

The Land Justice Tour

By Ahna Kruzic



Get ready to mark your calendars. We're gearing up for a season of book tour stops in celebration of *Land Justice: Re-imagining Land, Food, and the Commons in the United States*, a ground-breaking anthology edited by Justine M. Williams and Eric Holt-Giménez. Visit foodfirst.org/LJtour for up-to-date event locations and details.

After several inspiring preview and launch events, we're officially on the road. From California to Michigan to Georgia to New York – we've got an exciting lineup planned where guests can buy the book, meet and learn from the authors, and build solidarity for a transformed future.

The movement for fairer, healthier, and more autonomous food in the United States is continually blocked by one obstacle: land access. But around the country, people are building transformative solutions. *Land Justice: Re-imagining Land, Food, and the Commons in the United States* chapter authors from around the country — including farmers, organizers, activists, and more — make the case that to move toward a more equitable, just, sustainable, and sovereign agriculture system, the various strands of the food and agriculture movement must come together for land justice.

We're convening with farmers, organizers, and activists to share strategies, challenges, and hopes for a better food system and a better world. With numerous convenings, strategies from around the country, and inspiration from countless movement leaders, you won't want to miss this season of Land Justice.

Join us as we celebrate this season of Land Justice. Visit foodfirst.org/LJtour for information on tour locations and other details.

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Food First is a “peoples’ think tank” and
education-for-action center. Our work
highlights the root causes and solutions to
hunger and poverty, with a commitment to
fighting racism and establishing food as a
fundamental human right.

A Foodie’s Guide to Capitalism: Understanding the Political Economy of What We Eat

Here at Food First, we are pleased to announce the release of our forthcoming book (October 2017), co-published with Monthly Review Press, *A Foodie’s Guide to Capitalism: Understanding the Political Economy of What We Eat*. You can pre-order your copy today at foodfirst.org/foodiesguide.

Capitalism drives our global food system. Everyone who wants to end hunger, who wants to eat good, clean, healthy food, needs to understand capitalism. This book will help do that.

In his latest book, Eric Holt-Giménez takes on the social, environmental, and economic crises of the capitalist mode of food production. Drawing from classical and modern analyses, *A Foodie’s Guide to Capitalism* introduces the reader to the history of our food system and to the basics of capitalism. In straightforward prose, Holt-Giménez explains the political economics of why—even as local, organic, and gourmet food have spread around the world—billions go hungry in the midst of abundance; why obesity is a global epidemic; and why land-grabbing, global warming, and environmental pollution are increasing.

Holt-Giménez offers emblematic accounts—and critiques—of past and present-day struggles to change the food system, from “voting with your fork,” to land occupations. We learn about the potential and the pitfalls of organic and community-supported agriculture, certified fair trade, micro-finance, land trusts, agrarian reform,

cooperatives, and food aid. We also learn about the convergence of growing social movements using the food system to challenge capitalism. How did racism, classism, and patriarchy become structural components of our food system? Why is a rational agriculture incompatible with the global food regime? Can transforming our food system transform capitalism? These are questions that can only be addressed by first understanding how capitalism works.

For more information or to pre-order, visit foodfirst.org/foodiesguide. For advance, review, or desk copies contact

What’s Cooking at Food First?

By Marilyn Borchardt

Our Food First tradition of sharing and eating vegetarian recipes began prior to our founding in 1975.

In 1971 Food First’s co-founder Frances Moore Lappé published a best-selling book, *Diet for a Small Planet*; the book is a treatise exposing the fact that there is more than enough food grown to feed everyone. The book and its recipes inspired many to eat lower on the food chain.

When Food First moved to a house in 1993 we began cooking together. We have accumulated many food memories and recipes that we have cooked with the vegetables grown in our front yard paired with proteins including pulses, tofu, eggs, and dairy.

We want to share our favorite recipes in the hope that you will be inspired to cook, improvise, share, and provide feedback. We’ll publish new recipes monthly. For the most up-to-date recipes visit the *What’s Cooking at*



Food First home page at foodfirst.org/whatscooking.

Our first published recipe in the *What's Cooking at Food First* series is Rice con Queso.

Rice con Queso is a recipe from the original 1971 Diet for a Small Planet. It is a great dish for a potluck or buffet dinner. We have served it often for lunch at Food First. You won't go away hungry.

This recipe contains pulses (legumes like beans, peas, lentils and chickpeas). Pulses have many advantages, including ease of storage for either farm family consumption or sale and seed saving for the coming year. They fix nitrogen; thus they enrich the fertility of the soil and are a great companion plant with corn.

The version of Rice con Queso that I make uses black-eyed peas, also called cow peas, perhaps because they have been grown as fodder for cows in the southern part of the US. Other names for this pea are the crowder pea and the southern pea. You can also use pinto beans or whatever dried bean-

you might have on hand. This recipe will provide an ample portion for 10 people.

Ingredients:

- 1 ½ cups brown rice
- 2 tsp salt
- ½ cup uncooked black eyed peas (or whatever bean you choose)
- 3-4 cloves of garlic
- 1 large onion
- 1 cup ricotta cheese
- 1 ½ cups Monterey jack cheese
- ½ cup cheddar cheese
- 1 small can chopped hot chiles

In a pan, mix 1 ½ cups of rice with 3 cups of water and 1 tsp salt. Simmer for 40 minutes on low until all liquid is absorbed into the rice.

At the same time, rinse the black eyed peas and cook in two cups of water with 1 tsp of salt. Bring to a boil and turn down heat to simmer for 40 minutes or until tender but not mushy. If liquid remains, drain.

Preheat oven to 350 degrees. Mix together the cooked rice and beans with minced garlic, chopped on-

ion, and chopped chiles. In a baking pan, spread alternating layers of rice and bean mixture with ricotta cheese thinned with milk and jack cheese mixture, ending with a layer of rice and beans.

Bake for 25 minutes. Sprinkle cheddar cheese over the top and bake for 5 more minutes or until melted. Remove the pan and cool for 10 minutes before serving.

This dish is a complete protein. Serve with a salad for a lunch or dinner. At Food First we have this with greens from the Food First garden.

Death in the Streets - and the Fields

By Eric Holt-Giménez

The deaths of Mexican farmworker Honesto Silva Ibarra from heat exhaustion in the berry fields of northern Washington State, and civil rights activist Heather Heyer, intentionally run over by a white supremacist in Charlottesville, Virginia were distant, but not unrelated events. While the

forms of violence were different, their deaths are grounded in the same violent, racialized conditions.

While President Donald Trump has a pattern of encouraging race-based violence for his own rhetorical convenience, the relationship between ultranationalist street thugs and the social conditions in which immigrants on H2-A work permits can be worked to death are rooted in America's history of racial caste.

In colonial America, there was little social difference between African slaves and European indentured servants. They formed one, undifferentiated group of inferior social status. But when they began organizing together against their colonial owners, the Virginia House of Burgesses introduced the Virginia Slave Codes of 1705. These laws established new property rights for slave owners; allowed for the legal, free trade of slaves; established separate trial courts for whites and blacks; prohibited Black people from owning weapons and from striking a white person; prohibited free black people from employing whites, and allowed for the apprehension of suspected runaways. They not only established white privilege, the Codes legalized whiteness itself. The promise made to poor and indentured whites was this: these privileges (rather than a change in political power) will ensure

your economic prosperity—if you work hard.

As the middle class disappears and working-class white America falls further and further behind, white privilege has become a dull tool, and the promise of prosperity increasingly dim. White supremacy has moved from the shadows to the light, becoming the primary pillar of racial caste. The “rise” of white supremacist groups is a reflection of a system in crisis. Betrayed by their creators, white supremacists harbor a visceral fear of social irrelevance. Supremacist railing over “reverse racism” and the threat of “white extinction” is an angry reaction to the decreasing effectiveness of white privilege in attaining prosperity. Their own use of terror—a violent form of political messaging crafted to paralyze any opposition with fear—says: “We will exterminate you, first.”

White supremacy has become the face of fascism in a period of globalization. But the objective of fascism is not sim-

ply a return to prosperity or the recovery lost privileges—it is to seize power. Fascism is not the only social project of 21st century America, nor the most extensive, but it is quickly organizing into a potent political force. That the White House cabinet is dominated by a mix of fringe fanatics, billionaires, and no less than three military generals is a dangerous development. The rise of white supremacist violence and the toxic constellation of power in the White House should alarm everyone who believes in democracy. It's why we need to urgently construct and support those constructing strong community relationships and broad-based social movements for equity and basic human rights. These are the counterpoints to the system of racial caste and a bulwark against the turn toward fascism in the streets (& the presidency).

This article is an excerpt from a blog originally published via the Huffington Post. To read the blog in full, visit www.bit.ly/streetsfields.

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November 10th-19th 2017
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- Become a monthly sustainer so we can count on your support throughout the year!
- Name Food First in your will, IRA, or life insurance policy to leave a living legacy for future generations fighting for a fair food system.
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- Help a young activist or farmer connect with the global food sovereignty movement by supporting the Food Sovereignty Tours Scholarship Fund: www.foodfirst.org/FSTscholarship.
- Have other kinds of gifts you can share? Check out our opportunities to intern and volunteer with Food First.