

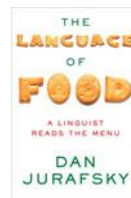
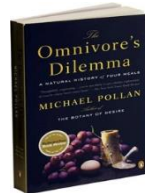
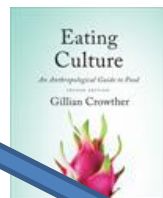
# UNIVERSITY OF MINNESOTA

Duluth Campus

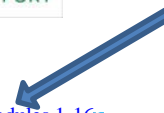
Department of Studies in Justice, Culture, & Social Change  
College of Arts, Humanities, and Social Sciences


228 Cina Hall  
1123 University Drive  
Duluth, Minnesota 55812-3306  
E-mail: [troufs@d.umn.edu](mailto:troufs@d.umn.edu)  
ZOOM: <https://umn.zoom.us/my/troufs>  
3 January 2024

Best  
over-all  
for the  
semester



Direct  
Links  
to Canvas



s2024 ["Sunday Memos"](#)  
s2024  [Module Pre-Term](#) [Modules 1-16](#)  
s2024 [Simple Syllabus](#) [.pdf](#)



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

**Class officially starts on Wednesday, 10 January 2024.**



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



# Happy New Year!

## Welcome!

### General Orientation to the Course

<b><u>1.0 What's Happening?</u></b> "Sunday Memos"	<b>2.0 Video Explorations</b>	<b>3.0 Slides</b>	<b>4.0 <u>Textbooks</u></b> <u>Readings for the Semester</u> <a href="#">↗</a>
<b>5.0 Other Assignments</b>	<b>6.0 *<u>Exams</u></b>	<b>7.0 Project</b>	<b>8.0 Discussion</b>
9.0 (optional) <b>For Fun Trivia</b>	10.0 (optional) <b>Extra Credit</b>	11.0 (optional) <b>Other</b>	(click links for details) <a href="#">↗</a> = leave page
(optional) <b>Live Chat</b> Tuesday 7:00-8:00 p.m.	(optional) <b><u>Questions / Comments</u></b>	<b><u>In the News</u></b> (brief review) <b><u>Media Bias Chart</u></b>	<b>Items DUE this week:</b> *enter on-line **upload file

**REM:**  
**The Course in a Nutshell**  
**Structure**  
**Content**

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 Tuesday, 26 December 2023 [↗](#),

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

**(General Organization of Stuff)**

Memo of Thursday, 28 December 2023 [↗](#),

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

**(skip if you are comfortable using Canvas "Modules)**

of Sunday, 31 December 2023 [↗](#),


**. . . 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.)

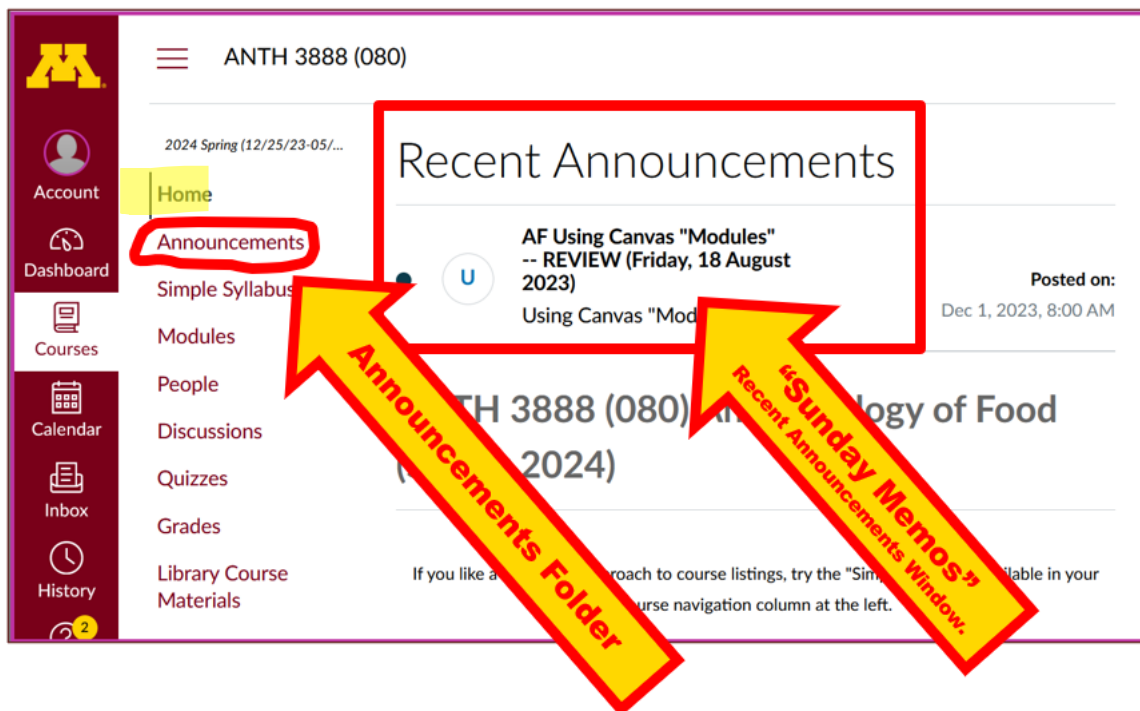
# Weekly Memos / Announcements

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) **RECENT FOOD NEWS INCLUDED 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.)

### January 2024

- [Audrey Richards and Margaret Mead, the founders of food anthropology](#) – [USAnews](#) (01 January 2024)
- [What should we expect for restaurant menus in 2024?](#) – [Nation's Restaurant News](#) (02 January 2024)
- Dilrukshi, E.A.C., Nishiyama, Y., Ito, K. *et al.* [Alleviation of acute stress response by black pepper aroma administration](#). *J Physiol Anthropol* **43**, 3 (2024). <https://doi.org/10.1186/s40101-023-00352-1> (02 January 2024)
- [What’s With All the Different Salts? Here’s How to Use Them](#) – [The New York Times](#) (02 January 2024)

- [Record Declines in Grain Prices May Ease Global Food Crisis](#) – [OilPrice](#) (02 January 2024)
- [Meat samplers sold at Sam’s Club \[in Minnesota\] linked to illness from Salmonella contamination](#) – [Food Safety News](#) (02 January 2024)
- [How Mexico City's biggest wholesale market is combating food waste](#) – [NPR](#) (02 January 2024)
- [One in three adults in UK and Ireland eat five or more daily portions of fruit and veg](#) – [The Guardian](#) (01 January 2024)
- [Half of Gazans Are at Risk of Starving, U.N. Warns](#) – [The New York Times](#) (01 January 2024)

#### December 2023

- [Old-School Recipes That Will Make A Comeback In 2024](#) – [SouthernLiving](#) (31 December 2023)
- [Foragers build a community of plants and people while connecting with the past](#) – [NPR](#) (29 December 2023)
- [What if ‘Food Noise’ Is Just ... Hunger?](#) – [The New York Times](#) (29 December 2023)
- [GRAINS-Corn faces biggest annual loss in a decade; wheat, soybeans down](#) – [Reuters](#) (29 December 2023)
- [Bill Granger: restaurateur remembered as ‘brilliant’ man who exported Australian food culture to the world](#) – [The Guardian](#) (27 December 2023)
- [9 Predictions for How We’ll Eat in 2024](#) – [The New York Times](#) (26 December 2023)
- [The Belgian waffle that brings New Year's luck](#) – [BBCTravel](#) (26 December 2023)
- [Proust Had Madeleines. I Have McNuggets](#) – [The New York Times](#) (24 December 2023)
- [How Christmas pudding tried to 'save' the British Empire](#) – [BBCTravel](#) (22 December 2023)
- [What’s Ahead in 2024? The Cookie Cutters Tell All](#) – [The New York Times](#) (19 December 2023)
- [Even Cows Need Some Holiday Cheer](#) – [The New York Times](#) (19 December 2023)
- [Is It Bad to Eat Late at Night?](#) – [The New York Times](#) (19 December 2023)
- [The Most Faked Foods In The World](#) – [Documentary Films](#) (17 December 2023)
- [Haiti’s gang wars having ‘cataclysmic’ impact on access to food staples](#) – [The Guardian](#) (28 November 2023)
- [China overtakes US as branded coffee shop capital of the world](#) – [The Guardian](#) (27 December 2023)
- [The Climate Summit Starts to Crack a Tough Nut: Emissions From Food](#) – [The New York Times](#) (12 December 2023)
- [Were Neanderthals soulful inventors or strange cannibals?](#) – [nature](#) (11 December 2023)
-  [Big Business: Food Empires videos](#) – [TopDocumentaryFilms](#) (10 December 2023)
- [Cop28 live: focus on food and agriculture as climate change summit continues rem global warming](#) – [The Guardian](#) (10 December 2023)
- [Big meat and dairy lobbyists turn out in record numbers at Cop28](#) – [The Guardian](#) (08 December 2023)
- [Did Fermentation Drive Human Brain Evolution?](#) – [Neuroscience](#) (08 December 2023)
- [Chinese garlic is a security risk, says US senator](#) – [BBCNews](#) (08 December 2023)
- [Hot Glazed Doughnuts on the Menu, and Parisians Can’t Get Enough](#) – [The New York Times](#) (07 December 2023)
- [Olive oil price skyrockets as Spanish drought bites](#) – [BBCNews](#) (05 December 2023)
- [I spent 20 years studying foods 100-year-old people eat—and this is the world's No. 1 healthiest breakfast](#) – [CNBC make it](#) (02 December 2023)

**November 2023**

- [Major United Nations climate summit will take aim at reducing meat consumption worldwide](#) – [salon](#) (29 November 2023)
- [Your chocolate bar - my family's struggle](#) – [BBCNews](#) (25 November 2023)
- [Canada's "super pigs" threaten to invade U.S.: States take action](#) – [AXIOS](#) (23 November 2023)
- [Salty much? These brain cells decide when tasty becomes blech](#) – [MPRNews](#) (23 November 2023)
- [The Juicy Secrets Behind Food Styling](#) – [The New York Times](#) (22 November 2023)
- [‘The Climate’s No Good’: The Hunt for White Truffles Gets Pricier](#) – [The New York Times](#) (22 November 2023)
- [Firms earn £53bn a year from UK smoking, excess drinking and junk food – study](#) – [The Guardian](#) (18 November 2023)
- [Colombia passes ambitious ‘junk food law’ to tackle lifestyle diseases](#) – [The Guardian](#) (10 November 2023)
- [What’s Cooking in the Kremlin? A Heady Mix of Propaganda and Paranoia](#) – [The New York Times](#) (08 November 2023)
- [Irishman Alan Fisher unseats Nigerian Hilda Baci as cooking marathon record holder](#) – [BBCNews](#) (07 November 2023)
- [Global wine production falls to 62-year low in 2023](#) – [BBCNews](#) (07 November 2023)
- [Anarsa: India's deep-fried taste of Diwali](#) – [BBCNews](#) (06 November 2023)
- [The shocking, stupendous rise of superhot chillies: ‘The stomach cramps can last for 14 hours’](#) – [The Guardian](#) (07 November 2023)
- [FAO report reveals hidden costs of agrifood systems](#) – [United Nations](#) (06 November 2023)
- [FDA to Finally Outlaw Soda Ingredient Banned Around The World](#) – [ScienceAlert](#) (06 November 2023)
- [‘On the brink of extinction’: a food historian’s hunt for ingredients vanishing from US plates](#) – [The Guardian](#) (05 November 2023)
- [The Norwegians are coming to Minnesota, and they're bringing lutefisk](#) – [Bring Me The News](#) (05 November 2023)
- [Comeback kipper: the fall and rise of Britain’s favourite breakfast fish](#) – [The Guardian](#) (04 November 2023)
- [Among American Chefs, the Israel-Hamas War Has Spread to Food](#) – [The New York Times](#) (03 November 2023)
- [Sea-lice outbreak on Icelandic salmon farm a ‘welfare disaster’, footage shows](#) – [The Guardian](#) (03 November 2023)
- [No new mental health support for farmers hit by floods](#) – [BBCNews](#) (02 November 2023)
- [Why surge pricing is coming at restaurants, online retailers and more](#) – [BBCWorklife](#) (01 November 2023)

**Earlier 2023**

- [The One Ingredient That Makes Rice 100x Better](#) – [thekitchen](#) (31 October 2023)
- [‘We feed the world’: Ukrainian farmers warn of war’s global effects](#) – [The Guardian](#) (12 April 2023)

(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



[Enlarge 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

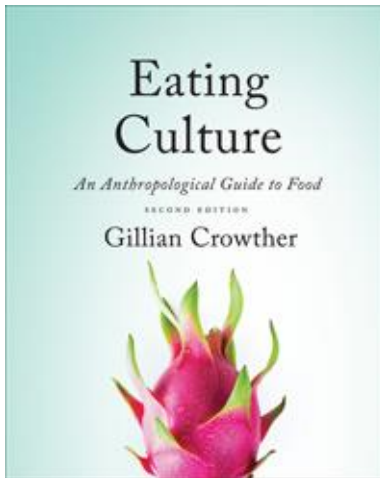
Detailed information on the textbooks for the course—there are three—can be found at <http://www.d.umn.edu/cla/faculty/troufs/anthfood/aftexts.html>.

The course anchor text is . . .



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

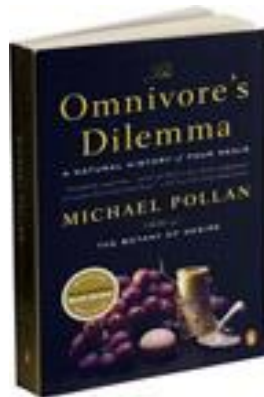
by Gillian Crowther, Professor of Anthropology at Capilano University in Vancouver,  
BC (Toronto: University of Toronto Press, 2018).



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

is currently available on-line for \$47.07 new pbk., \$19.37 used pbk., and Kindle \$37.64.  
(+ p/h, where applicable, at amazon.com & eligible for FREE Super Saver Shipping on orders over  
\$25)

(02 December 2023)



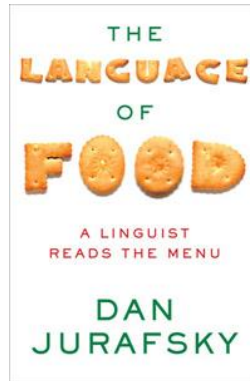
## ***The Omnivore's Dilemma: A Natural History of Four Meals (2007)***

an international run-away best seller, is currently available on-line for \$23.88 new pbk., \$4.87 used pbk.,  
\$14.99 Kindle.

(+ p/h, where applicable, at amazon.com & eligible for FREE Super Saver Shipping on orders over \$25).  
(02 December 2023)

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)



James Beard Award Nominee: Writing and Literature category

### ***The Language of Food: A Linguist Reads The Menu***

is currently available on-line new for \$7.58 ppbk., \$1.38 used ppbk., \$9.02 Kindle, and \$14.99 Audiobook. (+ p/h, where applicable, at amazon.com & eligible for FREE Prime Shipping on orders over \$25).  
(02 Decembers 2023)

## **AN IMPORTANT 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](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](#))<sup>↗</sup>

**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 . . .

- 1.0 **“Sunday Memos”** which contain information on . . .
- 2.0 **VIDEO EXPLORATIONS** . . .
- 3.0 **SLIDE PRESENTATIONS** . . .
- 4.0 **READINGS** for the week . . .
- 5.0 **OTHER ASSIGNMENT INFORMATION** . . .
- 6.0 **MIDTERM AND FINAL EXAMS** . . .
- 7.0 **RESEARCH PROJECT for the term** . . . on a topic of your choice related to the course
- 8.0 **DISCUSSIONS** . . . including your personal experiences
- 9.0 (optional) **FOR FUN TRIVIA** . . .
- 10.0 (optional) **EXTRA CREDIT** . . . on a topic of your choice related to the course
- 11.0 **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 **texts 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.**

Have a look at the

s2024 **“Using the Canvas Modules – REVIEW”** materials if you are still not comfortable using the Canvas Modules and finding what you are looking for in the listing

(skip if you are comfortable using Canvas "Modules")

Memo of Sunday, 31 December 2023 , at

<[https://www.d.umn.edu/cla/faculty/troufs/anthfood/memos/weekly%20memos/af\\_Week\\_01c\\_using\\_modules\\_review\\_only\\_s2024.pdf](https://www.d.umn.edu/cla/faculty/troufs/anthfood/memos/weekly%20memos/af_Week_01c_using_modules_review_only_s2024.pdf)> s2024

# 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](mailto: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

<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**.