



Photo by Kenan Kitchen on Unsplash

YOU ARE WHAT YOU EAT...AND GROW FOOD & IDENTITY

This book tells Will Allen's farming philosophy: Instead of running from the past or trying to deny it, Allen has confronted the dark legacy of slavery and sharecropping. He has tried to reconcile the rural and urban experiences of African Americans, imagining a future that can combine the best elements of the two. He has spent years working among the poor, preaching a message of compassion and self-reliance. His nonprofit organization, **Growing Power**, has created initiatives to cultivate urban farming and other sustainable agricultural practices in the inner city.

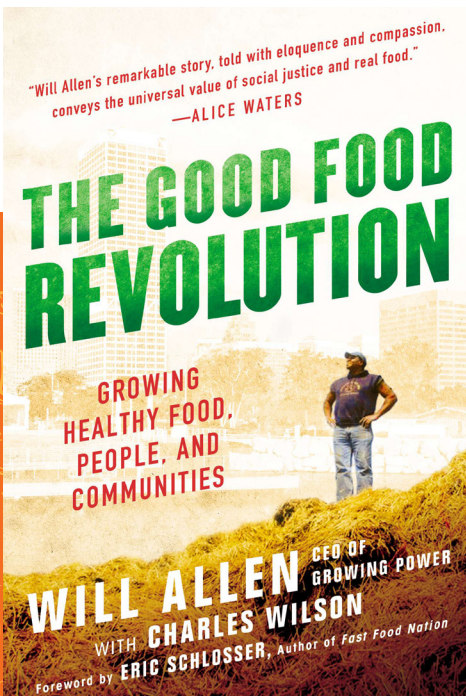
He built an urban farm without fences and brought the community in:

"Kids in the neighborhood threw rocks at my greenhouses when I first opened in 1993, they stopped several months after my arrival. I had not retaliated or chased them away. Instead, I invited the young people to come see what we were doing. I gave them summer jobs. Neighbors started respecting the fact that I was bringing good food into the community. They started being eyes and ears for me. The community felt ownership of shared success."

— Will Allen

HOW HAS FOOD SHAPED YOUR SENSE OF SELF AS WELL AS THE CONNECTION YOU HAVE WITH YOUR COMMUNITIES AND THE EARTH?

WHAT EXPERIENCE DO YOU HAVE GROWING YOUR OWN FOOD OR WITH AGRICULTURE IN GENERAL?



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2024/25 BOOK SELECTION:

THE GOOD FOOD REVOLUTION GROWING HEALTHY FOOD, PEOPLE, AND COMMUNITIES

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