

A photograph of a male baker in a white uniform and hat, focused on his work in a bakery. He is leaning over a counter, working with long, cylindrical loaves of dough in a black tray. The background shows a brick floor and shelves with more bread.

FOOD for Thought

Vermont Humanities Council's
36th Annual Fall Conference

November 13-14, 2009

Friday Afternoon through Saturday

The Essex, Essex, Vermont



Food for Thought

Friday and Saturday • November 13–14, 2009
The Essex, Essex, Vermont



Food is our first human need.

We experience food daily, to a greater or unfortunately lesser degree. But often we do so with little thought, even

unconsciously. The conference will examine food from the perspective of the humanities—including literary, artistic, religious, anthropological, ethical, social, and cultural aspects of food, as well as food and the future. Join noted authors, cooks, scholars, and other experts in an examination of the ways that food and eating shape us as individuals, as a culture, and as a society.

The Vermont Humanities Council is proud to present its 36th annual conference, Food for Thought, with the generous support of **C&S Wholesale Grocers** and with the participation of **King Arthur Flour**. Our conference looks at food from a local as well as a global perspective. We will look at food and its representation in writing, art, and religion. We will take advantage of Vermont's rich agricultural heritage, which has put the state at



the center of the challenges, and some of the solutions, facing modern food systems. In addition to examining and experiencing food itself, we will look at the future of food, as an international issue in an increasingly hungry world. And we will experience the joys of food, together, as companions, a word derived from the Latin for “with bread.”

Five space-limited events act as appetizers for the conference on Friday afternoon with workshops that emphasize the personal experience of food: a Japanese tea ceremony, an exploration of taste, a cooking demonstration, a wine and cheese pairing, and a sensory examination of the concept of terroir.

Friday evening's main entrée features **Darra Goldstein**, editor in chief of *Gastronomica*, America's leading publication on food and culture, and **Judith Jones**, Knopf's famed senior editor and vice president, in an armchair question-and-answer session with syndicated columnist and food writer **Marialisa Calta** about the current explosion of interest in food.

Saturday morning's plenary session features **Dr. Nils Daulaire**, noted presidential advisor, international health expert, and former director of the World Health Council, speaking on the international dynamics of food security and the various impacts of food scarcity.



The afternoon plenary, with UVM Assistant Professor of Nutrition and Food Sciences **Amy Trubek**, looks at the relation between Vermont's working landscape and sense of taste and place and the linkages between food, culture, and land.

Breakout sessions explore a wide variety of topics: food as it is represented in painting, in writing, and in film; food as it impacts communities; and food as it reinforces the societies that in turn nurture us.

The conference concludes with **Darra Goldstein**, **Amy Trubek**, and **Jeffrey Roberts** discussing why good food matters, both to us as individuals and as social beings.

Lodging — Rooms at The Essex are \$129 (plus tax) single or double on a first-come, first-served basis. For reservations, 800.727.4295 or vtculinaryresort.com. Be sure to mention the conference to receive the conference rate. Conference rate is good November 13–14.

Contact — 802.262.2626 x304 • info@vermonthumanities.org
vermonthumanities.org • vermonthumanities.org

Food for Thought Fall Conference Schedule

Friday, November 13 – Fees, space limits, and advance registration apply for afternoon workshops.

11:00 AM – 1:00 PM **Early registration**, *The Essex, Main Lobby*

1:00 – 2:15 PM **Preconference workshops**, *to inform and delight, Mansion 2nd Floor Suite*

The Five Tastes, New England Culinary Institute (NECI) chef Mark Molinaro leads this guided tour of the five tastes (sweet, salty, sour, bitter, and umami) and asks how and why we taste what we taste, and why we like it. *Limited to 25*

Terroir: the Role of Place in Taste, learn about terroir as it is expressed in Vermont maple syrup. Learn how climate and microclimates, soil chemistry, and traditional methods of preparation affect the sensory experience of foods. *Limited to 25*

An Afternoon with Your New Tuscan Friends: Cantucci e Vin Santo, learn from NECI's esteemed Chef John Barton about the rich food traditions of Italy and enjoy this traditional Tuscan dessert at the demonstration class's conclusion. *Limited to 20*

3:00 – 4:15 PM **Wine and Cheese: A Paired Event**, pairing wine and food is easier than you might think. Taste an array of North American wines and cheeses and NECI staff will help you discover why they go so well together. *Limited to 25*

Chanoyu: the Japanese Tea Ceremony, Zen Buddhism pervades many aspects of the tea ceremony. Michiko Oishi, Tokyo native, devotee of Japanese cultural arts, and executive director of the Vermont Peace Academy, conducts the ceremony and explains its significance. *Limited to 20*

5:00 – 7:00 PM **Registration**, *The Essex, Main Lobby*

7:30 – 8:45 PM **A Conversation with Darra Goldstein and Judith Jones**, Darra Goldstein, editor in chief of *Gastronomica: The Journal of Food and Culture* and professor of Comparative Literature at Williams College, and Judith Jones, Knopf's famed senior editor and vice president, talk with syndicated columnist and author Marialisa Calta about the recent explosion of interest in food. *Mansion Ballroom*

8:45 – 9:30 PM **Reception**, *Mansion Salons*

Saturday, November 14 – Saturday's events take place in the Mansion.

7:00 AM **Registration and continental breakfast**, *Foyer*

8:30 AM **Welcome**, Peter Gilbert, VHC Executive Director; Sylvia Robison, VHC Board Chair; Victor R. Swenson Humanities Educator Award. *Ballroom*

9:00 AM **The Future of Food in a Hungry World**, From his perspective as former president of the World Health Council, Dr. Nils Daulaire looks at health, food security, and global politics. *Ballroom*

10:15 AM **Break with light refreshments**, *Foyer*

10:30 – 11:45 AM **Breakout sessions**, *Rooms in the Mansion*

12:00 – 1:00 PM **Buffet lunch, locally sourced**, *Ballroom*

1:15 – 2:30 PM **From Deer Camp to CSA: Food and its Relationship to the Landscape**, Amy Trubek, UVM assistant professor of Nutrition and Food Sciences, looks at the relationship between Vermont's working landscape and sense of taste and place, including how maple syrup, deer camp, community supported agriculture, and chicken pie suppers exemplify the linkages between food, culture, and land. *Ballroom*

2:30 – 2:45 PM **Break**, *Foyer*

2:45 – 4:00 PM **Breakout sessions**, *Rooms in the Mansion*

4:15 – 5:15 PM **Culminating Panel: Why Good Food Matters**, Amy Trubek, Jeff Roberts, and Darra Goldstein consider the importance of "good" food—in all its meanings. *Ballroom*

Breakout Sessions

Morning Session

Panis angelicus fit panis hominum (May the bread of angels become mankind's bread): The Imagery of Food in Visual Representations of the New Testament – Look at how the Renaissance masters used food to convey ideas about God and humanity. **Led by:** John Hunisak, Professor of Art History and Architecture, Middlebury College

The Sustainable Ideal: Vermont from a Global Perspective – The farming and food business community around Hardwick seeks to make Vermont's farms, businesses, and organizations thrive, and to also rebuild the broken food systems around us. Look at the future of food production and distribution, and the lessons Vermont can offer. **Led by:** Tom Stearns, CEO of High Mowing Seeds and president, Center for an Agricultural Economy.

Homage to Fromage – Consumers today care about the origins of food and its economic and environmental context. Artisan cheesemaking offers a lens through which to view these and other issues. Examine the renaissance of American cheese and enjoy a guided tasting of six of Vermont's best artisan cheeses. **Led by:** Jeff Roberts, director of the Vermont Institute for Artisan Cheese at the University of Vermont

Food and the Numinous – Examine the linkages between religious beliefs and food practices, and the ways in which they reinforce each other in the context of Jewish and Christian traditions. **Led by:** Eli Rogosa, coordinator of biodiversity cooperation (Israel, Palestine, and Jordan) and former research fellow, International Development Research Center; Michael Caduto, storyteller and founder and director of Programs for Environmental Awareness and Cultural Exchange (P.E.A.C.E.)

Afternoon Session

A Potluck Talk on Food and Film – Examine the ways that writers and directors use food to further their story, whether it is a central metaphor, as in *Big Night*, or a barely noticeable, but telling detail, like Madonna munching a cheese doodle in *Desperately Seeking Susan*. Send your favorite film food moments to bill@zicreative.com. **Led by:** Bill Lattanzi, award-winning writer, editor, and producer for documentary television

Eating Symbols: An Anthropologist Looks at Food – Consider the cultural meanings that people give to food. **Led by:** Robert Welsch, Assistant Professor of Anthropology, Franklin Pierce University

Bread: The Staff (and Stuff) of Life – Explore the history of bread, in France in particular, and its civilizing role worldwide. **Led by:** Jeffrey Hamelman, bakery director, King Arthur Flour

The Cookbook as Genre – Many cookbooks provide good stories and describe interesting places in compelling authorial voices. Examine the writings of such notables as Julia Child, Edna Lewis, Bert Greene, and others who

bring great heart to their writing about food. **Led by:** Barbara Haber, award-winning food historian and curator

Key Speakers



Nils Daulaire

Former president and CEO of the Global Health Council

Daulaire is an expert on international issues affecting health. He has completed extensive fieldwork in underdeveloped countries and worked with political leaders to develop and implement programs for improving health conditions worldwide. He is board certified in preventive medicine and public health, and is a member of the National Academy of Science's Institute of Medicine.



Darra Goldstein

Founding editor and editor in chief of *Gastronomica: The Journal of Food and Culture*

Goldstein is also food editor for *Russian Life* magazine. She has authored several cookbooks including *The Georgian Feast*. She is the Francis Christopher Oakley Third Century Professor of Russian at Williams College.



Judith Jones

Vice President at Knopf and legendary food and fiction editor

Jones has been described as the midwife of the American food revolution. As the legendary editor of some of the world's greatest cooks, including Julia Child and James Beard, she has exposed millions of Americans to new ways of thinking and tasting in her fifty-year career. Author of *The Tenth Muse*, her new book *The Pleasures of Cooking for One* is due out in September.



Amy Trubek

Assistant professor, Nutrition and Food Sciences, University of Vermont and former executive director, Vermont Fresh Network

Author of *A Taste of Place: A Cultural Journey into Terroir*, Trubek has developed curriculum for the New England Culinary Institute, where she taught, which focuses on issues of the global food system and the current agricultural conditions in the United States.

VHC Fall Conference Registration Form

Conference fee – The \$99 (\$69 student) fee includes Friday evening’s and Saturday’s programs, continental breakfast, buffet lunch, and snacks. **Friday afternoon’s activities and the conference texts (not required), *Hungry Planet: What the World Eats* by Peter Menzel and Faith D’Aluisio, and *Catching Fire: How Cooking Made Us Human* by Richard Wrangham, carry additional fees.** Students and teachers are encouraged to attend; certification letters are available. An on-site bookstore will be open during the day. Space is limited; registration is first-come, first-served.

Registration and payment deadline is October 23; after the deadline, registrations will be accepted as space is available. **Cancellations:** refund less \$25 fee until October 23; no refund after October 23. A few scholarships are available; deadline is October 16. One person per registration form. Scholarship form and additional materials are available at vermonthumanities.org. Make checks payable to **Vermont Humanities Council** and send to 11 Loomis Street, Montpelier, VT 05602 or fax to 802.262.2620.

First name _____ Last name _____

Mailing address _____

Town _____ State _____ Zip _____

Phone (day) _____ E-mail _____

First VHC conference? Yes No _____ I am a teacher and need a participation letter for recertification.

Special needs? _____

CONFERENCE ACTIVITIES

FRIDAY

- **Afternoon 1:** ___ The Five Tastes (\$12) **OR** ___ Terroir: Taste and Place (\$15)
 OR ___ An Afternoon with Your New Tuscan Friends: Cantucci e Vin Santo (\$24)
- **Afternoon 2:** ___ Wine and Cheese: A Paired Event (\$25) **OR** ___ Chanoyu: the Japanese Tea Ceremony (\$15)

SATURDAY BREAKOUT SESSIONS

Session I

(rank preference 1-4)

- ___ Panis angelicus fit panis hominum
- ___ The Sustainable Ideal
- ___ Homage to Fromage
- ___ Food and the Numinous

Session II

(rank preference 1-4)

- ___ A Potluck Talk on Food and Film
- ___ Eating Symbols
- ___ Bread: The Staff (and Stuff) of Life
- ___ The Cookbook as Genre

REGISTRATION FEES

\$99 registration (\$69 student)	\$ _____
\$12 <i>Hungry Planet: What the World Eats</i>	\$ _____
\$30 <i>Catching Fire: How Cooking Made Us Human</i>	\$ _____
Friday afternoon 1 workshop	\$ _____
Friday afternoon 2 workshop	\$ _____
Conference scholarship donation	\$ _____

Total due \$ _____

Check enclosed for \$ ____ OR charge to (circle) Visa MC Exp. date _____

Card no. _____ Signature _____