



# Let the microbes run riot



## The Noma Manual Fermentation

Anyone who knows the story of René Redzepi's Noma knows that a lot of money has gone into the "Test Kitchen." What is tested in it? Among other things, centuries-old fermentation formulas, which are innovatively and almost scientifically 21st century are handed down. A book for beginners and advanced students. CHF 45.50

## Puromat

The fermented sprinkle seasoning from pure taste in Basel. Pure umami - with a slight spiciness, full flavour, spicy and delicately acidic.

CHF 17.50



In 2015, intrigued by this resurgent food preservation process, we collaborated with Maison Manesse to create a set of fermentation recipe cards.

We love the richness of fermented flavours. For us it was like discovering a whole new world: wild and unpredictable and incredibly delicious. Soul food. Today we are happy that fermented products can be found more and more often on the shelves. And by the way, fermenting yourself is great fun.



## Starter Kit Fermentation

Fairment from Germany have the best kits for getting started in the world of fermentation. With simple recipes, the useful utensils of the starter kits are the perfect drive to its own bubbling.

CHF 69.90



## Kitchen Brush

Vegetable brushes by Andrée Jardin made of natural beech wood with polyamide fibres. In different sizes. Made in France.

from CHF 17.-

kitchener

## Starter Kit Yogurt

These yoghurt cultures are magical. Millions and millions of little helpers conjure up creamy yoghurt from simple milk. That's not only cheaper and more sustainable, but also better. Because instead of preservatives and additives, you infuse life into your yogurt with this starter kit from fairment. And all according to your taste. Let

the microbes are on the rampage!

CHF 79.90



## Fermentation à 360°

Fermented food made from regional, organic ingredients hand-processed in Basel by pure taste. A complex kimchi, a mild Baek kimchi, wild fermented elderberry capers and more.

from CHF 14.50



## Sourdough Starter Kit

With the organic sourdough from fairment and the help of millions of microbes you get it baked - your daily sourdough bread from your own oven. Feed the living culture, it provides you again and again with bakable: sourdough for bread, pizza, cookies and other baked goods from your kitchen. This is cheaper, more sustainable and thanks to the fermentation of the Dough also much more digestible!

CHF 89.90



"The revolution in side dishes is starting here and now" - according to the people behind suur, the Zurich-based delicatessen manufacturer. Sour beetroot with honey for raclette, sauerkraut with carrots in a burger, red sauerkraut in a lunch sandwich. Preserved and fermented always with regional vegetables. In organic quality! CHF 9.80

## Vegan yogurt?

They love yogurt, but no cow's milk? No problem, because with the vegan yoghurt set from fairment you can combine both. Creamy yoghurt made from coconut, soy or oat milk are now no longer a problem. CHF 89.90



**Left:** André Jardin copper dishwashing ball from 7.- / Bamboo soap dish from No Tox Life from **12.50** / Dishwashing soap from André Jardin **from 15.-**. **Right:** Storage boxes by Noda Horo **from Japan** from **25.-** / Kitchen knives by Pallares Solsona **from 15.-**.

# SUPPER

Nothing against rösti and fried eggs, but we love to explore foreign kitchen cultures. And that's why you'll find an impressive selection of cookbooks, food and kitchen utensils from all over the world at SUPPER.

The focus this winter is on products from the Japanese cuisine. In addition, we probably also have the largest range of artisan chocolate and sustainable canned fish in Bern. The best thing is to come by, we look forward to seeing you.



Usukuchi Shoyu

Soy sauce made according to the traditional Japanese art of brewing, with Swiss organic ingredients and brewed in Basel.

CHF 28.-



Konro Grills

With these Japanese charcoal grills you can grill all year round at a high level. The charcoal grills are made in the Japanese city of Noto from diatomaceous earth, a natural product made from fossilized remains of plankton. The material has excellent thermal properties and allows a constant heat over a long period of time. Thanks to the thin grill grate, the heat can directly reach the grill good and thus create an incomparable barbecue taste.

CHF 275.90



Sweriyaki

Sweriyaki is the homemade teriyaki sauce from Bern. It convinces with a viscous consistency and a unique, intense flavor.

CHF 9.90



Clearspring

Ume Su Plum Seasoning, Organic Sushi Rice, Umami Paste with Koji and much more. Clear Spring is a family-owned business that has been pioneering authentic Japanese specialty and organic delicacies for over 25 years. Their core belief is that everyone\*should have access to quality organic food in order to eat well. Clearspring products make a valuable contribution to sustainable agriculture by supporting organic farmers and artisanal food producers.

from CHF 5.-



Made in Japan

The pestle of this traditional set is made of sansho wood from Kagoshima and the iwami mortar is made of ceramic from Shimane Prefecture. Undoubtedly one of the best spice mortars.

CHF 47.-

kitchener®

White Mausu Rayus

Enjoy the flavours of Japan, China and Korea with these distinctive sauces from Dublin. A dab of these umami bombs will add new flavour to any stir-fry or leftovers.

CHF 9.90



Japanese coconut brush

This brush made of coconut fibers is ideal, to clean pans, pots and sinks.

CHF 39.90



Teapots

Traditional Korean aluminum teapots in Silver and gold.

CHF 45.-



Izakaya

The Japanese pub stands for family hospitality and umami cuisine to share, which is unparalleled outside of Japan and can be found at Mochi in Vienna. Opened in 2012 by four friends, the restaurant with its unique style of cuisine has achieved cult status in a very short time. In this book, they reveal the most popular mochi recipes for the first time: fresh ingredients meet the full flavor of soy sauce and sake and are combined into delicious dishes without much effort.

CHF 47.90



Shozu Sparkling Prebiotic

Fizzy and prebiotic.

Perfect for mixing refreshing drinks or simply as a thirst quencher. Without added sugar. Umé, Yuzu, Ginger...

CHF 4.-



Soba

We have the Japanese noodles made from buckwheat and the corresponding broth - from Clearspring. Healthy, authentic, prepared within a short time.

from CHF 5.-

## Kitchen clips

Handy kitchen clips for hanging, drying and more. From Japan.

from CHF 12



from CHF 23.-



## The Omelette

The new omelette pan from knlIndustrie, which has evolved from the traditional

Tamagoyaki, a Japanese pan used to prepare bento and frittata with beaten eggs. Designed by Lara Caffi.

CHF 99.90



## Brushes

Timeless bottle brushes made of horse hair from the Japanese city of Saitama.

from CHF 18.-



## Simply Seagreen

Simply seagreens algae grow wild on the coast of Ireland, a sparsely populated and cool, windy area known for its beautiful nature and very clean waters. In order to guarantee the best nutrients in the plants the plants seasonal and harvested by hand - the seaweed products are all certified according to organic standards. The kombu makes it easy to create a homemade dashi base for the noodle soups.

from CHF 5.50

## kitchener

## Aluminium grater

Traditional, fine aluminium kitchen grater from Japan.

CHF 16.-

## Kitchen sieve

Shapely aluminium sieve from Korea in different sizes.



Sabine wears: Kowtow Nico Wrap Dress (vintage), Cécile Preziosa Bowl 69.90, Merci x Serax Glass 9.50



**Sabine wears:** YMC Fanny Jacket **319.-**, Norse Projects Jerena Corduroy Pants **259.90**. **Stefan wears:** his vintage Norse Projects pants and a Portuguese Flannel Abstract Shirt **139.90**. Sunglasses by Viu.



**The Geometry of Pasta** It is said that there are more than 300 pasta shapes in Italy, each telling its own story.

These shapes evolved in harmony with locally available ingredients, giving them an affinity with specific foods and resulting in the perfect pasta shape for each recipe. The Geometry of Pasta have selected Italy's finest artisan producers to create these regional pasta varieties. They use old-world artisan techniques and high-quality local ingredients to capture the unique flavors of their regions.

from CHF 8.50



**Fiore di Finocchietto** The wild fennel flowers from Sicily are a unique speciality and give pasta, salads and tea an intensiv-aromatic aroma.

CHF 14.50



**Pasta** The basic work for homemade pasta, which clarifies previously unanswered questions - such as the right flour for the different types of pasta: When do you need semolina, when haze, what is Farina Tipo 00...? By Anna & Catherine Pearson.

CHF 52.-

CHF 8.90

### Organic Pomodorini Gialli in Passata

Produced according to traditional methods organic and artigianale. The fresh and high quality tomatoes are then harvested and processed by hand, are sweet, rich in antioxidants and also very tasty without other ingredients. From Laboratorio of Bern.



### Pizza Gourmet

Terracotta, a material that has been used for centuries to cook various dishes, is particularly suitable for long cooking. Its main property is in that it is refractory: this allows it to store a lot of heat and release it slowly, which favours even cooking at the same temperature all the time.

This Terracotta plate is designed to prepare pizza and serve it directly on the table, keeping it warm until the last piece thanks to the terracotta.

CHF 62.-

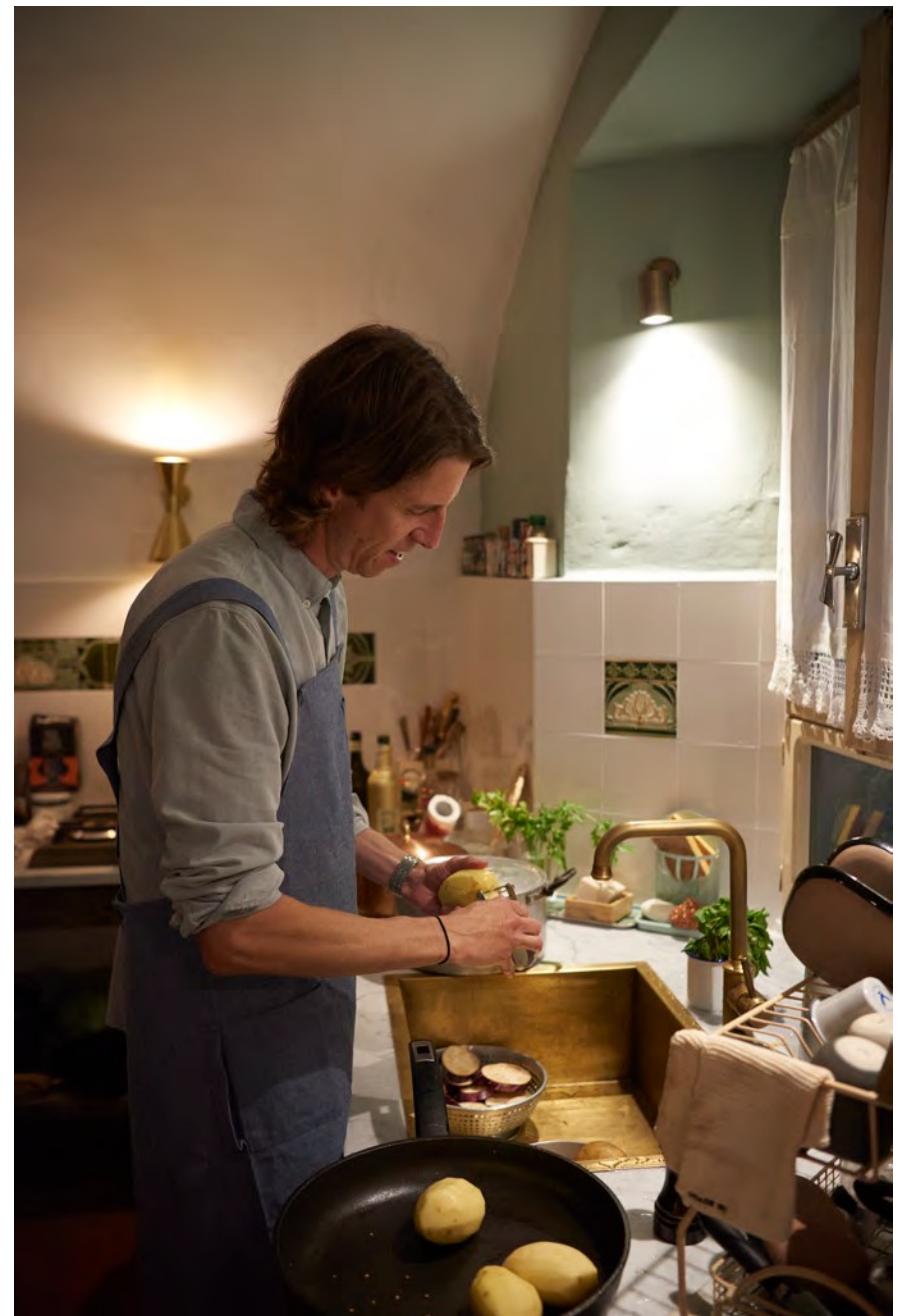


### Con Gusto

Dieter Richter tells - as always culinary and with great connoisseurship - the cultural history of an encounter: How the Italian cuisine came to the north and became the magic formula of the good life. From Goethe's trip to Italy to the Mediterranean diet. The culinary history of the longing for Italy.

CHF 28.90

kitchener



Stefan Wears: Apron Kitchener items 49.90



**Take One Fish** chef  
Josh Niland has transformed the way we cook, transport, mature and store fish. His ethical, sustainable, and revolutionary approach has won worldwide acclaim. With 60 amazing recipes using just 15 global fish species, this



### José Gourmet

The team of José Gourmet works with small producers from Portugal and sells their products lovingly packaged all over the world. The goal is to make the delicacies of Portugal and to support the local trade.

With the gun



### La Belle Illoise

A tin of preserved fish on the shelf is always useful, as you can make an excellent and simple quick dinner. Protecting the environment is a core value of la belle illoise. That's why you'll only find local, sustainable fish in their tins.

They recycle everything they can, from the fish to the water used for production. The water used for sardine production

cookbook will take you on a tasteful journey - from elaborate to simple, from small to large and - always - from scale to tail.

CHF 44.90



### Nuri

A piece of Portugal in a can. Freshly caught, placed by hand in the can and pickled by yourself. These are the Nuri sardines for connoisseurs. For generations, Nuri's original recipe has been handed down like a treasure, as the sardines have been produced in the same way near Porto since 1920.

CHF 8.-



### The Magic of Tinned Fish

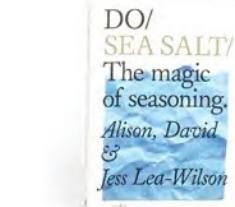
Whether mixed with mayonnaise into a salad or infused into a tomato sauce and served over pasta - Canned fish is an inexpensive and tasty addition to almost anything you cook. Canned fish is an old-fashioned method of preservation, that offers us modern conveniences. This book shows how you can upgrade your kitchen.

from CHF 35.90

used oil becomes biofuel. Mackerel, sardines, in oil, with hot chillies, with lemon, a fish soup and more.

from CHF

5.50



### Do Sea Salt: The Magic Of Seasoning

Salt is magic.

What other ingredient enhances our food so that each component tastes more of itself, and brings all the elements of a dish together so that it sings with deliciousness? Anyone and everyone can learn from this book how to make the finesse of salt dominate.

from CHF

13.50



### Black Wok

All the elegance of black, the functionality of non-stick steel and the heat insulation of the wenge handle.

These are the main features of the BLACK line by knIndustrie with its simple and charming look that combines aesthetics and practicality.

Designed by Lara Caffi.

CHF 89.90



### Ajvar produced by the Kumbaric family

The Kumbaric family operates an **ajvar plant** at the Seleš site in Vojvodina in Serbia.

80 hectares a certified organic agriculture on soil irrigated exclusively from its own wells. Ajvar, the unique traditional product of roasted red peppers is prepared in autumn. The rich harvest of red peppers is used, which is charred over the fire, peeled and combined with cold pressed organic sunflower oil, apple vinegar and salt. It is usually served with grilled meat, but can also be enjoyed on its own or as a spread.

CHF 7.-



### Karma Food

Eat good and you will feel good - this is the motto under which Simone and Adi Raihmann have prepared the ayurvedic treasure trove of knowledge of his Indian mother in a contemporary way. India's cuisine is as colourful, aromatic and diverse as the country itself, and above all one thing:

suitable for everyday use. Crispy pa-koras, paneer tikka masala, vegan sheekh kebab and tempting sweets such as laddu or pistachio rice pudding with rose water - they can all be prepared on the basis of homemade Ayurvedic spice mixtures. prepare dishes with seasonal ingredients and little effort.

CHF 38.90



### Express Ice

It only takes a few seconds to prepare ice cream directly at the table. knIndus-trie, in collaboration with chef Saulo Della Valle, have developed a system that makes it possible to prepare a

"Express ice cream" made possible with just a few flicks of the wrist.

CHF 55.-



**Opinel N°10 Tire-Bouchon**  
Perfect for picnics or meals in the countryside, to open wine bottles and drink them in mass...  
CHF 34.90



### Supersec

The concept of this brand is based on the following basic idea: dried products are not a second-rate substitute for their fresh counterparts, but an improvement - not less, but more. Dried products with a different point of view. Fresh products that have had the water removed, which is an improvement both in terms of preservation and energy consumption. They weigh 60 to 90% less and thus significantly reduce their ecological footprint during transport.

from CHF 9.90



Pot holders by Karin Carlander **45.-** / Maldon salt flakes **8.20** / Soulspice Dukkah **9.60** / Kitchen towels by Karin Carlander **32.50**

### Marius Fabre

For over 120 years, Marius Fabre has been producing vegetable oil soap that is biodegradable, dye-free and free of petroleum-based by-products. Environmentally friendly and recyclable packaging is just as much a part of this. The genuine "Marseille Soap". The unique olive oil-based recipe of the "Savon Noir" has been passed down from generation to generation.

**CHF 4.90**



### Andrée Jardin

Real Marseille soap based on olive oil with natural ingredients to compose the fragrance. In liquid or solid form, an environmentally and skin friendly alternative to traditional dishwashing detergent. It is free of chemicals, is gentle on your skin and leaves your dishes residue free. shine freely.

from CHF **15.-**



### Effective microorganisms

Sustainable cleaning based on effective microorganisms. Against dirt and for a microclimate that is friendly to life. Together with catering professionals, em kraft has developed an efficient product line for every household from 100% renewable raw materials. Manufactured in Zurich Wädenswil.

**CHF 78.-**



### The Organic Company

No more plastic bags! These organic cotton bags are perfect for shopping for vegetables and fruits, bread and more.

from CHF **6.50**

### Durable kitchen gadgets

Efficient and scratch-free dishwashing with natural materials thanks to Andrée Jardin. A copper dishwashing ball, natural kitchen sponges made from cellulose wood pulp and hard nut and fruit kernel shells, a pan brush made from real French beech wood with mixed plant fibres and more. Made in France.

from CHF **7.-**



### Dishcloth

A Swiss make with Emmental linen. From le savon.

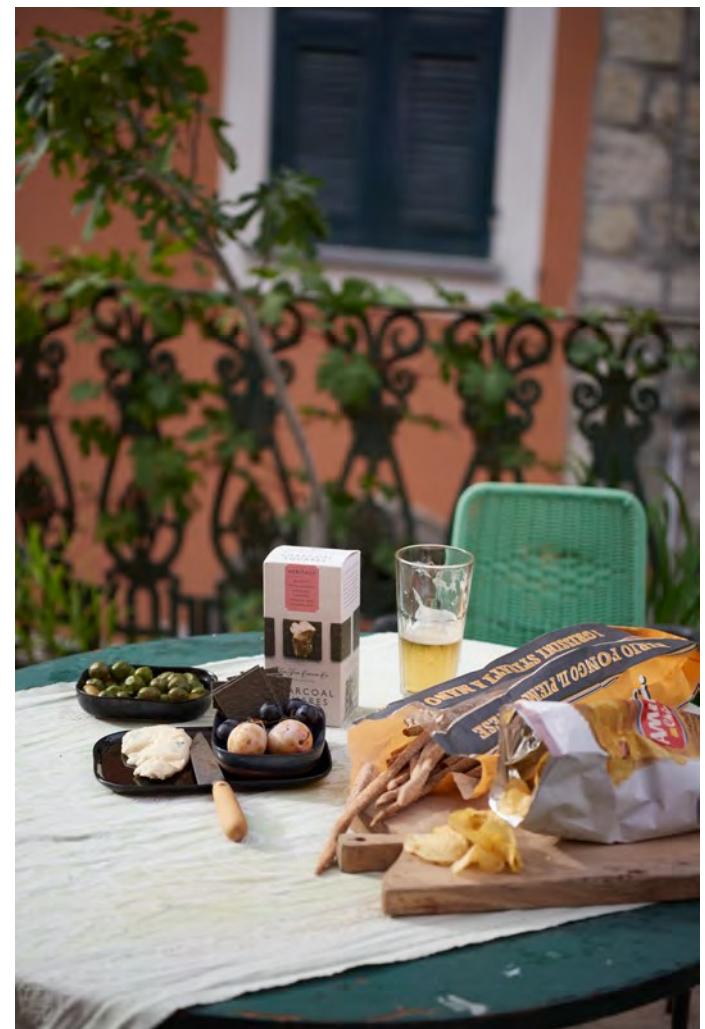
CHF **15.90**



Merci x Serax glasses price **9.50** / Merci x Serax tableware from **18.50**



**Sabine wears:** Phil Cardigan by Humanoid 359.-, Humanoid Trudy Pants 299.90 with a Macon&Lesquoy belt 149.90 and Veja V10 139.90. **On the table:** Merci x Serax tableware from 18.50 / Pallares Solsona knives from 15.- / Mario Fongo Grissini 6.- / Amica Chips 4.70 / La Rochère Perigord glasses 7.50

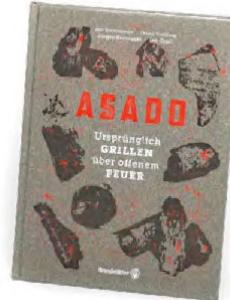
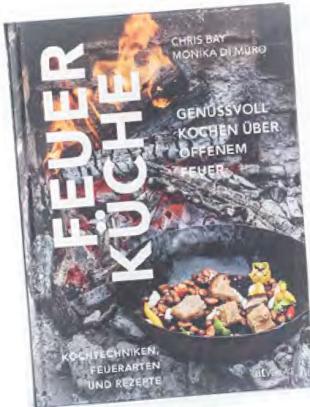


# Outs Fire ideat

## Fire Kitchen

Cooking by the fire is exciting and extraordinarily delicious. Build a fire and get started. The literature with tips & tricks and versatile recipes is available from us.

from CHF **39.90**



## Bernese charcoal burner

Charcoal according to old tradition, produced directly from the Köniz forest by Farb AG in its own charcoal kiln. One of the best coals far and wide - but from very close.

CHF **8.-**



Make the best sandwiches right by the fire with this cast iron sandwich maker.

Sandwiches, pinch and into the fire!

CHF **42.50**

kitchener

We love cooking on the fire: whether over an open fire, on the Finnish fire bowl Muurikka, in the Big Green Egg or on the traditional Japanese table grill.

## Petromax fire bowls

These cast iron fire bowls serve either as a base for a cozy campfire when you want to protect the ground underneath, or over a fire as a grilling surface to cook up some fine treats. Or both, because they are stackable!

from CHF **129.90**



## Sandwich Maker

Make the best sandwiches right by the fire with this cast iron sandwich maker.

Sandwiches, pinch and into the fire!

CHF **42.50**

## Falcon Enamelware

The tableware from Falcon is a real classic and not only suitable for stylish camping and picnicking. Enamel is an extremely robust material that can be used on both the gas and electric stove (up to 270° C) can be used and is also dishwasher safe. Meanwhile in various timeless colors.

from CHF **11.-**



## Teak cutlery

Beautiful wooden cutlery from Indonesia - made by Original Home from leftovers of the Teak production.

CHF **29.90**



## Cast iron pot

We love the solid cast iron pots from Petromax. Either cook directly over or on the fire, or at home in the oven or on the ceramic stove can be used.

from CHF **45.-**



## Do Wild Baking: Food, Fire and Good Times

Cooking outdoors can be a challenge but the rewards are great:

a hearty stew eaten under the stars,

grilled mackerel on the beach, ash-baked flatbreads plucked from the embers, torn and shared. So wonderful!

This book has over 50 delicious recipes - from beer bread to spicy smoked salmon. Arranged by location: beach, mountain, river and forest. And if it rains, you can cook most of the recipes at home.

CHF **15.50**

## Tripod

With the tripod and a cast iron top from Petromax, a meal can be conjured up quickly and easily over any fireplace. Also available with a hanging grill grate.

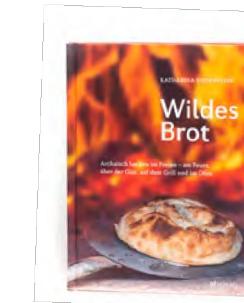
from CHF **85.-**

## Wild bread

With few ingredients like flour, yeast, Salt and water over the embers, on the grill and, of course, conventionally in the clay or pizza oven, create a variety of wafer-thin flatbreads, rolls and crusty breads.

This book presents five basic doughs that can be varied dozens of times, for example with herbs, nuts or other ingredients such as olives and cheese - over 120 recipes.

CHF **29.90**





**Stefan wears:** an old WoodWood Beanie, his own Patagonia Fleece Jacket, Still by Hand Corduroy Tuck Pants  
219.90 and Sebago Docksides 179.90



# Garde

"A garden offers you a protected physical space that helps you increase your mental space, and it gives you peace to hear your own thoughts. The more you immerse yourself in working with your hands, the freer you are inside to sort and process feelings," writes Sue Stuart-Smith in her wonderful book "the well gardened mind".

And lots of fresh vegetables and flowers! It doesn't necessarily have to be your own garden. Whether it's a raised bed, allotment garden, balcony box or guerrilla gardening, it's always good for you.

## Nutscene Tin O' Twine

The ideal gift for all gardeners. 150m of three-ply jute twine in different colours in a reusable tin.

from CHF 7.-



## Spécial Jardin

The patented Marseille soap by Marius Fabre, especially for garden use. The black liquid soap with olive oil is the natural ally for your plants. Use this ready-to-use diluted black soap on your plants to remove the sooty mould left by the aphid, to eliminate scale and to prevent further infestation. Without chemicals!

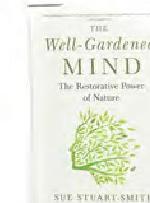
CHF 11.-



## Piccolo Seeds

Seeds for contemporary gardens. Piccolo was founded in 2012 with the intention of offering selected seeds for urban gardens. The seeds, which are available in various matching sets, turn the urban balcony garden into a true plantation! Whether fruit, edible flowers, herbs or vegetables, the right seeds for all. Really good gifts.

CHF 4.-



## Well-Gardened Mind

A respected psychiatrist and avid gardener offers an inspiring and comforting work on the healing benefits of gardening and its ability to relieve stress and promote mental well-being in everyday life. By Sue Stuart-Smith.

CHF 40.50

## kitchener



## Storm lamp HL-1

High quality Petromax storm lantern from Germany. The original. For petroleum or paraffin oil.

CHF 42.50

## Get on the worm!

Every year, over 500,000 tonnes of biowaste end up in the dustbin in Switzerland. With this, Mr. and Mrs. Swiss fill

5x the Prime Tower in Zurich. WormUp have set themselves the ambitious goal of ensuring that no more organic waste ends up in the normal waste, where the valuable nutrients are destroyed in the incineration plant or are disposed of in landfills.

ponies contribute to methane gas formation. WormUp develops practical and stylish worm composting systems for households and communities. With the help of worms, organic waste is conveniently and odorlessly recycled at home into a nutrient-rich biofertilizer. Natural cycles are thus

CHF 365.-

closed in urban areas.



Gorilla Gardening from Bern now offer ten different seeds for your balcony or garden. The

Seeds are Made in Switzerland, produced by Sativa Rheinau. The packaging printed in Switzerland and designed by graphic designer and illustrator Andrea Noti.

Melon, cucumber, radish, cabbage stem, zucchini, eggplant, pumpkin, bell pepper, carrots and tomato.

from CHF 8.50

## Permaculture

This is how we turn our agriculture around and ensure our survival. Concepts, plans, background knowledge. From Jonas Gampe.

CHF 37.50



## EM Active

For fertilizing plants at home, on the balcony or in the garden. By enriching the soil with building microorganisms, important metabolic processes in the soil and the plant take place more easily.

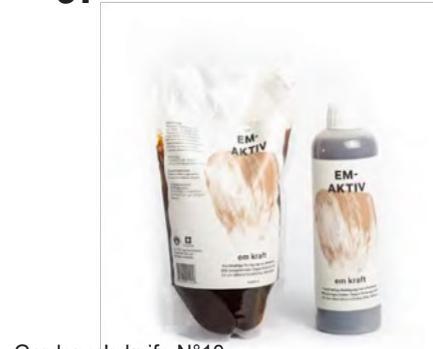
CHF 9.80



## WormUp Compost Tube

For composting your kitchen waste directly in your raised bed or garden bed. The TUBE is buried directly in the garden bed, or in your raised bed. The compost worms are fed inside the tube with your green waste and transform it on site odorless into wonderful organic fertilizer. Your plants are continuously strengthened by the fresh humus and are more resistant to pests. The soil is sustainably stimulated and with life.

CHF 126.50



## Gardener's knife N°10

An indispensable garden tool from Opinel.

CHF 29.90



## kitchener\*

## Edible flowers

A pleasure for all the senses. The flowers are grown by herb farmer Reto Raselli in Val Poschiavo (CH) according to strict organic guidelines. They are harvested by hand when they are in bloom. and dried in the mountain air of Puschlav. For colour and that certain something extra on many a dish!

CHF 5.90



## Tawashi brush

Invented in Japan in 1907, this durable coconut fiber scrub brush is ideal for washing vegetables, scrubbing pots and pans, cleaning the sink or bathtub, and for general use in the home and garden. As well as being hard wearing, it is also very environmentally friendly as when it wears out it can be disposed of in the compost.

from CHF 11.-

## Who's nibbling my

vegetables?

From pests and little helpers. Protect plants, promote balance, welcome diversity.

CHF 32.50



## Herb: A Cook's Companion

An explanation of herbs from pot to plate. Author Mark Diacono is both a gardener and a cook, and in this book he focuses on the simple art of growing them, allowing you to bring a wealth of homegrown flavors to any kitchen.

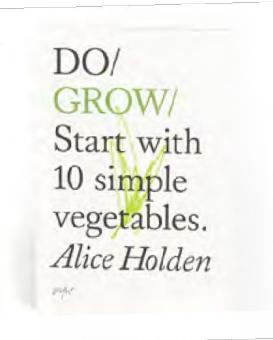
CHF 18.50



DO/GROW/  
Start with  
10 simple  
vegetables.  
*Alice Holden*

Have you always wanted to grow your own vegetables but didn't have the time or space or didn't know where to start? Alice Holden helps you optimise the space and time you have available - even if it's just a flower box and 10 minutes... per week are.

CHF 15.80



## Your fabulous herbs

You can plan and plant your perfect herb garden just about anywhere: in the middle of your apartment, in the kitchen, on the windowsill, the balcony or your patio, in a raised bed or in the garden. Accomplish a work of art: grow, mix, harvest!

CHF 35.90



## My wild plant kitchen

Identifying, collecting and cooking with wild plants. By Meret Bissegger.

CHF 49.90

kitchener



# Out o utdoo rs

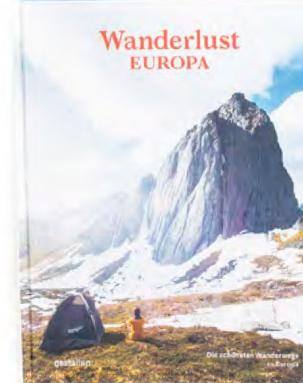
"There was nowhere to go but everywhere, so just keep on rolling under the stars." Jack Kerouac



## Wanderlust Europe

The most beautiful hiking trails in Europe.  
By backpacker, mountaineer and climber Alex Roddie.

**CHF 52.-**



## Multifunctional crab

9 tools in a crab. The optimal hiking companion from Kikkerland.

**CHF 28.-**

kitchener®



Eco bread box

Perfectly suitable also for outdoor and camping use. Perfectly suited for the environment: 0% plastic, 100% stainless steel. Harmful disposable packaging becomes superfluous. Production in an experienced family business in South India. Under guaranteed fair conditions.

**from CHF 28.-**



Nomad Cooking Kit

Practical, clever and compact cutting set for cooking on hikes and camping.

From Opinel.

**CHF 89.90**



waterproof and  
breathable.

C  
H  
F

**3**  
**2**  
--

Our bestselling cotton picnic blankets have a  
waterproof backing, are super lightweight and  
machine washable. With pretty animal patterns.  
Made in Great Britain. CHF **59.90**

An inspiring book  
about the freedom and  
mobility of the  
Van life and the  
creation of an alternative  
lifestyle,  
on the street.

**kitchener**  
CHF **49.90**

61

**kitchener**

# Food for thought

In stormy times, serenity helps to keep a sense of humor.

## The good conversation

Journalist Peer Teuwsen, who has conducted interviews with many outstanding people of our time, from Yoko Ono to Robbie Williams and Susan Sontag to Walter Kempowski, uses practical examples in this book to provide instructions for good conversation. And he talks to some of the best interviewers of the german speaking Room about their techniques.

from CHF **27.-**



## He who does not seek, finds

### The beautiful English word

"Serendipity" describes the serendipity that makes you discover what you weren't even looking for. A book with 77 accidental discoveries that made history. Not only for seekers...

CHF **18.-**



## The Do Book Co.

Disrupt. Design. Inhabit. Present. Lead. Fly. Guidebook for various situations in life. How do I furnish my apartment to live in it as creatively and freely as possible. Why is beauty, the key to everything. How do I do things differently to change the world - at least my own.

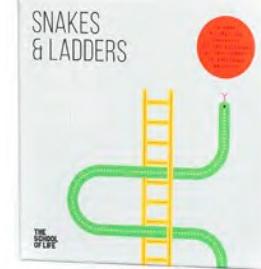
CHF **13.50**

To achieve serenity, we must learn to understand ourselves better. On the table with the big issues! From the two companies "The School Of Life" and "Do Books" comes a series of clever and inspiring books and games.

## Snakes & Ladders

Throughout this game, we are entertained, amusingly lectured, and subtly encouraged to keep trying to be adult a goal that, as the game kindly suggests, none of us will ever fully achieve. will reach. From School of Life.

CHF **35.90**



## Drawing as Therapy

A practical guide to the benefits of drawing as a therapeutic practice followed by 80 guided Drawing exercises as an aid to self-knowledge and self-realization. A therapeutic and comforting workbook with exercises to ease anxiety and create a state of calm. Know yourself through art.

from CHF **25.-**



## Optimist / Pessimist glasses

Half full or half empty? What separates hope from despair is the Ability to tell different stories from the same facts.

from CHF **18.-**



## Thinking & Eating

This thought-provoking book explores the psychological impact of the way we eat and looks at nutrition for the body and mind. With recipes to nourish and inspire.

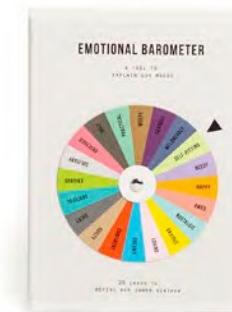
CHF **38.-**



## Emotional Barometer

A tool to help us overcome our ambiguities: Cards with definitions of twenty moods we all know, but which are difficult to describe and explain. These cards help us to better understand our inner emotional situation. to understand.

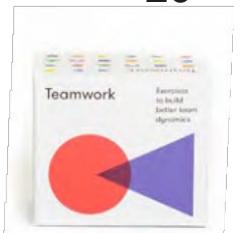
CHF **25.-**



## The School of Life

Table cards with questions for meaningful and insightful conversations around the table, a card game that tests your ability to solve everyday moral dilemmas, and a game that teaches you to lose. Instructive gift with a necessary dose of self-criticism.

from CHF **19.-**



## Teamwork Card Game

This game contains 100 questions that introduce us to our peers in a fun and insightful way by having the best conversations about everything from our childhood to our values. get going. Exercises for a better team dynamics.

CHF **38.-**

## Love Series Set

Each title in this series of books deals with one of the central issues we can face - from dating to heartbreak, from affairs to arguments. They give us the advice and comfort we need to find the happiness that we deserve.

CHF **18.50**

Good ideas don't come from sitting around waiting for inspiration, they come from doing.

# Creativity

## Toolbox

Toyo Steel from Osaka, Japan, manufactures these tool boxes from steel, indestructible in their quality and of perfect proportions. The classic straight shape with carrying handle integrated into the lid serves not only to store tools, but also many other purposes.

from CHF **19.-**



## Asked?

Have you asked anyone a question today? Asking questions makes us human, it helps us connect, learn and change. These books focus on the craft of questioning and creative thinking.

from CHF **26.90**



I'm most creative when I'm ironing...

Strategies and tricks from 88 artists\* to wrest a work of art from the day and a book with help to have great ideas. from CHF **20.-**

64

Science continues to provide encouraging evidence of the positive effects of creativity on mental health.

From painting to planting pots to planning parties, creative activities help us perceive the world in new and different ways. Creativity allows us to create beautiful works, solve problems, and refresh our bodies and minds. Having fun in the process also has a positive effect on our mental health.

## Pastel Pencil

These adorable crayons from Hightide Penco have a beautiful retro look and are perfect for your art projects.

CHF **19.90**

## Notes

Imaginative notebooks by Completist from London  
from CHF

**9.90**

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## Tape Dispenser

An all-purpose steel tape dispenser whose construction provides years of strong. The tapes can be easily pulled off and cut to length. Rust and scratch resistant.

CHF **35.-**

**Washi Tape** One of our faithful companions: the easily transparent Japanese Washi Masking Tape is easy to peel off, write on and reposition easily. For decorating and working. In many colors.  
CHF **5.-**

**Penco scissors** Stainless steel scissors with PVC-coated handles for easy handling.  
CHF **24.-**

**Penco Mechanical Pencil** The mechanical pencil PRIME TIMBER from HighTide is made in Japan from high quality American incense cedar wood and gives you a fresh, natural feeling while writing.  
from CHF **18.-**

**Notem** The notebook for creative souls. CHF **24.-**

## Creative Thinker's Connection Memory

The idea is simple and based on the theory that you can increase your creativity by improving your ability to see connections. So the main goal is to find two matching cards that are visually connected.

Stimulate your brain, have fun and let get inspired!

CHF **21.90**



## Art Pencil Set

A set of six pencils with key words from the visual arts with an accompanying definition booklet. From The School of Life.

CHF **16.-**



## F06 Serena Pouch

Practical small bags from Freitag for everything that is elongated and rather small.

CHF **19.-**



## Office Destruct Vol. 4

The new book by Büro Destruct presents not only the best realized projects of the last 12 years, but also intermediate steps, discards, experiments & inspirations of the Bern-based and internationally renowned design studio.

CHF **42.-**



A set of six pencils with key words from the visual arts with an accompanying definition booklet. From The School of Life.

CHF **16.-**

## Penco

Rulers made from recycled Eyeglass frames.

from CHF **32.-**



## René Redzepi - I Know This to Be True

Chef and restaurateur René Redzepi is one of the world's most influential culinary figures. Known for his use of food and unusual ingredients, René Redzepi has pushed the boundaries of restaurant cuisine and created a unique modern vision of food.

In a candid interview, Redzepi reveals the crucial role that generosity and determination play in have played in his life and career and shows the power of Persistence.

CHF **19.90**

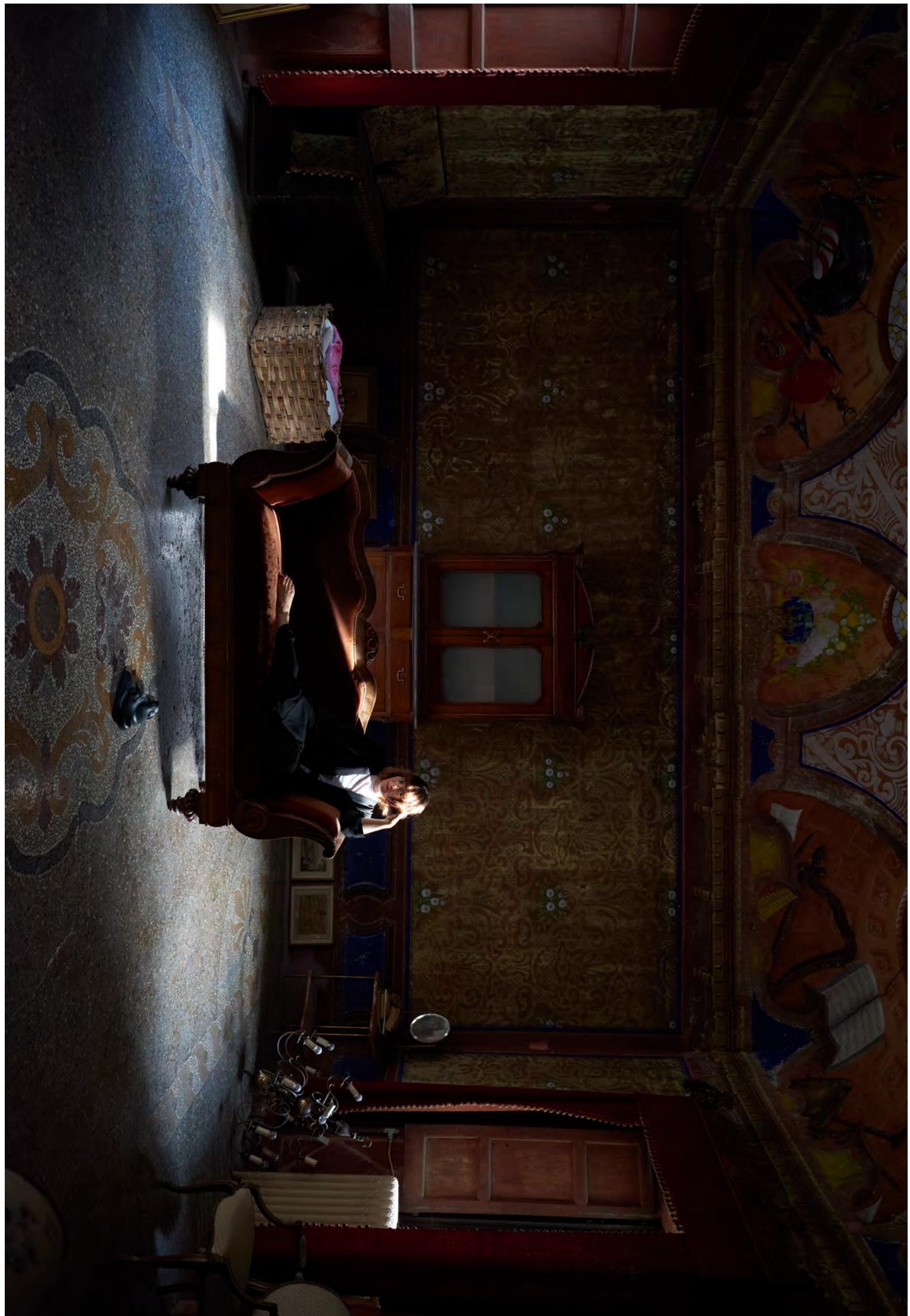
kitchener



Stefan wears: Glaan Sweater by Armed Angels **99.90** and Still by Hand Corduroy Tuck Pants **219.90**



**Left side:** Anglepoise lamp **139.90** / Notem notebook **24.-** / Penco pen **3.80**. **Right side:** Sabine wears: a Humanoid Phil Cardigan **359.-**, a belt by Macon & Lesquoy **149.90**, Humanoid Trudy Trousers **299.90**, VEJA V-10 shoes **129.90** and serves Moretti beer in La Rochère Perigord Longdrink glasses **7.50**





**Stefan wears:** Overshirt by Margaret Howell 219.90, a Kitchener items Clark Basic T-Shirt 35.-, Pants by Delicatessen 249.90, Sebago Dockside 179.90. The sunglasses are by Viu. **Right side:** River Cafe cookbook 67.- / Falcon pitcher 59.90 / La Rochère Glass 9.- / Ines Rosale Torta 6.-



# Celebrate!

Sometime during the first Lockdown, we introduced Stylish Friday.

Out of the trainer pants and into the tuxedo. Glitter stockings and high heels, red lipstick, hair gel and freshly ironed shirts. And then cocktails. Mixed by yourself or delivered from the Kreisaal. Enjoyed outside the house with the house community.

We want to celebrate more parties again!



Korean aluminium folding tray 96.90 / Italian Amica chips 4.70 / Japanese sake glass 25.- / Bacanha syrup from Paris 12.50



## Gnista Spirits

The world's first non-alcoholic spirit that truly resembles a fine spirit.  
Party like there's  
A TOMORROW!

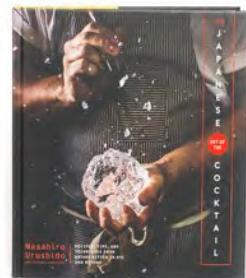
**CHF 29.90**



## Spirits of Latin America

A celebration of culture and cocktails, with 100 recipes from Leyenda, and beyond.

**CHF 35.90**



## Japanese Art of the Cocktail

The first cocktail book by award-winning mixologist Masahiro Urushido of Katana Kitten in New York City on the art of Japanese Cocktail Making.

**CHF 42.90**



## Superbon Chips de Madrid

These nibbles are designed by snack masters in Belgium and Crisp Connoisseurs Spain - a Central European dream team.

from **2.-**



### Bacanha

Whether bergamot, cassis, yuzu, mojito or more... - the organic syrups of Bacanha from Paris are not only good for mixing, they can also be diluted with water like normal syrups. Flavours that you don't come across on every shelf.

**CHF 12.50**



### Negroni glasses

These special old-fashioned glasses from Viski are sophisticated and refreshingly unique, just like Count Negroni's favourite drink, for which they were specially designed. Made of lead-free crystal glass.

**CHF 44.50**



### Supasawa Cocktail Mixer

Freshly squeezed citrus juices are not always the most convenient choice for mixologists. As an alternative, there is now this extra-acid cocktail mixer. Seriously Sour!

**CHF 28.-**



### Liquers Herbs

Rue, Common Anise & Absinthe. Piccolo Seeds from Italy have the best seed set for all bar lovers. A deluxe collection with which you can make your own liqueurs at home.

**from CHF 4.-**



### RUM - The Complete Guide

No other spirit is as rebellious as rum. It doesn't stick to rules, doesn't want to be commanded and does everything at its own discretion. No wonder this hotshot has conquered our hearts!

**CHF 36.-**

### Cocoa Sirsak, Yuzu Lime, Calamansi

Urban Lemonade is created and designed in Zurich, bottled in Eastern Switzerland. Natural, high quality ingredients, high fruit content, little sugar, no Additives, vegan.

**CHF 3.50**



### Viski Shaker

Timeless chrome steel shaker for all home mixologists.

**CHF 68.-**



### Apéro Box

Invited to an aperitif? Celebrating friends? Our gift box with selected crisps, drinks and other snacks should be your Service.

**CHF 25.-**



### Gazoz

Artisanal, healthy, fresh, from the forest, sometimes fermented and always photogenic. Once a product offered only on the street stalls of Israel, Gazoz, the delicious carbonated soft drink, is enjoying increasing popularity worldwide. A drink that is in line with the trend of today's drinking habits. Recipes by Benny Briga of Tel Aviv's Levinsky 41 Cafe.

**CHF 25.90**



### Mr. Bongo Brazil Records

Mr Bongo began as a small record shop under Daddy Kool's Reggae Store on Berwick Street in London in 1989. They became an established dealer in rare, classic Latin music - especially Brazilian.

**from CHF 29**

**90**

### Cocktail glasses

Whether it's Negroni goblets, matching martini glasses or short Manhattan tumblers, Viski have the set to match.

**from CHF 45.-**

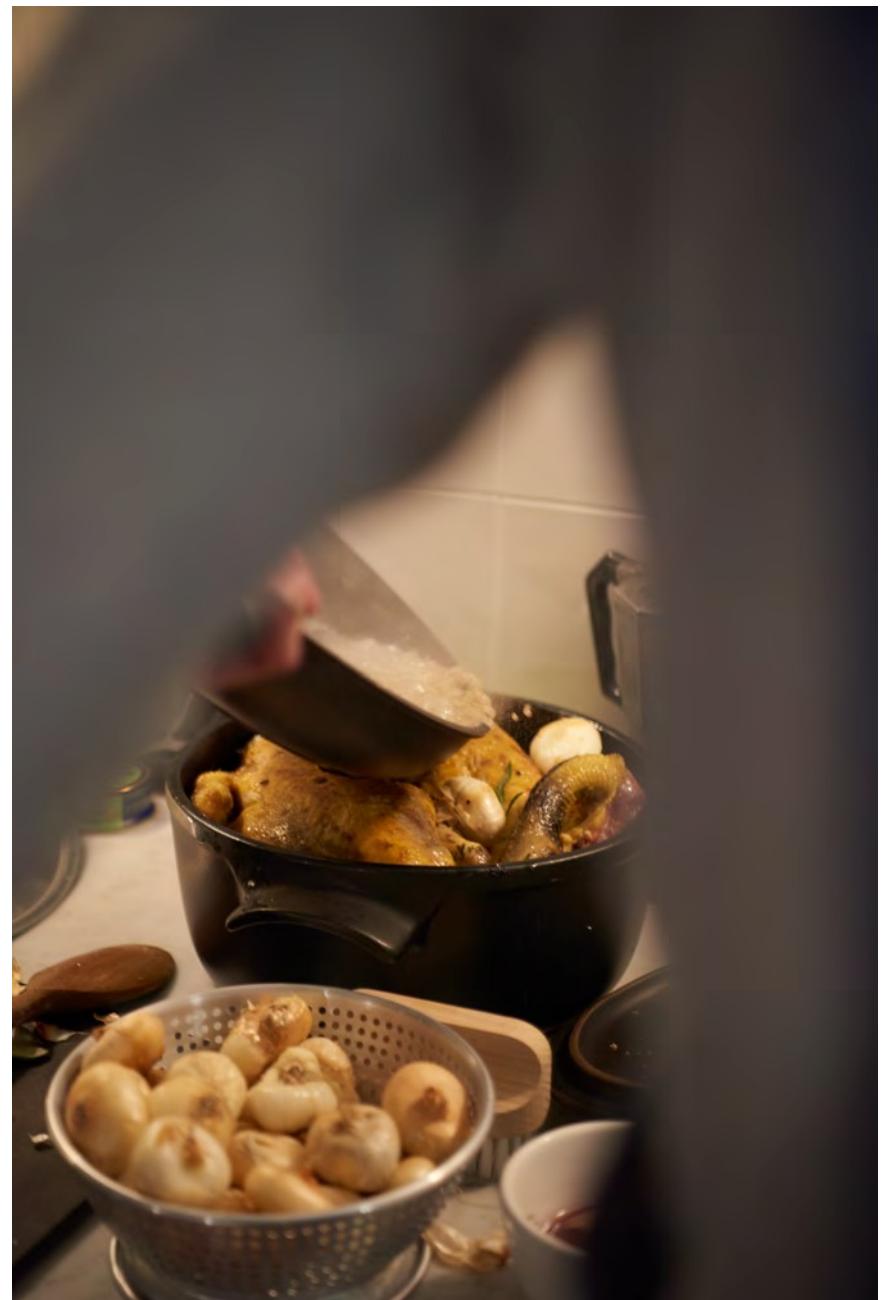


### Zobo Bitter

Bitter lemonade from the organic beverage manufacturer Zobo from Stäfa with homemade herbal extract from wormwood and gentian. Wonderful as a non-alcoholic aperitif.

**CHF 4.-**

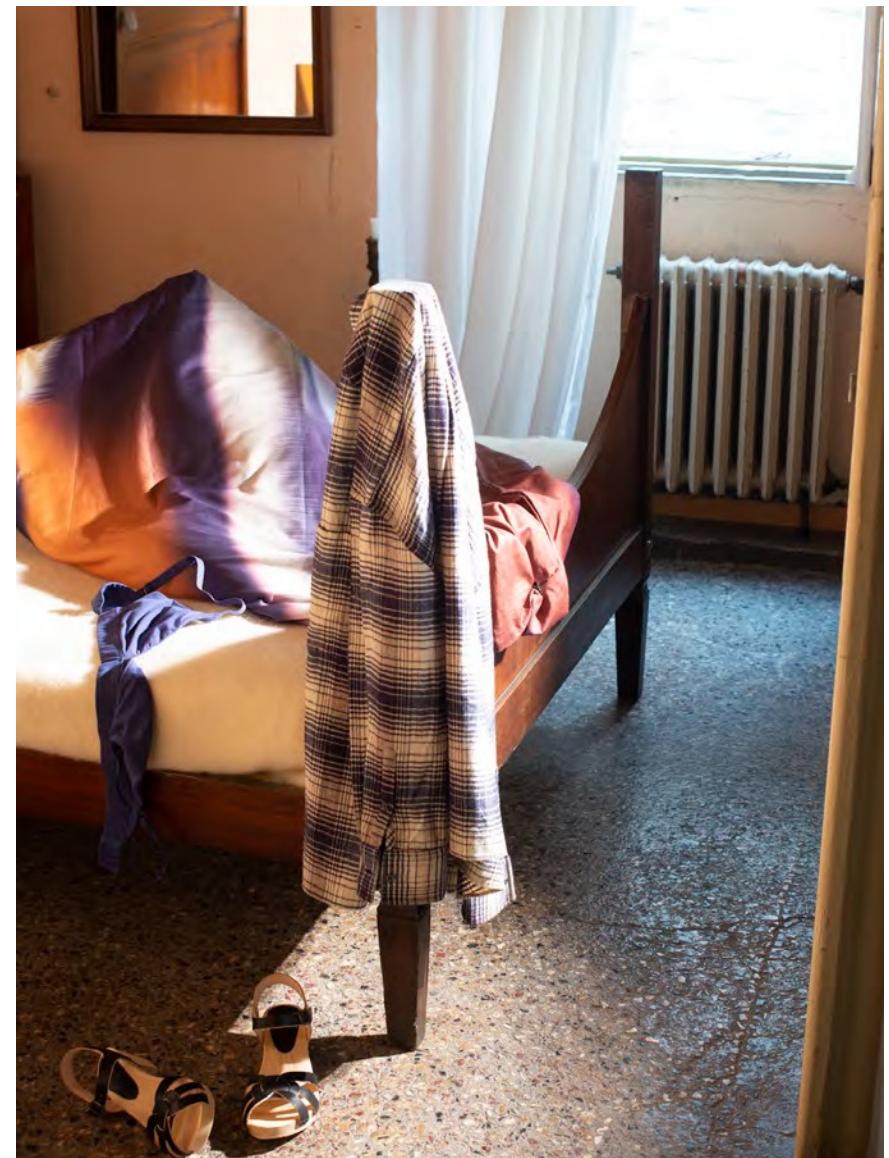




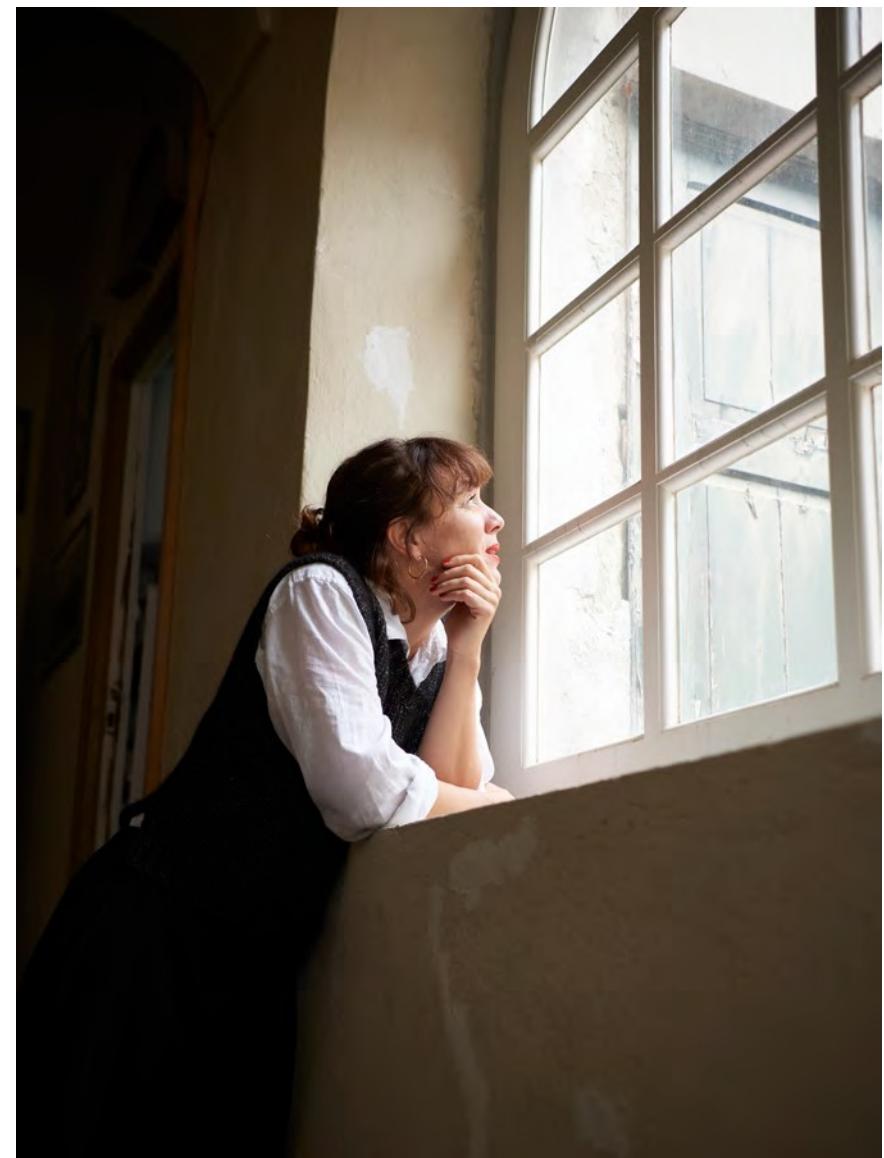
**Sabine wears:** Franziska Lüthi Cardigan 369.-. **Stefan wears:** Kitchener items kitchen apron 49.90. Underneath a vintage APC shirt, on the table candles from Original Home 22.-. **Right side:** Perforated strainer from Korea 32.50, brush Andrée Jardin from France 19.90



**Sabine wears:** Bric-A-Brac Kimono **269.90**, Bric-A-Brac Billi Trousers **199.90** and shoes by Bosabo **189.90**. Jewelry by Barbara Mohr. Record player by Crosley. **Right side:** Perigord Longdrink Glass by La Rochère **7.50**. LP by Analog Africa **29.90**



**Left side:** Sabine wears her own T-shirt from a previous Kitchener items collection, the Leja Denim Jeans made of hemp are from Maska from Denmark **199.90**. **Right side:** Triangle Bra from Organic Basics **59.90** / Bellerose-Gorky Shirt **149.90** / Layered Artists Duvet Cover from Zig Zag Zurich **149.90**



**Left side:** Art Print "Arboretum" by Wallace#Sewell **239.90** / Type 75 Desk Lamp Edition Paul Smith by Anglepoise **289.90** / FourQ Duvet Cover by Zig Zag Zurich **179.90**. **Sabine wears:** Everyday Shirt by Kowtow **129.90** / Monk Slip-over by Bric-A-Brac **199.90** / Billie Trousers by Bric-A-Brac **199.90**

# Kitchener Gifts

Small gifts are our specialty! We love to find products that make a great gift. Nothing that will gather dust on a shelf or end up in the corner shop in January. We are especially happy to advise you live in the shop and help you find the right gift for grandma, stepmother or lover. You now have the option of putting together funny boxes or choosing one of our creative gift boxes.



## Wild paper clips

Whether bear families or monster friends - with these Japanese "Paperclips" definitely doesn't make anyone look old!

Ideal for the Advent calendar.

CHF 7.-



## Kitchener items socks

The socks with attention to detail from our house brand Kitchener items. Beautiful pattern, soft organic cotton. Made in Europe.

CHF 15.-



## Get Off The Internet Postcards

The bestseller Don't Eat the Yellow Snow struck a chord with music lovers and those who just love the hand-painted illustrations. Now 20 advice songs are published as a postcard book. Would you like to send a comforting thought to someone or invite him/her to dinner?

With one of those famous popsong cards, it's all possible.

CHF 17.50



## Animal games

An animal poop bingo, a memo game with bony dinos and a jungle hidden object game. Our selection of creative animal-themed games for kids is refreshing, educational and fun.

CHF 19.90



## Off to the Federal Palace!

Women's suffrage was introduced in Switzerland in 1971. This ladder game draws attention to the anniversary with a twinkle in its eye. The aim of the game is to roll the dice to get the game pieces into the illustrious circle of federal councillors.

Along the way, the players come across event cards, slides and ladders that can considerably shorten or lengthen the way. All game moves are based on historical facts.

CHF 39.90



**The art of tidying up A**  
Beethoven score is tidied up as thoroughly as a painting by Egon Schiele, the map of Europe disintegrates into its simple individual parts, just like the Vienna subway map. Naked kickers and counted fries. Ursus Wehrli turns our everyday life upside down and pointedly describes our order. ...a craving for adventure. A memo game after which nothing is the same.

from CHF

14.90



## Tidying up the world

After the international bestsellers "Kunst aufräumen", "Noch mehr Kunst" and "The Art of Tidying Up," it's now time to move on...

Ursus Wehrli cleans up the world!

Whether he's sorting autumn by color, helping families to decent circumstances, or bringing society into line, always

Ursus Wehrli succeeds in offering us a surprising and new view of the world and our everyday lives.

CHF 29.-



## Super Heroes, Rainbows & Flowers

These reflective stickers stick to all surfaces, are waterproof and UV-resistant. Because small and large cyclists need to be visible!

Rainette reinvents accessories for road safety.

from CHF 15.90



## Wax Paper Boat

An origami kit for children and adults to build a sailboat. The paper boat is completely waterproof, so you can sail it for hours in the bathtub or pond. Made from special Japanese Washi paper.

From Wax Atelier.

CHF 28.-



## Queens Playing Cards

Not Only For Fabulous Queens And Drag-enthusiasts, but for everyone who is interested in the topic of gender. Enter the world of gorgeous hairstyles, sparkling make-up, false eyelashes, glitter galore and the art of tucking and Tape.

CHF 15.-

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A souvenir for dinner, something small for the Advent calendar, the children's birthday or simply as a Merci: in our food assortment you will always find something special.



**Drinks?**  
Make your own selection of fresh soft drinks together.



#### Kitchener Favourites Giftbox

Our favourite products, brought together in a gift box: Ajvar, Sooishi Granola, Yuzu Ponzu, Clearspring Umami Paste, Gianrubbyottos and more...

CHF 69.-



**Swiss Giftbox**  
Swiss products from our large Kitchener range. From shortbread to chocolate to Ketchup, chai and preserves.

CHF 63.-



#### Coco

COCO's fruit jelly sweets are in a Marcus Walters designed pouches. Fruit-flavoured jelly sweets that are both vegan and palm oil free.

CHF 5.90

kitchener®



The dried fruits of Supersec are delicious sources of energy.  
from CHF 3.-

**Coco Melt Biscuits** The Coco Melt Biscuits by contemporary artist Sebastian Koenig

designed box contains delicious butter cookies with orange or lime ge-halft dipped in dark chocolate.

CHF 12.50



#### True Gum

Sweet and plastic-free. It doesn't get any better than this. Try these fruity, natural chewing gums from Denmark.

Sugar free and biodegradable.

CHF 2.50



#### Berne Giftbox

Bernese products to give away: Choba Choba chocolate, tonic water from the Kreissaal, Bernese roses from Länggass Tee and preserves from Strunk.

CHF 72.-



#### Candy Kittens

The vegan gummy candies from Candy Kittens in London are the perfect mix of sweet and a hint of sour. Great flavours with honest ingredients that taste as good as they look. Without compromise.

from CHF 3.-



#### Le Chocolat des Français

French chocolate from organic farming. The surprising recipes are extremely delicious and have a high cocoa content. The packaging is suitably cheerfully illustrated.

from CHF 4.50



#### Zaramama

Whether blue, red or yellow, the different pop corn varieties with special Names like "Ruby Red" or "Midnight Blue" not only taste super fine, but are also decorative and ideal for the next movie night or as a healthy alternative for the Apéro suitable.

CHF 8.50





**Sabine wears:** a cap by Franziska Luethy **119.-** and one of our favorite jackets by Patagonia, the Snap Front Retro-X Fleece Jacket **179.90**





**Stefan wears:** a Houdini One Parka **449.-**, the APC Youri Pant **229.90**, own Nikes and a Kitchenersäckli **9.-** **Sabine wears:** a beanie by Franziska Luethy **119.-**, a pair of Leja Hemp Denim Jeans by Maska **199.90**, a Helga Pocket Sweater by Maska **209.90** and an APC coat **549.-**. She wears her own Blundstone Boots.





# Culta

KULTA, jewellery and wedding rings, Münstergasse 42, 3011 Bern. kulta.ch



# Casa Alba

In Barbara Mohr's Kulta goldsmith's studio on Münstergasse, jewellery is still forged as it once was, and modern aids are deliberately dispensed with. Each piece of jewellery is unique with its own handwriting. Barbara Mohr works with precious metals, coloured stones, pearls and corals. She produces custom-made wedding rings and implements individual wishes.

In summer, Barbara Mohr can be found at Casa Alba in Ottone, a small village in Apennin, Italy. She bought the historic house and its contents in 2014. As an offshoot of her work as a goldsmith, she renovates and embellishes it. Every year another chapter in the history of Casa Alba is written.

A special experience was the visit of the Kitchener crew for the realization of the new catalogue.



Who knows, maybe in the near or distant future other guests from Switzerland will slip into the old linen-covered beds of Casa Alba.

Webshop

[kitchener.ch](http://kitchener.ch)

Bern

Kitchener  
Kitchener Plus  
Aarbergergasse 40  
3011 Bern  
+41 31 327 13 31

Zurich

Kitchener Plus  
In the viaduct 19 & 20  
Viaduktstrasse 47 & 49  
8005 Zurich  
+41 44 202 01 30

Kitchener Henry

Vis-à-vis Kitchener  
in the  
viaduct  
Heinrichstrasse 217  
8005 Zurich  
+41 44 545 21 05

[Kitchener SUPPER](#)

Aarbergergasse 40  
3011 Bern  
+41 31 327 13 31



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