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Dialogue

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Editorial

Why an issue on dinner? Our thesis in assembling this issue is that food is important. Food is something we all have in common, it affects us every day, and at Calvin, our daily bread is built into life on campus, whether we eat in the dining halls, use a microwave in Johnny’s, or grab a coffee from the Fish House. As a Christian institution, the act of eating (and the industries associated with this practice), must be considered as a central part of our spiritual formation as well as our physical health. In this Dialogue, you will encounter a sampling of issues related to what we put in our cart, on our plate, and in our bellies. These include nutrional, environmental, social, cultural, ethical, and spiritual concerns.

Futhermore, and central to our publication, we think food is a form of art. So you will also find plenty of art, visual and written, along with some resources to inform and (hopefully) inspire you. Eating is a sensory, sensual experience that speaks to ourselves, our history, and our culture. It involves performance, produces artifacts (edible or otherwise), and requires interpretation as well as digestion. Last but not least, food is enjoyable — perhaps that is the conclusion we most hope you take from this issue. So find a friend and eat up! We'll bring the drinks.

Ryan Weberling and Miranda Brouwer
Lee Bolt *Untitled* screenprint

Dialogue 3
Most people agree: garlic is yummy. But there is much more to garlic than flavour. As I've gotten to know this ancient allium, I've learned that garlic is a culinary and medicinal superhero. If you eat a clove of raw garlic every day, you probably won't ever get sick. In fact, I submit that if you do this over a lifetime, you could actually live forever. If that's what you really want. This is a recipe for my favourite way of getting my daily dose of garlic, but you can be creative. Put it in your salad, in your pesto or hummus, in your pizza or just dip the whole ding-dang clove in honey and munch away. And if you're worried about bad breath, just wait 'til your friends see how healthy you are, and they'll all be doing it, too!

A recipe for strong breath and a stronger immune system:

- slice whole grain bread
- 3/4 of a locally-grown apple
- clove raw fresh garlic
- ahini

Toast the bread. While it's in the toaster, mince the garlic and slice the apple into thin slices, as many as you need to cover the toast. Spread the ahini on the toast, then sprinkle the garlic on, and cover with apple slices.

From Jack Kielstra and Amanda Pheeney

For Dinner
An Overripe Catharsis

Once, I nearly catered to the crunch. Then instead I wrote this poem, which was divine! I felt alive,

Inside These words: they blew through me.  
Me: a glistening sea under a citrine breeze.

I simply closed my eyes,  
began to concentrate softly  
on breaking through my mind’s frostbitten freeze.

I felt the bulk of my rind  
beckoning release,  
then bit through the pulse,  
the seed of my grief  
and collapsed on the carpet  
gushing out relief.  
The weight round my world 
had evaporated satiatedly.

Peanut Butter Chex Mix

Ingredients:  
1 16-oz. bag butterscotch chips  
1 box Chex cereal  
1 cup peanut butter  
chocolate chips, to taste (approximately 1/2 bag)

Microwave butterscotch chips and peanut butter, mixing occasionally, until entirely melted and blended. While it is still hot, pour in the Chex and stir until all the pieces are covered, then add chocolate chips and mix again. Let dry at room temperature or in the refrigerator.

From Hope Velthouse

Dialogue 5
FRIDAY BREAKFAST 2/15/08

Jennifer Waid  Friday Breakfast 2/15/08

For Dinner 6
Kale Soup

Put everything in a big pot & cook

6-8 C KALE
3 lb TOMATOES (or canned)
1 lb POTATOES
1 C CHOPPED ONION
1/2 C CHOPPED CARROTS
1 T SOY SAUCE (secret ingredient)
1/2 T SALT & PEPPER TO TASTE

from the kitchen of: Gram Ebels

Eric Ebels  Kale Soup

Dialogue 7
Food, Food, Everywhere, and Not a Bite to Eat

It is 4:53, and I sit carefully crafting my English 101 paper when a voice down the hall bellows, "DINNER!" Our floor has its traditions, and being first in line for dinner is one of them. When the doors open at 5:00, I grab a tray and collect my food, carefully considering flavor, health, and hunger. I'm a bit slower than the others since this usually includes a trip to the fruit bar on the far side of Knollcrest. As I carry my food to the two or three round tables our floor has butted together, some of the guys are already well into their meals and others have already lost interest in the eating aspect of dining. Some sort of beer pong variant with chicken nuggets and Mountain Dew has broken out — again. By the end of the meal, the scattered remains of failed attempts are hardly noticeable amongst the rest of the leftover food that still dots the trays.

Presumably, these orphaned pizza slices, half-eaten rice piles, and bowls of neglected pineapple appeared more appetizing behind glass, or were just a buffer to prevent an extra trip, in case of underestimated hunger. My fellow students Calvin-flip their half-drunk glasses onto the one free corner of their trays not occupied by a plate or bowl, and then carry the finished meals to the conveyor belt where they are whisked out of sight behind the clean, white brick wall. While fun and convenience have their place, this extreme disregard for the value of food is astonishing. From behind the brick wall, the waste piles up. Students from the University of Maine at Farmington found that students in their dining halls wasted more than 3.8 ounces of food per person at an average meal, for a total of over 30,000 pounds per year on their campus of 2,265 undergraduates. Those working at Knollcrest or Commons can tell you: we have the same problem here. The incredible waste of edible food here at Calvin College matters and must be dealt with.

I am ashamed when I think about the effort and energy which I waste whenever I don't finish the food I have claimed as my own. The food is produced, processed, packaged, prepared, and paid for — then I reject it. Every one of these steps consumes extra resources and wastes energy. Farmers work hard producing food. Factories combine ingredients and seal food for transport and freshness. Truck drivers and pilots carry it across the country. Chefs in the dining hall make dishes. I buy the food, and then don't bother to eat it? There is something dreadfully wrong with this story, yet it is happening constantly, and on a large scale.

The primary cause is the obvious one: since students are responsible for choosing their own food, students serve themselves too much. It would be impossible to eliminate all sources of waste, such as students disliking the food some days and being extra rushed on others. However, since each person is responsible for serving his or her own food, it should not be too difficult to come close most of the time. Amount of socializing, affinity for the food, time availability, and hunger are all factors that an individual can consider while gathering a meal.

continued on p. 22)
School's out for the day. After unlocking the front door, the boy enters the living room and takes a seat on a clean leather couch. The TV is on almost before he has picked up the remote. Dramatic music blares from the television set. It's a rerun, of course. The boy has seen it before. He flips through the channels, finally returning to the rerun and settling back on the couch in resignation.

Dinnertime. The boy's mother is still at work. The boy gets up during a commercial break and walks into the spotless kitchen. The refrigerator is full almost to overflowing. The boy finds the Skippy peanut butter and a jar of Smucker's grape jelly.

A few minutes later, with a PBJ in one hand and a can of Sprite in the other, the boy returns to the couch and waits for the commercials to end. One of the commercials advertises a new video game based on a recent movie. The boy makes a mental note to ask his mom to buy it for him, but he already expects her to say no. Then he thinks of his best friend, who always buys all the new games as soon as they come out.

He finishes the PBJ; all but the crusts, which he throws in the kitchen trash can during another commercial break. He doesn't like the crusts.

The sub-Saharan sun burns into the landscape, turning soil to dust. Three children are driving a herd of goats along a red road. The sun is already low in the western sky, and the shadows of the children are tall and slender. The children themselves are slender, too. The spaces between their ribs create barely-perceptible shadows against the rich blackness of their skin.

Ahead, in the middle of the road, is a flock of birds. Not carrion-birds, but the kinds that ravage harvests by stealing precious grain from the fields. The smallest of the three children runs ahead into the midst of the birds, shouting, and the flock takes off in a cloud of red dust.

A burst sack of raw peanuts is on the road. Perhaps it has fallen, unnoticed, off the back of a cart. The birds have taken most of the booty, but many scattered peanuts still remain. Delighted, the little boy breaks open a shell and shakes the contents into his hand, then tastes the food joyfully. His sisters have caught up, and one chases the persistent goats away from the treasure, while the other gathers up stray peanuts in her skirt. A few nuts have been run over by a wheel, and they lie crushed on the ground. The girl picks them up anyway and drops them in with the rest.

The children hurry home, eating a few of the peanuts on the way, eager to show their family what they have found.
The Doughnut Not Eaten

Asa Forsythe

Two Krispy Kremes lay on a yellow plate,
And, sorry I could not eat them both
And have room for lunch, long I wait
Wondering with which my hunger to sate
And finally proposed a solemn oath
To eat the smaller, fruit-filled one
Avoiding the richer, less healthy fare
Because it may make me gain a ton,
Though as for delicious fun,
There promised to be quite less there

And both that morning equally lay
On plate no soap as yet had touched
Oh! I left the first for Cousin Dave
Yet, knowing how eating goes on its way,
I think it as well I would have munched.

I shall be telling this with a sigh
Somewhere hours and hours hence
Two Krispy Kremes lay on a plate, and I –
I ate the one with less fat and I
Think that makes little difference.
The Ingredients (Found Poem)

II. Honey Bun

enriched bleached flour
(wheat flour, barley malt,
niacin, reduced iron,
thiamine mononitrate [vitamin B1],
riboflavin [vitamin B2],
folic acid), water, sugar,
palm oil, dextrose, partially
hydrogenated soybean and cottonseed oil

with TBHQ to preserve flavor,

yeast, CONTAINS 2%
OR LESS
of each
of the following:

soy flour, nonfat dry milk,
dried honey, eggs, cinnamon,
cocoa, wheat leavening (baking soda, sodium acid pyrophosphate),
corn starch, soybean oil, salt,
calcium stearoyl lactylate,
calcium carbonate, agar,
emulsifiers (datem, mono- and diglycerides, soy lecithin),
calcium sulfate, calcium propionate and potassium sorbate
(to retain freshness),

ascorbic acid,
azodicarbonamide,
calcium peroxide,
amylase enzymes,
natural and artificial flavors
(CONTAINS LEMON),
color (annatto extract,
titanium dioxide,
turmeric)

For Dinner 12
Chili (experimental)

Ingredients:

- 1 lbs hamburger meat
- ½ onion - chopped
- 3 jalepeños - chopped
- ½ fresh pineapple - chopped
- ¼ cup fresh chopped cilantro
- 1 green bell pepper - chunks
- 2 cans stewed tomatoes
- 1 can tomato paste

Instructions:

Cook hamburger with onions and jalepeños. When cooked thoroughly add drained stewed tomatoes, small chunks of bell pepper, chopped finely cilantro, and small chopped pineapple. Add tomato paste to thicken. Spice to taste with favorite spices found in spice rack.

Jennifer Waid  Experimental Chili
Vegan Veggie Burgers “à la Brooks”; or, how to feed a lot of people with a little money
makes 20-30 burgers

The Burger:
1 pound dry black beans
1 pound dry pinto beans
2 cups dry bulgur wheat
½ cup peanut butter (or other nut butters)
½ cup rolled oats
2 tbsp arrowroot (optional)
2 tbsp cornstarch (optional)
2 tbsp olive oil

Spicing:
2-3 cloves of garlic, minced
1 large onion
2 tbsp cumin
2 tbsp coriander
2 tbsp allspice
2 tbsp ginger
2 tbsp soy sauce
1 tbsp chipotle chile pepper
salt and pepper to taste

(When in doubt, improvise. All spices are to taste.)

Instructions:
- Prepare beans by either soaking overnight or boiling for two minutes and letting sit for 3 hours. Once the beans are soft, either mash or process in a food processor.
- Prepare bulgur wheat by boiling 2 cups of wheat with 4 cups of water. When all the water is absorbed (about 12 minutes) mix the wheat with the mashed beans in a large mixing bowl.
- Mix in all other ingredients.
- Refrigerate the mixture for an hour or so. Preheat oven to 400°. After refrigerating, form mixture into patties and place on greased baking sheets. Bake until brown and slightly crisp, flipping once, about 20 minutes.

To Store:
- Wrap burgers individually in foil or plastic wrap and freeze.

From Students for Compassionate Living
Here, gathered around the clustered tables,
Hands joined in circle’s unity of form --
And not of form alone, for in heart too
Is each one joined. When hands are dropped to eat
The bond remains, a rare eternal thing
Within this sinful, time-bound, mortal world:
The singular miracle of exchange,
Entered into with deliberation,
Yet unknowing what each coming day’d bring,
Nor seeing coinherence yet in full.
Each bears another’s burden, buoying all
Up in the fellowship of boundless love.
"Therefore in greatest joy we keep the feast!"
But each shares freely, one with another,
Whether from plenty or from poverty,
Whether of means or of experience.
Each sees the Christ in each other one’s face,
Giving glory to God in the highest
And, loving him, loving his image there.
Here, in mortal time and space, are pictured
Shadows of the City for which we wait.

Chicken Fried Rice

Ingredients:
2 chicken breasts
½ green bell pepper
1 onion
½ cup corn
3 eggs
4 cups white rice
soy sauce

Cook the 4 cups of rice. Chop up the chicken breast into little pieces. Chop onion and green bell pepper into small pieces. Put the chicken into the hot pan. Then throw the onion, pepper and corn in. Once it is all cooked, put the cooked rice into the pan and mix it all together. Once it is thoroughly mixed, pour the soy sauce into rice. Lastly, turn the fire off and crack the three eggs into the rice and mix the rice until the eggs are cooked.

From the Asia Club and Joshua Eom
Spotlight on Michigan Products and Sustainability Practices at Calvin Dining Services

On Thursday, September 25, 2008 Commons Dining Hall at Calvin Dining Services set up a table highlighting Michigan and local foods that are frequently used in our Dining Program. Our table was featured at lunch and set up right next to our “Knight’s Café” display cooking area, which was a perfect spot for students to survey just some of the local and state foods that we offer. Over 60 products were featured—everything from Kellogg’s cereal to Bareman’s milk. A binder that referenced the featured companies’ web pages and other information was available for students to view.

Many students, some of whom are not from the West Michigan area, appreciated seeing and hearing about the companies that service Calvin. They had no idea Hudsonville ice cream refers to Hudsonville, Michigan, that our ham and turkey products come from within about 40 miles of Calvin, or that our Michigan apples were picked off the tree yesterday!

In addition, we featured the sustainable and environmentally friendly products that we have been using for the past year, including the new “sugarware” silverware that is used at Johnny’s, in the Catering department, and during our cookouts. We also featured new signage that reassures customers that we are using eco-friendly products.

We introduced our new “Green” Sack Lunch program, in which participants use an environmentally-friendly, recyclable bag that is supplied by Calvin Dining Services when a student orders their first sack lunch. For lunches ordered afterwards, we encourage the student to bring in the sack or bring their own (the student can indicate this when ordering their sack lunch online). Furthermore, we prepare the students sandwich, and then the student may select the rest of the components of his/her lunch, with the intent being that they will eat what they take and nothing (or very little) will be wasted. By Calvin Dining Services switching over to these “Green” Sack Lunches, it is estimated that we can save over 30,000 paper bags.

—from Calvin Dining Services
Apple strudel (Germany)  
makes 6 servings

Ingredients:
- 6 cups apples (tart), sliced
- ¾ cup raisins
- 1 tbsp lemon rind, grated
- 2 tsp cinnamon
- ¾ cup sugar
- 1 ¾ cup butter, melted
- ¾ cup ground almonds
- 8 ounces filo leaves
- 1 cup breadcrumbs, finely crushed

Mix apples with raisins, lemon rind, sugar, cinnamon, and almonds. Set aside. Place 1 filo leaf on a kitchen towel and brush with melted butter. Place a second leaf on top and brush with butter again. Repeat with 3 more leaves, using about ½ cup of butter. Cook and stir bread crumbs with ¼ cup of butter until lightly browned. Sprinkle ¾ cup bread crumbs on the layered filo leaves. Mound half of the filling in a 3-inch strip along the narrow end of the filo, leaving a 2-inch border. Lift towel, using it to roll leaves over apples, jelly-roll fashion. Brush top of the strudel with butter and sprinkle with 2 tbsp crumbs. Repeat the entire procedure for the second strudel. Bake the strudels at 400° F. for 20 to 25 minutes, or until browned.

Curried Meatballs in Spicy Coconut Hunkown (Jamaica)  
makes 4 servings

Ingredients:
- 2 tbsp butter or margarine
- 1 tbsp vegetable oil
- 1 large onion, finely chopped
- 2 garlic cloves, chopped
- 500g/1 pound lean beef, minced
- 1 egg
- 3 tbsp Breadcrumbs
- 2 tsp Salt
- 1 tsp hot pepper sauce
- 2 tbsp West Indian curry powder
- 1 tsp ground Jamaican allspice
- 1 tsp brown sugar
- 3 tomatoes, chopped
- 2 escallion (spring onion) stalks, chopped
- 1 6-oz. can coconut milk

Place a skillet over moderate heat and add the butter or margarine. When melted, add the onion and cook for a minute. Combine in mixing bowl with the beef, egg, breadcrumbs, salt, lime or lemon juice, coriander, hot sauce, and curry. Stir well. Shape into about 12 meatballs. Heat the oil in the skillet and fry the meatballs until cooked, for 10-15 minutes. Remove and keep warm. To the skillet, add the garlic, allspice, sugar, tomatoes, and escallions and sauté for 5 minutes. Add the coconut milk and cook for 5 more minutes or longer to reduce. Add the meatballs to the sauce and heat through.

From the International Student Association Committee
For Dinner 18

From the kitchen of: Cassidhe Hart

Curry

- Chop onion + garlic, saute w/ olive oil
- Add spices: Quarter amount of: cumin, coriander, turmeric
  mezzo forte: pepper, mustard
  mezzo piano: cardamom, cinnamon, fennel
  garlic powder, salt, ginger
  piano: red pepper
- Add other veggies: garbanzo beans, tomatoes, spinach, etc.
- Sauté for about 15-20 min...
"The moment of epiphany for me came as an awakening to the intimate but too often unacknowledged connections between the act of eating and just about everything else I claim to value as a person of faith. What I realized is that the links between what we choose to eat as individuals and the flourishing or languishing of God's creation as a whole are much more direct than we often believe. For though our daily food choices may at first appear far removed from the most pressing problems of our age, a closer look reveals that they have disturbing consequences not just for billions of animals, but for the food, commerce, and education systems of developing countries, the dignity of those employed in industrial farms and slaughterhouses, the integrity of our rural communities, the health of an increasingly obese and diseased human population, the accessibility of the healthcare systems that treat these ills, the sustainability of the earth's natural resources, and even the hastening of global climate change. The way we eat, it turns out, has profound implications for the whole of the created order.

As this evidence of the unintended consequences of our current food system continues to mount, it is becoming increasingly clear that, far from being a trivial matter of personal preference, eating is an activity that has deep moral and spiritual significance. Surprising as it may sound, the simple question of what to eat can prompt us daily to answer God's call to care for creation—to bear witness to the marginalization of the poor, the exploitation of the oppressed, the suffering of the innocent, and the degradation of the natural world, and to participate in the reconciliation of these ills through intentional acts of love, justice, mercy, and good stewardship. Indeed, if it is the renewal rather than the degradation of creation that we profess to serve, we must address ourselves with more honesty, conviction, and imagination to the moral and spiritual significance of eating."

Matthew Halteman,
from *Compassionate Eating as Care of Creation*

(opposite) Adam Wolpa,
from *Compassionate Eating as Care of Creation* collage
Boiled Yams/Rice With Palava Sauce (Ghana)

Ingredients:
250 ml (8 fl oz) palm oil
4 medium onions, finely chopped
100 g (3-½ oz) egushi (shelled pumpkin seeds)
3 bunches of spinach, washed and chopped (parboiled [optional])
ground spices (blended garlic and ginger, seasoned meat tenderizer, thyme, adobo, Mrs. Dash)
salt and pepper, to taste

yams or rice
4 large tomatoes, blended
250 g (½ lb) meat
125 g (¼ lb) smoked herring (optional)
2-4 red chiles (hot peppers), finely chopped or blended w/ tomatoes

Cook rice in a rice cooker or saucepan. Add a little salt. If yams, peel and cut into pieces. Boil in a cooking pot with enough water and a little salt until uncooked. Slice meat into pieces and cook in a saucepan with enough water, spices, cut onions and a little salt. Heat oil in another saucepan and fry the onions until golden. Add blended tomatoes, pepper to taste and the chillies (hot peppers). Cook 10-15 minutes on medium heat, stirring regularly. Add cooked meat and cook for 2 minutes. Stir in smoked herring (in big pieces). Simmer on low heat, stirring regularly to prevent burning for about 10 minutes. Add egushi, let simmer for a minute before stirring into the sauce. Cook for a further 5 minutes on low heat. Add the spinach to the egushi stew. Stir it in, cover and simmer on low heat for 15 minutes or until the spinach is soft and cooked. Stir regularly, taking care not to break up the fish too much. Serve hot with the boiled yams or rice.

From the International Student Association Committee

Dialogue 21
Spicy Red Lentil Dahl

his recipe is easy to make, nutritious, and economical. Dahl is a well-loved Indian ish that tastes delicious with naan or rice and makes for great leftovers.

Ingredients:

- 3 cups vegetable broth
- 1 cup red lentils
- 2 tbsp olive oil
- 1 medium onion, chopped
- 3 cloves, minced
- 2 tsp crushed red pepper flakes
- 1 tsp cumin
- 1 tsp turmeric
- ½ tsp coriander
- 2 tsp tomato paste
- ½ cup coconut milk
- 2 tsp lime or lemon juice

Bring broth and lentils to a boil and reduce heat to medium-low, partially over and simmer. When lentils absorb nearly all liquid and are tender remove from heat.

Sauté onion, garlic, and red pepper flakes in oil for 5 minutes. Add cumin, turmeric, and coriander. After 3 minutes add tomato paste and stir constantly for 3 minutes. Add coconut milk and lentils and cook for three minutes.

Season to taste with salt and pepper and stir in lime juice.

From Students for Compassionate Living

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continued from p. 8)

To encourage more consideration of the food students are taking, a few schools have removed trays from dining halls. When students can take in one load only what they can fit in their own two hands, students are likely to take an amount of food closer to what they will eat. Palm Beach University is one such school, where there are no trays except by special request. Even Harvard joined this fresh crop of schools, trying a beta run of “Trayless Thursday,” which resulted in a twenty-two percent decrease in food waste for trayless days. While complete traylessness is not a practical option at Calvin due to the tray-based conveyor system, it is certainly a viable option at the individual level.

By the way, Jesus cares about leftovers. When he performed the miracle of the feeding of the five thousand and he saw all of the uneaten food he commanded his disciples: “Gather the pieces that are left over. Let nothing be wasted” (John 6:12). Even Jesus, who supernaturally created the bread, and could have created more, was concerned with preserving the leftovers.

The crux of this issue reduces to a personal decision to dine in ignorance or to be good stewards of God’s creation by being mindful of our eating habits.
Easy rice potluck dish

From the kitchen of: Cindy Brenner Good 2000

1 jar marinated artichoke

Some juicy tomatoes

1 avocado

1 box wild rice

Make the rice as indicated on box. Mix in chopped artichokes (drained), tomatoes & avocado.

Serve warm or cold.

("So cheap & speedy!")

n.r.g. rice potluck dish
liddle East Feast

**Baba Ganoush**

- **Ingredients:**
  - large eggplant
  - cloves garlic
  - teaspoon salt
  - ¼ cup tahini (crushed sesame seeds)
  - ¼ cup lemon juice

Split eggplant in half lengthwise and put upside down on a greased, foil-lined pan. Put under a broiler until outside skin is charred black and pulp side is soft (15-30 minutes). Scrape out eggplant and put in a bowl to col. Pour off extra liquid before using. In a food processor, mince garlic and scrape down sides. Add eggplant, salt, and tahini. Pulse food processor to mix. Slowly add lemon juice. Taste, adjust lemon or tahini. Serve with pita.

**Tabouleh**

- **Ingredients:**
  - cups bulgur (cracked wheat)
  - cups flat-leaf parsley (about 3 bunches), roughly chopped
  - ½ cups Roma tomatoes (about 4), peeled and diced
  - or the dressing:
    - tbsp extra-virgin olive oil
    - cup freshly-squeezed lemon juice
    - ¼ cup green onions (about 2 stalks), chopped
    - ¼ cup mint leaves, roughly chopped
    - ¼ tsp kosher salt
    - cup water

Bring water to a boil, add bulgur, stir, cover, and turn off heat. Let stand 0 minutes or liquid is absorbed and bulgur is fluffy and tender. Pour off any remaining liquid. To prepare dressing, in a small bowl, whisk together lemon juice, garlic, salt, and oil. In a large salad bowl, toss together parsley, tomatoes, green onions and mint. Add bulgur. Pour dressing over salad, toss to combine. Taste and adjust seasonings.

**Hummus**

- **Ingredients:**
  - 16-oz. cans chickpeas, drained, reserve juice
  - cloves of garlic
  - 1 ½ teaspoons salt
  - ¾ cup tahini
  - ½ cup (or more) lemon juice

Rinse and dry chickpeas. Mince garlic in food processor. Add chickpeas and mince, scraping down the sides. Add salt, tahini and lemon juice. Mix. Add enough reserve chickpea juice to make a thick creamy consistency. Back of a spoon should leave an indentation in the hummus. Check taste for additional lemon or salt. Serve w/ olive oil and pita.

From the Middle East Club

For Dinner 24
While buying textbooks this year, I chose to instantly gratify my interest in food traditions around the world by buying a copy of Hungry Planet: What the World Eats, a book full of beautiful portraits of 30 families around the world each gathered around one typical week’s worth of food. Photographer Peter Menzel and writer Faith D’Alusio, who earlier wrote bestseller Material World, featuring pictures of average families around the world with all their possessions outside their homes, combine each picture with a detailed breakdown by price and ingredients of the food each family eats, essays on the families’ lifestyles and shopping traditions, national statistics on health-related topics, and authentic family recipes (Greenlandic seal stew, anyone?). In the afterword the authors explain how they saw this book as a chance to document the world’s unique food situation today: never have global diets changed so much as in the last decades, and the world’s levels of malnutrition — cleverly defined as “the imbalance from either a deficiency or an excess of nutrients and other dietary elements necessary for health” — keep breaking records. The broad scope of their project is contrasted by the many personal anecdotes of the ways in which they enjoyed hospitality around the world during the more than 600 meals they shared with people, and by the ways their lives were affected by the ways of eating they encountered.

It is exactly this combination of a very personal matter such as food choices — the families look so vulnerable with their most essential needs displayed around them — with national statistics on cigarette consumption and income that enables the book to trigger responses both on the personal and on the societal level. As nutritionist and food writer Marion Nestle notes in the foreword: “even though the pictures are cross sections — one family, in one place, in one country, at one moment in time — they cannot help but represent the larger issues.” Reading the book then feels like playing a giant game of Find the Differences. There are the differences amongst the different chapters: the gap in food worlds and lifestyle between the urban Chinese family and the rural Chinese family covered reflects how the last development of the last decade is altering traditions that are thousands of years old the great number of differences, some more subtle than others, between, say, the Mid-Western tradition and the traditional way of preparing food and dividing work the two wives of the Natomo family in Mali practice. The game’s results are always striking and sometimes painful: unlike most Western cultures, the Natamos, upon being asked, could not relate to the concept of a favorite food.

The unique opportunity to compare and contrast Hungry Planet offers is great for bringing out the way food culture reflects human history often in a more positive way than other parts of culture are transferred. Reading about a family serving Turkish sweets in Bosnia brought to mind the successful integration of Middle-Eastern food in the current Amsterdam landscape. Even the most extreme rightists cannot deny that they like their kebabs on Friday night. It also reminded me of my internship in Indonesia, in which I was constantly confronted with a colonial past of my country I had never learnt to relate to, and realizing that a lot of the good food around at home, the source of which I had never really questioned, was Indonesian. Despite the otherwise considerable communication barrier, I could discuss the quality of the sambal — a delicious mix of hot peppers — with the locals because sambal is what my father cannot eat his stamppot — the Dutch national dish consisting of mashed potatoes with whatever was left in the fridge — without Dialogue 25
Amor de la Mamita
Hope Velthouse

there is something of her that is the kitchen,
there is something of each kitchen that is her.

her hands are stained like windows
with smudges of color on her wrists
and sweet mistakes on her fingertips.

yet her hands are strong and sinewy,
capable, reliable and trust-worthy,
and eager to reach out and be of use.

the recipe books are all writ in her hand,
her laughter sounds in the whir of the mixer,
the heat of the oven is her arms surrounding me.

(this next section in italics)
bless you, mother, mi mamita,
not because you kept me nourished,
but because you taught me how to love.

because of certain qualitative differences in food cultures, this — as most other
colonial traffic — was mainly a one-way endeavor (the only Dutch food item that
seemed to really have caught on was chocolate sprinkles).

Once the deceptively simple pictures and descriptions start opening up their
depth to you, the associations just keep on coming. By concisely portraying in a
haritable manner, the authors quietly hand us material to become a little more
osmopolitan from a new angle, while at the same time challenging us to define
our relationship with our local surroundings: where do we fit on the scale between
the German Melander family of four living on $500 a week (but they buy organic!)
and the Batsuuris who feed their four mouths spending $40? And how should that
knowledge affect us? Despite the numbers, shocking and, to some of our West­
ern ears, oddly cliché at the same time, the result is not moralizing at all; no one
in the pictures looks accusing. On the contrary! They invite you to enter their
kitchens and, after that, to enter your own and have a try at their food.

Although the book was published in 2005, the tensions and ironies it cannot
elp bring up are still relevant and have indeed gotten bigger. I highly recommend
this book, not as much for as for its coffee-table qualities, but rather as a spring­
oard for diving into all your own food-related memories, filling up some gaps in
our global awareness, and weaving all the above into the web of choices that,
however remotely concern the fascinating and necessary task of eating.

Menzel, Peter, and Faith D’Aluisio. Hungry Planet: What the World
Calvin Profiles

At Calvin, food is all over the place. Do you ever wonder about the people who work with our food day in and day out, who stick around after generations of students have come and gone? Below is a brief glimpse into the lives and perspectives of a few of Calvin Dining Service’s employees. (Note: we had some swell pictures of our food friends featured below, until this irresponsible co-editor lost the digital camera in Minneapolis.)

Alsie: Alsie spends her time these days wiping tables in Johnny’s, but for 20 years (beginning in 1977!) she was head chef in the dining halls, with 8 cooks at her command. She tried the retirement thing but couldn’t handle watching TV or just packing lunches for her husband, so she started back up at Johnny’s. Now she cooks for her church once a week or sometimes feeds her 8 kids, 22 grandkids, and 16 great-grandkids. “I just love cooking,” she says. She hopes to keep up her work at Calvin for 3 or 4 more years, she said, “if they’ll let me.”

LeeAnne: “My favorite Calvin food? Hmm...you know, it’s not really about my favorite food, it’s more about the students’ favorite food (or faculty, for that matter).’ LeeAnne said that it’s great to see the enjoyment that students and faculty get when they are provided with food they thoroughly enjoy, and Johnny’s has been trying to make even more people happy with their vegan and vegetarian options. “We are always looking for suggestions and comments in order to keep in the right direction,” LeeAnne says.

Bertha, Lela, and Shirley: These three ladies, the dream team that runs the Staff Dining Room, are one of the longest-running groups at Calvin. Bertha started there almost 30 years ago and has kept the salad bar running ever since. Her sister Lela, started at Knollcrest about the same time as Bertha but moved over to the Staff Dining Room 8 years ago. Lela’s favorite Calvin food is the fried catfish, but Bertha said she’s fine with just her salad bar.

Linda: Linda most often runs the doors at Knollcrest, and so twice a day, for 15 years, she gets to see the crowds file in for food. She loves the students! And as for her favorite Calvin food, she loves the fruit provided by Rada (see below).

Tom: Tom came to Knollcrest 5 years ago from the Culinary Institute in New York the Hilton, and Charlie’s Crab. In contrast to some of his past experiences, he now enjoys working for the kids. Look for him taste-testing the seafood, which is his favorite Calvin selection.

Biljana: Biljana grew up in Bosnia. She’s been at Calvin for 9 years, mostly recently working on the sandwich bar and deli in Knollcrest. She says that the students are nice, and she enjoys actually getting to know them after seeing them so often. “They keep me motivated at work,” she says. Her favorite foods are the fruit and veggies and whole grain bread. As you can see, she “tries to keep it healthy.

Karen: The ice cream lady! She’s been scooping for 10 years or so in Knollcrest. She thinks treats are good for the students. Her favorite flavors are chocolate monster and black cherry.

Dialogue 27
Rada: Rada has been working at Knollcrest for 7 years. She is originally from Slovenia, but now specializes in cutting and arranging fruit masterpieces.

Ron: If you've eaten at Knollcrest in the past 7 years (or read Chimes), you probably know Ron, the DJ chef who started the famous omelette bar as well as the austing tunes in Knollcrest. His coworker Biljana says he sure likes tuna, but Ron himself claims that he's just all about the music. "It's all about atmosphere."

Josh: Josh has spent time on the street and knows what it's like to need some food and money. He says when things get tough, not everyone has family to count on, and you sure can't trust the rich folks to help you out. He washes dishes in Commons to make ends meet. "It's all about survival," he reminds us, and everybody needs to remember that, especially when it comes to people who are in need or don't have as much as us.

Indy: Although Cindy is officially the lead cook in Commons, some co-workers now her as the "soup nazi" (she used to be called the "waffle princess"). Most of her time is spent in the kitchen with the stoves and pans, but she gets to hang out ith the student workers and sometimes, she says, "I like to go out and make a kus with the rest of the kids, too." Her favorite food is chicken, in all its varieties.

Sammie and Kathy: These are two of the select few that keep the salad depart­ent running in Commons. Sammie has worked at Calvin for 3 years, and her favorite part of the job is "gluttony!" When she was "dead pregnant" last year, she tried eenty of weird combinations of food but tried to stick with her favorites, the fruits and the vegetables. Kathy has been here for 10 years and likes chicken à la king. "And off the record," she tells us, "Commons is still better than Knollcrest."

Compiled by Tabitha Speelman and Ryan Weberling
Index (Local Sources of Nourishment)

This guide is just a loose collection of recommendations based on one student's experience here in the city of Grand Rapids. Check a phonebook, community guide, or the internet for locations, phone numbers, or more detailed information.

[specialty shops]

→ Martha's Vineyard
Cheese from every country, special meats and salamis you can't find at other places, selection of fresh goods, international delicacies like homemade hummus and stuffed grape leaves, biggest wine selection in town. Open 7 days a week until midnight.

$$-$$$ ★ Ask for suggestions and help with anything unfamiliar. Cool, knowledgeable, and friendly staff.

→ Marie Catrib's
Delicatessen and more! Two whole cases with goodies made daily by Marie. Local produce with Mediterranean flair. Sandwiches, salads, desserts and more.

$$-$$$ ★ Try the challah bread or baked beans. Lots of vegetarian options, very vegan-friendly.

→ Erica's
International market with deli, bakery and bistro, too. Flags for every country they represent. Assortment of specialty food items.

$$-$$$ ★ Cookies?

→ G. B. Russo's
Yet another international market, newly expanded. Aisle after aisle of specialty items.

$$-$$$ ★ Try some gelato, or maybe something from the deli.

[bakeries]

→ Wealthy Street Bakery
European-style breads, variety of the usual, sweets, desserts, foccacia, and made-to-order pizzas.

$-$ ★ Go on Tuesdays and Thursdays for vegan pastries!

→ Nantucket Bakery
The sister-store to Martha's Vineyard, open until 11 pm daily! Each day features a few specials like chocolate bread or cranberry walnut wheat. Check their calendar for specifics.

$-$ ★ Best pizza in town, pick-up only.

→ Marie Catrib’s Bakery
Deli + Bakery? Say no more. Assortment of cakes and desserts. Bread is sold by the pound, so prices can add up with their hearty loaves. Vegan selections, too.

$$-$$$ ★ Baklava!!!

[health food stores and fresh produce grocers]

→ Fulton Street Farmer’s Market
If you haven't heard the buzz, locals migrate to Fulton and Fuller religiously for organic produce and everything from seasonal fruits and vegetables to jewelry, soap, flowers, honey, and more. Check their website for a list of what’s in season. Open May thru Christmas, Tuesday, Wednesday, Friday, Saturday.

$-$ ★ Simplify your grocery shopping: Consider applying for a crop share from any of our local farms. A single share easily feeds a house of 4-6.

Dialogue 29
Harvest Health Foods

- In one stop for organic produce, frozen foods, vitamins, and such. Two convenient locations on both sides of town.
-

Forest Hills Food

- Local grocer offering a whole slew of produce from Trillium Haven Organic Farms. They drop off their goods on Friday and Mondays, so shop accordingly.
-

The Health Hut

- Brand new health food store in the heart of downtown G-Rad, especially good for last-minute necessities.
-

The Green Life Market

- Specializes in direct and fair trade! Market full of organic goodness. Small selection of earth-friendly cleaning supplies, too.
-

Plus, a few international markets just to get you started:

- Lee's Oriental Market
- Saigon Market
- India House
- Mediterranean Island Foods
- Middle Eastern Market

in the town:

- Six One Six
- Located in the J.W. Marriott—uses organic and local products when available. Call ahead and the chef will make a special vegetarian or vegan menu for you.
-
- Bloom
- Contemporary, modern, upscale restaurant with lots of local goods, a seasonal menu, and homemade ice cream.
-
-for Dinner

- Gaia Cafe
- Cozy, friendly service—great for breakfast and lunch, plus lots of local, vegetarian, and vegan options.
-
- Marie Catrib's
- Cozy, friendly service—great for breakfast and lunch, plus lots of local, vegetarian, and vegan options.
-
- Schnitz's Deli
- Out of this world sandwiches! So many choices, plus deli items and cookies
-

For Dinner 30
Global Infusion  
Shelves of bulk loose-leaf tea, spices, and fair trade crafts and jewelry to buy. Sit down and try something new.

The Sparrows  
A student haven with an array of wonderful loose-leaf teas, fine coffee, crépes, homemade soup, and all the periodicals you could ever want.

Common Ground  
A friendly space with some minor attractions: comfortable couches and chess players, plus Scrabble—½ smoking, ½ non.

The Bitter End  
Head to the West Side for a paper-writing paradise—open 24 hours.

Little Africa  
Eat with your hands and you won’t get hungry.  
$$  $\star$ Try the combo platter and some spiced tea.

Salam Store  
Great food from a convenience store with a stove in back. You can’t beat the prices!  
$  $\star$ Try the hot lunch for only $5.

India House  
Family-run; a little business with lots of culture.  
$$  $\star$ Try aloo poorie--potato dish in spicy curry, served with naan.

Bombay Cuisine  
newly decorated with a wonderful lunch buffet  
$$$  $\star$ Try any of their tandoori treasures.

San Chez Tapas Bar  
Electric, fine dining featuring Spanish and Moroccan delights. Eat relaxed or upscale, your choice! Open for breakfast, lunch, and dinner.  
$$$  $\star$ Check out their menu online.

El Arriero  
All the Mexican classics—super chips and salsa, burritos and fajitas and friends.  
$$-$-$  $\star$ Try something you can’t get at Taco Bell

Morado  
Conveniently located downtown, featuring exotic specialty sushi rolls.  
$$-$$$$  $\star$ Try a caterpillar roll.

Wei Wei Palace  
More Chinese delights, located in the same plaza as Asia Mart.  
$$-$$$$  $\star$ Try the dimsum or Peking duck.

Phô  
Give Vietnamese food a go at this tiny, friendly stop.  
$$  $\star$ Try a big bowl of phô.

Pita House  
Right in Eastown, complete with baklava, hookah supplies, and a mini-market.  
$$  $\star$ Try a falafel gyro.

Mediterranean Grill  
Journey a distance down 28th Street to find some of the best (and most secret) Mediterranean food in town.  
$$  $\star$ Try the fatoush salad or a fresh fruit smoothie.

Dialogue 31  
Fieldwork by Abigail Berry, Edited by Ryan Weberling
Rachel deLange

When I photographed, I aim towards a more intimate type of image. I chose my subject because food is an important part of our everyday lives. I generally don’t think about how much I eat every day, let alone how much every week. As I was photographing I became more conscious of what I was eating and how often I was eating. I found it interesting how breakfast was eaten less often and was usually healthier. The meals I ate later in the day were increasingly healthy. I chose to photograph every picture from my position in front of the plate. This is an experience from just one week of 2008 starting from Saturday, February 9, to Saturday, January 16.

SCL (Matt Walters and Dan Hooley, Co-chairs)

How We Eat: Students for Compassionate Living (SCL) works with animal advocacy issues. We examine how our eating habits affect animals, the environment, people working in the animal industry, and our health. Within our organization many of our members promote veganism, where one does not eat animals and any animal products, as the best way to assure good health, environmental sustainability, workers rights, and the fair treatment and respect the rights of animals. The industrial method of producing meat, which is often called factory farming, where most meat comes from today, disastrously harms the environment, our health, and the workers in the industry. Evidence of the impact of industrial animal agriculture on the environment can be seen in a recent UN report which showed that the production of meat contributes more to global warming than all of transportation. Moreover, this method of production treats animals as if they were commodities, not creatures with the capacity for pain, pleasure, and other emotions. This practice puts economics ahead of their well-being. The result is uncomfortable, unhealthy, and pain-filled lives where these animals cannot even fulfill their most basic instincts (such as moving around, extending their limbs, and developing social connections) in the cramped and confined quarters in which they are forced to live.

Thankfully, each of us can help to change this situation by making simple and easy changes in the food we buy. Contrary to what many might think, the decision to eat more plant based foods, or go vegetarian or vegan, in general brings about a greater diversity of food options and greater satisfaction in the food you eat. If you don’t believe us, come to an SCL potluck, try some delicious vegan food, and see for yourself.

We offer the included recipes to encourage eating plant based diets, to change the way we do it and improve the way we treat and understand animals. For more information, contact one of us or visit our blog at calvinscl.wordpress.com.

ISAC (Kara Shin, President)

The International Student Association Committee (ISAC) seeks to support international students by designing and promoting activities that will create community among themselves and the larger Calvin community. In addition, it seeks to promote a greater awareness of and appreciation for international issues and different cultures among staff and students on Calvin’s campus.

For Dinner 32
Dialogue is Calvin College's student-run journal of commentary and the arts, published multiple times a year, with a CD release in the spring semester. Dialogue is a magazine dedicated to enhancing productive discourses, nurturing artistic growth at Calvin, and engaging culture through images, words, and ideas.

We welcome submissions of articles, reviews, essays, literature, and visual art of every sort. Submissions, questions, feedback, and all other correspondence may be addressed to the editors at dialogue@calvin.edu.

For further information about Dialogue, event calendars, and musical releases, please visit our website: http://clubs.calvin.edu/dialogue.

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