

Our food, Our Right



Recipes for food Justice

2 STORIES of CHANGE: FOOD JUSTICE AROUND the WORLD



Food as a Right in Belo Horizonte, Brazil

Laura Brady

BELO HORIZANTE, BRAZIL

WINNER OF THE FUTURE POLICY AWARD 2009, PRESENTED BY THE WORLD FUTURE COUNCIL, FOR "THE WORLD'S MOST COMPREHENSIVE POLICY THAT TACKLES HUNGER IMMEDIATELY AND SECURES A HEALTHY AND AFFORDABLE FOOD SUPPLY FOR ALL" WWW.FOODFORETHOUGHT.NET

In 1993, Brazil's fourth largest city, Belo Horizonte, was much like many other poor cities of the developing world, complete with a staggering population of disadvantaged, malnourished residents living in slums. With a population of 2.5 million people, 11 percent of its inhabitants were living in absolute poverty, and nearly 20 percent of its children were going hungry. However, all of this began to change in 1993 when a new administration made the bold declaration that food was a right of citizenship.

Mayor Patrus Ananias created a city agency whose sole responsibility was the creation of a new food system. By bringing together a coalition of citizen, business, labor, and church representatives to aid in the program's development, the city succeeded in showing the possibilities for using a democratic process to increase food security. In one decade, Belo Horizonte has decreased its infant death rate by 60 percent, cut by 75 percent the number of children under age five who must be hospitalized due to malnutrition, and the program initiatives have so far directly touched the lives of about 40 percent of the city population.

What does Food as a Right look like?

Belo Horizonte:

- offers local farmers high value public spaces around the city where they can sell to urban consumers. This cuts out retailer mark-ups on produce, which often reached 100 percent in the past.
- allows entrepreneurs to bid on highly-trafficked plots of city land to create special discount markets. In the

**4 tablespoons olive oil
zest and juice of 1
lemon**

**10-15 sage fresh
leaves, thinly sliced**

**2 gloves garlic,
chopped or crushed**

Sage is wonderfully flavorful, sturdy, and easy to grow in herb containers and pots. To feature the flavor of this unique herb, try this lovely white bean bruschetta as an appetizer, or make up a bunch to have on hand for sandwiches and snacks

Heat olive oil in a pan and fry the garlic, shallot, lemon zest and sage for about 5 minutes. The shallots should soften and the sage

markets, the city requires vendors to sell about twenty healthy produce items at discounted prices, while the rest is sold at market prices. The sellers are also obligated to drive produce out to poor neighborhoods every weekend to increase food access in prior 'food deserts.'

- has established People's Restaurants, serving discount meals from mostly local produce. Daily, they serve 12,000 or more people. Anyone can eat there, regardless of socio-economic status, but about 85 percents of diners are poor.
- funds community and school gardens, nutrition classes, and is making the effort to source more school lunches from local growers.

And for what cost?

\$10 million annually, which is less than 2 percent of the city budget and translates to about one cent per Belo Horizonte resident per day.

Belo Horizonte is an inspiring example of the feasibility of redefining food as a right—without necessarily changing the entire economic system. Rather than combating hunger by providing free handouts, Belo Horizonte shows how re-envisioning partnerships between farmers, citizens, and government can be done in a way that benefits, and most importantly, feeds, everyone.

Inspired by "The City that Ended Hunger" by Francis Moore Lappé in the Food for Everyone, Spring 2009 issue of Yes! Magazine.

Roof-Top Gardening across the U.S.

Laura Brady

CHICAGO AND ELSEWHERE, U.S.

ROOF-TOP GARDENING GROWS AS A SUCCESSFUL FORM OF URBAN GARDENING

When it comes to green roofs, Cuba and Europe have long led the way. In Germany, France, Austria, and Switzerland, green roof products and services are already part of a strong, multi-million-dollar market that has continued to grow steadily.

Though the United States lags behind these nations when

it comes to support of sustainable food systems, the last few years have witnessed a growing trend in green roof construction, signaling the beginnings of a positive food evolution in our culture, as well.

Green Roofs for Healthy Cities, a non-profit that supports companies who build green roofs, recently reported that the number of projects undertaken by its member companies grew by over 35 percent last year. The net result is 6 to 10 million square feet in new green roofs.

Though there is no way to know how much of that space is growing food, a quick glance at numerous city policies and some inspiring individuals demonstrates the increasing trend in taking advantage of usually wasted roof space to cultivate vegetables.

'Food' roofs offer the same great advantages as green roofs. They can:

- provide huge cost savings for the building in energy and cooling costs
- increase the roof's lifespan by two to three times
- provide sound insulation
- reduce storm water runoff
- break-down and detoxify dangerous contaminants
- absorb heat reflected by city concrete, thus lessening the urban heat island effect and its many climate change impacts

But they offer more than typical green roofs in that they can grow a lot of food for residents and businesses, combating urban poverty and hunger and also providing local, fresh, and low-carbon food options directly to city residents.

Cities play a huge role in promoting green roofs due to their ability to establish tax incentives. In Chicago, for example, such tax incentives have been in place for almost a decade and have set the standards for other cities. Residents or business can receive \$5,000 grants from the city to install green roofs and also benefit from numerous reduced fees and access to longer building permits. The results are notable: Chicago is now the leader among U.S. cities for green roofs, with 300 such buildings totaling 3 million square feet in vegetated roofs.

The results of such initiatives in Chicago, which have spread

-and zest will become crisp. Add in the white beans, chili flakes and salt and pepper to taste. Cook over medium heat for another 5 minutes, stirring to incorporate the flavors. Remove bean mixture from heat, and use a potato masher or the back of your spoon to roughly mash the beans. The bruschetta is great on small toasts or layered on a sandwich!



1 small shallot, thinly sliced

1 can white or butter beans, mostly drained

salt and pepper
red chili flakes

across the country in varying forms, are beginning to transform U.S. cities. Innovative residents and businesses have started to use their roofs to save money, eat better, and connect with nature.

In Chicago, chef Rick Bayless has built a rooftop garden oasis above his restaurant Frontera Grill where he grows tomatoes and chilies, which later appear on his guests' plates in the form of Rooftop Salsa.

In Greenpoint, Brooklyn, Ben Flanner wanted to farm without leaving the city. So he found a company with similar environmental interests—Broadway Stages—that was already planning to install a green roof. The company paid for the retrofitting of its 6,000 square foot roof, and has allowed Flanner to use it to grow food. Now Flanner and his partner can live out their farming dream and keep the profit from what they grow, right in the middle of New York City.

In Vancouver, the Fairmount Waterfront Hotel installed a green roof and planted vegetables, herbs, and flowers, ultimately saving its kitchen about \$30,000 each year.

In San Francisco, Maya Donelson started the Graze the Roof Project at Glide Memorial Church, a social service provider in the Tenderloin District. The 900-square-foot plot now provides food to neighborhood children and volunteers who work in the garden once and week and then learn how to cook the vegetables they grow.

Food roofs in cities operate under a different set of rules than typical gardens. Their main advantages are that they benefit from the urban heat bubble, which prolongs the growing season, and fewer insect pests. Food roofs do face the unique challenges of intense urban winds, concentrated heat on the top of buildings, and differing building roof infrastructures (not all of which can accommodate the weight of a full rooftop garden).

To learn more about the potential of rooftop gardening check out the following resources.

- » Bay Localize: For a Livable and Resilient Bay Area: Guides for building your own green roof.
- » Burros, Marian. "Urban Farming, a Bit Closer to the Sun."
- » Green Roofs for Healthy Cities: www.greenroofs.org.
- » Kisner, Corinne. "Green Roofs for Urban Food Security and Environmental Sustainability. Urban Agriculture Case Study:

Chicago, Illinois." Descriptions of green roof programs in Chicago, USA and Havana, Cuba.



Cecosesola Community Logo, Laura Brady

Worker-Owned Co-ops in Venezuela and Bellingham, WA

Laura Brady and Valentina de la Fuente

BARQUISIMETO, VENEZUELA

CECOSESOLA, WORKER-OWNED COOPERATIVE INCREASES COMMUNITY FOOD SECURITY THROUGH ITS COLLECTIVE, NON-HIERARCHICAL, AND PARTICIPATORY COOPERATIVE FRAMEWORK

While a traditional business operates in a linear, hierarchical structure with established roles for bosses and employees, a cooperatively owned business is owned collectively by its members, challenging the core capitalist ideology of profit before people. In response to current social inequalities, increased state control, and privatization, cooperatives work to integrate a sense of shared voice in fulfilling a community's food, health,

1-2 cans red kidney beans (or equivalent in dry beans soaked overnight)
 2 garlic gloves crushed
 2 Tbs. olive oil
 ½ cup chopped bell pepper
 ½ cup chopped onion
 ½ a potato cubed
 (substitute with

ARROZ CON HABICHUELAS
 Puerto Rican Red Beans and Rice
 Maria Elena Rodriguez

This is my favorite way to eat Puerto Rican rice and beans, how my mother made it while I was growing up (and still does today!). Serve this dish with a side of Tostones (pg. 18), an avocado and tomato salad, warm crusty French or Cuban bread and butter, and for meat-eaters, pork is great. Buen provecho!

environmental, home, and creative needs. Although there are many different types and structures of cooperatives, the basic principle of shared ownership of the means of production remains the same.

Some characteristics of a successful cooperative:

- socially inclusive and encourages the participation of all members
- Operates without a hierarchical structure. Although it is often necessary for members to specialize in certain roles, all members must come to a collective agreement on a decision. This is called “consensus decision making.”
- Exists for the benefit of a communal good, rather than personal profit and gain
- Develops social responsibility. Because people own a share (or part) of the cooperative, there is personal investment in its health and well being.
- Is sustainable—can persist without outside financial support.
- Members share equally in all profits
- Develops cooperation with other cooperatives to share resources, knowledge and solidarity

Cecosesola, located in Barquisimeto, Venezuela, is considered one of the most successful cooperatives in the world.¹ With 350 core members, Cecosesola organizes three large markets throughout Barquisimeto, operates six community health clinics, offers financing as well as savings and loans services, and acts as a distribution facility for affiliated cooperatives and families to acquire items for smaller markets in the surrounding towns. In essence, it is a cooperative of cooperatives, integrating a network of 75 local family producers that

¹ Section on Cecosesola adapted by Laura Brady from “Resisting the National Narrative: Charisma and the Venezuelan Cooperative Movement in the Context of the Bolivarian Revolution,” by Laura Brady, published in *intersections: A Journal of the Comparative History of Ideas*, 2008.

Bastidas-Delgado, Oscar. *La Autogestión como Innovación Social en las Cooperativas. El Caso de las Ferias de Consumo de Lara en Venezuela*. Caracas: Centro de Estudios de la Participación, la Autogestión y el Cooperativismo, 2007.
 Detailed book (in Spanish) about Cecosesola.

http://depts.washington.edu/chid/intersections_Winter_2009/index.html
 Thesis paper about the cooperative movement in Venezuela and Cecosesola, specifically, in the context of President Chavez's Bolivarian Revolution

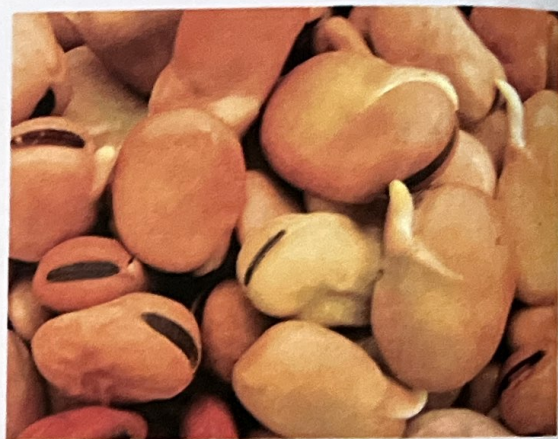


A Cecosesola Market, Laura Brady

sell fruits, vegetables, breads, and other goods at the cooperative markets.

Cecosesola is a vital presence in Barquisimeto's economy. The markets serve about one-third of Barquisimeto's 1.5 million residents. Besides supporting the economic health of the city, the cooperative also directly supports the people by selling products for 30 percent less than other markets in the region—a number that Cecosesola is able to maintain because it is not a profit-seeking organization. Most astounding is that Cecosesola provides these services within the true framework of a cooperative. Each member participates in every aspect of the cooperative that he or she desires through rotating equipos, or teams. In meetings that occur nearly every day of the week, members assemble to discuss problems, politics, and the goals of the cooperative. Freedom of information is widely practiced.

Cecosesola stands as a model of how social evolution can take place through an organization that lives the change it wishes to see. Rather than relying on state programs and services, residents of Barquisimeto come together to create a solution to their own community's needs. The cooperative structure has allowed members to share resources and build a secure food network that links local producers with local consumers. Pooling wealth communally finances the



chunks of pumpkin for a sweeter flavor)
 ½ cup chopped cilantro
 1 Tbs. tomato paste
 Adobo seasoning to taste (shake the following ingredients in a jar) 6 tablespoons salt
 3 Tbs. onion powder
 3 Tbs. garlic powder

In a medium sized sauce pan heat olive oil over medium heat. Sauté onions, green peppers, garlic, and cilantro. After a minute add potatoes and cook another minute or two. Add beans and two can-fuls of water, or more if you like beans with a lot of juicy sauce. Add tomato paste and sprinkle adobo seasoning generously.

Bring beans to a boil, then lower to a simmer and cook loosely covered for about 30-40 minutes, longer if using dry beans. Before serving check the taste and add more adobo if desired. Serve over warm rice.



growth of new cooperatives that can fill direct resource gaps and also provides a net to support members in case of disaster. Direct collaboration, a non-hierarchical structure, and a communal decision-making process ensure that all voices and perspectives are integrated into the framework of the cooperative, creating a vibrant and mutually beneficial structure that supports the needs of the people.

Though less accepted in the United States because of the pervasiveness of capitalist thought, the cooperative model is beginning to reestablish a stronger presence within the North American mindset. In Seattle, there is a burgeoning of different types of cooperatives, ranging from grocery stores such as Madison Market and PCC, to Left Bank Books.

To learn more about the work of Community to Community Development, visit their website: www.foodjustice.org

Cooperatively owned businesses in Seattle:

» PCC Natural Markets, Seattle, WA., a consumer-owned grocery co-op with seven locations in the Seattle area. www.pccnaturalmarkets.coop

» Madison Market Central Co-op is a member-owned natural foods cooperative in the heart of Seattle. www.madisonmarket.com

» Group Health Cooperative began in 1947 with the mission to make quality health care more accessible and affordable. www.ghc.org

Urban Gardening in Cuba

Aubrey Jenkins

CUBA

THE TRANSFORMATION OF FOOD PRODUCTION: A STORY OF ENVIRONMENTAL, ECONOMIC, AND SOCIAL SUCCESS

Challenged by a national economic crisis, Cuba has succeeded in developing a self-reliant agricultural system. In the early 1990's, Cuba experienced a major food crisis as international trade relations collapsed and foreign food aid was cut off by the U.S. trade embargo. Without access to commonly imported foods and agricultural inputs, Cuba was forced to turn towards its own national and human resources. Cubans researched alternative food production techniques and became committed to sustainable, organic, and low-input agricultural methods. Citizens resorted to the small-scale farming methods that their indigenous ancestors had developed while the government simultaneously encouraged and supported all cooperative and urban farming activities. The Cuban experience demonstrates that the adoption of sustainable agricultural methods in rural communities and the promotion of urban farming can bring about productive and economic benefits in a socially equitable way.¹

As we continue to look for alternative solutions to our current unsustainable global food system, Cuba's agricultural model proves that alternative methods can

¹ Funes, Fernando, et. al. 2002. Sustainable Agriculture and Resistance: Transforming Food Production in Cuba. Food First Books. CA: Oakland.

BELLINGHAM, WA. US.

WOMEN LED COOPERATIVE DEVELOPS CAPITALIST ALTERNATIVES

In Bellingham, Washington, a women-led, place-based organization called Community to Community Development (C2C) is leading the way. The group works with farmworkers and Latino immigrants to help develop mutually beneficial cooperative enterprises that provide sustainable services and products to the Bellingham community. One such project, Cooperative Las Margaritas, is an all women, cooperatively-owned, organic tamale catering service, "fighting for honorable and fair work to uphold our families, the personal development of the individual, and the strengthening of peace, liberty, and equality in our community." Other working projects of C2C include Cooperativa Sin Fronteras, a cooperatively-owned housecleaning and landscaping service, and Cooperativa Jacal, a collectively-owned organic farm that is "educating the upcoming generations about the importance of natural products, protecting the environment and conserving the tradition of working in the field and healthy food for the family and community." It offers "the opportunity to new members to support a method of agricultural production based on solidarity, equality and justice."

TOSTONES

Fried Green Plantains
María Elena Rodríguez

Chop off ends of the plantains and slice the skin down the middle, removing the green, tough skin (Just cut through the skin to peel it off, don't slice through the plantain!) Slice plantains diagonally into chunks about 1 inch thick.

Fry plantains in an inch or two of oil over medium heat. Before they start turning too brown, remove from oil and immediately squash them in

3 Tbs. ground black pepper
1 ½ tsp. ground oregano
1 tsp. ground cumin

A couple of green unripe plantains (you can find these at Madison Market, and sometimes QFC though quality varies).

indeed feed a nation. Cuban farmers now use crop-rotation, polycultures, and agroforestry techniques and integrate livestock with food production to end reliance on external inputs. Cubans have become involved in urban agriculture and cooperative farming in order to maximize food production capacities of cities. The government supports these efforts and supplies farmers with training, increased education, and financial and administrative support. Cuban policy reforms have redistributed agricultural land to capable Cuban farmers, restructured agricultural management, increased workers' compensation to reflect the true distribution of profits, and set higher environmental standards. Benefits have been reflected in the economy, society, and environment. Due to the creation of new agricultural jobs, 20% of the labor force is involved in agriculture, while only 1.6% of the labor force is unemployed. Additionally, Cubans enjoy a sustained supply of high quality produce – overall food availability and consumption levels in Cuba have risen drastically since the early 1990's, mainly supplied by local organic farmers. Finally, significant changes in agricultural techniques have improved the island's natural environment, as both air and water quality have improved from reducing the need for pesticides and fertilizers.

To learn more about this topic, research "Sustainable Agriculture and Resistance" in a library. Another source is the Institute for Food and Development Policy, www.foodfirst.org

City Repair Project in Portland, OR

Lee B. Lewis

PORTLAND. OR. U.S.

CITY REPAIR PROJECT (CR) WORKS
TO CREATIVELY TRANSFORM PORTLAND'S
NEIGHBORHOODS BY RECLAIMING PUBLIC SPACE

Portland-based City Repair is an organized group action that educates and inspires communities and individuals to creatively transform the places where they live. A core belief in their projects is the importance of "place-making." This idea inspires us as community members, neighbors, and families to reclaim public places in our neighborhoods by transforming them into vibrant, human-friendly spaces.

These spaces are designed to reflect the culture of the community in which they are embedded. Fundamental to Portland's culture is a passion for healthy food grown from the earth's fertile soil—especially in light of agri-business' domination of the food system. Portland residents have been at the forefront of the effort to reclaim the food system from corporate control.

Implicit in the word "reclaim" is the notion of taking back something that we once had, but that we lost. The collective effort to reclaim the food system has elevated communal consciousness to think about food and life's many regenerative cycles in connection to other societal issues, such as waste, personal and public health, education, ecocide, and the juvenile state of the dominant political-economy.

All of our place-making projects use permaculture principles in every part of the process: from envisioning, to design, to building. We believe permaculture is the best way to rebuild the human-nature relationship in a fashion that is both symbiotic (of mutual benefit to all parties the relationship) and sustainable.

Here is a story of how one passionate and driven citizen activist utilized the extensive social capital in her Portland neighborhood to encourage bioregionalism and sustainability:



In the beginning of this past summer, Brooklyn Birchfield reached out to CR to help her organize a neighborhood harvest swap. With the generosity of a local church, which donated space, tents, a stage and a sound system, we collaboratively planned and hosted a fun and food-tastic event. The gathering succeeded in bringing together people of different walks of life to celebrate the harvest by sharing home grown veggies in a jovial creative environment. We have discovered at CR that conviviality is the key to making any event a success because nothing brings people together like the joys of sharing food, drink, and music in the company of friends. It was such a success that we decided to do it every month of the growing season!

Seed Saving Movements in India

yecelica jaime valdivia

I N D I A

SEED SAVING MOVEMENT IN INDIA CHALLENGES INTERNATIONAL AGRIBUSINESS EFFORTS TO PATENT SEED VARIETIES

Seed saving has long been practiced world-wide as a key element of agriculture, particularly by women because it has been seen as a "woman's responsibility." However, when the Green Revolution threatened many peoples' agricultural traditions and the livelihoods of small farmers everywhere, seed saving emerged as a social movement. The Green Revolution (GR) was introduced in 1945 to meet the world's growing need for more food. The GR introduced high-yielding varieties (plants that were bred together, for example, to absorb more nitrogen so that they grew faster and produced more than regular types). These varieties soon were introduced all over the world such as in parts of Africa, North and South America (Mexico for example) and in Asian countries such as China and India. India was facing a huge famine in 1961. Under the Minister of Agriculture, M.S. Swaminathan, the Green Revolution began when they imported wheat seeds to the Punjab region in the north. India soon started a program of plant breeding, irrigation development, and agricultural chemical production.

The Green Revolution was introduced to the Henwal Valley, located in India's northern state of Uttarakhand, during

the 1970s. High-yielding varieties, along with different fertilizers and pesticides, began to replace traditional and sustainable growing methods. Soon, the peoples' baranaja ("12 grains"), a multi-cropping system that integrated different crops that benefited one another, began to fade out. Farmers slowly became dependent on these newly-imported, genetically modified seeds.

Farmers began to see that not only was their way of life being negatively impacted, but also the fertility of the soil and the productivity of the land were decreasing. Local farmers and activists in the small village of Jardhargaon began to mobilize, and from this emerged the Beej Bachao Andolan (translates to Save Our Seeds). They wanted to conserve indigenous seeds and promote traditional agricultural practices such as baranaja. This was the beginning of the Seed Saving Movement in India. The BBA has since then organized foot marches, get-togethers, and meetings to create awareness about the long-term impacts of fertilizers, pesticides, and hybrid plant varieties. They encourage farmers to preserve seed and share them with their community, and though the BBA has been geographically limited and hasn't expanded far from the region where it started, it serves as an inspiration to many who've been impacted by the Green Revolution elsewhere in India and the world.

For example, the organization Navdanya, formed by writer, activist, physicist, and ecofeminist, Vandana Shiva, has continued the work that the BBA began in the 1970s. Navdanya supports local farmers and preserves crops that are being pushed to extinction. They mobilize farmers across India to refuse the purchasing of genetically modified organisms (GMOs) that damage Indian biodiversity. They work to ensure that farmer livelihoods and their rights are not threatened and to preserve indigenous knowledge, particularly women's knowledge. Because of Shiva, the Seed Saving Movement is now connected to larger struggles against the negative effects of capitalism, globalization (ongoing process in which economies, societies and cultures have become further integrated through different forms of communication and different exchanges, such as migration, trade, technology, investments, political effects, etcetera), and biotechnology (modifying living things, like a plant or a system, for a special use).

**1 plantain per person
is usually good
Vegetable or canola oil
Adobo seasoning**

between two plates (we use a wooden squasher called a 'tostonera'). Place the squashed slices back in the oil and fry again until light brown and deliciously crispy. While still in oil, dust with adobo seasoning. Remove from oil and let drip dry on a paper towel. Sprinkle again lightly with adobo seasoning and serve immediately. Great for dipping in beans or a creamy garlic sauce!



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CHICKEN TORTILLA SOUP

Amanda Phillips

Chicken is optional and vegetable broth can be substituted for chicken broth.

With chicken:

In the same pot that you will be using to put soup ingredients in, heat olive oil to medium and cook chicken until no longer pink in the middle. Remove from pot, and let cool.

Without Chicken, start here

The Seed Saving Movement has also been direct resistance to large, multinational seed companies patenting and literally owning life. Many large seed companies such as Monsanto have made claims that they can patent and own life. They believe it takes creativity and invention to modify a plant because it means they have created a "new" and "different" thing, something that even nature couldn't create. Because they have made these claims and have been given the ability to literally "own" life by governments, their "creations" are protected. This means that if they find people using their "creations" in a way that they disagree with, the companies can sue or fine people. Here is where patenting life and Seed Saving come together. Companies don't want people to save seeds because that means people won't go back to them to spend more money on seeds and fertilizers. Also, many companies have farmers sign contracts stating they will not save seeds. If they are found saving seed, they can be sued. But, often, the seeds of genetically modified plants are not viable, meaning that if you plant them, they will not grow for the next season. And often, the seeds are made 'not viable' on purpose. Seed Saving isn't just direct resistance to the modification of life and the patenting of life, but also the embracing and preservation of long lived traditions that are ecologically and environmentally beneficial: traditions that respect life.

Recommended Resources

- » *Beej Bachao Andolan*: <http://bba.prayaga.org>
- » *Navdanya*: <http://www.navdanya.org/index.html>
- » *Edited or written by Vandana Shiva*:
Biopiracy: The Plunder of Nature and Knowledge.
Manifestos on the Future of Food & Seed

Olive oil
49.5 oz chicken
vegetable broth
3 large tomatoes diced
4 anaheim chilis diced
2 jalapenos diced
(remove
seeds for more mild
soup)

Will Allen's Growing Power

yecelica valdivia

MILWAUKEE.WI.U.S.

GROWING POWER INNOVATES "COMMUNITY FOOD CENTERS"

Growing Power aims to transform communities by developing Community Food Systems that support people from diverse backgrounds and their environments. These systems provide quality, healthy, safe, and affordable food for all the community's residents. Education is crucial to Growing Power's work. It establishes Community Food Centers to actively train, demonstrate, outreach, and provide technical assistance to the surrounding community. Growing Power's Will Allen believes that healthy communities and a healthy food system go hand-in-hand. Most recently, Allen wrote "A Good Food Manifesto for America," which calls our new administration to take the lead in reforming U.S. farm and food policies. The manifesto is definitely worth reading and can be found online: <http://growingpower.wordpress.com/2009/05/09/manifesto>.

For more general information about Growing Power and the work they do, visit www.growingpower.org

People's Grocery, Oakland, CA

yecelica jaime valdivia

WEST OAKLAND.CA.U.S.

PEOPLE'S GROCERY CREATES NEW SOLUTIONS
HEALTH PROBLEMS STEMMING FROM THE BROKEN
U.S. FOOD SYSTEM

People's Grocery, a community-based organization in West Oakland, CA, is dedicated to the creation of community driven solutions to the health problems facing its members—most of which stem from lack of access to and knowledge about healthy, fresh foods. People's Grocery is a response to the current U.S. food system that fails to provide low-income people (who are overwhelmingly people of color and immigrants) with healthy foods, and also fails to create jobs and support local businesses in urban

1 medium onion diced
6 cloves garlic diced
1 bunch of cilantro
chopped

1tsp. cumin
Corn tortillas
Vegetable oil

Put the onions in the pot and let caramelize about five minutes (use more olive oil if chicken used it all or you're just starting). Add the garlic and cook for two minutes, and then turn up to high and add the chilies and jalapenos for one minute. Quickly add broth, tomatoes, cilantro and cumin. Put lid on the pot and let simmer while you cook the tortillas.

Heat up vegetable oil to about 375 degrees. Slice tortillas into thin strips, and fry until slightly golden brown. Fry as many as you think you will need. Add to soup, and enjoy!



communities. They believe in “food justice” – that everyone has the human right to access healthy food, regardless of income. The ultimate mission of People’s Grocery is to “build a local food system that improves the health and economy of the West Oakland community.”

For more information, visit www.peoplesgrocery.org

Just Food, NY, NY

yecelica Jaime valdivia

NEW YORK CITY. NY. U.S.

JUST FOOD SUPPORTS URBAN GARDENING AND FOOD ACCESS IN NYC

Since 1995, Just Food has worked in New York City to increase access to fresh, seasonal, healthy, and sustainably grown foods by supporting local and urban gardens that grow these foods. They work to increase production, marketing, and distribution of fresh foods from community gardens and urban agriculture sites by promoting and creating ties through their Community Supported Agriculture (CSA) program and supporting such initiatives. The organization fosters the growth of new markets and food-growing opportunities in order to address the needs of small and medium-sized family farms, urban gardeners, and NYC neighborhoods. Just Food’s programs encourage community self-reliance through education, training, leadership development, and ultimately, self-empowerment.

For more information, visit www.justfood.org