

**Hi, I'm Bonny.**

I'm a graphic design student based in San Francisco, currently pursuing a BFA in Graphic Design at California College of the Arts, with a passion for branding, type design, and editorial design.

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# Harvest

Editorial Design

A print publication that explores Chinese food through the seasons of its ingredients. Divided into four chapters—Spring, Summer, Fall, and Winter—each focuses on one ingredient typically harvested during that time of year. From winter melon to lion's mane mushrooms, Harvest weaves editorial content with visual systems to connect food, culture, and nature.

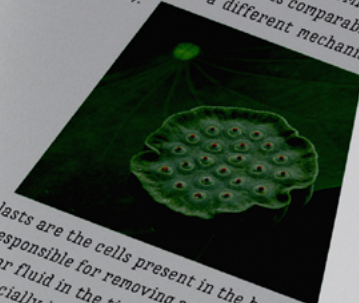
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**ANTI-FIBROSIS**  
composition of the  
tion of collagen in  
nary fibrosis (PF) re  
unknown. In pulmona  
the major elementary c  
A study was conducted in  
guinea (11), an alkaloid e  
Gaertn seeds against pulm  
rice. The protective effect  
decreased serum superoxide dis  
droxyproline and malondialdeh  
in lung tissues and serum (Liao et al  
anol extract of *N. nucifera* dis  
activity in mice. Moreover, nerfine is  
an anti-anxiety effect, hypothermia  
fects and anxiolytic effects comparable  
diazepam but with a different mechanis  
et al., 2018).



Cardiac fibroblasts are the cells present in the heart that are mainly responsible for removing and degradation of extracellular fluid in the tissues of the heart. This fibroblast is crucially involved in conditions like cardiac fibrosis as matrix-producing cells (Souders et al., 2008). In a reported study, the effect of nerfine on cardiac fibrosis was observed which was induced by diabetes mellitus. This alkaloid reduced left ventricle (LV) dysfunction and collagen deposition as in diabetes. It also prevented the proliferation of fibroblast and its migration, differentiation into myofibroblast through inhibition of TGF- $\beta$ 1/Smad, extracellular receptor Kinase (ERK) and p38 MAPK signaling activation (Liu et al., 2018).



**CONCLUSIONS AND FURTHER CONSIDERATION** In many countries, lotus seeds are used as food and traditional medicinal purpose. They are edible and used to treat a variety of diseases such as skin diseases, tissue inflammation and many other diseases. They contain a variety of bioactive compounds like flavonoids, protein, and fatty acids. Different researches disclose the therapeutic benefits of these seeds. Phytochemicals present in lotus seeds have provided chemical bases for modern and traditional usage; we intend to cover many compounds from lotus seed reported that is characterized or partially identified by spectroscopic and chromatographic techniques. Moreover, health-promoting pharmacological and biological activities of lotus seeds extracts and some compounds (like flavonoids and alkaloids) isolated from these extracts, have been described to have positive correlations with those corresponding phytochemicals through numerous in-vitro and in vivo studies.

Furthermore, it is showing less toxicity than that from other synthetic drugs and contains natural compounds. Due to all these properties, lotus seeds have captivated considerable concentration in recent years. For food and pharmaceutical industries, the nutraceutical properties of lotus seed have been of great interest. Importance should be given to the cultivation of lotus on a large scale and processing of seeds so that the general mass of people can consume lotus seeds as a low-cost nutritious food and use it as a low-cost medicine for the treatment of diseases.

This review highlights several pharmacological and phytochemical studies that have demonstrated the therapeutic potential of lotus seeds. Still, there is a need to work on some potentials to understand their mechanism of action and on clinical studies based on human volunteers to provide evidence-based therapeutics.



Coriander root is also edible though does not appear so often in recipes (Al-Khayri et al., 2023). Nowadays, especially when combined with tomatoes and chile, coriander is closely associated in many people's minds with the cuisine of Mexico (e.g., Albala, 2021; Rozin, 1983; see also Rozin and Rozin, 1981). However, this particular herbaceous plant, which is indigenous to the Near East and Mediterranean regions, was first introduced to the New World during the so-called Columbian Exchange (Crosby Jr., 1973), in the 1600s. Coriander was also one of the first herbs to be taken by the English when establishing the Massachusetts Bay Colony in New England in 1630. Coriander is a hardy annual member of the Umbelliferae family, which also includes parsley, dill, chervil, fennel, carrots, etc. The plant fern grows to a height of approximately 50 cm, with dense foliage and pink-white flowers. Given that coriander bolts quickly in warm temperatures, it is best grown in the spring or fall. As soon as it flowers, it makes seeds that can be harvested and thereafter replanted. Furthermore, with some planning and routine, it is possible to grow coriander throughout the year, depending on the climate (though see Hornok, 1976).

Featured in the cuisines of the Middle East, North Africa, Europe and Asia, cilantro has a culinary history that dates back millennia. Coriander seeds were found in 8000-year-old caves in Israel (Zohary and Hopf, 2013). Coriander also appears in both ancient Sanskrit and biblical references. Cilantro appears frequently in the recipes of the ancient Roman gourmand Apicius (Apicius, 1936; though see Lindsay, 1997). However, as Albala (2021) notes, it is subsequently replaced by basil and other herbs in Italian cuisine, and rarely appears in contemporary Italian recipes. Similarly, Elizabeth David (1979) finds that while sixteenth century Spanish recipes call for both green and dried coriander, virtually no contemporary recipes incorporate the fresh herb either. Coriander is thought to have reached Britain in the Late Bronze Age (Conolly, 1941) though, once again, by the end of the sixteenth century, the dissolution of medieval European cuisines was almost complete and coriander had largely disappeared from British cooking (Leach, 2001, p. 12).



ripe  
dry  
cilantro  
seeds



fresh  
green  
cilantro  
leaf



a  
bowl  
of  
Mexican  
cilantro  
lime  
rice



Hainanese  
chicken  
rice  
set





[figma link](#)



# Panda Eye Typeface

Type Design

**Panda Eye** is a playful display typeface inspired by the curved, expressive shape of a panda's eyes. The sloping elliptical counterspaces introduce a sense of movement, while the bold, rounded letterforms convey approachability and warmth.

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## Plastic Versailles

Film Festival | Identity

**Plastic Versailles** contrasts between cheap and luxury. The title implies that the two film directors, Bong Joon Ho and Sofia Coppola, focus on the theme of two opposite social class directions.





**PLASTIC VERSAILLES**

BONG JOON HO & SOFIA COPPOLA





PLASTIC

VERSAILLES

BONG JOON HO & SOFIA COPPOLA  
MAY 20-27, 2024 | SFMOMA.ORG/PLASTICVERSAILLES



The visual language of this film festival incorporates googly eyes and torn magazine pages, symbolizing the contrast between cheap and luxurious elements.





# Nomophobia

Packaging Design | Branding

**Nomophobia** This wine label explores nomophobia—the fear of being without a phone and the anxiety that comes with losing digital connection. A warped compass reflects the disorientation of being lost without navigation tools, creating a sense of uncertainty. The design highlights our deep reliance on smartphones and the discomfort of being disconnected from the digital world.



# Thank you for visiting!

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