

Cultivating Food Justice Race Class And Sustainability Food Health And The Environment

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

Farmers markets are much more than places to buy produce. According to advocates for sustainable food systems, they are also places to "vote with your fork" for environmental protection, vibrant communities, and strong local economies. Farmers markets have become essential to the movement for food-system reform and are a shining example of a growing green economy where consumers can shop their way to social change. *Black, White, and Green* brings new energy to this topic by exploring dimensions of race and class as they relate to farmers markets and the green economy. With a focus on two Bay Area markets—one in the primarily white neighborhood of North Berkeley, and the other in largely black West Oakland—Alison Hope Alkon investigates the possibilities for social and environmental change embodied by farmers markets and the green economy. Drawing on ethnographic and historical sources, Alkon describes the meanings that farmers market managers, vendors, and consumers attribute to the buying and selling of local organic food, and the ways that those meanings are raced and classed. She mobilizes this research to understand how the green economy fosters visions of social change that are compatible with economic growth while marginalizing those that are not. *Black, White, and Green* is one of the first books to carefully theorize the green economy, to examine the racial dynamics of food politics, and to approach issues of food access from an environmental-justice perspective. In a practical sense, Alkon offers an empathetic critique of a newly popular strategy for social change, highlighting both its strengths and limitations.

Everybody Eats tells the story of food justice in Greensboro, North Carolina—a midsize city in the southern United States. The city's residents found themselves in the middle of conversations about food insecurity and justice when they reached the top of the Food Research and Action Center's list of major cities experiencing food hardship. Greensboro's local food communities chose to confront these high rates of food insecurity by engaging neighborhood voices, mobilizing creative resources at the community level, and sustaining conversations across the local food system. Within three years of reaching the peak of FRAC's list, Greensboro saw an 8 percent drop in its food hardship rate and moved from first to fourteenth in FRAC's list. Using eight case studies of food justice activism, from urban farms to mobile farmers markets, shared kitchens to food policy councils, *Everybody Eats* highlights the importance of communication—and communicating social justice specifically—in building the kinds of infrastructure needed to create secure and just food systems.

We Want Land to Live explores the current boundaries of radical approaches to food sovereignty. First coined by La Via Campesina (a global movement whose name means "the peasant's way"), food sovereignty is a concept that expresses the universal right to food. Amy

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Trauger uses research combining ethnography, participant observation, field notes, and interviews to help us understand the material and definitional struggles surrounding the decommodification of food and the transformation of the global food system's political-economic foundations. Trauger's work is the first of its kind to analytically and coherently link a dialogue on food sovereignty with case studies illustrating the spatial and territorial strategies by which the movement fosters its life in the margins of the corporate food regime. She discusses community gardeners in Portugal; small-scale, independent farmers in Maine; Native American wild rice gatherers in Minnesota; seed library supporters in Pennsylvania; and permaculturists in Georgia. The problem in the food system, as the activists profiled here see it, is not markets or the role of governance but that the right to food is conditioned by what the state and corporations deem to be safe, legal, and profitable—and not by what eaters think is right in terms of their health, the environment, or their communities. Useful for classes on food studies and active food movements alike, *We Want Land to Live* makes food sovereignty issues real as it illustrates a range of methodological alternatives that are consistent with its discourse: direct action (rather than charity, market creation, or policy changes), civil disobedience (rather than compliance with discriminatory laws), and mutual aid (rather than reliance on top-down aid).

Urban agriculture is increasingly considered an important part of creating just and sustainable cities. Yet the benefits that many people attribute to urban agriculture—fresh food, green space, educational opportunities—can mask structural inequities, thereby making political transformation harder to achieve. Realizing social and environmental justice requires moving beyond food production to address deeper issues such as structural racism, gender inequity, and economic disparities. *Beyond the Kale* argues that urban agricultural projects focused explicitly on dismantling oppressive systems have the greatest potential to achieve substantive social change. Through in-depth interviews and public forums with some of New York City's most prominent urban agriculture activists and supporters, Kristin Reynolds and Nevin Cohen illustrate how some urban farmers and gardeners not only grow healthy food for their communities but also use their activities and spaces to disrupt the dynamics of power and privilege that perpetuate inequity. Addressing a significant gap in the urban agriculture literature, *Beyond the Kale* prioritizes the voices of people of color and women—activists and leaders whose strategies have often been underrepresented within the urban agriculture movement—and it examines the roles of scholarship in advancing social justice initiatives. Environmental activists and academics alike are realizing that a sustainable society must be a just one. Environmental degradation is almost always linked to questions of human equality and quality of life. Throughout the world, those segments of the population that have the least political power and are the most marginalized are selectively victimized by environmental crises. This book argues that social and environmental justice within and between nations should be an integral part of the policies and agreements that promote sustainable development. The book addresses the links between environmental quality and human equality and between sustainability and environmental justice.

The food truck on the corner could be a brightly painted old-style lonchera offering tacos or an upscale mobile vendor serving lobster rolls. Customers range from gastro-tourists to construction workers, all eager for food that is delicious, authentic, and relatively inexpensive. Although some cities that host food trucks encourage their proliferation, others throw up regulatory roadblocks. This book examines the food truck phenomenon in North American cities from Los Angeles to Montreal, taking a novel perspective: social justice. It considers the motivating factors behind a city's promotion or restriction of mobile food vending, and how these motivations might connect to or impede broad goals of social justice. The contributors investigate the discriminatory implementation of rules, with gentrified hipsters often receiving preferential treatment over traditional immigrants; food trucks as part of community economic

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development; and food trucks' role in cultural identity formation. They describe, among other things, mobile food vending in Portland, Oregon, where relaxed permitting encourages street food; the criminalization of food trucks by Los Angeles and New York City health codes; food as cultural currency in Montreal; social and spatial bifurcation of food trucks in Chicago and Durham, North Carolina; and food trucks as a part of Vancouver, Canada's, self-branding as the "Greenest City." Contributors Julian Agyeman, Sean Basinski, Jennifer Clark, Ana Croegaert, Kathleen Dunn, Renia Ehrenfeucht, Emma French, Matthew Gebhardt, Phoebe Godfrey, Amy Hanser, Robert Lemon, Nina Martin, Caitlin Matthews, Nathan McClintock, Alfonso Morales, Alan Nash, Katherine Alexandra Newman, Lenore Lauri Newman, Alex Novie, Matthew Shapiro, Hannah Sobel, Mark Vallianatos, Ginette Wessel, Edward Whittall, Mackenzie Wood

How gentrification uproots the urban food landscape, and what activists are doing to resist it From hipster coffee shops to upscale restaurants, a bustling local food scene is perhaps the most commonly recognized harbinger of gentrification. *A Recipe for Gentrification* explores this widespread phenomenon, showing the ways in which food and gentrification are deeply—and, at times, controversially—intertwined. Contributors provide an inside look at gentrification in different cities, from major hubs like New York and Los Angeles to smaller cities like Cleveland and Durham. They examine a wide range of food enterprises—including grocery stores, restaurants, community gardens, and farmers' markets—to provide up-to-date perspectives on why gentrification takes place, and how communities use food to push back against displacement. Ultimately, they unpack the consequences for vulnerable people and neighborhoods. *A Recipe for Gentrification* highlights how the everyday practices of growing, purchasing and eating food reflect the rapid—and contentious—changes taking place in American cities in the twenty-first century.

Ensuring optimal diets and nutrition for the global population is a grand challenge fraught with many contentious issues. To achieve food security for all and protect health, we need functional, equitable, and sustainable food systems. Food systems are highly complex networks of individuals and institutions that depend on governance and policy leadership. This book explains how interconnected food systems and policies affect diets and nutrition in high-, middle-, and low-income countries. In tandem with food policy, food systems determine the availability, affordability, and nutritional quality of the food supply, which influences the diets that people are willing and able to consume. Readers will become familiar with both domestic and international food policy processes and actors, and they will be able to critically analyze and debate how policy and science affect diet and nutrition outcomes.

The international group of sociological and nutritional scientists in this volume represent the research that has been conducted on the social problematics of food and nutrition in such areas as food safety, biotechnology, food stamp programs, obesity, anorexia nervosa, and vegetarianism. The broad range of topics addressed and the case studies examined make this book suitable as a course-related text both in foodways and cultural aspects of nutrition and as a new departure in social problems courses.

An examination of Latino/a immigrant farmers as they transition from farmworkers to farm owners that offers a new perspective on racial inequity and sustainable farming. Although the majority of farms in the United States have US-

born owners who identify as white, a growing number of new farmers are immigrants, many of them from Mexico, who originally came to the United States looking for work in agriculture. In *The New American Farmer*, Laura-Anne Minkoff-Zern explores the experiences of Latino/a immigrant farmers as they transition from farmworkers to farm owners, offering a new perspective on racial inequity and sustainable farming. She finds that many of these new farmers rely on farming practices from their home countries—including growing multiple crops simultaneously, using integrated pest management, maintaining small-scale production, and employing family labor—most of which are considered alternative farming techniques in the United States. Drawing on extensive interviews with farmers and organizers, Minkoff-Zern describes the social, economic, and political barriers immigrant farmers must overcome, from navigating USDA bureaucracy to racialized exclusion from opportunities. She discusses, among other topics, the history of discrimination against farm laborers in the United States; the invisibility of Latino/a farmers to government and universities; new farmers' sense of agrarian and racial identity; and the future of the agrarian class system. Minkoff-Zern argues that immigrant farmers, with their knowledge and experience of alternative farming practices, are—despite a range of challenges—actively and substantially contributing to the movement for an ecological and sustainable food system. Scholars and food activists should take notice.

"New and exciting forms of food activism are emerging as supporters of sustainable agriculture increasingly recognize the need for a broader, more strategic and more politicized food politics that engages with questions of social, racial, and economic justice. This book highlights examples of campaigns to restrict industrial agriculture's use of pesticides and other harmful technologies, struggles to improve the pay and conditions of workers throughout the food system, and alternative projects that seek to de-emphasize notions of individualism and private ownership. Grounded in over a decade of scholarly critique of food activism, this volume seeks to answer the question of "what next," inspiring scholars, students, and activists toward collective, cooperative, and oppositional struggles for change."--Provided by publisher.

Academic food ethics incorporates work from philosophy but also anthropology, economics, the environmental sciences and other natural sciences, geography, law, and sociology. Scholars from these fields have been producing work for decades on the food system, and on ethical, social, and policy issues connected to the food system. Yet in the last several years, there has been a notable increase in philosophical work on these issues—work that draws on multiple literatures within practical ethics, normative ethics and political philosophy. This handbook provides a sample of that philosophical work across multiple areas of food ethics: conventional agriculture and alternatives to it; animals; consumption; food justice; food politics; food workers; and, food and identity.

The intersection of food and immigration in North America, from the macroscale

of national policy to the microscale of immigrants' lived, daily foodways. This volume considers the intersection of food and immigration at both the macroscale of national policy and the microscale of immigrant foodways—the intimate, daily performances of identity, culture, and community through food. Taken together, the chapters—which range from an account of the militarization of the agricultural borderlands of Yuma, Arizona, to a case study of Food Policy Council in Vancouver, Canada—demonstrate not only that we cannot talk about immigration without talking about food but also that we cannot talk about food without talking about immigration. The book investigates these questions through the construct of the immigrant-food nexus, which encompasses the constantly shifting relationships of food systems, immigration policy, and immigrant foodways. The contributors, many of whom are members of the immigrant communities they study, write from a range of disciplines. Three guiding themes organize the chapters: borders—cultural, physical, and geopolitical; labor, connecting agribusiness and immigrant lived experience; and identity narratives and politics, from “local food” to “dietary acculturation.” Contributors Julian Agyeman, Alison Hope Alkon, FernandoJ. Bosco, Kimberley Curtis, Katherine Dentzman, Colin Dring, Sydney Giacalone, Phoebe Godfrey, Sarah D. Huang, Maryam Khojasteh, Jillian Linton, Pascale Joassart-Marcelli, Samuel C. H. Mindes, Laura-Anne Minkoff-Zern, Christopher Neubert, Fabiola Ortiz Valdez, Victoria Ostenso, Catarina Passidomo, Mary Beth Schmid, Sea Sloat, Dianisi Torres, Kat Vang, Hannah Wittman, Sarah Wood

Who controls what we eat? This book reveals how dominant corporations, from the supermarket to the seed industry, exert control over contemporary food systems. It analyzes the strategies these firms are using to reshape society in order to further increase their power, particularly in terms of their bearing upon the more vulnerable sections of society, such as recent immigrants, ethnic minorities and those of lower socioeconomic status. Yet this study also shows that these trends are not inevitable. Opposed by numerous efforts, from microbreweries to seed saving networks, it explores how opposition to this has encouraged even the most powerful firms to make small but positive changes. This revised edition has been updated to reflect recent developments in the food system, as well as the broad political economic forces that shape them. It also examines the rapidly changing technologies, such as Big Data and automation, which have the potential to reinforce, as well as to challenge, the power of the largest firms.

This unique and insightful text offers an exploration of the origins and subsequent development of the concept of just sustainability. Introducing Just Sustainabilities discusses key topics, such as food justice, sovereignty and urban agriculture; community, space, place(making) and spatial justice; the democratization of our streets and public spaces; how to create culturally inclusive spaces; intercultural cities and social inclusion; green-collar jobs and the just transition; and alternative economic models, such as co-production. With a specific focus on

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solutions-oriented policy and planning initiatives that specifically address issues of equity and justice within the context of developing sustainable communities, this is the essential introduction to just sustainabilities.

In 1920, 14 percent of all land-owning US farmers were black. Today less than 2 percent of farms are controlled by black people--a loss of over 14 million acres and the result of discrimination and dispossession. While farm management is among the whitest of professions, farm labor is predominantly brown and exploited, and people of color disproportionately live in "food apartheid" neighborhoods and suffer from diet-related illness. The system is built on stolen land and stolen labor and needs a redesign. *Farming While Black* is the first comprehensive "how to" guide for aspiring African-heritage growers to reclaim their dignity as agriculturists and for all farmers to understand the distinct, technical contributions of African-heritage people to sustainable agriculture. At Soul Fire Farm, author Leah Penniman co-created the Black and Latinx Farmers Immersion (BLFI) program as a container for new farmers to share growing skills in a culturally relevant and supportive environment led by people of color. *Farming While Black* organizes and expands upon the curriculum of the BLFI to provide readers with a concise guide to all aspects of small-scale farming, from business planning to preserving the harvest. Throughout the chapters Penniman uplifts the wisdom of the African diasporic farmers and activists whose work informs the techniques described--from whole farm planning, soil fertility, seed selection, and agroecology, to using whole foods in culturally appropriate recipes, sharing stories of ancestors, and tools for healing from the trauma associated with slavery and economic exploitation on the land. Woven throughout the book is the story of Soul Fire Farm, a national leader in the food justice movement. The technical information is designed for farmers and gardeners with beginning to intermediate experience. For those with more experience, the book provides a fresh lens on practices that may have been taken for granted as ahistorical or strictly European. Black ancestors and contemporaries have always been leaders--and continue to lead--in the sustainable agriculture and food justice movements. It is time for all of us to listen.

Documents how racial and social inequalities are built into our food system, and how communities are creating environmentally sustainable and socially just alternatives. Popularized by such best-selling authors as Michael Pollan, Barbara Kingsolver, and Eric Schlosser, a growing food movement urges us to support sustainable agriculture by eating fresh food produced on local family farms. But many low-income neighborhoods and communities of color have been systematically deprived of access to healthy and sustainable food. These communities have been actively prevented from producing their own food and often live in "food deserts" where fast food is more common than fresh food. *Cultivating Food Justice* describes their efforts to envision and create environmentally sustainable and socially just alternatives to the food system. Bringing together insights from studies of environmental justice, sustainable agriculture, critical race theory, and food studies, *Cultivating Food Justice* highlights the ways race and class inequalities permeate the food system, from production to distribution to consumption. The studies offered in the book explore a range of important issues, including agricultural and land use policies that systematically disadvantage Native American, African American, Latino/a, and Asian American farmers and farmworkers; access problems in both urban and rural areas; efforts to create sustainable local food

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systems in low-income communities of color; and future directions for the food justice movement. These diverse accounts of the relationships among food, environmentalism, justice, race, and identity will help guide efforts to achieve a just and sustainable agriculture.

A study of the struggle for environmental justice, focusing on conflicts over solid waste and pollution in Chicago. In *Garbage Wars*, the sociologist David Pellow describes the politics of garbage in Chicago. He shows how garbage affects residents in vulnerable communities and poses health risks to those who dispose of it. He follows the trash, the pollution, the hazards, and the people who encountered them in the period 1880-2000. What unfolds is a tug of war among social movements, government, and industry over how we manage our waste, who benefits, and who pays the costs. Studies demonstrate that minority and low-income communities bear a disproportionate burden of environmental hazards. Pellow analyzes how and why environmental inequalities are created. He also explains how class and racial politics have influenced the waste industry throughout the history of Chicago and the United States. After examining the roles of social movements and workers in defining, resisting, and shaping garbage disposal in the United States, he concludes that some environmental groups and people of color have actually contributed to environmental inequality. By highlighting conflicts over waste dumping, incineration, landfills, and recycling, Pellow provides a historical view of the garbage industry throughout the life cycle of waste. Although his focus is on Chicago, he places the trends and conflicts in a broader context, describing how communities throughout the United States have resisted the waste industry's efforts to locate hazardous facilities in their backyards. The book closes with suggestions for how communities can work more effectively for environmental justice and safe, sustainable waste management.

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Completely updated and revised edition of one of the most widely-praised food books of recent years. It's a perverse fact of modern life: There are more starving people in the

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world than ever before, while there are also more people who are overweight. To find out how we got to this point and what we can do about it, Raj Patel launched a comprehensive investigation into the global food network. It took him from the colossal supermarkets of California to India's wrecked paddy-fields and Africa's bankrupt coffee farms, while along the way he ate genetically engineered soy beans and dodged flying objects in the protestor-packed streets of South Korea. What he found was shocking, from the false choices given us by supermarkets to a global epidemic of farmer suicides, and real reasons for famine in Asia and Africa. Yet he also found great cause for hope—in international resistance movements working to create a more democratic, sustainable and joyful food system. Going beyond ethical consumerism, Patel explains, from seed to store to plate, the steps to regain control of the global food economy, stop the exploitation of both farmers and consumers, and rebalance global sustenance.

In *Closing the Food Gap*, food activist and journalist Mark Winne poses questions too often overlooked in our current conversations around food: What about those people who are not financially able to make conscientious choices about where and how to get food? And in a time of rising rates of both diabetes and obesity, what can we do to make healthier foods available for everyone? To address these questions, Winne tells the story of how America's food gap has widened since the 1960s, when domestic poverty was "rediscovered," and how communities have responded with a slew of strategies and methods to narrow the gap, including community gardens, food banks, and farmers' markets. The story, however, is not only about hunger in the land of plenty and the organized efforts to reduce it; it is also about doing that work against a backdrop of ever-growing American food affluence and gastronomical expectations. With the popularity of Whole Foods and increasingly common community-supported agriculture (CSA), wherein subscribers pay a farm so they can have fresh produce regularly, the demand for fresh food is rising in one population as fast as rates of obesity and diabetes are rising in another. Over the last three decades, Winne has found a way to connect impoverished communities experiencing these health problems with the benefits of CSAs and farmers' markets; in *Closing the Food Gap*, he explains how he came to his conclusions. With tragically comic stories from his many years running a model food organization, the Hartford Food System in Connecticut, alongside fascinating profiles of activists and organizations in communities across the country, Winne addresses head-on the struggles to improve food access for all of us, regardless of income level. Using anecdotal evidence and a smart look at both local and national policies, Winne offers a realistic vision for getting locally produced, healthy food onto everyone's table.

Los Angeles has grown from a scattered collection of towns and villages to one of the largest megacities in the world. The editors of *THE CITY* have assembled a variety of essays examining the built environment and human dynamics of this extraordinary modern city, emphasizing the dramatic changes that have occurred since 1960. 58 illustrations.

A rallying cry to link the food justice movement to broader social justice debates The United States is a nation of foodies and food activists, many of them progressives, and yet their overwhelming concern for what they consume often hinders their engagement with social justice more broadly. *Food Justice Now!* charts a path from food activism to

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social justice activism that integrates the two. It calls on the food-focused to broaden and deepen their commitment to the struggle against structural inequalities both within and beyond the food system. In an engrossing, historically grounded, and ethnographically rich narrative, Joshua Sbicca argues that food justice is more than just a myopic focus on food, allowing scholars and activists alike to investigate the causes behind inequities and evaluate and implement political strategies to overcome them. Focusing on carceral, labor, and immigration crises, Sbicca tells the stories of three California-based food movement organizations, showing that when activists use food to confront neoliberal capitalism and institutional racism, they can creatively expand how to practice and achieve food justice. Sbicca sets his central argument in opposition to apolitical and individual solutions, discussing national food movement campaigns and the need for economically and racially just food policies—a matter of vital public concern with deep implications for building collective power across a diversity of interests.

“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*

In May 1967, internationally renowned activist Fannie Lou Hamer purchased forty acres of land in the Mississippi Delta, launching the Freedom Farms Cooperative (FFC). A community-based rural and economic development project, FFC would grow to over 600 acres, offering a means for local sharecroppers, tenant farmers, and domestic workers to pursue community wellness, self-reliance, and political resistance. Life on the cooperative farm presented an alternative to the second wave of northern migration by African Americans—an opportunity to stay in the South, live off the land, and create a healthy community based upon building an alternative food system as a cooperative and collective effort. *Freedom Farmers* expands the historical narrative of the black freedom struggle to embrace the work, roles, and contributions of southern black farmers and the organizations they formed. Whereas existing scholarship generally views agriculture as a site of oppression and exploitation of black people, this book reveals agriculture as a site of resistance and provides a historical foundation that adds

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meaning and context to current conversations around the resurgence of food justice/sovereignty movements in urban spaces like Detroit, Chicago, Milwaukee, New York City, and New Orleans.

How modern food helped make modern society between 1870 and 1930: stories of power and food, from bananas and beer to bread and fake meat. The modern way of eating—our taste for food that is processed, packaged, and advertised—has its roots as far back as the 1870s. Many food writers trace our eating habits to World War II, but this book shows that our current food system began to coalesce much earlier. Modern food came from and helped to create a society based on racial hierarchies, colonization, and global integration. *Acquired Tastes* explores these themes through a series of moments in food history—stories of bread, beer, sugar, canned food, cereal, bananas, and more—that shaped how we think about food today. Contributors consider the displacement of native peoples for agricultural development; the invention of Pilsner, the first international beer style; the “long con” of gilded sugar and corn syrup; Josephine Baker’s banana skirt and the rise of celebrity tastemakers; and faith in institutions and experts who produced, among other things, food rankings and fake meat.

"Raising concerns about health, the environment, and economic inequality, critics of the industrial food system insist that we are in crisis. In response, food justice activists based in marginalized, low-income communities of color across the United States have developed community-based solutions to the nation's food system problems, arguing that activities like urban agriculture, cultural nutrition education, and food-related social enterprises can be an integral part of systemic social change. Highlighting the work of Community Services Unlimited, a South Los Angeles food justice group founded by the Black Panther Party, *More Than Just Food* explores the possibilities and limitations of the community-based approach, offering a networked examination of the food justice movement in the age of the 'nonprofit industrial complex'"--Provided by publisher.

The story of how the emerging food justice movement is seeking to transform the American food system from seed to table. In today's food system, farm workers face difficult and hazardous conditions, low-income neighborhoods lack supermarkets but abound in fast-food restaurants and liquor stores, food products emphasize convenience rather than wholesomeness, and the international reach of American fast-food franchises has been a major contributor to an epidemic of “globesity.” To combat these inequities and excesses, a movement for food justice has emerged in recent years seeking to transform the food system from seed to table. In *Food Justice*, Robert Gottlieb and Anupama Joshi tell the story of this emerging movement. A food justice framework ensures that the benefits and risks of how food is grown and processed, transported, distributed, and consumed are shared equitably. Gottlieb and Joshi recount the history of food injustices and describe current efforts to change the system, including community gardens and farmer training in Holyoke, Massachusetts, youth empowerment through the Rethinkers in New Orleans, farm-to-school programs across the country, and the Los Angeles school system's elimination of sugary soft drinks from its cafeterias. And they tell how food activism has succeeded at the highest level: advocates waged a grassroots campaign that convinced the Obama White House to plant a vegetable garden. The first comprehensive inquiry into this emerging movement, *Food Justice* addresses the increasing disconnect between food and

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culture that has resulted from our highly industrialized food system.

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. How cities can build on the "sharing economy" and smart technology to deliver a "sharing paradigm" that supports justice, solidarity, and sustainability.

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

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An in-depth look at Black food and the challenges it faces today For Black Americans, the food system is broken. When it comes to nutrition, Black consumers experience an unjust and inequitable distribution of resources. *Black Food Matters* examines these issues through in-depth essays that analyze how Blackness is contested through food, differing ideas of what makes our sustenance "healthy," and Black individuals' own beliefs about what their cuisine should be. Primarily written by nonwhite scholars, and framed through a focus on Black agency instead of deprivation, the essays here showcase Black communities fighting for the survival of their food culture. The book takes readers into the real world of Black sustenance, examining animal husbandry practices in South Carolina, the work done by the Black Panthers to ensure food equality, and Black women who are pioneering urban agriculture. These essays also explore individual and community values, the influence of history, and the ongoing struggle to meet needs and affirm Black life. A comprehensive look at Black food culture and the various forms of violence that threaten the future of this cuisine, *Black Food Matters* centers Blackness in a field that has too often framed Black issues through a white-centric lens, offering new ways to think about access, privilege, equity, and justice. Contributors: Adam Bledsoe, U of Minnesota; Billy Hall; Analena Hope Hassberg, California State Polytechnic U, Pomona; Yuson Jung, Wayne State U; Kimberly Kasper, Rhodes College; Tyler McCreary, Florida State U; Andrew Newman, Wayne State U; Gillian Richards-Greaves, Coastal Carolina U; Monica M. White, U of Wisconsin–Madison; Brian Williams, Mississippi State U; Judith Williams, Florida International U; Psyche Williams-Forson, U of Maryland, College Park; Willie J. Wright,

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Hunger and obesity sit side by side in the world today because a food system dominated by wealth, markets and profits allows those with money to obtain above and beyond their needs while those without cannot get the fundamentals of life. The result is a growing polarization of global agriculture, between the haves and an ever-increasing number of have-nots. In "Hungry for Change," the author explains how capitalism was introduced into farming and how it transformed the terms and conditions by which farmers produce the food we eat. Written in accessible language and incorporating accounts from farmers and agricultural workers, "Hungry for Change" explains how the creation, structure and operation of the capitalist world food system is marginalizing family farmers, small-scale peasant farmers and landless rural workers as it entrenches us all in a global subsistence crisis. Building upon the idea of food sovereignty, Akram-Lodhi develops a set of solutions that together can resolve the current crisis of the world food system.

"A bold, compelling challenge to conventional thinking about obesity and its fixes, *Weighing In* is one of the most important books on food politics to hit the shelves in a long time." —Susanne Freidberg, author of *Fresh: A Perishable History* "*Weighing In* is filled with counterintuitive surprises that should make us skeptics of all kinds of food -- whether local, fast, slow, junk or health -- but also gives us the practical tools to effectively scrutinize the stale buffet of popularly-accepted health wisdom before we digest it." —Paul Robbins, professor of Geography and Development, University of Arizona "If you liked Michael Pollan, this should be your next read. Guthman gives us the research behind the questions we should be asking, but, falling all over ourselves in the rush to consensus, we have overlooked. A self-described Berkeley foodie, Guthman takes on the self-satisfaction of the alternative food movement and places it in rich context, drawing on research in health, economics, labor, agriculture, sociology, and politics. This marvelous, surprising book is a true game-changer in our national conversation about food and justice." —Anna Kirkland, author of *Fat Rights: Dilemmas of Difference and Personhood* "This groundbreaking book calls into question the ubiquitous claim that 'good food' will solve the social and health dilemmas of today. Combining political economic analysis, cultural critique, and clear explanation of scientific discoveries, the author challenges our deeply held convictions about society, food, bodies, and environments." —Becky Mansfield, editor of *Privatization: Property and the Remaking of Nature-Society Relations* "Step back from that farmer's market -- Guthman shows us that good foods and good eating are not enough. By questioning the fuzzy facts on obesity, the impact of environment, and capitalism's relentless push to consume, *Weighing In* challenges us to think harder, and better, about what it really takes to be healthy in the modern age." —Carolyn de la Peña, author of *Empty Pleasures: The Story of Artificial Sweetener from Saccharin to Splenda*

Sistah Vegan is a series of narratives, critical essays, poems, and reflections from a diverse community of North American black-identified vegans. Collectively, these activists are de-colonizing their bodies and minds via whole-foods veganism. By kicking junk-food habits, the more than thirty contributors all show the way toward longer, stronger, and healthier lives. Suffering from type-2 diabetes, hypertension, high blood pressure, and overweight need not be the way women of color are doomed to be victimized and live out their mature lives. There are healthy alternatives. *Sistah Vegan* is not about preaching veganism or vegan fundamentalism. Rather, the book is about how a group of black-identified female vegans perceive nutrition, food, ecological sustainability, health and healing, animal rights, parenting, social justice, spirituality, hair care, race, gender-identification, womanism, and liberation that all go against the (refined and bleached) grain of our dysfunctional society. Thought-provoking for the identification and dismantling of environmental racism, ecological devastation, and other social injustices, *Sistah Vegan* is an in-your-face handbook for our time. It calls upon all of us to make radical changes for the betterment of ourselves, our planet, and by extension everyone."

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Scholars working for communities' rights in California's Central Valley In the Struggle tells the story of the persistent engagement of eight public scholars spanning generations of sustained endeavor, a dogged war in which workers and scholars together repeatedly took on the powerful agricultural industry, the political machines, and even the universities. The stories begin in the 1930s with Paul Taylor, a professor of economics at University of California, Berkeley, who pioneered field research and activism as he travelled through the areas marked by the Great Depression, together with his wife, photographer Dorothea Lange. Working in the heart of California's agricultural Central Valley, Taylor was the first of a succession of scholars who shared the dual commitment to research and engagement, to making problems visible and to effecting change through strategic action. Taylor and Lange intentionally wove their political engagement into their identities and work as researchers, as they conducted studies, led strikes, organized underserved communities, founded community development programs, created nonprofit institutions, and more. This book documents a tradition of politically engaged scholarship in one of the world's most dramatic contexts, full of disparities and contradictions, but also ripe with opportunities to make a difference. It covers a struggle that continues undiminished in the present.

In recent decades, the various strands of the food movement have made enormous strides in calling attention the many shortcomings and injustices of our food and agricultural system. Farmers, activists, scholars, and everyday citizens have also worked creatively to rebuild local food economies, advocate for food justice, and promote more sustainable, agroecological farming practices. However, the movement for fairer, healthier, and more autonomous food is continually blocked by one obstacle: land access. As long as land remains unaffordable and inaccessible to most people, we cannot truly transform the food system. The term land-grabbing is most commonly used to refer to the large-scale acquisition of agricultural land in Asian, African, or Latin American countries by foreign investors. However, land has and continues to be "grabbed" in North America, as well, through discrimination, real estate speculation, gentrification, financialization, extractive energy production, and tourism. This edited volume, with chapters from a wide range of activists and scholars, explores the history of land theft, dispossession, and consolidation in the United States. It also looks at alternative ways forward toward democratized, land justice, based on redistributive policies and cooperative ownership models. With prefaces from leaders in the food justice and family farming movements, the book opens with a look at the legacies of white-settler colonialism in the southwestern United States. From there, it moves into a collectively-authored section on Black Agrarianism, which details the long history of land dispossession among Black farmers in the southeastern US, as well as the creative acts of resistance they have used to acquire land and collectively farm it. The next section, on gender, explores structural and cultural discrimination against women landowners in the Midwest and also role of "womanism" in land-based struggles. Next, a section on the cross-border implications of land enclosures and consolidations includes a consideration of what land justice could mean for farm workers in the US, followed by an essay on the challenges facing young and aspiring farmers. Finally, the book explores the urban dimensions of land justice and their implications for locally-autonomous food systems, and lessons from previous struggles for democratized land access. Ultimately, the book makes the case that to move forward to a more equitable, just, sustainable, and sovereign agriculture system, the various strands of the food movement must come together for land justice.

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