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Agriculture professor Philip Ackerman-Leist refocuses the local food lens on the broad issue of rebuilding regional food systems that can replace the destructive aspects of industrial agriculture, meet food demands affordably and sustainably, and be resilient enough to endure potentially rough times ahead.

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College, where he established the college's

farm and sustainable agriculture



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Droves of people have turned to local food as a way to retreat from our broken industrial food system. From rural outposts to city streets, they are sowing, growing, selling, and eating food produced close to home--and they are crying out for agricultural reform. All this has made "local food" into everything from a

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movement buzzword to the newest darling of food trendsters. But now it's time to take the conversation to the next level.

That's exactly what Philip Ackerman-Leist does in *Rebuilding the Foodshed*, in which he refocuses the local-food lens on the broad issue of rebuilding regional food systems that can replace the destructive

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aspects of industrial agriculture, meet food demands affordably and sustainably, and be resilient enough to endure potentially rough times ahead. Changing our foodscapes raises a host of questions. How far away is local? How do you decide the size and geography of a regional foodshed? How do you tackle tough issues

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Local Sustainable And Small--issues like inefficient transportation, high energy demands, and rampant food waste? How do you grow what you need with minimum environmental impact? And how do you create a foodshed that's resilient enough if fuel grows scarce, weather gets more

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severe, and traditional supply chains are hampered? Showcasing some of the most promising, replicable models for growing, processing, and distributing sustainably grown food, this book points the reader toward the next stages of the food revolution. It also covers the full landscape of the burgeoning local-food

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movement, from rural to suburban to urban, and from backyard gardens to large-scale food enterprises.

Mals, Italy, has long been known as the breadbasket of the Tyrol. But recently the tiny town became known for something else entirely. A Precautionary Tale tells us



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why, introducing readers to an unlikely group of activists and a forward-thinking mayor who came together to ban pesticides in Mals by a referendum vote—making it the first place on Earth to accomplish such a feat, and a model for other towns and regions to follow. For hundreds of years, the people of Mals had

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cherished their traditional foodways and kept their local agriculture organic. Their town had become a mecca for tourists drawn by the alpine landscape, the rural and historic character of the villages, and the fine breads, wines, cheeses, herbs, vegetables, and the other traditional foods they produced. Yet Mals is located high up

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in the eastern Alps, and the valley below was being steadily overtaken by big apple producers, heavily dependent on pesticides. As Big Apple crept further and further up the region's mountainsides, their toxic spray drifted with the valley's ever-present winds and began to fall on the farms and fields of Mals—threatening

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Local Sustainable And their organic certifications, as well as their health and that of their livestock. The advancing threats gradually motivated a diverse cast of characters to take action—each in their own unique way, and then in concert in an iconic display of direct democracy in action. As Ackerman-Leist recounts their uprising, we meet an

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organic dairy farmer who decides to speak up when his hay is poisoned by drift; a pediatrician who engaged other medical professionals to protect the soil, water, and air that the health of her patients depends upon; a hairdresser whose salon conversations mobilized the town's women in an extraordinarily conceived

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Ever since Thoreau's Walden, the image of the American homesteader has been of someone getting away from civilization, of forging an independent life in the country.

Yet if this were ever true, what is the nature and reality of homesteading in the media-saturated, hyper-connected 21st century? For seven years Philip Ackerman-

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Leist and his wife, Erin, lived without electricity or running water in an old cabin in the beautiful but remote hills of western New England. Slowly forging their own farm and homestead, they took inspiration from their experiences among the mountain farmers of the Tirolean Alps and were guided by their Vermont neighbors,



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who taught them about what it truly means to live sustainably in the postmodern homestead--not only to survive, but to thrive in a fragmented landscape and a fractured economy. Up Tunket Road is the inspiring true story of a young couple who embraced the joys of simple living while also acknowledging its frustrations and

Read Free Rebuilding The Foodshed How To Create Local Complexities. Ackerman-Leist writes with humor about the inevitable foibles of setting up life off the grid--from hauling frozen laundry uphill to getting locked in the henhouse by their ox. But he also weaves an instructive narrative that contemplates the future of simple living. His is not a how-to guide, but something

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Local richer and more important--a tale of discovery that will resonate with readers who yearn for a better, more meaningful life, whether they live in the city, country, or somewhere in between.

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

“Anyone who eats should read this book:

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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

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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

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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

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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,



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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

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How we produce and consume food has a bigger impact on Americans' well-being than any other human activity. The food industry is the largest sector of our economy; food touches everything from our health to the environment, climate change, economic inequality, and the

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federal budget. From the earliest developments of agriculture, a major goal has been to attain sufficient foods that provide the energy and the nutrients needed for a healthy, active life. Over time, food production, processing, marketing, and consumption have evolved and become highly complex. The

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to address. A Framework for Assessing Effects of the Food System develops an analytical framework for assessing effects associated with the ways in which food is grown, processed, distributed, marketed, retailed, and consumed in the United States. The framework will allow users to recognize effects across the full food

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system, consider all domains and dimensions of effects, account for systems dynamics and complexities, and choose appropriate methods for analysis. This report provides example applications of the framework based on complex questions that are currently under debate: consumption of a healthy and safe diet,

Read Free Rebuilding The Foodshed How To Create local security, animal welfare, and preserving the environment and its resources. A Framework for Assessing Effects of the Food System describes the U.S. food system and provides a brief history of its evolution into the current system. This report identifies some of the real and potential implications of the

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current system in terms of its health, environmental, and socioeconomic effects along with a sense for the complexities of the system, potential metrics, and some of the data needs that are required to assess the effects. The overview of the food system and the framework described in this report will be an essential resource for



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decision makers, researchers, and others to examine the possible impacts of alternative policies or agricultural or food processing practices.

This book explores how homeowners, co-ops, nonprofit institutions, and other entities are putting power in the hands of

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Local communities through distributed energy programs and energy-efficiency measures. Using examples from around the nation, Pahl explains how to plan and launch community-scale energy projects to harvest energy.

For decades it has been nearly universal

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dogma among environmentalists that livestock--goats, sheep, and others, but especially cattle--are Public Enemy Number One. They erode soils, pollute air and water, damage riparian areas, and decimate wildlife populations. The UN's Food and Agriculture Organization bolstered the credibility of this notion with

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its 2007 report that declared livestock to be the single largest contributor to human-generated climate-change emissions. But is the matter really so clear cut? Hardly. In her new book, *Defending Beef*, environmental lawyer turned rancher Nicolette Hahn Niman argues that cattle are not inherently bad for the Earth. The

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impact of grazing can be either negative or positive, depending on how livestock are managed. In fact, with proper oversight livestock can actually play an essential role in maintaining grassland ecosystems by performing the same functions as the natural herbivores that once roamed and grazed there. She shows how dispersed,

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grass-based, smaller-scale farms and should become the basis for American food production. And while no single book could definitively answer the thorny question of how to feed the Earth's growing population, *Defending Beef* makes the case that, whatever the world's future food system looks like, livestock

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Over the past few years, Hardwick,  
Vermont, a typical hardscrabble farming  
community of 3,000 residents, has jump-  
started its economy and redefined its self-  
image through a local, self-sustaining food  
system unlike anything else in America.

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Even as the recent financial downturn threatens to cripple small businesses and privately owned farms, a stunning number of food-based businesses have grown in the region. The Town That Food Saved is rich with appealing, colorful characters, from the optimistic upstarts creating a new agricultural model to the long-established



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farmers wary of the rapid change in the region. Hewitt, a journalist and Vermonter, delves deeply into the repercussions of this groundbreaking approach to growing food, both its astounding successes and potential limitations. The captivating story of an unassuming community and its

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extraordinary determination to build a vibrant local food system, The Town That Food Saved is grounded in ideas that will revolutionize the way we eat and, quite possibly, the way we live.

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