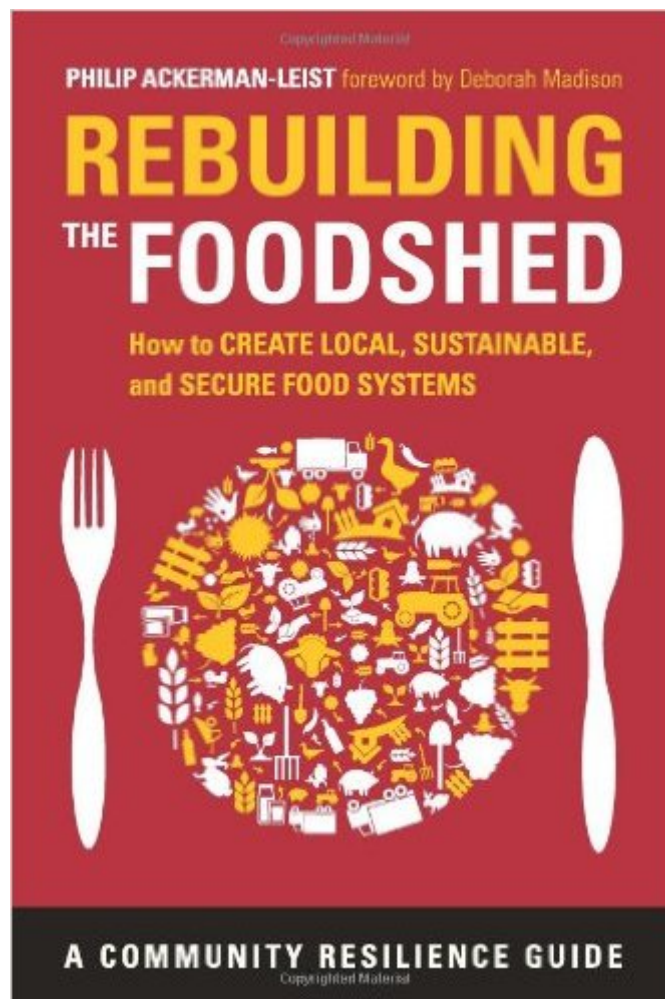


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# Rebuilding The Foodshed: How To Create Local, Sustainable, And Secure Food Systems (Community Resilience Guides)



## Synopsis

Droves of people have turned to local food as a way to retreat from our broken industrial food system. From rural outposts to city streets, they are sowing, growing, selling, and eating food produced close to home—and they are crying out for agricultural reform. All this has made "local food" into everything from a movement buzzword to the newest darling of food trendsters. But now it's time to take the conversation to the next level. That's exactly what Philip Ackerman-Leist does in *Rebuilding the Foodshed*, in which he refocuses the local-food lens on the broad issue of rebuilding regional food systems that can replace the destructive aspects of industrial agriculture, meet food demands affordably and sustainably, and be resilient enough to endure potentially rough times ahead. Changing our foodscapes raises a host of questions. How far away is local? How do you decide the size and geography of a regional foodshed? How do you tackle tough issues that plague food systems large and small—issues like inefficient transportation, high energy demands, and rampant food waste? How do you grow what you need with minimum environmental impact? And how do you create a foodshed that's resilient enough if fuel grows scarce, weather gets more severe, and traditional supply chains are hampered? Showcasing some of the most promising, replicable models for growing, processing, and distributing sustainably grown food, this book points the reader toward the next stages of the food revolution. It also covers the full landscape of the burgeoning local-food movement, from rural to suburban to urban, and from backyard gardens to large-scale food enterprises.

## Book Information

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## Customer Reviews

Rebuilding the Foodshed is a driver's manual for food and farm activists hoping to invent a new, more accessible food system. While there is some needed theory in here, it's mostly get-down-and-do-it advice, filled with resources, case studies, and arguments you wish you'd thought of when your brother was telling you you're wasting your money at the food co-op because it's all cheaper down at the Superstore. The book is a guided tour through the intersections of food justice, food security, biodiversity, sustainable agriculture, direct marketing, food hubs, and much more. Ackerman-Leist's most welcome contribution is the pragmatic way in which he tackles some of the more delicate sensibilities of the local food movement. In particular, he redefines "local," that vague concept that so energizes many purists in the farm and food movement, and so limits its potential. He doesn't blush to admit that compromises are necessary. A food system that is resilient against natural disruptions, ecologically sound, nutritionally adequate, and meets standards of food security has to be adaptable to place. He argues that we should think more regionally, by which I understand him to mean that the foodshed should be elastic, stretching further to meet certain challenges, contracting more tightly to meet others. Like good, local food, Rebuilding the Foodshed offers ideas that are fresh, nourishing, and tasty.

Wonderful read, very educational. I believe the first step in changing our food system is education. When we educate people about our food systems, we are then able to begin the steps in making a difference. "Rebuilding the Foodshed" does this very thing. Well written, from clearly a knowledgeable source. A book/concept that should be integrated into high schools.

Rebuilding the Foodshed begins the conversation on modern food systems. The book provides the reader with a detailed overview of the multiple components within a modern food system in a informative yet unencumbered way, presenting a guide to modern food systems and the many puzzle pieces that link everything together. Food systems are really a way to study society as a whole and Ackerman-Leist's book showcases the many factors that influence modern food systems within various economic and ecological backdrops. This book is a must read for anyone interested in food science or sustainable agriculture.

Philip Ackerman-Liest is my son's advisor at Green Mountain College and the author of the just released book. It sat on my nightstand for 2 months before I opened it, but once I did, I began to read and reread sections, reflecting on his words. He addresses the local food shed as a true

sustainable model, considering waste, fuel, processing and the environments it takes to grow food. We all know local food is the buzz word and we are slowly going beyond the trend and coming to understand and embrace the idea of knowing our farmers and wanting to support them. Local food is the future, If we want our neighborhoods and our bodies to be healthy, it truly is the only way. Philip not only explains this but considers the variables all the while considering agricultural reform. We are moving beyond the buzzwords of local and sustainable and in to a new way of living and eating. Chapter after chapter gives hope to replace the destructiveness of industrial agriculture. He asks tough questions: How do you grow what you need with minimum environmental impact? He leaves us with choices we can make that increase the sustainability and resilience of our food systems. I am ever optimistic when I read the models for growing, processing, and distributing sustainably grown food. I am witness to large ornate lawns here at Martha's Vineyard are being converted (slowly!) to gardens with food. Restaurant chefs are creating gardens that hold more than ornamental herbs and edible flowers, and best of all, I see whole groups of people coming together to create a better community. Philip's book covers it all, but more poignant is that his book is a book of hope.

This book is written from a perspective of the 'ground up'. Philip Ackerman-Leist knows the issues surrounding our food system from seed to plate. As a farmer, his holistic practices are well balanced and fair to earth, animals and people. As a professor, he shares his knowledge with passion and dedication. And as a citizen, he sets an example for all of us. Thank you for putting it all down so clearly Philip.

Ackerman-Leist's latest book, *Rebuilding the Foodshed*, explores the local food movement in a depth that is frequently lacking from the discourse. Rather than explaining why a cage-free, organic, GMO feed-free, happy egg is better than an egg from a factory farmed chicken it explores the ways in which this production affects our communities and the earth. As a small farmer it's complex to think about the inefficiencies of driving my pickup around for small deliveries versus industrial ag system delivering bulk food in semis. (A semi is something like 10 times more efficient with gas) The world is being polluted and our top soil is washing away, and Ackerman-Leist explains no simple answer such as "local" will address these problems. It also details some of the work being done around food access to folks of limited means, which is a vital topic missing from much of the current discussion. It details what is working and models that can be adopted by others. All the content is rigorously researched and the text is accompanied by countless graphics and charts which make

the information extremely accessible. It makes you question not just your own dinner, but why so many people are eating unhealthy dinners and what we can do as a society to address this. This book has information for people at all levels of the food chain, and is written with a sense of humor and humility that make it a pleasure to read. I recommend it for everyone who eats.

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