

# Global Soundscapes No. 1 - Livestream

The Livestream with Fruits & Herbs  
(you are receiving this email because you have signed up for one of two  
performances:  
12 Noon or 8pm GMT)

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Hello! 🙌 I look forward to playing for you on **Saturday 14 November!**

Global Soundscapes is a concert that explores moments inspired by different locations and cultures around the world. Usually set in concert halls, scent designs are given to the audience to further enhance the evocation of the locations.

In this livestream, instead of scent, we'll be exploring taste:

I have curated a list of fruits and herbs for this show. The list has been carefully thought over and paired with specific pieces of music that are performed today.

It is recommended to acquire and try 2 or 3 of the items below (you don't have to get all of the items on the list!)

I'd also like say that this aspect of the livestream is optional - if you feel like kicking back and just enjoying the music - that is great too. Either way, I am looking forward to a fun experience together!

**IMPORTANT: Please check these fruits and herbs against any potential allergies that you may have and if in doubt, avoid!**

#### SHOPPING LIST (suggested)

- Figs (or Fig leaves)
- Goji berries (dried)
- Fresh parsley
- Rambutan
- Japanese white peach  
(recommended, if available: Shimizu White Peach, or Hakuto Peach)
- Coconut water
- A fruit that reminds you of home

Small portions are recommended.

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#### NOTES

##### 1. The journey begins at the **Mediterranean Sea**

Fruit: **Figs, or fig leaves**

Preparation notes: Washed, can be eaten whole or sliced in halves.

Paired with Ravel's **Une Barque sur l'Océan**

Fact: Delicate aroma with sweet flavour. Figs are now grown across the Mediterranean. The plant features in many European mythologies. Figs can be eaten fresh or dried, while its leaves give a subtle, fresh, and uplifting scent.

##### 2. The Gobi Desert

Fruit: **Goji berries** (dried)

Preparation notes: None

Paired with **Hero Tsogt's Uncle**, from the Destinations album

Fact: Goji berries are grown in China, Mongolia, and Tibet. They require full sun to grow. They are hardy plants, and once grown, will tolerate wind, drought, and salt-laden air. Tangy, sweet, yet earthy. This fruit was paired with the piece for its earthiness and slightly dusty texture when dried.

### 3. Moon-Spotting

Fruit: Any fruit or herb that **reminds you of home**  
(For me it is starfruit!)

Fact: Food is a particularly strong trigger for evocative memories, as it often involves triggering all five senses: taste, smell, sight, touch, and sound.

### 4. Midnight in Cervo

Herb: Fresh **Parsley** leaves

Preparation notes: Wash the leaves. Through the performance, tear the leaves or squash them between your fingers to extract the aroma.

This timeless herb is paired with Scarlatti's **Sonata in D Minor, L. 108**

Fact: Native to central and eastern Europe, and one of the most commonly used herbs in Italian cuisine. It is often used in seafood and vegetable sauces, in most pasta dishes, and soups. The mild grassy smell has a gentle freshness that evokes quiet, late night in Cervo.

### 5. Indonesia

Fruit: **Rambutan**

Preparation notes: wash the outside of the fruit. To eat, peel the outside of the fruit to extract the flesh. Remember to spit the seed out!!

Paired with: The colourful appearance and taste of Rambutan is reflected in the energy of my arrangement of the Indonesian traditional song, **Es Lilin**.

Fact: Native to south-east Asia with a name derived from the Malay word meaning "hairy!" Today, Indonesia is the 2nd largest producer of rambutan in the world. Gently sweet, slightly sour, and aromatic.

## 6. Sakura, Sakura

Fruit: Japanese white **peaches** (recommended: Shimizu White Peach, or Hakuto Peaches)

Preparation notes: Wash the outside of the fruit. The fruit can be eaten without being sliced. The skin can be eaten too after being carefully washed. Watch out for the seed. For those with stone fruit allergy - be aware!

Fact: Peaches are spring fruits in Japan. They are well-known with the folk tale of 'Momotarou (Peach Boy).' The white peaches are soft-textured, juicy, sweet, and floral in taste and aroma. They are also popular as gifts in Japan.

## 7. A Moment Underwater

Fruit(-ish): **Coconut water**

Preparation: none

Fact: Coconuts are cultural icons of coastal tropic regions. Coconut trees grow in areas with abundant sunlight, regular rainfall, high humidity, and warm temperatures. Coconut water has a sweet, nutty taste, and is popular for beachgoers in the tropics.

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Thank you for signing up to join Global Soundscapes Livestream on Sat 14 November. For latest details, please visit <https://www.bellechen.com/livestream>