



Community in Sustainability: The SMCM Sustainable Cookbook

David Kersey – ENST 450: Applied Sustainability Practicum
St. Mary's College of Maryland



SMCM Sustainability

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

- ☞ 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 Listserv

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.

EAT LOCAL



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.

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.

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.



EAT THE INVADERS
FIGHTING INVASIVE SPECIES, ONE BITE AT A TIME

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References

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3. "How meat contributes to global warming," Scientific American.
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