

MEET MARIE - FREDMOSEKONEN

## From Copenhagen life to bog wife

In 2021, Marie Aktor moved from Copenhagen to Langeland. After only visiting the island once. Now settled in her house in Fredmosen, she devises recipes for delicious lemonades, jam, chutney and whatever else she can create using the berries and fruits she harvests in her garden.



Winter 2021. Corona has shut down the country again, and Marie Aktor is sitting in her small apartment in Copenhagen, sent home from her waitress job again. Then she made a decision: No more winters in Copenhagen. She had been wanting to get out of the city for a long time and had been toying with the idea of South Funen. She found out that a former acquaintance from the music industry, Carsten Holm, was about to open the café Gaardhaven in Rudkøbing. After a single visit, her mind was made up, and in May 2021, Marie packed her entire Copenhagen life into a van and set off towards the long island.

*"I had actually planned go around and see the island a bit before I finally decided," explains Marie. "But it was really bad weather when I was there for the first time, so I didn't dare. What if I changed my mind?" she laughs.*

### The perfect idyll

Initially, she worked at Gaardhaven, which opened in June 2021 and she lived in the apartment on top of the café. But in the autumn she moved to Fredmosen, roughly halfway between Humble and Bagenkop, in an old timber house from



Foto: Jakob Damsbo

1850 at the end of a 400 m long dirt track. There were no neighbours and the area has been protected since the early '80s. This was exactly the idyll Marie had been looking for when she left the capital.

*"That's exactly what Langeland can do. It's part of the modern Danish society, but there's also a kind of nostalgia," says Marie. "It sounds a bit of a cliché, but there's something Morten Korch-like about it."*

There are lots of berry bushes and fruit trees in the house's garden, so Marie harvested ad libitum and froze what she reaped. She didn't know exactly what to use it for, but didn't want anything to go to waste. And she's always been a recipe nerd and loved cooking, so she knew she'd come up with something.

### Fredmosekonens's breweries

From the beginning of 2023, that something officially became 'Fredmosekonen'. It actually started with her taking a rhubarb lemonade, which she had been making for years, to Gaardhaven, where it was included on the menu – both on its own and mixed in

drinks – from the first day of opening. And then things really took off: plums were turned into barbecue sauce, quince into jelly with chilli, redcurrants into chutney.

*"I've always loved cooking and nerding over recipes," says Marie. "The basic principle is that there should be as much taste as possible. Because the greater the taste, the less you need."*

With the exception of the rhubarb lemonade, none of the products are produced all year round – or at least not in such large quantities. It depends on what raw materials Marie has available and how much she can produce. She tests the recipes at home in Fredmosen and produces them in the kitchen in Café Haven at Skovsgaard Estate, where she also works – and where it is possible to taste and buy Fredmosekonens's products. Everything is done by hand – harvesting, production, printing of labels and everything else – and she is still figuring out the annual cycle.

*"I start by looking at what's in the garden and what I like myself," she says. "It's my playground."*