Food & St. Mary’s

Food has become a concern for sustainability for multiple reasons. Produce travels on average 1500 miles from farm to fork (1), 60% of countries have adopted genetically modified biotechnology (2), Current modes of meat production are responsible for 14-22% of CO2(3). St. Mary’s College students, staff and faculty have influence in markets, policy and culture in southern Maryland and globally, especially in the course of a lifetime. Establishing a food sustainability mindset in the young adult years (18-24) has the potential to effect positive change in local and global food systems in the short and long term (4). Providing the knowledge to make local, seasonal and alternatively sourced meals available at St. Mary’s College can be an effective, easy, delicious and sustainable way to effect change in the St. Mary’s and global food system!

Goals

편안한 SMCM 대학의 음식
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- Improve the SMCM campus food system by compiling an effective St. Mary’s College of Maryland Sustainable Community Cookbook.
- Draw on individual and community-level sustainable food knowledge that relates in and around the campus.
- Contribute to the campus sustainable food initiatives and build community.

Methods

Making connections in the food and sustainability community:
- Vegetarian cooperative
- Campus community farm
- Chesapeake’s Bounty and Eric Lewis
- Green School Listserve
Probing for SMCM community knowledge through All-campus emails.
Researching sustainable cookbook literature.
Developing the central theme and format of the cookbook to reflect its sustainability message.
Distribute online via smcm.edu.

Future of Cookbook

The cookbook can serve as a repository of sustainable food knowledge. I hope that it stays alive and dynamic with the change in science and the passage of time and students. One idea is to expand the cookbook into an online open source service where campus members can log recipes or add sustainable food knowledge. In general, I hope that it builds the sustainable food system and community on campus.

References

1. Pirog and Benjamin, “Checking the food odometer: Comparing food miles for local versus conventional produce sales to Iowa institutions”
4. Jekielek and Brown, “The Transition to Adulthood: Characteristics of Young Adults Aged 18 to 24 in America,”

Chickweed Pesto

Chunky Chickweed Pesto by Shelby Kalm

Chickweed can be harvested all over campus. Common places include gardens, vacant lots, and grasslands.
2-4 cloves of garlic (minced)
1/2 cup of extra virgin olive oil
2-3 cups freshly picked young chickweed leaves, chopped finely
1/4 cup Parmesan cheese, grated (use nutritional yeast to make vegan)
Dash of salt
Handful of walnuts (optional)
Tablespoon of lemon juice (optional)

Mix together in a bowl.
Combine in food processor or blender for 30 seconds.
Serve over pasta.

Veg Crab Cakes

Vegetarian Crab Cakes by Whitney Rupard

2 Medium Zucchini
2 Medium Yellow Squash
2 Eggs
1/2 cup Flour (I like Quinoa)
2 tbsp Old Bay
Coconut oil

Shred zucchini and yellow squash. Mix with beaten eggs, and stir in flour and Old Bay. Form into cakes and fry in coconut oil till golden brown on each side.