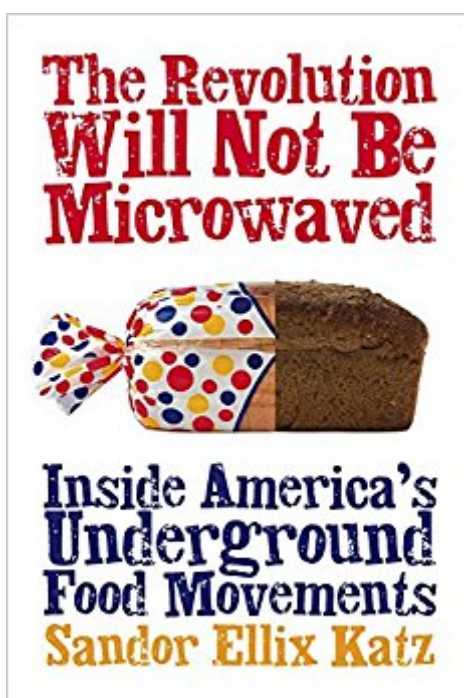


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# The Revolution Will Not Be Microwaved: Inside America's Underground Food Movements



## Synopsis

An instant classic for a new generation of monkey-wrenching food activists. Food in America is cheap and abundant, yet the vast majority of it is diminished in terms of flavor and nutrition, anonymous and mysterious after being shipped thousands of miles and passing through inscrutable supply chains, and controlled by multinational corporations. In our system of globalized food commodities, convenience replaces quality and a connection to the source of our food. Most of us know almost nothing about how our food is grown or produced, where it comes from, and what health value it really has. It is food as pure corporate commodity. We all deserve much better than that. In *The Revolution Will Not Be Microwaved*, author Sandor Ellix Katz (*Wild Fermentation*, Chelsea Green 2003) profiles grassroots activists who are taking on Big Food, creating meaningful alternatives, and challenging the way many Americans think about food. From community-supported local farmers, community gardeners, and seed saving activists, to underground distribution networks of contraband foods and food resources rescued from the waste stream, this book shows how ordinary people can resist the dominant system, revive community-based food production, and take direct responsibility for their own health and nutrition.

## Book Information

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## Customer Reviews

Katz (*Wild Fermentations*) strives for total inclusiveness by writing about every challenge to the "chemical-driven agricultural mainstream" he can think of from the protests against genetically modified plants to the fight to legalize unpasteurized milk, with slow food, veganism and

supermarket dumpster diving thrown in for good measure. But he addresses the issues in simplistic, agitprop terms, describing a world where the government collaborates with profit-driven corporations to flood the market with unnatural foods that are killing people. Even the criminalization of marijuana is characterized as an act of agricultural hegemony comparable to the Inquisition. Katz wants to challenge this state of affairs with a multicultural agrarian uprising, and writes with moving sincerity about how his own experiences on a queer-friendly commune in Tennessee have shaped his politics. He ends each chapter with a list of organizations to contact for more information, as well as several recipes that exemplify his low-tech, all-natural approach—his pesto, for example, is made from chickweed picked in the wild. At times, the calls to re-embrace mother earth and "cherish the biota in all its glorious diversity" become hyperbolic, but Katz's comprehensive reporting is sure to mobilize any reader on at least one issue. (Dec.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"A perfect introduction for the eager eater aiming to blend a dose of conscientiousness into his or her daily soup and bread, this book is thorough, instructional, and encouraging. It's a friendly manifesto of one man's commitment to keeping his mind where his mouth is. In his informal narrative Katz manages to convey a vast amount of complex information in an accessible way. By sharing his personal journey (including his own share of contradictions and hypocrisies) Katz allows readers to identify with him as a food lover trying his best to grapple with the responsibility of conscientious eating, while delighting in its pleasures."--Slow Food SnailLibrary Journal-This is the story of the consumer revolution against globally industrialized agriculture and corporate domination of food production, processing, and distribution systems. Katz (Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods) asserts that there are alternatives to the dead, unhealthy, homogenized food commodities this system provides. He visited farmers' markets, food cooperatives, and communities in search of local initiatives that restore traditional food production and distribution methods and revive local economies. Katz found a broad movement of people and organizations involved in preserving native varieties, practicing humane and sustainable treatment of land and animals, supporting local producers and marketers, and using food to improve health. Of particular note is the rapidly growing 'slow food' movement, which rejects standardized fare and focuses instead on cuisine that has served ethnic and cultural preferences in the past. Each chapter cites references for further reading and organizations involved in keeping the programs active. This work is sure to enlighten readers and motivate many to join the revolution. Recommended."If you wish to reclaim a connection to the food you eat, consider Sandor Katz' (author of Wild

Fermentation) newest book. *The Revolution Will Not Be Microwaved* champions various causes against our modern food supply. From seed-saving as a political act to the role of food in healing, it's an invaluable handbook. A passionate crusader, Katz is also funny, quirky and eminently likable. Each chapter contains one of his low-tech recipes and ends with multiple resources pages including supportive books, films and organizations."--Mail Tribune (Rebecca Wood)"Sandor Ellix Katz's book *The Revolution Will Not Be Microwaved* introduces us to people who moving the field closer to the table. The people we meet in this book are reclaiming their right to not only eat healthy, wholesome food but are asserting their right to grow and produce what they eat for themselves and offer for sale. If your friends and family refer to you as a "foodie" then when you read Katz's book you will meet people who are journeying along a similar path. From road kill gourmets to bread club members, the people you encounter while reading Katz's book have rejected the mass industrial food complex that dominates North American food choices. Katz introduces us to people who know there are choices and who are willing to act upon that knowledge. Taking charge of your food supply, even in a small way, is a liberating and healthy act."--Permaculture Kitchen"This work is sure to enlighten readers and motivate many to join the revolution. Recommended."--Library Journal"What's for dinner? Zesty politics, delicious democracy, and satisfying grassroots action. Devour this book."--Jim Hightower, radio commentator and author"The politics and ethics of food production and consumption touch all of our lives, and there are too few books on the subject. *The Revolution Will Not Be Microwaved* is packed with good information and ideas. I already buy my milk fresh from the farm next door, but after reading this, I'm ready to be a card-carrying member of the raw milk underground. Read it before you go shopping again!"--Eric Robbins, Apple Valley Books, Winthrop, Maine"Don't miss this remarkable manifesto."--Sally Fallon, president of the Weston A. Price Foundation and author of *Nourishing Traditions*"Sandor Katz has given us a refreshing, wholesome, wise book on something that affects all our lives. It points us not only to eating in a new way, but thinking in a new way. I hope it will be widely read."--Howard Zinn, author of *A People's History of the United States*"*The Revolution Will Not Be Microwaved* is a deeply nutritious book."--Deborah Madison, author of *Local Flavors: Cooking and Eating from America's Farmers' Markets*"Most importantly, in teaching us about these movements, Katz inspires us to take it a step further, whatever our food persuasions may be. You may end up setting up an underground food market, where people can sell bread that they bake in their own ovens and milk that isn't tampered with by government regulations. You'll gather dandelion leaves, chickweed, mushrooms, prickly pear or whatever else grows in your own backyard. You'll school yourself in herbal healing, live in raw food decadence, get involved in a grassroots land-rights movement or finally take more

than five minutes to savor a meal with friends."--Sopaipilla, Earth First!

The book is pretty good. However It's got much more bulk in statistics, news and history than I was expecting-I was hoping for more "DIY" info-and of course, there is a bit there, but just not as much as I was hoping for. The ratio of just the sheer amount of "academic" information compared to practical info is such that it made it harder for me to digest. I had to put it down for a bit to rest my mind, haha. However, all of the "academic" info is completely relevant, and it all adds up to the bigger picture-It's all very important information, so don't let that deter you from picking it up. It just makes it a bit of a harder read, at least in my case. Only gave it 4/5 stars because it wasn't quite what I was expecting-the book is definitely worth buying for sure!

Sandor Katz writes about the many avenues available for procurement of food, such as buying locally at farmers' markets, joining underground co-ops, growing our own, foraging for wild plants, reclaiming vacant city lots to garden in, saving seeds, and dumpster diving. He discusses many ways small-scale producers get around the burdensome laws that hamper them from dealing directly with consumers. Each chapter also includes a list of related books, videos and organizations. But this book is even more about the regulatory state of affairs, corporate dominance and government abuse than about what we consumers are doing. I just wanted to learn about where I can get good, healthy food, and found myself feeling helpless against government coups and land grabs and the enormous loss of farm land to urbanization. I began to lose interest in the book three-quarters of the way through as I came across recipes for cannabis butter and sassafras root beer, vegetarian ethics and roadkill worth scavenging. How do I wrest control of food production from government and corporate dominance by learning about water rights, eating of insects and recycling of vegetable oils for fuel? Katz appears to be someone who has traveled a long and rich road on his life's journey, a clear benefit to his wonderful writing which avoids dogmatism and absolutism. He is both candid and circumspect, and I am impressed with the depth of his knowledge regarding the world's foodways and their history. This book provides a comprehensive overview of our current food options, politics, and the government's excessive control. It loses some focus as the author tries to cover every conceivable topic related to food. I recommend it to anyone interested in the history of food politics.

Katz has a charming style of writing - frank, yet humble and highly readable. His book "The Revolution Will Not Be Microwaved" is a well-documented compilation of the issues we face with

regard to our food, and an account of those individuals and groups who are making positive steps toward curbing an erosion of culture and nutrition. If you only read one book about food and activism, this should be the one - I wish I could afford to give a copy to everyone I know. Along with "Wild Fermentation" Katz's books are both inspiring non-manifestos, and practical guides to revolutionary living. Katz has quickly become one of my favorite authors and persons.

Sandor Katz is absolutely brilliant, for anyone looking to get a good inside glance to food and the raw food movement, this is a must read!

The Revolution Will Not be Microwaved is by far one of the best books I have read. Ever. It has inspired me to reach my goals of independence from the big business model of food supply and start my own community based garden. If only everyone out there would sit down and read this, our world would be a better place. A must read for anyone into sustainable living!

I borrowed this book from the library after having watched a youtube of Sandor giving a lecture at Cornell about importance of fermented foods. I had to order my own copy as it so resonated with so many different streams of ideas I have about food, health, and the future. He has such great passion for not only the problem, but the solutions.

I gave up using a microwave, & became a Foodie! Feeling much better for the changes to preparing meals.

Over the years I've read a number of excellent books about the politics of what we eat, but this one is by far one of my personal favorites. Besides being incredibly informative, it is also beautifully written and very inspiring. In fact, I found it impossible to put down. As a frontline activist in the struggle for sustainable food, Sandor Katz explains the importance of eating what is available in your local foodshed, scavenging and recycling precious food resources, and reducing what ultimately ends up in the waste stream. Along the way, he discusses things like community-supported agriculture, community gardens, seed saving, the slow food movement, foraging for wild foods, the healing properties of herbs like chickweed and burdock root, vegetarian ethics, humane meat, raw foods, and a whole lot more. Before reading this book, I had no idea about the health benefits of fermented foods like miso and kimchi, but I now plan on eating them regularly. Like Katz, I am also a queer man living with AIDS who has had to wrestle with similar

choices regarding whether or not to use antiretroviral medications, so I really appreciate his honesty in dealing with this issue. Despite some serious reservations about the capitalist medical establishment, I ultimately, like Katz, decided to try the HIV cocktail, alongside complimentary healing modalities like natural medicine and organic foods. Like Katz, I've also been confronted by arrogant activists who've disapproved of this decision and agree with him about the importance of being non-judgemental about people's individual healthcare decisions. I also really loved reading about his life at the Short Mountain Sanctuary, a radical faerie intentional community in rural Tennessee. For readers interested in eating sustainably and deepening one's relationship to the land, I highly recommend this profound, revolutionary book!

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