



A Beanie Sofa, Stuffed with Lentils

Description

It is a truth universally acknowledged that lentils are good for you.

They're a source of cholesterol-lowering fiber. They prevent blood sugar levels from rising rapidly after a meal. And a full cup of the cooked legumes contains just 230 calories.

But who knew you could stuff a sofa with them, along with organic latex, and feel right at home?

Nina Edwards Anker at NEA Studio, that's who.

Her Beanie Sofa prototype is a comfortable, textile-covered sofa that incorporates daybeds facing in opposite directions. "It's two huge pillows intertwined, with one supporting the other," she says.

The wooden structure of the backrest, as well as the soft seat, is filled with three pounds of lentil beans, plus the latex, to support the natural curves and movements of the body. The sofa is LEED certified, made entirely of organic materials.

"It's a work in process – I'm researching how movable and supportive it can be," says the [Harvard GSD](#) alumna. "It's definitely comfortable – people love sitting in it and almost falling asleep."

Aside from being extremely comfortable, bean-filled seating is also health-beneficial. It can help improve and maintain good posture since it allows both the static and phasic muscles to relax. Health practitioners recommend bean bags as a way of easing back pain.

The covering for this prototype is wool. "It took a long time to find a material we liked that had that knotty texture," she says. "This is soft and not too taut and not too stretchy."

Soon, The Beanie Sofa will be available in a wide range of colors, sizes and fabrics. It will be assembled in two parts that can fit easily into a standard elevator.

And it's almost guaranteed to put its owners to sleep.

For more, go [here](#).

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