

10<sup>th</sup> – 16<sup>th</sup> December 2007.

# Thought for Food

A workshop by Karuna Morarji



*“Eaters must understand that eating takes place inescapably in the world, that it is inescapably an agricultural act, and that how we eat determines, to a considerable extent, how the world is used. This is a simple way of describing a relationship that is inexpressibly complex. To eat responsibly is to understand and enact, so far as one can, this complex relationship”.*

~ Wendell Berry, “The Pleasures of Eating”

In this workshop, we will consider what it might mean for each one of us to eat responsibly, as well as strategies for doing so. As eaters, most of us today think of ourselves primarily as consumers of food, rather than as participating in a web of relationships. This workshop will provide an opportunity to think about food in ways which we often do not consciously consider, such as: How has the food we eat been produced, where, by whom, when? How do we consume the foods we do: what do we choose to eat, where/from whom do we acquire, prepare and eat food? How do we assess the value and quality of food? What are the implications of our answers to these questions?

We will explore such questions holistically through analysis and personal reflection, readings, writings, discussions and viewings of films, a small research project, and by preparing, eating and enjoying food. In the context of globalization and market liberalization, with the expansion of corporate agriculture, processing and retailing of foods that come to us from ever-growing distances, in increasingly processed and packaged forms, the links between food and farming are evermore obscured. We will draw on interdisciplinary analytical tools such as “food systems” to trace some of the complex relationships that constitute food in the contemporary world and in our lives, and to examine their ecological, socio-political and historical dimensions. At the same time, we will initiate research into the origins of particular foods we eat, explore possibilities for growing our own food, and locate localized food sources.



As a part of this workshop, we will also prepare, cook and eat food that is nutritious, but also delicious, as one way to experience how we can eat more responsibly.

This workshop is appropriate for anyone who eats food, wants to become more conscious of what, how and why we eat, and is interested in examining these issues rigorously and in depth through a range of methods.

**Karuna Morarji** is currently pursuing doctoral research in Development Sociology at Cornell University. She enjoys sharing an appreciation for critical social theory as a lens to see relationships between things that often appear independent and disconnected. Cooking wholesome food also makes her happy, and she has mostly learnt about food and its larger role in the order of things from her mother and grandmothers. Facilitating this workshop is a way to bring together these interests and give further thought for food: as a basic source of human nourishment, pleasure, and expression of nurture and community; and as part of complex webs of ecology, culture, history, and politics.



The workshop fee (including boarding and lodging and materials) will be Rs 4000 per participant\*. For registration please contact Mridu / Chaiti with your name, email, phone, address at [gapyearcollege@gmail.com](mailto:gapyearcollege@gmail.com) and **01376-213060 ; 0135-6455203 ; 09219594203**. There are limited seats for the workshop, so please register as early as possible.

[\*A few scholarships / partial-waivers may be available]