

**Northwest Arkansas Community
College**
(Food Studies Division)

Discipline Code
FDST

Course Number
2013

Course Title
Seasonal Kitchen

Catalog Description

Students will learn about local food production through field trips to farms and farmers markets and hands-on preparation in the kitchen. Students learn about specialty local crops, growing seasons, how to prepare menus that work within the season, food preservation techniques, including canning, dehydrating, curing, fermenting and best practices for freezing. Students will gain an understanding of small-scale farming and distribution methods, and conventional agriculture and distribution. Students will design and prepare a local menu at the end of the course. There will be field trips during the course.

Prerequisites

FDST 1023, FDST 1033, FDST 1043, FDST 1013, or by instructors approval

Credit Hours

3 credit hours

Contact hours

75 lab contact hours

Load hours

3.75 load hours

Semesters Offered

Fall, Spring

ACTS Equivalent

None

Grade Mode

A-F

Learning Outcomes

Students completing this course will be able to:

- Explain seasonality and list cold and warm season fruits and vegetables
- Write and prepare seasonal menus that highlight the fruits and vegetables that are in their peak season
- Explain the challenges of procurement from small, local farms and businesses
- Define local, sustainable, and regenerative agriculture practices in the context of procuring high quality food and environmental impact
- Complete various preservation techniques
- Display knowledge of varying agriculture practices including season extension methods
- Execute a hyper seasonal three course menu

General Education Outcomes Supported

- Students develop higher order thinking skills.
- Students demonstrate information literacy.

Standard Practices

Topics list

- Arkansas/Ozark seasonality – Introduction to seasonal fruits and vegetables
 - Spring ingredients and menus
 - Summer ingredients and menus
 - Fall ingredients and menus
 - Winter ingredients and menus
- Building a larder
 - Preservation methods and canning
 - Food recovery
- Local sourcing vs. sustainable agriculture
 - Farm field trips
 - Agricultural practices for season extension
- Brightwater garden field trip
Wild plants, foraging, and hyper local ingredients

Learning activities

- In-class recipe preparation
- Class discussions (in-class and online)
- Lecture
- Online reading and videos
- Field trips
- Community research project and oral presentation

Assessments

- Review of student uniform, attitudes, behavior
- Final exam

- Online or in-person discussions
- Field trip reflections
- Final practical (cooking) exam

Grading guidelines

This class is based mostly on participation, and positive engagement in the cooking aspect as well as the field trips. Many of the assignments can be submitted on Canvas.

Last Revision Date: Spring 2022

must be turned in or completed before the designated due date. If there is a legitimate reason, late work will be accepted at the discretion of the Instructor. Estimated grading categories, point values and percentage distributions are below.