Local Food System Media List

This list is composed of both academic and popular media addressing food systems. There is a wide variety of opinions and information shared in these resources. Extension is not advocating these opinions or verifying the information in these resources. They are shared for informational purposes only and to demonstrate how mainstream the local food movement has become in our society.

Books:

**A Sand County Almanac**  Aldo Leopold 1949

**The Unsettling of America Culture & Agriculture**  Wendell Berry 1977

**The Gift of Good Land**  Wendell Berry 1981

**Altars of Unhewn Stone, Science and the Earth**  Wes Jackson 1987

**Family Farming: A New Economic Vision**  Marty Strange 1988

**Ishmael: An Adventure of the Mind and Spirit**  Daniel Quinn 1992

**Louis Bromfield and the Malabar Farm Experience**  John T. Carter 1995

**Food, Energy and Society**  D. Pimentel and M. Pimentel. 1996

**For the Health of the Land**  Aldo Leopold 1999

**Stolen Harvest: The Hijacking of the Global Food Supply**  Vandana Shiva 2000

**Slow Food : The Case for Taste**  (Arts and Traditions of the Table: Perspectives on Culinary History)  Alice Waters & Carlo Petrini 2001

**Small Wonders**  Barbara Kingsolver (Includes an essay on eating locally) 2002

**Food Politics**  M. Nestle. 2002

**Local Flavors: Cooking and Eating from America's Farmers' Markets**  Deborah Madison 2002

**Hope's Edge: The Next Diet for a Small Planet**  Frances Moore Lappe & Anna Lappe  2002

**Coming Home to Eat: The Pleasures and Politics of Local Foods.**  G. P. Nabhan. 2002

**Fast Food Nation.**  E. Schlosser  2002

**The Farm as Natural Habitat Reconnecting Food Systems with Ecosystems**  Edited by Dana L. Jackson and Laura L. Jackson 2002

**Bringing Change to the Table**  S. Meyers and Institute for Community Resource Development. 2003. Illinois Food Security Summit

**Eat Here, Reclaiming Homegrown Pleasures in a Global Supermarket**  Brian Halweil  2004

**Diet for a Dead Planet How the Food Industry is Killing Us**  Christopher D. Cook 2004

**Farm Folk City Folk: Stories, Tips and Recipes Celebrating Local Food for Food Lovers of All Stripes**  Herb Barbolrt, Angela Murrills, Heather Pritchard, Michael Marrapese (Photographer)

**Harvest for Hope: A Guide to Mindful Eating**  Jane Goodall, Gary McAvoy, Gail Hudson  2005

**Good Growing Why Organic Farming Works**  Leslie A Duram 2005

**The Earth Knows My Name: Food, Culture, and Sustainability in the Gardens of Ethnic Americans**  Patricia Klindienst 2006

**The Omnivore's Dilemma: A Natural History of Four Meals**  Michael Pollan 2007

**Animal, Vegetable, Miracle: A Year of Food Life**  Barbara Kingsolver 2007

**Food Fight The Citizen’s Guide to a Food and Farm Bill**  Daniel Imhoff 2007

**Manifestos on the Future of Food and Seed**  Vandana Shiva 2007

**Plenty: One Man, One Woman, and a Raucous Year of Eating Locally**  Alisa Smith and J.B. MacKinnon 2007

**Eat Where You Live: How to Find and Enjoy Fantastic Local and Sustainable Food No Matter Where You Live**  Lou Bendrick 2008

**Crisis & Opportunity Sustainability in American Agriculture**  John E. Ikerd 2008
Edible Schoolyard: A Universal Idea Alice Waters 2008
Small Farms Are Real Farms Sustaining People through Agriculture John Ikerd 2008
The Town That Food Saved: How One Community Found Vitality in Local Food Ben Hewitt 2009
Local Food: How to Make it Happen in Your Community (Transition Guides) Tamzin Pinkerton, Rob Hopkins 2009
In Defense of Food: An Eater's Manifesto Michael Pollan 2009
The Seasons on Henry's Farm: A Year of Food and Life on a Sustainable Farm Terra Brockman 2009
Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It Anna Lappe 2010
Agricultural Urbanism: Handbook for Building Sustainable Food Systems in 21st Century Cities Janine de la Salle (Editor), Mark Holland (Editor) 2010
Terra Madre: Forging a New Global Network of Sustainable Food Communities Carlo Petrini 2010

Films & Videos:
Food, Inc. has brought food consciousness in the U.S. to a whole new level.
Fresh: The Movie shows the flip side--positive change being created by farmers, students, thinkers, and business people in the U.S. today. It'll make you want to get involved, too.
French Fries to Go documents Telluride, Colorado's quest to run city buses on recycled fryer oil.
Garden Cycles: Faces From the New Farm is the story of three women on a three-month bicycle-powered tour of urban gardens throughout the Northeast.
Polycultures: Food Where We Live looks at communities in Northeast Ohio that are coming together to grow a more sustainable, just, and local food system.
The Greening of Southie is about Boston's first LEED-certified residential green building and the way it affected a community.
Eating Alaska is a documentary by a vegetarian filmmaker who moves to Alaska and marries a hunter. The film looks at the ethics behind food choices and how politics, society, religion, and taste all play a role.
Sustainable Table: What's on Your Plate traces West Coast food production from field to table.
To Market to Market to Buy a Fat Pig tours outstanding farmers' markets from Baltimore to Hawaii.
The Real Dirt of Farmer John looks at one man and his family farm. Farmer John and his story will have you reconsidering stereotypes about farmers.
The Garden examines the largest community garden in the U.S., 14 acres of green in South Central Los Angeles and the fight to keep it there.
The World According to Monsanto looks at this behemoth of a multinational agricultural biotech corporation and their dominance of patents on genetically engineered seeds and pesticides.
Seeds of Deception focuses on how genetically engineered food is making its way into our daily diets.
Bad Seed: The Truth About Our Food looks at who is controlling the world's food supply and the consequences of genetically modified food on health.
The Future of Food examines the complex web of market and political forces that affect what we eat and what we will eat in the future.
Food Matters takes a look at the often overlooked connection between food and our nation's current state of health. With the health-care debate raging, watching this film feels extra-timely and important.
King Corn investigates the staggering scale of the corn related food economy in the U.S. in an entertaining way.
Two Angry Moms shows two angry (and awesome) moms striving to improve school lunch with simple changes, like having fresh fruits and vegetables included on cafeteria trays.
Our Daily Bread Unser Täglich Brot is shot like a high end art-house film and shows minute after minute of shocking footage of industrial food production and high-tech farming.
Super Size Me  Morgan Spurlock spends 30 days eating nothing but McDonald's while investigating the companies' extremely long reach into school cafeterias and countries around the world.

Media That Matters: Good Food is a collection of 16 short films on food and sustainability.

The Greenhorns an upcoming film on enterprising, hopeful, and young farmers that are bringing an infusion of youth and a wave of excitement to the one of the oldest professions of all.

Food Fight is a look at the development of American agriculture and policy in the 20th century and the birth of the counter-revolution of the local and organic foods movement.

Food Stamped follows a nutrition educator and her husband as they do their best to eat healthy food on a $50 week food stamp budget.

What's On Your Plate? is a documentary that follows two 11-year-old New Yorkers, Sadie and Safiyah, as they try to find out where the food on their plates comes from.

Who Put that Burger on Your Plate? Fifth Graders from Elysian Charter School in Hoboken, New Jersey, sing, dance, and rock out (with costumes) to their original song

Dirt, the Movie  Tells the story of the glorious and unappreciated material beneath our feet. One teaspoon of dirt contains a billion organisms working in remarkable balance to maintain and sustain a series of complex, thriving communities that impact our daily lives.

Symphony of Soil A multi-film project online at http://www.ingoodheart.com

Nourish traces our relationship to food from a global perspective to personal action steps. A companion DVD containing the half-hour PBS special and 11 short films. A valuable tool for schools, non-profit organizations, community groups, libraries, museums, and families.  http://www.goworldlink.org/programs/nourish.html

Big Sugar A CBS documentary about the past and present of sugar. It explores slave-like conditions in present day sugar plantations, as well as sugars/soft drinks role in obesity.