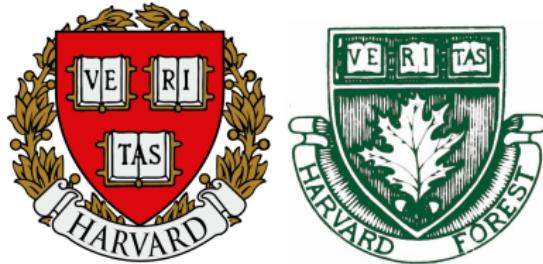


Ecological Foodways: Eating links people to ecosystems

M.K. Lau

Tuesday April 16, 2019



- ▶ Food has arguably the most significant ecological impact
- ▶ Foodways are becoming increasingly divorced from ecosystems, leading to greater difficulty in understanding the impacts of food and cultural connections associated with food production and consumption
- ▶ Recent findings suggest that human perception of flavor has potentially overlooked impacts on how we perceive our world

Take-home: eating is an ecological action that determines how we behave because smell is wired directly to the unconscious, emotional roots of our brains, which shapes how we interact with the world.

Note: some notes and quotes in *docs/ecofoodways.md*



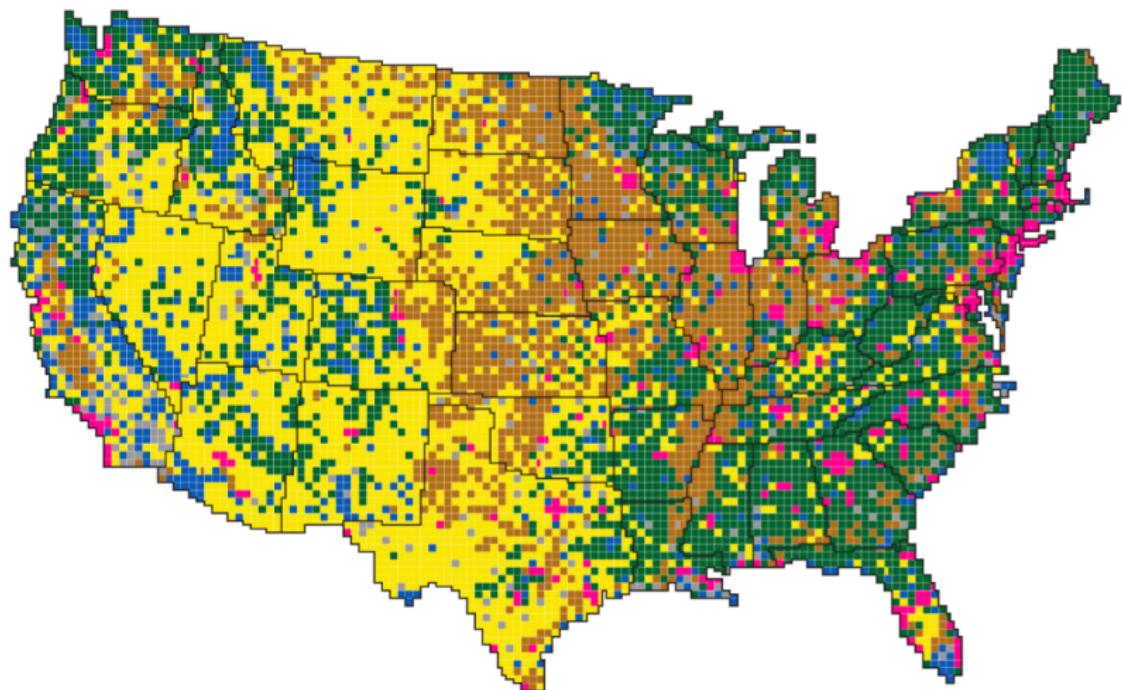
Bloomberg

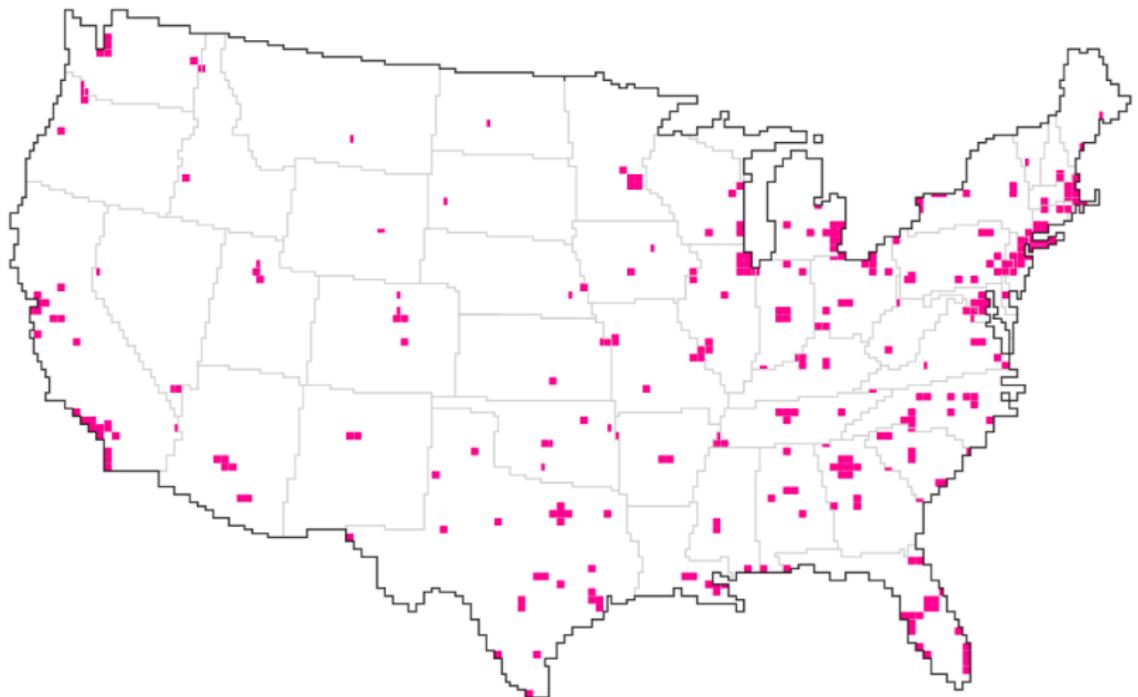
Here's How America Uses Its Land

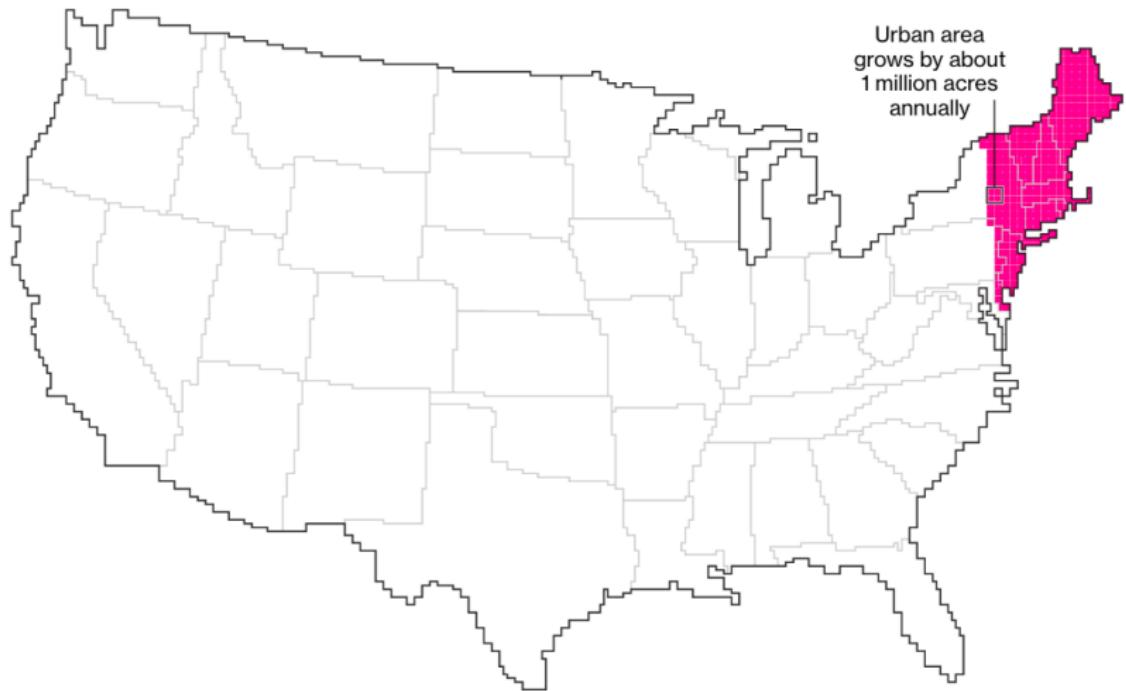
By Dave Merrill and Lauren Leatherby

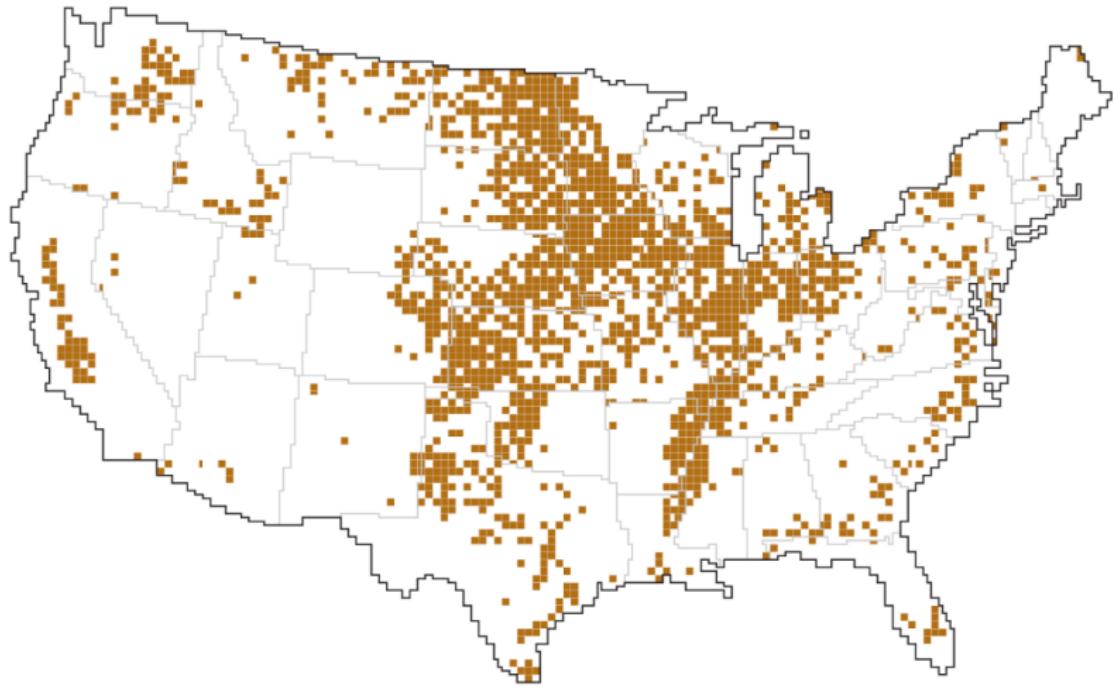
July 31, 2018

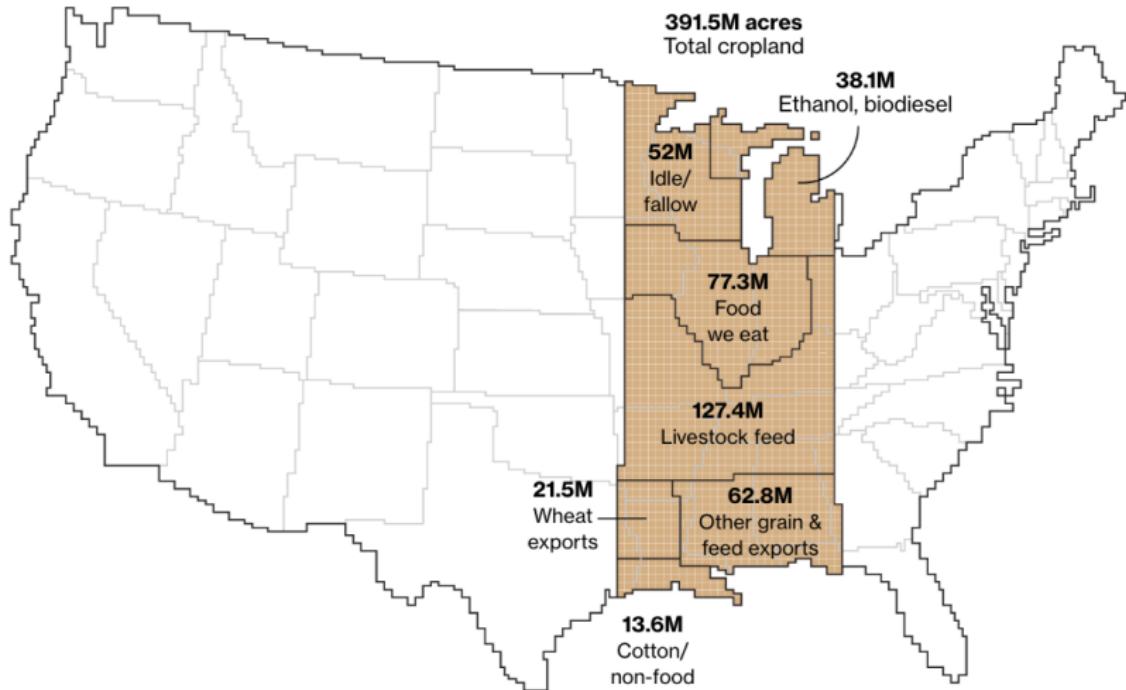
Pasture/range Forest Cropland Special Use Miscellaneous Urban
■ = 1 million acres

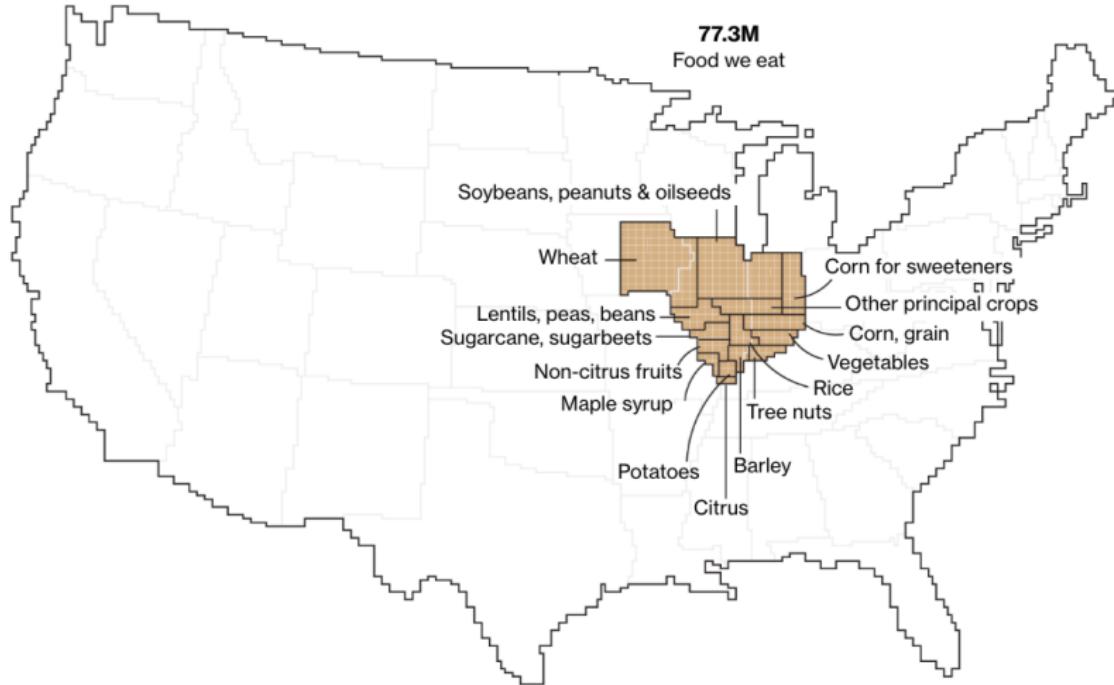


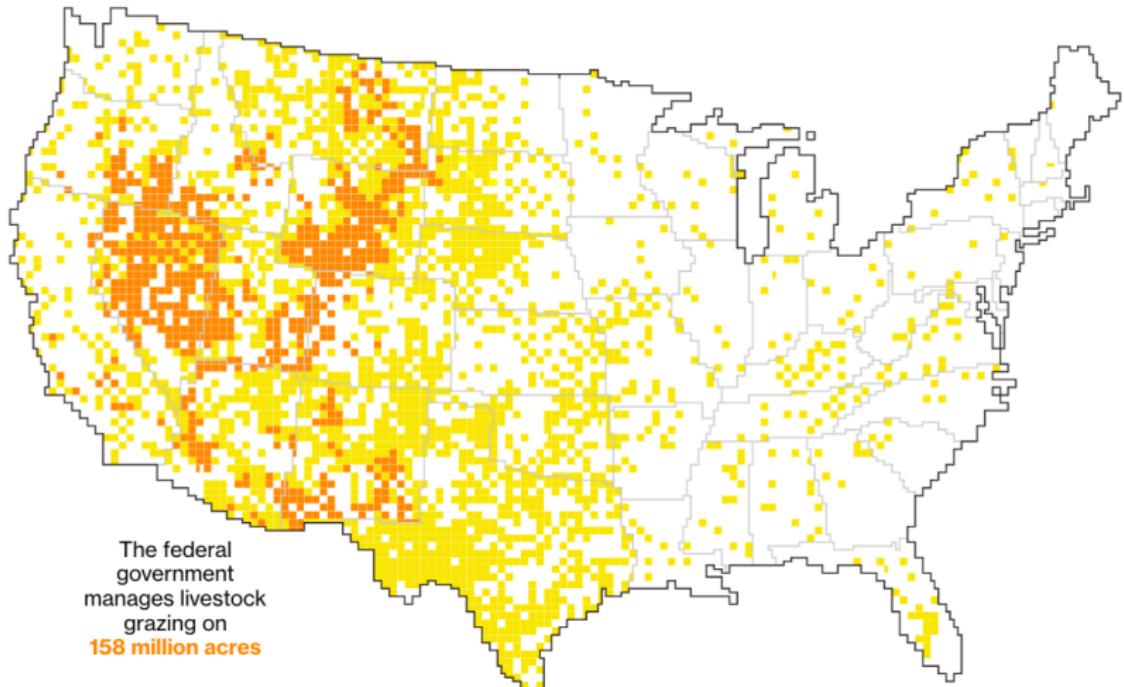


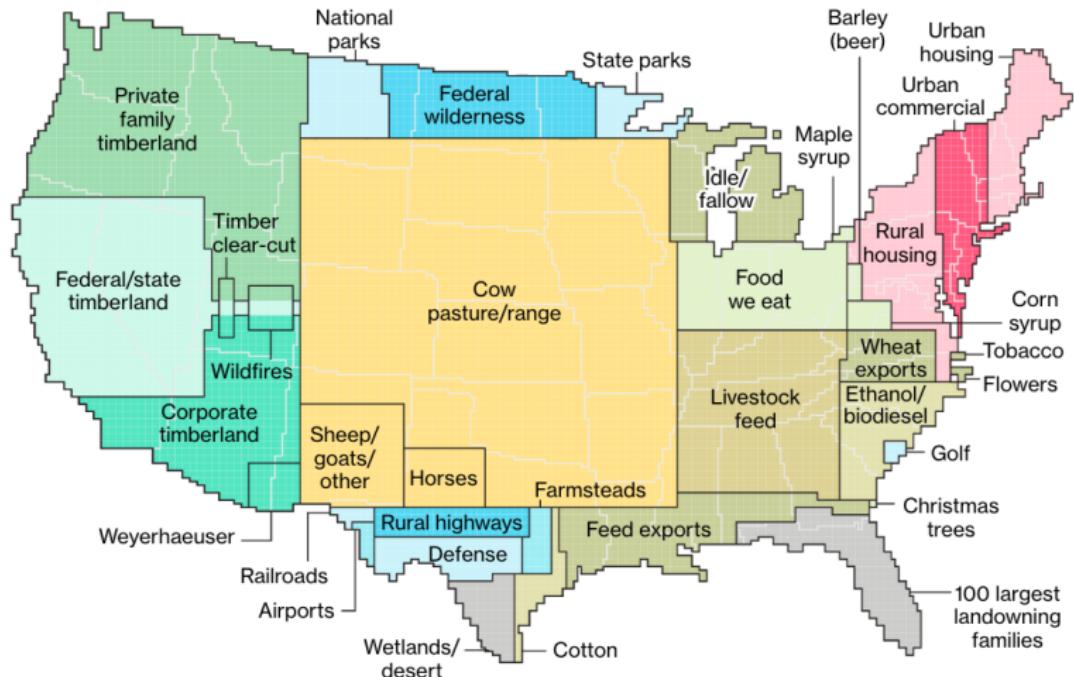














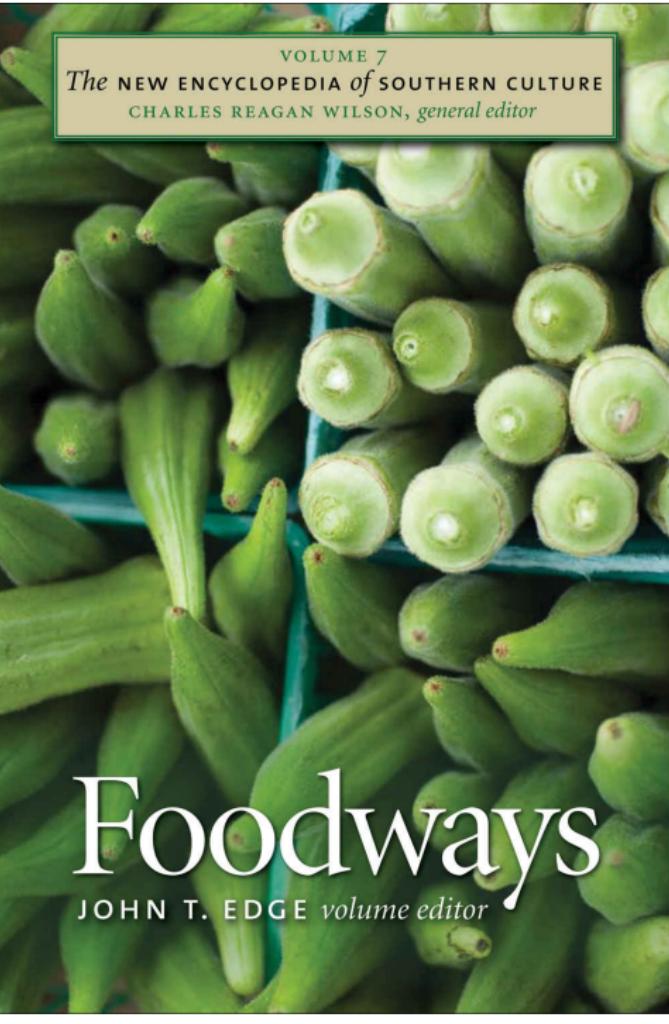






VOLUME 7

The NEW ENCYCLOPEDIA of SOUTHERN CULTURE
CHARLES REAGAN WILSON, general editor



Foodways

JOHN T. EDGE *volume editor*

Ecological Foodways Defined

- ▶ The Southern Foodways Alliance
- ▶ Foodways = culture centered on food
- ▶ Ecological Foodways = cultural practices that link humans and nature through food









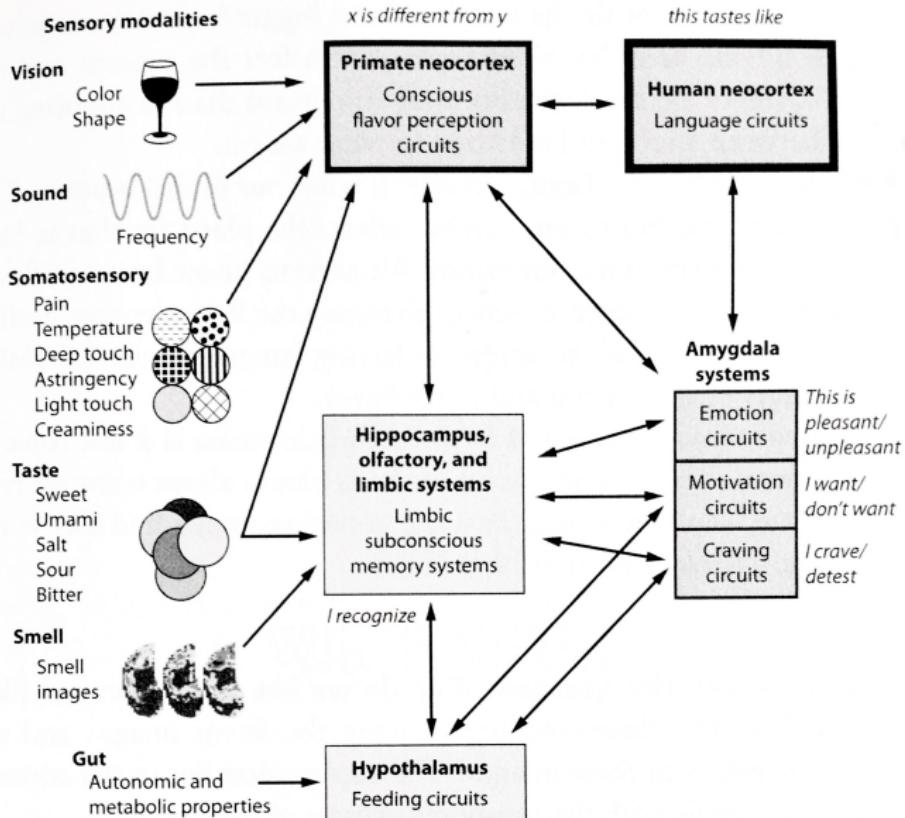


FIGURE 18.2 The human brain flavor system shown as a flow diagram

(Adapted from G. M. Shepherd, Smell images and the flavour system in the human brain, *Nature* 444 [2006]: 316–321)

Smell: The forgotten sense?

- ▶ If you had to lose a sense, which would you choose?
- ▶ Helen Keller not smell

Question: do you associate a smell or “taste” with a memory?

Do you smell when you taste or do you taste when you smell?

Activity: put some grapefruit in your mouth without breathing through your nose (plug if necessary), chew and observe for 10 chews. Release your nose and breath in and chew and observe for another 10 chews.

How different is the experience without smelling?

Flavor Explained

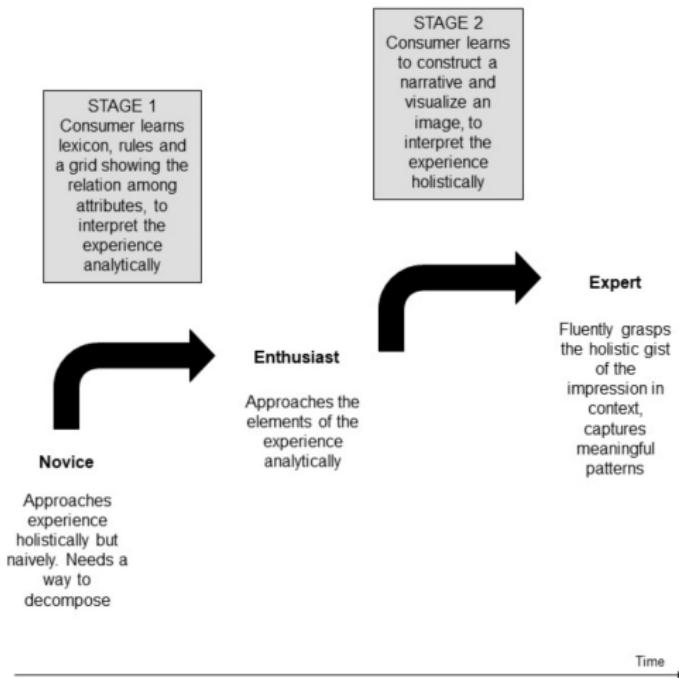
- ▶ Flavor = smell + taste + other senses (touch, site, sound)
- ▶ Neurology of taste

Ortho-olfaction vs retro-nasal olfaction

Activity: Stucke's ortho-retro activity with the plastic cup and straw.

HBR_taste_experts_2017

FIGURE 5: STAGES OF LEARNING



Globalization: The Great Food Divide

- ▶ Food: A Brief History [timeline of eating and cuisine]

The Future of Food

- ▶ Diversity [Half-Earth]
- ▶ Diversification
- ▶ Efficiency [reduce waste, eat locally]

Flavor and Nature

- ▶ Biophilia [Wilson]
- ▶ Cooking and human development [Wrangum]
- ▶ Indigenous foodways ~ Ecological Foodways [Sioux Chef, Corn, Bison, Taro]

How can we engage with ecological foodways?

See [..../docs/EFw Learning to Taste.md](#)

- ▶ You can learn flavor HBR Taste Experts
- ▶ Learn from and support Indigenous Foodways and TEK
- ▶ Eat wild foods

Foraging: A brief introduction

- ▶ Identify
- ▶ Safety
- ▶ Ethics

Journaling

"If you want to invent a new field of science, measure a smell."

Alexander Graham Bell

- ▶ Observe
- ▶ Taste
- ▶ Eat
- ▶ Reflect

Hemlock Tea and Questions

"In the immortal words of Socrates, 'I drank what?'"

- ▶ Val Kilmer *Real Genius*

A leaf of grass is the journey-work of the stars...