**Honors 498: *The Good Food Revolution***

Tuesdays and Thursdays from 3:30 – 4:45 in Heide 116 and Lab Locations

January 19 - February 18, 2016

1 credit

Instructor: Josh Mabie

Office Hours:

Tuesdays and Thursdays 11:00-12:00,

Wednesdays 2:00-3:30,

and by appointment

Office Location: Laurentide 3210

**Course Description**

For this spring's Honors Common Read, we will read *The Good Food Revolution,* Will Allen's book about establishing an urban farm in Milwaukee that has brought fresh food, jobs, and hope to his community and to cities around the United States*.*The book will lead us into discussions of environmental justice, individual liberty, multiculturalism, systemic injustice, agrarianism, and food culture.  Rather than merely talking and thinking about the good food revolution, we will participate in it by researching, writing, cooking, and eating.  The course will consist of six discussion sections, one field trip to Growing Power, and four lab sessions where we will select, prepare, and eat the best food we can find and afford in Wisconsin in late winter.

**Objectives** - Students who successfully complete this course will be able to:

**Read Critically** for argument, explicit and implicit assumptions, purpose, and tone.

**Write** effective narrative, description, and process analysis with attention to audience, purpose, occasion, and tone.

**Evaluate Research** with reference to studies’ methods, definitions, and findings.

**Locate, Identify, and Select** good food ingredients in and around Whitewater, Wisconsin.

**Cook and Enjoy** food that they have prepared with ingredients and kitchen tools commonly available to undergraduate college students.

**Communicate knowledgably and respectfully** aboutthe relationships between food, culture, and identity. Students will develop an understanding of the usefulness and pitfalls of terms like ethnic, foreign, authentic, traditional, creole, and fusion.

**Textbook**

Allen Will, *The Good Food Revolution: Growing Healthy Food, People, and*

*Communities*. New York: Gotham, 2012.

**Assignments**

Group research project – “Cooking 101 – A Good Food Cookbook For College Students”

Your primary assignment for this course will be participation in a collaborative research project. As a class, we will create a cookbook for college students. Each student will be individually responsible for contributing **two recipes** to the cookbook. One recipe will be **something from your own tradition**, that is, something familiar, something near and dear to your own heart. Sources for this recipe can be, among others, a grandmother, father, uncle, or retired neighbor lady who owned a restaurant in Milwaukee in the 60s. The other recipe should describe a food that exists **outside your food tradition**, that is something exciting, intriguing, and different, a food that you have not eaten with your family and perhaps that they have never even heard of. Sources for this recipe might include restaurant menus (either in person or online), cookbooks, food blogs, the library or the archives of the State Historical Society.

In addition to providing a full list of ingredients and a description of the cooking procedure, you will provide a **250-word introduction** for both of your recipes. This introduction should narrate a personal story about the recipe, describe its history, or argue for its use by college students. Each student will also be write one **250-word informational side**bar that is related to one of your recipes. Examples might include “What is harissa?” “Is ground beef essentially pink slime?” “USDA Organic or Conventional Local?” “Child Slavery and Chocolate” “What are prosciutto and pancetta?” “Where can I get good meat and fish in Walworth County?”

Recipe 1 – Something from your food tradition

* + - Ingredients and methods
    - 250-word introduction
    - informal (handwritten) assessment of the recipe’s accordance with the principles, values and objectives articulated in the cookbook’s introduction.

Recipe 2 – Something from beyond your food tradition

* + - Ingredients and methods
    - 250-word introduction
    - informal (handwritten) assessment of the recipe’s accordance with the principles, values and objectives articulated in the cookbook’s introduction.

250-word Sidebar

Participation in class discussion and in the group writing and drafting process for the class cookbook.

**Course Calendar**

Tu 1/19 Welcome and Introductions

Opening Discussion of *The Good Food Revolution –*

What themes did you see?

What questions do you have?

What would you like to talk about over these four weeks?

Introduce Class Research Project

Cooking 101: A Good Food Cookbook for College Students

Opening discussion of purpose, audience, subject

Th 1/21 Discussion of *The Good Food Revolution* – What is Good Food?

Read for Today

Berry, Wendell. *The Art of the Commonplace*, “The Pleasures of Eating” pp. 321-327

Read for Today

Dooley and Watson, *Savoring the Seasons of the Northern Heartland.*

Introduction ix-xvi

Milling and Baking

Henhouse and Dairy

Barnyard and Smokehouse

Seasonal Kettle

The Communal Pot

Northwoods and Prairie

Deep Lakes and Swift Streams

Backyard Gardens and Sacred Paddies

Waters, Alice. *The Art of Simple Food*

“Introduction,”

“Getting Started,”

“What to Cook”

Write in Class Today: First Draft of “Cooking 101” Introduction

Tu 1/26 Discussion of *The Good Food Revolution* – The Industrial Food System

Read for Today:

Michael Pollan, *The Omnivore’s Dilemma*, “Introduction”

“[Meeting King Corn](http://www.culinate.com/articles/opinion/meeting_king_corn)” Culinate.com, February 19, 2008

“[Dining After Downton Abbey](http://www.npr.org/sections/thesalt/2012/02/19/147039706/dining-after-downton-abbey-why-british-food-was-so-bad-for-so-long)” npr.com

Revise in Class Today: First Draft of “Cooking 101” Introduction

Th 1/28 Lab – Meet at the Bassett House

Pizzas and Salads in January

F 1/29 Field Trip to Growing Power in Milwaukee

Tu 2/2 Discussion of *The Good Food Revolution* – Food Deserts, Liberty,

and Personal Responsibility

Liberty

Do food deserts actually exist (outside of literature)? Do they kill people? Empirical evidence and social science research.

Read for Today:

“[Studies Question the Pairing of Food Deserts and Obesity](http://www.nytimes.com/2012/04/18/health/research/pairing-of-food-deserts-and-obesity-challenged-in-studies.html?_r=1),” *New York Times* April 17, 2012.

“[Time to Revisit Food Deserts](http://opinionator.blogs.nytimes.com/2012/04/25/time-to-revisit-food-deserts/?_r=0),” *New York Times* April 25, 2015

“[Food Deserts are Not the Problem](http://www.slate.com/articles/life/food/2014/02/food_deserts_and_fresh_food_access_aren_t_the_problem_poverty_not_obesity.html),” *Slate* February 10, 2014

The Food Trust, [*Access to Healthy Food and Why it Matters*](http://thefoodtrust.org/uploads/media_items/access-to-healthy-food.original.pdf)

Antwi Akom, [*Mapping to Mobilize (M2M)*](http://iseeed.org/programs/the-mapping-to-mobilize-m2m-project/)

Due Today: Recipe 1 – Something from your food tradition

* + - Ingredients and methods
    - 250-word introduction
    - informal (handwritten) assessment of the recipe’s accordance with the principles, values and objectives articulated in the cookbook’s introduction.

Th 2/4 Lab – Meet at the Bassett House

Tu 2/9 Food, culture, multi-culture

Read For Today

Ottolenghi, Yotam and Tamimi, Sami. *Jerusalem*. “Introduction” pp. 8-

23, “Zatar” pp. 34-35, “Hummus Wars” pp. 112-113, and

“Couscous & Co.” p. 139

Walker, “Sorrow Home”

Toomer, selection from “Kabnis”

Anonymous. [Thugkitchen.com](http://www.thugkitchen.com/)

Duckor, “[Thug Life: A Behind-The-Scenes Look At The Masterminds Of](http://www.epicurious.com/archive/blogs/editor/2014/09/thug-kitchen-author-real-names-revealed.html)

[Thug Kitchen](http://www.epicurious.com/archive/blogs/editor/2014/09/thug-kitchen-author-real-names-revealed.html).” Epicurious.com

Bryant, “[The Problem with ‘Thug’ Cuisine](http://www.cnn.com/2014/10/10/living/thug-kitchen-controversy-eatocracy/),” CNN.com. October 10,

2014.

Due Today: Recipe 2 – Something from beyond your food tradition

* + - Ingredients and methods
    - 250-word introduction
    - informal (handwritten) assessment of the recipe’s accordance with the principles, values and objectives articulated in the cookbook’s introduction.

Th 2/11 Lab – Meet at the home of Dr. Kim in Fort Atkinson, WI

Tu 2/16 Can Meat be Good Food?

Read For Today

Coetzee, “The Lives of Animals: The Philosopher and the Animals”

Fearnley-Whittingstall, Hugh. *The River Cottage Meat Book*.

Introduction and My Meat Manifesto 8-9

Meat and Right 12-27

What Is Good Meat? 28-45

Buying Meat 49-61

Due Today: Sidebar (250-words)

Th 2/18 Lab - Cooking and Eating at the home of Dr. Mabie 324 W Prospect St., Stoughton, WI 53589

Inviting a Friend to Supper

BY [BEN JONSON](http://www.poetryfoundation.org/bio/ben-jonson)

Digestive cheese and fruit there sure will be;

But that which most doth take my Muse and me,

Is a pure cup of rich Canary wine,

Which is the Mermaid’s now, but shall be mine;

Of which had Horace, or Anacreon tasted,

Their lives, as so their lines, till now had lasted.

Tobacco, nectar, or the Thespian spring,

Are all but Luther's beer to this I sing.

Of this we will sup free, but moderately,

And we will have no Pooley, or Parrot by,

Nor shall our cups make any guilty men;

But, at our parting we will be as when

We innocently met. No simple word

That shall be uttered at our mirthful board,

Shall make us sad next morning or affright

The liberty that we’ll enjoy tonight.

Tonight, grave sir[s and madams], both my poor house, and I

Do equally desire your company;

Not that we think us worthy such a guest,

But that your worth will dignify our feast

With those that come, whose grace may make that seem

Something, which else could hope for no esteem.

It is the fair acceptance, sir, creates

The entertainment perfect, not the cates.

Yet shall you have, to rectify your palate,

An olive, capers, or some better salad

Ushering the mutton; with a short-legged hen,

If we can get her, full of eggs, and then

Lemons, and wine for sauce; to these a cony

Is not to be despaired of, for our money;

And, though fowl now be scarce, yet there are clerks,

The sky not falling, think we may have larks.

I’ll tell you of more, and lie, so you will come:

Of partridge, pheasant, woodcock, of which some

May yet be there, and godwit, if we can;

Knat, rail, and ruff too. Howsoe’er, my man

Shall read a piece of Virgil, Tacitus,

Livy, or of some better book to us,

Of which we’ll speak our minds, amidst our meat;

And I’ll profess no verses to repeat.

To this, if ought appear which I not know of,

That will the pastry, not my paper, show of.