

5. Nettle Linocuts
Print 15x10 cm
On nettle paper £175
On card £75



Do Not Touch



Bast Fibres



Late Summer Shade

6. *Black Windows, White Bombs*
Nettle paper, walnut ink, handmade chalk paint
Series of A5 monoprints, £175 each



Tulsa 1921



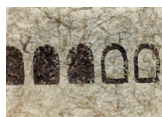
Mirror World



A Matter of Time



False Equivalence



Tombstones



Us vs Them



Hierarchy



But What Can I Do?



The Same Pattern Again



Appropriation



Cleansing



Black Windows White Bombs



Disproportionate



Out of the ashes



White women's fragility



Security



Settled



Colonisation



:D



Separate but

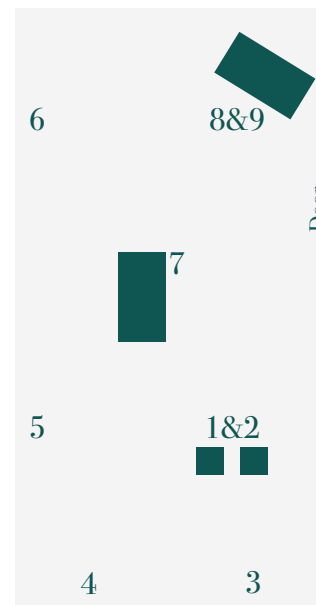
Cambridge Artworks
Feb 15-16th 11-5pm

@helencook
helencook.art
helen.cook@gmail.com

Gathering Pages

Helen Cook

With contributions from 22 artists



1&2. *Gathering Pages*

23 Artists, see overleaf

Book bound from handmade nettle paper, various media

Vol 1: Pages gathered Aug-Oct 2024

Vol 2: Pages gathered up to Jan 2025

3. Films on rotation

- Slideshow of all pages, 3 min
- 3 weeks making nettle paper, 1 min

4. Sketchbook

Book bound from handmade nettle paper, handmade rust and chalk paint

5. Nettle Linocuts

(See back)

6. *Black Windows, White Bombs*

(See back)

7. Process work

8. *Making Paper from Stinging Nettles*

Pamphlet collecting my learnings from the summer

32 pages, with 15 drawings and photos
First printing, edition of 10, £10

9. Preorders of next year's nettle paper

Delivered Oct 2025



Gathering Pages Vol 1&2



Antonia Stringer



Material Woman



Helen Cook



Mansi Shouche



Helen Cook



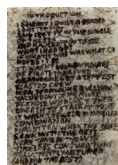
Clio Lloyd-Jacob



Helen Cook



Ben Varney



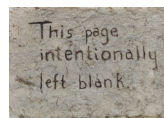
Ian Heames



Helen Cook



Alex Parker



Helen Cook



Ian Heames



Helen Cook



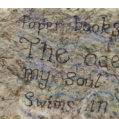
Rachel Wooller



Emily Jolley



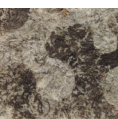
Ian Heames



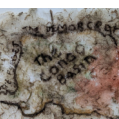
Lianna Etkind



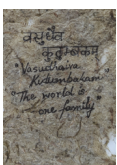
Lizzy McCaughan



Helen Cook



Katie Love



Malini Roy



Helen Cook



Ben Varney



Alexie Staffer



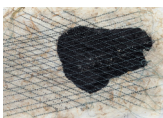
Jan Aytton



Jill Eastland



Mark VanHeygen



Annabel Fraser



Aggie Forster



Helen Cook



Samantha Edwards



Jan Aytton



Helen Cook



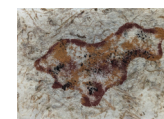
Titus Keate



Ben Varney



Helen Cook



Sara Paynter

This summer, I was lucky to be selected for a residency in the Artworks Caravan. During the 3 weeks I was here, I made paper from stinging nettles I foraged on Midsummer Common. I invited folks to select a sheet of nettle paper and to use it to record their thoughts in words, pictures, or abstraction, thinking broadly about paper and our relationship to it. I have bound the contributions together into a book, *Gathering Pages*. Due to the popularity of this project, the book was quickly followed by a second volume.

My heartfelt thanks to everyone who contributed their creativity, time and effort.

Nettle paper is gorgeous, but its beauty is not in a crisp, white rectangle. The final unbleached pages retain some of the natural green colour and fibrous quality of the nettles. Each non-conformist sheet has its own personality, without perfectly square corners or straight edges. These deviations are worth celebrating, and are far more interesting than a ream of uniform white rectangles.

This project starts with making paper, but is deeply an interrogation of capitalism's resource hunger and drive to devalue life. Sharing the pages and asking people to create art with them is microcosm of the urgent, anti-authoritarian response needed to reclaim our humanity from a political and economic system that will devour everything.

The series Black windows, White bombs continues this theme specifically focusing on anti-colonial and anti-racist ideas. I repeatedly use an arched shape to evoke windows and bombs. This imagery calls out the mindset that other people simply existing is cause for violence against them, and denounces the reprehensible idea of finding safety in persecuting others.

The exhibition concludes with a table of my pamphlets and propaganda that encourages you to make your own paper, metaphorical or not.