Fall 2004 History 1M  
History of Food in America  
M 1:15-4

History 1M will explore the history of the cultivation, trade and consumption of food stuffs in North America from European contact with the New World to the middle of the nineteenth century. The course will help students interrogate the link between food and culture, agricultural development and population expansion as well as economic development and the role of the state. Along with analysis of the Columbian Exchange, students will engage in discussions of nutrition, animal husbandry, food preparation, and the manufacture of alcoholic beverages.*

Grades for this course will be based upon written assignments and presentations, quizzes, and class participation and attendance.

Written assignment – One research paper due December 14. Over the course of the term students will be required to submit the following materials:
1) Plant identification sheet,  
2) Bibliography sheet,  
3) Topic sheet,  
4) Rough draft  
5) Final paper.

Quizzes – There will be three in class quizzes for this course. Quizzes will be based upon assigned reading material.

Class participation and attendance - Students are required to attend all classes for successful completion of the course. Unexcused absences will result in a lower grade. Repeated absences have a detrimental effect on learning therefore; regular classroom attendance is expected in this course. Students are urged to complete the reading in advance of class time to facilitate an informed discussion. All students are encouraged to participate in classroom discussions.

*Warning: Students will study materials which focus on the hunting and dressing of animals for human consumption. No exceptions will be made for students who are discomforted by or opposed to discussions of the eating of animal flesh.
The following texts are required reading. These books are available for purchase in the bookstore and on reserve in McCable library.


Jordan, Terry G. *North American cattle-ranching frontiers: origins, diffusion, and differentiation*,

Kurlansky, Mark, *Cod: A biography of the fish that changed the world*

Mancall, Peter, *Deadly medicine: Indians and alcohol in early America*

Mintz, Sidney W. *Sweetness and Power: The place of sugar in modern history*,

Nelson Foster, Linda S. *Chilies to Chocolate*

Stoll, Steven, *Larding the Lean Earth: Soil and Society in Nineteenth Century America*,

Theophano, Janet, *Eat My Words: Reading Women's Lives through the Cookbooks They Wrote*,


Lecture and readings schedule

Week I  The Columbian Exchange
Where are we? What was here? What did the “discoverers” bring?
Reading: The American People, Chapters 1 & 2
   Chilies to Chocolate, Chapter 1

Week II  Sugar is bittersweet
The sugar revolution, slavery and changing European diets
Reading:
   Sweetness and Power
   Chilies to Chocolate, Chapter 3 & 8

Week III  Out of Africa
Food and Culture of the “forced” migrants
Reading: “The Health of Slaves and Free black sin the East"
   Rice and Slaves, Chapter 4
   Africa in America, Chapter 6

Week IV  Feeding the “City on the Hill”
Agriculture among the Pilgrims and Puritans
Reading: Changes in the Land
   The American People, Chapters 3-4

Week V  From “noble savages” to the “Indian Problem”
First nation peoples encounter “fire water”
Reading: Deadly medicine
   Chilies to Chocolate, Chapter 4
   The American People, Chapters 5 & 6

Week VI  Harvesting the bounty of the sea
Fishing, Whaling and the maritime industry
Reading: Cod
   The American People, Chapters 7-9

Week VII  Stay or “Go West Young man”?
The challenge of land use and lure of western expansion
Reading: Larding the Lean Earth
   The American People, Chapters 10 &12

Week VIII  This here is cattle country!
Replacing the Indians with cowboys
Reading: North American cattle-ranching frontiers, Chapters 1-7
   “Power Steer” by Michael Pollan
   The American People, Chapter 13
Week IX  Bread – the staff of life
Grain production in the Americas
Reading: Chilies to Chocolate, Chapter 2, 9
“Early Chemical Leavening,” Part I & II

Week X  “Nothing with a face”
19th century vegetarianism
Reading:
Sex, Diet and Debility in Jacksonian America
Chapters 1 & 3

Week XI  Soup from a can – fancy that!
Modern food preservation
Reading: “Canning,” in Pickled, Pitted and Canned

Week XII  “A Woman’s work is never done”
Who’s at the stove? And what are they cooking?
Reading: Eat My Words.

Week XIII  CLASS PRESENTATIONS
Week XIV  CLASS PRESENTATIONS