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SOUL



2023
-
2024

kitchener

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Kitchenersäckli
 The original. For shopping,
 for on the go, or - again and again -
 as a gift, in many colours with great
 designs.
 ab CHF **9.90**

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editorial



Dear customers, Perhaps you remember last year's catalogue? A year ago, we started to introduce our producers to you there. We are convinced that knowing who made a product, where and how, changes our relationship with it. This year, we wanted to follow our own curiosity and travelled to the north of Portugal. There, we visited the Kitchener Items production site and three Portuguese producers. We open a window for you to the westernmost country in Europe: Portugal. One of the largest textile industries in Europe can be found on the Atlantic coast and the country is known for its craftsmanship and expertise in high-quality clothing and home textiles.

We are concerned about the future of this world and therefore also the manufacturing conditions of our products. The further we move towards a fairer, more ecological and responsible future, the more we realise that a product is not simply sustainable or not sustainable. Black and white and binary thinking are reaching their limits. Dividing things into right and wrong seems to us to be too simple a solution.

We believe that sustainable action is a process. We are in the process of scrutinising our actions and production and taking responsibility with the aim of providing products that are as sustainable as possible. Only when we take a step back, perhaps two or three steps away from categorising things as good or bad, do we see potential new scope for action that we hadn't even seen before. Between black and white, there is room to act, develop ideas and try things out. Stepping back and taking new turns are part of this unknown path. Kitchener has been on the road to greater sustainability throughout its range for many years. We can no longer afford to do nothing. In recent years, we have noticed that more and more people, both suppliers and customers, are embarking on this journey.

Finally, back to Portugal: we made our way to Porto with the question: "What does made in Europe mean in fashion and how are our clothes actually made?". Join us on a visit to André & José Label La Paz, in the Serra da Estrela to Isabella from Burel, a textile production from the 19th century and to Bárbara from Tomelo, where soaps are made from donkey's milk.

We wish you a warm welcome.
 And of course we hope to arouse your curiosity.

Abraço, Ihr Kitchener Team

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Foz do Douro / Porto / Portugal

On the road



Whether on foot, by bike, train or van is a matter of taste - the main thing is that we are on the move. Discovering new things, feeling the unknown, following our longing, satisfying our wanderlust.

«Life is like riding a bicycle. To keep your balance, you must keep moving.» Albert Einstein



Baggu Puffy Lunch Bag

An insulated lunch bag with zip that keeps your drinks and snacks cool and padded. The perfect companion for a day out. BPA-free.

CHF **49.90**



Eco-Breadbox

Perfect for outdoor and camping. And also good for the environment: 0% plastic, 100% stainless steel. No need for harmful disposable packaging. Guaranteed fair production in a family business in South India.

from CHF **49.90**

kitchener



Mini Edison

The small, lightweight, water and rust-resistant steel lantern from Barebones can be used as a table or hanging lamp. Whether in a tent, on a table or on board. The mini lantern can be operated via a USB connection or with batteries and provides the ideal light when travelling.

CHF **79.90**



Kitchener Aarebags

Not just for river swimming. Practical as a pack sack when travelling or on a bike in the pouring rain.

Aarebag Splash backpack, Aarebag Packsack and Aarebag Enduro - super robust.

from CHF **29.90**



Herb scissors

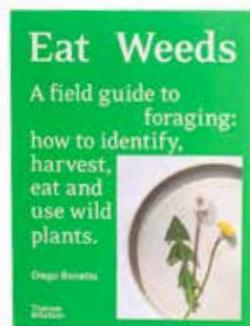
This tool is called an "herb scraper". Cut your herbs with the sharp side of the scissors and then remove the green stuff - from rosemary to coriander to kale. Practical, isn't it?

CHF 35.-

Eat Weeds

The identification book for foraging: How to identify, harvest, eat and use wild plants. Indispensable for anyone who wants to revive the lost art of collecting.

CHF 42.50



Baggu thermal bag

We love the versatile luggage from Baggu. The new cooling and warming bags in great colours have really taken our fancy.

CHF 55.-



Natural wines in cans

Finest natural wines to go from Canetta from Paris. Four 187ml cans are equivalent to one bottle. Ideal for a picnic at sunset or a quick meal - when travelling or at home. Rosé, red, white, orange.

CHF 7.-



N°08 Mushroom knife

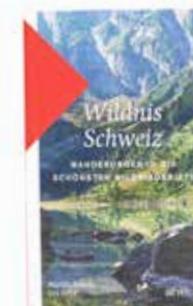
The curved blade, the scraper back and the wild boar bristle brush make the pocket knife No. 08 Champignon from Opinel the favourite tool of mushroom pickers.

CHF 32.-

Wildnis Schweiz

Switzerland is wilder than you might think. Wilderness is not only found in remote high mountain landscapes, but sometimes almost on your doorstep: in the smaller and larger protected areas on the Central Plateau or in the foothills of the Alps. A hiking guide to secret gems worth protecting.

CHF 33.-



Baggy Port

From Baggy Port, a small family business from Kobe, Japan, comes the backpack KBS 441, made from robust, water-repellent canvas with leather handles and shoulder straps. made of leather.

CHF 249.90

Kitchener Items Dry Towel

Our Dry Towels are made from recycled PET. This year's fish design was created by Zurich graphic designer Laura Jurt.

CHF 45.-



BaseCharge

Access home-quality power in off-grid environments. The BaseCharge can be charged from a wall socket, car or solar power. The easy-to-read Smart LCD dashboard and internal 12-check-point security system ensure that you can use the power supply for your electronic devices with peace of mind. Perfect for laptops, phones, lamps, routers and much more. From the pioneers at Biolite.

CHF 879.50



Frischluffkinder Schweiz

This wittily designed hiking guide is the perfect companion for families who want to spend more time outdoors and discover the diverse hiking country of Switzerland. The book contains detailed itineraries and GPX data for effortless planning as well as plenty of practical information on activities around the 52 suggested hikes.

CHF 29.90

Bag'n'Noun

Bag'n'Noun was founded in Osaka in 2005 by Takeshi Ozawa and develops unique, functional and fashionable bags.

All products are made entirely by hand and manufactured to the highest quality.

ab CHF **105.-**



BioLite Charge

The power bank from BioLite for the power supply of the next generation of high-performance electronics: USB-C connection for faster, more flexible charging of your devices. Available in different sizes.

from CHF **49.90**



Travel Incense

The pretty little tin boxes contain 70 incense sticks, each of which burns for 15 to 20 minutes. They come with a practical clip that serves as a holder and a fun set of instructions. Perfect for smelly hotel rooms or mouldy tents, but above all a lovely gift. Made from natural ingredients.

Made in Korea.

CHF **25.-**



Topologie

Carlos Granon, founder of Topologie, is a keen mountaineer himself. Not unlike mountaineering equipment, Topologie's colourful straps can be combined with a variety of bags and sleeves and used again and again, for example as a mobile phone holder, handbag or laptop case.

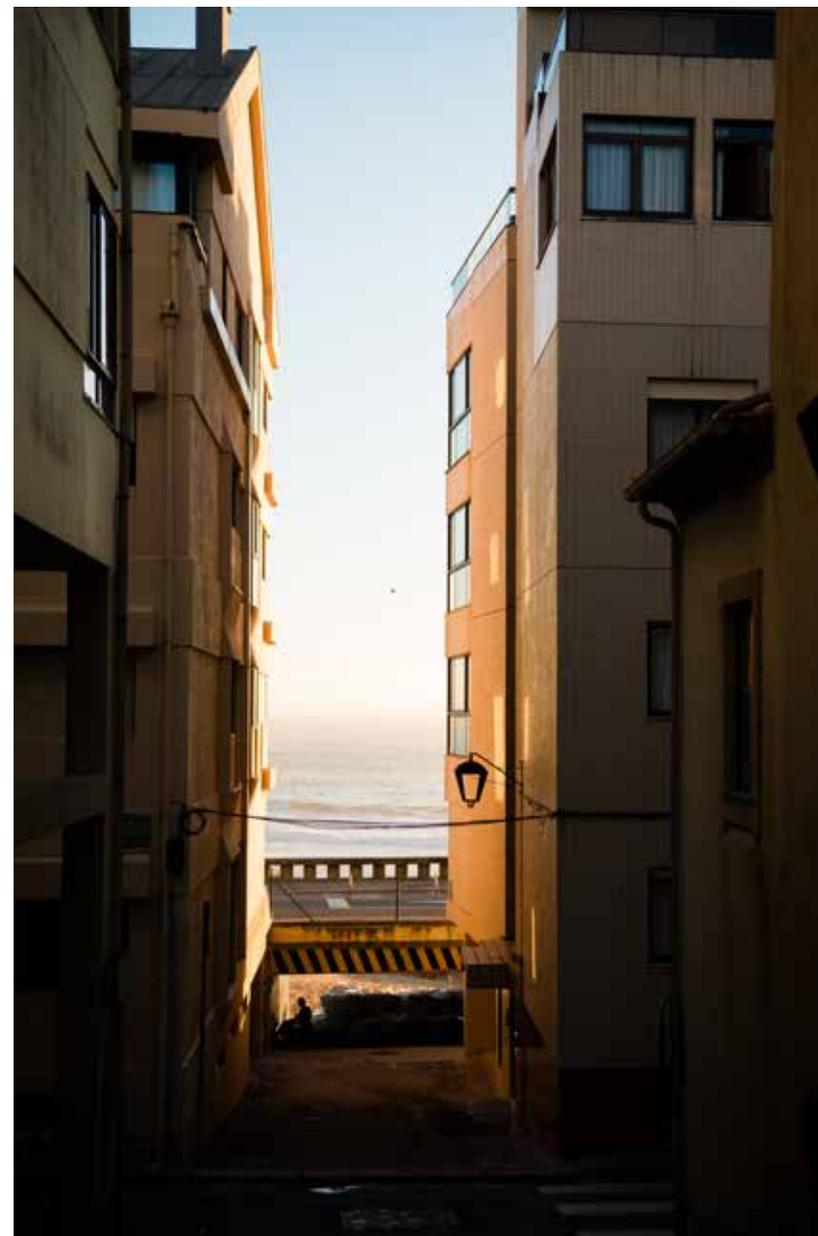
from CHF **11.50**



A Week Abroad

Week Abroad is a series of travel books started in 2019 by Charlène Lambert. Each book contains stories from entrepreneurs, chefs, artisans, creatives and nature lovers and introduces you to the people who characterise their cities. From popular restaurants to local products and traditional crafts to secret spots in nature, the best of local culture is brought to you. In the seven volumes already published, readers will travel to Marseille, Puglia, Alentejo, the Balearic Islands and other places.

CHF **25.-**



Foz do Douro / Porto / Portugal



Whether it's a quick evening cycle along the River Aare or a long bike tour across Europe: cycling equals freedom. The landscape slowly passes you by, the wind gently ruffles your hair, no fixed destination in mind - you could cycle forever on two wheels.

«Riding a bicycle is the closest you can get to flying.» Robin Williams



F650 Dixon

The compact sling bag from Freitag for nocturnal cyclists. The F650 Dixon is made from recycled materials and recycled lorry tarpaulins. used lorry tarpaulins and ensures visibility with reflective lorry contour markings.

CHF 130.-



Mero Mero

The French brand MeroMero produces bags and rucksacks for adventurers of all ages. "Mero" means "simple" in Spanish and Italian. This fits well with the basic principles of the brand: to be simple, stylish and responsible. Our favourite is the roll-top rucksack, which can be easily attached to the bike.

from CHF 89.90



Die Alpen mit dem Fahrrad

In addition to fantastic pictures and many useful tips, map sections and altitude profiles, this book presents 125 Alpine stages that are particularly worth travelling by bike. If you want to, you can cover 9,600 kilometres and 210,000 metres in altitude over 125 days in the seven Alpine countries. To prepare your own tour - or simply to browse through.

CHF 58.50

Cinelli

The Cinelli Cap is a stylish and functional functional accessory on and off the road that combines retro aesthetics with modern cycling performance. Made from high-quality materials, the cap offers ideal sun protection and is sweat-absorbent.

CHF 25.-



Rainette

Visibility brings safety when cycling - especially at night. These reflectors made of glass microbeads from Rainette are super easy to install and available in a wide range of colours. In the light of the headlights, they shine as if magically illuminated.

CHF 27.-



Aarebag Splash

Kitchener Bag meets Aarebag. The versatile, in the Aare, on the bike or as a pannier.

CHF 39.90



Flache Schweiz

A cycling guide for everyone, who appreciate relaxed rides without annoying climbs. All 33 day tours are flat or downhill, with a few gentle climbs here and there. It is a leisurely ride along rivers, with picnic opportunities at spectacular lakes and enjoyable descents through green valleys.

CHF 29.90

Ass Saver

Ass Saver are ultra-light, easy-to-fit "mudguards" (but without sheet metal).

What was a makeshift solution cardboard on an unexpectedly rainy journey home, is now an indispensable part of cycling luggage. Copied thousands of times, but somehow the guys from Sweden simply have the best knack for smart designs.

from CHF 14.-



Regenbogen

Inbus-Schlüssel in bunten Farben plus ein praktisches Multi-Tool. Immer praktisch, nicht nur auf Velotouren.

CHF 25.-



Topo Design

Topo Designs was founded out of the the need to offer an antithesis to the highly specialised high-tech outdoor world. It was not a quest for unique activities for an exclusive circle, but a "new outdoors", an inclusive place for everyone, for insiders and outsiders, for beginners and professionals. Topo Designs develops products of timeless utility that enable us to enable us to do more with less. to achieve more with less.

CHF 69.90





Costa Nova / Portugal. **Left side:** Raphael wears Kitchener ITEMS T-Shirt Hergestellt in Portugal **49.90**, Aarebag 2024 Kollektion ab **29.90**

Rain

«Life isn't about waiting for the storm to pass. It's about learning to dance in the rain.»
Vivian Greene



Moc Toe

Red Wing boots have always been designed and produced with harsh agricultural and industrial conditions in mind. However, this model stands out due to its versatility in all areas of use: the Moc Toe boots have achieved cult status with their eponymous moccasin construction, The moccasin construction that gives them their name, in which the U-shaped leather is stitched to a leather plate on the upper, has achieved cult status. Durable and registered to fit like a sock - only waterproof.

CHF 359.-



Macon & Lesquoy

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

from CHF 29.90

Terry

The narrow brimmed rain hat Terry has the shape of a fisherman's hat. It is characterised by a flat, angular head and a short, heavily turned-up brim. Terry is made from a waxed cotton fabric produced in the UK, which is not only water-repellent but also very light and comfortable to wear. It has two ventilation eyelets on each side. The finest handcrafted production and the use of the best, globally sought-after materials make the quality of the Viennese Viennese hat manufacturer Mühlbauer since 1903 visible and tangible.

CHF 159.90



Bjarki Neps

The classic sock from Norse Projects. Knitted from a blend of wool and silk. Made in Portugal.

from CHF 22.-



Falcon Enamelware

Falcon crockery is a real classic and is not only suitable for stylish camping and picnics. Enamel is an extremely robust material that can be used on both gas and electric cookers (up to 270° C) and is also dishwasher-safe. and is also dishwasher-safe.

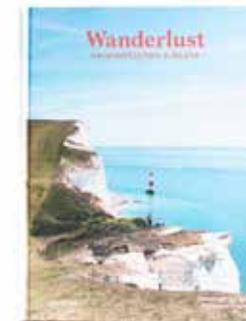
from CHF 12.-



Birkenstock London

The Birkenstock London is a variation of the classic Boston, only with a raised heel section. The cosy version with lambskin lining is perfect for cosy winter evenings in the cosy winter evenings in the living room.

CHF 220.-



Starry Night Poncho

Rain ponchos from Rainkiss are perfectly have taped seams and a water column of 7,000mm. Each poncho contains 20 recycled PET bottles. The side section can be adjusted with two buttons and reflective stars ensure better visibility. visibility. Perfect for weatherproof cyclists.

CHF 89.90



Wanderlust

Varied landscapes, idyllic hiking trails and rich culture - the fascination of the British Isles between Scotland, Ireland and Cornwall. The new volume in the Wanderlust series takes you from the Scottish Highlands, via the Lake District to Ireland, to the seemingly endless coastline of the coast of the English Riviera.

CHF 58.50



Onsen

Wer einmal direkt aus der Sauna in ein Eisloch getaucht ist, weiss wie klar sich Körper und Geist danach anfühlen. Eisbaden erhöht den Testosteronspiegel und stärkt das Immunsystem. Wir mögen es auch, aus der warmen Quelle in den kalten Schnee oder aus der Lorraine Sauna in die frische Aare zu springen. Eine Hommage an die japanische Badetradition – das Onsen. Kennt man einmal das Zeichen ♨️, entdeckt man die wunderbaren Badehäuser überall.

Tamura Zebra Body Brush

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

CHF 16.50



Onsen Saru

Transform your own tub into an onsen with a soothing mixture 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 of life.

from CHF 11.-



Hinoki

Hinoki wood 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.-

Sasawashi

Made from Washi threads (Japanese paper) infused with antibacterial Kumazasa plant fibres, this innovative fabric contains natural deodorising properties that also prevent mould growth and fibre decay. From indoor shoes to scrubbing cloths. Comfort, durability and simplicity.

from CHF 9.90



Portable Auffrischung

Onsen is an invigorating blend of peppermint, eucalyptus and mandarin, inspired by the hot springs of Japan. Use it for an instant refreshment wherever you are - whether in the car, in a tent, at home or in a hotel. From Earl of East.

CHF 15.-



Bienvenue Studios

Particularly absorbent, very light and quick-drying, with an extra soft feel. These towels are the result of a weaving process perfected over centuries with 2.5 layers of gauze. The towels are produced in Osaka, in the south of Japan, by a family business with weaving machines from the late 19th century. manufactured.

from CHF 69.-

Onsen Badesalz

The natural bath salts from Earl of East are a blend of Himalayan and Epsom salts Epsom salts with essential oils of mandarin mandarin, peppermint and eucalyptus.

They have been developed to relieve muscle tensions and promote relaxation. And right after the bath, the nutrient-rich All Over Oil comes into play. It smells of an earthy blend of cedarwood, juniper and black pepper, inspired by the therapeutic practice of forest bathing, and leaves the skin feeling calm, grounded and silky to the touch.

from CHF 29.90

Whale Exfoliator

Double-sided foot file for scrubbing and polishing your feet. Made from rubberwood.

CHF 14.50



Taro Nohara

Taro Nohara, who lives in Tokyo, is a producer, beatmaker, DJ and music activist, who has made a name for himself with his electronic ambient group Unknown Me.

His new solo project "Poly-Time Soundscapes / Forest Of The Shrine" is a unique and modern interpretation of Japanese environmental Japanese environmental music, a free-floating reinterpretation of the subgenre made famous by Midori Takada, Hiroshi Yoshimura or Satoshi Ashikawa fused with subtle nuances of different nuances of different origins: downtempo, hip-hop, sound design, chill-out, experimental.

from CHF 25.-



Margate Seaweed Bath

Through Haeckel's hand harvested seaweed from the coast of Margate.

Based on the ancient principles of thalassotherapy, this seaweed algae bath helps to reduce stress and promote relaxation and rejuvenation.

Available again from 2024.

from CHF 25.-



Piscina das Marés by Alvaro Siza / Matosinhos / Portugal



ZigZag Zürich Towels 79.90

We are delighted to be able to introduce some very exciting producers this year: Ofa Karri is a Portuguese-French brand specialising in essential oils and natural remedies. Margaux and Pierre, the founders, firmly believe that health depends on the balance between body and mind.

Body care



Haeckels is back in the range. In addition to their unique algae products, they are now offering microbial skincare. A skincare approach that harnesses the power of microorganisms such as bacteria and fungi to improve the health and appearance of the skin. Another new addition is the Breton beauty brand Eclo. Founder Priscille Charton has crossed the Atlantic twice by sailing boat and seen too much plastic in the sea. The cosmetics industry bears its share of responsibility for this

environmental catastrophe. Eclo cosmetics are 100% natural and consist of organic and vegan ingredients, many of which come from regenerative agriculture. Both Haeckel and Eclo packaging can be composted in household compost.

Eco Marine Cream

A lightweight, luxurious face cream enriched with antioxidants and algae extracts to visibly moisturise and rejuvenate the skin for a long time. From Haeckels in Margate.

CHF **69.90**



Rocky M.

The ceramic soap dish with style and function. Rocky M is designed so that the soap only rests on a few points and is therefore well ventilated. The soap dries faster and therefore lasts longer. The drain integrated into the mould keeps the washbasin clean all round. Handmade in Germany by people with disabilities. Each soap dish is unique.

CHF **25.-**



Everyday Oil

Skin care for the whole for the whole body and the whole family - every day, all over. The new fragrance "Warm Feelings" enchants with bergamot, blood orange and patchouli.

from CHF **18.-**



Saint Charles

Based on the teachings of traditional European medicine, the Viennese company focuses on the healing power of nature and the local herbal world. The products are made from natural ingredients that are grown as regionally as possible in organic quality or wild collection.

from CHF **24.-**

Tomelo

Soaps and creams made from donkey milk. Donkey milk is most similar to human breast milk. It contains vitamins, proteins and fatty acids that stimulate the production of collagen in human skin. In addition, donkey milk also has antioxidant properties that prevent skin ageing. Properties that can counteract skin ageing. Read more about Tomelo on page 80 of this catalogue.

from CHF **7.50**



Shampooing Solide

This solid shampoo is suitable for all hair types. Handmade in the Le Baigneur atelier in Paris. "Atlantique" - enriched with castor and jojoba oil, marshmallow root powder and scented with peppermint essential oil. "Méditerranée" - with castor and argan oil, orange peel powder, ghashoul and scented with lemongrass essential oil. Also available: practical travel tin to store the shampoo.

from CHF **12.50**



Ofadisia Men

A beguiling massage oil for the body, specially developed for men. Ofadisia Men awakens sensuality, stimulates desire and promotes relaxation and regeneration thanks to a complex of organic essential oils. A sensual and gentle blend for shared or solitary moments. From Ofa Karri.

from CHF **59.90**



Andreé Jardin

The classic shaving brush from Andreé Jardin for the traditional shave. Made from real badger hair its beautiful handle made of ash wood gives it a rough and unique look.

CHF **69.90**



Dino Nails

This nail brush from Kikkerland is not only extremely user-friendly, but also extremely pretty to look at. The dino brush cleans your nails with plant-based bristles that do not release microplastics into the environment.

CHF **11.50**



Soeder* Refill

Soeder Refill products offer a sustainable and environmentally friendly approach to natural body care. The range includes products such as hand soaps, body lotions and shampoos, all designed to minimise single-use plastic and packaging. The Soeder company stands for an environmentally conscious and responsible lifestyle. Join the Refillution!

from CHF **24.-**



Ohëpo

OHËPO soaps from Brittany are all made by hand using the traditional method of cold saponification from organic ingredients.

CHF **11.-**

Oxymel Kraft

The daily dose of local nature. Oxymel is a tried and tested recipe made from raw acacia honey, naturally cloudy Demeter apple cider vinegar and a selection of valuable wild herbs. The tincture is stirred for weeks in a gentle process and never heated. This preserves all the valuable ingredients.

from CHF **2.50**



Konniaku

The sponges made from pure konjac root are ideal for cleansing the face and body or as a make-up remover and cleansing sponge in one. They are reusable, 100% compostable and therefore the ideal alternative to disposable cosmetic pads.

CHF **12.-**



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. Secure jobs and fair payment.

from CHF **43.-**



Rahua

The Rahua beauty products made from organically ingredients are produced in sustainable co-operation with indigenous people from the Amazon region. The most important ingredient is the rich Rahua vegetable oil, which is extracted by hand in a particularly environmentally friendly way. New with practical refill bags.

from CHF **44.-**



The Humble Co

Whether toothbrushes, dental floss, toothpaste or cotton buds - The Humble Co. from Sweden has developed an entire line with added activated charcoal. Natural, environmentally friendly and amazingly effective. See for yourself! Now also with attachments for electric toothbrushes.

ab CHF **5.90**



Medusahair

In collaboration with a Zurich laboratory, the busy hairdresser Medusahair at the Zytglogge produces a fine collection of natural shampoos and conditioners: "Our aim was to provide simple but effective and high-quality care without frills, whenever possible from organic and regional ingredients."

CHF **36.-**

All Tigers

Many people opt for environmentally friendly food, cosmetics and detergents, cosmetics and detergents in favour of environmentally friendly products, but remain loyal to conventional products when it comes to make-up. All Tigers wants to change that with cosmetics that are green as well as inspiring and sophisticated.

from CHF **15.-**



Neighbourhood Botanicals

"Climate change is the biggest problem threatening our planet right now. Companies can no longer rake in profits without making a contribution. We believe that a global shift towards conscious capitalism is long overdue." The CO2-negative cosmetics brand from East London is putting these words into action and offsetting twice the amount of carbon emitted to manufacture and ship its products.

from CHF **10.-**



Eclo

Eclo is the make-up of the next generation. The blushes, foundations, eye shadows and lipsticks are made with vegan, organic and 100% natural ingredients, mostly from regenerative agriculture. The packaging also scores points for sustainability: the pretty tins are fully compostable.

from CHF **39.90**



Handgemacht!

All Bon Dep Icons products are made made in France from acetate and with high craftsmanship. Beautiful hair clips in various sizes and patterns with refined details.

from CHF **19.-**



Nordic Cedar

Perfectly fresh notes of cardamom give this fragrance a lively and spicy opening. Underneath are earthy tones of patchouli and cedarwood, which provide balance. Gentle musk and notes of amber form the basis for this wild but warm and spicy fragrance.

Handcrafted perfume blends by Maja Njie from London.

CHF **119.90**



Les Solides

The Zurich label stands for timeless silver and gold jewellery that stands out from the seasonal demands of the fashion industry.

Les Solides is inspired by nature, people and craftsmanship. All products are made locally in Bali. Preserving traditional craftsmanship and building personal relationships with the producers is a central concern of the label.

from CHF **149.-**



Emma wears: La Paz Sea Soul Jumper, Maska Ruth Barel Pants 209.90, Vicara - Julia Dolbeth Cup 49.90

Pussy Power



Products for people with vaginas. Céline is a new addition with PERIOD. PERIOD has set itself the goal of putting an end to menstrual suffering and the taboo surrounding periods. So that we can feel free, self-determined and independent every day. Céline studied law, economics and computer science and was included in the '30 under 30' list by business magazine Forbes in 2020.

Still there are Alex and Jane from Dame in New York with their sex toys. Einhorn are from Berlin. They produce organic tampons, fair condoms made from natural rubber latex and many other cool things. Products for everyone who wants to talk about sexuality, gender stereotypes and equality.



Einhorn products

If you have been using traditional products such as tampons, sanitary towels and the like during your period, a menstrual cup may seem a little out of this world at first glance. But it's really worth giving them a chance. Einhorn from Berlin manufacture sustainable menstrual products - panty liners, tampons and more.

from CHF **4.50**



Oxytel Zyklus

Like the moon, our nature also runs in cycles. Connect with the different phases of your cycle and take moments of relaxation and grounding with fragrant wild herbs. moments of relaxation and grounding.

CHF **18.50**



Perdième Lingerie Menstruelle

Responsibly comfortable, feminine and combinable menstrual underwear for every day, was the premise. Perdième guarantees a and fair production in Europe.

from CHF **49.90**



Ofa Karri Cycle Balance Roll-on

A concentrate of organic essential organic oils developed by and for women - women to relieve premenstrual (PMS) and menopause related symptoms. symptoms associated with the menopause. Cycle Balance regulates hormonal hormonal transitions, calms emotional instability and provides wellbeing and comfort.

From Ofa Karri.
CHF **32.50**



Dame Products

Dame Products want to make the world a happier place, one vagina at a time.

The company was founded with the aim of producing phenomenal, sophisticated sex toys and openly empowering the sexual autonomy of humanity.

from CHF **39.90**



Yoni Steam

Steaming the female genitalia is an ancient millennia-old healing method. Traditionally, herbal vapour baths are used to gently cleanse the female sexual and reproductive organs, tighten and balance balance.

CHF **24.-**



Period - deine Zykluspflege

Ultra soft, pure nature, vegan. Also for sex, sport and bathing.

No feeling of dryness, less stomach cramps.

Reusable and compostable. The first sustainable soft tampons in the world. And if you find tampons are not absorbent enough, Period's Disks can help

- like a cup, only better!

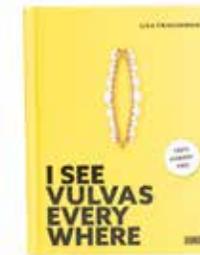
from CHF **16.-**



It's Bloody Time

The cherry stone filled with cherry stones. The warming and cooling cushion fights pain. Covered with cotton in various prints.

CHF **35.-**



I See Vulvas Everywhere

Whether cacti, works of art or doodles on school desks and lift doors - we see phallic objects everywhere and recognise them as such. The shape is simple and has been familiar to us since childhood. With vulvas,

on the other hand, you could almost believe that they were only recently invented - just like female pleasure. There is a lot of catching up to do. Anyone who walks through the world with a trained and curious eye will see vulvas everywhere.

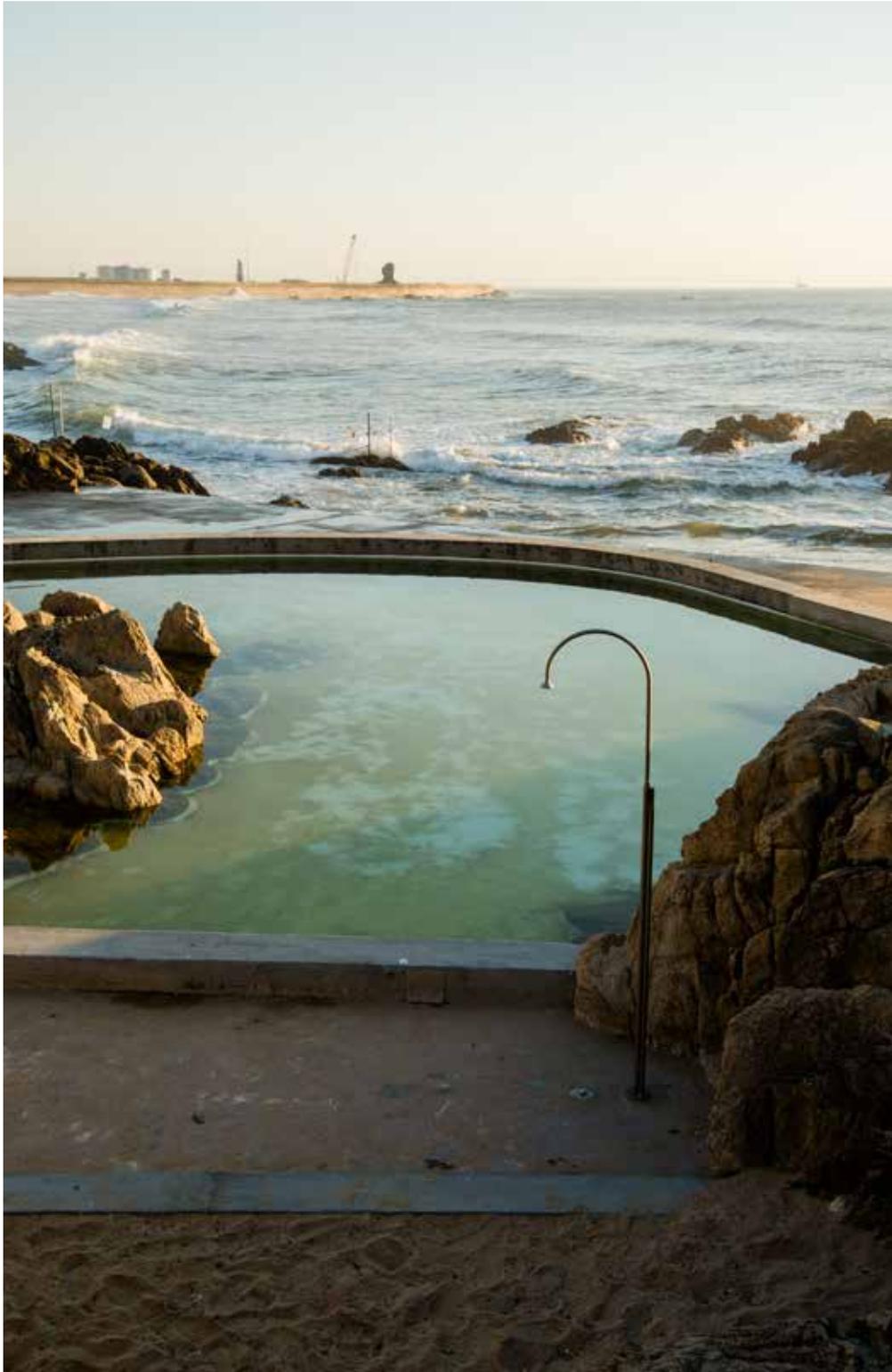
CHF **24.90**



Smile Makers Vibratoren

The mission: the perception of female sexuality normalise. The idea: The best product experience, a brand that women love, promoted and sold in everyday environments. Women should not be afraid of pleasure and desire.

from CHF **59.90**



Piscina das Marés by Alvaro Siza / Matosinhos / Portugal



Mizar & Alcor Sol Foutah 59.90



VISITING

Burel

It is still early morning when we set off away from the Costa Nova, a pretty fishing village with striped houses behind the dunes, the endless expanse of sandy beach and the roar of the Atlantic. The journey takes us towards Serra da Estrela, a national park in the centre of the country. There we want to visit the Burel production. We have had Burel woollen blankets and scarves in our range for several years.

After leaving the rather densely populated area near the coast behind us, we drive through eucalyptus forests. The road slowly climbs and the vegetation becomes increasingly wild. Large round boulders are scattered across the barren landscape. At some point we reach an altitude of over 1200 metres above sea level and the road begins to flatten out again. It then descends steeply towards Manteigas. The road is spectacularly winding, even by Swiss standards. Unfortunately, we miss the shortcut into the valley. It is impossible to turn round on the narrow, winding road. So we patiently wind our way down towards Manteigas, not for the faint-hearted but certainly the dream of all ambitious cyclists.

The Burel production facility is located in the centre of the village on the Rio Zezere. This is where Isabel Costa founded Burel together with her husband João Tomás. Burel's mission is to preserve and revitalise the industrial heritage and deep knowledge of the wool industry that has lasted for generations and the unique culture and traditions, the people and their history that characterise this place.

Tired of their careers, they decide to open a hotel in the Serra da Estrela. The hotel was to be characterised by the region's artisan traditions. So they discovered the Lanifícios Império factory and its Burel fabric, which is now an integral part of all Burel hotels.

Burel fabric is not unlike loden as we know it from the mountainous regions of Central Europe. It is a material that is first woven and then felted. It was favoured by the peasant population of Europe for its durability and its resistance to wind and rain. The sheep of the Serra da Estrela are somewhat similar to our black-nosed sheep. Their long and coarse hair is not suitable for fine fabrics, but is ideal for the Burel.

During the construction of their hotel, Casa das Penhas Douradas, Isabel and her husband realised that the factory was on the verge of bankruptcy and was no longer able to adapt to the times and current needs. They did not want to allow their textile heritage to simply disappear. And so, without further ado, they decided to buy the factory. When a company goes bankrupt, there is usually not much time to preserve the knowledge. The craftspeople are often about to retire and the machines will be melted down sooner or later.

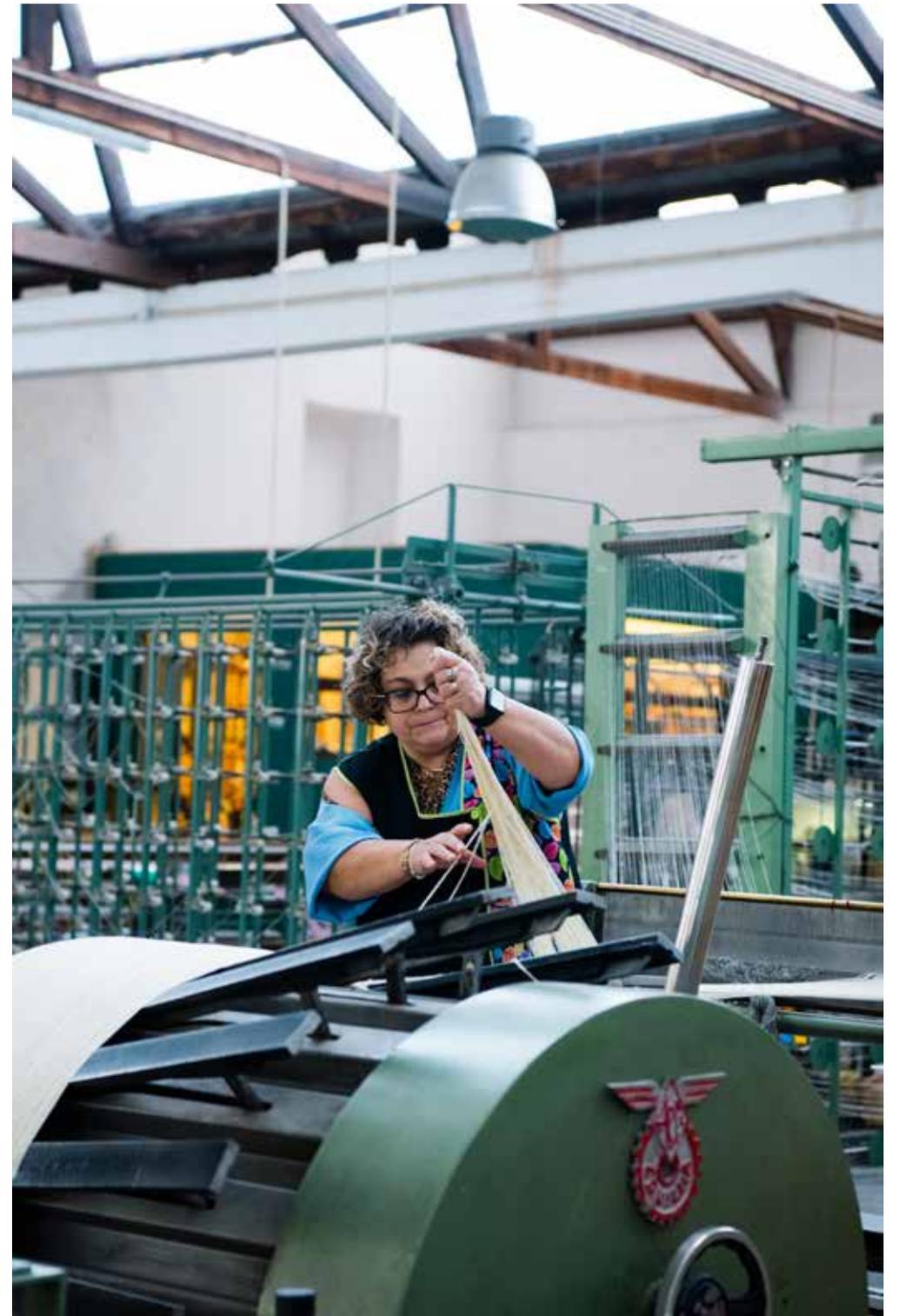
So the Costas left their jobs in Lisbon behind for good and set about reorganising the factory. First of all, the old master weavers had to be convinced to stay in order to pass on their knowledge to a younger generation. At the same time, the old traditional patterns from the weaving books had to be rediscovered and ideas for new designs and products had to be developed on the old looms. Above all, however, they brought new colour to the burel, as the fabric had previously only been available in the original colours of the wool.



Continue reading on [kitchener.ch](https://www.kitchener.ch)

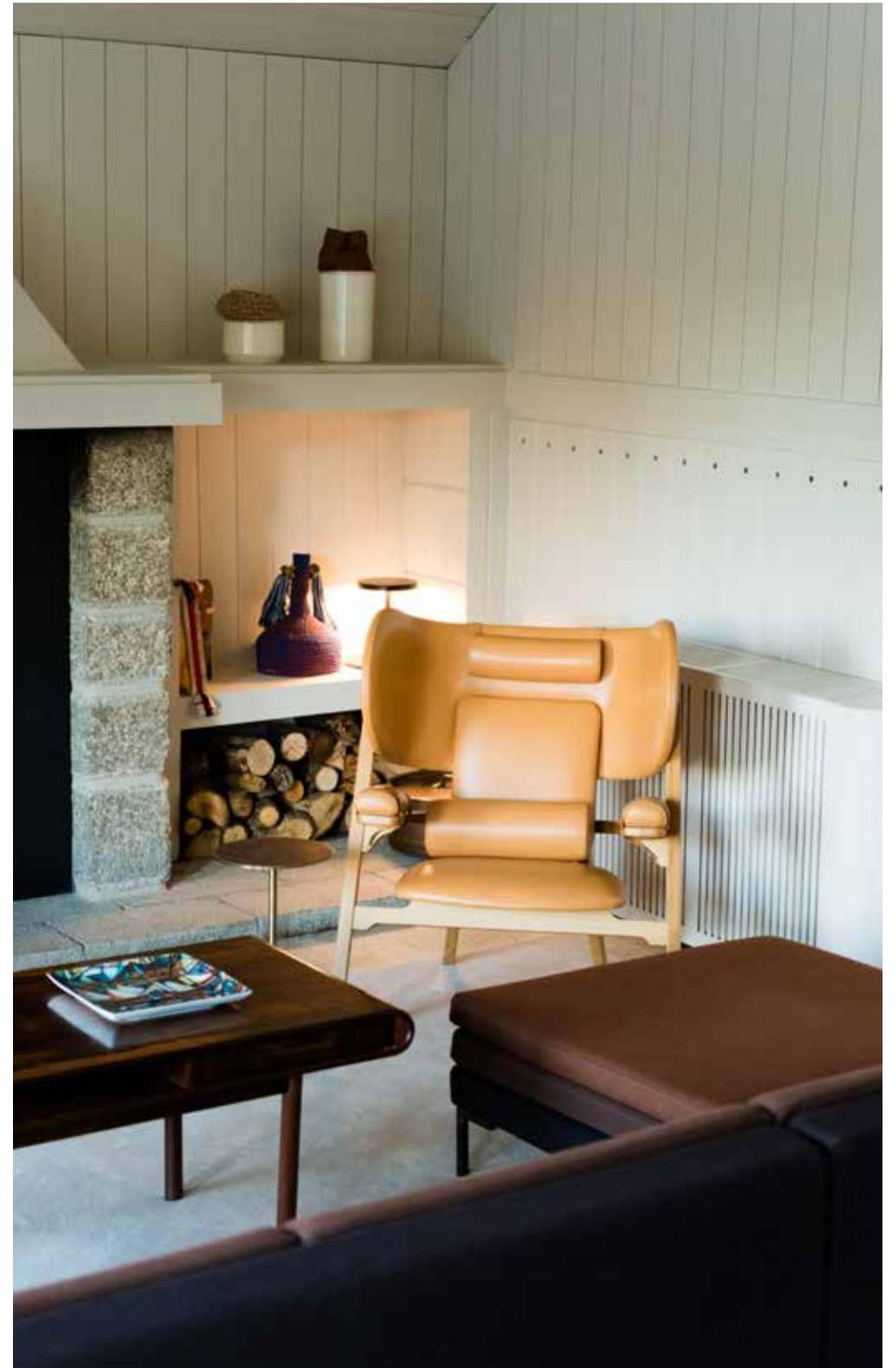








Burel Hotel de São Lourenço / Serra da Estrela / Portugal





Home

Home, the antithesis of the foreign.

In addition to wonderful products to make your own 4 walls so that you feel really comfortable, this year you will find books on questions such as: Can existing buildings be revitalise existing buildings?

In view of dwindling resources and social changes, what will the city of the future look like? what will the city of the future look like?

How much space do we need? And how do we want want to live together?



SOME Marrakech

The Ito table collection combines Moroccan tiles or marble, raw, traditional, natural materials and modern, graphic frames. SOME Slow Concept is a brand from Marrakech that perfectly combines design and craftsmanship - ethnic chic.

Placed on top? A wonderful pottery plate by Bernese ceramist Laurin Schaub.

CHF **399.-**



A World Of Craft

The colourful striped fabric of these cushions combine Mayan craftsmanship from Guatemala with cool Swedish design.

Swedish design. However, the collaboration not only creates beautiful home accessories accessories: it also creates important jobs for the indigenous population.

from CHF **45.-**



nen-do

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

from CHF **32.50**



Bienvenue Studios

The postcards from Bienvenue Studios, a graphic design studio from Zurich, are all inspired by nature and are small works of art. The clever card stands from the same company are ideal for displaying them.

card stands from the same company. Bienvenue Studios has been nominated for the Swiss Design Award this year. from CHF **16.-**



Kim Ka Mi

Noëlle Kim makes wonderful vases, bowls and cups. Her workshop is located at the foot of the Gurten. We particularly like her smoke-fired objects. The firing is carried out with almost no oxygen reduction. This produces smoke & ash (carbon), which penetrates the material and creates the special look.

from CHF **75.-**



Incausa

Incausa is a non-profit profit-orientated Brooklyn-based company that produces high-quality smoked products with indigenous people from the Amazon. All profits from the sale of the products are channelled back into indigenous craftsmanship. Pure Breu, Palo Santo, White Sage, Chacrona & Jagube. Individually or in beautiful sampler kits, ideal as gifts.

from CHF **9.90**



Takazawa Nanao

The Japanese company Takazawa Candle has been producing plant candles since 1892. Instead of beeswax the fruits of the sumac tree, rice bran and rapeseed blossom oil. rapeseed oil. In addition to table candles, their focus is on candles that help us with relaxation exercises and mindfulness rituals.

ab CHF **29.90**



Building for Change

How can we build a sustainable future in a time of climate change and dwindling resources? As our spatial needs evolve ever faster, architects are exploring ways to reuse and repurpose existing reuse existing buildings.

This book reveals remarkable strategies that can lead to a stunning transformation of our existing urban fabric.

CHF **68.-**

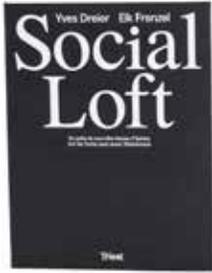


Boogie Bougie

A project born from a love of fragrances and the ritual of lighting a candle to transform a room into a home. Each candle is handcrafted in the Antwerp studio and scented with rich fragrances that evoke

scents reminiscent of walks in the woods, long days on the beach or spring flowers in bloom. A wealth of sensual adventures spun in wax and wicks. Let Boogie Bougie take you on a journey. journey with Boogie Bougie.

CHF **39.90**



Social Loft

The co-operative as an urban living model combines living, working, leisure and social responsibility. Which architectural and urban development models take this into account? The population growth in our cities requires a new way of living together. Our society is becoming increasingly diverse, different lifestyles are disrupting traditional family models and needs are clashing. We are looking for forms of housing that can fulfil these different requirements.

CHF **39.-**



Miskakancsó

Mezőtúr is next to the towns of Mezőcsát and Tiszafüreden, Mezőtúr is one of the centres of Hungarian pottery and thus also of hussar jug production. Wine jugs in the shape of a hussar are called miskakancsó in Hungary.

CHF **189.90**



Nawal

Inspired by the furniture of the 50s, the Nawal collection from SOME Marrakech is characterised by graceful curves, feminine lines and organic shapes that offer a unique aesthetic.

CHF **199.90**



Cactus Liquid Fertiliser

This cactus fertiliser contains all the nutrients to meet the specific needs of cacti and succulents, adapted to their slow growth and to promote rooting and flowering. Made in France.

CHF **7.-**



Houseplants

We now also have indoor plants in our range. Lovingly planted by our house gardener in the beautiful terracotta pots pots from Bergs Potter planted.

from CHF **19.90**



Blühende Kakteen

The drawings in this book are impressive for their colourfulness and detailed depiction.

The colourful and detailed illustrations in this book show the diversity and beauty of this increasingly popular plant genus. Cacti have long since ceased to be the folly of quirky plant nerds: cactus lovers can now be found in urban backyards as well as in rural country gardens.

CHF **40.90**



Stoned

Stoned produce candlesticks, home accessories and simple serving and kitchen plates made from marble and travertine stone. Most of the stone used comes from Turkey and is cut and polished by hand in the company's own workshop.

from CHF **22.50**



UPCYCLING

The polymer base for this 3D-printed lamp is obtained from sugar cane and forms a 100% oil-free plastic. This base is then combined with olive stone waste, for example, and processed into 3D printing filament.

from CHF **149.90**



Clay Card Holder

The inspiration for the new clay card holders from Bienvenue Studios in Zurich came from the mountains.

The card holder is made of ceramic and 3D-printed. The characteristic grooves that are created during 3D printing are reminiscent of contour lines.

CHF **32.-**



Beyond Concrete

In view of dwindling resources, a rethink is also required in the construction industry. This requires a constructive design culture that shows new ways of using building materials. How can construction become CO2-neutral, resource-saving and therefore sustainable? A book about the opportunities of recycling and reusing building materials and components in architecture.

CHF **39.-**

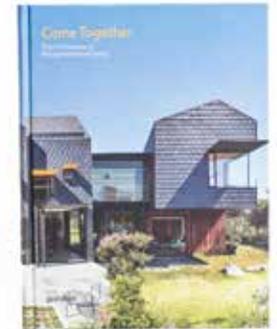


Vintage Christmas decorations from the East

The Yolka festival has been celebrated in Russia on New Year's Day since 1937. In Russian, "Jolka" stands for fir tree, which is splendidly decorated as a symbol of winter.

The festival was originally intended as a replacement for Christian Christmas, which was banned by the Soviets during the October Revolution in 1917. The glittering glass nuts and fruits make a good well as kitchen or Christmas decorations.

CHF **23.-**



Come Together

This book deals with all aspects of several generations of families living together under one roof. In particular, it addresses the question of how such a home should be designed to be habitable for multiple generations.

CHF **52.90**



24Bottles Daydreaming Clima bottle 39.90, Vicara - Julia Dolbeth Cup 49.90, Burel LAGO plaid 189.90, Fragen Buch 25.-. Right side: Sula Terrazzo Plaid 229.90





Japan

And always Japan. After the onsen, we take you on a fictional walk through Tokyo and into the wonderful Japanese jazz bars and coffee shops, secluded worlds where people meet to listen to music. Places where time ceases to exist, far away from the speed and chaos of the modern city.



Matcha

Whether it's top-quality Japanese matcha powder, lovingly crafted clay cups or traditional matcha whisks - we have everything you need to enjoy this wonderful drink in style. enjoy this wonderful drink in style. from CHF **17.50**



Flowering Fortunes

In each of these cute kittens, Darumas and koi are full of blossoming happiness. The paper of the lucky charms is filled with flower seeds. After reading the lucky text, sow them and watch the happiness blossom. from CHF **7.50**



Japanese Interiors

An insider's view of the countless styles of private homes in Japan, on Japanese interior design, which is evolving in a new era evolving in a new era. By Mihoko Iida, the managing editor of Vogue Japan.



CHF **89.-**

Niwaki Kenzan

The kenzan, also known as the "plug-in hedgehog", is used for traditional Ikebana flower arrangements and is also becoming increasingly popular in this country. There is no need for foam at all and the brass pins of the kenzan are suitable for both woody material and soft blades of grass. The matching "Taira Mekiri" flower scissors are the perfect complement.

from CHF **49.90**



Japan Yahho!

Eight women, eight professions, eight lives. Eva Offredo's fine portrait of an authentic Japan was created through encounters with eight women and their unconventional lives. It provides insights into courageous personalities with a role model character.

CHF **29.50**



Shinkougei

Shinkougei dolls are made in the small charming town of Takayama from rice husks and coloured by hand. The dolls are absolutely (small) child-friendly and suitable for play. The koi carp fish (Koinobori) are supplied in a beautiful cardboard box. They symbolise the celebration of Children's Day in Japan and stand for friendship and love. Only available from spring 2024.

CHF **56.-**



Kamifusen

Japanese paper balloons or kamifusen are made from sturdy wax paper. These cute little balloons are supplied flat and can be inflated with a simple puff of air if required. inflated with a simple puff of air.

from CHF **3.50**

Nanohana

The rape blossoms are the symbol of the island of Noto. When sailors see the yellow blossoms, they know that it can't be too far to the island. "Nanohana" is the Japanese name for rapeseed blossoms, whose oil is used to make these candles. They are also used as "timepieces" in Japan: if you want to take half an hour out to meditate, choose a candle that burns down in thirty minutes.

from CHF **26.-**



Hasami Porcelain

The curved lines of Hasami Porcelain embody the essence of Japanese aesthetics, characterised by a combination of modern and traditional styles. The functional design makes it easy to serve food and requires little space for storage.

from CHF **26.-**



The Monocle Book of Japan

This book is the culmination of years of Monocle reports about Japan and offers unique insights into the people, places and products that make up Japan.

CHF **85.-**



Yamato Nori

This Japanese adhesive is the crème de la crème of paper adhesives. It is used by professionals in bookbinding, the fine arts and many other many other trades. Perfect for working with fine papers such as Japanese washi paper and other porous surfaces. The glue consists of 100% natural natural ingredients, it is acid-free and therefore and therefore suitable for archiving purposes.

CHF **4.50**



Kujira Knives

Hand-forged multi-purpose knife in the shape of a whale with a core of high-carbon white white steel core and a black forged "Kurouchi" finish. The rounded tip of the sperm whale blade is also suitable for children.

from CHF **79.90**

Light Soy

The lamps from Light Soy are made from plastic collected from the polluted ocean in the polluted ocean. Each lamp sold finances the removal of a further 2kg of plastic from the sea.

CHF 200.-



Verlassenes Boot treibt Richtung Mond

Works on paper (inkjet prints) by the artist Uwe Wittwer and poems by the writer Jürg Halter enter into a multi-layered dialogue in this book.

The book explores questions such as: "What is one's own in the foreign?" in a poetic and painterly way, "When does humanity turn into inhumanity?" or "Is there comfort to be found in can comfort be found in art?".

CHF 29.-



Ryo Fukui

The legendary pianist Ryo Fukui from Hokkaido, who is known for his wonderful albums "Scenery" (1976) and "Mellow Dream" (1977), opened his own jazz club in Sapporo in 1995. In Sapporo, the "Slowboat". Here

Ryo Fukui spent the second half of his career here, welcomed like-minded people to unforgettable sessions and perfected the craft for which he lived: jazz. WRWTFWW now reissues his most famous LPs.

CHF 25.-



Jazz Covers

For this tear-off calendar 365 of the most most legendary jazz album covers. Album sleeves that capture the energy of the sound and impressively embody the energy of the sound, sometimes in monochromatic reduction, then again in bright, vibrant colours and collages. For jazz fans and those who want to become one. With the printed SPOTIFY codes, each album can be played anywhere can be played anywhere and immediately.

CHF 22.50



Tokyo Jazz Joints

Japanese jazz bars and coffee shops are secluded worlds where time ceases to exist, far removed from the speed and chaos of the modern urban landscape. "Tokyo Jazz Joints" is a visual chronicle of this unique culture, capturing the ephemeral beauty of these places.

CHF 58.50



Matteo wears: La Paz Branco Ash Stripes Hemd & YMC Sylvian Wool Hose 289.90

Well-being

If living is like riding a bike and we have to keep and we have to keep moving to maintain our balance, it seems like a dilemma that well-being has so much to do with staying still. Does this have anything to do with the fact that we can hear our own thoughts and feelings better without distraction?

A humorous collection of things for big questions and quiet moments.

Anleitungen zum (Un-)Glücklichsein

Not following Paul Watzlawick's instructions is the first step towards happiness. In his bestseller "How to be unhappy", he shows us what we do every day to prevent our potential happiness.

Because Watzlawick makes us aware of how we constantly stand in our own way, you can only read this book with one laughing and one crying eye.

CHF 16.90



Winterschwimmen

More and more studies are proving that winter swimming and ice bathing have a positive effect on our physical and mental well-being. Danish scientist Susanna Søberg guides us step by step into the cool water and explains what happens in the body during this time and what needs to be considered.

CHF 27.90

kitchener

Kruut Smoking bundle

Organically grown wild plants from Germany, collected and bundled by experienced herbalists.

The invigorating ritual for every situation: Safe Space, Grounding, Fresh Vibes, Clear Mind, Good Vibes. Revitalising, strengthening, protective, cleansing.

CHF 19.90



Relax

Ostrichpillow has made it its mission to give our constantly rushed society back the time-out it deserves. With products that help us to restore our balance through rest restore our balance by taking breaks. The range includes warming neck pillows, ergonomic eye masks eye masks and much more.

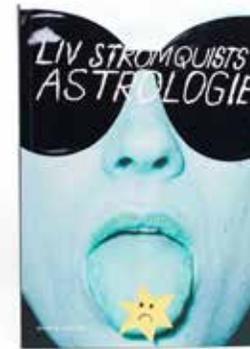
from CHF 39.90

48

Liv Strömquists Astrologie

Did you know that Melania Trump is a typical Taurus? That Boris Johnson is a Gemini - the flighty chatterbox of the zodiac? Do you know which sign is so adorable and lovable that we don't even realise it's actually just taking the piss? Find out more in Liv Strömquist's humorous comic about the signs of the zodiac.

CHF 28.-



SoMush

Medicinal mushrooms have been used for centuries and valued for their vitalising effect. They can supply our body with energy, stimulate the metabolism and balance the immune system. The French company SoMush produces coffee enriched with medicinal mushrooms and adaptogenic plants. 100% natural and organic.

CHF 29.90



Über die Heiterkeit

"Life is serious, art is cheerful", as Friedrich Schiller already knew. But what exactly is cheerfulness? And how do we get it back into our serious lives? In times when we intuitively feel differently, Axel Hacke sets out in search of an almost forgotten state of mind in this book.

CHF 27.90

kitchener



15 Mintuen Pause

The cute little rice wax candles from Dayo in Japan burn for exactly 15 minutes. Ideal for a short coffee or meditation break.

Japanese candle manufacturers traditionally keep cats as guardians to keep away the mice that like to nibble on the candles. A cat in the candle shop therefore indicates the use of natural ingredients.

CHF 28.-



Peaceful Mind

A concentrate of organic essential oils, to cope with the stress of everyday life. Peaceful Mind calms anxious minds, releases accumulated tension and helps to find peace and serenity. From Ofa Karri.

CHF 32.50



Handarbeit entspannt

"Fukuri" is the Japanese word for well-being. With its great stick kits, the French company of the same name French company of the same name easier. Clear, easy-to-implement instructions and cool designs - making it really fun. The insider tip: embroider outdoors!

On a park bench, on the beach, during a hiking break, on the terrace. Switch off guaranteed.

CHF 28.-

49



Praia de Leça/ Porto / Portugal



ZigZag Zürich - «Gelato» Beachtowel 79.90, Kitchener Aarebag Parasol 29.90, 24 Bottles Clima Bottle 29.90



VISITING

La Paz

After our day in the mountains, we arrive in Porto late in the evening, when it is already dark. Our flat is right by the sea. From the window, we can see the lighthouse and the reflection of the moon in the water. The surf is strong and with the windows open you have to speak a little louder to make yourself understood, the Atlantic is roaring.

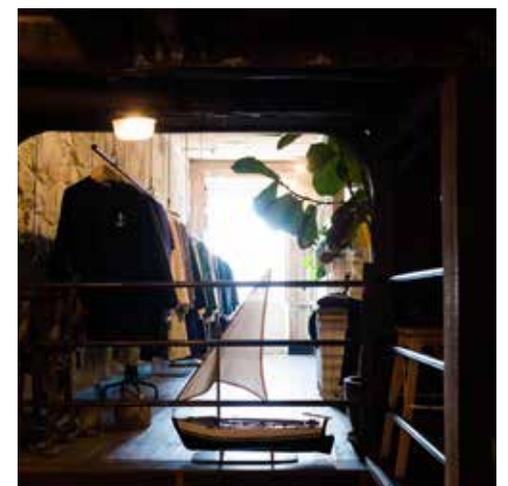
In daylight, the view out of the window is of a long beach where all kinds of people are already out and about. An elderly man is fishing, a woman is throwing her dog a stick, two men are looking for shells or crabs in the stones that the tide has released. Here and there, people sit in the sand and read or chat. On the wide pavement behind the beach, people are jogging or on their way to work.

We have breakfast first, black coffee and pasteis, a sweet egg pastry, as is customary here. We wonder what it must be like to grow up so close to the wild Atlantic. We are no longer surprised that the Portuguese simply sailed off. In search of what lies beyond this endless sea.

Alongside Portuguese Flannel, La Paz is one of two Portuguese labels that we stock. André, one of the two founders of the brand, has actively supported us over the last few weeks in organising this trip. Obrigado. We meet here in Porto in the Foz do Duro neighbourhood, where we live. André grew up here in this neighbourhood, which is just outside the city centre right by the sea.

La Paz recently opened their second shop in Porto 100 metres from our flat. The Atlantic Ocean, the people who live on its coast and their traditions are the inspiration for the men's label La Paz.

We meet in a coffee shop with a view of the Atlantic. We want to find out more about the history of La Paz from André.



Read more on kitchener.ch



Emma wears: Chloe Stora Céline Blouse 199.90, Bellerose AREG Vest 189.90, Kowtow Form Jeans 209.90





La Rochère Zinc Coffee Glass 9.-, Vicara Latiera Dish 28.-, Romanian Market Bowl 25.-

In our not-so-new Kitchener SUPPER shop, we immerse ourselves in a world full of foreign flavours and aromas. With a good cookery book and the right ingredients, you can travel the world from your kitchen table and satisfy your appetite for foreign flavours through your palate. We work exclusively with small, fine producers who are incredibly passionate about making products that are really enjoyable. Colourful variety instead of industrial uniformity is our credo.

Cooking & eating



Anatra

In their studio in Furiani in Haute-Corse Christophe and Aurélie, the co-founders of Anatra, create sophisticated sauces, chutneys and jams with an exceptionally low sugar content.

from CHF **8.-**



Matshi

Matshi springs from an obsession. The obsession of Shirley Garrier and Mathieu Zouhairi, the founders of "The Social Food", who explore the broad spectrum of chilli flavours, from hot to sweet to sweet. The limited edition sauces are created by the duo developed and packaged in the Matshi laboratory in Paris.

CHF **17.50**



Riess Aromapot

The timeless and simple design of the Aromapot cooking pots impresses with its functionality and versatility: the Aromapot works on any hob, the conical shape makes it stackable and therefore space-saving. The Austrian family business Riess has been producing enamel products since 1550. Each product made from Riess premium enamel involves up to 40 steps. Each piece is carefully by hand and is an original. Production is CO2-neutral.

CHF **189.90**



Sabre Paris

The Bistrot collection is inspired by restaurants, terraces and cafés. When designing this cutlery, the aim was to capture the atmosphere of these places and at the same time add a modern touch. The design is kept simple: the visible rivets as well as the colours and materials are shown to their best advantage.

from CHF **7.50**

laflor

The Zurich chocolate manufactory offers something much better than the industrialised chocolate bars of the large corporations. Here, the beans are roasted on site and processed into chocolate with cocoa butter and sugar. All products are organic and sustainable, and the sugar comes from Switzerland or southern Germany. In the world of chocolate, this is called "bean to bar".

from CHF **6.-**



Stoll Kaffee

Stoll Kaffee combines 80 years of experience with state-of-the-art technology to create a coffee whose quality can be tasted in every single cup. Whether with classically Italian roasted coffee or single-origin roasted beans, the passion for coffee has remained unchanged at Stoll since 1936.

from CHF **6.90**



Slow Green

The enamel storage jars from Riess in clear, timelessly modern shapes and strong colours. Whether teas, spices, cereals or biscuits - the elegant storage jars preserve all flavours perfectly and are also space-saving when stacked on the shelf.

from CHF **56.50**

Panettone

The traditional Italian Christmas cake. The cake is taken out of the oven after 36 hours of processing and dough preparation. Its fluffy interior contains only water and sugar, candied oranges, sultanas and the unmistakable scent of Bourbon vanilla from Madagascar. vanilla from Madagascar. By Infermentum from Verona.

CHF **47.-**



Caps Me

CAPS Me has developed an ingenious set of reusable coffee capsules. Your shaker is the perfect tool for obtaining a perfectly filled capsule. With CAPS ME, poorly dosed coffee and poorly filled capsules are a thing of the past. The capsules fit in all Nespresso machines.

CHF **119.90**



Épices Shira Chais

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

from CHF **8.-**



Agrumes Bachès

Organic bergamot syrup, pickled slices of Fleurs de Buddha, a kaffir lime oil and many other products from the numerous citrus varieties of Agrumes Bachès from Eus in the Pyrénées-Orientales.

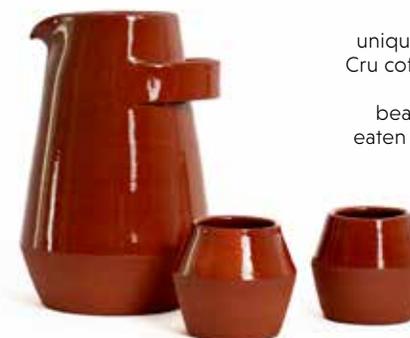
from CHF **13.50**



Tasco

The Tasco tableware collection from the Vicara creative agency is inspired by Portuguese food culture and realised in a contemporary design. The traditional pottery, mostly in classic red clay, is a somewhat wistful reminder of a popular past. reminder of a popular Portuguese Portuguese identity that no longer no longer exists.

from CHF **35.-**



Salzitrone

Lemons fermented in brine. Finely chopped for flavouring and refining. Fermented and preserved by Strunk in Bern.

CHF **12.-**



Eistee

These classic Swiss tea and herbal blends from Länggass-Tee can be mixed both hot and cold to make wonderful homemade iced teas. With black tea, rooibos, fruit, green tea or herbs - the right blend for every taste.

from CHF **17.-**



Coffola

Discover Coffola, a unique preparation made from Grand Cru coffee beans, which can be served as a table, beans or spread beans or spread. Coffee that can be eaten like chocolate. Made in Geneva.

CHF **14.50**



Daphnis & Chloe

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

from CHF **8.50**

Sirocco Brühen

Simply delicious since 1941. The meat and vegetable bouillon pastes from Sirocco in Schmerikon, often described as the "best bouillons in Switzerland". Schmerikon. For the broths Swiss rapeseed oil is used for the broths, They contain no yeast, no gluten and are produced without the addition of glutamate. Now also available without palm oil.

CHF 27.50



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. In terms of quality, production conditions for the farmers and environmental protection are not compromised. Anyone who knows them would like to wonderful spice blends no longer without them. Here are four curries, always different.

from CHF 9.60



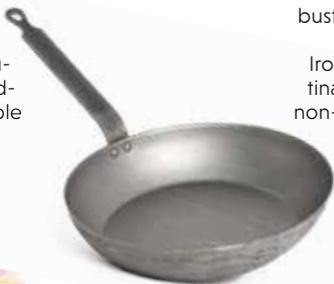
Eisenpfannen

Iron pans have been used in the kitchen centuries in the kitchen. Compared to other types of pans, they are very robust and inexpensive, real workhorses.

When used correctly Iron pans get better and better: a patina forms in the pan, which acts like a non-stick layer and even prevents fried eggs from sticking.

From the house of Riess.

CHF 65.-



La Boète

La Boète Conserverie from the canton of Vaud stands for flavoursome meals and aperitifs made from first-class regional and seasonal products. Hummus, chilli con carne, coulis de tomato, boeuf Bourignonn and much more.

from CHF 5.50



Marmorisiert

Hand-painted bowls from Romania, with colourful stripes, marbled and glazed, as is for the rural Romanian pottery typical of Romanian rural pottery.

from CHF 19.90



Conflict Food

Honest. Fair. And direct. Conflictfood trades directly with producers from conflict areas and thus provides new perspectives. Saffron from Afghanistan, black tea from Myanmar, Kampot pepper from Cambodia or herbal tea from the Ukraine.

from CHF 9.90

Taste Korea

Simple Korean food with local ingredients from your kitchen - a great and easy way to discover Korean cuisine.

CHF 49.90



Rayu

White Maus Rayu, made with love in Dublin, combines Japanese and Chinese flavours and gives every dish a special kick. Delicious with vegetables or salad, delicious in stir-fries dishes or with meat and especially recommended: on breakfast eggs. Rayu consists of peanuts, sesame seeds, honey, crispy garlic, Korean chilli flakes, salt, tamari and sunflower oil. tamari and sunflower oil and is simply delicious - a Kitchener SUPPER classic.

CHF 11.50

KnIndustrie

KnPot is produced using the hard anodising process, in which the surface is modified by a combination of anodic oxide and silver ions. This finish not only gives the object an elegant colour, but also prevents any transfer of any transfer of harmful substances to the food food, while retaining the original aromas and flavours.

CHF 185.-

Usukuchi Shoyu

Soy sauce according to traditional Japanese brewing method - made in Basel with Swiss organic ingredients.

from CHF 24.-

Rice Table

Su Scott's recipes are both an introduction to and a declaration of love for Korean cuisine. In addition to recipes, "Rice Table" also offers anecdotes and memoirs, tender reflections on motherhood as an immigrant and about the unifying aspects of cooking and eating. With her easy-to-follow recipes, Su Scotts is currently the rising star in the food world.

CHF 46.90



Reis

In our range you will find a changing selection of different types of rice. Produced by small Japanese producers.

CHF 6.90



Bio-Balkan

Fair, handmade and organic. The finest specialities from the Balkan region, delicacies from manufacturers in Serbia, North Macedonia and Bosnia and Herzegovina. Ajvar, Krem, Šipurak.

CHF **11.50**



Ring of Fire

The hot sauce from the Corsican brand Anatra. Let yourself be tempted - but be careful!

CHF **13.-**



Pul Biber

In addition to her fantastic cookery book, successful Zurich restaurateur Elif Oskan from Restaurant Gül also sells a small but fine selection of products: Tahina, Tomato Saltscha and Pul Biber paprika flakes.

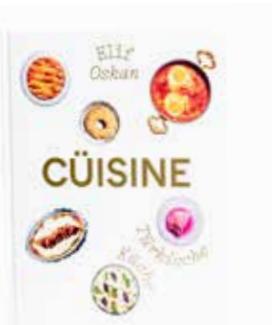
ab CHF **9.50**



Cüisine – Türkische Küche

Elif Oskan, the passionate award-winning chef of Zurich's Gül restaurant with roots in south-east Turkey, celebrates the world-famous cuisine of Gaziantep, famous cuisine of Gaziantep, refining well-known and and forgotten dishes with the techniques of top gastronomy

CHF **44.-**



Küchen Sounds

Music helps with cooking. In keeping with the theme, here are two LPs from the Geneva label Bongo Joe. The first is Lalalar from Istanbul with an exciting mixture of punk energy, dark electronics and Turkish instruments and samples. And on the other, the Anatolian psych-pop sensations around multi-instrumentalist Derya Yıldırım with contemporary interpretations of traditional Anatolian folk ballads and a intoxicating mixture of psychedelia, jazz and pop.

from CHF **32.50**



Pallarès

The knives from the traditional Spanish manufacturer Pallarès Solsona are all sharpened by hand.

from CHF **14.-**



Kitchener Items T-Shirts, made in Portugal from 55.-





Emma wears: Jo Gordon Ribbed Hat 119.90, Kowtow Reflexion Crew Pullover 229.90, Kowtow Form Jeans 209.90



Udon, ramen & co - One focus of the SUPER range is on Japanese cuisine. It is not easy to find organic Asian products. We are therefore all the more pleased to work with our producers, which allows us to discover authentic Japanese products from small manufacturers. Many of them in organic quality. Oishii!



Japanese Home Cooking

Learn how to cook authentic Japanese dishes from scratch with fresh ingredients at home. ingredients at home. Maori Murota takes you into the Japanese family kitchen and reveals the recipes of her mother and grandmother.

CHF 42.50



Konro-Grills

With these Japanese charcoal barbecues, the barbecue season lasts 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 grid, the heat can be transferred directly to the grill the food and thus create an incomparable barbecue flavour.

CHF 325.-

Udon, ramen & co



Dashi

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

from CHF 9.90



Sesam öffne dich

Or at least the world of the eponymous plant species: Our selection of different sesame plant species: Our selection of different sesame varieties, variously treated sesame seeds and products made from them is large - We love this versatility. Miso sesame, sesame seeds with yuzu, roasted or fresh, as seeds or processed into tahini as a sauce. So delicious!

from CHF 5.50



Yukihiro

The Yukihiro pot is a traditional Japanese cooking pot that has been made in the village of Tsubame, which is known for its high-quality metalworking, since the seventeenth century. The pan can be heated quickly and is suitable for all types of cookers.

from CHF 65.-

Yuzu Power!

The flavour of Japanese yuzu lemon is simply unique. Umami Paris offers a wide range variety of products with this phenomenal ingredient: miso, sesame seeds, soya sauce

from CHF **7.50**



Japaneasy

"Japaneasy", "Vegan Japaneasy", "Ben-to & Bowl", "Ramen forever" - to name just a few of Tim Anderson's cookery books. The chef and author presents the highlights of Japanese cuisine with simple ingredients and uncomplicated preparation. Exotic and simple - ideal for beginners.

from CHF **38.50**



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 maximise the nutrients, the plants are harvested seasonally and by hand. All algae products are certified according to organic standards. Kombu can be used to make a simple dashi base for noodle soups.

from CHF **6.50**



Tempura Pot

Also from Tsubame comes this small cast iron pot for frying food. The deep, oval shape allows frying with a minimal amount of oil and prevents oil splashes.

CHF **75.50**



Furifuri

Furikake is a spice mixture that was developed by a Japanese pharmacist at the beginning of the 20th century to compensate for nutritional deficiencies. The aromatic mixture is mainly sprinkled on cooked rice, but can be used as an alternative to salt used as an alternative to salt. Furifuri produces 100% natural furikake in France.

CHF **9.90**



Cidra

No time in the morning to squeeze Citrus fruits? CIDRA is the solution! Simply take half a lemon in one hand, the CIDRA manual citrus juicer in the other and squeeze it directly into the glass with a few twisting movements. It's just as easy to make a ginger drink.

Grate the ginger directly into the glass

CHF **45.-**

Donabe

The Donabe cooking pots are produced by the family-run Nagatani-en factory. The company is a leader in the production of authentic Iga-Yaki ceramics. Pots have been made there by hand since 1832 elaborate manual labour - it takes up to two weeks to produce a donabe. The award-winning donabe collection from Nagatani-en is appreciated in Japan by both professional and amateur chefs.

from CHF **189.90**



nojo london

Meet Nojo, a B-Corp certified company that makes delicious cooking sauces with an ethical conscience. Each sauce is packed with the flavour of pure flavour of pure plant-based ingredients.

from CHF **6.90**



Piccolo Seeds

Seeds for contemporary gardens. Piccolo was founded in 2012 with the intention of to offer selected seeds for urban gardens offer. The seeds, which come in a variety of matching sets, turn the urban balcony garden into a veritable plantation. The range extends from fruit to edible flowers to herbs and vegetables. The ideal souvenir.

from CHF **4.-**

Nudel

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

from CHF **5.-**



fermentable

Japanese products, made in Biel. Two types of miso, one mild and one savoury. And of course Amazake, a delicious paste made from rice fermented with koji and the Korean chilli pepper gochugaru.

CHF **12.-**



Umami

Umami Paris selects for us directly from the healthy and flavoursome products for us products whose processing is based on traditional expertise. With its company Umami Paris wants to help make Japanese flavours to a European audience. The best (yuzu) misos far and wide.

from CHF **7.50**



Fillipo wears: La Paz Baptista Clover Jacket, YMC Dean Shirt 199.90, La Paz Palmas Pant, Bag'n'Noun Bag 275.-



Matteo wears: Kerstin Glencores Cardi 289.90, La Paz Branco Dark Navy Shirt 199.90, La Paz Cruz Pant 189.90

Putz Blitz



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

There are an impressive number of sustainable ways to keep the house clean: from linen cleaning rags from the Emmental to microorganisms from Wädenswil. The Japanese household products made from diatomaceous earth are brand new to the range. Diatomaceous earth is a unique type of sand that consists of fossilised algae and can be used as a filter for odours and liquids.



EM Kraft

EM Kraft rethinks cleaning agents, on a probiotic basis and biodegradable. Effective microorganisms guarantee sustainable and environmentally friendly cleaning. Natural raw materials ensure long-lasting cleanliness. With refill bags. Made in Switzerland.

from CHF **12.80**



Marius Fabre

For over 120 years, Marius Fabre has been producing biodegradable vegetable oil soap without colourings or additives. It goes without saying that the soaps are packaged in an environmentally friendly and recyclable way. The unique olive oil-based recipe olive oil-based recipe of the "Savon Noir" is passed on from generation to generation. A genuine "Marseille soap".

from CHF **4.90**

Brushes

Plastic-free washing up and cleaning. We have various brushes in our range that can handle these tasks with ease: dishwashing brushes made from rice roots and linen cord from Le Savon in the Emmental or all kinds of practical brushes from André Jardin in France made from robust plant fibres for the household.

from CHF **8.90**



Rags

We have a soft spot for dishcloths and sponges. We are particularly fond of the linen cloths from Sweden and Switzerland. Without the 100% compostable sponges made from fruit scraps and nuts or the practical loofah cucumber sponges, washing up would be unthinkable.

from CHF **6.50**

Dishwashing soap

Solid dishwashing soap is a real ecological alternative to the classic detergent. Block soap from André Jardin from France and enamel soap dish from Germany.

from CHF **9.90**



Steamery

Steamery brings a breath of fresh air to textile care with innovative products. Make your old textiles look new. With the Cirrus 3 Steamer, your clothes will be wrinkle-free, smooth and attractive in no time at all. The hot steam also reduces unpleasant odours and kills bacteria. A great alternative to frequent washing.

from CHF **149.90**



Kaiko

Freshen is an odour-binding dehumidifier made from charcoal, diatomaceous earth and recycled ash. In the wardrobe, shoe rack or even in a suitcase the cute figure does its job and absorbs bad odours for up to a year.

from CHF **59.90**



Pincinox

The Pincinox clothes peg is unbreakable, rustproof and its hard-wearing spring makes it a reliable peg. There is risk of the peg falling apart or wearing out, as is often the case with plastic or wooden staples. Since 1970 - Made in France.

CHF **18.-**



Laundry care

Maintain the beauty of your clothes by washing them properly. These highly efficient detergents from Steamery act like an anti-ageing treatment for your clothes. Specially developed to protect and care for dark-coloured laundry and denim, among other things.

from CHF **19.90**

Mikroplastik

It is everywhere. It harms plants, animals and people. It is fuelling the climate crisis, causing species to die out, makes people infertile and is carcinogenic. Microplastic pollution is increasing rapidly. Although scientifically proven, the problem is massively underestimated and little is being done about it. The practical products from Guppyfriend help, the pollution caused by microplastic.

from CHF **12.90**



Matteo wears: Still by Hand Urban Fleece Gillet 249.90, Paul Smith Jaquard Jumper 269.90





garden



Some like it wild - shelter for insects, worms & microorganisms. Products for the indoor jungle, the windowsill and the garden. In our shop in Bern you will now also find you will also find a range of houseplants, all lovingly potted in the wonderful handmade ceramic pots from Bergs Potter.

«A garden gives you a protected physical space, which helps increase your sense of mental space, and it gives you quiet, so you can hear your own thoughts. The more you immerse yourself in working with your hands, the more free you are internally to sort things out and work them through.» Sue Stuart-Smith



Bergs Potter

A Danish family business that has been lovingly producing traditional handmade Tuscan terracotta plant pots in Italy for over 75 years. The high density of the clay makes the pots frost-resistant and allows air to reach the roots, moisture and thus ensures optimum growing conditions for the plants. Suitable for indoor and outdoor use.

from CHF **9.90**



Nutscene Tin O' Twine

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

CHF **9.90**



Niwaki

The perfect garden tools, manufactured to the highest quality in Sanjo, Japan, in a father-son business.

CHF **99.90**



Spécial Jardin

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

CHF **11.-**



Saatgut

Gorilla Gardening from Bern now offer ten different seeds for your balcony or garden. The seeds are produced by Sativa Rheinau in Switzerland. The packaging is also printed here and designed by illustrator Andrea Noti. Melon, cucumber, radish, cabbage stalk, courgette, aubergine, pumpkin, pepper, carrots and tomatoes.

CHF **7.50**

Da ist der Wurm drin

Every year, over 500,000 tonnes of organic waste ends up in the bin in Switzerland. This is enough to fill the Prime Tower in Zurich five times over. WormUp have set themselves the ambitious goal of ensuring that no more organic waste ends up in normal rubbish, where the valuable nutrients are destroyed in incineration plants or contribute to methane gas formation in landfill sites. WormUp develops practical and stylish worm composting systems for households and communities. With the help of worms, organic waste is conveniently and odourlessly converted into a nutrient-rich biofertiliser at home. In this way, natural cycles are closed in urban areas.

CHF **365.-**



EM-Aktiv

For fertilising plants in the home, on the balcony or in the garden. Enriching the soil with anabolic microorganisms facilitates important metabolic processes both in the soil and in the plant.

from CHF **9.80**



Camellia Oil

Oil from the seeds of the Camellia oleifera (the same family as the camellia and tea) is a traditional Japanese to protect tools from rust: Use it when cleaning and regular maintenance. From Niwaki, with practical dispenser.

from CHF **12.50**



Rebel Plants

The well-known herbalist Valerie Jarolim shows city dwellers where to find wild herbs. In this book, she gives a close and personal account of how plants can do nothing less than ensure our survival.

CHF **36.90**

WormUp Kompoströhre

This allows you to compost in exactly the right place, in the centre of your plants. The TUBE is buried directly in the garden or raised bed. The compost worms are fed with your green waste inside the tube and turn it into odourless, neutral organic fertiliser on site. odourless into wonderful organic fertiliser. Your plants are continuously strengthened by the fresh humus and are more resistant to pests. The soil is sustainably stimulated and supplied with life.

CHF **126.50**



«Refill Not Landfill»

Founded in 1886, Haws is the oldest watering can manufacturer in the world, and its products are as enduring as its reputation. Sustainability is a key concern at Haws: much less water is wasted with a watering can than with a garden hose. And with their exceptional durability, the watering cans help to avoid waste.

from CHF **39.90**

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CHF **126.50**

Pepin

The Olla from Pepin, a young brand from Lille in France, ensures optimum watering for your houseplants. And it's very easy to use: just stick it in the soil and fill it with water. Olla then regulates the flow of water naturally, depending on the needs of each plant. Handmade in Europe and suitable for all houseplants and flower boxes.

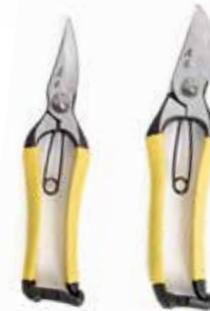
from CHF **18.50**



Lightweights

Niwaki scissors from Japan are slightly smaller than normal secateurs. This makes them the perfect choice for people with smaller or weaker hands, but also for gardeners who appreciate the precision of the slim blade. Also available as a left-handed version.

CHF **129.90**



Hydrokultur

Everything you need to grow your own plants. This set enables you to easily produce cuttings of your houseplants or grow seeds. The set includes an organic fertiliser specially developed to promote the growth of young shoots.

CHF **27.-**



Bienen

Seeds of flowers that bees particularly like and various bee hotels - in our range you will find all kinds of products to attract bees to our gardens and balconies.

from CHF **5.50**



Perfect gardening gloves

The ideal gardening glove if you need a little dexterity feel 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 from Japan.

CHF **9.90**



Niwaki knee pads

Robust knee pads made from hard-wearing, weatherproof weatherproof canvas. Five marvellous centimetres of cushioning protect your knees from the cold, wet or hard ground and keep them clean. Perfect for the garden, but also a practical cushion for picnics on the go. With Carrying strap to take with you.

CHF **45.-**



Plant Love

In our shop in Bern you will now also find beautiful and rare plants, already potted with love by our in-house gardener - in Bergs Potter pots, of course. in Bergs Potter pots. All one of a kind.

from CHF **19.90**



VISITING

Tomelo

Before starting our trip to Portugal, we went in search of Portuguese products that could fit into the Kitchener range and asked our producers. André from La Paz immediately raved about the Tomelo soaps. He doesn't need anything else and the project is fantastic. (Even Cleopatra is said to have bathed in donkey's milk.) Tomelo makes soaps from donkey's milk. Donkey milk from the only Portuguese donkey breed, the Burro de Miranda. The Burro de Miranda is now threatened with extinction. Barbara von Tomelo breeds this breed and uses it to make soaps.

André himself has never visited the project and so he decides to come with us to the "Planalto Mirandês", a nature reserve on the border with Spain.

We set off from Porto early in the morning. In the hinterland lies a fog typical of autumnal Portugal. The journey takes us towards the Duro Valley, one of Portugal's major wine-growing regions and, above all, the centre of port wine production.

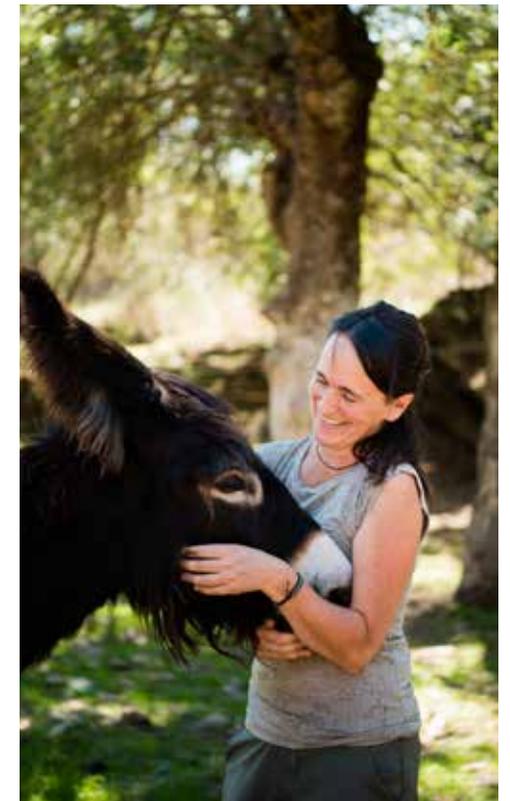
The journey to Barbara in Atenor takes three hours. We meet her at the Tomelo Shop and Info Centre, a small house next to the building of the "Association for the Preservation of the Miranda Donkey". The Tomelo Shop is also a small information centre for the "Parque Natural do Douro Internacional". This nature reserve is one of the most important in Portugal and the entire Iberian Peninsula in terms of fauna and birds in particular. Several endangered bird species breed here. Barbara first came to the national park with her partner José because of the birds of prey. Both are biologists and studied the black vultures, griffon vultures, golden eagles and Bonelli's eagles here.

Now we want to find out more from Barbara about the "Burro de Miranda" and Tomelo.

The remote region of Miranda do Douro is struggling particularly hard with migration, says Barbara. Originally from Porto, she feels a strong connection to this region, which is why she and the Tomelo project are focussed on promoting and preserving traditions and protecting its human, natural and genetic heritage.



Continue reading auf kitchener.ch



The Study



And above all, don't be put off by mistakes. Try and error: a life principle that helps us to grow.

"A ship is safe in harbour, but that's not what ships were built for." Grace Hopper

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

The best way to think is by doing, we think. Of course, ideas don't just come from waiting for inspiration, but from constantly keeping at it: trying things out, reading and learning.



Penco Storage Caddy

Storage space for small things
- from Penco, made in Taiwan.
Stackable and available in many colours.

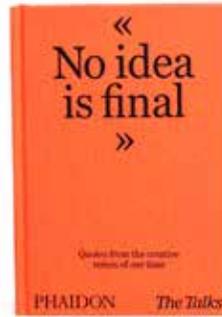
CHF **25.-**



From Peckham, London

Inspired by art, fashion and history and united by a love of good design, London-based London-based brand The Completist is known for its unique combinations of print, colour and beautiful products. Their notebooks have been a firm favourite in our range for many years.

from CHF **9.90**



The Talks – No Idea Is Final

An inspiring collection of quotes from "The Talks", a popular online magazine with open open interviews and exciting conversations with visionary personalities. An insightful insightful look into the lives and thoughts creative minds of our time.

CHF **40.50**



Penco Writers

Tactic, Permanent and Brush Writers from Penco in Japan.

from CHF **4.50**

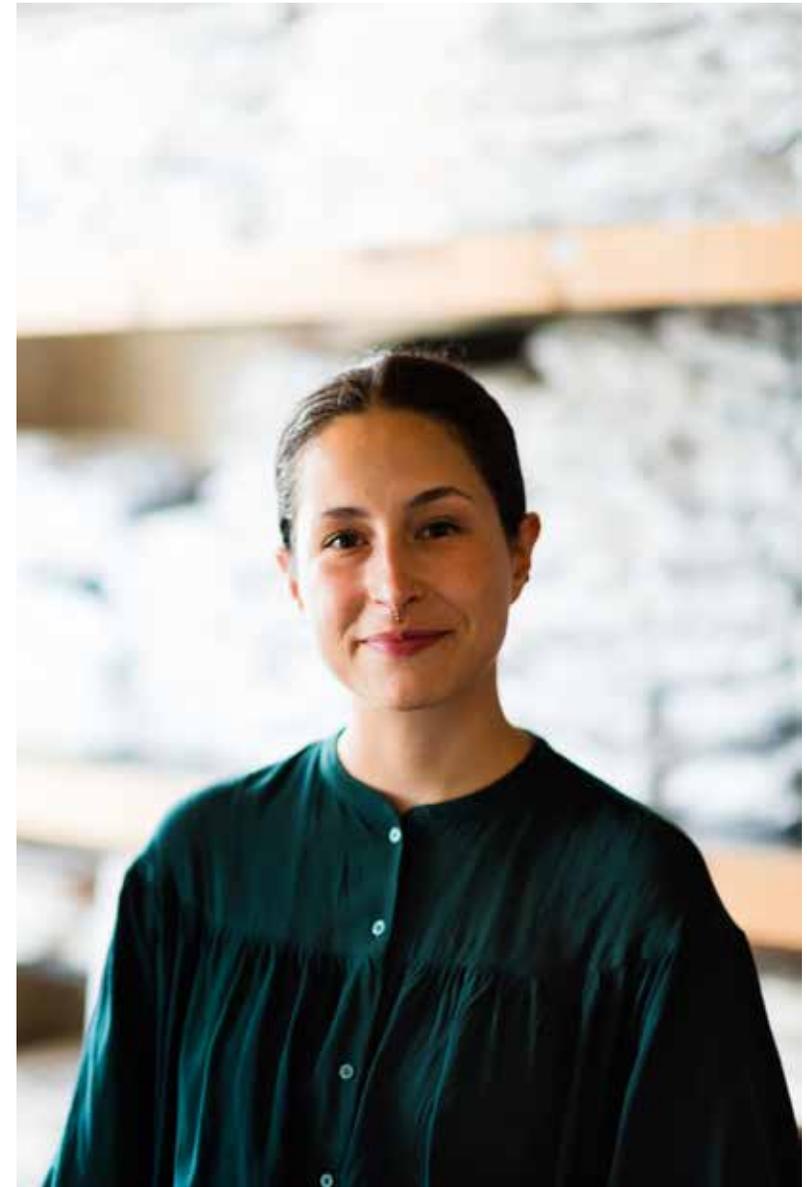


Gehirnjogging

Harness the power of your brain! With these 40 simple exercises you can the health of your brain you can revitalise and reshape it, improve your mental agility and well-being to become happier, healthier and more productive.

CHF **24.90**





Joanna von La Paz. Left side: Filippo wears La Paz Cruz Babycord Pant, La Paz Branco Liberty Shirt, La Paz Rocha Hat.

Trunk Shape Toolbox T-190

Small, fine steel stacking box from Toyo in Japan. Only 400g, in Japanese Indigo or many other colours.

CHF 35.-



Brush Highwriter

Developed by Penco in collaboration with a Japanese calligraphy brush manufacturer. Watercolour pigments with a soft brush that can be very comfortable when writing, painting or drawing.

CHF 4.50



I Am not Your Agenda

A daily planner developed by a Swiss psychiatrist and ADHD specialist. The planner is designed to help organise time according to priorities.

CHF 32.-



Mudle Crayon

Mineral pigments and beeswax on a natural basis.

A handmade product for drawing that has the realistic colour and texture of Jeju stone.

From Odujej on the South Korean Jeju Island.

CHF 32.50



How to Make Work not Suck

Honest advice for people with jobs. Here you will find tips to help you improve your self-confidence and achieve your promotion, quit your job, change industries, or overcome your creative crisis. With 120 bold, quirky but helpful ideas, this book will shake up your career.

CHF 21.90

Karst Stone Paper

Notebooks, weekly planners and sketchbooks by Karst made from "tree-free" materials. Paper made from stone dust, combined with calcium carbonate and resin, treated with heat and pressure. Incredibly smooth. Impermeable to liquids. Why does paper have to be made from trees? Why can't magazines be waterproof?

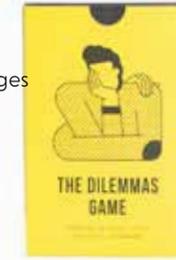
from CHF 12.-



The Dilemmas Game

An entertaining card game from The School of Life that encourages deep conversations and reflections on moral and ethical challenges in everyday situations.

CHF 24.-



Viarco Vintage

The Portuguese company Viarco has been manufacturing pencils since 1907. This packaging from the Vintage line are a reissue of the typical Viarco products from the 1940s to 1960s and tell the story of the brand.

from CHF 12.50



Kaweco

Kaweco is a German brand that manufactures high-quality writing instruments. Its products are characterised by excellent design and quality and are popular with writing enthusiasts all over the world

from CHF 31.50



Coccoina

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 with, as the glue is applied with a small brush. This makes less mess, is much more economical to use and is great fun for children.

The glue smells of almonds and if it dries up, it can be mixed again with water.

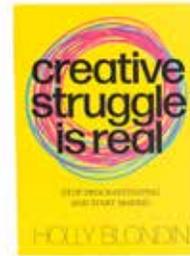
CHF 5.-



Creative Struggle Is Real

Readers of this book will gain a sense of control over their creative doubts and insecurities and learn how to develop their creative skills and fulfil their creative needs. satisfy their creative needs. Away from procrastinating, towards making.

CHF 31.50



Penco scissors

Stainless steel scissors with PVC-coated handles for easy handling.

from CHF 17.50



Tape Writer

Embossed label maker from Penco. Label it!

from CHF 29.90



Food for Thought

On our shelves you will find a stimulating selection of books and games on the major themes of life.

Companions that help to tackle difficult topics and not bury one's head in the sand. The pamphlets, essayistic texts on current socio-political topics and outstanding historical events - from criticism of capitalism, urban development and feminism to animal policy and fashion - are published by Nautilus. They take a stand and contribute to the debate. Clever texts for a better world. A new publisher in our range is &Töchter, a young German publishing house that publishes socially critical non-fiction on the topics of feminism, diversity and sustainability. Literature for a change of perspective.

«We lose ourselves in what we read, only to return to ourselves, transformed and part of a more expansive world.» Judith Butler



What about Men?

Caitlin Moran, British journalist, bestselling author and feminist, takes a look at men for once. She realises that the concerns and worries of feminists are not all that different from the concerns and worries of men. Humorous and brilliantly intelligent.

CHF 26.90

More than a Woman

Caitlin Morgan returns with another hilarious hilarious neo-feminist manifesto in which she reflects on parenthood, middle age, marriage, existential crises and, of course, feminism.

CHF 29.90

Boys Don't Cry

Men should be able to show their feelings without traditional images of masculinity. Jack Urwin questions why men feel this pressure to be strong and invincible in the first place. The book heralds an important debate about modern, positive masculinity and discusses the question of how we can live it.

CHF 24.90



Queere Texte von Herzen

Anna Rosenwasser, a bisexual Swiss woman with Jewish roots, writes about gender in her "Pink Book", attraction and identities beyond the norm. It is aimed at anyone who is already familiar with LGBTQ+ and those who are discovering the topic for the first time. Her texts are both her texts are both confident and humorous, they do not come from a textbook but from everyday life among people who and celebrate their own diversity.

CHF 28.-



&Töchter

&Töchter, a young German publishing house that publishes socially critical non-fiction the topics of feminism, diversity and sustainability.

from CHF 27.90



Zukunftsrat

How can the Swiss Constitution be changed so that so that the climate crisis is taken seriously by politicians? Rolf Fehlbaum, founder of the Vitra Campus and the Vitra Design Museum, posed this question to himself and a group of scientists from various disciplines. different disciplines.

In impressive photo and text and text sections, 30 Swiss voters from Basel to Lugano, from Geneva to Diepoldsau.

CHF 29.-



Nach Trans

What does it mean to be trans? The 22-year-old philosopher Elizabeth Duval on biology and concepts, gender identity and gender neoplatonism - and the future of the left: a brilliant essay, controversial but not irreconcilable. Elizabeth Duval, herself a trans woman and long an influential intellectual in Spain tackles these questions with humour, argumentative care and a sense of principle.

CHF 32.90



Wir und die Flüchtlinge

In his book, Gerald Knaus reveals the discrepancy between perception and reality in refugee and refugee and migration policy. He criticises Europe's policies as violent and shows how refugees are instrumentalised as a means of political pressure. The migration expert's well-researched analysis leads to astonishing findings - and gives hope: a convincing and realisable strategy of humane border control is possible.

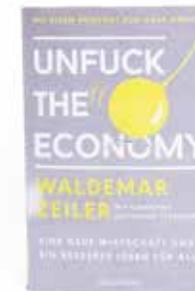
CHF 27.90



Unfuck the Economy

After corona, things cannot go on as before. We need to completely rebuild the economy, focussing on the value of people and their true needs. This is the only way to achieve sustainable change in all areas of society, from work culture to the climate crisis. "Unfuck the economy", demands Waldemar Zeiler, founder and co-owner of the fairstainable company Einhorn Products and one of the smartest and most challenging players in the business world, is therefore calling for new values, a new economy and a better life for us all!

CHF 21.50



Land der Utopie?

Rojava embodies the vision of a movements worldwide the vision of a better society. The autonomous self-administration in the Kurdish cantons is based on grassroots democracy, gender justice and ecology.

CHF 27.90





VISITING

Production

What makes the Portuguese textile industry unique is the fact that all segments of the value chain can be found in the northern region around Braga and Porto. This concentration of expertise, the local proximity and the short distances involved give it a major competitive advantage.

We have also had part of our Kitchener Items line produced in the north of Portugal for some time now. We would love to produce everything here, but our quantities are too small for Portugal.

We take this trip as an opportunity to visit our production facility. We eagerly make our way along the coast to the heart of Portugal's textile production to get to know modern textile production up close and to learn first-hand how the textile market has changed in the years after Corona, when production increasingly returned to Europe.

We are welcomed on site by Sara, who is responsible for our production. She leads us to the women who are working on sewing machines to produce jumpers. Textile manufacturing is largely a female profession, Sara explains. Everything is cut, packed and quality checked.

The order situation is very good, says Sara, but it is difficult to find good people. Young Portuguese people no longer want to work in the textile industry. More and more companies are having to close due to a lack of staff. The price pressure is high and small productions like ours are hardly economically viable any more. In the hall next door, fabric is produced on large circular knitting machines. It is an impressive sight to see the large machines that produce, among other things, the striped jersey fabric for our T-shirts. They remind us a little of aliens. There are around 20 of these machines in the large hall.



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



The Lab



The circular economy is the way forward: One of the pioneers is of course FREITAG - circular economy from the very beginning! Cotton and wool can also be recycled today, the knitwear collection from Colourful Standard is made entirely from recycled wool and we at Kitchener were also able to produce the first recycled jumpers for our Kitchener Items line.

Patagonia is working more and more with the Net Plus materials developed by them. These consist of 100% recycled fishing nets, Flower Mountain makes shoes from algae and Kaffeeform makes products from recycled coffee grounds, recycled wood fibres and a plant-based

Flower Mountain Kaiso

Flower Mountain is a trainers brand that emerged in 2015 from the friendship between Keisuke Ota from Tokyo and Yang Chao from Beijing. The super-comfortable trainers are lined with leather and have an additional insole made from natural cork. Kaiso is Flower Mountain's ecological collection - the brand's first step towards a responsible future. By using natural resources such as seaweed (Japanese: kaiso) as well as recycled and organically produced materials, these trainers are designed to reduce the consumption of fossil raw materials and therefore also carbon emissions.

CHF 219.90



The Future is Fungi

This book is an introduction to the hidden kingdom of mushrooms. It sheds light on their past, present and in particular especially the future potential in various areas of application: nutrition, medicine, psychedelics and mental health as well as environmental remediation

CHF 42.50



polymer. Although the cups cannot yet be composted in household compost, the young Berlin-based company is also working on this. Question from Zurich has developed a new material for its bags, Bananatex. A biodegradable, robust and waterproof fabric made from sustainably grown banana plant fibres. Victoria & Luc from Repulp in Marseille make really cool cups from waste from the citrus juice industry. The young team Krill from Italy prints lamps and other items from citrus fruits.

None of this changes the fact that the most sensible solution is still to use the things we own for as long as possible and to repair them when they break. That's why we are delighted to be a Nudie Repair Partner from the end of the year. More about this at the end of this catalogue.



Freitag

The "recycling pioneers". A product that has probably become an integral part of the (Swiss) streets: Freitag bags from Zurich, which are made from recycled lorry tarpaulins. We still have a large range of Freitag products in Bern.

CHF 270.-



A (r)evolutionary material

The "recycling pioneers". A product that has become an integral part of (Swiss) roads Streets: Freitag bags from Zurich, which are made from recycled lorry tarpaulins. We still have a large range of Freitag products in Bern.

from CHF 95.-



from CHF 199.90



Aesthetics of Sustainability

This book summarises the results of the research project "The Aesthetics of Sustainability" at the École cantonale d'art de Lausanne, which aimed to explore and define the aesthetic potential of a new generation of sustainable materials. Materials were developed from from plant fibres such as algae, rice husks, hemp, flax or wood, from textile waste, recycled paper recycled paper or rubber granulate.

CHF 39.-



Kaffeeform takes the reusable concept further. Renewable materials that would have been thrown away are upgraded and find their way back into the cycle, processed into new, beautiful everyday objects: the coffee cup made from coffee grounds.

CHF 19.90



Thunders Love

These wonderful socks are made in a small village in the north-west of north-west of Spain near the Portuguese border and made in small, multi-generation generations old family businesses family businesses. Made from recycled cotton.

CHF 25.-



If it breaks - Fix it

Worn Wear Patch Kit - From Patagonia comes this patch kit for the quick and easy repair of small defects on your outdoor clothing, your outdoor clothing.

ab CHF 25.-



Krill Design

The Italian company transforms recycled raw materials such as orange peels, lemon peels and coffee waste into the Rekrill® they have developed: an innovative, 100% organic and durable material. Krill uses it to produce design objects using 3D printers. The products are only manufactured once an order has been placed, thereby avoiding waste.

Ohmie is the name of the small table lamp with USB connection and adjustable light intensity.

CHF **149.90**



Welcome to the Circular Economy

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

CHF **26.90**



Die CO2-freie Stadt

In this co-operative climate protection game, players work together to build a sustainable city by making transport, industry and residents more environmentally friendly.

Working together cooperation is crucial, as everyone win or lose if CO2 emissions are not reduced to zero in time.

CHF **40.90**



Great Green Thinking

Sustainability is a big issue, but how do we achieve real change? Bloggers Jennifer Hauwehde and Milena Zwerenz look for answers, talk to pioneers and visionaries for environmentally conscious living and explore how climate protection is linked to social issues. In doing so, they realise that there is certainly hope for a climate just world.

CHF **37.90**



Repulp

Victoria and Luc founded Repulp, to rethink our production methods and habits and to enable a transition to a world without waste. The company, which is based in Marseille uses the waste from the fruit juice from the French food industry to produce a range of everyday objects.

CHF **25.-**





Circular

We've all been there: the dress you once loved so much suddenly doesn't fit or you don't like it any more. Perhaps the brocki isn't the right place to hand in that expensive coat and the vintage second-hand shop round the corner has a completely different style and won't accept it. different style and won't accept it.

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



We believe that your old clothes have the best chance of finding a second home here, in our shop where you originally bought them. That's why we take back selected items of clothing that you bought in our shop. In return, we will give you a 20% discount on your next clothing purchase. If necessary, your item of clothing will be repaired and integrated into our shop, where it will hopefully find a new, loving owner.

In future, you will also be able to have your Nudie jeans repaired by us.



Fukuri Stricksets

Embroidery is a wonderful way to cover or repair stains or holes in our clothes. Fukuri's cool designs are also a wonderful way to enhance clothes.

CHF **28.-**



Rebels



Hip hop turns 50 this year. How it all began: On 11 August 1973, Cindy Campbell, a young woman from the Bronx, hosted a back-to-school party at her apartment complex's recreation centre. To keep the costs manageable, she hired her 18-year-old brother Clive, who was known for his serious sound system, to DJ. Better known to hip-hop fans as DJ Kool Herc.

What Kool Herc did at this party in 1973 is considered by historians to be the invention of hip-hop. He played the breakbeats - the funkier song snippets - in a continuous loop on two turntables so that the music, and therefore the dancing, never stopped.

From this point onwards, the DJs became the stars of a party culture that mainly took place in the parks and nightclubs of New York City.

Around the same time, the Sex Pistols and The Clash formed in London. Punk was anti-establishment and DIY. Many bands produced their own recordings and distributed them via independent record labels, giving rise to a punk subculture that expressed its youthful rebellion not only through its taste in music but also through its very own style of dress. Reggae & Dub was played before and after the punk concerts. In 1981, the two musical styles met at one of The Clark's legendary Times Square concerts. See the following products as a tribute to club culture and the rebels who are always creating something new.



LiliPut

LiLiPUT's status as pioneers of feminist art punk is undisputed. Together with companions like the Slits and the Raincoats, this (mostly) female Swiss group capitalised on the DIY attitude of punk and created a lively, spirited pop that was both in tune with the times and completely independent. The early material is a firework of exuberant energy, driving bass, raging pop rhythms, blaring guitars guitars - and unmistakable, overlapping vocal patterns sung, shrieked and swallowed in three languages and invented Dadaist slang. More than 20 years later, it still sounds still sounds fresh.

CHF **45.-**



Pet Nat

Pét-nat, or Méthode Ancestrale, is a method of sparkling wine production that is used all over the world. In contrast to conventional sparkling wines such as champagne, where sugar and yeast are added to the dry, still wine to trigger a second fermentation and produce bubbles, the pét-nat method involves bottling the only partially fermented wine. While the first and only fermentation continues in the bottle, the resulting carbon dioxide (CO₂) is trapped. After a resting period, which may only last a few months, the gas is absorbed into the wine in the form of bubbles and the pét-nat is ready to drink.

from CHF **25.-**



Berlin Possibility

This book of photographs by photographer Christian Brox shows Berlin in the utopian state of emergency of the 1990s, when half the city became the adventure playground of a generation of lucky souls: Every empty shop, every empty cellar offered the opportunity for a new club:

Berlin Possibility.
CHF **40.90**



Kombucha

Since the founding of BOUCHE, the Berlin-based company's focus has been on flavour: it wants to create depth, complex structures, a full body and freshness in its products, complex structures, a full body and freshness in its products. Its kombuchas are designed to create an exciting mouthfeel mouthfeel that traces a flavourful journey

from CHF **3.50**



The Rebel's Wardrobe

The book delves deep into the world of men's fashion and explores the often surprising origins of our everyday garments and their evolution into timeless classics. This modern encyclopaedia of men's fashion looks at the pop culture of the last 100 years based on the respective fashions.

CHF **68.-**



YO!

A photo book by French photographer Sophie Bramly that documents the rise of hip hop in the early 1980s. documented. The book shows intimate pictures of early graffiti artists, breakdancers and legendary hip-hop greats such as Kool Herc, Afrika Bambaataa, Grandmixer DST and many others.

CHF **59.90**



Discotheque

These candles are named after cult discos from Paris to London and New York. They evoke memories of unforgettable club nights and legendary parties. The feeling is in the scent of the candles: the pure, deep bliss of the dance floor, in colours as complex and vibrant as the disco that inspired them, that inspired it.

CHF **59.90**



Humbel - Schnaps seit 1918

A diverse selection of hand-crafted schnapps products, produced using traditional methods and high-quality ingredients. The range extends from fruity liqueurs to fine fruit brandies and is characterised by its high quality and unmistakable taste.

from CHF **29.90**



Orange

Orange wine is made by fermenting white wine grapes together with the mash (berry skin). What has been practised in Georgia for centuries has recently become popular in this country too. Mash fermentation produces intense colours and complex aromas. complex flavours are developed. At Kitchener SUPPER in Bern, we stock a fine selection of orange wines for beginners and advanced wine connoisseurs.

advanced.
from CHF **22.-**



Punk, Post Punk, New Wave

Photographer Michael Grecco documented the punk and post-punk scene in Boston and New York with iconic and previously unpublished images of important bands, from the Sex Pistols to Blondie and Talking Heads to the Ramones and many others. Blondie and Talking Heads to the Ramones and many others. Grecco's images capture the raw energy of the era and its protagonists.

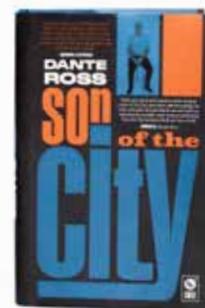
CHF **50.50**



More than Wine?

The name says it all: more than wine from Lausanne is a small wine distributor that supplies the local catering trade with lively wines and has the necessary liquids for a fun evening in its bottle shop in Zurich. Now also with a small range at Kitchener SUPPER.

from CHF **14.-**



Dante Ross

Dante Ross grew up among political activists in the Lower East Side of New York and played a crucial role in the golden age of hip-hop. Ross began his career at Tommy Boy Records, where he signed De La Soul and Queen Latifah and oversaw their careers. In this highly entertaining memoir, Ross relentlessly describes his chaotic childhood, his life in hip-hop and all the hard lessons he had to learn as a son of New York City.

CHF **38.90**



Cidre

Boskoop, Surgrauach, Berner Rose, Blauacher, Bohnapfel, Konstantinopeler, Apfel-quince, pastor's pear, Tobliässler, Thurgauer Weinapfel, Waldhöfler, grey Hordapfel. The two Oswald and Ruck & Heftig make more than just cider - cider made from great-sounding apple varieties, produced with love and precision. produced with love and precision. Obenuse!

from CHF **17.-**



Macon&Lesquoy

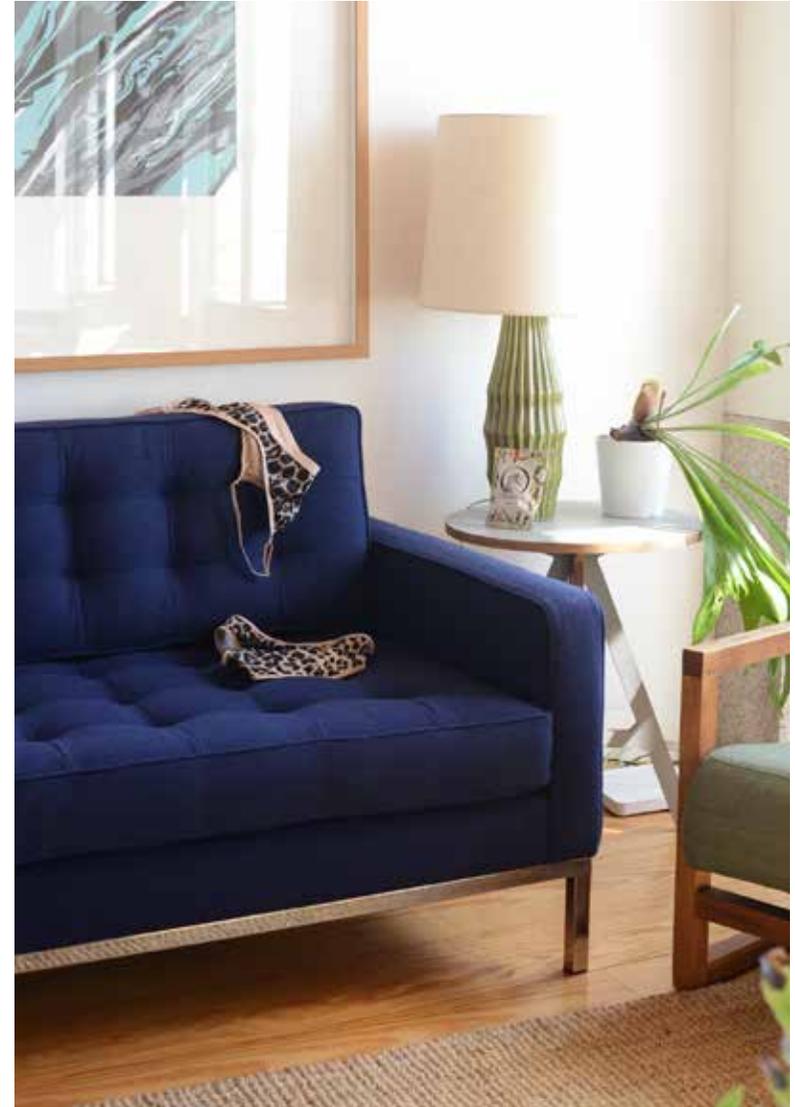
Macon&Lesquoy are in Paris and Granville and design beautiful jewellery beautiful jewellery collections,

that are inspired by the seasons and their travels. Their creations combine elegance, boldness and humour in a sophisticated way. Since 2009, Macon&Lesquoy have been asserting their originality and attention to detail to, as they themselves say, "continue to charm Sunday poets, luxury lovers, pretty boys, gorgeous mums and old dandies around the globe who prefer to laugh at everyday life".

CHF **59.90**



Left side: La Rochère Zinc Espresso Glass 7.-, Superbon Chips 4.90, ZigZag Zürich - «Lollipop» Bath towel 79.90.



Right side: Set from Baserange BH 79.90, Undershorts 49.90, Natural rubber condom from Einhorn Berlin 11.-

Kitchener gifts



Small gifts are our speciality. We like to find products that make particularly good gifts. Nothing that will gather dust on a shelf or end up in the bin in January. We are particularly happy to advise you in the shop and help you find the right gift for your colleague, grandma, stepmother or lover.



Tattly
The most beautiful temporary tattoos far and wide!

CHF **13.-**



Saltu Georgette
Jewellery hand made in Biel.

CHF **170.-**



A Beautiful Story

A jewellery label from the Netherlands. The jewellery is manufactured 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, gemstones, brass and glass beads.

from CHF **19.90**



Karma Glitzer

Based on the conviction that glitter actually makes all situations in life a little more beautiful, friends Joyce and Lara have developed this biodegradable glitter without any microplastics. With every bottle sold, 50 centimes are donated to

Pro Natura Switzerland.

CHF **9.90**



Kitchener items Socken

The socks with attention to detail. From our own brand Kitchener Items. Beautiful patterns, soft organic cotton. Made in Europe.

CHF **17.-**



Tierkacke Puzzle

Do you enjoy playing bingo or do you love putting together a puzzle? Whether animal poop bingo, animal poop puzzle or more - play with different animals and their droppings. Did you know that the wombat's poo piles are shaped like cubes? And that koala babies eat their mother's faeces because they are still too young to digest eucalyptus leaves?

from CHF **20.90**



Coco

Jelly sweets with fruit flavour flavoured, which are both vegan and palm oil-free.

CHF **5.90**



Multitools

Multitools make life easier! With our large selection of multitools, you always have the right one tool to hand.

from CHF **28.-**



Wo ist mein Po?

Help! Something's gone wrong with the animals and now they're looking for their bums! Who can find them and bring their front and back ends together? But watch out!

An okapi looks different at the front than at the back. Whoever finds the most pairs wins.

Great memo fun for the whole family.

CHF **23.90**



Pipsticker
Funny stickers for young and old.

CHF **4.80**



Bingo der Emotionen

The somewhat different bingo game. Who we are and what is important to us. Simply naming a feeling can help us to better control how we react to it. As an adult, you can use this game to help children deal with their emotions and feelings in a more differentiated way. Learn together how to name and describe emotions and feelings and how best to deal with them.

CHF **30.50**

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