



Food Studies Newsletter

May 2025

In This Issue:

Summer Internship Highlight
Dolci

Updates on the Knoll
Community Organizations
The Future of Food Studies at Middlebury
Classes Offered Next Year

Summer Internship Highlight

Freya Rich '25



Last summer I had the opportunity to connect with a local organization in my home town of Truro, Massachusetts. I interned with the incredible organization Sustainable CAFE, a non-profit committed to local food access and equity for communities living on Cape Cod. I was able to support Sustainable CAFE with their education-centered mission to celebrate local food and empower individuals to become agents of change. Through this internship, which was generously supported by CCI funding, I worked on a variety of projects for the organization. I established a weekly art table at the Truro Educational Farmers'

Market, integrating local food systems with art to engage kids and adults alike, supported fundraising initiatives, worked in the elementary school gardens preparing for the upcoming school year, and helped harvest for Down Home Farm, a first-generation Nepalese family farm. I also learned a lot about the importance of food access programs for communities as well as a model for how to carry them out by a small-scale, yet broad-reaching non-profit. I am so grateful to the wonderful staff and volunteers at Sustainable CAFE as well as to Digree, Bhala and David at Down Home Farm for an amazing summer experience full of learning, community-building and most importantly, delicious local food!



Student Organization Highlight

dolci

Dolci is a student-run restaurant that combines diverse culinary backgrounds and interests to share tastes of home, travels, passions, curiosities, guilty pleasures, and go-to dishes with the Middlebury student body. Dolci hosts themed, monthly dinners throughout the semester that students can get tickets to based on a random lottery system. Don't miss out on the Fall 25 meals—get on that mailing list!

Who cooks at Dolci?

There are three roles within Dolci—Head Chefs, who plan the menu and spearhead a specific Dolci meal. Prep Chefs, who pick up shifts throughout the week of Dolci meals, and help cook. And Board Members, who meet frequently to plan Dolci meals and pop-up events, improve efficiency, correspond and collaborate with Atwater staff and leadership, and vote on meals and Dolci applications.

Board members prove themselves as prep chefs and are appointed to the board based on their dedication, organization, initiative, and creativity.



Want to join?

Applications for Prep Chefs will open before the end of Spring 25 semester and stay open over the summer and through the first few weeks of school!

Visit [go/dolcitix/](https://go.dolcitix/) to enter the ticket lottery.

Updates From the Knoll

The Knoll is a three-acre site that provides students with hands-on, practical education in organic agriculture and creates a medium to pursue positive environmental, economic, and social change. The Knoll grows over 150 varieties of annual and perennial crops that are harvested for Midd Dining and Retail Operations, HOPE (Helping Overcome Poverty's Effects), and Nulhegan Food Security Project.

Each week, the Knoll has volunteer hours where Middlebury students come to help with garden chores and connect over local food production.

To learn more, visit [go/knoll/](https://go.knoll/) and read the student run blog at [go/knollblog/](https://go.knollblog/).
For volunteer hours, visit [go/knollhours/](https://go.knollhours/)

Want to support the Knoll?

Donate to the [crowd-funding campaign](#) to support the Knoll as the Knoll celebrates 20+ years of bringing the community together around food, land work, wellness, and justice

Donations of any size are appreciated to support the work of the Knoll. To learn more visit [go/knoll/](https://go.knoll/).



Meet This Year's Knoll Interns



Abigal



Kayden



Lili



Matt



Sheila



Charlotte

Abigal Afaro '25.5

Hi, my name is Abi! I'm from Los Angeles, California and I'm majoring in environmental justice. In my free time I like to listen to music that reminds me of home or play sports like soccer, basketball, or tennis. I'm super excited to spend my last year taking care of the Knoll, getting my hands in the soil, making pizzas and building a community invested in sustainable food production!

Kayden Lemee '26

Hi! I'm Kayden, an IGS Global Environmental Change major from Montville, New Jersey. I've loved gardening since I was a kid and also love cooking (especially Filipino food), the daily LinkedIn games, and playing the guitar. I'm super excited to be joining the team this season and learn everything the Knoll has to offer. (I'm also very allergic to cats)

Lili Platt '25

Hi! I'm Lili. I like to bake soft banana chocolate chip muffins and sesame-seeded challah bread. I grew up in the green mountains of Ndamakina (aka Vermont). I'm so excited to join the crew of folks who care for / tend to the Knoll and each other.

Matt Stevenson '27.5

Hi, my name is Matt! I love the forests, rivers, and urban farms of my home, Portland, Oregon. I'm excited to work outside at the Knoll and help cultivate community around caring for each other and the food that we grow.

Sheila Camacho '25

Hi everyone! My name is Sheila, I'm a Posse Scholar from the Bronx, New York and I've been working with the Knoll for almost a year now. I was a '23 Summer Intern and I had an amazing time pulling radishes, eating cilantro leaves and laying on the grass :).

Charlotte Xu '26.5

Hi! My name is Charlotte and I'm from Plainsboro, New Jersey. Some things that bring me joy include scrapbooking, hummingbirds, and tinkering around in the kitchen with new ingredients and funky tunes. I'm super excited to make new friends in the garden this season :)

Community Organizations



[ACORN](#), the Addison County Relocalization Network, is a community organization focused on promoting the growth and health of local food and agriculture by supporting farmers and food producers, expanding food education, and providing access to healthy food to community members. ACORN supports farmers through workshops and events and provides food to community members through their Farmacy program and local food hub. The ACORN Food Hub provides food to local schools, consumer education, transparent pricing, customer support, and an online marketplace.



[Addison Allies Network](#) is a community organization that provides community support for migrant farmworkers in Middlebury, VT. Addison Allies provides workers with transportation to and from work and to medical and dentist appointments and assists with teaching English language lessons, understanding tax forms, sourcing household items, and creating community support.



[Juntos](#) supports the migrant community in Addison County by offering essential services such as English language lessons and tools to support independence. Juntos's largest program is Compañeros, a program which pairs Middlebury students with migrant workers to assist with English language learning. Volunteers and participants get matched based on language levels and interests and the two stay together for as long they participate in the program. Juntos is always looking for more student volunteers to come engage in their work. To learn more email juntos@middlebury.edu.



The [Middlebury Natural Foods Co-op](#) is one of Middlebury's food shopping options. The Middlebury Co-op is a democratic, member-owned cooperative committed to providing healthy, competitively priced foods. Food at the co-op is mostly local, organic food free of artificial ingredients, added hormones and antibiotics, trans fats, high fructose corn syrup, parabens, and animal testing. The Middlebury Co-op is supported by its membership within the community and decisions are made by the board. In addition to providing shoppers with high quality food, the co-op also supports local food producers and community partners.

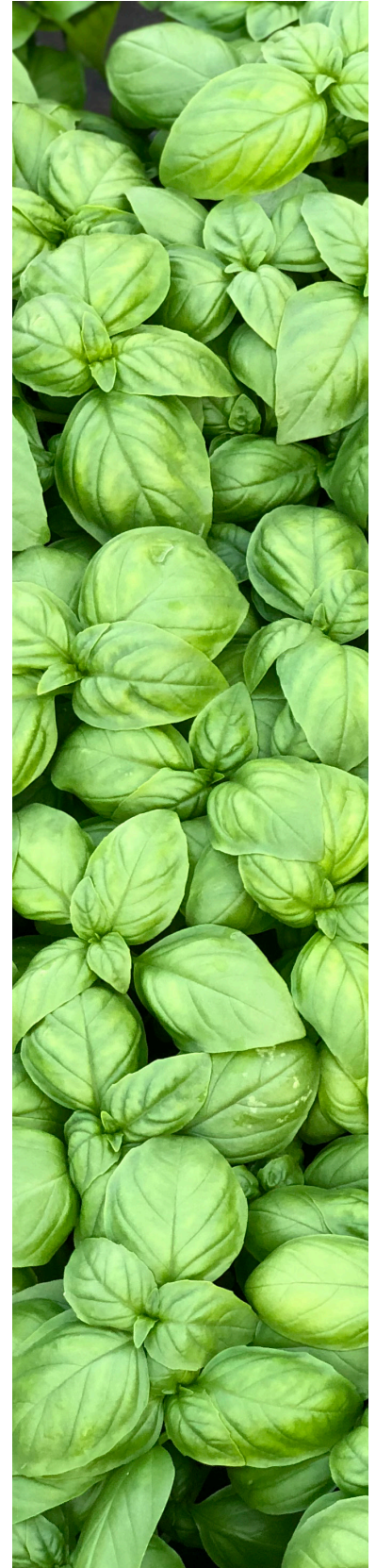
What's Next For Food Studies

A Note From Molly

This is my last message as Food Studies Program Director, because I'll be retiring on June 30. I'm not sure what comes next for me, but I'll continue working with the Institute for Agroecology at UVM; and I have a .25 FTE position in the Dept. of Agriculture, Landscapes and Environment. So I'm not planning to disappear!

You're probably wondering about what comes next for the Food Studies Minor and Program, and I really hope that it will continue to grow and thrive. There is a lot of potential, if students and faculty are willing to invest some time and energy. Food Studies Minors need more opportunities to interact with each other in events and over meals. We need stronger connections with The Knoll, with other departments on campus, and with community organizations such as ACORN, Liberation Ecosystem, NOFA-VT, HOPE and others fighting for food justice and food sovereignty. I'd love to see more focus on food and agricultural issues and internships with organizations implementing solutions in Study Abroad Programs. But the directions in which the Program grows will depend on the next Director, students and faculty.

Two Food Studies courses have been proposed for the upcoming Winter Term, and one will be similar to the introductory course on Middlebury's Foodprint: Food Systems Issues (FOOD 280) that I've been teaching. We designed the Minor with plenty of flexibility, so completing the required coursework and experiential learning will still be possible. The College Administrators recognize the importance of food studies and have said that they are committed to supporting the Minor. With more students participating, I hope that Food Studies will be able to hire one (or two!) tenure-track faculty to work with you. That depends not just on whether interest grows, but also on the College's budget. We don't have any control over that, but you can be vocal about the need for Food Studies. Reversing global warming and biodiversity loss will require transforming food systems (agroecology!), and increasing hunger is a primary driver of global conflict. The importance of Food Studies will grow considerably over the next decade, and Middlebury needs to be preparing students to be scientists, writers and informed citizens.



Classes Offered Next Year

Fall 2025

ANTH 0345: Anthropology of Food - *examining the relationship between food and culture*
BIOL 0140: Ecology and Evolution - *introduction to ecology and evolutionary biology*
BIOL 0203: Biology of Plants - *discussing the morphology, physiology, evolution, and natural history of plants*
BIOL 0204: Entomology - *insect anatomy, physiology, reproduction, development, sensory behavior, and evolution*
ECON 0200: Health Economics and Policy - *understanding the US healthcare system*
ECON 0228: Economics of Agricultural Transition - *the history, causes, and results of agricultural transitions*
ECSC 0161: Earth's Oceans and Coastlines - *exploring the planet's oceans and coastlines with an interdisciplinary lens*
ENVS 0112: Science of Environmental Systems - *exploring current environmental issues and challenges*
ENVS 0209: Gender Health Environment - *examining factors impacting environmental and health outcomes*
ENVS 0215: Contested Grounds - *investigating a varied and contested stories pertaining to the environment*
ENVS 0230: Environmental Health - *studying the reciprocal relationships between human health and the environment*
ENVS 0349: Social Environmental Justice - *examining environmental justice in the context of social justice movements*
GEOG 0216: Rural Geography - *exploring demographic, economic, cultural, and environmental forces in rural areas*
GEOG 0428: Geog of Climate & Development - *contrasting approaches to resilience, vulnerability, and adaption*
HIST 0209: History of US Food Politics - *exploring the social and cultural histories of food policies*
PGSE 0321: Food and Brazilian Culture - *how food production and consumption relate to culture and history in Brazil*
PSCI 0304: International Political Economy - *examining the politics of global economic relations*

Winter 2026

ANTH/FOOD 1023: Anthropology of Meat - *exploring meat eating practices around the world*
(tentative) **FOOD 0280:** Introduction to Food Systems - *examining the impacts of food systems*
FOOD 1005: Endangered Food - *exploring contrasts between modern diets and the history of ancient foods*
(tentative) **The Art of Fermentation** - *learning about natural fermentation*

Spring 2026

ANTH 0211: Environmental Anthropology - *introduction to human ecology*
BIOL 0140: Ecology and Evolution - *introduction to ecology and evolutionary biology*
BIOL 0323: Plant Community Ecology - *exploring the structure and dynamics of plant communities*
ECON 0234: Economics of Africa - *examining economic growth in sub-Saharan Africa*
ENVS 0112: Science of Environmental Systems - *exploring current environmental issues and challenges*
ENVS 0215: Contested Grounds - *investigating a varied and contested stories pertaining to the environment*
ENVS 0355: Water: From Fish to PFAS - *focusing on water in the US from the perspectives of natural science and policy*
GEOG 0351: Remote Sensing and Land Use - *studying sub-Saharan Africa to investigate select land uses*
HIST 0352: Food in the Middle East - *examining the consumptions of and attitudes towards specific foodstuffs*
PSCI 0304: International Political Economy - *examining the politics of global economic relations*
SOCI 0201: Sociology of Labor - *surveying the sociological literature on labor and labor movements around the world*