

Tomatoland

2015 IACP Award Winner
A householder's guide to canning through the seasons. In Mrs. Wheelbarrow's Practical Pantry, food preserving expert Cathy Barrow presents a beautiful collection of essential preserving techniques for turning the fleeting abundance of the farmers' market into a well-stocked pantry full of canned fruits and vegetables, jams, stocks, soups, and more. As Cathy writes in her introduction, "A walk through the weekend farmers' market is a chance not only to shop for the week ahead but also to plan for the winter months." From the strawberries and blueberries of late spring to the peaches, tomatoes, and butter beans of early fall, Mrs. Wheelbarrow's Practical Pantry shows you how to create a fresh, delectable, and lasting pantry—a grocery store in your own home. Beyond the core techniques of water-bath canning, advanced techniques for pressure canning, salt-curing meats and fish, smoking, and even air-curing pancetta are broken down into easy-to-digest, confidence-building instructions. Under Cathy's affable direction, you'll discover that homemade cream cheese and Camembert are within the grasp of the weekday cook—and the same goes for smoked salmon, home canned black beans, and preserved and cured duck confit. In addition to canning techniques, Practical Pantry includes 36 bonus recipes using what's been preserved: rugelach filled with apricot preserves, tomato soup from canned crushed tomatoes, arugula and bresaola salad with Parmigiano-Reggiano and hazelnuts, brined pork chops with garlicky bok choy. Tips for choosing the best produce at the right time of season and finding the right equipment for your canning and cooking needs—along with troubleshooting tips to ensure safe preserving—will keep your kitchen vibrant from spring to fall. Whether your food comes by the crate, the bushel, or the canvas bag, just a few of Cathy's recipes are enough to furnish your own practical pantry, one that will provide nourishment and delight all year round. Canning and preserving is not just about the convenience of a pantry filled with peaches, dill pickles, and currant jelly, nor is it the simple joy of making a meal from the jars on the shelf—creating a practical pantry is about cultivating a thoughtful connection with your local community, about knowing exactly where your food comes from and what it can become.

I Am Not a Tractor! celebrates the courage, vision, and creativity of the farmworkers and community leaders who have transformed one of the worst agricultural situations in the United States into one of the best. Susan L. Marquis highlights past abuses workers suffered in Florida's tomato fields: toxic pesticide exposure, beatings, sexual assault, rampant wage theft, and even, astonishingly, modern-day slavery. Marquis unveils how, even without new legislation, regulation, or government participation, these farmworkers have dramatically improved their work conditions. Marquis credits this success to the immigrants from Mexico, Haiti, and Guatemala who formed the Coalition of Immokalee Workers, a neuroscience major who takes great pride in the watermelon crew he runs, a leading farmer/grower who was once homeless, and a retired New York State judge who volunteered to stuff envelopes and ended up building a groundbreaking institution. Through the Fair Food Program that they have developed, fought for, and implemented, these people have changed the lives of more than thirty thousand field workers. I Am Not a Tractor! offers a range of solutions to a problem that is rooted in our nation's slave history and that is worsened by ongoing conflict over immigration. Robots may one day rule the world, but what is a robot-ruled Earth like? Many think the first truly smart robots will be brain emulations or ems. Scan a human brain, then run a model with the same connections on a fast computer, and you have a robot brain, but recognizably human. Train an em to do some job and copy it a million times: an army of workers is at your disposal. When they can be made cheaply, within perhaps a century, ems will displace humans in most jobs. In this new economic era, the world economy may double in size every few weeks. Some say we can't know the future, especially following such a disruptive new technology, but Professor Robin Hanson sets out to prove them wrong. Applying decades of expertise in physics, computer science, and economics, he uses standard theories to paint a detailed picture of a world dominated by ems. While human lives don't change greatly in the em era, em lives are as different from ours as our lives are from those of our farmer and forager ancestors. Ems make us question common assumptions of moral progress, because they reject many of the values we hold dear. Read about em mind speeds, body sizes, job training and career paths, energy use and cooling infrastructure, virtual reality, aging and retirement, death and immortality, security, wealth inequality, religion, teleportation, identity, cities, politics, law, war, status, friendship and love. This book shows you just how strange your descendants may be, though ems are no stranger than we would appear to our ancestors. To most ems, it seems good to be an em.

New York Times Book Review Editors' Choice
An unsettling journey into the disaster-bound American food system, and an exploration of possible solutions, from leading food politics commentator and former farmer Tom Philpott. More than a decade after Michael Pollan's game-changing The Omnivore's Dilemma transformed the conversation about what we eat, a combination of global diet trends and corporate interests have put American agriculture into a state of "quiet emergency," from dangerous drought in California—which grows more than 50 percent of the fruits and vegetables we eat—to catastrophic topsoil loss in the "breadbasket" heartland of the United States. Whether or not we take heed, these urgent crises of industrial agriculture will define our future. In Perilous Bounty, veteran journalist and former farmer Tom Philpott explores and exposes the small handful of seed and pesticide corporations, investment funds, and magnates who benefit from the trends that imperil us, with on-the-ground dispatches featuring the scientists documenting the damage and the farmers and activists who are valiantly and inventively pushing back. Resource scarcity looms on the horizon, but rather than pointing us toward an inevitable doomsday, Philpott shows how the entire wayward ship of American agriculture could be routed away from its path to disaster. He profiles the farmers and communities in the nation's two key growing regions developing resilient, soil-building, water-smart farming practices, and readying for the climate shocks that are already upon us; and he explains how we can help move these methods from the margins to the mainstream.

Out of Sight

Johnny Appleseed and the American Orchard

How a Crime-Busting Prosecutor Turned His Medical Mystery into a Crusade for Environmental Victims

Planet Palm

The Poisoned City

Tomato

How Florida Farmworkers Took On the Fast Food Giants and Won

City of the Century

When Binky turns from caterpillar to butterfly, it's a disaster! His wings won't work and poor Binky can't fly. Luckily, the spiders, silkworms and bees come to his aid. Together they work out how to give Binky a pair of bright, strong wings.

DIVHumans have used the goat as a symbol for thousands of years and have given it a place in myth and legend; in recent times, images of goats are found everywhere from beer labels to heavy metal art. At the same time, the goat also remains a simple farm animal. From ancient myths to pop culture to profiles of domestic breeds, Extraordinary Goats explores the many facets of the goat./divDIVÁ /divDIVGoats are useful for their milk, their fur, and their meat, and they don't need a lot of acreage to be happyâ€žin fact, they're known as the poor man's cow. But that's not why they're fascinating. Goats have personality. They can be friendly, angry, pensive, cranky, or curious; they can be your best friend or a thorn in your side. They can drive you crazy and make you laughâ€žor cry./divDIVÁ /divDIVJoin longtime goat lover, farmer, author, teacher, and cheesemaker Janet Hurst on a light-hearted journey through the goat world, as she introduces the reader to these remarkable animals. Extraordinary Goats is chock full of historical illustrations and modern photos of goats doing what goats doâ€žriding motorcycles, climbing trees, chewing, singing, and being adorably irascible. If you own a goat, or long to, you'll want Extraordinary Goats on your shelf./div World-class gentleman felon Jack Foley is busting out of Florida's Glades Prison when he runs head on into a shotgun-wielding Karen Sisco. Suddenly he's sharing a cramped car trunk with the classy, disarmed federal marshal and the chemistry is working overtime—and as soon as she escapes, he's already missing her. But there are bad men and a major score waiting for Jack in Motown. And the next time his path crosses Karen's, chances are she's going to be there for business, not pleasure.

In the blizzard of attention around the virtues of local food production, food writers and activists place environmental protection, animal welfare, and saving small farms at the forefront of their attention. Yet amid this turn to wholesome and responsible food choices, the lives and working conditions of farmworkers are often an afterthought. Labor and the Locavore focuses on one of the most vibrant local food economies in the country, the Hudson Valley that supplies New York restaurants and farmers markets. Based on more than a decade's in-depth interviews with workers, farmers, and others, Gray's examination clearly shows how the currency of agrarian values serves to mask the labor concerns of an already hidden workforce. She also explores the historical roots of farmworkers' predicaments and examines the ethnic shift from Black to Latino workers. With an analysis that can be applied to local food concerns around the country, this book challenges the reader to consider how the mentality of the alternative food movements implies a comprehensive food ethic that addresses workers' concerns.

American Wasteland

A Nutritional Prescription for a Sharp Brain, Balanced Mood, and Lean, Energized Body Understanding Pica : the Urge to Eat Clay, Starch, Ice, and Chalk Two Women of Little Rock Perilous Bounty Food and the City Introduction to Human Ecology

What Tom Vanderbilt did for traffic and Brian Wansink did for mindless eating, Jonathan Bloom does for food waste. The topic couldn't be timelier: As more people are going hungry while simultaneously more people are morbidly obese, American Wasteland sheds light on the history, culture, and mindset of waste while exploring the parallel eco-friendly and sustainable-food movements. As the era of unprecedented prosperity comes to an end, it's time to reexamine our culture of excess. Working at both a local grocery store and a major fast food chain and volunteering with a food recovery group, Bloom also interviews experts—from Brian Wansink to Alice Waters to Nobel Prize–winning economist Amartya Sen—and digs up not only why and how we waste, but, more importantly, what we can do to change our ways.

The spirit of gardening is a deepening connection with nature that transforms the gardener into an adventurer encountering lessons great and small. Author Jim Nollman sees the connection to the garden as the space in which a genuine healing relationship between person and place can be formed. Why We Garden is full of helpful tips from Nollman's decades of gardening experience, along with the Zen of gardening--the sense of place and purpose and what tending the land means to us. A beautifully written gem for the gardener seeking the simplicity and spirit of the land and a gift for all who are stewards of the earth.

"Investigative journalist Barry Estabrook was often on the receiving end of his doctor's scowl. Realizing he had two options--take more medication or lose weight--Estabrook chose the latter, but was paralyzed by the options. Which diet would keep the weight off? What program could he maintain over time? What diet works best--or even at all? Over the course of three years, Estabrook tried the regimens behind the most popular diets of the past forty years--from paleo, keto, gluten-free, and veganism to the Master Cleanse, Whole30, Atkins, Weight Watchers--examining the people, claims, and science behind the fads, all while recording his mental and physical experience of following each one. Along the way, he discovered that all the branded programs are derived from just three diets. There are effective, scientifically valid takeaways to be cherry-picked . . . and the rest is just marketing. Perhaps most alarming, Estabrook uncovered how short-term weight loss can do long-term health damage that may go undetected for years. Estabrook contextualizes his reporting with an analysis of our culture's bizarre dieting history, dating back to the late 1800s, to create a thorough--and thoroughly entertaining--look at what specific diets do to our bodies, why some are more effective than others, and why our relationship with food is so fraught."--Provided by publisher.

A sample of the menu: Woody Allen on dieting the Dostoevski way • Roger Angell on the art of the martini • Don DeLillo on Jell-O • Malcolm Gladwell on building a better ketchup • Jane Kramer on the writer ’ s kitchen • Chang-rae Lee on eating sea urchin • Steve Martin on menu mores • Alice McDermott on sex and ice cream • Dorothy Parker on dinner conversation • S. J. Perelman on a hollandaise assassin • Calvin Trillin on New York ’ s best bagel In this indispensable collection, The New Yorker dishes up a feast of delicious writing–food and drink memoirs, short stories, tell-alls, and poems, seasoned with a generous dash of cartoons. M.F.K. Fisher pays homage to “ cookery witches, ” those mysterious cooks who possess “ an uncanny power over food, ” and Adam Gopnik asks if French cuisine is done for. There is Roald Dahl ’ s famous story “ Taste, ” in which a wine snob ’ s palate comes in for some unwelcome scrutiny, and Julian Barnes ’ s ingenious tale of a lifelong gourmand who goes on a very peculiar diet. Whether you ’ re in the mood for snacking on humor pieces and cartoons or for savoring classic profiles of great chefs and great eaters, these offerings, from every age of The New Yorker ’ s fabled eighty-year history, are sure to satisfy every taste.

Dispatches from the Front Lines of Climate Justice

The Epic of Chicago and the Making of America

The Biodynamic Way to Grow Healthy Food, Build Thriving Communities, and Give Back to the Earth

It all begins at the family table

For Cod and Country

Meetings with Remarkable Goats, Caprine Wonders & Horned Troublemakers

The High Costs of Cheap Food

The Next Supper

A Splendid Table Staff Book Pick of the Year "Estabrook, a reporter of iron constitution and persistence, has dug deep into the truth about the American pork industry without losing his sense of humor and humanity." —Christopher Kimball, Wall Street Journal In Pig Tales, New York Times best-selling author of Tomatoland Barry Estabrook turns his attention to the dark side of the American pork industry. Drawing on personal experiences raising pigs as well as sharp investigative instincts, Estabrook covers the range of the human-porcine experience. He shows how these intelligent creatures are all too often subjected to lives of suffering in confinement and squalor, sustained on a drug-laced diet just long enough to reach slaughter weight. But Estabrook also reveals how it is possible to raise pigs responsibly and respectfully, benefiting producers and consumers—as well as some of the top chefs in America. Provocative, witty, and deeply informed, Pig Tales is bound to spark conversation at dinner tables across America.

2012 IACP Award Winner
In the Food Matters category
Supermarket produce sections bulging with a year-round supply of perfectly round, bright red-orange tomatoes have become all but a national birthright. But in Tomatoland, which is based on his James Beard Award-winning article, “The Price of Tomatoes,” investigative food journalist Barry Estabrook reveals the huge human and environmental cost of the \$5 billion fresh tomato industry. Fields are sprayed with more than one hundred different herbicides and pesticides. Tomatoes are picked hard and green and artificially gassed until their skins acquire a marketable hue. Modern plant breeding has tripled yields, but has also produced fruits with dramatically reduced amounts of calcium, vitamin A, and vitamin C, and tomatoes that have fourteen times more sodium than the tomatoes our parents enjoyed. The relentless drive for low costs has fostered a thriving modern-day slave trade in the United States. How have we come to this point? Estabrook traces the supermarket tomato from its birthplace in the deserts of Peru to the impoverished town of Immokalee, Florida, a.k.a. the tomato capital of the United States. He visits the laboratories of seedsmen trying to develop varieties that can withstand the rigors of agribusiness and still taste like a garden tomato, and then moves on to commercial growers who operate on tens of thousands of acres, and eventually to a hillside field in Pennsylvania, where he meets an obsessed farmer who produces delectable tomatoes for the nation's top restaurants. Throughout Tomatoland, Estabrook presents a who's who cast of characters in the tomato industry: the avuncular octogenarian whose conglomerate grows one out of every eight tomatoes eaten in the United States; the ex-Marine who heads the group that dictates the size, color, and shape of every tomato shipped out of Florida; the U.S. attorney who has doggedly prosecuted human traffickers for the past decade; and the Guatemalan peasant who came north to earn money for his parents' medical bills and found himself enslaved for two years. Tomatoland reads like a suspenseful whodunit as well as an expose of today's agribusiness systems and the price we pay as a society when we take taste and thought out of our food purchases.

“A necessary book for anyone truly interested in what we take from the sea to eat, and how, and why.” —Sam Sifton, The New York Times Book Review
Acclaimed author of American Catch and The Omega Principle and life-long fisherman, Paul Greenberg takes us on a journey, examining the four fish that dominate our menus: salmon, sea bass, cod, and tuna. Investigating the forces that get fish to our dinner tables, Greenberg reveals our damaged relationship with the ocean and its inhabitants. Just three decades ago, nearly everything we ate from the sea was wild. Today, rampant overfishing and an unprecedented biotech revolution have brought us to a point where wild and farmed fish occupy equal parts of a complex marketplace. Four Fish offers a way for us to move toward a future in which healthy and sustainable seafood is the rule rather than the exception.

In this necessary memoir, a Florida attorney recounts nearly dying from a mystery illness borne in a high-rise office building. After years of prosecuting hard-core criminals, rising legal star Alan Bell took a private sector job in South Florida’s newest skyscraper. Suddenly, he suffered such bizarre medical symptoms, doctors suspected he’d been poisoned by the Mafia. Bell’s rapidly declining health forced him to flee his glamorous Miami life to a sterile “bubble” in the remote Arizona desert. As his career and marriage dissolved, Bell pursued medical treatments in a race against time, hoping to stay alive and raise his young daughter, his one desperate reason to keep going. He eventually discovered he wasn’t poisoned by a criminal, but by his office building. His search for a cure led him to discover the horrifying truth: his tragedy was just the tip of the iceberg. Millions of people fall ill and die each year because of toxic chemical exposures—without knowing they’re at risk. Stunned by what he discovered, Bell chose to fight back, turning his plight into an opportunity. Despite his precarious health, he began collaborating with scientists dedicated to raising awareness about this issue. Soon, he also found himself drawn back into the legal field, teaming up with top lawyers fighting for those who had already fallen ill. Both a riveting medical mystery and a cautionary tale, this book puts a human face on the hidden truths behind toxic dangers assaulting us in our everyday environments—and offers practical ways to protect ourselves and our children. “An important cautionary memoir about the dangers of everyday chemicals and environmental toxicity and its lethal consequences.” —Kirkus Reviews
“Horrifying and inspirational.” —Publishers Weekly “[Bell’s] compelling story is a canary-in-the-coal-mine call for more stringent regulation of industrial chemicals.” —Booklist
“We are under the greatest environmental assault in the history of humanity. The saga of Alan Bell will break your heart but leave you hopeful.” —Suzanne Somers, actress and author of TOX-SICK
“Bell’s amazing story must be told. His inspiring journey is compelling, riveting and a must read for us all. In contrast to saving the whales, birds or trees, Bell’s crusade in saving the humans brings the environmental movement to its most basic purpose: how it affects you and me, here and now.” —Blair Underwood, actor

The Future of the Last Wild Food

Simple, Delicious, Sustainable Cooking

The Age of Em

Pig Tales: An Omnivore's Quest for Sustainable Meat

A Novel

This Blessed Earth: A Year in the Life of an American Family Farm

The Looming Collapse of American Farming and How We Can Prevent It

Craving Earth

This book provides an intimate look at the lives of former African-American farmworkers who labored in central Florida's farms along the shores of Lake Apopka. The author familiarizes readers with the history of Lake Apopka and the social and environmental injustice centered on food production that has taken place there.

In the tradition of Eric Schlosser's Fast Food Nation, a groundbreaking global investigation into the industry ravaging the environment and global health—from the James Beard Award–winning journalist Over the past few decades, palm oil has seeped into every corner of our lives. Worldwide, palm oil production has nearly doubled in just the last decade: oil-palm plantations now cover an area nearly the size of New Zealand, and some form of the commodity lurks in half the products on U.S. grocery shelves. But the palm oil revolution has been built on stolen land and slave labor; it’s swept away cultures and so devastated the landscapes of Southeast Asia that iconic animals now teeter on the brink of extinction. Fires lit to clear the way for plantations spew carbon emissions to rival those of industrialized nations. James Beard Award–winning journalist Jocelyn C. Zuckerman spent years traveling the globe, from Liberia to Indonesia, India to Brazil, reporting on the human and environmental impacts of this poorly understood plant. The result is Planet Palm, a riveting account blending history, science, politics, and food as seen through the people whose lives have been upended by this hidden ingredient. This groundbreaking work of first-rate journalism compels us to examine the connections between the choices we make at the grocery store and a planet under siege.

“You want to save more fish? Eat more broccoli.” --Barton Seaver Even though there are hundreds of types of fish for sale, most chefs know only a few varieties. That's where Barton Seaver comes in with his unique approach: By combining all manner of fish (not just the familiar standbys) with loads of fresh vegetables, he fosters sustainability both in the sea and on the farm. Organized by season, For Cod and Country features only fish caught in those months (plus “a fifth season” for farmed fish), along with ideas for preparation, seasonings, and lists of alternate fish to substitute in inventive new dishes.

Weaving together the stories of the Old World apple in America and the life and myth of John Chapman, Johnny Appleseed and the American Orchard casts new light on both.

Secret Ingredients

How America Throws Away Nearly Half of Its Food (and What We Can Do About It)

Cultivating a Sense of Place

One Reporter's Quest for a Weight-Loss Regimen That Works

A Cultural History Extraordinary Goats Afro-vegan Tomatoland

Annotation Humans have eaten earth, on purpose, for more than 2,300 years. They also crave starch, ice, chalk and other unorthodox foods – but why? This book creates a portrait of pica, or non-food cravings, from humans' earliest ingestions to current trends and practices.

The names Elizabeth Eckford and Hazel Bryan Massery may not be well known, but the image of them from September 1957 surely is: a black high school girl, dressed in white, walking stoically in front of Little Rock Central High School, and a white girl standing directly behind her, face twisted in hate, screaming racial epithets. This famous photograph captures the full anguish of desegregation--in Little Rock and throughout the South--and an epic moment in the civil rights movement.In this gripping book, David Margolick tells the remarkable story of two separate lives unexpectedly braided together. He explores how the haunting picture of Elizabeth and Hazel came to be taken, its significance in the wider world, and why, for the next half-century, neither woman has ever escaped from its long shadow. He recounts Elizabeth's struggle to overcome the trauma of her hate-filled school experience, and Hazel's long efforts to atone for a fateful, horrible mistake. The book follows the painful journey of the two as they progress from apology to forgiveness to reconciliation and, amazingly, to friendship. This friendship flourished, then collapsed--perhaps inevitably--over the same fissures and misunderstandings that continue to permeate American race relations more than half a century after the unforgettable photograph at Little Rock. And yet, as Margolick explains, a bond between Elizabeth and Hazel, silent but complex, endures.

Winner of the Stubbendieck Great Plains Distinguished Book Prize 2019 selection for the One Book One Nebraska and All Iowa state reading programs "Genoways gives the reader a kitchen-table view of the vagaries, complexities, and frustrations of modern farming..Insightful and empathetic." –Milwaukee Journal Sentinel The family farm lies at the heart of our national identity, and yet its future is in peril. Rick Hammond grew up on a farm, and for forty years he has raised cattle and crops on his wife’s fifth-generation homestead in Nebraska, in hopes of passing it on to their four children. But as the handoff nears, their family farm—and their entire way of life—are under siege on many fronts, from shifting trade policies, to encroaching pipelines, to climate change. Following the Hammonds from harvest to harvest, Ted Genoways explores the rapidly changing world of small, traditional farming operations. He creates a vivid, nuanced portrait of a radical new landscape and one family’s fight to preserve their legacy and the life they love.

How to fix the Modern American Diet and reclaim our minds and waistlines “An insightful, eye opening adventure into diet and nutrition. Concise and witty, this book kept me engaged from cover to cover. A must-have for anyone serious about getting happy and healthy naturally.”–Andrew Morton, MD, Board-certified Family Physician; Former Medical Corps, US Navy and Army Infantry Medic, Desert Storm For the first time in history, too much food is making us sick. The Modern American Diet (MAD) is expanding our waistlines while starving and shrinking our brains. Rates of obesity and depression have recently doubled, and though these epidemics are closely linked, few experts are connecting the dots for the average American. Using data from the rapidly changing fields of neuroscience and nutrition, The Happiness Diet shows that over the past several generations, small, seemingly insignificant changes to our diet have stripped it of nutrients—like magnesium, vitamin B12, iron, and vitamin D, as well as some very special fats—that are essential for happy, well-balanced brains. These shifts also explain the overabundance of mood-destroying foods in the average American’s diet and why they predispose most of us to excessive weight gain. After a clear explanation of how we’ve all been led so far astray, The Happiness Diet empowers the reader to steer clear of this MAD way of life with simple, straightforward solutions, including:
• A list of foods to swear off
• Shopping tips and kitchen organization tricks
• A compact healthy cookbook full of brain-building recipes
• Practical advice, meal plans, and more!
Graham and Ramsey guide you through these steps and then remake your diet by doubling down on feel-good foods—even the all-American burger. Praise for The Happiness Diet “Finally, a rock-solid, reliable, informative, and entertaining book on how to eat your way to health and happiness. Run–don’t walk–to read and adopt The Happiness Diet. This is the only diet book I’ve encountered that I can actually recommend to patients without reservation.”–Bonnie Maslin, PhD, Psychologist and author of Picking Your Battles “A lively, thorough, and iron-clad case for real food. You will never eat an egg-white omelet or soy protein shake again.”–Nina Planck, author of Real Food and Real Food for Mother and Baby “The book includes food lists, shopping tips, brain-building recipes, smart slimming strategies, and other useful tools to lose weight and keep the blues at bay.”–AM New York

I Am Not a Tractor!

Renegade Chefs, Fearless Eaters, and the Making of a New American Food Culture

How to Read the Label and Understand What's Really in Your Food

Mrs. Wheelbarrow's Practical Pantry: Recipes and Techniques for Year-Round Preserving

What We're Fighting for Now Is Each Other

The Pantry Principle

From Harvest of Shame to Harvest of Hope

Dinner: A Love Story

The rising star chef, food activist and author of The Inspired Vegan remixes foods of the African diaspora to outline creative but comprehensive vegan recipes for such options as Corn Maque Choux-Stuffed Jamaican Patties, Groundnut Stew and Crispy Teff printing.

Biodynamic farming, with its focus on ecological sustainability, has emerged as the gold standard in the organic gardening movement. Daron Joffe (known as Farmer D) has made it his mission to empower, educate, and inspire people to become conscientious stewards of the land. In this engaging call to action, Farmer D teaches us to not only create sustainable gardens but also to develop a more holistic, community-minded approach to how our food is grown and how we live our lives in balance with nature. Ill gardens designed by Farmer D as well as line drawings, the book is an indispensable resource packed with advice on establishing a biodynamic garden, composting, soil composition and replenishment, controlling pests and disease, cooperative gardening and delicious meals.

"Wolke is Martha Stewart with a PhD." —American Scientist "Wolke, longtime professor of chemistry and author of the Washington Post column Food 101, turns his hand to a Cecil Adams style compendium of questions and answers on food chemistry. Is the between supermarket and sea salt How is sugar made? Should cooks avoid aluminum pans? Interspersed throughout Wolke's accessible and humorous answers to these and other mysteries are recipes demonstrating scientific principles. There is gravy that Portuguese Poached Meringue that demonstrates cream of tartar at work; and juicy Salt-Seared Burgers.... With its zest for the truth, this book will help cooks learn how to make more intelligent choices." —Publishers Weekly

A global movement to take back our food is growing. The future of farming is in our hands—and in our cities. This book examines alternative food systems in cities around the globe that are shortening their food chains, growing food within their city limits, and taking control of their own food into their own hands. The author, an award-winning food journalist, sought out leaders in the urban-agriculture movement and visited cities successfully dealing with "food deserts." What she found was not just a niche concern of activists but a global movement that spans private and public spheres, economic classes, and cultures. She describes a global movement happening from London and Paris to Vancouver and New York to establish alternatives to the monolithic globally integrated supermarket model. A cadre of forward-thinking urban gardeners has created growing spaces in cities: on rooftops, backyards, vacant lots, along roadways, and even in "vertical farms." Whether it's a community public orchard supplying the needs of local residents or an urban farm that has reclaimed a derelict inner city lot, the market veggies to restaurant chefs, the urban food revolution is clearly underway and working. This book is an exciting, fascinating chronicle of a game-changing movement, a rebellion against the industrial food behemoth, and a reclaiming of communities to grow food locally.

Tomatoland, Third Edition

Poisoned

Urban Agriculture and the New Food Revolution

Farm-fresh African, Caribbean & Southern Flavors Remixed

Citizen Farmers

The New Yorker Book of Food and Drink

Fed Up

Binky's Time to Fly

"A wonderfully readable account of Chicago’s early history” and the inspiration behind PBS’s American Experience (Michiko Kakutani, The New York Times). Depicting its turbulent beginnings to its current status as one of the world’s most dynamic cities, City of the Century tells the story of Chicago—and the story of America, writ small. From its many natural disasters, including the Great Fire of 1871 and several cholera epidemics, to its winner-take-all politics, dynamic business empires, breathtaking architecture, its diverse cultures, and its multitude of writers, journalists, and artists, Chicago’s story is violent, inspiring, passionate, and fascinating from the first page to the last. The winner of the prestigious Great Lakes Book Award, given to the year’s most outstanding books highlighting the American heartland, City of the Century has received consistent rave reviews since its publication in 1996, and was made into a six-hour film airing on PBS’s American Experience series. Written with energetic prose and exacting detail, it brings Chicago’s history to vivid life. “With City of the Century, Miller has written what will be judged as the great Chicago history.” —John Barron, Chicago Sun-Times “Brim’s with life, with people, surprise, and with stories.” —David McCullough, Pulitzer Prize-winning author of John Adams and Truman “An invaluable companion in my journey through Old Chicago.” —Erik Larson, New York Times–bestselling author of The Devil in the White City

The popular New Yorker writer combines the style of Mary Roach with the on-the-ground food savvy of Anthony Bourdain. Dana Goodyear’s narrative debut is a highly entertaining, revelatory look into the raucous, strange, fascinatingly complex world of contemporary American food culture. At once an uproarious behind-the-scenes adventure and a serious attempt to understand the implications of an emergent new cuisine, it introduces a cast of compelling and unexpected characters—from Los Angeles Times critic Jonathan Gold, to a high-end Las Vegas purveyor of rare and exotic ingredients, to the traffickers and promoters of raw milk and other forbidden products, to the hottest chefs who rely on them—all of whom, along with today’s diners, are changing the face of American eating. Ultimately, Goodyear looks at what we eat, and tells us who we are. As she places all of this within a vivid historical and cultural framework, she shows how these gathering culinary trends may eventually shape the way all Americans dine. What emerges is a picture of America at a moment of transition, designing the future as it reimagines the past.

Three-time James Beard Award-winner Barry Estabrook’s completely revised third edition of his hard-hitting 2011 exposé, Tomatoland, includes a new foreword by Eric Schlosser and four new chapters with startling updates. Four entirely new chapters take up where the current edition leaves off to tell the story behind what president Bill Clinton calls “the most astonishing thing politically in the world we’re living in today.” Estabrook reveals how a rag-tag group of migrant tomato pickers in Florida convinced the world’s largest restaurant chains and food retailers to join forces to create a model for labor justice, and then took the necessary steps to make sure that the model really works, not only in Florida, but around the world. The book includes a new foreword by journalist and author Eric Schlosser (Fast Food Nation).

A searing expose of the restaurant industry, and a path to a better, safer, happier meal. In 2019, the restaurant business was booming. Americans spent more than half of their annual food budgets dining out. In a generation, chefs had gone from behind-the-scenes laborers to TV stars. The arrival of Seamless, DoorDash, and other meal delivery apps was overtaking home cooking. Beneath all that growth lurked serious problems. Many of the best restaurants in the world employed unpaid cooks. Meal delivery apps were putting many restaurants out of business. And all that dining out meant dramatically less healthy diets. The industry may have been booming, but it also desperately needed to change. And, then, along came COVID-19. From the farm to the curbside pickup parking spot, everything about the restaurant business is changing, for better or worse. The Next Supper tells this story, and offers clear and essential advice for what and how to eat to ensure the well-being of cooks and waitstaff, not to mention our bodies and the environment. The Next Supper reminds us that breaking bread is an essential human activity, and charts a path to preserving the joy of food in a turbulent era.

Just Eat

The Happiness Diet

How the Longest War in U.S. History Affected a Military Family in Love, Loss, and the Cost of Service

15 Years of War

Work, Love, and Life when Robots Rule the Earth

Flint's Water and the American Urban Tragedy

The End of Restaurants as We Knew Them, and What Comes After

A Guide to the Pleasures of Choosing, Growing, and Cooking

Everything you ever wanted to know about tomatoes Whether you have a penchant for Principe Borghese or yearn for a Yellow Butterfly, this is the true tomato lover's faithful companion.

Delve into this little book, and you will find all the information you need on growing tomatoes. Discover the most reliable varieties, the highest yielding bushes, and those with the most intriguing shapes and colours. Find detailed advice on every aspect of growing tomatoes outdoors, under glass, and in the ground, in growbags, pots and even hanging baskets. Symptom charts will help you identify pests and diseases before they have a chance to destroy your tomato crop. And when you are ready to harvest, there are 35 recipes that let your lovingly nurtured tomatoes take centre stage, plus ideas for preserving them in ketchups, chutneys and relishes and notes on freezing and drying.

TomatolandHow Modern Industrial Agriculture Destroyed Our Most Alluring FruitAndrews McMeel Publishing

An urgent, on-the-ground look at some of the “new American radicals” who have laid everything on the line to build a stronger climate justice movement The science is clear: catastrophic climate change, by any humane definition, is upon us. At the same time, the fossil-fuel industry has doubled down, economically and politically, on business as usual. We face an unprecedented situation—a radical situation. As an individual of conscience, how will you respond? In 2010, journalist Wen Stephenson woke up to the true scale and urgency of the catastrophe bearing down on humanity, starting with the poorest and most vulnerable everywhere, and confronted what he calls “the spiritual crisis at the heart of the climate crisis.” Inspired by others who refused to retreat into various forms of denial and fatalism, he walked away from his career in mainstream media and became an activist, joining those working to build a transformative movement for climate justice in America. In What We’re Fighting for Now Is Each Other, Stephenson tells his own story and offers an up-close, on-the-ground look at some of the remarkable and courageous people—those he calls “new American radicals”—who have laid everything on the line to build and inspire this fast-growing movement: old-school environmentalists and young climate-justice organizers, frontline community leaders and Texas tar-sands blockaders, Quakers and college students, evangelicals and Occupiers. Most important, Stephenson pushes beyond easy labels to understand who these people really are, what drives them, and what they’re ultimately fighting for. He argues that the movement is less like environmentalism as we know it and more like the great human-rights and social-justice struggles of the nineteenth and twentieth centuries, from abolitionism to civil rights. It’s a movement for human solidarity. This is a fiercely urgent and profoundly spiritual journey into the climate-justice movement at a critical moment—in search of what climate justice, at this late hour, might yet mean.

Investigative food journalist Barry Estabrook reveals the huge human and environmental cost of the five billion dollar fresh tomato industry and the price we pay as a society when we take taste and thought out of our food purchases.

The Making of a Comprehensive Food Ethic

How Modern Industrial Agriculture Destroyed Our Most Alluring Fruit

Anything That Moves

Why We Garden

What Einstein Told His Cook: Kitchen Science Explained

Labor and the Locavore

Elizabeth and Hazel

How Palm Oil Ended Up in Everything—and Endangered the World

When the people of Flint, Michigan, turned on their faucets in April 2014, the water pouring out was poisoned with lead and other toxins. Through a series of disastrous decisions, the state government had switched the city’s water supply to a source that corroded Flint’s aging lead pipes. Complaints about the foul-smelling water were dismissed: the residents of Flint, mostly poor and African American, were not seen as credible, even in matters of their own lives. It took eighteen months of activism by city residents and a band of dogged outsiders to force the state to admit that the water was poisonous. By that time, twelve people had died and Flint’s children had suffered irreparable harm. The long battle for accountability and a humane response to this man-made disaster has only just begun. In the first full account of this American tragedy, Anna Clark’s The Poisoned City recounts the gripping story of Flint’s poisoned water through the people who caused it, suffered from it, and exposed it. It is a chronicle of one town, but could also be about any American city, all made precarious by the neglect of infrastructure and the erosion of democratic decision making. Places like Flint are set up to fail—and for the people who live and work in them, the consequences can be fatal.

Inspired by her beloved blog, dinneralovestory.com, Jenny Rosenstrach’s Dinner: A Love Story is many wonderful things: a memoir, a love story, a practical how-to guide for strengthening family bonds by making the most of dinnertime, and a compendium of magnificent, palate-pleasing recipes. Fans of “Pioneer Woman” Ree Drummond, Jessica Seinfeld, Amanda Hesser, Real Simple, and former readers of Cookie magazine will revel in these delectable dishes, and in the unforgettable story of Jenny’s transformation from enthusiastic kitchen novice to family dinnertime doyenne.

From the days of hunter-gathers to modern shoppers attempting to decipher the complexity of products on food shelves today, the way we procure our food has changed dramatically. But our need for proper nourishment remains the same. Processed food, fast food, adulterated, and chemically enhanced foods make navigating the stocking of our pantries with healthy foods a truly mystifying chore. Many of us don’t know where this food comes from, and we don’t know what’s really in it. Most people who walk into a grocery store think that all of the edible-appearing products on the shelves are food. The truth is that many of them are not! Many of these items contain ingredients that have the potential to be harmful. Even though legislation generally protects us against illegal food substances, evidence is showing many items to be either unsafe or at the very least not nutritious or healthful food options. We are seduced by the pretty pictures on the box or the marketing claims by the manufacturer. We don’t really know what’s in our food, trusting that if they are selling it we can eat it. This book will help you take back control of your pantry and your food source. You will discover those items that are not contributing nutrition value and perhaps detracting from your health and that of your loved ones. You will learn how to stock your pantry with the healthiest choices available.

Less than 1% of our nation will ever serve in our armed forces, leaving many to wonder what life is really like for military families. He answers the call of duty in Afghanistan, Iraq, and the Pacific; she keeps the home fires burning. Worlds apart, and in the face of indescribable grief, their relationship is pushed to the limits. 15 Years of War: How the Longest War in US History Affected a Military Family in Love, Loss, and the Cost Of Service provides a unique he said/she said perspective on coping with war in modern-day America. It reveals a true account of how a dedicated Marine and his equally committed spouse faced unfathomable challenges and achieved triumph, from the days just before 9/11 through 15 years of training workups, deployments, and other separations. This story of faith, love, and resilience offers insight into how a decade and a half of war has redefined what it means to be a military family.

Four Fish