

# *Metropolitan Food Systems*

CPLN 621

Spring 2010  
Friday, 12-3pm (\*except where noted)  
Meyerson Hall B6

Prof. Domenic Vitiello  
Meyerson Hall G16  
vitiello@design.upenn.edu  
215-898-5226

TA: Beth McKellips  
beth.mck@gmail.com

Office Hours: 10am-12pm Tuesday  
10am-12pm Wednesday

*\* Please sign up for office hours in advance on office door.*

## Description and goals:

This course introduces students to the planning and development of metropolitan food systems. It focuses on strategies by which planning and design professionals can impact food systems through traditional and non-traditional planning and community economic development institutions. Major topics include regional planning; public policy; community food security; distribution and markets; and sustainable agriculture. The class includes a mix of lectures, discussion, and field trips, some of which involve hands-on work. Assignments include two short papers, a take-home exam, and a group community food assessment. Ultimately, the course aims to develop students' broad knowledge of food systems planning, with an emphasis on community and economic development strategies for sustainable food systems and food security.

Upon completing this course, students will:

- Understand how food systems work.
- Have broad knowledge of food systems planning, policy, and development in the global North and South.
- Have in-depth knowledge and capacity to analyze community and economic development strategies for food security.
- Have practical experience in a community food assessment, involving research design, fieldwork, and planning and development recommendations.

# University of Pennsylvania

## Assignments and Grading

### **For Masters students**

Class participation	30%
<i>Class participation grades are based on students' willingness to participate, ability to synthesize and critically analyze assigned readings in class discussion, and performance in in-class exercises (on trips as well as in the classroom).</i>	
Four lunches essay	5%
Planning exercise	10%
Take-home exam	25%
Community food assessment (group assignment)	
First draft	20%
Final draft	10%

### **For Ph.D. students**

Class participation	30%
<i>Class participation grades are based on students' willingness to participate, ability to synthesize and critically analyze assigned readings in class discussion.</i>	
Food planning research prospectus (due 3/5)	20%
Term paper (due 5/1)	50%
<i>The format and focus of this paper will be determined in consultation with the instructor. It may take the form of a research paper, annotated bibliography, or review essay.</i>	

## Trips & Workshops

*Class trips will be on foot and via transit. Wear comfortable, sturdy shoes and weather-appropriate clothing. Penn will pay for tokens when we take SEPTA. At least two class trips will involve active participation in learning to work with soil, plants, and perhaps minor construction at farms and gardens. On "workshop" days, students are expected to wear appropriate clothing (boots, clothes that can get dirty) and come prepared to work with your hands. Work gloves will be provided, where necessary.*

# University of Pennsylvania

## SCHEDULE (overview)

### **I. Metropolitan food systems and planning**

- January 15      Introductions and history of food systems planning
- January 22      Comparative food systems  
Assignment due: four lunches dish/meal (group) & essay (individual)
- January 29      Metropolitan systems
- February 5      Regional food planning  
Guests: Alison Hastings, DVRPC  
              Beth McKellips, Intervale
- February 12     Neighborhood and city food planning

### **II. Community Food Security**

- February 19     Inner city ecology and health  
Assignment due (individual): planning exercise  
Guests: Prof. Amy Hillier, Penn Planning  
              Yael Lehmann, The Food Trust
- February 26     Hunger and policy  
Guest: Steveanna Wynn, SHARE
- March 5         Food justice

*Spring Break*

- March 19        Work in groups on community food assessment

### **III. Community Economic Development**

- March 26        Markets, distribution, and value chains  
Trip: Reading Terminal/Fair Food Farm Stand  
Assignment due (group): community food assessment (first draft)  
\* Take-home exam distributed
- April 2         Food enterprise and workforce development  
*Brief presentations on first phase of community food assessment*  
Guest: Brianna Sandoval, The Food Trust
- April 9  
12-5pm         Urban agriculture policy and practice  
Workshop: Weavers Way Farm
- April 16  
12-5pm         Sustainable agriculture systems  
Assignment due (individual): take-home exam  
Workshop: TBA
- April 23  
12-5pm         Wrap-up  
Trip: Las Parcelas garden
- April 30         Assignment due (group): community food assessment (final)

# University of Pennsylvania

## **I. Metropolitan food systems and planning**

### January 15    **Introductions**

Reading:

- Castle & Carvahal, “Europe’s Vast Farm Subsidies Face Challenges” (2009).
- Suggested reading on food systems planning history:
  - Gregory Donofrio, “Feeding the City.”
  - Laura Lawson, “The Planner in the Garden.”
  - Domenic Vitiello, “Planning the Food Secure City.”

### January 22    **Comparative food systems**

Reading:

- Sandor Katz, *The Revolution Will Not Be Microwaved*, chapter 1.
- Michael Pollan, *The Omnivore’s Dilemma*, selections.
- Deutsche Bank, “Investing in Agriculture” (2009), pp.6-17.
- Browse and read at least five articles on world food systems from *The Guardian* and *New York Times* (links on Blackboard).

Assignment due: Four lunches (distributed Jan. 15)

### January 29    **Metropolitan systems**

Reading:

- William Reese, “Understanding Urban Ecosystems” (2002).
- Craig Pearson, “Regenerative, Semi-Closed Systems” (2007).
- Brian Halweil, “Change on the Horizon” (2005).
- Thompson et al., *Think Globally ~ Eat Locally* (2008).
- Thomas Lyson, “Civic Agriculture & the N. American Food System” (2007).

### February 5    **Regional food planning**

Reading:

- Samina Raja et al, *Community and Regional Food Planning* (2008), pp.34-41.
- Tom Daniels, “Farmland Preservation Planning in Local Land Use Planning.”
- Matthew Mariola, “Losing ground” (2005).
- Vivid Picture Project – browse to get familiar with the process and outcomes.
- Portland regional food study – skim to grasp the study’s scope and indicators.
- Sara Munoz, “For Sale: Condo With Chicken Coop” (2007).
- Lynn Markham, “Farming Subdivisions: Problematic or Promising” (2007).

Guests:            Alison Hastings, DVRPC  
                      Beth McKellips, Intervale

# University of Pennsylvania

## February 12 **Neighborhood and city food planning**

Reading:

- Samina Raja et al, *Community and Regional Food Planning* (2008), ch.2 & 6.
- Barbara McCann, *Community Design for Healthy Eating* (2006).
- Laura Lawson et al., *Greening Cities, Growing Communities* (2009), ch.1-2.
- Alicia Cosgrove, "Community Gardens: For Now or Forever?" (2007).
- Vancouver food charter, regulations, and food policy council.
- Strongly suggested: APA food policy guide.

## II. Community Food Security

### February 19 **Inner city food environments**

Reading:

- Kami Pothukuchi, "Community Food Assessment" (2004).
- Mari Gallagher Group, *Examining the Impact of Food Deserts* (2006).
- Giang et al., "Closing the Grocery Gap in Underserved Communities" (2008).
- Samina Raja et al, "Beyond Food Deserts" (2008).

Assignment due: Planning exercise (assignment distributed Feb. 5).

Guests: Prof. Amy Hillier, Penn Planning  
Yael Lehmann, The Food Trust

### February 26 **Hunger and food policy**

Reading:

- Patricia Allen, "Reweaving the food security safety net" (1999).
- Mark Winne, *Closing the Food Gap* (2008), chapters 5, 9, and conclusion.
- Michael Pollan, "Farmer in Chief" (2008).
- Spend some *quality time* reading hunger and policy links on Blackboard.

Guest: Steveanna Wynn, SHARE

### March 5 **Food justice**

Reading:

- Gerda Wekerle, "Food justice movements" (2004).
- Frances and Anna Lappe, *Hope's Edge* (2002), chapters 3-4.
- GFJI & WHY, "Race and the Food System" (link).

Assignment due: 2-page research design for group community food assessment

## *Metropolitan Food Systems*

Spring 2010

### GROUP PROJECT

This group project aims to immerse students in the design, research, and production of Community Food Assessments (CFAs), one of the foundational tools of food systems planning at the neighborhood and municipal levels.

In phase one (February-March), students will work in groups to:

- 1) Refine research questions and develop a research design and work plan;
- 2) Conduct fieldwork including visits to food retail outlets, food relief organizations, and other parts of the food environment in the group's assigned neighborhood; and
- 3) Analyze field and administrative data in a brief report including maps, tables, and concise but specific narrative analysis. This initial report will assess food security, access, and the overall food environment of the neighborhood.

In phase two (April), each group will refine its analysis of the food environment and develop concise planning and community economic development recommendations. The entire report (phase 1 analysis and phase 2 recommendations) should total 2,000-3,000 words.

The CFAs will be posted on a publicly accessible web site developed by the class, and will be used by The Food Trust, the class's partner in this project and the national leader in inner city food market redevelopment, to inform its work with corner stores, farmers markets, and related projects.

### Important project dates (all meetings noted are in class):

- February 19 Introduction to food environment assessment/mapping with Amy Hillier (Penn Planning) and Yael Lehmann (The Food Trust)  
Group meetings to discuss research design  
*\* Initial field research to test methods before class on 2/26.*
- February 26 Group meetings to finalize research design and develop work plans
- Mon. Mar. 1 Research design and work plan (2pp.) due  
with any questions you have for The Food Trust
- March 5 Group meetings in class (as needed)
- \* March 19 Entire class meeting devoted to group meetings to analyze data
- March 26 First draft due: a summary of your research findings, including maps and analysis of the neighborhood food environment, access, and security
- April 2 Informal presentation of findings (7 minutes)  
Debrief with Brianna Sandoval (The Food Trust), discussion of next steps
- Mon. Apr. 26 Final draft due: including edited analysis and recommendations

# University of Pennsylvania

## III. Community Economic Development

### March 26      **Markets, Distribution, and Value Chains**

Reading:

- Thomas Reardon et al, “The Rise of Supermarkets in Africa, Asia, and Latin America” (2003).
- Wallace Center, Sysco case study
- Gilbert Gillespie et al, “Farmers’ Markets as keystones in Rebuilding Local and Regional Food Systems” (2008).
- Project for Public Spaces, *Public Markets as a Vehicle for Social Integration and Upward Mobility* (2007).
- Browse markets and distribution sites on Blackboard.

Trip: Reading Terminal/Fair Food Farm Stand

Assignment due (group): Community food assessment (first draft)

*Take-home exam distributed*

### April 2      **Food enterprise and workforce development**

Reading:

- John Hendrickson, *Grower to Grower* (2005).
- Marian Burros, “Uniting Around Food to Save an Ailing Town” (2008).
- Kate Kilpatrick, “The Corn Ultimatum” (2008).
- Browse enterprise and workforce development sites on Blackboard.

Debrief community food assessments with Brianna Sandoval, The Food Trust

\* *Brief (7-minute) presentations and discussion of next steps*

### April 9      **Urban agriculture policy and practice**

\*12-5pm

Reading:

- de Zeeuw and Dubbeling, *Cities, Food, and Agriculture* (2009).
- Luc Mougeot, *Cities Feeding People* (1994), parts 1, 4, 5, and 6.
- Mustafa Koc et al, eds., *For Hunger-Proof Cities* (1999), part 5.
- Browse urban agriculture links on Blackboard.

Workshop: Weavers Way Farm

## University of Pennsylvania

April 16      **Sustainable agriculture systems**  
\*12-5pm

Reading:

- Wendell Berry, “Solving for Pattern” (1981).
- Dave Jacke, *Edible Forest Gardens, Volume 1* (2005), chapters 1, 3, and 4.
- Browse sustainable agriculture sites on Blackboard.

Assignment due: take-home exam (individual)

Workshop: Forest gardens and composting at SHARE

April 23      **Edible cities**  
\*12-5pm

Reading:

- Andre Viljoen, ed., *Continuous Productive Urban Landscapes* (2005), chapters 1 and 25.
- Dickson Despommier, “A farm on every floor” (2009).
- Browse sites on Blackboard.

Trip: Las Parcelas garden (for discussion more than hard labor...)

Monday, April 26      Assignment due (group): community food assessment (final)