

How the Oldest Diet on the Planet Just Got Trendy: Locavorism Rises Again!





In Praise of Seasonal Foods



M. F. K Fisher (1908-1992)

- “Poet of the appetites” – John Updike
- “She writes about food as other do about love, but rather better.” Clifton Fadiman
- Author of 27 books

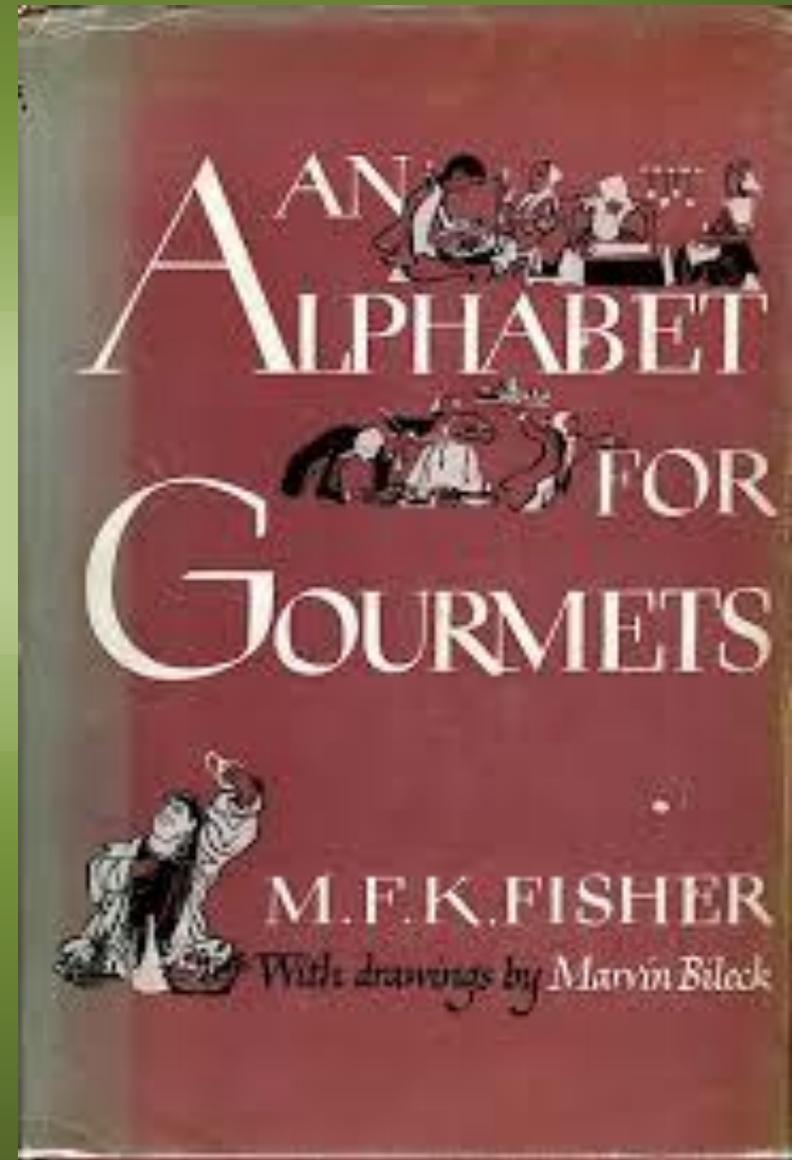
Sample of Works:

- *How to Cook a Wolf*
- *Serve it Forth*
- *The Gastronomical Me*
- *Consider the Oyster*
- *The Physiology of Taste* (translator of Brillat-Savarin’s book)



An Alphabet for Gourmets (1949)

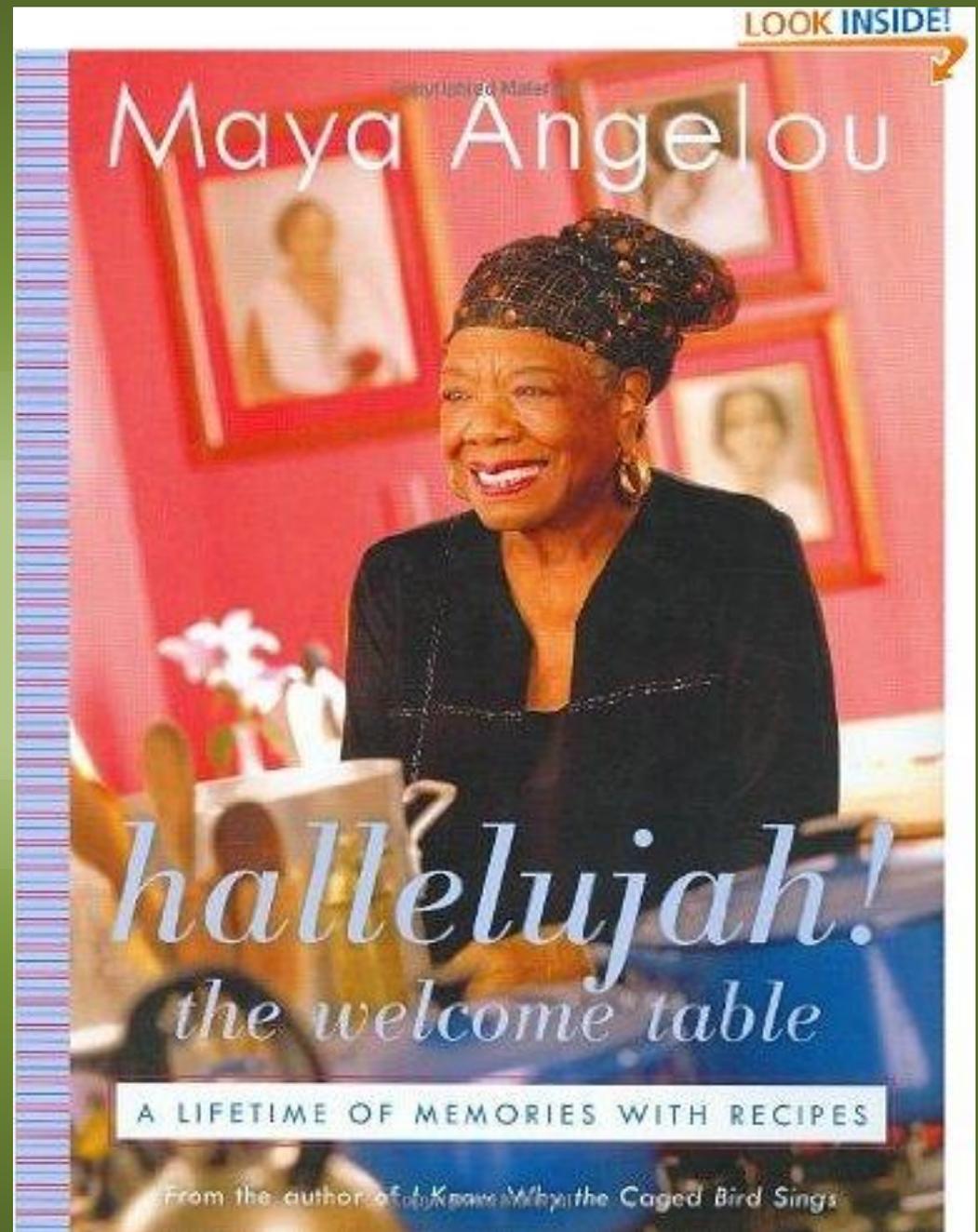
- “P is for peas”



“P is for Peas”

- “Every good cook...agrees on three things about these delicate messengers to our palates from the kind Earth-mother: they must be very green, they must be freshly gathered, and they must be shelled at the very last second of the very last minute.”

Maya Angelou (1928-2014)



Alice Waters

The Mother of Slow Food in America

- “When I got back from France, I wanted hot baguettes in the morning, and apricot jam, and café au lait in bowls, and I wanted a café to hang out in.”



Since 2009, Michelle Obama's White House Kitchen Garden



Victory Gardens



Nashville Farmers Markets and CSAs



Nashville Farmers' Market

““Our goal is to create the best, most diverse shopping experience for our customers while supporting our local farmers and producers.” - NFM Executive Director Tasha Kennard



[Only two vendors when the Farmers' Market reopened over the weekend](#)

Oct. 21
2014
5-8pm

On the Peabody Esplanade



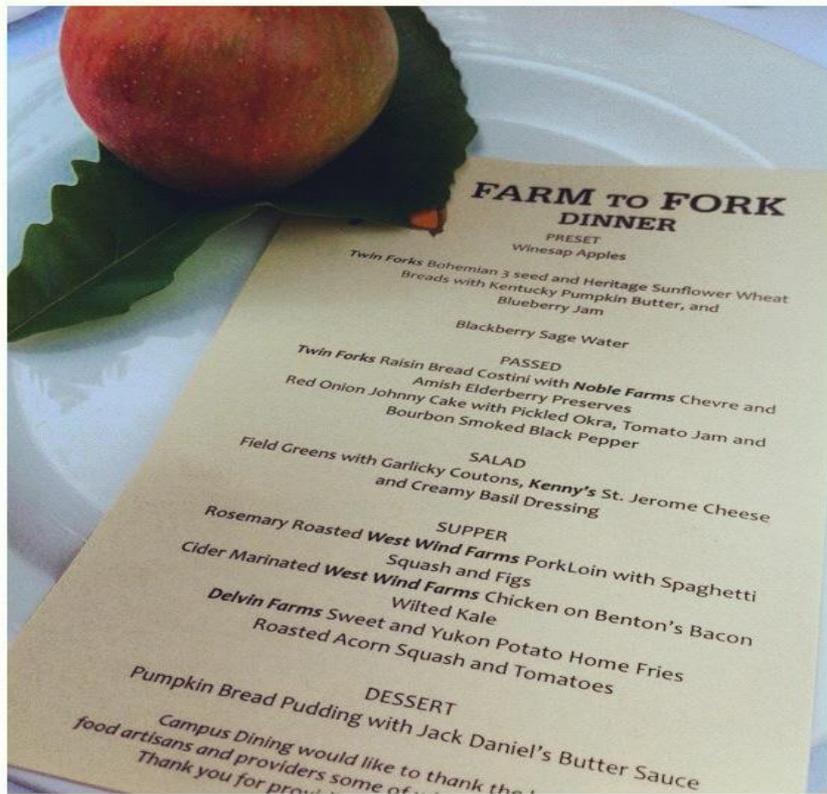
FARM TO FORK DINNER

Celebrating the Local Fall Harvest

Our unique FARM to FORK dinner is designed to reconnect Vanderbilt students, faculty and staff to the source of their food, and to honor and celebrate the relationships with the talented farmers, food artisans, bakers, and chefs that contribute to the local food community.

Join us for an outdoor event to remember.





AMERICAN STUDIES 100W LOCAVORE
LUNCH
Friday, May 30

In Celebration of Summer and the end of a very good semester!

☞ Spring Salad

A mélange of local greens (Boston lettuce, arugula, red lettuce and oak leaf greens) with orange honey vinaigrette and fresh herbs and Georgia pecans

☞ A selection of local goat cheeses from Noble Farms

☞ Homemade rustic bread

☞ Zucchini fritters with local zucchini and yellow squash

☞ Peach Salsa and Chips

(chips made locally from Santo Nino de Atocha Tortilleria. Salsa made with local heirloom tomatoes and Georgia peaches)

☞ Strawberry Shortcake

Local strawberries on homemade shortbread

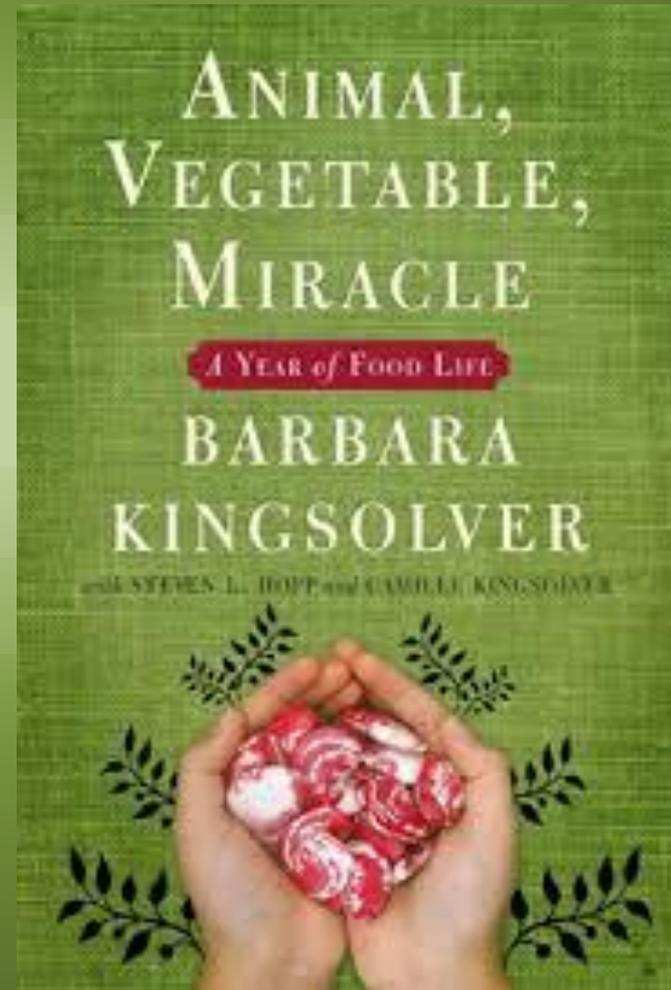
☞ Cucumber spritzer

with local cucumbers and homemade sweet iced tea
with mint from Professor Kevra's garden!

Bon appétit, y'all!

Animal, Miracle, Vegetable: A Year of Food Life

- The story of a year in which we made every attempt to feed ourselves animals and vegetables whose provenance we really knew... Our highest shopping goal was to get our food from so close to home, we'd know the person who grew it. Often that turned out to be ourselves as we learned to produce what we needed, starting with dirt, seeds, and enough knowledge to muddle through. (pp 9-10)



What's your vegetable IQ?



Know what this is?







Cilantro/Coriander



Flowers of what plant?

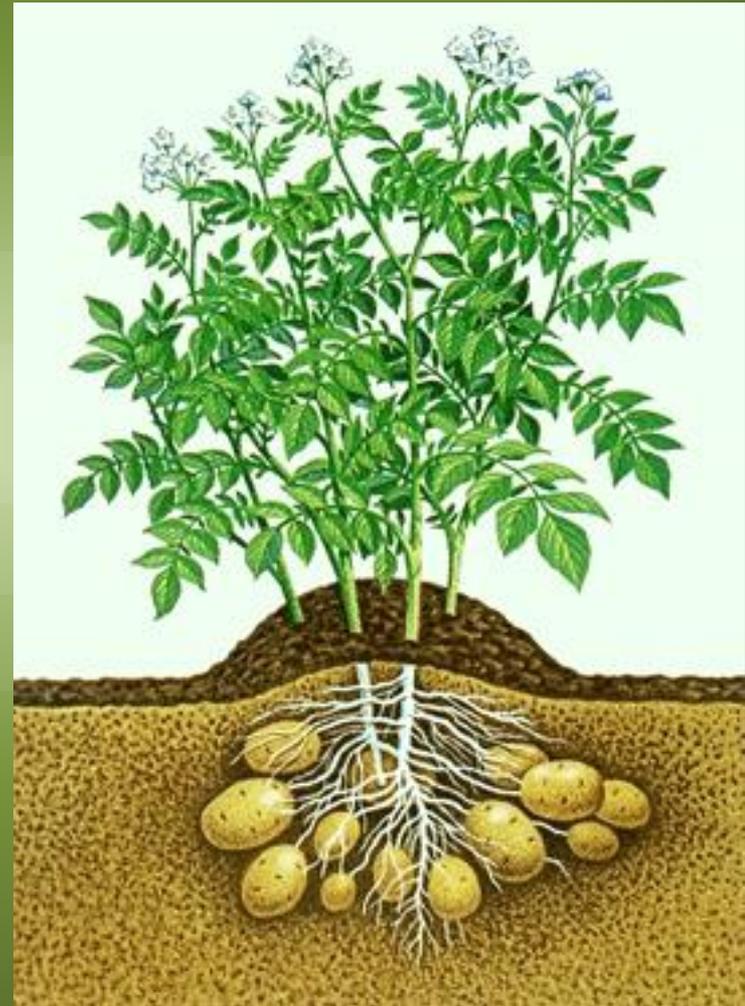


Here are its seeds





And this one?



Why eat local?

- Each food item in a typical US meal has traveled an average of 1,500 miles.
- If each US citizen ate just one meal a week composed of locally and organically raised meats and produce, we would reduce our country's oil consumption by over 1.1 million barrels of oil every week. (5)
- 85 cents of every food dollar goes to
 - Processors
 - Marketers
 - Transporters



"If you have ever eaten a tomato—or ever plan to—you must read *Tomatoland*. It will change the way you think about America's most popular "vegetable." More importantly, it will give you new insight into the way America farms."

—Ruth Reichl

TOMATOLAND



**How Modern Industrial Agriculture
Destroyed Our Most Alluring Fruit**

BARRY ESTABROOK

[Interview starts at 2:30](#)

705 of all mid-western agricultural land shifted into single-crop corn or soybean farms, each of them now, on average, the size of Manhattan.



CAFO (concentrated animal feeding operation)





Sloco



Sloco's Declaration of Food Independence

1. MAKE ROCKIN' SAMMIES QUICKLY AND AFFORDABLY
2. LOVE THE COMMUNITY
3. OPERATE WITH A SMALL FOOTPRINT
4. COOK RESPONSIBLY
5. IF IT'S NOT IN SEASON, WE DON'T HAVE IT

SEASONAL SANDWICHES



01) Pesto Chicken \$7.75

Ingredients: Goat Cheese, Tomato, Chicken Breast, Greens, Sub Roll, Herb Pesto

0

 ADD TO YOUR LUNCH PAIL



02) Chicken Salad \$7.00

. Ingredients: Pulled Chicken Leg, Seasonal Fixins, Aioli, Greens, Multigrain Bread

0

 ADD TO YOUR LUNCH PAIL



03) Cordon Bleu \$7.75

Ingredients: Blue Cheese, Tomato, Bacon, Greens, Sub Roll, Smoked Chicken Leg

0

 ADD TO YOUR LUNCH PAIL



04) Redneck Reuben \$7.25

Ingredients: Caraway Slaw, Swiss-Style Cheese, Dijon, Sub Roll, Corned Pork Shoulder

0

 ADD TO YOUR LUNCH PAIL



05) Ham & Cheese \$8.00

Ingredients: Sorghum Cured Ham, Tomato, Greens, Sub Roll, Tomme-Style Cheese, Mayo

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 ADD TO YOUR LUNCH PAIL

In Praise of Seasonal Foods



East Nashville Tomato Art Fest

West Virginia
Strawberry
Festival
Association Inc.

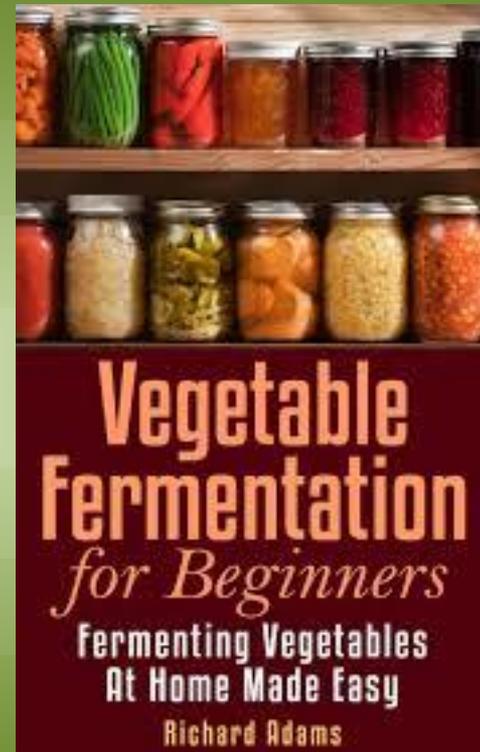
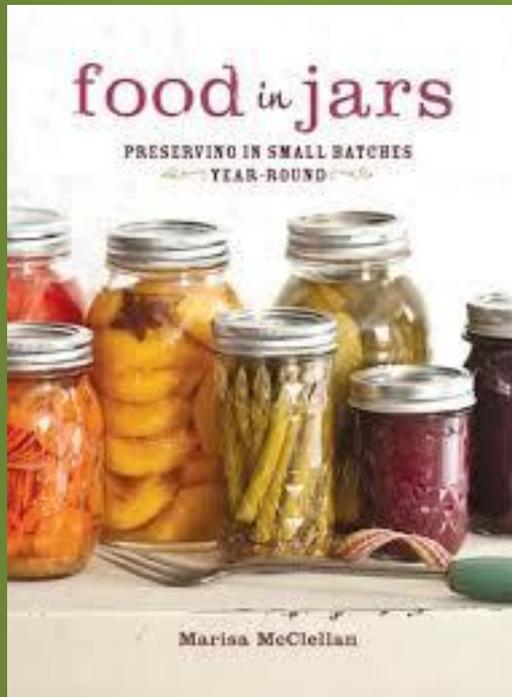


Nashville restaurants serving local produce



“Chef Mike Moranski strives to offer responsibly sourced meat and fish and **locally grown** produce whenever possible. Middle Tennessee and the surrounding areas provide a vast selection of delicious artisan foods. We **collaborate with and promote** nearly a dozen nearby farms and producers.”

Revival in Home Canning and Pickling



City gardens and home gardens

- $\frac{1}{4}$ of all American families grow at least some of their produce themselves.
- More cities are offering apartment dwellers with no private land for a their own a place to grow things, in community gardens, like this one in St. Louis.



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