

MINDFUL MEALS: COOKING FOR THE FUTURE

This cookbook was developed by students in ENVS2123: Critical Food Studies throughout the Fall 2024 semester at St. Thomas University in Fredericton, NB.

To all the students who engaged with this project—thank you for sharing your family recipes and your favourite meals. Your contributions have created something special that we can all enjoy together. Bon appétit. - Dr. Monika Korzun

The kinds of food we choose to prepare (and those we prefer to avoid) say a lot about us. As with many of life's decisions, food choices are not made in isolation. Rather, they are influenced by the unique contexts in which they occur, referred to by Canadian sociology Professors Josée Johnston and Sarah Cappeliez (2021) as the "cultural schemas shaping food choices" (Johnston and Cappeliez, 2021). Along with other influences, the authors identify food systems as one of the major underlying factors influencing food choice, as they largely determine what foods are available to who and for what cost (Nemes et al., 2021; Morrison, 2020). When viewed in the light of these cultural schemas, a recipe becomes more than a set of instructions; it becomes a reflection of its context – a story of sorts.

This is the stance that Nathalie Cooke (2017) takes in her study on Canada's Food History through Cookbooks, an overview and analysis of the history of Canadian cookbooks. Through a critical analysis of Canadian recipe trends over time, she demonstrates how cookbooks reflect their originating context. The earliest Canadian cookbooks, written during the time of contact and settlement, show a desire to survive in the New World while still incorporating the author's traditional eating habits. Following the Second World War, Canadian food traditions and cookbooks became more diverse as soldiers returned from abroad with newfound tastes. Even Canada's adoption of the metric system in the 1970s can be seen, as recipes began switching units of measurement and advising the reader on conversion rates (Cooke, 2017).

Each of this book's recipes is accompanied by a narrative intended to emphasize a particular concept associated with the dish. We hope that, by sharing these reflections on our own favourite dishes, the reader will be inspired to explore cooking, and what factors might influence their own eating habits.

Because we all identify with food in different ways, people also look for authentic ways to connect with their food. This means looking beyond their plate, to better understand how and why we develop food preferences and customs. For Acadians, authenticity has meant connecting with food in authentic ways, such as through stories, family, ingredients, or techniques.







Food is an important part of our lives, yet it is also a major driver of global environmental issues. Each stage of the food supply chain from growing and harvesting to transportation, processing, retailing, and waste disposal, has both positive and negative environmental impacts. The chain begins with the production stage, where large-scale farming meets the demands of growing populations. However, the overuse of fertilizers and pesticides harms ecosystems, degrades soil health, and contaminates water supplies. Agriculture leads to deforestation and emits significant greenhouse gases, contributing to climate change. Modern fishing practices lead to habitat destruction, disruption of marine ecosystems and contribute significant waste. Livestock production, especially beef, is particularly resource-intensive, requiring vast amounts of land and water while emitting high levels of methane (Quinones, 2023).

Harvesting introduces further environmental challenges. Industrial harvesting, while efficient, relies heavily on fossil fuels, increasing agriculture's carbon footprint. Modern practices of harvesting food from the sea, including bottom trawling, longlines and massive drift nets, have increased the capacity to harvest fish, often at the cost of ecosystems. Food loss is another concern because perfectly edible but cosmetically imperfect produce is often discarded, wasting resources like water and labor invested in its production. Transportation also significantly contributes to greenhouse gas emissions (Silva et al., 2017). The reliance on fossil fuels for vehicles and refrigeration during transit worsens the environmental impact. Although global food distribution improves accessibility and supports economies, it underscores the importance of local food systems. Shopping locally reduces transportation-related emissions and promotes fresher, seasonal produce.

Processing and packaging extend food shelf life, reduce spoilage, and add convenience for consumers. However, these stages require significant energy, generate waste, and often involve single-use plastics that contribute to pollution. Packaging, while essential for food safety and education through labeling, can harm ecosystems if not disposed of properly, particularly when plastics end up in oceans or other natural environments. Retail and consumption stages also reveal inefficiencies (Hertwich et al., 1997). Grocery stores generate food waste through unsold or flawed products, and consumers contribute further by discarding uneaten food. Composting and recycling can reduce these issues, but improper disposal in landfills releases methane, a potent greenhouse gas.

Transparency in the environmental impacts of the food supply chain enables consumers to make informed choices and encourages businesses and governments to adopt sustainable practices (Deconinck and Toyama, 2022). Beyond environmental concerns, the food system is intertwined with social and economic issues. Agriculture and modern fishing employs millions, but it often involves low wages, unsafe working conditions, and exploitative labor practices. Additionally, while some regions face food insecurity and malnutrition, others struggle with overconsumption and diet-related health problems.

Among the most impactful foods is beef, which accounts for significant greenhouse gas emissions and requires extensive land and water resources. With the global population projected to reach nearly 10 billion by 2050, demand for animal products is expected to increase by 20% (Quinones, 2023). Pasta, though less resource-intensive, still relies on

industrial farming, which can degrade soil, pollute water, and reduce biodiversity. Industrial fishing contributes to marine pollution through abandoned gear, fuel emissions and plastic waste. By understanding the environmental impacts across the food supply chain, from growing to waste

disposal, we can make more sustainable choices, reduce waste, and



HAMBURGER SOUP

by Courtney Albert



INGREDIENTS

- 1 potato
- 2 carrots
- 1 pkg of Lipton onion soup mix
- 1 pkg of Lipton chicken noodle soup mix
- 1 can of Campbell's chicken rice
- 1 ½ lbs of hamburger
- 3-4 inches of water
- Garlic salt
- Soya sauce
- 3 cups of egg noodles

- 1. Begin washing and peeling 1 potato and 2 carrots. Cut both vegetables into 1-inch chunks.
- 2. Using a large pot, add 3-4 inches of water and begin boiling on the stove on high.
- 3. While waiting for the water to boil, spray a pan with cooking oil or add butter and begin scrambling 1 $\frac{1}{2}$ lbs of hamburger on the stove. (drain fat if any).
- 4. Once water has been brought to a boil turn the stove temperature to medium and begin adding the chopped potato and carrots to the pot and let those cook until softened.
- 5. After the vegetables are fully cooked in the pot, add in 3 cups of egg noodles, 1 package of Lipton onion soup mix, 1 package of Lipton chicken noodle soup mix, and 1 can of Campbell's chicken rice and stir well.
- 6. Once the noodles have fully cooked, add in the entire pan of scrambled hamburger into the pot and stir.
- 7. Let all the ingredients in the pot cook together for about five minutes before removing the pot from the stove.

8. After removing the pot from the stove, begin adding garlic salt, soya sauce, and pepper for taste. This step has no set measurements, follow your heart and taste buds.

9. Pour soup into a bowl and enjoy!!

This dish has been a part of my family for many years. I can specifically remember walking into our home after playing outside on a cold winter day as a kid and the house smelling like soup on the stove. This dish has been one of my favourite meals because as a young girl, I would go to the local vegetable stand in my small town with my grandmother to get vegetables needed to make the soup. Meanwhile, every year my father and other family members would go moose hunting and the meat from the moose would be enough to feed my family and extended family. In our household store-bought meat was never used, it was always the moose meat. Moose meat provides a wild game flavour that is more commonly used in rural areas where hunting for meat is more regularized. Whereas, in more urban areas the type of meat mostly sold in grocery stores and used in home meals is from beef cattle.

The production of beef has had a significant impact on our environment. From raising beef cattle to slaughtering them to packaging and selling the beef on the market, many different environmental issues can arise. Cattle require basic needs like land, feed, and water to survive and grow. The amount of land and water being used to raise the cattle, as well as the greenhouse gasses that are being put into the atmosphere in return are huge environmental impacts. Beef consumption is at such a high rate, and it is likely to continue rising. These issues will not diminish, that is why my family has always found it easier to hunt for our own meat.

Much of the land in the world is used as fields for cattle to graze and roam on as well as cropland for human consumption and crop used for animal consumption. "Livestock production is the world's largest user of land because the production of animal feed takes up almost 80% of the agriculture area" (Liang et al., 2020). This quote proves that since the demand for beef is so high more land is turned into fields for cattle and more crop fields are needed to produce enough feed for the animals. However, the land turned into fields is not the only issue at hand. Grazing affects the environment if it is not looked after properly. Grazing is an important feeding practice for beef cattle and if the cattle graze in a certain area for too long it can lead to soil degradation of that land. Grazing can also contribute to greenhouse gas emissions because "the enteric CH4 emissions are greater than the reduction in N2O emissions from the production of annual crops" (Liang et al., 2020).

Land is not the only thing that has heavy usage for the production of beef, water is also extremely important for raising beef cattle. Water in cattle production is used for many different things like drinking water, washing water troughs, irrigation for fertilizer and crop production used for the cattle. However issues can arise when heavy rainfall occurs in limited areas "the rain may have little impact on a pre-existing drought situation and may cause much soil loss and, hence, more water loss in the future" (Broom, 2019). This can lead to loss of crops and feed to animals as well. Rainfall is extremely important in pastures because it is how troughs stay full and the land stays irrigated.

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Greenhouse gas emissions from beef cattle have the most profound impact on our environment. The production of beef contributes to "4.6 and 7.1 billion tonnes of greenhouse gases each year to the atmosphere, which represents between 15% and 24%" (Fiala, 2008). This quote shows how much greenhouse gases that are being emitted into the air only from beef cattle. To put this into perspective producing 1kg of beef has the same impact on the environment as driving 160 miles in a vehicle (Fiala, 2008). The production of beef cattle results in methane through the foods they are eating which then ferments in their bodies and is excreted through their waste releasing that methane into the atmosphere.

HAMBURGER PASTA

by Emily Waterhouse - Recipe by J. Waterhouse.



INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, diced
- 1 tsp garlic powder
- 1 cup ground beef
- 2 cups uncooked macaroni pasta
- 1 can tomato soup
- Salt and pepper to taste

- 1. Start by bringing 6 cups of water to a boil in a large pot.
- 2. While waiting for the water to boil, roughly dice your onion. Add 1 tablespoon of olive oil to a medium sized pan, along with the diced onion. Let the onions cook for 4-5 minutes, or until translucent.
- 3. Then, add 1 cup of ground beef to the pan with the onion, seasoning with 1 teaspoon of garlic powder (and any other spices you prefer). Break the beef into small pieces as it cooks for roughly 8-10 minutes.
- 4. Once the water is boiling, add 2 cups of uncooked macaroni and let it cook for 10-12 minutes or until tender.
- 5. When the pasta is done, drain the water. Add the can of tomato soup along with the cooked beef and onions to the pot with the pasta.
- 6. Stir everything together until well combined and enjoy!

This dish holds a deep personal connection for me, as it is tied to countless family dinners and cherished memories from my childhood. Growing up, it became a tradition, as my mom would make it at least once a week. It was even one of the few dishes that my dad could manage to cook for my brother and I when my mom wasn't home. It easily became one of my favourite comfort foods, and when I make it now it's as much about the taste as it is about the warmth and familiarity it brings. The reason it became such a staple in our house is because my mom also grew up eating an even cheaper and easier version of this with her parents. My grandparents both grew up during the Depression, and one of the easiest things to make, and even have as leftovers for days after, was simply macaroni and canned diced tomatoes. So, my mom had a similar experience of loving this dish growing up but wanted to elevate it a bit for her kids. I chose this dish because itsymbolizes not only a piece of my family history but also the way food can evolve across generation, staying with us as a reminder of where we come from and who we are.

Hamburger helper is deeply rooted in North American culinary traditions shaped by convenience, affordability, and creativity (Paolotti et al., 2023). Following World War II, an economic boom drove the mass production and consumption of shelf-stable and processed foods, many of which have significant environmental impacts (Silva et al.,2017). The increased reliance on industrial agriculture to produce ingredients like beef, pasta, and canned tomato products contributed large-scale environmental issues, including soil degradation, water overuse, and greenhouse gas emissions. For example, beef production is one of the most resource-intensive food processes, requiring extensive land, feed, and water while emitting high levels of methane. The production of pasta and canned goods, while less impactful, relies heavily on energy-intensive farming and processing systems, contributing to the food system's overall carbon footprint. These environmental costs underline the complexities of convenience-driven meals like Hamburger Helper.

As pasta has become a staple in North American homes, its widespread production and consumption prompt concerns about its environmental impact. Although pasta generally requires fewer resources than many animal-based foods, the cultivation and processing of durum wheat, pasta's key ingredient, still demands significant water, land, and energy, as well as the use of fertilizers and equipment that emit substantial greenhouse gases (Recchia et al., 2019). The production of pasta involves multiple stages that consumers are often blissfully unaware of. From durum wheat cultivation to storage, milling, pasta making, packaging, and transportation, each step has its own unique environmental impact (Paolotti et al., 2023). Each of these stages contributes to greenhouse gas emissions, and one study found that producing 1kg of pasta emits approximately 1.376kg of carbon dioxide (Paolotti et al., 2023). Among these phases, durum wheat cultivation seems to hold the highest environmental burden, due to the energy input, consumption of materials, and pollutant emissions associated with it (Recchia et al., 2019). More specifically, the consumption of aged manure and diesel fuel for managing the soil the wheat grows in contributes both directly and indirectly to N₂O emissions, which is a potent greenhouse gas (Paolotti et al.,

2023). In the production phase, the drying of pasta is particularly energy-extensive and has the largest environmental impact, further highlighting the hidden resource demands behind this common pantry staple (Recchia et al., 2019). This dish is a comforting part of my family history which has evolved through generations to remain a beloved staple. It represents the ingenuity of North American home cooking, born from a need for affordable and convenient meals. At the same time, understanding the broader impacts of simple ingredients like pasta highlights the complex relationship between tradition, convenience, and sustainability in our food choices. Through this dish, I'm reminded of the value of family tradition while considering the importance of mindful consumption.

SEAFOOD CHOWDER

by Aiden Glendenning



INGREDIENTS

- 1 onion
- 3 celery sticks
- 2 carrots
- 3 tbsp white wine
- 1/4 cup flour
- ½ cup salted butter
- 1 cup of milk

- 3 cups heavy cream
 1 cup clam juice
- 3 ½ cups water
- 2 potatoes
- 1 cup lobster
- 14 large scallops
- 1 cup cod fish
- 1 ½ cup shrimp
- 2 tbsp green onion
- 1 tsp salt
- 1/4 tsp pepper
- 2 tbsp dill weed
- 1 stick velveeta cheese

- 1. Peel then dice the veggies (1 onion, 2 carrots, and 3 celery sticks) and add them to a large pot – set pot on Medium-High heat to fry down the veggies for 2-3 minutes.
- 2. Add in 3 Tbs of your white wine of choice to deglaze, then add ½ cup of salted butter and \(\frac{1}{4} \) cup of flour stirring for 2-3 minutes to create the roux.
- 3. Once complete mix in 3 cups heavy cream to the pot, as well as 1 cup milk and 3 ½ cups of water to the pot, then add 2 potatoes chopped and cubed to mixture once combined – letting them cook until 3/4 way done.
- 4. Once potatoes are almost fully cooked, add in 1 cup of lobster, 14 scallops, 1 cup of diced cod fish, and 1 ½ cup of shrimp – let cook until shrimp and the rest of seafood is visibly done.
- 5. While waiting for seafood to cook through, add and mix in 1 cup of clam juice, 2 tbs of chopped green onion, ¼ tsp black pepper, 1 tsp salt, and 2 tbs of dill to the chowder for flavour.

6. Once shrimp begins to change color lower temp to Medium-Low, add in one stick of Velveeta Cheese chopped into small cubes, letting the cheese melt and blend into the chowder. Once combined, taste and add any other wanted seasonings.

7. Using a ladle of your choice transfer the chowder into a small bowl, garnishing with any left-over green onion.

Seafood chowder, a comforting blend of creamy broth and fresh seafood, has always held a special place in my family's heart. For generations, it has been a symbol of our roots in Alma, a small fishing town on New Brunswick's Bay of Fundy. The dish connects us to the sea, reflecting the community's reliance on its resources and the delicate balance required to sustain them. While our chowder is steeped in family tradition, its ingredients – cod, lobster, scallops, and shrimp – tell a broader story of conservation, particularly through the lens of Marine Protected Areas (MPAs).

MPAs have emerged as one of the most useful ways of conserving marine life. By regulating fishing and other extractive activities, they create sanctuaries where marine ecosystems can recover and thrive. Research shows that MPAs increase fish biomass by as much as 100-fold in certain regions compared to non-protected areas, with larger and older MPAs delivering the most significant benefits (Ziegler et al., 2024). For example, in California's MPA network, which spans 1100 km of coastline and includes 124 protected areas, biomass per unit effort (BPUE) inside MPAs was consistently higher than in reference sites, with some MPAs showing BPUE levels up to 10 times greater than surrounding areas (Ziegler et al., 2024).

The importance of size and age is especially relevant in the Bay of Fundy, where the marine ecosystem is heavily influenced by human activity. Larger MPAs provide extensive habitats for species to grow and reproduce, while older MPAs have more established ecological networks, leading to increased biodiversity and resilience. For instance, data from global studies indicate that MPAs with greater connectivity and longer enforcement periods promote higher catch rates and species diversity, supporting both ecological and socioeconomic goals (Topor et al., 2019; Ziegler et al., 2024).

The biodiversity benefits of MPAs are critical for sustaining marine ecosystems. A study of coral reef MPAs demonstrated that biodiversity enhancements could increase ecological functions like nutrient cycling and habitat stabilization by as much as 45% compared to unprotected areas (Topor et al., 2019). Though the Bay of Fundy is not a coral reef, similar dynamics occur in temperate ecosystems. For example, species richness and biomass in California MPAs were directly linked to increased resilience against climate stressors, highlighting the importance of

maintaining diverse fish populations (Ziegler et al., 2024).

These findings are not just theoretical; they directly impact the seafood we consume. Cod, for example, a cornerstone ingredient in our family's chowder, faced near collapse in the 1990s due to overfishing (Hutchings and Myers, 1994). MPAs now play a pivotal role in cod recovery. In California, the positive response ratios for cod and other species inside MPAs were driven by protections against overfishing and habitat degradation. Catch per unit effort (CPUE) in MPAs ranged from 1.5 to 3 times higher than in adjacent fishing areas, underscoring the tangible benefits of conservation (Ziegler et al., 2024).

The interplay between conservation and cultural heritage is evident in dishes like chowder. Each ingredient in this dish reflects a story of both abundance and responsibility. Lobster, once considered a poor man's food, is now a valuable resource that requires careful management to avoid overexploitation. Similarly, scallops and shrimp thrive in well-managed ecosystems, benefiting from MPA networks that mitigate the effects of fishing pressure and environmental change. MPAs act as safety nets, ensuring that these species continue to thrive for future generations.

Our family's chowder is more than a recipe; it is a connection to the sea, a celebration of resilience, and a reminder of our communities' role in marine stewardship. MPAs ensure that the delicate balance of our oceans is preserved, allowing the flavors of tradition to endure. From the cod fillets to the lobster tails, every element of this dish tells a story of recovery and conservation.





The relationship between food and identity is intertwined and deeply personal. Because food ties us back to where we come from, every meal tells a story about our identity. As Rodrigues et al. (2020) explain, food does more than fuel our bodies; food can reflect various social identities and is shaped by things like culture, religion, gender, and environment.

In gender identity research, there are gender differences in our food choices and preferences (Rodrigues et al., 2020). 'Sex' and 'Gender' have been used interchangeably but offer different conceptualizations (Rodrigues et al., 2020). Gender refers to non-biological aspects of an individual's identity which can be described as, "a product of cultural and subjective constructs that are constantly changing with time, context, and environment" (Rodrigues et al., 2020, p. 157). The section on gender explores traditional 'masculinities & femininities' within the household and how individuals navigate ways of "doing gender" within a foodie culture. An individual's gender identity can influence practices of food work and their relationship to food.

As well, when diving into the world of cuisine it is hard to escape the elements of social and economic differences that are present within our class-based societies. While we see the upper elites using food as a means of social class and prestige, others are left with food as only a worry or struggle that they must face in their day-to-day lives. From these stark differences, we are exposed to an ideology of identity that plays into the narrative of class. Factors of class play a major role in the aspect of identity in the food system, as the likes of Pierre Bourdieu mention that we are shaped by the food systems we are raised around (Bourdieu, 1984). However, with the struggle of the lower classes' tools such as community kitchens and food banks are rising, creating a space in which these particular individuals can relieve one worry, and unite as a community to show that it's not just one person dealing with economic struggle. Furthermore, food is an important part of our culture and history. It helps us share our stories, keep our traditions alive, and stay connected to where we come from. Family recipes passed down through the years have special meaning, telling stories of strength and change. New dishes that mix different cuisines show how we adapt and grow. These recipes bring together the past and present, helping us hold on to our culture and feel like we belong.

Because we all identify with food in different ways, people also look for authentic ways to connect with their food. This means looking beyond their plate, to better understand how and why we develop food preferences and



VEGETARIAN ACADIAN FRICOT

by Tyler Dupuis



INGREDIENTS

- 4 large potatoes (diced)
- 2 yellow onions (diced)
- 3 large carrots (peeled and diced)
- 1 cup of lentil
- 5 cups of vegetable broth
- 1 cup of flour

- ¾ cup of milk
- ½ tsp of baking powder
- Butter
- Garlic
- Salt and pepper
- Summer savory

- 1. Wash, peel, and dice potatoes, carrots, and onions.
- 2. Melt butter on medium in an instant pot; then sauté carrots, onions and garlic for 5 minutes.
- 3. Add potatoes, lentil, vegetable broth, and an appropriate amount of salt, pepper, and summer savory; then cover and let simmer for 15 minutes.
- 4.To create the dumpling batter, mix flour, milk, baking powder, and summer savory in a medium-sized bowl.
- 5.Once simmered for 15 minutes, use a spoon and add the dumplings; then cover and let simmer for a few additional minutes to allow the dumplings to expand.
- 6. Turn off heat and let cool; serve using bowls and a ladle, with optional French rolls.

Since the French settled in Acadia during the 17th century, connecting with food in personal ways has always helped to create authentic comfort foods for Acadians. Over the years, food is often what brought Acadian communities together. By using their brought-over ingredients and traditional techniques, Acadians created dishes such as Fricot, Poutine Râpée, Tourtierre (meat pie), and Acadian Bouilli. These passed-down recipes have connected many Acadians with their culture.

For Acadians, food has always played an important role in connecting with others. After Le Grand Derangement—the Acadian Expulsion of 1755—families were separated and sent to various parts of the world. Once the British Crown allowed Acadians to return in 1764, their lands and homes were no longer theirs, as the British Crown had given them to loyalists and English settlers. Many resettled, but remained authentic in their food practices, whereas they found similar soil in northern New Brunswick and Prince Edward Island (Caron 2015). Additionally, Acadians were economically disadvantaged, historically poor, and had to fight for healthcare, education, and the right to speak the language of their choice. Because of this, community and family gatherings were frequent—gatherings where food was never in short supply. In this context, food authenticity is about the places, stories and ingredients that have influenced people's perceptions and experiences with food within their culture (Youn and Kim 2017, 11). Thus, Acadian Fricot is a culmination of places, stories, and ingredients, in which preparing and eating with others symbolizes an authentic way of identifying and connecting with Acadian culture.

Food authenticity can be seen as "not just about the taste or ingredient, but about culture and history". It's about having an internal connection to food within its cultural and geographic origins (Castle Foods, 2024). As well, authenticity is a process of "being true to oneself", even if it means using food as a conduit (Olszanka 2022. 10). Thus, food authenticity isn't so much about ingredients, as it is about connecting with food in authentic ways. In the context of Fricot, this means having an internal connection to the food itself. For example, you could use Fricot to host a gathering with friends and family, connect with its culture, and try Acadian flavours. Furthermore, food authenticity is focused on developing personal connections with food (Carroll and Wheaton 2009). Because of an evolving world of GMOs, plantbased alternatives, and dietary restrictions, consumers have more choices today than ever before. Regarding Acadian Fricot, this means looking beyond ingredients. For example, a vegetarian Fricot can be authentic to one person, while a chicken-based Fricot can be to another, Thus, food authenticity looks beyond ingredients, and instead focuses on the individual.

In conclusion, food authenticity is multifaceted by integrating identity, geography, culture, and food into one. Whether it's by recreating flavour, or by connecting with its history, language, or customs, food authenticity teaches us to think about food differently, by asking us to look within.

HAMBURGER AND POTATOES

by Rebecca (Becky) Catherine Lilley



INGREDIENTS

- 6 medium potatoes
- 4 hamburger patties
- Salt, pepper and ketchup to taste

- 1. Fill a medium sized pot with cold water and add a shake of salt. Heat on the stove until the water is boiling.
- 2. Using another burner, preheat the frying pan to medium heat.
- 3. Peel and wash 6 medium potatoes.
- 4. Dice the potatoes into $\frac{1}{2}$ - $\frac{3}{4}$ inch cubes.
- 5. Once the water reaches a boil, add the potatoes into the pot. Boil until a fork can easily pierce, but not crush the potatoes.
- 6. Add the 4 hamburger patties into the frying pan, breaking them up into bite-size pieces with the spatula. Cook until browned.
- 7. Once the hamburger is cooked, drain off most of the fat, leaving around 2 tablespoons to fry the potatoes.
- 8. Once cooked, drain the potatoes and add them into the frying pan.
- 9. Turn up the frying pan to medium-high heat and cook for 5-7 minutes, or until the potatoes are slightly browned.
- 10. Serve with salt, pepper and/or ketchup.

Hamburger and Potatoes is a simple and beloved dish, passed down to me through several generations of my father's family. It dates at least as far back as 1953, when the Canadian government expropriated our homes and livelihoods in Enniskillen for the creation of Base Gagetown (Marie McCann, 2024; PANB, 2024). However, my family was poor for as long as living memory can recall, having immigrated to New Brunswick in the early nineteenth century following Ireland's colonization and subsequent famine. Though materially and financially impoverished, we brought with us our rich culture – which still influences, among other things, our food preferences. Due to economic constraints, my family had to prioritize filling and economical foods, which became the basis of many familial dishes. Pierre Bourdieu (1984) refers to the working-class preference for nutrient-dense, economic foods as the taste of necessity, a concept which is especially useful when seeking to understand the history and lasting legacy of Hamburger and Potatoes within my family.

Though not one of our traditional, indigenous food crops, the potato was introduced to Ireland in the middle to late sixteenth century and had become a staple crop by the eighteenth (Irish Potato Federation, 2020). Well suited to Ireland's soil and climate, the potato was seen by many as a solution to poverty and malnourishment (World Potato Congress Inc., 2020). Despite this hopeful introduction, the reason for its popularity would change following Britain's colonization of Ireland in 1801. After this, Irish peasants were forced to grow food for the British empire and were only given small, undesirable plots of land for themselves; Irish Catholics were denied land rights entirely (A&E Television Networks, 2022). Capable of growing in the worst soil and containing many necessary nutrients for human survival, the potato became the primary food source for Irish peasants, accounting for approximately eighty percent of calories consumed during the 1840s (Mokyr, 2024). They became especially reliant on the Lumper potato, viewed at the time to beso "wretched [and] unpalatable" that "even beasts would reject them" (King, 2013). Despite having originally been willingly adopted by the Irish as a solution to food insecurity, their later reliance on the crop can be understood as a product of colonial oppression.

Likely due to the prohibition on Irish Catholics owning land, my family left Ireland before the potato famine (McCann, 2024). Still, our acceptance of the potato as a primary food source had already been established and has lasted into the present day. When considering my family's historical relationship with the potato, it is easy to view my family's preference for potato-heavy meals like Hamburger and Potatoes as a direct consequence of our previous poverty. Yet, this alone would not explain why we continue to serve our traditional foods despite being able to afford to do otherwise. My family's continued love for Hamburger and Potatoes can be further explained by Bourdieu's taste of necessity, which looks at how foods once eaten out of necessity become absorbed into working-class culture, outliving the economic circumstances in which they arose (Bourdieu, 1984, p. 374). He asserts that working-class cultures tend to define objects (including food) by their material function, rather than their taste or presentation (Bourdieu, 1984, p. 379).

Specifically, he cites filling, salty, affordable foods as being prioritized: including potatoes and meat (Bourdieu, 1984, p. 197). Bourdieu's theory appears to be supported by Canadian food studies. One study found that Canadians of lower socioeconomic status are more likely to prioritize purchasing and consuming affordable, energy-dense foods over those perceived to be more healthy or attractive (Ricciuto and Tarasuk, 2007). Further, both earlier and later studies have reported similar findings (Ricciuto et al., 2006; Baumann et al., 2017). The authors of the more recent (2017) study even cite Bourdieu when interpreting their findings, arguing that their findings "affirm" his theory of necessity (Baumann et al., 2017). What makes Bourdieu's class habitus so relevant to Hamburger and Potatoes is its ability to account for not only the economic originations of the dish, but its continued enjoyment. Made of only meat and potatoes, it is affordable, nutrient-dense and filling – consistent with both Bourdieu's taste of necessity and several studies on the food choices of Canadians of low economic status. Once having survived on Hamburger and Potatoes out of physical necessity, we continue to eat the dish because it has been absorbed into my family's food culture, which is still one of necessity.



by Ky-Lynn Paul - Recipe provided by D. Sock



INGREDIENTS

MOOSE STEAK

- 1 lb moose meat steak
- 2 tbsp olive oil
- 1 fresh rosemary
- 2 cloves garlic, minced
- ½ tbsp salt
- ½ tbsp pepper
- ¼ cup red wine (for marinating)

LUSKINIGAN

- 2 cups all-purpose flour
- 1 tbsp salt
- 1 tbsp baking soda
- ¾ cup water (adjust as needed)

INSTRUCTIONS

MOOSE STEAK

- 1. Marinate the Steak: In a small bowl, mix olive oil, rosemary, garlic, salt, pepper, and red wine. Coat the moose steak thoroughly with the marinade. Cover and place it in the refrigerator for at least 4 hours (overnight for best flavor).
- 2. Bring to Room Temperature: Remove the steak from the fridge about 30 minutes before cooking.
- 3. Sear the Steak: Heat a skillet on medium-high. Place the moose steak in the skillet and sear for 3-4 minutes on each side, aiming for medium-rare. Avoid overcooking, as moose meat is very lean.
- 4. Rest and Slice: Let the steak rest for 5-10 minutes on a cutting board before slicing. This resting period allows the juices to redistribute, resulting in a more tender steak.

LUSKINIGAN

- 1. Mix the Dough: In a medium bowl, combine flour, salt, and baking soda. Gradually add water, mixing until a soft pile of dough forms.
- 2. Shape and Flatten: Knead the dough gently, shape it into a large ball, and flatten it into a disk.
- 3. Cook the Luskinigan: Heat a skillet over medium heat. Place the dough in the skillet, cooking for about 5-7 minutes on each side until golden brown.
- 4. Serve: Slice and serve with butter alongside the moose steak.

Moose meat steak with Luskinigan is an important part of my Indigenous culture, showing the close connection between food, tradition, and respect for nature. In our culture, food reflects our belief in living in balance with nature, a fundamental principle of Indigenous culture. This is tied to Indigenous food sovereignty, which focuses on four main ideas including sacred responsibility, self-determination, cultural connection, and participation in food systems. Growing up, moose meat was a way to show respect for the animal and the environment, teaching us to live sustainably and honor the land.

This dish reflects Indigenous food sovereignty. It's about being self-sufficient, protecting the environment, and keeping cultural traditions alive. Self-determination is shown through the effort to have control over our food systems and ensure they fit with our values (Working Group on Indigenous Food Sovereignty, 2010). For example, in New Brunswick, programs supported by Canadian Feed the Children in Esgenoôpetitj, help young people reconnect with their roots. These programs teach them how to grow, harvest, and prepare traditional foods. By working in community gardens or learning to cook, youth participate in food systems while also gaining life skills and learning cultural traditions like making Luskinigan. These activities help preserve traditions and give youth the confidence to take control of their food systems (Johnston, 2024).

These programs also show sacred responsibility by teaching respect for the land and its resources. Youth learn about traditional foods like Luskinigan and how to use sustainable practices. They also learn the cultural and environmental importance of moose meat, understanding hunting as a respectful practice tied to the community (Johnston, 2024). This is very different from industrial food systems, which focus more on profits than the well-being of the environment. These lessons teach young people to care for the land and be thankful, helping them stay committed to Indigenous food sovereignty and keeping these traditions alive.

In my community, hunting and preparing moose reflects cultural strength and respect for the land. Our hunting traditions demonstrate cultural connections by balancing animal populations and following seasonal cycles. These traditions, passed down as traditional ecological knowledge, teach us to live in harmony with nature. This way of living is different from industrial meat production, which can harm the environment. By following these practices, we stay true to our values, promoting sustainability and protecting the environment. This connection to culture and nature is a key part of Indigenous food sovereignty, helping us protect our identity and the land (Coté, 2016).

Luskinigan shows how our food traditions adapt while staying strong. It was originally made with local grains, roots, or nuts, but changed when European settlers introduced wheat flour. Even with this change, Luskinigan remains an important part of our meals, showing how we adapt without losing our traditions. This dish also reflects participation in food systems, as it connects lessons in sustainable hunting, gathering, and cooking (Food Secure Canada, 2023). In New Brunswick, food sovereignty programs focus on teaching these skills while balancing cultural traditions with ecological care. These programs help communities maintain control over their food systems, an important part of self-determination (Johnston, 2024).

Moose meat with Luskinigan connects generations, linking old traditions with modern practices. Cooking and sharing these foods reflect Indigenous food sovereignty by showing respect for the land, animals, and people. It celebrates sacred responsibility, self-determination, cultural connection, and active participation in sustainable food systems. This dish reminds us that tradition, community, and sustainability come together in one meal, showing how food and culture are deeply linked.



by Jenna Polchies



Dedicated to my Mother. This recipe will always hold a place in my heart.

INGREDIENTS

- 1 Large green pepper
- 10-16 Jalapeño peppers
- 3-4 Habanero peppers (optional)
- 1 Spanish onion
- 1 Celery bunch
- 1 Pack white mushrooms (227g)
- 2 Cans (28 fl oz per can) of Aylmer's Diced Tomatoes with Italian Spices
- 2 Cans (14 fl oz per can) red and/or dark red kidney beans
- 1 Can (680ml) Hunts Tomato Sauce: Onion, Herbs & Spices
- ½ Can (48 fl oz per can) Heinz Tomato Juice (optional)
- 1 Family pack (approx. 900g) of medium or regular ground beef
- Spices: onion, garlic, Italian seasoning, chili powder, salt & pepper. "Season with your heart!" My family never took exact measurements.

- 1. Start by dicing green pepper, onion, celery, mushrooms, Jalapeño peppers, and habanero peppers. Set diced vegetables aside in a bowl.
- 2. Cook ground beef on medium heat in a large stew pot until mostly brown, approximately 20 minutes. Add in all the spices while the ground beef cooks.
- 3. Once the hamburger is mostly brown, add the diced vegetables to the same large stew pot. Cook until all the vegetables are soft, and the meat is cooked through. Approximately 20 minutes.
- 4. Drain and rinse beans, then add in all canned ingredients. The chili is technically done at this point, but I recommend cooking for 30 minutes to allow the flavours to combine. Bring to a boil then turn down the heat to low and let simmer, covered.
- 5. Serve with toppings of your choice or eat as is!

Comfort foods are more than just the delicious flavours or aromas filling up your home. Our social identity and culture influence our relationship with food. Chili is my favourite comfort food. My mother, being the primary cook of the house, had to make large portions of food to feed eleven of us. I decided to help her prepare this recipe, which eventually became a family tradition. Food is more than just calories, it is also used as a symbol to represent a particular social identity varying by history, culture, religion, gender, and more (Rodrigues et al., 2020). Our attachments to certain recipes can be connected to much broader foodways and food system contexts. In this narrative, I explore gendered foodways in the domestic space and how individuals navigate their engagement in a culture of food.

Szabo's (2014) research suggests that not only do men and women cook differently, but also that men and women's different levels of responsibility for cooking influence cooking approaches. Much of the literature on gender and home cooking notes that women are still the primary cooks, but men (younger men in particular) are cooking more often (Szabo, 2014; Rodrigues et al., 2020). Another notable finding is that much of the gender discourse of men in the domestic sphere explains male home cooking as a leisurely and/or infrequent activity (Szabo, 2014; Rodrigues et al., 2020). Szabo (2014) in a study of 30 men from Toronto, Canada, (19/30 primary cooks) found that men who are tasked with a significant responsibility of domestic cooking drew on traditional culinary 'masculinities' such as the activity of cooking as a creative enterprise, entertainment, or deemphasizing the 'caring for others' aspect of food. Following previous studies, the extent to which the participants spoke of their cooking in 'masculine' terms was significant, even when they held a primary cook role (Szabo, 2014). In contrast, many of these men also included traditional culinary 'femininities' in their reports on domestic cooking, such as nurturing and connecting with loved ones, and romantic compatibility (Szabo, 2014). Men who held significant responsibilities of home cooking expressed anxiety about providing nutritious meals, typically associated with 'feminine' approaches (Szabo, 2014). Linking this back to my mother's chili recipe, this recipe is a product of traditional 'femininities' since my mother created this recipe under the pressure of providing for a large family. Szabo (2014) suggests, "The greater the participants' responsibility for feeding others, the greater seemed to be their engagement with traditional culinary femininities" (p. 26). This indicates that previous findings of men approaching food work in more 'masculine' ways may be attributed to not being in a social position that elicited the 'nurturing' aspect of food work — typically associated with traditional feminine culinary approaches (Szabo, 2014). However, having the role of a primary cook did not immediately elicit feminine positioning but rather the men created new self-concepts. influencing their approaches to cooking (Szabo, 2014). As we can see, the gendered practice of food work is somewhat influenced by the level of responsibility in domestic cooking.

In a study on "foodies" — which is individuals with a passion for the consumption and knowledge surrounding food— Cairns et al. (2010) explore how "doing gender" is arranged in foodie culture. Cairns et al. (2010) found that 'doing

gender' in foodie culture has different implications for men and women and explained how this continues to reflect broader gender inequalities. In this study, it was women who were found to be struggling more with contradictions of gender norms (Cairns et al., 2010). For example, women's attempts to act out 'foodie identities' were seen to position them between competing discourses such as "pleasure and care" because of the gendered expectation to care for others (Cairns et al., 2010). Being the primary cook of my household, when I cook this recipe, I connect more so with the pleasurable act of cooking, but I am also providing care through food. Perhaps contributing to the post-feminist discourses that "women can have it all", some women in the study navigated both traditionally feminine and traditionally masculine elements of foodie discourse (Cairns et al., 2010). Food blogs show that the stereotyped feminine domesticity is occasionally idealized (Rodrigues et al., 2020). Conversely, men had less of a challenge to freely pick their positions and choose exactly how to be a foodie (Cairns et al., 2010). Cairns et al. (2010) conclude that "... Even as we highlight how foodies are reworking some aspects of the relationship between gender and food, we must not overlook persistent power imbalances that shape who is doing and redoing gender, and with what consequences" (p. 610). While there is a desire to move toward greater equality, there are still prevailing gender stereotypes in food work (Rodrigues et al., 2020). Individual's social identities, such as gender, influence how people engage in food work and their discourse surrounding food work.

Every recipe has a story connecting what we eat to much broader concepts of gender, identity, culture, and meaning-making through food (Rodrigues et al., 2020). This recipe is an example of how the relationship between 'femininity' and 'food' influenced the food choices we made within our home. From gendered foodways in the domestic space to navigating a 'foodie' culture with a certain social identity, there is a narrative behind every recipe linking it to past and present foodways and food systems.

INDONESIAN FRIED NOODLES

by Carter Masocato



INGREDIENTS

• Indomie: Mi Goren Fried Noodles

- 1. Fill small pot with water about 1 inch
- 2. Place water on stovetop, turning heat to half way and wait for boiling
- 3. Upon noticing a rolling boil, open up packet and place noodles within the water
- 4. Leave noodles in water, separating noodles with spatula
- 5. When noodles are Al Dente, remove from heat and drain water, leaving very little (The starch in the water will help the sauce combine to the noodle)
- 6. Incorporate Packet of Oil Seasoning, Packet of Hoisin, Packet of Sriracha, and Packet of Seasoning.
- 7. Return to heat while mixing to ensure sauce coats noodles.
- 8. Remove from heat and plate your meal
- 9.Voila!

Sugar, coffee, and salt are all things that people can normally find in cupboards or easily at the grocery store. However, like caviar, foie gras, and saffron, these were once luxuries only the wealthy could afford. As technology advances, so do our food systems. Certain ingredients become easier to acquire thanks to advances in transportation technology or an increase in crop yield due to new farming techniques. At first glance, these changes may seem to benefit society, leading to a more food-secure nation than previously imagined. With these advancements, however, come some downfalls: increased pricing, scarcity of local produce, and the rising cost of dishes that were once common for the working class but are now price-gouged due to high demand from importers. Canadians are increasingly being forced to provide for their families in ways they hadn't before, which has led to a rise in food bank usage within society. A CBC report in 2023 showed that Canadians are using food banks more than ever. In March, 1.9 million Canadians relied on food banks to supply meals for their families, with 17 percent of these individuals holding jobs but unable to afford the rising cost of food. This issue is not limited to adults—children now account for a third of all food bank recipients (Schmunk, 2023).

As shown by a study from 1922, food price increases have historically plagued the households with lower incomes, forcing them to take shortcuts in their homes in hopes of still being able to provide meals for their families (Winslow, 1922). More recent studies have shown that, among wealthy nations, Canadians face some of the highest rates of poverty. Nine percent of all Canadians are forced to borrow money just to provide food or meet other basic necessities (Raphael, 2020). Although this number may seem small, when applied to today's population, it translates to approximately 3.6 million Canadians who cannot afford what others consider basic needs. This situation forces the working class to skip meals or eat whatever they can find, as it may be the only affordable option.

As fast food becomes more accessible and widespread, it contributes to unhealthy diets among low-income individuals, many of whom hope to cover financial struggles in the future (Ashdown, 2019). In their pursuit of financial security, many people spend most of their time away from home, working or commuting. As mentioned earlier, this can force individuals to either grab something quick to eat or skip meals entirely. While they may be consuming enough calories to maintain their daily activities, they often lack the opportunity to consider what food would be best for their health or for society, ecologically or economically.

According to "Generation Income Mobility in North America and Europe," children raised in wealthy households are more likely to achieve monetary stability in life compared to those who grow up in poverty (Miles, 2004). With such a vicious cycle playing out in our own communities, it offers little hope for those growing up in an increasingly expensive society.

The Edmonton Food Bank, Canada's first food bank, collaborates with over 350 food security organizations. These baskets typically contain "milk, eggs, bread,

fruit, vegetables, yogurt, pasta, canned meat, and soup" (Edmonton Food Bank, 2024). The Edmonton Food Bank strives to ensure that these baskets provide healthy, nutrient-dense meals to their consumers, but they are also forced to offer what food they can secure, which may not always be considered the "best" option. As we move forward, food is becoming more difficult to secure than ever before, forcing people to find ways to obtain meals that may not have been normal for them in the past. If we do not start looking for more sustainable solutions to achieve food security in the future, these basic necessities may become even more scarce. As the population increases, so does the demand for food to keep people healthy. Hopefully, the increase in food security will become a more manageable challenge than we have seen in the past.





Industrial food systems have emerged as a result of globalization and international capitalism, feeding an unprecedented amount of people while generating vast amounts of wealth for corporate elites (Wright and Middendorf, 2028, p. 33). Despite this great economic success, these systems often fail to provide nutritious food to those with less economic power. They often rely on exploitative labour practices or come at the cost of more egalitarian local food systems (Wright and Middendorf, 2028, p.58). No matter how people feel about the industrial food system, it is an economic reality that billions across the globe must participate in it to some extent (Wright and Middendorf, 2028, p. 97). If participation in this exploitative global industry is unavoidable, we might as well find ways to make its products more enjoyable —which is what the following recipes aim to do.

The industrial food system has been the world's leading food system since the early 20th century. It remains the dominant system, but it has significant flaws. The industrial food system prioritizes profit over public health, fostering a disconnection between people and their food. By reducing food to a commodity valued only for its monetary worth, this system favors corporations at the expense of human health. It encourages distancing (Clapp, 2018), a concept that in other words is the perception of food as disconnected and a product of nowhere and nothing, erasing its cultural and nutritional significance. In its pursuit of efficiency and mass production, the system prioritizes quantity over quality, flooding the market with highly processed foods. These products have been linked to increasing rates of cardiovascular diseases, diabetes, cancers, and other chronic illnesses. To combat the negative effects of the industrial food system, society must demand sustainable practices and reconnect with the origins of food, prioritizing health, culture, and the environment over corporate profit.

Aside from the health impacts, the industrial food system also impacts the environment in many ways. A major environmental impact of the industrial food system stems from its reliance on industrial agricultural production, which often involves monoculture farming. This practice dedicates large areas of land to growing a single crop, leading to significant ecological consequences. Monocultures strip the soil of nutrients, making it harder to grow crops over time without heavy use of chemical fertilizers. The industrial food system is heavily reliant on the usage of "chemical fertilizers, pesticides, fungicides, and herbicides, as well as genetically modified organisms (GMOs) (Wartman, 2012, p. 77). Monoculture farming and heavy reliance on chemicals may boost crop yields, but they harm soil health, reduce biodiversity, and pollute ecosystems, making the practice unsustainable for countries all over the world. Gonzalez notes, the "industrialization of agricultural production in both developed and developing

countries also produced serious environmental harm, including soil erosion, over-exploitation, and the contamination of water resources, loss of agrobiodiversity, increased vulnerability to pests and diseases, and growing greenhouse gas emissions" (2012, p.7). In conclusion, the industrial food system has shown both its merits and demerits. It is well documented that food industrialization has succeeded in feeding a large population of this planet and making food accessible in many parts of the world. However, it has also contributed serious harm to health, culture, and the environment (Patel, 2007). The industrial food system has long exploited workers, especially immigrant workers (Linder, 1987). It is prioritizing profits over people's well-being, this system has created a world where food is seen as just another product, rather than something deeply connected to our lives and traditions (Bai and Weng, 2023). There should be small but important steps, like choosing local and sustainable options, to reduce our dependence on this system. By emphasizing health, community, and environmental stewardship, a transition towards a more equitable, just and sustainable food future is achievable, one that values both human well-being and ecological integrity. Because we all identify with food in different ways, people also look for authentic ways to connect with their food. This means looking beyond their plate, to better understand how and why we develop food preferences and customs. For Acadians, authenticity has meant connecting with food in authentic ways, such as through stories, family, ingredients, or techniques. In summary, food identity is about expressing who you are and where you come from. The following recipes are presented through the different perspectives on identity, which are gender, class, culture, and authenticity.



by Owen Amos



INGREDIENTS

- 2-4 Lobster Tails

 (adjust depending on the number of servings)
- 2 tbsp Butter, melted
- 2 Garlic Cloves, minced
- 1 tsp Salt
- 1 tsp Black Pepper

- ½ tsp Paprika (smoked or sweet, as preferred)
- ½ tsp Fresh Thyme
- ½ tsp Fresh Rosemary
- ½ tsp Fresh Parsley
- 1 Lemon, cut into wedges (for serving)

INSTRUCTIONS

- 1. Preheat the Oven: Set your oven to the broil setting and preheat to 500°F.
- 2. Prepare the Lobster Tails: Using kitchen shears, cut down the center of each lobster shell from the top toward the tail, stopping just before the tail fin. Carefully open the shell to loosen the lobster meat, taking care not to detach it completely from the tail. Gently lift the meat and rest it on top of the shell, keeping it connected at the base of the tail. This "butterfly" technique allows for even cooking and an attractive presentation.
- 4: Prepare the Seasoning Butter: In a mixing bowl, combine: 2 tbsp melted butter, 2 minced garlic cloves,1 tsp salt, 1 tsp black pepper, ½ tsp paprika, ½ tsp thyme, ½ tsp rosemary, ½ tsp parsley

Whisk the mixture thoroughly until all ingredients are well combined. Using a basting brush, generously coat the lobster meat with the butter and seasoning mixture. Make sure each tail is evenly covered for full flavor.

5. Broil the Lobster Tails: Place the prepared lobster tails on a baking sheet lined with parchment paper or aluminum foil for easy cleanup. Broil the lobster tails

n the middle rack of the oven: For lobster tails under 6 oz, broil for 7-9 minutes. For lobster tails over 6 oz, broil for 8-10 minutes. The lobster is done when the meat is white, with even a slight golden crust on top.

6: Serve: Carefully remove the baking sheet from the oven with oven mitts. Garnish the lobster tails with extra chopped parsley for color. Serve with lemon wedges on the side, allowing each person to squeeze fresh lemon juice over the lobster.

Commercial or industrial seafood fishing is the practice of taking fish and other kinds of seafood, and resources from oceans, rivers, and lakes to market them (Topor et al. 2019). This industrial practice of fishing usually consists of advanced technology and heavily industrialized vessels to provide large quantities of food to many countries globally, as seafood is one of the richest foods, packed with vitamins, and already provides a fifth of the daily protein needs of over 3 billion people globally (MSC.org - note #1: UN State of the World's fisheries SOFIA 2020). Much of commercial lobster fishing in Atlantic Canada usually consists of advanced technology and heavily industrialized vessels to provide large quantities of lobsters for economic efficiency and profit. The commercialization of lobster fishing has had a major impact on the local economy here in Atlantic Canada and has created jobs and opportunities for people in coastal communities, such as myself.

As a child growing up in Miramichi, New Brunswick, I spent the summers of 2022 and 2023 working as a commercial lobster fisherman to help pay for my post-secondary tuition and other expenses at St. Thomas University. For me, making a lobster tail dish is more than just cooking—it's a symbol of my real-life experiences out on the water. My late grandfather, Ted Matheson, had a friend named Gerald King, who had been fishing lobster in the Atlantic Ocean off the coast of Neguac, New Brunswick, for over 20 years. Gerald would pick me up every morning at 3:30 a.m., and we'd be hauling our first trap at sunrise, around 4:30 a.m., on those beautiful summer mornings in May, June, and July. I will never forget those early mornings on the water, working alongside him and a few others. Those experiences taught me valuable life skills and left me with memories I will always treasure. As I do this assignment, my real-life experiences of industrial lobster fishing help me better understand the significant economic and environmental impacts that it poses.

Nowadays, lobster is a luxury seafood item on the global economic market, especially here in Canada as "the lobster fishery is the most commercially important fishery in Atlantic Canada, with an annual landed value exceeding CAD 1 billion" (Wright and Liu, 2023, p.60). This stat suggests that there is a high

\demand for lobster in Atlantic Canada. Although industrial lobster fishing in Atlantic Canada lobster is economically efficient and contributes significantly to the Canadian economy, the "management measures undertaken in the Atlantic Canada shellfishery, and the New England fishery are designed to promote short-term economic growth rather than long-term ecological sustainability...these policies contribute to overfishing and may cause yet another ecological collapse" (Wright and Liu, 2023, p.55). Industrial lobster fishing is great for the economy and helps many people make a living, but it's not always good for the environment. Focusing on short-term profits can harm marine ecosystems and lead to overfishing.

Overfishing is the concept of "harvesting a fish stock so hard that much of the potential food and wealth will largely slip through our fingers and prevent fish populations from producing as much sustainable yield as it could if less intensively fished" (Hilborn and Hilborn, 2012, p.3). This means that there is less seafood, including lobster, in the sea for countries and their people that rely on seafood as their main source of food, especially in poorer countries as "the effects of climate change combined with overfishing pose an increasing threat to food security, particularly in poorer countries" (Bennett et al. 2018). Among other things, this could easily translate into economic issues that harm the global trade of seafood, such as increased pricing and supply shortages, which would also make it harder for people to purchase lobster and to cook this delicious lobster tail recipe and other types of seafood recipes. Ultimately, factors such as "population growth, overfishing, climate change, and trade are likely to alter the volume and distribution of the supply from capture fisheries, potentially to the detriment of sufficient and equitable global food provisioning" (Bennett et al, 2018, p.18).

In conclusion, commercial lobster fishing plays a significant role in the economy of Atlantic Canada and provides many jobs in coastal communities, including my own. From my personal experience, I've seen how important this industry is for local families and economies. However, the reliance on industrial methods focused on short-term profits can lead to serious environmental issues, such as overfishing, which harms marine ecosystems and threatens food security, especially in poorer countries. If these practices continue unchecked, we risk not only depleting lobster populations but also creating global economic problems. It's clear that while lobster fishing is economically important, we need to find ways to fish more sustainably to protect both the industry and the environment for future generations.



by Grace Pitre





- ¾ cup cocoa powder
- ½ tsp baking soda
- 2/3 cup butter
- ½ cup boiling water
- 2 cups sugar

- 2 eggs
- 1 1/3 cups all-purpose flour
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 cup chocolate chips

- 1. Heat oven to 350 degrees Fahrenheit. Grease a 13x9x12 pan and set it aside.
- 2. in a large mixing bowl stir together cocoa and baking soda. Stir in 1/3 cup of butter. Add boiling water and stir until the mixture is thick.
- 3. stir in sugar, eggs, and the remaining 1/3 cup of butter until smooth. Add flour, salt, and vanilla then blend completely. Stir in chocolate chips.
- 4. pour into the set aside prepared pan.
- 5. bake for 35-40 minutes or until the brownies start to pull away from the edge of the pan on their own. Cool completely in the pan or drying rack then cut into squares.

This topic rolls off the keyboard easily because who wouldn't welcome the opportunity to write a paper on brownies? The topic and I do not necessarily have a deep-rooted connection on any other grounds than love, which is shared through my family. My mother and I will undoubtedly always agree on brownies as a split dessert no matter the occasion, restaurant, or event. In my household, they are considered comfort food. However, the joy of eating brownies is tied to a much larger system the industrial food system, and the often-overlooked struggles of those who make cocoa production possible.

Ghana is a prime example of how the industrial food system shapes and complicates global food production. By the late 19th century, Ghana had become one of the largest suppliers of cocoa in the world, just two decades after the crop began being cultivated. This success was built entirely on Ghanaian capital, enterprise, and technology, showcasing remarkable ingenuity and independence. Yet, the industrial food system, with its emphasis on maximizing global supply chains and profits, has left Ghana vulnerable to external forces beyond its control.

Cocoa, the primary ingredient in brownies, is a critical part of Ghana's economy. It accounts for 23% of foreign exchange earnings, or GDP (Gross Domestic Product), and provides income for 800,000 farmers, along with countless others involved in trade, transport, and processing (Boansi, 2013). Yet the very structure of the industrial food system creates significant challenges. For example, cocoa prices are dictated by global markets rather than local conditions. When prices collapsed in 1964, the Ghanaian government resorted to printing money to meet its financial obligations. This decision fueled inflation, eroded real wages for farmers, and ultimately worsened economic conditions. Ghana's reliance on cocoa within this industrial framework highlights the precarious situation faced by nations that depend heavily on a single export crop.

The industrial food system also exacerbates inequalities at every level. While farmers put in countless hours cultivating cocoa, many struggle to make a living income (Green, 2016). Most cocoa farms are smallholdings, leaving producers with little capacity to reinvest in their farms. Chronic underinvestment, combined with climate change-induced droughts, has further destabilized cocoa production in West Africa, which is responsible for 80% of the world's cocoa output. This underinvestment reflects one of the industrial food system's greatest flaws: its prioritization of efficiency and profit over the well-being of the people and environments that sustain it.

While I sit at home enjoying a brownie fresh out of the oven, it's difficult to reconcile this treat's simplicity with the complex struggles behind its creation (Morgan, 2024). Ghanaian farmers and workers toil within a system that too often undervalues their contributions and sacrifices. They deserve not only recognition but meaningful reforms that address the inequities embedded in the industrial food system. Cocoa production is not just about food; it is about people, livelihoods, and the pressing need for a more just and sustainable approach to global trade.

SPINACH ARTICHOKE DIP

by Shikshit Singh





- 2 cups fresh spinach, chopped
- 1 cup centre of artichoke, finely chopped
- 1 cup cream cheese, softened
- 1 cup sour cream
- 1 cup mayonnaise
- 1 ½ cups grated mozzarella cheese
- 1 cup grated Parmesan cheese
- 6 garlic cloves, finely minced or paste
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp red chili flakes or chilli powder (Actual spinach dip is served without the chilli flakes, optional for a spicy kick)

- 1. Preheat oven at 190°C.
- 2. To prepare the base, take a large mixing bowl, mix the cream cheese, sour cream, and mayonnaise. Mix it in a fast pace until it smoothens. Add all the ingredients in a bowl, chopped spinach, chopped centre of artichoke, minced garlic, 1 cup mozzarella cheese, and Parmesan cheese. Mix thoroughly.
- 3. For seasoning, add salt, black pepper, and chili flakes (if using) to taste. Mix well. (To have a good cheese pull, sprinkle the remaining $\frac{1}{2}$ cup of mozzarella cheese on top).
- 4. Transfer is to a baking dish and spread the mixture evenly into a greased suitable baking dish.
- 5. Place in the oven and bake for 30 minutes, or until the top is bubbly and golden brown. Please keep an eye out for it as sometimes it could pour out. Let it cool slightly, then serve warm with toasted pita bread and brushed butter on it, crackers, or blanched vegetables.

My connection with spinach artichoke dip began during my first year at St. Thomas University, where I tried it at the student bar. This dish became a comfort food for me, marking moments of bonding with friends and a sense of belonging to my university community. In a way, spinach artichoke dip symbolizes a new chapter in my life and my journey toward independence. I am personally attached to this spinach dip meal because it allowed me to explore food as more than just nutrition but as a shared experience and memory. Another reason why spinach dip feels special to me is that every time I hear the name, it reminds me of the Popeye the Sailor Man cartoon I watched as a child. That cartoon was the reason I started eating spinach and my mom would say that if I wanted muscles and strength like Popeye, I needed to eat spinach.

Spinach and artichokes, two key ingredients in my spinach artichoke dip, illustrate the impact of commodification in our global food system. Commodification refers to the process of transforming goods, services, or even cultural items into products for mass consumption (Bai and Weng, 2023). Spinach, originating in Persia, spread across Europe and North America through ancient trade routes (Kiple and Ornelas, 2000). It became included into numerous cuisines globally, showing how commodification influenced food culture. However, spinach is currently available year-round thanks to industrial farming practices, which prioritize yield over sustainability. The widespread availability of spinach is a direct result of its commodification. Spinach is now treated as a standardized product rather than a culturally significant crop. While this commodification increases accessibility, it often comes with socio-economic and environmental costs, such as soil depletion, water pollution, and the exploitation of farmworkers (Shiva, 2000, pp. 17–23).

Artichokes were popularized in ancient Rome and gradually became a staple in Mediterranean cuisine before reaching North America (Hanazaki et al., 2023). Artichokes, once a luxury item in ancient Rome and Mediterranean cuisine, are now mass-produced, canned, and sold in supermarkets. This shift has made artichokes more convenient for consumers but has distanced them from their historical roots. Commodification has reduced preparation time for dishes like spinach artichoke dip, transforming them into quick comfort foods. But the industrial production of artichokes raises questions about sustainable farming practices and the economic impact on local producers.

By focusing on commodification, I see how food production and distribution are shaped by capitalist systems that prioritize efficiency and profit over cultural and environmental sustainability. Vandana Shiva describes this process as the "hijacking of the global food supply" (Shiva, 2000, p.17–23), where global corporations dominate food systems, stripping local communities of their autonomy and knowledge. For instance, spinach farms in countries like China, India, and the United States often rely on exploitative labour practices and heavy pesticide use, undermining both human rights and environmental health.

This deeper understanding of commodification has transformed the way I view my spinach artichoke dip. While the dip is a source of personal joy and comfort, it also serves as a reminder of the broader socio-political and economic systems that make such dishes possible. Each bite connects me to a global food network where history, industrialization, and commodification intersect.



by Charlie Sam Khosravi



INGREDIENTS

CHICKEN

- Boneless, skinless chicken thighs: 2 lbs
- Salt: 1 tbsp
- Black pepper: 1 tsp
- Buttermilk: 1½ cups
- Eggs: 3 of them
- Hot sauce: 1 tbsp
- Flour: 3 cups
- Salt: 3 tsp
- Garlic powder: 2 tsp
- Canola/vegetable oil

SAUCE

- Unsalted butter: 8 tbsp
- Honey: 2 tbsp
- Cayenne pepper:11/2-2 tsp
- Garlic powder: 1 tsp
- Sweet paprika: 1 tsp
- Chili powder: ½ tsp
- Salt: ½ tsp
- Pepper: 1/4 tsp

WAFFLES

- Flour: 2 1/4 cups
- Baking powder: 1 tbsp
- Sugar: 3 tbsp
- Salt: ½ tsp
- Ground cinnamon: 1/2 tsp
- Buttermilk: 2 cups
- Vegetable oil: ½ cup
- Eggs: 2 of them, separated
- Vanilla extract: 1 tsp

GARNISH

- Maple syrup
- Pickle slices
- Basil



- 1. Season the chicken. Pat chicken thighs dry with a paper towel, then cut into $\frac{1}{4}$ " thick strips. Place chicken in a large bowl with 1 Tbsp Kosher salt and 1 tsp black pepper, then cover with plastic wrap and let sit for 2 hours.
- 2. Make the marinade. In a large bowl, whisk together 1 $\frac{1}{2}$ cups buttermilk, 3 large eggs, and 1 Tbsp hot sauce. In a second large bowl, whisk together 3 cups all-purpose flour, 3 tsp Kosher salt, and 2 tsp garlic powder.
- 3. Dredge the chicken. Place a wire rack on a rimmed baking sheet, then begin coating chicken. Dip each piece of chicken first in the flour mixture, then in the buttermilk, then again in the flour mixture, shaking off any excess. Transfer to wire rack, then repeat until all chicken strips are coated.
- 4. Heat the oil. Meanwhile, fill a large cast iron or heavy bottom pan with oil until it's about 2" high. Heat over medium-high until oil reaches about 350 F. You want to cook the chicken around ~325F, but the temperature will drop when you add the chicken.
- 5. Fry the chicken. When oil is hot, carefully add about ~8 pieces of chicken, depending on the size of your pan, and cook, turning every 1-2 minutes, until all chicken is a golden-brown color and has an internal temperature of 160 F, about 6-7 minutes per batch. Transfer chicken to a clean wire rack, then repeat cooking remaining chicken.
- 6.Make the hot sauce. Combine 1 stick butter, 2 Tbsp honey, 1 ½ tsp cayenne, 1 tsp garlic powder, 1 tsp sweet paprika, ½ tsp chili powder, ½ tsp Kosher salt and ¼ tsp black pepper in a saucepan. Heat over medium-high until butter has melted and spices become fragrant, stirring well. Use a brush to coat each piece of chicken with hot sauce.
- 7. Make the waffle batter. Preheat waffle maker and coat with nonstick oil spray. Beat egg whites in the bowl of a stand mixer until stiff peaks form. Whisk 2 $\frac{1}{4}$ cups flour, 1 Tbsp baking powder, 3 Tbsp sugar, $\frac{1}{2}$ tsp Kosher salt, and $\frac{1}{2}$ tsp cinnamon together in a large mixing bowl. In a separate bowl, whisk together 2 cups buttermilk, $\frac{1}{2}$ cup vegetable oil, 2 egg yolks, and 1 tsp vanilla extract.
- 8. Add the wet ingredients. Whisk wet ingredients into the dry ingredients, then gently fold in egg whites.
- 9.Cook the waffles. Pour about ½ cup batter into each waffle mold, then cook according to waffle maker directions. Serve waffles immediately with hot fried chicken, potential garnishes include maple syrup, basil leaves, and pickle slices

Chicken and waffles are believed to have originated in the United States and are typically associated with the American South, but in the years since its inception it has crept north, until eventually I encountered it at a restaurant in downtown Fredericton. There may well be several foods that I have a stronger connection with than chicken and waffles, perhaps something linked to traditions from my childhood or relating to my family's cultural heritage, but in my current state of mind I identify with this dish more than any other. As I am in my fourth year of university, grinding my way through a routine that can best be described as confining and isolating while taking intermittent breaks to go partying downtown, chicken and waffles feels like an apt pick. It has frankly been hit or miss flavor wise, but chicken and waffles is the perfect comfort food.

As this recipe is made up of several distinct elements, I have chosen to focus the narrative around one – chicken. In Canada the fried bird at the heart of a good chicken and waffles is typically a broiler chicken born and raised in the country, though some are sourced from elsewhere, typically the United States (Government of Canada, 2021). The poultry industry is a massive force both in Canada and worldwide, directly connected to the daily lives of countless millions, and as a result there are many different interesting angles to examine it from.

The history of Canadian chicken production dates back hundreds of years, beginning in the colonial era when the first domestic chickens were brought across the Atlantic. Initially the process of rearing poultry for meat was conducted on an extremely small scale, as the industrial food system we know today had yet to emerge. As time went on and North America became more industrialized, the process of raising chicken evolved, with large-scale farms built to satisfy the demand of millions. Modern poultry production is typical of the industrial food systems that dominate the global market, producing food on a never-before-seen scale (National Farm Products Council, 2008, p.1). This scale and the nature of capitalist industry also means that there is more money than ever to be made in the production of chicken meat, encouraging efforts to create production systems that favor speed and efficiency. The desire to streamline the process of raising and slaughtering chickens was to lower prices for consumers and increase profit margins for the companies involved. If these efforts are not kept in check, then product quality can become an issue (Derry, 2012, p.198).

The widespread popularity of the broiler chicken can also be attributed to efforts to increase productivity in the poultry industry, as these chickens have been selectively bred to encourage faster life cycles and rapid growth in desired areas. Chicken farms also seek to strike a balance between the most efficient systems for rearing chickens and systems that best ensure the health of the birds, as birds kept in more open conditions with healthier diets tend to produce better quality meat. In the interest of preserving their bottom lines and producing a low-cost product, most chicken farms are inclined towards efficient production, and in some cases, this can lead to government regulations being illegally bypassed (Derry, 2012, p.199). In Canada, regulations guaranteeing the breed integrity of the chickens prohibit the production of genetically engineered birds, but this is not the case in the United States, and as a result some chicken imported from south of the border could be subject to genetic modification (Bean-Hodgins L. and Kiarie, 2021). Like many facets of the industrial food system, modern chicken production is without precedent in terms of volume and scope, and as a result it brings unique challenges.

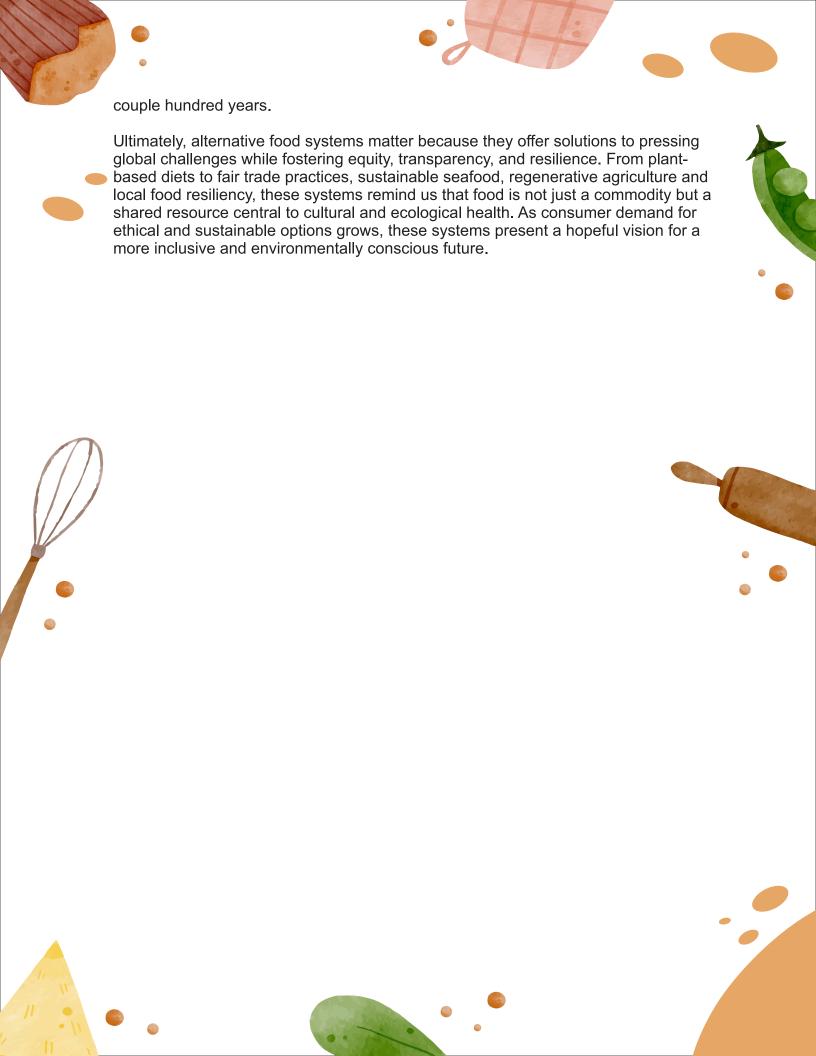


ALTERNATIVE FOOD SYSTEMS

Alternative food systems play a vital role in addressing food security, environmental sustainability, and public health. These systems provide an opportunity to rethink how food is produced, distributed, and consumed. Alternative food systems challenge the dominant industrial model that prioritizes efficiency and profit over equity and ecological balance. By emphasizing local, organic, and sustainable practices, alternative food systems create pathways to a more just and resilient future, particularly as they gain traction in the face of global challenges. Alternative systems are also capable of making a tangible impact by inspiring or improving recipes that align with food that is produced sustainably and ethically. This section on alternative food system inspired recipes will touch on many different areas of focus, including plant-based diets and the benefits of vegetarianism, the importance of chocolate used in desserts, harvesting food sustainably from land and sea, and local food focused resiliency systems.

The COVID-19 pandemic further underscored the importance of alternative food systems as a safety net in times of crisis. During the pandemic, global supply chains were disrupted, leading to shortages and price increases in the industrial food system. Local and alternative food networks, such as farmers' markets, community-supported agriculture (CSA) programs, and urban farms, often stepped in to fill these gaps (Nemes et al 2021). These systems proved more resilient because they rely on shorter supply chains and local production, making them less vulnerable to global disruptions. However, the competition for resources and influence between alternative and dominant systems remains intense. Dominant systems benefit from economies of scale, government subsidies, and established infrastructure, making it challenging for smaller, alternative systems to thrive. On the other hand, alternative food systems often rely on grassroots efforts, community support, and consumer education to build momentum. This dynamic creates a tension that can either foster innovation and collaboration or exacerbate inequities in access to sustainable and ethical food options.

Another large issue that we face in our industrialized food system is that of intense land and resource use. Whether it be land or sea, the hunger of the food industry and its intensive production techniques are driving the planet into dangerous territory. Land use from the agricultural sector and forestry sector contribute to 15% of global greenhouse gas emissions (IPCC report, 2023). Our agricultural system also depends on large amounts of inputs that come with ecological drawbacks such as chemical fertilizers that lead to ecological dead zones, pesticides that decimate keystone insect and plant species, soil loss from constant tilling, intense water use that leads to water shortages every year, land expansion driving habitat loss and of course fossil fuel use (Horrigan et al. 2002). There is a need for alternative food system adoption that focuses not just on sustainability but on regeneration to restore what has been lost through these



LENTIL AND VEGETABLE STIR FRY

by Erin O'Shaughnessy





- 1 cup dried green or brown lentils
- Two cups water
- Two tbsp olive oil
- One large onion, chopped
- One bell pepper, chopped
- One medium carrot, thinly sliced
- One medium zucchini, sliced
- 1 tsp ground cumin
- One tsp ground turmeric
- Salt and pepper, to taste
- Drizzle of soy sauce
- Two cups fresh spinach or kale

- 1. Prepare Lentils: Rinse 1 cup dried green/brown lentils. Boil in 2 cups water, then simmer (covered) for 20–25 minutes. Drain excess water and set aside.
- 2. Sauté Vegetables: Heat 2 tbsp olive oil in a large skillet or wok (medium heat). Sauté 1 chopped onion for 3–4 minutes (until soft). Add chopped bell pepper, sliced carrot, and sliced zucchini. Cook for 5–6 minutes (until tender but vibrant).
- 3. Season: Add 1 tsp ground cumin, 1 tsp ground turmeric, and a pinch of salt/pepper. Stir and cook for 1–2 minutes to release flavours.
- 4. Combine and Finish: Add cooked lentils to vegetables and stir. Optional: Add a drizzle of soy sauce for flavour. Fold in 2 cups fresh spinach/kale; cook for 2–3 minutes (until wilted).

Vegetarianism offers a meaningful solution to some of the most pressing global challenges, including climate change, environmental degradation, and food security. By emphasizing plant-based eating, this alternative food system reduces reliance on resource-intensive livestock farming and promotes sustainable practices. Lentil and vegetable stir-fry, a simple, affordable, and nutrient-dense dish, exemplifies how plant-based diets can have both personal and planetary benefits.

Meat production, particularly on an industrial scale, is one of the most significant contributors to environmental harm. Livestock farming accounts for 14.5-17% of global greenhouse gas emissions, while also driving deforestation, biodiversity loss, and water depletion (Dueñas-Ocampo et al., 2023). Shifting to a vegetarian or plant-based diet can reduce these emissions by up to 49.6% due to the lower resource intensity of plant-based food production (Espinosa-Marrón et al., 2022). Vast amounts of land are required for grazing and producing animal feed, leading to habitat destruction and reducing opportunities for ecosystem recovery. These practices also strain freshwater resources, with beef production requiring approximately 15,000 liters of water per kilogram. In comparison, plant-based agriculture uses far fewer resources, making it a more efficient and sustainable option.

Alternative food systems, particularly those centered on plant-based diets, offer tangible solutions to these issues. Lentils, for instance, are among the most sustainable crops. As nitrogen-fixing plants, lentils enrich soil health rather than depleting it (Ramírez and Cantero, 2024). They thrive in diverse climates, including regions facing water scarcity, requiring only about 1,250 liters of water per kilogram. Additionally, they produce significantly fewer greenhouse gas emissions compared to livestock. This makes lentils a powerful example of how plant-based food systems can support both environmental sustainability and agricultural resilience.

Vegetarian meals like lentil and vegetable stir-fry go beyond just providing sustenance—they represent a commitment to sustainable living. By reducing the demand for environmentally damaging livestock farming, individuals who adopt plant-based diets actively support practices that prioritize soil regeneration, water conservation, and biodiversity. These meals also inspire a cultural shift, normalizing sustainable eating habits and encouraging others to consider the environmental impact of their food choices.

The choice to embrace plant-based eating is about more than individual health—it is about ensuring the health of the planet. Lentil and vegetable stir-fry symbolizes this intersection of personal and planetary well-being. It is a dish that nourishes the body while supporting agricultural systems that work in harmony with nature. By replacing meat-based meals with plant-based alternatives, individuals can help conserve water, protect biodiversity, and mitigate the effects of climate change. Adopting vegetarianism, whether fully or partially, is a small yet powerful step toward addressing some of the most urgent environmental challenges of our time. It demonstrates a commitment to sustainable food





by Kayla Lemay







- 1lb of ground beef.
- ½ of a yellow onion or 2 shallots (diced).
- 2 tbsp of Worcestershire sauce.
- 2 large eggs.
- 1 cup of breadcrumbs or crushed soda crackers.
- 1 tsp of ground rosemary.

PASTA

- 1 box of your preferred Spaghetti.
- Water.
- A pinch of salt.

SAUCE

- 2 tbsp of olive oil.
- 4 Cloves of garlic, finely chopped.
- 3 large carrots, finely cubed.
- 1 medium zucchini, cubed.
- 1 green pepper, cubed.
- 8 oz of sliced cremini mushrooms or foraged mushrooms. I like oyster or chanterelle mushrooms.
- 1 can of tomato sauce. 15 oz.
- If it has spices that's ok too, just adjust the spices being added to the recipe.
- 4 bay leaves.
- 1 tbsp of Oregano.
- 1 tbsp of Basil.
- Salt and pepper to taste.

- 1 Make your Pasta: Fill your pot halfway to the top with water, add your pinch of salt and allow water to begin boiling. Once the water is boiling, add your pasta. Stir your pasta frequently to ensure it doesn't stick to the bottom. Check the texture of your pasta after 8 minutes of boiling. It should be al-dente. Strain and put aside.
 - 2. Making the meatballs: Preheat your oven to 350 degrees. Take out a large mixing bowl and place the ground beef. Incorporate all meatball ingredients and mix thoroughly. Roll meat into 2 inch diameter balls. If the meat is not sticky enough add a couple more tablespoons of breadcrumbs or soda crackers. Place meatballs on a baking sheet with parchment paper with some space between them so they don't stick together. Bake for 30 minutes and check if fully cooked through. If not place for another 5 minutes.
 - 3. Making the Sauce: While your meatballs are baking. Place your olive oil into a sauce pot and place the heat onto medium-high. Once olive oil has started to sizzle, place your prepared carrots, zucchini and green peppers and cook until they soften, about 10 minutes while stirring frequently. After, place the sliced mushrooms and garlic into your pot and turn heat to medium. Cook for about 5 minutes. The mushrooms will lose their water and the garlic will become very fragrant. Add the tomato sauce and your spices. Set the sauce to simmer for 30 minutes, stirring frequently to avoid the sauce burning on the bottom.
 - 4. Combine: Place your preferred serving of pasta onto your plate first. Then, scoop a good amount of sauce on top. Top it off with your meatballs and add some parmesan if you like!

My dad's favorite recipe has always been a big hearty plate of spaghetti. He's a hard-working man and a fully loaded plate of pasta with meat and veggies is a great way to refuel after a long day. He and mom would take turns making it. It's this recipe that helped me get accustomed to eating my veggies as a kid since they both made it so delicious!

This recipe made use of every section in our garden. Homemade sauce, herbs, root and vine vegetables all made their way into our dinner plates. We were fortunate to have a local meat market to source our ground beef from as well. In Bouctouche, NB and the surrounding area, we are well off in terms of local sources for veggies and meats. We're a small community compared to large cities like Moncton and Saint John, and we tend to know other families very well. We know who to ask if we're in need of something. Our farmers' market is another source of connection for our town. Producers, family, friends, stakeholders and town leaders gather at the Bouctouche farmers' market every Saturday to catch up and support their local economy. While growing up, I worked hard in this local scene, and I love it dearly. Though, there are two sides to this hyperlocal attitude.

The sense of strong local support has led to numerous projects aimed at supporting our agricultural producers and making locally sourced foods more accessible to consumers. The Really Local Harvest is one of those organizations. It tasks itself with ensuring sustainable practices are used in local food production in the southeast of the province as well as promoting the 16 farms that are part of their team (Really Local Harvest, 2024). Since 2014, the Really Local Harvest has been collaborating with the Community Cafeteria Network Inc. to provide fresh veggies and meats to students all over southeastern New Brunswick. About 60% of the food is bought locally and 23% is bought directly from farmers (Chu, 2024). Both organizations work to bridge the gap between food and consumers by engaging and feeding students!

Although being local focused has some positives, it can also develop overarching issues that are often overlooked. Edmund Harris explains that when localism becomes associated with the ultimate good, any activity within the area becomes good or morally correct (Harris, 2009). A study conducted in the United Kingdom was used to determine the reasons why consumers had chosen to support local producers in different regions. Some of the reasons mentioned were that of supporting farmers through difficult financial periods, better quality of food, organic foods and that local food is simply better for the environment (Winter, 2002). Unfortunately, farmers are not always required to follow organically certified protocols. Many in the community still utilized pesticides and chemical fertilizers as well as intensive agriculture practices (Winter, 2002). Mark Chou explains that the emergence of hyperlocalism is a result of "long-term federal neglect" and is a "symptom of late twentieth-century American political economy" (Chou, 2024). This neglect has led people to have more trust in their localities to lead rather than federal or provincial leaders. Chou urges that choosing local isn't always driven by evidence due to this. This can lead to localism undermining the public good (Chou, 2024).

Localism is a multi-layered topic that is often misunderstood due to being perceived as a feel-good movement. Beautiful results can be seen as the community involves itself more with one another but, the reality is that there needs to be a balance between the ever-growing local movement and of understanding the need for outside sources of support. We can't always depend solely on ourselves to get the resources we need to live comfortably and practices close to home don't mean they're done sustainably. We need to be able to see outside of the local box and not be afraid to expand our horizons when we need to.



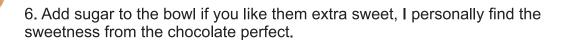
by Dhruv Manish





- 5 tbsp butter cut into tbsps
- 2 large eggs
- 2 egg yolks (4 eggs in total)
- 1 cup semi-sweet chocolate chips
- 1/4 cup all-purpose flour
- 1 tsp vanilla extract
- ½ tsp salt

- 1. Firstly, Pre heat your oven to 450°F.
- 2. Cut your butter into 5 tablespoons worth.
- 3. Grab 1 cup of chocolate and put them in a big mixing bowl with the butter.
- 4. Melt them together in the microwave in the same bowl. Every 30 seconds, give it a stir until smoothly melted.
- 5. Put the mixture in the big bowl, add 1 teaspoon vanilla extract, a little less than quarter of a tablespoon salt (more like one eighth of a tbsp), 2 eggs, 2 egg yolks (3 yolks if you want them extremely fluffy, but that would mean 5 eggs for the recipe) and finally, one fourth of a cup of all-purpose flour.



- 7. Now, take 6 regular sized ramekins and grease them with either cooking spray or melted butter. Pour batter into ramekins, filling it two thirds. Place ramekins on a sheet tray and bake at 450°F for 8-10 minutes until edges set but the center is sunken. You will know your Lava Cakes are done when the edges are cooked, but the center is still slightly shiny and jiggly; it should be set (not wet to the touch) but it will look undercooked.
- 8. Invert cakes onto a plate or clean surface immediately and serve with raspberries and/or vanilla ice cream.
- P.S.- No ramekins? (I've been there) Use a greased muffin pan for 6 slightly smaller cakes; start checking doneness at 6 minutes. Cakes can be reheated in the microwave for 20 to 30 seconds, although the centers won't be as gooey.

This recipe is very close to me as it was inspired by my mother's recipe, but I made a lot of changes based on personal taste and conveniences, and added specificity of measurements to it. My sister was the motivation behind me making this recipe as she claimed that she was a better baker than I was, and we had a little contest as children. The recipe was originally in my mother's cooking notes, but I made some changes over the years to make it more specific and concise. I chose this recipe for this project considering my vivid memories of these experiences and the nostalgia it fills me with.

The cocoa plant has always been associated with unfair labour practices. It requires both high temperature and high rainfall and is quite labour intensive. The soil has to be fairly loose and the climate humid. Temperatures must be between 18 and 30 degrees Celsius, with precipitation fairly constant and at minimum 1,000 mms per annum. Cocoa trees must not receive too much sun, nor too much shade. Cocoa cultivation is possible up to about 1,000 meters above sea level, but most cocoa is grown below 300 meters (Oracz and Zyzelewicz, 2015).

The chocolate industry has had a history of causing financial hardships for those in the supply chain. Farm owners are responsible for expensive supplies needed to operate a cocoa farm before farming begins only to gain minimal profits. Companies leading in the chocolate industry do not want to change their practices because their profit margins would be diminished, and the board members would not receive their bonuses. Chocolate is a product that requires tremendous amounts of labor with the cultivation and processing of the cocoa beans before they progress up the supply chain. Thus, they pay the minimum to farmers for the hard-earned beans that the laborers harvest. Survivors of forced labor do not leave unscathed, and many endure both psychological and physical effects from their toil. Children are forced to work on cocoa farms completing tasks such as climbing cocoa trees with sharp objects to reach the pods, which can leave lasting impacts on their health if an accident takes place. Although

some initiatives have been developed to aid forced laborers, many of the systems do not address their specific needs or provide them with an opportunity to participate (Bartley, 2020).

The children of Western Africa are surrounded by intense poverty, and many begin working at a young age to help support their families (Tandon, 2018). Some children end up on the cocoa farms because they need work, and traffickers tell them that the job pays well. Other children are sold to traffickers or farm owners by their own relatives, who are unaware of the dangerous work environment and the lack of any provisions for an education (Gregory, 2013). Often, traffickers abduct young children from tiny communities in neighboring African countries, such as Burkina Faso and Mali, two of the poorest countries in the world (Gregory, 2013). In one village in Burkina Faso, almost every mother in the village has had a child trafficked onto cocoa farms (BBC, 2010). Traffickers will then sell children to cocoa farmers.

The Fairtrade Standard for Cocoa is a set of requirements that apply to all Fairtrade certified cocoa producers and traders. The standard includes requirements for: traceability and transparency, management systems, human rights and environmental due diligence, labor conditions, child protection, and social development. These sustainability mechanisms, nonetheless, have also received criticism. For example, certification schemes lack farmer inclusion in decision-making and the ability to trigger large-scale transformation. Sustainability mechanisms in cocoa focus to differing degrees agronomic, environmental, and social aspects and have largely relied on farmer training or input provision to increase productivity. Economic deficiencies for cocoa farmers have lately been highlighted within the living income debate, resulting in the creation of the Living Income Community of Practice. Despite these efforts, cocoa farming's environmental, social, and economic challenges remain (Barrientos, 2016).





Health-conscious baking offers a new perspective focusing on wellness while also providing the satisfaction of a sweet treat. This section of the cookbook explores how thoughtful baking practices and substitute ingredients can promote healthy choices. With growing concerns about high sugar intake and its links to health issues like obesity and diabetes, there is increasing interest in alternative sweeteners as a healthier option (Heart and Stroke Foundation, Canadian Medical Association 2015).

Research shows that excessive sugar intake has negative effects on health (Statistics Canada, 2011). Some research defines health as the amount of calories consumed, and if what you're eating can lead to heart and health problems. All these aspects can be considered when looking at a recipe. We wanted to find a way to adapt these simple yet delicious recipes to align with contemporary health objectives to lower the consumption of refined sugar and promote healthier eating.

Studies show that high sugar intake is closely linked to obesity, type 2 diabetes, and heart disease, with approximately one in four Canadian adults being obese (Heart and Stroke Foundation 2015). Alternative sweeteners like coconut sugar, which have a lower glycemic index than cane sugar, offer potential solutions for reducing these health risks.

In these cookie recipes the use of alternative sugar rather than the use of white sugar is explored and how it is a good alternative when looking for a healthier option. It can potentially provide better health benefits with the same satisfaction you're looking for in a sweet.

The social aspects of health are also important to consider. The World Health Organization defines the social determinants of health as "the non-medical factors that influence health outcomes...the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life" (World Health Organization, 2019). These determinants are relevant to food, as food shapes and is shaped by many aspects of people's lives. By taking into consideration socio-economic aspects, the definition of health becomes a lot more nuanced and complex.

For instance, families with lower incomes are less likely to be able to afford healthy foods than those with higher incomes, which can systematically lower their levels of overall health. To address this, a possible solution would be to increase the taxes on sugar-sweetened products, to reduce the ease in which they could be accessed (Adler et al., 2016). These measures only work in tandem with other policies, though, since forcing more expenses on lower-income families is hardly a sustainable solution. So, the solution would have to discount other more healthy foods, such as fruits, vegetables, and healthier alternatives to white sugar. The increase in access to healthier foods and decreased access to unhealthy, sugar-based foods would address the financial reasons that people overconsume sugar products (Adler et al., 2016). Addressing economic inequality is just one way that the social determinants of health can be incorporated into the conversation around health. Remember that health is a combination of physical and social determinants; keep both in mind to be as healthy as possible.



by Zander Strickland



INGREDIENTS

- 1 cup of brown sugar
- 2 eggs
- 1 cup of butter
- 6 tbsp of corn syrup
- 4 cups of flour
- 3 tsp of baking soda
- Raspberry jam

- 1. First, cream the butter and sugar in a large bowl, either via a mixer or by hand using a wooden spoon and a fork to combine the two until the mixture in uniform.
- 2. Next, add the eggs and beat well.
- 3. Then add the corn syrup to the mixture.
- 4. Sift the baking soda and flour together in a bowl, and then add them to the mixture.
- 5. Ball the mixture up and leave it overnight in a refrigerator.
- 6. Take a rolling pin and an ungreased cookie sheet. Roll the balls into thin, $\frac{1}{4}$ inch circles and place them on the cookie sheet.
- 7. Cook the cookies at 375 degrees for 10 to 12 minutes.
- 8. Let the cookies cool. Once they have cooled, take pairs of them and spread raspberry jam between them. Then the cookies will be ready to serve.

This recipe for Jam Jams originated with my grandfather, Ernest. It is traditionally prepared by the men of the family around Christmas time. Its simplicity makes it accessible for those of us with less cooking prowess, as a way to remember our family connections via the simple sugary cookies.

While it is true that eating less sugar can improve your individual health, especially in terms of longevity and overall quality of health (Arshad et. al., 2022), there are also broader societal factors of health to consider. For one example, look at non-centrifugal sugar, also known as brown sugar, as a healthier alternative to white sugar. Culturally, non-centrifugal sugar (NCS) has been instrumental in cooking traditions across the planet. Traditionally, NCS is known in India as jaggery, in Latin American countries as panela, and in Japan as kokuto (Zidan and Azlan, 2022).

In addition to the health benefits of cultural participation, there are economic benefits. Across many cultures, NCS has been a consistent alternative to refined white sugar, accessible even to those who could not afford the frequently more expensive refined sugar (Arshad et. al., 2022). This aspect of cost is important, because being able to afford healthy food is an integral part of maintaining health. Analyzing the nutritional value of food is important as well, but these health benefits of food are only helpful to those who can afford the better food options. Oftentimes processed foods with the most refined white sugar content are the cheapest and most accessible, while healthier alternatives are at times prohibitively expensive to lower-income families and individuals (Adler et al., 2016). This economic divide is one that can be counteracted by lowering costs for healthier alternatives to foods, whether that means subsidizing fruits and vegetables or prioritizing NCS production over refined white sugar (Adler et al., 2016).

Other social factors affect the food you eat as well. Transportation, for instance, determines the variety of food you have access to (Adler et al., 2016). If you have no car or reliable public transportation system to access, your options for food may be limited to a nearby gas station or corner store. These local stores provide food options that are primarily not nutritious, but what choice do you have if you cannot get to another store? Another point to consider is how healthy of an environment you were raised in as a child. Creating healthy foundations in early life is instrumental in maintaining health later, but as a child, your ability to remain healthy was determined by the socioeconomic status and location of your parents or guardians (Adler et al, 2016). Thus, your level of health can be passed down for generations and affect your children, all due to the social determinants of health.

Most of these factors are assigned to people at birth and reinforced through systemic oppression and discrimination between races, classes, genders, and other divided groups (Adler et al., 2016). These social problems are exacerbated in part because they are not considered to be health problems, but rather social issues separate from health (Adler et al., 2016). These social issues are health problems as well, and directly affect the food you eat and your overall level of

health. There are ways to combat these discriminatory systems, though. Your recipe containing NCS may be passed down to your children, and their children, and may even be published in a cookbook one day. Suddenly this simple diet change is no longer merely affecting your own individual health, but the health and well-being of generations to come. And with better health comes the ability to focus on other pursuits, such as improving the systems in which we live and operate. There could be societal change, incentivizing others to create change in their lives and choose to reject the projected amounts of refined sugar in their diets. In considering food choices like which sugar to use, consider that you are influencing the course of not only your life, but the lives of all others you affect and inspire.

CHOCOLATE CHIP COOKIES

by Anonymous



INGREDIENTS

- 1 cup unsalted butter, softened
- 1 cup coconut sugar
- (or another alternative sweetener)
- 2 large eggs
- 2 tsp vanilla extract

- 2 ½ cups all-purpose flour
- 1 tsp baking soda
- ½ tsp salt
- 1 ½ cups semi-sweet chocolate chips

INSTRUCTIONS

- 1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2. In a large bowl, beat together the butter and coconut sugar until the mixture is light and fluffy.
- 3. Add the eggs, one at a time, mixing well after each addition. Stir in the vanilla extract. In another bowl, combine the flour, baking soda, and salt.
- 4. Slowly mix the dry ingredients into the wet ingredients until just combined.
- 5. Gently stir in the chocolate chips.
- 6. Use a tablespoon to drop dough balls onto the prepared baking sheet.
- 7. Bake for 10-12 minutes, or until the cookies' edges turn golden brown.
- 8. Allow the cookies to cool on the sheet for a few minutes, then transfer them to a wire rack to cool completely.

Chocolate chip cookies are a staple in many Canadian households, offering comfort, tradition, and nostalgia. For me, baking cookies has always been a way to connect with family memories of shared time in the kitchen, creating sweet treats together. However, with the growing concern about the health impacts of sugar consumption, particularly its links to obesity and diabetes, I've become more interested in finding healthier alternatives for traditional baking ingredients. In this recipe, coconut sugar replaces regular white sugar, providing a lowerglycemic alternative without sacrificing the taste and texture that make chocolate chip cookies so beloved. Research shows that excessive sugar intake has serious health effects on health, contributing to obesity, type 2 diabetes, and heart disease (Statistics Canada, 2011). Approximately one in four Canadian adults is obese, and high sugar consumption is a key factor in this issue (Heart and Stroke Foundation, 2023). These concerns have driven me to explore ways of enjoying sweets without consuming excessive sugar. By incorporating alternative sweeteners, like coconut sugar, into baking, we can enjoy familiar treats while reducing our intake of refined sugars.

Coconut sugar is often considered a healthier alternative to refined cane sugar due to its lower glycemic index. This means it leads to a slower rise in blood sugar, making it a better choice for those concerned about blood sugar levels or those trying to reduce their sugar intake. Substituting coconut sugar for white sugar in this chocolate chip cookie recipe not only reduces the glycemic impact of the cookies but also maintains the rich sweetness and texture we love. This swap represents an easy way to reduce the health risks associated with high sugar consumption while still enjoying a delicious and comforting treat.

I believe Canada is experiencing a shift towards healthier eating habits. An increasing number of people are looking for ways to make their favorite foods healthier without losing the enjoyment they provide. Recreating beloved recipes like chocolate chip cookies with alternative sweeteners reflects this cultural shift. It shows how we can balance tradition with modern health values, making small changes to align with contemporary goals for wellness (Heart and Stroke Foundation, Canadian Medical Association, 2015). By substituting coconut sugar in place of traditional cane sugar, this recipe is a simple adaptation that reflects the desire to maintain the comforts of familiar foods while embracing healthier eating choices. This recipe is a great example of making healthier choices without giving up the foods that bring us joy. By using coconut sugar, we not only improve the nutritional profile of these classic cookies but also contribute to a healthier approach to baking. It's a way to enjoy a nostalgic treat while considering wellness, and a reminder that healthier alternatives can still deliver on taste and comfort.

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