

Slow Food Nation

Slow Food Nation SFN '08 THE SLOW FOOD STORY Food & Freedom THE CULTURAL ROOTS OF Slow Food BRANDS WITH A CONSCIENCE SUSTAINABLE EVENT MANAGEMENT Slow Food Nation's COME TO THE TABLE Slow Food Nation's COME TO THE TABLE DESIGNING URBAN AGRICULTURE THE NATION FAST FOOD/Slow Food Slow Food Slow Food Revolution SUSTAINABLE WINE BAR CALIFORNIA FARMER THE SLOW FOOD GUIDE TO NEW YORK CITY WE ARE WHAT WE EAT TIME URBAN PLACE CARLO PETRINI PAIGE LANSING GEOFF ANDREWS CARLO PETRINI ILARIA TABUSSO MARCYAN NICHOLAS IND MEEGAN LESLEY JONES KATRINA HERON KATRINA HERON APRIL PHILIPS RICHARD R. WILK CARLO PETRINI CARLO PETRINI PATRICK MARTINS ALICE WATERS PEGGY F. BARLETT

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THE LEADER OF THE SLOW FOOD MOVEMENT OFFERS A HOPEFUL MANIFESTO FOR EQUITABLE SUSTAINABLE AND DELICIOUS FOOD WITH SYSTEMATIC SOLUTIONS FOR ADDRESSING THE NATIONAL FOOD CRISIS BUILDS A CASE AGAINST FAST FOOD AND OFFERS WAYS TO BRING BACK THE BALANCE BETWEEN NATURE AND OUR TABLE BON APPETIT BY NOW MOST OF US ARE AWARE OF THE THREATS LOOMING IN THE FOOD WORLD THE BEST SELLING FAST FOOD NATION AND OTHER RECENT BOOKS HAVE ALERTED US TO SUCH DANGERS AS GENETICALLY MODIFIED ORGANISMS FOOD BORNE DISEASES AND INDUSTRIAL FARMING NOW IT IS TIME FOR ANSWERS AND SLOW FOOD NATION STEPS UP TO THE CHALLENGE HERE THE CHARISMATIC LEADER OF THE SLOW FOOD MOVEMENT CARLO PETRINI OUTLINES MANY DIFFERENT ROUTES BY WHICH WE MAY TAKE BACK CONTROL OF OUR FOOD DISCOVER THE 3 CENTRAL PRINCIPLES OF THE SLOW FOOD PLAN FOOD MUST BE SUSTAINABLY PRODUCED IN WAYS THAT ARE SENSITIVE TO THE ENVIRONMENT THOSE WHO PRODUCE THE FOOD MUST BE FAIRLY TREATED FOOD MUST BE HEALTHFUL AND DELICIOUS IN HIS TRAVELS AROUND THE WORLD AS AMBASSADOR FOR SLOW FOOD PETRINI HAS WITNESSED FIRSTHAND THE MANY WAYS THAT NATIVE PEOPLES ARE FEEDING

THEMSELVES WITHOUT MAKING USE OF THE HARMFUL METHODS OF THE INDUSTRIAL COMPLEX HE RELATEDS THE WISDOM TO BE GLEANED FROM LOCAL CULTURES IN SUCH VARIED PLACES AS MONGOLIA CHIAPAS SRI LANKA AND PUGLIA AMIDST OUR CRISIS IT IS CRITICAL THAT AMERICANS LOOK FOR INSIGHT FROM OTHER CULTURES AROUND THE WORLD AND BEGIN TO BUILD A NEW AND BETTER WAY OF EATING IN OUR COMMUNITIES HERE

THE SLOW FOOD MOVEMENT WAS SET UP IN ITALY AS A RESPONSE TO THE DOMINANCE OF FAST FOOD CHAINS SUPERMARKETS AND LARGE SCALE AGRIBUSINESS IT SEEKS TO DEFEND WHAT IT CALLS THE UNIVERSAL RIGHT TO PLEASURE AND PROMOTES AN ALTERNATIVE APPROACH TO FOOD PRODUCTION AND CONSUMPTION BASED ON THE PROMOTION OF GOOD CLEAN AND FAIR LOCAL PRODUCTS THIS IS THE FIRST IN DEPTH STUDY OF THE FASCINATING POLITICS OF SLOW FOOD WHICH IN TWENTY YEARS HAS GROWN INTO AN INTERNATIONAL ORGANISATION WITH MORE THAN 80 000 MEMBERS IN OVER 100 COUNTRIES WITH ITS ROOTS IN THE 1960s AND 1970s COUNTER CULTURE SLOW FOOD S DISTINCTIVE POLITICS LIE IN THE UNITY BETWEEN GASTRONOMIC PLEASURE AND ENVIRONMENTAL RESPONSIBILITY THE MOVEMENT CROSSES THE LEFT RIGHT DIVIDE TO EMBRACE BOTH THE CONSERVATIVE DESIRE TO PRESERVE TRADITIONAL RURAL COMMUNITIES AND AN ALTERNATIVE VIRTUOUS IDEA OF GLOBALISATION GEOFF ANDREWS SHOWS THAT THE ALTERNATIVE FUTURE EMBODIED IN SLOW FOOD EXTENDS TO ALL ASPECTS OF MODERN LIFE THE SLOW FOOD STORY PRESENTS AN EXTENSIVE NEW CRITIQUE OF FAST MOVING WORK OBSESSED CONTEMPORARY CAPITALIST CULTURE

INSPIRING THE GLOBAL FIGHT TO REVOLUTIONIZE THE WAY FOOD IS GROWN DISTRIBUTED AND EATEN IN THE ALMOST THIRTY YEARS SINCE CARLO PETRINI BEGAN THE SLOW FOOD ORGANIZATION HE HAS BEEN CONSTANTLY ENGAGED IN THE FIGHT FOR FOOD JUSTICE BEGINNING FIRST IN HIS NATIVE ITALY AND THEN EXPANDING ALL OVER THE WORLD THE MOVEMENT HAS CREATED A POWERFUL FORCE FOR CHANGE THE ESSENTIAL ARGUMENT OF THIS BOOK IS THAT FOOD IS AN AVENUE TOWARDS FREEDOM THIS UPLIFTING AND HUMANISTIC MESSAGE IS STRAIGHTFORWARD IF PEOPLE CAN FEED THEMSELVES THEY CAN BE FREE IN OTHER WORDS IF PEOPLE CAN REGAIN CONTROL OVER ACCESS TO THEIR FOOD HOW IT IS PRODUCED BY WHOM AND HOW IT IS DISTRIBUTED THEN THAT CAN LEAD TO A GREATER EMPOWERMENT IN ALL CHANNELS OF LIFE WHETHER IN THE AMAZON JUNGLE TALKING WITH TRIBAL ELDERS OR ON RICE PADDIES IN RURAL INDONESIA THE AUTHOR ENGAGES THE READER THROUGH THE EXCITEMENT OF HIS JOURNEYS AND THE PASSION OF HIS MISSION HERE PETRINI REPORTS UPON SOME OF THE SUCCESS STORIES THAT HE HAS OBSERVED FIRSTHAND FROM CHIAPAS TO PUGLIA MOROCCO TO NORTH CAROLINA HE HAS WITNESSED THE MANY WAYS DIFFERENT PEOPLES HAVE DEALT WITH FOOD PROBLEMS THIS BOOK ALLOWS US TO LEARN FROM THESE CASE STUDIES AND LAYS OUT MODELS FOR THE FUTURE

THE CULTURAL ROOTS OF SLOW FOOD PEASANTS PARTISANS AND THE LANDSCAPE OF ITALIAN

RESISTANCE FOCUSES ON THE WORK OF A VARIETY OF INTELLECTUAL ACTIVISTS RELATED FOOD JUSTICE LITERATURE AND DOCUMENTARY FILMS AND ARGUES THAT CONTEMPORARY FORMS OF ENVIRONMENTAL ACTIVISM AS THEY ARE ROOTED IN LOCAL FOOD AND SUSTAINABLE FARMING ARE BUILT ON ITALIAN PEASANT CULTURE AND ITS CONTRIBUTIONS TO THE RESISTANCE MOVEMENT DURING WORLD WAR II THIS BOOK LOOKS TO THE HINTERLANDS TO DEMONSTRATE THAT PEASANTS BY SHARING THEIR KNOWLEDGE OF THE LAND AND TRADITIONAL PRACTICES PRODUCE THEIR OWN ORGANIC INTELLECTUALS SOME EXAMPLES EXAMINED ARE ALCIDE CERVI NUTO REVELLI AND ERMANNO OLMI ILARIA TABUSSO MARCYAN ARGUES THAT THEIR WORK PERSONAL EXPERIENCES AND VISIONS OF RESISTANCE FOREGROUND THE CULTURAL ROOTS OF THE SLOW FOOD INTERNATIONAL GRASSROOTS MOVEMENT SHE POSITS THAT TODAY SLOW FOOD AND THE FOOD COMMUNITIES OF TERRA MADRE IN ITALY AND AROUND THE WORLD REPRESENT ONE OF THE MANY EXAMPLES OF THESE NEW ORGANIC INTELLECTUALS COMMITTED TO REBUILD A MORE HARMONIOUS AND SUSTAINABLE RELATIONSHIP WITH THE LAND

THE DEFINITIVE EXPERT GUIDE TO ETHICAL BRAND PRACTICE FROM THE PRESTIGIOUS MEDINGE GROUP BRANDS WITH A CONSCIENCE DISSECTS THE PHILOSOPHIES UNDERPINNING SUSTAINABLE BRANDS TO ARRIVE AT A SET OF EIGHT CLEAR GUIDING ATTRIBUTES WHICH CAN BE USED AS THE FOUNDATION OF A STRATEGY FOR RESPONSIBLE GROWTH THESE ATTRIBUTES SPAN THE PUBLIC PERSONA OF AN ORGANIZATION THE ACTIONS TO TAKE WHEN THINGS GO WRONG THE EFFORT INVESTED IN DEVELOPING RELATIONSHIPS THE PROMOTION OF CORE VALUES AND BALANCING MEASURES OF SUCCESS ACROSS ECONOMIC HUMAN SOCIAL AND ENVIRONMENTAL FACTORS THEY ARE THEN USED AS THE CRITERIA TO ASSESS TWELVE CAREFULLY SELECTED CASE STUDIES WHICH INCLUDE DILMAH TEA H M DR HAUSCHKA MERCI AND THE JOHN LEWIS PARTNERSHIP AMONGST OTHER LEADING INTERNATIONAL BRANDS BECAUSE THE POTENTIAL TO HAVE BAD PRACTICE UNMASKED OR TO HAVE SUCCESSES AMPLIFIED ONLINE IS GREATER THAN EVER IT PAYS TO ADOPT A STRATEGY THAT BUILDS CUSTOMER LOYALTY AND TRUST BRANDS WITH A CONSCIENCE INSPIRES VIA EXAMPLES OF BRANDS WHICH NOT ONLY EXHIBIT A GENUINE DESIRE TO OPERATE ETHICALLY BUT ALSO HAVE SEEN IMPRESSIVE SUCCESS IN TERMS OF ENGAGEMENT WITH CONSUMERS REPUTATION AND RETURN ON INVESTMENT THE BOOK INCLUDES A RANGE OF PRACTICAL TOOLS TO BRING TOGETHER THE MAIN CONCEPTS IN AN EASY TO ADOPT FRAMEWORK FOR BUILDING A BRAND STRATEGY BASED UPON REAL WORLD EXPERIENCE IF YOU ARE A BRAND MANAGER OR MARKETING PROFESSIONAL SEEKING A CONSCIENTIOUS APPROACH TO CONSUMER ENGAGEMENT THEN BRANDS WITH A CONSCIENCE WILL SUPPORT YOU EVERY STEP OF THE WAY

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WHERE DO GREAT MEALS BEGIN COME TO THE TABLE BRINGS YOU STRAIGHT TO THE SOURCE OF WONDERFUL FLAVORS BEAUTY ABUNDANCE AND PRIDE OF PLACE THE SMALL FARMS OF CALIFORNIA AND THE PEOPLE WHO TEND THEM SEASON AFTER SEASON ALICE WATERS THE CELEBRATED CHEF AND FOOD

ACTIVIST INTRODUCES A REMARKABLE GROUP OF RESILIENT FRESH FOOD ARTISANS WHO ARE COMMITTED TO KEEPING OUR FOOD SUPPLY DELICIOUS DIVERSE AND SAFE FOR HUMANS AND THE PLANET MEET THE FOLKS DOWN ON THE FARM AND LEARN FIRSTHAND ABOUT THE BACK TO THE FUTURE SMALL FARM ECONOMY THAT S GAINING STRENGTH ACROSS AMERICA DISCOVER NEW TASTES AND MEMORABLE TRADITIONS EXPLORE LOCAL FLAVORS WIT AND WISDOM ALONG WITH THE UNIVERSAL VALUES OF A FOOD SYSTEM THAT IS GOOD CLEAN AND FAIR RECREATE A RANGE OF SUMPTUOUS YET SIMPLE MEALS WITH THE FARMERS OWN FAMILY RECIPES INCLUDING BREAKFAST CROSTATA AND FRESH FRUIT JAMS STUFFED ARTICHOKE AND BLACK EYED PEAS CHILE RELLENO CASSEROLES PULLED PORK AND CHEESECAKE SUSTAINABLE FOOD IS REAL FOOD COME TO THE TABLE AND HELP YOURSELF

A COMPREHENSIVE OVERVIEW OF EDIBLE LANDSCAPES COMPLETE WITH MORE THAN 300 FULL COLOR PHOTOS AND ILLUSTRATIONS DESIGNING URBAN AGRICULTURE IS ABOUT THE INTERSECTION OF ECOLOGY DESIGN AND COMMUNITY SHOWCASING PROJECTS AND DESIGNERS FROM AROUND THE WORLD WHO ARE FORGING NEW PATHS TO THE SUSTAINABLE CITY THROUGH URBAN AGRICULTURE LANDSCAPES IT CREATES A DIALOGUE ON THE WAYS TO INVITE FOOD BACK INTO THE CITY AND PAVE A PATH TO HEALTHIER COMMUNITIES AND ENVIRONMENTS THIS FULL COLOR GUIDE BEGINS WITH A FOUNDATION OF ECOLOGICAL PRINCIPLES AND THE IDEA THAT THE FOOD SHED IS PART OF A CITY S URBAN SYSTEMS NETWORK IT OUTLINES A DESIGN PROCESS BASED ON SYSTEMS THINKING AND DEVELOPED FOR A LIFECYCLE OR REGENERATIVE BASED APPROACH IT ALSO PRESENTS STRATEGIES TOOLS AND GUIDELINES THAT ENABLE INFORMED DECISIONS ON PLANNING DESIGNING BUDGETING CONSTRUCTING MAINTAINING MARKETING AND INCREASING THE SUSTAINABILITY OF THIS RE INVENTED CITYSCAPE CASE STUDIES DEMONSTRATE THE ENVIRONMENTAL ECONOMIC AND SOCIAL VALUE OF THESE LANDSCAPES AND REVEAL PATHS TO A GREENER AND HEALTHIER URBAN ENVIRONMENT THIS UNIQUE AND INDISPENSABLE GUIDE DETAILS HOW TO PLAN DESIGN FUND CONSTRUCT AND LEVERAGE THE SUSTAINABILITY ASPECTS OF THE EDIBLE LANDSCAPE TYPOLOGY COVERS OVER A DOZEN TYPOLOGIES INCLUDING COMMUNITY GARDENS URBAN FARMS EDIBLE ESTATES GREEN ROOFS AND VERTICAL WALLS EDIBLE SCHOOL YARDS SEED TO TABLE FOOD LANDSCAPES WITHIN PARKS PLAZAS STREETSCAPES AND GREEN INFRASTRUCTURE SYSTEMS AND MORE EXPLAINS HOW TO DESIGN REGENERATIVE EDIBLE LANDSCAPES THAT BENEFIT BOTH COMMUNITY AND ECOLOGY AND EXPLORES THE CONNECTIONS BETWEEN FOOD POLICY AND PLANNING THAT PROMOTE VIABLE FOOD SHED SYSTEMS FOR MORE RESILIENT COMMUNITIES EXAMINES THE INTEGRATION OF MANAGEMENT MAINTENANCE AND OPERATIONS ISSUES REVEALS HOW TO CREATE A BUSINESS MODEL ENTERPRISE THAT ADDRESSES A LIFECYCLE APPROACH

WILK AND HIS COLLEAGUES DRAW UPON THEIR OWN INTERNATIONAL FIELD EXPERIENCE TO EXAMINE HOW FOOD SYSTEMS ARE CHANGING AROUND THE GLOBE THE AUTHORS OFFER A CULTURAL PERSPECTIVE THAT IS MISING IN OTHER ECONOMIC AND DEVELOPMENTAL STUDIES AND PROVIDE RICH ETHNOGRAPHIC DATA ON MARKETS INDUSTRIAL PRODUCTION AND FOOD ECONOMIES THIS NEW BOOK WILL APPEAL TO

PROFESSIONALS IN ECONOMIC AND ENVIRONMENTAL ANTHROPOLOGY ECONOMIC DEVELOPMENT
AGRICULTURAL ECONOMICS CONSUMER BEHAVIOR NUTRITIONAL SCIENCES ENVIRONMENTAL SUSTAINABILITY
AND GLOBALIZATION STUDIES

A VOLUME FOR ALL THOSE PASSIONATE ABOUT FOOD AND ITS IMPACT ON OUR CULTURE DRAWN
FROM FIVE YEARS OF SLOW THE QUARTERLY JOURNAL OF SLOW FOOD INTERNATIONAL WHICH FIRST
APPEARED IN 1996 WHEN IT WAS PUBLISHED IN THREE EDITIONS ITALIAN ENGLISH AND GERMAN THE
11TH REVIEW IN 1998 WAS ALSO PUBLISHED IN SPANISH AND FRENCH AND THUS SLOW NOW SPEAKS
IN FIVE LANGUAGES

FOUNDED IN ITALY IN 1986 BY CHARISMATIC ITALIAN GOURMAND CARLO PETRINI SLOW FOOD HAS
GROWN INTO A PHENOMENALLY SUCCESSFUL MOVEMENT AGAINST THE UNIFORMITY AND COMPROMISED
QUALITY OF FAST FOOD AND SUPERMARKET CHAINS WITH NEARLY 85 000 MEMBERS IN 45 COUNTRIES
AROUND THE WORLD SLOW FOOD HAS DEVELOPED FROM A SMALL GRASSROOTS GROUP INTO THE
MOST INFLUENTIAL GASTRONOMIC MOVEMENT IN THE WORLD THE BOOK TAKES THE READER ON A
GASTRONOMIC JOURNEY THROUGH THE PRACTICES AND TRADITIONS OF THE WORLD S ETHNIC CUISINES
FROM THE ARTISANAL CHEESES OF ITALY TO THE OYSTERS OF CAPE MAY AND THE NATIVE AMERICAN
TURKEY IT INCLUDES TESTIMONIES FROM SLOW FOOD REPRESENTATIVES SUCH AS ALICE WATERS OF
CHEZ PANISSE ILLUSTRATING EXACTLY WHAT THEY ARE DOING AND WHAT STILL NEEDS TO BE DONE
TO PRESERVE THEM

SLOW FOOD IS DEDICATED TO STEWARDSHIP OF THE LAND AND ECOLOGICALLY SOUND FOOD
PRODUCTION REVIVAL OF THE KITCHEN AND THE TABLE AS CENTERS OF PLEASURE CULTURE AND
COMMUNITY INVIGORATION AND PROLIFERATION OF REGIONAL SEASONAL CULINARY TRADITIONS LIVING A
SLOWER AND MORE HARMONIOUS RHYTHM OF LIFE

FROM CHEF AND FOOD ACTIVIST ALICE WATERS AN IMPASSIONED PLEA FOR A RADICAL
RECONSIDERATION OF THE WAY EACH AND EVERY ONE OF US COOKS AND EATS IN WE ARE WHAT WE
EAT ALICE WATERS URGES US TO TAKE UP THE MANTLE OF SLOW FOOD CULTURE THE PHILOSOPHY
AT THE CORE OF HER LIFE S WORK WHEN WATERS FIRST OPENED CHEZ PANISSE IN 1971 SHE DID SO
WITH THE INTENTION OF FEEDING PEOPLE GOOD FOOD DURING A TIME OF POLITICAL TURMOIL
CUSTOMERS RESPONDED TO THE LOCALLY SOURCED ORGANIC INGREDIENTS TO THE DISHES MADE BY
HAND AND TO THE WELCOMING HOSPITALITY THAT INFUSED THE SMALL SPACE HUMAN QUALITIES THAT
WERE DISAPPEARING FROM A COUNTRY INCREASINGLY SEDUCED BY TAKEOUT FROZEN DINNERS AND
PREPACKAGED INGREDIENTS WATERS CAME TO SEE THAT THE PHENOMENON OF FAST FOOD CULTURE
WHICH PRIORITIZED CHEAPNESS AVAILABILITY AND SPEED WAS NOT ONLY RUINING OUR HEALTH BUT
ALSO DEHUMANIZING THE WAYS WE LIVE AND RELATE TO ONE ANOTHER OVER YEARS OF WORKING
WITH REGIONAL FARMERS WATERS AND HER PARTNERS LEARNED HOW GEOGRAPHY AND SEASONAL

FLUCTUATIONS AFFECT THE INGREDIENTS ON THE MENU AS WELL AS ABOUT THE DANGERS OF PESTICIDES THE PLIGHT OF FIELDWORKERS AND THE SOCIAL ECONOMIC AND ENVIRONMENTAL THREATS POSED BY INDUSTRIAL FARMING AND FOOD DISTRIBUTION SO MANY OF THE SERIOUS PROBLEMS WE FACE IN THE WORLD TODAY FROM ILLNESS TO SOCIAL UNREST TO ECONOMIC DISPARITY AND ENVIRONMENTAL DEGRADATION ARE ALL AT THEIR CORE CONNECTED TO FOOD FORTUNATELY THERE IS AN ANTIDOTE WATERS ARGUES THAT BY EATING IN A SLOW FOOD WAY EACH OF US LIKE THE COMMUNITY AROUND HER RESTAURANT CAN BE EMPOWERED TO PRIORITIZE AND NURTURE A DIFFERENT KIND OF CULTURE ONE THAT CHAMPIONS VALUES SUCH AS BIODIVERSITY SEASONALITY STEWARDSHIP AND PLEASURE IN WORK THIS IS A DECLARATION OF ACTION AGAINST FAST FOOD VALUES AND A WORKING THEORY ABOUT WHAT WE CAN DO TO CHANGE THE COURSE AS WATERS MAKES CLEAR EVERY DECISION WE MAKE ABOUT WHAT WE PUT IN OUR MOUTHS AFFECTS NOT ONLY OUR BODIES BUT ALSO THE WORLD AT LARGE OUR FAMILIES OUR COMMUNITIES AND OUR ENVIRONMENT WE HAVE THE POWER TO CHOOSE WHAT WE EAT AND WE HAVE THE POTENTIAL FOR INDIVIDUAL AND GLOBAL TRANSFORMATION SIMPLY BY SHIFTING OUR RELATIONSHIP TO FOOD ALL IT TAKES IS A TASTE

CROSS DISCIPLINARY STUDIES FIND THAT RECONNECTIONS TO PLACE AND TO THE NATURAL WORLD WHICH ARE EMERGING THROUGH URBAN SUSTAINABILITY EFFORTS BUILD COMMUNITY AND POLITICAL ACTION AND HAVE IMPORTANT MEDICAL AND PSYCHOLOGICAL HEALTH BENEFITS

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THRIVES, AND READERS START ON A JOURNEY FILLED WITH DELIGHTFUL SURPRISES.

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VISIT, ANTICIPATE FRESH POSSIBILITIES FOR YOUR READING SLOW FOOD NATION.

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