The School of Human Environmental Sciences Presents:

**A Discussion on Sustainable Food**

**Sustainability** is the enduring interconnectedness of social equity, the environment, economics, and esthetics. This interconnectedness provides a foundation from which to discover, implement, and enrich sustainable principles and practice. The intent of sustainability is to instill values that promote justice, invent innovative approaches and solutions to environmental and economic challenges and invest civility and grace into our communities.

*Sustainability Value Committee of the Strategic Planning Process at UNCG 2008-09*

**Community-Supported Agriculture (CSA)** is a socio-economic model of agriculture and food distribution. A CSA consists of a community of individuals who pledge support to a farm operation where the growers and consumers share the risks and benefits of food production. CSAs usually consist of a system of weekly delivery or pick-up of vegetables and fruit in a vegetable box scheme, sometimes including dairy products and meat.

**Community Supported Agriculture - Recommended Reading:**
- *Sharing the Harvest: A Guide to Community Supported Agriculture* - Elizabeth Henederson
- *Harvest for Hope* - Jane Goodall with Gary McAvoy and Gail Hudson

**Community Supported Agriculture - Web Resources:**
- [www.ces.ncsu.edu/chatham/ag/SustAg/index.html](http://www.ces.ncsu.edu/chatham/ag/SustAg/index.html)
- [www.wilson.edu/wilson/asp/content.asp?id=804](http://www.wilson.edu/wilson/asp/content.asp?id=804)
- [http://greenleaf.uncg.edu](http://greenleaf.uncg.edu)
- [www.localharvest.org/csa/](http://www.localharvest.org/csa/)

**Slow Food** is an idea, a way of living and a way of eating. It is a global, grassroots movement with thousands of members around the world that links the pleasure of food with a commitment to community and the environment.

**Slow Foods – Recommended Reading:**
- *The Case for Taste* - Carlo Petrini
- *The Edible Schoolyard: A Universal Idea* - Alice Waters
- *Slow Food Revolution: A New Culture for Eating and Living* - Carlo Petrini and Gigi Padovani
- *Slow Food Nation: Why Our Food Should Be Good, Clean, and Fair* - Carlo Petrini
- *In Defense of Food: An Eater’s Manifesto* - Michael Pollan
- *The Omnivore’s Dilemma: A Natural History of Four Meals* - Michael Pollan
- *Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer – And What You Can Do About It* - Karl Weber
- *Animal, Vegetable, Miracle: A Year of Food Life* - Barbara Kingsolver, Camille Kingsolver, Steven Hopp
- *The Art of Simple Food: Notes, Lessons, and Recipes from a Delicious Revolution* - Alice Waters
- *Food Inc.: Mendel to Monsanto – The Promises and Perils of the Biotech Harvest* - Peter Pringle
Slow Foods – Recommended Reading:
- *Organic, Inc.: Natural Foods and How They Grow* - Samuel Fromartz
- *The Ethics of What We Eat: Why Our Food Choices Matter* - Peter Singer and Jim Mason
- *Eat Where You Live: How to Find and Enjoy Fantastic Local and Sustainable Food No Matter Where You Live* - Lou Bendrick
- *Real Food: What to Eat and Why* - Nina Planck
- *What to Eat* - Marion Nestle
- *Fast Food Nation* – Eric Schlosser
- *Closing the Food Gap: Resetting the Table in the Land of Plenty* – Mark Winne

Slow Foods – Web Resources:
- [www.slowfood.com/](http://www.slowfood.com/)
- [www.slowfoodusa.org/](http://www.slowfoodusa.org/)
- [www.slowfoodpiedmont.org/](http://www.slowfoodpiedmont.org/)
- [www.urbanharvest-gso.com/](http://www.urbanharvest-gso.com/)
- [www.deeprootsmarket.com](http://www.deeiprootsmarket.com)
- [www.oldsillofguilford.com](http://www.oldsillofguilford.com)
- [www.greensboro-nc.gov/Departments/Parks/facilities/market/](http://www.greensboro-nc.gov/Departments/Parks/facilities/market/)
- [www.triadfarmersmarket.com](http://www.triadfarmersmarket.com)
- [www.goatladydairy.com/index.html](http://www.goatladydairy.com/index.html)
- [www.homelandcreamery.com/](http://www.homelandcreamery.com/)
- [www.carteretcatch.org](http://www.carteretcatch.org)
- [www.zaytoongreensboro.com](http://www.zaytoongreensboro.com)

Today’s Food Samples Purchased from:

Zaytoon Restaurant - Masoud Awartani, Owner  
301 N. Elm Street Greensboro, NC 27401, 336-373-0211 - [www.zaytoongreensboro.com](http://www.zaytoongreensboro.com)

Masoud uses as many local products as are available, including chicken, beef, cucumbers, tomatoes, eggplant, broccoli, peppers, milk and even flour. The restaurant follows - and posts - a code of ethics in its cooking: "no MSG, no hormones, no animal by-products, local chicken and beef (when available), organic flour, organic butter, extra-virgin olive oil, organic produce (when available), and local goat cheese." Also, sells at Greensboro Farmers' Curb Market on Saturdays.

Our HESSI logo organic NC cotton T-shirts are available for purchase in 235 Stone Building. $15.00 ($10 for students). *Logo design by Caroline Hill, BS Interior Architecture, 2009.*

Recipes for a Slow Foods Holiday are available at: [www.uncg.edu/hes](http://www.uncg.edu/hes)

The HES Sustainability Initiative Taskforce is comprised of: Dean Laura S. Sims and Denise Sherron of HES Dean’s Office, Anna Marshall-Baker and Hannah Mendoza of IARc, Melanie Carrico of CARS, Amy Strickland and Anne-Marie Scott of NTR, Linda Hestenes and Mary Morgan of HDFS, Cathryne Schmitz of SWK, and Susan Andreatta of ATY.