

## **Week 4 - Experiment Guide Question/Answer Form**

### **Week 4 – Taste Chapter Q/A**

**(pp 75, 76, 77, 78)**

- 1) What spices did you decide to bring to this week's experiments?**

**Lavender, Camp 42 indoor Thai Chili Pepper, Dill, Bay, Oregano, Camp 42 outdoor Rosemary, fresh onion**

- 2) What is a *fond* memory that you have associated with a specific smell?**

**Naturally fermenting Blackberries with early fall wetland Petricore, bringing me back to childhood times of running through the northern Oregon creeks finding the last little pockets of Blackberries.**

- 3) What is an unpleasant memory that you have associated with a specific smell, that you are willing to share?**

**There's a certain paper copier office smell mixed with a smell like children have been there which reminds me in an unfortunate way of getting picked on and getting in trouble in elementary school.**

**1<sup>st</sup> Experiment:**

- 4) Did you find that you could easily differentiate between the smell of your spices? Do you think this is the case for all spices?**

**With some spices I could tell them right away, like Rosemary. It really depended how much I've worked with each spice.**

- 5) What about when mixing them up and trying to tease apart the individual spices – did the smells mingle together or was it two distinct smells?**

**There was some definite new sensations which arose through the mixing, still the combinations were generally recognizable. Lavender become more clear.**

- 6) Were there any smells that surprised you when you opened your eyes and saw what spice you had been testing?

Bay I thought was Oregano. I was surprised by lavender as well.

- 7) What are your thoughts or takeaways from the Enzymatic Aroma Chart from Nik Sharma's Book, *The Flavor Equation*? Do you draw any parallels between what you just experienced in the 1<sup>st</sup> experiment?

I see some clear associations with what I experienced. There are commonly grouped smells I'd agree theme together. I appreciate the biochemical approach and want to understand it on a deeper level.

2<sup>nd</sup> Experiment:

- 8) How did this experiment differ for you compared to the 1<sup>st</sup> experiment? Any of your spices stand out to you?

I could tell what was what much better. The fresh onion was a mistake, as it burned and made me cry instantly via this method. The pepper and the lavender were much more noticeable. The rosemary was less noticeable.

- 9) Between fresh and dry spices, which would you expect to have the highest amount of naturally occurring volatiles?

Fresh, in total amount. Depending how dried and cured the dry may have more by weight percentile.

- 10) Imagine sitting down to a big bowl of hot soup, explain to me what you visualize is happening to the volatiles as they are leaving the soup and begin meeting your body.

They are entering the nose and mouth, then from passageways they find receptor protein guided lock systems. The proteins fold and open as the aromatic and volatiles approach, charging up the system, especially g-couplings, from the electron cloud proximity. In a powerful moment of released tension, the protein gates snap shut, engulfing the aromatic. The cascade of ions pour through gates, some being capped by spare magnesium particles when over stimulated by the raw electrochemical force of the smell. The water vapors

condensing into mucous membranes along the inside of the mouth, nose, and lungs, almost like a foliar spray mist bringing signal and micronutrients in barely perceptible levels. The aromatics' physical form and the vapor itself is recycled into the biochemical systems. Microbially consortiums in the body use the remaining residues. The volatiles have become one with our physical form, and now through the electrochemical signal cascades, an inextricable part of our minds, crafting the very physical structure of our connectomes, gently nudging; adjusting future perceptions to come.

**11) Once you had tasted your spices at the very end of the lab, were you able to differentiate between the interactions between your nose, mouth and tongue that take place to bring you the full picture of flavor?**

**Yes, very clearly.**

**Overall:**

**12) And lastly, my favorite question, what are some personal reflections that you had while going through these experiments?**

**I reflected on how many times lavender has helped me in cleansing and healing minor wounds especially in my travels. The sharp Rosemary acids of the Rosemary brought me to the sense of allyship and pro cognitive fortification which Rosemary aromatherapy has helped supply me with over the years in times of centering and in times of needing to move. The lavender showed me how something old and familiar can manifest new and unrecognized in a different context. I was surprised by the distinct flavor of the peppers and it connected me to the process of growing these specific peppers and my first experiences not too long ago just starting to grow thai dragon peppers and use them in my food fresh.**