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Organic Manifesto: How Organic Food Can Heal Our Planet, Feed The World, And Keep Us Safe

ORGANIC MANIFESTO

How Organic Farming Can
Heal Our Planet, Feed the World,
and Keep Us Safe

MARIA RODALE



FOREWORD BY ERIC SCHLOSSER



Synopsis

Drawing on findings from leading health researchers as well as conversations with both chemical and organic farmers from coast to coast, Maria Rodale irrefutably outlines the unacceptably high cost of chemical farming on our health and our environment. She traces the genesis of chemical farming and the rise of the immense companies that profit from it, bringing to light the government's role in allowing such practices to flourish. She further explains that modern organic farming would not only help reverse climate change by reducing harmful carbon emissions and soil depletion, but would also improve the quality of the food we eat, reduce diseases from asthma to cancer, and ensure a better quality of life in farming communities nationwide. For every parent wondering how best to safeguard the health and safety of her children; for every environmentalist in search of a solution to the worsening crisis that afflicts our land, air, and waters; for every shopper who questions whether it is worth it to pay more for organic, Maria Rodale offers straightforward answers and a single, definitive course of action: We must demand organic now.

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Customer Reviews

A wonderful contributions to the world of Organic. This is the original Organic and thanks to the dedication and drive of this family we now how the option of Organically grown. The world of Organic and the science of natural farming was developed, and created with new information gathered from their farm in Pennsylvania. She has the dedication of her family and is the current CEO. It was a real pleasure to read her. Now there is an alternative to the use of chemicals when

growing our food. I have a small garden and have learned a great deal from her book. I am hopping to see the farm on my next vacation. It will be a real treat and learning experience. We have a lot to learn and the Rodale farm is the original and the current location of most of the learning concerning the world of Organic.

This is a MUST READ for everybody. You cannot afford to ignore the information in this book. Like it says on the intro., if you even like to eat, you have to know this data. It's very well read. The author was raised as an "organic". Her grandfather started the first organic magazine in the U.S. Her father worked his own farm and started an organization to do actual research of the "standard" system of farming and the organic system. His idea was that if they were ever going to be taken seriously, they would have to preseny solid evidence of the two ways and how they compare. I have never read this much shocking data about the effect of chemicals, not only on the body, but on the land. And the oceans. And the water that we drink. And . . .etc, etc. I was in open-mouthed astonishment (literally open-mouthed) and I was only on page 14! It's a "cant-put-down" book. I'm just starting it and I find it incredible and sometimes very hard to read, because of the nature of the information, which is very upsetting. Read this. It's the most important thing you can do for this world. When the land is all dead, we will also die, through starvation. Ms.Rodale has taken on the chemical movement, which cares about nothing but how much money they can stuff in their bank accountsand care nothing about the reality that they are bringing this world to a nasty end. Get a few copies and give them to your friends and anyone you care about. I know this sounds like I'm exaggerating but when you read the book you will see for yourself whether that's true or not.

Brilliant book! Rodale does a wonderful job discussing organic food production within a larger sphere of politics, economics, and social factors that all lead back to her alluding the influences of neoliberalism as it exists in the perpetuity of GMOs (genetically modified organisms) in our foods. She forces readers to really consider the impact of livelihood "from the soil on up" and through the ways in which authenticity, genuineness, and, more importantly, love become stuffed beneath a normalized franchisment of food/restaurants, education, and the architectures of modern homes or housing communities. I strongly recommend this book to all readers, of all ages as it is a very comprehensive and easy read.

Great book. Always expect the best from Maria Rodale who carries on the family tradition and has superb writing skills.

From the first word to the last this book is a stark realization of why we are reaching the tipping point in the climate crisis, health care crisis, global economy crisis. We can live without oil but we cannot live without food or water and we are destroying on an everyday basis our ability to sustain ourselves. The book in a very clear and articulate way explains why this is happening and how we can turn it all around by doing one simple thing...buying Organic. Yes really....by supporting the Organic movement we can show BIG Agro-Business that "they" cannot mess with the public's health anymore. Greed has taken over this country in the form of BIG BUSINESS with very little regard to human life. It's all about the Green...in this case I am not talking about the "dollar". I loved this book and Maria did her homework...she did her research and speaks the truth and she is Correct. It is now up to us to take her words and go beyond the pages of her book and do something or we will not have a planet left for our future generations.

My wife has been preaching the virtues of organic food to me for years and I always ignored her. At the time I was over 300 pounds. When I started to lose weight a bit over a year ago I started paying more attention to what I was eating and wanted to make sure I was eating correctly. During my research I discovered that organic food was significantly less-bad for me than "conventional" food and started eating organic whenever it was convenient for me. After reading through The Organic Manifesto, while it comes off as alarmist at times, I believe that Maria Rodale is 100% correct and that we need to make changes from the government down, and we need to start making them immediately. The facts that are presented are mind-numbing and I have decided to convert 100% to organic. I no longer want to eat the poison that is being presented to me as healthy fruits and vegetables. Everyone needs to read this book, and not only read it, but also take to heart what it is saying. I don't care if you think organics are overpriced. How much is your life worth to you?

I recommend this book for anyone who has an interest in knowing why they should consider buying organics or why not to. Depending on which side of the coin you're on. It is a great explanation of the how, why and what if you are new to the idea. It covers politics as well as eating and it's a natural combination because in this country the two are thoroughly intertwined. I gave the book four stars out of five not because of the book but because of myself. By the time I read it I had already gleaned most of the information from dozens of other sources. But if you want to save yourself a lot of time and reading this is the defacto start for organic information. May it launch you on a journey of 10,000 delicious and organic or mostly organic meals.

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