


Anthropology of Food Week 1



Welcome to the Anthropology of Food

Available on-line in your

 canvas folder at

<<http://canvas.umn.edu/>>

**This will be a great course, and a great experience.
You will see. . . .**

The great Minnesota State Fair Starts Thursday, 23 August 2018. The Minnesota State Fair food is legendary, this year featuring almost thirty new foods!

[List of New Minnesota State Fair Foods for 2018](#)

[New Minnesota State Fair Food for 2018](#)— [KARE](#)

[New Minnesota State Fair Food for 2018](#)— [StarTribune](#)

The Minnesota State Fair annually offers 450 different kinds of food—typically more than 60 of them on sticks—from more than 300 vendors. Look for Complete State Fair coverage from the [StarTribune](#) starting Wednesday.

[Bananas](#) are big with New Fair Foods this year, with [Banana Foster French Toast](#) and [BBQ Split](#) and [Banana Chocolate Chip Gluten-Free Muffins](#) at the [Coffee House](#) leading the pack, or should I say “bunch.”

And cuisines from other countries are on the New Fair Foods list (or at least foods that sound like they’re from, or should be from, other countries): [The Moroccan Sausage Bowl](#) looks good, as does the [Swedish Meatball Smörgås](#). And it’s hard to beat Greek food; new this year at the Fair are the [Sweet Greek Cheese Puffs](#). And there’s [General Tso Chicken Taco](#), [Irish Tater Kegs](#), [Nordic Waffles](#), And from Minnesota’s own “The Range” [UpNorth Puff Pastry](#) featuring Range Porketta.



[Banana Foster French Toast](#)

[Minnesota State Fair](#)

I it looks like we're going to have to wait until Christmas for our *lutefisk* [literally "lye fish"].



About the Anth of Food course . . .

Some people like to procrastinate. Others like to arrive at a dinner party early, and in other ways they're "pre-crastinators".

I am sending this note out early to make it more convenient for the pre-crastinators to order textbooks on-line (if that is an attractive option for you), and/or to let you get started reading one or other of the interesting books we have for the class (if you are the kind of person who likes to do that sort of thing). Or you might want to start watching one or other of the many internationally-award-winning films and videos that we have lined up for the class.

If none of these options apply to you, and you feel like a little end-of-summer procrastination, just relax and enjoy the wonderful autumn weather, and, the rest of your break.

Interest in food and culture has never been higher.

Whether or not you agree with the various commentators, and there are many these days, representing all sides of the food industry and all food interest groups, food is IN the news. **And some weeks food IS the news.** And that's true year 'round, not just for State Fair time . . .

Just recently there have been several interesting items in the news (and you can see the banana is also in the news; the banana as we know it, the Cavendish, is disappearing and will in all likelihood be gone in your lifetime):

Just for the fun of it, have a look over these news items that have appeared this month, then pick one and have a look at it

(no it will not be on the exam).

See what you think about it:

- **California passes statewide healthy kids' meal bill**: water and milk set to become the default drink choice with kids' meals – Beverage Daily, 23 August 2018
- **The ice cream nearly impossible to eat** – BBC News, 23 August 2018
- **Coughs Use honey first, new guidelines say** – BBC News, 23 August 2018
- **Nonprofit helps good food not go to waste** – MPRNews 22 August 2018
- **A Harvard professor just busted the myth that coconut oil is good for you, calling it 'pure poison'** – Business Insider
- **Food waste: alarming rise will see 66 tonnes thrown away every second** – The Guardian, 20 August 2018
- **Fears for environment in Spain as pigs outnumber people** – The Guardian, 19 August 2018

- **World Orangutan Day: palm oil awareness still key, activists say** – video – The Guardian, 19 August 2018
- **The Super Bowl of Beekeeping** – The New York Times, 18 August 2018
- **Vitamin D, the Sunshine Supplement, Has Shadowy Money Behind It** – The New York Times – The New York Times, 18 August 2018
- **Ancient Egypt: Cheese discovered in 3,200-year-old tomb** – BBC News, 18 August 2018
- **The Eatwell Guide** – NHS, 17 August 2018
- **The world's first floating farm making waves in Rotterdam** – BBC News, 17 August 2018
- **Low-carb diets could shorten life, study suggests** – BBC News, 17 August 2018
- **Palestine's secret stretchy ice cream** – BBC News, 17 August 2018
- **Fighting the vanilla thieves of Madagascar** – BBC News, 16 August 2018
- **Whale hunt in Faroe Islands turns sea red with blood** – BBC News, 16 August 2018
- **Wheat gene map to help 'feed the world'** – BBC News, 16 August 2018
- **We're in a new age of obesity. How did it happen? You'd be surprised** – The Guardian, 15 August 2018
- **'Identity condiments': has millennials' social justice killed mayonnaise?** – The Guardian, 15 August 2018
- **Weedkiller found in wide range of breakfast foods aimed at children** – The Guardian, 16 August 2018
- **Experts say eating quality food beats going for variety** – The New York Times, 9 August 2018
- **When the Menu Says 'Organic,' but Not All the Food Is** – The New York Times, 13 August 2018
- **Very fishy: China rules rainbow trout can be sold as salmon** – The Guardian, 14 August 2018
- **The student trying to solve the food waste crisis** – BBC News, 14 August 2018
- **Where even Walmart won't go: how Dollar General took over rural America** – The Guardian, 13 August 2018
- **Fact: This Is the Correct Way to Sell Bananas** – FOOD & WINE, 7 August 2018

- [Not just a fad: the surprising, gut-wrenching truth about gluten](#) – The Guardian, 7 August 2018
- [Hungry for change: urban foragers take the law into their own hands](#) – The Guardian, 7 August 2018
- [KFC and Kellogg's broke junk food ad rules](#) – BBC News, 8 August 2018
- [Science's search for a super banana](#) – The Guardian, 5 August 2018

And the list goes on . . . featuring food news for everyone. Some of the best sources for up-to-date news on food include [What FoodAnthro is Reading Now](#). . . and Marion [no-relation-to-the-company] Nestle's [Food Politics Blog](#). [The New York Times Food Section](#), [BBC Food](#), the [StarTribune](#), [National Geographic > Food](#), and [MPRNews > Food](#) regularly carry interesting and important articles on food around the world.

Not so long ago my wife, Kim, and I stopped off in Hawaii on the way back from Australia and New Zealand where we were visiting relatives. I learned in the “trivia” section of the New Zealand Air in-flight magazine that Hawaiians eat more **Spam** per capita than the citizens of any other country on earth, except Guam (with North Korea's Kim Jong-un preparing to fire their intercontinental ballistic missiles at Guam, perhaps having stockpiled mountains of Spam is part of the Guamanian civil defense preparedness). Hawaiians and Guamanians love our Minnesota **Spam!** It is even reported that some eat it as a delicacy.



Hawaiian Spamburger

Minnesota's own Spam . . . turned 80 on July 5th 2017. . .



Spam, Lovely Spam! Mystery Meat Celebrates 80th Spam-iversary
– LiveScience (05 July 2017)

Five years ago, to start off Spam's 75th birthday year the Minneapolis *StarTribune* celebrated "America's love of Spam" in a full-page feature on one of Minnesota's best-known products (next to Scotch tape) <<http://www.startribune.com/lifestyle/travel/137199258.html>> *StarTribune*, Sunday, January 15, 2012, G5).

Minnesota's Hormel meat packer opened a *new* 14,000 square foot Spam museum in Austin on 22 April 2016: Canning its old location, Austin's new Spam Museum opens . . .

My sister-in law nearly "pukes" when she sees Spam in my refrigerator (her term, not mine), so she's left out of the "love affair" article, except, perhaps in the second half of the "love it or hate it" part of people's general reaction to Spam.

You have spam in your e-mail box, if not in your icebox. And if it's not in your icebox or cupboard, why not? (In January Amazon.com was offering six-pack subscriptions of Spam Classic for \$20.99—\$1.48 less than it was a year ago in January. Right now (19 August 2018) they've pulled the old switcheroo and are offering a FIVE-PACK for \$25.65. So be on guard when you're picking up your next five or six cans of the Miracle Meat.)

There's probably a good reason why Spam is or isn't in your icebox or cupboard.

Or maybe several.

I once owned an official plastic **Spamburger cutter**, which after it was forbidden in the kitchen I used for a while as a Christmas tree ornament. It mysteriously disappeared one year, about the Feast of the Three Kings, and Spamburgers haven't been the same since. And this year, again, our Christmas tree

was Spamburger-cutter-less. (Used Spamburger cutters on e-Bay, *WHEN* you can get one, have been going for \$19.99- \$24.99 on eBay, listed as "A Vintage Mod Retro Spam Spamburger Hamburger Plastic Vertical Push Down Slicer".)



The Chinese, meanwhile, have come up with a **cute little plastic Spam cutter that cuts designs of a car, ship and train from a single slab of Spam.** And you can best cut your Spam with the Musubi Easy Stainless Steel Spam Slicer, which in one swift motion will divide your single lump of Spam into nine neatly portioned slab-etts ready for the Musubi's final touch.

We don't eat Spam in our house unless my sister-in-law's sister is away.

Spam.com <<http://www.spam.com/>> may represent “Americana” at its finest—including a recipe exchange, should you like to try some. And you can visit Spam on *facebook* <<http://www.facebook.com/spambrand>>. Try the Hawaiian-Themed Spam Recipes for a little variety. And for the real treat there's always the annual April Waikiki Spam Jam in Hawaii.

The point here is that Spam makes you happy or makes you vomit, depending on a lot of cultural experiences to which you have been exposed. And it's not just about Spam as a food product; it's about Spam as a *cultural* phenomenon.

And if you don't have it in your cabinet or refrigerator, you certainly have it on your computer.

In a much broader way, we'll be exploring those cultural aspects of food—nutritional, spiritual, social, political, psychological, historical, recreational, economic, and the like—so stay tuned.

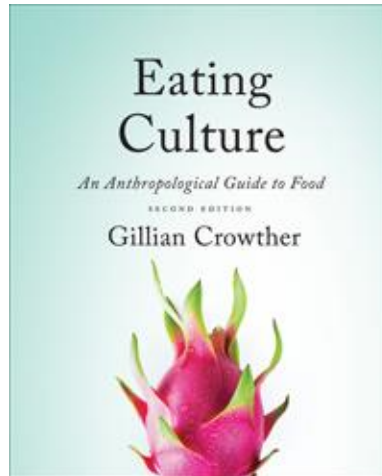
**Detailed information
on the textbooks for the course
—there are three—can be found at**

<http://www.d.umn.edu/cla/faculty/troufs/anthfood/aftexts.html>

The course anchor text is . . .

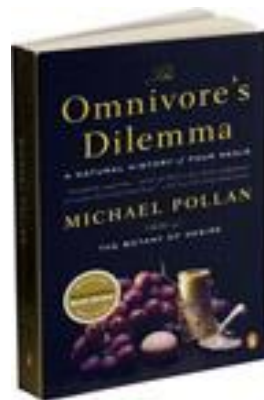
***Eating Culture: An Anthropological Guide to Food,
Second Edition***

by Gillian Crowther, Professor of Anthropology at Capilano University in Vancouver, BC (Toronto: University of Toronto Press, 2018).



Eating Culture: An Anthropological Guide to Food, Second Edition

is currently available on-line for \$38.90 new, and \$tba Kindle.
(+ p/h, where applicable, at amazon.com & eligible for FREE Super Saver Shipping on orders over \$25).
(6 August 2018)

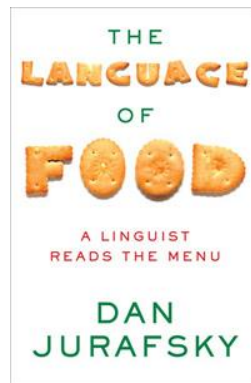


***The Omnivore's Dilemma:
A Natural History of Four Meals (2007)***

an international run-away best seller,
is currently available on-line for \$7.55 new, \$1.35 used, \$7.99 Kindle, and \$15.95 Audiobook.
(+ p/h, where applicable, at amazon.com & eligible for FREE Super Saver Shipping on orders over \$25).
(6 August 2018)

Note: *The Omnivore's Dilemma: The Secrets Behind What You Eat, Young Readers Edition* (2009), also by Michael Pollen, is a different edition of the book.

The Omnivore's Dilemma at Ten Years
-- New Food Economy (June 2016)



2015 James Beard Award Nominee: Writing and Literature category

The Language of Food: A Linguist Reads The Menu

is currently available on-line new for \$12.76 (ppbk.), \$2.33 used, \$9.99 Kindle, and \$13.71 Audiobook

(+ p/h, where applicable, at amazon.com & eligible for FREE Prime Shipping on orders over \$25).
(6 August 2018)

Textbooks are available from the following vendors . . .

[UMD Bookstore](#) | [Amazon.com](#) | [Barnes and Noble](#)
[CampusBooks.com](#) | [Chegg \[rental\]](#) | [ecampus.com](#) | [half.com](#)
[booksprice.com](#) | [CheapestTextbooks.com](#) | [CourseSmart.com](#) | [TextbookMedia.com](#)
| [Direct Textbook](#) | |

The exams will be open-book essays constructed from a list of study questions that you help create, so it would be a good idea for you to have your own copy of each text you plan to use in the exams.

For the exams you should normally just need to read the books carefully and be able to discuss them intelligently. That is, you should read these as if you had picked it/them up at an airport or neighborhood bookshop because you were interested in the subject and wanted to know more about it, like literally millions of people are doing in everyday life.

PLEASE NOTE: *Some students are used to principally memorizing facts in classes. This class is not one where that is the focus. It is about investigating new topics, reading, listening, synthesizing ideas, thinking, exploring, and becoming familiar enough with the various subjects, peoples and places to carry on an intelligent conversation in modern-day society.*

In short, this class aims to give you practice in critical thinking, and even creativity.

Critical thinking, involving **evaluation** and **synthesis**, has long been regarded as essential for success in the modern-day world. In recent years, actually for two decades, **creativity** has also become central to success, and "process skills" vital to creativity. Process skills involve "strategies to reframe challenges and extrapolate and transform information, and to accept and deal with ambiguity" (Pappano, "Learning to Think Outside the Box," *The New York Times EducationLife*, 9 February 2014, 8). Laura Pappano, writer in residence at Wellesley Center for Women at Wellesley College, points out that "In 2010 'creativity' was the factor most crucial for success found in an I.B.M. survey of 1,500 chief executives in 33 industries. These days 'creative' is the most used buzzword in LinkedIn profiles two years running" (2014, 8).

With all of the class materials **you will be expected to share your ideas and comments with others** in the **Class Forums** and **wikis**.

It is not accidental that *TAPS*, Canada's leading Beer Magazine—in fact it's *THE BEER MAGAZINE*—features this item from this class in its editorial of Winter 2012, p. 2); at least one major Editor in Chief thinks it's worth noting and imitating.

**In a nutshell, this course consists of
three main segments:**

I Orientation and Background

- **Introduction**
- **Basic Concepts**
- **History**
- **Theory**
- **Methods and Techniques**

II Explorations

- **Comparative / Cross-Cultural**
- **Holistic**
- **Ethnographic Case Studies from the Real World: Real People . . . Real Places from Around the Globe**

III Student Presentations on Term Research Projects

For the first part of the course much of the material for the week will be presented in the form of text materials and slide materials. **In the second section** of the semester, once you have mastered the basic information relating to the Anthropology of Food, we will look (generally comparatively, *cf.*, Main Characteristics of Anthropology in Week 01) at a series of video materials from around the world. **The final section** will focus on your research projects.

One of the **four main characteristics of American**

Anthropology is fieldwork, "a primary research technique, involving "participant observation," which usually means living among the people one is interested in learning from and about. It would be wonderful if for anthropology classes we could just rent a bus or charter a plane and fly off for a year or more to learn first-hand from the people themselves. Money, time, and practicality prohibit that, so the next best things—when it comes to studying anthropology—is going to places and viewing subjects by video, and we will do a lot of that this semester. More information on **Visual Anthropology** is available on-line at


http://www.d.umn.edu/cla/faculty/troufs/anth1604/visual_anthropology.html.

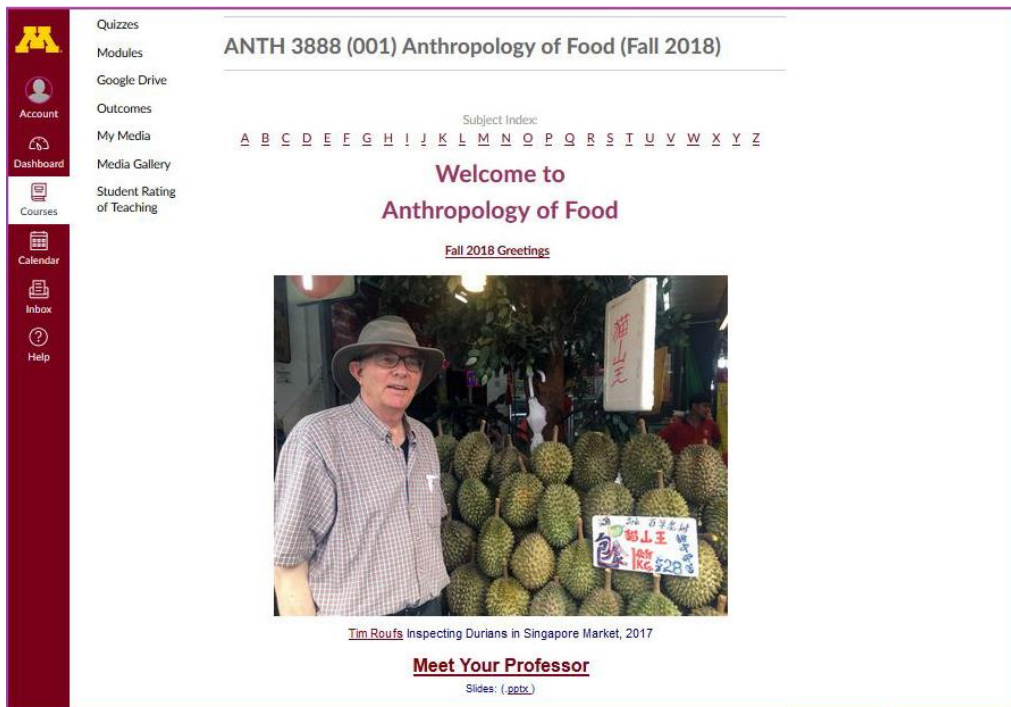
With all of these materials **you will be expected to share your ideas and comments with others** in the Class Discussions and wikis. I'm looking forward to that.

You will find that there is "an awful lot" of materials on-line—maybe even too many!

Where to start?

Probably the best place to start is with the "**First Day Handout**" on-line at http://www.d.umn.edu/cla/faculty/troufs/anthfood/afhandout_first-day.pdf.

Also have a look at the course **“Home”** page of your  canvas folder <http://canvas.umn.edu/>. It will look something like this . . .




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ANTH 3888 (001) Anthropology of Food (Fall 2018)

Subject Index:
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Welcome to
Anthropology of Food

Fall 2018 Greetings



Tim Roufs Inspecting Durians in Singapore Market, 2017

Meet Your Professor
Slides: (.pptx)

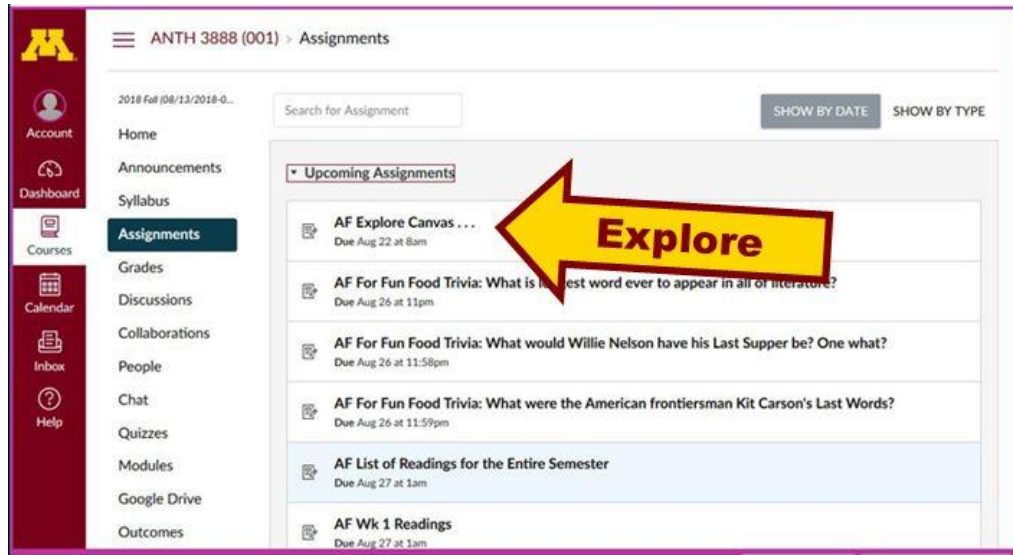
Check the links on **“Home”** page . . .



Play around with your Canvas folder materials. . . From your **“Home”** page go to **“Assignments”** . . .

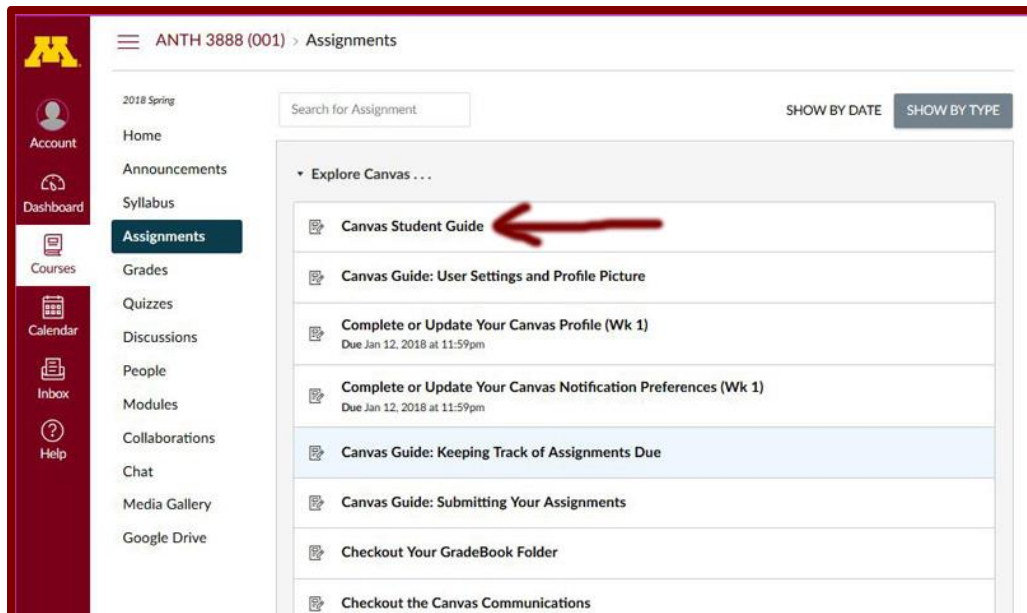


Then look at your Canvas folder materials by clicking the triangle of the **“Explore Canvas . . .”** drop-down menu.

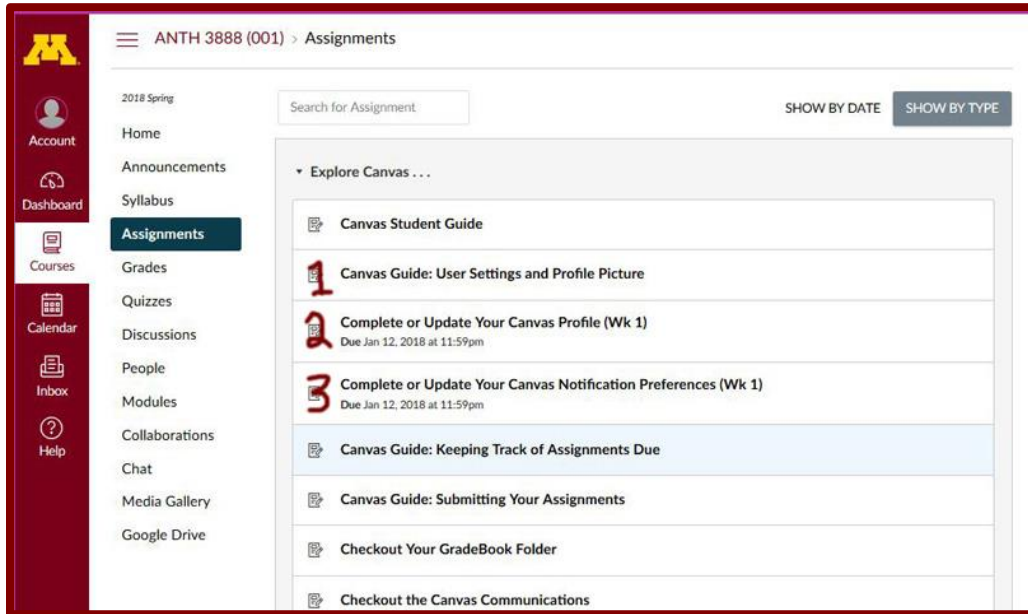



When the "Explore Canvas . . ." menu drops down, checkout the "Canvas Student Guide".

Start with the **"Canvas Student Guide"** if you are new to Canvas.



Then checkout the other items that interest you most.
Then set/update your Canvas (1) "User Settings" and "Profile Picture".
Complete or update your (2) "Canvas Profile".
Then set your (3)"Canvas Notification Preferences".



Then have a look at your  canvas **Gradebook folder, which gives a nice listing of the actual requirements and due dates for all of the requirements of the course. (You'll find the link for that in the Course Navigation column on the left-hand side of your "Home" page.)**

2018 Fall (08/13/2018-Q...

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Holidays Fall 2018 We...
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To Do

Complete AF Explore Canvas...
Aug 22 at 8am

Coming Up

AF Explore Canvas...
Aug 22 at 8am

Subject Index:
A B C D E F G H I J K L M N O P Q R
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Welcome to
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Print

Total: N/A (F)

Show All Details

Course assignments are not weighted.

Calculate based only on

know how grades will be affected by upcoming or resubmitted assignments. You can test scores for an assignment that already includes a score, or an assignment that has yet to be graded.

Arrange By

Due Date

Name	Due	Score	Out of
AF Discussion: Your Last Supper (Wk 2)	Aug 31 by 11:58pm	-	20
AF Discussion: "How 'ya doin'?" and How does one really know how your doin'? (WK 2)	Aug 31 by 11:59pm	-	20

The University is scheduled to open your  canvas site on August 20th.
Have a look at it at <http://canvas.umn.edu/>.

So once again, welcome to Anth 3888 Anthropology of Food. This *will be* a great course, and a great experience.

You will see. . . .

Thanks for signing on for Anthropology of Food. I am looking forward to “meeting” you in. In the meantime, you might want to peruse the information in your  canvas folder at <http://canvas.umn.edu/>. The  canvas **Student Guide / Overview / Tour** can be very helpful.

Student Guide -- written guides with step-by-step instructions for Canvas tools 

Canvas Student Overview (6:47 min) 


Canvas Student Tour -- course site with video resources 

My **office hours** and contact information (and other regular schedule information) can be found at <http://www.d.umn.edu/cla/faculty/troufs/anth1602/pcoffice.html>.

If you have any questions, please do not hesitate to post them on  canvas or e-mail troufs@d.umn.edu.

See you soon.

Tim Roufs
Duluth, MN
19 August 2018

P.S. If you are new to the world of "technology" don't worry too much about that. Things may not "work" for you at first, but hang in there and we'll help you along. If you have not used  canvas course management system before, you might find it helpful to view the **Canvas Student Guide**.