

Day 5: The Future of Food

Eating Wild

Humans have been collecting food from the wild since before recorded history (~200k years ago). It's only in the relatively recent history (10-15k years ago) that agricultural practices were first practiced. Foraging (or other ways to gather wild food, such as hunting or fishing), is a way to use food to directly experience nature. Today, we'll do a bit of foraging outside then head inside to discuss ecological foodways, such as foraging, in the context of the future of food.

Foraging Basics

1. Know what you're eating!

- *Never consume anything if you don't know what it is* or if the specific tissue is edible. Species and individual tissues vary in terms of their edibility. For example, the fruit of saskatoon are edible but the leaves contain high levels of cyanogenic compounds.

2. Consider the impacts of what you're collecting.

- Prior to collecting, familiarize yourself with the legality and ethics of the location and organism. Focusing on public spaces and un-wanted species (e.g. invasives) is generally a good idea.

3. Make sure to collect safely.

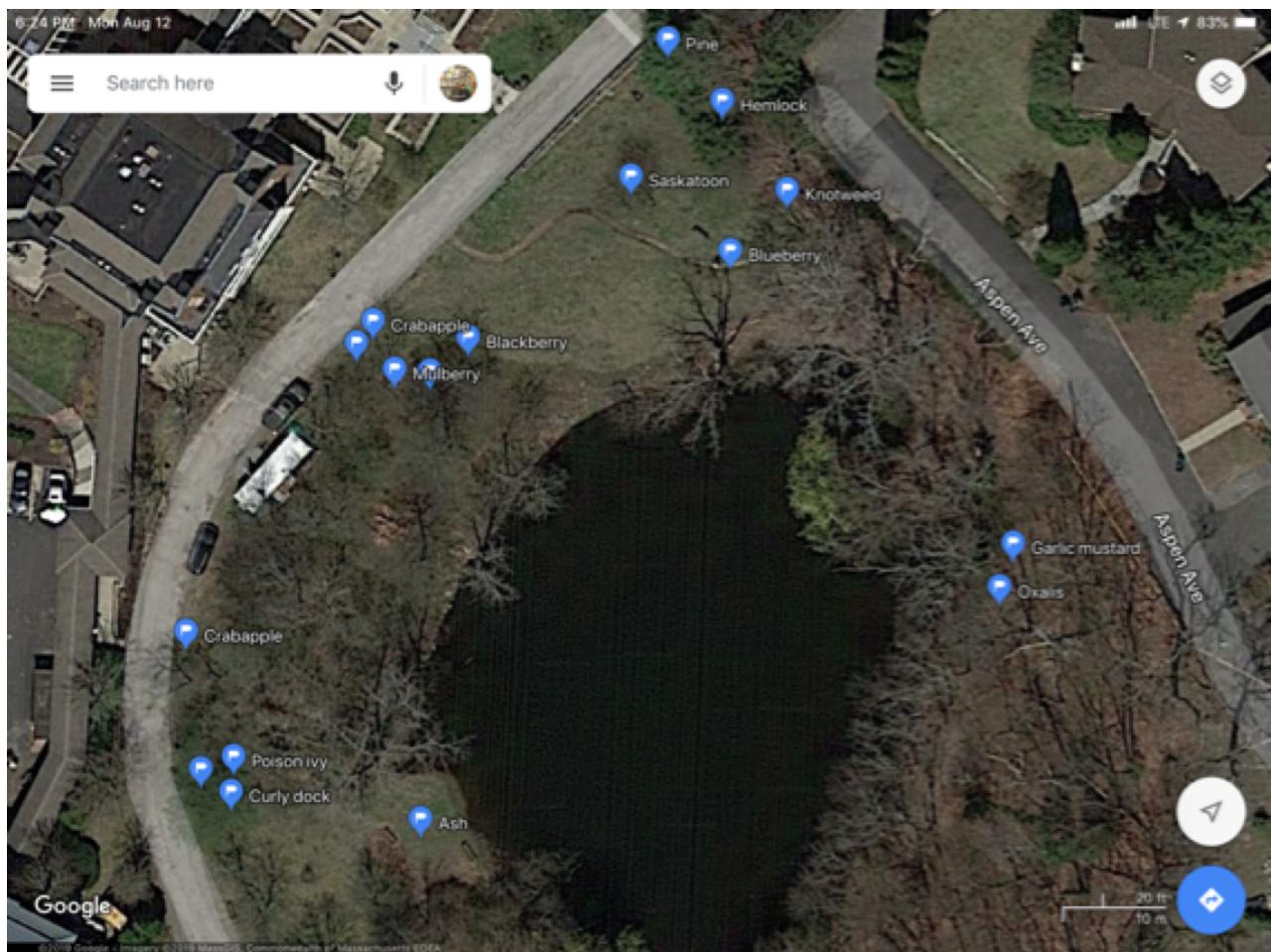
- Avoid contaminated locations (e.g. roadsides, golf-courses, industrial sites).
- Be careful of allergens that you know you're sensitive to.
- Look out for harmful organisms, such as ticks and poison ivy.

4. Bring a few helpful tools: bags, basket/pack, knife, trowel/shovel, picker.

5. Consult with a local expert first!

- No one knows if something is edible until someone eats it.
- There is broad variation in some organisms from place to place and in time.
- Look for regional expertise relevant to your area:
 - www.eattheweeds.com/foraging/foraging-instructors/
 - www.foraging.com

Edible Shrubs and Trees at Lasell Village Pond





• Saskatoon



• Blueberries



• Hemlock



● Pine



● Knotweed



• Crabapple



- **Look out for Poison Ivy**

Tisane: Hemlock and Pine

The needles of Eastern Hemlock trees were a common drink consumed by loggers in New England. Loggers would carry a small kettle and cup that they would use to make a cup of "tea" when they were out cutting wood.

Discussion: Future of Food

Foraging from uncultivated and wild landscapes is arguably the basis of foodways that are most strongly connected to nature. In the context of large-scale environmental change (e.g. climate, population growth, landuse, urbanization), what are the ecological foodways that will be challenged and what foodways can support the adaptation of the human niche in the future?

Readings [5]

- Sherman and Dooley 1-27
- Humphreys 1-21
- Shepherd 233-241
- Noonan 2017

Handouts



Zachos1-14.pdf
Aug 12, 2019