Fruits and vegetables in Arĝento [English Translation]

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BACKGROUND

To cover the full scope of martian gastronomy would be an enormous undertaking, therefore I will present the culinary production and habits of a single MAZA, Arĝento. Arĝento is a MAZA founded for specialized electrical manufacturing in 2061. Today it has half a million inhabitants and is both the primary producer of random access memory and a major contributor to software for consumer products, such as personal electron calculation devices.

I write all this to make it clear that Arĝento is in no way specialized in the dairy industry, but is still producing its own share of food, as any martian MAZA. The food and production and life-support is intentionally decentralized in order to ensure redundancy and keep disaster scenarios contained. In practice, a lot of food is still imported and exported as different MAZA specialize on different types of food. You will notice, for example, that Arĝento specializes in some kinds of food and does not at all produce others. I chose Arĝento specifically, because I lived and worked there as a communications technician for 3 years.

In this part, I will present some overview of the most notable fruits and vegetables (which are mainly beans as you will see), talk about communal gardens and then close off by presenting some of my favorite recopies special to the local culture.

BEANS

By far the most important fruit in the martian diet have to be beans. Due to their nutritious and their general resilience, they are one of the most common martian food besides minerva fungus. Across all the MAZA, hundreds of beans have been bread, but Arĝento only produces 6 major types

BASELINE BEANS

Nutritious, yet badly tasting beans, every MAZA is required to produce enough of them to sustain at least half of its population and keep at least 3 months of it in reserve. This is meant as a last-resort emergency food, and is typically not consumed in everyday life. After 3 months the beans usually become inedible and are recycled or reused as life stock fodder, compost or other ways. Arĝento, like many other MAZA, uses it to grow minerva fungus.

COFFEE BEANS

Again, a very common type of bean that is very close to its native counterpart on Earth. Marses production of around 2 million metric

tons of coffee beans per year is often jokingly attributed as the sole contributor to their industrial power. Coffee beans tend to diverge from MAZA to MAZA and are commonly traded between them, since they are of great interest to many inhabitants and a cornerstone of martian culture and cuisine. They also make up for the biggest food export, as they are one of the few food sources that both have the appeal to be viable in foreign markets and the longevity to survive the months of interplanetary travel. Arĝento coffee is said to have a special natural sweetness and only be mildly decaffeinated. The coffee is well liked among more educated social circles, but needs a lot of water to produce, so it is highly coveted.

SOY BEANS

The soy bean is a very common bean, with almost every MAZA producing it alongside the coffee bean and the baseline bean. It is used primarily in the production of milk and oil, although few recipes make use of it more directly. Soy beans are very important in the martian dairy industry as the sole source of milk (or milk-like substance) and an important ingredient in the biochemical dairy industry. Soybeans are mostly uniform between MAZA. Notably, Irlanda hedero focuses entirely on soybean production and processing.

SOUR MULCH BEANS:

“Mulch beans” (or just mulch) generally refers to (usually nutritious) beans, which are not meant for direct consumption due to their displeasant, very soft and dry texture, but rather used in paste, soup, slurry, e.t.c. Mulch beans are also used instead of minerva fungus to make pasta. Both ingredients actually lead to barely distinguishable pasta. This is frowned upon as wasteful, though, as it diminishes the nutritional value or mulch beans without adding any value. These particular beans are of the more sour variety. A popular way to eat them is sweet sour berry porridge (c.f. the recipes below). Sour mulch is also very rich in proteins, making it popular with athletes and the expeditionary brigade.

EXTRA LARGE DINING BEANS:

Dining beans refer to any beans that are supposed to be cooked and eaten in their original form. They are usually quite neutral in taste to serve as a basis for sauces and spices. These one are especially large ones that are can be used in a number of creative ways. There are actually not many MAZA that produce beans of these size. Smaller dining beans dominate most cuisines. The particular breed on Arĝento grows quite flat. A Arĝento specialty, which is also presented in our recopy addendum, is the “Nurse’s Ravioli”, a dish that takes advantage of the size of the bean to introduce a filling.

Dessert beans:

A remarkable type of sweat, soft beans that vary quite significantly from their Earth counterpart. The exact reason for their large deviance is not well known, but a common theory attributes it to a set of plants being exposed to excessive amounts of cosmic radiation through sloppy greenhouse shielding in the early days of colonization. The mutations through pure luck actually lead tho a nicely tasting bean instead of illness. The strand then got bread aggressively to several different types. Desert beans form the baseline for a multitude of desserts. One of them will be presented in the attached recipes.

Non-bean Vegetables

Although non-bean vegetables (especially potatoes) are fairly common enough in the Maza, Arĝento, in particular, does not produce a lot of them. The only exception here is a series of communal vegetable garden that serves more of a recreational purpose than a strictly nutritional one. Will not elaborate on vegetables for now. Just know that most terrestrial vegetables are mostly – compared to fungi or beans – unchanged genetically and used rather traditionally.

Fruits

Berries:

Strawberries, Blue berries, Raspberries and many more are all easy enough to cultivate that it is custom for every Maza to have its own berry facility. Arĝento is no difference here.

Banana:

Bananas are some of the fruits notoriously difficult to cultivate efficiently in low gravity. Arĝento is one of the few places that manages to consistently cultivate good quality bananas. This, combined with the relatively short lifetime of the banana, makes the fruit a very highly demanded item. The banana greenhouse complex is in many ways the pride of the ecological engineers of Arĝento

Iron melon:

The iron melon (Bogafetu-LatButakNama) is a gene-modified melon that is being cultivated in multiple Maza all over the planet. As one of the more radical achievements of gene-engineering, it focuses on robustness and hardiness. It can grow in unshielded greenhouses and is almost immune to most traditional illnesses that target melons. However, bacteria that adapt to the iron melon have been observed. This

robustness makes the fruit especially popular on space vessels, and Iron melon seeds are a major export product to the asteroid belt and the jovian systems. The bitter-sweet taste of the melon is divisive; some people really like it, others detest it. Despite this, the fruit is popular enough to be cultivated on the planets surface in multiple Maza.

Communal gardens

All the fruits and plants we have talked about so far are cultivated in large industrial greenhouse complexes and in vast quantities. They are serviced by eco-engineers and trained technicians. However, there is a second type of farming: recreational farming. Every Maza has a collection of communal gardens located in commercial and recreational areas. Traditionally, there are five types of communal gardens: vegetable gardens, fruit gardens, fungal gardens, aquaculture and floral gardens, although it is more and more common to combine them to gain benefits of a more balanced ecosystem. The latter one includes gardening for all kinds of non-edible plants, including flowers, trees, ivy etc. Fungal gardens focus on breeding edible fungi and aquaculture on breading sea-life (flora and fauna).

Fruit and vegetable gardens can produce all kinds of fruits and vegetables, and the choice is usually up to the communities that form around the gardens. These communities will organize and plan the garden and distribute the bounty between their members. A garden will employ one or two professionals to take care of the technologically involved parts of botany and make sure the bounty is safe to eat, but the majority (30–80 people per garden) are volunteers, using gardening as a recreational activity outside their usual work. The popularity of communal gardening changes across different Maza. It enjoys somewhat limited popularity in Arĝento: Approximately 2% of all food consumed on Arĝento (by energy) comes from communal gardens. By comparison, this can be as high as 5% in other Maza.

APPENDIX :: RECIPES

This is the part where I present to you some actual recipes that you can try to make once you actually are on Arĝento. Let’s get right into it!

FRUITY MULCH PORRIDGE

Preparation involves leaving the food needs to be left overnight, so prepare it a day in advance. Alternatively, you can prepare a large quantity in advance. Measurements are for a single portion.

Ingredients:
- 150 g of sour mulch
- 300 ml of soy milk
- ±5 Strawberries
- 1/2 Apple
- Really any additional fruit you have ready
- 1 1/2 teaspoon of “sidereal” fungal syrup

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1. Heat water until it just reaches cooking temperature
2. Add mulch beans to the water
3. After 20 minutes, stamp the mulch beans into a uniform paste, it should have the viscosity of mashed potato
4. Add syrup
5. Spread the substance over a plate, then let the substance dry at T 150° for an hour
6. Let it rest overnight. The substance should now be completely dehydrated and form flakes. If kept dry, this substance is conservable for a few years.
7. Add milk and heat at Q 500W
8. Cut fruits to small pieces and mix them with the porridge
9. Enjoy

THE "NURSES RAVIOLI"

Please don't ask me about the name. I am sure it has a fun backstory, but I never learned it. Portion for 2 people

Ingredients:
- 500 g g XL dining beans
- 200g S3-type cheese
- frying oil

1. Form the cheese into small balls of 1-2 cm in diameter (one portion per bean)
2. Cut open each bean and insert the fungus portion. Don't worry about keeping the bean in perfect shape
3. fry the beans until they take an orange hue

IRON MELON CAKE

Popular among cosmonauts

Ingredients:
- 1 Iron Melon
- 100g Vesta algae (if available, otherwise replace equivalent another iron melon)
- 400g baking flour
- 200g Soy milk
- 200g Unsweetened base baking mixture
- 100g Sweetener
- 50g Honey

1. Dice melon and algae and mix them together with honey
2. Mix milk, baking mixture and flour into the dough
3. Spread dough in a flat mold and top it of with the filling
4. Bake at T 200° for 1 hour
5. Serve with whipped cream