Sustenance & Sustainability: Teaching Eco-Social Justice

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3-Credit Course
Externship: Franciscan Monastery Garden Guild
Course: Sustainability elective

Class & Externship Meetings
Tues. & Thurs. 9a-12p: Garden w/ supervisor
Wed. 10-11a: Discussion w/ professor

Assignments
Weekly Reflections with Peer Response
Lead In-Class Dialogue
Presentation

Food and food production intertwines human health, environmental sustainability, community, and culture. Students minoring in sustainability at The Catholic University of America have an elective course option to spend 7-weeks laboring on an urban community farm while learning about local food insecurity, community resilience, regenerative agriculture, and the faith-infused integral ecology framework. The externship, hosted by the Franciscan Monastery Garden Guild, allows students to participate in food production that directly supports food-insecure community members. Class discussions build on experiential learning and emphasize the need for multi-solving, hope-filled ways to develop sustainable food systems where people and planet are nourished in body and spirit.

Integral Ecology Framework: “Cry of the Earth & Cry of the Poor”
Interconnectedness of ‘social’ and ‘environmental’
Laudato Si: On Care for Our Common Home
by Pope Francis

Regenerative Agriculture
Project Regeneration
Water resources
Non-chemical growth
Replenishing soil
Linking ecosystem & human health

Multi-solving Benefits of Urban Gardens
Multi-solving Innovations
Climate & Health
Minimizing Alienation
Reducing Carbon Footprint

Community Resilience
Adaptive Capacities by Norris et al.
Information & Communication
Social Capital
Community Competence
Economic Development

Addressing Food Insecurity
FMGG donates thousands of pounds of fresh produce to:
DC Central Kitchen
Martha’s Table
Sacred Heart DC Dinner Program
Catholic Charities

References are embedded throughout.
This course is a collaboration between The Catholic University of America & The Franciscan Monastery Garden Guild