

## Anthropology of Food Week 1



# Welcome to the Anthropology of Food

Available on-line in your

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

**I hope you had a great holiday feast on Christmas, if you celebrate Christmas. It wouldn't have been the same without its festival foods. In this course we'll see why that is.**

Of course, it wouldn't be Christmas *in Minnesota* without talk of *lutefisk* [literally “lye fish”]. *Lutefisk* in Minnesota make news: [Minneapolis lutefisk plant adapts to new cultures, new demands](#) (Sharyn Jackson, *Star Tribune*, 25 December 2014). Jackson reports, “Superstar chef **Marcus Samuelsson**,” who you will “meet” several times in the Anthropology of Food class, “who grew up in Sweden, once did a twist on *lutefisk* at the former Aquavit in Minneapolis using salt cod, which got positive feedback. But a revival of the real *lutefisk*, he said, seems far off.”

“I think that *lutefisk* was more famous than good,” Samuelsson said. “My grandparents loved it and the rest of us were not so sure.”

You will like Marcus Samuelsson.

**In case you were wondering what else Norwegians eat for Christmastide, the folks at the U.S. Embassy in Oslo, Norway, send their Christmas Greetings . . .**

**f Americans Try Norwegian Christmas Food** -- U.S. Embassy, Oslo

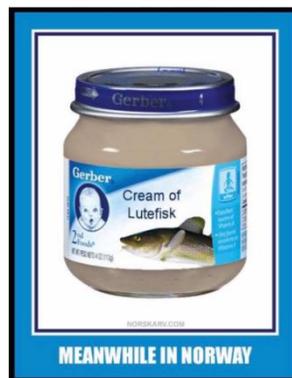
And, in case you're wondering, *lutefisk* is alive and well (so to speak) in Minnesota . . .

**Finding Minnesota: The Taste Of Lutefisk**

-- CBS Minnesota (20 December 2015)

**The season of lutefisk**

-- MPR News (10 December 2015)



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

**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 mid-break procrastination, just relax and enjoy the wonderful winter weather, and, the rest of your break (but be sure to have some lentils on New Years' Day).

## 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 *lutefisk* and the Yuletide holidays . . .

- [One Man's Stand Against Junk Food as Diabetes Climbs Across India](#) -- [The New York Times](#) (26 December 2017)
- [Pandoro Is Italy's Christmas Miracle. Easter Is Another Story](#) -- [The New York Times](#) (22 December 2017)
- [How our bodies react to holiday food excess](#) -- [BBCNews](#) (24 December 2015)
- [Christmas dinners around the world](#) -- [BBCNews](#) (24 December 2015)
- [Big, bold, wild: Re-creating Christmas dinners of centuries past](#) -- [MPRNews](#) (24 December 2015)
- [Memories from the dinner table serve as gift of the season: For some of us, holiday gifts are the memories from around the dinner table](#) -- [StarTribune](#) (23 December 2015)
- [How did Santa get hooked on cookies and milk?](#) -- [MPRNews](#) (22 December 2015)
- [A Brief History of Figgy Pudding](#) -- [Smithsonian](#) (21 December 2015)

And in Duluth and the Duluth Region . . . *lutefisk* reigns for the holidays (in some parts) . . .

- [Love it or loathe it, Minnesota's lutefisk tradition lives on](#) -- [MPRNews](#) (11 December 2017)

**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 5<sup>th</sup> 2017. . .**



Spam, Lovely Spam! Mystery Meat Celebrates 80th Spam-iversary

– LiveScience (05 July 2017)

Five years ago, to start off Spam's 75<sup>th</sup> 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? (Amazon.com is currently offering six-pack subscriptions of Spam Classic for \$20.99—\$1.48 less than it was in January.)

**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 \$22.99- \$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**

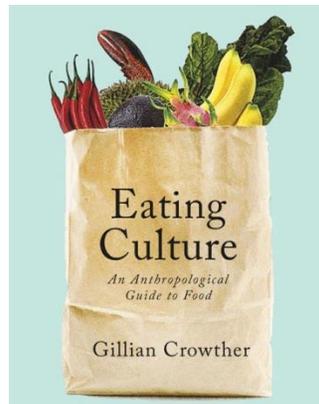
# on the textbooks for the course —there are three—can be found at

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

The course anchor text is . . .

## *Eating Culture: An Anthropological Guide to Food,*

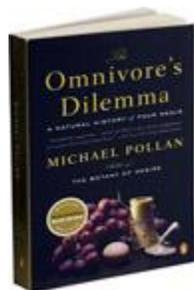
by Gillian Crowther, Professor of Anthropology at Capilano University in Vancouver, BC (Toronto: University of Toronto Press, 2013).



## *Eating Culture: An Anthropological Guide to Food,*

is currently available on-line new for \$36.81 (ppbk.), \$30.00 used, and \$19.22 Kindle.

[It has been offered on-line for as much as \$84.97, or even more, so be careful to check prices.]  
(+ p/h, where applicable, at amazon.com & eligible for FREE Prime Shipping on orders over \$25).  
(20 August 2017)



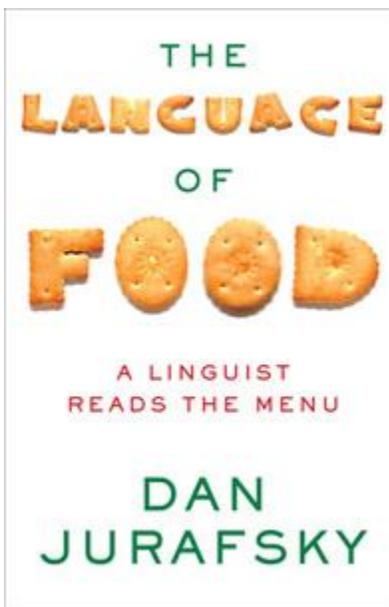
## *The Omnivore's Dilemma:*

## *A Natural History of Four Meals (2007)*

an international run-away best seller,  
is currently available on-line for \$6.99 new, \$1.99 Kindle, and \$0.89 used.  
(+ p/h, where applicable, at amazon.com & eligible for FREE Super Saver Shipping on orders over \$25).  
(20 August 2017)

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 \$12.64 (ppbk.), \$4.97 used, and \$9.99 Kindle  
(+ p/h, where applicable, at amazon.com & eligible for FREE Prime Shipping on orders over \$25).  
(20 August 2017)

**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).

Related to that, here are two recent interesting articles, the first from Minnesota Public Radio . . .

## **A Memo to My Students Re: College and the Real World**

-- Maryellen Weimer, *Faculty Focus* (17 August 2016)

## **How to choose college classes: 6 tips**

-- Tracy Mumford, *Minnesota Public Radio News* (10 September 2015)

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](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**" online at [http://www.d.umn.edu/cla/faculty/troufs/anthfood/afhandout\\_first-day.pdf](http://www.d.umn.edu/cla/faculty/troufs/anthfood/afhandout_first-day.pdf).

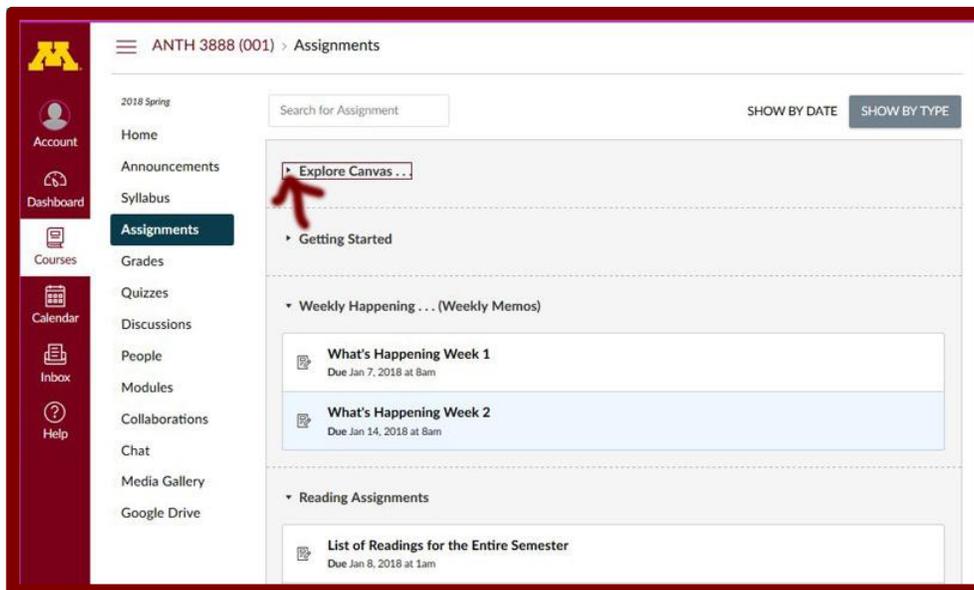
Also have a look at the course "**Home**" page of your Senior Seminar  folder <http://canvas.umn.edu/>. It will look something like this . . .



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

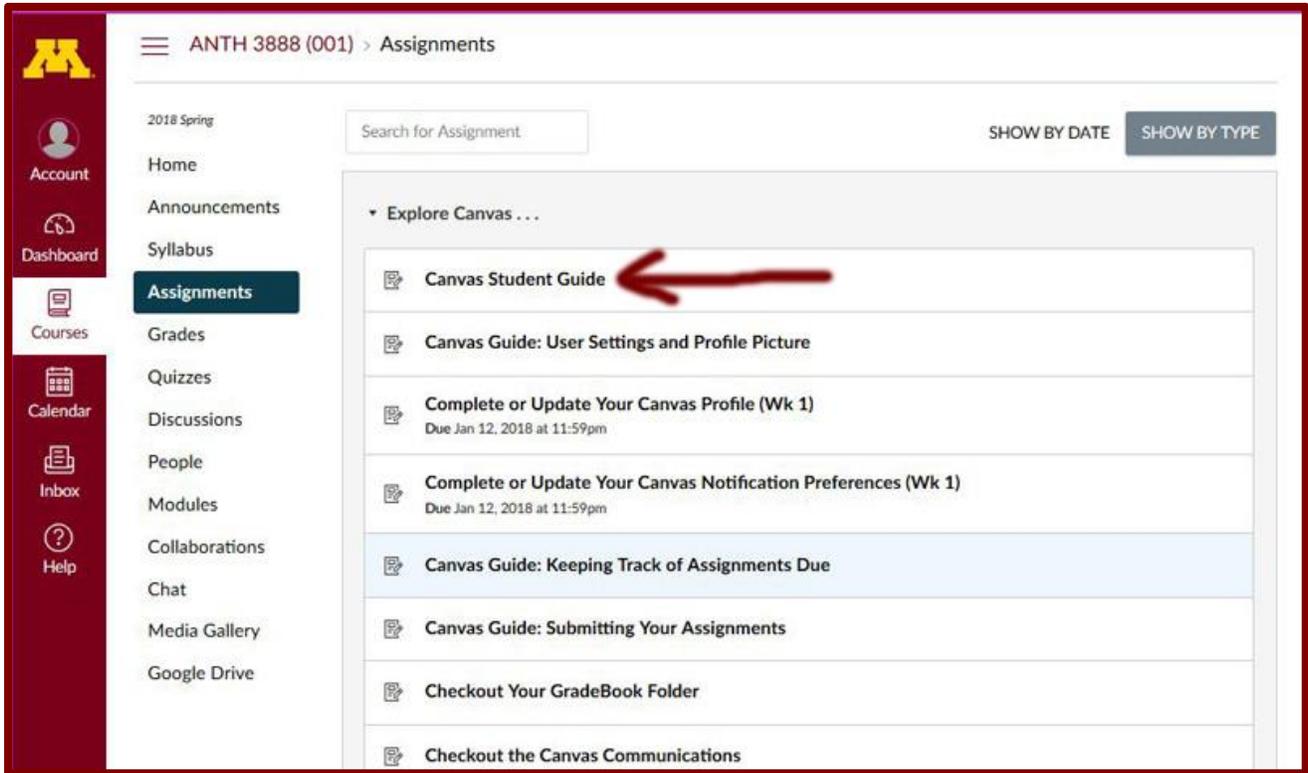


Then look at your Canvas folder materials by clicking the triangle of the **“Explore Canvas . . .”** drop-down menu.



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

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

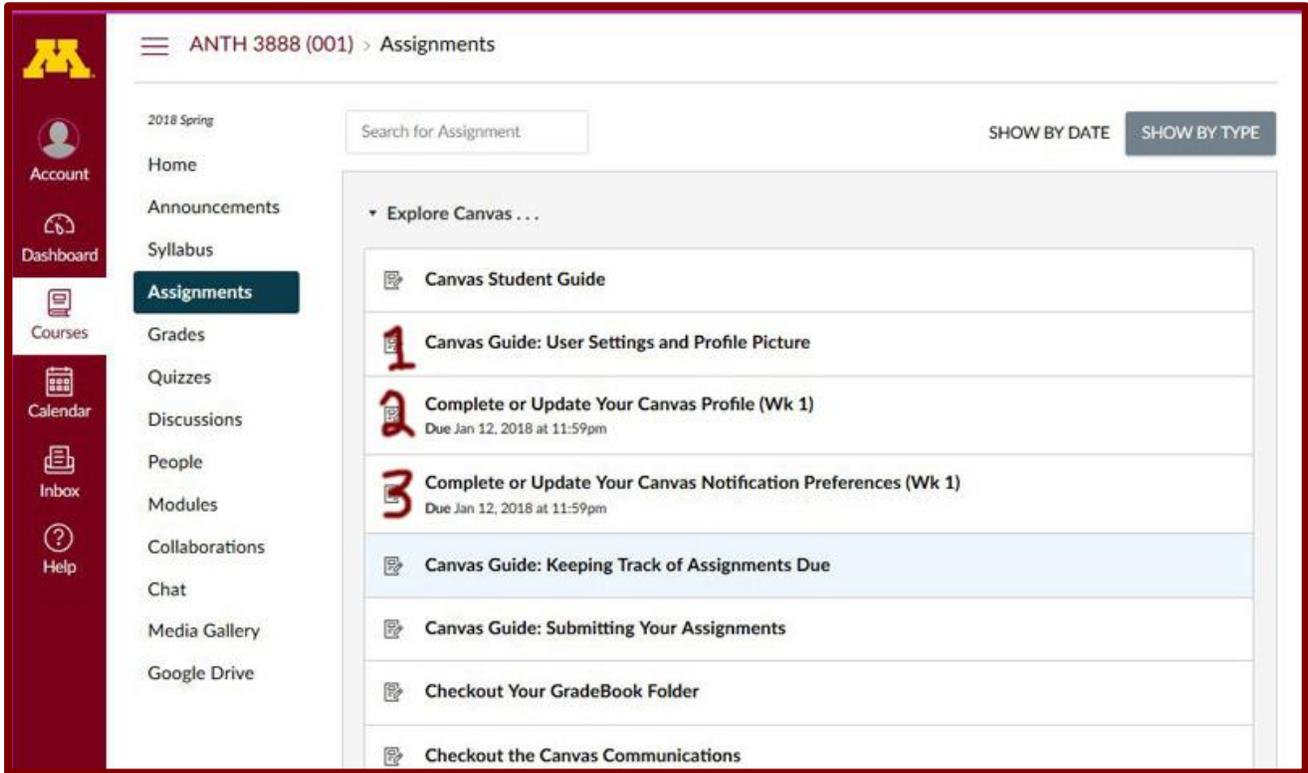


Then checkout the other items that interest you most.

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  **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 Spring

Home

Announcements

Syllabus

Assignments

**Grades**

Quizzes

Discussions

People

Modules

Collaborations

Chat

Media Gallery

Grades for Test Student Print

Arrange by

Assignment Group

Name	Due	Score	Out of
Introduce Yourself to the Class (Wk 1)	Jan 13, 2018 by 11:59pm	-	1
Discussion: Your Last Supper (Wk 2)	Jan 19, 2018 by 11:59pm	-	20
Discussion: "How 'ya doin'?" and How does one really know how your doin'? (Wk 2)	Jan 19, 2018 by 11:59pm	-	20

## Enjoy the Course and Enjoy the holidays. Best of the Holiday Wishes to you . . .

I hope you had a great Boxing Day, and are having a good Christmas-Hanukkah-Kwanza season. Have a great New Year's Evening and New Year's Day and a great New Year.

In Vienna and Budapest and throughout much of Europe people will be eating lintels on New Year's Day. Eating lintels helps you have a great new year. I've tried them in both places, and it seems the Hungarian lentils work just slightly better than elsewhere. A Hungarian professor friend recently passed on some important information about New Year's Day lentils: "Gabriella says that the heart (seeds) are important for the coming fortune. . . ." **So on New Year's Day, eat plenty of lentils and pay special attention to the hearts. . . .**

**Laptops** are welcome in the classroom. Many find a laptop quite useful in following the lectures as all lectures in this class are web supported. You can, for example, download all of the slide materials used in this class, and annotate them.



**Having said that, consider the latest research that suggests . . .**

**"For better learning in college lectures,  
lay down the laptop and pick up a pen"**

-- Susan M. Dynarski, Evidence Speaks Series, Brookings (10 August 2017).

**Laptops Are Great. But Not During a Lecture or a Meeting.**

-- Susan Dynarski, The New York Times (26 November 2017)

**So, if you use a computer in class, and your computer is so equipped,  
how about compromising and writing on your laptop with an  
electronic digital smart pen?**

The University is scheduled to open your  **canvas** site on January 3<sup>rd</sup>.  
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 class at 9:00 on the 11<sup>th</sup> of January. 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](mailto:troufs@d.umn.edu).**

See you on the 11<sup>th</sup>.

**Best of the warm Holiday Wishes to you . . .**

I hope you had a great Boxing Day, and are having a good Christmas-Hanukkah-Kwanza season. Have a great New Year's Evening and New Year's Day and a great

New Year.

Tim Roufs  
Duluth, MN  
26 December 2017

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**.