

# FOOD CONNECTS US

Photography: Georgia Demertzi

# 17

## FOOD PHOTO ANALYSYS

EXCLUSIVE  
INTERVIEW WITH  
THE ITALIAN  
FEMALE WINE  
ASSOCIATION!



## MEET THE WINNERS

Magazine full of food photography tips & insights!

# Our team

## LUCIA MARECAK - FOUNDER & CHIEF EDITOR



A food & product photographer, creative online business consultant, photography teacher and creator of FOODlight - learning community for food photographers

## SILVIA ROCCHI - EDITOR



Silvia is an Italian based freelance graphic designer & photographer, specializing in food, beverage, and product photography.

## GEORGIA DEMERTZI - EDITOR



Georgia is a Greek food photographer, blogger and recipe developer, specialising in the Mediterranean cuisine. She is based in the Netherlands.

## CARMEN SNEED - EDITOR



Carmen is a food photographer, food stylist, and lifestyle photographer in the USA, Maryland area.



# FOOD CONNECTS US

Members' Club Magazine  
Issue #8

Photography: Silvia Rocchi

## OUR CONTRIBUTORS

- |                     |                     |
|---------------------|---------------------|
| Agnieszka Wijdeveld | Kerri Leung         |
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| Carlotta Zadra      | Linda Feller        |
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| Consuelo Borroni    | Molly Piñon         |
| Georgia Demertzi    | Nadia tariq         |
| Isabella prada      | Silvia Rocchi       |
| Kathleen Gillan     | Yvette Klubusova    |

We are a vibrant community of food-loving creatives brought together by a passion for photography and storytelling around food. In this new direction, our magazine focuses more on the behind-the-scenes of food photography: how images are created, styled, and edited. In this 2025 issue, you'll find a mix of delicious recipes and photography content as we start this new chapter.

You can also access our previous issues of FOOD CONNECTS US below.

Discover our Members' Club [HERE](#) and let our community support and guide you on your food photography journey.

Download our previous Magazines!



Issue n.7  
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Issue n.5  
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Issue n.4  
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Issue n.3 -  
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Issue n.2  
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Issue n.1  
[CLICK HERE,](#)

# cover stories



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Discover 3 different takes on how to style and realize party style pictures



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© Consuelo Borroni



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© Carlotta Zadra

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© Michaela Dorflerova



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© Linda Feller



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© Anila Hysa



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Get to know Silvia, Agnieszka, Georgia and Linda - the winning contributors to this magazine publication!



# Welcome to our NEW 2025 issue!

Hello and welcome to our 2025 edition of FOOD CONNECTS US—a cozy and inspiring mix of photography insights and delicious recipes, created with love by our talented community members!

What started as a simple idea in 2021 has grown into something truly special. We're beyond excited to present the 8th issue of our magazine—this time with a fresh focus on the beautiful world behind food photography.

As always, each edition is crafted with passion by the fantastic members of our Members' Club.

Once a year, we come together for the Food Photo Tournament, a joyful event where creatives from around the world unite to produce inspiring, seasonal content. It's a time for connection, creativity, and collaboration.

Our Members' Club is a vibrant learning space for food photographers from many countries and cultures. What connects us is a shared love for food and the art of photography, and we're proud to celebrate that in this special 2025 issue.

Inside, you'll find not only comforting recipes but also a closer look behind the scenes, how images are planned, styled, and captured. Whether you're a passionate cook or a photographer looking for your next spark of inspiration, this issue is full of ideas, warmth, and creativity.

If you enjoy this magazine, we'd love it if you shared it with friends, family, or on Instagram to support our growing community.

Thank you for being part of this journey with us.



*Lucia Marecak*

Founder FOODlight,  
the Members' Club

# WHAT IS THE MEMBERS' CLUB?

The Members' Club is the most interactive learning community for food photographers from all over the world.

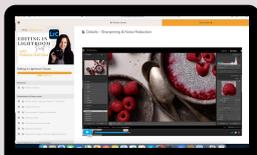
It's the place where you connect with like-minded people, grow your food photography & videography skills, learn how to start and develop your creative business, and grow and progress as a creative person.

It is a unique photography and business coaching program out there.

Inside our Members' Club, you will find pre-recorded resources, live trainings delivered by Lucia and other experts, coaching sessions and a direct support of Lucia Marecak, professional photographer and founder of FOODlight.

Lucia guides her members and supports them through the challenges they face, so they can successfully grow their skills, develop their business and achieve their goals.

*What's inside?*



## GROW YOUR PHOTOGRAPHY SKILLS

In-depth courses and masterclasses on composition, lighting, editing or retouching - everything you need to learn to become a professional food photographer.



## START YOUR OWN PHOTOGRAPHY BUSINESS

In the Member's Club, you will find resources to teach you everything you need to start and grow a successful photography business.



## GET INSPIRED BY OTHER INDUSTRY EXPERTS

We all have a different background and a different skill set. For this reason, we regularly invite other industry experts to join us live, to inspire us, share their knowledge and insights and tell us more about their journey to a successful career in food photography.



## RECEIVE FEEDBACK ON EVERYTHING YOU CREATE

Receiving feedback on your work is crucial to move forward faster. In the Club, you can receive a personal guidance from Lucia, feedback on your images, videos or your portfolio.



## LIVE COACHING ABOUT COMPOSITION, CLIENTS, EDITING OR PORTFOLIOS

Live calls are where you get to interact with Lucia and other members. You get support, inspiration, feedback, or exchange a conversation and dive deep into some topics and challenges you face. We are all here to support you.



## INTERACT WITH YOUR PEERS, BE PART OF OUR COMMUNITY & GET SUPPORT

You will never be alone - our supportive community is here to help you at every step of your journey. Being a food photographer is a lonely path, but the Club is here to connect you with other like-minded creatives from all over the world.



## SAVE TIME BY DOING IT YOURSELF - USE OUR DONE-FOR-YOU TEMPLATES

Don't waste your time any longer on reinventing materials you can simply copy and implement right away! Our Club is full of tools and templates you can copy, adapt and implement in your business right away!

Visit [www.foodlight.io/members-club](http://www.foodlight.io/members-club) to learn more and become our member!

CLICK HERE



masas\_de\_madre 6d

Thank YOU, Lucia, for giving all your heart and soul into everything you do for the club! ❤️🥰 I will forever bless the day I found you 🥰

# 2025 IN THE CLUB - HELPING YOU GROW YOUR SPECIAL SKILLS

## 1 CREATE FOOD COMMERCIAL VIDEOS

Hosted by Lucia Marecak

 [@foodlight.io](https://www.instagram.com/foodlight.io)

Every month in 2025, we host monthly live filming classes where you learn how to create a commercial video from start to finish. These sessions are full of practical demonstrations—building the set, filming all the clips, and editing the final video together.



## 2 COMMERCIAL FOOD STYLING PROJECTS

Hosted by Susi Balint

 [@susi\\_gastrostudio](https://www.instagram.com/susi_gastrostudio)

Every second month, we host a live class with Susi, a professional full-time food stylist. She shares real client projects and gives you a behind-the-scenes look at food styling in action. You'll learn what challenges come up and how she brings the food to life in the final images.



## 3 RESTAURANT & HOTEL PHOTOSHOOTS

Hosted by Linda Hermans

 [@lindahermansphotography](https://www.instagram.com/lindahermansphotography)

Linda Hermans, a professional photographer working with luxury hotels around the world, teaches you how to manage restaurant and hotel photography projects. You'll discover the full process—from planning and shooting to delivering the final photos.



Ready to take your food photography and business to the next level?  
Join our Members Club and become part of a supportive, inspiring community  
dedicated to growth and creativity!

[CLICK HERE](#)

# Digital products & freebies from our Members



## Unlock the Art of Food Videography Storytelling

Turn Your Culinary Passion into Captivating Visual Narratives. Join Isabella Prada and Carlotta Zadra in Milan, Sept 20, 2025, for a hands-on Food Video Workshop. Perfect for photographers and bloggers, this one-day event covers lighting, composition, camera techniques, and editing—everything you need to elevate your content, grow your audience, and attract brands. Spots are limited—enroll now!

Carlotta Zadra @charlotteandchocolate  
& Isabella Prada @isabellaprada.food

[CLICK HERE](#)



## Kids Lunch Box and Snacks Recipe Book

As Summer is approaching and the long warm days and continuous slogans and chanting “I am hungry” is waiting for moms. I have created this free e-book of 12 savory and sweet easy recipes that are on repeat in my house. I am sure if you involve kids as well, they will not only enjoy making it but then devouring it as well.

Nadia Tariq  
@bakefresh\_cakes

[CLICK HERE](#)



## Transform your passion into a business

In this ebook, I give you the tips and advice you need to help you improve and turn your passion for food photography into a business. The ebook is available in French language.

Hajar Benomar  
@hajarbenomar

[CLICK HERE](#)

## Photographic Backgrounds for Culinary and Product Photography

Unique backgrounds in culinary and product photography help your photos stand out from other photos, giving them character and professionalism. They create aesthetic coherence, allowing you to focus on the photographed product or dish. Unique backgrounds can also adapt to your brand, highlighting its style and values.



Malwina  
@pixbackdrops

[CLICK HERE](#)

## Weekly newsletter with My Cup of Tea ☕

My Cup of Tea is an online publication about the history of dishes and ingredients, photography, seasonal recipes and travel. You can subscribe for free to get a new article on your inbox every Thursday!

[CLICK HERE](#)



My Cup of Tea

Elisabet Juan Roca  
@canela.limon.chile

## KATA ENDRODI Print Shop & Products

Get beautiful products like notebooks, tote bags, and greeting cards, or printed photographs — all designed by Kata Endrodi. You can place your order directly on her page, where you'll also find details about printing materials, sizes, matting options, framed prints, and shipping (which is free in North America).



Kata Endrodi  
@realhungarianeats

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For the print shop

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For the product shop

# FREE RESOURCES TO HELP YOU GROW YOUR SUPER POWER SKILLS *in food photography*

## 9 FREE LIGHTROOM CLASSIC PRESETS

Transform your images with one click



FREE

12 exercises

## 12 EXERCISES TO BECOME MORE CREATIVE

Simple exercise to grow your skills and become more creative in food photography

CLICK HERE



Summer for food photographers: 17 activities you can do during 15 minutes blocks

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9 Essential Composition tips for product photography that elevates your portfolio

READ MORE



Want to work with brands? 3 Common Mistakes that Beginner Food Photographers Do and How to Correct Them

READ MORE



How to choose the right images for your portfolio

READ MORE

## BLOG ABOUT FOOD PHOTOGRAPHY AND BUSINESS

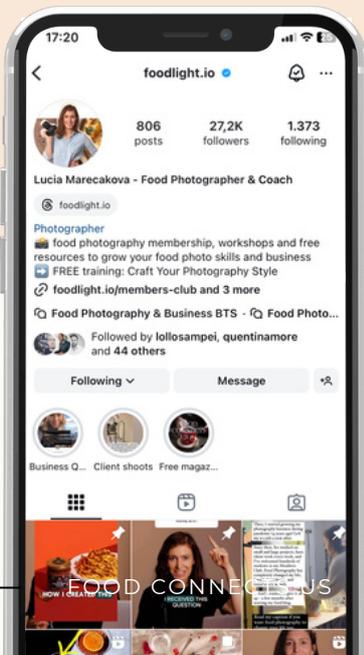
Visit our blog and grow your food photography and business skills

CLICK HERE

## FREE TIPS & EDUCATION ON THE INSTAGRAM!

Follow @foodlight.io for more free education & tips about food photography and business!

CLICK HERE



# MEET THIS ISSUE'S PHOTOGRAPHERS



**BIRGIT BELTZET**

Birgit is a German food photographer and communication designer with a background in visual storytelling and humanitarian work. She focuses on food photography, styling, social media, and content strategy. Guided by natural light and seasonal ingredients, her work celebrates farm-to-table culture and sustainability. Birgit collaborates with regenerative farms and local food projects, capturing honest, grounded images that tell stories of place, people, and purpose.

 [@die\\_erdverbundene](https://www.instagram.com/die_erdverbundene)



**CONSUELO BORRONI**

Consuelo is an Italian food and product photographer based in France. What began as a hobby has now become her full-time passion, allowing her to work with food brands and restaurants to create captivating visuals. Her photography style is airy and elegant, characterized by neutral nuances and delicate floral touches. Consuelo's work beautifully captures the essence of food and products, blending her love for aesthetics with a deep understanding of storytelling. Through her lens, she brings out the subtle details that make each product unique, helping her clients tell their stories in the most visually compelling way.

 [@hebe.photography](https://www.instagram.com/hebe.photography)



**CLAUDIA CARMO**

A food and beverage photographer, originally from Brazil, now based in Portugal. Having worked long years in the music industry, it was in pairing food with photography that I really found my passion and purpose. I incorporate video work to my portfolio, and it has been a wonderful way to put that musical knowledge and experience in action, now pairing image and sound in my creations. My goal is to help bring my client's visions to life using tailored, captivating and outstanding imagery to tell a brand's unique story through photos and videos.

 [@claudiacarmophotography](https://www.instagram.com/claudiacarmophotography)



**CHARO GIL**

My name is Charo. I am a food photographer based in Glasgow but I am originally from Spain. My objective is to combine two of my passions, food and photography and share deliciousness through my images. Being curious by nature, I started exploring the world of food photography and found out that it offers endless opportunities of learning. If you are interested in my work, you can follow me in my account on Instagram. You may discover something new and maybe learn some Spanish too!

 [@hungrykamera](https://www.instagram.com/hungrykamera)



**GEORGIA DEMERTZI**

Georgia is a Greek expat in the Netherlands. Through her recipes, visual food stories, and styling, she wants to showcase not only the physical beauty of the dishes but also the emotions they evoke. In her blog [foodathlon.com](https://www.foodathlon.com), she educates people about the health benefits of the Mediterranean diet while recreating and developing new & traditional recipes, into gluten-free ones and highlighting the local products.

 [@foodathlon](https://www.instagram.com/foodathlon)



**MICHAELA DORFLEROVA**

Michaela is a Czech food and travel blogger and a photographer based in Limburg on the Belgian-Dutch border. On her blog she shares tasty vegetarian and sweet recipes, and travel stories. As a photographer, she specializes in food, and business photoshoots for entrepreneurs. Her mission is to help food brands and entrepreneurs elevate their brand and grow online through creating soulful storytelling photographs. She also loves to photograph children and weddings.

 [@1001voyagesgourmands](https://www.instagram.com/1001voyagesgourmands)



## LINDA FELLER

Linda is a US based food photographer and recipe developer. Gathering around the table with family and friends has always been a centerpiece of her life. In 2020, she launched [Sip + Sanity](#), a creative playground combining her love for cooking and entertaining with photography. With a passion for supporting food artisans, she draws on her culinary and design experience to help others in the food space tell their unique stories, capturing their recipes and products through stunning, evocative, light-filled images.

 [@sipandsanity](#)



## LAURA FERNANDEZ

Laura is a Milan-based food photographer and food stylist specializing in food, beverage, and product photography. Her passion for photography and gastronomy inspired her to combine these interests into a dedicated career. She helps brands create unique, personalized images that tell a story and elevate their vision. Laura's work captures the beauty and sensory essence of food, bringing her clients' culinary ideas to life.

 [@lightsonfire.photography](#)



## MARTA FOCHTMANN

Marta is a food photographer originally from Poland, living in Germany. Photography has been her constant passion through the years. She enjoys creating photos of food and products, bringing out shape, color, texture and "flavor", drawing inspiration mainly from nature and her own garden.

Food photography has become a source of personal growth for her. She believes that food plays a significant role in making gatherings special and connecting people. She loves vegetarian food, handmade products and the beauty of simple things around us.

She's happy to help eco-friendly brands stand out through impactful images.

 [@mf\\_foodinfocus](#)



## KATHLEEN GILLAN

Kathleen is a London-based photographer who has always had a passion for food and photography but only started combining them in 2022. Her background includes a Geography degree, a Masters in Human Resource Management and working as a British Sign Language Interpreter. Although seemingly unrelated, it has taught her the importance of visual forms of communication. And through her travels, Kathleen has learnt the key role that food can play in bridging language barriers!

 [@kathleengillanphotography](#)



## ANILA HYSA

I'm Anila Albanian-born and Germany-based. A food and product photographer whose images speak the language of taste and texture.

My style is clean, natural, and focused on making every shot feel authentic and inviting. For me, food is not just something to eat, but something to experience. Whether I'm working with local artisans or international brands, I aim to bring warmth, detail, and honesty to every frame — capturing the essence of each product and the story behind it.

 [@um\\_yammy](#)



## KERRI LEUNG

Kerri Leung is a UK based Food Stylist, Food Photographer and Recipe Developer, Wife and Mamma to two gorgeous sons. She works with sustainable family food brands to capture impactful images that resonate with the brand, and their customers. She loves capturing the story of how food and family come together harmoniously. In 2025 she plans to focus her attention on children's Food brands and her ultimate ambition is to shoot a cookbook in the near future.

 [@pumps\\_and\\_pumpkins](#)



## MARIALEX MONCADA

Marialex Moncada is a Venezuelan Food and Beverage Photographer based in Budapest.

Every dish has a story, and she tells it through the lens. She creates bold, beautiful visuals that makes food impossible to forget, elevating brands and capturing the essence of their culinary vision. Whether it's the perfect pour, a rustic table spread, or a vibrant burst of flavour, her images ignite emotions, spark cravings, and connects the audience to the experience behind the plate. She works directly with clients creating tailored visuals that inspire and engage.

 [@l\\_experimenter](https://www.instagram.com/l_experimenter)



## MOLLY PIÑON

Molly is a freelance food and beverage photographer who is passionate about travel and the outdoors. Every image is taken with intention to draw the viewer into their seat at the table. She loves creating opportunities for her clients and serving as an extension of their marketing team.

 [@mollypinon](https://www.instagram.com/mollypinon)



## SILVIA ROCCHI

Silvia is an Italian based freelance graphic designer and photographer. She specializes in food, beverage, and product photography. Photography and cooking have been her constant companions through the years, the way to feel connected to people around the world, so she eventually decided to turn her combined passion for food and photography into a career. She assist brands and companies in promoting and elevating their vision through the creation of personalized and unique images.

 [@silviarocchiphotography](https://www.instagram.com/silviarocchiphotography)



## ISABELLA PRADA

My name is Isabella, and I'm a photographer specialized in food. I work with restaurants, small producers, and Italian brands, helping them visually tell their story through carefully crafted images that convey emotion.

What I love most about my work is creating connections: listening to the stories of the people I collaborate with, stepping into their world, and turning their passion into photographs that speak of territory, craftsmanship, and quality.

 [@isabellaprada.food](https://www.instagram.com/isabellaprada.food)



## CARMEN SNEED

Carmen is a food and product photographer, food stylist, and recipe developer. Her style is a synergy of photography and design. She is a creative partner providing inspiring, artful, and meaningful images that tell the food and product stories of her clients and collaborators. Her food images awaken your senses or entice you to explore the next wonderful product. She loves food and enjoys the art of cooking including the process of working on a recipe that brings joy and meaning to your friends and family.

 [@culinart\\_photography](https://www.instagram.com/culinart_photography)



## NADIA TARIQ

I am Nadia, baker, cake decorator passionate about making homemade baked goodies accessible through blog. I have decorated 1000+ themed cakes. I have now returned to my old passion of food photography, collaborating with agencies, owners of cafes and bakeries and authors to create captivating videos and images. I am from Pakistan and residing in Saudi Arabia with my husband and 3 kids.

 [@bakefreshphotography](https://www.instagram.com/bakefreshphotography)



## LARIS TOLOSA

London-based food photographer and content creator, with a passion for capturing the essence of plant-based cuisine. Specialising in vibrant, textural imagery, that brings vegan food to life. I adapt my versatile lens to each brand's unique identity while maintaining my signature style of rich close-ups that showcase detail. My mission: proving that plant-based eating is both visually stunning and deliciously accessible. Through my work, I celebrate the creativity and joy in vegan cooking—because healthy doesn't mean boring, and plant-based never means bland.

 [@larisveganphotography](https://www.instagram.com/larisveganphotography)



## AGNIESZKA WIJDEVELD

Agnieszka is a food and product photographer, she helps food and beverage brands connect with their audience by creating visually captivating product images that build trust, boost engagement, and drive sales. Her work inspires customers and enhances brand presence, ensuring products stand out in the marketplace. Photography has been her passion since 2008, and pursuing it professionally has been a dream come true.

 [@imaginphotography\\_2021](https://www.instagram.com/imaginphotography_2021)

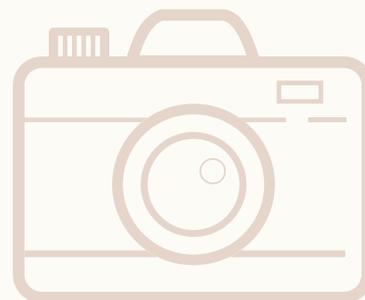


## CARLOTTA ZADRA

Carlotta is an Italian freelance photographer based in Brescia, specialized in food photography. She collaborates with brands and agencies as a content creator, creating photos and videos for their social media and websites. Her goal is to capture beautiful food scenes, that tell authentic stories that convey emotions to the viewers.

She is also a food blogger and on her blog Charlotte&Chocolate she shares her recipes of cakes and baked goods.

 [@charlotteandchocolate](https://www.instagram.com/charlotteandchocolate)



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PHOTO FOCUS +

*crunchy*

# PITA BREAD

Photographer: Consuelo Borroni



## TECHNICAL INFO

Camera settings: ISO 250, f/5.6, 1/100s

Camera: Canon R5

Lens: 50mm prime lens

Light: Continuous light Godox SL300III, 80% of the power

## BEHIND THE SCENE

For this flat lay, Consuelo aimed to capture the crisp, bright light of a Mediterranean midday snack.

Using a Canon R5 with a 50mm lens (ISO 250, f/5.6, 1/100s), she mounted the camera on a C-stand for a clean overhead shot.

To mimic natural noon light, she positioned a Godox SL300 III at 80% power at a high angle, casting defined shadows for depth. No diffused or bower reflector used.



The yellow ochre backdrop set a warm yet neutral tone, while props from Maison du Monde and Casa added texture without distraction.

The biggest challenge was positioning each piece of bread to make the scene look natural yet inviting—ensuring the chips appeared crisp and tempting while maintaining balance in the frame.

She edited the image in Lightroom, enhancing the saturation and brightness to make the colors pop while keeping the look fresh and authentic.

No specific composition technique was used—just an organic arrangement to create a relaxed, effortless feel.

COLOUR PALETTE:



Pro tip:

when capturing flat lays, direct your light from top-side angle. It will give you flexibility to rotate the image horizontally & vertically while making it feel natural.



Consuelo Borroni is a food and product photographer based in France

[hebe.photography](https://www.instagram.com/hebe_photography)

[www.hebephoto.it](http://www.hebephoto.it)

BEHIND THE SCENE +



Artificial continuous light coming from the top-right corner.



This is a flat lay angle, which means the camera is directly over the scene at 90° angle to the set.

SPACE FOR YOUR NOTES

A large, empty rounded rectangular box with a thin brown border, intended for the user to take notes.



# VEGGIE CHIPS

Photographer: Marta Fochtmann



## TECHNICAL INFO

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Camera settings: ISO 200, f/5.0, 1/25s

Camera: Pentax K-1

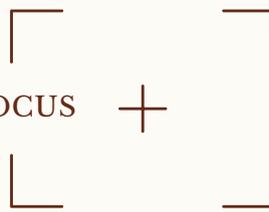
Lens: 100mm

Light: Natural light + white board

## BEHIND THE SCENE

---

I took a photo of vegetable chips while holding them in my hand. I was standing with my back to the camera, so I operated the shutter using an app on my phone connected to the camera via wifi. The camera on a tripod was quite close to me, and I was taking photos at a 45-degree angle. This camera setting allowed me to create a shallow depth of field around the subject.



## COLOUR PALETTE:



I used a black surface, dark green plants as a background and chose two handmade ceramic bowls in neutral colours of beige and brown. All this to create a darker scene, contrast and focus on the hero of the image.

I photographed in natural light from an east-facing window about 1m away. The sunlight was naturally softened by the clouds and was coming from the side of my subject. Additionally, I used a white light-reflecting surface that was placed opposite the light source.

Styling the photo mainly involved layering the bowls, selecting the most interesting veggie chips on top and holding them in my hand. I also focused on the colour of my clothes and the position of my body so that part of my arm naturally fell into the frame. The color scheme of the image is consistent, bringing a sense of comfort and peace.

While searching for a composition technique, my attention was drawn to the golden spiral and the golden triangle. With them in my mind, I captured the image. At the same time, the hardest part for me was holding two ceramic bowls in one hand as I wanted while looking at the live view on my mobile phone to capture it remotely.

I edited the final image in Adobe Lightroom, changing the general settings such as white balance, highlights and shadows, whites and blacks, tone curve and masking, mainly to brighter shadows. I increased the clarity and I also used the color mixer and color grading to express my visual voice.

Marta Fochtman is a food photographer based in Germany



@mf\_foodinfocus



<https://martafochtmann.com/>



SPACE FOR YOUR NOTES



Large empty rounded rectangular box for taking notes.

A black foam card is positioned on the top of scene to create a moody dark background in the final image.

The camera was positioned on a tripod at about 45° to the subject,



Natural light is coming from a large window on the right side, at about 1 m far.

You don't need to diffuse the light if the light is not direct sunlight.



# TACO LUNCH

Photographer: Marialex Moncada



## TECHNICAL INFO

Camera settings: ISO 100, f/11, 1/125s

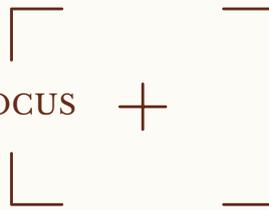
Camera: Canon Xti-Rebel

Lens: Canon 50mm

Light: Neewer S-300 N at 60% + flash with softbox at 50%

## BEHIND THE SCENE

On this shot I aimed to create a vibrant summer lunch, inspired by my tropical recipe of prawn tacos with a pineapple spicy salsa, I photographed with hard light using a flash with a reflector as main light, about 1mt high from the scene (Neewer S-300 N at 60%) also another flash with a softbox for the background at 50%.

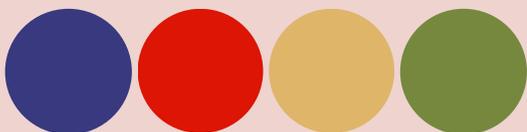


I set my Canon Xti-rebel with 50mm lens on a tripod for a straight on angle, ISO 100 1/125s f/11. I wasn't tethering for this scene, but I shoot a few pictures, then downloaded the images and repeated until I got the perfect shot.

The most challenging part was to capture the perfect shot with the 10 sec timer while also being the model quite a few times to catch that lemon squeeze action.

I edited on Lightroom very slightly, then I added vibrance to the guacamole and very few other details in Photoshop.

#### COLOUR PALETTE:

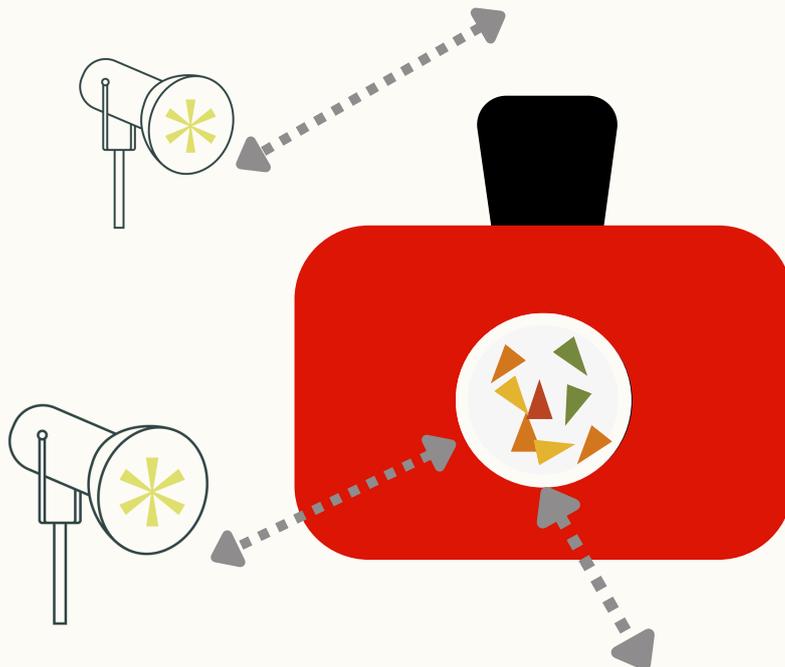


Marialex Moncada is a food and product photographer based in Budapest

 [@\\_lexperimenter](https://www.instagram.com/_lexperimenter)

 <https://lexperimenter.com>

BEHIND THE SCENE +



2 sources of light have been used: one to light the main scene and one for the background.

The camera is straight on in line with the subject.



SPACE FOR YOUR NOTES

A large, empty rounded rectangular box with a thin brown border, intended for the user to take notes.



# HAPPY HOUR

Photographer: Agnieszka Wijdeveld



## TECHNICAL INFO

Camera settings: ISO 100, f4,5, 1/64

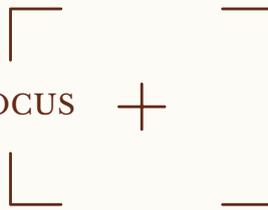
Camera: Nikon z6II

Lens: Micro Nikkor 105mm

Light: Natural light from window,  
diffused with a white curtain

## BEHIND THE SCENE

Backlighting the scene is one of my favorite techniques, and the dappled light from a tree outside added subtle texture and atmosphere. To shape the light, I used white reflectors, bounce cards, and a small gold reflector to add warmth to the sandwiches. Bottles on the right side blocked some backlight and added shadow play. Since I couldn't light everything perfectly at once, I composited multiple exposures.



**Props & Colour Scheme:** We chose a palette of brown, green, and purple. Natural elements like bread, a wooden board, and a brown-toned vase grounded the scene. Though technically yellow, the beer worked well within the scheme. Textured glassware added visual depth through highlights and shadows.

**Composition:** I initially followed the golden triangle rule but pivoted to a more instinctive composition that felt natural. I focused on layering—shadows, wood grain, crinkled paper, and textured food—to create depth. Overlapping elements brought cohesion.

**Post-Processing:** The final image is a six-plate composite. I used the gold reflector for warmth, added beer foam, repositioned elements like the bitten sandwich, and added more flowers. In Photoshop, I straightened objects with Transform > Skew. In Lightroom, I used masks to refine lighting, boost contrast, and tweak tones—especially in the bread and beans.

COLOUR PALETTE:



The biggest challenge was balancing minimalism with my love of detail. This was my third attempt at the image, and I feel like I've finally found the sweet spot between clean composition and personal style.

*A sunny Friday afternoon sets the scene for a couple of neighbors enjoying a casual drink together. The host has thrown together some sandwiches using leftovers: baguette, cheese, and beans. They're sharing homemade beer and kombucha. You can see the cork on the table, as if the bottle was just opened.*

*A sandwich with a bite taken out of it sits in the bottom left corner, hinting that the host just stepped away for a moment.*

Agnieszka Wijdeveld is a food and product photographer based in the Netherlands

 [@imaginephoto2021](https://www.instagram.com/imaginephoto2021)



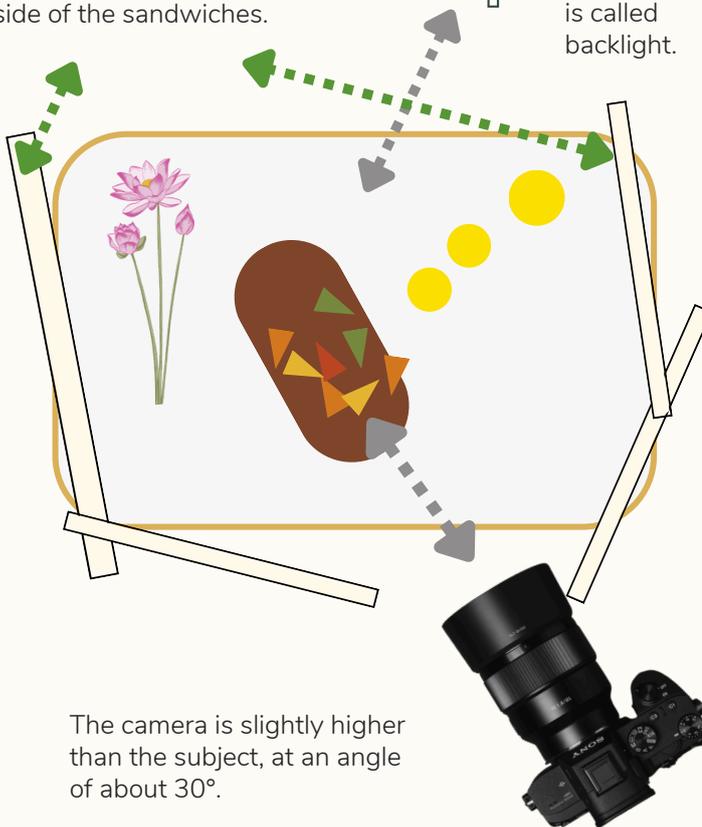
# BEHIND THE SCENE +



On both sides of the scene, I used white foam cards to reflect the light onto the side of the sandwiches.



Natural light is coming from the window right behind the subject - this lighting technique is called backlight.



The camera is slightly higher than the subject, at an angle of about 30°.

SPACE FOR YOUR NOTES



# FAMILY GATHERING

Photographer: Georgia Demertzi



## TECHNICAL INFO

Camera settings: ISO 200-640, f, 6.1

Camera: Canon EOS 6D Mark II

Lens: Sigma 28-70mm f/2.8

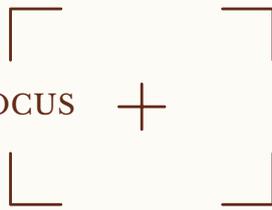
Light: Continuous GODOX SL300iii with diffusers

## BEHIND THE SCENE

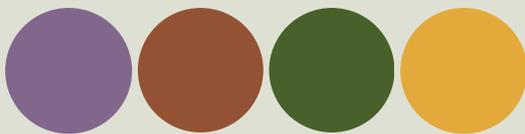
I set up my scene in my dining room. I had to move the whole table around to find the best position for my light and camera.

As props, I used an H&M linen tablecloth, ceramic plates, wooden boards, glasses, vases & flowers, and my grandmother's silverware.

My gear list is: Newer 60x90cm reflectors, Godox 150x200cm diffuser & white cards, Tether tools cable, I used Lightroom Classic and Photoshop to edit the RAW files and Canon EOS utility to shoot remotely



COLOUR PALETTE:



There were a lot of difficult elements in my photo.

Firstly, I needed to create a composite to create that feel of more people included in this gathering shot.

Secondly, I had lots of elements in my scene. Some of them are wilting or turning brown when sitting on a plate. So I had to work quickly and efficiently, and create an eye-pleasing result when styling the sandwiches and the scene.

Lastly, I had to edit and create a cohesive look with my teammates (previous and upcoming image) while keeping my unique style and flair, following the theme guidelines.

Pro tip:

When you capture flat lays, always make sure that your camera is perfectly leveled to 90° to the scene. This will help you minimize the distortion in your images.



Georgia Demertzi is a food and product photographer based in The Netherlands

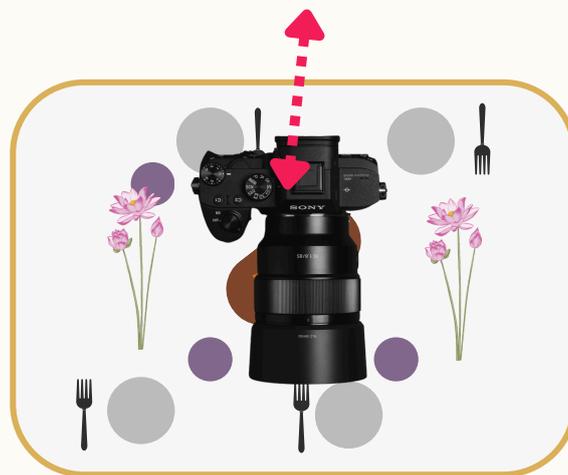
 [@foodathlon\\_](https://www.instagram.com/foodathlon_)

 [foodathlon.com](https://www.foodathlon.com)

BEHIND THE SCENE +



To create this flat lay, the camera is positioned straight over the scene, at 90°.



The continuous light is positioned on the side of the scene, with a big diffuser to illuminate the entire scene and create soft light.

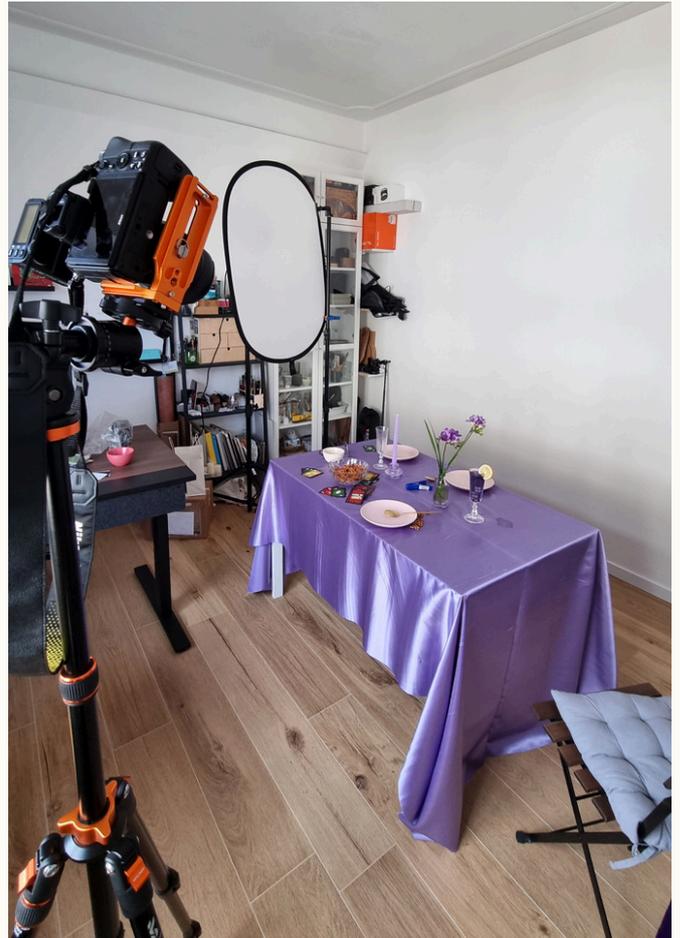
SPACE FOR YOUR NOTES

A large, empty rounded rectangular box intended for taking notes.



# PURPLE PARTY

Photographer: Silvia Rocchi



## TECHNICAL INFO

Camera settings: ISO 160, f/16, 1/125s

Camera: Nikon Z6

Lens: Nikon 50mm

Light: GODOX SK400II (1/3 power)

## BEHIND THE SCENE

I wanted to create a fun and unexpected image, a surreal game party where all the participants are the same person.

I wanted to play with the concept of party for one and the card game UNO (which means one in Italian).

The first thing I decided was figure out the main color: purple. It's not typically associated with food, but I wanted to figure out a way to make a purple monochromatic scene.



## COLOUR PALETTE:



This is a composite picture, so the planning was fundamental since I used 7 different images. As for every composite, I couldn't move the camera or the flash to ensure consistency throughout the whole project.

I had to be sure that the light was consistent and to be aware of the shadows so to not position myself in a place where I could cast shadows onto the food on the table.

It took me a little to figure out where to position the light: it needed to light the sandwiches perfectly but also be flattering for my face.

I decided to use a big diffuser to spread the light and cast soft shadows on the scene. I positioned the light to the side of the table, so that all the items and food will have a soft gradient of light hitting them, almost from behind.

Finding the right frame was also a challenge, because I wanted to have fun with the different poses, so I knew I had to include a good portion of the table, but at the same time I wanted the food to shine.



Silvia Rocchi is a food and product photographer & graphic designer based in Italy



[silviarocchiphotography](https://www.instagram.com/silviarocchiphotography)

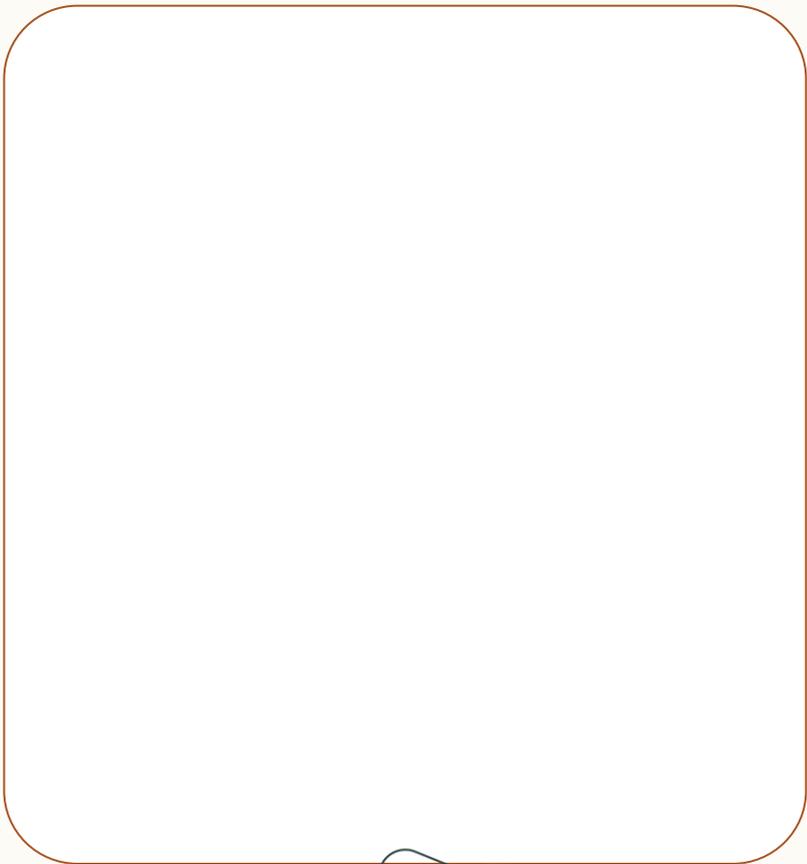


[www.silviarocchiphotography.com](http://www.silviarocchiphotography.com)

BEHIND THE SCENE +



SPACE FOR YOUR NOTES



The flash was positioned above the scene behind a mid-sized diffuser.

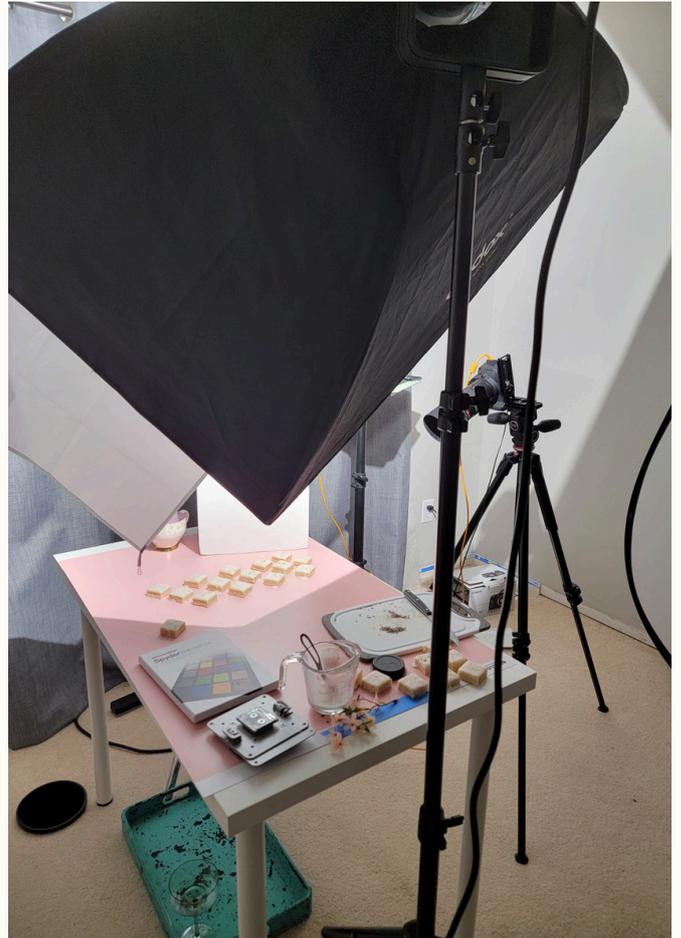
The camera is in front of the scene on a tripod, and since this is a composite, it needed to remain stable and not to be moved to ensure consistency





# LEMON COOKIES

Photographer: Molly Pinon



## TECHNICAL INFO

Camera settings: ISO , f/, 1/s

Camera: Canon Rebel t5i

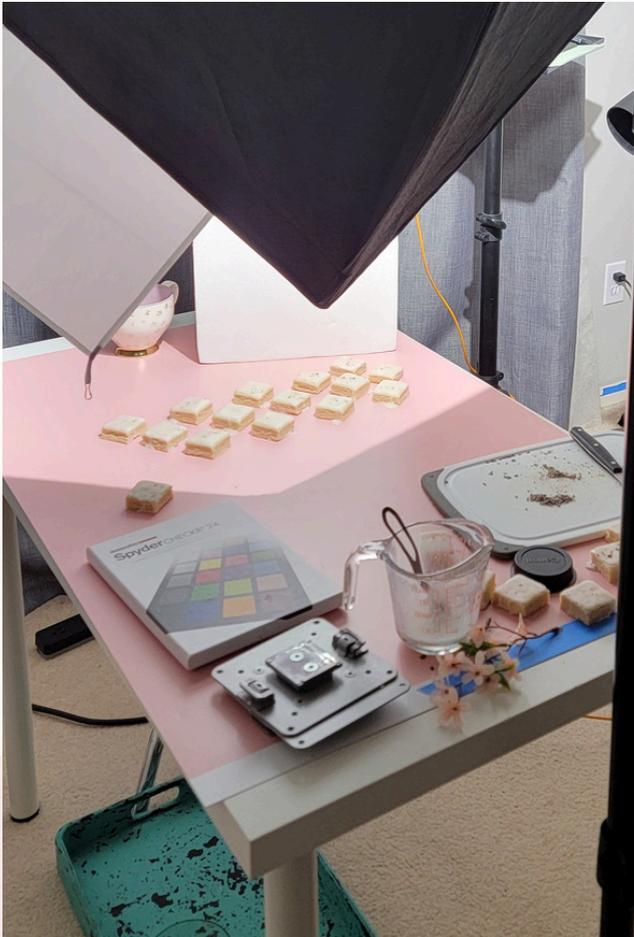
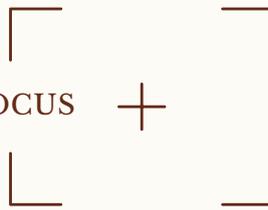
Lens: 100mm Macro lens

Light: Godox 150 FV continuous set to 100% with a large Godox softbox

## BEHIND THE SCENE

For the theme of summer, I wanted to create a set of hard summer light and graphic design to give a fun and modern feel to the subject.

I chose this angle because this gives the most visual information: the cookie texture, the smooth glossy icing, and the light sprinkle of dried lavender.



To achieve perfectly even 38mm square cookies; I 3D printed a grid to make an impression in the dough to use for guidelines for cutting.

Food styling in the blog post was number one reason I wanted to recreate this cookie. The image perfectly communicated how much lavender you actually want to taste. It was unique to all the similar recipes I found.

This image was edited in Lightroom Classic only. It is possible to create a pattern and drop shadows in Photoshop, likely with sharper results. But I really wanted to see if such an image was possible to be done directly on the set.

COLOUR PALETTE:



Molly Pinon is a food and product photographer based in Seattle

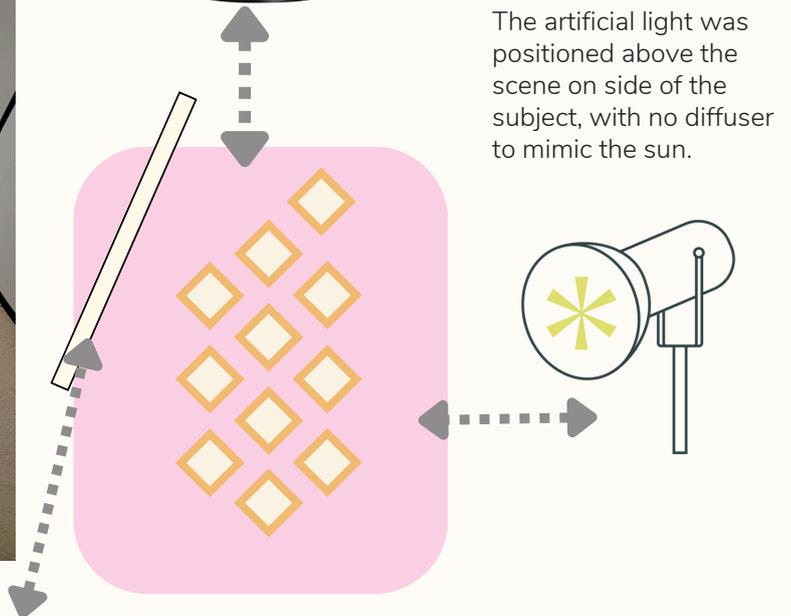
 [@mollypinon](https://www.instagram.com/mollypinon)

 [www.photosbymolly.com](http://www.photosbymolly.com)

# BEHIND THE SCENE +



The camera was positioned on a tripod, and angled at about 40° to the scene.



The artificial light was positioned above the scene on side of the subject, with no diffuser to mimic the sun.

White card (a reflector) was positioned on the opposite side of the light to fill in the shadows and make them brighter.

## SPACE FOR YOUR NOTES



# COOKIES BRING US TOGETHER

Photographer: Molly Pinon



## TECHNICAL INFO

Camera settings: ISO 200, f/ 5.6, 1/6s.

Camera: Canon Rebel t5i

Lens: 100mm Macro lens

Light: Godox FV 150 Continuous Light, Large Softbox with Grid

## BEHIND THE SCENE

The humble treat Cookies spark joy in the everyday moments. I wanted to create an image that was timeless, cozy, and invited the viewer to reach in and grab their favorite one. Because no matter the reason; cookies bring us together.

PHOTO FOCUS +

Compositing is a fantastic way to control the outcome of your image. After troubleshooting with my artificial light, I preferred the way natural light created a single rim light on the far left side of the jar. The ambient light in the room provided a nice gradual and even exposure to be elevated in post.

Production cost (and temptation) was also managed by compositing the same cookies from the outside of the jar to later be photographed inside it.

**Layer 1 Cookies & The Empty Jar:**  
The base photo was intended to create a proper exposure as well as have the opportunity to carefully position each cookie in a way that flattered their shape and texture.

**Layer 2 Cookie Jar With Cookies:**  
Most of the cookies inside the jar were carefully placed on their sides to show detail and visual interest.

Behind the glass however, they lost a lot of contrast and saturation. This was fixed in LrC. I left in the refraction of the top of the jar to look more realistic.

To make up for the low-light environment I used a tripod, a slow shutter speed, and a foam block to the right of the cookie jar.

**Layer 3 Leaning Heart:**  
I used a wooden skewer taped to the back of the cookie to position it leaning against the rim. Then I took a few shots to ensure I caught the specular highlights on the edge of the frosting.

Layer 1



Layer 3



Layer 2

Final image

PHOTO FOCUS +

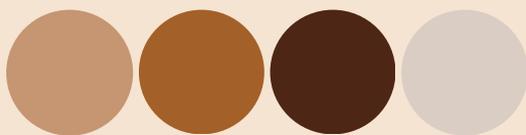


The hero is the heart shaped cookie in the final image. All of the others play a supporting role. This is why they are the same shape, most are tan, and only a few are small. The white ones with the colorful sprinkles add a pop of fun and color to the larger assortment, without pulling focus from the heart.

Final Edits LrC & Ps:

The HDR edits were all done in Lightroom Classic. The calibration tools created a split tone effect. I like to pull back the green saturation and pull up the blue saturation to create a more caramel colored brown.

COLOUR PALETTE:



The essential Photoshop tools required for this image were; Generative fill (paper background), Lightness Filter, and the brush tool set to blur to smooth out the frosting.



Molly is a food and product photographer based in Seattle

 [@mollypinon](https://www.instagram.com/mollypinon)

 [www.photosbymolly.llc](http://www.photosbymolly.llc)

# BEHIND THE SCENE +



Artificial continuous light coming from the top-left corner.



The camera was positioned right in front of the scene, secured on a tripod to make sure it wouldn't move.



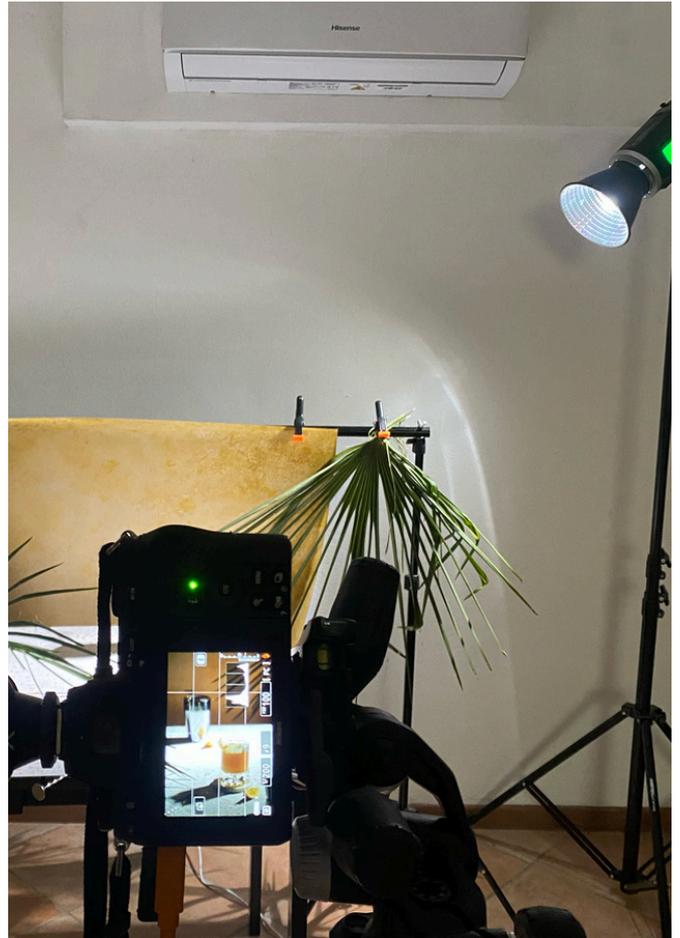
SPACE FOR YOUR NOTES

Large empty rounded rectangle for notes.



# A TWIST OF FRESHNESS

Photographer: Isabella Prada



## TECHNICAL INFO

Camera settings: ISO 100, f/9, 1/200s

Camera: Nikon Z6II

Lens: Sigma 105mm

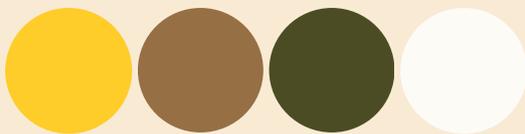
Light: Godox AD 600 +  
Godox v860III B - 1/32 power.

## BEHIND THE SCENE

I positioned the main flash behind the subject, slightly off-center, to illuminate the contents of the glass. Second speedlight flash was placed in front in a mirrored position. This light filled the shadows and made them brighter. The absence of diffusers allowed me to maintain strong shadows and high contrast, emphasizing the fresh mood.



## COLOUR PALETTE:



The main challenge was preventing the hand's shadow from covering the glass during the action shot. To solve this, I created a composite that allowed me to maintain the light on the drink without losing the shadow's natural feel.

The photo is a composite, combining multiple shots: one for the sharply focused glass and others for the action shot of the lemon cocktail, keeping the movement of the water drops. I selected a flash speed suitable for freezing the action.

The scene was built using a Golden Triangle composition, shifting the main subject slightly to the side for a dynamic effect. I connected my camera to the PC via Capture One for precise detail control.

In post-production, I slightly blurred the background to enhance focus on the subject and added water splashes from multiple shots for a more dynamic effect. Additionally, I adjusted the background tone slightly to harmonize with the cocktail's yellow hue.



Isabella is a food and product photographer based in Italy



[@isabellaprada.food](https://www.instagram.com/isabellaprada.food)



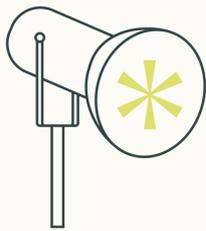
<https://isabellapradafood.com/>

BEHIND THE SCENE +

SPACE FOR YOUR NOTES

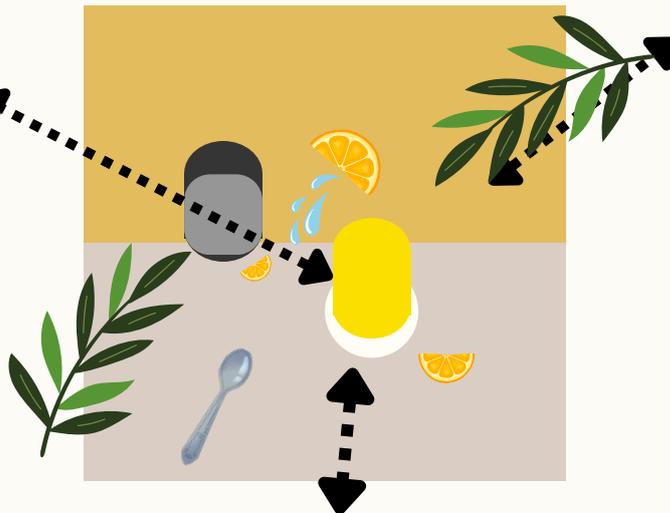


Large empty rounded rectangular box for taking notes.



This is the fill light

The artificial light was coming from 2 sources: one to lit the main scene, one for the background. The speedlight ensured the freezing of the fast squeezing motion.



This is the key light

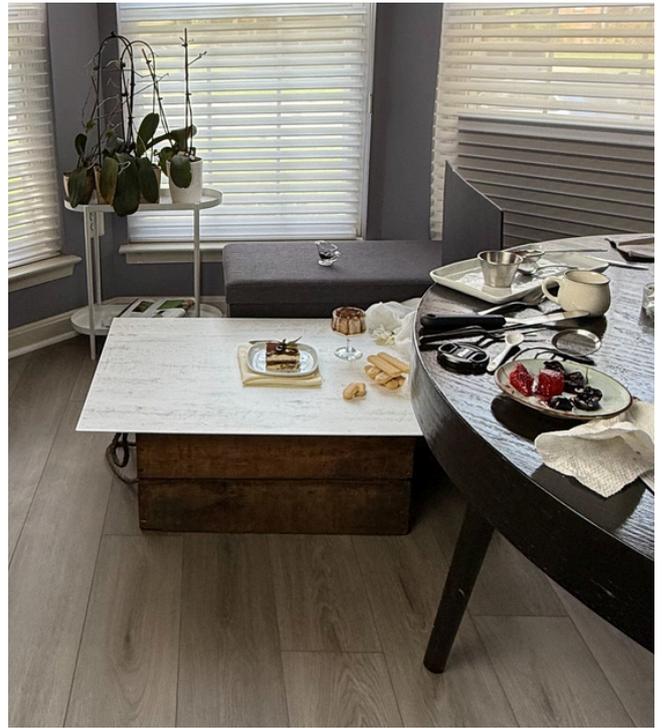


The camera was right in front of the scene, slightly elevated on a tripod.



# TIRAMISU

Photographer: Carmen Sneed



## BEHIND THE SCENE

It was fun to think about which cookies would develop into a wondrous cake! Dreamy coffee soaked lady fingers and the mascarpone led me to this dressy, elegant dessert.

My scene was a little more than minimalist, and I wanted to create a moodier feel using the natural light in a combination with artificial light with a soft box, fill cards and a dark background.

## TECHNICAL INFO

Camera settings: ISO 100, f/1.8, 1/60s

Camera: Nikon D5100

Lens: 18-55mm

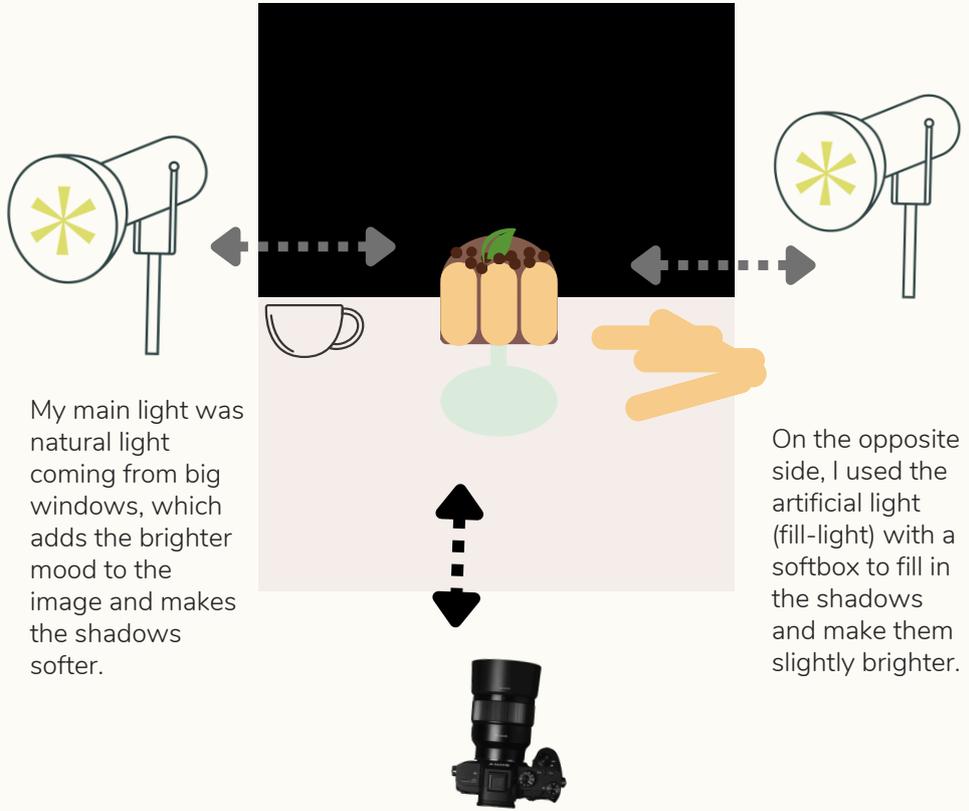
Light: Natural & Artificial light



CARMEN SNEED is an US based food, product photographer, food stylist, and recipe developer.

[@culinary\\_photography](https://www.instagram.com/culinary_photography)

# BEHIND THE SCENE +

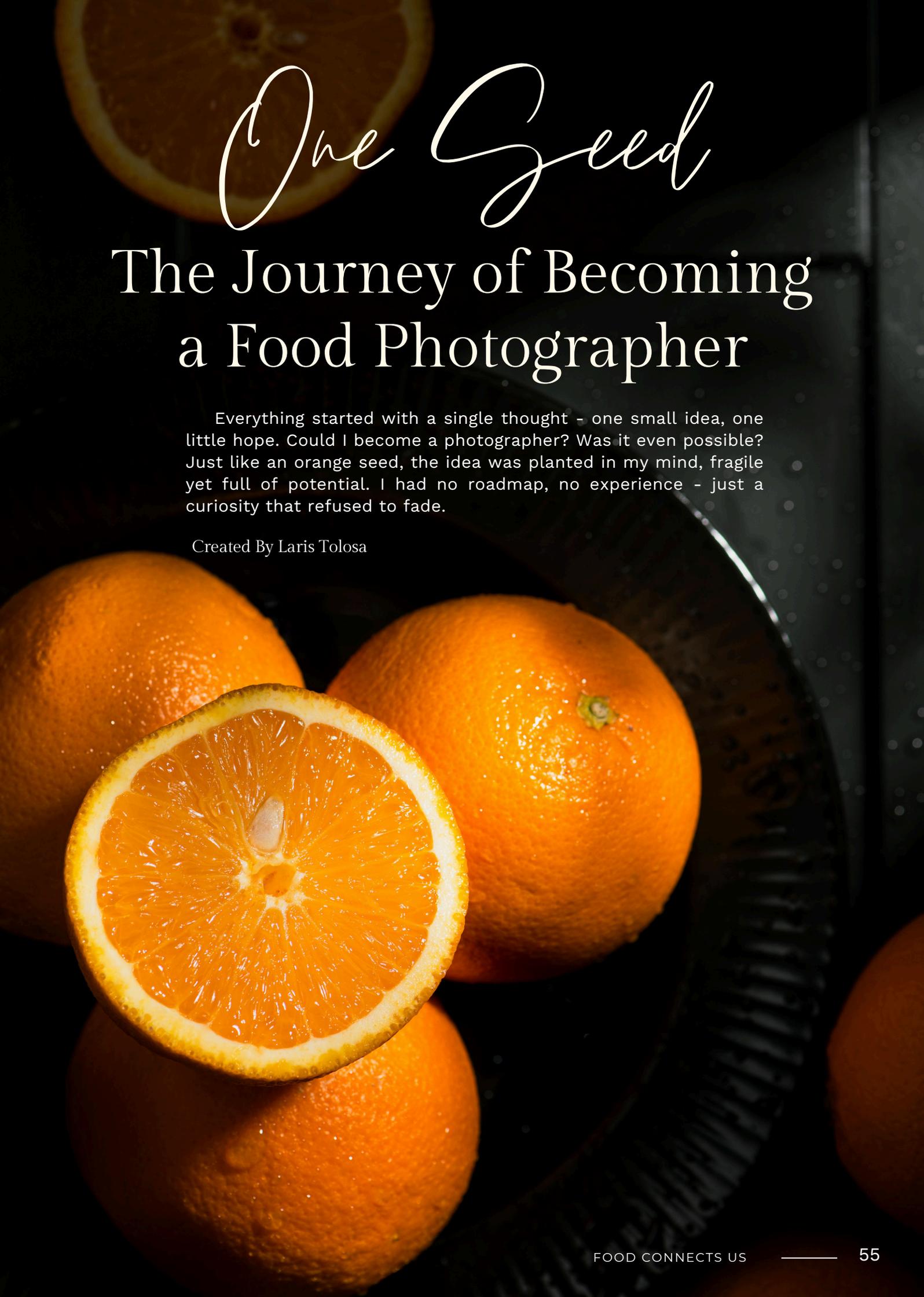


My main light was natural light coming from big windows, which adds the brighter mood to the image and makes the shadows softer.

On the opposite side, I used the artificial light (fill-light) with a softbox to fill in the shadows and make them slightly brighter.

The camera was right in front of the scene.

SPACE FOR YOUR NOTES



# One Seed

## The Journey of Becoming a Food Photographer

Everything started with a single thought - one small idea, one little hope. Could I become a photographer? Was it even possible? Just like an orange seed, the idea was planted in my mind, fragile yet full of potential. I had no roadmap, no experience - just a curiosity that refused to fade.

Created By Laris Tolosa



At first, it was just wondering, daydreaming about the possibility. I stared at images, mesmerised by their depth and emotion. I studied the way light fell on objects, how colours blended, and how emotions could be captured in a single frame. Then, like squeezing an orange for every last drop, I began working, learning, and pushing myself. I studied light, angles, and composition. Every bit of knowledge, every failed attempt, every breakthrough was another squeeze, extracting the essence of photography. Each mistake taught me patience, and every small success fuelled my determination.



Then came the serving - the moment of putting myself out there. I started sharing my work, letting my creativity flow beyond my private space. It was nerve-wracking yet exhilarating, like pouring fresh juice into a glass for the world to taste. I showcased my images, received feedback, and learned to accept both praise and criticism. I started seeing my work not just as pictures but as stories, emotions frozen in time.

And finally, the juice itself - the results. Seeing my work, knowing the effort behind each frame, and feeling the satisfaction of creating something real. But just like a fresh glass of orange juice, it doesn't last forever. It gets consumed, appreciated, and then? I'm left with a thirst for more. The cycle begins again - another seed, another idea, another journey.



The beauty of photography, like life, is that it's an ongoing process. There is no final destination, only continuous growth. Each new project is another seed planted, another opportunity to learn and create. And as long as I remain thirsty for more, the journey will never truly end.

This is photography. This is growth.  
And it all starts with one seed.

# ONE SEED

Photographer: Laris Tolosa



## TECHNICAL INFO

Camera settings:	ISO 100, f/7.1, 1/250 s.
Camera:	Nikon D850
Lens:	105mm
Light:	Godox AD600II

## BEHIND THE SCENE

I worked with artificial light, specifically using the Godox AD600II. I love this setup because it allows me to freeze action (like a pour or squeeze) while keeping the ISO low for the best image quality. I didn't use a softbox, since my goal was to create more directional light and shadows, almost like slices of light cutting through the frame. I used a handmade gobo to control and block the light creatively, shaping a moodier feel.



## COLOUR PALETTE:



Laris Tolosa is a food and product photographer based in London

 [@larisveganphotography](https://www.instagram.com/larisveganphotography)

 [www.laristolosaphotography.co.uk/](http://www.laristolosaphotography.co.uk/)



## Props &amp; Backdrop:

I kept the styling very simple and minimal to enhance the mystic atmosphere. I used a dark backdrop, black boards, a wooden tabletop, and some flowers to cast natural shadows and create a slightly surreal vibe. The darkness allowed the oranges to really stand out.

## Creative &amp; Technical Choices:

The goal was to capture the mystical transformation of something simple — an orange — into something radiant. I also wanted to subtly tell my own story as a photographer, especially how creation and process mirror each other in both photography and food.

I composed the story in several frames: some close-ups of hands and textures, action shots of squeezing and pouring, and finally a clean product shot. I played with different angles — flat lays, 45°, and frontal — and left negative space to let the viewer's eye breathe. Less is more.

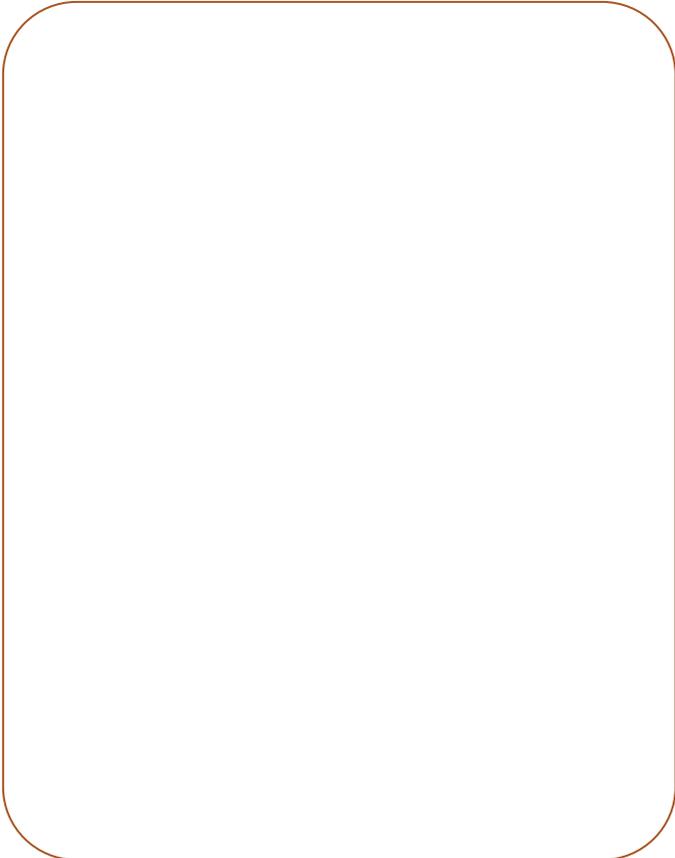
## Editing Process:

I shot everything tethered to Lightroom, which allowed me to check composition and exposure in real time. For editing, I focused on keeping shadows deep and contrast high while letting the oranges stay vibrant. No compositing was needed — the images are single-frame captures.

## Challenges:

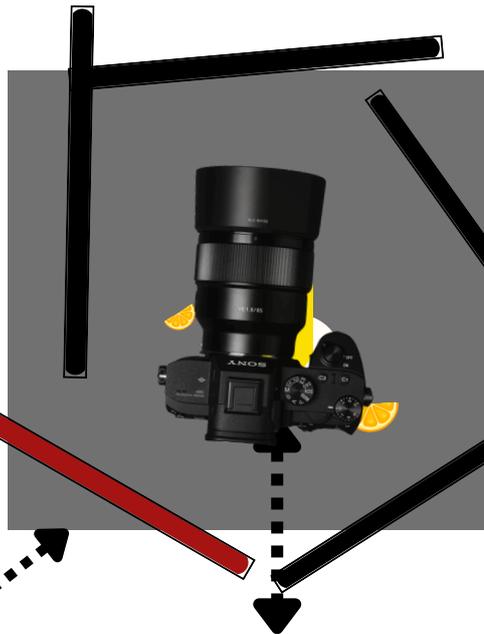
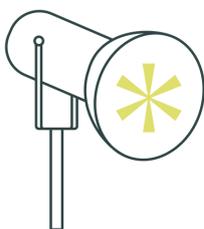
The hardest part was definitely the orange squeeze! I needed to be both in front of and behind the camera, which meant lots of trial and error to get the timing, angle, and splash just right. Getting the juice to pour in a beautiful line while still framing the shot was a real workout.

SPACE FOR YOUR NOTES



Using a handmade gobo to control and block the light creatively, shaping a moodier feel.

Artificial light Godox AD600II is used without any diffusion to create hard light.



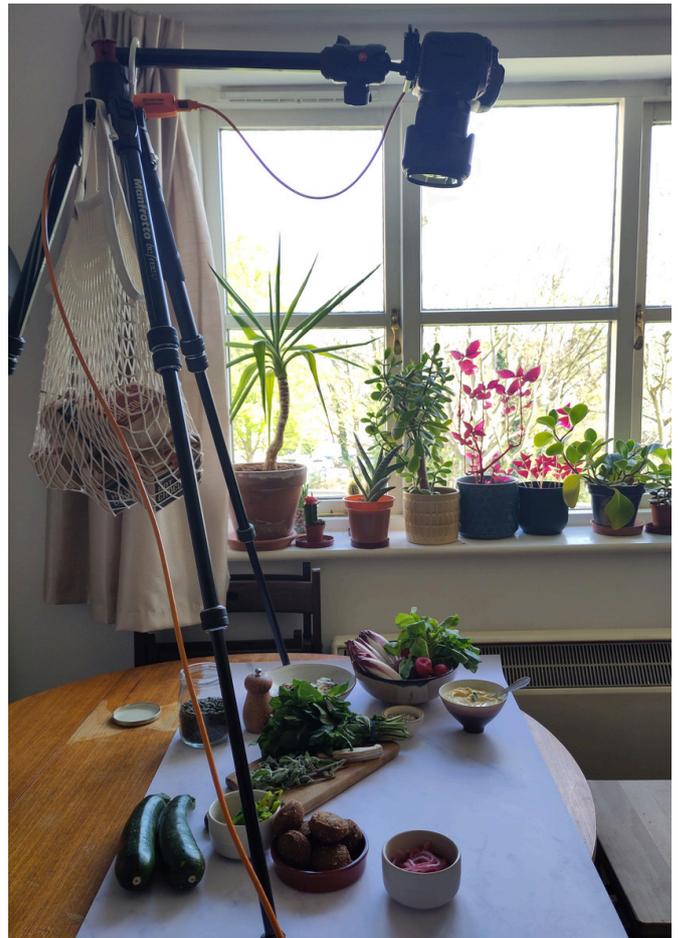
Black foam cards are placed around the scene to prevent the light from being reflected back onto the scene & to enhance the mood.

This image is a flatlay, which means, the camera was positioned above the scene.



# FALAFEL SALAD

Photographer: Kathleen Gillan

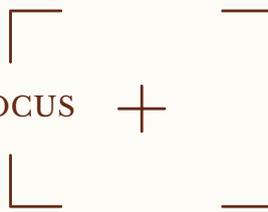


## TECHNICAL INFO

Camera settings: ISO 800, f/11, 1/10s  
 Camera: Canon 5DIII  
 Lens: Sigma 50mm 1.4  
 Light: Natural light

## BEHIND THE SCENE

After creating a moodboard to plan out the images, I wanted to incorporate a Spring-like colour palette to convey the freshness of the ingredients - purples, yellows and greens. I deliberately planned the ingredients so that there was a variety of textures within the lunch bowls.



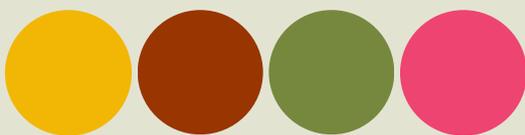
One challenge for me was how to take a photo of the ingredients and the finished lunch bowl at the same time. I decided to take the photo of the ingredients first and place a stand-in empty bowl to make sure the shadow was accurate. Then I created a composite image in Photoshop. I always find it difficult to use Photoshop!

Another challenge was to ensure the ingredients were as fresh as possible. I bought decent, fresh ingredients the day before and planned the order that I'd prepare and cook everything so that it all looked as fresh as possible.

For the double-spread page, I decided to use a golden spiral composition incorporating negative space, but it was difficult to visualise the amount of negative space I would need. I research other food magazines e.g. Waitrose to use as references.

It was a really fun project and I enjoyed eating the end result for my lunch!

COLOUR PALETTE:



Kathleen Gillian is a food photographer based in London

 [@kathleengillanphotography](https://www.instagram.com/kathleengillanphotography)

 <https://www.kathleengillan.com>

BEHIND THE SCENE +



Natural light is coming from a big window from the side of the scene, softly lighting the subject.



The picture is a flat lay, so the camera was positioned right over the scene at 90° angle.



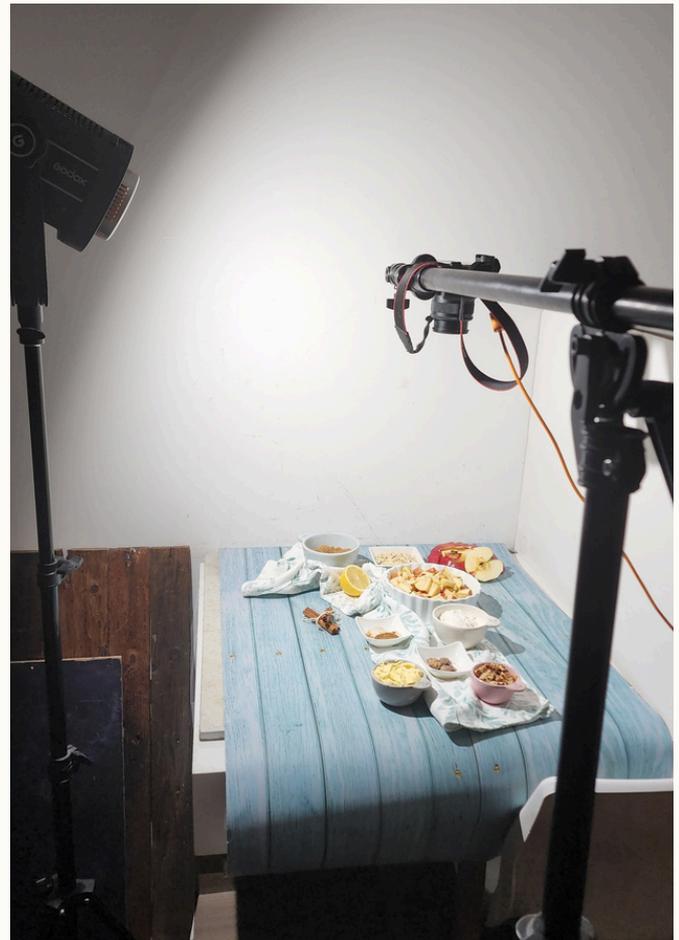
SPACE FOR YOUR NOTES

A large, empty rounded rectangular box intended for taking notes.



# APPLE CRISP

Photographer: Nadia Tariq



## TECHNICAL INFO

Camera settings: ISO 100, f/14, 1/6s

Camera: CANON M50

Lens: ZOOM LENS 15-45 MM

Light: Continuous Godox 150SL + white bounce card

## BEHIND THE SCENE

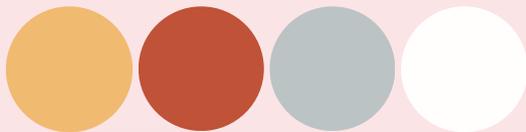
Props - since the mood to create was soft and delicate, I chose light blue/sage colors (BACKDROP) and white/pastel props.

I used a hard light setting, with the camera tethered to my laptop, hidden on the right side of the scene.

I decided to frame the picture as a flat lay to showcase all the bowls and cups.



COLOUR PALETTE:



I tried playing with square round shapes of bowls alternating them and using golden triangle as composition overlay, also important items are from center

I edited in Lightroom, with minimum adjustments, slight played with contrast and shadows, tone curve, and lens correction and Transform.

Nadia Tariq is a food photographer and cake decorator based in Saudi Arabia

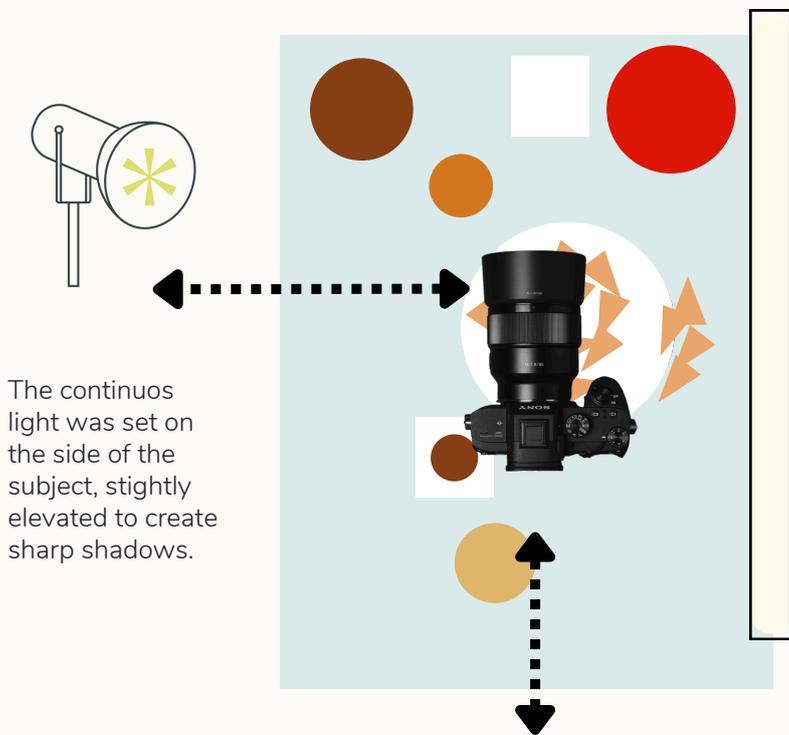
 [@bakefreshphotography](https://www.instagram.com/bakefreshphotography)

 [nadiatariq.myportfolio.com](http://nadiatariq.myportfolio.com)



## BEHIND THE SCENE +

Large white foam card is placed on the opposite side of the scene, to reflect the light back & make the shadows brighter.



The continuous light was set on the side of the subject, slightly elevated to create sharp shadows.



When photographing a flat lay image, it's important to perfectly balance the camera 90° to the surface, in order to minimize the distortion. Having a C-stand is also very practical; it allows you to get your camera higher, so you can shoot with a higher focal length too.

SPACE FOR YOUR NOTES



Food

Story



# COCKTAIL IN ACTION

Photographer:



## TECHNICAL INFO

Camera settings: ISO 1000, f/11, 1/250

Camera: SONY A7 III

Lens: Sigma 105mm f/2.8 Macro

Light: Godox SK300II Studio Flash at 1/16 power

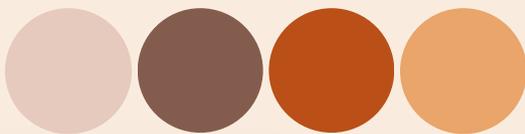
## BEHIND THE SCENE

For this shot, I wanted to achieve a bright and summery look. To recreate the intense summer sun, I used a hard light source and also backlit the subject.

I used my Godox SK300 flash with its bowen reflector, and I did not use any diffuser. I also added orange slices for color and context, even if you don't normally put them in neat whiskey, I think the overall appearance made the scene more meaningful.



## COLOUR PALETTE:



To create a more interesting scene, I used a branch of eucalyptus from a previous shot and used its shadows on the back part of the scene.

I shot at a 45-degree angle and used my 105mm macro lens.

I set up my scene very carefully and also used some silly putty to hold the glass firmly in place. Once I was happy with the composition, I shot a first image which was going to be my base image at f/11, ISO 200, and 1/250 of a second (which is my flash sync speed), with the flash power at 1/4.

Then I reduced the flash power to its minimum setting in my case, which is 1/16, and I bumped the ISO to 1000 for the actual action shot. I did many burst shots, with burst mode enabled, to allow the flash to recycle. I used the medium burst mode. I took over 300 pictures, but only a few were good enough. Once I found the right picture, I created a composite in Photoshop using the base shot and the action shot.

To freeze the action, you need a super-fast burst, and the only way to get that is to reduce your flash power to its minimum. This also means that you are going to have less light, and this is the reason why you may need to bump up the ISO. Some flashes can go down to 1/32 or even less of their power, and this is the recommended setting. With my flash, unfortunately, with a power of 1/16 and the fastest burst speed of my flash, I couldn't get super crisp shots and froze drops. If you need this type of image for a client shoot, you should definitely check your flash capabilities.

Carlotta Zadra is a food and product photographer based in Brescia, Italy

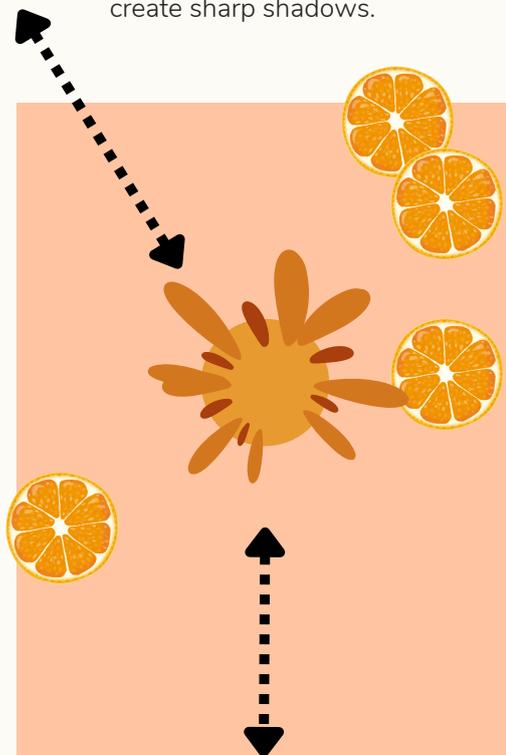
[charlotteandchocolate](https://www.instagram.com/charlotteandchocolate)  
[www.carlottazadra.com/](http://www.carlottazadra.com/)



BEHIND THE SCENE +



The flash light was set on the side of the subject, slightly elevated to create sharp shadows.



When dealing with motion, you need to use a very powerful flash in order to freeze the action in the scene.



SPACE FOR YOUR NOTES



# ZEST SHOT

Photographer: Michaela Dorflerova



## TECHNICAL INFO

Camera settings: ISO 1600, f4.5, 1/800s

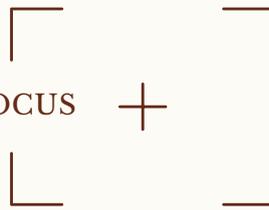
Camera: Nikon D750

Lens: 85 mm

Light: Natural light

## BEHIND THE SCENE

The picture was shot at home with natural light. The best light that moment is at South-oriented window in our living room so I built an improvised setup there: foldable table legs and a wooden board on which I placed a dark vinyl backdrop.



I wanted to shoot from about 30-45 degrees angle in order to see the squeeze so I needed a dark backdrop behind the scene - just a simple black foam did it. It was sunny so I had to place a diffuser at the window. I also used the black side of a reflector 5in1 which I moved around to create more dramatic look.

#### Camera settings and lens

I used 85 mm lens so I had to place the tripod with the camera about 1 meter from the subject. I shot using the camera app in continuous shooting mode with one hand and squeezing the zest with the other. This allowed me to check the position of my hand in the frame in the live view on the phone screen just before and during the action. As the light was changing throughout the shoot, I was also manipulating ISO as needed, trying to stay above

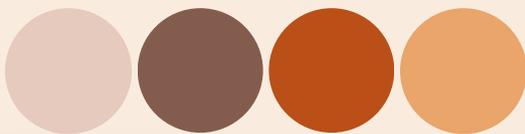
S 1/400 so that the tiny droplets would be captured.

I used two glasses to give a hint of a drink being prepared for 2. I left the measuring beaker in the foreground slightly blurred, positioned cocktail shaker in the background for partial visibility just to have a tall object in the frame in order to give it a little bit more dynamics, and a spoon lying on a piece of fabric (which colourfully fitted the scene) next to the tray with glasses. And some pieces of orange zest around and bunch of fresh mint leaves in the background to make it look a bit messy.

I did not purposefully use any composition technique but there was meant to be a leading line from the hand with zest pointing towards the drink which is more or less in the center and then I left a little bit of negative space in the top left part of the image which turns out good to place the title.

The hardest part of this photoshoot was that it was my first time capturing such action and therefore the lack of experience. I was surprised that not much came out from the first pieces of zest that I had prepared for the shoot. Although I prepared myself and did groceries, I had no idea how many oranges at the end I would need for this. How hard is to find a zest and squeeze it properly that it actually shows droplets enough to capture them in natural light. At the end it all took more time than planned. And next time, I would do it using artificial light which gives the droplets much more visibility.

#### COLOUR PALETTE:



Michaela Dorflerova is a Food & Lifestyle photographer based in Limburg.



[@1001voyagesgourmands](https://www.instagram.com/1001voyagesgourmands)

[www.michaeladorflerova.com](http://www.michaeladorflerova.com)



# BEHIND THE SCENE +



SPACE FOR YOUR NOTES



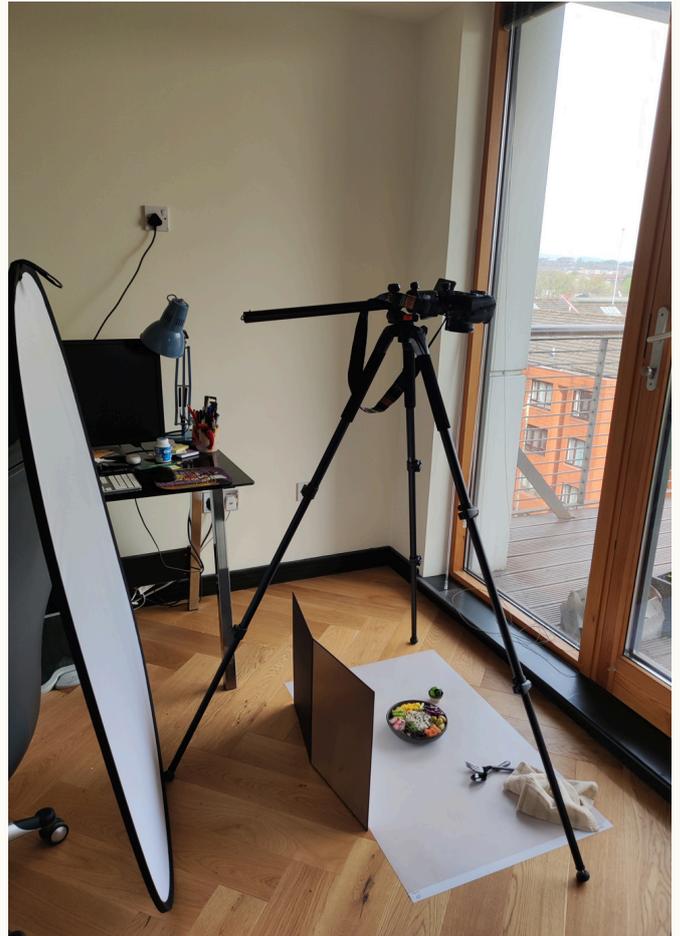
Natural light was coming from a side window, and a diffuser was used to give the scene softer shadows and a moodier style.

The camera was in front of the scene. When capturing actions shots like this, you need a tripod or a stable surface for the camera so that there is no shaking.



# LUNCH BOWL

Photographer: Charo Gil

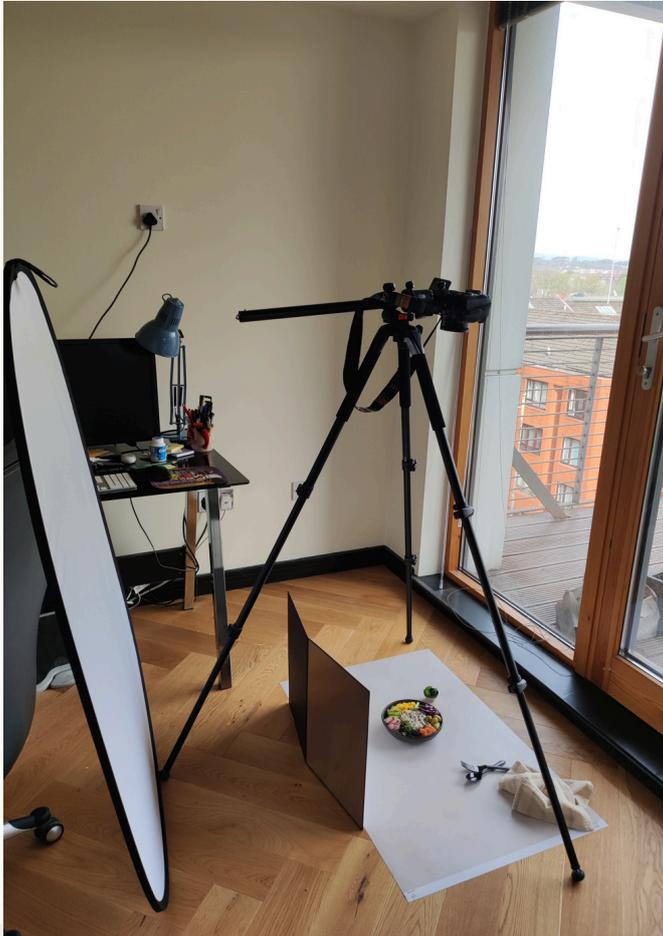


## TECHNICAL INFO

Camera settings:	ISO 100, f11, ¼ s.
Camera:	EOS 6D mark ii
Lens:	50mm
Light:	Natural light

## BEHIND THE SCENE

For this image, I wanted to create a clean and minimalistic composition that keeps all the focus on the main subject inside the bowl. I decided to go for a flat lay perspective, which helped me show all the elements clearly from above. The scene was styled with soft, light-colored vinyl as a backdrop to keep things bright and neutral.

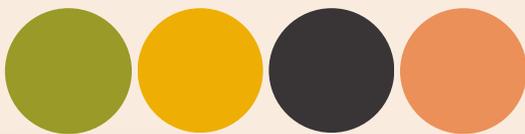


I placed the camera about 150 cm above the subject to get the top-down angle I needed. I used natural window light coming from one side, and to guide the viewer's eye through the composition, I used the golden triangle technique — this helped me arrange the elements in a balanced and visually interesting way.

For this shoot, I used my Canon EOS 6D Mark II with a 50mm lens. My settings were ISO 100, aperture f/11, and a shutter speed of 4 seconds. Since I was using only natural light, the long exposure helped me gather enough light while keeping the image clean and sharp. A tripod was essential here to avoid any camera shake during the long exposure.

In editing, I worked in Lightroom and focused on a few key adjustments: I corrected the white balance, added tonal contrast, refined the tone curve, and brought in some texture to make the surface details pop without making the image feel too sharp or harsh.

#### COLOUR PALETTE:



The most challenging part of this shoot was finding the right balance between minimalism and depth. It's easy for flat lay shots to look, well... flat. So I worked carefully with the direction of light and the placement of shadows to give a bit of volume to the scene.

In the end, I think the simplicity of the scene helps bring more attention to the food itself — and that was exactly the mood I was going for.

Charo Gil is a Food photographer based in Glasgow, UK.

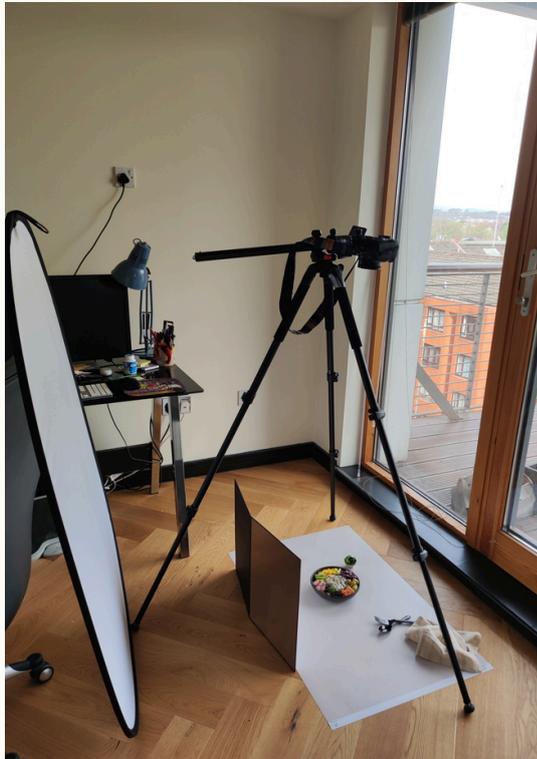
[hungrykamera](https://www.instagram.com/hungrykamera)



# BEHIND THE SCENE +



SPACE FOR YOUR NOTES



Natural light was coming from the top of the scene. Because there is no direct sunlight coming through the window, we don't need to use any further diffusion. Light is already diffused.



The camera was positioned on a tripod above the scene. Using a tripod allows us to level it to 90° to the scene and using a very slow shutter speed to perfectly expose the scene without increasing the ISO much.

The white foam card was used too in order to make the shadows brighter.



# BUNDT CAKE

Photographer: Linda Feller



## BEHIND THE SCENE

After a day spent among the orchards, memories stained with the earthy scent of freshly picked apples and cheeks flushed from the crisp autumn air, this image captures that magical moment when a spiced apple cider bundt cake becomes the centerpiece of connection. You can almost smell the warm cinnamon and nutmeg rising from the cake's tender crumb as that ribbon of buttery caramel cascades down its ridges, glowing with amber firelight that mirrors the warmth of the gathering about to take place.

## TECHNICAL INFO

Camera settings: ISO 100, f4.0, 1/8s

Camera: Nikon Z7

Lens: 105mm

Light: Artificial, Godox FV200

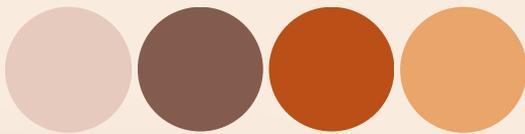




This isn't just food – it's a moment suspended in time, an invitation to gather around the table where stories will be exchanged over forkfuls of cake still warm from the oven. The rich backdrop, freshly picked apples, and flickering candlelight all speak of comfort found in seasonal rituals and the simple joy of sharing something homemade with those we hold dear.

For this autumn cake shoot, I positioned my camera about 1.3 meters from the scene, which gave me that ideal depth of field – crisp cake details while softening the supporting elements.

#### COLOUR PALETTE:



The lighting setup consists of a Godox FV200 at full power with a 35-inch octagonal softbox (single diffusion layer plus grid to limit spill) positioned 1.4 meters from the scene. To soften the scene, I placed an extra diffuser closer to the subject and a black card placed opposite the light source to eliminate bounce. Two flags placed between the lamp and scene funnel light directly across the cake's surface, while a small candle in the background adds a dreamy ambient glow to the flowers.

Linda Feller is a US based food photographer and recipe developer.

 [@sipandsanity](https://www.instagram.com/sipandsanity)

 [www.sipandsanity.com](http://www.sipandsanity.com)



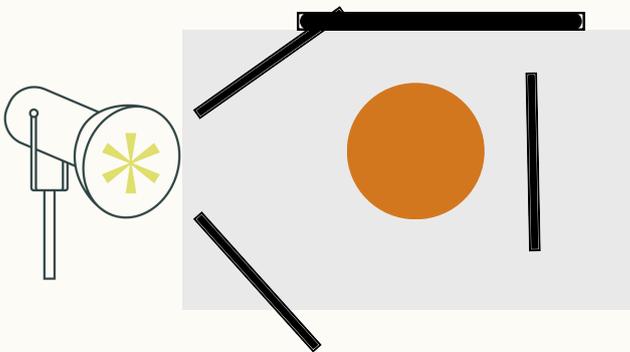
My styling focused on creating visual balance across both axes, with deliberate placement of each element. The stream of caramel and the cut apples are intentionally positioned next to the cake's brightest area to create a natural focal point.

SPACE FOR YOUR NOTES

Post-processing in Lightroom involved tweaking the tone curve to soften the overall image while brightening the cake, enhancing the red apple tones and golden caramel hues, boosting clarity, and adding a subtle vignette. In Photoshop, I used spot healing to smooth the cake surface, remove caramel bubbles, and clean up apple blemishes. Generative fill helped correct apple scratches, eliminate light leaks, and perfect an awkward section on the cake stand.

Creating this cozy autumn scene during springtime was my biggest challenge! Finding fresh seasonal ingredients and props six months ahead definitely pushed my creative problem-solving skills.

Black foam cards were positioned around the scene to create deeper shadows and mood



The lighting setup consists of a Godox FV200 at full power with a 35-inch octagonal softbox (single diffusion layer plus grid to limit spill) positioned 1.4 meters from the scene.



The camera was positioned in front of the scene (at a distance of 1.3m) at around 30° angle.





# MINDFUL MORNING

Photographer: Anila Hysa



## TECHNICAL INFO

Camera settings: ISO 100, f 5, 1/30 s.

Camera: Canon 1300D

Lens: 50mm Canon

Light: Godox SL200II

## BEHIND THE SCENE

My subject was a healthy peach jam served with cream cheese and roasted almonds. I wanted to convey the idea of a gentle, nourishing breakfast — something simple, made with care, and perfect for a slow, mindful morning. The message I wanted to convey is how we should try to choose good things for ourselves, even in the small details like what we eat at the beginning of the day, and enjoy our daily rituals like having breakfast in the company of a good book.



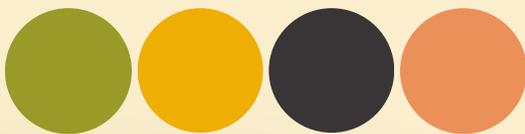
The long exposure helped capture all the soft tones while keeping everything crisp. I placed the camera above the scene to get a top-down view and used a tripod to keep it steady during the long shutter time.

The backdrop was a simple beige tablecloth, which added warmth and softness to the photo.

The light was the most challenging part for me: I wanted to recreate a morning glow with my artificial continuous light. I used a diffuser to spread the shadows and cast a controlled soft light onto the scene.

In editing, I worked in Lightroom. I adjusted the white balance to keep the tones warm and natural, added a bit of texture to highlight the almonds and the surface of the jam, and gave the photo a gentle contrast to avoid losing that soft morning light feeling.

COLOUR PALETTE:



Anila Hysa is a food photographer and recipe developer based in Germany.

@um\_yammy

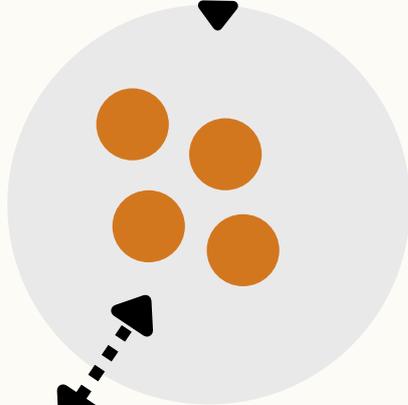
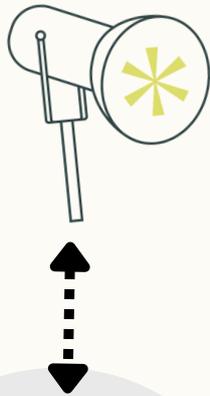


# BEHIND THE SCENE +



SPACE FOR YOUR NOTES

Artificial continuous light was coming from the back of the scene, and I used a large diffuser to make the shadows softer. Light coming from the back helps us show more texture of the food.



The camera was positioned on a tripod at around 75° above the scene.





INTERVIEW WITH

# LE DONNE DEL VINO

 [@donnedelvino](https://www.instagram.com/donnedelvino)



Paola Longo -  
Vice-president of  
Le Donne Del Vino

We had the pleasure of speaking with Paola Longo, president of Le Donne del Vino and a passionate voice in the Italian wine world. With a long-standing career in wine retail and deep knowledge of the sector, Paola brings energy, experience, and vision to the association. As president, she continues to support the growth of women across the wine supply chain, encouraging innovation, international collaboration, and education. Her leadership reflects the mission of Le Donne del Vino: to promote women's roles in wine, from vineyard to glass, and to build a stronger, more inclusive industry.

## **When and how was the association Le Donne del Vino Italia founded?**

The association Le Donne del Vino was born in Florence on March 19, 1988, with the first meeting of 70 women led by the founder Elisabetta Tognana. Two months later, the notary drew up the founding act, signed by the first four members: Elisabetta Tognana, Gigliola Bozzi Gaviglio, Maria Luisa Ronchi, and Anna Gregorutti.

The association has had, from the very beginning, an interdisciplinary character, embracing the entire wine supply chain: producers, restaurateurs, wine shop owners, sommeliers, journalists, and experts. Already in the founding document, the main goals were identified as the spreading of wine culture and responsible drinking, and the promotion of the role of women in society and in the wine world. Almost immediately, the women began to see the value of meeting women from other Italian regions to share aspirations and problems.

1989: Le Donne del Vino has 109 members.  
1991: “Women of Wine and Europe” event at the Enoteca Italiana in Siena with representatives from Germany, Switzerland, France, Portugal, and Greece.  
1992: the members are 230 from 13 regions.

With the new millennium, the association was organized into regional delegations, and the presidents began to be allowed two terms instead of just one as before.  
2003: the members are 600.  
2025: the members are 1200.  
Since 2023, the president has been Daniela Mastroberardino, a producer from Irpinia. The wine world is beginning to desire a more important role for women.

## **What is the main goal of the association and what activities does it carry out to achieve it?**

The association Le Donne del Vino is an Italian organization whose main goal is to promote the role of women in the wine sector, highlighting their professionalism and contribution in all stages of the supply chain, from production to communication and distribution.

## **What is the role of women in the wine sector in Italy, and how does the association work to promote female presence in this field?**

The role of women in the wine sector in Italy is increasingly important and growing. Women are active in all stages of the wine supply chain, from production to marketing, from communication to research. In particular, their contribution stands out in areas such as winery management, oenology, sommelier work, marketing, and export, where they often bring an innovative vision with a focus on sustainability and quality.



Management of the association - with the vice-president Paola Longo, sitting in the middle.

## **What are the main initiatives and projects the association is currently carrying out?**

The association's goals are closely linked to the professional side of the wine world. The diverse and complex nature of wine requires those who work in the industry to view the spread of product knowledge—and its interaction with the world—not just from an agricultural or commercial perspective, but also as a form of social responsibility.

The core values of the National Association Le Donne del Vino include:

- respect for the consumer
- protection of the landscape
- pursuit of natural methods
- education on moderation
- promotion of wine knowledge and its role in a healthy diet
- awareness of the ethical and pleasurable value of food
- continuous professional development, both technical and in communication
- promotion of events aimed at focusing the consumer's attention on the many issues the association is committed to.

## **What kind of collaborations and partnerships does the association have with other organizations in the food and beverage sector?**

In Italy, the association has partnered with universities and training institutes to promote wine education—for example, through the D-Vino project, which introduces wine studies in tourism and hospitality schools. It has also launched initiatives with social cooperatives to support the employment of women who have experienced violence, combining the food and wine sector with social commitment.

The association actively collaborates with various entities and organizations in the food and wine industry to promote female presence and wine culture.

On an international level, it has signed an alliance pact with eleven women's wine associations from countries such as Argentina, Australia, Austria, Chile, Croatia, France, Georgia, Germany, New Zealand, and Peru. This agreement aims to encourage training exchanges, organize joint events, and share information to increase professional opportunities for members across different markets.

## **What are the communication challenges that women (or members) working in the wine sector face in Italy?**

Women working in the wine sector in Italy face several communication challenges, related both to how their role is perceived and to effectively promoting their products in a competitive market. Among the main issues are:

- Gender stereotypes
- Access to media and visibility
- Digitalization and use of social media
- Technical language and accessibility
- Promotion in foreign markets
- Educating consumers about responsible drinking

These challenges require continuous effort, creativity, and a strong network to overcome, and associations like Le Donne del Vino work actively to support their members in these areas.

**What are the main events organized by the association, and what upcoming initiatives are planned?**

**2025: A Year Dedicated to “Women, Wine, Innovation”**

“Women, Wine, Innovation” is the theme for the year 2025 and the common thread for all of the association's initiatives. The task of turning this concept into a visual image was entrusted to architect and wine designer Federica Cecchi, a Tuscan member of Le Donne del Vino, who offered her talent and professionalism to the group.

Innovation in the wine sector is taking many forms—from advanced vineyard and winery technologies to environmental sustainability and the use of social media to promote wine and communicate with consumers. Women, with their creative and collaborative thinking, are leading many of these innovations. They are introducing sustainable farming practices, exploring new grape varieties, and creating wines that reflect modern trends.

The visual created for 2025 represents a woman who embodies both tradition and modernity, a balance between past and future that is reflected in her everyday work. Each curl in her hair becomes a gear—symbol of resilience, adaptability, and creativity, essential traits in a constantly changing world. Water, a precious resource for Le Donne del Vino, is symbolized in the image by a jewel: two drops of water worn each day as a reminder of an important step toward a sustainable future.

**THE ANNUAL CONVENTION OF LE DONNE DEL VINO IN ABRUZZO**

This year’s National Convention of Le Donne del Vino will be held in Abruzzo, from Thursday, May 15 to Sunday, May 18.

The women of Le Donne del Vino from Abruzzo, led by producer Martina Danelli Mastrangelo, will host four intense days filled with events, meetings, winery visits, and masterclasses to explore a region rich in winemaking tradition and stunning landscapes—from mountains and hills to the Adriatic coast.

Abruzzo offers a variety of microclimates and terrains ideal for growing high-quality grapes like Montepulciano, Trebbiano, Cocciola, Passerina, and Pecorino, just to name a few of the region’s important native varieties.

This is a forward-thinking region that combines tradition and innovation, where modern winemaking and precision viticulture are being explored while traditional methods are preserved. This synergy has helped boost the quality and reputation of Abruzzo’s wines both nationally and internationally. In fact, in 2022, Abruzzo was named “Wine Region of the Year” by Wine Enthusiast magazine. These favorable conditions have also encouraged strong growth in wine tourism.

The main conference, titled “We Cultivate Future Scenarios”, will be at the heart of the event.

In addition to visiting wineries run by Le Donne del Vino from Abruzzo, the itinerary includes the Costa dei Trabocchi—a coastal area with traditional wooden fishing platforms now turned into restaurants and venues—plus cultural visits to Pescara and L’Aquila (which will be Italy’s Capital of Culture in 2026), and the Vomano Valley, known for its impressive abbeys surrounded by vineyards.

This region is a true gem for those who want to dive into the landscape, history, and cultural richness of Italy.

Thanks go to the Department of Agriculture of the Abruzzo Region and the Consorzio di Tutela Vini d'Abruzzo for their support of the initiative. Special thanks also go to Abruzzo delegate Martina Danelli Mastrangelo, deputy delegates Stefania Bosco and Arianna Maria Di Pietro, national board member Jenny Viant Gomez, and their working group for organizing this new adventure of Le Donne del Vino.



Image from Canva.com

## D-VINO PROJECT

Bringing wine into the curriculum of tourism and hospitality schools throughout Italy. This is the proposal launched by Le Donne del Vino during events in Florence held ahead of the G20 Agriculture meeting.

The pilot program began in three regions: Emilia-Romagna, Piedmont, and Sicily, and expanded nationwide during the 2022/2023 academic year. The goal is for wine education to become more widely implemented and for hundreds of hospitality and tourism schools to introduce this subject.

The dream is to raise a new generation of managers who will continue their education beyond school, making wine and agri-food knowledge a strength of their professional profiles.

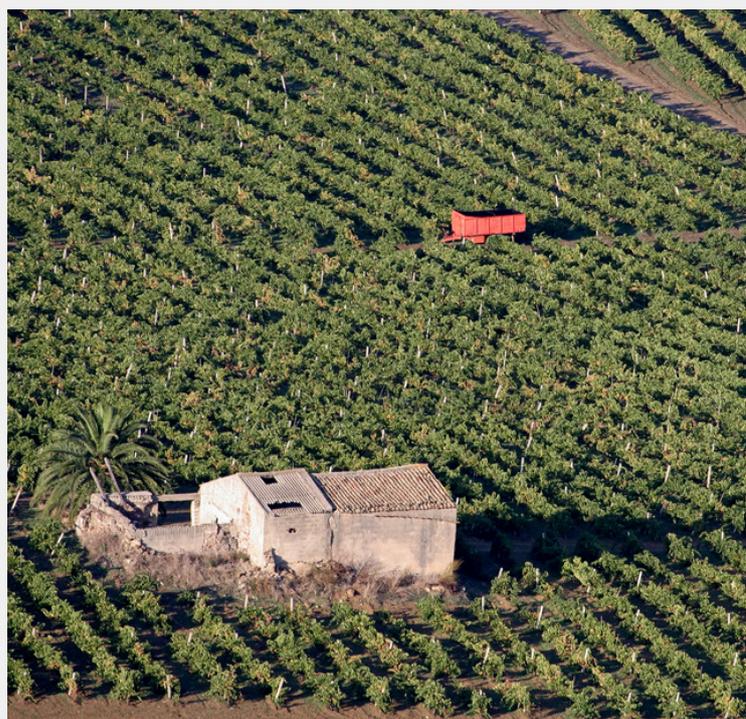
## WHY TEACH WINE IN TOURISM AND HOSPITALITY SCHOOLS

Currently, some hospitality school principals have introduced wine courses, but no tourism institutes offer this kind of education.

In reality, future restaurant managers, as well as those working in tourism offices, travel agencies, or hotels, need basic knowledge of wine and wine regions. Wine accounts for about one-third of restaurant revenues. In tourism, food and wine are the top attraction for foreign travelers coming to Italy, with one in four visitors driven mainly by food experiences.

In fact, 62% of tour operator catalogs include food and wine tourism offers. There are around 10,000 wineries in Italy equipped for wine hospitality and constantly looking for staff, along with about 20,000 wine businesses open to the public.

In an Italy where agri-food is increasingly central to tourism, it is no longer acceptable to teach only art, geography, and tourist destinations (66 hours over 3 years) to future incoming tourism managers.



Wineyard in Sicilly; image from Canva.com

## THE BENEFITS OF WINE EDUCATION FOR FUTURE RESTAURANT AND TOURISM MANAGERS

A training path aligned with the needs of the industry benefits everyone—especially students—by opening more career opportunities.

It also raises the quality of the tourism offering and supports wine regions by creating a workforce trained across the entire supply chain: from production to sales to service.

These professionals will help grow appreciation and awareness of high-quality wine, especially among foreign visitors and for lesser-known wine denominations.

Finally—and importantly—the training promoted by Le Donne del Vino also aims to encourage responsible wine consumption among young people. The idea is to create ambassadors of wine culture capable of influencing their peers through peer education.

Although wine tasting will be reserved for adults, an important part of the program focuses on preventing alcohol abuse and binge drinking.

## How does the association promote the value of Italian wine products nationally and internationally?

In 2019, Le Donne del Vino organized the first World Forum of Women in Wine in Milan during SIMEI, signing a partnership with representatives of 10 international women’s wine associations. Since that day, the women of wine from around the world have met every year, either in person or online, to exchange ideas on different topics.

The most recent event took place in November 2024 in Rome, at the Foreign Press headquarters, where 12 delegations from around the world connected for a roundtable on the topic:

“Wine: Sustainability, Youth, and Wine Tourism at the Center of the International Revolution in Consumer Trends.”

On that occasion, Nomisma Wine Monitor presented a survey about who the future wine consumers will be, and what opportunities and markets will open up for the wine industry.

The partnership includes associations from Argentina, Australia, Austria, Canada, Chile, China, Croatia, France, Georgia, Germany, New Zealand, and Peru.



Image from Canva.com



Wineyards in Piedmont, image from Canva.com

**Does the association also handle communication campaigns for member companies? If so, how are materials like photos or videos created?**

Yes, the association also develops communication activities and campaigns that support its members, including content creation.

One key project is the podcast “Donne, vino e segreti” (Women, Wine, and Secrets)—created to highlight female empowerment in the Italian wine industry. It was promoted by the national association Le Donne del Vino, supported by the Department of Agriculture of the Puglia Region, and produced by La Content. The podcast tells the stories of women who, through their skills, charisma, and collaboration, have helped transform and elevate the entire wine sector.

It’s a project that inspires, empowers, and spreads awareness of the role and professionalism of women in the Italian wine industry. Through this podcast, the goal was to give voice to the extraordinary women who—with passion and commitment—have changed the wine world in Italy. Stories of determination and success from our entrepreneurs, showing what can be achieved when we believe in the power of connection and collaboration.

We chose podcasting as a new way of communicating, especially to reach younger generations.

**In what way do you believe that high-quality images can influence the perception of your wines on the market?**

At the next edition of Vinitaly, we will be conducting an experiment on exactly this topic, in collaboration with IULM University in Milan.

**Have you ever worked with a photographer specialized in the food/beverage sector to promote your wines?**

Each company manages this individually. However, we do have a member who takes care of the visual and graphic aspects related to the theme of the year.

**What advice would you give to other members who want to improve their online presence and increase visibility?**

Each member has her own personal method.



Image provided by Le Donne Del Vino



Image provided by Le Donne Del Vino

### **What are the future goals of the association to promote women in the wine sector?**

In 2025, the association chose the theme “Women, Wine, Innovation” to highlight the female contribution to building a sustainable future open to change.

- Education and reducing the gender gap  
Through the Future Project, the association aims to offer young women interdisciplinary learning opportunities in the wine sector, with the goal of closing gender gaps in salaries and career advancement.
- Internationalization and networking  
The association promotes the creation of international networks with women's wine organizations from different countries, encouraging training exchanges and global collaborations.
- Education and awareness  
With the D-Vino Project, the association introduces wine education into tourism and hospitality schools, helping to train new professionals in the food and wine sector while encouraging responsible consumption among young people.
- Research and adapting to new consumer trends  
Through forums and conferences, the association explores emerging trends in wine consumption—such as sustainability and authenticity—to help producers align their strategies with the demands of the modern market.

These goals reflect the association’s commitment to enhancing the presence of women in the wine industry by promoting innovation, education, and greater cultural awareness.



**Paola Longo - Vice-President of Le Donne Del Vino**

**<https://ledonnedelvino.com/>**

Paola Longo is a wine shop owner from Legnano, near Milan, and the current vice-president of Le Donne del Vino. She has been part of the association’s national board for over 20 years and is known for her strong support of women’s roles in the wine sector. Paola runs Enoteca Longo, a family business with a curated selection of wines and a focus on wine gifting. With a background as a certified sommelier, she brings experience, passion, and a modern vision to her leadership—promoting quality, sustainability, and responsible wine culture.

# RECIPES

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# vegan Tortilla Wraps with tahini sauce

feel free to substitute  
them with other veggies  
as you like

## INGREDIENTS

- mixed lettuce
- cucumber
- red onion
- tofu
- pomegranate seeds
- seeds and nuts mix

## METHOD

Warm the wraps in a dry frying pan, around 30 seconds on each side.

Divide the ingredients between 2 wraps, spread tahini sauce on top. Roll up and enjoy!



tahini sauce

- 1 spoon tahini paste
- 1 teaspoon freshly squeezed lime juice
- 1 small garlic clove
- 2 teaspoon warm water
- sea salt and pepper to taste

Simply mix together all the ingredients in a bowl until you get a smooth sauce.





## Craving a satisfying, nourishing snack?

These vegetarian tacos hit all the marks.

Packed with fiber, protein, and healthy fats, they feature whole-wheat tortillas, crumbled veggie steak, creamy avocado, red onion, cheddar, and a fresh yogurt sauce.

Perfect at any time, this snack is quick, balanced, and full of real ingredients. It's a simple, delicious way to turn snacking into a celebration.

# TACO-BOUT

## AT FIRST BITE.

Photography, recipe & styling by  
Consuelo Borroni

# LOVE

A Healthy snack you'll actually Crave



# Greek Tzatziki Fish Tacos

Photography and styling by: Marialex Moncada

## *For the Tacos:*

Air Fried Fish nuggets  
Tomato, diced  
Red onion  
Chopped white cabbage  
Fresh dill, for topping  
Flour tortillas, warmed  
Lemon wedges, for serving

## *Mint Tzatziki sauce:*

Greek Yogurt  
Grated cucumber  
Garlic clove, crushed  
Fresh lemon juice  
Fresh mint, chopped  
Fresh dill, chopped  
Salt + Black pepper, to taste





**RICOTTA & MARINATED ZUCCHINI**  
WITH WHIPPED RICOTTA CHEESE,  
MARINATED ZUCCHINI RIBBONS  
AND TOPPED WITH LEMON ZEST



Photography, recipe & styling by Silvia Rocchi, Georgia Demertzi & Agnieszka Wijdeveld

# Crafting an open Sandwich

An open sandwich is more than just a meal—it's a celebration of flavors, textures, and cultures, presented beautifully on a single slice of bread. Unlike traditional sandwiches, which enclose their ingredients between two slices, open sandwiches allow each component to shine visually and gastronomically.

This style of sandwich has been embraced worldwide, with unique variations in different cuisines, making it both a historical and modern culinary favorite delicious meal option that can be tailored to any preference.

Follow these guidelines to ensure a perfect result!



**GLUTEN-FREE BREAD WITH AVOCADO FLOWER & SOFT-BOILED EGG** OVER WHIPPED FETA. GARNISHED WITH EDIBLE FLOWERS, HERBS, AND CHILI FLAKES



**CRUSTY BAGUETTE, WHIPPED VEGAN CHEESE, AND BROAD BEANS** TOPPED WITH PEPPER AND RED RADISH SPROUTS



**SUN-DRIED TOMATO HUMMUS**  
WITH PEAS, AND TOPPED WITH  
SUNFLOWER SEEDS AND BASIL  
LEAVES



- 1** Since there is only one slice, the bread must be sturdy enough to hold the toppings. Toasting the bread adds crispiness and helps prevent sogginess. Lightly butter or oil the edges of the bread before toasting for extra crispiness. Some great choices are: sourdough, ciabatta, rye, whole grain or baguette



**PESTO, MOZZARELLA AND  
CHERRY TOMATOES**  
DRIZZLED WITH BALSAMIC  
GLAZE AND FRESH BASIL  
LEAVES

- 2** A good spread adds moisture and flavor while helping toppings stay in place. We recommend: hummus, pesto or tapenade, mayonnaise or aioli, ricotta, whipped feta, or cream cheese, and avocado mash

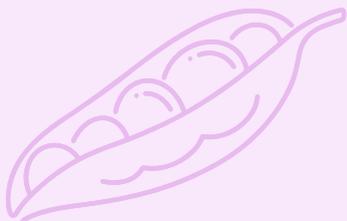


- 3** Choose your favorite combinations and use fresh, seasonal ingredients for the best flavors!

You can have fresh mozzarella, tomatoes, basil, or pesto, and balsamic vinegar; or avocado, poached or boiled egg, whipped feta, daikon radishes & chili flakes; aybe whipped ricotta, marinated zucchini, olives, radishes & micro herbs; Or even cream cheese, smoked salmon, capers, red onion & dill.

- 4** To elevate your open sandwich, add some crunch with toasted nuts or seeds, pickled vegetables, crispy fried onions or crunchy microgreens!

- 5** Finish up with some flaky sea salt, or a drizzle of olive oil, honey, or balsamic glaze! You can also add a sprinkle of chili flakes, black pepper, or sumac. If you want to keep it fresh, herbs like basil, dill, lemon zest or chives are your best choices.

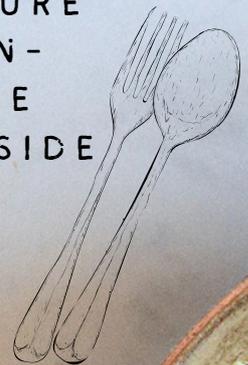


**WHIPPED RICOTTA, AND  
OLIVES WITH MARINATED  
ZUCCHINI, PURPLE  
RADISHES, EDIBLE FLOWERS  
AND FRESH HERBS**





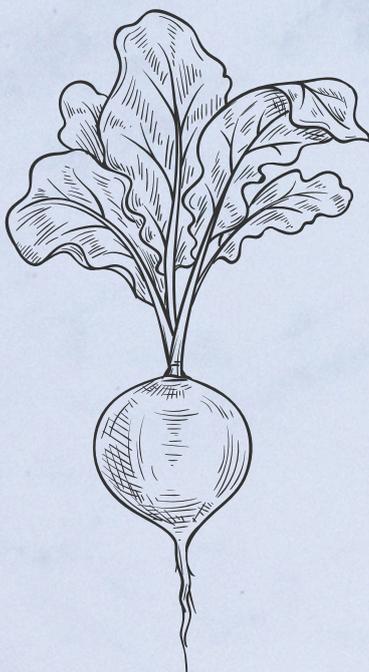
THESE LUNCH BOWLS CONTAIN HOUMOUS, FALAFELS, GRILLED COURGETTES AND SPRING ONIONS, PICKLED RED ONIONS AND CHICORY. ADD A BIT OF CRUNCH AND TEXTURE WITH PUMPKIN SEEDS AND OVEN-ROASTED CHICKPEAS WHICH ARE CRISPY AND GOLDEN ON THE OUTSIDE AND SOFTER IN THE MIDDLE.



Photography, recipe & styling by  
Kathleen Gillan

## OVEN-ROASTED CHICKPEAS

Drain a can of chickpeas and dry with a paper towel, spread them on a baking tray and coat with olive oil and a good sprinkling of salt. Cook in a 200C oven for 25-30min. Various toppings work, but I sprinkled mine with sumac.





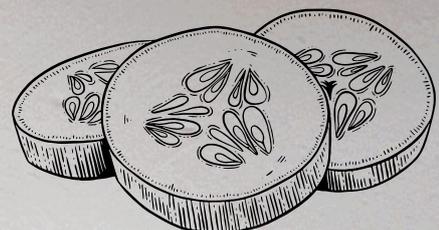
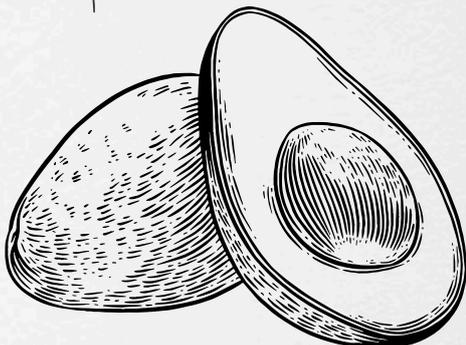
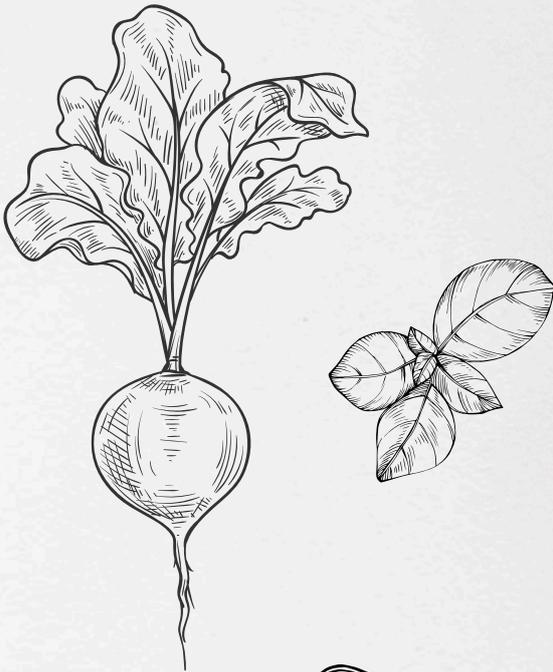
# HEALTHY

## *lunch bowl*

THE RECIPE BELOW  
(WHICH IS TOTALLY  
CUSTOMIZABLE!)  
TAKES LESS THAN 10  
MINS OF ACTIVE  
PREP TIME

1. COOK A GRAIN  
2. CHOP YOUR  
FAVOURITES FRESH  
VEGGIES

3. HAVE TOPPINGS  
ON HAND. LIKE  
AVOCADO, SEEDS,  
SMOKED SALMON.  
ALL OF THE  
INGREDIENTS CAN BE  
CHANGED UP SO IT  
NEVER HAS TO BE  
REPETITIVE AND YOU  
CAN BE FLEXIBLE  
WITH USING WHAT  
YOU HAVE IN YOUR  
FRIDGE/PANTRY.  
PICK YOUR  
FAVOURITES!





Styling, Photography & Recipe by Birgit Betzelt

# Wild herbs superfood



Styling, Photography & Recipe by Birgit Betzelt

# Wild herbs superfood

No sowing, no planting - just pure harvest. Wild herbs grow all around us, full of life, flavor, and power. Dandelion alone holds 10× more Vitamin C than your average lettuce. Discover nature's real superfood - it's waiting for you!

## Forest-to-Table: Creating a Snack from Wild Ingredients

- slices of rustic bread (e.g., sourdough or ciabatta) toasted
- marinated mushrooms with 1–2 sliced cloves of garlic,
- olive oil, lemon, salt & pepper
- 1 small bundle of wild herbs, such as:
- dandelion leaves and flowers, daisies or other edible, clearly identified herbs

Tip for foraging wild herbs:

Only collect plants you can identify with absolute certainty. As a general rule, harvest no more than one handful per herb species per person - this way you respect nature and gather just enough for a delicious meal.

One of her recent photo stories explores the harvest of sea buckthorn in an agroforestry system—capturing the vibrant orange berries, the hands that pick them, and the transformation into tangy, golden sea buckthorn jam.



BIRGIT BETZELT- photographer and designer, food, sustainability and permaculture

 [@die\\_erdverbundene](https://www.instagram.com/die_erdverbundene)

 [contact@birgibetzelt.com](mailto:contact@birgibetzelt.com)



# MEET THE TOURNAMENT WINNERS

We organize a Tournament in our Members' Club once a year where our members compete to create the best content for you.

I am excited to introduce to you the top-performing team in the Content, Photography, and Layout categories! Learn more about our members Silvia, Georgia, Agnieszka, and Linda!



*Silvia*



*Georgia*



*Agnieszka*



*Linda*



GET TO KNOW OUR MEMBER

# Silvia ROCCHI

 [@silviarocchiphotography](https://www.instagram.com/silviarocchiphotography)

CAN YOU DESCRIBE WHO YOU ARE AND WHAT YOU DO, WHERE YOU ARE BASED?

Ciao! I'm Silvia Rocchi, a food and product photographer based in beautiful Tuscany, Italy. I also come from a background in graphic design, which really shapes the way I think about images. I love working with brands and artisans to tell visual stories, whether it's a beautifully styled dish or a product that deserves the spotlight.

HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

My style is clean, colorful, and often a bit moody. I like to play with light and shadow to give my images depth and emotion. I'm inspired by everything from contemporary design to classic still life paintings, and I love blending the two in my work—always looking for that sweet spot where elegance meets minimalism.



#### WHAT AND WHO INSPIRES YOU?

My inspiration often comes from unexpected places: classical art, modern editorial design, and even vintage cookbooks. I remember being completely fascinated by my grandmother's vintage cooking magazines, mesmerized by their bold, colorful, dramatic style. That early spark definitely stayed with me.

#### WHAT AWARDS HAVE YOU ACHIEVED AS A FOOD PHOTOGRAPHER?

While I haven't actively pursued awards, I feel lucky to have worked on some really meaningful projects. I've had the chance to travel to beautiful places with my camera in hand. Some of my favorite projects have taken me across Italy and beyond, and being able to combine travel with visual storytelling is one of the greatest rewards of my work.

#### WHAT CLIENTS DO YOU WORK WITH?

I love working with local businesses —it helps me feel deeply rooted in the community. Many of my clients are restaurants, bakeries, and small producers who care about quality and sustainability. I especially enjoy collaborating with brands that are vegan, gluten-free, or environmentally conscious. Those values resonate with me, and I genuinely love helping people express their story through imagery.

#### WHAT PROJECTS DO YOU ENJOY WORKING ON?

I have a major sweet tooth, so dessert shoots are always a treat! But honestly, I enjoy any project that lets me be creative, whether I'm on location with a client or experimenting in the studio. I love the whole process, especially when it challenges me to grow and push myself creatively.

[www.silviarocchiphotography.com/en/](http://www.silviarocchiphotography.com/en/)  
<https://www.instagram.com/silviarocchiphotography/>



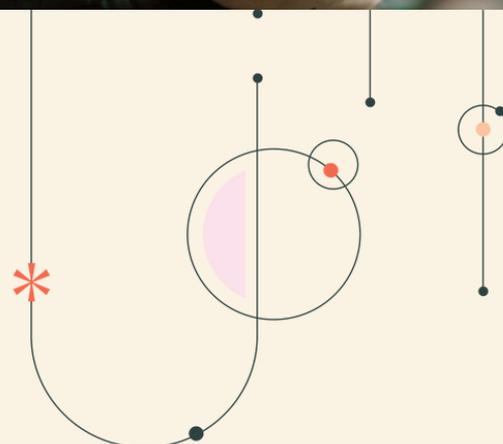
GET TO KNOW OUR MEMBER

# Georgia DEMERTZI

 [@foodathlon](https://www.instagram.com/foodathlon)

CAN YOU DESCRIBE WHO YOU ARE, WHAT YOU DO, AND WHERE YOU ARE BASED?

I'm Georgia Demertzi, a food photographer and Mediterranean-inspired, gluten-free recipe developer based in the Netherlands. Through my lens, I capture the beauty, emotion, and story behind every dish, blending visual storytelling with a deep love for honest, nourishing food.



HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

My photography tells stories through food, capturing the textures, colors, and emotions each dish evokes. Rooted in Mediterranean warmth and tradition, my images reflect sun-drenched ingredients, moody rustic charm, and the deep connection between people and the meals they share.



#### WHAT AND WHO INSPIRES YOU?

My inspiration comes from my Greek Mediterranean upbringing and way of life, where food is more than nourishment; it's a celebration of connection, culture, and simple beauty.

I'm truly inspired by fresh ingredients, cookbooks, walks in nature, paintings, the rich textures of handmade dishes, and the shared meals around rustic tables.

#### WHAT AWARDS HAVE YOU ACHIEVED AS A FOOD PHOTOGRAPHER?

While I haven't won any awards yet as a food photographer, it's something I'm truly looking forward to pursuing. My focus so far has been on honing my craft, building meaningful collaborations, and creating work that tells authentic stories. Now, with a stronger sense of direction and a growing portfolio, I'm excited to start participating in competitions.

#### WHAT CLIENTS DO YOU WORK WITH?

I collaborate with a wide range of clients, including food and product brands, as well as restaurants. Many of them share a strong passion for their culinary craft and a desire to bring their creations to life through compelling, visually rich imagery deeply rooted in the Mediterranean culture.

#### WHAT PROJECTS DO YOU ENJOY WORKING ON?

I'm enjoying projects where I can help clients tell their unique stories through food. Whether it's highlighting the vibrant hues of seasonal ingredients, the intricate details of a carefully crafted dish, or the atmosphere of a shared meal, I love creating images/recipes/videos that reflect the heart behind the food.

#### WHERE CAN WE SEE YOUR PORTFOLIO/WORK, AND CAN YOU SHARE YOUR CONTACT DETAILS?

<https://www.instagram.com/foodathlon/>

<https://georgiademertzi.com>

<https://foodathlon.com/>





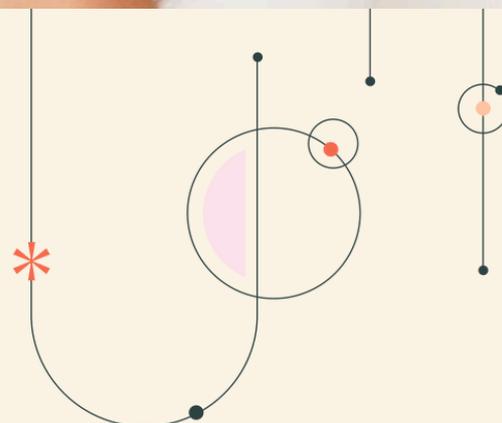
GET TO KNOW OUR MEMBER

# Agnieszka Wijdeveld

 [@ImaginePhotography\\_2021](https://www.instagram.com/ImaginePhotography_2021)

CAN YOU DESCRIBE WHO YOU ARE, WHAT YOU DO AND WHERE ARE YOU BASED?

My name is Agnieszka, and I'm a food and product photographer based in Breda, the Netherlands. I've been into photography for 16 years now. I've explored many paths within photography, but I always dreamed of creating beautiful food images. It felt incredibly challenging at first, but last year I finally decided to give it a go—and I've been absolutely loving the journey ever since.



HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

I'd describe my photography style as clean, natural, and thoughtful—with a mix of moody tones and fresh, minimal setups. I focus on telling a story through light, texture, and composition, creating images that feel both polished and authentic.



WHAT AWARDS/OTHER SUPER COOL THINGS :) YOU HAVE ACHIEVED?

I haven't won any awards before, so being part of the team that won this tournament is incredibly exciting for me. It's my first time experiencing something like this, and it feels really special. Being part of a team effort and seeing all the hard work pay off—it's honestly such a great feeling, and it's definitely motivated me to keep pushing forward.

WHAT AND WHO INSPIRES YOU?

What inspires me? Honestly, a little bit of everything. I get so much inspiration from magazines and cookbooks—I can spend hours flipping through pages, soaking up the colours, styling, and textures. I also follow so many incredible photographers (probably too many to name!), and their work constantly pushes me to look at things in new ways. A big part of my inspiration also comes from my childhood—memories of my mum cooking, my grandma baking cakes, and time spent in my aunt's garden. Those moments really shaped how I see food and storytelling.

WHAT CLIENTS DO YOU WORK WITH? WHO ARE YOUR TYPICAL CLIENTS?

My ideal client is a health-conscious, environmentally-minded brand—especially small or independent businesses that are passionate about what they do. I'm drawn to brands that care about quality, sustainability, and creating something with purpose. Even though I haven't worked with a brand just yet, I've spent a lot of time developing my photography skills and building a portfolio that reflects the kind of work I'd love to do: creating beautiful, thoughtful images for websites, Instagram, and other marketing needs. I'd be so excited to collaborate with a brand that shares my values and is open to working together to bring their vision to life.

IG: [imaginphotography\\_2021](https://www.instagram.com/imaginphotography_2021)

Website: [www.imaginphotography.photo](http://www.imaginphotography.photo)



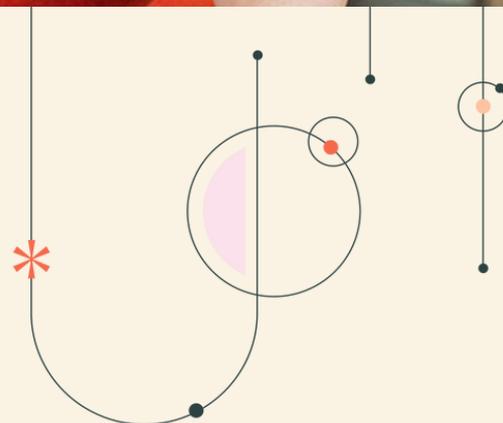
GET TO KNOW OUR MEMBER

# Linda FELLER

 [@sipandsanity](https://www.instagram.com/sipandsanity)

CAN YOU DESCRIBE WHO YOU ARE, WHAT YOU DO AND WHERE ARE YOU BASED?

Hey there! I'm Linda Feller, a food photographer and visual storyteller based in Northern Virginia, USA. I wear a few creative hats – I'm the recipe developer and photographer behind my food blog Sip + Sanity, and I also work with other blogs and food businesses to help them tell their stories through compelling visuals.



My multifaceted work background definitely influences my approach to both cooking and photography. When I'm not behind the camera, you'll find me in the kitchen developing recipes, sipping wine while I cook (hence the "Sip" in my blog name!), or hanging out with my family.



## HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

My photography is all about authentic visual storytelling with a warm, inviting feel. I focus on capturing not just the food itself, but the entire experience – the craftsmanship, the emotion, the story behind each dish. Having worked extensively with my own recipe development has given me a unique understanding of food from the inside out, which really informs how I approach each shot. I love playing with natural and artificial light and creating images that make viewers feel like they're right there, ready to dive in.

## WHAT AWARDS HAVE YOU ACHIEVED?

Well, this individual win feels pretty amazing! Last year, I was part of a winning team in the same tournament, and one of my images was actually selected for the cover of this magazine – talk about a pinch-me moment! Beyond contests, I've had the incredible opportunity to help others elevate their visual presence, and watching my food blog Sip + Sanity grow from a pandemic-era creative outlet into a legitimate platform for recipe development and food photography has been incredibly rewarding.

## WHAT AND WHO INSPIRES YOU?

My biggest inspirations come from the people around me – the incredible photographers I've met through this experience and being part of the FOODlight Members' Club. Working in fine dining years ago opened my eyes to the artistry possible in food presentation. But honestly? I'm inspired by every small business owner who pours their heart into their craft. There's something magical about capturing that passion through my lens. I'm also constantly motivated by the idea that food brings people together – whether it's a family dinner or a business showcasing their latest creation, it's all about connection and community.





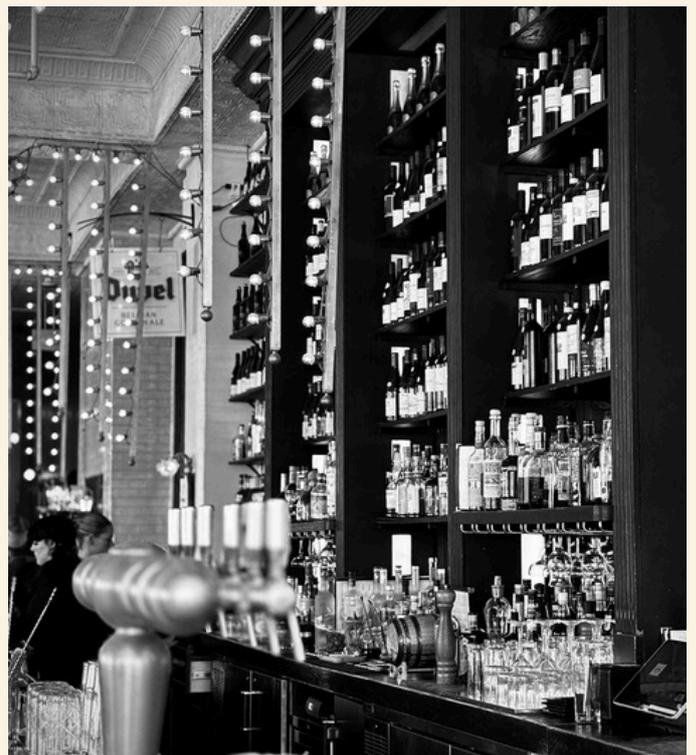
WHAT CLIENTS DO YOU WORK WITH?  
WHO ARE YOUR TYPICAL CLIENTS?

I'm passionate about working with local food businesses – think artisanal bakers, restaurant owners, specialty food producers, and food entrepreneurs who are just starting out or looking to elevate their visual presence. I have a soft spot for small businesses because I understand the hustle and the heart that goes into building something from scratch.

WHAT PROJECTS/SERVICES DO YOU ENJOY WORKING ON?

Honestly? Any project where I can combine my recipe development background with photography – like creating custom content for a client's social media, helping them visualize new recipes for a menu or a cookbook – those are my sweet spot.

IG: <https://www.instagram.com/sipandsanity/>  
Blog: <https://www.sipandsanity.com/>  
Portfolio: <https://lindafeller.com/>



# PLACES OUR MEMBERS RECOMMEND

Photography : Birgit Mayled



THE BAKERY IS LOCATED IN VIAREGGIO, AND IS LIKE STEPPING INSIDE A BEAUTIFULLY STAGED MOVIE SET. EVERY CORNER HAS A STORY TO TELL, INVITING YOU TO PAUSE AND LOOK CLOSER.



# Madame Sophie

By Silvia Rocchi

Madame Sophie Bakery is more than just a place to grab a pastry, it's a visual and sensory experience. From the moment you step inside, you're met with a carefully curated space that blends moody elegance with playful charm. It's a space where no detail is left to chance. Rich in textures, layered in personality, and somehow managing to feel both lived-in and refined. But the real magic, of course, is behind the glass counter. Madame Sophie is known for its pastry and desserts: generous, golden, and utterly irresistible. These aren't your average pastries.

They're oversized, stuffed with both sweet and savory fillings that surprise and delight. Each pastry feels like a small celebration: bold, decadent, and made to be savored slowly. What makes the experience even more special is the way the bakery invites you to linger. Madame Sophie feels welcoming, stylish, and deeply personal. It's a space where visual aesthetics and culinary excellence meet, where the moody tones of the decor echo the depth of flavor in every bite.

A bakery that is, in every sense, a work of art.





 EQUAL PARTS NEIGHBORHOOD PUB, CULTURAL SALON, AND WHISKY SANCTUARY, HIGHLANDER WHISKY BAR IS LOCATED IN VIAREGGIO NEAR THE CITY HALL AND THE MAIN HISTORICAL CENTER.

# Highlander Whisky Bar

By Silvia Rocchi

Tucked beside the breezy canal of Viareggio, Highlander Whisky Bar brings a bold taste of Scotland to the Tuscan coast. Owned by the ever-welcoming Enrico, it's more than a bar: it's a cultural hub. Between music nights, author readings, and sports events, Highlander feels like a living room where locals and travelers naturally gather. The whisky list is long, thoughtful, and passionately curated. Inside, deep blues and warm woods create a moody and intimate atmosphere.

In summer, the outdoor tables become prime real estate. You sip your whisky, feel the breeze off the water, and watch the sun set in real time. Liquid amber in the glass and in the sky. Highlander Bar isn't flashy. It's genuine, generous, and deeply rooted in the joy of good company.

Whether you're there for the music, the match, or a quiet drink, it's the kind of place that lets you slow down and stay awhile.





## Capturing Cobalto's Photogenic Charm

By Laris Tolosa

As a food and restaurant photographer, Cobalto Wine Bar in Fulham is a visual feast waiting to be captured. The space offers a perfect backdrop for compelling imagery, with its signature ultramarine blue mosaic wall creating a striking contrast against the industrial steel shelving lined with natural wines. I mixed natural and artificial light to capture the space's changing vibe throughout the day, while the funky-labeled bottles and seasonal dishes provide beautiful pops of color against the minimalist tables.

The real star behind the lens? Co-founder Elia, with his effortlessly cool style and infectious energy. He's not just knowledgeable about wine - he's a natural in front of the camera! I even caught him turning upside down for a quirky shot featuring his foot and a glass of orange wine. That's the kind of spontaneous moment photographers live for!

For food and restaurant photographers, spaces like Cobalto are a dream: they offer a dynamic mix of still life, portraiture, interiors, and candid storytelling, all under one stylish roof. Capturing not just the visual appeal of a dish or a drink, but the spirit of the place and the people behind it - that's where the real magic happens.



COBALTO WINE BAR, LOCATED IN SOUTH-WEST LONDON, IS KNOWN FOR ITS CHIC ATMOSPHERE. 226 NORTH END RD, LONDON W14 9NU





# The Goat on the Roof

By Birgit Mayled

The Goat on the Roof is a British Tapas Restaurant and Wine Bar, serving fresh organic seasonal food, from local suppliers. The head chef, Sam, is passionate about food, and extracting the maximum flavour from his ingredients, creating high end food at a reasonable cost. Above the Restaurant, there is a cosy wine bar, with views of the town.



THE RESTAURANT IS BASED IN THE MARKET TOWN OF NEWBURY IN THE SOUTH OF ENGLAND, FAMOUS FOR ITS RACECOURSE AND COUNTRYSIDE





YOU CAN TAKE A TOUR TO LEARN ABOUT THE WORK OF ISLAND CREEK OYSTERS AND HAVE A FEAST ON THE BOAT DURING THE SUMMER MONTHS!

# Island Creek Oysters

By Elisabet Juan Roca

On the fresh Atlantic waters of Duxbury Bay, Massachusetts, you can find a good amount of these little floating houses. They belong to the Island Creek Company, created by neighbor Skip Bennett almost 25 years ago. They are not actual houses, but hold a marine treasure: the Eastern Oyster. The planting of the animals in the sea is the last step of a long process.

It actually starts right on that shore, in the hatchery, where lots of oyster larvae are created each year. Most don't survive, but the ones that do and grow enough to become oysters will be a beautiful treat for the senses. The company sells its bivalves everywhere in the States and to the best chefs in the country, like Tomas Keller, who receives 5000 oysters a week for his restaurants. The oysters don't only taste great but are also essential to keep the health of the bay as 1 single oyster can filter up to 50 gallons of water a day!





# Indian Food Festival in Berlin!

By Yvette Klubusova



ON YOUR WAY TO UBER PLATZ, TAKE A STROLL ALONG THE EAST SIDE WALL, NOW ADORNED WITH RENOWNED PAINTINGS THAT HAVE TURNED IT INTO A VIBRANT OPEN-AIR GALLERY

On the lively streets right in front of Uber Platz Arena, Berlin, each summer you'll find a vibrant celebration of Indian culture at the Traditional Indian Food Festival. For nearly a decade, this event has brought the rich flavors of India to the heart of the city, showcasing an array of authentic dishes crafted by skilled chefs. The journey begins with the freshest ingredients, sourced directly from local markets, and culminates in the creation of mouthwatering delicacies, from aromatic curries to sizzling street food. Beyond the food, the festival is a cultural immersion, featuring traditional dance, music, and artisanal crafts that capture the essence of India. It's not just a feast for the palate but a celebration of community and cultural exchange, right in Berlin.





# Domori Chocolate

DOMORI, a name synonymous with luxury and quality, has been a beacon of fine chocolate making since its inception in 1997. Based in None, near Turin, DOMORI was founded by Gianluca Franzoni with a singular vision: to create chocolate that honors the true essence of cocoa. Today, the brand stands as a testament to the power of passion and craftsmanship.

What sets DOMORI apart is its unwavering commitment to excellence. The brand is celebrated for its use of the rare Criollo cocoa, which is often described as the finest and most delicate variety in the world. DOMORI's chocolates are meticulously crafted, with each piece reflecting the unique characteristics of the cocoa from which it is made. The result is a range of chocolates that are as diverse in flavor as they are rich in history.



ESHOP: [WWW.DOMORI.COM](http://WWW.DOMORI.COM)

DOMORI STORE IN TURIN: P.ZA S. CARLO, 177, 10123 TORINO TO

By Lucia Marecak

DOMORI's dedication to quality extends to their gelato shop, located in the heart of Turin. This inviting space offers a delightful array of artisanal ice creams, each crafted with the same care and precision that define their chocolates. Visitors can enjoy a wide selection of flavors, many of which draw inspiration from DOMORI's own chocolate recipes, creating a harmonious blend of tradition and innovation.

At DOMORI, values like sustainability and ethical sourcing are more than just buzzwords—they are integral to the company's identity. From supporting cocoa farmers to reducing their environmental footprint, DOMORI's practices reflect a deep respect for the planet and its people.

For those exploring Turin, a visit to DOMORI's store is an experience not to be missed. You can find the store in P.za S. Carlo, 177, and visit their online shop at [www.domori.com](http://www.domori.com)



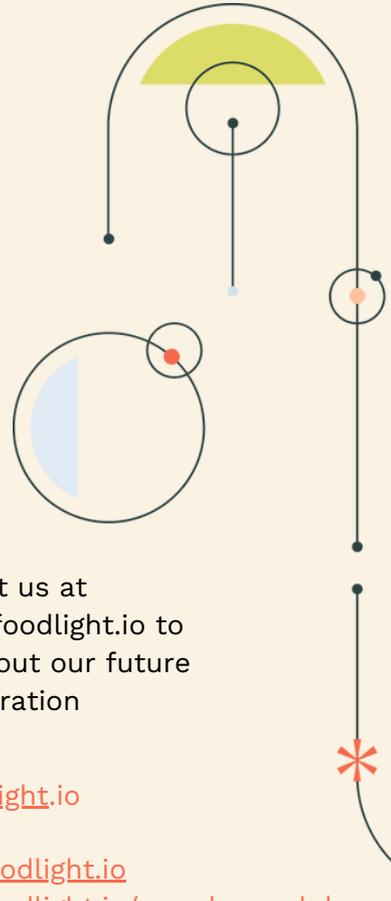
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Contact us at [lucia@foodlight.io](mailto:lucia@foodlight.io) to talk about our future collaboration



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# FOOD CONNECTS US

MAGAZINE OF THE  
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