

University of Victoria – Continuing Studies

How to register in a course:

- online at www.continuingstudies.uvic.ca/register - click on “Continuing Studies Programs and Courses”
- in person weekdays between 8:30 am and 4:30 pm at the Continuing Studies Building, 2nd floor, Ring Road at Gabriola Road, UVic campus
- phone registration at 250-472-4747 weekdays 8:30 am to 4:30 pm

or call 250-721-8458 for more information.

Introduction to Sustainable Gastronomy

What is sustainable gastronomy and what does it offer policy makers, advocates, farmers and the public in thinking about and changing the food system? This five-week course begins by exploring the ideas that shape our current food system. The concept of sustainable gastronomy will be presented as a feasible and realistic response through an exploration of its holistic systems approach to human/food issues, including economics and governance. The classes will include lectures complemented with discussions and tastings for a lively educational environment. It is ideal for those wishing to understand current food systems and those who are working on food issues in BC.

Instructor: Sushil Saini, MES (York), is a doctoral researcher in sustainable gastronomy in the School of Environmental Studies at UVic

Course Code: ASSF001 2009S C01

Date: Tuesdays, January 20 to February 24: 7 to 9 pm, 6 sessions

Fee: \$125.00 plus \$6.25 GST

Introduction to Food Culture

Food culture is more than ‘we are what we eat’. In these interactive classes, students will be provided with information and invited to discuss some of the most pressing issues facing today’s society. Topics will include food safety, food security, food and the media, and sustainable agriculture and aquaculture.

Instructor: Don Genova, BSc (environmental studies), MA (food culture, University of Gastronomic Sciences, Italy), is a journalist who began specializing in food and travel in 1997. He recently completed a masters degree in food culture in Italy.

Course Code: ASSF009 2009S C01

Date: Wednesdays, January 21 to February 18: 7 to 9 pm, 5 sessions

Fee: \$100.00 plus \$5 GST

Coffee Talk

Follow the coffee bean from its green form right into the cup. This one-day session will explain where coffee comes from, how it is picked, processed and shipped, and reveal the latest on the fair trade and/or organic coffee movement. Students will watch beans from a single, sustainable plantation being roasted and 'pull shots' on the espresso machine with Geir Oglend, an expert with 25 years of experience in the coffee industry. Lunch is included in the cost of this course and you'll take home a small package of the freshly roasted coffee.

Instructor: Don Genova (see above *Introduction to Food Culture, Instructor info*)

Course Code: ASSF010 2009S C01

Date: Saturday, January 24: 10 am to 4 pm, 1 session

Fee: \$65.00 plus \$3.25 GST

Exploring Local Foods

In this second edition of last year's popular class, instructor Don Genova introduces students to more of the people that put local food on their tables. With wild foods, learn just how much there is to eat right in your own back yard, and on the marine shorelines. We live in one of the best dairy areas of the province, so milk and cheese will be featured, as well as a discussion of the rapidly growing wine industry of Vancouver Island.

Instructor: Don Genova (see above *Introduction to Food Culture, Instructor info*)

Course Code: ASSF008 2009S C01

Date: Wednesdays, February 25 to March 25: 7 to 9 pm, 5 sessions

\$140.00 plus \$7 GST