

The Good Food Revolution Growing Healthy Food People And Communities

Nearly a third of the world's population suffers from hunger or malnutrition. Feeding them – and the projected population of 10 billion people by 2050 – has become a high-profile challenge for states, philanthropists, and even the Fortune 500. This has unleashed a steady march of initiatives to double food production within a generation. But will doing so tax the resources of our planet beyond its capacity? In this sobering essay, scholar-practitioner Eric Holt-Giménez argues that the ecological impact of doubling food production would be socially and environmentally catastrophic and would not feed the poor. We have the technology, resources, and expertise to feed everyone. What is needed is a thorough transformation of the global food regime – one that increases equity while producing food and reversing agriculture's environmental impacts.?

Urban agriculture offers promising solutions to many different urban problems, such as blighted vacant lots, food insecurity, storm water runoff, and unemployment. These objectives connect to many cities' broader goal of "sustainability," but tensions among stakeholders have started to emerge in cities as urban agriculture is incorporated into the policymaking framework. *Growing a Sustainable City?* offers a critical analysis of the development of urban agriculture policies and their role in making post-industrial cities more sustainable. Christina Rosan and Hamil Pearsall's intriguing and illuminating case study of Philadelphia reveals how growing in the city has become a symbol of urban economic revitalization, sustainability, and -

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increasingly - gentrification. Their comprehensive research includes interviews with urban farmers, gardeners, and city officials, and reveals that the transition to "sustainability" is marked by a series of tensions along race, class, and generational lines. The book evaluates the role of urban agriculture in sustainability planning and policy by placing it within the context of a large city struggling to manage competing sustainability objectives. They highlight the challenges and opportunities of institutionalizing urban agriculture into formal city policy. Rosan and Pearsall tell the story of change and growing pains as a city attempts to reinvent itself as sustainable, livable, and economically competitive.

A narrative report by a woman who grew up near the Rocky Flats nuclear weapon facility describes the dark secrets that dominated her childhood, the strange cancers that afflicted her neighbors, her brief employment at Rocky Flats and the efforts of residents to achieve legal justice. 30,000 first printing.

If you'd like to grow your own food but don't think you have the space, look up! In urban and suburban areas across the country, farms and gardens are growing atop the rooftops of residential and commercial buildings. In this accessible guide, author Annie Novak's passion shines as she draws on her experience as a pioneering sky-high farmer to teach best practices for raising vegetables, herbs, flowers, and trees. The book also includes interviews, expert essays, and farm and garden profiles from across the country, so you'll find advice that works no matter where you live. Featuring the brass tacks on green roofs, container gardening, hydroponics, greenhouse growing, crop planning, pest management, harvesting tips, and more, The Rooftop Growing Guide will have you reimagining the possibilities of your own skyline.

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'The School Food Revolution is an important book that deserves success.' Journal of Organic Systems 'A great new book that describes how 'the humble school meal' can be considered as 'a litmus test of... government's political commitment to sustainable development.' Peter Riggs, Director, Forum on Democracy & Trade 'The School Food Revolution should be an inspiration for policy makers and for school heads and school canteen operators.' Tom Vaclavik, President, Organic Retailers Association School food suddenly finds itself at the forefront of contemporary debates about healthy eating, social inclusion, ecological sustainability and local economic development. All around the world it is becoming clear - to experts, parents, educators, practitioners and policy-makers - that the school food service has the potential to deliver multiple dividends that would significantly advance the sustainable development agenda at global, national and local levels. Drawing on new empirical data collected in urban and rural areas of Europe, North America and Africa, this book offers a timely and original contribution to the school food debate by highlighting the potential of creative public procurement - the power of purchase. The book takes a critical look at the alleged benefits of school food reform, such as lower food miles, the creation of markets for local producers and new food education initiatives that empower consumers by nurturing their capacity to eat healthily. To assess the potential of these claims, the book compares a variety of sites involved in the school food revolution - from rural communities committed to the values of 'the local' to global cities such as London, New York and Rome that feed millions of ethnically diverse young people daily. The book also examines the UN's new school feeding programme - the Home Grown Programme - which sees nutritious food as an end in itself as well as a means to meeting the Millennium Development Goals. Overall, the book examines the theory, policy and

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practice of public food provisioning, offering a comparative perspective on the design and delivery of sustainable school food systems. The cover illustration is by a Roman child. The authors would like to thank the City of Rome (Department for School and Educational Policies) for permission to reproduce it.

The new food revolution happening right where you live

For the past four decades, increasing numbers of Americans have started paying greater attention to the food they eat, buying organic vegetables, drinking fine wines, and seeking out exotic cuisines. Yet they are often equally passionate about the items they refuse to eat: processed foods, generic brands, high-carb meals. While they may care deeply about issues like nutrition and sustainable agriculture, these discriminating diners also seek to differentiate themselves from the unrefined eater, the common person who lives on junk food.

Discriminating Taste argues that the rise of gourmet, ethnic, diet, and organic foods must be understood in tandem with the ever-widening income inequality gap. Offering an illuminating historical perspective on our current food trends, S. Margot Finn draws numerous parallels with the Gilded Age of the late nineteenth century, an era infamous for its class divisions, when gourmet dinners, international cuisines, slimming diets, and pure foods first became fads. Examining a diverse set of cultural touchstones ranging from Ratatouille to *The Biggest Loser*, Finn identifies the key ways that “good food” has become conflated with high status. She also considers how these taste hierarchies serve as a distraction, leading middle-class professionals to focus on small acts of glamorous and virtuous consumption while ignoring their class’s larger economic stagnation. A provocative look at the ideology of contemporary food culture, *Discriminating Taste* teaches us to question the maxim that you are what you eat.

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ADVANCE PRAISE “A must-read story told with honesty, humor, and humility by a passionate farmer who reminds us what our food system can and should be about.”—Daniel Boulud
“Preston uses brilliant storytelling and brutal honesty to describe what it takes to create both a viable organic farm and a more meaningful life for himself and his family. The New Farm is the kind of book that will inspire people to make positive change.”—Arianna Huffington
“Both a book about the food system and a tell-all of his journey. . . . The ups, and mostly downs, he describes might have been a trial but they do make for a good read.”—The Globe and Mail
After years of working at the ends of the earth in human rights and development, Brent Preston and his wife were die-hard city dwellers. But when their second child arrived, the shine came off urban living. In 2003 they bought a hundred acres and a rundown farmhouse and set out to build a real farm, one that would sustain their family, nourish their community, heal their environment, and turn a profit. The New Farm is Preston’s memoir of a decade of grinding toil and perseverance. Farming is a complex and precarious business, and they made plenty of mistakes along the way. But as they learned how to grow food, and to succeed at the business of farming, they also found that a small, sustainable, organic farm could be an engine for change, a path to a more just and sustainable food system. Today, The New Farm supplies top restaurants, supports community food banks, hosts events with leading chefs, and grows extraordinary produce. Told with humor and heart, The New Farm is a joy, a passionate book by an important new voice.

Call it “Zen and the Art of Farming” or a “Little Green Book,” Masanobu Fukuoka’s manifesto about farming, eating, and the limits of human knowledge

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presents a radical challenge to the global systems we rely on for our food. At the same time, it is a spiritual memoir of a man whose innovative system of cultivating the earth reflects a deep faith in the wholeness and balance of the natural world. As Wendell Berry writes in his preface, the book “is valuable to us because it is at once practical and philosophical. It is an inspiring, necessary book about agriculture because it is not just about agriculture.” Trained as a scientist, Fukuoka rejected both modern agribusiness and centuries of agricultural practice, deciding instead that the best forms of cultivation mirror nature’s own laws. Over the next three decades he perfected his so-called “do-nothing” technique: commonsense, sustainable practices that all but eliminate the use of pesticides, fertilizer, tillage, and perhaps most significantly, wasteful effort. Whether you’re a guerrilla gardener or a kitchen gardener, dedicated to slow food or simply looking to live a healthier life, you will find something here—you may even be moved to start a revolution of your own.

Learn how to use natural no-till systems to increase profitability, efficiency, carbon sequestration, and soil health on your small farm. Farming without tilling has long been a goal of agriculture, yet tilling remains one of the most dominant paradigms; almost everyone does it. But tilling kills beneficial soil life, burns up organic matter, and releases carbon dioxide. If the ground could instead be

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prepared for planting without tilling, time and energy could be saved, soil organic matter increased, carbon sequestered, and dependence on machinery reduced. The Organic No-Till Farming Revolution is the comprehensive farmer-developed roadmap showing how no-till lowers barriers to starting a small farm, reduces greenhouse gas emissions, increases efficiency and profitability, and promotes soil health. This hands-on manual offers: Why roller-crimper no-till methods don't work for most small farms A decision-making framework for the four no-till methods: occulation, solarization, organic mulches grown in place, and applied to beds Ideas for starting a no-till farm or transitioning a working farm A list of tools, supplies, and sources. This is the only manual of its kind, specifically written for natural and small-scale farmers who wish to expand or explore chemical-free, regenerative farming methods.

How a leading writer of the Lost Generation became America's most famous farmer and inspired the organic food movement. Louis Bromfield was a World War I ambulance driver, a Paris expat, and a Pulitzer Prize-winning novelist as famous in the 1920s as Hemingway or Fitzgerald. But he cashed in his literary success to finance a wild agrarian dream in his native Ohio. The ideas he planted at his utopian experimental farm, Malabar, would inspire America's first generation of organic farmers and popularize the tenets of environmentalism

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years before Rachel Carson's *Silent Spring*. A lanky Midwestern farm boy dressed up like a Left Bank bohemian, Bromfield stood out in literary Paris for his lavish hospitality and his green thumb. He built a magnificent garden outside the city where he entertained aristocrats, movie stars, flower breeders, and writers of all stripes. Gertrude Stein enjoyed his food, Edith Wharton admired his roses, Ernest Hemingway boiled with jealousy over his critical acclaim. Millions savored his novels, which were turned into Broadway plays and Hollywood blockbusters, yet Bromfield's greatest passion was the soil. In 1938, Bromfield returned to Ohio to transform 600 badly eroded acres into a thriving cooperative farm, which became a mecca for agricultural pioneers and a country retreat for celebrities like Humphrey Bogart and Lauren Bacall (who were married there in 1945). This sweeping biography unearths a lost icon of American culture, a fascinating, hilarious and unclassifiable character who—between writing and plowing—also dabbled in global politics and high society. Through it all, he fought for an agriculture that would enrich the soil and protect the planet. While Bromfield's name has faded into obscurity, his mission seems more critical today than ever before.

In this fascinating look at the race to secure the global food supply, environmental journalist and professor Amanda Little tells the defining story of

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the sustainable food revolution as she weaves together stories from the world's most creative and controversial innovators on the front lines of food science, agriculture, and climate change. Climate models show that global crop production will decline every decade for the rest of this century due to drought, heat, and flooding. Water supplies are in jeopardy. Meanwhile, the world's population is expected to grow another 30 percent by midcentury. So how, really, will we feed nine billion people sustainably in the coming decades? Amanda Little, a professor at Vanderbilt University and an award-winning journalist, spent three years traveling through a dozen countries and as many U.S. states in search of answers to this question. Her journey took her from an apple orchard in Wisconsin to a remote control organic farm in Shanghai, from Norwegian fish farms to famine-stricken regions of Ethiopia. The race to reinvent the global food system is on, and the challenge is twofold: We must solve the existing problems of industrial agriculture while also preparing for the pressures ahead. Through her interviews and adventures with farmers, scientists, activists, and engineers, Little tells the fascinating story of human innovation and explores new and old approaches to food production while charting the growth of a movement that could redefine sustainable food on a grand scale. She meets small permaculture farmers and "Big Food" executives, botanists studying ancient superfoods and

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Kenyan farmers growing the country's first GMO corn. She travels to places that might seem irrelevant to the future of food yet surprisingly play a critical role--a California sewage plant, a U.S. Army research lab, even the inside of a monsoon cloud above Mumbai. Little asks tough questions: Can GMOs actually be good for the environment--and for us? Are we facing the end of animal meat? What will it take to eliminate harmful chemicals from farming? How can a clean, climate-resilient food supply become accessible to all? Throughout her journey, Little finds and shares a deeper understanding of the threats of climate change and encounters a sense of awe and optimism about the lessons of our past and the scope of human ingenuity.

A step-by-step guide to revolutionize your diet and launch you on the path to long-term health in just one month, written by Ocean Robbins, CEO of the Food Revolution Network. *The 31-Day Food Revolution* is an eater's guide to liberation from a toxic food world. It offers readers an action plan to eating food that is healthy, humane, sustainable, and delicious. In recent years, we have seen people beginning to seek out more wholesome and natural diets to combat ill health, but with all the information available out there, finding the right path to health can be confusing and frustrating. In this book, Ocean Robbins, CEO of the Food Revolution Network, reveals the dark secrets the food industry doesn't want

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you to know that are making you and the people you love sick. He then shows you how, in just 31 days, you can use the healing power of foods to heal your gut, lose excess weight, dramatically lower your risk for diseases including cancer, heart disease, dementia, and diabetes - and contribute to a healthier planet. This is not a typical diet book: it doesn't fit into a particular 'diet' like vegan, paleo or sugar-free. Rather, it aims to educate the readers about the impact of nutrition on their long-term health, and does so from a strong scientific foundation. The steps in this book have been field-tested on the Food Revolution Network community and have been proven to work in medical studies as well as in Robbins' own body of work. But these are presented in a digestible way, so that however little knowledge you have of food and the food industry, you can begin to make healthier choices right now. The book is divided into 31 chapters - one for each day, to help readers adopt new healthy habits until they became the new normal.

In this authoritative and immensely readable insider's account, celebrated cookbook author and former chef Joyce Goldstein traces the development of California cuisine from its formative years in the 1970s to 2000, when farm-to-table, foraging, and fusion cooking had become part of the national vocabulary. Interviews with almost two hundred chefs, purveyors, artisans, winemakers, and

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food writers bring to life an approach to cooking grounded in passion, bold innovation, and a dedication to "flavor first." Goldstein explains how the counterculture movement in the West gave rise to a restaurant culture characterized by open kitchens, women in leadership positions, and a surprising number of chefs and artisanal food producers who lacked formal training. The new cuisine challenged the conventional kitchen hierarchy and French dominance in fine dining, leading to a more egalitarian and informal food scene. In weaving Goldstein's views on California food culture with profiles of those who played a part in its development—from Alice Waters to Bill Niman to Wolfgang Puck—*Inside the California Food Revolution* demonstrates that, while fresh produce and locally sourced ingredients are iconic in California, what transforms these elements into a unique cuisine is a distinctly Western culture of openness, creativity, and collaboration. Engagingly written and full of captivating anecdotes, this book shows how the inspirations that emerged in California went on to transform the experience of eating throughout the United States and the world. A global movement to take back our food is growing. The future of farming is in our hands—and in our cities. This book examines alternative food systems in cities around the globe that are shortening their food chains, growing food within their city limits, and taking their "food security" into their own hands. The author,

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an award-winning food journalist, sought out leaders in the urban-agriculture movement and visited cities successfully dealing with "food deserts." What she found was not just a niche concern of activists but a global movement that cuts across the private and public spheres, economic classes, and cultures. She describes a global movement happening from London and Paris to Vancouver and New York to establish alternatives to the monolithic globally integrated supermarket model. A cadre of forward-looking, innovative people has created growing spaces in cities: on rooftops, backyards, vacant lots, along roadways, and even in "vertical farms." Whether it's a community public orchard supplying the needs of local residents or an urban farm that has reclaimed a derelict inner city lot to grow and sell premium market veggies to restaurant chefs, the urban food revolution is clearly underway and working. This book is an exciting, fascinating chronicle of a game-changing movement, a rebellion against the industrial food behemoth, and a reclaiming of communities to grow, distribute, and eat locally.

Through the lens of his experience as a multiracial Asian American--and a deskbound-worker longing to get his hands into some dirt--Alec Yoshio MacDonald makes the case for reclaiming one's self through gardening. *The One-Seed Revolution* explores the personal benefits of growing vegetables from seed.

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Weaving together reporting, how-to guidance on growing heirloom vegetables, and memoir, author Alec Yoshio MacDonald draws on years of experience as a journalist and a gardener to examine how people can forge a more intimate relationship with their food. Inspired by his ancestral farming connections, MacDonald looks to natural farming pioneer Masanobu Fukuoka, author of *The One-Straw Revolution*, and to the Kitazawa Seed Company, a century-old independent seller of Asian heirloom vegetable seeds, for guidance. In addition to exploring the company's historical legacy, he digs deeply into the Kitazawa catalog to provide gardening advice on raising heirloom vegetables, along with culinary suggestions. The book includes tips on growing 16 different Asian vegetables from seed, including: Daikon (Tokinashi) Turnips (Hinona Kabu) Carrots (Kyoto Red) Burdock (Takinogawa) Mustard (Wasabina) Cabbage (Aichi) MacDonald argues that the garden is not only a place for people to find themselves, but also for them to respond to seemingly overwhelming problems, including the climate crisis and our broken food system. By focusing on what we can control and not underestimating the importance of smaller, quieter action -- such as growing vegetables from seed -- we can achieve healing, especially when we see ourselves as participating in a larger community.

A former basketball star, Farmer Will Allen is an innovator, educator, and community

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builder. When he looked at an abandoned city lot he saw a huge table, big enough to feed the whole world. This is the inspiring story of his determination to bring good food to every table.

There is a serious problem with our modern fruits and vegetables! The produce we feed our family members is far less healthy now than at any other time in human history! Does that statement bother you? It should! How and why did this happen? What can we do about it? Most importantly, how can you ensure that you are feeding your family the most healthy, most nutritious fruits and vegetables possible? If you are going to grow a tomato in your garden anyway why not grow the healthiest, most phytonutrient-rich tomato packed with the most lycopene and antioxidants possible? Are you planning to grow lettuce? Why not grow the lettuce that packs the most nutrition into every leaf? These simple questions are at the very heart of the author's concept of "Phytonutrient Gardening." In this first book in a series of three, Joe Urbach, creator and publisher of the popular website www.GardeningAustin.com and creator of The Phytonutrient Blog answers those questions and more while providing gardeners with a wealth of information including which specific varieties of your favorites to grow to get the biggest nutritional bang for your gardening buck! Filled with fascinating details about the state of modern produce and backed by state-of-the-art research and scientific testing, this useful book will change your life by changing how you look at produce. Read just a few pages and you will change the way you garden, the way you buy groceries, the way

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you store your produce and even the way you cook your meals! Changes all for the better! Leading to a healthier, more active and longer life!

The Good Food Revolution Growing Healthy Food, People, and Communities Avery The "how-to" guide for a new generation of farmers from the author of Farm City and a leading urban garden educator. In this indispensable guide, Farm City author Novella Carpenter and Willow Rosenthal share their experience as successful urban farmers and provide practical blueprints-complete with rich visual material-for novice and experienced growers looking to bring the principles of ethical food to the city streets. The Essential Urban Farmer guides readers from day one to market day, advising on how to find the perfect site, design a landscape, and cultivate crops. For anyone who has ever grown herbs on windowsills, or tomatoes on fire escapes, this is an invaluable volume with the potential to change our menus, our health, and our cities forever. The author discusses her marriage to a man from Beirut, the bond she forged with her Lebanese in-laws, and how she found love, good food, and a meaningful life, despite dividing her time between wartorn Iraq and Lebanon.

Managing agricultural operations in the U.S., Europe, Asia and Africa. Rashid saw, up close, the abuses and inefficiencies of Big Ag. Growing Out Loud is an uncompromising, unapologetic polemic, offering solutions for America's antiquated food system, as well as arguments that demonstrate its failures.

"Sure to become a game-changing guide to the future of good food and healthy

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landscapes." —Dan Barber, chef and author of *The Third Plate Prepare to set aside what you think you know about yourself and microbes.* *The Hidden Half of Nature* reveals why good health—for people and for plants—depends on Earth's smallest creatures. Restoring life to their barren yard and recovering from a health crisis, David R. Montgomery and Anne Biklé discover astounding parallels between the botanical world and our own bodies. From garden to gut, they show why cultivating beneficial microbiomes holds the key to transforming agriculture and medicine.

Over the past few years, Hardwick, Vermont, a typical hardscrabble farming community of 3,000 residents, has jump-started its economy and redefined its self-image through a local, self-sustaining food system unlike anything else in America. Even as the recent financial downturn threatens to cripple small businesses and privately owned farms, a stunning number of food-based businesses have grown in the region. *The Town That Food Saved* is rich with appealing, colorful characters, from the optimistic upstarts creating a new agricultural model to the long-established farmers wary of the rapid change in the region. Hewitt, a journalist and Vermonter, delves deeply into the repercussions of this groundbreaking approach to growing food, both its astounding successes and potential limitations. The captivating story of an unassuming community and its extraordinary determination to build a vibrant local food system, *The Town That Food Saved* is grounded in ideas that will revolutionize the way we eat and, quite possibly, the way we live.

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A guide to organic vegetable gardens and small-scale farming with an emphasis on sustainability. Biodynamic farming, with its focus on ecological sustainability, has emerged as the gold standard in the organic gardening movement. Daron Joffe—known as Farmer D—has made it his mission to empower, educate, and inspire people to become conscientious consumers, citizens, and stewards of the land. In this engaging call to action, Farmer D teaches us to not only create sustainable gardens but also to develop a more holistic, community-minded approach to how our food is grown and how we live our lives in balance with nature. Illustrated with photographs of gardens designed by Farmer D as well as line drawings, the book is packed with advice on:

- Establishing a biodynamic garden
- Composting
- Soil composition and replenishment
- Controlling pests and disease
- Cooperative gardening practices
- Creating delicious meals with your home-grown produce

In collaboration with a James Beard Award-nominated food journalist, Farmer D offers an indispensable resource for anyone who wants to make the world a greener place.

Urban and rural collide in this wry, inspiring memoir of a woman who turned a vacant lot in downtown Oakland into a thriving farm. Novella Carpenter loves cities—the culture, the crowds, the energy. At the same time, she can't shake the fact that she is the daughter of two back-to-the-land hippies who taught her to love nature and eat vegetables. Ambivalent about repeating her parents' disastrous mistakes, yet drawn to the idea of backyard self-sufficiency, Carpenter decided that it might be possible to have it both

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ways: a homegrown vegetable plot as well as museums, bars, concerts, and a twenty-four-hour convenience mart mere minutes away. Especially when she moved to a ramshackle house in inner city Oakland and discovered a weed-choked, garbage-strewn abandoned lot next door. She closed her eyes and pictured heirloom tomatoes, a beehive, and a chicken coop. What started out as a few egg-laying chickens led to turkeys, geese, and ducks. Soon, some rabbits joined the fun, then two three-hundred-pound pigs. And no, these charming and eccentric animals weren't pets; she was a farmer, not a zookeeper. Novella was raising these animals for dinner. Novella Carpenter's corner of downtown Oakland is populated by unforgettable characters. Lana (anal spelled backward, she reminds us) runs a speakeasy across the street and refuses to hurt even a fly, let alone condone raising turkeys for Thanksgiving. Bobby, the homeless man who collects cars and car parts just outside the farm, is an invaluable neighborhood concierge. The turkeys, Harold and Maude, tend to escape on a daily basis to cavort with the prostitutes hanging around just off the highway nearby. Every day on this strange and beautiful farm, urban meets rural in the most surprising ways. For anyone who has ever grown herbs on their windowsill, tomatoes on their fire escape, or obsessed over the offerings at the local farmers' market, Carpenter's story will capture your heart. And if you've ever considered leaving it all behind to become a farmer outside the city limits, or looked at the abandoned lot next door with a gleam in your eye, consider this both a cautionary tale and a full-throated call to action. Farm

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City is an unforgettably charming memoir, full of hilarious moments, fascinating farmers' tips, and a great deal of heart. It is also a moving meditation on urban life versus the natural world and what we have given up to live the way we do.

Finalist for the PEN/E. O. Wilson Literary Science Writing Award “A call to action that underscores a common goal: to change the world from the ground up.”—Dan Barber, author of *The Third Plate* For centuries, agricultural practices have eroded the soil that farming depends on, stripping it of the organic matter vital to its productivity. Now conventional agriculture is threatening disaster for the world's growing population. In *Growing a Revolution*, geologist David R. Montgomery travels the world, meeting farmers at the forefront of an agricultural movement to restore soil health. From Kansas to Ghana, he sees why adopting the three tenets of conservation agriculture—ditching the plow, planting cover crops, and growing a diversity of crops—is the solution. When farmers restore fertility to the land, this helps feed the world, cool the planet, reduce pollution, and return profitability to family farms.

Kids love fast food. And the fast food industry definitely loves kids. It couldn't survive without them. Did you know that the biggest toy company in the world is McDonald's? It's true. In fact, one out of every three toys given to a child in the United States each year is from a fast food restaurant. Not only has fast food reached into the toy industry, it's moving into our schools. One out of every five public schools in the United States now serves brand name fast food. But do kids know what they're eating? Where do

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fast food hamburgers come from? And what makes those fries taste so good? When Eric Schlosser's best-selling book, *Fast Food Nation*, was published for adults in 2001, many called for his groundbreaking insight to be shared with young people. Now Schlosser, along with co-writer Charles Wilson, has investigated the subject further, uncovering new facts children need to know. In *Chew On This*, they share with kids the fascinating and sometimes frightening truth about what lurks between those sesame seed buns, what a chicken 'nugget' really is, and how the fast food industry has been feeding off children for generations.

From Canada's #1 garden team, a guide that makes growing your own fruits, vegetables and herbs simple, bountiful and fun Nothing beats the taste and smell of a tomato freshly picked from your own garden. And there's a certain pride in knowing that the salad you just served—fresh strawberries and all—was harvested entirely from your backyard. But growing your own fruits, vegetables and herbs can be time-consuming and feel overwhelmingly complicated. Your eagerness to get growing in the spring can be rained out by seemingly endless seedlings and seed packs at your garden centre, all with cryptic planting instructions that leave you with withered plants rather than crunchy carrots. But it doesn't need to be that way! Frankie Flowers has decades of experience helping thumbs of all colours turn barren patches and empty pots into bountiful harvests—and he can help you do the same. *Food to Grow* simplifies every growing decision you'll need to make. Frankie helps you evaluate your space,

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decide just how much time you want to invest and then make the smartest choices about which plants will give you the best bang for your buck. He guides you through the entire growing season from prepping and planning, to planting, weeding and harvesting (the best part!), and he shares not just which veggies, fruits and herbs have become Frankie's Favourites, but also which plants just aren't worth the effort. Loaded with gorgeous photography that will have you desperate to get digging, *Food to Grow* includes a detailed A–Z index of over fifty of Canada's most popular home crops. Whether you have space for a few pots or a back forty, *Frankie Flowers* will help you make your dream of home-grown treats a fun and tasty reality.

You hear miraculous stories in the news all the time—a man loses 370 pounds, another is able to return ten of his twelve medications at the pharmacy, and an epileptic child suddenly stops having seizures—each experiences a miraculous change in health, all from simply changing his or her diet. Fascinatingly, these stories all have one thing in common; the subjects started eating the opposite of what they had previously been told was healthy. The dietary guidelines they had learned growing up had failed them. Medical science has long turned a blind eye to such stories. But now the tide is changing, as more and more major studies are being conducted on what the body truly needs to survive—and the findings are alarming. The belief in eating less fat and less saturated fat is mistaken. Inadvertently, this advice may be the biggest reason behind the obesity and diabetes epidemic. It's time to take a stand; it's time for real food

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again! In *Low Carb, High Fat Food Revolution*, Dr. Andreas Eenfeldt takes the offensive by exploring the severe systematic failures on which many of today's dietary guidelines are based. For Eenfeldt's patients, the solution has been a low-carb, high-fat diet that allows you to eat your fill—and still lose weight. The book concludes with a guide section full of tips and recipes—everything you need to start your own food revolution.

There is no despair in a seed. There's only life, waiting for the right conditions—sun and water, warmth and soil—to be set free. Everyday, millions upon millions of seeds lift their two green wings. At no time in our history have Americans been more obsessed with food. Options— including those for local, sustainable, and organic food—seem limitless. And yet, our food supply is profoundly at risk. Farmers and gardeners a century ago had five times the possibilities of what to plant than farmers and gardeners do today; we are losing untold numbers of plant varieties to genetically modified industrial monocultures. In her latest work of literary nonfiction, award-winning author and activist Janisse Ray argues that if we are to secure the future of food, we first must understand where it all begins: the seed. *The Seed Underground* is a journey to the frontier of seed-saving. It is driven by stories, both the author's own and those from people who are waging a lush and quiet revolution in thousands of gardens across America to preserve our traditional cornucopia of food by simply growing old varieties and eating them. *The Seed Underground* pays tribute to time-honored and threatened varieties, deconstructs the politics and genetics of seeds, and reveals the astonishing characters who grow,

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study, and save them.

We Americans love our food. It's part of what has made this nation great. Our fertile farmlands and the abundance and variety of our agricultural output are the envy of the world. For most of our history, we lived close to the land, food was accessed locally, and we processed it in our own kitchens. But as our population and economy has boomed in the last century and we concentrated in cities, we industrialized our food system—with food coming far from home and processed multiple times. As foods rich in natural taste declined, we relied on high amounts of added sugar, fat, and salt to entice our palates. And it has taken a toll: our soil is polluted, our practices are unsustainable, and our health problems, including everything from allergy-related disease to obesity, are on the rise. This has all contributed to historic levels of heart disease, stroke, diabetes, and other causes of preventable death. The good news is that people are starting to find solutions. They're voting with their pocketbooks for a new kind of food system—family farm, 21st-century style. Suburban and urban moms (and dads) want to know what's in their food and where it comes from. No more snack packs, Ding Dongs, and soda for lunch. This revolution is not only in how people eat, but also in how they grow, distribute, shop for, and prepare food. And the food is better tasting, better looking, and better for you. The Real Food Revolution by Congressman Tim Ryan is a manifesto for this new food movement. In it, readers will find information on:

- The history and current state of our food systems
- Myriad negative impacts of our present

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food practices on our health and our planet • Pros and cons of the current farm bill and what changes could help restore our nation • What's happening both at the national and local levels • How people can get involved, with actionable steps at the end of each chapter This is a non-partisan, good-news message that will inform, inspire, and help readers around the country get involved. The era of the Twinkie and the hot-dog-stuffed-crust pizza has been fun, but now it's time for a change.

"A MacArthur ""Genius Award"" recipient and co-launcher of First Lady Michelle Obama's Let's Move! program describes his early experiences as a sharecropper's son and a KFC executive before building a preeminent urban farm to feed, educate and employ thousands of at-risk youths."

The Saving Power of the Plant-Based Diet A revolution in food-politics. When John Robbins released an early version of this book in 1987, he took the first steps in launching the food revolution. His viewpoint and insight on the harms of America's eating habits was a wake-up call for many. By bringing to our attention fundamental issues in our eating habits, such as our dependence on animal products, Robbins provokes our awareness and promotes change. Making conscious food choices. It is obvious to us that what we eat affects our own bodies, but what we may not realize is that what we eat also affects our world. In fact, most of the foods that are bad for us (think: genetically modified products)

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also negatively impact our environment. By approaching our eating habits with intentionality, we benefit our own health and that of the world we live in. The value of a plant-based diet. Robbins' arguments for a plant-based diet are compelling and backed by over 20 years of work focused on the subject of conscious eating. Through exposing the dangers in our factory farming system, Robbins makes a definitive case for solely plant-based eating. This timely read on healthy eating will enlighten those curious about plant-based diets and fortify the mindsets of the already converted. Read John Robbins' book, *The Food Revolution: How Your Diet Can Help Save Your Life and Our World*, and discover...

- The negative effects your current eating habits could be having on you
- A powerful case for plant-based eating
- Wisdom from one of the most frequently cited books of the food-politics revolution

If books such as *We are the Weather*, *How Not to Die*, *31-Day Food Revolution*, or *Fast Food Genocide* have interested you, then *The Food Revolution* is the next book for you!

Did you know that: More than 80% of the foods you eat in restaurants and buy at supermarkets contain genetically engineered ingredients, and that these ingredients have been linked to toxic and allergic reactions in people; sickness, sterility, and fatalities in livestock; and damage to virtually every organ studied in lab animals? If you don't count French fries, ketchup or pizza as vegetables, more

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than half of Americans eat no vegetables at all? Cows raised for meat are impacting our climate more than cars? It's possible to be a positive food revolutionary without sounding like a self-righteous nag? Join John and Ocean Robbins for 21 intimate, game-changing conversations with some of the world's leading "food revolutionaries": scientists, doctors, teachers, farmers, economists, activists, and nutritionists working on food issues today. Introduced and with commentary by John Robbins and his son Ocean, the book features luminaries such as: Dean Ornish, MD, on his years-in-the-making breakthrough with Medicare (his program for healing heart disease is now covered) Kathy Freston on making incremental, manageable changes to how we eat T. Colin Campbell, PhD, (author of the famed China Study) with the latest research on animal protein and human health Joel Fuhrman, MD (author of the bestselling Eat to Live), on achieving excellent health through diet Caldwell Esselstyn, MD, of the Cleveland Clinic on wiping out heart disease by changing what we eat Vandana Shiva, PhD, on GMOs and Big Ag Rory Freedman on how to stop eating misery and start looking fabulous Raj Patel on building a saner global food policy Each contributor discusses his or her work in depth, but together they make one rallying cry: for a healthy, sustainable, humane, and delicious revolution in how we and the world are fed. Over twenty-five years ago John Robbins started a

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revolution. This book is proof of how far we've come, a fascinating look behind the scenes of the multi-faceted food movement, and a call to join in the work of ensuring our health and food future.

Our reliance on industrial agriculture has resulted in a food supply riddled with hidden environmental, economic, and health care costs and beset by rising food prices. With only a handful of corporations responsible for the lion's share of the food on our supermarket shelves, we are incredibly vulnerable to supply chain disruption. The Urban Food Revolution provides a recipe for community food security based on leading innovations across North America. The author draws on his political and business experience to show that we have all the necessary ingredients to ensure that local, fresh sustainable food is affordable and widely available. He describes how cities are bringing food production home by:

- *Growing community through neighborhood gardening, cooking, and composting programs
- *Rebuilding local food processing, storage, and distribution systems
- *Investing in farmers markets and community supported agriculture
- *Reducing obesity through local fresh food initiatives in schools, colleges, and universities
- *Ending inner-city food deserts

Producing food locally makes people healthier, alleviates poverty, creates jobs, and makes cities safer and more beautiful. The Urban Food Revolution is an essential resource for anyone who has lost

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confidence in the global industrial food system and wants practical advice on how to join the local food revolution. Peter Ladner has served two terms as a Vancouver City Councilor. With more than thirty-five years of journalistic experience, he is a frequent speaker on community issues and has a special interest in the intersection of food policy and city planning.

There are twenty million acres of lawns in North America. In their current form, these unproductive expanses of grass represent a significant financial and environmental cost. However, viewed through a different lens, they can also be seen as a tremendous source of opportunity. Access to land is a major barrier for many people who want to enter the agricultural sector, and urban and suburban yards have huge potential for would-be farmers wanting to become part of this growing movement. *The Urban Farmer* is a comprehensive, hands-on, practical manual to help you learn the techniques and business strategies you need to make a good living growing high-yield, high-value crops right in your own backyard (or someone else's). Major benefits include: Low capital investment and overhead costs Reduced need for expensive infrastructure Easy access to markets Growing food in the city means that fresh crops may travel only a few blocks from field to table, making this innovative approach the next logical step in the local food movement. Based on a scalable, easily reproduced business

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model, *The Urban Farmer* is your complete guide to minimizing risk and maximizing profit by using intensive production in small leased or borrowed spaces. Curtis Stone is the owner/operator of Green City Acres, a commercial urban farm growing vegetables for farmers markets, restaurants, and retail outlets. During his slower months, Curtis works as a public speaker, teacher, and consultant, sharing his story to inspire a new generation of farmers.

A pioneering urban farmer and MacArthur “Genius Award” winner points the way to building a new food system that can feed—and heal—broken communities. The son of a sharecropper, Will Allen had no intention of ever becoming a farmer himself. But after years in professional basketball and as an executive for Kentucky Fried Chicken and Procter & Gamble, Allen cashed in his retirement fund for a two-acre plot a half mile away from Milwaukee’s largest public housing project. The area was a food desert with only convenience stores and fast-food restaurants to serve the needs of local residents. In the face of financial challenges and daunting odds, Allen built the country’s preeminent urban farm—a food and educational center that now produces enough vegetables and fish year-round to feed thousands of people. Employing young people from the neighboring housing project and community, *Growing Power* has sought to prove that local food systems can help troubled youths, dismantle racism, create jobs,

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bring urban and rural communities closer together, and improve public health. Today, Allen's organization helps develop community food systems across the country. An eco-classic in the making, *The Good Food Revolution* is the story of Will's personal journey, the lives he has touched, and a grassroots movement that is changing the way our nation eats.

Demonstrating that humanity faces an imminent and prolonged global food crisis, Michael Brownlee issues a clarion call and manifesto for a revolutionary movement to localize the global food supply. He lays out a practical guide for those who hope to navigate the challenging process of shaping the local or regional food system, providing a roadmap for embarking on the process of righting the profoundly unsustainable and already-failing global industrialized food system. Written to inform, inspire, and empower anyone—farmers or ranchers, community gardeners, aspiring food entrepreneurs, supply chain venturers, commercial food buyers, restaurateurs, investors, community food activists, non-profit agencies, policy makers, or local government leaders—who hopes to be a catalyst for change, this book provides a blueprint for economic action, with specific suggestions that make the process more conscious and deliberate. Brownlee, cofounder of the nonprofit Local Food Shift Group, maps out the underlying process of food localization and outlines the route that

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communities, regions, and foodsheds often follow in their efforts to take control of food production and distribution. By sharing the strategies that have proven successful, he charts a practical path forward while indicating approaches that otherwise might be invisible and unexplored. Stories and interviews illustrate how food localization is happening on the ground and in the field. Essays and thought-pieces explore some of the challenging ethical, moral, economic, and social dilemmas and thresholds that might arise as the local food shift develops. For anyone who wants to understand, in concrete terms, the unique challenges and extraordinary opportunities that present themselves as we address one of the most urgent issues of our time, *The Local Food Revolution* is an indispensable resource.

Our food system is broken, and it's endangering what's most precious to us: our environment, our health, our soil and water, and our future. In recent years, a host of books and films have compellingly documented the dangers. But advice on what to do about them largely begins and ends with the admonition to “eat local” or “eat organic.” Longtime good food pioneer Oran Hesterman knows that we can't fix the broken system simply by changing what's on our own plates: the answer lies beyond the kitchen. In *Fair Food* he shares an inspiring and practical vision for changing not only what we eat, but how food is grown, packaged,

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delivered, marketed, and sold. He introduces people and organizations across the country who are already doing this work in a number of creative ways, and provides a wealth of practical information for readers who want to get more involved.

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