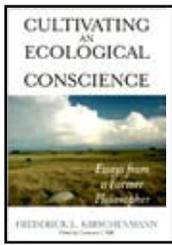


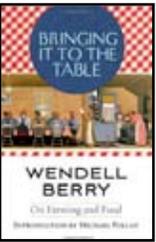
Books — Communities Hold onto Food, Tradition & Democracy

By Bonnie Preston & Heather Retberg



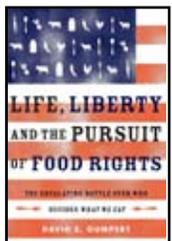
Cultivating an Ecological Conscience, by Frederick L. Kirschenmann, a collection of the author's writings, is a thoughtful and intelligent look at the problems facing agriculture today and what must be done to solve them. It is a philosophical exploration leading the reader to understand why he has come to his conclusions. He is, at heart, an educator, and a brilliant one.

Wendell Berry is farmer, poet and essayist of the first order. He was one of the early writers warning about the dangers of our industrial food system and encouraging the use of traditional practices to counteract the system. His writing is spare and straightforward; his visionary understanding of what is needed is complex, with an emphasis on the "cultural" aspect of agriculture. In *Bringing It To the Table: On Farming and Food*, he calls "the need to promote a general awareness of everybody's agricultural responsibilities" urgent. The urgency



has grown in the 10 years since he wrote those words. We must respond.

David E. Gumpert is a journalist who wrote for the *Wall Street Journal* before taking up his crusade in favor of raw milk. In *Life, Liberty and the Pursuit of Food Rights: The Escalating Battle Over Who Decides What We Eat*, he chronicles various

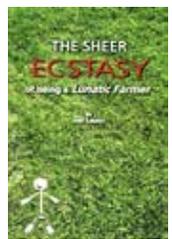


efforts of activists fighting for the right of people to choose what foods they eat and buy from farmers who are responsibly producing that food, without government interference. In telling their stories, he chronicles the overreach of federal regulators. He relates the story of the early years of the Local Food and Community Self-

Governance Ordinance. He remains apprised of the ongoing food sovereignty movement in Maine and of the movement toward food freedom across the country. He blogs about all of it at

TheCompletePatient.com

The Sheer Ecstasy of Being a Lunatic Farmer by famous farmer and food rights crusader Joel



Salatin is an evangelical call for holistic, ecological grass-farming and direct exchanges of food with customers without governmental agency interference. This book looks at: nurturing the earth; nutrient density and taste vs. shipability; food and farming as a healing ministry; and promoting community. Joel's enthusiasm for farming in harmony with nature is infectious.

Harvesting Justice: Transforming Food, Land and Agricultural Systems in the Americas, by Tory Field

and Beverly Bell, is a wide-ranging look at food sovereignty efforts around the globe including Maine's expression of food sovereignty through community self-governance of food exchanges. It contains short essays on community or organizational efforts from Maine to South America working toward a more just food and farming system. On their web site, harvesting-justice.org, is a curriculum which can be used by schools, churches, and public interest groups to teach people about the issues raised in the book. The appendices provide many other sources of information, as well as specific action steps which can be taken to help.



Movies

The Future of Food (2004) portrays the conflict between farmers and food industry technology, as well as market and political forces, which are changing what people eat. The film describes the disappearance of traditional cultural practices, opposes the patenting of living organisms, and criticizes the cost of the globalized food industry on human lives around the world. It states that international companies are gradually driving farmers off their land, that monoculture farming might lead to human dependence on food corporations, and that there is an increased risk of ecological disasters caused by a reduction of biological diversity. Subsidized GMO corn is replacing local varieties in Mexico while farmers around the world are held legally responsible for crops being invaded by "company-owned" genes.

Symphony of the Soil (2012) draws from ancient knowledge and cutting-edge science in an artistic exploration of the miraculous substance — soil. By understanding the elaborate relationships and mutuality between soil, water, the atmosphere, plants and animals, we come to appreciate the complex and dynamic nature of this precious resource. The film also examines our human relationship with soil, the use and misuse of soil in agriculture, deforestation and development, and the latest scientific research on soil's key role in ameliorating the most challenging environmental issues of our time. Filmed on four continents, featuring esteemed scientists and working farmers and ranchers, *Symphony of the Soil* is an intriguing presentation that highlights possibilities of healthy soil creating healthy plants creating healthy humans living on a healthy planet.

Food, Inc. (2008) is an American documentary film directed by Emmy Award-winning filmmaker Robert Kenner. The film examines corporate farming in the United States, concluding that agribusiness produces food that is unhealthy, in a way that is environmentally harmful and abusive of both animals and employees. The film is narrated by Michael Pollan and Eric Schlosser.

Farmageddon (2011) tells the story of small, family farmers providing safe, healthy foods to their communities who were forced to stop, often through violent actions by agents of misguided government bureaucracies. The movie succinctly poses and addresses the question "why is this happening in 21st century America?" Evoking both sympathy and anger for those farmers violently shut down by overzealous government policy and regulators, *Farmageddon* stresses the urgency of food freedom. Though the film deals with intense scenes and dramatic situations, the overall tone is optimistic, encouraging farmers and consumers alike to take action to preserve individuals' rights to access food of their choice and farmers' rights to produce these foods.

You Wanted to be a Farmer: A Discussion of Scale (2012) is a video by No Umbrella Media along with Sap Pail Publishing and Food for Maine's Future of a field trip to Blue Hill to talk with local people affected by the food sovereignty issues surrounding the State of Maine lawsuit against Blue Hill farmers Dan and Judy Brown.