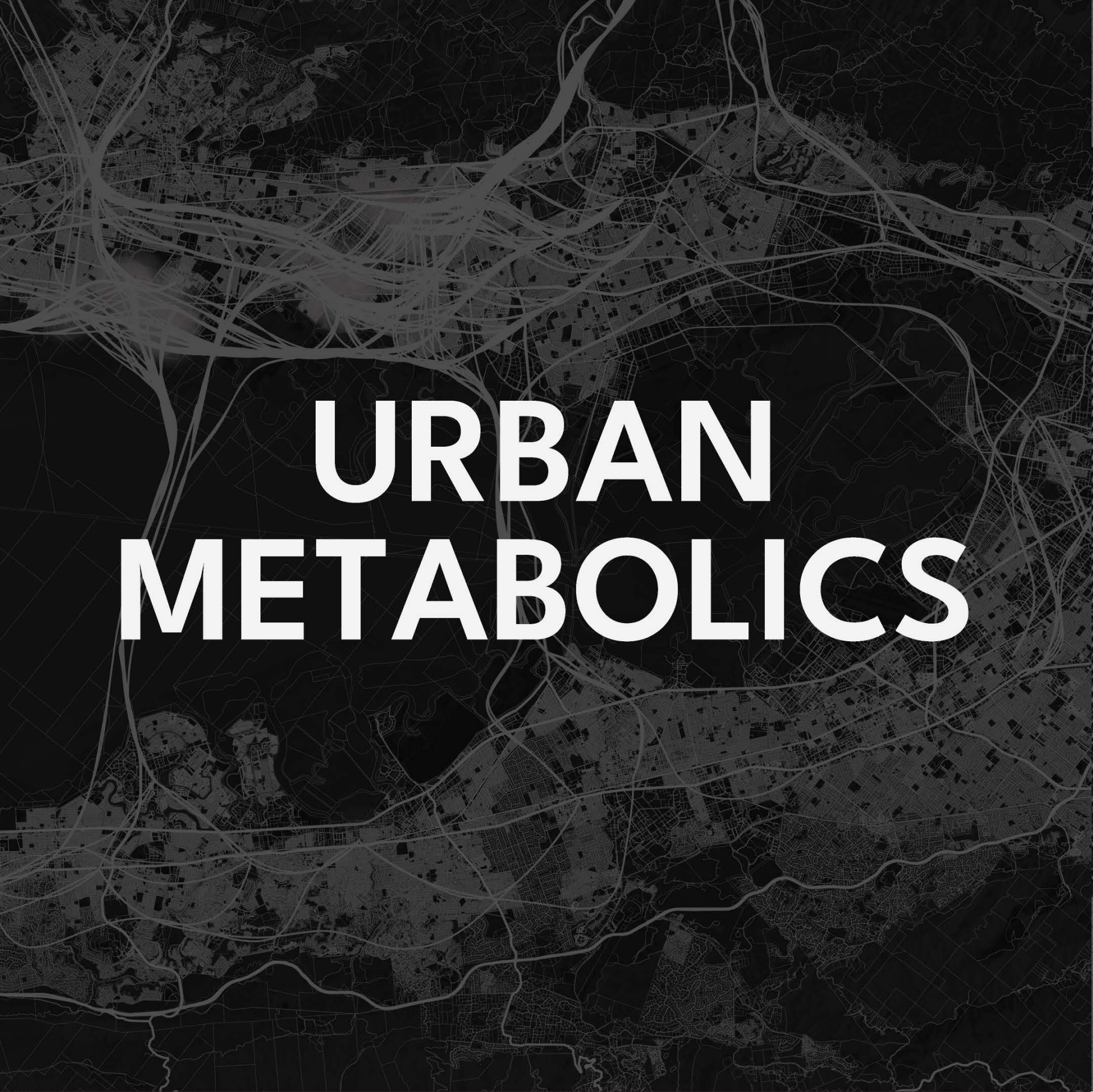
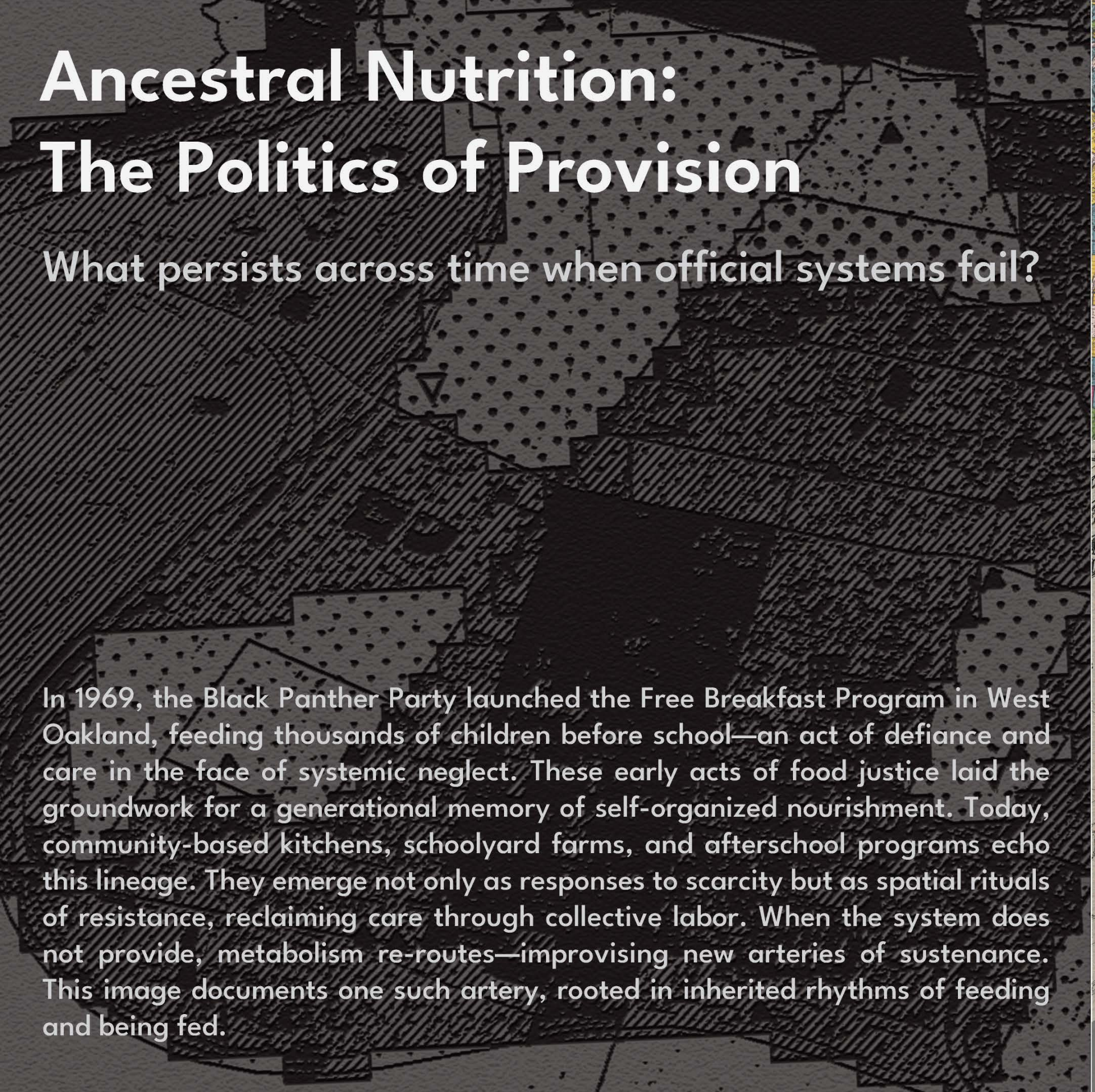




URBAN METABOLICS

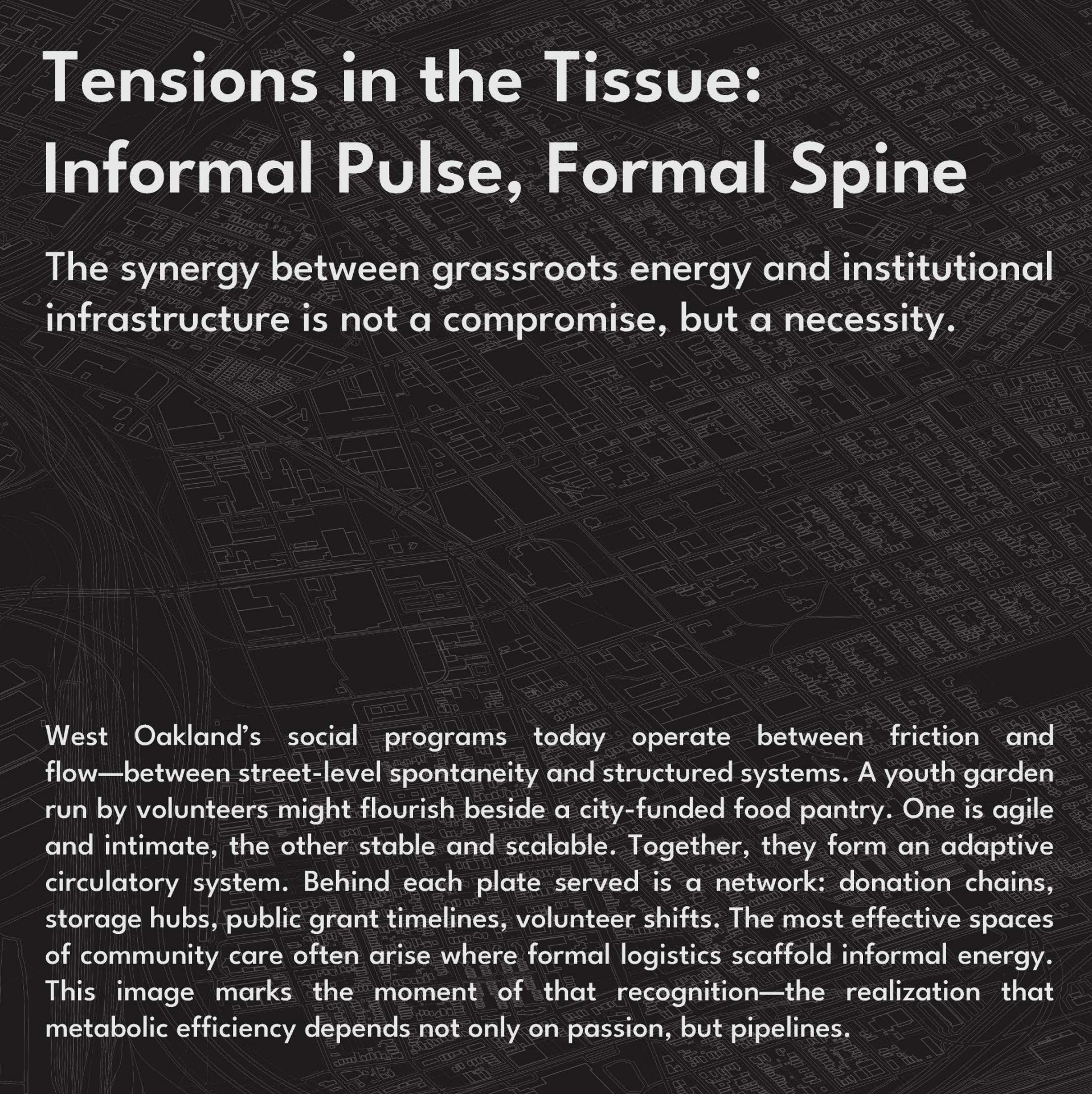
The background of the entire page is a dark, textured surface composed of various geometric shapes and patterns. These include squares, rectangles, and irregular polygons, some of which are filled with a dense pattern of small white dots. Other areas feature diagonal hatching or cross-hatching. The overall effect is a complex, layered, and somewhat chaotic visual texture that serves as a backdrop for the text.

Ancestral Nutrition: The Politics of Provision

What persists across time when official systems fail?

In 1969, the Black Panther Party launched the Free Breakfast Program in West Oakland, feeding thousands of children before school—an act of defiance and care in the face of systemic neglect. These early acts of food justice laid the groundwork for a generational memory of self-organized nourishment. Today, community-based kitchens, schoolyard farms, and afterschool programs echo this lineage. They emerge not only as responses to scarcity but as spatial rituals of resistance, reclaiming care through collective labor. When the system does not provide, metabolism re-routes—improvising new arteries of sustenance. This image documents one such artery, rooted in inherited rhythms of feeding and being fed.



The background of the entire image is a dark, high-contrast aerial photograph of a city street grid. The streets are visible as a complex network of light-colored lines against the darker urban landscape. The text is overlaid on this background in a clean, white, sans-serif font.

Tensions in the Tissue: Informal Pulse, Formal Spine

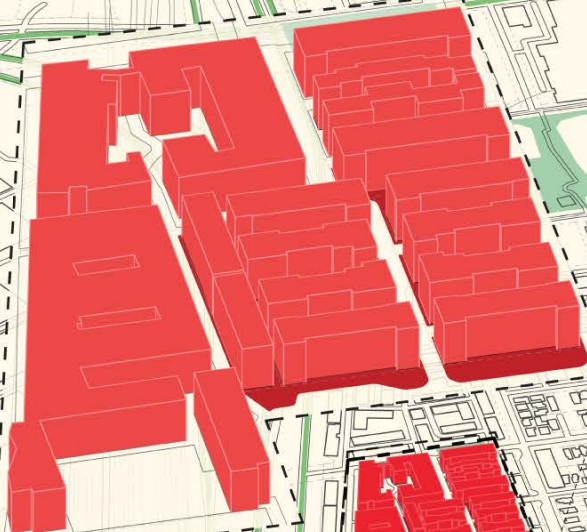
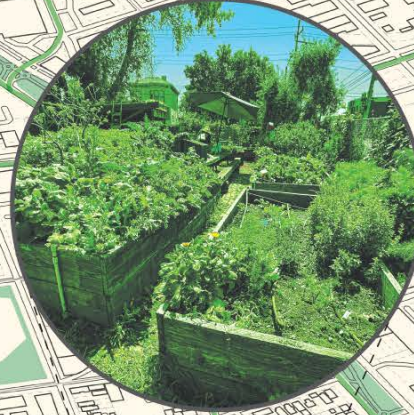
The synergy between grassroots energy and institutional infrastructure is not a compromise, but a necessity.

West Oakland's social programs today operate between friction and flow—between street-level spontaneity and structured systems. A youth garden run by volunteers might flourish beside a city-funded food pantry. One is agile and intimate, the other stable and scalable. Together, they form an adaptive circulatory system. Behind each plate served is a network: donation chains, storage hubs, public grant timelines, volunteer shifts. The most effective spaces of community care often arise where formal logistics scaffold informal energy. This image marks the moment of that recognition—the realization that metabolic efficiency depends not only on passion, but pipelines.

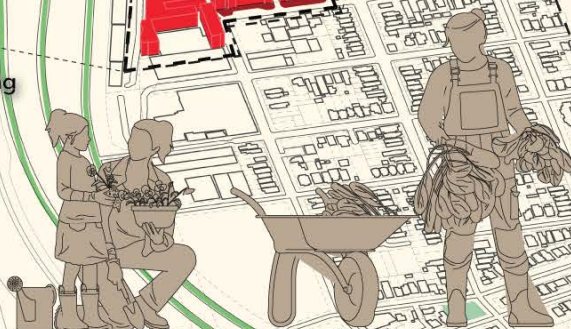
Community Building Catalyst

St. Mary's Center

West Oakland Farm Park



High Density Affordable Housing



Bottoms Up Community Garden

Mandela Grocery Cooperative



Scaling the System: The Breath of the Bay

How does a city eat?

Zooming out, we trace the arterial map of food distribution across the Bay Area—from refrigerated trucks unloading at Safeway distribution centers in Tracy to locally sourced produce at Mandela Grocery Cooperative. The city metabolizes through both: globalized chains ensure volume and consistency; localized alternatives anchor food in community values. One is mass-efficient, the other socially resilient. Rather than opposites, they are complementary lobes of the same lung—inhalation and exhalation. This image presents the city not as a passive consumer, but as a metabolic body—digesting, distributing, and adapting to the flow of goods, people, and care.

FOOD LOGISTICS

Arto Nino Verheij
La Finca Tardillo Inc.
Loring International
Earth Seed Inc.
Leticia Luthers
North Berkeley Farmers' Market
Nomi Tea
Socios y Tamaris Los Mayas
Alvarado Street Bakery
Ancient Gargueta
The Epitaph Trader
The Epitaph Trader
AYOJO Natural Handmade Hair Care
Cafe Sautana Reassling Company
Primavera
Primavera
Casa Sanchez Foods
Prime Roots
Red Bay Coffee Ferry Building
Southe Ochevalley
Scream 4 All Seasons LLC
Solera Co. Meats
Dejaque Co.
Garbatt Food Company
Ternage
Husto Muerza Coffee
Hoko
Vida Juice
Way to Life Bakery



MAKOTO KOMINE

Spring 2025,
Design Media Seminar: Urban Cultures
Bachelors of Architecture
California College of the Arts, San Francisco
Instructor: Julia Grinkrug