




[Tim Roufs](#) Inspecting [Durians](#) in Singapore Market, 2017

Happy Boxing Day!

Welcome to the Anthropology of Food

Available on-line in your
 canvas folder at
<<http://canvas.umn.edu/>>
[Syllabus](#)

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

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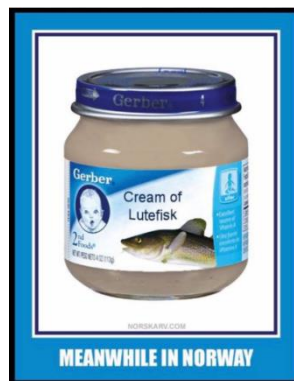
I hope you had a great holiday feast on Christmas, if you celebrate Christmas, and that you will have a great New Year's, if you celebrated the New Year at this time.

Holidays are not the same without their festival foods. In this course we'll see why that is so.

Of course, it wouldn't be Christmas *in Minnesota* without talk of *lutefisk* [literally “lye fish”].

[Love it or loathe it, Minnesota's lutefisk tradition lives on](#)

(-- MPR News (11 December 2017))



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.

It's about what Spam is all About

[Why Spam sales are breaking records](#)

– [CNBC](#) (17 December 2019)

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 . . . turns 83 on July 5th 2020 . . .



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 in 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 12 oz. cans of Spam Classic for \$17.)

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 new spam slicers don’t seem to have the same home-spun character as the original . . . and they don’t look nearly as nice on a Christmas tree . . .



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-ettes ready for the Musubi's final touch.

And it can't be long until there is an "Impossible Spam-burger." One of the hottest foods right now is the "Impossible Burger"—recently adopted by places like Burger King . . .

[Burger King's plant-based Whopper gets glowing review – from a meat lobbyist](#)

-- [The Guardian](#) (08 April 2019)

[Behold the Beefless 'Impossible Whopper'](#)

-- [The New York Times](#) (01 April 2019)

[The Fish Is Boneless. \(Fishless, Too.\)](#)

-- [The New York Times](#)(10 July 2019)

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.

The Course in a Nutshell

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.

Food in the News

**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. **And who knows what tomorrow may bring. . . .**

Just recently there have been several interesting items **in the news**:

**Just for the fun of it, have a look over these news items that
have appeared since the 1st of December,**

then pick one and read it

(no it will not be on the exam).

See what you think about it:

- [Killer Slime, Dead Birds, an Expunged Map: The Dirty Secrets of European Farm Subsidies](#) -- The New York Times (25 December 2019)
- [Are vegetables vegan? The man taking aim at animal products in organic farming](#) -- [The Guardian](#) (24 December 2019)
- [Food allergies and intolerance: What's the difference?](#) -- [BBCNews](#) (24 December 2019)
- [Chinese Restaurants Are Closing. That's a Good Thing, the Owners Say.](#) -- The New York Times (24 December 2019)

- [The Ganges Brims With Dangerous Bacteria](#) -- The New York Times (23 December 2019)
- [Japan Wants to Dump Nuclear Plant's Tainted Water. Fishermen Fear the Worst](#) -- The New York Times (23 December 2019)
- [World 'faces 80% calorie increase by end of century'](#) -- [BBCNews](#) (22 December 2019)
- [Banned bread: why does the US allow additives that Europe says are unsafe?](#) [Best of 2019] - - The Guardian (28 May 2019)
- [Delta smelt: the tiny fish caught in California's war with Trump](#) -- The Guardian (22 December 2019)
- [Quilombo cuisine: Rescuing the ancient cuisine of African slaves food](#) -- [BBCNews](#) (22 December 2019)
- [How to cope with an eating disorder at Christmas](#) -- [BBCNews](#) (21 December 2019)
- [Somalis fight locust invasion by eating them](#) -- [BBC World Service Africa](#) (20 December 2019)
- [I didn't buy any food for a year - and I'm healthier than I've ever been](#) -- The Guardian (19 December 2019)
- [EPA sued for allowing slaughterhouses to pollute waterways](#) -- The Guardian (18 December 2019)
- [German court forced to rule as cheese smell gets up woman's nose](#) -- [BBCNews](#) (17 December 2019)



- [What a 5,700-Year-Old Wad of Chewed Gum Reveals About Ancient People and Their Bacteria](#) -- The New York Times (17 December 2019)



- [Georgia's giant dumpling born from conquest](#) -- BBCtravel (17 December 2019)



- [A birthday candle in a banana: why fruit is by far the most offensive vegan dessert](#) -- The Guardian (16 December)

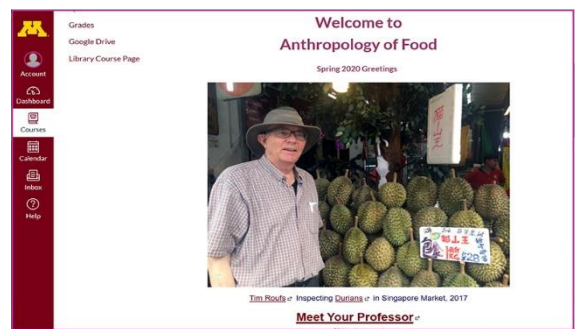


- [Feral Pigs Roam the South. Now Even Northern States Aren't Safe](#) – The New York Times (16 December 2019)



- [Poorest countries facing both obesity and malnutrition](#) – BBCNews (16 December 2019)
- [Can kitchen gardens combat climate change?](#) – BBCNews (14 December 2019)
- [Women Chefs and Farmers Are the Backbone of Detroit’s Food System](#) – Civil Eats (12 December 2019)
- [Why do Minnesotans call soda 'pop'?](#) – MPRNews (12 December 2010)
- ['Four hours to walk off pizza calories' warning works, experts say](#) – BBCNews (11 December 2019)
- [Why this cattle farmer moves his cows every day](#) – BBCNews (10 December 2019)
- [Farmer suicides are on the rise; here’s how to help](#) – MPRNews (10 December 2010)
- ['This will come back and bite us': water company and city officials knew about Flint lead risk](#) – The Guardian (10 December 2019)
- [From avocados to Instagram: the decade in food](#) – The Guardian (09 December 2019)
- [Poland's model gingerbread village lights up for Christmas](#) – BBCNews (09 December 2019)
- [Female farmers get the inside scoop on ag markets](#) – MPRNews (09 December 2010)
- [1.9 billion people at risk from mountain water shortages, study shows](#) – The Guardian (09 December 2019)
- [Avocados with edible coating to go on sale in Europe for first time](#) – The Guardian (09 December 2019)
- [A \(Grudging\) Defense of the \\$120,000 Banana](#) – The New York Times (08 December 2019)
- [Soupy study: Minestrone could be a secret weapon against malaria](#) – MPRNews (08 December 2010)
- ['Utterly delicious': top chefs on the best thing they ate in 2019](#) – The Guardian (08 December 2019)
- [Banana artwork that fetched \\$120,000 is eaten by 'hungry' artist](#) – The Guardian (08 December 2019)
- [News: Seychelles: The island nation with a novel way to tackle climate change](#) – BBCNews (08 December 2019)
- [Call It a Crime of Pasta: The famous pasta-making women of Bari, Italy, are worried that a crackdown on contraband orecchiette pasta could threaten their way of life](#) – The New York Times (07 December 2019)

- [On the Rooftops of Paris, a New Kind of Urban Garden](#) – The New York Times (06 December 2019)
- [The Topanga Tea Ceremony: Why does Los Angeles sit in the quiet?](#)– The New York Times (06 December 2019)
- [Denmark Raises Antibiotic-Free Pigs. Why Can't the U.S.?](#) – The New York Times (06 December 2019)
- [The Sitka tribe's struggle to save Alaskan herring – photo essay](#) – The Guardian (05 December 2019)
- [Nestlé cannot claim bottled water is 'essential public service', court rules](#) – The Guardian (05 December 2019)
- [They're Smelly and Spiky, and They Need Bats to Pollinate Them](#) – The New York Times (04 December 2019)



- [Nearly 700,000 Americans to lose food stamps under new Trump policy](#) – The Guardian (05 December 2019)
- [EU court ruling leaves sour taste for Italian balsamic vinegar producers](#) – The Guardian (04 December 2019)
- [Fake Meat vs. Real Meat](#) – The New York Times (03 December 2019)
- [Italy wants traditional Italian espresso to be inscribed on UNESCO's list of the Intangible Cultural Heritage of Humanity](#) – The New York Times (03 December 2019)
- ['Sugar overload' warning for festive hot drinks](#) -- BBCNews (03 December 2019)
- [Are Insect Guts the Secret to the Most Delicious Kimchi?](#) – Gastropod (03 December 2019)
- [China pork crisis prompts German sausage fears](#) -- BBCNews (02 December 2019)
- [Shmoo Cake, Persians and Spudnuts: Touring Canada's Regional Cuisine](#) – The New York Times (29 November 2019)

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

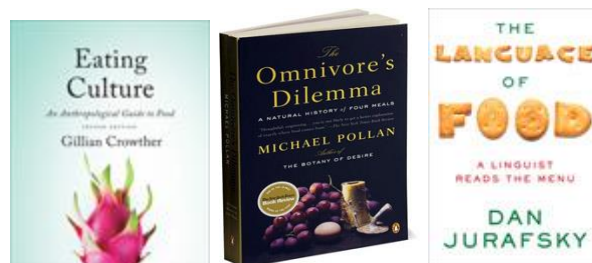
interesting and important articles on food around the world.

There is an excellent **Media Bias Chart** available to help you sort out the fake news from the rest, and to give you some indicating of the biases of others not regarded as purveyors of fake news and “alternative facts.” **When looking up information for this course, try to stay with the sources listed inside of the green triangle at the very top on the Media Bias Chart—unless, of course, your focus is on a topic something like the impact of fake news on European matters—which, as in America, can be substantial.**

Texbooks

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

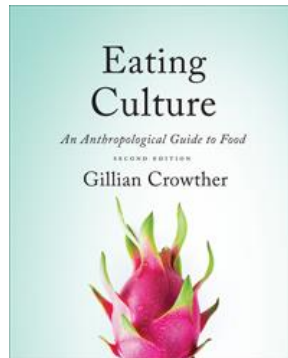
<http://www.d.umn.edu/cla/faculty/troufs/anthfood/aftexts.html>



The course anchor text is . . .

Eating Culture: An Anthropological Guide to Food, Second Edition

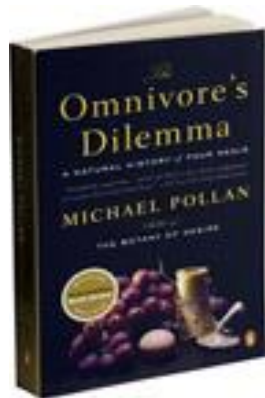
by Gillian Crowther, Professor of Anthropology at Capilano University in Vancouver,
BC (Toronto: University of Toronto Press, 2018).



Eating Culture: An Anthropological Guide to Food, Second Edition

is currently available on-line for \$40.37 new, \$19.90 used, and \$30.36 e-Textbook.

(+ p/h, where applicable, at amazon.com & eligible for FREE Super Saver Shipping on orders over \$25).
(25 December 2019)



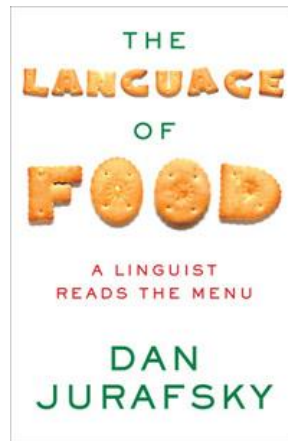
The Omnivore's Dilemma: A Natural History of Four Meals (2007)

an international run-away best seller,
is currently available on-line for \$10.96 new, \$1.19 used, \$11.99 Kindle, and
\$0.00 Audiobook.

(+ p/h, where applicable, at amazon.com & eligible for FREE Super Saver Shipping on orders over \$25).
(25 December 2019)

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 \$12.21 (ppbk.), \$2.00 used, \$9.99 Kindle, and \$0.00 Audiobook. (+ p/h, where applicable, at amazon.com & eligible for FREE Prime Shipping on orders over \$25).

(25 December 2019)

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, pointed out that ". . . 'creativity' was the factor most crucial for success found in an I.B.M. survey of 1,500 chief executives in 33 industries." (2014, 8).

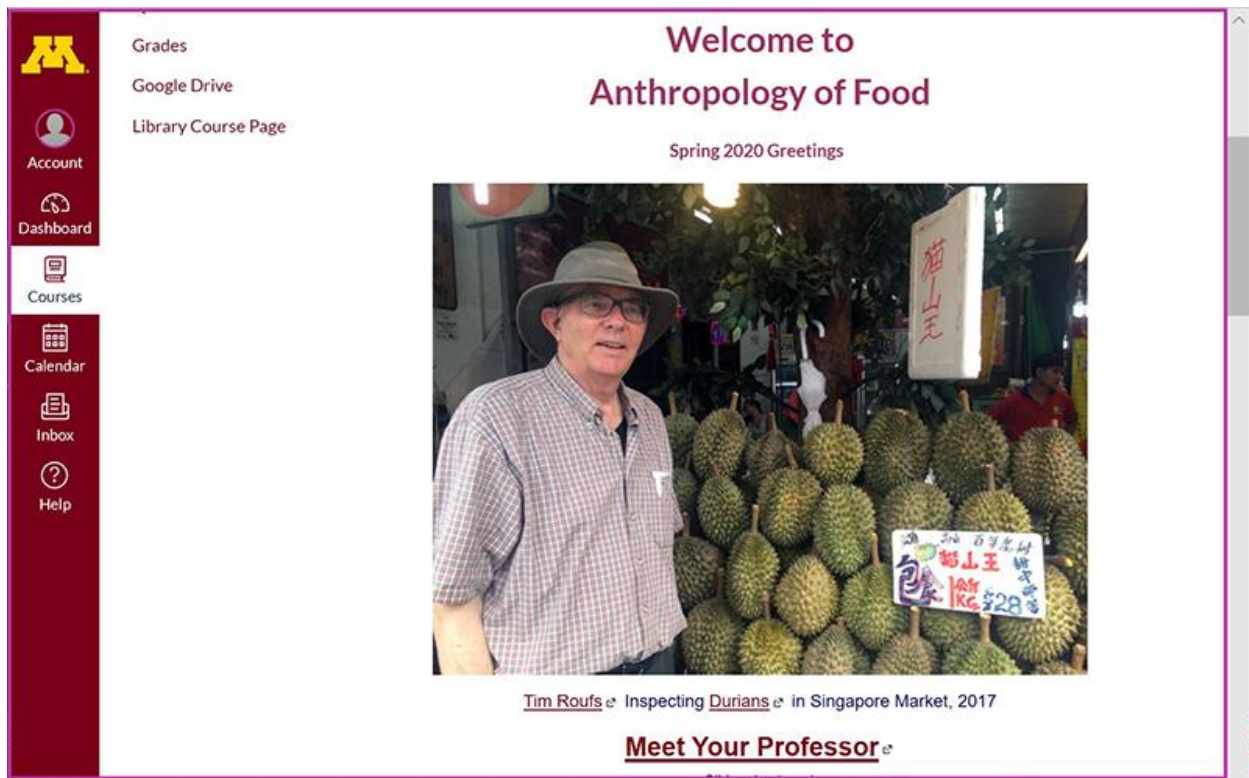
With all of the class materials **you will be expected to share your ideas and comments with others** in the **Class Forums** and wikis.

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](http://www.d.umn.edu/cla/faculty/troufs/anthfood/afhandout_first-day.html#title)" on-line at http://www.d.umn.edu/cla/faculty/troufs/anthfood/afhandout_first-day.html#title.

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



The screenshot shows a Canvas LMS interface. On the left is a dark red sidebar with icons for Account, Dashboard, Courses, Calendar, Inbox, and Help. The main content area has a white background with a purple border. At the top, it says "Welcome to Anthropology of Food" and "Spring 2020 Greetings". Below this is a photograph of a man wearing a hat and glasses, standing in a market stall filled with durians. A sign in the stall reads "猫山王" (Mao Shan Wang) and "1kg \$28". Below the photo is the caption "Tim Roufs Inspecting Durians in Singapore Market, 2017". At the bottom of the page, there is a link that says "Meet Your Professor".

Check the links on “Home” page . . .



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

ANTH 3888 (080)

2020 Spring (12/30/2019-0...

Recent Announcements

Welcome!

Posted on: Dec 17, 2019 at 1:21pm

ANTH 3888 (080) Anthropology of Food (Spring 2020)

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

Spring 2020 Greetings

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

AF Complete or Update Your Canvas "Profile" as Part of Your Introduction. due by 11:59pm

Fri Jan 17, 2020

AF Complete or Update Your Canvas Notification Preferences due by 11:59pm

AF Wk 1 Due: Self Assessment due by 11:59pm

(optional) Canvas Guide: User Settings and Profile Picture due by 11:59pm

(optional) Canvas Student Guide due by 11:59pm

(optional) Explore Canvas... due by 11:59pm

(optional) How to Turn Your Canvas Calendar On/Off due by 11:59pm

Sun Jan 19, 2020

AF Wk 2 For Fun Food Trivia: What were the American frontiersman Kit Carson's Last Words? due by 11:59pm

AF Wk 2 For Fun Food Trivia: What would Willie Nelson have his Last Supper be? One what? due by 11:59pm

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

If you are new to Canvas, explore the basics

Date	Assignment	Due Date
Fri Jan 17, 2020	AF Complete or Update Your Canvas "Profile" as Part of Your Introduction.	due by 11:59pm
	AF Complete or Update Your Canvas Notification Preferences	due by 11:59pm
	AF Wk 1 Due: Self Assessment	due by 11:59pm
Sat Jan 18, 2020	(optional) Canvas Guide: User Settings and Profile Picture	due by 11:59pm
	(optional) Canvas Student Guide	due by 11:59pm
	(optional) Explore Canvas ...	due by 11:59pm
	(optional) How to Turn Your Canvas Calendar On/Off	due by 11:59pm
Sun Jan 19, 2020	AF Wk 2 For Fun Food Trivia: What were the American frontiersman Kit Carson's Last Words?	due by 11:59pm
	AF Wk 2 For Fun Food Trivia: What would Willie Nelson have his Last Supper be? One what?	due by 11:59pm

Then checkout the other items that interest you most.

Date	Assignment	Due Date
Sun Jan 12, 2020	AF Week 1 Memo	due by 1am
	AF Wk 1 For Fun Food Trivia: What is longest word ever to appear in all of literature?	due by 11:59pm
Mon Jan 13, 2020	AF List of Readings for the Entire Semester	due by 1am
	AF Wk 1 Readings	due by 1am
Tue Jan 14, 2020	AF Wk 1 Introduce Yourself to the Class	due by 11:59pm
	AF Wk 1 Orientation (.pptx) / First Day Handout	due by 1am
Thu Jan 16, 2020	AF Wk 1 Getting Started	due by 2am
	AF Wk 1 Main Characteristics of Anthropology (intro .pptx)	due by 1am
	AF Complete or Update Your Canvas "Profile" as Part of Your Introduction.	due by 11:59pm

Have a look at it at <http://canvas.umn.edu/>.

Thanks / Questions

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
26 December 2019

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**.