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 assignments – Research paper due May 1, 2007.
Over the course of the term students will be required to submit the following materials:
2) Topic sheet – February 20.
3) Bibliography – March 6.
4) Rough draft – April 3.
5) Final paper – May 1.

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.

*Caution: Students will study some 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 McCabe library.

Anderson, Virginia DeJohn, *Creatures of Empire*

Carney, Judith, *Black Rice*

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*


*The American People* Volume I Nash/Jeffrey

Several articles (also required reading) are posted on Blackboard for this class:


Michael Pollan, “The Potato,” an excerpt from *The Botany of Desire: A Plant’s-eye view of the world*

Michael Pollan, “Power Steer,” NY Times March 31, 2002

“How to Field Dress Venison,” Michigan State University Extension

“Early Chemical leavenings,” Joy of Historical Cooking.

Peter Linebaugh and Marcus Rediker, “Wreck of the Sea-Venture” excerpted from *The Many-Headed Hydra*

Stephen Nissenbaum, “Vegetarianism” & “Sex: The Pathology of Desire,” excerpted from *Sex, Diet, and Debility in Jacksonian America*

Sue Shepard, “Canning,” excerpt from *Pickled Potted and Canned: How Art and Science of Food Preserving changed the world*

Keith Stavely and Kathleen Fitzgerald, “The Beautiful Noble Eare,” excerpted from *America’s Founding Food*
Lecture and readings schedule

Week I  Orientation – What is the history of food and why study it?
Reading: “Birth of the Modern Diet”

Week II  The Columbian Exchange
What was here? What were the “discoverers” seeking?
What did they bring?
Reading: “The Wreck of the Sea-Venture”
“This Beautiful Noble Eare”
The American People, Chapters 1 & 2
Chilies to Chocolate, Chapter 1

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

Week IV  Out of Africa
Food and Culture of the “forced” migrants
Reading: Black Rice

Week V  Feeding the “City on the Hill”
Agriculture among the Pilgrims and Puritans
Reading: Creatures of Empire
The American People, Chapters 3-4

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

Week VIII  Stay or “Go West”?
The challenge of land use and lure of western expansion
Reading: Larding the Lean Earth
The American People, Chapters 10 & 12
“How to Field Dress Venison”

Week IX  This har’ is cattle country!
Replacing the Indians with cowboys
Reading: “Power Steer” by Michael Pollan
Excerpt from North American Cattle Ranching Frontiers
The American People, Chapter 13

Week X  Bread – the staff of life
Grain production in the Americas
Reading: Corn and Capitalism
Chilies to Chocolate, Chapter 2, 9
“Early Chemical Leavening,” Part I & II

Week XI  “Nothing with a face”
19th century vegetarianism/social reform through diet
Reading: Sex, Diet and Debility in Jacksonian America
Chapters 1 & 3

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

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

Week XIV  CLASS PRESENTATIONS