

HNRS 308: The Art & Science of Fermentation  
University of Montevallo  
Fall 2019  
Dr. John R. Bawden

**Class Time/Place:** Monday 12-12:50, UMOM 103

**Credit:** 1 hour

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

**Office Hours:** MW 9-12, 1-3, 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, *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods*, 2nd Edition  
ISBN-10: 1603586288

**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 **November 1**.

**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.

**ForUM Email**

You are responsible for monitoring and managing your account regularly, even during breaks. You are responsible for all announcements, requests, and/or sensitive information delivered to your UM e-mail account, including information related to this course. You may electronically forward your UM e-mail to another e-mail address (e.g., @gmail.com, @hotmail.com), but at your own risk. The University is not responsible for the handling of forwarded e-mail. Having e-mail forwarded does not absolve you from the responsibilities associated with communication sent to your official UM e-mail address. If you have any questions regarding or problems with your UM email account, you should contact the Solution Center (205-665-6512). The Solution Center is available Monday – Thursday, 8:00 am-7:00 pm; Friday, 8:00 a.m.-5:00 p.m.

**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 is 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?

**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 during 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 9 and should be 500-1000 words.

### Course Schedule

26 Aug	Course Introduction (John Bawden) Read: Katz, xvii-xxii
2 Sept	LABOR DAY
9 Sept	Homo Sapiens and Fermentation (John Bawden) Read: Katz, 1-48
16 Sept	Yogurt and Microbiology (Christine Sestero) Read: Katz, 107-138
23 Sept	Pickled Vegetables and Chemistry (Dalila Mathews) Read: Katz, 49-82
30 Sept	Watch: Cooked, "Earth"
7 Oct	Beer, mead, kombucha (Leslie Outhier) Read: Katz, 211-56
14 Oct	Drinking Games (Cathlena Martin)
21 Oct	Prohibition; Watch: "A Nation of Drunkards"
28 Oct	Entrepreneurship and Artisanal Production (Tom Sanders) Read: Katz, 139-84
4 Nov	Philosophy and Beer (Steve Forrester) Read: Steven D. Hales, "Mill v. Miller, or Higher and Lower Pleasures"
11 Nov	Social Science and Alcohol Abuse (Meredith Tetloff) Read: Katz, 185-210
18 Nov	Discuss Sandor Katz, <i>Wild Fermentation</i> Read: Katz, 269-80
25 Nov	<b>Student presentations</b>
2 Dec	<b>Student presentations</b>

**Final Reflection due December 9 (no class)**