

# Spirulina

*Grow your own superfood*



Superfoods are the latest trends in modern cuisine. Special berries, nuts and other otherwise uncommon ingredients are added to diets, because it is believed by some that it may benefit your health.

Spirulina is a green algae and regarded as a superfood. It has high protein and vitamin content. It can be easily grown at home, as it only requires sunlight to produce.

The workshop will consist of setting up our own Spirulina reactors and trying out different recipes for tasting this green algae. The participants will take home their own cultures.

**Duration:**

3-4 hours

**Number of participants:**

Max 30

**Subjects:**

Bioreactor control

Algae

Photosynthesis

Nutrition

Smoothie recipes

All Open Wetlab workshops consist of an introduction into the subject and it's making, a concise biosafety training, the making itself, an optional artists presentation and a dialogue with the participants about the theme and background of the workshop.

More information can be obtained by contacting [wetlab@waag.org](mailto:wetlab@waag.org) and at [waag.org/openwetlab](http://waag.org/openwetlab)

**Booking:** Open Wetlab Workshops can be booked by contacting [diensten@waag.org](mailto:diensten@waag.org)