

Sourdoughs plural temporalities

The relationship I'm in now began in 2017, and we've gotten to know each other quite well since then. This dough keeps me grounded and speaks the truth to me. When I meet others who are dedicated to sourdough, we often share something deeper, something more fundamental than just a passion for baking bread, and it often leads to new friendships. Many fellow artists make artworks from bread and dough. I especially appreciate my friend Ek's practice, how they feed their doughbodies until they become huge, and then wrestle with them.

Sourdough invites us into a relationship on its own temporally variable terms. I must use my senses to decide when the time is right for any interaction. It's ready to be baked when it has doubled in size, not when a recipe's given time has passed, never the same as yesterday. Just as my teeth wish to be brushed until they feel smooth, not according to a two-minute timer. Just as my final seminar only can happen when certain conditions are in place, not when dictated by a pre-given administrative interval. All things has their own temporality, but sourdoughs refusal of all scheduled, standardized treatment is a true inspiration.

As soon as I touch the bread fresh from the oven, I can sense its density, whether it's properly baked. If not, if I've misjudged the time or temperature, it signals that something is off. Is it me? I begin to question my intuition, just in case. Or is it something in the environment that has shifted? Something I put in the dough? The weather? The water of this place? I become attuned to my surroundings, just in case. The daily procedure of tending to the sourdough structures my understanding. I come to know each new day through the variations in touch, smell, taste, and texture it offers. It allows me to process and navigate in a way similar to many art practices like pigment painting, stop-motion animation, video archiving, and editing.

Humans have been baking sourdough bread for over 6,000 years, an experience passed down through roughly 240 generations. It has played a crucial role in our survival and evolution. As a medium, it offers an inherited way of tuning into daily shifts, one that draws from and extends beyond the conditions of modern life.

Tbc: Fluxus inscriptions of what to pay attention to while interacting with your sourdough:

- To Ek, for the euphorically overwhelming conversations on sourdough experiencing.