Practicum/Site visits fee: $90

The John Felice Rome Center of Loyola University Chicago welcomes you to Italy for a unique adventure this summer. Summer 2019 marks the fourth year of this Fusion program, in which students dive into photography and the culinary past and present of Italy. In just three weeks you will learn everything you have always wanted to know about the city of Rome, as well as one of Italy’s most beautiful and most famous regions: the Abruzzo. Together we will explore the history, the culture, the customs and the cuisine of the city and countryside of Italy, and you are invited to explore and to see it all through a different lens – in the literal sense of the word. This “Fusion Experience” brings culture and digital photography together in one package. You will learn to observe and to record both the past and the present, and to appreciate the widest variety of flavors and tastes, to grasp culture and nature, and to understand how it has formed a city, a country, and its peoples throughout the centuries – until the present day!

After a few days in Rome, at the campus of the John Felice Rome Center, you will transfer to the breathtakingly beautiful region of Abruzzo. From there you will explore this spectacular part of Italy, learning about many aspects of life in the countryside, which is so rich in history and traditions, especially when it comes to food and wine.

Course Description
Perhaps the best way to learn about the Italian people is to examine the history of the country’s gastronomy and its gastronomic traditions. By learning about its individual products and different time periods throughout history together we will gain a greater understanding of Italian history and culture.

In this course we will use the food and wine of Italy as way to examine the history of the country and the dramatic changes from Ancient Rome to modern times. By the end of the course the students will have acquired a more sophisticated understanding of food history as an interdisciplinary approach to studying Italian culture and society and as a frame for analyzing important aspects of Italian history.

Food is a key for understanding the past and Italy is especially interesting in this respect since modern Italian identity is based, in large part, on food. And many Italian products, which were grown in the countryside have been used by chefs and nonnas alike to compose dishes in the city. By learning about these individual products we can gain insight into Italian culture and Italian history.

While in Rome students will get a chance to look at how the past has shaped what the people of Italy (and more specifically of Romans) eat today. And, because Rome has a number of neighborhoods each distinct in their own culinary traditions, we will spend our time in the Eternal City examining both their culinary past and present, in addition to examining urban foodways.

One afternoon we will have lunch together at a traditional Roman trattoria in one of the neighborhoods we will be touring.

When we travel to Abruzzo – in addition exploring (and tasting!) Italian products themselves (cheese, chocolate, wine, etc) – we will examine the specific traditions and history of the region’s food and compare them to those we saw in Rome.
Learning Outcomes
On completion of the course students should be able to:

- Analyze and critically evaluate ideas, arguments and points of view regarding culinary history
- Develop a more sophisticated understanding of Italian history through the country’s gastronomy, especially that of urban and rural Italy
- Identify how food and drink has shaped Italy today
- Understand the importance of knowing where what we eat comes from and how it is made

Required Text / Materials
There are no required texts for this course; all required readings will be in the course reader. Additional reading assignments may be made available by the instructor. You can purchase the course reader in the JFRC bookstore at the beginning of the summer.

Attendance Policy (please note that course attendance is based on prompt class attendance, preparation and active participation in class discussions)
In accordance with the JFRC mission to promote a higher level of academic rigor, all courses adhere to the following absence policy. Prompt attendance, preparation and active participation in course discussions are expected from every student.

*Arriving or leaving early by more than 10 minutes late to class twice during the semester counts as a full absence.

Assessment Components

- Participation 20%
- Blog Essays and Reflections 20%
- Roman Neighborhood Presentation 20%
- Wine Presentation 20%
- Final Exam 20%

Class Participation (10%)
For spirited discussion, we will need your active attention and participation. Class participation grades are not automatic. They are based on oral contributions to the collective learning experience of the class. Participation means active engagement in the course: being consistently prepared for class (having carefully read that day’s assignments), asking questions, responding to questions, offering your own insights and opinions, and attentive listening to others. Students who are by nature more reluctant to offer their input will not be penalized; however they are encouraged to participate fully in blog writing and other written assignments, outside of discussions.

Blog Essays and Reflections (20%)
All students are required to keep a blog for the duration of the course and may choose from a number of blogging sites (Wordpress, Blogger, Medium, etc.). The blog is intended to provide an opportunity for students to record information and observations (Be specific!) and integrate class readings, discussions, as well as their own personal experiences throughout the summer. More information will follow.

Students are expected to use correct grammar and spelling in their entries. Failure to do so will result in a max 10% grade reduction. Students are encouraged to use photographs/videos in their entries.
Roman Neighborhood Presentation (20%)

For the first presentation – which will account for 20% of your grade – students will be divided into three groups and will be assigned a neighborhood in Rome for one of two presentation days (July 3/4). Students will act as guides, leading the rest of the class around the neighborhood and illustrating the food history and food culture of the area.

a. Presentations should last 30-45 minutes. A timer will ring at the 45 minute mark and students will be asked to conclude immediately at that point.

b. Presentation topics are as follows: (1) the Jewish Quarter or Ghetto, (2) Esquilino, both the new and old markets (3) Trastevere.

c. Students are encouraged to meet with the instructor beforehand in order to discuss their presentations and to receive the necessary readings, which will serve as the starting point for their presentations.

Abruzzo Wine and Viticulture Presentation (20%)

Following a visit to a winery and a wine practicum by Prof. Simari, students will be asked to give a 10-minute presentation on one wine from Abruzzo (July 10, 11, 13). This presentation will account for 20% of your final grade.

a. Presentations should last 10-15 minutes. A timer will ring at the 15 minute mark and students will be asked to conclude immediately at that point.

b. Groups of students will be assigned one bottle of wine from among the three most important wines of Abruzzo: Trebbiano, Cerasuolo or Montepulciano, and asked to speak about the history of the grape and the wine, the producer etc.

c. Each group will be assigned to present their bottle of wine during one of our dinners in Abruzzo. After the presentation we will taste the wine as a class.

**All work must be completed to pass this course. Any late work will result in a lower grade (3%)**

Final Exam (20%)

The final exam is the final step in the sequential learning process the course involves. In this exam you will bring together the various concepts/topics we have studied. The exam will take approximately 120 minutes to complete and is closed book/closed note. It will constitute 20% of the final grade. This is the only time the exam will be given. No alternative exam dates will be offered.

Grading

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<th>Score Range</th>
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Academic Honesty
Plagiarism and other forms of academic dishonesty are unacceptable at the JFRC and will be dealt with in accordance with Loyola University Chicago’s guidelines. Please familiarize yourself with Loyola's standards here: http://www.luc.edu/academics/catalog/undergrad/reg_academicintegrity.shtml. You are responsible to comply with the LUC Student Handbook.

Late or Missed Assignments
Late or missed assignments will not be accepted for grading without the authorization of the instructor.

Accessibility Accommodations
Students registered with the Student Accessibility Center requiring academic accommodations should contact the Office of the Dean at the John Felice Rome Center, the first week of classes.

Review Sessions: We will review for both the midterm and the final exam. Students will be divided into groups and give a short five minute review of one of the topics to be covered in the exam. Your performance in these reviews will count in your participation grade. Students are expected to provide a summary/synopsis of what we discussed in class and not read their notes verbatim.

Office Hours: While we are on campus, I will be available both before and after class. Alternative times can be arranged but it is always best to make an appointment. Otherwise you will always be able to find me at all times when we are at the agriturismo in Abruzzo. We can also be in touch via email if you have difficulties or queries.

Course Schedule

WEEK 1

Monday, July 1: Introduction to the Study of Food & Contemporary Italian Food Culture (9:30-11:30)
Required Readings: Dickie: 1-10, 13-16 Parasecoli 257-276
To hand in via email: Blog URL with first blog post and bio (#1). Students are asked to reflect on their expectations and their past experience, if any, with Italian food both in Italy and abroad. Due Tuesday, July 2 at 8:00am

Tuesday, July 2: The Food of Rome from Ancient to Modern Times
Tour of Testaccio Neighborhood by Prof. Simari
(Bus will depart at 8:30 am and drop students off in front of the Mercato Rionale di Testaccio. Students will be responsible for returning to campus)

Required readings: Corbier 128-140; Zanini De Vita 5-18, 57-59

Photography with Prof. Denlinger and then lunch at Flavio Al Velavevodetto

Wednesday, July 3: Student presentations (Esquilino Markets) (Bus will depart at 8:30 am and drop students off in front of the Old Esquilino Market. Students will be responsible for returning to campus)
Thursday, July 4: Student presentations (Trastevere & Ghetto) (Bus will depart at 8:30 am and drop students off in front of the Synagogue. Students will be responsible for returning to campus)

Write Blog: – How would you define the food of Rome? (800-1000 words); Due Friday, July 5 at 9am

Friday, July 5: Departure for La Porta dei Parchi

(Anversa degli Abruzzi, Abruzzo)

*During our time in Abruzzo class time will consist of a morning or afternoon activity, sometimes followed by a debriefing session to discuss how the reading and your hands-on experience fit together. Our schedule will be fluid and is subject to changes, we ask for complete cooperation.

On arrival: After settling in at Porta dei Parchi will participate in a Pasta Cooking Class

Saturday, July 6: Cheese-making demonstration and tour of farm at Porta dei Parchi

Because cheese is the ultimate “cultural” food product, today we will stay onsite to discover how it is made at Porta dei Parchi. In addition to the production process, we will discuss the microbiology of cheese as well as its cultural context in contemporary Italy.

Required readings: Firebaugh 359-364
Evening film: “Cooked: Earth” by Michael Pollan

Sunday, July 7: Visit to Lago di Scanno + picnic

WEEK 2

Monday, July 8: Chocolate Factory & Confettificio at William Di Carlo Factory

Both confetti, traditionally eaten at rites of passage (births and weddings) and chocolate have been in Italy since the Renaissance. However, while chocolate was brought to Europe from the New World, confetti originated from the Old Continent from traditions surrounding fertility and renewal. Today we will look at how these sweet treats are made and the history behind each confection while touring a traditional candy factory.

Required Readings: Riley 138; Montanari (2009) 90-92
*Following our trip to the confettificio we will make a stop in the town of Sulmona and have a picnic lunch

Tuesday, July 9: Vineyard and Wine cellar at Casa Vinicola Pietrantoni

During our visit to the winery, we will taste and discuss the indigenous varieties from the area and continue our discussion of the sensory analysis of wine. We will also discuss how wine is a fermented product, like many others: cheese, oil, bread, chocolate etc.

Required Reading: Katz 82-84
Optional: Parasecoli 258-259, Bastianich 275-281
Before lunch, I will hold a wine tasting in order to prepare for our visit to the vineyard.

Evening film: On Slow Food

Wednesday, July 10: Shepherding at Porta dei Parchi
Ever heard of transhumance? It’s a phenomenon that is specific to Abruzzo whereby sheep migrate to different areas of the mountain depending on the season. Today we are going to act as shepherds for the day and hike into the mountains with sheep to learn about this phenomenon which has been occurring in the Abruzzo for hundreds of years. We will also take up our discussion again about the differences between the food of the city and of the countryside.
Required Reading: Montanari (2017) 17-29
Write: Blog Essay on Slow Food (800-1,000 words). Due July 11th at noon

*Wine presentations @ dinner

Thursday, July 11: Jam-making
Preserves. Throughout the history of Italy sometimes they were in style and sometimes out of style. Today we will learn to preserve health and taste in a jar.

Optional Reading: Jams, Jellies and Preserves from the Encyclopedia of Food and Culture
*Wine presentations @ dinner

Friday, July 12: Visit to the seaside at Ripari di Giobbe

Saturday, July 13: Olive Grove and Mill at Della Valle Oliveto
Through the centuries olive oil has been essential to the Italian diet. During our visit to the olive grove, we will witness how this nectar of the ancient Romans is made. Just like wine, different oils have different properties and uses. The reading will help us explore olive oil’s ancient roots and its modern history.
Required Readings: Mueller 15-35, 203-206

Afternoon: Cooking class

Reading: Freson 167-168

*Wine presentations @ dinner

Sunday, July 14: Searching for Truffles- This afternoon we will discover the incredible world of truffles. Accompanied by the staff of Porta dei Parchi (and their dogs!) we will learn how and when truffles are collected and the dogs are trained. During our walk in the woods we will also be searching for wild herbs to use for dinner.

Optional Reading: Nowak 7-43, 114-119

Monday afternoon, July 15: Other half of students will attend cooking class on traditional recipes from the Abruzzo
Tuesday, July 16: Morning Departure for Rome

Wednesday, July 17: DAY OFF

Thursday, July 18: Review Session 9:30-11:30 am
Due at 9 am: Essay on the ‘country food’ of Abruzzo

FINAL EXAM: FRIDAY, JULY 19

Course Bibliography

Artusi, Pellegrino. L’Arte del Mangiar Bene.


D’Agata, I. “Native Wine Grapes of Italy”, University of California Press, 2014


