



# Recipe for America: Why Our Food System is Broken and What We Can Do to Fix It

*Jill Richardson*

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“Jill Richardson is a fresh voice in the movement to create a healthier and sustainable food system. This book will be part of the burgeoning food social movement, as it provides a guide to the most important issues and how to work on them.”—Marion Nestle

“Jill’s work at Daily Kos represents the best of the people-powered movement. It’s a pleasure to see her work reach a new plateau and come to the attention of a wider audience.”—Markos Moulitsas

America’s food system is dominated by agribusiness and corporate farms, whose destructive practices pollute the environment, are cruel to animals, and offer us unhealthy food choices. Despite this dire situation, most people have little idea how to eat differently, or healthier.

In *Recipe for America*, food activist Jill Richardson shows how sustainable agriculture—where local farms raise food that is healthy for consumers and animals and does not damage the environment—offers the only solution to America’s food crisis. In addition to highlighting the harmful conditions at factory farms, this timely and necessary book details the rising grassroots food movement, which is creating an agricultural system that allows people to eat sustainably, locally, and seasonally.

A call to action for those who are concerned about what they eat and the health of the planet, *Recipe for America* shows how sustainable eating nourishes our bodies, our economy, and our environment, and how it is the best hope for the future of food in America.

**Jill Richardson** blogs about food issues at Daily Kos and at her own blog, La Vida Locavore (<http://www.lavidalocavore.org>). She is also a member of the advisory board of the Organic Consumers Association.



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