

## File Type PDF Tomatoland How Modern Industrial Agriculture Destroyed Our Most Alluring Fruit

# Tomatoland How Modern Industrial Agriculture Destroyed Our Most Alluring Fruit

A former New York Times food industry staff reporter traces her investigative journey into national research labs, food science departments and factories to reveal disturbing facts about today's processed foods and their health implications, in a report that also shares cautionary realities about health foods.

The failing economics of the traditional small dairy farm, the rise of the factory mega-farm with its resultant pollution and disease, and the uncertain future of milk

Describes how the First Lady and her daughters planted a vegetable garden on the White House's South Lawn as part of an initiative to raise awareness about childhood obesity, and shares gardening tips, recipes, and advice for making healthier food choices.

Beloved nun and social activist Joan Chittister, who appeared on Oprah's Super Soul Sunday, offers a soul-stirring and inspiring guide that speaks to all who feel disillusioned and dissatisfied with the power-hungry institutions and systems of this world. Joan Chittister has been a passionate voice for women's rights for

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over 50 years. Called "one of the most well-known and trusted contemporary spiritual authors" by Publishers Weekly, this rabble-rousing force of nature for social justice and fervent proponent of personal faith and spiritual fulfillment draws on the wisdom of prophets--both ancient and modern--to help us confront the societal forces that oppress and silence the sacred voices among us. Pairing scriptural insights with stirring narratives of the truth-tellers that came before us, Sister Joan offers a compelling vision for readers to combat complacency and to propel ourselves toward creating a world of justice, freedom, peace, and empowerment. For the weary, the cranky, and the fearful, Sister Joan's energizing message invites us to participate in a vision for a world greater than the one we find ourselves in today. This is spirituality in action, this is practical and powerful activism for our times.

"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

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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.

Urban Agriculture and the New Food Revolution  
The Making of a Comprehensive Food Ethic  
Food and the City  
Renegade Chefs, Fearless Eaters, and the Making of a New American Food Culture  
How Modern Industrial Agriculture Destroyed Our Most Alluring Fruit  
Food Ethics

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## Storytelling in Action

*There is no despair in a seed. There's only life, waiting for the right conditions—sun and water, warmth and soil—to be set free. Everyday, millions upon millions of seeds lift their two green wings. At no time in our history have Americans been more obsessed with food. Options— including those for local, sustainable, and organic food—seem limitless. And yet, our food supply is profoundly at risk. Farmers and gardeners a century ago had five times the possibilities of what to plant than farmers and gardeners do today; we are losing untold numbers of plant varieties to genetically modified industrial monocultures. In her latest work of literary nonfiction, award-winning author and activist Janisse Ray argues that if we are to secure the future of food, we first must understand where it all begins: the seed. The Seed Underground is a journey to the frontier of seed-saving. It is driven by stories, both the author's own and those from people who are waging a lush and quiet revolution in thousands of gardens across America to preserve our traditional cornucopia of food by simply growing old varieties and eating them. The Seed Underground pays tribute to time-honored and threatened varieties, deconstructs the politics and genetics of seeds, and reveals the astonishing characters who grow, study, and save them.*

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*Tomatoland How Modern Industrial Agriculture Destroyed Our Most Alluring Fruit* Andrews McMeel Publishing

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.

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

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*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.*

*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*

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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.

*American Grown*

*Just Eat*

*Project Animal Farm*  
*The Story of the White House Kitchen Garden and Gardens Across America*

*Pig Tales: An Omnivore's Quest for Sustainable Meat*

*Investigating Culture*

*The Sugar Season*

***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.*

*"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 there really a difference 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 avoids lumps and grease; 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*

*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*



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*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.*

*Investigating Culture offers an innovative approach to understanding culture as a constructed phenomenon open to investigation of its implicit premises and explicit forms. Provides a refreshing alternative to traditional textbooks by challenging students to think in new ways and to apply these ideas to their own lives Focuses on the ways that humans orient themselves, e.g., in space and time, according to language, food, the body, and the symbols provided by public myth and ritual Each chapter includes: an introduction framing the central issues, examples from a range of cultures, a selected reading or two, additional suggested readings, and exercises*

*“Nicolette Hahn Niman sets out to debunk just about everything you think you know . . . She’s not trying to change your mind; she’s trying to save your world.”—Los Angeles Times “Elegant, strongly argued.”—The Atlantic (named a “Best Food Book”)*

*As the meat industry—from small-scale ranchers and butchers to sprawling slaughterhouse operators—responds to COVID-19, the climate threat, and the rise of plant-based meats, Defending Beef delivers a passionate argument for responsible meat production and consumption—in an updated and expanded new edition. For decades it has been nearly universal dogma among environmentalists that many forms of 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. As recently as 2019, a widely circulated Green New Deal fact sheet even highlighted the problem of “farting cows.” But is the matter really so clear-cut? Hardly. In *Defending Beef, Second Edition*, environmental lawyer turned rancher Nicolette Hahn Niman argues that cattle are not inherently bad for the earth. The impact of grazing can be either negative or positive, depending on how livestock are managed. In fact, with proper oversight, livestock can play an essential role in maintaining grassland ecosystems by performing the same functions as the natural herbivores that once roamed and grazed there. With more public discussions and media being paid to connections between health and diet, food and climate, and climate and farming—especially cattle farming, *Defending Beef* has never been more timely. And in this newly revised and updated edition, the author also addresses the explosion in popularity of “fake meat” (both highly processed “plant-based foods” and meat grown from cells in a lab, rather than on the hoof). *Defending Beef* is simultaneously a book about big issues and the personal journey of the author, who continues to fight for animal welfare and good science. Hahn Niman shows how dispersed, grass-based, smaller-scale farms can and should become the basis of American food production. *Beyond the Wall**

*The Epic of Chicago and the Making of America*

*The Case for Sustainable Meat Production*

*How Processed Food Took Over the American Meal*

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

*Perilous Bounty*

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

**Sonia Faruqi had an Ivy League degree and a job on Wall Street. But when the banking industry collapsed, she found herself on a small organic dairy farm that would change her life for the better, although it didn't seem that way in the beginning. First, she had to come to grips with cows shocked into place, cannibal chickens, and "free range" turkeys that went nowhere. But there were bright lights as well: happy, frolicking calves on a veal farm, and farmers who cared as much about the animals as their pocketbooks. What started as a two-week volunteer vacation turned into a journey that reached into the darkest recesses of the animal agriculture industry. Surrounded by a colorful cast of characters, Faruqi's quest to discover the truth about modern agribusiness took her around the world. Lively, edgy, and balanced, Project Animal Farm sheds light on the international agribusiness, with the ultimate goal of improving the lives of farm animals here at home. Using**

her finance background to forecast the future of agriculture, Faruqi discusses the changes we need to make—using our forks and our votes. “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.

*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. 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 tide,**

heading for the Promised Land where water falls from the sky and green stuff grows all around.

We were about to begin the adventure of realigning our lives with our food chain.

"Naturally, our first stop was to buy junk food and fossil fuel. . . ." Hang on for the ride: With characteristic 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 raised 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 plants, en route to a food culture that's better for the neighborhood and also better on the table. Part 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 ourselves 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." Includes

**an excerpt from Flight Behavior.**

**Held captive by her employers -- and by her own demons -- on a mysterious farm, a widow struggles to reunite with her young son in this uniquely American story of freedom, perseverance, and survival. Darlene, once an exemplary wife and a loving mother to her young son, Eddie, finds herself devastated by the unforeseen death of her husband. Unable to cope with her grief, she turns to drugs, and quickly forms an addiction. One day she disappears without a trace. Unbeknownst to eleven-year-old Eddie, now left behind in a panic-stricken search for her, Darlene has been lured away with false promises of a good job and a rosy life. A shady company named Delicious Foods shuttles her to a remote farm, where she is held captive, performing hard labor in the fields to pay off the supposed debt for her food, lodging, and the constant stream of drugs the farm provides to her and the other unfortunates imprisoned there. In Delicious Foods, James Hannaham tells the gripping story of three unforgettable characters: a mother, her son, and the drug that threatens to destroy them. Through Darlene's haunted struggle to reunite with Eddie, through the efforts of both to triumph over those who would enslave them, and through the irreverent and mischievous voice of**



**the drug that narrates Darlene's travails, Hannaham's daring and shape-shifting prose infuses this harrowing experience with grace and humor. The desperate circumstances that test the unshakeable bond between this mother and son unfold into myth, and Hannaham's treatment of their ordeal spills over with compassion. Along the way we experience a tale at once contemporary and historical that wrestles with timeless questions of love and freedom, forgiveness and redemption, tenacity and the will to survive.**

**Grit in Juarez**

**A Year in the Life of Maple Syrup, and One Family's Quest for the Sweetest Harvest**

**A Natural History of Four Meals**

**The Seed Underground**

**City of the Century**

**The High Costs of Cheap Food**

**The Ecological and Nutritional Case for Meat, 2nd Edition**

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

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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.

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.

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 their “food security” 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

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cuts across the 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-looking, innovative people 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 to grow and sell premium 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, distribute, and eat locally.

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

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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.

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

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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.

What Einstein Told His Cook: Kitchen Science Explained

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I Am Not a Tractor!

Pandora's Lunchbox

Tomato

Bahama Heat

The Time Is Now

The Soil Will Save Us

*Determined to save his impoverished Bahamian mission school, Reverend Miles Farnsworth uses the shipment of cocaine accidentally delivered to him to make a quick buck, and he becomes inadvertantly drawn into the world of drug lords and hired killers*

*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*

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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.

How do children live just a few feet across our southern border? Cristal and Fina struggle to find enough to eat as they raise themselves on the streets of a poverty-level neighborhood. Daniel worries about his little brother Memo who has serious respiratory attacks from the pollution and desert climate of Juarez, Mexico. Life is hard in this newly-formed neighborhood across the border. Can the church help families learn to work together as Christ's family to ease each other's burdens?

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

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*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.*

*'Organizational research methods' (ORM) are making an ontological turn by studying the nature of Being, becoming, and the meaning of existence in the world. For example, without ontology, there is no 'ground' and no 'theory' in Grounded Theory (GT). This book explores ten ways to develop fourth wave GT that is grounded and theory. 1st wave GT commits inductive fallacy inference, 2nd wave GT bandaids it with positivistic content coding. 3rd wave GT turns to social constructivism, but this leaves out the materiality and ecology of existence. The first three waves do not address falsification or verification. There is another theme. Qualitative research methods is a discipline craft, not mere science or*



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something that automated text analysis software can displace. Quantitative narrative analysis (QDA) is one more way to colonize and marginalize indigenous ways of knowing (IWOK). Without an ontological turn, it's the death of storytelling predicted by Walter Benjamin and Gertrude Stein predicted. The good news is Western Empirical Science is beginning to listen to IWOK—Native Science experiential living story method of relations not only to other humans but to other animals, plants, to living air, water, and earth in living ecosystem of an enchanted world There is a gap in the qualitative research methodology practices and comprehensive advanced approaches causing a split between practice and theory. So called Grounded Theory (inductive positivism) . Organizational Research: Storytelling in Action is about how to conduct ten kinds of ontological Research Methods and conduct their interpretative analyses, for organization studies, in an ethically answerable way. It is aimed at people who want a more 'advanced' treatment than available in so-called Grounded Theory or automated narrative analysis books.

Four Fish

Organizational Research

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*An Unlikely Saga of Raw Fish and Rice  
Secret Ingredients*

*How Florida Farmworkers Took On the Fast  
Food Giants and Won*

*An Experiential Introduction to  
Anthropology*

*Extra Virginity: The Sublime and  
Scandalous World of Olive Oil*

*“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*

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*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 "Brims 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*

*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.*

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*“An indictment of our modern agricultural system . . . in the tradition of the best muckraking journalism”* from the three-time James Beard Award-winner (*The Washington Post*). In *Tomatoland*, investigative food journalist Barry Estabrook reveals the huge human and environmental cost of the \$5 billion fresh tomato industry. He 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

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*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 and is "at its most potent and scathing in its portrayal of South Florida's tomato growers and their tactics over the past half-century" (The New York Times). "An important and readable book." –The Atlantic*

*A year in the life of one New England family as they work to preserve an ancient, lucrative, and threatened agricultural art--the sweetest harvest, maple syrup... How has one of America's oldest agricultural crafts evolved from a quaint enterprise with "sugar parties" and the delicacy "sugar on snow" to a modern industry? At a sugarhouse owned by maple syrup entrepreneur Bruce Bascom, 80,000 gallons of sap are processed daily*

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during winter's end. In *The Sugar Season*, Douglas Whynott follows Bascom through one tumultuous season, taking us deep into the sugarbush, where sunlight and sap are intimately related and the sound of the taps gives the woods a rhythm and a ring. Along the way, he reveals the inner workings of the multimillion-dollar maple sugar industry. Make no mistake, it's big business--complete with a Maple Hall of Fame, a black market, a major syrup heist monitored by Homeland Security, a Canadian organization called The Federation, and a Global Strategic Reserve that's comparable to OPEC (fitting, since a barrel of maple syrup is worth more than a barrel of oil). Whynott brings us to sugarhouses, where we learn the myriad subtle flavors of syrup and how it's assigned a grade. He examines the unusual biology of the maple tree that makes syrup possible and explores the maples'--and the industry's--chances for survival, highlighting a hot-button issue: how global warming is threatening our food supply. Experts predict that, by the end of this century, maple syrup

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production in the United States may suffer a drastic decline. As buckets and wooden spouts give way to vacuum pumps and tubing, we see that even the best technology can't overcome warm nights in the middle of a season--and that only determined men like Bascom can continue to make a sweet life out of rugged land.

Everything you never knew about sushi—its surprising origins, the colorful lives of its chefs, and the bizarre behavior of the creatures that compose it Trevor Corson takes us behind the scenes at America's first sushi-chef training academy, as eager novices strive to master the elusive art of cooking without cooking. He delves into the biology and natural history of the edible creatures of the sea, and tells the fascinating story of an Indo-Chinese meal reinvented in nineteenth-century Tokyo as a cheap fast food. He reveals the pioneers who brought sushi to the United States and explores how this unlikely meal is exploding into the American heartland just as the long-term future of sushi may be unraveling. *The Story of Sushi*

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*is at once a compelling tale of human determination and a delectable smorgasbord of surprising food science, intrepid reporting, and provocative cultural history.*

*A Growing Revolution to Save Food*

*Delicious Foods*

*Whirlpool*

*American Wasteland*

*Defending Beef*

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

For decades it has been nearly universal 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 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 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



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same functions as the natural herbivores that once roamed and grazed there. She shows how dispersed, grass-based, smaller-scale farms can 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 can and must be part of the solution.

Veteran police officer Garwood Plunkett travels from New York's Adirondack Mountains to the mean streets of Manhattan in search of answers about the death of a real-estate developer, whose widow has plans for Plunkett himself.

"Outstanding . . . a wide-ranging invitation to think through the moral ramifications of our eating habits."  
—The New Yorker One of the New York Times Book Review's Ten Best Books of the Year and Winner of the James Beard Award Author of *How to Change Your Mind* and the #1 New York Times Bestseller *In Defense of Food* and *Food Rules* What should we have for dinner? Ten years ago, Michael Pollan confronted us with this seemingly simple question and, with *The Omnivore's Dilemma*, his brilliant and eye-opening exploration of our food choices, demonstrated that how we answer it today may determine not only our health but our survival as a species. In the years since, Pollan's revolutionary examination has changed the way Americans think about food. Bringing wide attention to the little-known but vitally important dimensions of food and agriculture in America, Pollan

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launched a national conversation about what we eat and the profound consequences that even the simplest everyday food choices have on both ourselves and the natural world. Ten years later, *The Omnivore's Dilemma* continues to transform the way Americans think about the politics, perils, and pleasures of eating. "[Mueller reveals] the brazen fraud in the olive oil industry and [teaches] readers how to sniff out the good stuff." —Dwight Garner, *New York Times* For millennia, fresh olive oil has been one of life's necessities—not just as food but also as medicine, a beauty aid, and a vital element of religious rituals. But this symbol of purity has become deeply corrupt. A superbly crafted combination of cultural history and food manifesto, *Extra Virginity* takes us on a journey through the world of olive oil, opening our eyes to olive oil's rich past as well as to the fierce contemporary struggle between oil fraudsters of the globalized food industry and artisan producers whose oil truly deserves the name "extra virgin."

FOOD ETHICS, 2E explores the ethical choices we make each time we eat. With twenty-six readings that bring together a diverse group of voices, this textbook dives into issues such as genetically modified foods, animal rights, population and consumption, the food industry's impact on pollution, centralized versus localized production, and more. In addition, this edition includes new introduction, new readings, a comprehensive index, and study questions that frame these significant issues for discussion and reflection. Important Notice: Media content referenced within the product description or the

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product text may not be available in the ebook version.

Milk Money

The Future of the Last Wild Food

Fed Up

A Novel

A Year of Food Life

The Omnivore's Dilemma

Cash, Cows, and the Death of the American Dairy Farm

***Journalist and bestselling author Kristin Ohlson makes an elegantly argued, passionate case for "our great green hope"—a way in which we can not only heal the land but also turn atmospheric carbon into beneficial soil carbon—and potentially reverse global warming. Thousands of years of poor farming and ranching practices—and, especially, modern industrial agriculture—have led to the loss of up to 80 percent of carbon from the world's soils. That carbon is now floating in the atmosphere, and even if we stopped using fossil fuels today, it would continue warming the planet. As the granddaughter of farmers and the daughter of avid gardeners, Ohlson has long had an appreciation for the soil. A chance conversation with a local chef led her to the crossroads of science, farming, food, and environmentalism and the discovery of the only significant way to remove carbon dioxide from the air—an ecological approach that tends not only to plants and animals but also to the vast population of underground microorganisms that fix carbon in the soil. Ohlson introduces the visionaries—scientists, farmers, ranchers, and***

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**landscapers—who are figuring out in the lab and on the ground how to build healthy soil, which solves myriad problems: drought, erosion, air and water pollution, and food quality, as well as climate change. Her discoveries and vivid storytelling will revolutionize the way we think about our food, our landscapes, our plants, and our relationship to Earth.**

**Animal, Vegetable, Miracle**

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

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

**The New Yorker Book of Food and Drink**

**The Story of Sushi**

**A Call to Uncommon Courage**

**Anything That Moves**