

Food Studies Newsletter

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Updates on the Knoll

In 2022, over 180 students came to the Garden Volunteer Hours at the Knoll, lead by the Spring/Fall Interns Olivia Kilborn '24, Claire Contreras '23, Ayusha Gautam '24, Paradise Phoenix '25, and Hanna Cecilia Forest Night Laga Abram '23. The student organization formerly known as MCOG and MCOF has re-emerged as Knoll Friends. Knoll Friends and the interns hosted three Thank You Pizza gatherings on Friday after volunteer hours and closed the growing season with a final Thank You Pizza and First Annual Hot Sauce Competition with approximately fifty Knoll Friends in attendance. The Knoll also hosted many other events, including an evening dinner during the Clifford Symposium, Orientation programming, First@Midd, Fall Family Weekend, the Dean's Office and Committee on Diversity, Equity, and Inclusion, panel conversations, and Flower Mandala-Making.

In 2022, the Knoll grew over 140 varieties of annual crops in addition to the perennials planted throughout the beds. The core group of crops (Swiss chard, kale, tomatoes, carrots, cut flowers, and herbs) were sold to Middlebury dining halls and retail options. The Knoll made deliveries 2-3 times weekly throughout the harvest season, typically in volumes of 3-4 cases of greens at a time. The Knoll also donated over 3,000 pounds of produce to the local food shelf HOPE (Helping Overcome Poverty's Effects) and 1,000 pounds of produce to the Nulhegan Food Security Project.

In addition to being a favorite spot for students to visit and volunteer, the Knoll was also a major part of many courses this fall. Professor Pete Ryan's class ESCS 0357: Soils and the Environment Class came to dig soil pits and eight students chose to focus their research for the class on the Knoll to examine "Impacts of Tillage on Soil Characteristics of the Knoll". Their work helps to build a body of research to help corroborate the multi-year data set comparing tilled and no-till style bed management gathered each fall in the course ENVS 0112: Natural Science and the Environment. In HARC 0330: Intermediate Studio this fall, all students designed "Phase 1 Building" at the Knoll. The Knoll was also a point of study for the courses BIOL 0308: Mammalogy, FOOD 0310: Agroecology, ENVS 500: Independent Study co-taught by Megan Brakely and Professor Bill Vitek, and is a popular data collection site for Dr. Greg Pask's research on fireflies, Dr. Alexis Mychajliw's courses and research on HEDGE (Holocene ecology, diversity, and global extinction), and Jack Cornish's '22 senior thesis research.

In other exciting news, Megan Brakely's role as Food and Garden Educator has now been made into a full time position as Associate Director of the Knoll. She is excited for the opportunity to deepen mission-driven, partnership-guided work at the Knoll.

[Read the entire 2022 Knoll Food and Garden Educator Report here!](#)



Food Podcast Series



[A Journey Through Feminist Agroecology](#)

"Activists, researchers and practitioners... share how women (and others) are invisibly sustaining the food system... and what food systems would look like if they were based on feminist values."



[Down to Earth](#)

"Down to Earth is a podcast about hope. As climate change collides with our industrial food system, we focus not on doom but instead on people who are developing practical, innovative solutions."



[The Farmlink Podcast](#)

"The Farmlink Podcast tells the story of one of the world's fastest-growing nonprofit startups, The Farmlink Project, and brings in outside guests to discuss the pursuits of impactful work that helps make the world a better place."



[Food Talk with Dani Neirenberg](#)

"Food Tank's Danielle Neirenberg chats with the most important folks in the food industry about the most important food news."



[Kiss the Ground w/ Ryland Engelhart](#)

"The essence of the work of Kiss the Ground is the deep reverence for life. A conversation about ecology, soil, trees, and all the layers of the biology and living things that contribute to our existence."



[Matbakh](#)

"Matbakh is a conversation series that focuses on food and drink of the Arab world. The series will be held with food practitioners who study how food and the kitchen have evolved over time in the Arab world. "

Our own Febe Armanios (History) was featured in a recent episode, talking about the history of halal food.



[Native Seed Pod](#)

"Celebrating the diversity and beauty of Native seeds, soils, and indigenous foods. Exploring the Foodways and Traditional Ecological Knowledge needed to renew the health of the Earth and all our relations."



[New Food Order](#)

"New Food Order is a podcast exploring the business of tackling our climate and social crises through food and agriculture."

Food Podcast Series



[Secrets of the Soil](#)

“Secrets of the Soil is a podcast dedicated to empowering people with knowledge about soil.”



[Sustainable Dish Podcast](#)

“Sustainable Dish Podcast is a show hosted by nutritionist, author and sustainability advocate Diana Rodgers. Learn about healthy living, eco-eating, and regenerative food production from leading experts in their fields.”



[Ranchlands Podcast](#)

“Featuring conversations with members of our community—discussions about our shared connection to the land, stewardship of natural resources, the pursuit of purpose-driven work, lessons learned, and wisdom earned.”



[Regenerative Agriculture Podcast](#)

“John and his guests describe why most growers have crop challenges, and how to resolve them.”



[The Regenerative Agroforestry](#)

“A space where we investigate the possibilities of agroforestry, share experiences and analyze different strategies, tools and techniques. We bring you quality, in-depth content, so that we can build together regenerative agroforestry systems.”



[The Regenerative Journey](#)

“The Regenerative Journey podcast is a must for anyone who is curious about regenerative living, our relationship to farming, food and wellness, and our connection to Nature and the environment.”



[Regenerative Rising Podcast](#)

“Regenerative Rising is talking with cutting edge leaders and sharing conversations from the Regenerative Earth Summit series to elevate stories of regenerative business to activate change for healthy communities and our Earth.”



[4 the Soil: A Conversation](#)

“Hear and learn from farmers, agricultural professionals, conservation leaders, master gardeners, and many more on how and why to be 4 The Soil.”

Study Abroad (Semester)

[SIT: IPH Food Systems: Agriculture, Sustainability & Justice](#)

The SIT: Food Systems semester focuses on how food production, distribution, and consumption are affected by climate change, global trade, and historic inequalities and how farmers, activists, and policy experts are creating innovative solutions. Students spend the semester in 4 program sites. In the US (11 days), students visit the school of agriculture in Athens, GA to understand innovative breeding and growing techniques and learn from farmers long committed to social and environmental justice. In Ecuador (4+ weeks), students learn about urban agriculture and food insecurity. In Malawi (4+ weeks), students explore perspectives on food security from farmers and local leaders in Lilongwe and compare efforts to increase yields and food sovereignty. Lastly, in Spain (4+ weeks), students study the Mediterranean ecosystem and agriculture and the impact and influence of the European Union on small-scale, rural producers.

[DIS: Semester in Copenhagen \(Copenhagen, Denmark\)](#)

DIS: Copenhagen offers a large variety of courses and hosts thousands of students each year. DIS offers a range of accommodations including homestays, dormitory-style living, and special interest housing. Students pick one core course, which serves as their primary course and includes a study tour, and three additional courses from a range of disciplines. DIS offers two core courses in Sustainability: “Food Production and Consumption” and “Sustainable Development in Northern Europe.” DIS also offers many elective courses including Anthropology of Food, Food Politics and Policy: Global Dilemmas, Local Solutions, and the Politics and Ethics of Food.

[University of Adelaide \(Adelaide, Australia\)](#)

The University of Adelaide offers over 450 courses related to food studies as part of undergraduate and postgraduate degree programs. Food Studies at Adelaide focuses more on the science and business of food and agriculture. Departments include Agribusiness, Agriculture & Natural Resources, Agronomy, Animal Behavior, Animal Science, Ecotourism, Environmental Biology, Food Science, Plant Science, Soil & Water, Vet Science, Veterinary Technology, and Viticulture. The University of Adelaide also has many master’s degree and graduate diploma programs through the Centre for Global Food and Resources including in Agribusiness or in Global Food and Agricultural Business. The Centre for Global Food and Resources has many ongoing research projects on food policy, international development, food system innovation, water policy, healthy societies, and resilient landscapes. Additionally, the School of Agriculture, Food, and Wine supports research in agriculture, food and wine science.



Study Abroad (Summer)

[SIT: Food Security and Nutrition \(Montespertoli, Italy\)](#)

This 6-week summer course focuses on the intersecting issues of food security, health, and sustainable development in Tuscany. Students live in the town of Montespertoli, a small village about 1 hour from Florence, in apartments at Castello Sonnino, a historic estate, and in town. The course, Food Security, Nutrition, and Sustainable Development, focuses on the complex relationship between the three issues and connects local issues to global challenges. Much of the course work focuses on global initiatives to address food insecurity and sustainability, such as the FAO Sustainable Development Goals. A field trip to Rome focuses on the FAO and its role in sustainable development. The program also includes a practicum on Food Security, Nutrition, and Sustainable Development where students intern at local farms to experience a range of businesses in Tuscany.

[IES Abroad: Tradition and Cuisine in Italy \(Siena, Italy\)](#)

This 7-week summer program focuses on the culture and cuisine of Tuscany. Students live in apartments in Siena, a beautiful medieval city 35 miles southwest of Florence. The Siena Summer offers classes within 4 disciplines: Culture & Cuisine, History, Italian Language, and Sociology. Students take 2 classes. The food studies course in this program is titled “History and Culture of Food in Italy and Tuscany”. The course focuses on the history of Italian cuisine and the sociology and economics of food in Tuscany. The course emphasizes the history and culture that have shaped food in the region. Field trips are also a part of the course, and include excursions to organic farms and cooking demonstrations

[SFS: Biodiversity and Sustainable Food Systems \(Costa Rica\)](#)

This 4-week summer program uses chocolate and coffee as case studies to explore the relationships between food systems, ecology, conservation, and sustainability. Students live in a dorm with 4-person bunkrooms at a small farm in the Central Valley and take the class “Coffee, Chocolate, and Sustainable Development”. The course focuses on different agricultural techniques, their impact on the environment, and the sociocultural history of coffee and cacao production. The course is participatory and includes many field trips to coffee farms, cacao plantations, other agroecosystems and farms, agritourism businesses, and the forests and rainforest ecosystems around agricultural areas.

[DIS: Summer in Copenhagen](#)

DIS Summer offers a range of courses divided into 3 Sessions. Each session has unique course offerings in Denmark and Sweden. Students live either with other DIS students or in buildings with other local students. “Food and Identity” is offered during Session 1 and focuses on Danish food culture and the factors that influence it, both historically and today. Class time is split between the classroom and field trips where students get to explore Copenhagen. “Food, taste, and waste”, offered during Session 2, focuses on current sustainability trends in food consumerism and production, how these have come about, and their impact in cultural, economic, and artistic terms. The course also includes a study tour to Barcelona. “Sustainable Food: Production and Consumption” and “Tasting Culture: Nordic and Mediterranean Food, Tradition, and Nutrition” are both offered during Session 3. “Sustainable Food: Production and Consumption” focuses on concrete and innovative solutions that reshape our connection to food. The course includes a study tour to Italy. “Tasting Culture: Nordic and Mediterranean Food, Tradition, and Nutrition” explores the many factors impacting food and cuisine. The study tour for this class goes to the Islands of Ikaria, Greece and Samsø, Denmark.