



**SØREN AAGAARD PREPPER'S LAB ( A COOKING TALKSHOW) SAT 10. JULY,**  
**5PM @tropez\_tropez**

The Prepper's Lab will look at the idea of preparing and achieving skills. It wants to investigate if and how the prepper phenomenon and self-sufficiency relate to each other. To examine this in a more detailed but non-linear way, Søren Aagaard has stumbled upon sourdoughs, preservation methods, microorganisms, DIY trends, survival skills, outdoor gear, crisis, gut flora, catastrophic thinking, distrust of the elite and counterculture. The Prepper's Lab will surf the internet, read books, build stuff, cook food and invite different guests and friends to find out and learn more about prepping. For the first of two cooking shows Søren will be joined by Theda Bartolomaeus, food technologist and microbiome researcher, as well as Markus Shimizu, founder of mimi ferments, a fermentation lab in Berlin-Moabit.