

HNRS 308  
The Art & Science of Fermentation  
University of Montevallo  
Fall 2016  
Dr. John R. Bawden

**Class Time/Place:** Monday 1-1:50, UMOM 309

**Credit:** 1 hour

**Contact:** jbawden@montevallo.edu (205) 665-6179

**Office Hours:** MW 9-1230, Thursday 4-5, UM on Main 305 (or by appointment)

**Course Description:** Beer, wine, sauerkraut, salami, vinegar, and yogurt all have one thing in common: fermentation. This multidisciplinary course examines fermentation as a feature of human civilization. It is taught by many UM professors who present different perspectives on fermented foods and beverages as they relate to the natural and social sciences, business, and the humanities.

**Required Text:** Sandor Ellix Katz, *The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from around the World*

**Course Assessment:**

Attendance and Participation: 50%

Presentation: 25%

Final reflection: 25%

**Course Withdrawal Deadline:** The last day for students to withdraw from a course and receive a grade of “W” is **October 25**.

**Attendance and Participation:** I expect students to participate in our weekly meetings by coming to class having read the assigned readings, taking notes, and asking our guests questions after their presentations. Missing more than three classes will result in an “F” for the course.

**Presentations:** Students will learn about the process of fermentation by making yogurt, sauerkraut, kimchi, or some other fermented product. Groups of two students may work together so long as they clear the project with me beforehand. Every student will speak to the class about their foray into the art of fermentation. You should be ready to answer the following questions:

- 1) What drew you to the fermentation project?
- 2) What’s needed to do it?
- 3) How did your ferment turn out? What did you learn?
- 4) How might you do things differently another time?
- 5) Did a guest speaker or academic discipline inform or inspire your project?

**Field Trip:** We will discuss a potential field trip to Good People Brewery or Ozan winery.

**Final reflection:** You have had the opportunity to consider fermentation from diverse perspectives while gaining some hands on experience with the fermentation process. For this final assignment compose a synthesis of what you learned over the past fifteen weeks. In your essay be sure to mention at least three guest speakers and some of the disciplinary issues at play. You should also write about what you found most memorable or interesting. The assignment is due December 5 and should be 500-1000 words.

## Course Schedule

- 22 Aug Course Introduction (John Bawden)  
Read: Katz, xvii-xxiii
- 29 Aug Homo Sapiens and Fermentation (John Bawden)  
Read: Katz, 17-35
- 5 Sept **Holiday – No class**
- 12 Sept Yogurt and Microbiology (Christine Sestero)  
Read: Katz, 1-15
- 19 Sept Pickled Vegetables and Chemistry (Dalila Mathews)  
Read: Katz, 37-58
- 26 Sept Watch: Cooked, “Earth”
- 3 Oct Beer making (Michael Sterner)  
Read: Katz, 59-85
- 10 Oct Drinking Games (Cathlena Martin)
- 17 Oct Prohibition and the Craft Beer Industry in Alabama (Bill Plott)
- 24 Oct Entrepreneurship and Artisanal Production (Tom Sanders)  
Read: Katz, 369-85
- 31 Oct Philosophy and Beer (Steve Forrester)  
Read: Steven D. Hales, "Mill v. Miller, or Higher and Lower Pleasures"  
Katz, 415-7
- 7 Nov Social Science and Alcohol Abuse (Meredith Tetloff)  
Read: Katz, 86-93
- 14 Nov Discuss Sandor Katz, *The Art of Fermentation*  
Read: Katz, 95-123
- 21 Nov **Student presentations**
- 28 Nov **Student presentations**