

Do More Foodwise

Eat Food! Mostly Plants! Not too Much!

Michael Pollan

What is the problem: The way we grow our food has economic, social and environmental costs that make our food system unsustainable. Overtime there has been an increase in:

- agribusiness vs small family farms.
- dependence on chemical fertilizers, pesticides, and herbicides.
- unhealthy mass production of meat animals.
- human obesity and unhealthy eating habits.
- increased transportation costs for food.
- complicated and unequal food distribution systems.
- soil and water degradation.

What can we do?

- Eat locally and in seasonally
- Eat less meat
- Eat organic
- Reduce waste
- Grow your own
- Make your own
- Enjoy your food

Know More Foodwise

General References on Growing your Own Food

Texas A&M Agrilife Extension. Gardening and Landscaping.

<https://agriflifeextension.tamu.edu/browse/featured-solutions/gardening-landscaping/>

Permian Basin Master Gardeners.

<https://www.westtexasgardening.org/>

Food Thoughts

National Public Radio. The Future Of Food: NPR

<https://www.npr.org/2019/06/03/729327973/the-future-of-food>

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_____. 2008. In defense of food. The Penguin Press. New York, NY. 244 p.

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<https://www.youtube.com/watch?v=37NHX2iZrBA>

The Pavarotti of Pasta

<https://www.cbsnews.com/video/chef-massimo-bottura-the-pavarotti-of-pasta-60-minutes-2019-07-14/>