Alana Mousseau  
Week 9 – Seminar  
30 May 2017  
Word Count: 382 **Triggering Passages:**  
  
Instead of taking chocolate or berries or coffee or bananas out of one cultural context and placing it in another for profit, we should instead recognize and respect the cultural contexts that our foods come from: who ate them and why? What were traditional ways of preparing it? How were they supplemented or complemented by other foods? (Esquibel, 2) – Food First  
  
Garlic. I love. I use plenty of it. The Romans and Greeks believed if you ate a clove a day it would prevent diseases. Garlic juice mixed with honey is said to be good for asthma. Gets rid of worms and I suspect if you use too much it will get rid of more than that (Smart-Grosvenor, 137).   
  
His worries are not so much about weeds and water as they are about making payroll and dealing with a mid-six-figure bank loan. Nonetheless, when I met him the day before that predawn haul into the city, I immediately understood how idealists who are not familiar with the vicissitudes of agriculture can succumb to romantic illusions (Estabrooks, 180).   
 **News Media:**So the problem is not the number of people on food stamps; its that companies pay wages so low that their employees qualify for them. It is a problem that Congress and the White House can rectify, not by cutting spending, but by raising the minimum wage, updating the overtime-pay rules and insisting paid sick leave – for starters. – Editorial Board, May 26th 2017 NY Times  
- The Problem isn’t Food Stamps, It’s Poverty  
<https://www.nytimes.com/2017/05/26/opinion/trump-budget-food-stamps-wages.html?rref=collection%2Ftimestopic%2FFood&action=click&contentCollection=timestopics&region=stream&module=stream_unit&version=latest&contentPlacement=1&pgtype=collection&_r=0>   
  
  
  
The quote from Food First I pulled out from the reading was something I focused on because of how significant it has been and similarly it relates to my education at Evergreen. This quote initially made me think of the Terroir program last year, along with Food, Health and Sustainability. When reading this, it reminded me of learning about coffee from different locations around the world, along with the locationality of tea and chocolate, wine and oysters. Many of these farmers harvesting the cacao for chocolate never even get to taste the final product. Many people don’t realize how much of a luxury it is to eat these goods, and have such a variety of access to them, or the work that goes behind creating the final product. The questions presented with the quote reminded me of tastings within the program, and focusing on being both physically and mentally present. These tastings have made me a more conscious consumer and realized how it is to bring back the connection to your food, which furthermore may give someone a deeper apperception for their food.   
  
Most of the time reading Vibration cooking, I find myself thinking “YES!” in agreement with whatever the author writes. Sure enough, I was beyond excited to read all about the spices within her cooking, and specifically her feelings on garlic. Garlic to me is one of those things I swear by. Not only is the flavor incredible, but so is the benefits from garlic. This past quarter through all the sickness I’ve been experiencing, garlic has constantly been my go-to for feeling better.   
  
The news media I focused on this week was something that grabbed my attention immediately from the title. I wasn’t sure what exactly how this article would address poverty. I was worried there would be negative connotations about poverty, but instead the article addressed funding and different age groups of people, such as the disabled, elderly and children within poverty, rather than race or background. The article also mentioned that with the current state, there are people at risk of becoming worse off, due to the “budget plans” the current president believes will help. This plan will do little to help, and instead decrease funding towards food stamps, which millions of people of people rely on.