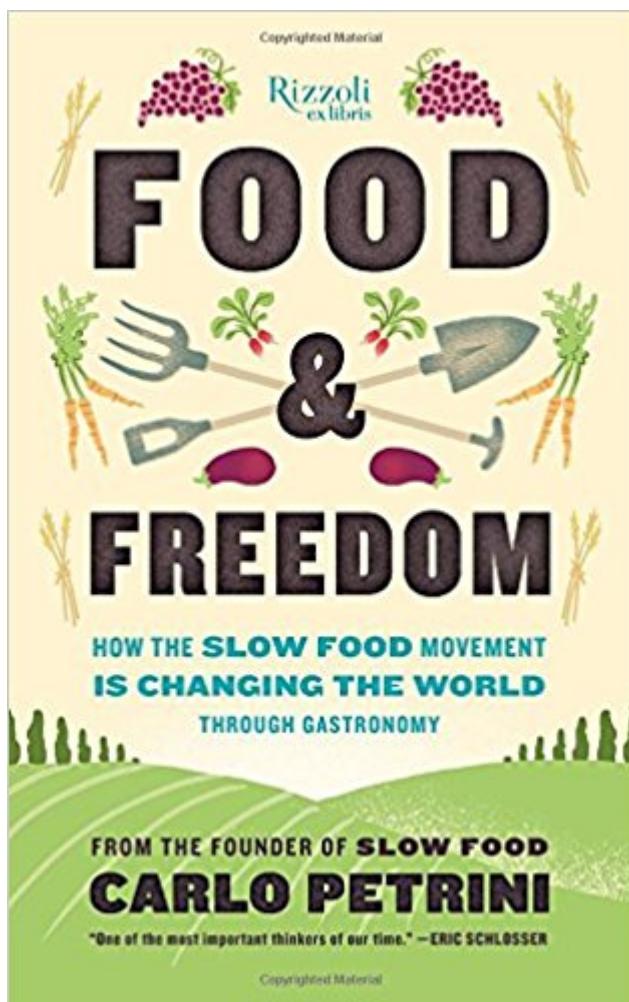


The book was found

Food & Freedom: How The Slow Food Movement Is Changing The World Through Gastronomy



Synopsis

Inspiring the global fight to revolutionize the way food is grown, distributed, and eaten. In the almost thirty years since Carlo Petrini began the Slow Food organization, he has been constantly engaged in the fight for food justice. Beginning first in his native Italy and then expanding all over the world, the movement has created a powerful force for change. The essential argument of this book is that food is an avenue towards freedom. This uplifting and humanistic message is straightforward: if people can feed themselves, they can be free. In other words, if people can regain control over access to their food—how it is produced, by whom, and how it is distributed—then that can lead to a greater empowerment in all channels of life. Whether in the jungle talking with tribal elders or on rice paddies in rural Indonesia, the author engages the reader through the excitement of his journeys and the passion of his mission. Here, Petrini reports upon some of the success stories that he has observed firsthand. From Chiapas to Puglia, Morocco to North Carolina, he has witnessed the many ways different peoples have dealt with food problems. This book allows us to learn from these case studies and lays out models for the future.

Book Information

Hardcover: 240 pages

Publisher: Rizzoli Ex Libris; Tra edition (September 1, 2015)

Language: English

ISBN-10: 0847846857

ISBN-13: 978-0847846856

Product Dimensions: 5.7 x 0.9 x 8.7 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #594,570 in Books (See Top 100 in Books) #47 in Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > Agriculture & Food Policy #352 in Books > Business & Money > Industries > Agriculture #1208 in Books > Science & Math > Agricultural Sciences > Food Science

Customer Reviews

"Petrini's central message is that everyone who eats should only buy food that is good, clean, and fair. Without being didactic, the author vigorously stresses the importance of all three components in his discussion of food policy, as well as case studies from all over the globe."-ForewordReviews.com "[Carlo Petrini] exudes so much joy, hope, and optimism in his new

book that it's hard not to be swept away by his impassioned arguments for social, political, and environmental justice. . . Food & Freedom celebrates boundless pleasures. A hedonist's guide to feasts and food fellowship, it also takes real delight in political argument as befitting an Italian familiar with European ideologies. Political activists both young and old might find Food & Freedom—*NEW YORK JOURNAL OF BOOKS*"For anyone who has a passion for food, [Food & Freedom] is] an important book. Read it slowly, in appreciative nibbles, rather than gobbling it down like a fast-food meal during a time-crunched lunch break. Be a gastronome, and appreciate it as you read it and later, in its recollection."—*THE CHICAGO TRIBUNE*

Carlo Petrini is the author of *Slow Food Nation* and the founder of the Slow Food organization, which counts 100,000 members in 150 countries. Petrini was named a "European Hero" by *Time* and a "Champion of the Earth" by the United Nations. In May 2016, the United Nations named him "FAO Special Ambassador Zero Hunger for Europe."

Easy to understand and see the overall picture of how slow food works. It is a good book that is worth to read!

[Download to continue reading...](#)

Food & Freedom: How the Slow Food Movement Is Changing the World Through Gastronomy Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker — Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home — Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking) Delicious

Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Crock Pot Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) Dubious Gastronomy: The Cultural Politics of Eating Asian in the USA (Food in Asia and the Pacific) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes) My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Crock Pot: 1001 Best Crock Pot Recipes of All Time (Crockpot, Crockpot Recipes, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot, Slow Cooker, Slow Cooker Recipes, Slow Cooker Cookbook, Cookbooks) Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes,Chicken Soup ,Soup Cookbook ,Slow Cooker Soup Recipes) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) Slow Cooker Cookbook: Chef Approved Slow Cooker Recipes Made For Your Slow Cooker – Cook More Eat Better (Crock Pot Book 1) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot ... Pot Recipes;Crock Pot Cookbook) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)