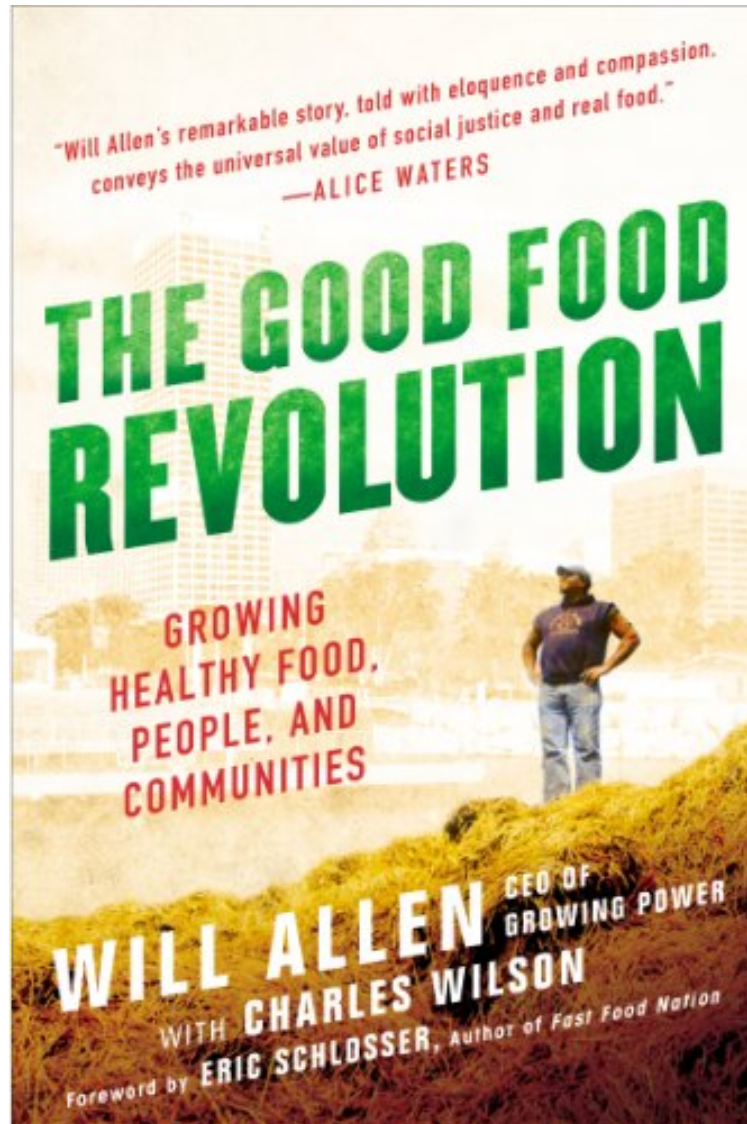


# The Good Food Revolution: Growing Healthy Food, People, and Communities

Will Allen

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**Will Allen : The Good Food Revolution: Growing Healthy Food, People, and Communities** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Good Food Revolution: Growing Healthy Food, People, and Communities:

0 of 0 people found the following review helpful. Urban farming is the future of farming! By Jp Currently, one of the issues we face as a society are these combined destructive elements of industrial, large-scale agriculture. This is a story of a professional basketball player to a big executive with Kentucky Fried Chicken and Proctor and Gamble to now an

urban farmer in the city of Milwaukee. Will Allen turned his retirement fund into a two-acre plot investment of passion in hopes of transforming an urban food desert into an effervescent community rich of colorful fruits and vegetables the people can thrive on. Owner of an organization called Growing Power, which is an internationally-recognized trailblazer in sustainable urban farming, Will Allen does a remarkable job in providing motivation and insight to create, build, and maintain a better food system. It's through this lens of an African American experience on how the son of a sharecropper meant to escape the life of a farmer, only to learn he never really could, or wanted to. Not only is Allen's own story rich of determination and survival, but it's also the incredible people he meets along the way to assist him in his cultivating new food movement. This book is more than just a story, it's also a way to get people more involved with food and how to grow it, cultivate it, sustain it, and enjoy it in the process. Its practicality can be incorporated into classrooms of schools all over the world. Society needs more passionate individuals with a desire to make a difference and change that involves leaving this world better for the next generation. Every life serves a purpose. Reading books and diving into the lives of others such as this can help discover your own purpose. Will Allen states "urban farming is the future of farming." This book is a great way for kids to get involved and how to grow food, know where it comes from, and how to create a sustainable future in farming. 8 of 8 people found the following review helpful. This is a true American Hero! By Steve Will Allen's story is not just inspirational, but deeply moving! His intuition and bravery in the face of overwhelming odds gives courage to his readers to make the tough changes the food paradigm in this country desperately needs! Not to mention the fact that it's a great read! 0 of 0 people found the following review helpful. Great Book By Customer What a great book this is. This is not just the story of Will Allen's journey through Urban Agriculture, but also the story of his family's hardships and struggles coming North, up and out of South Carolina after the Civil War. It is a lesson in patience, family, and compassion. The Good Food Revolution has Allen take us on his journey that started before he was born, with his family in South Carolina. Sharecropping was no way to make a living in the south according to his mother, so she took her family north for a chance to make a better life for her family. Allen, growing up in Maryland, hated farming with his father. However, he did so out of fear and respect for the man. Those skills and passions that were sown as a young man in Maryland began to sprout many years later while Allen was working as a salesman in Milwaukee. And with years of hard work, trial and error, and support from many well-meaning friends (which Allen shares their amazing stories as well) he was able to begin to reap the rewards of his vision to provide for and nourish communities in need. As a teacher, I would recommend this to other teachers for summer reading. It has deep lessons in patience and perseverance. We don't always see the benefits of our lessons right away. The student may not see them for years or even recognize that the thought could have been planted for years. If we can find time to plant quality instruction and provide the student with the support, they can grow in to wonderful and successful adults.

A pioneering urban farmer and MacArthur "Genius Award" winner points the way to building a new food system that can feed—and heal—broken communities. The son of a sharecropper, Will Allen had no intention of ever becoming a farmer himself. But after years in professional basketball and as an executive for Kentucky Fried Chicken and Procter Gamble, Allen cashed in his retirement fund for a two-acre plot a half mile away from Milwaukee's largest public housing project. The area was a food desert with only convenience stores and fast-food restaurants to serve the needs of local residents. In the face of financial challenges and daunting odds, Allen built the country's preeminent urban farm—a food and educational center that now produces enough vegetables and fish year-round to feed thousands of people. Employing young people from the neighboring housing project and community, Growing Power has sought to prove that local food systems can help troubled youths, dismantle racism, create jobs, bring urban and rural communities closer together, and improve public health. Today, Allen's organization helps develop community food systems across the country. An eco-classic in the making, *The Good Food Revolution* is the story of Will's personal journey, the lives he has touched, and a grassroots movement that is changing the way our nation eats.