



Group 3  
International  
Symposium work





Tessa: Local Farming and Nurturing Our  
Relationship with Food

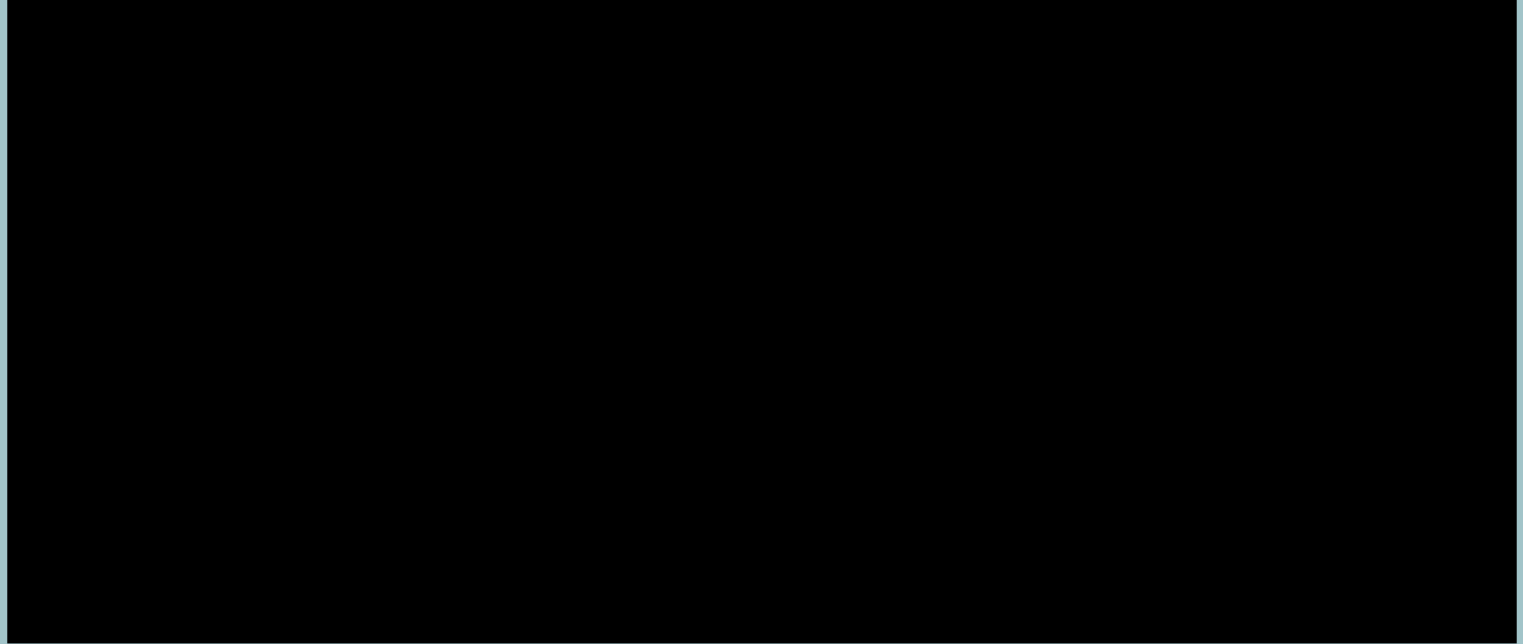


# Tessa

Community gardening is a practice in relationship building with each other and nature. It can improve both physical and mental health while combating food insecurity. Growing food communally is inherently political, and stands in direct resistance to the commercialization of our food, pollution and climate change.



# Tessa



**Autumn Soup:** 2 medium zucchini, 2 large carrots, 2 stalks celery, quarter onion, 2 tbsp ginger, 2 tbsp garlic, 1 hot pepper, 2 sweet peppers, 3 potatoes, 3 cups kale, 2 cups broth, 4 cups water, 1 tbsp fermented bean paste, 1 tbsp oyster sauce, 1 tsp black anchovy sauce, salt and pepper to taste.



Mandy: Climate change and how fall sets the foundation for spring.



# Mandy

- ❑ Media form: written paper
- ❑ Area of emphasis:
  - ❑ How seasonal change affects health
  - ❑ How fall sets foundation for spring, focused on harvest and food sustainability
  - ❑ How climate change affects the season/weather and how it impacts the previous points
- ❑ Work to add into current status:
  - ❑ Insight from international students via class meetings
  - ❑ Images to demonstrate points made in paper
  - ❑ Summarization of points

# Mandy

Working title: “In Praise of Fall”

- ❑ Title inspired by essay from Jun'ichiro Tanizaki “In Praise of Shadows” which discusses how beauty exists due to the existence of shadow.
  - ❑ Fall = shadows
-

# Lex: Food and food insecurity





# Lex

## What Is Food Insecurity & How Can We Help?

In a lot of places in the world people do not have adequate access to the foods we need. Food insecurity is communities and areas that don't have access to quality nutritious foods or food in general. During the fall season where there isn't much variety in the harvest, donating non perishable foods to local food banks, food drives, and neighborhood food pantries can help those around us stay healthy and nourished during this time of hibernation.

# Lex

## FALL FOODS

- Cabbage
- Kale
- Lettuce
- Garlic
- Onions
- Apples
- Squash



## SOLUTIONS FOR FOOD INSECURITY IN FALL

- Participate in community gardens
- Contribute to food cabinets
- Reach out to local farms, stores, farmers markets for donation
- Engage in local food drives
- Volunteer at neighborhood food banks





Bjorn: What can nature teach us about  
resilience?



# Bjorn

The seasons are queues for nature and it's life and death cycles.

In autumn seeds are spread, animals stash food and fatten up for the cold winter.

Many animals migrate to warmer climates and particular places. Seeds survive underground dormant in the winter and know when to sprout.

it's all embedded in the deep roots of life.

We can learn to reconnect with the cycles of nature and our own reasons behind why we do certain things.

# Bjorn

We are part of nature, we go through the seasons like all else on the planet. Adapting to cold, heat, disasters has always been part of living and we have learned to work with it

We can think of hard times as winter and spring will always come eventually, light and life will break through the cold ground and thrive.

We are always dealing with the seasons of nature in physical life and in our minds and bodies. Recognizing the resilience of nature and its continuance through the seasons can teach us how to properly manage the hardships and processes of life.