

FALL 2018 | VOL. 2

ALL THINGS FOOD

Food Studies @ Middlebury College, VT



Greetings!

MOLLY ANDERSON, ACADEMIC DIRECTOR, FOOD STUDIES

Our second newsletter is considerably spiffier and more comprehensive than the first --- thank you to the Rohatyn Center and Laura Dillon, Student Assistant! We are including some information that you may know already (such as the existence of Food Tracks in three of the Study Abroad countries), but also new material and upcoming events. In the future, we would like to feature internships, alumni and Independent study projects or theses in Food Studies, both domestic and international. If one of your students has completed an interesting project or has found interesting work related to food and agriculture, please let Laura or me know so that we can contact him or her.

In the next issue, we would like to highlight your Food Studies scholarship from the past year (any time in 2018): published articles, books, keynote presentations at conferences, etc. Please send us the citations no later than November 15, in order to be included! We are aware that some at Middlebury are not yet aware of Food Studies as an academic specialization and don't understand its vital connection with liberal arts. Sharing your professional work is a great way to show how Food Studies integrates the arts and disciplines!

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STUDENT ORGS: get involved!

Nutrition Outreach and Mentoring (NOM) is a student organization at Middlebury that aims to create community and connect people through food and food education. Our student-run group organizes volunteering events and classes with the purpose of both exposing people to healthy local foods and teaching them how to cook healthy food on a budget, and to acquire the independence and knowledge that comes with this life skill. The aims of these initiatives are to establish healthy eating and cooking habits and to raise awareness about nutrition and current food issues.

This year, we are aiming to increase our impact! We are currently working on getting two new community partnerships going that will increase volunteer opportunities for students and supplement the impact that we strive to make on our local community.

To get involved, please visit go/nom to sign up for our email list, check out volunteer opportunities, and learn more about what NOM does. If you have any questions, please email us at nom@middlebury.edu. We look forward to volunteering with you!



Taste testing by NOM

Dolci is a student-run fine dining experience. We supply student head chef(s) \$800 for ingredients and employ students as cooks and waitstaff to put on a free multi-course dinner for 80 students most Fridays in Atwater Dining Hall. Any student at Middlebury can dine at Dolci by signing up for our ticket raffle Wednesday night at go/dolcitix the week of the dinner. Past dinners have included: Ethiopian Food, Food from Anime, and Root Vegetables, and The Five Senses. Dolci is a fun and unforgettable experience for all those involved.

Our goals this year are to deliver dinners that are high quality and efficient and to continue to support all who are interested in cooking or serving for Dolci.

If you wish to be involved and be on our e-mail list for head-chef, employment, and dining opportunities, please join our club through Middlink at go/middlink. Read more about Dolci on our website at go/dolci.

EatReal is a student-run organization at Middlebury College that promotes conscientious consumption among the student body. We seek to educate the student body about as well as advocate for more socially and environmentally responsible food at Middlebury.

EatReal is continually working with the college administration and the national organization the Real Food Challenge to establish a more sustainable food system at Middlebury, one which prioritizes workers' rights, animal wellbeing, and ecological resilience. Email eatreal@middlebury.edu for more info

study abroad: Midd's food studies tracks



ITALY is "home to organizations that have completely revolutionized the way we look at food and our relationship to it from both a local and global perspective. Italy is the birthplace of the Slowfood movement as well as the headquarters for the Food and Agriculture Organization (FAO) and the International Fund for Agriculture and Development (IFAD) of the United Nations. Italy is a leader in the field of sustainable agriculture and the Italian agri-food sector is known for the close integration between the raw material production chain and the processing industry. This sector is a strategic asset of the country representing a significant share of the Italian economy, 13.2% of the workforce (3.3 million workers) and 8.7% of GDP (€119 billion).

Through the Food Studies Abroad track in Italy students will have the opportunity to explore different aspects of the complex reality that is Food by studying at the Università degli Studi di Firenze, participating in internships, and participating in extra-curricular activities."



CHILE "has transformed itself into an important center of vegetable and fruit production, exporting to a variety of destinations around the world. This position, combined with current economic and environmental issues worldwide, has led Chile to experience tremendous challenges. As a result, there have been changes in a number of areas, including in the development of public policy and within the rural communities that typically work in the agricultural sector.

The Food Studies Abroad track offers students the opportunity to approach these issues through a broad academic curriculum at our participating host universities - known for their prestige in the areas of food and agricultural studies - and through internships, which provide a practical component to the student's experience."

Students can study in Santiago, Valparaiso, or Valdivia.



SPAIN "is the largest producer of olive oil in the world and has more acres of fruit and citrus fruit trees and more acres devoted to organic production than any other country in the European Union. Wine production in Spain, which dates back to Roman times, is currently the world's third largest. The agrifood industry accounts for roughly 9% of Spain's GDP and employs over 2 million people. To meet the demands of this vital sector, Spanish universities offer a number of degrees aimed at training students in food, agriculture, natural resource management and related sciences.

At the Universidad Autónoma de Madrid and at the Universidad de La Rioja, students interested in food studies will be able to explore practical applications of their background in natural or social sciences. Classes from different disciplines related to food studies are available at both universities. Although many courses assume prior experience in natural sciences, students from other majors will also find classes that fit their background."

**Applications for all Midd programs are due
February 1! go/studyabroad**

summer 2018 internship experience

Annie Blalock '20.5 was a FoodWorks intern and worked on food policy at VTAAFM

"This summer I worked with the Development Team at the VT Agency of Agriculture, Food, & Markets (VTAAFM) learning about and working in direct-to-consumer markets, i.e. farmers markets, farm stands, etc. I was working under Alissa Matthews who is the Agriculture Development Coordinator at the Agency and helping her reach out to producers and create a database of farms in VT. This database will help the Agency contact and aid farms around the state. For example, I contacted over 200 farms to ask them to fill out a pricing survey. Alissa taught me that in VT producers have no gauge as to how cheaply or expensively they should price their goods, especially when it comes to organic and nonorganic. Also, this contributes to the misconception that buying in a commercial market, i.e. Shaws or Hannafords, is always cheaper than buying produce from a farmer's market or farm stand when either the local products at a farm stand are way cheaper and no one knows, or the producers are unknowingly overpricing a product because they are unaware of the competitors' prices. By gathering data (kept anonymous) from farmers across the state the Agency could come out with a report that shows the price differential between farmers' markets and commercial markets. This report could potentially help many producers' better market and price their products, eventually building business. This is just one example of how the Agency works to serve and support small businesses and farms.

I learned a lot about food policy while working at VTAAFM but something I experienced for the first time was observing the bureaucratic system's impact on enacting real change. I was welcomed into the Development Team's biweekly check-ins where employees did presentations about their projects, were updated on current policies, and worked through challenges they were experiencing in their work.

Most of my work was in-office excel or research, but about once every two weeks Alissa would take me on trips to visit farm stands or farmers' markets and speak with producers to learn about their business. These trips were my favorite part of the internship because I got to meet fantastic people and travel around beautiful VT. Our trips were eye-opening as I got to speak with and hear conversations with people I had researched, putting names to faces and understanding both the unique and shared issues VT farmers have. This was contrasted to the dozens of phone calls I had made to many of the same people asking them to fill out surveys or for more information about their business. Most of these phone calls were ignored the first few times or I was able to reach someone, but they only had a minute to talk. I also had several phone calls that were not pleasant. I was yelled at or flat-out hung up on. But, those calls taught me a very important lesson about working in agriculture- farmers don't have time to chat on the phone. Most of them are busy 24/7 because their livelihood depends on it. It was interesting to be in the development team meetings, hearing about amazing projects that will put in place systems to help producers but then also get a glimpse of the perspective of those producers. It's incredibly hard to address problems a person has and try to help them in a way that is most convenient and easy for them. And then multiply that person by a few thousand and you'll understand the scope of the Agency's clientele. I would recommend this experience to anyone interested in agriculture, food justice, or policy of any kind. I had the opportunity to work with smart, considerate people and travel around the state I now call home. The only thing I would change about my experience would be the commute. If you decide to work in Montpelier, definitely don't live and hour and a half away in Middlebury!"

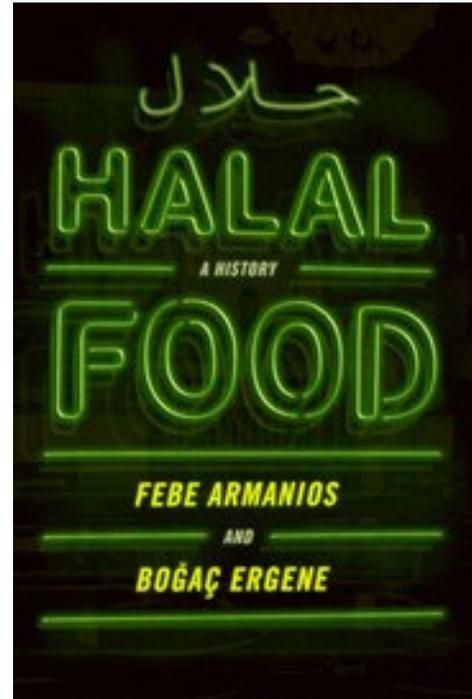
meet an alum in the food industry

Matt Corrente '07 was a pre-med student with a Studio Art major at Middlebury. He had worked in restaurants since he was 15 and worked at Two Brothers Tavern while studying at Midd. After graduation he attended cooking school and spent about ten years cooking in different restaurants around the New England area before coming back to Vermont to work at Peace Too with two other fellow Midd alums. He then returned to Middlebury as the head chef at Two Brothers Tavern. He recently bought the restaurant formerly known as The Lobby and has plans to turn it into Arcadian - an Italian restaurant with a Vermont twist. Matt thinks Vermont is a great food scene because its lively four seasons give varied produce that serve as building blocks for cuisine. Combined with a farm-forward community and amazing artisanship practices, these ingredients give life to Vermont's favorite cheeses, meats, beers, and more. This model is similar to the food scene in Italy and Matt hopes to serve Vermont food inspired by Italian lifestyle practices. He enjoys the food service and hospitality industries because he enjoys making people feel happy and giving them a place to enjoy themselves- whether it be for a special occasion or a simple night out. Matt would encourage the student body to engage with the food opportunities presented by local restaurants more often. This exposes students to more diverse food options, helps support the downtown and local businesses, and fosters community between the college and town.



faculty features

PROFESSOR FEBE ARMANIOS from the History Department recently co-authored the first introductory text on halal food for audiences in food studies, religion, and history. "Halal Food: A History" explores the most relevant topics related to halal food, including its legal roots, discussions of meat and intoxicants, debates over contemporary regulations and food manufacturing, and explorations of halal's current meanings in ethical and culinary terms. The book is based on a range of textual sources, across geographic regions and history, and uses the authors' expertise in Middle Eastern religion and Islamic law.



PROFESSOR LANA POVITZ in the History Department will be teaching "History of Urban Food Activism" this spring. Today, 'food activism' is more likely to evoke images of organic gardening and farmers' markets than anti-poverty coalitions and free school breakfast programs. Yet with 1 in 8 Americans at risk for hunger (and 1 in 6 children), problems of poverty and access remain urgent. This course, which focuses on New York City and other urban areas in the United States, uses the methods of social and cultural history to broaden our thinking about food activism in the late twentieth century, focusing on experiences of organizing against poverty-induced hunger and the political, economic, and social contexts that shaped urban food activism.

PROFESSOR STACIE CASSARINO writes in: "Although I'm in a new appointment this year at Middlebury after ten years at UCLA, I've taught in the ENAM department at Middlebury at various points following my undergraduate degree here. My interests in the intersections of culinary culture and literature have taken many forms, from chef to classroom where I've taught critical food studies in the humanities, and a creative writing workshop here at Middlebury focused on food. My book was just published this summer by Ohio State, "Culinary Poetics and Edible Images in 20C American Literature", which explores not only the aesthetic connections of gastronomy and literature, but also how poetry and visual art can activate people to become more conscious consumers and more engaged in the future of food systems."

ANDEAN ALLIANCE FOR SUSTAINABLE DEVELOPMENT

The Andean Alliance for Sustainable Development believes that "Andean communities are an untapped source of knowledge when it comes to sustainability, cultural harmony, and conscientious living. The cornerstone of the Center for Andean Studies (CAS) is providing unique environments for learning. Local community members have access to agriculture training and courses at the CAS designed on Andean traditions of sharing and equality. At the same time, students work alongside communities and development actors in an immersive fashion to access this local knowledge, challenge perceptions of poverty, and offer value to the AASD and our partners. Both students and communities work together and both benefit from the result. The Center for Andean Studies utilizes an impact-driven model that provides innovative support to community-led development for Andean farming communities while providing an unparalleled experience for students." Middlebury students have the opportunity to apply to do a J-term internship with AASD. Mikayla Haefele '20.5 shares some reflections on the experience last year:

Can you describe the project you were working on during the j-term internship?

During this past J-term, I was working in Calca, Peru with the Andean Alliance for Sustainable Development. The organization engages with the agricultural community in various ways, and this particular J-term practicum was focused on investigating how indigenous farmers interact with extension agents. Often, farmers are strongly encouraged or incentivized by university-educated extension agents to use industrial agricultural methods, such as chemical fertilizers and monoculture. Our goal was to learn about what farming methods the indigenous farmers use and whether or not they have avenues of support to be able to express their cultural heritage and traditional farming practices.

What did you learn from the project and the experience overall?

The experience was incredibly eye-opening for a number of reasons. Coming from a rural farming community that uses conventional agricultural methods, I was unaware of how much damage industrial farming can cause. The farmers I met taught me about how their small-scale subsistence farming projects and agroecological methods create more benefits than just healthy food. The methods they use promote biodiversity, encourage soil health, and make it more difficult for pests to harm crops without having to use as many chemical pesticides. In addition to the practical ecological knowledge I gained from the farmers, I learned about how these farmers are often mistreated or unsupported by the government extension agents who visit them and try to force a form of agriculture upon them that does not reflect their cultural and ecological values. By working with the indigenous farmers and learning from them, we were able to show them respect and also better understand what sorts of programs and workshops they want extension agents to hold in the future.

Describe the connection between the project and food studies

This project is connected to food studies through its focus on the agricultural systems that exist in the Peruvian Andes. By participating in this project, I gained a stronger understanding of the agroecology movement, agroecological principles, and how policy decisions directly affect farmers who are trying to produce food for their families and communities. This project was a great introduction into food studies because it touched upon more than just the ecological aspects of food production – we also branched into the economic, social, and political dimensions which allowed me to leave with a more comprehensive and holistic picture of the complexities that exist within food systems.

What was your favorite moment of the experience?

I have so many favorite moments that it is hard to choose! However, I have to say that my favorite part was when our team drove far up into the Andes (nearly 15,000 feet in elevation!) to meet "The Potato King," or Julio Hannco. He lives on the side of a mountain with his family, his dogs, and a whole lot of potatoes. He cultivates hundreds of potato varieties! He knows which kinds grow best together, which varieties descended from parent varieties, and can tell you how best to cook the different kinds that he grows. His farming practices are strongly agroecological and he works to protect biodiversity and soil health through the work he does. It was so incredible to get to speak with him, see where he lives and works, and eat some of the potatoes he grows.

What would you say to anyone who is considering applying for this program?

I would tell someone who is considering to apply for this program that they should apply if they have any interest in "bottom-up" international development work, agriculture and agroecology, or the culture of the Quechua people of Peru. All of these are key components of the work that the AASD does in Peru. Working with the AASD and the indigenous farmers in Peru is a great way to actively work at answering some of the big questions regarding food security, food sovereignty, and the future of agriculture both in the United States and abroad. Also, knowing some Spanish certainly helps, but don't let yourself be scared away if you don't have the strongest background in the language!



Julian Hannco "The Potato King" talking to the J-Term 2018 participants . Photo by Mikayla Haefele

apply to AASD for J-Term 2019!!

Academic credit is available for this winter term internship experience, located in the Sacred Valley of Peru, from January 7-25, 2019. Associated program fees and some travel expenses are included through acceptance into the program. Students interested in research methods and processes with conversational Spanish proficiency are encouraged to apply.

Questions?

Logistics: Dana Anderson, danaa@middlebury.edu

AASD: Gaelen Hayes, gaelen@alianzaandina.org

Academic Credit: Molly Anderson, mollyA@middlebury.edu or Orion Lewis, olewis@middlebury.edu

Apply on Handshake!

Important Dates:

- o **October 25: Application Deadline**
- o October 29-31: Register for Winter Term Internship Course
- o October 29-November 9: Interviews and Student Selection
- o November 9: Notification sent to all applicants
- o November 30: Deadline to apply for academic credit in Handshake
- o January 7-25: Internship
- o January/February: Submit completed work to faculty advisor and completed evaluation in Handshake

upcoming events:

["Fields of Reckoning: An Interspecies Dance"](#) Dance Performance at The Knoll, October 27th, 3:30pm

[Taking Root Student Symposium at UVM](#), October 28, with registration information at <https://www.eventbrite.com/e/taking-root-student-symposium-tickets-5000323803>

[VT Farm to Plate Summit](#) November 1-2 in Killington Grand Resort, VT (registration at <http://www.vtfarmltoplate.com/get-connected/network-gathering>)

[Empty Bowl Dinner](#), United Methodist Church, Middlebury. November 3, 6-8pm. Benefit for HOPE and CVOEO food pantries. \$30/plate, limited tickets available. Register through Middlebury Natural Foods Coop.

[Addison County Hunger Council meeting](#) December 11, 3-5pm, Catamount Park, Middlebury

[Growing Food, Growing Farmers](#) exhibit on display through January 4, 2019. Vermont Folklife Center, Middlebury