



Bringing It to the Table: On Farming and Food

Wendell Berry

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Only a farmer could delve so deeply into the origins of food, and only a writer of Wendell Berry's caliber could convey it with such conviction and eloquence. Long before Whole Foods organic produce was available at your local supermarket, Berry was farming with the purity of food in mind. For the last five decades, Berry has embodied mindful eating through his land practices and his writing. In recognition of that influence, Michael Pollan here offers an introduction to this wonderful collection.

Drawn from over thirty years of work, this collection joins bestsellers *The Omnivore's Dilemma*, by Pollan, and *Animal, Vegetable, Miracle*, by Barbara Kingsolver, as essential reading for anyone who cares about what they eat. The essays address such concerns as: How does organic measure up against locally grown? What are the differences between small and large farms, and how does that affect what you put on your dinner table? What can you do to support sustainable agriculture?

A progenitor of the Slow Food movement, Wendell Berry reminds us all to take the time to understand the basics of what we ingest. "Eating is an agriculture act," he writes. Indeed, we are all players in the food economy.

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