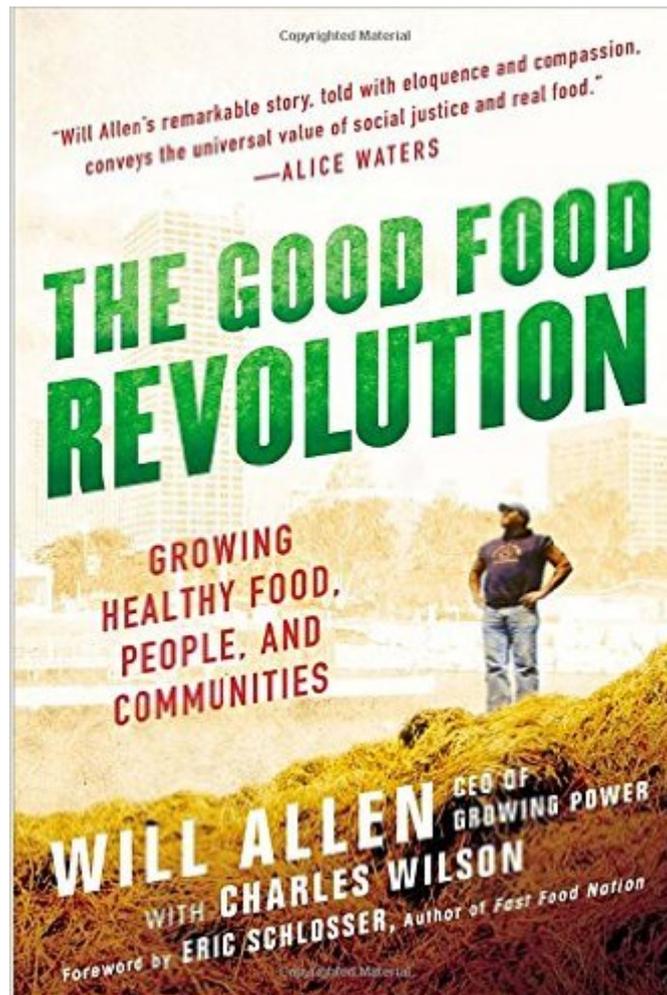


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# The Good Food Revolution: Growing Healthy Food, People, And Communities



## Synopsis

A pioneering urban farmer and MacArthur Genius Award-Winner points the way to building a new food system that can feed- and heal- communities. The son of a sharecropper, Will Allen had no intention of ever becoming a farmer himself. But after years in professional basketball and as an executive for Kentucky Fried Chicken and Procter & Gamble, he cashed in his retirement fund for a two-acre plot just outside Milwaukee's largest public housing project. The area was a food desert with only convenience stores and fast-food restaurants to serve the needs of locals. Despite financial challenges and daunting odds, Allen built the country's preeminent urban farm-a food and educational center that now produces enough produce and fish year-round to feed thousands. Employing young people from the neighboring housing project and community, Growing Power shows how local food systems can help troubled youths, dismantle racism, create jobs, bring urban and rural communities closer together, and improve public health. Today, Allen's organization helps develop community food systems across the country. An eco-classic in the making, *The Good Food Revolution* is the story of Will's personal journey, the lives he has touched, and a grassroots movement that is changing the way our nation eats.

## Book Information

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## Customer Reviews

The Good Food Revolution is the best book I've read in a long time. My interest in local and urban agriculture drew me to the book; the intimate stories of individuals and communities that frame that meta-narrative drew me into it. The book arrived on Wednesday. Despite an excessively busy schedule, I had completed it by early Saturday morning, often forgoing much-needed sleep because

I simply could not put it down. The rich and engaging stories of individuals and their relationships to one another through family, community, and politics are told through the lenses of race, economics, and, of course, agriculture, all woven together by Will Allen in a style that is at once eloquent and folksy; comprehensive and intimate. Through engaging vignettes, Will Allen's *The Good Food Revolution* provides glimpses into the history of this nation, with particular emphasis on the different experiences of people of different races. The story is deeply personal, yet told in a way that we can all feel like we are a part of it and of the future envisioned by Will Allen. Will Allen shares stories of past and present racial inequality in a tone that is likely to draw people in, rather than make people feel either guilty or entitled. Unlike the judgmental and accusatory tone often found in such accounts, Mr. Allen's gentle and understanding tone allows him to capture the extreme difficulties faced by people of color without alienating others. By handling even the most shameful aspects of our nation's history with grace and tact, Mr. Allen was able to draw me into the stories without feeling like a would-be savior or presumed culprit for our divided history. Rather, I felt like an invited guest to our shared future. Mr.

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