

UNIVERSITY OF MINNESOTA

Duluth Campus

Department of Studies in Justice, Culture, & Social Change
College of Arts, Humanities, and Social Sciences

228 Cina Hall
1123 University Drive
Duluth, Minnesota 55812-3306
E-mail: troufs@d.umn.edu
ZOOM: <https://umn.zoom.us/my/troufs>
2 January 2022

Anthropology of Food Welcome



Direct Link
to Canvas

Available on-line in your  canvas folder at

2022 [Canvas Modules](#)

 = leave page



Tamalada, 1990
Carmen Lomas Garza
<https://carmenlomasgarza.com/>

Happy New Year!

Welcome!

General Orientation to the Course

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

In Vienna and Budapest and throughout much of Europe people were eating lintels on New Year's Day. Eating lintels helps you have a great new year. It is an old European tradition said to bring Good Fortune in the 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 next year on New Year's Day, eat plenty of lentils and pay special attention to the hearts. . . .**

Spanish eat "Twelve Grapes for Twelve Bells" at the stroke of midnight on New Years Eve, as tradition has it that eating twelve grapes, one for each stroke of midnight, will bring prosperity and luck in the new year.

(Spanish News Today)

If you missed out on these you can always go for the hidden gold coin or figure in the "King's Cake" on the Feast of the Epiphany, 6 January, a custom which is followed throughout the Christian world. (CNN travel; King's Cake -- Wikipedia)

I'm looking forward to Getting Underway.

If you haven't read my memos . . .

["Greetings" Memo](#)
(Textbooks)

of Sunday, 26 December 2021 [L](#),

my [”Canvas ‘Modules’ / ‘Sunday Memos’”](#)

(General Organization of Stuff)

Memo of Tuesday, 28 December 2021 [L](#)

and my [“Using the Canvas Modules” Memo](#)

(Keeping Track of Assignments and when things are Due)

Memo of Thursday, 30 December 2021 [L](#),

... please do that as they contain useful and important information about the course that will make your life much easier.

These are not required reading, but it would be a good idea to read them anyway.

(That’s a lot of stuff to read, but the “stuff” lightens up after next week.)

HIGHLIGHTS OF THIS NOTE:

Weekly Memos / Announcements

In the News (brief review)

Media Bias Chart

REM: Textbooks

A Note on the Exams

REM: The Course in a Nutshell

Structure

Content

Assignments

Readings for the Semester [L](#)

Thanks / Questions / Comments

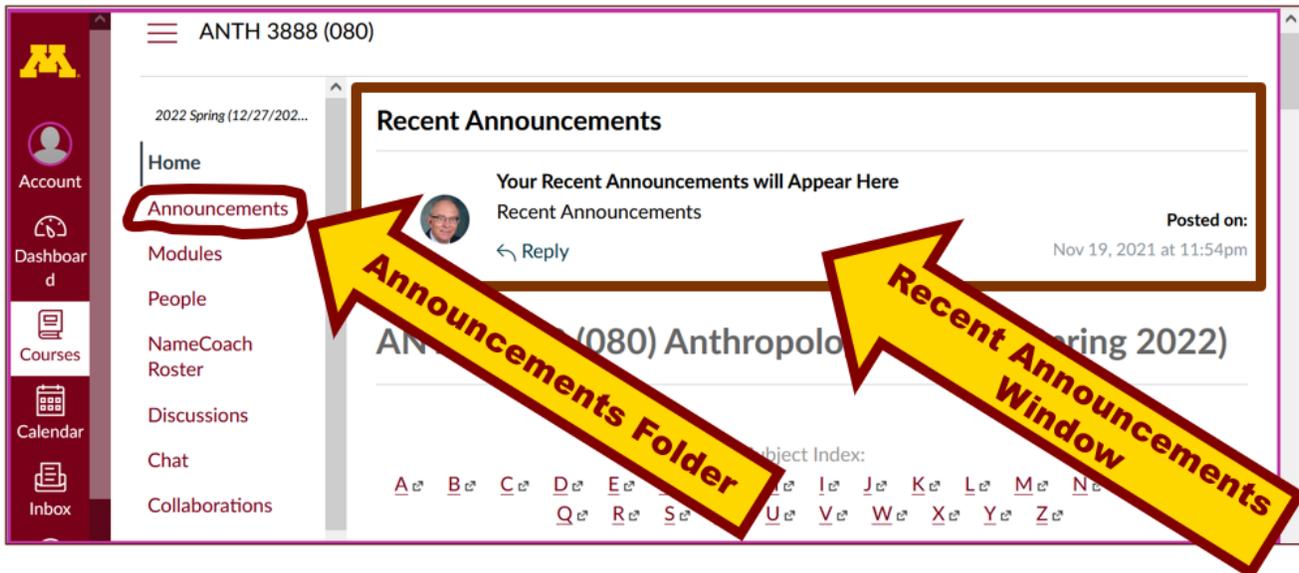
Weekly Memos / Announcements

Every week—usually on Sunday—you will receive a .pdf memo like this which outlines what’s happening for the week.

Each week you will get the “Sunday Memo” in your UM e-mail account (usually something like *123student@d.umn.edu*), and it will be available in your  **canvas** folder in two places . . . at the top of your Canvas “Home Page” and in your “Announcements” folder

REM: Links on screenshots are not “hot” (active)

When the semester starts the links on the memos will be “hot” (active) and they will take you to more detailed information.



These weekly memos mimic the Modules section of Canvas and contain lots of valuable and timely information, so pay careful attention to them. This materials is similar to, but more detailed than, the Canvas Modules information. They contain . . .

- The Weeks' **Assignments and Activities Schedules**
- **Due Dates** for the Weeks
- The Weeks' **Modules Summaries**
- **Reminders** for the Weeks
- Suggestions and Hints for **Exams**
- **Interesting tidbits** of the week, including **For-Fun Food Trivia** . . .
- **Optional links** that might be generally interesting and/or useful for example **Extra Credit Opportunities**
- Information on **In-Class Films and Videos**
(of which there will be many, starting next week)
- **Breaking News Items**

In the News (brief review)

In the “Greetings!” memo I mentioned that interest in food has never been higher, or more important. As for **“tomorrow’s headlines. . . . We’ll soon see what the future brings in the world of food.”** Food and food customs always seem to be in the news.*

(optional) **WEEKLY FOOD NEWS INCLUDES ITEMS LIKE:**
(These are examples for you to check out, if you are so inclined. Sometimes folks get ideas for their **term project** by looking at news items like these that have recently appeared, most since Christmas.)



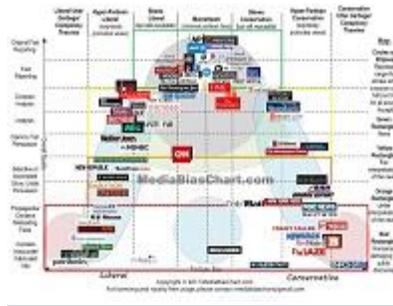
- [Haiti's New Year's Day soup has made headlines. But let's not be naive about its symbolism](#) -- [The Guardian](#) (01 January 2022)
 - [Culture in a bowl: Haiti's jomou soup awarded protected status by Unesco](#) - [The Guardian](#) (17 December 2021)
- [Time to stockpile olives? Shortages as delis are hit by new Brexit import rules](#) -- [The Guardian](#) (01 January 2022)
- [Ditching the diet – how I learned to accept the body I have](#) -- [The Guardian](#) (01 January 2022)
- [ARFID: 'My son's not a picky eater; he's scared of food'](#) -- [BBCNews](#) (01 January 2022)
- [Twelve grapes for twelve bells: a Spanish New Years Eve tradition explained](#) -- [Spanish News Today](#) (31 December 2021)
- [How the politics of prosecco explain what took the fizz out of the Democrats](#) -- [The Guardian](#) (31 December 2021)
- [French ban on plastic packaging for fruit and vegetables begins](#) -- [BBCNews](#) (31 December 2021)
- [They eat what? New Year's food traditions around the world](#) -- [CNN travel](#) (30 December 2021)
- [Why I switched to eating grandma's food](#) -- [BBCNews](#) (30 December 2021)
- [Syntropic agriculture: A new way of farming in dry climates?](#) -- [BBCNews](#) (30 December 2021)
- [Food fighters: Spain's annual Els Enfarinats battle – in pictures](#) -- [The Guardian](#) (29 December 2021)
- [A fan of black coffee and dark chocolate? It's in your genes, a new study says](#) -- [CNNFood](#) (29 December 2021)
- [Japan's whaling town struggles to keep 400 years of tradition alive](#) -- [The Guardian](#) (26 December 2021)
- [Food recalls have dropped off during the pandemic, but no one is entirely sure why](#) -- [MPRNews](#) (28 December 2021)
- [Spanish should eat less meat to limit climate crisis, says minister](#) -- [The Guardian](#) (26 December 2021)
- [A seed for all seasons: can ancient methods future-proof food security in the Andes?](#) - [The Guardian](#) (25 December 2021)
- ['A lot of abuse for little pay': how US farming profits from exploitation and brutality \[US farms made \\$200m via human smuggling and labor trafficking operation\]](#) -- [The Guardian](#) (25 December 2021)

- [**Ancient mass migration transformed Britons' DNA \[milk; lactose intolerance\]**](#) -- [BBCNews](#) (22 December 2021)
- [**The world's first octopus farm - should it go ahead?**](#) -- [BBCNews](#) (20 December 2021)
- [**Champagne bubbles: the science**](#)
-- [knowable MAGAZINE](#) (20 December 2021)
- [**How the turkey conquered Christmas**](#) [How a strange bird from Mexico became a Christmas staple] -- [BBCFuture](#) (16 December 2021)
- [**We Will Look Back on This Age of Cruelty to Animals in Horror**](#) -- [The New York Times](#) (16 December 2021)
-  [**The Strange World of Breatharianism**](#) -- (51 min., 2020)
 - “Breatharianism is a type of belief system started by Jasmuheen . . . that hypothesizes and claims to prove that humans can live without consuming solid foods. She called the process ‘Living on Light’”.
- [**Lobsters and crabs are sentient beings and shouldn't be boiled alive, UK report says**](#) -- [CNN](#) (22 November 2021)

(end of optional)

***Disclosure:** Items selected from on-line news sources will under normal circumstances be limited to sources classified as legitimate “News” (the green rectangle on the chart) and “*Fair Interpretations of the News*” (the yellow rectangle on the chart) by the authors of the

Media Bias Chart



**We'll be exploring many aspects of food—
cultural, nutritional, spiritual, social, political,
psychological, historical, prehistorical,
recreational, economic, technological, ethical,
and the like—so stay tuned.**

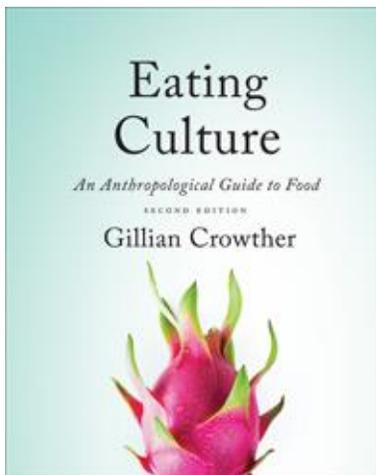
REM: Textbooks

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

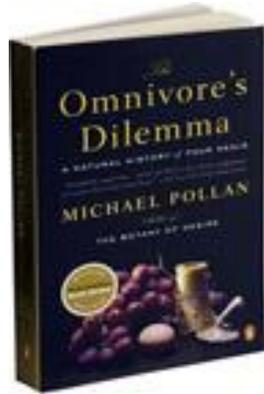
by Gillian Crowther, Professor of Anthropology at Capilano University in Vancouver, BC (Toronto: University of Toronto Press, 2018).



Eating Culture: An Anthropological Guide to Food, Second Edition

is currently available on-line for \$50.00 new ppbk., \$26.28 used ppbk., and Kindle \$31.16.

(+ p/h, where applicable, at amazon.com & eligible for FREE Super Saver Shipping on orders over \$25).
(23 November 2021)



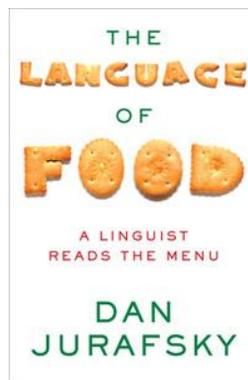
***The Omnivore's Dilemma:
A Natural History of Four Meals (2007)***

an international run-away best seller, is currently available on-line for \$17.59 new pbk., \$3.48 used pbk., \$9.99 Kindle, and 1 credit Audiobook.

(+ p/h, where applicable, at amazon.com & eligible for FREE Super Saver Shipping on orders over \$25).
(23 November 2021)

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

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



James Beard Award Nominee: Writing and Literature category

The Language of Food: A Linguist Reads The Menu

is currently available on-line new for \$8.95 pbk., \$1.02 used pbk., \$8.26 Kindle, and 1 credit Audiobook.

(+ p/h, where applicable, at amazon.com & eligible for FREE Prime Shipping on orders over \$25).
(23 November 2021)

A NOTE ON THE EXAMS

As I mentioned earlier, **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 WHAT I MENTIONED EARLIER:

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.

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 Education Life](#), 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). It still is. They still

are.

With all of the class materials **you will be expected to share your ideas and comments with others** in the Class *Discussions* 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 an editorial (Winter 2011-2012, p. 2); at least one major Editor in Chief thinks it's worth noting and imitating.
<http://www.d.umn.edu/cla/faculty/troufs/anthfood/index_online.html#KarlaDudley>

As I mentioned in the “Greetings!” memo . . .

REM:

THE COURSE *STRUCTURE* IN A NUTSHELL

Overall, this course consists of *three main segments*:

I Orientation and Background

Introduction

Basic Concepts

History

Theory

Methods and Techniques

II Exploration

Comparative / Cross-Cultural

Holistic ([holism slides.pptx](#))

Ethnographic Case Studies from the Real World:

Real People . . . Real Places from Around the Globe

III Student Presentations on Term Research Projects

THE COURSE *CONTENT* IN A NUTSHELL

primarily comes from the following sources . . .

MAIN MEMO FOR THE WEEK . . .

IN-THE-NEWS . . .

VIDEO EXPLORATIONS [↗](#) . . .

SLIDE PRESENTATIONS [↗](#) . . .

READINGS FOR THE WEEK [↗](#) . . .

OTHER ASSIGNMENT INFORMATION . . .

MIDTERM AND FINAL EXAMS [↗](#) . . .

RESEARCH PROJECT INFORMATION [↗](#) . . . **on a topic of your choice
related to the course**

DISCUSSIONS . . . **including your personal experiences**

(optional) **EXTRA CREDIT** [↗](#) . . . **on a topic of your choice related to the course**

OTHER (optional) . . .

PLEASE NOTE:

**Both the Midterm Exam and Final Exam are open-book/open-notes
essay exams.**

So there should be very little work and effort spent on memorizing

facts, other than, perhaps, where to go to find the information you are looking for.

More Information on Exams: Midterm / Final

[Additional General Course Information](#)

For the first part of the course much of the material for the week will be presented in the form of **text and video materials and on-line slide materials**. Please note that many of the slide sets go hand-in-hand with the materials in the anchor text. If your learning style is visual, focus first/more on the slides. **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 1) at **a series of additional video materials from around the world. The final section** will focus on your research projects.

Have a general once-over look at the . . .

Assignments and Events for Week 1

which are listed on your  canvas

“Modules” folder.

REVIEW the

[“Using the Canvas Modules” materials](#)
(Keeping Track of Assignments and when things are Due)
Memo of 30 December 2021¹², at

https://www.d.umn.edu/cla/faculty/troufs/anthfood/memos/weekly%20memos/af_Week_01c_using_modules_s2022.pdf.

Thanks / Questions / Comments

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

You will see. . . .

If you have any **questions** right now, please do not hesitate to post them on the  canvas “Discussions”, or e-mail troufs@d.umn.edu, or ZOOM <https://umn.zoom.us/my/troufs>. [e-mail is fastest].

I’m looking forward to “seeing” you in class next week.

Best Wishes,

Tim Roufs

2 January 2022

<http://www.d.umn.edu/~troufs/>

<https://umn.zoom.us/my/troufs>

[other contact information](#)

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**.