

# UBC Reads Sustainability

Sandor Katz  
January 31, 2013

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## Contents

Mix Description.....	1
Mix Feedback: Respondent Profile (36 respondents) .....	2
What is your level of study or position at the university? .....	2
What is your major, program, or department? .....	2
How did you hear about this event? .....	3
Interdisciplinary values.....	4
This event was educationally valuable to me. ....	4
The interdisciplinary nature of this event enhanced my learning. ....	4
In general, connecting with students and instructors in other disciplines enriches my education.....	5
Qualitative Responses .....	6
What does interdisciplinary learning mean for you? .....	6
What kind of interdisciplinary learning activities would interest you? .....	7
What did you find most interesting, surprising, or valuable about this event? .....	8
Please share any other comments or questions about this event or about interdisciplinary teaching and learning:.....	9

## Mix Description

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**UBC Reads Sustainability Author:** Sandor Katz, author of *The Art of Fermentation*

**Date:** January 31, 2013

**Location:** Hennings Building, Room 201

Sandor Katz is a culinary author, DIY food activist, and self-described "fermentation fetishist." He has taught hundreds of food fermentation workshops around the United States and his book *Wild Fermentation* has been called a classic, "the bible for people embarking on DIY projects like sourdough or sauerkraut." He is "especially notorious for getting people excited about fermenting food."

According to the author's website:

“

With practical information on fermenting vegetables, fruits, grains, milk, beans, meats, and more... *The Art of Fermentation* is the most comprehensive guide to do-it-yourself home fermentation ever published. Sandor Katz presents the concepts and processes behind fermentation in ways that are simple enough to guide a reader through their first experience making sauerkraut or yogurt, and in-depth enough to provide greater understanding and insight for experienced practitioners.

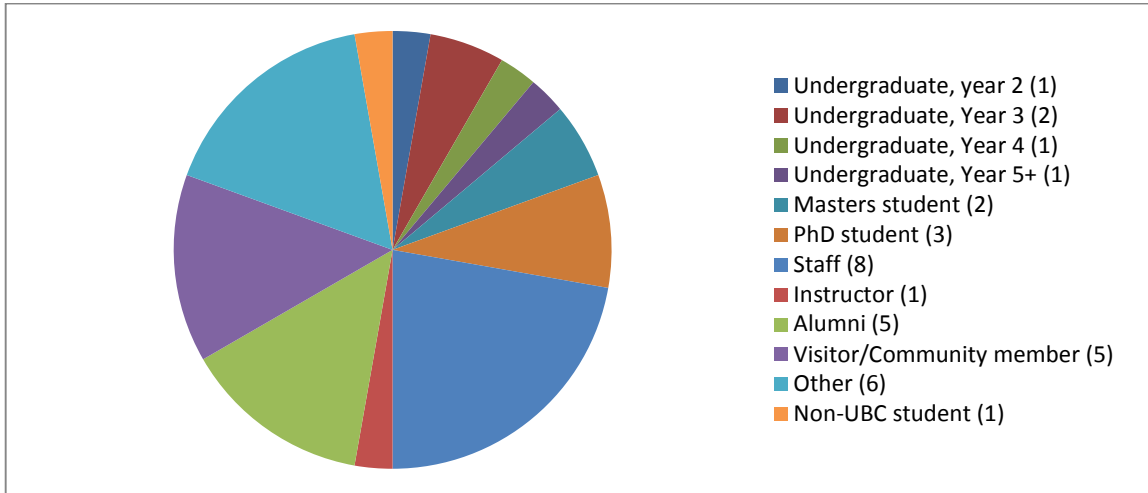
While Katz expertly contextualizes fermentation in terms of biological and cultural evolution, health and nutrition, and even economics, this is primarily a compendium of practical information—how the processes work; parameters for safety; techniques for effective preservation; troubleshooting; and more.

With full-color illustrations and extended resources, this book provides essential wisdom for cooks, homesteaders, farmers, gleaners, foragers, and food lovers of any kind who want to develop a deeper understanding and appreciation for arguably the oldest form of food preservation, and part of the roots of culture itself. Readers will find detailed information on fermenting vegetables; sugars into alcohol (meads, wines, and ciders); sour tonic beverages; milk; grains and starchy tubers; beers (and other grain-based alcoholic beverages); beans; seeds; nuts; fish; meat; and eggs, as well as growing mold cultures, using fermentation in agriculture, art, and energy production, and considerations for commercial enterprises. Sandor Katz has introduced what will undoubtedly remain a classic in food literature, and is the first—and only—of its kind.

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## Mix Feedback: Respondent Profile (36 respondents)

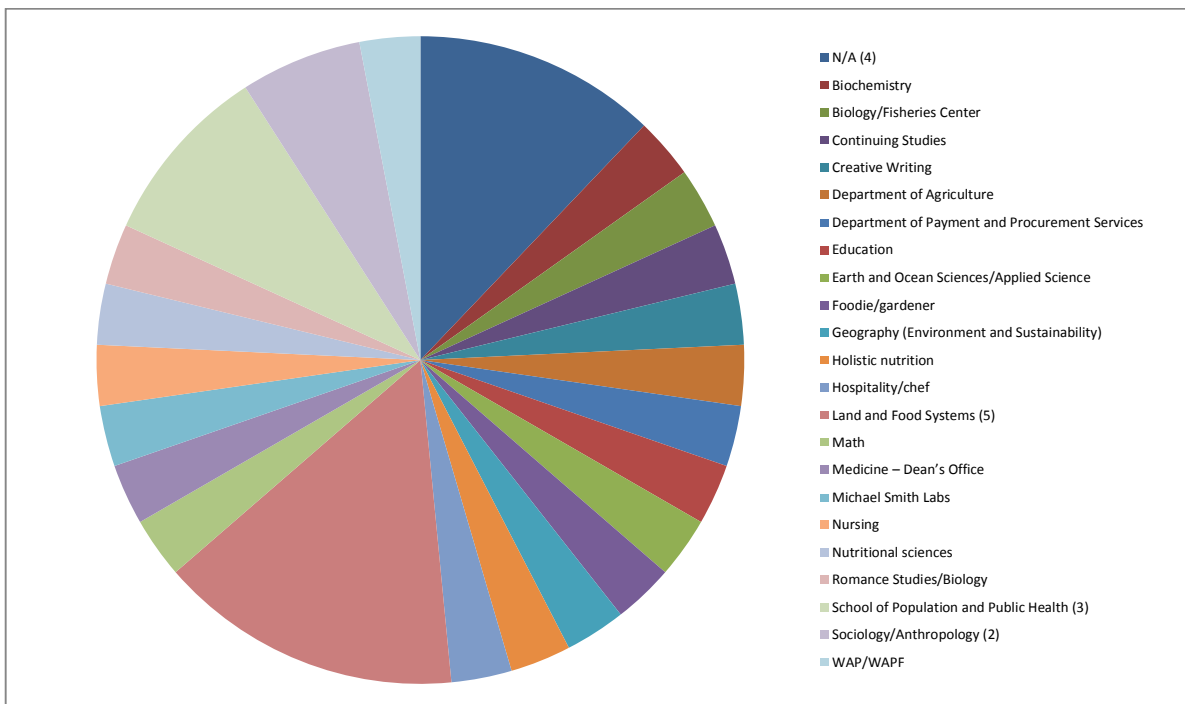
### What is your level of study or position at the university?



#### Other:

- Mum + urban/rural farmer wannabe, worker on farm and garden elsewhere, UBC Farm Practicum 2013, Former staff member, Research Associate, General interest in fermented food and the health benefits

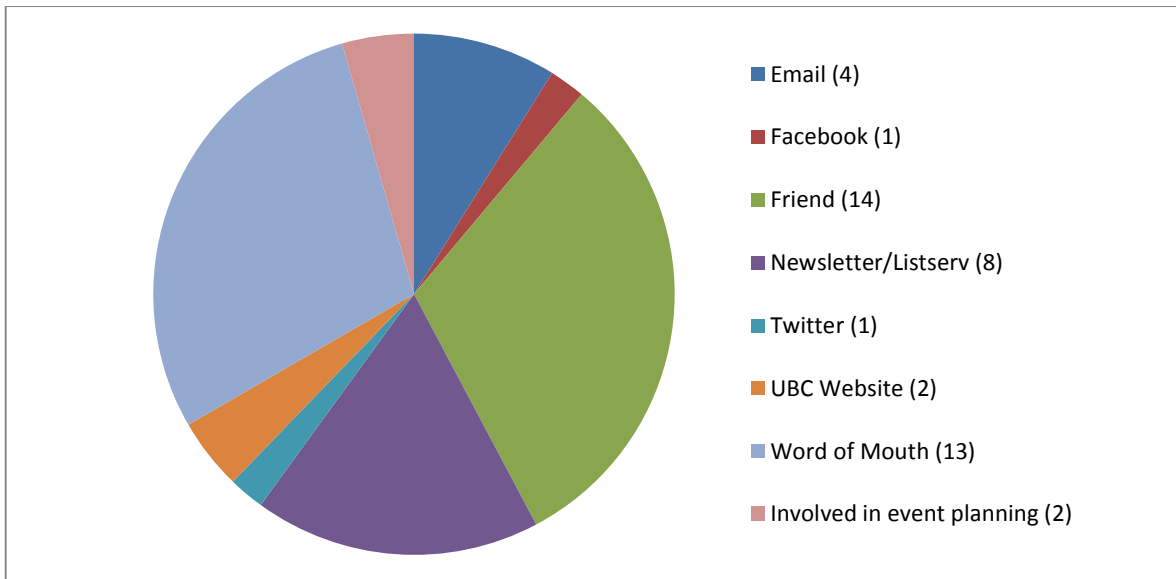
### What is your major, program, or department?



#### Land and Food Systems:

- Food, Nutrition, and Health (1), UBC Farm (1), Global Resource Systems (2), Agroecology (1)

## How did you hear about this event?



### Newsletters/Listservs:

- UBC Farm (5), Permaculture Meet-up (2), Urban Farmers (1)

### Email:

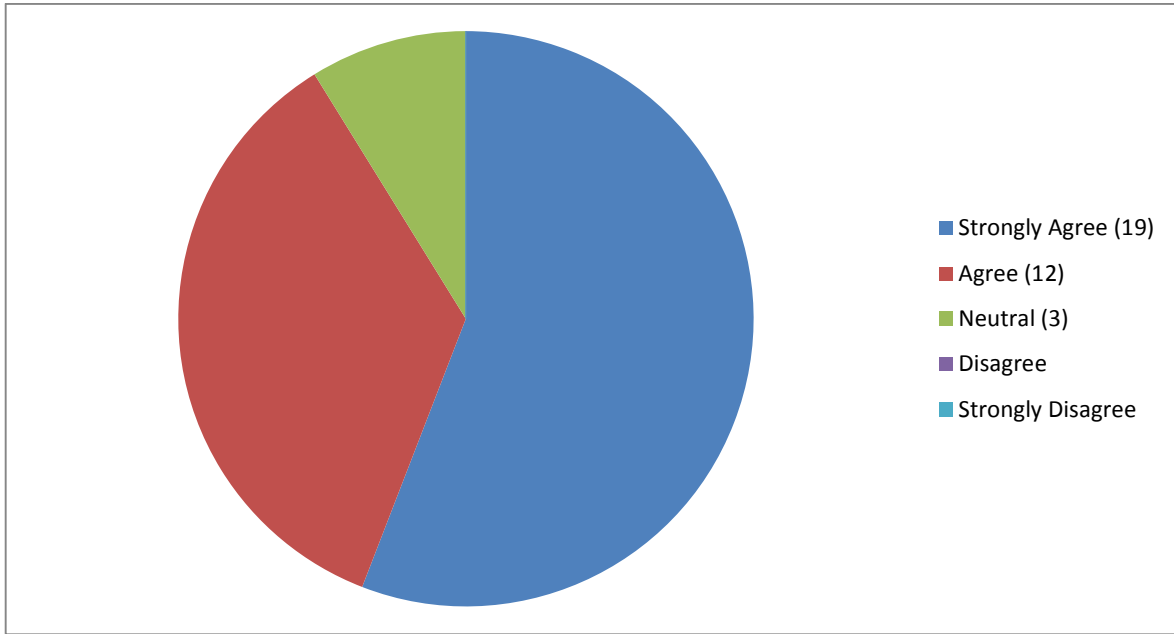
- Sustainability Coordinator (2), Village Vancouver (1), Other (1)

## Interdisciplinary values

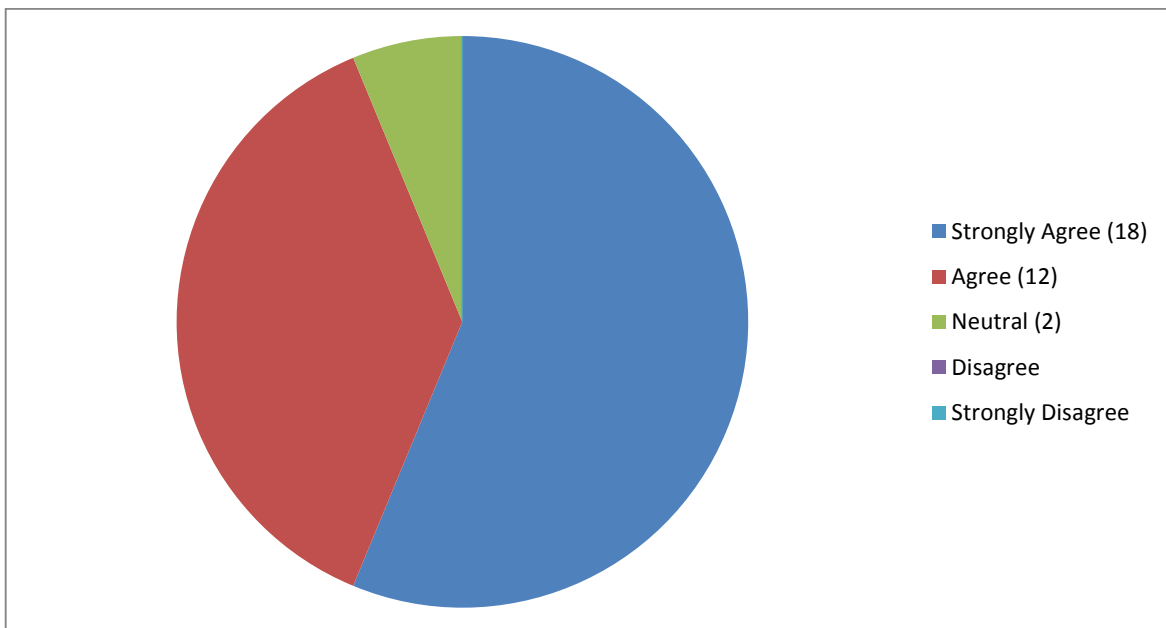
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Please indicate your agreement with the following statements.

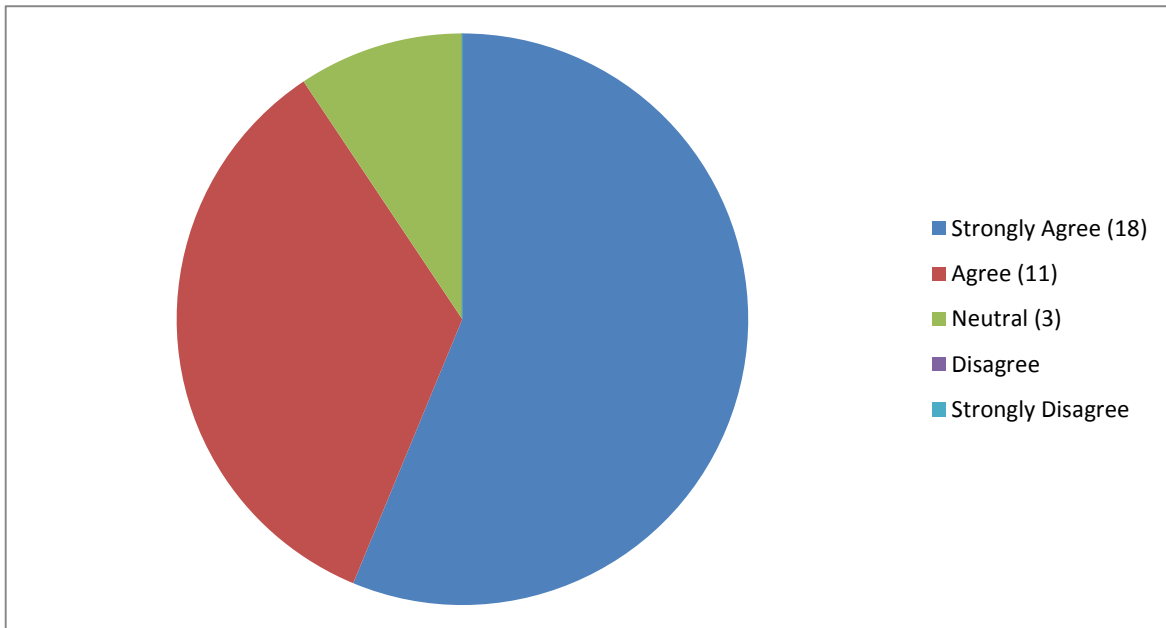
This event was educationally valuable to me.



The interdisciplinary nature of this event enhanced my learning.



**In general, connecting with students and instructors in other disciplines enriches my education.**



## Qualitative Responses

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### What does interdisciplinary learning mean for you?

Please share your thoughts on the values, challenges, and possibilities for interdisciplinary learning. We also welcome your own definitions of interdisciplinary learning.

- **Different points of view**
  - To explore a question in a social, ecological, and economic lens (or add political too)
  - Priority: valuing and understanding ontologies and epistemologies of other disciplines (e.g. nationalist, objectivist science is just one useful way of understanding the world)
  - I believe that in our society, all learning should be interdisciplinary as it offers a multi-viewpoint approach to learning
  - Open mind to understanding different paths of inquiry – looking for common cause that unites different disciplines so we can bring peace to earth and stop harm
  - Aware, understand, accept different perspectives
- **Knowledge Exchange/Learning from others**
  - Cross-pollination
  - Interdisciplinary learning is the opportunity to learn from others' knowledge
  - Cross learning, collaboration
- **Innovation**
  - Merging disciplines to achieve new insight and evidence
- **Exposure/Expansion**
  - Interdisciplinary learning enables people to broaden their horizons, interact with people from other disciplines, and put open their minds to previously never thought of possibilities
  - Learning a variety of subjects, not necessarily related to your career or area of study
- **Problem Solving / "Real-life" Application**
  - cross-pollination and ideas toward solving real-world problems
  - Crossing disciplinary boundaries and trying to connect theory (academics) with technical, calibrating different values to develop real life strategies
- **Holism/Integration**
  - Integration of multiple fields and interests to create a more comprehensive and broader knowledge base
  - means life is connected and interdependent, so should study be, or study of one thing crosses and leads to another
  - Working across disciplines – holistic learning
- **Other**
  - Better understanding
  - I [heart] it
  - I'd like to see more of it. Learning a topic on its own in isolation doesn't offer a rich enough contrast
  - values – diversify knowledge base, applicable knowledge; challenges – times, interrupt class schedule

## What kind of interdisciplinary learning activities would interest you?

Please share an idea for cross-discipline learning activities on campus. (For example, biology and fine art students collaborating to design diagrams of cells; or a debate between students in geography and mining on the environmental, social, and economic possibilities and problems for diamond mining; or a student symposium on globalization. Get creative!)

- **Beyond the university**
  - Interdisciplinary collaboration of educational initiative similar to Humanities 101 (i.e., not just for ‘university students’)
- **Team-Based PBL**
  - Team-based project work – give students a real, realistic, tough problem and have them go at it
- **Film, Presentation, or Speaker Series**
  - Using fermentation as an example – invite speakers from different fields (microbiologist, history, commerce, social science, etc.)
- **Topical Ideas**
  - Permaculture – interested in permaculture, organic gardening, animal husbandry, bee keeping
  - Ethnobotany
  - More interdisciplinary learning opportunities based on food and nutrition (which are also more widely advertised to students throughout campus!)
  - I would love a workshop on farm tools! Best ones to buy, how to care for them so they last years and how to sharpen them
  - Anything food related, business, accounting, health, and arts related
  - Anything related to fine arts and food
- **Specific Interdisciplinary Collaborations**
  - Social sciences/social geography students talking with conservation biology students to come up with better approaches to conservation efforts (more holistic)
  - sociology and anthropology, application to medicine, health sciences
  - Political studies learning about indigenous persons’ perspectives, ‘resource’ management becoming about the earth as a living being and interconnections between organisms, health study, learning ancient knowledge, Ayurveda (e.g.), and current research on brain science and consciousness as influencing us immensely
  - Water management (geography) with business, art (design, architecture) law, and engineering – discuss issues of water scarcity and wastewater management
  - Nutrition, environment, commerce, health
- **Other**
  - All of these things! Nothing to specific comes to mind



## What did you find most interesting, surprising, or valuable about this event?

- **Content**
  - Sauerkraut has a very long shelf life
  - I love this topic, bought the book a few months ago
  - Interesting – the many different methods and processes associated with fermentation. Didn't realize how many of our food products consumed on a regular basis have been fermented
  - Free info about craft that can empower us w/knowledge about food. I was happy to hear Mr. Katz talk about the harm of fearing bacteria
  - Nutritional/fermenting information; anthropological perspectives
  - Different bacterial usage especially the related to biology, the different types of fermented food mentioned and that white mould is benign
  - Health effects of fermentation process
- **Speaker**
  - Sandor's energy
  - The high level of knowledge and experience on the topic
  - Sandor was very informative
  - Great speaker
  - Great speaker
  - I purchased the author's book a few years ago and recognized the name and was surprised the author was coming to UBC
  - Really excited and surprised an author as famous as Sandor Katz participated in this event
- **Event – General Observations**
  - Topic, author
  - I gained more knowledge of fermentation in general. I enjoyed the interactive element too.
  - Learning from an expert + question session was really interesting
  - Everything
- **Audience**
  - The diversity of attendees at the event: seniors, babies, students, farmers, nutritionists, and more!
  - Awesome to see many apparent non-UBCers
  - The Q&A discussion – learned about other applications of fermentation
  - Smallish group
  - Q&A session
- **Critiques**
  - Too traditional

## Please share any other comments or questions about this event or about interdisciplinary teaching and learning:

- **Possible Improvements for Future Events**
  - I hope to see more on traditional food systems
  - Many of my friends were told they could not attend – no seats available... There were lots of empty seats!! Thank you. Jane Ferguson (Bowen Island) – janef2001@yahoo.com
  - Wonderful to have a speaker who can convey a type of knowledge people can easily take up in their own lives. Would be great to have more ethnic, gender, and cultural diversity among speakers
  - Workshops learning a skill would be nice
  - Kill this old school format. Produce something: research projects, collaborations, events. What did this talk accomplish? 20 min presentation. Group people by interest and have them produce something. See how the speaker can contribute
  - Wish there were more workshops offered with Sandor Katz because they sold out so quickly!
  - On the event page describing the event, composting was initially what drew me to the talk, but I'm a bit disappointed he didn't speak much of it until someone prompted him to, i.e. only focused base on seed saving by fermentation
- **Free access to event**
  - Always appreciate access to free interesting speakers
  - Super that it was free. Thanks.
- **Other**
  - Good lecture. I knew a lot already but good I came. Looking forward to the workshops I registered for. The question and answer was interesting. I learned a lot from that part.
  - Thanks for bringing Sandor in!