



2022  
-  
2023

# kitchener



# cont ent

- Style 4
- Franziska Luethy 10
- Body care 14
- For feminists 20
- 4 Walls 24
- Laurin Schaub 30
- Cooking & Eating 34
- Laflor 42
- Potz Blitz 47
- Levant 48
- Japan 50
- Stump 58
- Fire Kitchen 62
- Garden 66
- Gorilla Gardening 72
- Following the nose 74
- Food for Thought 82
- The Study 84
- Vin Vivant 92
- The Bar 98
- Gifts 104



Pitcher Falcon Enamel by Falcon 59.90 / Zinc Glass by La Rochère 9.-

## Imprint

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Kitchenersäckli

The original. For shopping,  
on the go, or - again and again -  
as a gift, in many colours with  
great designs.  
Lopetz

Dear customers

Every now and then we hear from you how great our selection of products is. Thank you for the compliment! Our love for diversity is reflected in our range. We are also always curious about the undiscovered. This year, the catalogue opens the doors to the studios of our producers. We are interested in their different ideas and ways of working. We ask ourselves what Zeitgeist means to Maria from the Swiss family business Maska, what inspires the English label TOAST and what sustainability in fashion means to the New Zealand label Kowtow.

Every product is shaped by the people who make it, influenced by their cultural background, geographical conditions and much more. In the past, coffee had to be roasted in such a way that the espresso always smelled exactly the same. A tomato had to be red and round, a Chianti had to taste like last year's Chianti and jeans were only trendy if they were p r o d u c e d by Levis.

Fortunately, we are moving further and further away from monotonous and entrenched views. The food industry is particularly buzzing right now. A new generation of producers, often in micro-enterprises, are making things that challenge the status quo and tell the stories of their origins.

A coffee or a chocolate can suddenly taste completely different from what we have memorised out of habit. The origin of a product is more and more in the foreground and this may be recognisable. In the case of natural wine, this is called terroir: the soil and the climate have just as much influence on the wine as the weather and the decisions of the winegrowers.

It surprises us consumers when a ketchup tastes different from the one we know from our childhood. The range of products is getting wider and wider. As consumers, we can choose what we want.

We buy and thus we also have the opportunity to put pressure on the producers with our purchasing decisions.

Office Destruct

# edit orial



So when a ketchup no longer has to taste like THE ketchup and a pair of jeans can no longer be just a Levis 501, we are called upon to take responsibility. We can always ask ourselves what we like or taste and what production conditions are important to us.

Choosing is easier when we know who is behind a product. For this reason, in this catalogue we take you on a visit to the workplaces of some of our Swiss producers and talk to them about their work.

In the words of the French spice label Epice de Shira: "our work is a militant act in support of ecology, the fight against precarity, biodiversity, the defence of know-how and of course... taste".

We hope you enjoy browsing and selecting. And: we thank you for your openness and curiosity when shopping!

Your Kitchener Team

PS: In the catalogue we present a

Selection of producers. All others are presented on our website. There you will find detailed information on all our partners. The QR codes in the cata-

from CHF

9.-

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Question Roll-Top Bag in Bananatex 340.-

# Style

The Kitchener catalogue is a four-season catalogue. When it arrives in your mailboxes, 2022 will soon be history. Many of our winter dresses have already been sold and the summer dresses have not yet arrived.

For this reason, the fashion in the catalogue takes a back seat this time. However, you will discover that the producers are wearing clothes from our range.



## Macon & Lesquoy

The imaginative and humorous brooches by Macon & Lesquoy are hand-embroidered in Pakistan by artisans of the highest quality.  
from CHF **32.50**

## Ellen Truijen

The high-quality bags by Ellen Truijen are handmade in Holland.  
CHF **369.-**



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And by the way: we carry more and more of our collections in the webshop as well. Curious? Scan the QR codes and browse through the current range.

**"If you feel good about who you are inside, it will radiate." Patti Smith**



## A Beautiful Story

A jewellery label from the Netherlands. The jewellery is produced under fair conditions. Thanks to fair wages, the living conditions of the employees are improved. The jewellery from A Beautiful Story is elegant and playful and is characterised by natural colours and materials, precious stones, brass and glass beads.

CHF **45.-**



## Sana Jardin

The world's first socially conscious luxury perfume house is blazing a revolutionary trail in fragrance, spirit and humanity. Created primarily as a vehicle for social change to create social impact through women's economic empowerment as part of the Beyond Sustainability™ movement. Jaipur Chant, Nubian Musk, Tiger by Her Side and more.

CHF **180.-**

## What's in our clothes?

Have you ever wondered where your clothes come from? If we want to give hope to future generations, we must not only protect the food we eat, but also the food we eat. also root the clothes we wear in a new, regenerative agriculture. Let's revolutionise the textile industry with this holistic approach!

CHF **32.50**



### Thunders Love

These wonderful socks are made in a small village in the north-west of Spain at the mouth of the river Lerez near

the Portuguese border designed and made in small, multi-generational family businesses. Traditional knitting methods combined with the highest quality cotton and beautiful

Colours make these socks real favourites.

from CHF **25**



### The Après Ski Boot Cover

~~Yes ski boots!~~ Freitag have created a product made from 100% recycled materials with this iPhone case. The cover is made from thermoplastic polyurethane (TPU-R) from old ski boots and the card holder, as always, from old truck sheets.

CHF **50.-**



Finest handcrafting and the use of the best materials sought after worldwide 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 **65.-**



SASKIA DIEZ

Jewellery is a means of expressing yourself, can accompany you and give you security, and can take an outfit in a new direction.

Jewellery designer Saskia Diez masters this in her sleep - her wonderful pieces are made in and around Munich.

The gold and silver used is the most partly from recycled pieces.

CHF **149.90**



F306 Hazzard

THE FREITAG backpack: Angular enough for business and eye-catching enough to be unique. A real classic in ever new colour combinations.

CHF **350.-**

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## Mühlbauer



### Sherpa Jacket

Gramicci has been making functional clothing for outdoor living since 1982. Designed for movement and loved by countless cultural movements - what started in a garage in Ventura, California has travelled to Tokyo and beyond. This Sherpa jacket is fluffy, voluminous and warm, an essential part of our autumn-winter wardrobe.

CHF **219.90**



### Steamery

The lifespan of a garment today is unnecessarily short. The rule is that you buy a jumper, wash it far too often and throw it away far too soon. Steamery brings a breath of fresh air to textile care and has made it its mission to modernise this centuries-old tradition. Innovative products for the urban, fast-paced lifestyle that slows down unsustainable patterns. Make your old textiles look new! With the Cirrus 3 Steamer, your clothes will be wrinkle-free, smooth and attractive in no time. The hot steam also reduces unpleasant odours and kills bacteria. A great alternative to washing.

CHF **149.90**

kitchener

## Steamery Clothes Brush

Gently remove dust, dirt and hair from your clothes and home textiles. This clothes brush is a sustainable alternative to a plastic clothes roll and is 100% vegan - made from oak, Sisal fibres and cotton.

CHF **35.-**



## Circular Fashion

Creating sustainable fashion has never been more important. Circular Fashion provides an accessible, practical and holistic approach to this important topic for anyone studying fashion or simply

just love clothes and want to make better decisions. A wonderful book that gets to the heart of the matter.

CHF **43.50**



## Dark & Denim - Oud Wood

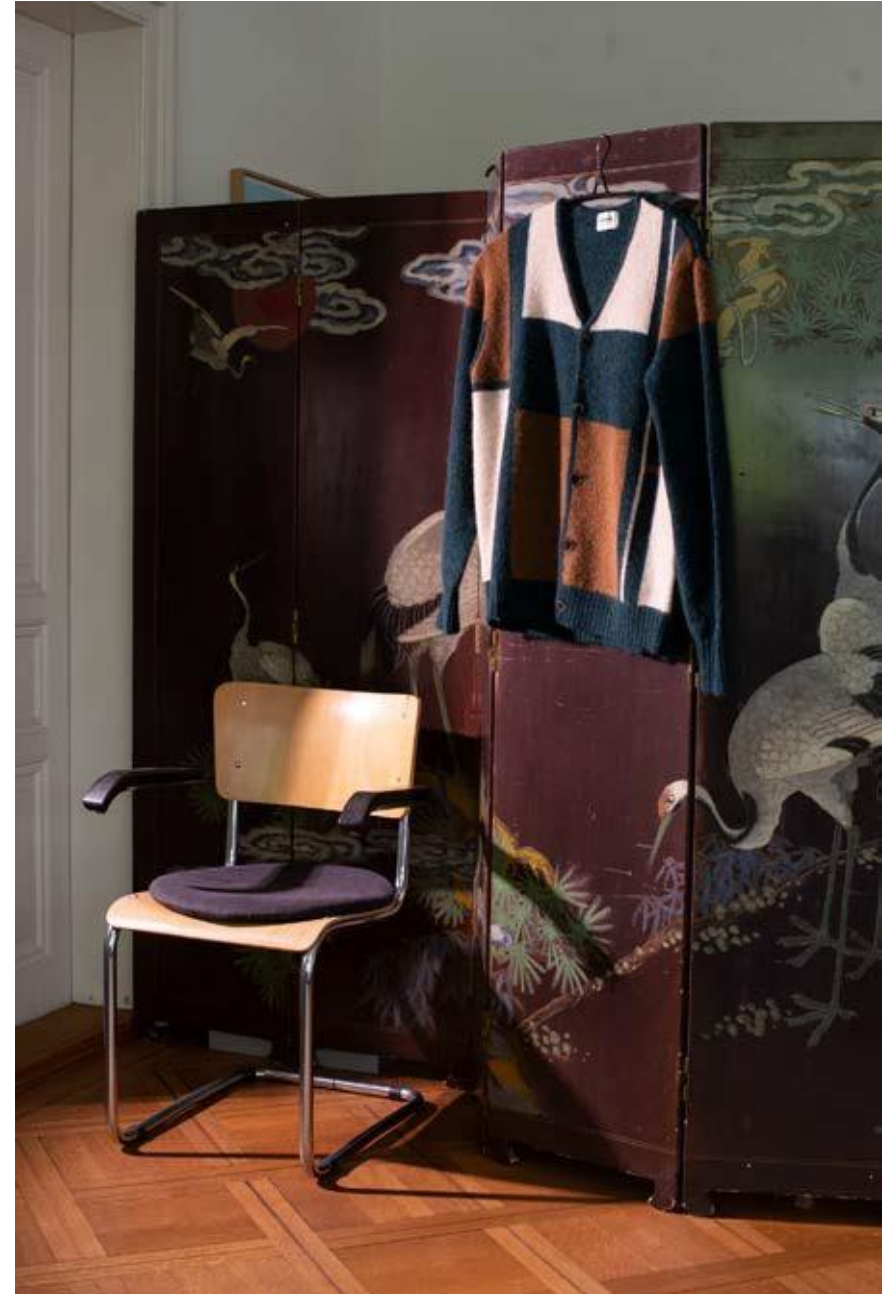
Maintain the beauty of your clothes by washing them properly.

This highly efficient dark- and denim detergent from Steamery acts like an anti-washout treatment for your clothes. Specially formulated to protect and care for dark linens and denim.

from CHF **19.90**







**Left side:** shirt Mitchum YMC 219.90 cup Laurin Schaub 35.-, **Right side:** cardigan Castart Eams 219.90



# Franziska Luethy

TO VISIT

We find Franziska Luethy in the former Brieger Areal in the middle of Zurich. Franziska's studio is part of a larger studio community. She shares her space with two graphic artists. There is a knitting machine on the wall, a work table with a computer by the window, and an ironing board with an iron on it. This is where Franziska Luethy's wonderful knitwear designs are created. They are later produced by small European manufacturers. Her Edith Cardi, a knitted baseball jacket, and her wonderful knitted hats have been an integral part of our range for some time.

How did you get into fashion?

I studied textile design, but I have always been interested in fashion. During my studies it already became clear that I wanted to combine the two areas. After graduating, I bought a knitting machine and started experimenting. I took part in a fashion show with the first collection I created. The positive feedback I received encouraged me to continue in this direction.

How do you produce ?

I produce in small European factories, mainly in Italy. The closer the location, the better. That way I can travel there to clarify details. Sometimes I also look for knitting factories that are located in the region of the spinning mill, such as in Scotland. Relevant for the production is the machinery and the techniques that the respective producers offer and master. I often look for the right production for the product, which is not so easy. A dream producer would also gratefully accept small orders.



Read more on [kitchener.ch](http://kitchener.ch)



**Franziska wears:** Pants by YMC 249.90 and a Franziska Luethy cap 119.-





**Franziska wears:** Pants by YMC 249.90 and the Franziska Luethy Edit Cardigan 369.-





# Body care

Our natural cosmetics selection is eclectic and international. From Leyton, East London, comes Neighbourhood Botanicals, founded and run by Micaela, a touring sound technician who got fed up with the hectic lifestyle and retrained in skincare.

Founded in 1886, it works based on the teachings of traditional European medicine and relies on the healing power of nature and the local herbal world. Ulrike Toma offers treatments and workshops in Bern's Länggasse. She is a trained phyto- and nutritional therapist and an enthusiastic cook of wild plants. A selection of her products can be found in our range.

These are just a few of the producers whose products we carry in our shop. We are also a new Soeder Partner Store. This means that every product from the Zurich soap manufacturer is also available for refilling.

## Bern Medicinal Plants Studio

Care products for the special needs of your skin and for every day. Flower mousse, birch peeling, camomile mousse, a deodorant and the "Mint Kiss" lip care. Ulrike Tomas' greatest passion is medicinal plants. Her care products are for the whole family. Ulrike Toma also offers exciting workshops and more.

from CHF **12**



## Everyday Oil

Our favourite oil with soothing Palo Santo fragrance. "Use Every Day / AllOver" New flavour: Warm Feelings with bergamot, blood orange and patchouli.

from CHF **18**



## Soap Dish

Pretti.Cool was founded by a couple of 90s kids who were looking for an excuse to together to make products that are practical and fun. All their products are handmade in small quantities in Houston, Texas. from CHF **27.**



## Saint Charles

Based on the teachings of traditional European medicine, the Viennese company relies on the healing power of nature and the local herbal world. The products consist of natural ingredients from regional cultivation in organic quality or wild collection.

from CHF **24**

Medusa Shampoo 36.- Soeder Hinoki Yuzu Soap 32.- Soeder Body Lotion 71.-

kitchener 15



### Tamura Zebra Body Brush

In Japan  
Tawashi scrubber usually used for cleaning the house, but this zebra tawashi made from natural fibres is intended for the body. If you lather up some soap and apply the skin brush gently, experience a massage-like effect that simply cannot be achieved with sponges or towels. Made in Japan.

from CHF **29.-**



### Mizar & Alcor

Hand-woven on centuries-old looms and made to last a lifetime. The perfect companion for home, a sunny trip to the beach or a picnic under the trees. Inspired by the minimal lines of the contemporary era and the earthy texture of the Mediterranean. Luxurious, quick-drying blend of organic cotton and linen. Made in Anatolia, Turkey.

from CHF **59.90**



### Onsen Saru

Transform your own tub into an onsen with a soothing blend of sea salt and 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. And feel like the Onsen Saru, the monkey of the hot springs.

from CHF **7**

### Sasawashi

Is a reaction to the wastefulness and ephemeral lifespan of the textile industry, made from absorbent washi thread (Japanese paper), which is infused with antibacterial Kumazasa plant fibres impregnated, this innovative substance contains Natural deodorising properties that prevent mould growth and fibre decay.

prevent. From room shoes to Scouring cloths. Comfort, durability and simplicity.

from CHF **9.90**



### Hinoki

Hinoki is known for its wonderful fragrance and is also naturally antibacterial and resistant to mould and rot. Here as a soap tray and in flake form for a relaxing bath.

from CHF **13**



### Ohépo

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

CHF **11.-**

### Oxymel Power

The daily dose of local nature! Oxymel is a time-honoured recipe made from raw acacia honey, naturally cloudy Demeter apple vinegar and a selection of valuable wild herbs. The tincture is stirred in a gentle process over weeks and never heated. In this way, all the valuable ingredients are preserved.

from CHF **2.50**



### The Humble Co

Whether toothbrushes, dental floss, toothpaste or cotton buds - The Humble Co. from Sweden have developed an entire line with added activated carbon - natural, environmentally friendly and amazing.

Convince yourself! New also with attachments for electric toothbrushes.

from CHF **5.90**



### Cactus Hydration Face Serum

A lightweight but effective serum-moisturiser hybrid with highly praised cactus fig seed oil. Nourishes, repairs and helps retain moisture. From Savon Stories.

CHF **23.50**

### équilibre

Relieve pressure and enjoy a moment of relaxation? How about this flower bath from équilibre? A relaxing bath salt with Himalayan salt, rose petals and CBD.

from CHF **17.-**



### Bepure

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

from CHF **43.-**

### Rahua

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

from CHF **46.-**





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**



Neighbourhood Botanicals

A CO2-negative cosmetics brand from East London that offsets twice the amount of carbon it emits to manufacture and ship its products. "Climate change is the biggest problem affecting our planet right now and will remain so for a while. Corporations can no longer rake in profits without contributing. We believe that a global shift towards conscious capitalism is long overdue."

from CHF **10**



Perfect for organising your luggage, dresser, wardrobe - for travelling or at home. Prevents your socks from disappearing into the ether...

CHF **45.-**

Baggu Bath Towel

What good is a hot bath without a nice towel? Baggu asked themselves the same question and created the perfect bath towel for you.

Terry made from 100% organic cotton.

from CHF **59.90**



KKNEKKI

The unique weaving technique makes these hair ties from Bon Dep extremely gentle on any type of hair. They won't fade, fray or go limp, even when worn in salt water. The weaving technique with more than 60 threads allows Bon Dep almost infinite colour and combination possibilities. Until now, none of the many imitators has managed to produce a comparable quality.

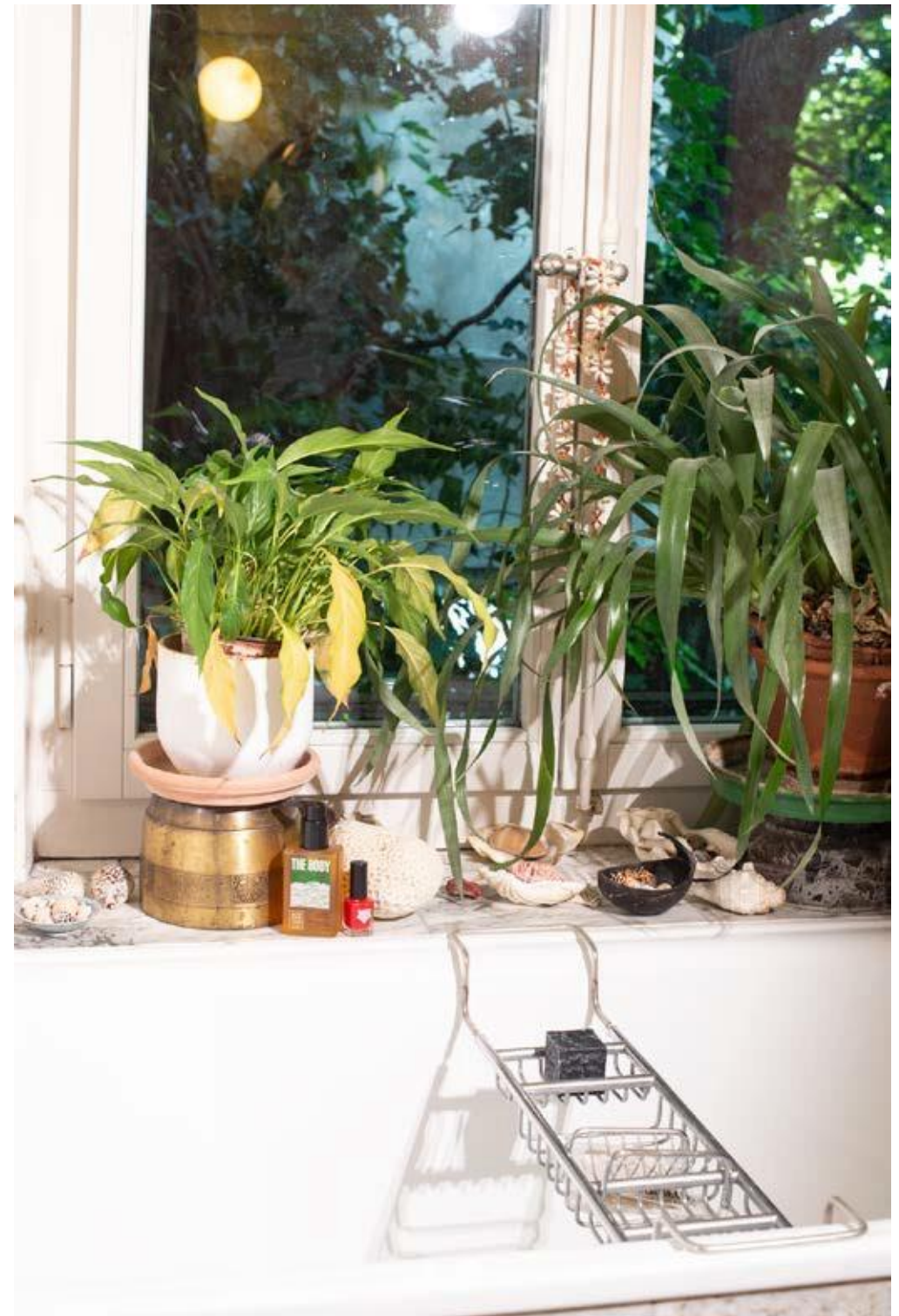
CHF **2.50**

Handmade!

All Bon Dep Icons products are made in France from acetate and with high Handcrafted. Wonderful hair hangers in different sizes and patterns. Details!

from CHF **7**

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Neighbourhood Botanicals the Body 38.- All Tiger Nail Polish 15.80 Soeder Soap Block 19.90





Kruut Calm 150ml 15.- Unicorn Panty Liner 4.50

# for FemiNist:ing

"So often in life, things that you regard as an impediment turn out to be great, good fortune."  
Ruth Bader Ginsburg

Alex and Jane from Dame in New York make sex toys for women, from Berlin come Unicorn. They produce organic tampons, fair condoms made of natural rubber latex and many other cool things. Products for everyone, who are not afraid to talk about sexuality, gender stereotypes and equality. to speak.



### Unicorn products

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

from CHF **4.50**



### The exhaustion of women

Women today supposedly have more decision-making options than ever before. And at the same time, they are more exhausted than ever before. Because they are still demanded to be permanently available. Gender researcher Franziska Schutzbach writes about a system that expects everything from women and gives nothing back - and about how women rebel against it and change everything: their lives and society.

CHF **25.90**



### Perdième Lingerie Menstruelle

The premise was to responsibly create comfortable, feminine and combinable menstrual underwear for every day. Perdième guarantee a European production where everyone is respected and comfortable.

from CHF **49.90**



### Dame Products

Dame's mission: to make the world a happier place, a vagina after the other. Dame Products was founded by intelligent women with the aim of producing phenomenal, sophisticated sex toys, increasing intimacy and enhancing sexual autonomy. of humanity openly.

CHF **119.90**





**Who is afraid of the "evaluation"?**

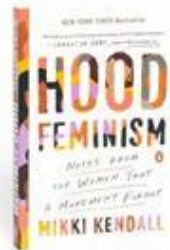
As clever and committed as discrimination is debated today, it is noticeable that one of the most important questions is left out: How did it ever come about that women have to fight

for equal rights? Two thousand

For years, the Bible provided the answer: because Eve trusted the serpent rather than God, all her descendants must be subservient to men.

"The Truth about Eve" is a book about the invention of inequality between women and men.

CHF **22.90**



**Hood Feminism**

The struggles against hunger, homelessness, poverty, health inequalities, bad schools, homophobia, transphobia and domestic violence are feminist struggles. Kendall offers a feminism that is rooted in women's everyday lives.

CHF **18.50**



**Period Power**

Whether you're feeling pensive in the first week of your cycle or decisive in the last week, learn to recognise the impact of your hormones and harness your power.

Best-selling author and women's health practitioner Maisie Hill has written her cycle strategy in 48 cards broken down to help us understand the experiences and emotions that come with our cycle.

CHF **27.50**



**Smile Makers vibrators**

The mission: to normalise the perception of female sexuality.

The idea: the best product experience, a brand women love, promoted and sold in everyday environments.

Women should not be afraid of joy and pleasure. An important part of the life of all living beings.

from CHF **59.90**



**It's Bloody Time**

The heating and cooling pillow filled with Bernese cherry stones fights pain. Covered with cotton in various prints. Viva la Vulva, Happy Uterus, Tampon, Frida and more.

CHF **35.-**

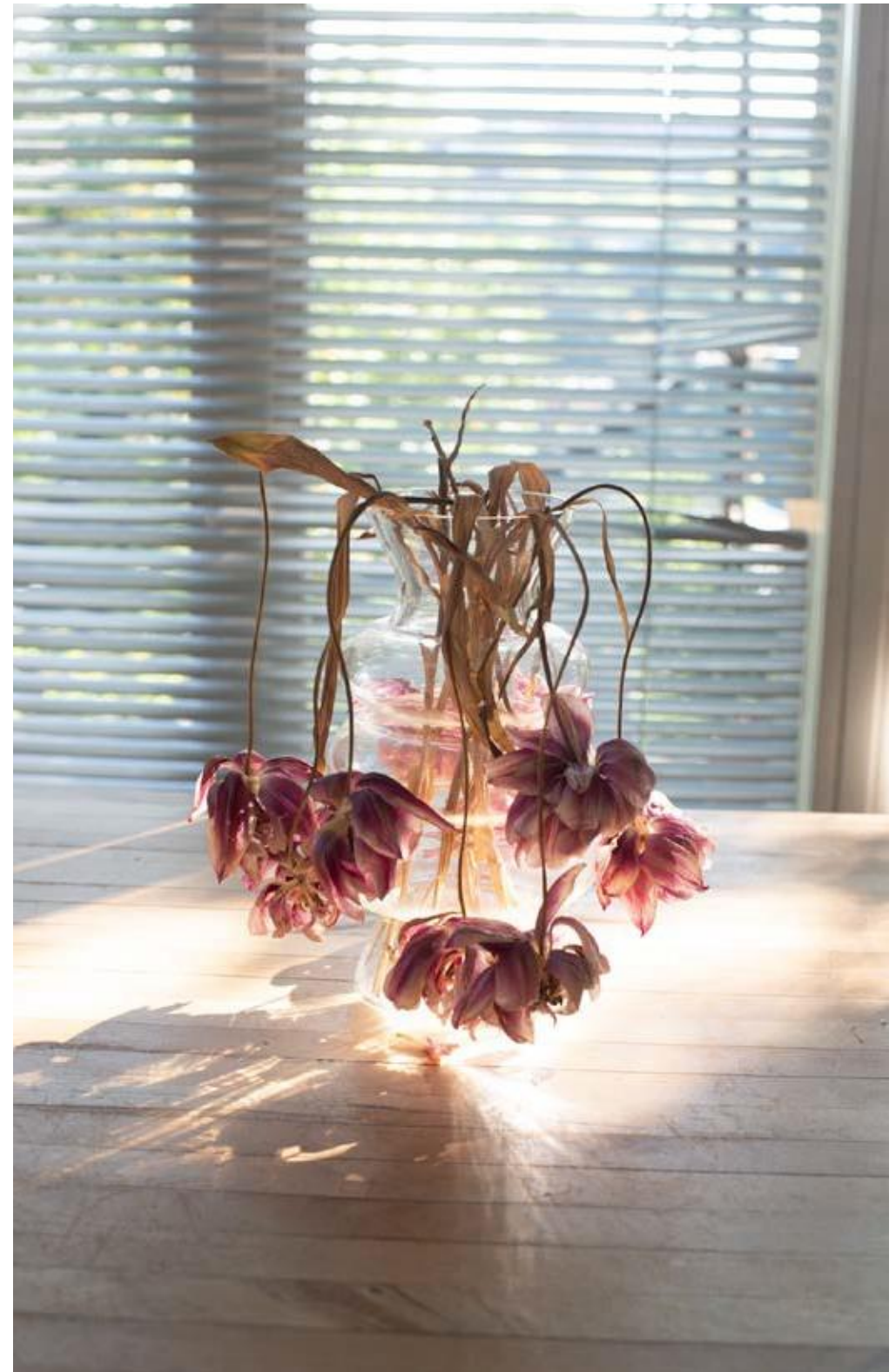


**The Menopause Manifesto**

The female body was and is the subject of Myths, misstatements and misinformation - so too when it comes to the topic of menopause.

Jen Gunter, declared the world's most famous gynaecologist by the UK's prestigious Guardian, counters the fake news with hard facts, real science and a fascinating historical and evolutionary perspective.

CHF **30.90**



# 4 Walls



It is always amazing what effect colours have on a room. Actually, we should repaint a wall in our home more often. Colour brings a breath of fresh air and can create a completely different mood in a room - and the best thing about it is that it can be done quickly and doesn't cost the earth.

We are pleased to have two new natural paints in our range: the clay paint made from eco-certified clay minerals by nen-do and the lime paints by the German manufacturer Bauwerk. You have to see these paints on site. You can get advice in our shop. In general, it is worthwhile

Visit our home department. Our focus is on timeless design objects, ceramics from small manufactories and a selection of wonderful textiles from Switzerland and Europe.



### Building Colour

Modern lime paints made in harmony with nature - vegan, pure mineral, without biocides or formaldehyde. Definitely our new favourite colours!

from CHF

**19.90**



### Soft Minimal

Building spaces of balance: Human Simplicity by Norm Architects create environments that feel as good as they look. A sensory approach to architecture and design.

CHF **81.-**



### nen-do

Wonderful clay colours made from eco-certified clay minerals. Breathable materials support the exchange of air and moisture in your rooms and ensure an excellent indoor climate.

from CHF **32.50**



### Cécile Preziosa

Cécile Preziosa's ceramic creations are designed and made by hand in her workshop in Normandy, France. Each piece is made from natural stone on the potter's wheel. The colours and textures are the result of extensive research into high temperature glazes from minerals and natural oxides.

from CHF **36.-**



### Kruut Smoking Bundle

Organically grown, grounding incense plants give us Stability and security. From Kruut from Germany - Safe Space, Grounding, Fresh Vibes, Clear Mind, Good Vibes. Invigorating, strengthening, protecting, purifying.

CHF **19.90**



### Incausa

Brooklyn-based NGO Incausa works with the indigenous people of the Amazon to create high-quality smoked goods. Incausa passes on all profits from the sale of indigenous handicrafts and uses existing resources to increase production. Pure Breu, Palo Santo, White Sage, Chacrona & Jagube. Individually or in beautiful sampler kits to give as gifts.

from CHF **9.90**



### Beautiful dust

Beautiful hand-embroidered floor cushions, decorative small cushions, cosy knitted blankets, jacquard woven towels and bath mat-ten bring back the retro look. By Schönstaub from Zurich. Made in India.

CHF **119.90**



### Building for Change In

a time of climate change and dwindling resources, how do we a sustainable future? As our spatial needs change are developing ever faster, architects are researching

Ingenious ways to re-use and recycling of existing buildings, resulting in a stunning transformation of our existing urban fabric. Buildings of change.

CHF **68.-**



### 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 mind.

the spirit. When deep relaxation is required, the fragrance is lush and full of nature's breath, as if you have suddenly become part of the whale - surrounded by plants, trees, flowers and fruits.

from CHF

**59.90**







**Taira Mekiri**

Genuine small crunching scissors, hand-forged by Taira San from exceptionally high-quality Aogami Blue Paper steel and perfectly for all kinds of finer cuts: cut flowers, ikebana, bonsai, etc.

from CHF **49.90**



**Hasami Porcelain**

Multifunctional and aesthetic. Made from a traditional blend of stone and clay, which gives it an organic, tactile and natural feel, Hasami Porcelain from Japan is one of our favourite ceramics.

from CHF **29.90**



**Niwaki Kenzan**

These kenzan are used for ikebana flower arrangements and are becoming increasingly popular

for western-style floral arrangements that dispense with foam altogether. The brass pins are strong enough for woody material, but also for soft green blades of grass.

from CHF **35.-**



**Wax Atelier**

Founded in London in 2017 by multidisciplinary designers Lola Lely and Yesenia Thibault-Picazo, Wax Atelier is all about traditional techniques such as candle making, paper crafting and textile making with natural wax. Wonderfully beautiful, mindfully made Candles.

from CHF **19.90**



**Anglepoise**

The classic Anglepoise in big? Go Big.

CHF **429.-**

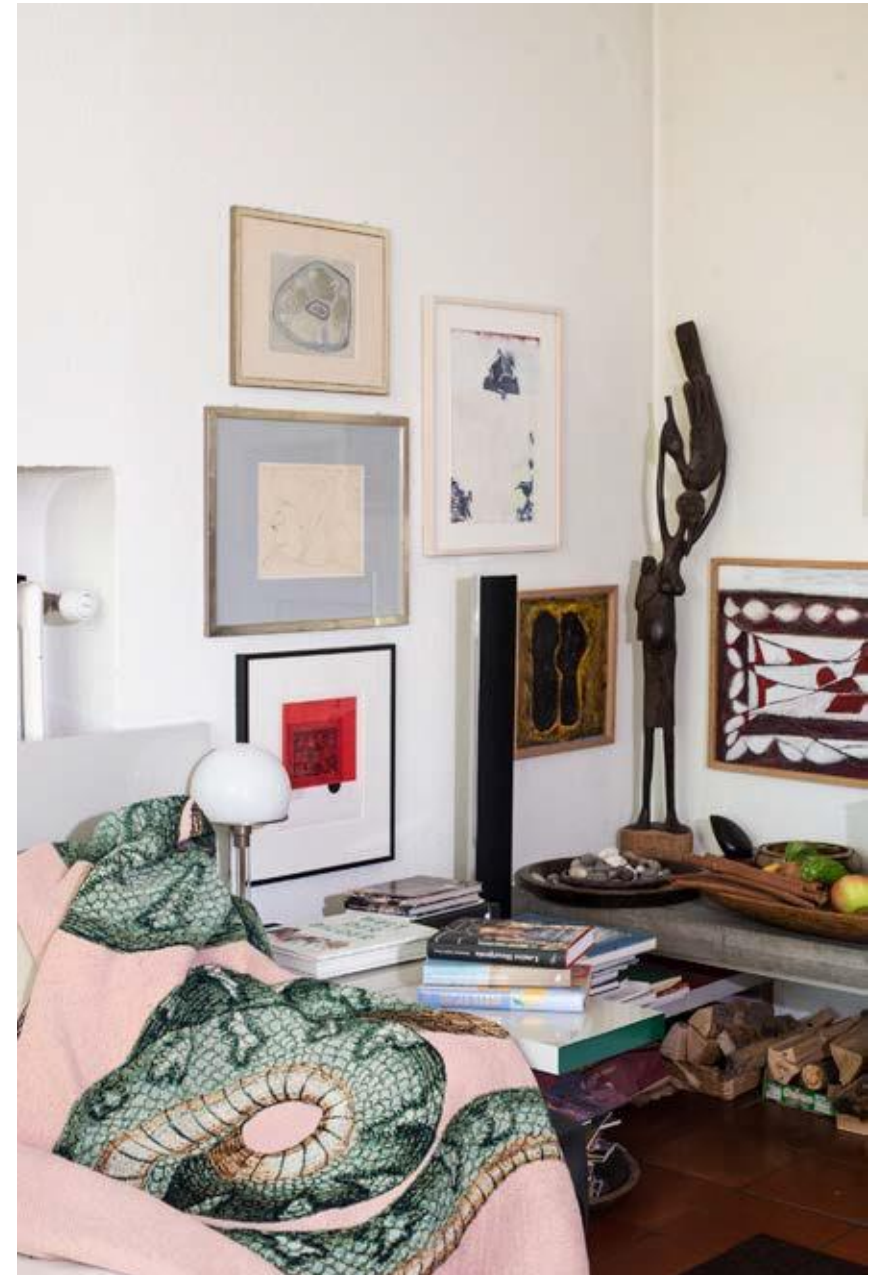


Anglepoise Wall Lamp 229.90 Glass La Rochère 8.50 Bed linen Zig Zag Pillow from 25.- Duvet from 149.90





Bowl Aschi Rüfenacht **180.-** Schönstaub cushion **119.90** Woolen blanket Burel **189.90**



Blanket Schönstaub **249.90** Cookbook Isola Sarda **36.50** Book Louise Bourgeois **51.50**



Laurin wears a jumper from Castart 139.90 Plate Terrazzo 320.-

# Laurin Schaub

TO VISIT

It is not easy to find Laurin Schaub's place of work. Tucked away right next to the railway tracks in Bern's Lorraine district, we find him in his studio, which is part of a studio community. Lined up neatly on the walls are the plates, cups and bowls we know from our assortment. Large sculptures stand in the middle of the room, and large moulds are stacked on the floor. Laurin's espresso cups and terrazzo bowls have been available in our range for a long time and we are happy to finally see where they are made and to talk to Laurin about his work.

What is your background, how did you get into ceramics?

Even as a teenager, I wanted to train as an artist and craftsman, and at that time I decided on the spot to do an apprenticeship in pottery. The sensual, handicraft activities were in the foreground. I then opened up artistically in the ceramic design class. At that time, it was a decision against the spirit of the times. I chose a complex and sensual profession and I am still enthusiastic about it. There is still a lot to discover, I don't want to do anything else.

What does a day in your studio look like?

The production processes are very long, so I'm always working on different tasks at the same time. Production of tableware, packaging and shipping, development of new projects, office work... I sit at the lathe, at the computer, put parts in the oven... So my days always look different and yet are the same. What remains constant is the coffee break at 10am, often outside in the neighbourhood.



Read more on [kitchener.ch](https://www.kitchener.ch)







Laurin wears a shirt from Homecore 169.90





Donabe Rice Cooker 189.90 Soy Sauce 39.90 Noda Horo Enamel Boxes from 25.-

There is so much to discover in the kitchen! What is freekeh, does beetroot charcuterie really taste like cold cuts and can I also use miso for desserts? In the Kitchener SUPPER we dive into a world full of foreign scents and tastes. With a good cookbook and the right ingredients, you can travel the world from the kitchen table and satisfy your appetite for foreign things through your palate.

We work exclusively with small producers who are incredibly passionate about making products that are really fun. Colourful diversity instead of industrial uniformity is our credo.

# Cooking & essen



Not all curry tastes the same, brown miso tastes completely different from white miso, and instead of cider, we have eight different varieties. We will be happy to advise you.



## Le Cornichon Du "Pays Ami"

Without herbicides, without pesticides, without preservatives. Delicious cornichons from Anatra in Corsica.

CHF 14.-



## Black garlic

The garlic bulbs are ripened at 60 degrees Celsius for eight weeks. The heat converts the substances contained in the garlic sugar and amino acids naturally into dark organic compounds that contain nitrogen and colour the black garlic. The ripening process gives the

Garlic has a soft, slightly sticky consistency, the taste becomes sweet and is reminiscent of balsamic vinegar with a slight liquorice note.

From organic farmers in the region.

CHF 9.-



## Funnel

Unadorned aluminium funnel from the kitchenware factory Mardouro Portugal.

from CHF 7.50



## Puromate & Garum

Pure umami - with a slight spiciness, full flavour, spicy and delicately sour. The puromate seasoning or the perfect marinade: Garum, the fermented meat paste. From Pure Taste in Basel.

from CHF 10

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Ojo De Café

With every cup of coffee, you too can change the world a little. Today, of the retail price of coffee, only about 10% in the country of origin. The exchange price for coffee is often lower than the production price.

The low Fairtrade premium is not nearly enough. That is why Ojo De Café deals directly with their farmers in an egalitarian way. They pay them about three to six times what they earn on their own. the fair trade market would achieve. Make a difference!

from CHF **12.40**



Girls Who Grind Coffee

A specialty coffee roastery run by Fi O'Brien and Casey LaLonde. All coffees are sourced from Producers.

from CHF **17.50**

Panettone

We love this traditional Italian Christmas cake. After 36 hours of processing and doughing, the cake is taken out of the oven. Hidden inside its fluffy interior are only oranges candied with water and sugar, sultanas and the unmistakable scent of Bourbon vanilla from Madagascar. From Infermentum from Verona.

CHF **47.-**



C2 Chestnut

A hand mill that lies very well in the hand and whose design and quality are convincing. The grinder settings are suitable for filter coffee, espresso and all other types of preparation. High quality and practical.

from CHF **89.90**



Stoll coffee

At Stoll Kaffee, 80 years of experience are combined with the latest technology to produce a coffee whose quality is guaranteed in every tasted in every single cup. Whether it's classically Italian-roasted coffee or single-origin roasted beans, the passion for coffee has remained unchanged at Stoll since 1936.

from CHF **6.90**



Épices Shira Chais

A large selection of versatile chai blends from Épices Shira. From Nepal, Rajasthan or the Levant.

from CHF **8**



Teapot 45.- Coffee from Stoll 8.50 Glass Ouessant from la Rochère 7.- Spices from Soul Spice 7.80 Syrup from Bacanha 12.50

kitchener 37

kitchener

### Sirocco broths

Simply delicious since 1941. Often described as the "best bouillons" in Switzerland, the meat and vegetable bouillon pastes from Sirocco from Schmerikon. They contain no yeast, no gluten and are made without added glutamate. New: also without palm oil - and Swiss rapeseed oil is used for the broths.

CHF **27.50**



### Wagenbach Books

Somewhere between literature, travel guide and cookbook. Wonderful and always inspiring.

from CHF **25.90**



### Rösle slicer

Our favourite chrome steel slicer. So simple and so efficient. Reduced effort, five-way adjustable, easy to clean. From the German family-owned company Rösle from the Allgäu region.

CHF **75.-**



### Nativo Extra Monteforte

#### Cilento

Best Italian olive oil from Pepe Giordano from Breitenrain. The oil comes from his farm in Monteforte. There you can

By the way, you can also take a holiday make.

CHF **26.-**

### Ketchup

We love these artisan ketchups made with love. From Anatra, White Maus, Laboratorio and many others.

from CHF **5.50**



### Mini Seasalt Flatbread

GMO Free & Made in Italy. Yummy, yummy, yummy!

CHF **5.-**



### Jumi

At Kitchener Supper, we finally carry a small but fine selection of outstanding cheeses, delicious-sausages and other delicacies from the great Jumi from Boll. Perfect for brunch or aperitifs.

from CHF **4.50**

### The Grammar of Spice

The ultimate kitchen book that tells the story of sixty A must for chefs and gourmets alike.

CHF **29.90**



### Spice it up with Soul

Soul Spice wants to prove that things can be done differently. The company wants to share profits with all partners in the value chain, protect the environment and conserve resources. They do not make any compromises on quality, product quality or the

tion conditions for the farmers and in environmental protection. And: they make the most wonderful spice mixtures, which are we no longer want to do without in our kitchen. Here 4 times curry, always different.

from CHF **9.60**

### Ring of Fire

The hot sauce of the Corsican brand Anatra. Let yourself be seduced - but be careful!

CHF **13.-**



### Mum's

Mum's versatile sauces are homemade in MumDimSums' Parisian workshop, using fresh, carefully sourced produce, without colouring or Preservatives.

Coriander, Chili Bomb, Sriracha, Chili Oil.

from CHF **12.50**



### Sharp!

Whether it's Gochujang, Chilli Miso Sauce or Pablo - Pure Taste from Basel make all their products by hand and give the fermentation processes the time they need.

Without added artificial preservatives and flavourings. Made in Switzerland.

CHF **10.40**

### The Modern Larder

Do you have a kitchen full of jars, pastes and flours that are you want to use more? From capers, crème fraîche and fish sauce to to date syrup, labneh, lemon preserves and much more.

more, Michelle McKenzie offers a new perspective on magical pantries that are often overlooked by amateur cooks.

CHF **56.50**



### Ferment Island

The philosophy of Ferment Island from Malta is to create flavour profiles that are grown and preserved on the island of Malta. Ferment Island is all about buying local and supporting local businesses.

CHF **9.90**



## Edible flowers

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

CHF **5.90**



## laflor

Our new love lings chocolate from Zurich. Here, the beans are roasted on site and processed into chocolate with cocoa butter and sugar. All Products are organic and sustainable, the sugar comes from Switzerland or southern Germany. In the world of chocolate, this is called "bean to bar". Read more about laflor on page 42.

from CHF **6**



## A Good Bake

The Art and Science of Making Perfect Pastries, Cakes, Cookies, Pies, and Breads at Home



Melissa Weller  
with 40 recipes

## A Good Bake

A comprehensive baking bible for the 21st century with 120 science-based recipes for sweet and savoury baked goods that anyone can master.

CHF **45.50**

## Pie for Everyone

Pie for Everyone offers more than 100 delicious recipes from one of New York City's best pie bakers. Petra "Petee" Paredez shares her personal repertoire of impeccable baking techniques that have made her pie shops, Petee's Pie and Petee's Pie Café, New York favourites. The goal is simple: a tender, flaky crust and a perfectly balanced filling. This cookbook shows the way with easy-to-follow step-by-step instructions.

CHF **38.50**

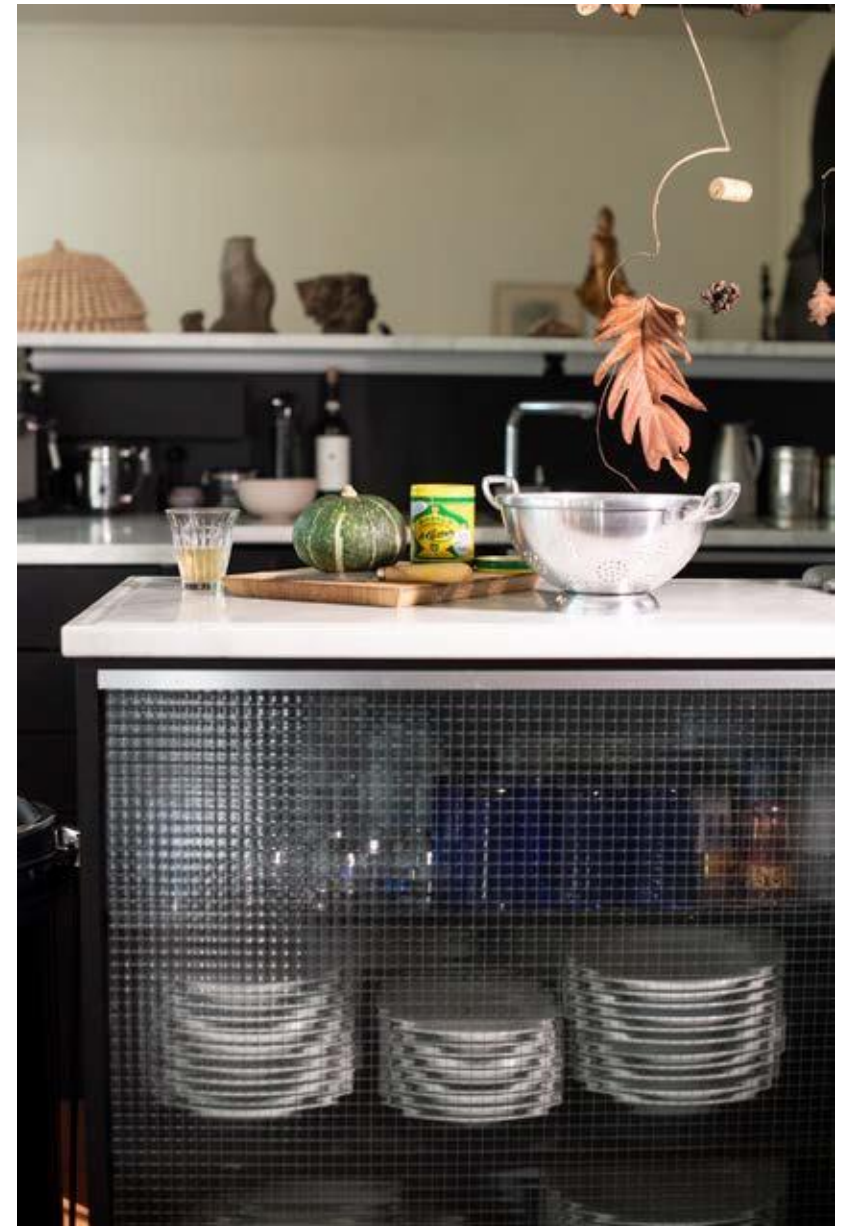
## Alu

Cake moulds made of aluminium in the shape of a curved fish or a hefty lobster. Made in Portugal by the kitchen utensil manufacturer Mardouro, founded in 1969. CHF **15.-**

kitchener

La Rochère Zinc Glass 9.- Sirocco  
Bouillon 27.50 Marduro Strainer 29.90  
Pallares Knife 16.-

41







Laura wears: a jumper by Maska 229.90, Meret wears: Carhartt dungarees 159.-

# laflor

TO VISIT

We meet Laura from the chocolate manufacturer laflor in her production facility at DasProvisorium on Uetlibergstrasse in Binz in Zurich. We are impressed by the lively and creative atmosphere. DasProvisorium extends over three floors in the former confectionery and bakery of the Buchmann area. People who deal with the topics of nutrition, food and sustainability on a daily basis work and meet here. We climb up to the first floor and find ourselves in a large kitchen. The smell of chocolate is already in the air. We follow our nose and are warmly welcomed at the back of the large room by Laura, the manager, and Meret, the food technologist. So this is where the fine laflor chocolate is produced.

Laura, how did you get into chocolate?

I have a Master's degree in Food Culture and Communication from the University of Gastronomic Sciences in Bra, Italy. For me, the producers are always in the foreground. My aim is to bring consumers closer to the producers, because I am convinced that the appreciation of a product changes when you know its background. What fascinated me about chocolate is its biodiversity and the resulting variety of flavours. The variety of cocoa, the geological and geographical conditions and the way the plants are cultivated as well as the fermentation of the cocoa beans have an impact on the taste. Cocoa is an incredibly living product!

How did laflor come into being?

Switzerland is a chocolate country. However, little importance is attached to the aroma diversity aspect of chocolate. The idea of founding a transparent and urban chocolate manufactory was very spontaneous.

Read more on [kitchener.ch](https://www.kitchener.ch)









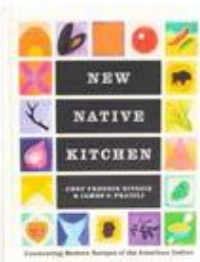


**Septime - La Cave - Clamato - D'une Île**

An evocative, intimate culinary monograph from the duo behind one of France's most renowned restaurant collections. This eagerly awaited

Debut book celebrates the ten-year success of chef Bertrand Grébaut and his partner Théophile Pourriat.

Most inspiring!  
CHF 65.-



**New Native Kitchen**

Modern Indigenous cuisine from the renowned Indigenous food teacher and former chef of the Mitsitam Native Foods Café at the Smithsonian's National Museum of the American Indian.

CHF 49.90



**Mi Cocina**

A deeply personal love letter to the beauty and bounty of Mexico in more than 100 stirring recipes from the popular food writer and presenter. In Mi Cocina, Rick shares deeply personal recipes as he recreates the dishes and specialties he has sampled on his journey. Inspired

from his travels, the recipes are based on his Taste memories and experiences. True to its spirit and its deep connection with

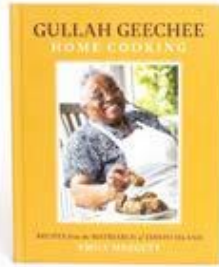
46



**Anatra**

In her studio in Furiani in Haute-Corse, Christophe and Aurélie, the co-founders of Anatra, create refined recipes.

CHF 8.-



**Home Cooking**

The first big cookbook of the Gullah Geechee Community: Emily Meggett, the Matriarch of Edisto Island, shares the recipes and history of these people once abducted and enslaved from West Africa at the

Southeast coast of the USA. Today, this Lowcountry community represents the most direct living link to the traditional culture, language and food habits of their West African ancestors.

CHF 49.90



**La Belle-Illoise**

A tin of preserved fish on the shelf is always useful, as you can make an excellent and simple, quick dinner.

magic. Environmental protection People and places, these dishes will revitalise your larder and change your cooking repertoire.

CHF 50.50

kitchener

# Flash of lightning



We have thoroughly cleaned out our cleaning cupboard in recent years. Out with the plastic sponges and disposable bottles.

There ways rags f Wäde

sustainable cleaning rags from



**Marius Fabre**

For over 120 years, Marius Fabre has been producing vegetable oil soap that is biodegradable, without dyes and free of by-products. Environmentally friendly and recyclable packaging is just as much a part of this. The real "Marseille Soap". The unique olive oil-based recipe of the "Savon Noir" has been passed down from generation to generation.

from CHF 4.90



**Marius Fabre**

is a core value of La Belle-Illoise. That's why you'll only find local, sustainable fish in their cans.

from CHF 6

kitchener



**Linen**

We have a large selection of cleaning cloths made of absorbent and

sustainable linen. Uses less water in production than cotton and is more absorbent.

from CHF 5.-

**Brushes**



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

from CHF 18.-



**Durable kitchen gadgets**

Efficient and scratch-free dishwashing with natural materials thanks to Andrée Jardin. A dishwashing ball made of copper, natural Kitchen sponges made from cellulose wood pulp and With exceptional craftsmanship, high-quality, durable and environmentally friendly products are manufactured. The antidote to the throwaway mentality.

from CHF 6.50

hard nut and fruit  
kernel shells, a pan  
brush made of real  
French beech wood  
with mixed plant fibres  
and much more.

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from CHF **7**

47



# levant



What we particularly like about Middle Eastern cuisine is that, like Spanish tapas, there are lots of different bowls and plates on the table and everyone eats from the same plates. It just creates a completely different atmosphere when the food is shared.



Mountain tea, dictamnus, best thyme and more. Daphnis & Chloe bring ancient Greek herbs and spices of the best quality into our kitchens.

CHF 7.50



## Molasse

Whether from carob, pomegranate, date or barberry - from Épices Shira we have in small quantities produced molasses from Iran in the range. From small Producer:inside - ideal for refreshing drinks or the special kick of a braised dish. A pure treat for the palate.

CHF 17.50



## Palestine Kitchen

Palestinian cuisine is incredibly inspiring, versatile, healthy and delicious.

This also applies to the literature on the subject. CHF

28.90



## Freekeh & Maftoul

Conflict Food's Freekeh and Épices Shira's Maftoul are traditional, in this country little-known wheat varieties from Palestine, which are definitely worth discovering! Support Palestine Producers!

CHF 9.90



Dukkah made from Breton seaweed, wild pistachios or Palestinian almonds. The organic dukkah blends from Épices Shira in Paris are delicious, rich, crunchy and really easy to use spice blends. Dukkah originated in Egypt and traditionally contains sesame seeds, coriander, cumin, fennel, thyme and salt. Pepper and roasted hazelnuts are also very often used. added.

CHF 8.-



## Tahini

Whether white or black, Clearspring have the most delicious tahini sauces made from organically produced sesame.

Made by a third-generation European family business that has been producing tahini since 1949.

from CHF 6.50



## Salt lemon

Lemons fermented in brine. Finely sliced for seasoning and refining. Fermented and preserved in Bern! From Strunk.

CHF 12.-



## Moro Morito

The cookbooks from the cult London restaurant "Moro" are an experience for the senses. They brilliantly combine Spanish cuisine with the culinary influences of the Moorish past. Many recipes are unique in their blend of Mediterranean freshness, oriental sophistication and exotic spices.

CHF 43.50



Donabe Rice Cooker **189.90** Vegan Japaneasy Cookbook **38.50** Japan Cookbook **61.-**



Aomori

One focus of the SUPPER range is on Japanese cuisine. It is not easy to find organic Asian products. We are all the more pleased about the cooperation with our producers, which allows us to discover authentic Japanese products from small manufacturers. Many of them in organic quality. Oiishi!



Usukuchi Shoyu

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

CHF **28.-**



Konro Grills

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

CHF **325.-**

kitchener



Dashi

Dashi is the broth that is the essence of umami in Japanese gastronomy. Traditionally, it is made from kombu and dried bonito, but we also have a vegetarian dashi made from eight vegetables from the Aomori region in northern Japan. Free from added glutamate.

CHF **12.-**



Open Sesame

Or at least the world of the plant species of the same name: our selection of different types of sesame, variously treated sesame and products made from it is large - we love this versatility. Miso sesame, sesame with yuzu, roasted or fresh, as seeds or in tahini. processed as a sauce. So fine!

from CHF **5.50**



Made in Japan

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

CHF **47.-**



Yuzu Power!

The taste of Japanese yuzu lemon is simply unique. Umami Paris offers a variety of products with this phenomenal ingredient: miso, sesame seeds, soy sauce. Pepp!

from CHF **7.50**



Soft panko

Japanese breadcrumbs from Umami Paris that swell when fried. Bread vegetables and meat with it and enjoy the unique taste.

CHF **4.-**



Simply Seagreens

Simply Seagreens seaweed grows wild on the coast of Ireland, a sparsely populated, cool and windy area known for its beautiful nature and very clean waters. To best preserve the nutrients, the plants are harvested seasonally and by hand. All seaweed products are certified according to organic standards. The kombu can be used to make a simple dashi base for the noodle soups.

from CHF **6.50**



Kitchen clips

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

from CHF **4.50**



Izakaya

The Japanese pub stands for family hospitality, friendship and an umami cuisine to share that is unparalleled outside Japan and can be found at Mochi in Vienna. Opened in 2012 by four friends, the restaurant with its unique style of cuisine has within a few years become one of the most popular. achieved cult status in a very short time. In this book they reveal for the first time the most popular Mochi recipes.

CHF **47.90**



Ume

With the Umeboshi paste and the Ume Su seasoning equipped with vinegar-like spiciness, Clearspring praise this traditional Japanese plum seasoning. Pickled in perilla leaves, the plums develop their unique flavour and spice up any cuisine. Sustainable, natural and organically grown, without the use of fertilisers. Vegan and GMO-free.

from CHF **5.-**

The Omelette

The new omelette pan from knIndustrie, inspired by the traditional Japanese tamagoyaki pan used to prepare bento and frittata with beaten eggs.

CHF **119.90**



nojo london

Meet Nojo, a B-Corp certified company that makes delicious cooking sauces with a sustainable ethos at its heart. Each sauce is packed with flavour and plant-based ingredients.

from CHF **6.90**



Miso Love

Clearspring's miso range is a selection of the finest authentic and traditionally slow fermented Japanese miso. A staple food and condiment enjoyed daily throughout Japan, it is high in umami.

It is made from fermented soybeans, rice or barley, koji culture and sea salt and has a unique, naturally salty taste and aroma that varies depending on the fermentation time, temperature and duration.

of the ripening process varies.

from CHF **6.50**

Sushi

Kitchener Supper has the right ingredients to make sushi at home. Organic rice from Clearspring, rice vinegar from Umami Paris as well as properly spicy wasabi paste.

from CHF **4.50**



fermentable

Japanese products, made in Bienne. Sweetness and saltiness with sagohachi, the rice paste fermented with koji. Miso made from organic soybeans, which is slightly sweeter and less salty, and Amazake chilli and fermented rice paste.

koji starch, which is converted into glucose and expanded with Korean gochugaru chilli flakes, resulting in a sweet, porridge-like concoction.

CHF **12.-**



Umami

Umami Paris selects healthy and tasty products for us directly from the artisans, based on traditional know-how. With their company, they want to help bring Japanese flavours to a European audience. The best (yuzu) miso far and wide.

from CHF **7.50**

### Yuzu Drinks

We've probably already mentioned that we love yuzu. This is also reflected in our choice of (chilled) drinks in the Kitchener Supper. Yuzu all over!

from CHF **3.50**



### Yuzu Peel

Carefully candied yuzu peels add a subtle note to both sweet and savoury dishes. Definitely not only for patisserie - but also.

from CHF **6.-**



### Kawai Co

Each pair of chopsticks from this manufactory is made from a different variety of fruit tree and is with 100% pure beeswax instead of conventional paints, chemicals or varnishes.

Made of peach, mandarin, plum, persimmon or chestnut wood.

from CHF **12.50**



### Umami

With the dried shiitake mushrooms and kombu from our Kitchener Supper, you can cook a soup base (for noodle soups) that causes a real explosion of flavour -... homemade and pure umami.

from CHF **5.50**



### Noodle!

Wonderful buckwheat soba noodles or half-wheat udon, low in fat and high in protein. From Clearspring.

from CHF **5.-**



### Kitchen gadgets

These large chopsticks are specially made to help the cooks with their cooking. A very practical utensil, which we would like to thank the great Japanese cuisine.

CHF **2.50**



Knife by Pallarès from Spain **16.-**





Left side: pan from KnIndustries 185.- ed Miso 15.50 Right side: Schönstaub Nebula carpet 1000.-







Maruska wears: Bellrose Jumpsuit 229.90, Magali wears: Cloé Stora Jumpsuit 339.-

# Strunk

TO VISIT

It is a sunny autumn afternoon and we are visiting Magali & Maruska from Strunk. We have been stocking Strunk's preserved vegetables for several years and are big fans of their restaurant, which they run for a few months each winter. We meet in their restaurant in Murifeld in Bern, an old bakery in the residential district. The sun is shining through the big windows and we are sitting at one of the long wooden tables where we have already spent some very cosy evenings. There is a big bowl of quinces on the bar, filling the room with their wonderful scent. At Magali & Maruska, you immediately feel at home. It's the same at Café Fleuri in the Botanical Garden, which they took over this summer.

What actually is Strunk?

Strunk is many things. On the one hand, Strunk is an event venue in Murifeld. Dinners, aperitifs and brunches are held here regularly. But Strunk is also a factory for preserves. From Spitz to Strunk, we use tasty organic vegetables to create surprising preserves in jars. We believe that fermenting and preserving vegetables and fruit gives them the value they deserve beyond the season. We are also concerned with the careful handling of food. We combine our own preserves with other creations and serve them in our restaurants. Since this summer, we have taken root in the Botanical Garden of Bern and run the wonderful Café Fleuri. In the middle of it all and yet away from the action, between concrete and palm trees, city noise and Aare loops, we are at the Fleuri in summer, from the first coffee to the aperitif. But above all, Strunk is the joy of eating, drinking and enjoying.

How did it all begin?

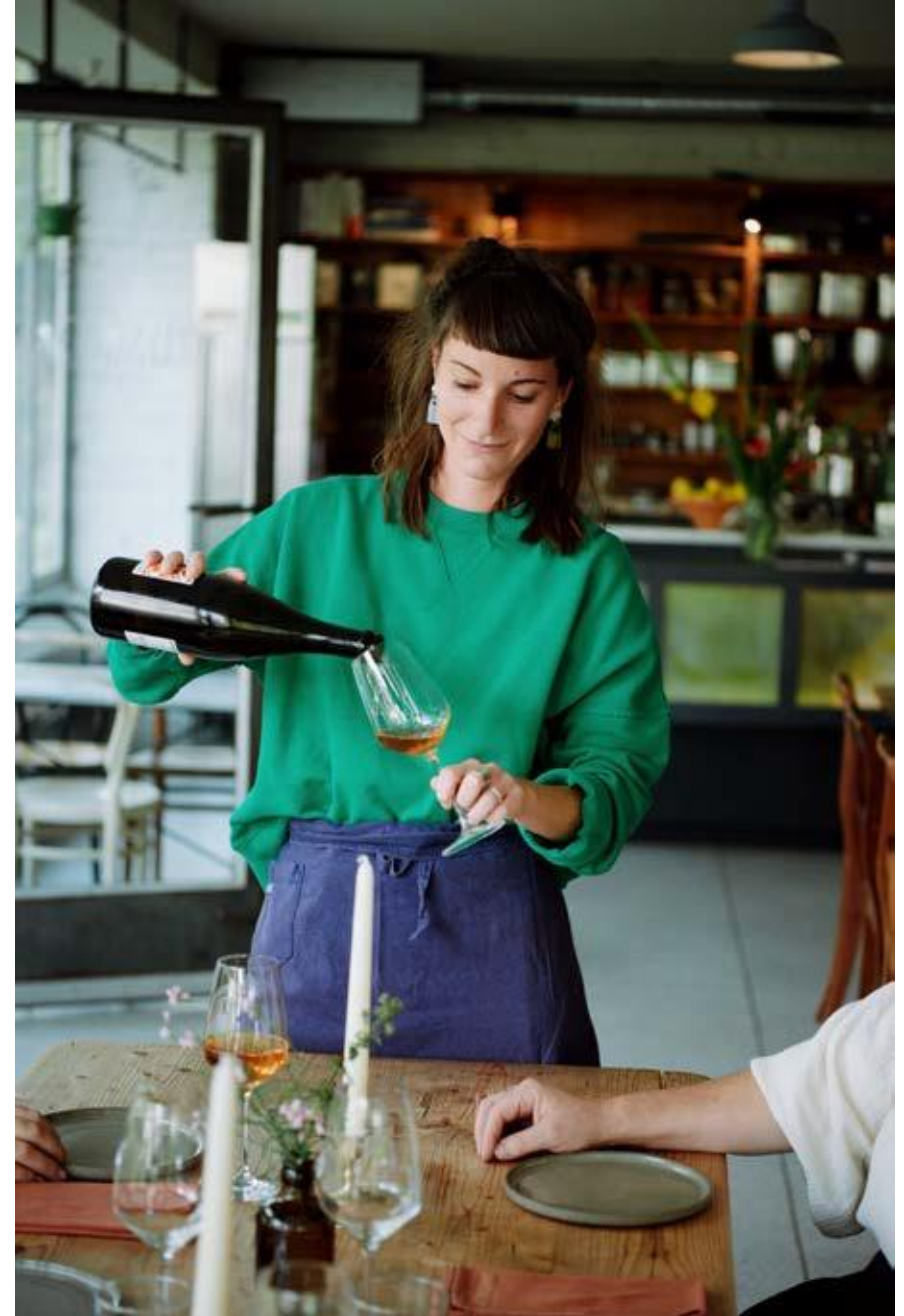
Through the joy and passion of cooking and entertaining guests. We wanted to create a setting and space where guests feel comfortable. The restaurant in Murifeld offers exactly this space.



Read more on [kitchener.ch](https://www.kitchener.ch)







**Maruska wears: Kowtow Jumpsuit 219.90, Magali wears: Sweatshirt YMC 119.90**





Petromax fire bowls: from 129.90

# Fire

We have loved cooking on the fire ever since we discovered our first Big Green Egg in the kitchen of Maison Manesse in Zurich.



We never get enough of the crackling fire and the wonderful smoky aromas that characterise a meal cooked on the fire.



**Tajine**  
 With our tajines from Morocco, you can prepare fine braised dishes - thanks to the charcoal nest, they are also ideal for use in the garden.  
 from CHF **49.90**



**Fire Kitchen**

Cooking by the fire is exciting and extraordinarily delicious. Build a fire and get started. The literature with tips and tricks and versatile recipes we have it.

from CHF **39.90**

**Bern charcoal burning**

Charcoal in the old tradition, made directly from the Köniz forest by Farb AG in its own charcoal kiln. One of the best charcoals far and wide - from very close by.  
 from CHF **11**



**Fire Sandwich**

With this great cast iron sandwich maker from Petromax, you can make the best sandwiches right by the fire. Put the sandwiches on, clamp them in place, and get to the fire. and enjoy.

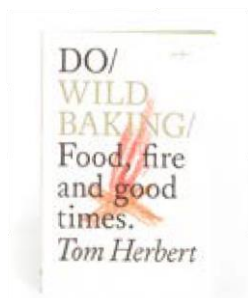
CHF **49.90**



## 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 the electric cooker (up to 270° C) and is also dishwasher safe.

from CHF **11.-**



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

Cooking outdoors can be a challenge, but the rewards are great: a hearty stew cooked under the stars, grilled mackerel on the beach, ash-baked flatbreads to share.

So delicious. This book contains over 50 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**



## Mardouro Portugal

Traditional teapot made of aluminium - with wooden handle. The company was founded three generations ago on the banks of the Douro River in Portugal.

Mardouro produces kitchen utensils made of aluminium, stainless steel and copper and attaches importance to traditional Portuguese design and Techniques.

CHF **45.-**



## Mizu Konro

A beautifully designed Japanese Konro grill made of steel, ideal for outdoor activities. The water cooling creates a unique "steamer effect" when the hot pieces of charcoal crumble into the water at the bottom. Juicy and

but crispy is the result.

CHF

**215.-**



## Cast iron pot

We love the massive

Cast iron pots by Petromax from Germany. Either directly cook with fire or can be used at home in the oven and on the ceramic cooker.

And with the Petromax tripod, the campfire becomes a soup kitchen.

from CHF **45.-**



## Tripod

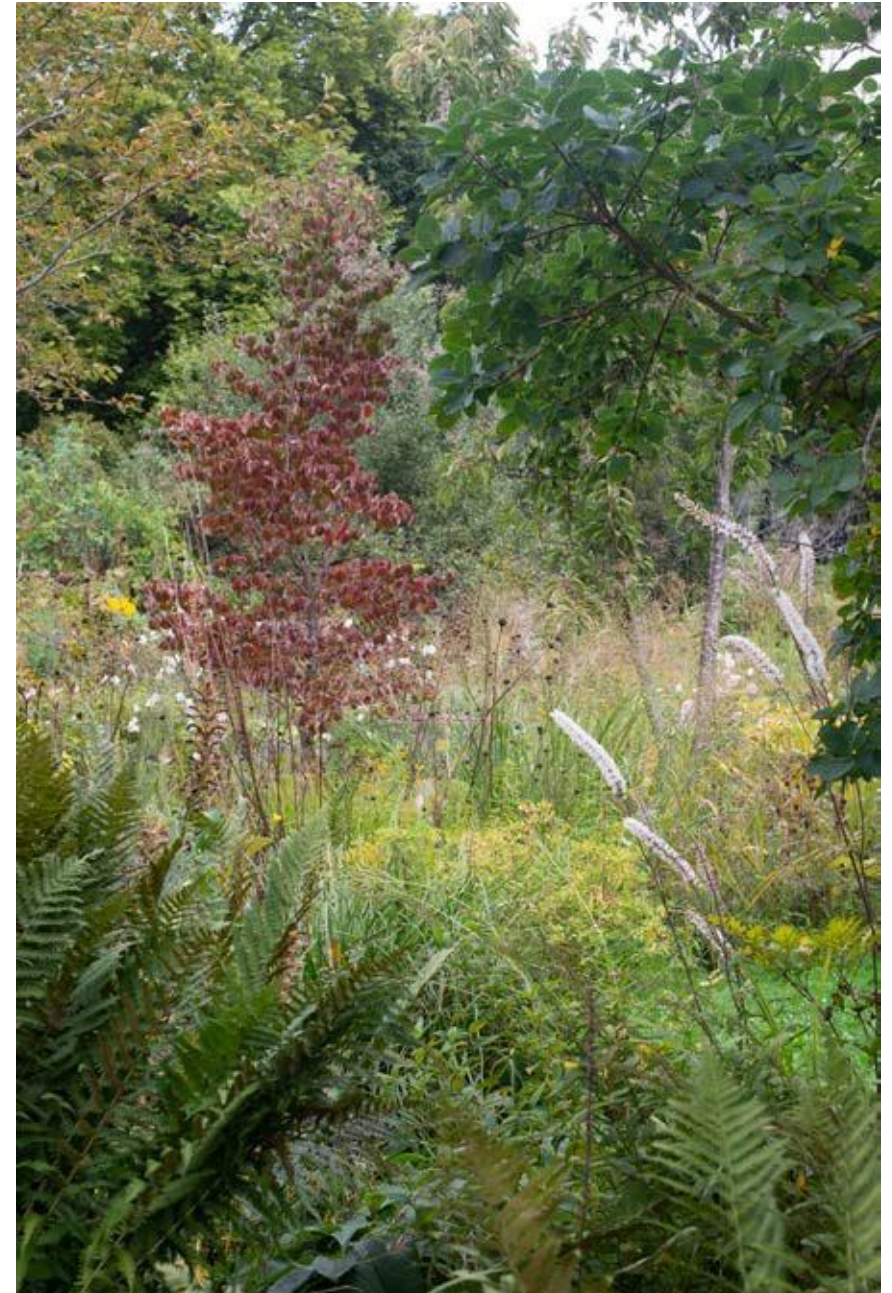
With the tripod and a cast iron top from Petromax, it is possible to quickly and simply over any fireplace a meal magic. Also available with hanging Grill grate.

from CHF **85.-**

## The Salt

A salt monolith for grilling meat, fish, vegetables provides a completely new taste. It can also be used directly as a table grill. From knIndustrie from Milano.

CHF **45.-**









Niwaki Socateurs 149.- Niwaki Kantan Bag 119.90 Niwaki Twine 39.90 Niwaki Tool Oil 12.50

# Garden



Pavements, balconies and windowsills are great places to garden. The view from the window changes immediately when flowers bob in the wind in place of the house wall opposite, the sun casts delicate shadows through the flower boxes to the rooms and every now and then a butterfly lands.

Without much effort, you can offer insects food and shelter. If you have a little more space, you can even plant your own vegetables in the raised bed. We are amazed at how the diversity of insects in our own family garden has changed since we started paying attention to more wildlife in the garden. Whether indoors or outdoors: Plants improve the climate and gardening is good for us.



## Nutscene Tin O' Twine

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

CHF 9.90

## 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, eliminate scale and prevent further infestations. 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 matched to each other in various sets, turn the urban balcony garden into a true plantation. Whether fruit, edible flowers, herbs or vegetables, the right seeds for all. Correct good gifts.

CHF 4.-



## Storm lamp HL-1

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

CHF 42.50



## Wild: The Naturalistic Garden

Forget the mild, manicured gardens of the past: planting today is undergoing a revolution in taste and aesthetics. This is the first comprehensive overview of a new planting approach that is wild and natural by nature, reflecting the global turn towards sustainability and the current zeitgeist in garden design.

CHF 65.-



### Come on the worm

Every year, over 500,000 tonnes of organic waste 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 biowaste is disposed of in the normal waste ends up where the valuable nutrients are destroyed in the incinerator or sent to landfill sites. contribute to the formation of methane gas. WormUp is developing practical and stylish worm composting systems for households and communities. The organic waste is recycled into a nutrient-rich biofertiliser at home, conveniently and odourlessly with the help of worms. Natural cycles are thus closed in urban areas.

CHF **365.-**



### EM Active

For fertilising plants at home, on the balcony or in the garden. Through The enrichment of the soil with constructive microorganisms makes it easier for important metabolic processes to take place in the soil and in the plant.

from CHF **9.80**



### Kotoh knife

The knives Kotoh san makes for Niwaki are delicate little things - think of a gentleman's pocket knife rather than an outdoor survival knife. Little bijoux!

CHF **149.90**



### Seeds

Gorilla Gardening from Bern now offer ten different seeds for your balcony or garden. The seeds are Made in Switzerland, produced by Sativa Rheinland. The packaging is printed in Switzerland and designed by graphic designer and illustrator Andrea Noti.

Melon, cucumber, radish, cabbage stem, courgette, aubergine, pumpkin, pepper, carrot and tomato.

from CHF **8.50**

### Plant diversity

Plant diversity ahead! Harvest and propagate, preserve old varieties, celebrate plant diversity, be independent.

CHF **37.50**



### WormUp Compost Tube

So you compost in exactly the right place, in the middle of your plants. To Compost kitchen waste directly in your raised bed or garden bed. The TUBE is dug directly into the garden bed or raised bed. The compost worms are fed with your green waste inside the tube and transform it on site.

odourless into wonderful organic fertiliser. Your plants are continuously nourished by the fresh humus strengthened, and are more resistant to pests. The soil is sustainably stimulated and supplied with life.

CHF **126.50**



### Pepin

It is not always easy to know how to care for and water your plants. The Pepin-Olla is ideal for all indoor plants and offers a simple and optimal solution for watering. It is easy to use: Insert it into the soil and fill it with water. It then regulates the flow of water naturally, according to the needs of the respective plant. Handmade in Europe and

Suitable for all indoor plants and flower boxes. From the young brand Pepin from Lille.

CHF **?? 50**



### Sentei knife

Japanese garden shears made of carbon steel with soft spring action and single lock at the bottom. An excellent introduction to the world of Japanese secateurs and perfect for light gardening.

CHF **199.90**



### Cactus Fertiliser

Natural fertiliser for cacti and succulents based on seaweed and comfrey extracts. Made in France.

from CHF **7**



### Sharo brush

This small and fine broom is made from the palm fibres of Trachycarpus Fortunei, which are bound together with copper wire.

It is ideal for carefully sweeping bonsai and other potted plants, corners on terraces and patios, floors covered in moss and weeds, as well as in the flat itself.



from CHF **15.-**

### Perfect gardening gloves

The ideal gardening glove if you need a little fingertip feeling and want to feel what you are doing. The nylon/spandex lining is breathable, the nitrile coating is grippy but not too grippy, and the fit of the fingers and cuffs is just right. From Niwaki in Japan.

CHF **9.90**



### Niwaki knee pads

Sturdy knee pads made from hard-wearing, weatherproof canvas. Five glorious inches of sponginess protect your knees from cold, wet or hard ground and keep you clean - perfect for the garden, but also a great cushion for picnics and around the campfire. Useful carry-all men to go.

CHF **45.-**



### Dried flowers

From seed to arrangement: perfect styling for flowers, grasses, fruits, mosses and more. The book for beginners and floristry fans.

CHF **29.-**











**Severin wears:** La Paz jumper 119.90 and Edwin jeans 189.90, **Raphael wears:** Castart shirt 149.90 and Edwin jeans 189.90

# Gorilla TO VISIT Gardening

It is raining cats and dogs as we set off to visit Raphael and Severin from Gorilla Gardening. We meet them in an old butcher's shop at the foot of Gurten, Bern's local mountain. First they show us the location. They have set up their workplaces in the former shop. This is where all the administration and shipping takes place. The butcher's shop closed down many years ago. It was one of the last to slaughter on site and there are still stables behind the house. Here, soil is mixed with seeds to make seedball mix. In the former slaughter room is the studio. Here, seedballs are rolled and filled into little bags that are also screen-printed on site.

Who is behind Gorilla Gardening?

Behind Gorilla Gardening are two friends with green fingers, one from Basel, the other from eastern Switzerland. We founded Gorilla Gardening in 2013. It all started with the idea of producing and selling seedballs in Switzerland. At that time, seedballs were only available abroad. Soon, other products were added and today we have over 50 different products in our range.

What does Gorilla Gardening do?

Our company develops, produces and sells products related to urban gardening. Most of our products are manufactured by hand in our factory in Wabern near Bern.

How are your seedballs made?

The Seedballs are rolled by hand in our factory in Wabern. They consist of earth, clay and seeds. These ingredients are mixed together, made into balls and then dried.



Read more on [kitchener.ch](http://kitchener.ch)





# After the nose



Just go cycling, with your tent and sleeping bag in your luggage. Chugging off by bus, with plenty of time and no fixed destination in mind. Spontaneously buy an Interrail ticket, get on the train and then off you go.

Just running, whether in the forest or in the streets of Paris, there is something wonderfully enriching about losing yourself, or as Rebecca Solnit so beautifully puts it:

**"Or you get lost, in which case the world has become larger than your knowledge of it."**

## The Getaways

Pull back the curtain and enjoy a new view every morning. This collection of the most fascinating vans and mobile homes proves that your own home is always there.

Van conversions provide inspiration for your own projects, while illustrated maps show the way over snowy mountain passes and along sunny coastal roads.

CHF **52.90**



## Anorak

Our best-selling cotton picnic blankets have a waterproof backing, are super lightweight and machine washable. With pretty animal patterns. Made in Great Britain.

from CHF **69.90**



## Eco bread box

Perfectly suited for outdoor and camping use. And 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 **49.90**



## Tripod ring

The tripod ring for real adventurers. The light stainless steel disc is the heart of your tripod built from branches. Simply guide branches through the recesses and twist them slightly. And you already have a usable outdoor cooking area.

CHF **39.90**

## Discover Switzerland with children

This wittily designed hiking guide is the perfect companion for families who would like to spend more time outdoors and discover the diverse hiking country of Switzerland. In a simple and playful way, it teaches the basic skills needed for family-friendly hiking, as well as offering plenty of activities to keep kids and parents happy. With these 52 well thought-out hikes, all you need to do is lace up your hiking boots and start walking. CHF

**29.90**



## Patagonia

A Patagonia product should not be missing from any of our catalogues. Yvon Chouinard's pioneering work is unparalleled, inspiring and giving hope for a reflective capitalism - rethink the system. We love this packable, lightweight backpack as an everyday companion!

CHF **79.90**



## Bikepacking

~~They say the way is the goal and the~~

could not be more true when it comes to Cycling tours goes. Pack your bag! On roads less travelled, bikepacking explores the surroundings with every pedal stroke and enjoys the freedom, that nature offers. From Gestalten.

CHF **52.90**



## Cinelli

All Time Favourites: The stylish bike caps from Cinelli - classico!

CHF **25.-**



## Flat Switzerland

Here comes the cycling guide for those who love to relax and just enjoy the ride. All of these 33 day tours are flat or downhill, with a few gentle climbs here and there. It's leisurely along rivers, with picnic opportunities at spectacular lakes and fun descents through green valleys.

CHF **29.90**

## 24Bottles

The Clima Bottles from 24Bottles are reusable and insulated stainless steel bottles that keep your drinks cold for 24 hours and hot for 12 hours.

from CHF **39.90**





Bath towel by Zig Zag Zurich 79.90 Bag Miami Vice by Freitag 130.- Thermos by Ecobrotbox 59.90





### Kitchener Aarebags

Not only for river swimming. Practical as a pack sack when travelling or on the bike in the pouring rain. Aarebag Splash backpack, Aarebag pack sack and Aarebag Enduro super robust.

from CHF **29.90**

### AlpenGlow

This rechargeable lantern from BioLite offers a nature-inspired inspired twilight or daylight feeling.

The highly efficient ChromaReal LED technology accurately reproduces the colours of their surroundings with the warm glow of natural light. Fancy some polar lights? Shake the lantern for an instant rotation of mesmerising colours. Dreamy!

CHF **69.90**

### Europe by train

This travel guide shows you the most beautiful train journeys and route networks of 43 countries in Europe and how to get there from Germany, Austria and Switzerland.

Rail professionals reveal their favourite routes and give priceless insider tips. Whether slowly or rapidly, whether admiring the landscape during the day or slumbering on the night train: this is how the train adventure can begin.

CHF **30.90**



### Solar Power!

Get the most out of the sun with the lightweight and portable BioLite SolarPanel 5+. With BioLite's Optimal Sun System, an integrated sundial aligns with the sun to capture direct rays, while a 360-degree kickstand simplifies positioning on uneven terrain. The integrated 3,200 mAh battery stores energy so you can charge your devices and need them later. You can charge phones, tablets and BioLite devices with this ultra-slim 5-watt panel.

CHF **429.-**



### BaseCharge

Access home-quality power in off-grid environments that can be charged from the wall socket, car or by solar energy. The easy-to-read Smart LCD Dashboard offers Real-time feedback on your system. The internal 12-checkpoint security system monitors

the unit constantly, so you can power your network of devices with confidence. Perfect for personal electronics and family needs, for powering your laptops, telephones, lamps, routers and more. From the pioneers of BioLite.

CHF **879.-**



### Fill Me

Plastic water bottles are definitely out - long live water in refill bottles. If we can drink from the tap, we should do it.

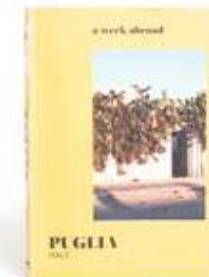
from CHF **32**

kitchener

### The art of losing oneself: A Guide

Stories of disappearing, losing oneself, getting lost and finding oneself again. Comfort and guidance to a freer life. Reports about themselves and their world. Always about abandonment and surrender, about stories as paths, about taking unknown roads. Gently seduced they make us digress.

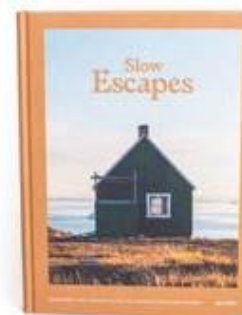
CHF **30.90**



### Slow Escapes

Slow Escapes whets the appetite for a new way of travelling. It presents hotels and holiday domiciles that breathe new life into rural regions and create a close bond between people and places. These oases of tranquillity invite you to slow down, are guided by values such as a sense of community, sustainability and seasonality, and help to ensure that historical heritage, culture and local traditions live on.

CHF **61.-**



### How we travel

Discover the wonder of travelling off the beaten track, wherever you are! You'll see the world with new eyes - whether you're travelling halfway around the world, or just stepping outside your front door. These 50 maps give you inspiring and practical tips for exploring your surroundings - whether at home or on holiday. Change your perspective with this travel companion in handbag format.

CHF **22.90**

### Pilgrims at Tinker Creek

Pilgrim at Tinker Creek is a natural philosophical meditation, spiritual autobiography, metaphysical paean and poetic essay all at once, and not least the chronicle of a search for nothing less than the meaning of creation.

CHF **32.90**



### Baggu Thermal Bag

We love Baggu and their versatile luggage. The new cooler and warmer bags in super great colours have really done it for us. What could be cooler (or hotter?) than picnic luggage like this?

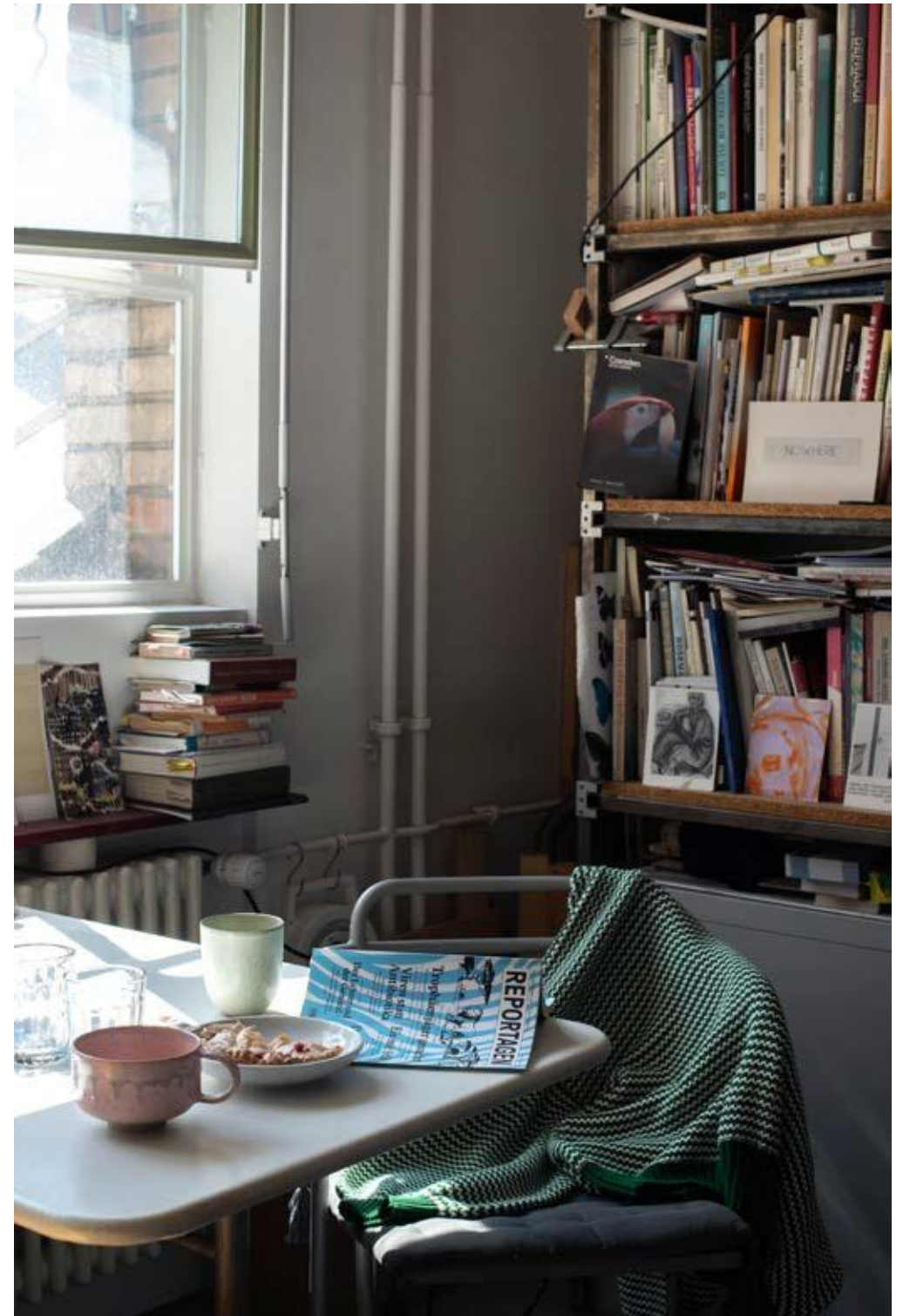
CHF **69.90**

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**Left page:** Book Woman Made 68.- Book Lina Bo Bardi 67.- Book Anni & Josef 154.-, **Right page:** Cup by Cecile Preziosa 36.- Cup by Studio Arhoj 55.- Reportage 20.- Kowtow Sweater 209.90





# Food for Thought

The world is upside down. Perhaps it helps to at least understand yourself a little better.

## The good conversation

Journalist Peer Teuwsen, who has interviewed Yoko Ono, Robbie Williams, Susan Sontag, Walter Kempowski and many other outstanding people of our time, uses practical examples to give instructions for good conversations in this book. And he talks to some of the best interviewers in the German-speaking world about their techniques.

from CHF **27**



## He who does not seek, finds

The beautiful English word "Serendipity" describes the happy coincidence that lets you discover what you were not looking for. A book with 77 accidental discoveries that made history. Not only for seekers...

CHF **20.-**



In our range you will find an exciting selection of books and games on life's big topics. From Marina Abramovic's method to reach a higher consciousness and master life's challenges to "the school of life's" book "how to survive the modern world."

**"Don't despair: despair suggests you are in total control and know what is coming. You don't - surrender to events with hope." Alain de Botton**

## I Am Not Your Agenda

A day planner developed by a Swiss psychiatrist who specialises in attention deficit disorder (ADHD). The planner is designed to help organise time according to priorities.

CHF **32.-**



The Do Book Co.

Disrupt. Design. Inhabit. Present. Lead. Fly.

Guidebook for a wide range of living situations. How do I furnish my flat so that I can live in it as creatively and freely as possible? Why beauty is the key to everything. How do I do things differently to change the world - certainly my own.

CHF **13.50**

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## How to Survive the Modern World

A guide for the modern age, which explores the challenges that living in the 21st century can bring to our mental wellbeing.

CHF **38.-**



## Marina Abramović Method

With these 30 cards with instructions by Marina Abramović, the method with which the world-famous artist strives for a higher consciousness and meets the challenges of life can be experienced in rudimentary form. The method consists of exercises that Marina Abramović developed to prepare herself for her legendary performances.

CHF **29.90**

## The School of Life

Table cards with questions that are meaningful and informative. rich conversations arise. A card game that will improve your ability to

tests, solves everyday moral dilemmas and teaches you to lose. An instructive gift in every respect.

from CHF **24**

kitchener

## When They Forgot to Teach You at School

A collection of the most important emotional lessons for personal development. From The School of Life.

CHF **29.90**



## Know Yourself Prompt

It is difficult to understand who we really are: what we want, how we feel, and why we react the way we do. This lack of self-knowledge can cause us problems because it leads us to get involved in the wrong relationships, choose unsatisfying jobs or spend money unwisely. 60 cards to help you get to know yourself better in life.

From The School of Life.

CHF **24.-**



## Emotional Barometer

A tool to explain our moods. It can be remarkably difficult to tell other people how we are really feeling - but it's not easy. It can even be tricky for us to be clear about our own mood. From The School of Life.



CHF **25.-**



## The School of Life

Table cards with questions that are meaningful and informative. rich conversations arise. A card game that will improve your ability to

tests, solves everyday moral dilemmas and teaches you to lose. An instructive gift in every respect.

from CHF **24**

kitchener

## Games for Grown-Ups

Card game with 40 activities that distract us from static conversation and

draw us out of our shells to get in touch with the neglected imaginative aspects of ourselves. From The School of Life.

CHF **29.90**



# The Study



The English term for study is "the study". We like that. A retreat, a place to think and be creative.

We find that the best way to think is to do. Sometimes, during an activity, the head is finally freed from the endless chatter in the brain and new thoughts can suddenly fly to you.



## 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 a handle integrated into the lid is not only used to store tools, but also for many other purposes in the household and at the workplace.

from CHF **19**



## I am most creative when I am ironing

Strategies and tricks from 88 artists, writing a piece of art out of the day and a book of help to have great ideas. from CHF **20.**

Of course, ideas don't just come about by waiting for inspiration, but by constantly keeping at it: Trying things out, reading and learning. We were very happy to visit our producers in their studios and production sites. We like these places, there is something magical about them. In this chapter you will find a selection of tools, notebooks and everything else that belongs in the workroom.

**"If you experiment, you have to fail. By definition, experimenting means going to territory where you've never been, where failure is very possible. How can you know you're going to succeed? Having the courage to face the unknown is so important." Marina Abramovic**

## Mudle Crayon

Natural-based mineral pigments and beeswax. A handmade product for drawing that has the realistic colour and texture of Jeju stone. From Odujej on the South Korean Jeju Island.

CHF29 **.90**



## Penco Writers

Tactic, Permanent and Brush Writers by Penco from Japan.

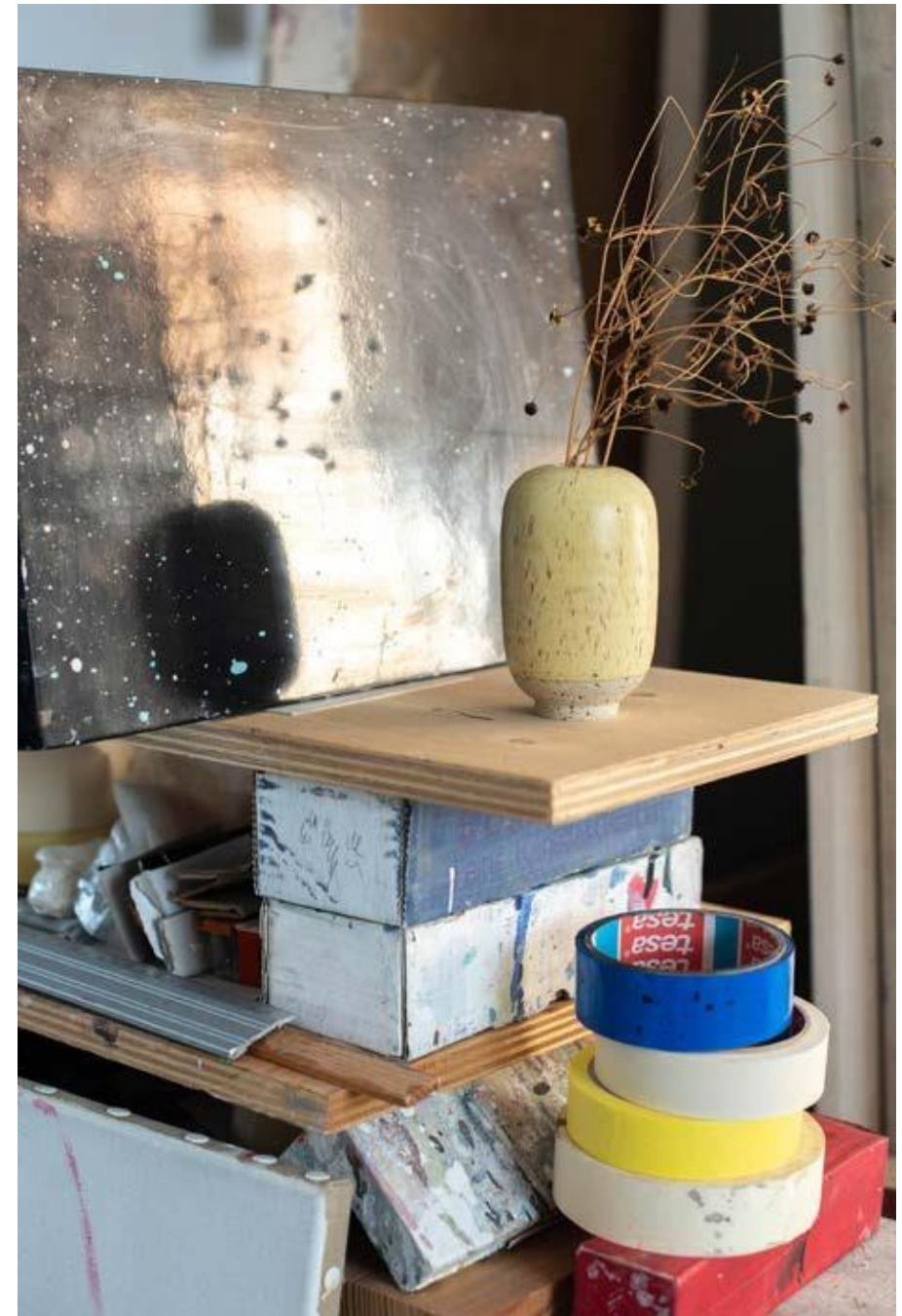
from CHF **4.50**



## Motivation & Collaboration

52 exercises to promote diplomacy, empathy and effective communication in teams in the Collaboration card set by The School of Life. Or: Motivation is a tool to increase our effectiveness. 52 exercises that train our brain to orient itself and bring out the best in us.

CHF **35.-**



Vase by Studio Arhoj 45.-





Wool blanket by Zig Zag Zurich Artist Edition design Maria Prymachenko Limited Edition 250.-

### Teamwork Card Game

This game contains 100 questions that introduce us to our colleagues in a playful and insightful way by starting the best conversations about everything from our childhood to our values. Exercises for better team dynamics.

CHF **35.-**

### Washi Tape

One of our faithful companions: the slightly transparent Japanese Washi Masking Tape is easy to peel off, write on and reposition. For decorating and working. In many colours.

from CHF

**4 50**



### Coccolino

Italian paper glue in a nostalgic aluminium tin. Solvent-free, based on potato starch. Glues paper, fabrics, photos etc. Especially nice for children to do handicrafts, as the glue is applied with a small brush that is kept inside the tin.

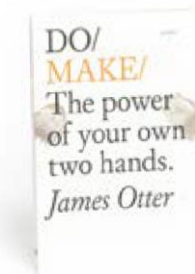
It makes less mess, is much more economical to use and is a lot of fun for children. The glue smells of almonds and if it dries up because the lid has been forgotten, it can be mixed again with water.

from CHF **2.-**

### Penco scissors

A pair of stainless steel scissors with PVC-coated handles for easy handling. from CHF

**17.50**



### The Power of Your Own Two Hands

We are all makers. Whether we're brewing our morning coffee or folding a paper aeroplane, we find it satisfying to create something that didn't exist before. And it's not just about the result. Creating requires us to slow down and immerse ourselves in the process: an antidote to our fast-paced world. CHF

**13.50**



### Staple stapler

The Zenith stapler fits perfectly in the hand, is easy to use and uses standard staples found in all stationery. Award-winning design with long life in great colours. Colours.

from CHF

**32.50**



### Tape Writer

Embossing label manufacturer from Penco. Label it!

CHF **29.90**

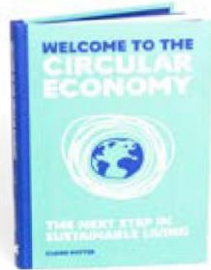




**Left side:** Schönstaub Tiger carpet 98.-, **Right side:** Lilly wears Salt Water Sandals 85.- Wool blanket by Zig Zag Zurich Artist Edition Dove of Peace by Maria Prymachenko Limited Edition 250.-



Of course, a real study or studio also needs a library. An insight into our "Study", exciting books on contemporary issues that concern us.



Welcome to the Circular Economy

In this handy book, Claire Potter explains what the circular economy is, how we as individuals fit into a bigger whole, how we can demand more from brands, businesses and governments - and most importantly, how all the choices we make really do make a difference.

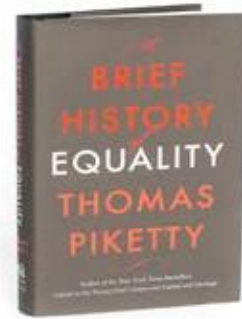
CHF **26.90**



The imperative of violence

This novel was immediately recognised as a literary masterpiece and the brilliant young author from Mali became the first African to be awarded the prestigious Prix Renaudot. The novel tells in glowing colours the story of the imaginary West African empire of Nakem and the dynasty of the Saïfs, who hold on to power with violence, poison, black magic and diplomatic cunning: The Saïfs profit from the enslaved black population, assert themselves against the Christian Church and the French colonisers. The dense fresco stretches from the 13th century to the year 1947, on the threshold of independence.

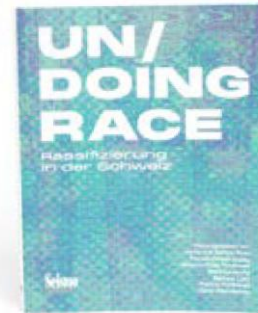
CHF **32.-**



A Brief History of Equality

It is easy to be pessimistic about inequality. We know that it has increased dramatically in many parts of the world over the last two generations. No one has made the problem as clear as Thomas Piketty. Now, in this surprising and powerful new work, Piketty reminds us that the grand sweep of history gives us reasons to be optimistic. Over the centuries, he shows, we have set our sights on a larger equality.

CHF **40.90**



Racialisation in Switzerland

What is the significance of race, racialisation and racism in Switzerland and how are they related to Switzerland's colonial heritage? How has the treatment of racism changed historically? What role does anti-racist activism, especially by people of colour, play in this? Through the discussion of such questions, this volume shows how racism is embedded in the structures of modern societies is rooted.

CHF **38.-**

The power of action

How do we imagine our life together in the 21st century? The wave of protest triggered by the murder of George Floyd radically questions what justice means today. Is there a need for dialogue or a fight against old symbols? With this book, Alicia Garza, co-founder of Black Lives Matter, sets a shining example. CHF

**28.90**



Just share everything?

The book about the Wieserhois farm collective and its lived vision: Starting your own life plan, away from familiar conventions - radically rethinking ownership and property and living, managing, arguing, celebrating, working, mastering crises and running the household together in community. CHF

**41.50**



Plain language c

This book shakes us up and motivates us. It explains our situation and analyses why not enough action has been taken so far. It also shows which solutions are realistic and effective, and provides ideas on how each and every one of us can effectively work for real change. Because: Whoever understands the interrelationships, will act.

CHF **28.90**

Paradise is female

"It is not about reversing hierarchies, but about challenging them". Paradise is female. 20 invitations to a world, where women are in charge.

CHF **30.-**



How does value come into the world?

The quick windfall, shareholder dividends and bankers' bonuses are more attractive than the creation of value, the productive process that drives a healthy economy and society. We confuse the creators with the siphons and have lost sight of what really creates wealth. Who creates value and who destroys it? At the heart of the matter is what kind of world we actually want to live in. We need a new capitalism, from which everyone gets something!

CHF **36.50**



Growth Good

From the front lines of business and politics, a compelling argument that economic growth is a force for good, and a blueprint for how to incorporate it into the fight against climate change. Transforming capitalism to save humanity from climate catastrophe to save.

CHF **41.50**







Last time Trallalla at Wyler, the journey continues, where to they didn't want to tell us yet. You will find a selection of Trallalla wine in the Kitchener SUPPER.





# Vin Vivant



Natural wine (Artisan wine, Naked wine, Vin vivant, Vin naturel, naturreiner Wein) is the term used to describe wines that have been produced as far as possible without additives and without elaborate oenological processes.

The basis for this is already the management in the vineyard. Organic viticulture is the prerequisite for natural wine. Equally decisive is the approach to further processing. In this way, producers produce a wine that is as natural as possible by dispensing with additives and aids. "natural" product.

Natural wine - an adventure far away from the usual worlds of taste. Natural wines can surprise and delight us. A new eating and drinking culture is developing, which allows smaller producers more courage with their products. Natural wines are in vogue: sustainably produced, often as a mixed culture and old varieties are being rediscovered. They are an expression of terroir and vintage differences are no longer hidden but emphasised. Away from mass production towards more complex aromas beyond the ordinary. We also have an exciting range of spirits, Craft beer and cider.



**You Had Me at Pet-Nat:**  
**A Natural Wine-Soaked Memoir**  
 From the editor of Pipette Magazine: Discover a natural, wine-infused memoir about finding your passion - and falling in love with natural wine!

CHF **35.50**

## **Les Filles Vinifiant**

Girls vinify - a wink to the new generation, which is exclusively female. Four wines: Omnis orange, Nihilo, Initié and Altesse Nature. All are completely natural, biodynamically processed and vinified without fining, filtration or the addition of sulphites. Pure organic grape juices, fermented and bottled. From the new (female) generation at Cruchon. Fantastique.

from CHF **21.50**



## **Bo'jus**

What do the legendary music management agency Two Gentlemen from Lausanne and the pioneer of Swiss cider Jacques Peritatz have in common? Sparkling Chasselas.

Patrick grows, Jacques vinifies. A very special Chasselas Pet-Nat. Only for a short time.

CHF **28.-**





**Negroni!**

The Cocktail from Zurich fill ready-mixed Negronis into handy bottles.

Whether classic, Negroni Bianco or as a Zurich Negroni Special - the best souvenir and gift.

from CHF **50.-**



**Opinel No10**

Indispensable: The Opinel Tire Bouchon, a corkscrew with 10cm knife and wooden handle.

CHF **34.90**



**Brewing art**

The artisanal beers from Braukunst Bern have definitely earned sounding names. Florence, Johanna, Leonie, Lilly are some of them. Beers with character - not only for daredevils.

CHF **4.50**



**Tingel Tangel Beer**

Behind Tingel Tangel stand Felix and Theresa, two passionate

Craft beer brewers who started brewing beer together in 2016. While Theresa was new to the field, Felix comes from a Bavarian brewing family that opened its first brewpub in the 17th century.

CHF **5.-**



**JNPR**

Is it possible to create a spirit without alcohol? JNPR make it possible!

The recipes were developed in collaboration with Flavio Angiolillo, a famous mixologist from 1930 who is one of the 50 best bartenders in the world. The products are based on a long preparation and research with spices and plants traditionally used in classic spirits.

from CHF **39.90**



**Beer Making Kit**

In our range for years and a great gift for beer drinkers. The versatile Beer Making Kits from Brooklyn Brew Shop.

CHF **59.90**



**Nils Rodin**

Switzerland has a citrus farmer. One and only one. Niels Rodin. In his greenhouses in Borex in western Switzerland, the former banker grows over 150 different varieties of citrus. And these are also used to make schnapps - and what schnapps! Liqueur de Yuzu, Gin Fleur Bleu, Liqueur de Mandarine and more. Palate treat.

from CHF **39.90**



**Heavy Cider**

Cider and fruit wines made from 100% fruit, fermented with their natural yeasts and without additives. From varieties grown in and around

Heftig presses a cider that can only be produced here, using fruit sourced from high-trunk hectares in Bern. After the fruit has been collected, milled and pressed, the juice is left to ferment naturally in an initially open tank for three to four months. Each variety is fermented separately and bottled as a cuvée or mixed blend. Fine.

from CHF **15**



**La Rochère**

Located south of the Vosges, in a small town called Passavant, the company produces glasses in a traditional and considerate way. Robust, classic, beautiful. We love the combination of this heavy champagne glass with living bubbles.

CHF **8.-**



**Kirsch?**

For many an aroma or "Means to an end" in certain cheese dishes. Not so for Humbel! Pure-grade, great-quality brandies from the cherry, which show that kirsch can also be a lover's product and shows so many facets, which can be used in a variety of cheese dishes. no one would expect.

from CHF **59.-**



**Oswald + Ruch cidery**

Bohnapfel, Boskoop, Surgrau, Berner Rose, Blauacher, Bohnapfel, Kontantinopeler, Apfelquitt, Pastorenbirne, Tobiässler, Thurgauer Weinapfel, Waldhöfler, Grauer Hordapfel. Oswald and Ruck make more than cider - cider from melodious apple varieties, produced with love and precision. Obenuse!

CHF **17.-**



**Gimber**

A versatile organic drink made from high-quality ginger, lemon, herbs and spices that will make your taste buds dance. Zero alcohol, lots of bite.

CHF **19.90**

**Rosé**

Always goes. Our selection of organically produced wines with or without fizz in rosé is available at the Kitchener Supper - also chilled. Radice Lambrusco di Paltrineri from Italy, L'Amou-reuse from Majas in the South of France or a Vino Rosso Leggero from South Tyrol by Pranzegg.

from CHF **17**



**Free Wines Trallala**

Wines is the quirky wine webstore - curated by curious wine lovers. haber:innen. Exciting, natural wines - sometimes elegant, sometimes crazy. Free wines! We have a small selection with us at the Kitchener Supper.

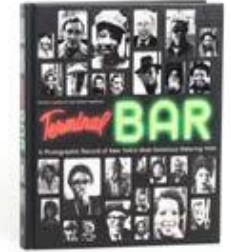
CHF **19.-**





Junmai Sake 38.- Iguaca Cachaca 30.- The Cocktail Old Fashioned 79.- M&P Rum N°9 78.- Mehrwut Vermouth 31.- The Cocktail Negroni 50.- Toms Bitter di Berne 35.- White Socks Gin 29.90 Rum "the complete Guide" 36.-

# the BaR



## Terminal Bar

In 1972, Shelly Nadelman began working as a bartender in one of New York City's most notorious dive bars: the Terminal Bar, located across from the Port Authority Bus Terminal near Times Square. For ten years, until the bar's final closure in 1982, he shot thousands of black-White photographs, mostly portraits of his regulars.

CHF 29.90

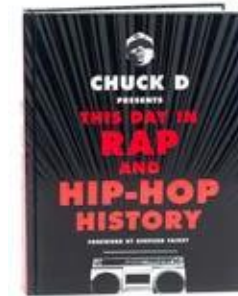
Bars and clubs have always been places of refuge. Places where we can submerge ourselves and forget reality for a few hours.

You dive into the dim light, the bass in your belly and the rhythm in your legs and hopefully you have a good cocktail in your hand.

## This Day in Rap and Hip-Hop History

A unique overview of the history of rap and hip-hop from 1973 to today by Chuck D, arguably the world's most influential rapper.

CHF 41.90



## Valereuss Whisky

In Stetten, a few hundred metres from the Reuss river, the organic rye was harvested, mashed, distilled and matured in wooden barrels. This single rye whisky was finished in wine barrels. From Nauer Bremgarten and Jürg Wetzel Ennet-Baden. 100% from Switzerland.

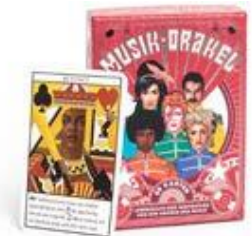
CHF 50.-



## Sun Ra's Chicago

The emergence of Sun Ra and his Arkestra in 1950s Chicago is now considered a founding moment for Afrofuturist cultural expression. Sun Ra's Chicago explores how the bandleader's musical cosmology developed and, most importantly, why it came to flower in Chicago.

CHF 41.90



## Music oracle

Life help and inspiration from the greats of music history. Who, if not the greats of music history, knows better what life has in store. On 50 cards, wisdom, inspiration, attitudes to life and Lifestyle passed on.

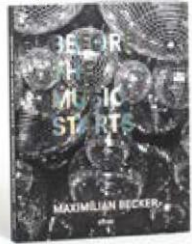
CHF 24.90

## Honest Jon's

THE record shop of all at the end of London's Portobello Road. Whether spectacular re-issues or super up-to-date and great electronic music - Honest Jon's has its fingers in the pie.

"Informal University for Music Lovers" is the affectionate name of the shop, which has been a hotspot of the London music scene since 1974. A small, fine selection here at the Kitchener!

CHF **37.-**



## Before the Music Starts

The best DJs in the world - for half a decade Maximilian Becker has accompanied the protagonists of the music clubs in Germany, Austria and Switzerland. As part of this scene, he has had the unique opportunity to take backstage shots of internationally renowned DJs and musicians before or during their performances. Minimalist and kept in black and white, the portraits thus form a counterpart to the official promotional pictures. The DJs are photographed at the time and place where their art takes place:

at night and in the club. Objects from the backstage area and club room complement the photos of the people. They complete the visit to the often closed world of techno and house music.

CHF **41.50**



## Dilla Time - The Life and After Life

Equal parts biography, musicology and cultural history, this book chronicles the life and legacy of J Dilla, a musical genius who changed the sound of popular music for the 21st century by creating a new musical sense of time - a feat that is worthy of the achievements of the of Louis Armstrong and James Brown.

CHF **42.50**

## Dark Carnival

The Dark Carnival is a celebration of people given the rare space to live out the fantasies of themselves. The glimpses of people dressed up for the glorious night, captured in all their decadent glory. An extraordinary collection of portraits covering the unique history of London's alternative counterculture: punks, new romantics, goths, disco queens, soul boys, fetish worshippers, rockers, Cyberpunks, Ravers, Clubbers and Party Animals.

CHF **49.60**

## Hive Mind

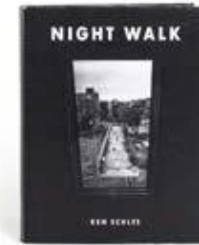
On the one hand, by Hassan Wargui, expert on the vocal art and poetry of the Tachelhit-speaking Amazigh-tribes in the Anti-Atlas Mountains in the south of Morocco, on the other hand by the king of Gnawa music, Maalem Mahmoud Gania.

CHF **29.90**

## Night Walk

Twenty-five years after his groundbreaking 1988 book "Invisible City", Ken Scholes draws on his archive to create a narrative of a lost youth: a delirious, peripatetic walk in the evening air of an unrepeatable New York City centre as he saw and experienced it. "Night Walk" is a substantial and intimate chronicle of New York's last bohemian outpost.

CHF **45.90**



## Tom's Bitter di Berna

Bitter di Berna is in the tradition of Italian aperitif liqueurs. Following their credo, the TOMs boys make it by hand by mixing various aromatic herbs, roots and fruits and soaking them in alcohol. This infusion is then sweetened and bottled at 21% vol. and stored again so that the flavours can combine. The aperitif is "bitter" because the aroma is characterised by the sour taste of the roots and herbs. These so-called amara aromatica and amara tonica stimulate the appetite. And what is the best way to enjoy it? Con gusto! Handcrafted by nature.

CHF **35.-**

## She Bop

The Definitive History of Women in Popular Music.

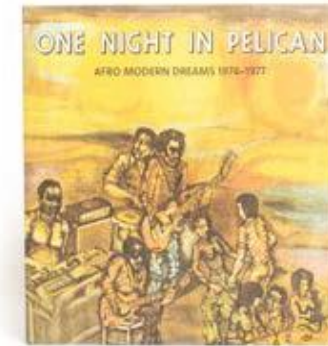
CHF **28.90**



## Turn The Beat Around: The Secret History Of Disco

A well-researched and brilliantly written book by Peter Shapiro that offers an illuminating look at the darker side of the disco phenomenon. Shapiro focuses on the clubs, DJs and producers who made the "disco sound" shaped, and traces the music of the late 60s from the New York boroughs to the underground gay clubs in Manhattan to the evolution of the music that eventually took over all of America in the 70s.

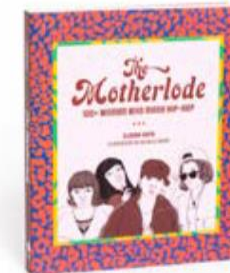
CHF **16.50**



## One Night in Pelican

A super strong South African compilation on Matsuli Music. Afro Modern Dreams 1974 - 1977.

CHF **39.90**



## The Motherlode

An illustrated highlight reel of more than 100 women in rap who have helped shape the genre while circumventing gender norms. 100+ Women Who Made Hip-Hop!

CHF **31.90**





**Left side:** cushion Schönstaub 119.90, **Right side:** Zig Zag Zurich Artist blanket by Sophie Probst & Michele Rondelli 149.90



# Kitchener Gifts



Small gifts are our speciality. We like to find products that make particularly good gifts. Nothing that ends up gathering dust on a shelf or in the corner shop in January. We are especially happy to advise you in the shop and help you find the right gift for your colleague, grandma, stepmother or lover. You now have the option of putting together funny boxes or choosing one of our creative gift boxes.



### Tarot

Whether movie tarot cards for cineastes or beautifully illustrated cards for all ages - we have the gifts for the forward-thinking friends.

CHF **18.-**



### Green Gifts

Whether Seedballs, a planting bag for the balcony, Japanese Herbs or lucky charms with the ability to grow - we have the right thing for everyone with a green thumb or who enjoys living things.

CHF **7.50**



### Bern Giftbox

Bernese products to give away: Choba Choba chocolate, Tonic Water from the Kreissaal, Bernese Roses from Länggass Tea and Preserves from Strunk.

CHF **72.-**



### Chopsticks

Japanese chopsticks with cute animal heads. Various sizes and subjects.

from CHF **5.90**



**Kitchener items** socks Socks with attention to detail. From our house brand Kitchener items. Beautiful patterns, soft organic cotton. Made in Europe.

CHF **15.-**



### Apollo 11

The Animated Journey contains six different animated sequences, which are show the first moon landing. As a unique feature, the

Flipbook an augmented reality 3D model of the Command Service Module (CSM) and the Lunar Module (LM). Download the Flipboku AR app and discover the spacecraft that made the moon landing possible.

from CHF **8.50**



### Candy Kittens

The vegan sweets from Candy Kittens in London are the perfect blend of sweet, a hint of sour and an explosion of fruitiness. Great flavours with honest ingredients that are

taste as good as they look. Without compromise.

from CHF **3.-**



### Animal poop puzzle

Did you know that the wombat's poops are cube-shaped? And that baby koalas eat their mother's poop because they are too young to digest eucalyptus leaves? Eeew and wow. As you put the puzzle together, you and your children will learn about

everything you always wanted to know about animal legacies. An unusual format with guaranteed puzzle fun for younger children.

CHF **29.90**



### Bike Friends

For cycling friends with mechanical skills - or at least the courage to lend a hand. We have various creative mending sets for two-wheeler enthusiasts.

from CHF **24**



### 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 road safety accessories.

from CHF **15.90**





**Warhol A to Z**

An illustrated book that celebrates Andy Warhol's unparalleled influence from A to Z - from his early days in Pittsburgh to his legendary life

in New York.

CHF **22.90**



**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 Aperitif suitable.

CHF **8.50**



**Supersmash**

"And never ever get your eyes of the ball" - Ping Pong racket for design-savvy players. Designed in Berlin, handmade in Switzerland from certified wood.

CHF **79.90**



**Cuboro Standard 16**

Create exciting ball tracks with all the central cubes of the CUBORO system. Extra sets expand the starter sets and offer additional fun. The CUBORO marble track system from Switzerland has been delighting all generations worldwide since 1986.

A beautiful gift!

CHF **124.-**



**Gobber Crayon**

The Korean toy brand Goober is all about creativity.

With its beautiful range of uniquely shaped coloured pencils, the brand not only inspires creativity, but also embodies it.

CHF **9.90**



**Tattly**

The most beautiful temporary tattoos far and wide!

CHF **6.50**



**Conflict Food**

Specialities found in conflict regions, whose fair and direct trade gives farmers new perspectives. Saffron from Afghanistan, Red Amber tea and Jadae coffee from Myanmar, Freekeh, the superfood of antiquity, from Palestine.

from CHF **14**



**Coco**

Fruit-flavoured jelly sweets that are both vegan and palm oil-free.

CHF **5.90**



Studio Arhoj Ghost 24.-

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