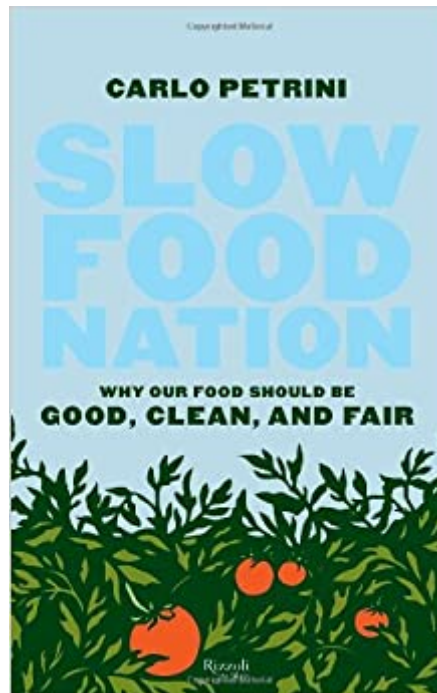




The book was found

# Slow Food Nation: Why Our Food Should Be Good, Clean, And Fair



## Synopsis

By now most of us are aware of the threats looming in the food world. The best-selling *Fast Food Nation* and other recent books have alerted us to such dangers as genetically modified organisms, food-borne diseases, and industrial farming. Now it is time for answers, and *Slow Food Nation* steps up to the challenge. Here the charismatic leader of the Slow Food movement, Carlo Petrini, outlines many different routes by which we may take back control of our food. The three central principles of the Slow Food plan are these: food must be sustainably produced in ways that are sensitive to the environment, those who produce the food must be fairly treated, and the food must be healthful and delicious. In his travels around the world as ambassador for Slow Food, Petrini has witnessed firsthand the many ways that native peoples are feeding themselves without making use of the harmful methods of the industrial complex. He relates the wisdom to be gleaned from local cultures in such varied places as Mongolia, Chiapas, Sri Lanka, and Puglia. Amidst our crisis, it is critical that Americans look for insight from other cultures around the world and begin to build a new and better way of eating in our communities here.

## Book Information

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## Customer Reviews

“Petrini builds his case against fast food and offers ways to bring back the balance between nature and our table.” ~Bon Appetit  
“The book is an earthly, through treatise on eating well.” ~Whole Living  
“In *Slow Food Nation*, Petrini demonstrates the ultimate mission of the Slow Food Movement by exposing the dangers of the food industry, which include

genetically modified organisms, chemicals, and pesticides.~WholeFoods Magazine

Carlo Petrini is the founder and driving force of Slow Food and was recently acclaimed as a great innovator in Time magazine's list of "European Heroes."~ In May 2016, the United Nations named him "FAO Special Ambassador Zero Hunger for Europe."From the Hardcover edition.

A great book for anyone wanting to know about the 20 year old revolution of slow food that began in Italy...buying locally grown and produced foods to provide the healthiest foods for our bodies and to take care of our planet as well. If you're into agricultural and ecological sustainability or your not, but you either want to be a part of it or are curious about it...this book is the one to start with. An easy read and highly recommended.

great intro to america's everlasting abundance of food and production means, that are leading us to debatable methods of unfair production.perfect for someone who is interested in food justice, GMO's, cultural salvation, and finding truly GOOD, CLEAN and FAIR food for their families or themselves.change what you eat, change the world

Love slow food

Great recipes and great book

A very important book for all who are interested in real and healthy food for the planet.

I really bought this book as a gift item for my daughter. According to the source, it is an excellent book and quite well written.

the cover of the book is torn

Let me start off by stating that I agree with the essential concept of this book. I think we should all try to slow down, buy locally grown, fresh, seasonal food and cook a few meals from scratch. However, while reading the book something kept striking me as odd. The wording seemed charged, like a propaganda piece meant to demonize modern agriculture and our fast paced society, though Mr. Petrini repeatedly admits that a return to subsistence agriculture could not possibly support the

current world population. I thought that maybe it was just the translation then on page 187 I came across the statement, "We do not need the accumulation of wealth, but its redistribution..." Then I realized, it is meant to be bit of a propaganda piece which explains the rhetoric. And, I have to wonder about the first example in the book, the traditional peppers of Asti that are no longer grown in Asti. Peppers are a new world crop and could not have been in Italy much before 1500. Here in America that might seem historic, but in the land of the Roman Empire that is barely out of adolescence. I guess it is okay to pick and choose which local, traditional foods about which one chooses to wax rhapsodically.

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