



## CULTURAL ECOLOGY

*Cultural Ecology is the study of the cultural aspects of human interaction with the environment.*

The purpose of understanding cultural ecology in the context of food is to relate and connect the four food subsistence strategies and find a commonality. Culture and environment shape humans as a species and food is the driving force of that change. The four subsistence strategies are a part of the human experience as well as cultural evolution. These strategies continue to be practiced in many parts of the globe. In our ever changing connected and globalized world many communities are experiencing the effects of globalization. Culture identity and knowledge loss along with a feeling of insignificance are the lasting impacts of the current food system. The resistance in recent times comes from revitalization and relocalization movements centered around culture and community.

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## YOU ARE WHAT YOU EAT!

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*"A nation's diet can be more revealing than its art or literature" – Eric Schlosser*

### WHY FOOD MATTERS

- Food sustains human life.
- Comes from our environment.
- Shapes our culture.
- Food is at the center of human migration, society, conflict, and evolution.

Subsistence Strategy	Description
Hunter/Gatherer-	Groups that make their primary living from the exploitation of wild foods. Hunting actively looking for, killing, butchering and consuming animals. Gathering-the collection of relatively small and nonmobile resources wild plants, small land fauna and shellfish.
Horticulture-	Low intensity agriculture involving relatively small scale fields, plots, and gardens, food raised primarily for personal consumption rather than for trade or central authority.
Pastoralism-	The herding, breeding, consumption, and use of managed or domesticated animals, to the general exclusion of plants.
Agriculture-	The cultivation of soil for growing crops and the rearing of animals to provide food, wool, and other products.

## CHALLENGES

- Global food System.
- Cultural identity and knowledge loss.
- No connection to the food that you eat.
- Deforestation and Pollution.
- Climate Change.
- Population Growth.
- Mass Production and Consumption.

## OPPORTUNITIES

- Relocalization and revitalization.
- Farmers Market and Food Co-ops.
- Buy local and organic foods.
- Support local eateries.
- Find a niche- do your part!
- Sustainable living.

## SUPPORT LOCAL FOOD!



River and Rail Bakery









