

# CUL 233 - FARM TO TABLE

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## Course Description

This course explores plant-forward cooking using seasonally available local ingredients for use at events in Lobdell's, the Great Lakes Culinary Institute's teaching restaurant. This course will engage students in growing practices, harvesting, menu planning, preparation and production of food, and the food system. Students will explore how to reduce the carbon footprint of a food system and bring food to the table at its peak of freshness and height of nutritional value. The course includes on-site visits with farmers, food processors, and experts in our local food system to promote understanding of health and sustainability practices related to food safety, water and waste systems, food marketing, distribution, and the local food movement. Group 2 course.

## Credit Hours

3

## Contact Hours

## Required Prerequisites

CUL 111, CUL 118

## General Education Outcomes supported by this course

Quantitative Reasoning