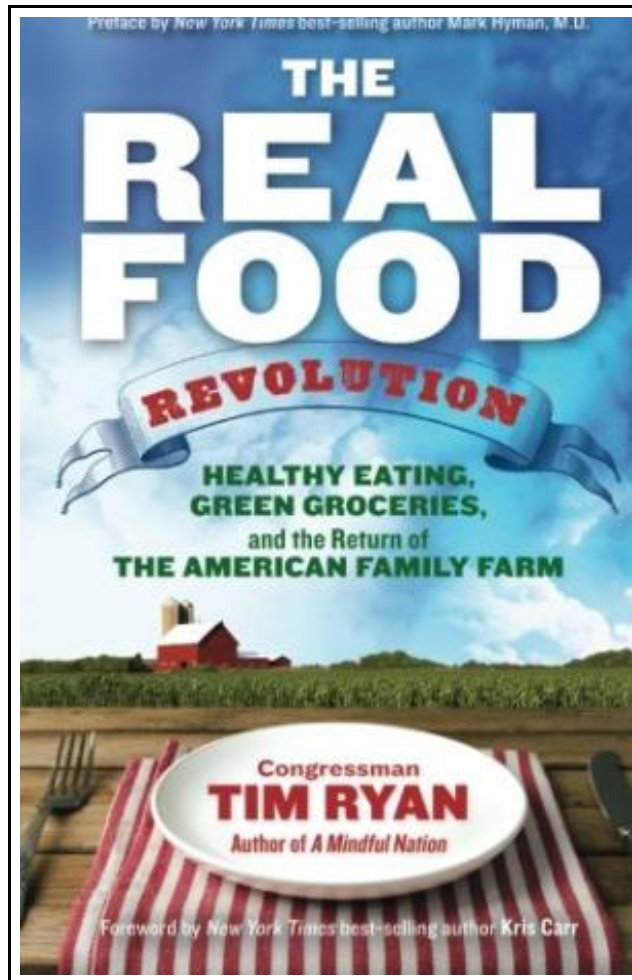


The Real Food Revolution: Healthy Eating, Green Groceries, and the Return of the American Family Farm



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THE REAL FOOD REVOLUTION: HEALTHY EATING, GREEN GROCERIES, AND THE RETURN OF THE AMERICAN FAMILY FARM



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Hay House Inc, United States, 2015. Paperback. Book Condition: New. 217 x 143 mm. Language: English . Brand New Book. For most of history, Americans have lived close to the land, their food was accessed locally and they processed it in their own kitchens. But as the US population and economy boomed in the last century, they industrialized their food system - with food coming far from home and processed multiple times. And it has taken a toll: America is now faced with polluted soil and unsustainable practices, as well as increasing health problems. The country is faced with historic levels of heart disease, stroke, diabetes and other causes of preventable death. The Real Food Revolution by Congressman Tim Ryan is a manifesto for a new food movement - the family farm, 21st-century style. In it, readers will find information on: the history and current state of our food systems; it also includes myriad negative impacts of our present food practices on our health and our planet; it presents the pros and cons of the current US farm bill and what changes could help restore our nation; and tells how people can get involved, with actionable steps at the end of each chapter.



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