

“Buying Fresh / Buying Local” ... Katy Budge
www.casafestiva.com ~ <http://casafestiva.wordpress.com> ~ “Celebrating the culture of cuisine!”
(there is a page on my blog with these “live links”)

John Muir –

"When we try to pick out anything by itself, we find it hitched to everything else in the Universe."

How – and why – to change your relationship with food? Mark Bittman – NYTimes

http://www.nytimes.com/2014/10/15/opinion/do-sweat-the-small-stuff.html?emc=edit_th_20141015&nl=todaysheadlines&nlid=36484989&r=1

BOOKS available at local bookstore or at Powell’s -- <http://www.powells.com/>

- Christopher Leonard -- [The Meat Racket](http://www.christopherleonard.biz/) -- <http://www.christopherleonard.biz/>
Investigative reporter Christopher Leonard delivers the first-ever account of how a handful of companies have seized the nation’s meat supply. He shows how they built a system that puts farmers on the edge of bankruptcy, charges high prices to consumers, and returns the industry to the shape it had in the 1900s before the meat monopolists were broken up. At the dawn of the twenty-first century, the greatest capitalist country in the world has an oligarchy controlling much of the food we eat and a high-tech sharecropping system to make that possible.
- Tracie McMillan - [The American Way of Eating: Undercover at Walmart, Applebee's, Farm Fields and the Dinner Table](#) - What if you can’t afford nine-dollar tomatoes? That was the question award-winning journalist Tracie McMillan couldn't escape as she watched the debate about Americas meals unfold, one that urges us to pay foods true cost — which is to say, pay more. So in 2009 McMillan embarked on a groundbreaking undercover journey to see what it takes to eat well in America. For nearly a year, she worked, ate, and lived alongside the working poor to examine how Americans eat when price matters.
- James E. McWilliams – [Just Food: Where Locavores Get It Wrong and How We Can Truly Eat Responsibly](#) – *Just Food* does for fresh food what *Fast Food Nation* did for fast food, challenging conventional views, and cutting through layers of myth and misinformation. For instance, an imported tomato is more energy-efficient than a local greenhouse-grown tomato. And farm-raised freshwater fish may soon be the most sustainable source of protein. (btw ... last chapter a good summary of the book.)
- Michael Moss - [Salt Sugar Fat: How the Food Giants Hooked Us](#) - From a Pulitzer Prize–winning investigative reporter at *The New York Times* comes the explosive story of the rise of the processed food industry and its link to the emerging obesity epidemic. Michael Moss reveals how companies use salt, sugar, and fat to addict us and, more important, how we can fight back.
- Dan Barber -- [The Third Plate: Field Notes on the Future of Food](#) –
... American tradition has fallen out of touch with the land. "There's no cuisine you can point to that has a 12-ounce center cut protein for dinner. ... That is an American phenomenon." ... And the problem with the current farm-to-table movement is that it hasn't challenged the system enough, he says. "It's too passive." We only support the “Hummers,” the heirloom tomatoes, not the rest of the farm.
- Barry Estabrook – [Tomatoland: How Modern Industrial Agricultural Destroyed Our Most Alluring Fruit](#) -- Based on a James Beard award-winning article from a leading voice on the politics of agribusiness, *Tomatoland* combines history, legend, passion for taste, and investigative reporting on modern agribusiness and environmental issues into a revealing, controversial look at the tomato, the fruit we love so much that we eat \$4 billion-worth annually.

OTHER RESOURCES –

- Food Babe – www.foodbabe.com -- Vani Hari’s blog that investigates methods and ingredients used by the American food industry. (Subway – “yoga mat bread”)
- Bruce Bradley blog – <http://www.brucebradley.com/> -- a former food industry insider
- Robyn O’Brien -- <http://www.robynobrien.com/> -- An inspiring mom who became a food activist when her child suddenly developed *serious* food allergies.
- Michele Simon -- <http://www.appetiteforprofit.com/> -- A public health lawyer who has been researching and writing about the food industry and food politics since 1996. She specializes in legal strategies to counter corporate tactics that harm the public’s health.
- <http://www.oprah.com/oprahshow/Inside-a-Slaughterhouse-Video> -- Investigative reporter Lisa Ling goes behind the scenes of a slaughterhouse to see how meat is made.

FILMS – available via Netflix

- Food Inc. – An unflattering look inside America's corporate controlled food industry.
- Fed Up -- For the past 30 years, everything we thought we knew about food and exercise is dead wrong. FED UP is the film the food industry doesn't want you to see. From Katie Couric, Laurie David, and director Stephanie Soechtig.