

From Farm To Table Food And Farming

When we say farm to table, we mean it. Farm to Table pairs 25 alumnus chefs from the Stratford Chefs School with 25 of their favourite food producers and farmers for a culinary adventure through Perth-Huron County. The Stratford Chefs School has a long history of training impeccable chefs - 35 years of history, in fact. Inside, you'll find recipes from head chefs at all of your favourite Stratford restaurants, designed specifically for this cookbook. This book is complete with photos by famed food photographer Terry Manzo, and alumni profiles from Andrew Coppolino, Publisher of Waterloo Region Eats and CBC Food Columnist. This compilation of recipes from some of the most celebrated graduates of the Stratford Chefs School takes you inside the lessons they learned at Stratford Chefs School and makes this book a staple of every Canadian kitchen.

A former basketball star, Farmer Will Allen is an innovator, educator, and community builder. When he looked at an abandoned city lot he saw a huge table, big enough to feed the whole world. This is the inspiring story of his determination to bring good food to every table. Andrea Bemis, the creator of the popular farm-to-table blog Dishing Up the Dirt builds on her success with this beautiful, simple, seasonally driven cookbook, featuring more than 100 inventive and delicious whole-foods recipes and dozens of color photographs. For Andrea Bemis, who owns and runs a sixty-acre organic farm with her husband outside of Portland, Oregon, dinners are inspired by what is grown in the soil and picked by hand. In Dishing Up the Dirt, Andrea offers 100 authentic farm-to-table recipes, arranged by season, including: Spring: Lamb Lettuce Wraps with Mint-Yogurt Sauce, Grilled Garlic Scapes with Sea Salt, and Spring Gnocchi with Mushrooms and Parmesan Summer: Heirloom Tomato Pie with Almond Flour Crust, Grilled Peach, Hazelnut, and Balsamic Crostini, and Kohlrabi Fritters with Garlic-Cashew Herb Sauce Fall: Spiced Delicata Squash with Garlicky Collard Greens, Roasted Fennel and Beets with Wheat Berry Salad, and Butternut-Spice Breakfast Cookies Winter: Ginger Miso Sweet Potato Bisque, Roasted Carrots over Spiced Lentils with Yogurt, and Oat and Honey Cardamom Cookies Andrea's recipes focus on using whole, locally-sourced foods—incorporating the philosophy of eating as close to the land as possible. While many recipes are naturally gluten-free, dairy-free, or vegetarian, many others include elemental ingredients like bread, cheese, eggs, meat, and sweeteners, which are incorporated in new and inventive ways. In short essays throughout the book, Andrea also presents an honest glimpse of life on Tumbleweed Farm—the real life of a farmer, not the shabby-chic fantasy often portrayed—offering

fascinating and frequently entertaining details about where the food on our dinner tables comes from. With stunning food photography as well as intimate portraits of farm life, Dishing Up the Dirt allows anyone to be a seasonal foodie and an armchair farmer.

The author of the popular Nourished Kitchen website shares 175 recipes based on the "traditional foods" philosophy of eating that emphasizes nutrient-rich whole grains, dairy, red meat, organ meats and fermented foods. Original. 12,000 first printing.

Right this Very Minute

Celebrating Stratford Chefs School Alumni Recipes and Perth County Producers

Farmer Will Allen and the Growing Table

Little Indiana

Animal, Vegetable, Miracle

Over 75 Recipes

Vegan & Vegetarian Full-Flavored Recipes for Every Season

French culinary phrases, foodie terms and cultural tips come together in the ultimate food-lover's guide pays des délices Whether you're spending a semester in Paris, vacationing in the Riviera, dining at a local bistro or mastering the French culinary art in your own kitchen, The Farm to Table French Phrasebook opens a bountiful world of food that you won't find in any textbook or classroom:

- Navigate produce markets, charcuteries and patisseries
- Prepare meals the French way with delicious, authentic recipes
- Speak the lingo of Paris's top restaurants and bistros
- Pair regional wines with delightful cheeses
- Master the proper table etiquette for dining at a friend's house

With the growing farm-to-table movement and popularity of local farmers' markets, we are becoming more conscious of where our food originates. This spirituality of eating and food helps us reflect on current realities and understand how eating forms our souls inwardly, upwardly, and outwardly. The author offers practical guidance on what it means to eat alone or in community with more intention, compassion, humility, and gratitude. She also tells the story of food as it transitions from seed to table. Sidebars contain gardening and food tips, recipes, and food preservation guides. End-of-chapter questions for individual and group use are included.

A restaurateur details the hard work involved with starting a dairy farm and describes a feast that was two years in the making, using only vegetables he harvested and animals he raised to supply the meal. The best of the Berkshires' homegrown food from noted farms to esteemed kitchens The Berkshire Hills of western Massachusetts are famous for their unique culture, from scenic views to artistic and literary attractions. But in addition to the region's classic landmarks, the Berkshires also boast an impressive number of family-run farms. Together with local restaurants, these farms add another feature to Berkshires culture: heartwarming and homegrown food. Telling the story of family-run agriculture through the language of

Where To Download From Farm To Table Food And Farming

food, The Berkshires Farm Table Cookbook offers 125 recipes to recall the magic of the Berkshire region for readers far and wide. Sweet Corn Pancakes, Carrot Soup with Sage and Mint, Confetti Vegetable and Goat Cheese Lasagna, and more celebrate the lush landscape of the western New England area. Complete with farm profiles and vibrant photographs, The Berkshires Farm Table Cookbook paints a vivid portrait of the relationship between the earth and what we eat.

Workshop Summary

The Third Plate

The Color of Food

A Slow Food Manifesto

Growing a Feast: The Chronicle of a Farm-to-Table Meal

Japanese Farm Food

Fall and Winter

A bold, science-based corrective to the groundswell of misinformation about food and how it's produced, examining in detail local and organic food, food companies, nutrition labeling, ethical treatment of animals, environmental impact, and every other aspect from farm to table Consumers want to know more about their food--including the farm from which it came, the chemicals used in its production, its nutritional value, how the animals were treated, and the costs to the environment. They are being told that buying organic foods, unprocessed and sourced from small local farms, is the most healthful and sustainable option. Now, Robert Paarlberg reviews the evidence and finds abundant reason to disagree. He delineates the ways in which global food markets have in fact improved our diet, and how "industrial" farming has recently turned green, thanks to GPS-guided precision methods that cut energy use and chemical pollution. He makes clear that America's serious obesity crisis does not come from farms, or from food deserts, but instead from "food swamps" created by food companies, retailers, and restaurant chains. And he explains how, though animal welfare is lagging behind, progress can be made through continued advocacy, more progressive regulations, and perhaps plant-based imitation meat. He finds solutions that can make sense for farmers and consumers alike and provides a road map through the rapidly changing worlds of food and farming, laying out a practical path to bring the two together. Part of a series which looks at how our food is farmed, processed and brought to our tables. It examines some of the critical issues facing farmers today and discusses how we might feed the growing world population in the future. A seasonally organized volume of recipes by leading chefs who are dedicated to the use of fresh and locally grown ingredients also instructs readers on how to incorporate farm-fresh produce into a daily menu.

*** MOONBEAM GOLD AWARD * * GROWING GOOD KIDS AWARD FOR EXCELLENCE IN CHILDREN'S LITERATURE, AMERICAN HORTICULTURAL SOCIETY AND NATIONAL MASTER JUNIOR GARDENER PROGRAM * Milk doesn't just appear in your refrigerator, nor do apples grow in the bowl on the kitchen counter. Before We Eat has been adopted by the USDA's Agriculture in the Classroom program. Before we eat, many people work very hard—planting grain, catching fish, tending farm animals, and filling crates of vegetables. With**

vibrant illustrations by Caldecott Medalist Mary Azarian, this book reminds us what must happen before food gets to our tables to nourish our bodies and spirits. This expanded edition of Before We Eat includes back-of-book features about school gardens and the national farm-to-school movement. Fountas & Pinnell Level L

Farm to Table Asian Secrets

Farm to Fable

Simple Recipes for Cooking Through the Seasons

Master the Culture, Language and Savoir Faire of French Cuisine

Food Bullying

Taste of Home Farm to Table Cookbook

Before We Eat: From Farm to Table (2nd Edition)

*“Not since Michael Pollan has such a powerful storyteller emerged to reform American food.”
—The Washington Post Today’s optimistic farm-to-table food culture has a dark secret: the local food movement has failed to change how we eat. It has also offered a false promise for the future of food. In his visionary New York Times–bestselling book, chef Dan Barber, recently showcased on Netflix’s Chef’s Table, offers a radical new way of thinking about food that will heal the land and taste good, too. Looking to the detrimental cooking of our past, and the misguided dining of our present, Barber points to a future “third plate”: a new form of American eating where good farming and good food intersect. Barber’s The Third Plate charts a bright path forward for eaters and chefs alike, daring everyone to imagine a future for our national cuisine that is as sustainable as it is delicious.*

Where was James Dean’s hometown? What do A. J. Foyt, Mario Andretti, and Al Unser have in common besides winning the Indianapolis 500? Where was the world’s first theme park? Find these answers and more in Little Indiana: Small Town Destinations. Featuring towns of 15,000 or fewer inhabitants, Little Indiana explores where to eat, stay, play, and shop in over 90 small towns. After six years of traveling the state in search of amazing local experiences, blogger and TV host Jessica Nunemaker shares a treasure trove of what to expect in Hoosier small towns. Perfect for any length of excursion—day or weekend—the book is organized by region and town and provides travelers easy access to information found nowhere else. From wineries to antique shops, alpaca farms to chocolate stores, unique attractions are awaiting discovery. Full-color images showcase specialty stores, mouth-watering meals, and exciting attractions tucked off the beaten path. Proof that there’s always something to do in a small town, this book is the perfect way to kick-start your next Indiana adventure!

Explore the hyperlocal approach of acclaimed chef Norbert Niederkofler, from his home in South Tyrol in the Italian Alps to the world and back. Norbert Niederkofler has dedicated his life and work to South Tyrol’s culture and cuisine. He translates the beauty and vivid character of the mountains into his dishes at St. Hubertus, the only Michelin 3-starred restaurant with completely regional cuisine. Niederkofler’s philosophy, summarized as “Cook the Mountain,” is to choose local and seasonal ingredients only after talking to the producers and growers in person and to honor the ingredients by keeping food waste to a minimum. In the first volume of this 2-book set, brilliant photographs reveal both unspoiled landscapes and the agricultural and architectural changes humans have made in the past millennia. Striking portraits of locals capture the people and producers Niederkofler works with. Breathtaking food photography conveys the stunning ingredients and creations that Niederkofler develops. The second volume includes 80 of Niederkofler’s recipes, divided into the four seasons to reflect his ethos of

sustainability. Taken together, Cook the Mountain showcases the unique terroir and cuisine of South Tyrol through the eyes of Niederkofler, who has embraced his home and given it a new culinary identity.

In this delightful Asian cookbook, you'll learn the secrets of vegetarian and vegan Asian cooking—how to blend flavors, textures, aromas and colors—to create full-flavored vegetarian dishes that are missing none of the umami normally associated only with meat and dairy. Each chapter based on seasonal vegetables provides a wide range of choices using produce that is available at that time of year—making it easy to plan a variety of menus that are never dull. Here are just a few examples of the tempting Asian recipes in this book: Starters and Snacks such as Crispy Spring Rolls, Green Apple Salad with Tangy Thai Dressing, Butternut Squash Pot Stickers and Korean-Style Buffalo Broccoli Family-Style Meals such as Asparagus in Lemongrass-Coconut Cream Sauce, Grilled Vegetable Kebabs with Two Marinades, General Tso's Eggplant and Kung Pao Potatoes All-in-One Meals such as "Have It Everyday" Pad Thai, Crispy Noodles with Savory Vegetables, Sweet Potato Rice Stew and Easy Miso Ramen Author Patricia Tanumihardja is an experienced food writer and expert on Asian and sustainable farm-to-table cooking. She shows you how to buy and use the freshest in-season produce to create delicious dishes with startlingly new flavors and textures by adding a few "secret ingredients"—the traditional sweet, sour, spicy, savory seasonings that every Asian cook knows. She also explains in this Asian cookbook how the use of contrasting textures (for example silky tofu with crunchy peanuts) can create greater food enjoyment and a stimulating new dining experience. A home cook at heart, Pat's recipes are very straightforward without lots of exotic ingredients or specialized tools. They are also easy and quick to prepare. She shows you how adding a few Asian fermented and pickled vegan products like miso or pickled greens will add a new universe of flavors to your cooking. The same is true for flavor-enhancers like fried shallots, crispy fried garlic and the flavored oils that Asian chefs and restaurants use on a regular basis.

*Recipes and Inspiration from the Quillisascut Farm School of the Domestic Arts
The Nature Around You*

Farm-to-table Recipes for the Traditional Foods Lifestyle : Featuring Bone Broths, Fermented Vegetables, Grass-fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas

Organizing Your Refrigerator for a Healthier, Happier Life--With 100 Recipes

Stories and Recipes from My Corner of the South

Farm, Fork, Food

279 Recipes that Make the Most of the Season's Freshest Foods – All Year Long!

Cook your "greenest" meal: Earth to Table inspires local and sustainable eating in every mouth-watering recipe. There is nothing more delicious than a tomato still from the sun. Though that is easy to forget when we are surrounded by food shelves in our supermarkets from around the world, the healthiest and most delicious food comes from farmers and artisans just down the road. In Earth to Table, renowned chefs Jeff Crump and Bettina Schormann remind us of the relationship between eating and taste, and demonstrate how you can reduce your carbon footprint without diminishing your enjoyment of food. Bringing together stories of the passage of seasons on the farm; how-to sections; stunning photographs; and, of course, creative and delectable recipes that will leave anyone wondering why they ever considered eating a tomato in February.

A one-of-a-kind guide to organizing your fridge--including practical tips for meal and storage, plus more than 100 recipes--that makes it easier to eat better, save and get the most out of your food Practicing "fridge love" is a roadmap to eating healthier, saving money, and reducing food waste while enjoying a beautiful and harder-working fridge. This book--part organizational guide and part food-prep handbook--is your guide. Author Kristen Hong adopted a nutrient-dense, plant-based diet in an effort to lose weight and improve her health. But amidst the demands to-day life and a busy family, she found it impossible to stick to. The solution? A smarter, better-organized fridge that served her real-life needs. In this invaluable resource, you will discover how a beautifully organized fridge can make your life--including healthy eating for the whole family--easier. It covers general fridge organization (for all models and configurations) as well as shopping tips, storage guidelines, the best meal-prep containers, and more than 100 easy plant-based recipes made for meal prepping.

Vivian Howard, star of PBS's *A Chef's Life*, celebrates the flavors of North Carolina coastal plain in more than 200 recipes and stories. This new classic of American country cooking proves that the food of Deep Run, North Carolina -- Vivian's home -- is as rich as any culinary tradition in the world. Organized by ingredient with dishes suited to every skill level, from beginners to confident cooks, *Deep Run Roots* features time-honored simple preparations alongside extraordinary meals from her acclaimed restaurant *Chef and the Farmer*. Home cooks will find photographs for every single recipe. Ten years ago, Vivian opened *Chef and the Farmer* and put the nearby town of Kinston on the culinary map. But in a town paralyzed by recession, she couldn't follow every new culinary trend. Instead, she focused on rural development: If you grew it, she'd buy it. Inundated by local sweet potatoes, blueberries, shrimp, pork, and beef, Vivian learned to cook the way generations of Southerners before her had, relying on resourcefulness, creativity, and the traditional ways of preserving food. *Deep Run Roots* is the result of years of effort to discover the riches of Eastern North Carolina. Like *The Fannie Farmer Cookbook*, *The Art of Simple Food*, and *The Taste of Country Cooking* before it, this is landmark work of American food writing. Recipes include: Family favorites like Blueberry BBQ Chicken Creamed Collard-Stuffed Potatoes Fried Yams with Five-Spice Maple Bacon Candy Chicken and Rice Country Style Pork Ribs in Red Curry-Braised Watermelon Show-stopping desserts like Warm Banana Pudding, Peaches and Cream Cake, Spreadable Cheesecake, and Pecan-Chewy Pie. You'll also find 200 more quick breakfasts, weeknight dinners, holiday centerpieces, seasonal preserves, and traditional preparations for all kinds of cooking. A delicious celebration of food and farming sure to inspire readers of all ages to learn more about where their food comes from - right this very minute! Here are the secrets of what farmers really do to bring food to the table.

Earth to Table

The Go-To Guide to Great Farmers' Markets, Farm Stands, Farms, U-Picks, Kids' Activities, Lodging, Dining, Dairies, Festivals, Choose-and-Cut Christmas Trees, Vineyards and Wineries, and More

The Farm to Table French Phrasebook

Fridge Love

A Table-to-farm Book about Food and Farming

Straight Talk About the Food We Grow and Eat

Small Town Destinations

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 increase 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.

Don't believe everything you're told about food—most of it is highly misleading or completely untrue. Written by a farm and food advocate, this book identifies marketing half-truths and guides you through the aisles of the grocery store to simplify smart food shopping and restore your freedom to enjoy food. • Turns food confusion into clarity, enabling readers to have confidence regarding how to buy, prepare, and serve safe, healthy, and nourishing food • Offers an informed voice of reason to the overly sensationalized food and health arena • Provides practical tips and accurate information that allows readers to make decisions based on their own social, ethical, environmental, and health standards • Reveals why parents should not feel guilty if they cannot afford the "right" label or the "right" food when food-shopping for their family

Features delicious recipes and breathtaking photography which will take you on a journey of upstate New York. Fresh vegetables and fruit, meat, dairy, wild game and foraged produce all take center stage in The Catskills Farm to Table Cookbook--because that is what eating in the Catskills is all about! Farms and restaurants emphasizing the use of local foods and produce are also highlighted, creating a guide to the farm to table movement in the region. Knowing what goes into the food on your plate is not just a trend--it's an understanding of the processes, the time, the individuals, the community, and the lifestyle behind it all. With its down-to-earth recipes and full-color images, let The Catskills Farm to Table Cookbook be your essential guide.

The first volume of recipes, stories and photographs from Kurtwood Farms on Vashon Island. Life on this small dairy farm near Seattle is described in this fall and winter edition. The recipes are entirely seasonal, utilizing the meats, vegetables and dairy products grown on the farm. The author also shot the intimate photographs, giving the reader a personal vision into the authentic cuisine and daily life on thirteen acres shared with a herd of Jersey cows.

The Catskills Farm to Table Cookbook

Cook the Mountain

Chefs on the Farm

Food Truths from Farm to Table: 25 Surprising Ways to Shop & Eat Without Guilt

A Spirituality of Food, Farming, and Community

Farm Food Volume1

The Maine Farm Table Cookbook: 125 Home-Grown Recipes from the Pine Tree State

'Japanese Farm Food' offers a unique window into life on a Japanese farm through the simple, clear-flavoured recipes cooked from family crops and other local, organic products.

The multitude of vibrant images by Kenji Miura of green fields, a traditional farmhouse, antique baskets and ceramic bowls filled with beautiful, simple dishes are interwoven with Japanese indigo fabrics to convey an intimate, authentic portrait of life and food on a Japanese farm. A visually rich tour of an organic farm, where award-winning chefs learn sustainable food practices, *Chefs on the Farm* is the perfect "treat" for foodies, organic gardeners, cookbook addicts and sustainable practitioners alike. With the rising interest in organic and locally grown food, there is also an increasing interest in connecting the farm to the table. *Chefs on the Farm* describes the seasonal workings of Quillisascut Goat Cheese Farm, a small, family-run business in northeastern Washington state. There, owners Lora Lea and Rick Misterly started a "Farm School for the Domestic Arts" where every summer, professional chefs, culinary students, food writers, and others live and work on the farm. Cooking only with ingredients they find on the farm, students learn to be connected to the food they work with. "Something unique is happening at Quillisascut, placing this tiny goat-cheese farm . . . at the forefront of a national movement known as 'sustainable food.'" (Seattle Times)

Legal regulations and manufacturers' monitoring practices have not been enough to prevent contamination of the national food supply and protect consumers from serious harm. In addressing food safety risks, regulators could perhaps better ensure the quality and safety of food by monitoring food production not just at a single point in production but all along the way, from farm to table. Recognizing the troubled state of food safety, the Institute of Medicine's (IOM) Food Forum met in Washington, DC, on September 9, 2008, to explore the management of food safety practices from the beginning of the supply chain to the marketplace.

From Connecticut's seafood shacks to its 4-star farmhouse restaurants—locavore recipes and more *The Connecticut Farm Table Cookbook* brings home cooks a stellar collection of 150 delicious recipes from the Nutmeg State's celebrated chefs and the dedicated farmers, fishers, ranchers, foragers, and cheese makers they partner with to create dynamic New American and New England fare. This is the best of regional and farm-to-table cuisine from food producers and purveyors whose commitment to sustainability and quality is evident in

everything they do. As consumers have demanded more locally grown foods, more organics, and foods with fewer additives, the locavore movement has taken hold across the U.S. Every state and region has their own unique products and their own version of healthful, wholesome, innovative cuisine. The Connecticut Farm Table Cookbook showcases delectable specialties that the state's growers and chefs are creating using local microgreens, heirloom lettuces, sunchokes, ramps, quail eggs, Burrata, bison, chevre, heritage-breed pork, oysters, and more. Recipes are presented clearly and are easy to follow; they utilize ingredients that are readily available no matter where you shop. Along with mouthwatering recipes and beautiful photography you'll be treated to fascinating profiles of food producers, chefs, and restaurants. This celebration of Connecticut's healthy, sustainable food scene is a collection to savor and return to again and again.

A Perishable History

Managing Food Safety Practices from Farm to Table

The Essential Guide to Sustainable Food Systems for Students, Professionals, and Consumers

From Farm to Table

Food Safety Through HACCP - from Farm to Table

A Year of Food Life

To the Table

"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 New Planet*

The growing trend of organic farming and homesteading is changing the way that food 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, 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 range of farmers, reminds us that the industrialization of our food system and the oppression of 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*

The best of Maine's local food, from noted farms like Dandelion Spring to esteemed restaurants

like *The Lost Kitchen*. There's a lot more to Maine than stunning coastline. Sure, come for the incomparable lobster rolls or the state's renowned blueberries, but stay for the locally sourced grains, organic grass-fed meats, and surprising foraged delicacies. The Pine Tree State's food community springs to life in the hands of Kate Shaffer, Maine cookbook author and chocolatier, and Derek Bissonnette, one of the finest food photographers in the country. *Maine Farm Table Cookbook* delivers more than 100 recipes, assembled in chapters that take readers from the pasture and sea to the forest, creamery, and everywhere in between. From Autumn Harvest Roast Pork, Haddock and Corn Chowder, Carrot Zucchini Fritters, Blackberry and Almond Torte, and more. With profiles to spotlight Maine's favorite farms and restaurants and gorgeous professional photography, this is the perfect way for readers to bring New England's charm to their own kitchen.

From chef and food activist Alice Waters, an impassioned plea for a radical reconsideration of the way each and every one of us cooks and eats. In *We Are What We Eat*, Alice Waters calls on us to take up the mantle of slow food culture, the philosophy at the core of her life's work. When Waters first opened *Chez Panisse* in 1971, she did so with the intention of feeding people with locally sourced food during a time of political turmoil. Customers responded to the locally sourced organic ingredients, to the dishes made by hand, and to the welcoming hospitality that infused the space—human qualities that were disappearing from a country increasingly seduced by convenience, frozen dinners, and prepackaged ingredients. Waters came to see that the phenomenon of fast food culture, which prioritized cheapness, availability, and speed, was not only ruining our health, but also dehumanizing the ways we live and relate to one another. Over years of collaboration with regional farmers, Waters and her partners learned how geography and seasonal fluctuations affect the ingredients on the menu, as well as about the dangers of pesticides, the plight of fieldworkers, and the social, economic, and environmental threats posed by industrial farming and food distribution. So many of the serious problems we face in the world today—from climate change, to illness, to social unrest, to economic disparity, and environmental degradation—are all, at their core, connected to food. Fortunately, there is an antidote. Waters argues that by eating a "slow food way," each of us—like the community around her restaurant—can be empowered to prioritize and nurture a different kind of culture, one that champions values such as biodiversity, seasonality, stewardship, and pleasure in work. This is a declaration of action against fast food values, and a working theory about what we can do to change the course. As Waters makes clear, every decision we make about what we put in our mouths affects not only our bodies, but also the world at large—our families, our communities, and our environment. We have the power to choose what we eat, and we have the potential for individual and global transformation—simply by shifting our relationship to food. All it takes is a taste.

Bestselling author Barbara Kingsolver returns with her first nonfiction narrative that will open your eyes in a hundred new ways to an old truth: You are what you eat. "As the U.S. population made an unprecedented mad dash for the Sun Belt, one carload of us paddled against the current, heading for the Promised Land where water falls from the sky and green stuff grows abundantly. We were about to begin the adventure of realigning our lives with our food chain. "Nationwide, our first stop was to buy junk food and fossil fuel. . . ." Hang on for the ride: With characteristic wit, poetry and pluck, Barbara Kingsolver and her family sweep readers along on their journey away from the industrial-food pipeline to a rural life in which they vow to buy only food grown in their own neighborhood, grow it themselves, or learn to live without it. Their good-humored search yields surprising discoveries about turkey sex life and overly zealous zucchini plantings. This is a route to a food culture that's better for the neighborhood and also better on the table.

memoir, part journalistic investigation, *Animal, Vegetable, Miracle* makes a passionate case for putting the kitchen back at the center of family life and diversified farms at the center of the American diet. "This is the story of a year in which we made every attempt to feed our children with animals and vegetables whose provenance we really knew . . . and of how our family was changed by our first year of deliberately eating food produced from the same place where we worked, went to school, loved our neighbors, drank the water, and breathed the air."

Field Notes on the Future of Food

Farm Fresh Georgia

Stories of Race, Resilience and Farming

The Connecticut Farm Table Cookbook: 150 Homegrown Recipes from the Nutmeg State (Farm Table Cookbook)

Our Food from Farm to Table

We Are What We Eat

Seasonal Recipes from an Organic Farm

The first guidebook of its kind for the Peach State, *Farm Fresh Georgia* leads food lovers, families, locals, and tourists on a lively tour of almost 400 farms and farm-related attractions, all open to the public and visited by travel writer Jodi Helmer. Here are irresistible opportunities to find farmers' markets, dine at a farm-to-table restaurant known for its chicken and waffles, buzz by an apiary, stay at an Arabian horse ranch and bed and breakfast, and visit an urban farm in Atlanta where kids build entrepreneurial skills. Organized by six state regions (Atlanta Metro, Upper Coastal Plain, Lower Coastal Plain, Piedmont, Appalachian, and Blue Ridge) and nine categories of attractions, the listings connect readers with Georgia's farms and reflect agritourism trends burgeoning in the South and the nation. Highlighting establishments that are independent and active in public education and sustainability, the book taps local food initiatives and celebrates the work of local farmers. Thirteen recipes gathered directly from farmers and chefs offer the farm-fresh tastes of Georgia.

Why do the vast majority of us continue to consume animals when we could choose otherwise? What are the cultural forces that drive our food choices? Our beliefs about eating animals remain, in mainstream culture, largely unexamined, and therefore unchallenged, Robert Grillo argues. In this significant book, he attempts to uncover what drives our food choices, and specifically how the fictions of popular culture -- literature, movies, TV -- continually reinforce our current beliefs and behaviour. The insights revealed in *Farm to Fable* will be of great value and interest to seasoned animal advocates as well as casual readers.

"A much-needed critique of our national obsession of guilt over food choices...exposes the multi-trillion-dollar marketing and misrepresentation of food."—Dr. David Samadi, urologic oncologist and world-renowned robotic surgeon IPPY Award Gold Medal Winner More than 40,000 products can be found in a grocery store—and there's a lot of money to be made by those who use misleading marketing to push us into emotion-driven

decisions or make us feel like every purchase is a moral or social statement. Food Bullying upends the way you think about food and gives you permission to make eating choices based on your own social, ethical, environmental, and health standards—rather than brand, friend, or Facebook claims. Michele Payn, one of North America's leading voices in connecting farm and food, takes a startling look at the misrepresentation of food and sheds light on bogus nutrition and environmental claims to help you recognize and stand up to the bullies. Food Bullying guides you through understanding food label claims and offers insight on "the hidden world of farming". Armed with science and a lifetime on the farm, Michele provides a six-step action plan for you to overcome food bullying, simplify safe food choices, and even save time in the grocery store. "Engages and enables readers to overcome their fear to make shopping, food preparation and eating enjoyable endeavors rather than a battleground."—Leslie Bonci, MPH, RDN, CSSD, LDN, Kansas City Chiefs Sports Dietitian

Relish the goodness of garden fresh foods and make the most of your garden and farmer's market finds with this all new cookbook. With 279 sensational recipes to use all of the fresh food you bring in to your kitchen. Relish the goodness of garden-fresh foods and make the most of your farmer's market finds with this all-new cookbook. Have a bumper crop of tomatoes? Need to use up some rhubarb? Craving blueberry muffins or peach preserves? Simply turn to the mouthwatering ideas in Taste of Home Farm to Table Cookbook! Inside, you'll find 279 sensational recipes that take advantage of fresh produce all year long. From apples to zucchini and from appetizers to main courses (and, of course, all those wonderful desserts), this colorful collection of mouthwatering ideas delivers wholesome specialties to your table every day.

Resetting the Table

The Art of Eating Locally

The Berkshires Farm Table Cookbook: 125 Homegrown Recipes from the Hills of New England

Deep Run Roots

The Farm to Table Cookbook

Farm to Table

A Year of Spectacular Recipes Inspired by Black Cat Farm

Eric Skokan is the award-winning chef/owner of Black Cat Bistro and Bramble & Hare in Boulder, Colorado. He and his wife own a 130-acre organic farm in nearby Longmont, where they live with nearly 400 animals and their 4 children. In Farm Fork Food, Eric Skokan shows what good food is all about -quality, seasonal produce, showcased in creative, original dishes that allow the flavours to shine. The recipes in this book therefore take fresh, natural ingredients and present them in mouthwatering combinations: Winter Radishes with Goat's Cheese, Nori and Smoked Salt;

Pork with Grilled Plums, Leeks and Farro. There is something for every occasion.

That rosy tomato perched on your plate in December is at the end of a great journey— not just over land and sea, but across a vast and varied cultural history. This is the territory charted in *Fresh*. Opening the door of an ordinary refrigerator, it tells the curious story of the quality stored inside: freshness. We want fresh foods to keep us healthy, and to connect us to nature and community. We also want them convenient, pretty, and cheap. *Fresh* traces our paradoxical hunger to its roots in the rise of mass consumption, when freshness seemed both proof of and an antidote to progress. Susanne Freidberg begins with refrigeration, a trend as controversial at the turn of the twentieth century as genetically modified crops are today. Consumers blamed cold storage for high prices and rotten eggs but, ultimately, aggressive marketing, advances in technology, and new ideas about health and hygiene overcame this distrust. Freidberg then takes six common foods from the refrigerator to discover what each has to say about our notions of freshness. Fruit, for instance, shows why beauty trumped taste at a surprisingly early date. In the case of fish, we see how the value of a living, quivering catch has ironically hastened the death of species. And of all supermarket staples, why has milk remained the most stubbornly local? Local livelihoods; global trade; the politics of taste, community, and environmental change: all enter into this lively, surprising, yet sobering tale about the nature and cost of our hunger for freshness.

The Nourished Kitchen

Dishing Up the Dirt

Fresh

How to Avoid Buying B.S.