

FoodInno: Wild Food DeCal

Course Number: 30838

Location: Evans 9

Spring 2018, UC Berkeley

Monday 7-9 PM

Facilitators:

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Faculty Sponsor:

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Course Description:

This course will expose students to the wild and feral food world. We will explore wild yeasts and weeds, and crafts from sourdough bread fermentation to urban foraging, to offer students a unique, expansive perspective to the wonderful underdiscovered foods in mother nature. The class format will be split among collaborative learning lectures, hands-on workshops and activities for the second hour, and guest speaker forums. In addition to weekly classes, we will provide fun, educational field trips designed to engage everyone in the class, to learn about “productive ecologies,” to contribute to citizen science, and to demonstrate how much wonderful food and culinary magic nature has to offer.

Course Structure:

The class is structured in two parts. One is “Wild Yeast,” including sourdough bread-baking, grain varieties and culture. The other is “Wild Weeds,” covering foraging, wild and feral food identification and culinary innovations.

NOTE: The class will offer extra-credit opportunities through optional educational field trips.

Required Weekly Reading:

1. *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods* by Sandor Katz (Sourdough Section)
2. *Josey Baker Bread Book* by Josey Baker
3. *Sourdough: Recipes for Rustic Fermented Breads, Sweets, Savories, and More* by Sarah Owens
4. *Artisan Sourdough Made Simple* by Emilie Raffa
5. Edible species of the East Bay: <https://forage.berkeley.edu/edible/>
6. Wildflowers of the East Bay Regional Park District
http://www.ebparks.org/Assets/_Nav_Categories/Stewardship_Resources/Wildland+Vegetation/District-Wide+Wildflower+Photo+Guide+-+Flower+Color.pdf

7. Wild Plants of the East Bay Regional Park District
http://www.ebparks.org/Assets/_Nav_Categories/Stewardship_Resources/Wildland+Vegetation/District-Wide+Wild+Plant+Photo+Guide+-+Family+Name.pdf
8. Synk et al., 2017. Gathering Baltimore's Bounty, *Urban Forestry and Urban Greening*, 28, 97--102. https://www.fs.fed.us/nrs/pubs/jrnl/2017/nrs_2017_synk_001.pdf
9. Licata et al., 2016. A survey of wild plant species for food use in Sicily (Italy) – results of a 3-year study in four Regional Parks, *J. Ethnobiology and Ethnomedicine*, 12
<https://ethnobiomed.biomedcentral.com/articles/10.1186/s13002-015-0074-7>
10. *Botany in a Day*, Thomas J. Elpel, HOPS Press, LLC, 2010.
11. *Identifying and Harvesting Edible and Medicinal Plants*, "Wildman" Steve Brill with Evelyn Dean, Harper, NY, 1994.

Other Resources

- See reference:
<https://forage.berkeley.edu/references-links-wild-food-foraging-wild-cuisine/>
- <https://www.inaturalist.org/projects/berkeley-open-source-food>

Course Evaluation:

This class is 1 unit graded on a Pass/Not Pass basis.

Attendance and Grading:

Attendance is MANDATORY! This class is almost entirely based on student effort, passion, and attendance/participation. Therefore, students may only miss 1 classes (unexcused absence). Missing more without previous notice will result in an automatic NO PASS. Any special circumstances should be discussed with the facilitator PRIOR to the date of the absence. If you have more than 1 excused absence, you can make it up with optional field trip attendance. A group waiver is required upon enrollment as our course will involve food and off-campus activities such as field trips.

Your final grade will be composed of four things:

- Attendance/Participation: **40%**
- Assignments **10%**
- Midterm: **20%**
- Final: **20%**
- Course Reflection: **10%**

Assignments:

There are 3 assignments in total for this course:

1. A brief report on what makes millet attractive to you, a recipe and bring in samples to share in class. (due 3/12 in class)
2. A wild weed recipe card attached with a weed sample (due 4/23, recipe card swap in class)
3. Contribute to organizing the Wild and Feral Food Week with sign up options (organizing and promotion, setting up a supply chain from farm to restaurants, idea proposals on how to "get weeds on plates" in a scalable, sustainable way, website redesign). Presentation on 4/23 in class.

Midterm:

Students will be required to design an 8x5 card focusing on any of the topics previously addressed in class. This may include a recipe, drawing, menu, infographic, etc.; the format is flexible and we encourage students to be as creative as possible. We will collect these cards and, at the end of the semester, will give a booklet of the cards to each member of the class.

Course Reflection:

Students will write a 1-2 page report about their experience in the class. (More details will be provided closer to due date.)

Final:

For the final, students will be asked to incorporate a wild food into a dish to bring to the class's final potluck. This dish should be related to any of the topics discussed in class. For example, you could make sourdough bread loaf, sourdough brownies, millet salad, dandelion pesto pasta, or foraged rosemary chicken. Since the fermentation process and foraging can take time and effort, students should be thinking about the final after the midterm. At the beginning of class, students will give a 3-minute presentation on the identity and process of the wild food prep incorporated into their dish and their inspiration. (More details will be provided closer to due date.)

Class Blog:

The class blog will be updated weekly after each class, summarizing class activities. If interested, students will have the opportunity to write guest posts on the class blog about their experience in the class.

Academic Integrity

Copying all or part of another person's work, or using reference material not specifically allowed, are forms of cheating and will not be tolerated. Any work submitted should be your own individual thoughts. If unclear about expectations please ask the facilitators for clarification.

Disability Accommodation

If you have been issued a letter of accommodation from the Disabled Students Program (DSP), please see our facilitator team early on to work out the necessary arrangements. If you need an accommodation and have not yet seen a Disability Specialist at the DSP, please do so as soon as possible.

If you would need any assistance in the event of an emergency evacuation of the building, the DSP recommends that you make a plan for this in advance. (Contact the DSP access specialist at 510-642-0518.)

Intolerances

Our course welcomes all pertinent discussion and are counting on your participation in the course. We

ask that your rhetoric deals with statements and ideas rather than with speakers and persons. Verbal attacks towards your peers will not be tolerated.

Weekly Breakdown*

Week 1 (01/29): Introduction to Wild Foods & Syllabus Overview
+ Kombucha Workshop with Hailey

No Class (02/05)

YEASTY PART I:

Week 2 (02/12): Identifying Wild and feral Plants: Food or Foe?
+ Intro to iNaturalist App (Philip Stark, BOSF)

Week 3 (02/19): President's Day, No Class

Week 4 (02/26): Sauerkraut & Wild Fermentation with Elizabeth at Preserved Goods

Week 5 (03/05): Heirloom Grains with The Millet Project

& Guest Culinary Workshop: Boza, a Traditional Fermented Millet Drink, with Hande Kilic

Week 6 (03/12): Koji & Miso with Aedan's Fermented Food

Week 7 (03/19): Grain-Based Food Culture & Traditions

— with Chef Laura and Sayat of *Istanbul Modern SF*

(Assignment 1 Due)

WEEDY PART II:

Week 8 (03/26): Spring Break, No Class

Week 9 (04/02): Sourdough Bread 101 with Sadie, Bread SRSly and Halia Kryloshanska @Sincapfirin

(Midterms Due)

Week 10 (04/09): Urban Farming with Top Leaf Rooftop Farmer

Week 11 (04/16): Wild Culinary Magic: Chefs who forage

— with Chef Laura and Sayat of *Istanbul Modern SF*

Week 12 (04/23): Wild and Feral Food Week Activity: Wild Recipe Card Swap & Presentation

(Assignment 2 & 3 Due)

Week 13 (04/30): Potluck Final + Course Reflection

*Topics are subject to change.

List of Field Trips

- Temescal Farmers Market Run with *Capay Mills*, *The Midwife & The Baker*, *Preserved Shop* Tour (3/4 Sun)
- Top Leaf Rooftop Farm Visit (4/14 Sat)
- *Istanbul Modern SF* Dinner/Brunch Series

- *The Mill* Bread Class
- TCHO Chocolate Factory Tour
- *Takara Sake Factory* Tour
- *Cultured Pickle Shop*
- North Berkeley Foraging Walk with Philip and iNaturalist App Mapping