

Books/Magazines

Slow food revolution : a new culture for eating and living
by Carlo Petrini

Outlines many different routes by which we can take back control of our food. The three central principles of the Slow Food plan are: food must be sustainably produced in ways that are sensitive to the environment, those who produce the food must be fairly treated, and the food must be healthful and delicious.

Animal, Vegetable, Miracle
by Barbara Kingsolver

Part memoir, part journalistic investigation, *Animal, Vegetable, Miracle* makes a passionate case for putting the kitchen back at the center of family life, and diversified farms and sustainably grown food at the center of the American diet.

Harvest for hope : a guide to mindful eating
by Jane Goodall

World-renowned scientist and conservationist Jane Goodall scrutinizes human eating behaviors, and the colossal food industries that force-feed some cultures' self-destructive habits for mass consumption.

The omnivore's dilemma : a natural history of four meals
by Michael Pollan

The *Omnivore's Dilemma* tells about how our food is grown -- what it is, in fact, that we are eating. The book is really three in one: The first section discusses industrial farming; the second, organic food, both as big business and on a relatively small farm; and the third, what it is like to hunt and gather food for oneself.

Food for Thought Magazine
www.foodforthoughtgr.com

Food For Thought is a magazine focused on all aspects of food in the Grand Rapids area -- preparing it, sharing it, where we go to eat it, and who produces it.

Buy Local... ...Eat Fresh



Resources that help
you bring local and
environmentally friendly
foods to your table.



Wild Resources

Animal, Vegetable, Miracle

www.animalvegetablemiracle.com

This website is compliments the book *Animal, Vegetable, Miracle* by Barbara Kingsolver and offers additional resources related to the rapidly growing sustainable food movement.

Slow Food USA

<http://www.slowfoodusa.org/>

Slow Food is a global, grassroots movement with thousands of members around the world that links the pleasure of food with a commitment to community and the environment.

Eatwild

<http://eatwild.com/>

This website provides comprehensive, accurate information about the benefits of raising animals on pasture. The website also provides a direct link to local farms that supply all-natural, delicious, grass-fed products.

Local Harvest

<http://www.localharvest.org/>

Use this website to find farmers' markets, family farms, and other sources of sustainably grown food in your area where you can buy produce, grass-fed meats, and many other goodies.

West Michigan Cooperative

<http://www.westmichigancoop.com/pages/signup>

A West Michigan online farmer's market that links consumers with local producers all year long.



Local Farms

Trillium Haven Farm

<http://www.trilliumhavenfarm.com/>

Trillium Haven Farm is the destination for those seeking fresh, local, chemical-free produce. Their produce can be found at the Fulton Street Farmers Market or you can join their CSA (community supported agriculture) and receive a wide variety of produce every week, throughout the summer.

Lubbers Farm

<http://www.lubbersfarm.com/>

Lubbers Family Farm is a family owned farm in West Michigan that has been farmed sustainably since 1995. The farm raises meats and offers beef, pork, lamb, turkey, chicken and eggs. They also house the Little Rooster Bread Company (www.littlerooster.net).

Fulton Street Farmer's Market

www.fultonstreetmarket.org

A Grand Rapids institution since 1922, the Fulton Street Market offers locally-grown fruits, vegetables, plants and home-made arts and crafts.

Crane Dance Farm

<http://www.cranedancefarm.com/>

A sustainable, regenerative, pasture-based farm that provides chemical-free, nutritious, and delicious pork, beef, lamb, chevon, poultry, and eggs.

Groundswell Community Farm

<http://www.groundswellfarm.org/index.html>

A community supported agriculture farm (CSA) which connects the farm with people who want to eat the freshest, local produce in season. It works like a cooperative—you buy a share of the season's produce and get a variety of vegetables ever the summer.

