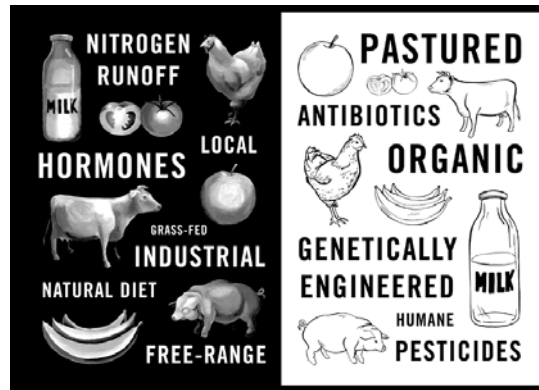


# Edible Education 101: The Rise and Future of the Food Movement



**Instructor:** Garrison Sposito

**Co-Hosts:** Mark Bittman, Robert Hass

**Readers:** Joshua Escobar, Ana Galvis-Martínez, Katie Johnson

GARRISON SPOSITO is Betty & Isaac Barshad Professor, Emeritus, and Chancellor's Professor, Emeritus, at Berkeley. Professor Sposito, whose academic degrees are in agriculture, has been elected a Fellow of six international scientific societies and received many honors for his teaching and research in soil and water science, including the Soil Science Research Award of the Soil Science Society of America, the Robert E. Horton Medal of the American Geophysical Union for outstanding contributions to hydrology, and designation as a "Legend in Environmental Chemistry" by the American Chemical Society, the world's largest scientific organization.

MARK BITTMAN is an award winning journalist and cookbook author. He has written for the *New York Times* for 30 years, where he was "The Minimalist" in the Dining pages from 1997 to 2010. He is currently a *Times* columnist for the Op-Ed pages (the first to have such a position in a major American newspaper), the Magazine, and the Food section. His books include the now-standard *How to Cook Everything* as well as the groundbreaking *Food Matters* and *Vegan Before 6:00*, (VB6), which debuted at #1 on the *Times* Best Seller list. His most recently published book, *How to Cook Everything Fast*, is also a *Times* Best Seller. Throughout his career, he has made hundreds of television appearances, including *Years of Living Dangerously*, Showtime's Emmy-winning documentary on climate change. His numerous

professional honors include the James Beard Leadership Award and Books for a Better Life Lifetime Achievement Award.

ROBERT HASS is Distinguished Professor in Poetry and Poetics at Berkeley. Poet, essayist, and translator, Professor Hass is a MacArthur Fellow and a recipient of both the National Book Award and the Pulitzer Prize. His recent books include *The Apple Trees at Olema: Selected Poems* and *What Light Can Do: Selected Essays*. Each fall since 2002 he has taught an introductory environmental studies course with Professor Sposito.

JOSHUA ESCOBAR is in the MFA program at Bard College and in the Graduate School of Journalism at Berkeley, where he is the business and development reporter for *Oakland North*. Over the past few years, he has worked as a head chef, a paramedic's assistant, and a newspaper columnist. He is writing a novella about youth during the recession, set in his hometown of San Bernardino.

ANA GALVIS-MARTÍNEZ, an agroecologist having extensive experience with both technical and social food system issues, is currently a graduate student in the Latin American Studies program at Berkeley. Her research is focused on the participation of the Latino community in the food justice movement. She has been a volunteer for international organizations related to food sovereignty, such as La Via Campesina, and she has worked closely with local organizations, such as Food First and TransFair USA. Her approach to food issues is multidisciplinary, systemic, and holistic, taking into account that there are different, and sometimes conflicting, interests among the affected constituencies.

KATIE JOHNSON is currently working toward a MPH at Berkeley with a concentration in Public Health Nutrition. She is passionate about improving access to quality food for all and ensuring that the people who produce our food are themselves able to lead healthy lives. Having spent most of her life in rural Northern California, she is particularly concerned with issues facing the many small agricultural towns in the Central Valley. She holds a B.A. in Environmental Studies from Wellesley College and, when not studying, she grows fruits and vegetables on a small, sustainably-minded family farm in the Sierra Foothills.

**Course Description:**

The food system is multi-disciplinary and complex, involving agroecology, agronomy, anthropology, economics, nutrition, sociology, and the arts. In this course, experts on organic agriculture, school lunch reform, food safety, hunger and food security, farm bill reform, farm-to-school efforts, urban agriculture, food sovereignty, and local food economies will offer perspectives making the food system more sustainable and equitable.

**Course Requirements:**

Students are required to attend all lectures, complete all reading assignments, and to earn a grade of C or higher on two analytical essays discussing (1) a major issue to be resolved in order to make the food system more sustainable and equitable, and (2) a major approach to resolving this issue, with both essays based on the lectures in the course. For details, see First Writing Assignment and Second Writing Assignment, posted on the course web site.

## **PART I – THE TROUBLE WITH THE FOOD SYSTEM**

**January 26. Michael Pollan**

### ***A Brief History of the Modern Food System***

For the past 25 years, Michael Pollan has been writing books and articles about the places where nature and culture intersect: on our plates, in our farms and gardens, and in the built environment. He is the author, most recently, of *Cooked: A Natural History of Transformation*, the latest of his five *New York Times* bestsellers: *Food Rules: An Eater's Manual* (2010); *In Defense of Food: An Eater's Manifesto* (2008); *The Omnivore's Dilemma: A Natural History of Four Meals* (2006); and *The Botany of Desire: A Plant's-Eye View of the World* (2001). *The Omnivore's Dilemma* was named one of the ten best books of 2006 by both the *New York Times* and the *Washington Post*. It also won the California Book Award, the Northern California Book Award, and the James Beard Award. A contributing writer to the *New York Times Magazine* since 1987, his articles have also appeared in *Harper's Magazine* (where he served as executive editor from 1984 to 1994), *National Geographic*, *Mother Jones*, *the Nation*, *the New York Review of Books*, *Vogue*, *Travel + Leisure*, *Gourmet*, *House & Garden*, and *Gardens Illustrated*, among others. In 2009, he appeared in a two-hour PBS special based on *The Botany of Desire* and in the documentary, *Food Inc.*, which was nominated for an Academy Award. In 2003, Pollan was appointed the John S. and James L. Knight Professor of Journalism at UC Berkeley's Graduate School of Journalism, and the director of the Knight Program in Science and Environmental Journalism. In addition to teaching, he lectures widely on food, agriculture, health, and the environment. Michael Pollan was educated at Bennington College, University of Oxford, and Columbia University.

**February 2.**

**Garrison Sposito**

### ***The Ecological Crisis as a Crisis of Agriculture***

**Reading:** Wendell Berry: "The Ecological Crisis as a Crisis of Agriculture"

**Marion Nestle**

***Linking Farm Policy to Health Policy in the Global Economy***

**Reading:** Marion Nestle: “Today’s ‘Eat More’ Environment” & “Utopian Dream: A New Farm Bill”  
Renée Johnson & Jim Monke: “What is the Farm Bill?”

Marion Nestle is Paulette Goddard Professor in the Department of Nutrition, Food Studies, and Public Health at New York University, which she chaired from 1988-2003. She is also Professor of Sociology at NYU and Visiting Professor of Nutritional Sciences at Cornell. Her Ph.D. in Molecular Biology and MPH in Public Health Nutrition are both from UC Berkeley. Her research examines scientific and societal influences on food choice, obesity, and food safety, emphasizing the role of food marketing. She is the author of several prize-winning books, most notably *Food Politics, What to Eat, and Eat, Drink, Vote: An Illustrated Guide to Food Politics*. She has received many awards and was named Public Health Hero by the UC Berkeley School of Public Health. From 2008 to 2013, she wrote a monthly Food Matters column for the San Francisco *Chronicle*. She blogs daily (almost) at [www.foodpolitics.com](http://www.foodpolitics.com), and tweets @marionnestle.

**February 9. Eric Schlosser**

***The Hands That Feed You***

A renowned labor activist, author (*Fast Food Nation*), and filmmaker (*Food Inc., Hanna Ranch, Food Chains*), Eric Schlosser started his career as a journalist with *The Atlantic Monthly*. He quickly gained recognition for his investigative pieces, earning a National Magazine Award for his two-part series, “Reefer Madness” and “Marijuana and the Law,” and the Sidney Hillman Foundation award for “In the Strawberry Fields.” Schlosser's work has also appeared in *Rolling Stone, Vanity Fair, New Yorker, New York Times, and The Nation*. Writing in *The Nation* about the topic of this course, he said: “I hope that the food movement will continue to grow and thrive. More important, I hope that it will become part of a larger movement with a broader vision—a movement committed to opposing unchecked corporate power, to gaining a living wage and a safe workplace and good health for the millions of Americans who lack them.”

**February 16. Presidents’ Day**

## **February 23. Reading & Review**

No lecture is scheduled for this date. During this week, complete all of the reading assignments for Part I, including Raj Patel's lecture, and begin developing the first required analytical essay, a major issue to be resolved in order to make the food system more sustainable and equitable.

## **March 2. Raj Patel *with* Mark Bittman**

### ***The Long Green Revolution***

**Reading:** Michael Specter: "Seeds of Doubt"

Raj Patel: "How to be Curious about the Green Revolution"

Women of Via Campesina: "International Manifesto"

Raj Patel: "The Long Green Revolution"

Raj Patel, an award-winning writer, activist, and academic, is a Research Professor in the Lyndon B. Johnson School of Public Affairs at the University of Texas, Austin, and a Senior Research Associate in the Unit for the Humanities at Rhodes University (UHURU), South Africa. Holding degrees from the University of Oxford, the London School of Economics, and Cornell University, he has worked for the World Bank and WTO, and protested against them around the world. He has been a visiting scholar at UC Berkeley's Center for African Studies, an Honorary Research Fellow in the School of Development Studies at the University of KwaZulu-Natal and continues to be a fellow in The Institute for Food and Development Policy, also known as Food First. Raj co-taught Edible Education in 2014 with Michael Pollan. He was also an IATP Food and Community Fellow from 2011-2013. He has testified about the causes of the global food crisis to the House Financial Services Committee and was an Advisor to Olivier De Schutter, the United Nations Special Rapporteur on the Right to Food. In addition to numerous scholarly publications in economics, philosophy, politics, and public health, he regularly writes for *The Guardian* and has contributed to the *Financial Times*, *LA Times*, *NYTimes.com*, *San Francisco Chronicle*, *The Mail on Sunday*, and *The Observer*. His first book was *Stuffed and Starved: The Hidden Battle for the World Food System* and his latest, *The Value of Nothing*, is a *New York Times* best-seller. He is currently working on a ground-breaking documentary project about the global food system with award-winning Director, Steve James.

## PART II – GETTING BACK TO THE RIGHT FOOD SYSTEM

**March 9. Carl Rosato & Helen Atthowe**

### *Mimicking Nature: Woodleaf Farm’s Ecological Design*

#### **Carl Rosato**

Carl Rosato is the owner of Woodleaf Farm, a California Certified Organic Farm (CCOF) in the Sierra foothills, and is a soils consultant who works with farmers to help them balance soil minerals and design and maintain organic orchards. Carl has done and continues to do on-farm research, including an Organic Farming Research Foundation grant 1992 - 1996 to study organic soil management and brown rot disease control and a WSARE grant 2013-2015 to study Woodleaf’s Farm’s Insect Suppression and Ecological Soil Management System. In February 2012, Woodleaf Farm received a Steward of Sustainable Agriculture Award at the 32nd Annual EcoFarm Conference. During 2004-2010, Carl helped to direct, design, and manage the CCOF-funded *Going Organic Project*. Carl is presently President of the North Valley chapter of CCOF.

#### **Helen Atthowe**

Helen Atthowe has an M.S. degree in Horticulture from Rutgers University. She farms with her partner, Carl Rosato, on 26 acres in northern California and works part-time for Oregon State University studying six long-term “eco-organic” farms. For 17 years, Helen was a cooperative extension agent, owning and operating a 30-acre organic-veganic farm in Montana, where she conducted several on-farm research projects, including:

- ✚ Organic Farming Research Foundation: ecological weed management
- ✚ USDA-WSARE: ecological insect management
- ✚ Organic reduced tillage systems at Biodesign Farm
- ✚ USDA-WSARE: living mulches (nutrient cycles, microbial activity, weed management)

## **March 16. Mas & Nikiko Masumoto with Robert Hass**

### ***Of Peaches and Power: Myths, Legends, and the Mundane of Family Farming***

#### **David Mas Masumoto**

David Mas Masumoto is an organic peach and grape farmer and the author of six books including: *Wisdom of the Last Farmer*, *Heirlooms*, *Letters to the Valley*, *Four Seasons in Five Senses*, *Harvest Son*, and *Epitaph for a Peach*. He, along with his wife, Marcy, and daughter, Nikiko, published a family farm cookbook, *The Perfect Peach*, in May, 2013. A third-generation farmer, Mas grows organic peaches, nectarines, grapes, and raisins on an 80-acre farm south of Fresno. Mas is currently a columnist for *The Fresno Bee* and *The Sacramento Bee*. He was a Kellogg Foundation Food and Society Policy Fellow during 2006-2008. His writing awards include the Commonwealth Club Silver Medal, Julia Child Cookbook Award, the James Clavell Literacy Award, and being a finalist in the James Beard Foundation Awards. *Wisdom of the Last Farmer* was honored as “Best Environmental Writing in 2009” by National Resources Defense Council. Masumoto received the “Award of Distinction” from UC Davis in 2003, and the California Central Valley "Excellence in Business" Award in 2007. He is currently a board member of the James Irvine Foundation and the Public Policy Institute of California. He has served as chair of the California Council for the Humanities. In 2013, President Obama appointed Mas to the National Council on the Arts, the board for the National Endowment for the Arts. Mas is married to Marcy Masumoto, Ed.D. They have a daughter, Nikiko, and a son, Korio.

#### **Nikiko Masumoto**

Nikiko Masumoto is an organic farmer and agrarian artist from the Central Valley. She is the fourth generation to work the land at the Masumoto Family Farm and has been working intensely on the farm with her father for the past three years. In 2007 Nikiko graduated from Berkeley with a B.A. in Gender and Women’s Studies, and in 2011 she completed a Master of Arts in Performance as Public Practice at the University of Texas, Austin. Her intellectual and artistic work focuses on the intersections of performance, social justice, and memory. Her recent creative works include a performance about the Japanese-American movement for redress and place-based art-making along Highway 99. In 2013, she published her first book, co-written with Mas and Marcy, *The Perfect Peach: Recipes and Stories from the Masumoto Family Farm* (Ten Speed Press). She hopes to grow her passions for performance and social justice along with her peaches, nectarines, and grapes to add another generation’s voice to the story of the Masumoto Family Farm. For Nikiko, sharing food is a revolutionary act: “When we grow, share, and eat food, there are no borders. We can become part of each other.”

## **March 23. *Spring Break***

**March 30. Stephen Gliessman with Mark Bittman**

***Sustainable Farming through Agroecology***

**Reading:** Stephen Gliessman: “Agroecology: Growing the Roots of Resistance”  
V. Ernesto Méndez et al.: “Agroecology as a Transdisciplinary, Participatory, and Action-Oriented Approach”

With graduate degrees in Botany, Biology, and Plant Ecology from the University of California at Santa Barbara, Stephen R. Gliessman has accumulated more than 40 years of teaching, research, and production experience in the field of agroecology. His international experiences in tropical and temperate agriculture, small-farm and large-farm systems, traditional and conventional farm management, hands-on and academic activities, non-profit and business employment, and organic and synthetic chemical farming approaches have provided a unique combination of experiences and perspectives to his formation as an agroecologist. He has been a W. K. Kellogg Foundation Leadership Fellow and a Fulbright Fellow. He was the founding director of the Agroecology Program at the University of California at Santa Cruz, one of the first formal agroecology programs in the world, and was Alfred and Ruth Heller Professor of Agroecology in the Department of Environmental Studies at UC Santa Cruz until his retirement in 2012. He is co-founder of the non-profit, Community Agroecology Network, and currently serves as President of its Board of Directors. His textbook *Agroecology: The Ecology of Sustainable Food Systems*, is in its third edition and has been translated into many languages. He is Editor of the international journal, *Agroecology and Sustainable Food Systems*, and dry-farms organic wine grapes and olives with his family in northern Santa Barbara County.

**PART III – BUILDING THE FOOD MOVEMENT**

**April 6. Claire Kremen**

***Fixing a Broken Food System: Some Ideas***

Claire Kremen is Professor in the Department of Environmental Science, Policy and Management at Berkeley. She is an ecologist and conservation biologist whose research focuses on understanding and characterizing the relationship between biodiversity and ecosystem services, then utilizing this information to develop conservation and sustainable management plans, considering both protected areas and the working lands matrix around them. Her current research focuses on exploring the ecological, social, and economic benefits, as well as the costs and barriers, to adoption of diversified farming systems, and on restoring pollination and pest control services in intensively-farmed landscapes using both predictive modeling and field studies. Her work reaches from theory to practice and



includes hands-on conservation action such as, for example, the scientific design and establishment of a network of protected areas to preserve Madagascar's endemic flora and fauna. In 2007, she was awarded a MacArthur Foundation Fellowship for her contributions to ecology, agriculture, and biodiversity, and in 2013 she was elected to the California Academy of Sciences. She co-directs the Center for Diversified Farming Systems and the Berkeley Food Institute.

### **April 13. Alice Waters & Craig McNamara *with* Robert Hass**

#### ***Teaching Slow Food Values in a Fast Food World: Who Will Grow Tomorrow's Food and Who Will Be Eating It?***

**Reading:** Jean Giono: "The Man Who Planted Trees"

#### **Alice Waters**

Alice Waters, chef, author, food activist, and owner of Chez Panisse, has been a champion of local, sustainable agriculture for over four decades. She is the founder of The Edible Schoolyard Project, an innovative model for public education that integrates the growing and cooking of food into the core academic curriculum. The centerpiece of the mission is to promote a free, nutritious and sustainable school lunch for all students, K-12, and to bring children into a new relationship to food. Alice's vision for edible education began 20 years ago with The Edible Schoolyard at Berkeley's Martin Luther King, Jr., Middle School, which today draws visitors from around the world. The online Edible Schoolyard Network ([edibleschoolyard.org](http://edibleschoolyard.org)) gathers and shares lessons and best practices from school gardens, kitchens, and edible education programs worldwide. To date, there are more than 4,000 Edible Schoolyard Network member programs in 54 countries. Alice is also Vice President of Slow Food International, and is the author of fourteen books, including the New York Times Best Sellers, *The Art of Simple Food I & II*, *40 Years of Chez Panisse: The Power of Gathering*, and *The Edible Schoolyard: A Universal Idea*.

#### **Craig McMamara**

Craig McNamara is President and owner of Sierra Orchards, a diversified farming operation producing primarily organic walnuts. By connecting people, policy, and agricultural best practices, Craig works to protect the land that feeds us, to promote social justice, and to support the next generation of farmers. In this latter activity, he is the founder of the Center for Land-Based Learning, an innovative program that helps high school students build greater social and human capital in their communities. Craig is President of the California State Board of Food and Agriculture and serves on both the University of California President's Advisory Commission and the UC Davis Dean's Advisory Council. He also serves as an Advisory Board member for the Agricultural Sustainability Institute and is active in the American Farmland Trust, Roots of Change, and the Public Policy Institute of California. He is the recipient of several awards, including California

Agriculturalist of the Year (2014), the James Irving Leadership Award, the Leopold Conservation Award, the California Governor's Environmental and Economic Leadership Award, the UC Davis Award of Distinction and Outstanding Alumnus Award. He is passionate about sharing his knowledge of sustainable agriculture with the world around him. Together with his wife and three children, he lives in Winters, California.

**April 20. Anim Steel & Sara Mersha *with* Mark Bittman**

***With Liberty, Justice, and Sovereignty for All***

**Anim Steel**

Anim Steel is the Executive Director and co-founder of the Real Food Challenge, a campaign to re-direct \$1 billion of college food purchases toward local, fair, and sustainable sources within 10 years. Prior to Real Food Challenge, Anim led national initiatives at The Food Project in Boston and was a consultant with the Economic Development Assistance Consortium. Anim holds a B.A. in Astrophysics and History from Williams College and a Master's Degree in Public Policy from the Kennedy School of Government at Harvard. He is the recipient of a Prime Mover Fellowship for movement-building and an Echoing Green award for social entrepreneurship. Born in Ghana, Anim grew up in both West Africa and Washington, DC.

**Sara Mersha**

Sara Mersha is Director of Grantmaking and Advocacy at Grassroots International. She works to build and maintain long-term relationships with partner organizations and social movements led by peasants, indigenous peoples, women, and youth in the Global South. Sara also coordinates Grassroots' advocacy work, collaborating with other U.S. allies as part of the U.S. Food Sovereignty Alliance, the Climate Justice Alliance, and the Grassroots Global Justice Alliance. In 2014, Sara joined the Planning Committee of Movement Generation's Justice and Ecology Project. Born in Addis Ababa, Ethiopia, Sara has spent the majority of her life in the United States and brings years of experience connecting local community organizing (such as Direct Action for Rights & Equality, Providence, RI) with broader movement-building efforts. Sara has been a visiting faculty member of the Ethnic Studies Department at Brown University. She completed a Master's degree at Brown's Center for Environmental Studies in 2014, focusing on the intersection of movements for climate justice and food sovereignty. And she is the proud aunt of 11 nieces and nephews.

**April 27. Michael Pollan with Mark Bittman**

***What's Next for the Food Movement?***

**Reading:** Michael Pollan: “The Food Movement, Rising”



**May 4. Reading/Review/Recitation Week**

Complete the second required analytical essay, a major approach to resolving the issue discussed in the first analytical essay. This assignment is due no later than May 8.