

Food Studies Newsletter

Spring 2022

A Note From Molly Anderson,
Academic Program Director

Welcome to the April 2022 Food Studies newsletter and welcome to spring! The days are longer and we'll be out in the garden very soon. Lots of summer jobs, internships and fellowships are appearing in AllThings Food – I pass along whatever opportunities I see.

I am delighted to introduce Celia Hoffman, our new newsletter editor. She's a first-year student who comes to Middlebury with food studies experience and passion. If you have ideas of things you'd like to see in the newsletter, please contact Celia!

And a couple of updates: there are now 5 alumni with Food Studies Minors, and 9 in the pipeline (plus 3 Independent Scholars in Food Studies). If you've been thinking about a Minor or Independent Scholar proposal and want to talk, please contact me and check out <https://www.middlebury.edu/academics/food-studies/requirements!> Minors must be declared at least one week before the end of the add period of your seventh semester.

And finally, look out for a new and improved Food Studies website this summer. It will be easier to navigate, and easier to find courses that are being offered. We'll post the current and previous newsletter on the website.



Hi Everyone! My name is Celia Hoffman and I am the editor of the Food Studies Newsletter this spring! I am a freshman from Philadelphia, PA. I hope you enjoy reading this newsletter!



Student Groups on Campus

Milk With Dignity
Weybridge House
JUNTOS
Nutrition Outreach Mentoring
The Knoll
Charter House

What can you do in food studies?

Alumn Profile



Grace Weissman '21.5

A few weeks ago, I had the pleasure of talking to Grace Weissman '21.5 about her work at Middlebury College as an Independent Scholar. Grace always knew she wanted to do values-aligned work. When she started at Middlebury, Grace never saw herself focusing on food, but after taking “Sociology of Food,” she saw food studies as existing at the nexus of many different justice issues and was interested to learn more. Grace searched for a way to study the intersections of food, race, and environmental justice and eventually decided to major as an Independent Scholar. Grace completed her thesis on first food justice, specifically on the impact of environmental toxins in breastmilk. Through her research, she focused on complicated ideas such as what it means to breastfeed under racially stratified conditions of toxic exposure and what it means to enact care as a mother. First food justice, Grace explains, describes the condition under which all infants are able to eat and all caregivers are able to feed. It is a crucial topic that intersects food with many other justice issues, but is not often included in justice conversations. Now, Grace works with Planned Parenthood as a data analyst helping to prepare health clinics to weather attacks

on abortion access. She says her holistic approach to learning and understanding of complex issues in food, race, environment, and gender dynamics gained through her experience as an Independent Scholar have provided her with a framework of both hard skills and higher-level thinking capacities that enable her to be effective in her career today.



Looking for a Job or Internship?

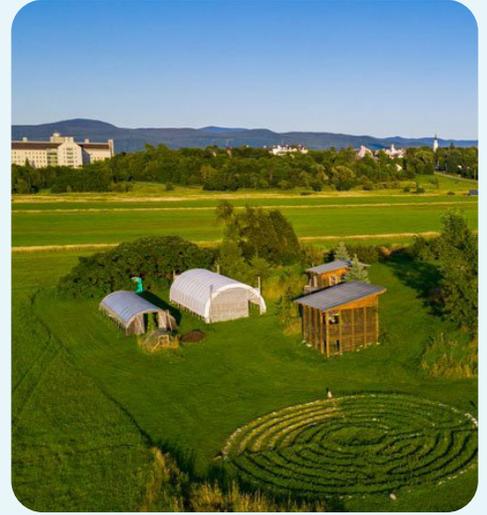
Hiring Now

- [Shelburne Farms](#) - *Seasonal and Full-Time Positions*
- [Food Corps](#) - *Service Manager*
- [Hunger Free Vermont](#) - *Outreach manager*
- [Vermont Food Bank](#) - *VeggieVanGo Program Coordinator*
- [Vermont Housing and Conservation Board](#)
- [ACORN](#) - *Food Hub Manager*
- [High Mowing Seeds](#) - *Summer Trails Farm Crew*
- [Northeast Sustainable Agriculture Working Group](#)
- [Vermont Garden Network](#) - *Garden and Nutrition Program Manager, Internships*
- [VT Farm to Plate](#)
- [Groundworks Collaborative](#) - *Director of Foodworks*
- [Center for Agriculture and Food Systems](#) - *Communications assistant*

The Knoll

The Middlebury College Farm provides students with hands-on, practical education in organic agriculture and creates a medium to pursue positive environmental, economic, and social change. In 2021, the Knoll grew over 85 varieties of annual crops that were harvested and donated to Midd Dining and Retail Operations, HOPE (Helping Overcome Poverty's Effects), and Nulhegan Food Security Project. The Knoll also encouraged Middlebury students to cut their own flowers while visiting the farm.

The Knoll hosts many events throughout the year. This fall, the Knoll hosted the last day of the Clifford Symposium and a closing ceremony for the New Perennials Project. During Fall Family Weekend, families came to eat and learn about the farm. It's so exciting to see so many people visiting the Knoll this year. Stay tuned for updates on events happening this spring!



PE Credit

Students who attend at least four volunteer sessions can receive PE credit. Just sign the attendance sheet when you come!
Visit [go/knollhours/](https://go.knollhours/) to stay updated on volunteer hours.

Olivia Kilborn '24

Olivia (she/her) comes from Seattle, Washington and is a sophomore studying international and global studies with focuses in Arabic and environmental change. She enjoys time spent in the sun, brown sugar oba lattes, heirloom tomatoes, and being the best at geoguessr!



Ayusha Gautam '24

Hi y'all I'm Ayusha (she/her), and it's a joy to be at the Knoll this spring and fall! Born in Nepal raised in Stamford, CT, I'm an environmental policy major with an affinity towards ecological justice. My favorite foods are usually those which my mom and I prepare together, foods from our garden, or momos (Nepalese dumplings). I'm excited to join the Knoll crew because I want to learn and un-learn, share a reciprocal practice of care and connection to the land, and help foster a place of connection, nourishment, and joy.

Spring Interns!

Paradise Phoenix '25

Hi! My name is Paradise Phoenix (she/her), and I'm a first year from New York City. I am a beginner gardener and love planting & harvesting fruits, vegetables, but most importantly, herbs and spices! I'm super excited to be part of the Knoll crew and looking forward to learning more about the act of gardening as a form of resistance and community building.



Claire Contreras '23

Hi all - I'm Clarie. I'm from Washington, DC and I'm studying Environmental Public Health as an Independent Scholar. I'm excited to join the Knoll crew and spend time outside while meeting new people!

Volunteer Hours

Starting March 28, the Knoll will hold open volunteer hours:

- Mondays 12 - 2pm
- Wednesdays 11am - 1pm
- Fridays 2 - 4pm
- Sundays 9:30 - 11:30am**

**Sunday mornings are held as a BIPOC affinity space, facilitated by BIPOC student interns and staff

Studying Food at Middlebury

Classes Offered This Year

Fall 2021

Introduction to Food System Issues - *understanding sustainable food systems and how they can be achieved*

Food Policy - *investigating important current topics in food policy*

Regenerative Food Systems - *looking at the key elements in the regeneration of local food systems*

Winter 2022

Time Around the Table: A Culinary History of Italy - *exploring Italian history and culture*

Vermont Farms, Food & Future - *understanding perspectives related to agriculture and land use*

School Lunches - *exploring the production and consumption of school lunches*

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Agroecology - *studying agroecology as a set of practices, a philosophy, and a social movement*

The Anthropology of Food - *examining the relationship between food and culture*

Food Security in Lebanon - *looking into the historical and contemporary food systems in Lebanon*

Food in East Asian Religions - *examining East Asian religions through the lens of eating practices*

New Classes Offered This Spring

Food Security in Lebanon

In this course we will begin with a short history of Lebanon's agrarian to urban transition to look at its contemporary food system, asking questions such as: Who profits from the food system? How viable is agriculture in Lebanon?

Does this system provide food security?

This course will provide students with an understanding of how global and local political/financial systems have extracted wealth from farmers, and have left the Lebanese in a state of fluctuating food insecurity. We will look at commodity chains, crop selection, markets, farmer to farmer relations, and the role of Syrian crops entering the country. We will draw on the work of NGOs, UNEP reports media, policy papers, and the academic literature.



Food in East Asian Religions

One might think that food and eating have nothing to do with the lofty concerns of religious traditions. In fact, many religions bring their fundamental principles to bear on the questions of what, how, and with whom to eat; many also revolve around “feeding” goods and other spiritual beings. In this course, we will examine East Asian religions through the lens of eating practices. We will study Confucian feasting and fasting, various Chinese, Korean, and Japanese rituals offering food to ancestors and gods, Buddhist vegetarianism and its critics, unusual Taoist eating regimens, and the ancient cosmological ideas underlying traditional Chinese medical ideas of healthy eating.

Study Abroad

There are many places to study food studies while abroad. Middlebury programs are located at the schools in

- Florence, Italy
- Santiago, Chile
- Madrid and Logrono, Spain
- Middlebury Institute for International Studies