

**HIST 3760 – AMERICAN FOOD HISTORIES**  
**Professor Sarah Elvins**



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From succotash to scrapple, collard greens to Coca-Cola, the United States has had a distinct and varied food culture throughout its history. This course will examine the evolution of American foodways, exploring themes including regional food, immigration, industrialization and agriculture, advertising, technology, and home cooking. We will trace changes in the U.S. diet and the cultural, political and social implications of what Americans ate.

### **Academic Honesty**

All written work submitted in this course must be original. The University's regulations regarding plagiarism, cheating and impersonation are found in Section 8 of the General Academic Regulations in the online Academic Calendar and Catalog of the Faculty of Arts (available online at [http://umanitoba.ca/faculties/arts/student/student\\_responsibilities.html](http://umanitoba.ca/faculties/arts/student/student_responsibilities.html)) which reads:

*The common penalty in Arts for plagiarism on a written assignment is a grade of F on the paper and a final grade of F (DISC) (for Disciplinary Action) for the course. For the most serious acts of plagiarism, such as purchase of an essay and repeat violations, this penalty can also include suspension for a period of up to five (5) years from registration in courses taught in a particular department/program in Arts or from all courses taught in this Faculty. The Faculty also reserves the right to*

*submit student work that is suspected of being plagiarized to Internet sites designed to detect plagiarism or to other experts for authentication.*

*The common penalty in Arts for academic dishonesty on a test or examination is F for the paper, F (DISC) for the course, and a one-year suspension from courses acceptable for credit in the Faculty. For more serious acts of academic dishonesty on a test or examination, such as repeat violations, this penalty can also include suspension for a period of up to five years from registration in courses taught in a particular department or program in Arts or from all courses taught in or accepted for credit by this Faculty.*

The last date for voluntary withdrawal from this course is March 31, 2017. Evaluation and feedback will be provided to you before this date.

### **Computers, Cellular Phones, Tablets, etc.**

Students will only be allowed to use computers or other electronic devices for taking notes with permission of instructor. Studies have shown that taking notes by hand encourages students to make sense of the material, and allows you to better retain what you are learning. All phones must be on silent/vibrate mode and stored in pockets, bags or purses for the duration of the class. Texting, checking social media, instant messaging, and surfing the web are not appropriate behaviours in class. Engaging with social media not only is distracting for other students, but studies have shown that it detracts from your learning experience. It is challenging, but make an effort to focus on the lecture – the course will be more enjoyable, and you will do better in it! Students who repeatedly text or otherwise do not pay attention in class will be asked to leave.

### **Assignments and Late Policy**

All written assignments should be typed and double spaced. Further details about written assignments will be provided in class. Pay close attention to due dates. Extensions will only be granted in exceptional circumstances. Papers are due in class on the date indicated. Late papers will be penalized 2.5% per day. Students who wish to appeal a grade given for term work must do so within 10 working days after the grade for the term work have been made available to them. Uncollected term work will become the property of the Faculty of Arts and will be subject to confidential destruction.

### **Required Readings**

The following books are available for purchase at the bookstore:

Judith Carney, *Black Rice: The African Origins of Rice Cultivation in the Americas*

Jane Ziegelman, *97 Orchard: An Edible History of Five Immigrant Families in One New York City Tenement*

There will be other articles assigned that will be available through the library or UMLearn.

Evaluation for the course will include:

Book Review (500-750 words)	15%	due February 16
Recipe Analysis (750-1000 words)	20%	due March 16
Essay (2500-3750 words)	25%	due April 20
Class Participation	10%	
Final Exam	30%	during exam period

**The grade distribution will be as follows:**

A+ = 88+	C+ = 66-69
A = 80-87	C = 60-65
B+ = 76-79	D = 50-59
B = 70-75	F = 49 and below

**Week 1 January 19**

1) Introduction

**Book Review Assignment Sheet handed out**

**Week 2 January 24**

2) early contact and food cultivation – aboriginal traditions  
3) colonial cooking

Readings: Carney, *Black Rice*, 1-68

**Week 3 January 31**

4) slavery and agriculture  
5) Revolution and American food nationalism

Readings: Carney, 69-141

**Week 4 February 7**

6) technology and food production  
7) women and domestic labour

**February 9 - Class discussion of *Black Rice*.**

Readings: Carney, to end

**Week 5 February 14**

7) nineteenth century agriculture  
8) Civil War

Readings:

Kelley Erby, "Worthy of Respect: Black Waiters in Boston before the Civil War," *Food & History* 2007, vol. 5 no. 2 pp. 205-217. (readings cont'd next page)

Frances M. Burroughs, "The Confederate Receipt Book: A Study of Food Substitution in the American Civil War," *South Carolina History Magazine*, Vol. 93. No 1 (Jan 1992): 31-50.

**Book Review Due February 16; Recipe Assignment Sheets handed out.**

**Week 5 February 21**

**No class – Midterm Break**

**Week 6 February 28**

9) restaurants and the middle class

10) vegetarianism

**March 2: Come prepared to have a brief discussion about the readings this week.**

Readings: Ziegelman, *97 Orchard*, 1-82.

**Week 7 March 7**

11) advertising and packaged goods

12) Chinese food

Readings:

Paul Freedman, "Women and Restaurants in the Nineteenth-Century United States," *Journal of Social History*. Vol. 48 no. 1 (Fall 2014): 1-19.

Nick Cullather, "The Foreign Policy of the Calorie," *American Historical Review* Vol. 112, no. 2 (April 2007): 337-364.

Audrey Russek, "Appetites Without Prejudice: U.S. Foreign Restaurants and the Globalization of American Food Between the Wars," *Food & Foodways* vol. 19 no. 1 (2011): 34-55.

**Week 8 March 14**

13) industrial agriculture

14) Progressive Era consumer protections

Readings: Ziegelman, 83-181.

**Recipe Analysis Due March 16; Research Paper assignment sheet handed out.**

**Come to class ready to discuss your recipe!**

**Week 9 March 21**

15) Great Depression – food scarcity

16) WWII and rationing

Readings: Ziegelman, 183-227.

**Week 10 March 28**

17) cars and fast food

18) postwar prosperity

**March 30 – Come to class ready to have a brief discussion of the readings.**

Readings:

Angela Jill Cooley, “ ‘Eating with Negroes’: Food and Racial Taboo in the Twentieth-Century South,” *Southern Quarterly*, January 2015

Shane Hamilton, “Cold Capitalism: the Political Ecology of Frozen Concentrated Orange Juice,” *Agricultural History* Vol. 77 no. 4 (Fall 2003): 557-581.

Adam Mack, “ ‘Speaking of Tomatoes’: Supermarkets, the Senses and Sexual Fantasy in Modern America,” *Journal of Social History* 43 (Summer 2010): 815-42.

**Last day for VW: March 31, 2017**

**Week 11 April 4**

19) counterculture and health food

20) Reagan’s America: class and taste in 1980s affluence

Readings:

Amy Bentley, “Martha’s Food: Whiteness of a Certain Kind” (Martha Stewart Roundtable), *American Studies*, Vol. 42 no 2 (Summer 2001): 89-100.

Jessica Martucci, “Why Breastfeeding? Natural Motherhood in Post-War America,” *Journal of Women’s History* Vol. 27 no. 2 (Summer 2015): 110-133.

**Week 12 April 11**

21) labour, immigration and industrial agriculture

22) Slow food, class, and protest

**April 13 – come to class ready to discuss this week’s readings. Last chance to help your participation grade!**

Readings:

<http://michaelpollan.com/articles-archival/unhappy-meals/>

Marcia Chatelain, “The Miracle of the Golden Arches: Race and Fast Food in Los Angeles,” *Pacific Historical Review*, Vol. 85 no. 3. (August 2016): pp. 325-353.

Camilla Vasquez and Alice Chik, “ ‘I am not a Foodie...’; Culinary Capital in Online Reviews of Michelin Restaurants,” *Food & Foodways* Vol. 23 no. 4 (Dec. 2015): 231-250.

**Week 13 April 18**

23) Food and Globalization

24) review

**Essays Due in Class. No readings this week!**

**FINAL EXAM DURING EXAM PERIOD – April 22-29**

**Student Resources**

You have access to several important resources to help you navigate your classes and university life more generally. There are writing tutors available to help you with your essays through the Academic Learning Centre (ALC): <http://umanitoba.ca/student/academiclearning/>. The History department will also make a writing tutor available exclusively to History students in the department on one day a week. More information about scheduling, etc., TBA.

The ALC page also has resources to help you with study skills, organization, as well as assistance for students using English as an Additional Language (EAL). Other issues, including accessibility services, workshops, and tips about academic integrity are addressed at the Student Advocacy Services webpage ([http://umanitoba.ca/student/resource/student\\_advocacy/](http://umanitoba.ca/student/resource/student_advocacy/)).

All of the above services can also be accessed under the heading of Student Resources on the Student Affairs website: <http://umanitoba.ca/student/studentlife/index.html>.

History students can also take advantage of the huge range of academic materials (including primary and secondary sources, as well as pages to help with writing and referencing) made available by the History subject librarian, Kyle Feenstra, tailored just for you! They are available on the Libraries page at this link: <http://libguides.lib.umanitoba.ca/history>. Students who need research assistance can also schedule an appointment with a librarian through the website.