

Summer 2011 @ Sterling College

# Vermont's Table

## *Farming, Cooking and the Rural Experience*



*Vermont's Table* is a unique college level (12 credit) culinary arts program, featuring a fresh, hands-on approach to the study of farm-to-table food systems. Explore the distinctive flavor of Vermont's Green Mountains under the tutelage of expert chefs and farmers at Sterling College.

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### **SESSION I:** *June 1 – June 30*

AS 211a - 2 credit

**Production of Value-Added Products I**

HM 216a - 1 credit

**Seminar in Food Writing I**

SS 245a - 1 credit

**Seminar in Food Entrepreneurism I**

SS 247a - 1 credit

**Field Study in Vermont Food Systems I**

SS 135a - 1 credit

**Whole Farm Thinking I**

### **SESSION II:** *July 7 – August 12*

AS 211b - 2 credit

**Production of Value-Added Products II**

HM 216b - 1 credit

**Seminar in Food Writing II**

SS 245b - 1 credit

**Seminar in Food Entrepreneurism II**

SS 247b - 1 credit

**Field Study in Vermont Food Systems II**

SS 135b - 1 credit

**Whole Farm Thinking II**



*“Through Sterling’s farm-to-table curriculum we address the gap in most food system education and allow that knowledge to come full circle—from networking with farmers and chefs, to actively growing and cooking our own food, to serving meals at our community’s table.”*

— Anne Obelnicki, Chef & Director of Sustainable Food Systems at Sterling College

For more information or to apply visit: [www.sterlingcollege.edu/vt-table](http://www.sterlingcollege.edu/vt-table)

# Sterling College

The study of food is a path to understanding issues of health, economy, politics and the environment. How we eat has a large impact on how we live, and in the Northeast Kingdom of Vermont, local food has helped rejuvenate whole communities. This summer semester program takes a dynamic approach to food studies, combining hands-on culinary training with an in-depth survey of Vermont food systems. Students are deeply immersed in the rural experience, farming, cooking, and engaging with food entrepreneurs.

Vermont's Table is offered in two 5-week sessions. Students are encouraged to attend both sessions, but can apply for only one. Some cooking experience is helpful, but not required. *(Space is limited to 12 participants.)*

## Summer Semester at Sterling College

Sterling College is a year-round institution, offering a complete summer semester in addition to the spring and fall terms. Vermont's Table is a fully integrated piece of the summer semester, and all forms of financial aid are available to qualified applicants. To apply online, please visit: **[www.sterlingcollege.edu/apply](http://www.sterlingcollege.edu/apply)**

## Student Housing

Comfortable housing for Vermont's Table students is provided in Houston House, the former Inn on the Common, a historic building complete with charming bedrooms, professional kitchen, and picturesque grounds adjacent to the campus farm and gardens.

## Questions?

Call **1-800-648-3591** or visit **[www.sterlingcollege.edu/vt-table](http://www.sterlingcollege.edu/vt-table)**