CAROLINA COOKS carolina eats

AMST 375.00 | Spring 2015
Tues &Thurs, 11-12:15 PM | 2131 Kenan Music Building

LEAD FACULTY
Dr. Marcie Cohen Ferris
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M. Ferris Office hours: Tues., 3:30-4:30 PM ferrism@email.unc.edu

Dr. Sharon Holland
Office: 227 Greenlaw, Department of American Studies
S. Holland Office hours: Tues./Th., 1-2 PM pasharon@email.unc.edu

TEAM FACULTY
Dr. Alice Ammerman, Director, Center for Health Promotion and Disease Prevention, Professor, Department of Nutrition, Gillings School of Global Public Health, UNC-CH, alice_ammersman@unc.edu

Molly Demarco, Research Fellow and Project Director, Center for Health Promotion & Disease Prevention, UNC-CH, molly_demarco@unc.edu

COURSE COORDINATOR
Laura Fieselman, lciesel@live.unc.edu

TEACHING ASSISTANTS:
Victoria Bouloubasis, vickyb@live.unc.edu; MA candidate, UNC-CH Folklore Master’s Program
Katy Clune, clune@live.unc.edu; MA candidate, UNC-CH Folklore Master’s Program

CLASS RESOURCE LIBRARIAN:
Stewart Varner, American Studies Librarian, svarner@email.unc.edu

SUMMARY
Carolina Cooks, Carolina Eats (CC/CE) explores the history and contemporary politics of food in five regions of North Carolina: the coast, eastern Carolina, the Piedmont, western Carolina, and the state’s borderlands. Organized around selected core foods in each region, themes include southern history and culture (food and race, class, gender, ethnicity, and place), environmentalism and sustainability, public health/nutrition, activism, immigration, globalism, gender and sexuality, and justice. An oral history project developed in collaboration with community members sends students into the field to document our state’s relationship with cooking and eating as a lens onto national and global food issues. Farmers, chefs, activists, and statewide leaders of the food movement will join us in the classroom.

GOALS
By the end of the semester students will:
• Understand the historical and contemporary food landscapes and voices of North Carolina, and the implications of these worlds on your own food choices and practices.
• Utilize interdisciplinary food studies methodologies in the university and in the larger community to gain knowledge and a deeper perception of North Carolina’s historical, economic, political, cultural, and social fabric.
- Synthesize data from different sources to produce a range of written and digital work, including critical essays, ethnographic fieldwork, and a capstone oral history project including recorded interviews, photography, and video.
- Demonstrate power of engaged scholarship, research, and service to the state of North Carolina and UNC-CH.

CLASSROOM CLIMATE
Please be on time for class, come prepared to participate, speak respectfully to others, and listen to new or different perspectives. We will not discriminate against or criticize each other based on gender, ethnic origin, sexual orientation, disability, or any other factor. Behavior that violates this classroom climate policy will not be tolerated.

LAPTOPS, SMARTPHONES & OTHER PERSONAL
You are welcome to bring your laptop, and/or tablets to class and use these devices to take notes, access readings we’re discussing, and support class-related activity. Please abstain from non-class-related activity that distracts you and those around you, such as shopping online, checking sports scores, sending texts, doing homework, completing organizational tasks, etc. All devices should be on silent during class.

SAKAI
Discussion boards, assignment prompts, study guides, links to assigned readings for each class, and other useful research resources are available on the UNC Sakai interface and the AMST 375 web page. Go to: https://sakai.unc.edu/portal and click on the AMST 375 tab. You can reach our AMST 375 library webpage through Sakai or here: http://guides.lib.unc.edu/s15_amst375

ATTENDANCE
This course relies on in-class discussions and activities, so it’s critical to attend class and keep up with the readings. Absences, excessive or consistent tardiness (or early departures), and lack of quality contributions to class will affect your participation grade. In the event of emergency or serious illness, please keep in touch via email. A doctor’s note or other documentation is not necessary unless you have missed 3 class meetings. A sign-in sheet will be distributed at the beginning of each class; it is your responsibility to make sure you’ve signed in. Every absence after 3 class meetings will result in 10 points being deducted from your overall grade.

ASSIGNMENTS
SAKAI DISCUSSION FORUM POSTINGS | 10% of overall grade
Each week class meets, you are responsible for two posts to the Sakai Forums:

One post should be 200-300 words long and should critically connect and reflect upon readings, guest lectures, and course themes. Choose one subject and dig into it, distilling its NC food voice (more on this in the first week of class) and asking thoughtful questions. We will draw from these posts to create the carolinacooks.web.unc.edu blog, so consider a public audience and demonstrate your best writing skills.

The other post is a NC food journal entry, of sorts. Take a photo of something you eat during the week--think NC--and upload the photo as an attachment. Directly in the forum text, use 75 words or less (that’s about two good sentences) to describe the food and its connections to our course readings, lectures, and themes. We will draw from these photos and posts for our class Instagram feed, so again, consider a public audience and best writing practices.

Title your forum posts as follows and place in the correct week’s folder on Sakai by 4:49pm on Friday afternoon (at which point the postings for that week will close): "Lastname_critical reflection_Title" OR "Lastname_food journal_Title". Examples: "Ferris_critical reflection_Gender and Fishing in NC" OR "Holland_food journal_Tater Tots"
ASSIGNMENT
Assignment prompts—specific guidelines for the following assignments—will be posted on Sakai under “Assignments.”

<table>
<thead>
<tr>
<th>ASSIGNMENT</th>
<th>GRADE</th>
<th>DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sakai Discussion Forum Posts</td>
<td>15%</td>
<td>THROUGHOUT (15 total)</td>
</tr>
<tr>
<td>North Carolina Federal Writers’ Project: Finding the Food</td>
<td>10%</td>
<td>Tues, Feb. 3</td>
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<tr>
<td>Midterm Exam</td>
<td>20%</td>
<td>Thurs, Mar 5</td>
</tr>
<tr>
<td>Capstone Oral History Project</td>
<td>35%</td>
<td>Thurs, Apr 23</td>
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<tr>
<td>Final Exam</td>
<td>20%</td>
<td>Tues, Apr 28</td>
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GRADE
The final grade is computed from the total marks and faculty assessment of your work throughout the semester and your contribution to the class.
A (94-100), A- (91-93), B+ (88-90), B (84-87), B- (81-83), C+ (78-80), C (74-77), C- (71-73), D+ (68-70), D (64-67), D- (61-63), F (<61)

DUE DATES & LATE WORK
All written assignments are due during class on the date specified on the syllabus. An assignment turned in any time after the end of class on the due date, or any time the next day, will be considered one day late and will be assessed a 10% penalty. The 10% penalty will continue to be applied for each additional day the assignment is late.

If you must miss class and an assignment is due, make arrangements to turn it in early. It is your responsibility to keep a copy of each assignment in case the original is misplaced; faculty and teaching assistant are not responsible for missing assignments, which will be subject to the late penalty.

You will receive no penalty for work due on a day for which you have a legitimate and documented absence. It is your responsibility to provide documentation for a legitimate excuse within three days of the missed class period. If you do not meet this deadline, late work will not be excused.

GRADE APPEALS
During the semester, you must wait at least overnight after receiving a grade to schedule an appointment for a grade appeal. Please use this time to review the grade critique and formulate a logical argument for appeal. Your appeal must be written, with the assignment or exam and the grading evaluation attached to the written appeal. These materials must be provided to faculty and/or teaching assistant at least one day before the grade appeal meeting. Grade appeals must be made within one week of receiving the grade.

FINAL COURSE GRADES MAY NOT be appealed after 48 hours following the final exam.

POSTING GRADES
UNC complies with the Family Educational Rights and Privacy Act, which provides for the protection of your personal records, including grade information. Grade information is provided in a secure format using the Sakai gradebook, but grades will not be given out over the phone, mailed early, or distributed to your personal e-mail account.

GRADE OF INCOMPLETE
A grade of incomplete will not be given except under extraordinary circumstances. If such circumstances arise, contact faculty immediately to discuss the issue and to learn about procedures for requesting an incomplete. Approval of an incomplete is not automatic upon initiating a request.

WRITTEN WORK
Writing always counts. This means your papers should be free of spelling, grammar, and punctuation errors. You should proofread carefully and not rely solely on your computer’s spell-check tool.

Quote sparingly. Whenever you paraphrase or quote directly, you must footnote and fully cite your sources (and provide page numbers for quotations). Finally, take care to address each component of the assignment, set up the context for your argument, and provide detailed examples to illustrate your points.

Please adhere to writing guidelines for this class—see “FerrisM_writingstyleguide_gradingcriteria” posted under ‘resources>writing guidelines’ on Sakai.

REQUIRED FORMAT FOR WRITTEN ASSIGNMENTS
Please use the following format for all written work in this class.

- **Typeface:** Use Times New Roman or Calibri, 12-point font.
- **Margins:** One inch on all sides.
- **Quotations:** Any material that you use verbatim from other sources must be placed between quotation marks and properly cited in MLA or Chicago style. Please also use proper documentation style when paraphrasing sources.
- **Page numbering:** Each page should have a page number.
- **Identifying information:** Include your name and e-mail address, the title of your assignment, and the date at the top of every paper (single-spaced).

ACADEMIC & PERSONAL MISCONDUCT
Every student will be treated equally according to the policies of this course and the University of North Carolina at Chapel Hill. We encourage studying and working together; however, you must complete all written assignments and exams using your individual effort (copying, cheating, or plagiarism is not tolerated). This includes cutting and pasting information from the Internet. You MUST give credit (by using quotation marks and/or citing sources) whenever you:

- Quote another person’s actual words, either oral or written;
- Paraphrase/summarize another person’s words, either oral or written;
- Use another person’s idea, opinion, or theory;
- Borrow facts/statistics/other illustrative material, unless the information is common knowledge.

All students should review the UNC policy on academic integrity at [http://honor.unc.edu/](http://honor.unc.edu/). If necessary, ask for clarification about plagiarism or course policies before you hand in written work. We are obligated by the University to report academic and/or personal actions that may be deemed misconduct under the provisions of this code. Punishments for cheating and plagiarism can include failing the class.

QUESTIONS/CONCERNS
Remember, email is best suited to quick communication regarding class attendance, questions regarding assignments, or minor concerns. If you have an important issue to discuss, such as a grade, personal situations, or issues occurring in class, please meet with faculty face-to-face during office hours. And remember, email is a very public form of communication. Think before you hit ‘send.’

AMENDMENTS TO THE SYLLABUS
In order to meet the needs of class members and course objectives, this syllabus may be subject to change, including project due dates and test dates (except for the officially scheduled final examination.) Every effort will be made to notify you in advance, both in person and in writing, but in the end you are responsible for any and all additional course information provided in class sessions throughout the semester, regardless of tardiness or absence. Please write down the name and contact information of two class members you can turn to if you have to be absent. *It is understood that by having received this course syllabus and attended class beyond the first two meetings of the term, you have reviewed the requirements and policies of this class, understand them, and accept them.*
SYLLABUS

Carolina Cooks/Carolina Eats Introduction
Welcome!
THURS, JAN 8
PROFESSORS SHARON HOLLAND AND MARCIE COHEN FERRIS
TODAY, we’ll examine course goals and mission, introduce our teaching team, and review the roadmap for the semester, including assignments, readings, and expectations---yours and ours.

Background Reading—please complete by end of January:
- “North Carolina’s Famous Foods,” visitnc.com
- Kathleen Purvis, “‘Peace and a Smile to the Lips’: Favorite Southern Food Dishes,” Southern Cultures (Winter 2009) 28-35.
- “100 Foods You Should Eat in 100 NC Counties,” Our State blog
- Explore website of the Southern Foodways Alliance, www.southernfoodways.com

SEEING NORTH CAROLINA THROUGH THE LENS OF FOOD
TUES, JAN. 13
PROFESSORS SHARON HOLLAND & MARCIE COHEN FERRIS
- “Hidden Kitchens: The Kitchen Sisters: “America Eats: A Hidden Archive from the 1930s”
- “Our State Geography: 3 Regions Overview”
REGION 1: SURF & SOUND | COASTAL NORTH CAROLINA

LOCATION, LOCATION, LOCATION
Thurs, Jan 15
BERNIE HERMAN
George P. Tindall Professor of American Studies, UNC-CH

FISH & FISHING CULTURES
Tues, Jan 20
KAREN AMSPACHER
Executive Director, Core Sound Waterfowl Museum, Harker’s Island, NC

INTEGRATING A LOCAL FOOD SYSTEMS DOWNEAST
Thurs, Jan 22
LESLIE HOSSFELD
Professor, Department of Sociology and Executive Director, Feast Down East, UNC-Wilmington

ORAL HISTORY WORKSHOP #1: Lumbee Foodways NC
Tues, Jan 27
MALINDA MAYNOR LOWERY
Associate Professor, Department of History, UNC-CH
  • “Lumbee Indians of North Carolina: Work and Cook and Eat,” Southern Foodways Alliance
  • “Adaptation, Survival, Gratitude: a Lumbee Thanksgiving Story,” Gravy, Episode 1, Southern Foodways Alliance, Tina Antolini, Nov. 20, 2014
  • Rayna Green, “Mother Corn and the Dixie Pig: Native Food in the Native South, Southern Cultures (winter 2008), 114-126.

REGION 2: PORK & POTATOES | EASTERN NORTH CAROLINA

EAT YOUR VEGETABLES: A Case Study of Eastern North Carolina
Thurs, Jan 29
CHRIS GUNTER
Associate Professor of Horticultural Science, North Carolina State University
  • “A Chef’s Life”: this PBS, Peabody Award-winning PBS television series, directed by North Carolina filmmaker Cynthia Hill, now in Season 2, takes viewers inside the life of Chef Vivian Howard, who, with her
husband Ben Knight, left New York City to open a fine dining restaurant, The Chef and Farmer, in Howard’s hometown of Kinston, North Carolina. Using a chef’s modern sensibilities, Howard explores regional food cultures, past and present — one ingredient at a time. Watch as many episodes as you can— you won’t be able to eat just one.

FOOD JUSTICE & “GUEST WORKERS”
Tues, Feb 3
CHARLIE THOMPSON
Professor, Cultural Anthropology And Documentary Studies, Duke University

 NC FWP: Finding the Food Paper DUE

PASTURE-BASED LIVESTOCK
Thurs, Feb 5
JENNIFER CURTIS
CO-CEO, Firsthand Foods

AFRICAN AMERICAN FARMING HERITAGE, EASTERN NC
Tues, Feb 10
RANDALL KENAN
Professor of English, UNC-CH


ORAL HISTORY WORKSHOP #1: Food Oral History 101
Thurs, Feb 12
AMY EVANS
Founding Oral Historian of the Southern Foodways Alliance, University of Mississippi

REGION 3: GRITCAKES & COLLARD KIMCHI

PIEDMONT NC FOOD CULTURES (SNOW DAY—class canceled)
Tues, Feb 17
PROFESSOR MARCIE COHEN FERRIS & APRIL MCGREGER
Farmer’s Daughter Brand, Hillsborough, NC

  • Council, Mildred “Mama Dip.” Interview with Amy Evans, June 2, 2007, Mama Dip’s Traditional Country Cooking, Chapel Hill, N.C.
  • Elizabeth Shestak, “The Triangle’s TerraVita Bolsters Healthy Appetites,” Our State, Jan. 2015
SPECIAL EVENT: Coastal & Eastern NC Dinner  (canceled because of snow day; rescheduling in SPRING!)
Tues, Feb 17 (Two seatings: 5:30 & 8:00 PM)
CROOK’S CORNER, CHAPEL HILL

LOCAL FARMING/LOCAL COOKING
Thurs, Feb 19
BEN AND KAREN BARKER
Chef-Owners, Magnolia Grill, Durham, NC
&ALEX AND BETSY HITT
Peregrine Farm, Chapel Hill, NC

- LISTEN TO INTERVIEWS OF BARKERS AND HITT IN CARRBORO FARMERS’ MARKET IN SOUTHERN FOODWAYS ALLIANCE ORAL HISTORIES, PIEDMONT, NC: CARRBORO FARMERS’ MARKET, CHAPEL HILL EATS, CURED SOUTH, NC BBQ, WINE IN THE SOUTH

GROWING LOCAL & ORGANIC IN NC (McReynolds could not attend; MCF gave Piedmont History lecture)
Tues, Feb 24
ROLAND MC C REYNOLDS
Executive Director, Carolina Farm Stewardship Association, Pittsboro, NC

PIEDMONT CHEF PANEL (snow day canceled—rescheduled)
Thurs, Feb 26
Chair: ANDREA REUSING
Chef-Owner, Lantern Restaurant, Chapel Hill, NC
Panelists: Bill Smith, Crook’s Corner, Chapel Hill, NC and April McGreger, Farmer’s Daughter, Hillsborough, NC

- LISTEN TO INTERVIEWS OF ANDREA REUSING, MIGUEL TORRES, AND BILL SMITH IN CARRBORO FARMERS’ MARKET IN SOUTHERN FOODWAYS ALLIANCE ORAL HISTORIES, PIEDMONT, NC: CARRBORO FARMERS’ MARKET, CHAPEL HILL EATS, CURED SOUTH, NC BBQ, WINE IN THE SOUTH

ORAL HISTORY WORKSHOP #2: Videography, Writing, Photography & MIDTERM REVIEW
Tues, Mar 3
VICTORIA BOULOUBASIS
Journalist and Co-Founder, Vittles Films
Candidate, MA Program in Folklore, Department Of American Studies, UNC-Chapel Hill
&
CHRIS FOWLER
Photographer/Folklorist, Hillsborough, NC

⇒ MIDTERM EXAM
Thurs, Mar 5

SPRING BREAK
Mar 7-15
Have fun & work on your oral history capstone project.

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REGION 4 | THE MOUNTAIN SOUTH: Wine & Shine

FOODWAYS OF WESTERN NC
Tues, Mar 17
ELIZABETH ENGELHEART
John Shelton Reed Distinguished Professor of Southern Studies, Department Of American Studies, UNC-CH
- Selection from A Mess of Greens: Southern Gender and Southern Food (UGA Press, 2011)

Thurs, Mar 19
April McGreger, Farmer’s Daughter, Hillsborough, NC

NC FOOD POLITICS & POLICY: NC Agriculture
Tues, Mar 24
STEVE TROXLER
North Carolina Agriculture Commissioner

FOOD WRITERS’ PANEL: NC Mountain South
Thurs, Mar 26
RONNI LUNDY
Burnsville
&
ELIZABETH SIMS
Asheville
&
TRAVIS MILTON
SW Virginia

GLOBAL AMERICAN SOUTH CONFERENCE | Food and the Local/Global Nexus
Nexus, FedEx Global Education Center
Fri, Mar 27
1:30 PM-4:45 PM
&
Sat, Mar 28
9:00 AM-4:30 PM

CHANDLER LECTURE
Mandela Auditorium, Global FedEx Education Center
Sat, Mar 28, 7:30 PM
CHEF VIVIAN HOWARD & BEN KNIGHT
The Chef and Farmer, Kinston, NC
&
MALINDA MAYNOR LOWERY
Historian, UNC-CH
&
CYNTHIA HILL, Filmmaker, “A Chef’s Life”
ORAL HISTORY WORKSHOP #3 | Global North Carolina
KATY CLUNE,
“Home in a New Place: Making Laos in Morganton, NC”
Tues, Mar 31
&
JAYCIE VOS
Coordinator of Collections, Southern Oral History Program, UNC-CH

REGION 5 | BORDERLANDS

EATING AT THE BORDERS
Thurs, Apr 2
PROFESSOR SHARON HOLLAND

Tues, Apr 7
BILL SMITH, Chef, Crook’s Corner, Chapel Hill, NC

Thurs, Apr 9
Vimala lunch

FARM WORKDAY | PIEDMONT & WESTERN NC
Sun, Apr 12, 4:00-8:00 PM
Funny Girl Farms

Tues, Apr 14
NUTRITION & NC SUSTAINABLE FOOD ECONOMIES
ALICE AMMERMAN
Professor & Director, Center For Health Promotion & Disease Prevention, UNC-CH
&
Molly Demarco, Project Director, Center for Health Promotion and Disease Prevention, UNC-CH

ORAL HISTORY WORKSHOP #4 | Bringing it Together
Thurs, Apr 16
SARA WOOD
Oral Historian, Southern Foodways Alliance

STUDENT AUDIO, PHOTO, FILM FEST
Tues, Apr 21
&
Thurs, Apr 23
Capstone Oral History Project DUE

 FINAL EXAM  
 Tues, Apr 28, 12:00-3:00 PM