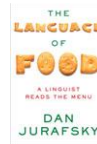
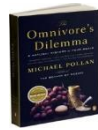
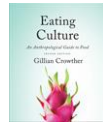


# UNIVERSITY OF MINNESOTA

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>  
20 August 2023



Direct Links  
to Canvas

Available on-line in your  canvas folder at <http://canvas.umn.edu> 

f2023 [Canvas Modules](#)

f2023 [Module Pre-Term](#)

f2023 [AF Simple Syllabus](#) .pdf



Tim Roufs Inspecting Durians in Singapore Market, 2017

**Class officially starts on Monday, 28 August 2023.**




**Tamalada, 1990**

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



# Welcome!

## General Orientation to the Course

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

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

## I'm looking forward to Getting Underway.

If you haven't read my memos . . .

**"Greetings" Memo**  
**(Textbooks)**  
of Sunday, 13 August 2023 [🔗](#),

**my "Canvas 'Modules' / 'Sunday Memos'"**  
**(General Organization of Stuff)**  
Memo of Wednesday, 16 August 2023 [🔗](#),

**and my "Using the Canvas Modules -- REVIEW" Memo**  
**(skip if you are comfortable using Canvas "Modules")**  
of Friday, 18 August 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.)

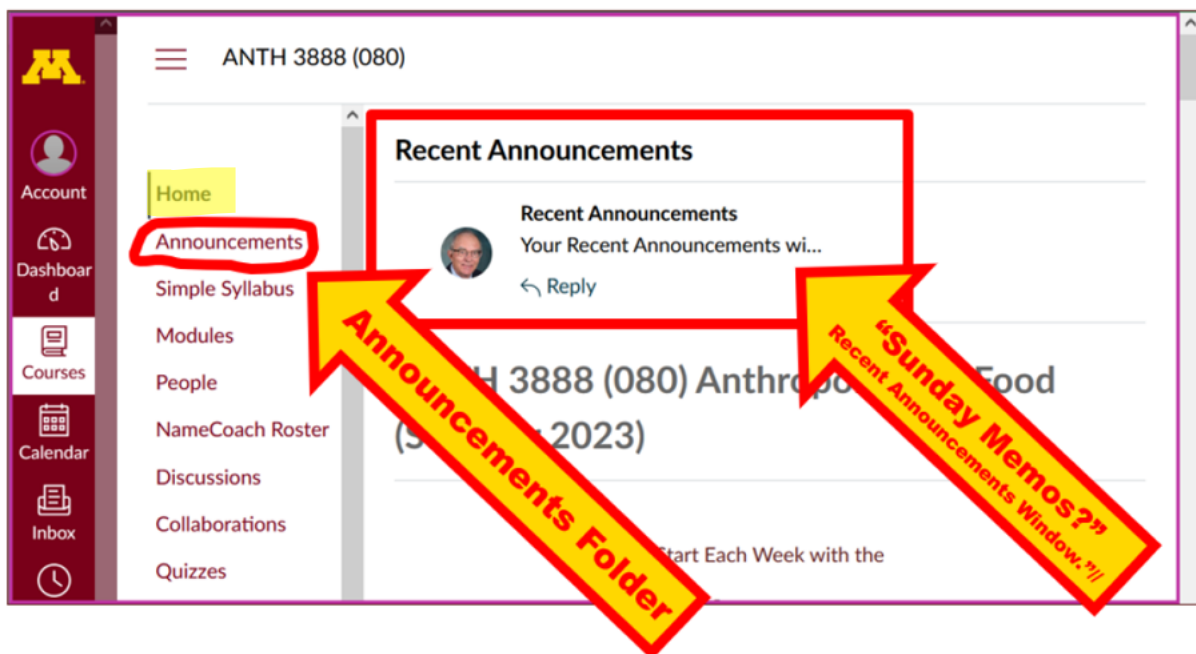
## Weekly Memos / Announcements

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 WEEKLY FOOD NEWS (SO FAR) 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.)



Bacon-Wrapped Waffle Dog

ranked 27<sup>th</sup> of the 34 new foods this year

Nordic Waffles

At West End Market, south section

(Courtesy of Minnesota State Fair.)

In Anthropology of Food we talk about “Festival Foods”. And few festivals bring out new foods like the

**MINNESOTA STATE FAIR**

<https://www.d.umn.edu/cla/faculty/troufs/anthfood/afstatefair.html#title>, which starts Thursday, the 24<sup>th</sup> of August, and runs through Labor Day, Monday, the 4<sup>th</sup> of September 2023. This year the Minnesota 2023 State Fair offers thirty-four official new foods to its two-million guests.

This year’s Minnesota State Fair features 300+ food vendors offering 500+ menu items—eighty of which are on-a-stick! Features this year include Fried Green Tomato Sandwich in Two Varieties–BLT and Vegetarian (ranked #1 of the 34 new foods this year), Crispy Lutefisk Steam Bun (ranked 34<sup>th</sup> of the 34 new foods this year), Dill Pickle Cheese Curd Taco, Galabao, Irish Butter Ice Cream, Over Brown Sugar Cinnamon Toast, Bacon-Wrapped Waffle Dog, Walleye Fritter Pops on a

stick, Pickle Fries, Miami Mango Pickles, “Kind of a Big Dill” Pickle Lemonade, Cloud Coolers in Three Flavors, and the list goes on . . .



Crispy Lutefisk Steam Bun

ranked 34<sup>th</sup> of the 34 new foods this year

Shanghai Henri's

At the International Bazaar, north wall

(Courtesy of Minnesota State Fair.)

- Iconic fried pickles vendor is set to debut new building at Minnesota State Fair – MPRNews (12 August 2024)
- Cheers! Here's your official list of 65 new beverages at the Minnesota State Fair – Twin Cities Pioneer Press (01 August 2023)
- 34 New Minnesota State Fair Foods, 2023: RANKED! – Minnesota Monthly (11 July 2023)
- Minnesota State Fair: New Foods for 2023 [Printable New Foods and Map]
- Minnesota State Fair Announces New Foods for 2023 – CBS News Minnesota (11 July 2023)

Other food items recently in the news include . . .

- At least 500 Bahraini prisoners on hunger strike over conditions – The Guardian (19 August 2023)
- Survival of wild rice threatened by climate change, increased rainfall in northern Minnesota – MPRNews (18 August 2023).

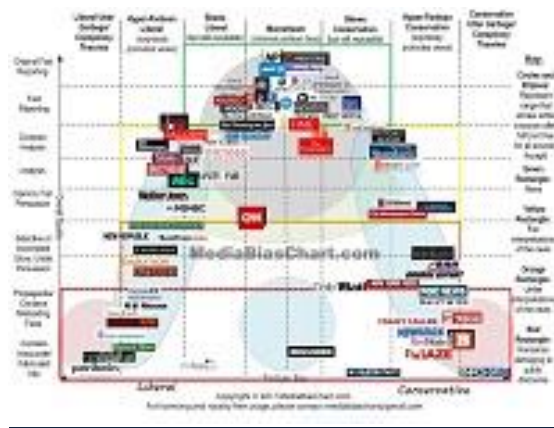
- [World Athletics Championships: Adam Gemili says he turned to food for comfort after poor form](#) – [BBCNews](#) (18 August 2023)
- [We Know Where New Weight Loss Drugs Came From, but Not Why They Work](#) – [The New York Times](#) (17 August 2023)
- [Back to the future for India's rice farmers](#) – [BBCNews](#) (15 August 2023)
- [The Guardian view on ultra-processed food: blame business, not consumers | Editorial](#) – [The Guardian](#) (13 August 2023)
- [Sharp rise in cost of food basics forces UK families 'to make desperate choices'](#) – [The Guardian](#) (13 August 2023)
- 
- [He Told Followers to Starve to Meet Jesus. Why Did So Many Do It?](#) – [The New York Times](#) (14 May 2023)
- [Has this food actually expired? Why label dates don't mean what you think](#) – [The Guardian](#) (14 May 2023)
- [When One Almond Gulps 3.2 Gallons of Water](#) – [The New York Times](#) (13 May 2023)
- [Excessive foraging for wild garlic and mushrooms in UK 'a risk to wildlife'](#) – [The Guardian](#) (11 May 2023)
- [New York City passes law barring weight discrimination](#) – [The New York Times](#) (12 May 2023)
- [Some Neanderthals hunted bigger animals, across a larger range, than modern humans](#) – [The Conversation](#) (11 May 2023)
- [Why Do American Diners Have Such a Limited Palate for Textures?](#) – [The New York Times](#) (08 May 2023)
- [The Link Between Highly Processed Foods and Brain Health](#) – [The New York Times](#) (05 May 2023)
- [Bunting, biscuits, beer - Brits spend on Coronation](#) – [BBCNews](#) (06 May 2023)
- [Asada: The true essence of Mexican barbecue](#) – [BBCTravel](#) (6 May 2023)
- [How Eating Ultraprocessed Foods Can Affect Your Mental Health](#) – [The New York Times](#) (04 May 2023)
- [8,400 eggs and a 3.5-metre frying pan: New Caledonia bonds over giant omelette](#) – [The Guardian](#) (28 April 2023)
- [Beauty ideals were as tough in the middle ages as they are now](#) – [The Conversation](#) (28 April 2023)
- [Higher Food Prices Bring Bigger Profits, but Consumers Start to Resist](#) – [The New York Times](#) (28 April 2023)
- [An Unlikely Source of Prehistoric Food Identified](#) – [Archaeology](#) (27 April 2023)
- [This Week's Tiniest Social Media Drama Is About Olive Oil](#) – [The New York Times](#) (29 April 2023)
- [Kenya starvation cult: What's known about its leader from his own sermons?](#) – [BBCFuture](#) (26 April 2023)
- [Peru's 'fast and furious' blueberry boom](#) – [BBCFuture](#) (27 April 2023)
- [The muddy history of Brown Windsor Soup](#) – [BBCTravel](#) (26 April 2023)
- [Activity snacking may help with type 1 diabetes – study](#) – [BBCNews](#) (24 April 2023)
- [The 'right' way to eat sushi: Tips from the experts on sushi rules to follow](#) – [BBCTravel](#) (20 April 2023)
- [Food prices rise at fastest rate for 45 years rem inflation: UK inflation: Supermarkets say price rises will ease soon](#) – [BBCNews](#) (19 April 2023)
- [Gallo pinto: Costa Rica rice and beans](#) – [BBCTravel](#) (15 April 2023)
- [Künefe: The beloved dessert rebuilding Turkey](#) – [BBCTravel](#) (18 April 2023)
- [What a Girl's Goat Teaches Us About Our Food](#) – [The New York Times](#) (15 April 2023)
- [Where people drink beer for breakfast: Known as a "Weißwurstfrühstück", this traditional sausage-pretzel-and-beer-breakfast might be Germany's most "German" meal](#) – [BBCTravel](#) (13 April 2023)
- [The Great Goat War of Southern France](#) – [The New York Times](#) (14 April 2023)
- [Texas dairy farm explosion kills 18,000 cows](#) – [BBCNews](#) (13 April 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

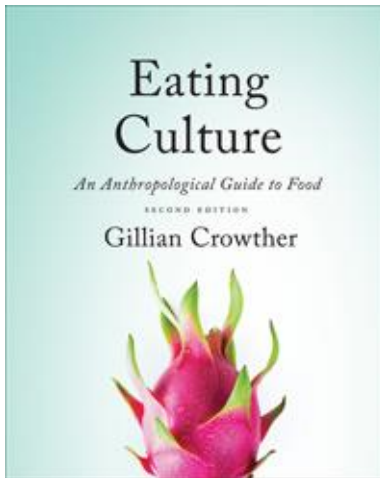
Detailed information on the textbooks for the course—there are three—can be found at <http://www.d.umn.edu/cla/faculty/troufs/anthfood/aftexts.html>.

The course anchor text is . . .



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

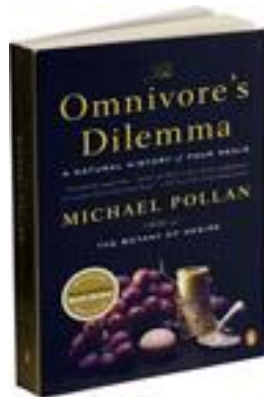
by Gillian Crowther, Professor of Anthropology at Capilano University in Vancouver,  
BC (Toronto: University of Toronto Press, 2018).



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

is currently available on-line for \$56.00 new pbk., \$26.11 used pbk., and Kindle \$37.64.  
(+ p/h, where applicable, at amazon.com & eligible for FREE Super Saver Shipping on orders over  
\$25) The new edition of *Eating Culture* is expected to be out in November 2023.

(4 May 2023)



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

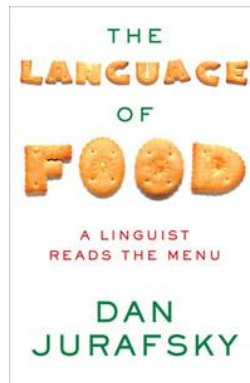
an international run-away best seller, is currently available on-line for \$22.99 new pbk., \$4.87 used pbk.,  
\$14.99 Kindle, and 1 credit Audiobook.

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

(4 May 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 \$9.49 pbk., \$1.11 used pbk., \$9.02 Kindle, and 1 credit Audiobook. (+ p/h, where applicable, at amazon.com & eligible for FREE Prime Shipping on orders over \$25).

(4 May 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 . . .

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

f2023 **“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 Friday, 18 August 2023 , at

<[https://www.d.umn.edu/cla/faculty/troufs/anthfood/memos/weekly%20memos/af\\_Week\\_01c\\_using\\_modules\\_review\\_only\\_f2023.pdf](https://www.d.umn.edu/cla/faculty/troufs/anthfood/memos/weekly%20memos/af_Week_01c_using_modules_review_only_f2023.pdf)>. f2023

# 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**.