Tasting Culture: Nordic and Mediterranean Food, Tradition, and Nutrition

JULY SUMMER SESSION 2021

INSTRUCTORS
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Open market tour, central Athens.

COURSE DESCRIPTION
We eat to live. But food isn't just about survival, it's about so much more: health, pleasure, identity, symbolism, class, memory, sensation, and on and on. We express who we are through our food. But how we eat is also shaped by other forces: doctors' advice, economic ability, government regulations, climate, history, and many other factors often invisible to us in our everyday lives. Over four weeks we will explore two distinct cultural contexts in Europe—Denmark and Greece—allowing us to understand both the commonalities and the differences that such forces bring to food and cuisine, as well as people's imagination and inventiveness in creating something to eat.

The course begins in Athens, Greece, a country associated with the Mediterranean diet and a strong cultural history of knowledge and attention to food. We will supplement this exploration with a few days on the island of Naxos, to explore the locality of food traditions and production. The course continues in Copenhagen, Denmark, the emergent capital of New Nordic Cuisine, where tradition is being reinvented at levels both everyday and haute cuisine. To balance our understanding of urban foodways, we will also spend a couple of days on the rural island community of Samsø, known for quality produce and sustainable living. These four locations will enable us to do comparative research and both explore and deconstruct the categories of new/old, urban/rural, north/south, global/local, tradition/modernity, and change/continuity. Along the way, the medicalization of diets, changes in agriculture, food tourism, food security, nationalism, locality, sustainability, and more will be addressed. When not in the classroom, we will visit farms, vineyards, groves, restaurants, markets, museums, kitchens, sweets shops, cooperatives, NGOs, and festivals in our quest to experientially study food, and taste everything that comes our way. By taking this class, students will develop a sound understanding of how food is studied as an expression of society and culture, and hands-on training in the methodologies used to examine food and food practices.

LEARNING OUTCOMES FOR STUDENTS
- You will gain a firm understanding of the study of food in its social and cultural aspects, towards understanding the multilayered dimensions of food practices.
- You will become familiar with the bibliography related to food Denmark and Greece, and be able to place it within a general understanding of the social structures of contemporary Danish and Greek society and their historical development.
- You will learn to think about preparing, sharing, and eating food as activities that are central to building human relationships and creating meaning.
- You will become a critical reader of advertising, labeling, and popular news stories related to food and health.
- You will understand the central themes in contemporary debates surrounding food in regard to health, identity,

nation, gender, environment, and more in a European context.
- You will have broadened your palate with many amazing new tastes and textures.
- You will receive a basic introduction to ethnographic and organoleptic research methodologies and have put those research methods into practice in your own projects.

STUDY TOURS
You spend two weeks in Athens with CYA and two weeks in Copenhagen with DIS, thus you will travel on two short Study Tours. You will spend two of your weekends sailing out to the islands of Ikaria in Greece and Samsø in Denmark to explore local food traditions.

Study Tour Objectives
- Strive to understand the terroir and how it works in tandem with other forces in shaping the local food culture
- Gain insight into the factors that affect the production and consumption of food
- Improve skills in tasting and assessing produce

Ikaria, Greece
The island of Ikaria has become quite famous in recent years as part of the Blue Zone—areas where the population lives unusually long lives. Food, sociality, history, and lifestyle all come together in Ikaria to create a unique society, and together we'll be exploring the myths, stereotypes, and realities of life there. We'll be attending a local festival, meeting food producers, and discussing life there with locals.

Samsø, Denmark
Samsø is known for producing high-quality sustainable vegetables such as potatoes and carrots. These are staples in traditional Nordic cuisine. Additionally, Samsø has a unique island climate with rare indigenous plants that chefs have recently started to explore. While on Study Tour, we explore how the terroir of Samsø, as well as history of the island, inform local practices around food production and consumption. We will meet with manufacturers of produce, sample their goods and learn about how they are used.

APPROACH TO TEACHING
Classes are conducted as a combination of lectures, group discussions and interactive exercises. Active student participation is expected. Class sessions will be complemented by field studies and independent field work.

EXPECTATIONS OF STUDENTS
Students are expected to show up for class prepared and participate actively.

Computers and tablets are allowed in class PURELY for note taking purposes. In case of other uses such as Facebook, emails or internet surfing, it will have a negative impact on your participation grade. Cell phones are to be shut off or silenced during class and texting etc. during class will have a negative impact on your participation grade.

Evaluation
Active class participation throughout the course: A=96 / Occasional participation: B=86 / Little or no participation: C=76. Fine-tuning of percentage points may occur, reflecting student performance.

Note that attendance at all classes and field studies is required and expected and is not credited as participation. Failure to attend will have a negative influence on the participation grade, however.

Grade calculation

Assignment 1	15%
Assignment 2	15%
Assignment 3	15%
Assignment 4	15%

Field Notebook 20%
Participation 20%

How to Get a Good Grade

- Involve yourself! Allow yourself the luxury of taking a genuine interest in the course, i.e. in 'food'. It may not be your core field or interest, but why not join the many students who have been surprised at how interesting it actually is to suddenly understand the history and nutrition we consume.
- Get organized! Enter all due dates in a calendar and set aside time to work on assignments and prepare for class.
- Prepare for class! Every class!
- Take good notes! You will be graded on your analytical thinking.
- Participate! Sharing your thoughts and ideas in class is not just important for the participation grade, it is one of the best tools for developing your analytical skills.
- Follow the directions! A detailed description and assessment rubric will be distributed for each assignment.

COURSE SCHEDULE

A detailed daily schedule will be distributed at the start of the course. What follows is a draft schedule.

Tue Jun 21	LECTURE: Introduction to class	9am to 12pm
	CLASS SOCIAL: Greek Cooking Class	5pm to 8pm
Wed Jun 22	EXCURSION: Kokotos Winery	9am to 1pm
	LECTURE: The phenomenology of taste	3pm to 5pm
Thu Jun 23	LECTURE: The Social Sciences of Food	9am to 12pm
	EXCURSION: Kafeneio	1pm to 3pm
Fri Jun 24	LECTURE: The History of Food in Greece; the Tourist Gaze	9am to 12pm
	FIELD WORK: Local Farmers Market	1pm to 3pm
Sat Jun 25	No class	
Sun Jun 26	No class	
Mon Jun 27	WALKING TOUR: Central Market including visit to the Mediterranean Food Store	8:30am to 1:30pm
	LECTURE: Food Language and Spice	2pm to 4pm
Tues Jun 28	EXCURSION: The Museum of decorative Bread	8am to 3pm
	LECTURE: Food and Gender	4pm to 5pm
	STUDY TOUR ORIENTATION	5pm to 6pm
Wed June 29 (*Ikaria activities are provisional	IKARIA: Visit to Honey House, Women's Cooperative	2pm to 7pm
	IKARIA: Lecture on the locality and identity	8pm to 9pm

until we get travel times)		
Thurs Jul 30	IKARIA: EXCURSION: Panigyri IKARIA: EXCURSION: Farm visit	11am to 4pm 7pm to 9pm
Fri Jul 1	IKARIA: Herb walk and Essential Oil Distillery	10:30am to 1:30pm
Sat Jul 1	No class	
Sun Jul 3	No class ASSIGNMENT 2: Staging Tradition	
Mon Jul 4	TRANSFER TO COPENHAGEN	
Tue Jul 5	GROUP LUNCH at Tove Ditlevsens Mindehave	1pm to 2:30pm
	EXCURSION: Official DIS welcome activity	10am to 12pm
	WALKING TOUR: Vesterbro, food and gentrification	12pm to 1pm
	EXCURSION: Walk focusing on gentrification with stops at the Meatpacking District and Absalon	2:30pm to 5pm
Wed Jul 6	LECTURE: The History of Food in Denmark	10am to 12pm
	EXCURSION: Flynderup Gaard	12pm to 7pm
Thu Jul 7	LECTURE: Eating Status: Bourdieu and Social Distinction	10am to 12pm
	FIELD WORK: Supermarkets and Social Status	1pm to 5pm
Fri Jul 8 (*activities on Samsø are tentative and subject to change)	ASSIGNMENT 3: Observation Exercise	due by 12:59am
	SAMSØ: Yduns Have	11am to 1:30pm
	SAMSØ: Hike	1:30pm to 4:30pm
	SAMSØ: Optional Bike tour	8:30pm to 10pm
Sat Jul 9	SAMSØ: Vegetable Safari with the Kjeldal Brothers	10am to 12pm
	SAMSØ: Tour of Samsø Brewery and group lunch	12pm to 3pm
	SAMSØ: Social: Labyrinth	3pm to 5pm
	SAMSØ: Class Social: Bonfire and Snobrød	9pm to 11pm
Sun Jul 10	SAMSØ: Visit sustainable farmer Jørgen Tranberg	10am to 12pm
	SAMSØ: Group lunch at Skipperly	1pm to 2:30pm
	SAMSØ: Visit to Museum of Samsø	4pm to 5:30pm

Mon Jul 11	No class	
Tues Jul 12	No class	
Wed Jul 13	LECTURE: Food and Nationalism	10am to 12pm
	FIELD WORK by bike in different neighborhoods	1pm to 5pm
Thur Jul 14	LECTURE: Food Futures	10am to 12pm
	LECTURE: Walk examining New Nordic and Post-Nordic Copenhagen (including visit to distillery)	1pm to 5pm
Fri Jul 15	LECTURE: Wrap Up	10am to 12pm
	CLASS SOCIAL: Cooking class at Meyers Madhus	4pm to 9pm

READINGS

Preliminary list of required readings (to be read in preparation for class):

Cowan, Jane K. "Going out for Coffee? Contesting the Grounds of Gendered Pleasures in Everyday Sociability." *Contested Identities: Gender and Kinship in Modern Greece*, 180–202. Princeton University Press, 1991.

Danish Agriculture and Food Council. *Denmark, Danish Food and Gastronomy.* Copenhagen: Danish Agriculture & Food Council, 2011.

De Certeau, Michel, Luce Giard, and Pierre Mayol. *The Practice of Everyday Life, Vol. 2: Living and Cooking*. Univ. Of Minnesota Press, 1998. (selections)

Du Boulay, Juliet. *Cosmos, Life and Liturgy in a Greek Orthodox Village*. Evia: Denise Harvey, 2009. (selections)

Leer, Jonathan. "The Rise and Fall of the New Nordic Cuisine." *Journal of Aesthetics & Culture* 8, no. 1 (2016).

Meneley, Anne. "Like an Extra Virgin." *American Anthropologist* 109, no. 4 (2007): 678–687.

Papagaroufali, Eleni. "Uses of Alcohol among Women: Games of Resistance, Power and Pleasure." In *Alcohol, Gender and Culture*, edited by Dimitra Gefou-Madianou, 48–70. New York: Routledge, 1992.

Parrott, N., N. Wilson, and J. Murdoch. "Spatializing Quality: Regional Protection and the Alternative Geography of Food." *European Urban and Regional Studies* 9, no. 3 (2002): 241–61.

Petridou, Elia. "What's in a Place Name? Branding and Labeling Cheese in Greece." *Food, Culture and Society* 15, no. 1 (2012): 29–34.

Social Issues Research Center. *Social and Cultural Aspects of Drinking: a Report to the European Commission.* Oxford: SIRC, 1998. (selections)

Sutton, David E. *Secrets from the Greek Kitchen: Cooking, Skill, and Everyday Life on an Aegean Island*. Univ of California Press, 2014. (selections)

Tan, Fransisca Hok-Eng. "Flavours of Thought: Towards a Phenomenology of Food-related Experiences." *Interdisciplinary Description of Complex Systems* 11, no. 4 (2013): 400-414.

West, Harry G. "Artisanal Foods and the Cultural Economy: Perspectives on Craft, Heritage, Authenticity and Reconnection." In *The Handbook of Food and Anthropology*, by Jakob A. Klein James L. Watson, 406–434. London: Bloomsbury Academic, 2016.

Various Handouts as indicated in the syllabus.

Supplementary readings (will be referred to in lectures or parts of which will be workshopped during classtime):

Bampilis, Tryfon. *Greek Whisky: The Localization of a Global Commodity*. Berghahn Books, 2010.

Bardhi, Fleura, Jacob Ostberg, and Anders Bengtsson. "Negotiating Cultural Boundaries: Food, Travel and Consumer Identities." *Consumption, Markets and Culture* 13, no. 2 (2010): 133–157.

Barthes, Roland. "Toward a Psychosociology of Contemporary Food Consumption." In *Food and Culture: A Reader*, edited by Carole Counihan and Penny Van Esterik, 23–30. Routledge, 2012.

Bennett, Diane. "Saints and Sweets: Class and Consumption Ritual in Rural Greece." In *The Social Economy of Consumption*. Vol. 6. New York: University Press of America, 1989.

Bourdieu, Pierre. *Distinction.* London: Routledge and Kegan Paul, 1984 (1979).

DeSoucey, Michaela. "Gastronationalism Food Traditions and Authenticity Politics in the European Union." *American Sociological Review* 75, no. 3 (June 1, 2010): 432–455.

Douglas, Mary. "Deciphering a Meal." *Deadalus*, Winter 10 (1972): 61–81.

Eric Ball. "Greek Food After Mousaka: Cookbooks, 'Local' Culture, and the Cretan Diet." *Journal of Modern Greek Studies* 21, no. 1 (2003): 1–36.

Galanopoulos, Konstantinos, Konstantinos Karantininis, Konstadinos Mattas, and Christos Karelakis. "Exploring the Relations, Bargaining Forms and Dynamics of the EU Food Supply Chain under the Perspective of the Key Actors: Evidence from Greece and Denmark." *Int. J. Food System Dynamics* 2, no. 3 (2011): 274-280.

Gefou-Madianou, Dimitra. "Exclusion and Unity, Retsina and Sweet Wine." In *Alcohol, Gender and Culture*, edited by Dimitra Gefou-Madianou, 108–136. New York: Routledge, 1992.

Hald, Mette Marie, Jacob Mosekilde, Betina Magnussen, Martin Jensen Søe, Camilla Haarby Hansen, and Morten Fischer Mortensen. "Tales from the barrels: Results from a multi-proxy analysis of a latrine from Renaissance Copenhagen, Denmark." *Journal of Archaeological Science: Reports* 20 (2018): 602-610.

Halkier, Bente, and Lotte Holm. "Food Consumption and Political Agency: on Concerns and Practices among Danish Consumers." *International Journal of Consumer Studies* 32, no. 6 (2008): 667-674.

Hegnes, Atle Wehn. "Introducing and Practicing PDO and PGI in Norway." *Anthropology of Food 7* (2012).

Hermansen, Mark Emil Tholstrup. "Creating Terroir: an Anthropological Perspective on New Nordic Cuisine as an Expression of Nordic Identity." *Anthropology of Food* 7 (2012).

Herzfeld, Michael. *The Poetics of Manhood*. Princeton: Princeton University Press, 1985.

Herzfeld, Michael. "Culinary Stereotypes: The Gustatory Politics of Gastro-Essentialism." In *The Handbook of Food and Anthropology*, by Jakob A. Klein James L. Watson, 31–47. London: Bloomsbury Academic, 2016.

Organic family farm, Marathon.

Holm, Lotte, Marianne Pipping Ekström, Jukka Gronow, Unni Kjærnes, Thomas Bøker Lund, Johanna Mäkelä, and Mari Niva. "The Modernisation of Nordic Eating. Studying Changes and Stabilities in Eating Patterns." *Anthropology of Food* 7 (2012).

Jensen, Tenna. "The Consumption of Fats in Denmark 1900-2000. Long Term Changes in the Intake and Quality." *Anthropology of Food* 7 (2012).

Kahma, Nina, Johanna Mäkelä, Mari Niva, and Thomas Bøker Lund. "Associations between Meal Complexity and Social Context in Four Nordic Countries." *Anthropology of Food* 10 (2014).

Kjeldsen, Chris, Lise C. Deleuran, and Egon Noe. "The Quality Turn in the Danish Food Scape: New Food Chains Emerging–New Territorial Impacts?." *Acta Agriculturae Scandinavica,* 63, no. 1 (2013): 19-28.

Kravva, Vasiliki. "The Taste of Belonging: An Ethnographic Approach to the Study of Commensality and Collectivity." *Balkan Border Crossings: First Annual of the Konitsa Summer School* (2008): 202.

Luetchford, Peter. "Ethical Consumption: The Moralities and Politics of Food." In *The Handbook of Food and Anthropology*, by Jakob A. Klein James L. Watson, 387–405. London: Bloomsbury Academic, 2016.

Mührmann-Lund, J. "Food Policing in Early Modern Danish Towns." *Rural Landscapes: Society, Environment, History* 3, no.1 (2016):1–13.

Naska, A., and A. Trichopoulou. "Back to the Future: The Mediterranean Diet Paradigm." *Nutrition, Metabolism and Cardiovascular Diseases* 24, no. 3 (2014): 216–19.

Papagaroufali, Eleni. "Uses of Alcohol among Women: Games of Resistance, Power and Pleasure." In *Alcohol, Gender and Culture*, edited by Dimitra Gefou-Madianou, 48–70. New York: Routledge, 1992.

Pollan, Michael. *The Omnivore's Dilemma: A Natural History of Four Meals*. Perfection Learning, 2007.

Rakopoulos, Theodoros. "The Crisis Seen from Below, Within, and Against: from Solidarity Economy to Food Distribution Cooperatives in Greece." *Dialectical Anthropology* 38, no. 2 (2014): 189-207.

Seremetakis, C. Nadia. *The Senses Still.* University of Chicago Press, 1996.

Sutton, David E. *Remembrance of Repasts: An Anthropology of Food and Memory*. Oxford: Berg, 2001.

Urry, John. *Consuming Places*. Routledge, 2002.

Veblen, Thorstein. *The Theory of the Leisure Class*. New York: MacMillan, 1899.

Vlontzos, George and Marie-Noelle Duquenne. "Economic Crisis and Food Selection: The Financial, Social and Spatial Dimension." *Int. J. Agricultural Resources, Governance and Ecology* 10, no. 2 (2014).

West, Harry G. "Artisanal Foods and the Cultural Economy: Perspectives on Craft, Heritage, Authenticity and Reconnection." In *The Handbook of Food and Anthropology*, by Jakob A. Klein James L. Watson, 406–434. London: Bloomsbury Academic, 2016.

Yiakoumaki, Vassiliki. "'Local,' 'Ethnic,' and 'Rural' Food: On the Emergence of 'Cultural Diversity' in Greece since Its Integration in the European Union." *Journal of Modern Greek Studies* 24, no. 2 (2006): 415–445.

Yiakoumaki, Vassiliki. "The Nation as 'Acquired Taste': On Greekness, Consumption of Food Heritage, and the Making of the New Europe." *New School for Social Research*, 2002.