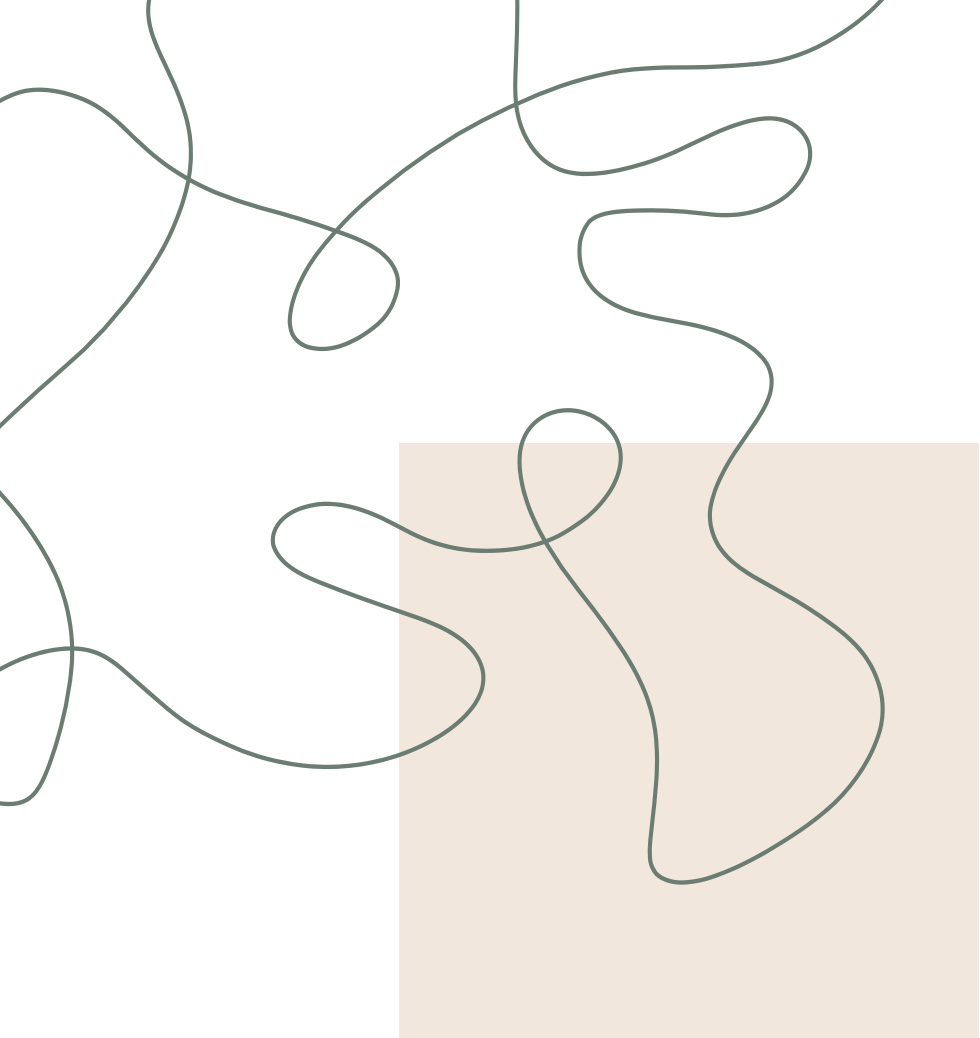




g m
Georgia
Mashford

778 . 789 . 4730

georgiamashford@gmail.com



01

INTERIORS

02

GRAPHICS

03

TYPOGRAPHY

04

PHOTOGRAPHY

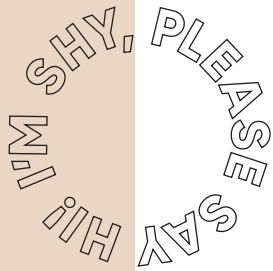


PHILOSOPHY

PRACTICAL.

HONEST.

DEDICATED.

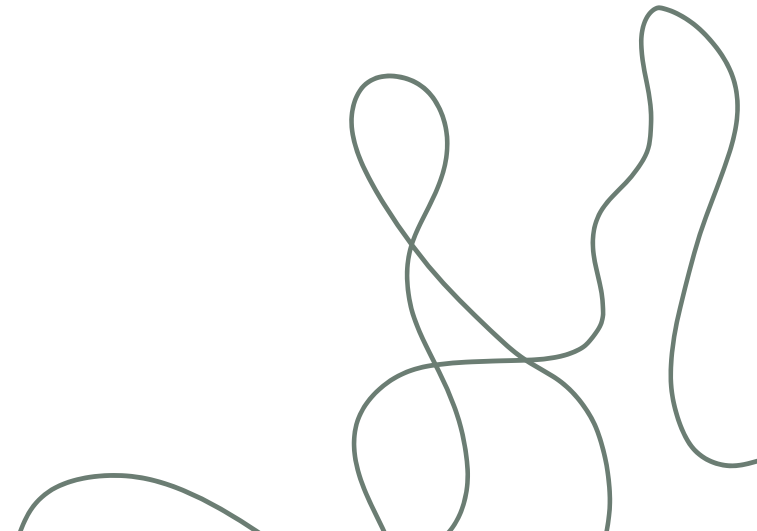


HI, I'M SHY, PLEASE SAY

A LITTLE ABOUT ME...

A visual communicator translating and elevating your ideas through interior spaces, graphic design, and photography.

Having lived my whole life in the spectacular, natural setting of Vancouver, I've been drawn to all-things-beautiful. Inspired by my surroundings, travels, and minimalist ideals around 'less is more', the unfussiness of Danish design continues to resonate most with me. As a visual communicator, I find inspiration in the simple pleasure of a hike through the forest, playing guitar in wide-open spaces, and breathing in another sunset.





INTERIORS

Boutique Pop-Up Shop & Kiosk

Nitrogen Ice Cream Shop

Barber & Salon

Tradeshow Booth Re-Do

Treehouse



The details are not the details, the
details make the product.

-Charles & Ray Eames



Boutique Pop-Up Shop

OBJECTIVES

Based on real, local Vancouver boutiques, I created a complete proposal package for a Pop-Up Shop that includes a computer model rendering, interior store plan, sample board, and merchandise plan.

OUTCOME

Mimicking some of the display techniques and fixtures from their Gastown store, I developed a concept for a fresh and new pop-up. The space is organized with women's wear on the left side of the store, and mens on the right, however there is no visual physical divide in the displays, keeping the space open and welcoming.



About KOTN

KOTN is an ethical and sustainable mens and womens clothing brand. Their brand statement and promise is to provide “Quality essentials, ethically made from authentic Egyptian cotton.” After visiting their store in Gastown, downtown Vancouver, I noticed their look and feel of the store fits with that of their brand promise. Using natural, minimal, and industrial looking materials the store lets the clothing speak for itself, and allows shoppers to have a calming and welcoming experience while browsing their goods.

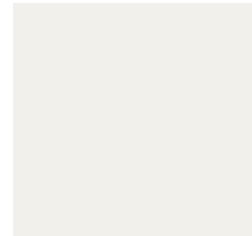
Sample Board



Natural Old Hardwood

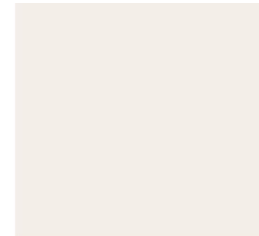


White Pine Slat Boards



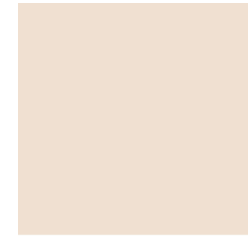
PANTONE®
11-0602 TCX

Paint Colour



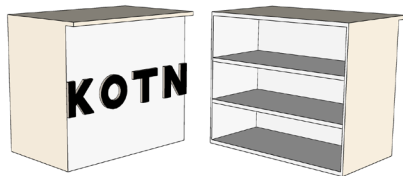
PANTONE®
11-0607 TCX

Accent Colour

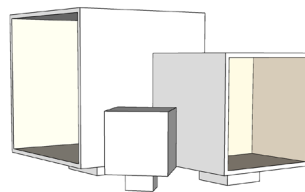


PANTONE
482 U

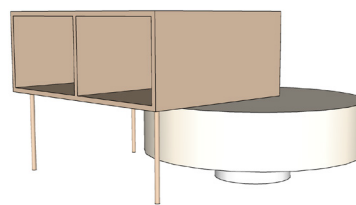
Accent Colour



Cashwrap



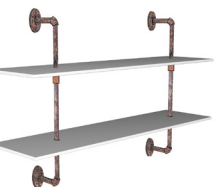
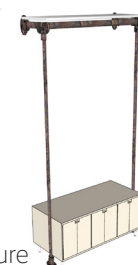
Display Cubes



Nesting Tables



Large & Small Fixture



Display Shelving



Large Mirror x2



Rattan Stool



Decor Plant x2

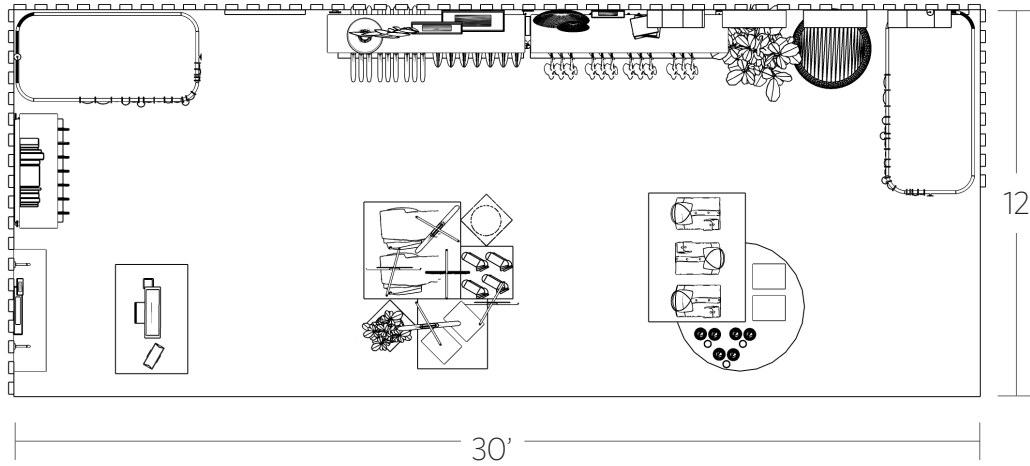


Wall/Shelf Decor Baskets

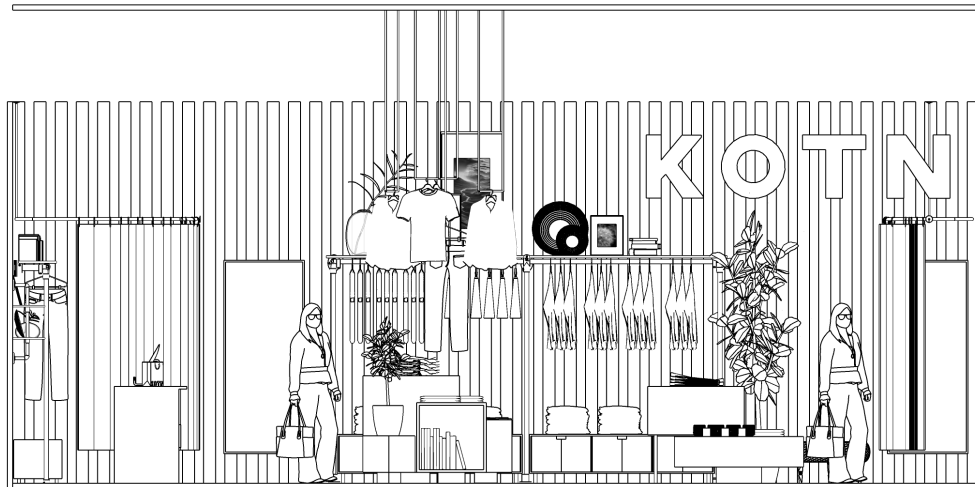


B&W Nature Wall Art

Top



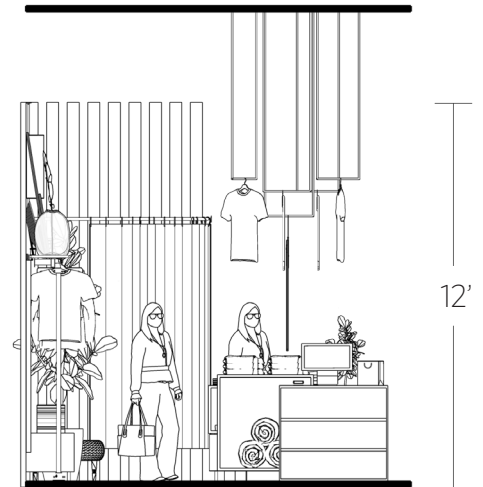
Orthographics



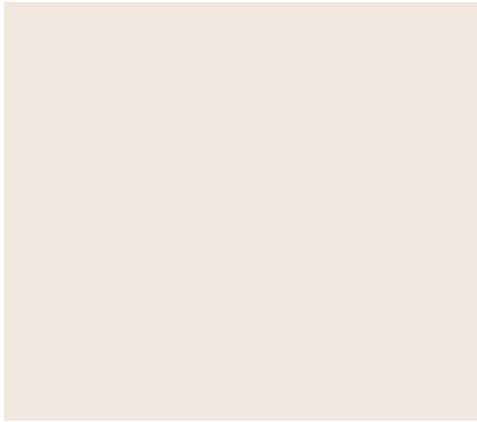
Front



Right



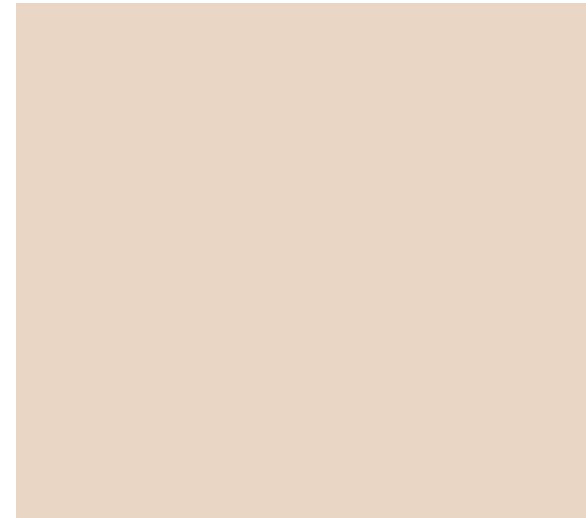
Left



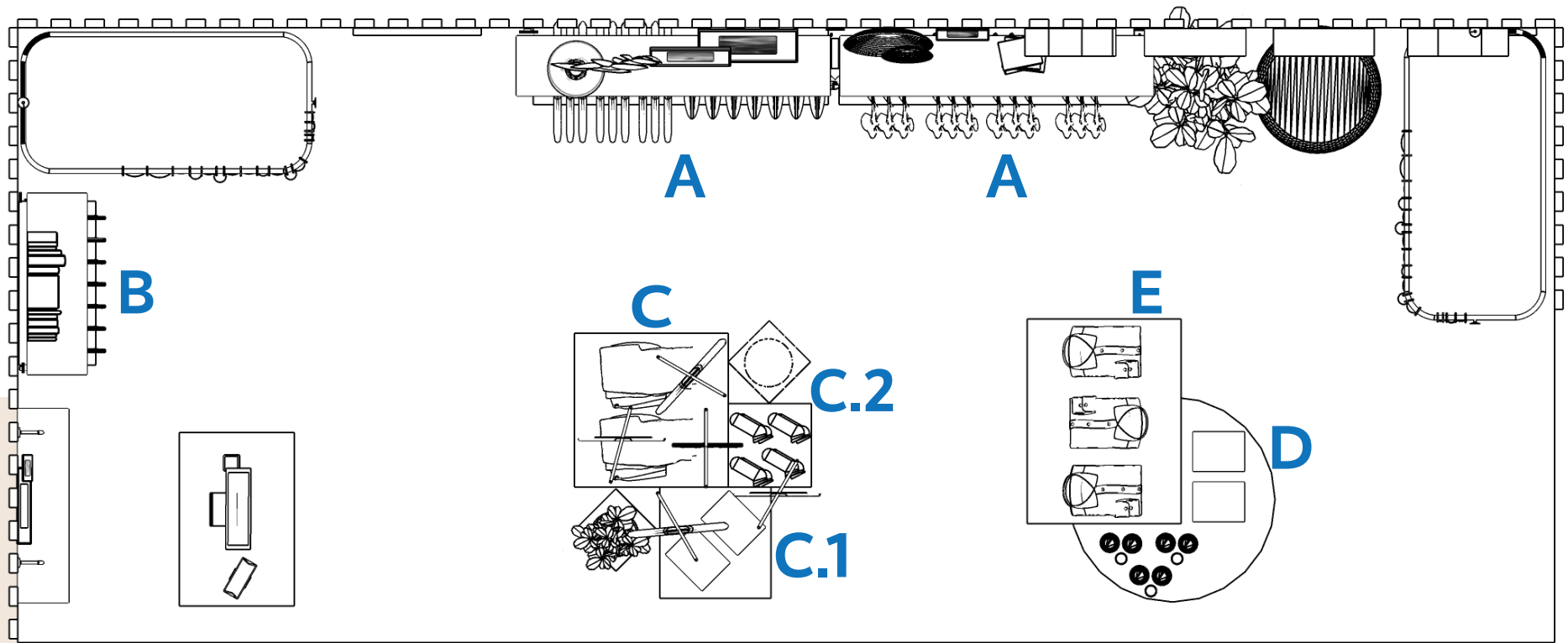
Isometric

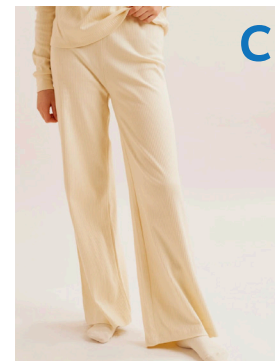
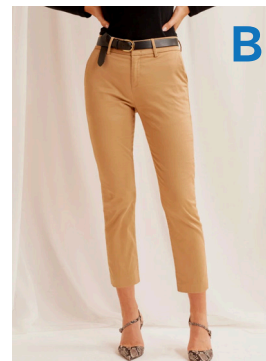


Details



Merchandise Plan





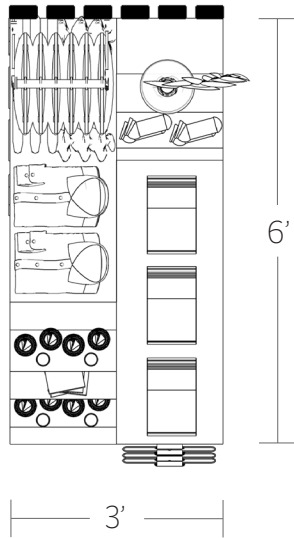
LEGEND

- A** Large display fixture with cupboard storage
- B** Small display fixture with cupboard storage
- C** Mixed size display cubes
- D** Display table
- E** Display table
- F** Cashwrap with storage

Kiosk Pop-Up (Boutique Extension)



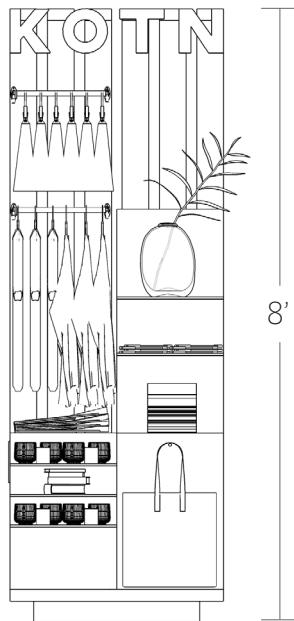
Top



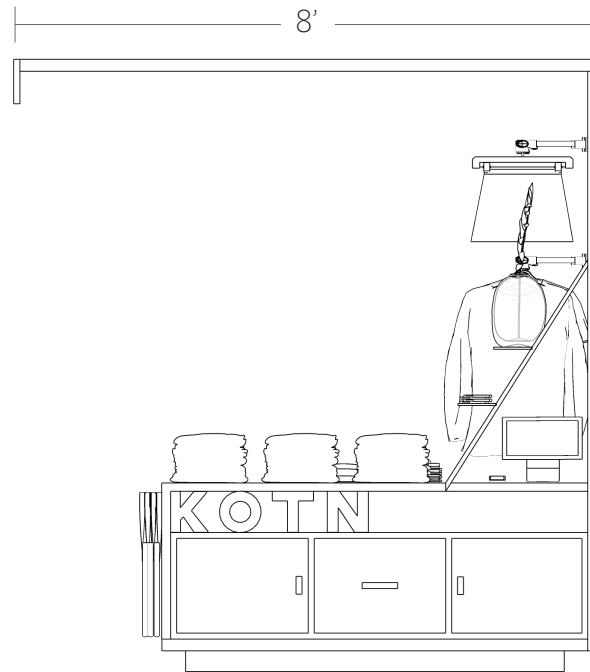
Isometric



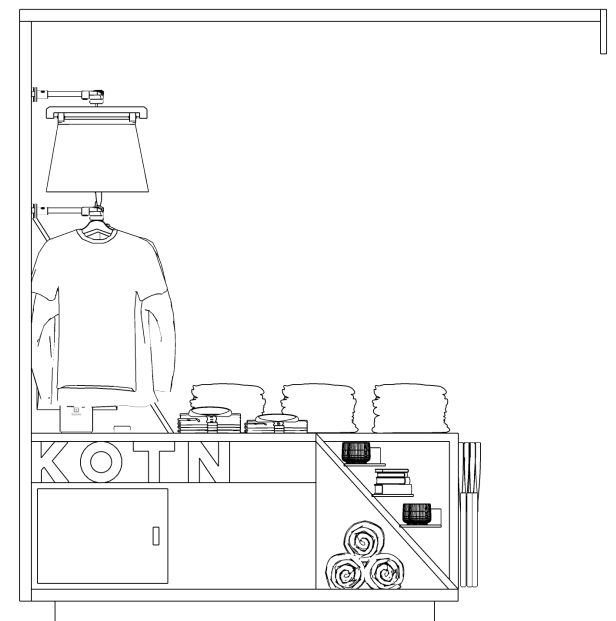
Orthographics



Front

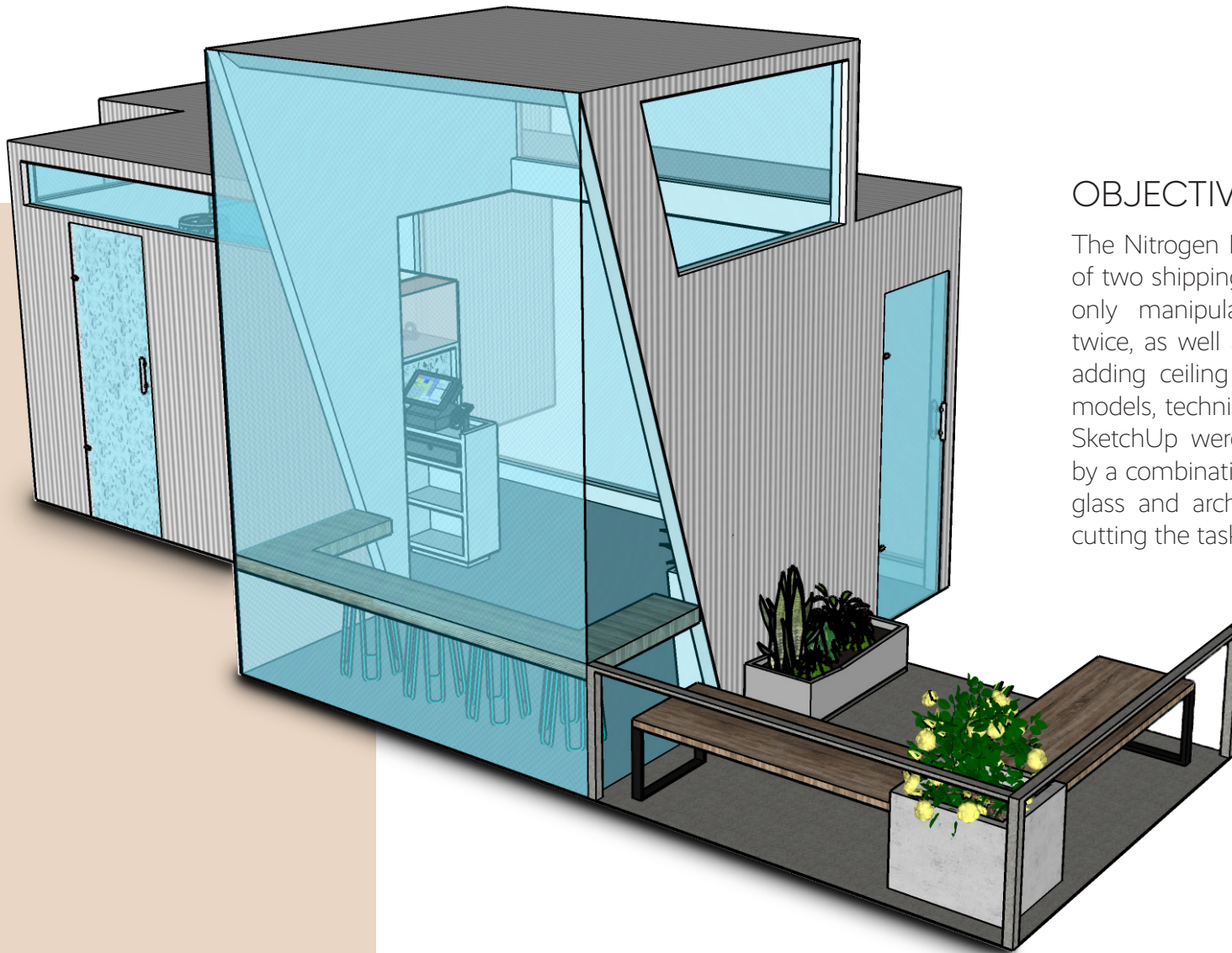


Right



Left

Nitrogen Ice Cream Shop



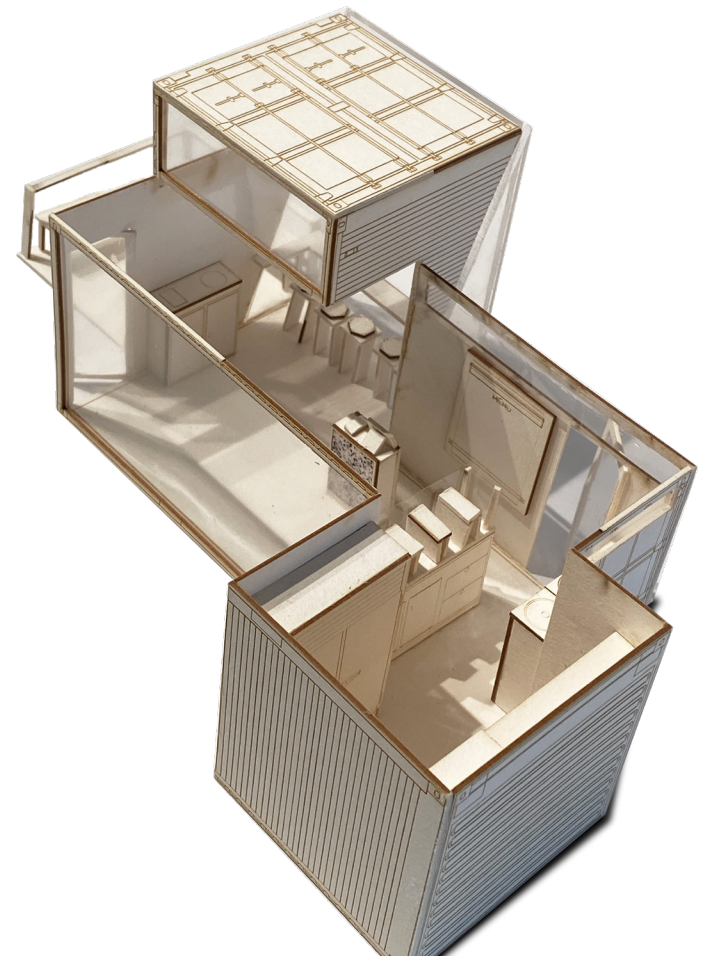
OBJECTIVES

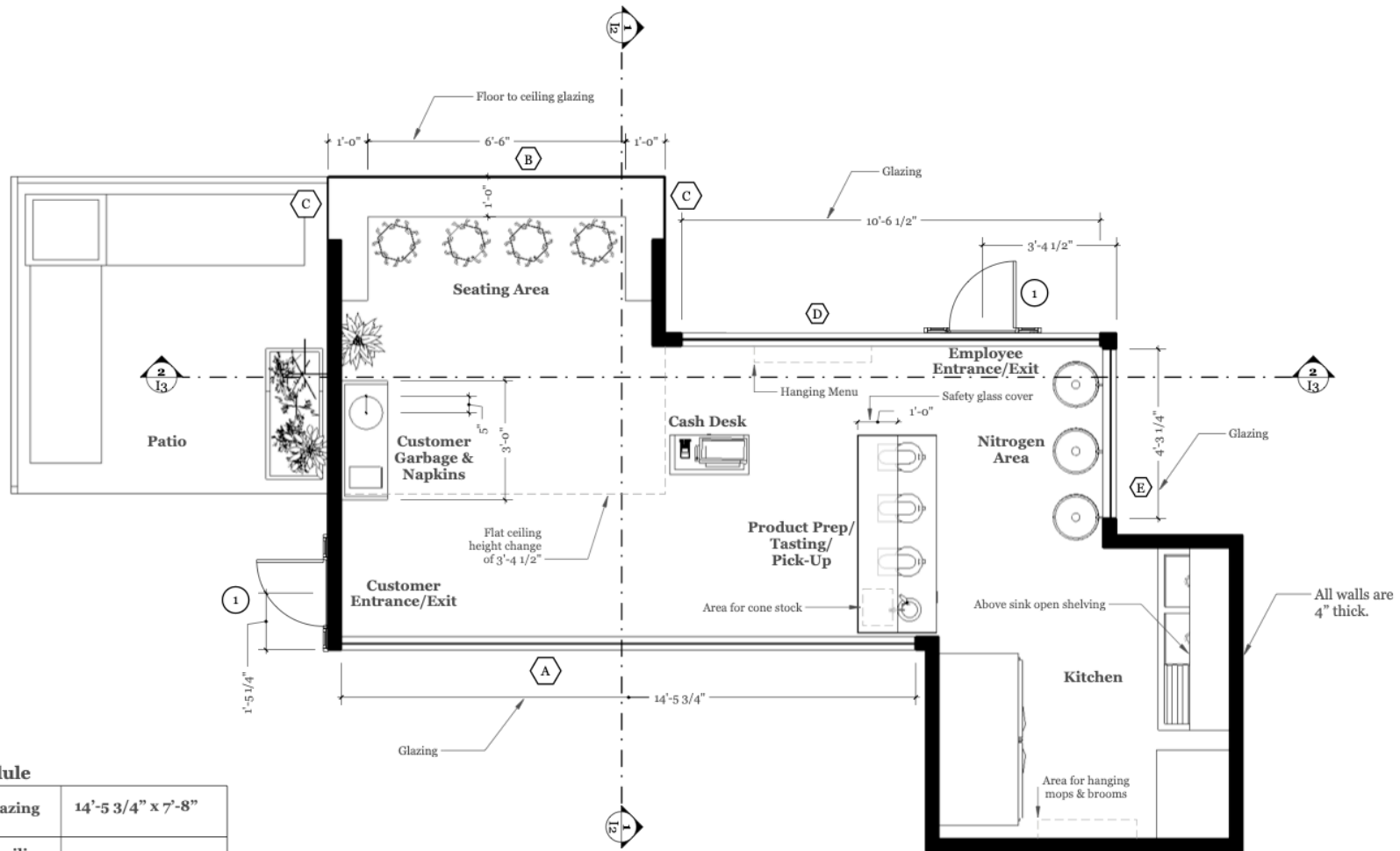
The Nitrogen Ice Cream Shop model is made of two shipping containers. Constraints include only manipulating the shipping containers twice, as well as arranging the pieces without adding ceiling surface area. Along with the models, technical drawings and a 3D model in SketchUp were required. Models were made by a combination of laser cut and etching plexi glass and architectural task board, and hand cutting the taskboard.



OUTCOME

Focussed on space planning in this project, I created a space that was open, with distinct spaces for different uses. Using large windows and a high ceiling for the seating and entry area allows the guests to feel comfortable and relaxed, not feeling trapped in the small space.





Window Schedule

A	Plane glazing	14'-5 3/4" x 7'-8"
B	Floor to ceiling glazing	8'-6" x 11'-10 1/2"
C	Custom floor to ceiling glazing	3'-11 3/8" x 11'-10 1/2"
D	Plane glazing	10'-6 1/2" x 1'
E	Plane glazing	4'-3 1/4" x 1'

Door Schedule

1	Single Glass Door	2' 5 1/8" x 6' 10 3/4"
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Overall Floorplan

I1	SCALE: 3/16": 1'	Project #2, DSGN 1253
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Barber & Salon

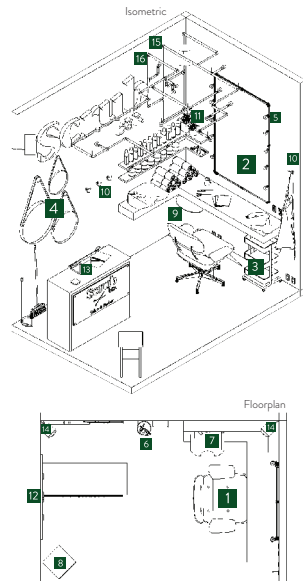
OBJECTIVES

In a challenging 8'x8'x12' space, I designed a salon & barber shop while having to adhere to functional specifications that served the end users. A Furniture, Fixtures and Equipment board and a Materials Board with elevations were also required along with a rendered SketchUp model.



FFE Board

By Georgia Mashford



Kona Styling Chair in black



Expedition Accent Wall Mirror in Dark Iron, 3 sizes



Kiko Backwash Basin in White Ceramic



Gannini Large Robe Coat Wall Hook in Black (Qty:4)



Side Clamping Universal Wall Speaker Mount (Qty:2)



Koeller Industrial Metal Wall Mirror Customized with Lights



100 Watt, Incandescent, Dimmable Light Bulb, Warm White (2200K) E26/Medium Base (Qty: 6)



Debby Bar & Counter Stool in Reclaimed Pine



Forest Alphonse Plastic Pot Planter in White Ceramic, 2 sizes



Custom made Concrete Clock



100 Watt, Incandescent, Dimmable Light Bulb, Warm White (2200K) E26/Medium Base (Qty: 12)



RASKOG Utility Cart in Black with copper detailing



Metal Mesh Umbrella Stand in Black



Steel 50L Motion Sensor Trash Can



Square Stand for Contactless and Chip



Industrial Retro Wall Mount Iron Pipe DIY Hung Bracket, 3PCS (Qty: 2) Custom made



Scrub bar.

OUTCOME

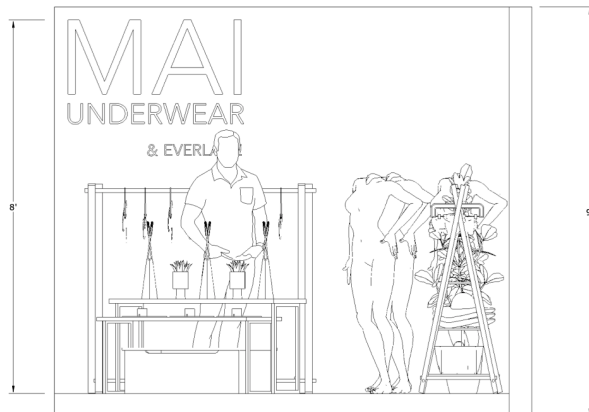
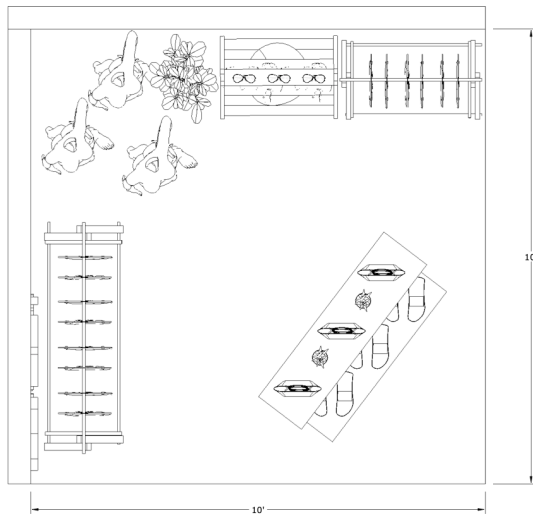
I developed a concept for a unisex barber shop and salon, utilizing warm materials and colours, as well as an industrial feeling environment. The small space is maximized by floating shelves with organized product, as well as rolling storage. Contrast is brought into the space from the use of warm materials such as the hardwood floor and copper finishing, paired with the cold painted brick wall.



Trade Show Booth

OBJECTIVES

Selecting a booth to re-do from the Knowshow event in Vancouver (clothing and retail trade show), allowed for the opportunity to develop a succinct proposal package to improve user experience while maintaining brand aesthetics.



OUTCOME

Utilizing a 10ft x 10ft space, I organized the booth in a simple and approachable fashion. I created minimal fixtures using natural materials not to take away from the delicate swimwear pieces. I included a vinyl applied photo from a MAI photoshoot and a palm leaf wallpaper to fit with the brand and their aesthetics, which allows the booth to stand out from afar.

Conceptual Treehouse

OBJECTIVES

The Treehouse project reviewed and applied the CAD and drafting skills learned throughout the Computers and Design: 3D Applications course. Create a concept based on “views”, and design a suspended form that was no larger than 250sq/ft.

OUTCOME

Inspired by light and the way it can transform a space, my concept played with how light interacts with a form and the room. Creating a space where one could sit, relax, read a book and let the sun dance around them within the treehouse.





GRAPHICS

Visual Identity

SunRae Brand Identity

Social Marketing Campaign

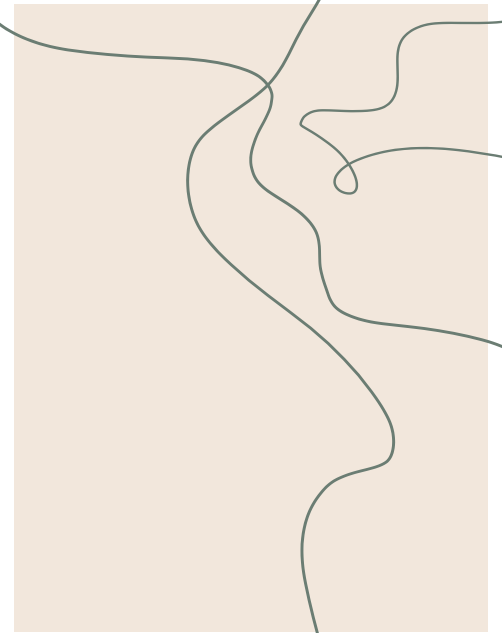
Designer Booklet

Candy Brand & Packaging



Ideas do not need to be isoteric
to be original or exciting.

-Paul Rand



Visual Identity

OBJECTIVES

Design a personal identity to represent yourself. Deliverables included creating a logotype and applying the identity to a business card and letterhead, as well as a website.

gm
Georgia
Mashford
Designs

Practical, Honest, Dedicated

Operetta 32 Medium

abcdefghijklmnopqrstuvwxz
ABCDEFGHIJKLMNOPQRSTUVWXYZ
123456789 !@#\$%^&*()



C - 38%
M - 24%
Y - 37%
K - 10%
P177-5 U

Brandon Grotesque - Light

abcdefghijklmnopqrstuvwxz
ABCDEFGHIJKLMNOPQRSTUVWXYZ
123456789 !@#\$%^&*()



C - 63%
M - 40%
Y - 63%
K - 18%
P177-8 U

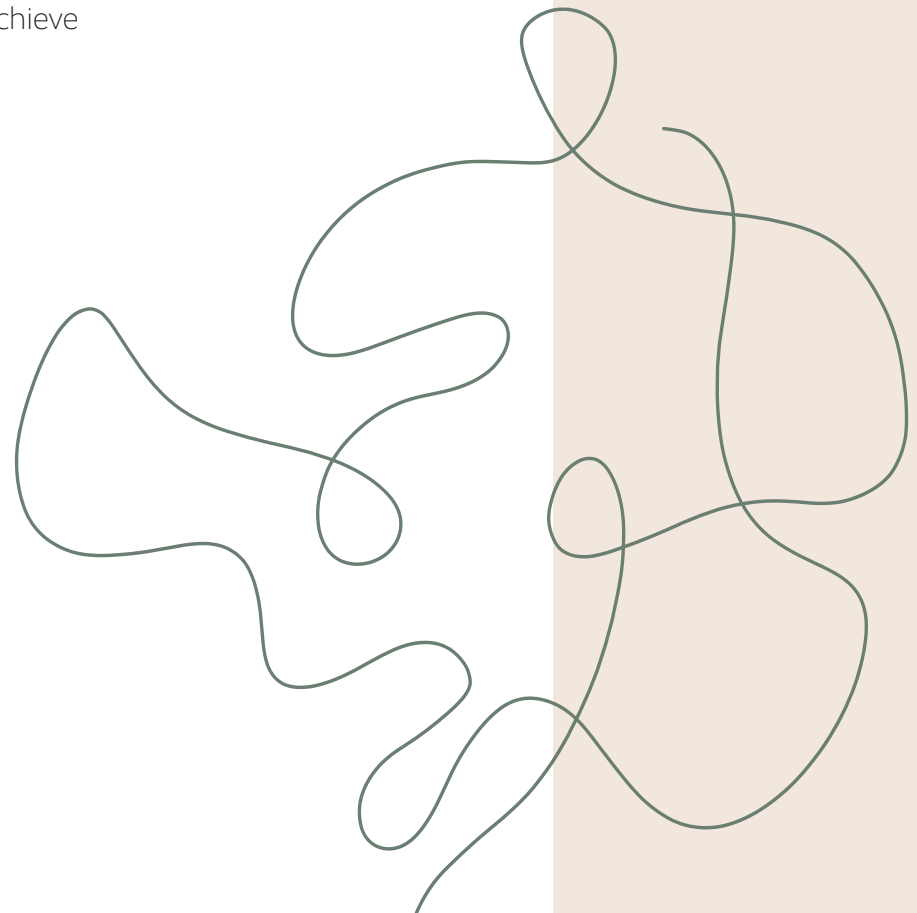


C - 12%
M - 22%
Y - 35%
K - 0%
P26-1 U

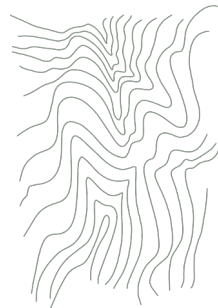
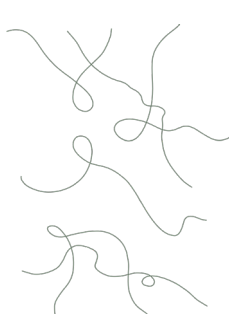
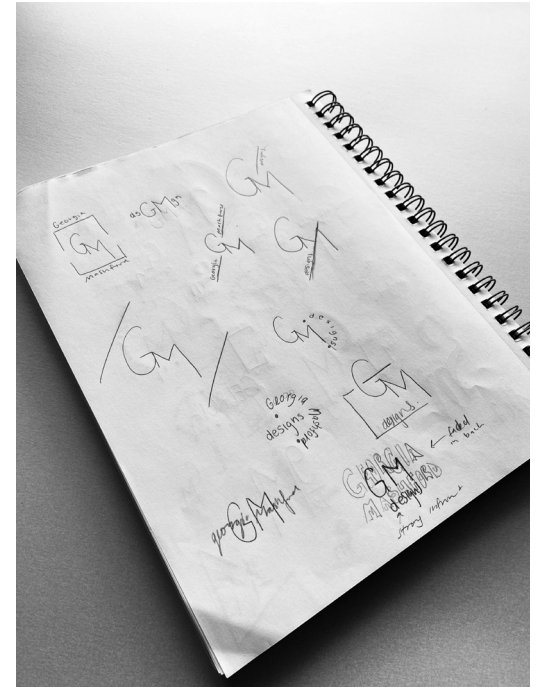
Behind the Design

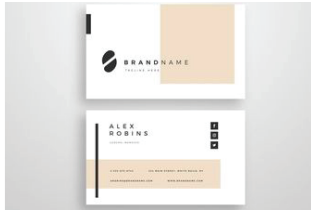
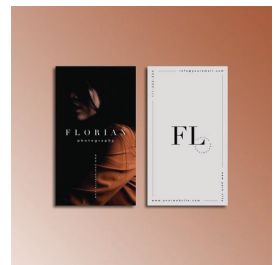
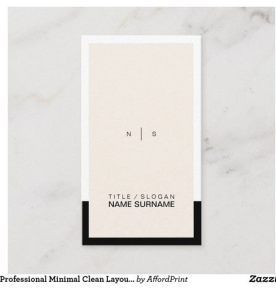
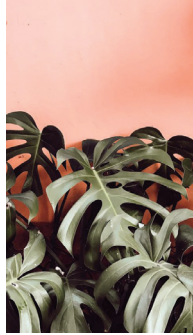
The idea behind my logotype and symbol were to create an identity that is practical, honest, and shows dedication. I chose approachable colours that would not be shouting at you, but more so saying hello with a smile!

The approach to creating my identity was much like how the design it self turned out; very organic, calming, and organized. These traits are really ones that I find reflect who I am as person, and I strived to achieve these when creating the design of my visual identity.



Process

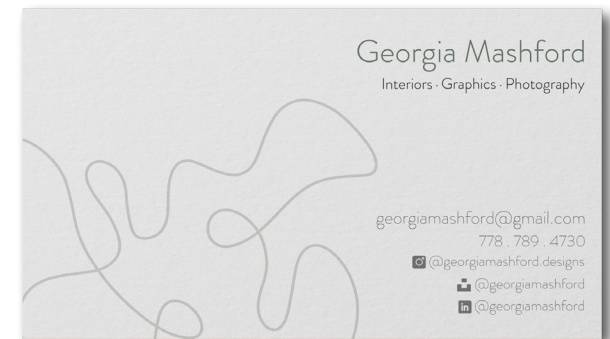




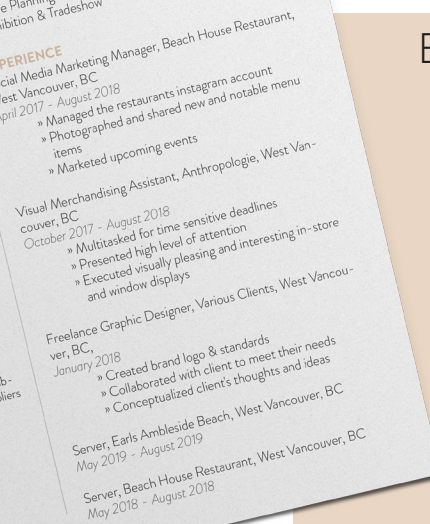
Moodboard

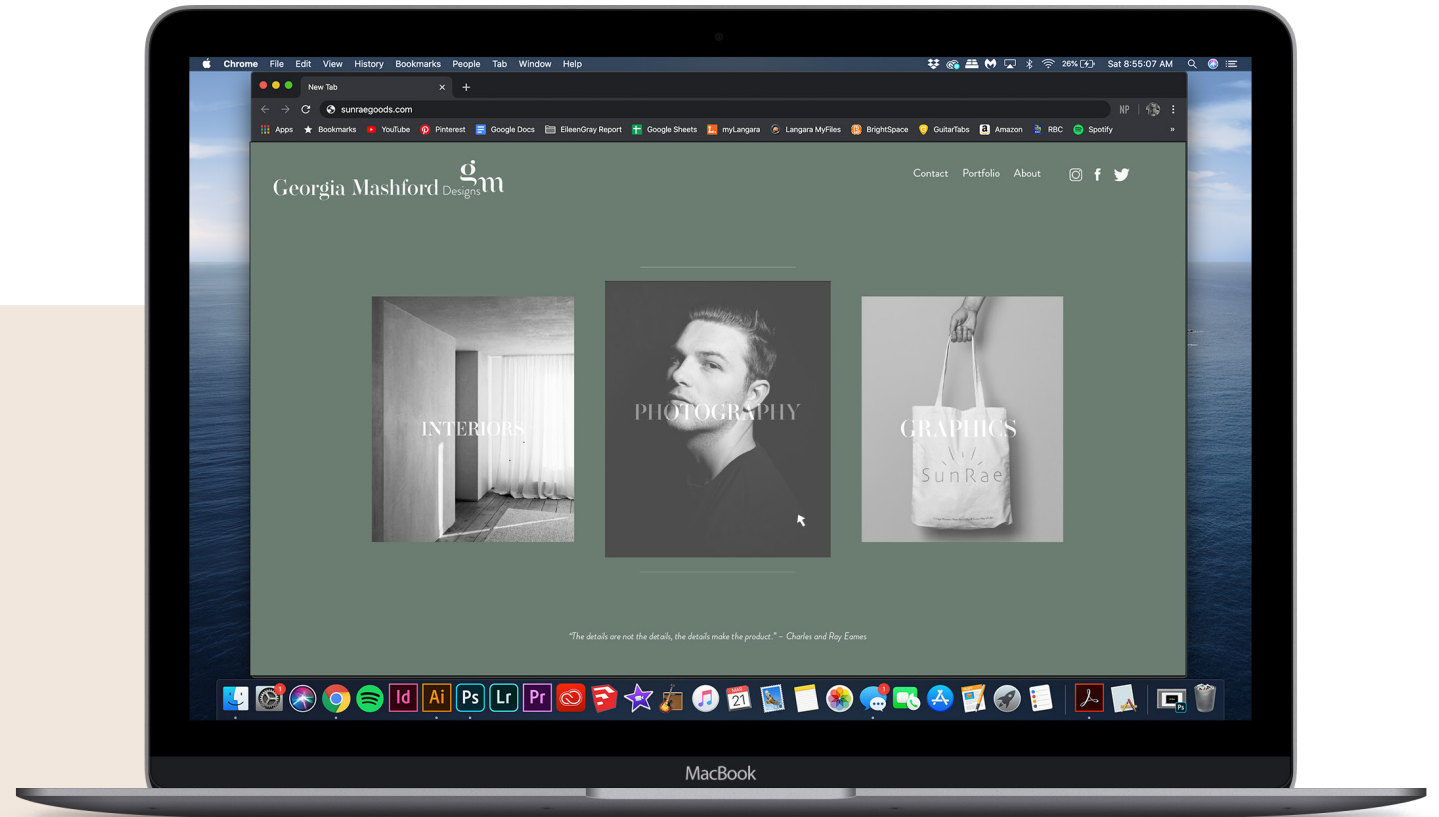
all images are not mine, for educational purposes only

Letterhead



Business Card





Website

SunRae Brand Identity

OBJECTIVES

To create a set of visual elements to establish SunRae Goods as a brand. These elements help to maintain consistency when implementing the brand to different mediums and applications. Keeping the elements consistent will allow for a strong, recognizable, and appreciable brand.

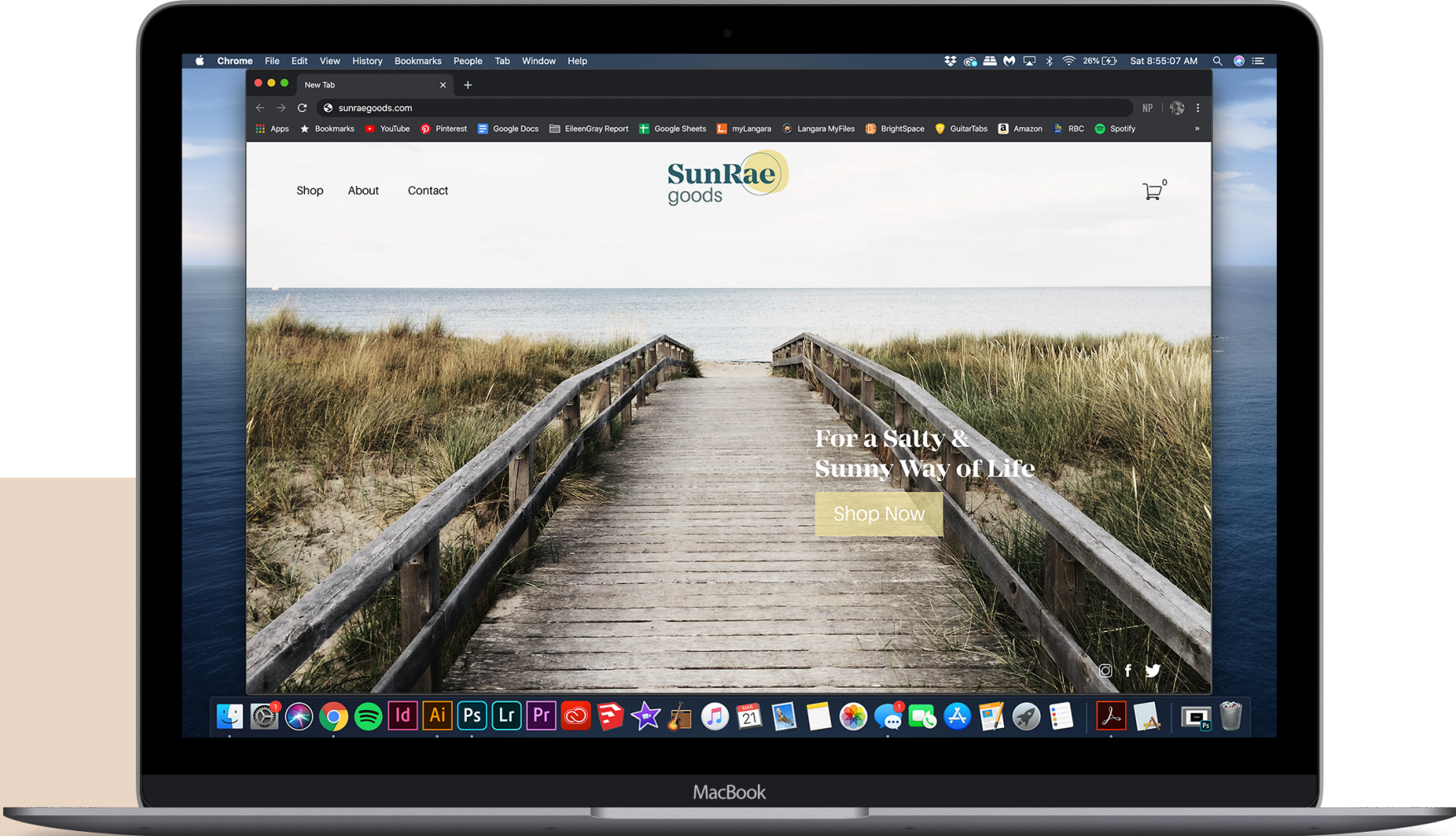
OUTCOME

These are the main elements which mark the brand, and represent the company. A bold display typeface to represent the main brand name, and a simple sans-serif for the descriptor not to take away from the uniqueness of 'SunRae'. An organic form used as the symbol to figuratively represent a sun, which will also be used as the form for the auxiliary graphic. These colours are bold, yet natural, and fit the key descriptors of SunRae Goods.



SunRae
goods

Website





For a Salty & Sunny Way of Life

Shop Now

The Latest Pieces of Sunshine

SUBSCRIBE TO OUR NEWSLETTER

Home Shop About Shipping & Returns

Email Address

SUBSCRIBE

Contact



SunRae goods

Shop About Contact



- Tops
- Bottoms
- Dresses
- Outerwear
- Shoes
- Accessories



Vintage 100% Wool Knit - CA \$84.00



Vintage Linen Blend Button-Up - CA \$36.00



Vintage Cream Mock Neck - CA \$52.00





About Sienna Rae

My name is Sienna (Sien), I'm on my 23rd year around the sun, am a proud Canuck, an overly loving/slightly obsessed dog mom, an old soul and am the owner of this little boutique now called SunRae. A little note behind the name - I am an avid sun chaser and spend as much time as possible soaking up the beautiful rays. My second given name is Rae, and so SunRae was created. It makes me so happy to be tied into something I love.

I decided to start a little vintage shop because I absolutely fell in love with hunting down treasures of my own and I wanted to share my finds with others who appreciate a fine garment and the story behind the life it has once lived. The pieces in the shop represent my personal style which is a little bit of everything but a main focus on pieces to spend your days living a sunny and salty life in. My lovely sister introduced me to the world of ethical and sustainable fashion and I haven't looked back! I love doing good for our planet and I love that so many of you love it as well! Thank you so much for following along these first few months, I can't wait to share more of my finds with you.

Our Plan

I'm thrilled to share that through SunRae, 10% of sales will be donated to a different charity every 3 months. If you have an organization you're passionate about reach out to me, I would love to hear what you're passionate about!

Get in Touch

NAME *

First

Last

EMAIL *

SUBJECT *

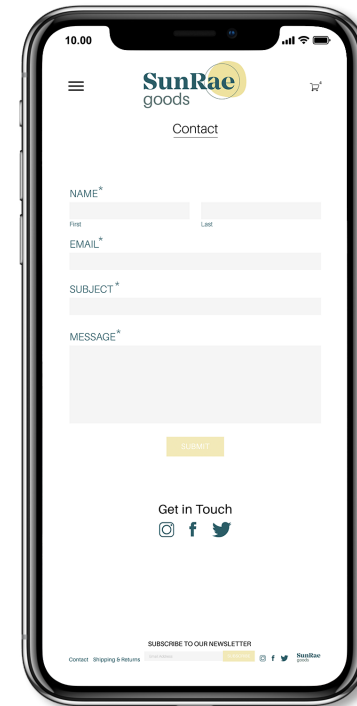
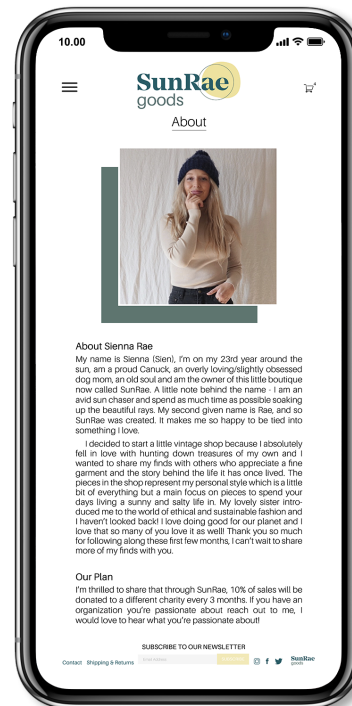
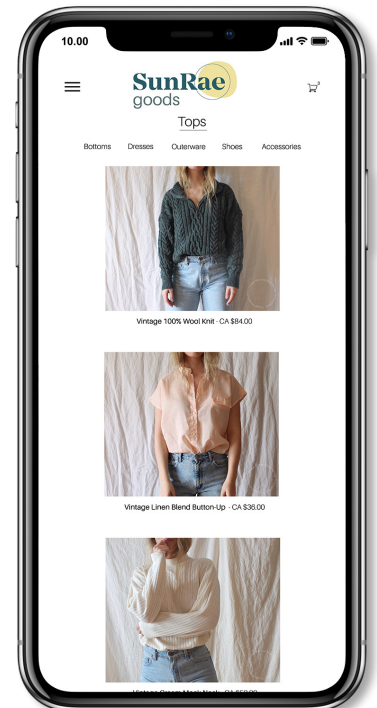
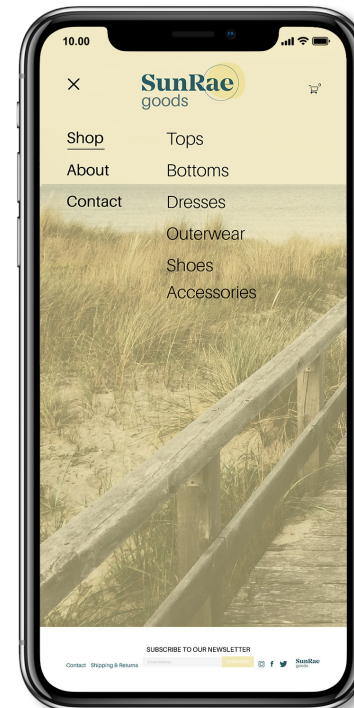
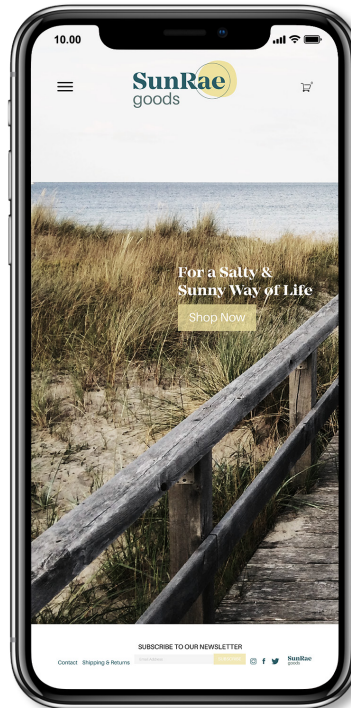
MESSAGE *

SUBSCRIBE TO OUR NEWSLETTER

Email Address

[Shipping & Returns](#)

Mobile Site





Shipping Box



Tote Bags



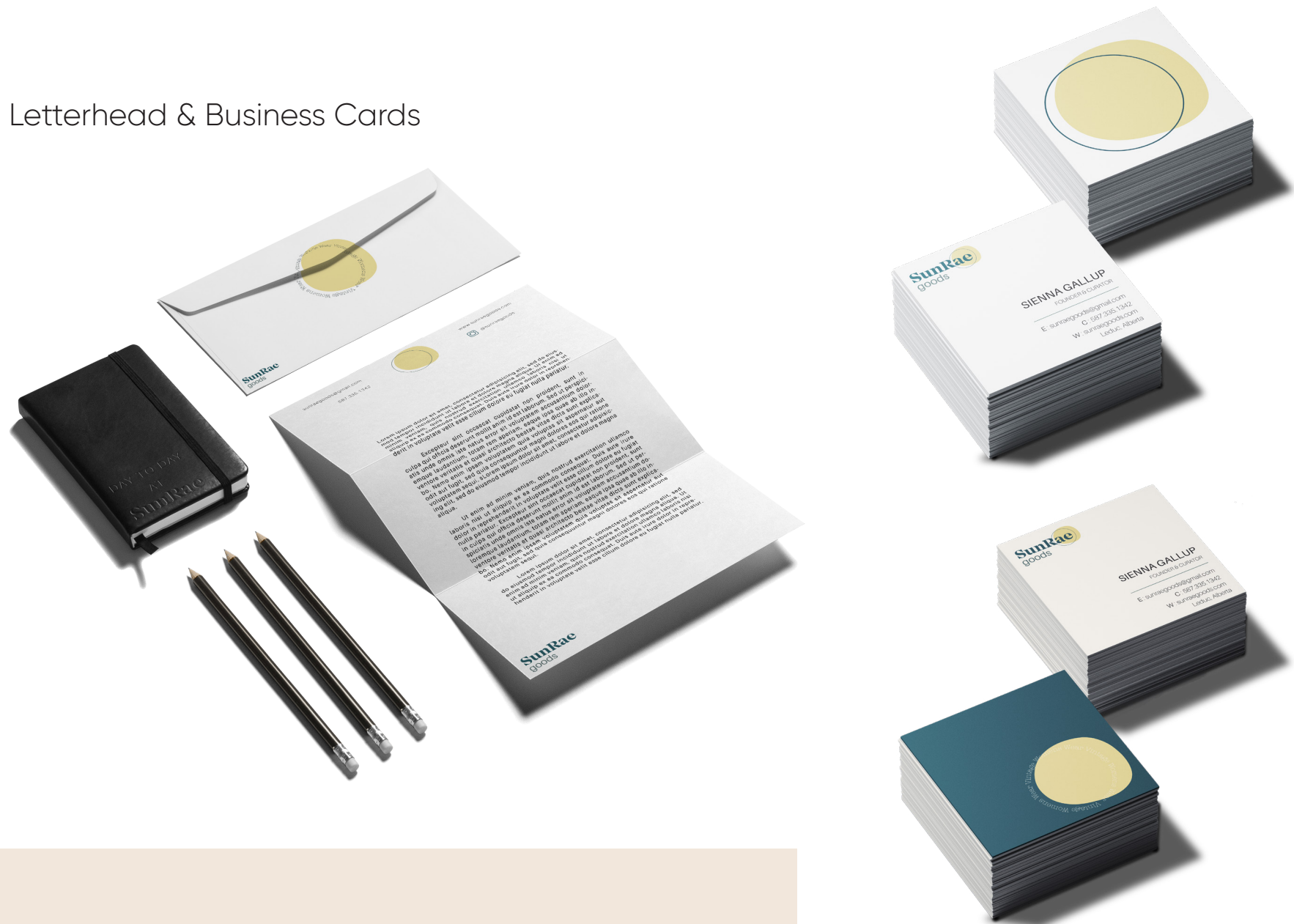
Shopping Bags



Signage



Letterhead & Business Cards



Social Marketing Campaign

In collaboration with Liam Nguyen

OBJECTIVES

The Social Marketing Campaign was a meticulous proposal in which we were to inspire and call others to action via communication design. We were to choose and carefully research the problem, understand a target audience, and plan how we were going to execute the campaign.

OUTCOME

Our goal was to create a campaign about a serious issue, however in such a way that is not so shocking or intense, but a little friendlier and approachable. To accomplish this, we chose to use a graphic style and colours that lighten ones mood.



C: 90%
M: 61%
Y: 43%
K: 25%



Realist Light

abcdefghijklmnopqrstuvwxyz
 ABCDEFGHIJKLMNOPQRSTUVWXYZ
 1234567890!@#\$%^&*()_+=

C: 0%
M: 0%
Y: 0%
K: 100%



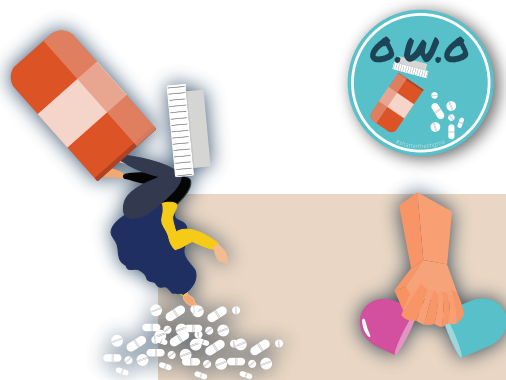
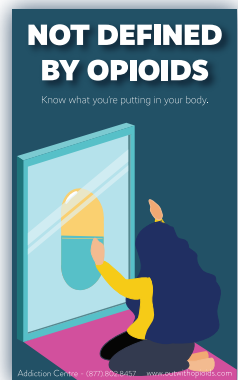
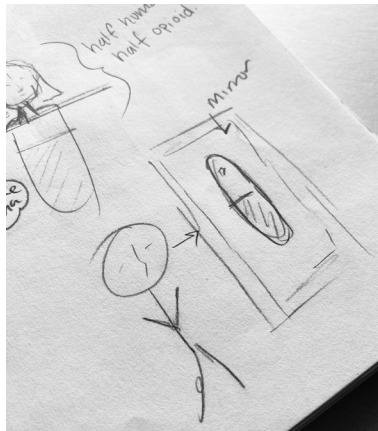
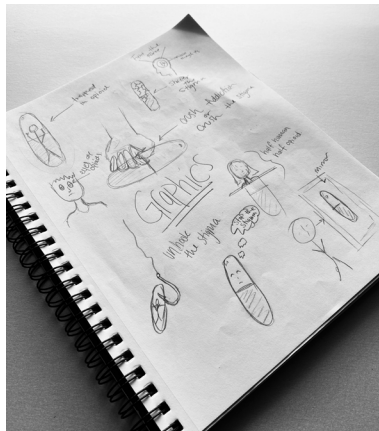
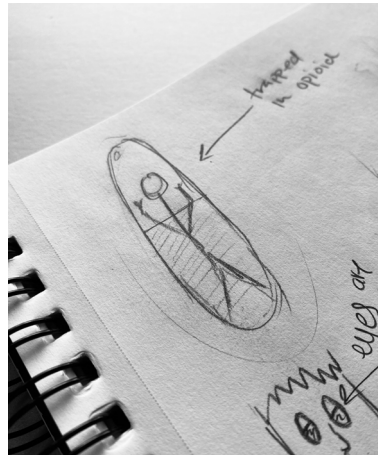
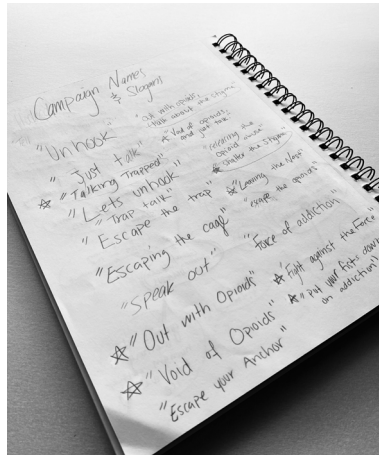
Realist Black

abcdefghijklmnopqrstuvwxyz
 ABCDEFGHIJKLMNOPQRSTUVWXYZ
 1234567890!@#\$%^&*()_+=

Our Objectives:

- Bring general awareness to the issue of the Opioid Crisis
- Inform audience on the basics of what opioids are and their side effects
- Educate about the commonality and severity of Opioid Addiction

Process



What is the Problem?

The Opioid crisis is an extreme and complex issue that is currently ongoing in Canada and a better form of awareness and promotion of the issue needs to happen. The main problem with the Opioid Crisis in Vancouver is the immense increase in opioid related overdoses and deaths. Opioids are (often prescribed) pain medications such as "Fentanyl, morphine, oxycodone and hydromorphone".

These drugs affect your mind, body, mood, mental processing. The factors listed above, being very accessible/attainable, and mind altering, allow for opioids to be overused and used improperly, and often culminating in an addiction.



Moodboard



Campaign Strategy Launch

To launch our campaign, we decided to roll out with public transit banners/ads which would attract the attention of passer bys, or those who take transit. This first step in our campaign is to get the viewer and targeted audience to ask themselves those initial questions.

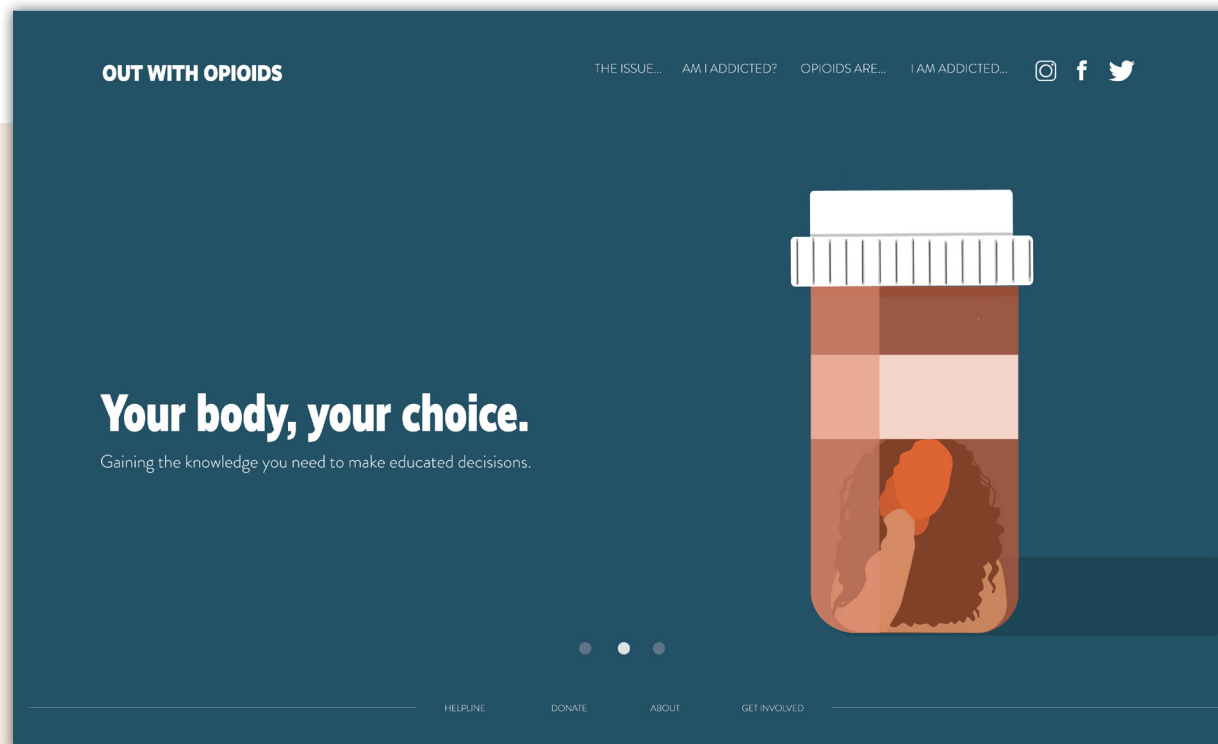
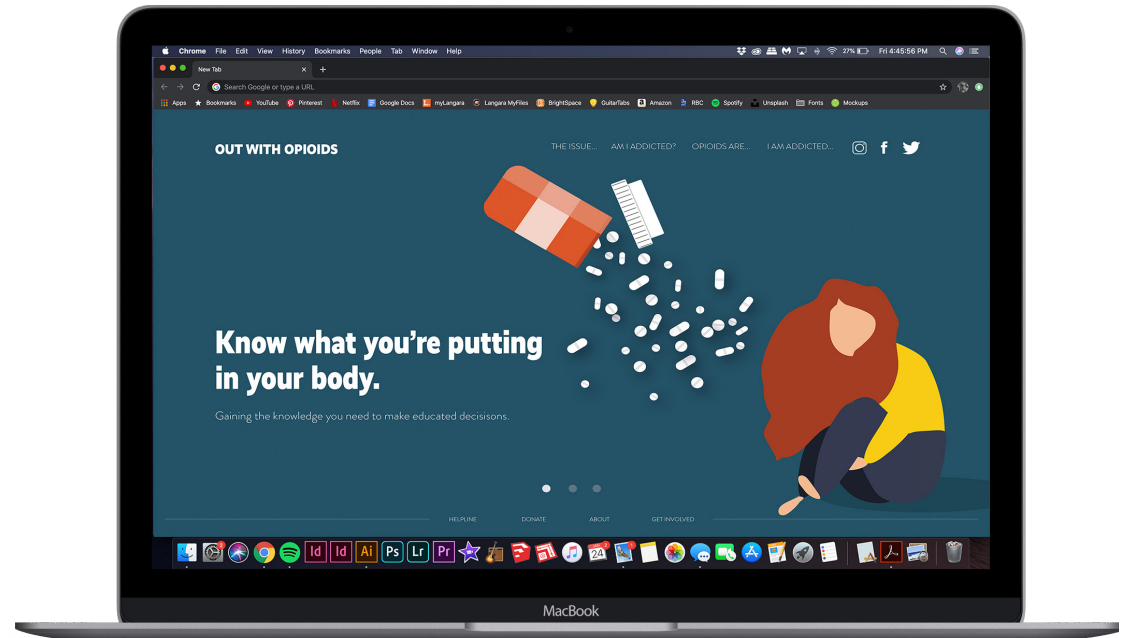
These ads are large, and would be viewed by many people making them an obvious choice as our campaign launch strategy. They would direct people to our website, and thus our other social platforms.



Campaign Strategy

Media

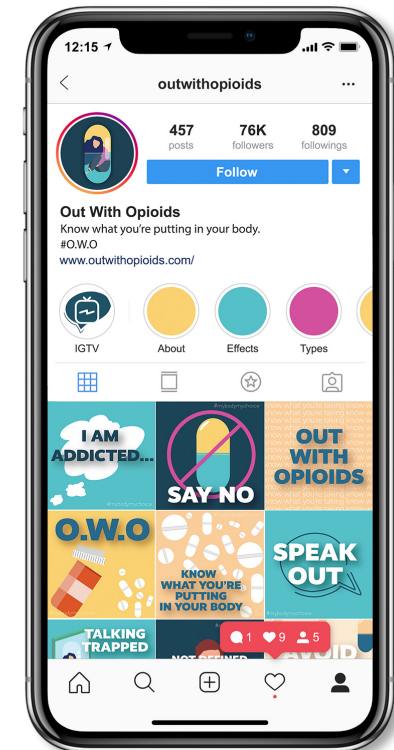
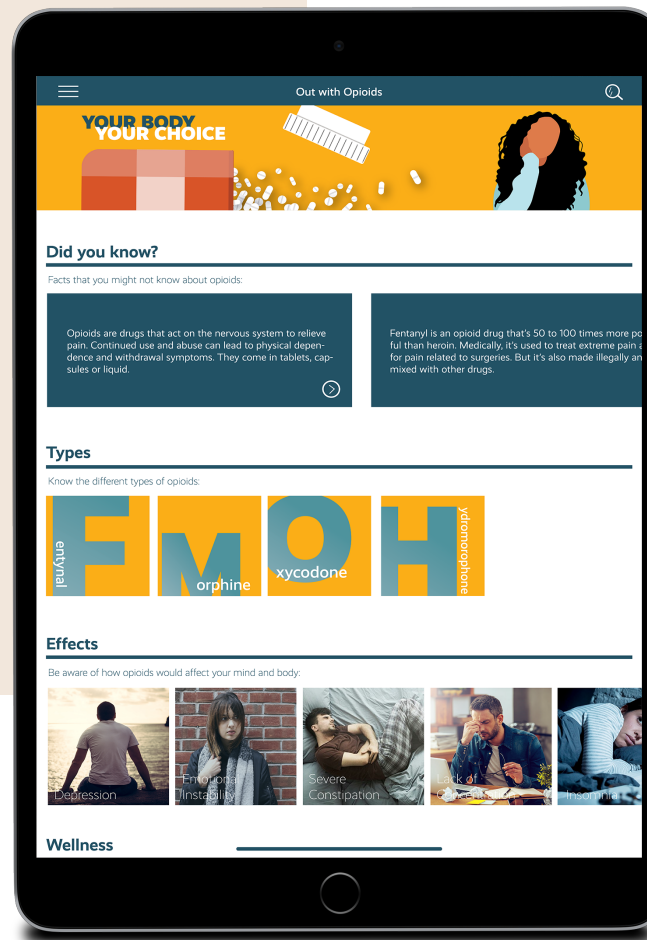
We developed a design for our website, mobile app, and tablet app which would allow our targeted audience to delve deeper into the basics on the Opioid Crisis. On these platforms they would also be able to access facts to inform whether they're addicted or not, and information on the different types of Opioids and their side effects.



Campaign Strategy

Media

Additionally we created an instagram platform for those who are open about the issue, whether they have the addiction or not. Here they can find resources, or can use our hashtags “mybodymychoice”, and “#O.W.O” to promote awareness of the crisis. Our instagram will be used as an online community for the viewers who feel they need extra support, or to simply know they aren’t alone.



Campaign Strategy

Print

Lastly, postcard sized direct mail pieces that could be distributed by health care professionals/doctors to their patients when they may be prescribing opioids. As well as campaign posters to intrigue viewers and audience to learn more.



Fentanyl

Fentanyl is an opioid pain reliever (OPR) more than 50 to 100 times stronger than morphine. It is used to relieve severe pain, such as after surgery or during cancer treatment, and breakthrough pain.

Morphine

Morphine is an opiate used to relieve severe pain. Named after Morpheus, the Greek god of dreams, morphine provides a feeling of euphoria often described as a dreamlike state.

Oxycodone

Oxycodone is the main ingredient in many commonly abused brand name painkillers, such as Oxycodone and Percocet. Its powerful pain relief properties make it an easy target for abuse and addiction.

Hydromorphone

Hydromorphone, also known as dihydromorphone, and sold under the brand name Dilaudid among others, is an opioid used to treat moderate to severe pain. Typically, long-term use is only recommended for pain due to cancer.

Side Effects

The most damaging long-term side effect of opioid abuse is harm to the body's vital organs. Individuals may also experience psychological issues, such as trouble concentrating, anxiety and depression.

- Emotional instability
- Severe constipation
- Lack of concentration
- Depression
- Insomnia
- Liver damage

Addiction Centre - (877) 802.8457
www.outwithopioids.com



Designer Report

OBJECTIVES

A report/editorial developed about a designer who's journey and career inspires me.



OUTCOME

The layout and format of the editorial is inspired by that of Eileen Gray's design style and aesthetic.

Biography

Eileen Gray was born in Enniscorthy, County Wexford, Ireland, in 1878. Growing up with a father as an artist, and a mother in the privileged class of aristocracy, Eileen had major support in following a career in Art and Design. Come 1898, she applied and got accepted to the Slade school of Arts in London; being one of the first women to attend. At Slade, she studied painting, and later began an apprenticeship at a lacquer shop. Working in this medium inspired Eileen, which encouraged her move to Paris in 1902. Here she took the opportunity to study more, and continued schooling at Academie Colarossi and the Academie Julian.



Page 2

Eileen Gray 1878 - 1976

Around 1920's, Gray's love for design evolved, and she began to explore architectural forms and buildings. This led her to begin a relationship with Jean Badovici, an architect, who also encouraged her to pursue architecture. However, Eileen Gray eventually opened up about her sexuality and relationship with a French female actress and singer, Dama.

Post WWII, her home was robbed, and nearly all of her work destroyed. She took this as a sign to move back to Paris, where she continued to design mostly furniture, until she passed in October of 1976, at the age of 98.

Being a female architect and designer in the early to mid 20th century was not easy, Eileen was often overlooked and neglected because of her being a woman in a very male dominated industry. Gray is now considered one of the most significant and prominent figures in the world of design and architecture — being a female and fighting for what she believed in.

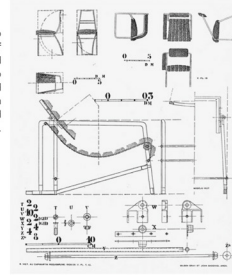


Style

Gray's style is considered Modernist, yet also French Art-Deco. Her pieces all have a refined look, delicate lines, and neutral colours.

Philosophy

Eileen Gray's design philosophy seemed to show a "go where the wind takes you" type of approach. She designed from her heart, and because she wanted to make a change, no matter how many people may have disbelieved in her work. Working with other designers from different locations in the world, Eileen combined different cultures into her thinking and concepts.



Eileen Gray 1878 - 1976

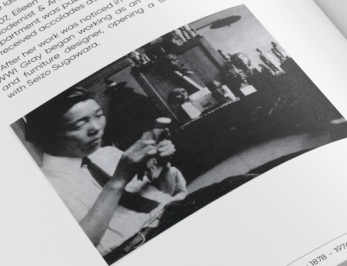
Page 3

Her Influences

After completing her schooling, Eileen met a Sessu Sugawara, a Japanese lacquerware master, and with his guidance and support, she became one of the first notable and successful Western women of Japanese lacquerware.

In 1901, Eileen furnished her apartment with her own apartment, a Art-Deco design. The interior of her apartment was designed in an innovative design, she received accolades for an interior designer.

After her year was working on an interior design, WWII Gray began working on an interior design and furniture designer, opening a career studio.



Page 4

Eileen Gray 1878 - 1976

Celebrated Interior

In 1926, Eileen Gray and her husband, Jean Badovici, designed the interior of the Villa Mairea in France. The villa was a masterpiece of modernist architecture, combining elements of Art-Deco and Japanese lacquerware. The interior was designed to be a harmonious blend of different cultures, with a focus on functionality and aesthetic appeal.



Eileen Gray 1878 - 1976

Page 5



Significant Projects

E-1027 House



Her next most significant contribution to design would be the two homes she designed and built in the Alpes Maritimes, which she was encouraged to execute by Le Corbusier, and J.J.P. Oud. The first being the home, E-1027 House, in Roquebrune from 1926-1929 which was a collaboration with her lover, Jean Badovici.

Eileen didn't design many architectural projects, however, the ones she did were full and complete concepts of excellence, which truly display her love, understanding, and talent for the field.

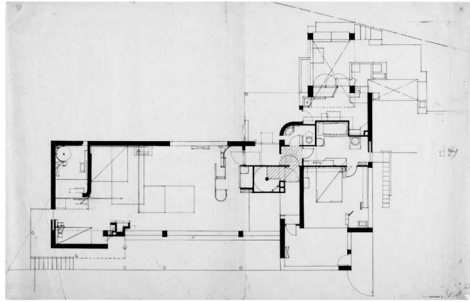


Villa Tempe a Païa

The second home was built in Castellar from 1932-1934, Villa Tempe a Païa. These forms of architecture are considered to be some of the most genuine and classic examples of domestic architecture and interior design of that era.

As a lover of sunlight, Gray featured white facades, vast windows, and large terraces or balconies when conceiving her architectural designs, as well as the importance of functionality.





Found in Vancouver

Eileen Gray's work is still prominent within the design industry, and can be found in several stores and locations within Vancouver.

Inform Interiors, Rove Concepts and a multiple other furniture stores, are selling her E-1027 Adjustable table

Eternity Modern is selling her Bloendum Chair

Modern Source is selling her Daybed

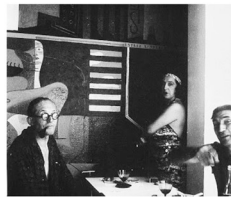
Page 12

Eileen Gray 1878 - 1976



Her Impact

Many of the Art-Deco and Bauhaus architects found Gray's work to be inspiring and many used her exceptional work to influence their own. Further, she attracted De Stijl movement members, Jan Wils in particular.

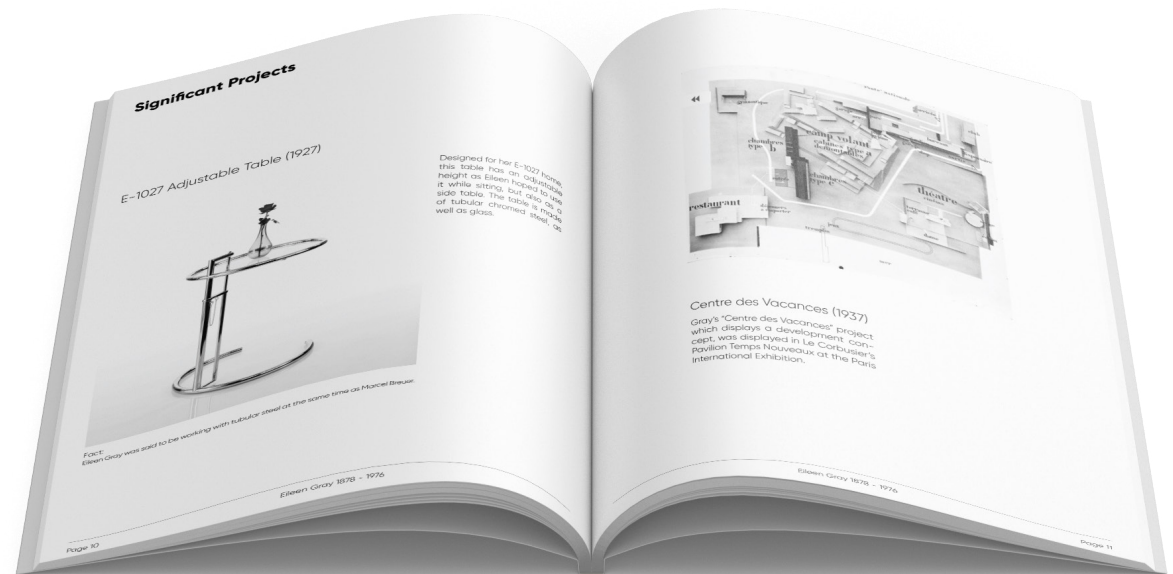


One of her works was described by a critic as a "room of horror", however that did not discourage her, and she continued to explore with modernism, tubular steel, metals, and glass furniture designs. This showed her perseverance and her "avante-garde" approach.

Artists and Designers today continue to find inspiration in Eileen Gray's work. Many articles have been written about her accomplishments and contributions to the architecture and design industries. Additionally a documentary called "Gray Matters" (2014) was made, by Marco Orsini, which delves into her work and demonstrates how she has influenced the world of design.

Eileen Gray 1878 - 1976

Page 13



Candy Brand & Packaging

OBJECTIVES

Developing a design to cater to specific target audiences and learn about packaging standards I created a brand and a visual identity for organic candy.

OUTCOME

I created a brand with a minimal logotype, "Bare", in order to suite the brands descriptor as an organic candy brand as they have clean and simple ingredients. Using a recycled material for the packaging fits with the standards of the targeted audience.



3x
1x
1x

BARE

Naturally Sweet

BARE

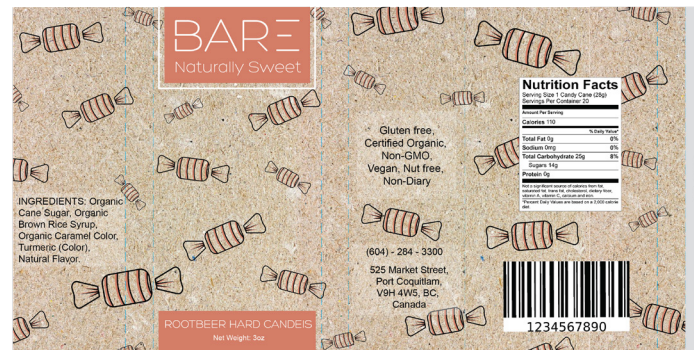
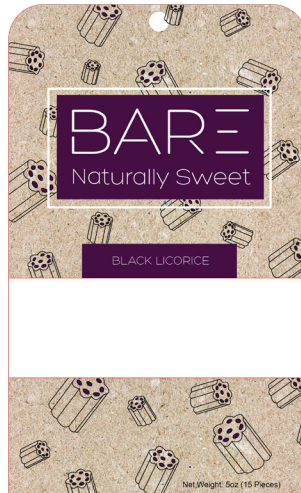
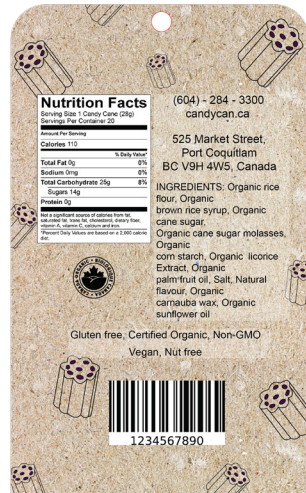
Naturally Sweet

HERO LIGHT

ABCDEFGHIJKLMNOPQRSTUVWXYZ
abcdefghijklmnopqrstuvwxyz

1 2 3 4 5 6 7 8 9 0

! @ # \$ % &





TYPOGRAPHY

Magazine Spread

Cookbook

Typographic Poster

Quote Card



Asymmetry is the rhythmic
expression of functional design.



-Jan Tschichold

Magazine Spread

all images are not mine, for educational purposes only

OBJECTIVES

A challenge to apply everything I have learned about typesetting, I explored how typefaces convey meaning, employed text hierarchies as a way to navigate, and created effective image and text combinations to create visual continuity from page to page.

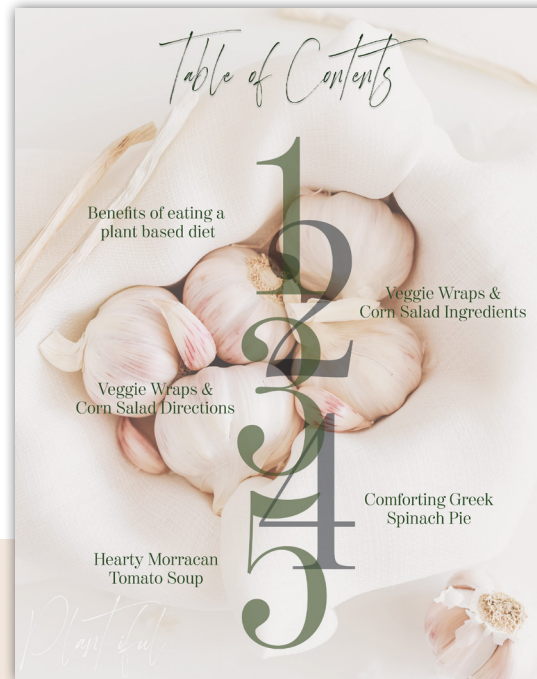


Cookbook

In collaboration with Jay Kim & Brooke Dunbar

OBJECTIVES

As a group, we were to develop three cookbook spreads, as well as a front and back cover. Combine the stories, recipes, and other ancillary information to work together as part of a coherent concept. We were to develop our ability to manipulate basic elements of design using visual techniques and principles of organization and hierarchy.



OUTCOME

Our concept were plant based recipes made with local produce. We chose to focus on letting the photography of each meal shine as we emphasized the plant based ingredients throughout the recipes.



Pg. 02

INGREDIENTS

2 large sweet potatoes
1 tsp avocado oil
1 tsp fresh thyme
1/4 tsp ground cinnamon
1/2 tsp sea salt
1 pinch cayenne pepper
1 tsp chickpeas
1 tsp avocado oil
1 tsp fresh or dried thyme
1 pinch ground cinnamon
1 tsp ground cumin
1/2 tsp smoked paprika
1/2 tsp salt

TIP:
Rinse chickpeas in cold water for easier digestion.

INGREDIENTS

1 small sweet potato, cubed
1 tsp avocado oil
2 whole corn cobs
5 cups chopped fresh lettuce
1/2 medium red bell pepper
1 cup cherry tomatoes
1/2 cup chopped cilantro
1/2 cup diced red onion
1 ripe avocado

TIP:
Leftovers will keep stored in the refrigerator up to 2-3 days (store dressing separately for freshness).

Veggie Wraps

Chapter 1 | Plantful

INSTRUCTIONS

1. Preheat oven to 400°F (204°C).
2. Thoroughly wash and dry sweet potatoes, then slice (skin on) into bite-sized rounds/pieces.
3. Add to a mixing bowl with avocado oil, thyme, cinnamon, sea salt and cayenne. Toss to coat, then arrange in a single layer on a baking sheet.
4. Add rinsed, dried chickpeas, and avocado oil, thyme, cinnamon, cumin, paprika, sea salt, and coriander + cardamom (optional).
5. Toss to coat, then arrange on baking sheet with sweet potatoes.
6. Bake for a total of 25 minutes, flipping/stirring once at the 15-minute mark to ensure even cooking.
7. In the meantime, prepare toppings and dressing.
8. Once potatoes and chickpeas are finished baking, wrap flatbreads in a damp towel and warm in the still warm oven for 1-2 minutes to soften and make more pliable.
9. To assemble, top each wrap with a portion of sweet potatoes and chickpeas. Add desired toppings, such as dried cranberries, pumpkin seeds, arugula.



Corn Salad

INSTRUCTIONS

1. Preheat oven to 400°F (204°C) and add cubed sweet potato to a parchment-lined baking sheet. Toss with a little oil and bake for 20 minutes or until tender. Set aside.
2. Heat a grill or grill pan. Once hot, remove the husks from the corn and place directly on the grill. Grill, turning occasionally, until blackened on all sides — about 5-8 minutes. Set aside to chill.
3. Let the corn cool to the touch, then carefully slice the corn off the cob with a sharp knife. Set aside.
4. Serve with Vegan Chipotle Ranch Dressing or a generous squeeze of lime juice, drizzle of olive oil, and salt and pepper to taste.
5. You can dress your salad with a healthy squeeze of lime juice, drizzle of olive oil, and salt and pepper to taste just before serving.



Pg. 03



Greek Spinach Pie



INGREDIENTS

16oz frozen spinach
3 large eggs
2 tsp extra virgin olive oil
10oz feta cheese
1/4 cup grated parmesan cheese
1/2 cup fresh basil
1/4 cup fresh oregano
1 clove garlic, minced or grated
1 pinch salt and pepper
4 tsp (1/2 stick) butter

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. In a medium bowl, combine the spinach, eggs, olive oil, feta, parmesan, basil, dill, oregano, lemon zest, garlic, crushed red pepper flakes, and a pinch each of salt and pepper.
3. Place 1 sheet of phyllo dough on the prepared baking sheet and brush the phyllo with melted butter. Repeat, layering 2 more times, placing the sheets of dough over top each other. Repeat this layer 2 more times. Brush another sheet of dough with butter and place slightly off center of the x. Repeat this layer 2 more times. Simplicistically, you are using 9 sheets of phyllo dough, 3 layers.

TIP:
Drizzle the filo sheets with olive oil to create more air pockets and added crunch.

Pg. 04

Moroccan Tomato Soup

Chapter 1 | Plantful



TIP:
The longer you simmer, the more flavour the soup will have.

INSTRUCTIONS

1. Heat the olive oil in a large soup pot over medium heat. When the oil shimmers, add the onion and garlic, and season with salt and pepper. Cook 5 minutes or until the onion is fragrant and beginning to caramelize. Add the thyme, paprika, and cumin, cook another minute.

2. Pour in the coconut milk. Transfer the soup to a blender and puree until mostly smooth. Return the soup to the pot and place over medium heat, stir in the cilantro and half of the goat cheese, if using, and season the soup with salt and pepper. Thin with more coconut milk, if desired. Cook until warmed through, 5-10 minutes.

3. To serve, ladle the soup among bowls and top with goat cheese, cilantro, and chickpeas. I recommend serving with a grilled cheese on the side.

INGREDIENTS

3 tsp extra virgin olive oil
1 small yellow onion, chopped
3 cloves garlic, salt
2 tsp fresh thyme leaves
1 tsp smoked paprika
1/2 tsp ground cumin
2-3 tsp hot sauce
2 tsp honey
1 can full fat coconut milk
1/2 cup fresh cilantro or basil
4oz goat cheese
Crispy chickpeas



Pg. 05

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Quote Card



Quote by George Bernard Shaw

OBJECTIVES

Choosing the right typeface pairing is essential to good taste — a feast for the eyes. I chose a combination of 5 typefaces to creatively convey a message. The card was to encourage and inspire the Langara College faculty and staff.

OUTCOME

I paired 5 different typefaces which represented this quote to me. A calming and soft background with the combination of fluid and impactful fonts to bring contrast and visual interest.

Type Poster

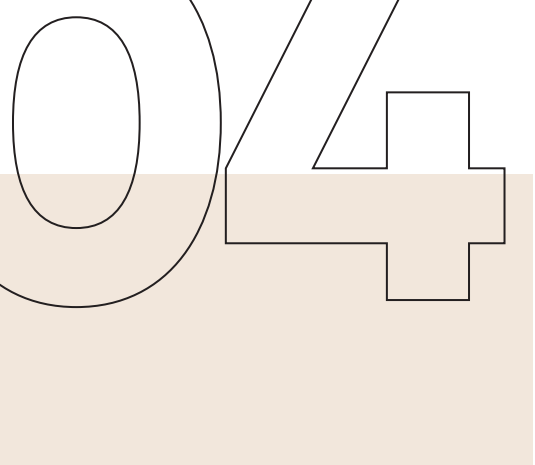


OBJECTIVES

Explore typographic expression while adhering to design principles. Using Bodoni, Futura, Clarendon or Officina, design a typographic poster that included the typeset and the history of the font.

OUTCOME

I developed the design of this poster to focus on and emphasize the forms of the Bodoni typeface. I achieved this by varying the size of the typeset and letterforms, and keeping the poster to a minimal colour palette.



PHOTOGRAPHY

Portrait

Lifestyle

Nature



One doesn't stop seeing. One doesn't stop framing. It doesn't turn off and turn on. It's on all the time.

-Annie Leibovitz



Portrait

OBJECTIVES

Demonstrate the use of hard lighting in a portrait.



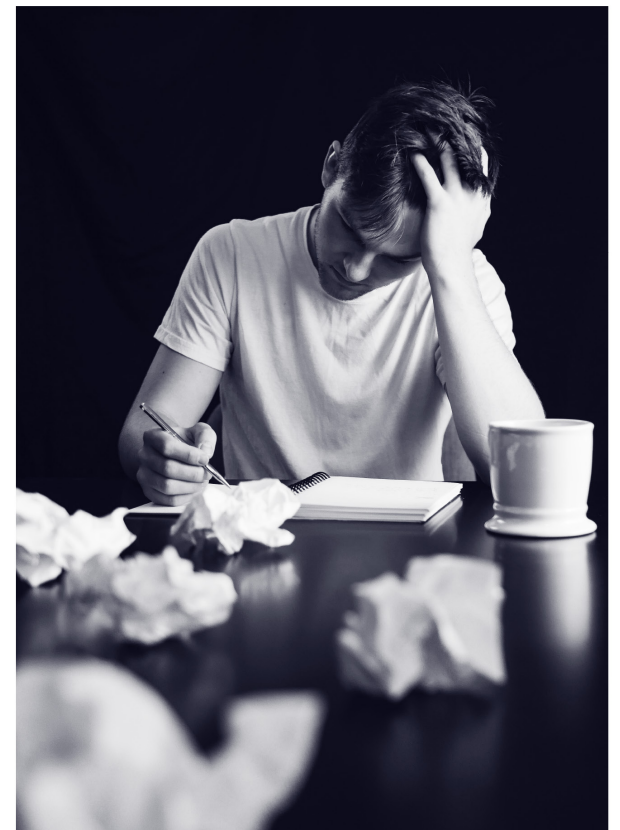
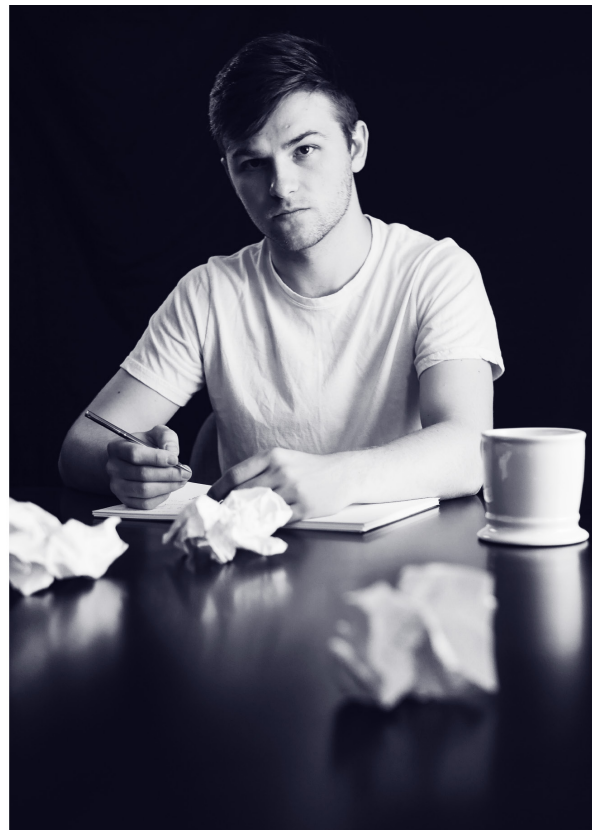
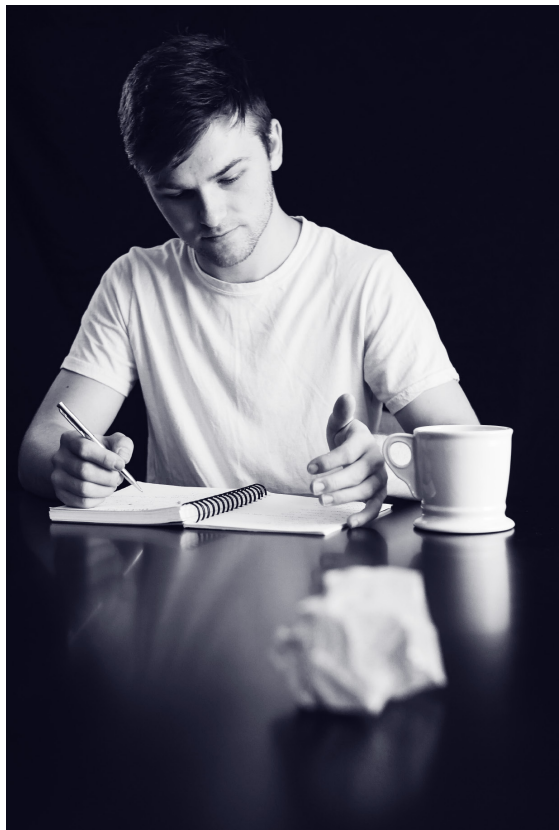
Conceptual Portrait

OBJECTIVES

Develop a concept with someone you love which conveys something about them.

OUTCOME

Tavish is in the arts, a film-maker, always striving for perfection. Our concept was based around the ideal of the creative process and its woes.



Lifestyle

OBJECTIVES

Capture something moving
with a fast shutter speed.



Lifestyle

OBJECTIVES

Display contrast in an intriguing composition.



Lifestyle

OBJECTIVES

Create a composition emphasizing colour contrast and a long shutter speed.



Nature

OBJECTIVES

Capture an element of nature using a macro lens.

