FYS 18: Ten Ways to Know Nature
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Podcast Transcript for “Food” Chapter

M: in this chapter of our show we’ll be discussing with you all food and how and where we see it in nature. We are your hosts today, Miki and Paige.
P: food is one of our most intimate interactions with nature, so let’s talk about where we see it Miki.
M: well at Lafayette College I see it so many places; Farinon, Marquis, in Simon’s, in Gilbert’s, there’s literally so many options on campus.
P: I know, but that’s just here at school. We also see it in the restaurants and grocery stores, but I think the problem is they don’t do a great job of telling you exactly what kind of food it is.
M: that’s exactly right Paige. I’m from a farm in Vermont and so for me, organic foods are very important. Being at college has been really hard because a lot of the foods aren’t labeled and so I’m not always sure what I’m eating. I was always brought up to eat grass-fed beef, for example. However, at Farinon, which is a place where I go to eat dinner and lunch everyday, they don’t label if it’s grass-fed beef or not, therefore I’m not able to eat it.
P: that sounds like a really hard life Miki, I don’t know how you do it.
M: yeah, it’s really difficult.
P: haha Miki I was just being a little sarcastic. You’re actually really lucky that you grew up on a farm and had access to all that natural, organic food because a lot of people don’t have that, and so they resort to eating at fast food chains like McDonalds and other places, which genetically modify their food and put hormones in their animals. And when we eat there, we’re not really interacting with nature at all.
M: I feel like that’s how a lot of the food on campus here is too. Some kids really care about eating organic, so they try to steer away from some of the foods they serve here at Lafayette. However, many of the students don’t care and have been eating this kind of food all their life.
P: yeah that’s so true Miki. Maybe we should take them to Farinon and see what other people think.
M: that’s a great idea!
M: we’re bringing you all now to Upper in Farinon at Lafayette College, where most people like to eat dinner as well as most other meals. One of our really good friends, Harrison, is from New York City, and if we’re going to be honest, he has some odd opinions about chicken, which is one of his favorite foods.

M-Q: Harrison, will you tell us about your favorite kind of chicken to eat?
H-A: I like chicken with a lot of hormones in it. (both laugh) They got BBQ sauce and then I put some of that on it, and then I put some hot sauce on it, and then the chicken is very healthy and it tastes good.

M-Q: Do you ever care about where they come from or…?
H-A: My opinion is that as long as the chicken tastes good, then that means that it’s okay to eat, but if it has anything, weird colors to it, then I don’t want to eat it really.

M-Q: And that’s all you care about?
H-A: Yeah just no weird colors and no gross.
M: Well thank you so much. See you later Harrison!
H: See you later!
M: We purposely chose to interview our friend Harrison because he’s lived in New York City his entire life. Living in NYC, he has had very little access to organically grown foods, therefore he does not have a very intimate interaction with nature through food.
P: Yeah I feel like it’s much more common for people who live in rural areas or who grow up on farms like you Miki, to have close interactions with nature through food because they have a more hands-on experience with it. Especially on farms where they can work with the animals and watch them grow up. However, today I think that we’re getting farther away from nature in farms because of all the genetic modification that’s going on.
M: It has even been taking people that have farmed their whole lives away from nature because factory farming is taking over the food industry. This is such a huge issue that today there are many documentaries as well as articles written about the subject because it’s such a controversial issue.
P: yeah remember that, uh, the movie we watched, Food Inc.?
M: Oh! Yeah Food Inc. that was incredible. It was so sad because we saw pigs born and raised inside a sterilized environment. They weren’t able to be exposed to human germs as well as the outside until they were brought out to be killed.
P: That, that is just so awful, and they would just, the only time they would get to leave their little crate was when they were getting ready to be slaughtered. (Miki laughing)
M: I’m so sorry Paige; I really don’t know why I just laughed. It just sounds so absurd to me. Pigs are meant to be kept outside. Pigs are supposed to be dirty and fun animals, but instead they’re kept in such a small place their whole life. It just upsets me and I find it ridiculous.
P: I know I feel like they’re not even animals anymore. They’re like, they’re actually making them into machines, just to produce this food for them to sell.
P: Hey lets talk to one of our good friends, Kirby. She’s a bio major, so I’m sure she knows a lot about this.
M: That’s a great idea!
   M: Hey Kirby!
P: Hey Kirb!
K: Hey guys
M-Q: Will you tell us a little bit about what you know about genetically modified foods?
K-A: well, I’ve seen a few movies, and in one of them the chickens, they make their bodies so big that their ankles can’t support them anymore and they just have to sit there on the ground. And they’re all so tightly packed that none of them can even move.
M-Q: And this is done by injecting hormones into them?
M: Oh wow!
P: Yeah that’s pretty much right.
M: Thank you!
P: Thanks Kirby!
K: Your welcome guys
P: See you later
K: Bye
M: It just so happened that the story that Kirby had told us about was from the movie that we mentioned earlier, Food Inc. So many people are concerned about this topic, and if what they’re eating is okay for them to eat, and if it’ll harm their bodies at all.
P: Yeah it’s actually really good that this controversy is taking place because it’s getting people to become more aware and to think about what they’re eating. And so, because they don’t want to eat genetically modified food because it sounds gross and unhealthy, they’re choosing the organic food, which in turn is actually bringing us closer to nature.

M: That’s exactly right. Organic and natural foods truly bring us closer to nature. Paige, I think for our listeners’ sake we should tell them a little bit about how genetically modified foods are created. Will you take the reigns on this one?

P: Yeah sure! Okay, so genetic modification happens in both plants and animals. So in plants, they actually slice and swap the genes and then mix them around with other plants to make new combinations, like a pair and an apple mixed together could be a papple.

M: Oh I saw something about that. It’s really interesting; they actually make true combinations of fruit to produce a whole new fruit. And, also I heard that they use genetic modification to improve fruit and vegetables’ ability to endure climate.

P: One of our good friends, Michael Bloom, actually knows a lot about this topic.

M: Let’s ask him about his knowledge.

P-Q: What do you think about the food that’s served here at Lafayette; do you think it’s suitable for your standards?

B-A: I personally don’t really know much about the food at Lafayette; whether or not it’s genetically modified or not. I assume it is since they have to get cheaper food, so it’s probably mass-produced. But, I don’t actually know for sure if it is.

P-Q: Will you tell us a little bit about your knowledge of how they genetically modify this food?

B-A: From what I know, I know that they give a lot of growth hormones to animals because you can get bigger animals and it makes it a lot cheaper since they don’t need nearly as many animals to get the same amount. And they use it a lot for sprays on crops, like vegetables and fruits, because they can grow in climates that wouldn’t necessarily be able to grow them. And they can also get bigger yields from each crop.

P-Q: Yeah, if you knew that the food you were eating was genetically modified, would you still eat it?

B-A: There’s not that many options at school, but like I would much rather prefer not to eat genetically modified food just because it’s definitely not as healthy as natural.

M: Thanks for sharing your opinions with us!

B: Your welcome!

M: From all the interviews we’ve shared with you today it’s easy to see that there’s so many different levels of knowledge when it comes to the subject of genetic modified foods.

P: We hope that genetic modification stops and that food remains in its natural state so we can continue to know nature through what we eat.

M: thanks for tuning in to Paige and Miki’s chapter…

P: …on how to know nature through food