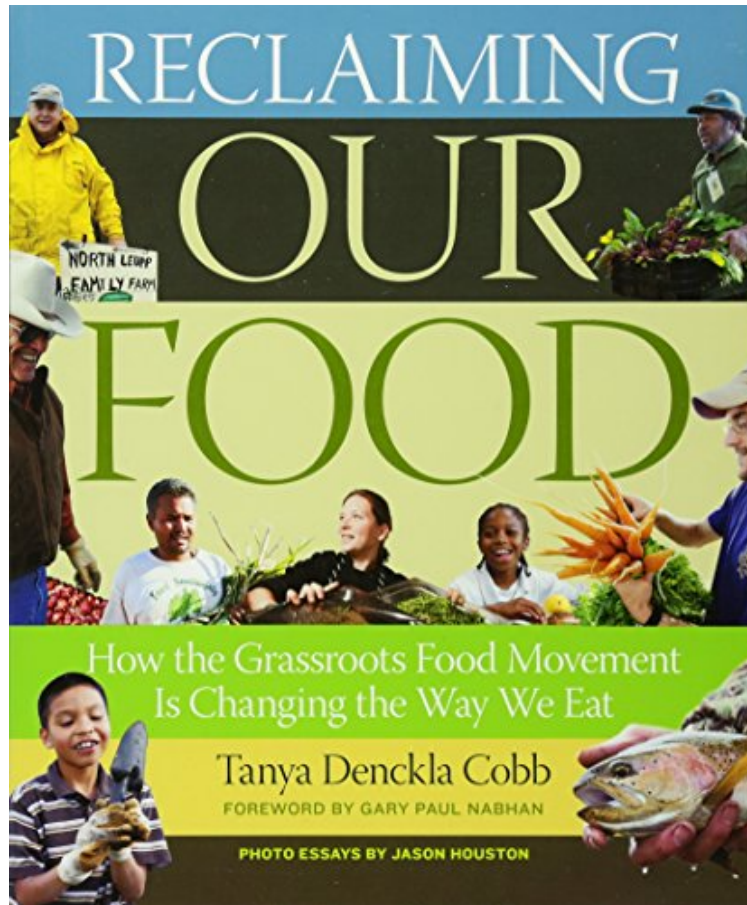


[Read now] Reclaiming Our Food: How the Grassroots Food Movement Is Changing the Way We Eat

Reclaiming Our Food: How the Grassroots Food Movement Is Changing the Way We Eat

Tanya Denckla Cobb

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Tanya Denckla Cobb : Reclaiming Our Food: How the Grassroots Food Movement Is Changing the Way We Eat before purchasing it in order to gage whether or not it would be worth my time, and all praised Reclaiming Our Food: How the Grassroots Food Movement Is Changing the Way We Eat:

0 of 0 people found the following review helpful. Fabulous book on the grassroots food movement and the HopiBy jcl bought this book because of the chapter on the Hopi Indian family of Luther Honeyestewa. I once bought a Kachina doll and it was signed by Luther. I wanted to learn more about this amazing man and his family. They are involved in the grassroots food movement in Arizona and are doing great things for this worthy cause. The entire book is very interesting, well written, and highly informative. I definitely recommend it. You will especially like this book if you are anti-GMO foods, anti-frankenfoods, as I am.0 of 0 people found the following review helpful. Inspirational textBy L. HuntNice textbook format, useful for someone interested in planning projects to bring healthy food to urban areas.0 of 0 people found the following review helpful. FabulousBy D. RingVery inspiring and full of practical ideas that

would really make a difference. I'm ordering another one as a gift.

Named one of "Top 10 Books on the Environment: 2012"(BooklistOnline, Feb 15, 2012).

In the wake of destructive factory farming practices and a gradual disconnect between people and the origins of their food, many are turning to sustainable local farming methods to reconnect with land and food sources, encourage food stability and independence (particularly in poor urban communities), support community growth, and utilize cities. As a result, a number of small non-profits and family farms are revitalizing farming for the next generation. In this meticulously researched, fascinating book, Cobb, an expert on food system planning, interviews these innovators to explore where we are as a nation in terms of food systems, where we're going, and what kinds of changes can be enacted to get us there, all in an accessible, reader-friendly tone. Cobb (*The Gardeners A-Z Guide to Growing Organic Food*) not only provides theory, but also includes tips for backyard gardening, raising urban livestock, and getting involved in community gardening. After finishing this immersive, inspiring, and educational book, readers will feel empowered to address the food systems in their lives and encourage a more responsible approach to consumption and production. Publishers Weekly (ed on: 09/12/2011)"This is one-third chicken soup for the soul, one-third chicken poop for the soil, and three thirds great stories of real people doing positive practical and transformative work with food." -- Wayne Roberts, Canadian food policy analyst and writer, former manager of the Toronto Food Policy Council In the last decade we have seen the budding efforts to transform our food system emerge into a full blown movement. As complicated and multi-faceted as the food system it seeks to change, the movement takes many shapes and differing strategies to reclaim our food. With a keen ear and thoughtful insight, Tanya Denckla Cobb not only showcases some of the most promising work, she explores the motivations and theoretical models that are leading the charge to fundamentally and permanently transform the way we grow and eat food. (Charlie Jackson, Appalachian Sustainable Agriculture Project)From the Back CoverJoin the Revolution!All across the country, Americans are demanding more fresh, local foods--at home, in their schools, in restaurants, and at food markets. Community food projects from Boston to Nashville to Birmingham to Seattle are rising to meet this need. Led by innovative, creative people from all walks of life, these projects are strengthening communities by creating valuable jobs,preserving cultural traditions, building local knowledge about growing food, and educating schoolchildren. Inspirational stories of nearly 60 grassroots food programs provide hundreds of useful "lessons learned," offering an enduring handbook for everyone hoping to join the movement.