Droves of people have turned to local food as a way to retreat from our broken industrial food system. From rural outposts to city streets, they are sowing, growing, selling, and eating food produced close to home—and they are crying out for agricultural reform. All this has made "local food" into everything from a movement buzzword to the newest darling of food trendsters. But now it's time to take the conversation to the next level. That's exactly what Philip Ackerman-Leist does in Rebuilding the Foodshed, in which he refocuses the local-food lens on the broad issue of rebuilding regional food systems that can replace the destructive aspects of industrial agriculture, meet food demands affordably and sustainably, and be resilient enough to endure potentially rough times ahead. Changing our foodscapes raises a host of questions. How far away is local? How do you decide the size and geography of a regional foodshed? How do you tackle tough issues that plague food systems large and small—issues like inefficient transportation, high energy demands, and rampant food waste? How do you grow what you need with minimum environmental impact? And how do you create a foodshed that's resilient enough if fuel grows scarce, weather gets more severe, and traditional supply chains are hampered? Showcasing some of the most promising, replicable models for growing, processing, and distributing sustainably grown food, this book points the reader toward the next stages of the food revolution. It also covers the full landscape of the burgeoning local-food movement, from rural to suburban to urban, and from backyard gardens to large-scale food enterprises.

The Bio-Integrated Farm is a twenty-first-century manual for managing nature's resources. This groundbreaking book brings "system farming" and permaculture to a whole new level. Author Shawn Jadrnicek presents new insights into permaculture, moving beyond the philosophical foundation to practical advanced designs based on a functional analysis. Holding his designs to a higher standard, Jadrnicek's components serve at least seven functions (classical permaculture theory only seeks at least two functions). With every additional function a component performs, the design becomes more advanced and saves more energy. A bio-integrated greenhouse, for example, doesn't just extend the season for growing vegetables; it also serves as a rainwater collector, a pond site, an aquaponics system, and a heat generator. Jadrnicek's prevalent theme is using water to do the work. Although applicable in many climates, his designs are particularly important for areas coping with water scarcity. Jadrnicek focuses on his experience as farm manager at the Clemson University Student Organic Farm and at his residence in the foothills of the Blue Ridge Mountains. These locations lie at the cooler northern edge of a humid subtropical climate that extends west to...
the middle of Texas and north along the coast to New Jersey. He has created permaculture patterns ranging from raising transplants and field design to freshwater prawn production and composting. These patterns have simplified the operation of the 125-share CSA farm while reducing reliance on outside resources. In less time than it takes to mow his two-acre homestead, Jadrnicek is building a you-pick fruit farm using permaculture patterns. His landscape requires only the labor of harvesting, and the only outside input he buys is a small amount of chicken feed. By carefully engaging the free forces of nature—water, wind, sunlight, convection, gravity, and decomposition—Jadrnicek creates sustenance without maintenance and transforms waste into valuable farm resources. The Bio-Integrated Farm offers in-depth information about designing and building a wide range of bio-integrated projects including reflecting ponds, water-storage ponds, multipurpose basins, greenhouses, compost heat extraction, pastured chicken systems, aquaculture, hydroponics, hydronic heating, water filtration and aeration, cover cropping, and innovative rainwater-harvesting systems that supply water for drip irrigation and flushing toilets.

"Grassroots Rising is a wake-up call, an agronomic and political blueprint, and a call to action for America and the global body politic to address the challenge of climate change. The best-kept secret in the world today is that the solution to the global climate emergency and related crises lies right beneath our feet and at the end of our forks and knives. The book is based on the premise that business as usual—profligate fossil fuel use; degenerative food, farming, and land use; hyper-consumerism; and the status-quo focus of the US and global elite can and must be reversed over the next decade and beyond. The economic system of late-stage capitalism and the biological carrying capacity of the planet have reached points of implosion. Unfettered greenhouse gas emissions have brought us to the brink of runaway climate catastrophe, while out-of-control corporate greed, militarism, and elite rule have devastated public health, the environment, and the "natural capital" and democratic ethos that sustain the global economy and political system. To survive and thrive in catastrophic times, Grassroots Rising calls for building a world-changing, grassroots Regeneration Movement, one based on consumer awareness, farmer innovation, political change, and regenerative finance, embodied most recently by the proposed Green New Deal in the US. This Regeneration Movement will enable us to not only mitigate and slow down climate change, but actually reverse global warming by regenerating our soils and our food system and converting to renewable energy. With these methods, we will be able to address and resolve the interrelated crises of environmental destruction, deteriorating public health, rural poverty, endless war, and political degeneration. Regenerative food, farming, and land use can provide a new outlook on life, a therapeutic vision and daily practice that demonstrates that we the people, the global grassroots, can begin to turn away from disaster, solve our most pressing crises, and meet our most important needs"--

Over 90 percent of US power generation comes from large, centralized, highly polluting, nonrenewable sources of energy. It is delivered through long, brittle transmission lines, and then is squandered through inefficiency and waste. But it doesn't have to be that way. Communities can indeed produce their own local, renewable energy. Power from the People explores how homeowners, co-ops, nonprofit institutions, governments, and businesses are putting power in the hands of local communities through distributed energy programs and energy-efficiency measures. Using examples from around the nation - and occasionally from around the world - Greg Pahl explains how to plan, organize, finance, and launch community-scale energy projects that harvest energy from sun, wind, water, and earth. He also explains why community power is a necessary step on the path to energy security and community resilience - particularly as we face peak oil, cope with climate change, and address the need to transition to a more sustainable future. This book - the second in the Chelsea Green Publishing Company and Post Carbon Institute's Community Resilience Series - also profiles numerous communitywide initiatives that can be replicated elsewhere.
Anyone who eats should read this book: You will come to the table with new appreciation for the intersections between race and food... powerful.” —Anna Lappé, author of Diet for a Hot Planet. The growing trend of organic farming and homesteading is changing the way the farmer is portrayed in mainstream media, and yet, farmers of color are still largely left out of the picture. The Color of Food seeks to rectify this. By recognizing the critical issues that lie at the intersection of race and food, this stunning collection of portraits and stories challenges the status quo of agrarian identity. Author, photographer, and biracial farmer Natasha Bowens’ quest to explore her own roots in the soil leads her to unearth a larger story, weaving together the seemingly forgotten history of agriculture for people of color, the issues they face today, and the culture and resilience they bring to food and farming. The Color of Food teaches us that the food and farm movement is about more than buying local and protecting our soil. It is about preserving culture and community, digging deeply into the places we’ve overlooked, and honoring those who have come before us. Blending storytelling, photography, oral history, and unique insight, these pages remind us that true food sovereignty means a place at the table for everyone.” —Natasha Bowens, through her compelling stories and powerful images of a rainbow of farmers, reminds us that the industrialization of our food system and the oppression of our people—two sides of the same coin—will, if not confronted, sow the seeds of our own destruction.” —Mark Winne, author of Food Town, USA

Ever since Thoreau’s Walden, the image of the American homesteader has been of someone getting away from civilization, of forging an independent life in the country. Yet if this were ever true, what is the nature and reality of homesteading in the media-saturated, hyper-connected 21st century? For seven years Philip Ackerman-Leist and his wife, Erin, lived without electricity or running water in an old cabin in the beautiful but remote hills of western New England. Slowly forging their own farm and homestead, they took inspiration from their experiences among the mountain farmers of the Tirolean Alps and were guided by their Vermont neighbors, who taught them about what it truly means to live sustainably in the postmodern homestead--not only to survive, but to thrive in a fragmented landscape and a fractured economy. Up Tunket Road is the inspiring true story of a young couple who embraced the joys of simple living while also acknowledging its frustrations and complexities. Ackerman-Leist writes with humor about the inevitable foibles of setting up life off the grid—from hauling frozen laundry uphill to getting locked in the henhouse by their ox. But he also weaves an instructive narrative that contemplates the future of simple living. His is not a how-to guide, but something much richer and more important—a tale of discovery that will resonate with readers who yearn for a better, more meaningful life, whether they live in the city, country, or somewhere in between.

A collection of essays introducing the Greenhorns—a group of farmers seeking to improve agricultural products through sustainable and humane farming—covers topics ranging from machinery and financing to family and social change.

In the last 20 years, there has been a remarkable emergence of innovations and technological advances that are generating promising changes and opportunities for sustainable agriculture, yet at the same time the agricultural sector worldwide faces numerous daunting challenges. Not only is the agricultural sector expected to produce adequate food, fiber, and feed, and contribute to biofuels to meet the needs of a rising global population, it is expected to do so under increasingly scarce natural resources and climate change. Growing awareness of the unintended impacts associated with some agricultural production practices has led to heightened societal expectations for improved environmental, community, labor, and animal welfare standards in agriculture. Toward Sustainable Agricultural Systems in the 21st Century assesses the scientific evidence for the strengths and weaknesses of different production, marketing, and policy approaches for improving and reducing the costs and unintended consequences of agricultural production. It discusses the principles underlying farming systems and practices that could improve the
sustainability. It also explores how those lessons learned could be applied to agriculture in different regional and international settings, with an emphasis on sub-
Saharan Africa. By focusing on a systems approach to improving the sustainability of U.S. agriculture, this book can have a profound impact on the development 
and implementation of sustainable farming systems. Toward Sustainable Agricultural Systems in the 21st Century serves as a valuable resource for policy makers, farmers, experts in food production and agribusiness, and federal regulatory agencies. 

In Farm to Table, Darryl Benjamin and Chef Lyndon Virkler explore both the roots of our current, corporate food system malaise, and the response by small farmers, food co-ops, chefs and restaurateurs, institutions, and many more, to replace the status quo with something more healthy, fair, just, and delicious. Today’s consumers are demanding increased accountability from food growers and purveyors. Farm to Table illuminates the best practices and strategies for schools, restaurants, healthcare facilities, and other businesses and institutions, to partner with local farmers and food producers, from purchasing to marketing. Readers will also learn about the various alternative techniques that farms are employing - from permaculture to rotation-intensive grazing - to produce better tasting and more nutritious food, restore environmental health, and meet consumer demand. A one-of-a-kind resource, Farm to Table shows how to integrate truly sustainable principles into every juncture of our evolving food system. -- COVER. 

Emphasizes Centrality of the Ecosystem Perspective Sustainable management of agroecosystems in the 21st century faces unprecedented challenges. Protecting the environment while feeding a burgeoning population that could reach nine billion by mid-century, preserving the world’s biodiversity, and sustaining agriculture in an increasingly urban world... 

The vegetarian diet is praised for being sustainable and animal-friendly, but after 20 years of being a vegan, Lierre Keith has changed her opinion. Contravening popular opinion, she bravely argues that agriculture is a relentless assault against the planet. In service to annual grains, humans have devastated prairies and forests, driven countless species extinct, altered the climate, and destroyed the topsoil - the basis of growth and life itself. 

This book is a printed edition of the Special Issue “Sustainable Agriculture – Beyond Organic Farming” that was published in Sustainability. 

Robert Thayer brings the concepts and promises of the growing bioregional movement to a wide audience in a book that passionately urges us to discover “where we are” as an antidote to our rootless, stressful modern lives. LifePlace is a provocative meditation on bioregionalism and what it means to live, work, eat, and play in relation to naturally, rather than politically, defined areas. In it, Thayer gives a richly textured portrait of his own home, the Putah-Cache watershed in California’s Sacramento Valley, demonstrating how bioregionalism can be practiced in everyday life. Written in a lively anecdotal style and expressing a profound love of place, this book is a guide to the personal rewards and the social benefits of re-inhabiting the natural world on a local scale. In LifePlace, Thayer shares what he has learned over the course of thirty years about the Sacramento Valley’s geography, minerals, flora, and fauna; its relation to fire, agriculture, and water; and its indigenous peoples, farmers, and artists. He shows how the spirit of bioregionalism springs from learning the history of a place, from participating in its local economy, from living in housing designed in the context of the region. He asks: How can we instill a love of place and knowledge of the local into our education system? How can the economy become more responsive to the ecology of region? This valuable book is also a window onto current writing on bioregionalism, introducing the ideas of its most notable proponents in accessible and highly engaging prose. At the same time that it gives an entirely new appreciation of California’s Central Valley,
LifePlace shows how we can move toward a new way of being, thinking, and acting in the world that can lead to a sustainable, harmonious, and more satisfying future.

Praise for the first edition: 'This book should be of interest to anyone interested in sustainable development, and especially sustainability indicators. Bell and Morse easily succeed in exposing the fundamental paradoxes of these concepts and, more importantly, they offer us a way forward. Readers will find their practical recommendations for those attempting to do sustainability analysis in the field most welcome, which is also the book's greatest strength.' Local Environment: The International Journal of Justice and Sustainability 'This book makes a valuable contribution to the theory and practice of using indicators for sustainability. It introduces systems ideas and a range of tools and techniques that have the potential to broaden and deepen our understanding of a whole range of complex situations. Well worth a closer look.' Christine Blackmore, Open University 'This is a book that explores new ways of thinking about how to measure sustainability. It offers stimulating food for thought for environmental educators and researchers.' Environmental Education Research 'This book tells me, as an SI "practitioner", where I have been and why, and more importantly how I should be thinking in order to effectively present to and empower the local community in the years ahead.' David Ellis, Principal Pollution Monitoring Officer, Norwich City Council 'A practical guide to the development of sustainability indicators which offers a systemic and participative way to use them at local scale. Our preliminary results are highly positive and the approach is applicable in many contexts.' Elisabeth Coudert, Programme Officer Prospective and Regional Development, Blue Plan The groundbreaking first edition of Sustainability Indicators reviewed the development and value of sustainability indicators and discussed the advantage of taking a holistic and qualitative approach rather than focusing on strictly quantitative measures. In the new edition the authors bring the literature up to date and show that the basic requirement for a systemic approach is now well grounded in the evidence. They examine the origins and development of Systemic Sustainability Analysis (SSA) as a theoretical approach to sustainability which has been developed in practice in a number of countries on an array of projects since the first edition. They look at how SSA has evolved into the practical approaches of Systemic Prospective Sustainability Analysis (SPSA) and IMAGINE, and, in particular, how a wide range of participatory methodologies have been adopted over the years. They also provide an assessment of the strengths and weaknesses of projects that undertake work in the general field of sustainable development.

The author explores the world's increasing dependence on long-distance food and presents simple alternatives to break a habit that is threatening not only farmers' livelihoods, but our environment and food security.

A beloved folk singer presents an impassioned account of the fall and rise of the small American towns she cherishes. Dubbed by the New Yorker as "one of America's very best singer-songwriters," Dar Williams has made her career not in stadiums, but touring America's small towns. She has played their venues, composed in their coffee shops, and drunk in their bars. She has seen these communities struggle, but also seen them thrive in the face of postindustrial identity crises. Here, in an account that "reads as if Pete Seeger and Jane Jacobs teamed up" (New York Times), Williams muses on why some towns flourish while others fail, examining elements from the significance of history and nature to the uniting power of public spaces and food. Drawing on her own travels and the work of urban theorists, Williams offers real solutions to rebuild declining communities. What I Found in a Thousand Towns is more than a love letter to America's small towns; it's a deeply personal and hopeful message about the potential of America's lively and resilient communities.

Combining stunning visuals with insights and a lexicon of more than 200 agricultural terms explained by today’s thought leaders, Local showcases and explores...
one of the most popular environmental trends: rebuilding local food movements. When Douglas Gayeton took his young daughter to see the salmon run—a favorite pastime growing up in Northern California—he was devastated to find that a combination of urban sprawl, land mismanagement, and pollution had decimated the fish population. The discovery set Gayeton on a journey in search of sustainable solutions. He traveled the country, photographing and learning the new language of sustainability from today’s foremost practitioners in food and farming, including Alice Waters, Wes Jackson, Carl Safina, Temple Grandin, Paul Stamets, Patrick Holden, Barton Seaver, Vandana Shiva, Dr. Elaine Ingham, and Joel Salatin, as well as everyday farmers, fishermen, and dairy producers. Local: The New Face of Food and Farming blends their insights with stunning collage-like information artworks and Gayeton’s Lexicon of Sustainability, which defines and de-mystifies hundreds of terms like “food miles,” “locavore,” “organic,” “grassfed” and “antibiotic free.” In doing so, Gayeton helps people understand what they mean for their lives. He also includes “eco tips” and other information on how the sustainable movement affects us all every day. Local: The New Face of Food and Farming in America educates, engages, and inspires people to pay closer attention to how they eat, what they buy, and where their responsibility begins for creating a healthier, safer food system in America.

Could there ever be an alternative stock exchange dedicated to slow, small, and local? Could a million American families get their food from CSAs? What if you had to invest 50 percent of your assets within 50 miles of where you live? Such questions—at the heart of slow money—represent the first steps on our path to a new economy. Inquiries into the Nature of Slow Money presents an essential new strategy for investing in local food systems and introduces a group of fiduciary activists who are exploring what should come after industrial finance and industrial agriculture. Theirs is a vision for investing that puts soil fertility into return-on-investment calculations and serves people and place as much as it serves industry sectors and markets. Leading the charge is Woody Tasch—whose decades of work as a venture capitalist, foundation treasurer, and entrepreneur now shed new light on a truer, more beautiful, more prudent kind of fiduciary responsibility. He offers an alternative vision to the dusty old industrial concepts of the nineteenth and twentieth centuries when dollars, and the businesses they financed, lost their connection to place; slow money, on the other hand, is firmly rooted in the new economic, social, and environmental realities of the 21st century. Inquiries into the Nature of Slow Money is a call to action for designing capital markets built around not extraction and consumption but preservation and restoration. Is it a movement or is it an investment strategy? Yes.

This book offers fresh perspectives on issues of food justice. The chapters emerged from a series of annual workshops on food justice held at Michigan State University between 2013 and 2015, which brought together a wide variety of interested people to learn from and work with each other. Food justice can be studied from such diverse perspectives as philosophy, anthropology, economics, gender and sexuality studies, geography, history, literary criticism, philosophy and sociology as well as the human dimensions of agricultural and environmental sciences. As such, interdisciplinary workshops are a much-needed vehicle to improve our understanding of the subject, which is at the center of a vibrant and growing discourse not only among academics from a wide range of disciplines but also among policy makers and community activists. The book includes their perspectives, offering a wide range of approaches to and conceptions of food justice in a variety of contexts. This invaluable work requires readers to cross boundaries and be open to new ideas based on different assumptions.

We suffer today from food anxiety, bombarded as we are with confusing messages about how to eat an ethical diet. Should we eat locally? Is organic really better for the environment? Can genetically modified foods be good for you? JUST FOOD does for fresh food what Fast Food Nation (Houghton Mifflin, 2001) did for fast food, challenging conventional views, and cutting through layers of myth and misinformation. For instance, an imported tomato is more energy-efficient than a
local greenhouse-grown tomato. And farm-raised freshwater fish may soon be the most sustainable source of protein. Informative and surprising, JUST FOOD tells us how to decide what to eat, and how our choices can help save the planet and feed the world.

Over the past few years, Hardwick, Vermont, a typical hardscrape 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.

Including information on cattle, pigs, poultry, sheep, and goats, and exotics like bison, rabbits, elk, and deer How can anyone from a backyard hobbyist to a large-scale rancher go about raising and selling ethically produced meats directly to consumers, restaurants, and butcher shops? With the rising consumer interest in grass-fed, pasture-raised, and antibiotic-free meats, how can farmers most effectively tap into those markets and become more profitable? The regulations and logistics can be daunting enough to turn away most would-be livestock farmers, and finding and keeping their customers challenges the rest. Farmer, consultant, and author Rebecca Thistlethwaite (Farms with a Future) and her husband and coauthor, Jim Dunlop, both have extensive experience raising a variety of pastured livestock in California and now on their homestead farm in Oregon. The New Livestock Farmer provides pasture-based production essentials for a wide range of animals, from common farm animals (cattle, poultry, pigs, sheep, and goats) to more exotic species (bison, rabbits, elk, and deer). Each species chapter discusses the unique requirements of that animal, then delves into the steps it takes to prepare and get them to market. Profiles of more than fifteen meat producers highlight some of the creative ways these innovative farmers are raising animals and direct-marketing superior-quality meats. In addition, the book contains information on a variety of vital topics: Governmental regulations and how they differ from state to state; Slaughtering and butchering logistics, including on-farm and mobile processing options and sample cutting sheets; Packaging, labeling, and cold-storage considerations; Principled marketing practices; and Financial management, pricing, and other business essentials. This book is must reading for anyone who is serious about raising meat animals ethically, outside of the current consolidated, unsustainable CAFO (Concentrated Animal Feeding Operations) system. It offers a clear, thorough, well-organized guide to a subject that will become increasingly important as the market demand for pasture-raised meat grows stronger.

An insider’s guide to market gardening and farming for those in the business of growing and selling food, flowers, herbs, or plants. Market Farming Success identifies the key areas that usually trip up beginners—and shows how to avoid those obstacles. This book will help the aspiring or beginning farmer advance quickly and confidently through the inevitable learning curve of starting a new business. Written by the editor of Growing for Market, a respected trade journal for market farmers, Market Farming Success condenses decades of growing experience from every part of the United States and Canada. It focuses on the factors that are common to market gardeners everywhere and offers professional advice that includes: Governmental regulations and how they differ from state to state; Slaughtering and butchering logistics, including on-farm and mobile processing options and sample cutting sheets; Packaging, labeling, and cold-storage considerations; Principled marketing practices; and Financial management, pricing, and other business essentials. This book is must reading for anyone who is serious about raising meat animals ethically, outside of the current consolidated, unsustainable CAFO (Concentrated Animal Feeding Operations) system. It offers a clear, thorough, well-organized guide to a subject that will become increasingly important as the market demand for pasture-raised meat grows stronger.

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need; • The best places to sell your products; • How to keep records to maximize profits and minimize taxes; • Tricks of the trade that will make you more efficient in the greenhouse, field, and market. This new Chelsea Green edition of a 2006 classic is greatly updated and expanded, and includes full-color photos, charts, and graphs, plus many inspiring and instructive profiles of successful market-farming pioneers.

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 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.

Droves of people have turned to local food as a way to retreat from our broken industrial food system. From rural outposts to city streets, they are sowing, growing, selling, and eating food produced close to home—and they are crying out for agricultural reform. All this has made “local food” into everything from a movement buzzword to the newest darling of food trendsters. But now it’s time to take the conversation to the next level. That’s exactly what Philip Ackerman-Leist does in Rebuilding the Foodshed, in which he refocuses the local-food lens on the broad issue of rebuilding regional food systems that can replace the destructive aspects of industrial agriculture, meet food demands affordably and sustainably, and be resilient enough to endure potentially rough times ahead. Changing our foodscapes raises a host of questions. How far away is local? How do you decide the size and geography of a regional foodshed? How do you tackle tough issues that plague food systems large and small—issues like inefficient transportation, high energy demands, and rampant food waste? How do you grow what you need with minimum environmental impact? And how do you create a foodshed that’s resilient enough if fuel grows scarce, weather gets more severe, and traditional supply chains are hampered? Showcasing some of the most promising, replicable models for growing, processing, and distributing sustainably grown food, this book points the reader toward the next stages of the food revolution. It also covers the full landscape of the burgeoning local-food movement, from rural to suburban to urban, and from backyard gardens to large-scale food enterprises.

Put your wooded land to work! This comprehensive manual shows you how to use your woodlands to produce everything from wine and mushrooms to firewood and livestock feed. You’ll learn how to take stock of your woods; use axes, bow saws, chainsaws, and other key tools; create pasture and silvopasture for livestock; prune and coppice trees to make fuel, fodder, and furniture; build living fencing and shelters for animals; grow fruit trees and berries in a woodland orchard; make syrup from birch, walnut, or boxelder trees; and much more. Whether your property is entirely or only partly wooded, this is the guide you need to make the best
Mals, Italy, has long been known as the breadbasket of the Tyrol. But recently the tiny town became known for something else entirely. A Precautionary Tale tells us why, introducing readers to an unlikely group of activists and a forward-thinking mayor who came together to ban pesticides in Mals by a referendum vote—making it the first place on Earth to accomplish such a feat, and a model for other towns and regions to follow. For hundreds of years, the people of Mals had cherished their traditional foodways and kept their local agriculture organic. Their town had become a mecca for tourists drawn by the alpine landscape, the rural and historic character of the villages, and the fine breads, wines, cheeses, herbs, vegetables, and the other traditional foods they produced. Yet Mals is located high up in the eastern Alps, and the valley below was being steadily overtaken by big apple producers, heavily dependent on pesticides. As Big Apple crept further and further up the region’s mountainsides, their toxic spray drifted with the valley’s ever-present winds and began to fall on the farms and fields of Mals—threatening their organic certifications, as well as their health and that of their livestock. The advancing threats gradually motivated a diverse cast of characters to take action—each in their own unique way, and then in concert in an iconic display of direct democracy in action. As Ackerman-Leist recounts their uprising, we meet an organic dairy farmer who decides to speak up when his hay is poisoned by drift; a pediatrician who engaged other medical professionals to protect the soil, water, and air that the health of her patients depends upon; a hairdresser whose salon conversations mobilized the town’s women in an extraordinarily conceived campaign; and others who together orchestrated one of the rare revolutionary successes of our time and inspired a movement now snaking its way through Europe and the United States. A foreword by Vandana Shiva calls upon others to follow in Mals’s footsteps.

A practical, systems-based approach for a more sustainable farming operation To many people today, using the words “factory” and “farm” in the same sentence is nothing short of sacrilege. In many cases, though, the same sound business practices apply whether you are producing cars or carrots. Author Ben Hartman and other young farmers are increasingly finding that incorporating the best new ideas from business into their farming can drastically cut their wastes and increase their profits, making their farms more environmentally and economically sustainable. By explaining the lean system for identifying and eliminating waste and introducing efficiency in every aspect of the farm operation, The Lean Farm makes the case that small-scale farming can be an attractive career option for young people who are interested in growing food for their community. Working smarter, not harder, also prevents the kind of burnout that start-up farmers often encounter in the face of long, hard, backbreaking labor. Lean principles grew out of the Japanese automotive industry, but they are now being followed on progressive farms around the world. Using examples from his own family’s one-acre community-supported farm in Indiana, Hartman clearly instructs other small farmers in how to incorporate lean practices in each step of their production chain, from starting a farm and harvesting crops to training employees and selling goods. While the intended audience for this book is small-scale farmers who are part of the growing local food movement, Hartman’s prescriptions for high-value, low-cost production apply to farms and businesses of almost any size or scale that hope to harness the power of lean in their production processes.

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, 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...
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provides a wealth of practical information for readers who want to get more involved.

Presents a collection of essays focusing on the harsh realities of energy development, consumption, and policy.

A fascinating exploration of America's food innovators, that gives us hopeful alternatives to the industrial food system described in works like Michael Pollan's bestselling Omnivore's Dilemma Change Comes to Dinner takes readers into the farms, markets, organizations, businesses and institutions across America that are pushing for a more sustainable food system in America. Gustafson introduces food visionaries like Mark Lilly, who turned a school bus into a locally-sourced grocery store in Richmond, Virginia; Gayla Brockman, who organized a program to double the value of food stamps used at Kansas City, Missouri, farmers' markets; Myles Lewis and Josh Hottenstein, who started a business growing vegetables in shipping containers using little water and no soil; and Tony Geraci, who claimed unused land to create the Great Kids Farm, where Baltimore City public school students learn how to grow food and help Geraci decide what to order from local farmers for breakfast and lunch at the city schools. Change Comes to Dinner is a smart and engaging look into America's food revolution.

Why are people getting fatter in the United States and beyond? Mainstream explanations argue that people simply eat too much "energy-dense" food while exercising too little. By swapping the chips and sodas for fruits and vegetables and exercising more, the problem would be solved. By contrast, The Neoliberal Diet argues that increased obesity does not result merely from individual food and lifestyle choices. Since the 1980s, the neoliberal turn in policy and practice has promoted trade liberalization and retrenchment of the welfare regime, along with continued agricultural subsidies in rich countries. Neoliberal regulation has enabled agribusiness multinationals to thrive by selling highly processed foods loaded with refined flour and sugars—a diet that originated in the United States—as well as meat. Drawing on extensive empirical data, Gerardo Otero identifies the socioeconomic and political forces that created this diet, which has been exported around the globe, often at the expense of people’s health. Otero shows how state-level actions, particularly subsidies for big farms and agribusiness, have ensured the dominance of processed foods and made healthful fresh foods inaccessible to many. Comparing agrifood performance across several nations, including the NAFTA region, and correlating food access to class inequality, he convincingly demonstrates the structural character of food production and the effect of inequality on individual food choices. Resolving the global obesity crisis, Otero concludes, lies not in blaming individuals but in creating state-level programs to reduce inequality and make healthier food accessible to all.

"Outstanding... a wide-ranging invitation to think through the moral ramifications of our eating habits." — The New Yorker One of the New York Times Book Review's Ten Best Books of the Year and Winner of the James Beard Award Author of How to Change Your Mind and the #1 New York Times Bestseller In Defense of Food and Food Rules What should we have for dinner? Ten years ago, Michael Pollan confronted us with this seemingly simple question and, with The Omnivore’s Dilemma, his brilliant and eye-opening exploration of our food choices, demonstrated that how we answer it today may determine not only our health but our survival as a species. In the years since, Pollan’s revolutionary examination has changed the way Americans think about food. Bringing wide attention to the little-known but vitally important dimensions of food and agriculture in America, Pollan launched a national conversation about what we eat and the profound consequences that even the simplest everyday food choices have on both ourselves and the natural world. Ten years later, The Omnivore’s Dilemma continues to transform the way Americans think about the politics, perils, and pleasures of eating.
Throughout the United States, people are increasingly concerned about where their food comes from, how it is produced, and how its production affects individuals and their communities. The answers to these questions reveal a complex web of interactions. While large, distant farms and multinational companies dominate at national and global levels, innovative programs including farmers’ markets, farm-to-school initiatives, and agritourism are forging stronger connections between people and food at local and regional levels. At all levels of the food system, energy use, climate change, food safety, and the maintenance of farmland for the future are critical considerations. The need to understand food systems—what they are, who’s involved, and how they work (or don’t)—has never been greater.

Food, Farms, and Community: Exploring Food Systems takes an in-depth look at critical issues, successful programs, and challenges for improving food systems spanning a few miles to a few thousand miles. Case studies that delve into the values that drive farmers, food advocates, and food entrepreneurs are interwoven with analysis supported by the latest research. Examples of entrepreneurial farms and organizations working together to build sustainable food systems are relevant to the entire country—and reveal results that are about much more than fresh food.

How we produce and consume food has a bigger impact on Americans’ well-being than any other human activity. The food industry is the largest sector of our economy; food touches everything from our health to the environment, climate change, economic inequality, and the federal budget. From the earliest developments of agriculture, a major goal has been to attain sufficient foods that provide the energy and the nutrients needed for a healthy, active life. Over time, food production, processing, marketing, and consumption have evolved and become highly complex. The challenges of improving the food system in the 21st century will require systemic approaches that take full account of social, economic, ecological, and evolutionary factors. Policy or business interventions involving a segment of the food system often have consequences beyond the original issue the intervention was meant to address. A Framework for Assessing Effects of the Food System develops an analytical framework for assessing effects associated with the ways in which food is grown, processed, distributed, marketed, and consumed in the United States. The framework will allow users to recognize effects across the full food system, consider all domains and dimensions of effects, account for systems dynamics and complexities, and choose appropriate methods for analysis. This report provides example applications of the framework based on complex questions that are currently under debate: consumption of a healthy and safe diet, food security, animal welfare, and preserving the environment and its resources.

A Framework for Assessing Effects of the Food System describes the U.S. food system and provides a brief history of its evolution into the current system. This report identifies some of the real and potential implications of the current system in terms of its health, environmental, and socioeconomic effects along with a sense for the complexities of the system, potential metrics, and some of the data needs that are required to assess the effects. The overview of the food system and the framework described in this report will be an essential resource for decision makers, researchers, and others to examine the possible impacts of alternative policies or agricultural or food processing practices.

Since his New York Times op-ed column debuted in 2011, Mark Bittman has emerged as one of our most impassioned and opinionated observers of the food landscape. The Times’ only dedicated opinion columnist covering the food beat, Bittman routinely makes readers think twice about how the food we eat is produced, distributed, and cooked, and shines a bright light on the profound impact that diet—both good and bad—can have on our health and that of the planet. In A Bone to Pick, Mark’s most memorable and thought-provoking columns are compiled into a single volume for the first time. As abundant and safe as the American food supply appears to be, the state of our health reveals the presence of staggering deficiencies in both the system that produces food and the forces that regulate it. Bittman leaves no issue unexamined; agricultural practices, government legislation, fad diets, and corporate greed all come under scrutiny and show that the issues governing what ends up in our market basket and on our tables are both complex and often deliberately confusing. Unabashedly opinionated and
Bittman’s columns have helped readers decipher arcane policy, unpack scientific studies, and deflate affronts to common sense when it comes to determining what “eating well” truly means. As urgent as the situation is, Mark contends that we can be optimistic about the future of our food and its impact on our health, as slow-food movements, better school-lunch programs, and even “healthy fast food” become part of the norm. At once inspiring, enraging, and enlightening, A Bone to Pick is an essential resource for every reader eager to understand not only the complexities inherent in the American food system, but also the many opportunities that exist to improve it.

Part of the SAGE Reference Series on Leadership, this 2-volume set tackles issues relevant to leadership in the realm of the environment and sustainability. Volume 1 of Environmental Leadership: A Reference Handbook considers such topics as environmental thought leadership (environmental ethics, conservation, eco-feminism, collective action and the commons and what we have termed contrarians); political leadership (the environmental challenge context for the expression of political leadership); governmental leadership (government initiatives to provide leadership in environmental management); private sector leadership (private sector leadership in environmental management as individuals, through organizations or through specific initiatives); nonprofit leadership (nonprofit sector leadership in topical areas such as conservation, advocacy, philanthropy and economic development); signaling events (events and their impact on the exercise of environmental leadership through individual, political and organizational actions); grassroots activism (profiles of individual environmental activists and considerations of how environmental leadership is exercised through activism); environmental leadership in journalism, literature and the arts; and environmental leadership in education. In Volume 2 we cover topics that confront the particular intractable characteristics of environmental problem solving. Individual chapters focus on how environmental leadership actions or initiatives may be applied to address specific problems in context, offering both analyses and recommendations. Overarching themes in this volume include taking action in the face of uncertainty (mitigating climate change impacts, adapting to climate change, protecting coastal ecosystems, protecting wetlands and estuaries, preserving forest resources, protecting critical aquifers, preventing the spread of invasive species, and identifying and conserving vital global habitats); promoting international cooperation in the face of conflicting agendas (designing and implementing climate change policy, reconciling species protection and free trade, allocating scarce resources, designing sustainable fisheries, addressing global overpopulation, preventing trade in endangered species, conserving global biodiversity, and mitigating ocean debris and pollution); addressing conflicts between economic progress and environmental protection (preserving open space, redesigning cities, promoting ecotourism, redeveloping brownfields, designing transit-oriented development, confronting impacts of factory farming, preventing non-point source agricultural pollution, confronting agricultural water use, addressing the impacts of agrochemicals, designing sustainable food systems, and valuing ecosystem services); addressing complex management challenges (energy efficiency, solar energy, wind energy, hydrogen economy, alternative vehicles, solid waste disposal, hazardous waste disposal, electronic waste disposal, life cycle analysis, and waste to energy); and addressing disproportionate impacts on the poor and the weak (preventing export of developed world waste to developing countries, minimizing co-location of poverty and polluting industries, protecting the rights of indigenous peoples, preventing environmental disease, protecting children’s health, providing universal access to potable water, and protecting environmental refugees). The final three chapters examine next-generation environmental leaders.

A engaging analysis of food production in the United States emphasizing that sustainable agricultural development is important to community health.