

Food Studies Newsletter

~Spring 2024~



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Food Studies Course List

Fall 2024

INTRODUCTORY COURSES

ENVS 0112 Natural Science and the Environment

FOOD 0280 Middlebury's Foodprint: Introduction to Food Systems Issues

FYSE 1563 Landscapes of Central America

ECSC 0112 Environmental Geology

ELECTIVES

BIO 0140 Ecology and Evolution

BIO 0203 Biology of Plants

ECON 0228 Economics of Agricultural Transition

ENVS 0112 Natural Science and the Environment

ENVS 0215 Contested Grounds: U.S. Cultures and Environments

GEOG 0208 Land and Livelihoods - From Local to Global

GEOG 0225 Environmental Change in Latin America

GHLT 0257 Global Health

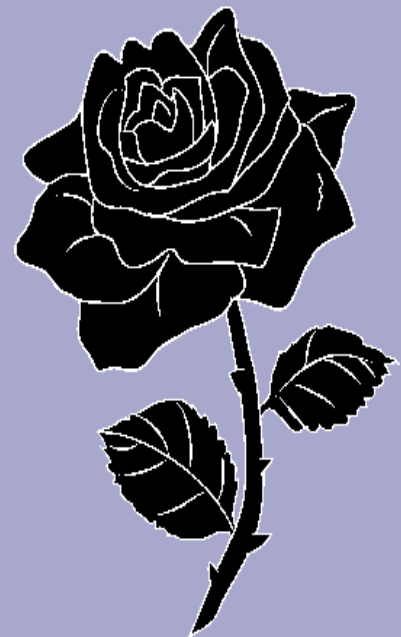
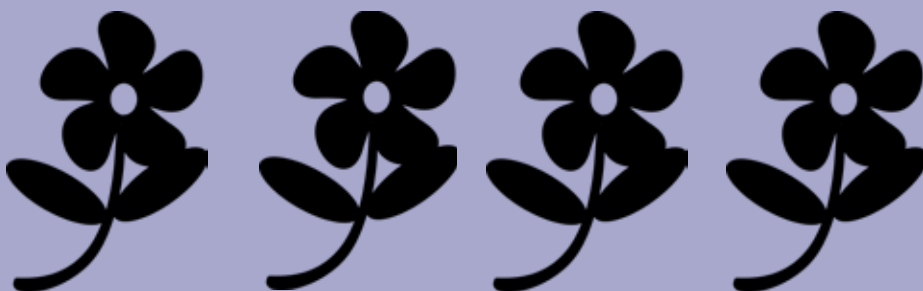
PSCI 0304 International Political Economy

UPPER LEVEL SEMINARS

ENVS 0332 The Perennial Turn

FOOD 0310 Agroecology

ECON 0466 Environment & Development (check prerequisites)



What's going on at the Knoll?

[go/KnollHours](https://www.uvm.edu/~knoll/)

The garden has been almost entirely powered by volunteers and interns for 20 years!

Spring 2024 Garden Volunteer Hours Schedule 4/1 – 5/13*:

Mondays: 11am - 1 pm

Wednesdays: 1-3 pm

Fridays: 9:30-11:30 am and 1-3 pm

*no Volunteer Hours on Friday, 4/19 for Spring Student Symposium

Friday, April 26th from 9:30-11:30am at the Knoll:
Becky Maden from UVM Extension and Singing Cedar Farms will join us at the Knoll to talk about soil health and to help us collect samples. Come meet Becky and learn more about Extension services and soil!



Knoll Interns – Spring 2024



from left to right: Sam Medina, Charlotte Xu, Sheila Camacho, Lili Platt, Mary Nagy-Benson, Caitlin Sheen, Lucy Pollitt

Upcoming Events at the Knoll:

Friday April 12, 3-5pm, Knoll Friends Thank You Pizza

Saturday April 13, 1-3pm, Mariposas and Migration Stories

Sunday April 14, 2-4pm, Community Friends Picnic and Games

Friday April 26, 9:30-11:30am Becky Maden from UVM extension joins volunteer hours for soil sampling

Monday May 13, 3-5pm, Knoll Friends Thank You Pizza

Molly Anderson's Reflections from Puerto Rico

When you hear “Puerto Rico”, what do you think? Long pristine beaches? Walking on the cobbled streets of Old San Juan? Hiking in tropical jungles? How about agroecology? That’s my primary association with Puerto Rico, after meeting a visiting agroecologist from the Organización Boricúa at a conference on promoting agroecology in Vermont that Rural Vermont led two summers ago. Puerto Rico imports between 80 and 90% of its food, and industrialized agriculture has invaded its fields. But there is a large and growing movement to start producing more of the food that Puerto Rico consumes, using agroecological methods that protect the environment, build community and increase small-scale farmers’ livelihoods. A leader in this movement is Ian Pagán Roig, a young Puerto Rican farmer who started training programs all over the island to increase the number of agroecological farms and grows vegetables at El Josco Bravo in the hills west of San Juan.

With support from the Provost’s Office, I traveled to Puerto Rico this January to explore potential internship sites for Food Studies students in our new School Abroad in Puerto Rico. I found a plethora of possibilities, including a course that Ian organized in collaboration with the University of Puerto Rico in Mayagüez (UPR-M) on the western end of the island. The course runs for 20 weeks and includes theoretical components (agronomy and political education), practical aspects (developing a vegetable garden from scratch, from which students harvest about 1000 lbs of vegetables) and volunteer work (50 hours at an agroecological farm chosen from about 60 around the island). Middlebury students attending UPR-Mayagüez could take this class as their internship and take courses at UPR, which is Puerto Rico’s land-grant university and has many courses on soils, ecology and plants.



I also visited with staff running an agroecological garden that students created on the campus of UPR-Rio Piedras in San Juan, staff from a community-based organization that is trying to preserve an antique aqueduct from development at UPR-RP’s beautiful botanical garden, and faculty at UPR-M who have research projects where Midd students could work.

There are rich opportunities for Food Studies students, including staying through the winter after a fall semester abroad or through the summer after a spring semester to live and work on a coffee research farm up in the mountains near Utuado run by University of Michigan faculty.

Puerto Rico is a great place to observe the impacts of neo-colonialism, in addition to studying agroecology. Puerto Ricans overcame four hundred years of colonial rule and wealth extraction by the Spanish empire, but now live under the thumb of the US with an invasion of US business interests and some but by no means all of the rights of citizens.



If you want to study in a fascinating Spanish-speaking School Abroad, Puerto Rico merits your attention. And the Director of Midd’s School Abroad, Teresa Peña-Jordan, is a gem: smart, creative and completely committed to making sure that students get the most from their experience in Puerto Rico. She really gets the value of agroecology, too, and can help you make contact with internship sites.

Recent Happenings on Campus

Climate Action Teach-in Week:

Middlebury joined hundreds of educational institutions around the world (in more than 50 countries and most US states) in the World Wide Teach-In on Climate and Justice between April 1-8, 2024. This continued ongoing campus-wide conversations and engaged students, faculty, and staff as we grapple with a time of planetary crisis and transformation.

Andrés Oyaga '23 and Climate Capacity Coordinator writes about his experience at the Lands Meeting:



“I joined the first session on Tuesday with Megan Brakeley, and golly it was an incredible experience. I learned so so so much about the lands that the College owns, and its current uses, and got to dream with others about potential ways in which College lands can be used. It was incredibly informative, and as residents of Middlebury and members of the community, it is really good to know the granular details about how land is being used.

I deeply encourage all of you to join me! This is a great place to discuss how you envision the college taking a role in addressing local issues connected to needs for justice, poverty alleviation, housing, sustainable development, climate action, and conservation. I showed up pushing and talking about the need for affordable housing, especially for young professionals and families. I shared my opinions on how College Lands can be used to support affordable and easier access to land for beginning and BIPOC farmers. Overall, I entered the space using a justice-focused lens as we discussed with others across campus about the potential for college lands.”

Sessions for the broader local and regional community of interest groups and individuals. April 16 and 24, Kirk Alumni Center, 317 Golf Course Rd, 6:30-8:30. Come at start or drop in later if you cannot make the start time.

FOR MORE INFO: go/landsplan/

Tree Planting Workshop with Jeannie Bartlett:

Jeannie Bartlett '15 returned to campus Friday, March 29th for a tree pruning workshop at the Knoll. Bartlett has taught the J-term class “Vermont Farms, Food, and Future” for the past several years and has a passion for growing and tending fruit trees. She shared her knowledge about what tools, techniques, and types of trees to prune to have the healthiest and most yield producing trees.



Lisa Masé Talk on the Culinary Pharmacy:

Lisa Masé gave a presentation on April 10th from her new book, *The Culinary Pharmacy*, about the healing power of food. She draws from three ancestral healing philosophies—Ayurveda, traditional Chinese medicine (TCM), and the Mediterranean way of eating—combined with modern nutrition science to help people discover their ideal foods for vibrant health.

Lisa is a board certified holistic nutritionist (BCHN) and a registered health and nutrition coach (RHNC), as well as an herbalist and food sovereignty activist. She is the founder of Harmonized Living, a wellness practice in Vermont.

