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## **Fall 2013 History 1M History of Food in America M1:15-4**

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 13  
Over the course of the term students will submit the following materials:

- 1) Plant identification sheet - September 16
- 2) Bibliography sheet – October 7
- 3) Topic sheet – October 21
- 4) Rough draft – November 25
- 5) Final paper – December 13

**Quizzes** – There will be a few in-class quizzes for this course. Quizzes will be based upon assigned reading material.

### **History Department Policies on Attendance & Communication:**

**Students are required to attend all classes. Unexcused absences will result in a lower grade for the course. If you are having a medical or personal emergency, please contact the Dean's Office as well as the instructor of the course. It is your responsibility to inform your instructor as soon as possible. It is essential that you check your email on a regular basis since History professors will contact you via email. We also expect you to use email to contact History professors.**

Repeated absences have a detrimental effect on learning therefore; regular classroom attendance is expected in History 1M. 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.

Carney, Judith, *Black Rice: The African Origins of Rice Cultivation in America*  
Eden, Trudy, *The Early American Table*  
Ligon, Richard A True and *Exact History of Barbados*  
Kurlansky, Mark, *Cod: A biography of the fish that changed the world*  
Mintz, Sidney W. *Sweetness and Power: The place of sugar in modern history,*

**\*\*Michael W. Twitty: “Fighting Old Nep: The Foodways of Enslaved Afro-Marylanders” \*\*  
must be purchased from the History Department office.**

Additional reading for this course is posted on Moodle:

Virginia DeJohn Anderson, Virginia DeJohn, *Creatures of Empire*, Chapter 1 & 2  
Karen and Michael Jacobbo, *Vegetarian America*, Chapter 3  
“How to Field Dress Venison,” Michigan State University Extension  
Sue Shepard, “Canning,” excerpt from *Pickled Potted and Canned: How Art and Science of Food Preserving changed the world.*  
Steven Stoll, *Larding the Lean Earth: Soil and Society in Nineteenth Century America*, Section 1

### **Lecture and readings schedule**

Week I September 2: What is food?  
How should we eat? Culture, food and meaning  
Reading: *The Early American Table*, Introduction and Chapters 1-3

Week II September 9: The Columbian Exchange  
Where are we? What was here? What did the “discoverers” bring?  
Reading: *A True and Exact History of Barbados*

Week III September 16: Sugar is bittersweet  
The sugar revolution, slavery and changing European diets  
Reading: *Sweetness and Power*  
**(Plant identification sheet due – Sept. 16)**

Week IV September 23: Out of Africa  
Food and Culture of the “forced” migrants  
Reading: *Black Rice*

Week V September 30: Feeding the “City on the Hill”  
Agriculture among the Pilgrims and Puritans  
Reading: *Creatures of Empire*, chapters 1 & 2

Week VI October 7: **GUEST LECTURER: MICHAEL W. TWITTY**  
Reading: *Fighting Old Nep: The Foodways of Enslaved Afro-Marylanders 1634-1864,*

Moodle: F.D. Opie, Hog and Hominy, Chapter 1 & 2

\*\*\*\*\*FALL BREAK OCT 12-20\*\*\*\*\*

Week VII October 21: Harvesting the bounty of the sea  
Fishing, Whaling and the maritime industry

Reading: Cod

**(Topic sheet due – Oct. 21)**

Week VIII October 28: Stay or “Go West Young man”?  
The challenge of land use and lure of western expansion

Moodle: Larding the Lean Earth, Section 1

Week IX November 4: This here is cattle country!

Bigger stronger faster – Up breeding cattle in America

Moodle: How to Butcher a Chicken & How to Field Dress Venison

Week X November 11: “Nothing with a face”

19<sup>th</sup> century vegetarianism

Moodle: Vegetarian America, Chapter 3

Week XI November 18: A Women’s work is never done....

Modern food preservation

Moodle: Pickled, Potted and Canned, Part 1 & 2

**(ROUGH DRAFT DUE NOV. 20 PLEASE SUBMIT ELECTRONICALLY)**

Week XII November 25: CLASS PRESENTATIONS

Week XIII December 2: CLASS PRESENTATIONS

\*\*\*\*\*HARD COPY OF FINAL PAPER DUE DECEMBER 13\*\*\*\*\*