

easy reach. Her eclectic passion for reading, embracing the lowbrow and the highbrow, the epic romance *Gone with the Wind* and the poems of Emily Dickinson, is both infectious and inspiring. Often compared to authors Annie Dillard, Phyllis McGinley, Robert Benchley, and Mark Twain, Connie Cronley is a Southwest original, a writer who infuses her stories with joy, humor, beauty—and plenty of spice.

The New York Times bestselling author of *Tomatoland* test drives the most popular diets of our time, investigating the diet gurus, contradictory advice, and science behind the programs to reveal how we should—and shouldn't—be dieting. “Essential reading . . . This will completely change your ideas about what you should be eating.”—Ruth Reichl, author of *Save Me the Plums*

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 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. Estabrook’s account is a relatable, pragmatic look into the ways we try to improve our health through dieting, revealing the answer may be to just eat.

“Sustainable” has long been the rallying cry of agricultural progressives; given that much of our nation’s farm and ranch land is already degraded, however, sustainable agriculture often means maintaining a less-than-ideal status quo. Industrial agriculture has also co-opted the term for marketing purposes without implementing better practices. Stephanie Anderson argues that in order to provide nutrient-rich food and fight climate change, we need to move beyond sustainable to regenerative agriculture, a practice that is highly tailored to local environments and renews resources. In *One Size Fits None* Anderson follows diverse farmers across the United States: a South Dakota bison rancher who provides an alternative to the industrial feedlot; an organic vegetable farmer in Florida who harvests microgreens; a New Mexico super-small farmer who revitalizes communities; and a North Dakota midsize farmer who combines livestock and grain farming to convert expensive farmland back to native prairie. The use of these nontraditional agricultural techniques show how varied operations can give back to the earth rather than degrade it. This book will resonate with anyone concerned about the future of food in America, providing guidance for creating a better, regenerative agricultural future. [Download a discussion guide \(PDF\)](#).

Three-time James Beard Award-winner Barry Estabrook's completely revised third edition of his hard-hitting 2011 expos, *Tomatoland*, includes a new

foreword by Eric Schlosser and four new chapters with startling updates. Four entirely new chapters take up where the current edition leaves off to tell the story behind what president Bill Clinton calls "the most astonishing thing politically in the world we're living in today." Estabrook reveals how a rag-tag group of migrant tomato pickers in Florida convinced the world's largest restaurant chains and food retailers to join forces to create a model for labor justice, and then took the necessary steps to make sure that the model really works, not only in Florida, but around the world. The book includes a new foreword by journalist and author Eric Schlosser (Fast Food Nation).

This book illustrates the potential for computer simulation in the study of modern slavery and worker abuse, and by extension in all social issues. It lays out a philosophy of how agent-based modelling can be used in the social sciences. In addressing modern slavery, Chesney considers precarious work that is vulnerable to abuse, like sweat-shop labour and prostitution, and shows how agent modelling can be used to study, understand and fight abuse in these areas. He explores the philosophy, application and practice of agent modelling through the popular and free software NetLogo. This topical book is grounded in the technology needed to address the messy, chaotic, real world problems that humanity faces in this case the serious problem of abuse at work but equally in

district courts, Claims Court, bankruptcy courts, Court of Military Appeals, the Courts of Military Review, and other federal courts. This Key Number Digest contains all headnotes, classified according to West's® Key Number System, for federal court decisions reported from 1984 to the present. The topics are listed in alphabetical order. The Key Numbers within those topics are listed in numerical order. Each topic begins with scope notes about subjects included and subjects excluded and covered by other topics. Also, there is an outline of the topic, which includes a list of all Key Numbers in that topic. Headnotes are collected by jurisdiction or court and filed according to the West Key Number System®.

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In today's fast-paced, fast-food world, everyone seems to be eating alone, all the time - whether it's at their desks or in the car. Carolan argues that this needs to change if we want healthy, equitable, and sustainable food. In No One Eats Alone he tells stories of people getting together to change their relationship to food and to each other, from community farms where suburban moms and immigrant families work side by side to online exchanges where entrepreneurs share kitchen space to "hackers" who trade information about farm machinery repairs.

Jordan begins with the heirloom tomato, inquiring into its botanical origins in South America and its culinary beginnings in Aztec cooking to show how the homely and homegrown tomato has since grown to be an object of wealth and taste, as well as a popular symbol of the farm-to-table and heritage foods movements. She shows how a shift in the 1940s away from open pollination resulted in a narrow range of hybrid tomato crops. But memory and the pursuit of flavor led to intense seed-saving efforts increasing in the 1970s, as local produce and seeds began to be recognized as living windows to the past.

A deeply human-centered perspective on the origins of America's food *Where Am I Eating?* bridges the gap between global food producers and the American consumer, providing an insightful look at how our eating habits affect farmers and fishermen around the world. Follow the author on his global quest to meet the workers that nurture, harvest, and hunt our food, as he works alongside them—loading lobster diving boats in Nicaragua, harvesting bananas in Costa Rica, lugging cocoa beans in Ivory Coast with a modern-day slave, picking coffee beans in Colombia and hauling tomatoes in Indiana. This new edition includes a study guide, a deeper explanation of the "glocal" concept, and advice for students looking to become engaged as both local and global citizens. Arguing neither for nor against globalization, this book simply explores the lives of those

who feed us. Imports account for eighty-six percent of America's seafood, fifty percent of its fresh fruit, and eighteen percent of its fresh vegetables. *Where Am I Eating?* examines the effects of this reliance on those who supply the global food economy. Learn more about the global producers that feed our nation, and learn from their worldviews intensely connected to people and planet Discover how food preferences and trends affect the lives of farmers and fishermen Catch a boots-on-the-ground glimpse of the daily lives of food producers on four continents Meet a modern-day slave and explore the blurred line between exploitation and opportunity Observe how the poorest producers fare in the global food economy This book takes a human-centered approach to food, investigating the lives of the people at the other end of the global food economy, observing the hope and opportunity—or lack thereof—that results from our reliance on imports. *Where Am I Eating?* is a touching, insightful, informative look at the origins of our food.

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.

What did you have for breakfast? Did you ever stop to think about the people and steps involved with how your banana or cereal got on your plate? Nearly everyone is a part of

the global food system, yet few people are aware of how it operates. Kimberly A. Weir starts by evaluating how we are connected with spice farmers, cocoa bean growers, soybean producers, tomato pickers, and tuna fishers not only gives insight into where we fit in the global food chain, but also offers a unique way to understand the aspects and concepts of the global political economy. The book begins by figuring out where readers fit in the global food chain, looking at what affects eating habits and choices, and situating these factors in a global context. From Jicama to Jackfruit provides that insight in abundance.

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The author of Tomatoland offers an eye-opening investigation of the commercial pork industry and an inspiring alternative to the way pigs are raised and consumed in America.

Consuming with a conscience is one of the fastest growing forms of political participation worldwide. Every day we make decisions about how to spend our money and, for the socially conscious, these decisions matter. Political consumers "buy green" for the environment or they "buy pink" to combat breast cancer. They boycott Taco Bell to support migrant workers or Burger King to save the rainforest. But can we overcome the limitations of consumer identity, the conservative pull of consumer choice, co-optation by corporate marketers, and other pitfalls of consumer activism in order to marshal the possibilities of consumer power? Can we, quite literally, shop for change?

them to draw their own conclusions.

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