

Anti-Colonizing Foodways Through Ayurveda



Summer 2024; Second Session (July 29th - Sept 1st); 4 credits, hybrid

Faculty: Prita Lal, Faculty in Food Justice; lalp@evergreen.edu

Being in Contact:

Email and messages sent via Canvas will be the best way to be in contact with faculty. Faculty will reach out to students via Canvas announcements, Canvas emails, and emails to students' Evergreen email accounts. Please check these frequently.

First Class Meeting: Saturday, August 3rd at 9 am in the Sustainable Agriculture Lab (SAL)

Program Description:

This course builds off the concept of "Decolonize Your Diet" (coined by various food justice practitioners) by examining the ways in which systems of colonialism and oppression have shaped communities' access to food. In this course, we will study the histories of colonialism through case studies in the U.S., South Asia, and other regions of the world and critically examine the impacts of the colonial political economy on Indigenous food systems. Further, we will examine efforts to "anti-colonize" foodways through the reclamation of traditional, pre-colonial ways of eating, often led by frontline communities at the grassroots level. This course will offer a brief immersion into Ayurveda (an ancient and holistic system of medicine from South Asia) through two Saturday intensive hands-on cooking workshops that focus on Ayurvedic approaches to nutrition and consider ways that these approaches can inspire further anti-colonizing foodways.

Students will need a computer (with a microphone and speakers and preferably with a camera) and internet access. This course will be taught mainly online (through asynchronous Canvas learning modules) except for 2 Saturday all day classes, which will take place in person at the Sustainable Agriculture Lab.

Schedule:

Week 6: Saturday Workshop, August 3rd from 9 am until 5 pm

Week 10: Saturday Workshop, August 31st from 9 am until 5 pm

Asynchronous modules (includes films, recorded lectures, podcasts, and discussion board threads) for roughly 10-15 hours a week during weeks 7-9.

**Updated and detailed schedule is on the Canvas site.

Required texts:

All readings will be posted on Canvas so no texts need to be purchased.

Required Fees: \$75 for cooking labs in the SAL

Credit Equivalencies:

2 credits in Colonial Food Systems History

2 credits in Ayurvedic Cooking

Criteria for Earning Credit:

The criteria for earning credit are outlined in full in our shared Learning Agreement document. Students are responsible for knowing all requirements for credit and keeping track of their progress in the program. Faculty will reach out no later than the third week to inform students at risk of not earning full credit.

Assignments

- 3 synthesis Discussion Boards on the asynchronous modules (includes your own post plus responses to classmates) that responds to the instructions on Canvas (300-word minimum posts) (2 credits)
- Decolonizing Your Foodways Final Recipe Project (1 credit)
- Attendance in both Saturday, all-day workshops (1 credit)

Learning Goals:

This course will support students in the following:

- Deepening their understanding of the impacts of colonialism on our food systems.
- Expanding their analysis of movements for working to build Indigenous food sovereignty.
- Gain exploratory understandings of Ayurvedic approaches to nutrition.
- Develop hands-on skills and practice in Ayurvedic cooking.
- Strengthen communication skills through writing and final presentation projects.

Preparatory For: Culinary arts, restaurant businesses, food systems, agriculture, entrepreneurship, nonprofits, food justice activism

Land and Labor Acknowledgement:

We acknowledge that the United States has been built upon both stolen land and stolen labor. The stolen land includes that upon which we live and learn. The Olympia area was historically a center for trade and exchange among many Salish Sea tribes, including Chehalis, the Skokomish, and others. The Evergreen State College sits on territory ceded by the tribes of the Medicine Creek Treaty of 1854, which include the Squaxin Island Tribe, the Nisqually Indian Tribe, and the Puyallup Tribe of Indians. If you are not in Olympia, and do not know the original inhabitants of the land where you reside, one resource to learn more is: <https://native-land.ca/>

We also acknowledge that the economy in which we work was built upon labor taken through the enslavement of indigenous and Black people. Even after the formal end of slavery, people of color have had freedom, time, knowledge, wealth, and work taken from them without compensation in ways that have laid the foundation for today's society. This includes the care work and labor of social reproduction by women, in particular Black women, that has long been taken for granted. We understand the necessity of linking action to these acknowledgements; hence, these acknowledgments serve as important steps in processes of Native land rematriation, reparations for Black people, as well as broader movements for social justice.