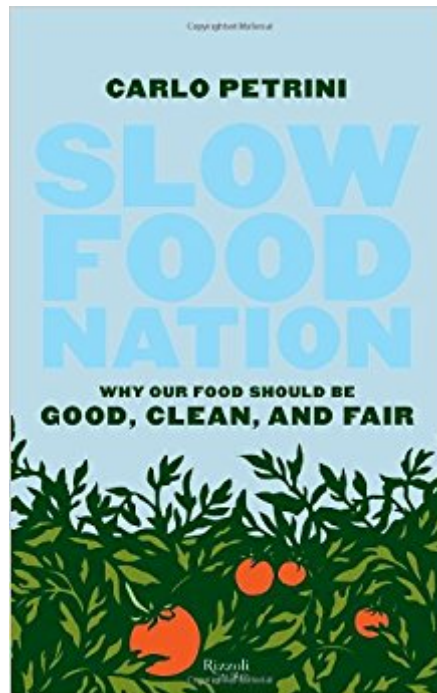




The book was found

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

Paperback: 272 pages

Publisher: Rizzoli Ex Libris; 1 edition (September 3, 2013)

Language: English

ISBN-10: 0847841308

ISBN-13: 978-0847841301

Product Dimensions: 5.3 x 0.8 x 8.4 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 19 customer reviews

Best Sellers Rank: #313,766 in Books (See Top 100 in Books) #173 in [Books > Cookbooks, Food & Wine > Cooking Methods > Organic](#) #177 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#) #218 in [Books > Science & Math > Agricultural Sciences > Sustainable Agriculture](#)

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.

[Download to continue reading...](#)

Slow Food Nation: Why our Food Should be Good, Clean, and Fair Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker Æ& –â œ Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home Æ& –â œ Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch,

Dinner) Why Should I Eat Well? (Why Should I? Books) Why Should I Recycle? (Why Should I? Books) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Wipe Clean: Learning Sight Words: Includes a Wipe-Clean Pen and Flash Cards! (Wipe Clean Learning Books) Wipe Clean: First 100 Words (Enclosed Spiral Binding): Includes Wipe Clean Pen (Wipe Clean Workbooks) Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Fast and Slow Thanksgiving Cookbook: 100+ Instant Pot and Crock Pot Recipes for Your Thanksgiving Dinner (Slow Cooking, Pressure Cooker, Clean Eating, Healthy Recipes) The Clean Eating Slow Cooker: A Healthy Cookbook of Wholesome Meals that Prep Fast & Cook Slow

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)