

Press Release

FOR IMMEDIATE RELEASE

Lab Culture Recipes: Blending Science, Storytelling, and Cuisine to Humanize Scientists Worldwide

Lab Culture Recipes, a unique cookbook and online community, brings together scientists from around the globe to share their stories, favorite recipes, and the rich cultures that shape their lives and research. More than just a cookbook, Lab Culture Recipes is a celebration of diversity and connection—highlighting the personal stories, favorite foods, and cultural traditions of over 120 researchers worldwide. These shared meals have sparked laughter, collaborations, and groundbreaking ideas, demonstrating how food can bring people together in meaningful ways.

Lab Culture Recipes invites readers to discover what scientists eat for breakfast or snack on during busy days in the lab. The book also offers a glimpse into the human side of scientific minds, delving into their dream dinner companions and the passions that fuel their work. By showcasing the diverse backgrounds and interests of scientists, this innovative approach humanizes scientific pursuits and highlights how diverse backgrounds enrich scientific progress.

The *Lab Culture Recipes* team is led by **Dr. Ahna Skop**, a geneticist, artist, author, and professor at the University of Wisconsin–Madison. Dr. Skop is renowned for her research on cell division and her commitment to increasing diversity in STEM fields. She is also an accomplished science communicator and artist, known for her scientific cakes and science art installations. This is her second book.

Co-author **Dr. Diana Chu** is a professor of Biology at San Francisco State University, whose research on male fertility has been featured on the cover of *Science* magazine. Dr. Chu is a passionate cook, with recipes published in the Food52 Cookbook series, and is dedicated to science communication and outreach.

The co-authors also include emerging scientists and communicators:

- **Hareem Rauf** (<https://www.linkedin.com/in/hareem-rauf/>) is a senior undergraduate at the University of Wisconsin–Madison, majoring in Economics and Data Science. As a Life Sciences Communication intern in the Skop Lab, Rauf brings an interdisciplinary perspective to the project, helping to bridge the worlds of science, policy, and culture. In the future, her goal is to pursue a career at the intersection of technology and finance—where she can apply her data analytical and research skills to solve complex problems and advance inclusive, forward-thinking solutions.
- **Crystal (Xin) Qing** (<https://www.linkedin.com/in/crystal-qing-01a445180/>) is a PhD student under Dr. Vanessa Leone's lab at UW–Madison. She specializes in host-microbe interactions and cellular metabolism in a diet-induced disease context. Her research explores how diet alters metabolic pathways, and the gut microbiome influences immune cell function and disease, and she brings a deep appreciation for the intersection of food, health, and science to the team. After graduation, she wants to continue doing research in the field of metabolism and use her expertise in graphic design to make science more accessible to the public.

Together, the Lab Culture Recipes authors are building a vibrant online platform and assembling a cookbook that celebrates how shared meals and cultural traditions inspire creativity, spark collaboration, and foster community in scientific environments. By sharing their own stories and inviting others to contribute, they hope to break stereotypes, promote diversity, and show that science is as much about connection and humanity as it is about discovery.

Dr. Ahna Skop received funding from the **AAAS IF/THEN program** (<https://www.ifthenshecan.org/>) on behalf of her role as an IF/THEN Ambassador (<https://www.ifthenshecan.org/platforms/talent/>), to create innovative outreach programs to active a culture shift among young students to open their eyes to a career in science.

For more information, visit the Lab Culture Recipes website: <https://www.labculturerecipes.com/>

Cookbook available on Amazon: <https://a.co/d/gBsK5zG>

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