

Hunting, Eating, and Vegetarianism (ENST 324)

Spring 2024
Tues./Thur.: 9:55-11:10
Location: Lawrence Ho 326
<https://moodle.colgate.edu>

Prof. [Ian Helfant](#) (Lawrence 302)
OH: Mon 12:30-1:30/Wed 12:30-2:30+by appt
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Overview

Historically, hunting for food has represented one of the most direct ways in which people have engaged with nature. Some scholars even believe that the “hunting instinct” is a fundamental aspect of human identity. People in modern industrialized societies, however, often have little idea about the origins of the flesh they consume. While the majority continues to eat meat, poultry, and/or fish, a minority have chosen to restrict their diets by becoming locavores, vegetarians, or even vegans for ethical, religious, cultural, health-oriented, or environmental reasons. Others still hunt and fish but within ecosystems dramatically altered by human intervention and amidst cultural landscapes complicated by commercialized and trophy hunting. Subsistence hunting continues in certain parts of the world, but has become increasingly problematic as habitats disappear and the human population expands. Modern factory farming, fish farming, and ocean fisheries produce the vast majority of flesh consumed in the developed world, but growing awareness of their environmental, hidden economic, and ethical costs has motivated many consumers to search for alternatives in smaller-scale farms, community-supported agriculture, innovative forms of aquaculture, engineered foods, and other approaches.

In this course we will explore the ways in which humanistic perspectives can be brought to bear on these fundamentally important issues. We will address them in an international and historical context but will also focus upon the key prey species that is hunted for meat in modern America – the white-tailed deer – as well as the animals most commonly raised for meat including cattle, pigs, and poultry. We will also address fishing and fish farming. We will utilize literature, artistic and documentary films, autobiographical accounts, online hunting (and anti-hunting) forums, diverse web resources, self-reflective essays, and scholarly analyses ranging from animal studies to humanistic ecocriticism to investigate the intertwined themes of hunting, industrial versus family farming and slaughter, eating, vegetarianism and veganism and their relevance to our lives as individuals and members of modern industrialized society. Ultimately, we will strive to develop nuanced and firmly grounded ethical stances concerning our relationships with some of the key animal species with whom we coexist and upon which many of us subsist, as well as the challenges and opportunities that confront those who hope to eat responsibly, whether they choose an omnivorous or plant-based diet.

Requirements

- Active participation in class discussions (15%)
- Advance response to one reading question, reaction to another student’s posting, or new question of your own with context prior to each class via our Moodle site (20%)
- 4 to 5-page reflective essay (15%) due Monday, February 19
- 10 to 12-page DRAFT research paper due Monday, April 8 (20%)
- 8 to 10-minute PPT/Google Slides presentation in preparation for research paper during last two weeks of class (10%)
- 12 to 15-page research paper due at 5 pm on Tuesday, May 7 (20%)
- If you are interested in pursuing your research projects with a partner, each component will be longer; see “Guidelines for Interlocked Research Projects” for details.
- You must adhere to the [Academic Honor Code](#)

Texts

In addition to the texts below we will utilize a variety of web-based materials in class, including late-breaking additions to supplement the syllabus, given how quickly this field of inquiry changes and to reflect topics that emerge from class discussion. I also reserve the right to change any readings or other assigned materials if that seems in the best interests of the class, though I will not do so lightly nor significantly increase the overall workload.

Available in Kindle editions & at Colgate Bookstore

Cerulli, T. *The Mindful Carnivore: A Vegetarian's Hunt for Sustenance* (2012).
Greenberg, P. *Four Fish: The Future of the Last Wild Food* (2010).
Pollan, M. *The Omnivore's Dilemma: A Natural History of Four Meals* (2007).

Available in Kindle or e-format editions via Colgate Libraries and NOT at bookstore

Cartmill, M. [*A View to a Death in the Morning: Hunting and Nature through History*](#) (1996).
Pachirat, T. [*Every Twelve Seconds: Industrialized Slaughter and the Politics of Sight*](#) (2011).
Helfant, I. [*That Savage Gaze: Wolves in the Nineteenth-Century Russian Imagination*](#) (2018).

Excerpts provided as PDFs in Moodle under Academic Fair Use policy or via URLs (marked with *)

Appelstone, J. and J. "Our Story," in *The Butcher's Guide to Well-Raised Meat* (2011).
Berry, W. "The Pleasures of Eating," in *Bringing it to the Table: On Farming and Food* (2009; 1st pub'd 1989).
Brown, L. "Chapter 3: Moving up the Food Chain," in *Full Planet, Empty Plates* (2012).
Imhoff, D. *The CAFO Reader: The Tragedy of Industrial Animal Factories* (2010) [excerpts].
Kingsolver, B. *Animal, Vegetable, Miracle* (2007).
Nelson, Richard. *Heart and Blood: Living with Deer in America* (1998).
Nelson, R. "Introduction," in *A Hunter's Heart*, ed. David Petersen (pp. 1-10)
Stange, Mary Zeiss, "Introduction" from *Woman the Hunter* (1997) and *Heartshots: Women Write About Hunting* (2003) [excerpts].
Walters, K. *Vegetarianism: A Guide for the Perplexed* (2012) [excerpts].

Films [excerpts]

Netflix's Chef's Table, Volume 3, episode about Jeong Kwan
Attenborough, David. *The Life of Mammals* (2002-3) [documentary series]
Clusia and Schwarz, *Trophy* (2017) [documentary film]
Disney, Walt. *Bambi* (1942) [animated feature film]
Fougea, Frederic. *Lord of the Animals* (1989-1996) [documentary series]

Class Schedule

Mindfulness and Responsible Choice

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|--------------|---|
| Mon, Jan 22 | <ul style="list-style-type: none">• Half-day schedule (class 9:30-9:50)• Course overview• See Moodle to get oriented and for 1st response assignment + don't forget to read the first chapter of Cerulli's <i>The Mindful Carnivore</i> (~ 20 pages) BEFORE Tuesday's class |
| Tues, Jan 23 | <ul style="list-style-type: none">• Moodle clip from <i>Portlandia</i> ("Was Collin a Happy Chicken?")• broad course themes + breakout discussions of your first Moodle responses• Cerulli, <i>The Mindful Carnivore</i> (chapter 1) |
| Thur, Jan 25 | <ul style="list-style-type: none">• Cerulli, <i>The Mindful Carnivore</i> (chapters 2-5 = through p. 84 of printed book)• If time: clip from Cerulli's 2017 ENST Brown Bag talk at Colgate |

Tues, Jan 30 • Cerulli, *The Mindful Carnivore* (chapters 6-9/pp. 85-155)
• In class: 7-minute excerpt from documentary film *The Life of Mammals* (2002-3), Episode 9: *Food for Thought*

Thur, Feb 1 • Cerulli, *The Mindful Carnivore* (chapters 10-16/pp. 156-258 – chapters 14/15 are optional)
• *Kingsolver, Chapter 1 (pp. 1-22), and Chapter 2 (only pp. 32-39)
• In class: my time-lapse footage and photos of deer hunting/processing

Factory Farming and Slaughter

Tues, Feb 6 • Pollan, “Introduction” and first chapters within “Industrial: Corn,” in *The Omnivore’s Dilemma* (pp. 1-84)
• *Brown, L. Chapter 3, “Moving up the Food Chain,” in *Full Planet, Empty Plates. The New Geopolitics of Food Scarcity* (2012), pp. 24-35.

Thur, Feb 8 • Pollan, Additional chapters within “Industrial: Corn,” in *The Omnivore’s Dilemma* (pp. 85-122)
• *Walters, “Animals, Pain, and Factory Farms, in *Vegetarianism: A Guide for the Perplexed* (pp. 9-30)
• *S. Strom, “[Wishing They All Could be California Hens](#)” (New York Times March 3, 2014)
• *[“California law bans eggs that are not from cage-free hens”](#) (*Poultry World*, April 15, 2022)

Tues, Feb 13 • Pachirat, Chapters 1-3: “Hidden in Plain Sight,” “The Place Where Blood Flows,” and “The Kill Floor,” in *Every Twelve Seconds: Industrialized Slaughter and the Politics of Sight* (pp. 1-84)
• View [10 minute video](#) on slaughterhouse linked via Temple Grandin’s website at [www.grandin.com](#) + look over her website.
• *Ingrid Newkirk, “[Temple Grandin: Helping the Animals We Can’t Save](#)” (~ 5 pages; post and comments via [prime.peta.org](#)).

Thur, Feb 15 • Pachirat, Chapter 6: “Killing at Close Range” (pp. 140-60) and Chapter 9: “A Politics of Sight” (233-56) in *Every Twelve Seconds*
• *Anne Mendelson, “The Milk of Human Unkindness: Industrialization and the Supercow” in *The CAFO Reader* (pp. 131-138)
• In class: [“With Farm Robotics, The Cows Decide When It’s Milking Time”](#) (New York Times, April 22, 2014)
• [“Is Dairy Farming Cruel to Cows”](#) (New York Times, Dec 29, 2020)

Mon, Feb 19 **4 to 5-page reflective essay (15%) due as Google Doc by 5 pm**

Fishing and Fish Farming

Tues, Feb 20 • Greenberg, *Four Fish*: “Introduction” (pp. 1-14) and Salmon (pp. 15-79)
• In class: 5-minute New York Times video [“A Sustainable Chef”](#)
• [Monterey Bay Aquarium Seafood Watch](#) (for reference throughout this two-week unit)

Thur, Feb 22 • Greenberg, *Four Fish*: “Sea Bass” (pp. 81-125)
• In class: video of SRS trip to Austin aquaponic operation

Tues, Feb 27 • *Greenberg, *Four Fish*: “Cod” (pp. 127-188)

Thur, Feb 29 • Greenberg, *Four Fish*: “Tuna” (pp. 189-241) and “Conclusion” (pp. 243-256)

Carnivorous by Nature? Trophies and (the) Dangerous Game

- Tues, March 5
- Cartmill, 1st three pages of “Chapter 3: Virgin Huntresses and Bleeding Feasts,” in *A View to a Death in the Morning* (pp. 28-30)
 - *Nelson, “Introduction,” *A Hunter’s Heart*, ed. David Petersen (pp. 1-10)
 - *Malia Wollan, ‘An Environmentalist With a Gun’: Inside Steven Rinella’s Hunting Empire’ (New York Times Magazine, Feb. 2, 2022)
- Thur, March 7
- Cartmill, 1st four pages of “Chapter 8: The Sick Animal,” in *A View to a Death in the Morning* (pp. 134-138)
 - Radiolab: [The Rhino Hunter](#) (Sept. 7, 2015)
 - *Michael Paterniti and David Chancellor, “Trophy Hunting: Should We Kill Animals to Save Them?” (National Geographic, 2017)

Spring Break (Sat March 9-Sun March 17)

Compassion, Compunction, and Gender

- Tues, Mar 19
- *I. Helfant, “S. T. Aksakov: The Ambivalent Proto-Ecological Consciousness of a Nineteenth-Century Russian Hunter” *Interdisciplinary Studies in Literature and Environment* 13.2 (Summer 2006): 57-71.
 - *Stange, “Introduction” to *Woman the Hunter* (11 pages)
 - In class: 5-minute video [Hunter Recruitment: Women Hunters](#) (Meateater with Steve Rinella)
- Thur, Mar 21
- *Eileen Clarke, “Herr Guide,” in *Heartshots* (pp. 157-162)
 - *[“TV presenter causes outrage after posing with lion she killed”](#) (~5 pages; *The Telegraph*)
 - *Susan Ewing, “To Each Her Own,” in *Heartshots* (pp. 72-76)
 - *Jennifer Bové, “A Place Among Elk,” in *Heartshots* (pp. 77-84)
 - *Durga Bernhard, “The Gift of Artemis: A Hunting Mother’s Perspective,” in *Heartshots* (pp. 167-174)

Deer Hunting in America

- Tues, Mar 26
- Nelson, “Chapter 3: Excess and Restraint,” in *Heart and Blood* (pp. 91-121)
 - Nelson, “Chapter 4: Embattled Sanctuaries,” in *Heart and Blood* (pp. 122-156)
 - In Class: excerpts from PBS, [The Private Life of Deer](#)
- Thur, Mar 28
- Cartmill, “Chapter 9: The Bambi Syndrome,” in *A View to a Death in the Morning*, (pp. 134-160)
 - *Stange, “In the Snow Queen’s Palace,” in *Heartshots* (pp. 318-321)
 - * Hamilton’s Deer Cull 2015-24 with excerpts from *Hamilton Next Door, 2015-17*
 - In class: excerpts from Walt Disney’s *Bambi*
 - Reprise: game processing/trail cams at [Helfant smugmug site](#)

Ethical (?) Omnivorism, Foraging, + and the Small-Scale/Family Farm

- Tues, Apr 2
- Pollan, Chapters 8-10: “All Flesh is Grass,” “Big Organic,” and “Grass,” in *The Omnivore’s Dilemma* (pp. 123-207)

Thur, Apr 4 • Pollan, Chapters 11-14: “The Animals,” “Slaughter,” “The Market” and “The Meal” *The Omnivore’s Dilemma* (208-276)
• *Appelstone, “Our Story,” in *The Butcher’s Guide to Well-Raised Meat* (pp. 16-29) + follow-up articles tracing sale of their butchery and cultural backlash

Mon, Apr 8 **10 to 12-page DRAFT research paper due at 5 pm as Google Doc**

Tues, Apr 9 • Pollan, Chapters 15-16 “The Forager” and “The Omnivore’s Dilemma” (pp. 277-303) AND Chapter 19 “The Fungi” (pp. 364-390) in *The Omnivore’s Dilemma*.
• In class: [Sixteen Wild Edible Mushrooms You Can Forage This Autumn](#) (from YouTube channel *Learn Your Land*) + other foraging channels on YouTube.

Meat and Dairy-milk Alternatives, Vegetarianism, and Veganism

Thur, Apr 11 • “The Future of Meat” (Season 2 Episode 3 of the series *Explained* on Netflix)
• [“The Meat Lovers’ Guide to Plant-Based Meat.”](#) *Consumer Reports*. Aug 28, 2023.
[“Beyond Meat Is Struggling, and the Plant-Based Meat Industry Worries.”](#) *The New York Times*, Nov. 21, 2022.
• [“Lab-Grown Meat Receives Clearance from F.D.A.”](#) *The New York Times*, Nov. 17, 2022.
• Cleveland Clinic. (2021, November 17). [“How to choose the right milk alternative.”](#) Cleveland Clinic. Retrieved April 7, 2022.
• Singhal, S., Baker, R. D., & Baker, S. S. (2017). [“A comparison of the nutritional value of cow’s milk and nondairy beverages.”](#) *Journal of Pediatric Gastroenterology & Nutrition*, 64(5), 799–805.

Tues, Apr 16 • Netflix’s Chef’s Table, Volume 3, episode about Buddhist nun Jeong Kwan
• *Walters, Excerpted pages from “The Ecofeminist Argument” (pp. 97-115) and the “Reverence for Life Argument” (pp. 157-176) in *Vegetarianism*
• Spechler, D. “What *Not* to Say to a Vegetarian” (2018)

Thur, Apr 18 • *United Nations, Excerpts from *Edible Insects: Future Prospects for Food and Feed Security* (2013)
• In class: Background on 2022 Insects to Feed the World Conference and Insect Ambassador Chef Joseph Yoon’s visit to Colgate in Nov. 2023 + short videos on entomophagy.

Sun, Apr 21 Visit to my house/land and to neighbor’s beef farm during calving season (1-4 pm)

Student Presentations

Tues, Apr 23 Presentations

Thur, Apr 25 Presentations

Tues, Apr 30 Presentations

Thur, May 2 Presentations

Tues, May 7 **12 to 15-page research paper due at 5 pm as Google Doc**