

Module 3 resources

Objective 3.1

- 3.0 Shiva, Vandana. "Food System Transformation and Reversing the Climate Crisis: How Vermont's GMO Labeling Law is Part of the Solution," video, 43:50, posted by TheNOFAVT to YouTube, November 2014. <https://www.youtube.com/watch?v=oXh3MW25jyo>
(<https://www.youtube.com/watch?v=oXh3MW25jyo>)
- 3.1 Lappé, Francis Moore and Joseph Collins. "World hunger: Ten Myths," FoodFirst.org, August 12, 2015. <https://foodfirst.org/publication/world-hunger-ten-myths/> (<https://foodfirst.org/publication/world-hunger-ten-myths/>)
- 3.2 The Ecologist, "Land and Seed Laws Under Attack as Africa is Groomed for Corporate Recolonization," by GRAIN, AFSA, and The Ecologist, February 12, 2015. <https://theecologist.org/2015/feb/12/land-and-seed-laws-under-attack-africa-groomed-corporate-recolonization> (<https://theecologist.org/2015/feb/12/land-and-seed-laws-under-attack-africa-groomed-corporate-recolonization>)
- 3.3 Parsons, Adam. "Pathways of Transition to Agroecological Food Systems," Resilience.org, June 20, 2016. [http://www.resilience.org/stories/2016-06-20/pathways-of-agroecological-food-systems/](http://www.resilience.org/stories/2016-06-20/pathways-of-transition-to-agroecological-food-systems/) (<http://www.resilience.org/stories/2016-06-20/pathways-of-transition-to-agroecological-food-systems/>)

Objective 3.2

- 3.4 Altieri, Miguel. "Who Will Feed us in a Planet in Crisis?" video, 46:49, posted by Schumacher College to YouTube on March 10, 2016. <https://www.youtube.com/watch?v=TV2IG0qT91s>
(<https://www.youtube.com/watch?v=TV2IG0qT91s>)
- 3.5 Happen Films. "Organic Sustainable Farming is the Future of Agriculture—The Future of Food" video, 5:09, posted by the creator to YouTube on May 21, 2017. <https://youtu.be/hWkYtZxpQUo>
(<https://youtu.be/hWkYtZxpQUo>)
- 3.6a The Common Market. "Common Market Anchor Institutions," video, 6:55, posted by the author to YouTube on April 4, 2016. <https://www.thecommonmarket.org/about/the-common-market>
(<https://www.thecommonmarket.org/about/the-common-market>)
- 3.6b The Common Market. "Pathways to Mission Success," graphic, accessed January 2, 2019. <https://www.thecommonmarket.org/about/the-common-market>
(<https://www.thecommonmarket.org/about/the-common-market>)
- 3.7 The Miracle of Feeding Cities. "Follow the Vegetable Box: How Britain's Riverford Farms Works," by Vivian Winterhoff, December 18, 2014. <http://miracleoffeedingcities.com/follow-the-vegetable-box-how-britains-riverford-farms-works/> (<http://miracleoffeedingcities.com/follow-the-vegetable-box-how-britains-riverford-farms-works/>)
- 3.8 Butler, Sarah. 2018. "Staff Ownership Ensures Organic Veg Firm Riverford Doesn't Forget its Roots," The Guardian, April 7. <https://www.theguardian.com/business/2018/apr/07/riverford->

[organic-veg-employee-ownership-plan](https://www.theguardian.com/business/2018/apr/07/riverford-organic-veg-employee-ownership-plan) (<https://www.theguardian.com/business/2018/apr/07/riverford-organic-veg-employee-ownership-plan>)

- 3.9 Lewis, Michael and Pat Conaty. "Seikatsu: "Living People" Transforming their Relationship to Food and Each Other," pages 133-141 from Lewis, Michael and Pat Conaty. *The Resilience Imperative: Cooperative Transitions to a Steady-State Economy*. Gabriola Island, BC: New Society, 2012. pp 131-141. [/courses/2527/files/857633/download](https://learn.canvas.net/courses/2527/files/857633/download) (<https://learn.canvas.net/courses/2527/files/857633/download>)
- 3.10 CAWR Coventry University. "Agroecology: Voices from Social Movements," video, 22:29, posted by the author to YouTube, September 24, 2015. <https://www.youtube.com/watch?v=-Km9Kv5UyIU> (<https://www.youtube.com/watch?v=-Km9Kv5UyIU>)
- 3.11 LaDonna Redmond. "Food + Justice = Democracy: LaDonna Redmond at TEDxManhattan 2013," video, 12:09, posted by TEDx Talks to YouTube on March 4, 2013. <https://www.youtube.com/watch?v=ydZfSuz-Hu8> (<https://www.youtube.com/watch?v=ydZfSuz-Hu8>)
- 3.12 Drawdown.org. "Food Sector Summary," accessed January 3, 2019. <http://www.drawdown.org/solutions/food> (<http://www.drawdown.org/solutions/food>)
- 3.13 Holt-Giménez, Eric. "Food Security, Food Justice, or Food Sovereignty?" *Food First Backgrounder*, 16, no. 4 (Winter 2010). https://international.uiowa.edu/sites/international.uiowa.edu/files/file_uploads/FoodMovementsWinter2010bckgrndr.pdf (https://international.uiowa.edu/sites/international.uiowa.edu/files/file_uploads/FoodMovementsWinter2010bckgrndr.pdf)

Supplementary Resources

Objective 3.1

Via Campesina. What is Food Sovereignty? <https://viacampesina.org/en/food-sovereignty/> (<https://viacampesina.org/en/food-sovereignty/>)

Fraser, Evan and Elizabeth Fraser. "Feeding Nine Billion" videos, 52 minutes in nine parts, posted by Evan Fraser to YouTube between November 7, 2012 and June 15, 2014. Illustrated by Scott Chandler. <http://www.feedingninebillion.com> (<http://www.feedingninebillion.com>) This 9-part video series introduces the key issues and impacts of the current food system as well as emerging alternatives. It covers most major challenges and introduces pathways to solving them. Topics include commodification, GMOs, regulation issues, distribution, and the importance of local food and resilience. The videos explore climate adaptation, empowering small farmers in the developing world, soil regeneration, problems of predatory lending, corporate land grabs, and labour problems. Solid data with respect to food security explode myths associated with commonly advanced solutions.

Shiva, Vandana and Vaibhav Singh. "Health per Acre: Organic Solutions to Hunger and Malnutrition," on Navdanya.org, accessed January 3, 2019. <http://www.navdanya.org/attachments/Health%20Per%20Acre.pdf> (<http://www.navdanya.org/attachments/Health%20Per%20Acre.pdf>) Detailed presentation of nutrition per acre (also called health per acre) as a measure versus yield per acre. This is critical research for justifying mobilizing away from industrial agriculture with its large land and toxic input requirements. This scientific paper demonstrates industrial agriculture yields significantly less nutrition per unit volume and per hectare than ecologically grown food.

Partovi, Ali. "Why is Organic Food so *#@! Expensive?? | Ali Partovi | TEDxManhattan," video, 13:11, posted by TEDx Talks to YouTube on March 20, 2015. <https://www.youtube.com/watch?v=LS6TWtYWaPA> (<https://www.youtube.com/watch?v=LS6TWtYWaPA>) This TEDx Talk by angel investor and food system change advocate Ali Partovi presents a fascinating, persuasive argument outlining the business, ecological, and system change case for organic food. He identifies the United States approach to agriculture as self-deceptive, a global laggard that is inefficient and short sighted.

Pollan, Michael. "Farmer in Chief," New York Times Magazine, October 9, 2008. <http://www.nytimes.com/2008/10/12/magazine/12policy-t.html> Written as a memo to then newly-elected President Barack Obama, Pollan describes the assumptions of the current food system and its focus on cheap food. He examines negative impacts and describes how misdirected public policies are a big part of the problem. Options for transitioning to a food system in line with ecological, social, and economic common sense are set out—particularly the need to rebuild local and regional food systems.

Zengerle, Jason. "How Barack Obama Sold Out the Kale Crowd," The New Republic. April 29, 2014. <https://newrepublic.com/article/117504/obama-failed-foodies> (<https://newrepublic.com/article/117504/obama-failed-foodies>) This reading shows how little progress has been made in the eight years since Pollan's article above, "Farmer in Chief." The power of the food industry to roll back even limited reform efforts is examined.

Reich, Robert. "In Conversation: Michael Pollan, Food and Inequality," video, 23:27, posted by the creator to Facebook, accessed January 3, 2019. <https://www.facebook.com/RBReich/videos/1832608086751779/> (<https://www.facebook.com/RBReich/videos/1832608086751779/>) Robert Reich interviews Michael Pollan about industry structure, resistance strategies that are working, and a link to impact in context of increasing inequality.

FiBLFilm. "Strategies for Feeding the World More Sustainably with Organic Agriculture (Nature Communications)," video, 3:00, posted by the creator to YouTube on November 14, 2017. <https://www.youtube.com/watch?v=z4daLqmureU> (<https://www.youtube.com/watch?v=z4daLqmureU>) In this introductory video to a major global modeling paper, organic agriculture is proposed as a promising approach to achieving sustainable food systems, but its feasibility is also contested. This video introduces and summarizes the key results from the first global modelling exercise focused on evidence-based testing of the underlying assumptions of organic and industrial agriculture production.

Carrington, Damian. "Avoiding Meat and Dairy is 'Single Biggest Way' to Reduce your Impact on Earth," The Guardian, May 31, 2018. <https://www.theguardian.com/environment/2018/may/31/avoiding-meat-and-dairy-is-single-biggest-way-to-reduce-your-impact-on-earth> (<https://www.theguardian.com/environment/2018/may/31/avoiding-meat-and-dairy-is-single-biggest-way-to-reduce-your-impact-on-earth>) Short article conveying the relative impacts (GHG and other environmental impacts) of animal food production/consumption.

Patrick's blog, Sustainable Food Trust. "Patrick Holden Interviewed on For Food's Sake: Farmers Facing Brexit," Patrick Holden with Matteo De Vos, audio, 35:57, posted June 28, 2018. <https://sustainablefoodtrust.org/articles/for-foods-sake/> (<https://sustainablefoodtrust.org/articles/for-foods-sake/>) Patrick Holden, a pioneer organic grower in the U.K. and a director of the Sustainable Food Trust sets out his position on a range of issues and policy alternatives related to transforming the food system. He also shares his thoughts on the future of UK farming post-Brexit.

Todhunter, Colin, "Agroecology and the Fight Against Deadly Capitalist Agriculture," Climate and Capitalism, June 17, 2018. <http://climateandcapitalism.com/2018/06/17/agroecology-and-the-fight->

[against-deadly-capitalist-agriculture/](http://climateandcapitalism.com/2018/06/17/agroecology-and-the-fight-against-deadly-capitalist-agriculture/) (<http://climateandcapitalism.com/2018/06/17/agroecology-and-the-fight-against-deadly-capitalist-agriculture/>) This article provides a broad overview of the systemic factors underpinning industrial agriculture and the issues related to transition. It illustrates its analysis with examples from different parts of the world and pays particular attention to India. The comments section following this well-put-together article is also worth reading.

Cicin-Sain, Ivan. "Population Growth and Food: A Systems Perspective," Sustainable Food Trust, June 28, 2018. <https://sustainablefoodtrust.org/articles/population-growth-and-food-a-systems-perspective/> (<https://sustainablefoodtrust.org/articles/population-growth-and-food-a-systems-perspective/>)

Excellent summary argument for why population matters to any discussion of food system change.

Ceccarelli, Salvatore. "Stuffed or Starved? Evolutionary Plant Breeding Might Have the Answer," Independent Science News for Food and Agriculture, June 11, 2018.

<https://www.independentsciencenews.org/health/stuffed-or-starved-evolutionary-plant-breeding-might-have-the-answer/> (<https://www.independentsciencenews.org/health/stuffed-or-starved-evolutionary-plant-breeding-might-have-the-answer/>)

Excellent summary of science relating the industrial food system to nutrition and the physical and mental health crises exacerbated by industrial food supply. It makes a solid science-based argument for transforming the food system metrics from volume per unit, to nutrition per unit.

Cooper, Sean Patrick. "Is America Ready for the Next Superstorm?" The New Republic, June 4, 2018.

<https://newrepublic.com/article/148303> (<https://newrepublic.com/article/148303>) Major article documenting the vulnerability of the food system in New York due to the city's centralized market from which 50% of the food supply for 9 million is aggregated and distributed across the city and the implications of sea level rise.

Grain. "Semillas, ¿bien común o propiedad corporativa?" video, 39:17, posted by the creator to Vimeo, accessed January 3, 2019. <https://vimeo.com/240217030> (<https://vimeo.com/240217030>) This film follows the lives and struggles of families, small farmers, communities, and nations to save seeds. It deepens our understanding on several fronts—the predatory corruption of global capitalism in the seed industry, the formidable resistance of farmers and peasants in eight countries to having their seeds and food supply deemed illegal, and, how they are acting to preserve food and cultural commons, and their basic human and cultural rights. The video is in Spanish and has subtitles in French, English, and Portuguese.

Perry, Megan. "The Hidden Cost of UK Food: Soil Degradation," Sustainable Food Trust, May 17, 2018.

<https://sustainablefoodtrust.org/articles/the-hidden-cost-of-uk-food-soil-degradation/> (<https://sustainablefoodtrust.org/articles/the-hidden-cost-of-uk-food-soil-degradation/>) This article explores the economic costs of soil degradation and need for incentives to transform practices.

Objective 3.2

Loh, Penn. "Land, Co-ops, Compost: A Local Food Economy Emerges in Boston's Poorest Neighbourhoods," Truthout, November 13, 2014. <http://www.truth-out.org/news/item/27426-land-co-ops-compost-a-local-food-economy-emerges-in-boston-s-poorest-neighborhoods>

(<http://www.truth-out.org/news/item/27426-land-co-ops-compost-a-local-food-economy-emerges-in-boston-s-poorest-neighborhood>) This resource takes you back to Roxbury in Boston and shows how a CLT can neighbourhood organization can have long term impacts on the quality of food and housing

Winkler, Elisabeth. "Are City Start-ups a Help or a Hindrance to Local Food?" Resilience, June 15, 2018. <https://www.resilience.org/stories/2018-06-15/are-city-start-ups-a-help-or-hindrance-to-local-food/> (<https://www.resilience.org/stories/2018-06-15/are-city-start-ups-a-help-or-hindrance-to-local-food/>) This article helps one understand the date between the CSA model and the kind of model Riverford represents.

Held, Lisa. "Can Food Hubs Scale Nationally and Stay True to the Cause?" Civil Eats, January 31, 2018. <https://civileats.com/2018/01/31/can-food-hubs-scale-nationally-and-stay-true-to-the-cause/> (<https://civileats.com/2018/01/31/can-food-hubs-scale-nationally-and-stay-true-to-the-cause/>) <https://www.facebook.com/groups/411728495853545/permalink/554928384866888/> (<https://www.facebook.com/groups/411728495853545/permalink/554928384866888/>) Excellent article on food hubs in the U.S.—the challenges of scale and financial sustainability—very encouraging.

Pimbert, Michel. "Perspectives: Agroecology as an alternative Vision to Climate-Smart Agriculture," ILEIA, June 26, 2017. <https://www.ileia.org/2017/06/26/agroecology-alternative-vision-agriculture/> (<https://www.ileia.org/2017/06/26/agroecology-alternative-vision-agriculture/>) Excellent short article on agroecology and contrasting it is Climate Smart Ag. (CSA) that is dominated my commodity approach and large multi-nationals.

Ahmed, Nafeez. "UN: Only Small Farmers and Agroecology can Feed the World," Permaculture Research Institute, September 26, 2014. <https://permaculturenews.org/2014/09/26/un-small-farmers-agroecology-can-feed-world/> (<https://permaculturenews.org/2014/09/26/un-small-farmers-agroecology-can-feed-world/>) This article summarizes the basics of agro-ecology—science, practice, and movement—and contrasts it with Industrial monoculture agriculture, which grabs lots of research and subsidy money.

Rundgren, Gunnar. "Food Self-Sufficiency—Does it Make Sense?" Resilience, March 13, 2018. <http://www.resilience.org/stories/2018-03-13/food-self-sufficiency-does-it-make-sense/> (<http://www.resilience.org/stories/2018-03-13/food-self-sufficiency-does-it-make-sense/>) Excellent article on the broader issues of policy related to food self-sufficiency, food sovereignty, and food security. Short and very useful clarifications.

Fisher, Adrian Ayres. "A View from the Air: Carbon Sequestration, Midwestern Farms and Biodiversity," Resilience, May 2, 2018. <http://www.resilience.org/stories/2018-05-02/a-view-from-the-air-carbon-sequestration-midwestern-farms-and-biodiversity/> (<http://www.resilience.org/stories/2018-05-02/a-view-from-the-air-carbon-sequestration-midwestern-farms-and-biodiversity/>) This article identifies the importance of land conversion practices being transformed to no-till, rotational farmer. Ecological, sequestration, and economic reason cited.

Seikatsu Club Consumer's Cooperative Union. 2017. Think & Act Data Book. <https://www2.seikatsuclub.coop/excludes/rengou/img/about/vision/2017thinkandacte.pdf> (<https://www2.seikatsuclub.coop/excludes/rengou/img/about/vision/2017thinkandacte.pdf>) Scorecard review of their performance as a cooperative against 10 key indicators such as supporting local food chains and quality foods, reducing waste, limiting packaging, rejecting GM crops, and acting on your own initiative.

La Via Campesina. "La Via Campesina's VII International Conference Opens With the Ringing of Bells," July 20, 2017. <https://viacampesina.org/en/la-via-campesinas-vii-international-conference-opens-ringing-bells/> (<https://viacampesina.org/en/la-via-campesinas-vii-international-conference-opens-ringing-bells/>) The first video through this link is a 4 minute representation of the official opening of La Via Campesina's 7th conference. It is a very moving film that captures the dynamic and rich movement

culture that has evolved within the largest mass movement in the world.

Food and Agriculture Organization of the United Nations. "FAO's Work on Agroecology: A Pathway to Achieving the SDGs," 2018, accessed January 3, 2019. <http://www.fao.org/3/i9021en/i9021EN.pdf> (<http://www.fao.org/3/i9021en/i9021EN.pdf>) This very accessible report summarizes the Food and Agriculture Organization of the United Nations (FAO) Policy and priorities that have emerged over last 10 years of policy development dialogue with the food sovereignty and other movements. The FAO Report also links its policy work to the 2030 Sustainable Development Goals.

Regeneration International website, accessed January 3, 2019.

<http://www.regenerationinternational.org/resources/> (<http://www.regenerationinternational.org/resources/>) Regeneration International is a group co-founded by Vandana Shiva. Their website a rich trove of resources, tools, and analysis.

IISD Reporting Services/ ENV. "Global Commons: Solutions for a Crowded Planet," video, 4:01, posted by the creator to Vimeo, accessed January 3, 2019. <https://vimeo.com/194584978> (<https://vimeo.com/194584978>) Macro systems approach to shifting agriculture practices to reduce toxic impacts.

Organic Consumers Association. "Ronnie Cummins on Building the Regenerative Agriculture Movement," video, 7:44, posted by the creator to YouTube on September 18, 2015. <https://www.youtube.com/watch?v=o2V-19JuL3A> (<https://www.youtube.com/watch?v=o2V-19JuL3A>) Excellent intervention by a conference speaker who focuses his comments on connecting the dots, grass roots organizing, and coalition building.

Grain. "Hungry for Land: Small Farmers Feed the world with Less than a Quarter of all Farmland," May 28, 2014. <https://www.grain.org/article/entries/4929-hungry-for-land-small-farmers-feed-the-world-with-less-than-a-quarter-of-all-farmland> (<https://www.grain.org/article/entries/4929-hungry-for-land-small-farmers-feed-the-world-with-less-than-a-quarter-of-all-farmland>)

The Kindling Trust. "Kindling: A Sustainable Food Revolution," video, 9:42, posted by the creator to YouTube on March 1, 2016. <https://www.youtube.com/watch?v=qleSudl14GI> (<https://www.youtube.com/watch?v=qleSudl14GI>) An environmental and social change organization, the Kindling Trust uses food as a catalyst to advance the vision for a sustainable food system. Developing new farmers through education, technical support, and coordinating local market development and distribution, they have created a local food system able to strengthen food security and resilience in the large metropolitan area of Manchester in northern England. Note: Contrast their systematic approach with the approach in Philadelphia with respect to scale, scope, and strategy.

Reynolds, Cynthia. "The Facilitated Birth of a Platform Cooperative," Medium, November 29, 2017. <https://medium.com/open-food-network/the-facilitated-birth-of-a-networked-platform-cooperative-part-1-e2d4115b39fe> (<https://medium.com/open-food-network/the-facilitated-birth-of-a-networked-platform-cooperative-part-1-e2d4115b39fe>) Open platform co-operative taking off to support transforming local and regional food supply chains.

Davison, Devita. "How Urban Agriculture is Transforming Detroit," video on website, 12:22, reposted from TED.com, December 15, 2017. <https://blog.p2pfoundation.net/how-urban-agriculture-is-transforming-detroit/2017/12/15> (<https://blog.p2pfoundation.net/how-urban-agriculture-is-transforming-detroit/2017/12/15>) TED talk Detroit food renaissance.

Vettese, Troy. Climate Gut Check. 5 December 2018. The Boston Review. <http://bostonreview.net/science-nature/troy-vettese-climate-gut-check> (<http://bostonreview.net/science-nature/troy-vettese-climate-gut-check>)

[climate-gut-check](#)) Review of latest IPCC Report and their controversial mention of land scarcity and the need for society to transition away from animal consumption in order to free up land for plant based food. Currently animal husbandry accounts for between 14.5 and 18 percent of GHGs. Vettese makes the case for the shift to Vegan or plant based diets, in order to address climate change and carbon sequestration.