My Grandpa was a farmer. My Dad farmed growing up. My name is Kelsey Timmerman and I couldn’t make boxed Mac ‘n Cheese. This is how out of touch I was with food. I used to say if there were a pill to take instead of eating, that I would take it. I was too lazy to shop, cook, clean, repeat. It was too much work. But in 2009 the US government began to require Country of Origin Labeling on most foods. I was amazed at how global our diet had become. The local / farmer’s market movement is growing, but not as fast as the global food movement. In the past decade we’ve doubled the amount of food we import.

Before I ate anything
I started to ask myself….
Where Am I Eating?
and I looked for the labels.

PRODUCT OF COLOMBIA
I followed my Starbucks coffee to Colombia. I asked Starbucks for help locating the Colombian farmers who supply them, but they told me that was proprietary information. Proprietary information or not, I found Felipe, a father of three, who grows coffee on a steep, eroded mountain side in southern Colombia. He let me pick coffee, but mainly I clung to his trees like a stripper on a pole as I used every part of my body to NOT fall off the mountain. Felipe faces falling coffee prices, paramilitary soldiers, and a changing climate.
PRODUCT OF COSTA RICA
I followed my Dole banana to Costa Rica where I got up at 4AM and biked into Dole’s banana jungle in a monsoon alongside Juan. Juan has given 25-years and half-a-finger to Dole. He won worker of the year in 2005. The award is unsigned and hangs on his wall in a wood frame he bought himself.

PRODUCT OF IVORY COAST
I followed my chocolate bar to the Ivory Coast where I met a 20-year-old slave on a cocoa farm who left his parents in Ghana without saying goodbye. He gave me this note to deliver to them:
“My mother and father, I am sorry for not telling you before leaving. I am not missing. I will be back again. You don’t worry about me. I am in the Ivory Coast.”
Perhaps against my better judgment, I hatched a plan to free him, but then he went missing again. The experience shook my soul.

PRODUCT OF CHINA
In China, I dined with an apple farmer’s daughter at a swanky 10th floor restaurant overlooking Shanghai. While apple farmers in the US struggle with falling apple juice prices since China entered the market, Mr. Feng in China is sending his kids to college and helping them buy homes.
Given that China has had a host of food scares and that less than 2% of food imported into the U.S. is inspected, do I want my kids drinking apple juice produced in China? Do you want yours?

PRODUCT OF NICARAGUA
I met untrained divers in Nicaragua who dive deeper and deeper in search of a declining population of lobster. 100% of the divers have diving injuries. But perhaps the only thing worse than lobster diving is ending lobster diving. There aren’t any other jobs.

... to the people who catch it, lobster is life ...
PRODUCT OF EARTH

There are more than a billion farmers on the planet. 60% of them live in poverty. They feed us, and, for the most part, we value their efforts less and less.

Over the course of this journey, I ate bat, cane rat, and guinea pig, yucca, sugar cane, coffee, and fruits and vegetables I had never heard of. I shook the calloused hands of the farmers who fed me – the people who feed us – and witnessed a relationship between man and land that perhaps only my grandpa would recognize.

Ultimately, our policies, our environmental practices, our appetite for cheaper, fresher food year round -how we eat – impacts the way they live.

Whether a lobster diver or lobster diner, we share an environment and a planet, but more than that we have a shared humanity and an appetite for living healthy lives in which our children can grow.

The world’s population is growing exponentially but the number of farmers is declining. Farming is a livelihood and perhaps a lifestyle that we can’t live without.

If you had coffee this morning, where did that coffee come from? How have your purchasing decisions impacted the lives of coffee farmers? Do you feel your cup influenced these decisions?

Bananeros have no other opportunities in the area other than working for life in bananas. Juan advises Mario to find something else while he can. What options are there for Mario? Do U.S. consumers play a role in Mario’s future?

There are over 1,200 varieties of bananas, though we eat only one. How can our palates change farming and create better lives for farmers?

Two-thirds of U.S. apple juice comes from China, though China uses pesticides that have long been banned in the U.S. Apple crops in the U.S. are declining. What role does the consumer play in demanding stricter regulations?

Being part of the organic movement is seen as a change of lifestyle. What changes in lifestyle can you make? How accessible is organic food in your community?

If you feel that you should boycott chocolate that isn’t Fair Trade, how will that negatively impact farmers? How might it help?

Red Lobster and Sysco buy a majority of Nicaraguan lobster. What should be the responsibilities of these companies to provide safety training and support for the divers?

Darden Foods, along with others, has developed the Global Fish Alliance to promote sustainable fisheries. How is this helping the region?

By 2050, 75% of the world will live in a city. How will this increase in migrations continue to change the way we eat?

How do climate changes factor into sustainability issues?

Are we or aren’t we helping create better lives with our purchases?

Do you feel removed from or connected to decisions about the land?
INTERVIEW WITH KELSEY TIMMERMAN - BON APPÉTIT

BA: You mention in the book that some markets have banned food commodity trading - did you see that impact a lot of farmers’ lives? Do you think that’s a good move to take?
KT: I believe that was some of the banks in Europe. The question is, what do we farm for? Do we farm to grow food or do we farm for business? Do we buy groceries to save money or sustain ourselves and treat the world and people in it fairly? What does it mean when we decommodify a product? I think that... it means fewer swings in the prices. When the price of cocoa drops because of market speculation, and the farmers can’t send their kids to school, that’s a real impact.

BA: What was it like on the farms you went to?
KT: When I went to Colombia, I was like, “This is living! They had a decent lifestyle, for sure, but the younger generation still wants to leave the countryside and go to the city... But in the Ivory Coast, those were some of the poorest, most squalid living conditions I’ve ever seen...I met a slave on a farm who had come from Ghana to work on the Ivory Coast... But there are people from Burkina Faso who go to the Ivory Coast with the mindset that they can save up enough to buy a bike after a year of working, and that’s their opportunity. So it’s not fair to say that these people are all being exploited.

BA: Why is the Ivory Coast so bad?
KT: There was a boom with cocoa, where they invited everyone into their country to start making cocoa and selling it to the world... When you put all your eggs in one basket of cocoa, you end up with this boom and bust.

BA: Did everyone eat what they were growing?
KT: The Chinese apple juice is the one that jumps out to me. That was the most successful farming community I went to, and they told me, “We don’t drink apple juice here.” But this whole city was like an apple wonderland, like an apple Disney World.
HOW TO BUY SLAVERY-FREE PRAWNS AND HAVE A POSITIVE IMPACT ON THE INDUSTRY

As a consumer, you have power: you can shape the marketplace and the actions of major companies. Use the power you have in your wallet to make sure we once and for all remove slavery from the Thai seafood we consume.

1. Contact your supermarket’s chief executive – write, call, tweet – and ask them if they can guarantee that they have eliminated slavery in their seafood supply chains – and how they have done this.

2. Ask your retailer if they undertake unannounced, independent inspections at every stage of their Thai seafood supply chains. Ask that they do this if they don’t already.

3. Only buy your seafood from sustainable, well-managed fisheries specifically recommended by reputable organizations such as Marine Conservation Society and Greenpeace.

4. As a last resort, if your retailer cannot confirm that its seafood products originating in Thailand are not 100% slavery-free, don’t buy them and tell the supermarket managers why you are not buying.

Steve Trent, executive director, Environmental Justice Foundation

We asked those named in our investigation to comment on our finding of slavery in their supply chains. All said they condemned slavery and human trafficking for labour. All also said they conducted rigorous social audits. Some appeared already aware that slavery had been reported in the Thai fishing sector, and said they were setting up programmes to try to tackle it.

Walmart, the world’s largest retailer, told us: “We are actively engaged in this issue and playing an important role in bringing together stakeholders to help eradicate human trafficking from Thailand’s seafood export sector.”

Costco told us it required its suppliers of Thai shrimp “to take corrective action to police their feedstock sources.”

Aldi UK said its contractual terms stipulate that suppliers do not engage in any form of forced labour and related practices. “Aldi will not tolerate workplace practices and conditions which violate basic human rights.”

SUPERMARKET CHAINS SELLING SLAVE-LABOUR PRAWNS

A six-month Guardian multimedia investigation has, for the first time, tracked how some of the world’s big supermarkets, Tesco, Aldi, Walmart and Morrisons, are using suppliers relying on slave labour to put cheap prawns on their shelves. Slavery is back and here’s the proof. Narrated by Benedict Cumberbatch.

youtub.be/h6ieOeOxaVE

DARDEN RESTAURANTS SELLS RED LOBSTER TO GOLDEN GATE CAPITAL on JULY 28, 2014

Excerpt from www.undercurrentnews.com

Red Lobster is currently America’s largest casual dining seafood chain. Darden focused the entire company on the seafood supply chain. Darden executives took a long term view of the seafood industry. They pioneered the need for shrimp farm certification. They single-handedly developed markets for entire classes of product. For years Darden was the largest purchaser of shellfish in Canada, buying snow crab, and lobster. It was financing based on Darden commitments that allowed many maritime crab and lobster plants to operate.

Darden has also been a leader committed to seafood sustainability, sponsoring changes in Caribbean lobster harvesting to protect divers and fish more responsibly. [From] Darden’s blog: “Darden is passionate about preserving the oceans and the seafood we source from them, not only for the growth of our business, but also due to seafood’s role as a healthy, affordable source of protein for millions around the world.”

Will this continue under Golden Gate Capital?

Given that Golden Gate specializes in turn around purchases, where it takes an unprofitable company and strips it down and then resells it or takes it public, there will be tremendous pressure internally to cut back on precisely those long term value-adding efforts that Darden contributed to the seafood industry.

The exit of Red Lobster from Darden will push the seafood industry ... in the direction of serving retail customers – creating value-added manufactured products, processing products so as to meet retail price points, and making it harder and harder to sell pure unadulterated seafood items except to high end niche markets.

Red Lobster will evolve, either into a mass market brand with lower seafood expectations, or a high end seafood brand with fewer stores and a higher income customer base. The sale of Red Lobster ... is a true marker of change in the US seafood industry.
FAIR TRADE principles include:

- Fair prices and credit: Democratically organized farming groups receive a guaranteed minimum floor price (or the market price if it’s higher) and an additional premium for certified organic products. Farming organizations are also eligible for pre-harvest credit.
- Fair labor conditions: Workers on Fair Trade farms enjoy freedom of association, safe working conditions and sustainable wages. Forced child and slave labor are strictly prohibited.
- Direct trade: With Fair Trade, importers purchase from Fair Trade producer groups as directly as possible to eliminate unnecessary middlemen and empower farmers to develop the business capacity necessary to compete in the global marketplace.
- Democratic and transparent organizations: Fair Trade farmers and farm workers decide democratically how to invest Fair Trade premiums, which are funds for community development.
- Community development: Fair Trade farmers and farm workers invest Fair Trade premiums in social and business development projects like scholarships, schools, quality improvement and leadership training, and organic certification.
- Environmental sustainability: Harmful agrochemicals and GMOs are strictly prohibited in favor of environmentally sustainable farming methods that protect farmers’ health and preserve valuable ecosystems for future generations.

**FAIR TRADE YOUR SUPERMARKET: Brands to Look For**

**Food and Beverages—National**
- Alter Eco Fair Trade: chocolate, tea, coffee, rice, sugar, olive oil, quinoa
- Ben & Jerry’s: ice cream
- Canaan Fair Trade, LLC: extra virgin olive oil, couscous, za’atar, olives, honey, olive oil soap
- Divine Chocolate: chocolate
- Earth Friendly Coffee Company: coffee
- EcoTeas: tea
- Eighth Wonder: rice
- Equal Exchange: coffee, tea, sugar, bananas, cocoa, chocolate bars
- Etica Wines: wine
- Frontier Natural Products Co-op: herbs, spices, tea
- Green & Black’s: chocolate
- Green Mountain Coffee: coffee
- Guayaki Sustainable Rainforest Products: tea
- Honest Tea: tea
- Interrupcion*: cherries, apples, pears, blueberries, olive oil, olives, honey
- Numi Organic Tea: tea
- Oké USA: bananas
- Rishi Tea: tea
- Theo Chocolate: chocolate
- Traditional Medicinals: tea
- Zhena’s Gypsy Tea: tea

**Food and Beverages—Local/Regional**
- Cafe Campesino: coffee
- Conscious Coffees: coffee
- Dean’s Beans: coffee
- DOMA Coffee Roasting Company: coffee
- Higher Grounds Trading Co.: coffee
- Holy Land Olive Oil: extra virgin olive oil
- Just Coffee: coffee
- Larry’s Beans, Inc.: coffee
- Peace Coffee: coffee
- Sweetwater Organic Coffee: coffee

**Multiple Categories**
- Global Mamas: body care, aprons, oven mitts, reusable bags, linens, handbags, recycled glass jewelry
- SERRV International: coffee, tea, chocolate, textiles, carvings, bags, tableware, nativities, ornaments, soaps, games
- Swahili Imports: baskets, soapstone carvings, contemporary furniture, pottery, painted gourds, jewelry, shea butter, hand-carved wooden bowls and servers
- One World Projects: handmade crafts
- SOL Fair Trade: accessories, baskets, bedding, bath, handbags
- Zen Zen Home & Garden: linens, capiz shell chimes, natural soaps, vegetable dyed bamboo lounge and yoga wear

**Personal Care**
- Dr. Bronner’s: soap, lip balm, lotion
- Sambah Naturals: soap, hand cream, cosmetics, candles, Zambeezi lip balm
- dZi, The Tibet Collection: decorative gifts, chimes, fine jewelry

**Other**
- Ganesh Himal Trekking & Trading Co.: placemats, table runners, floor mats, copperware, trays, mirrors
- UPAVIM Crafts: textile crafts, terracotta items, vegetable candles
- Sustainable Threads: bags, scarves, jewelry, pillow covers, table and bed linens, napkins, tree-free stationary, note-cards, journals, storage bags, boxes
- DIGS: bath accessories
- Marigold Fair Trade: vegetable dyed and hand-block printed clothing and housewares
- Laarsen Associates, Inc.: pans, pots, plates, roasters
SPICY SPAGHETTI SQUASH WITH BLACK BEANS

1 medium spaghetti squash, halved lengthwise and seeded
2 teaspoons extra-virgin olive oil
1/2 cup chopped red onion
1 jalapeño pepper, seeded & minced
1/2 cup red bell pepper, chopped
1 cup cooked black beans
1/2 cup sweet corn, frozen or fresh
1 teaspoon chili powder
1/3 cup fresh cilantro, finely chopped
1 tablespoon lime juice
1 teaspoon fine sea salt

Preheat the oven to 375°F. Arrange squash in a large baking dish, cut-sides down. Pour 1/2 cup water into the dish and bake until just tender, 30 to 35 minutes. Rake with a fork to remove flesh in strands, leaving the shell intact for stuffing.

For the filling, heat oil in a large skillet over medium heat. Add onion, jalapeño and bell pepper and cook for 2 minutes or until soft. Add beans, corn and chili powder; cook, stirring frequently, 1 minute longer. Add cooked squash, cilantro, lime juice and salt, cook 1 minute until heated through. Fill squash halves with filling, mounding mixture in the center. Serves 4.

ROTISSERIE CHICKEN AND VEGETABLES WITH NOODLES

4 cups small broccoli florets (about 6 ounces)
4 carrots, halved lengthwise, cut into 1” pcs
1 large red onion, halved and thickly sliced
2 tablespoons extra-virgin olive oil, divided
1/2 teaspoon fine sea salt
8 ounces whole wheat fettuccine
1 rotisserie chicken, meat shredded, and bones reserved for another use*
1/4 cup grated Parmigiano-Reggiano cheese
1/2 teaspoon ground black pepper

Preheat the oven to 425°F. Place broccoli, carrots and onion on a baking sheet. Drizzle with 1 tablespoon of the oil and sprinkle with salt. Roast until browned and soft, about 20 minutes. Meanwhile, cook pasta according to the package directions.

Quick tip: Don’t use too much water—8 cups (2 quarts) is plenty and should come to a boil in a covered pot over high heat in about 5 minutes. Drain pasta, reserving 1 cup cooking water. Return pasta to the pot. Toss with remaining 1 tablespoon oil. Toss again with chicken, vegetables, cheese and pepper. Reheat over low heat if necessary, adding some reserved pasta water if it seems dry. Serves 6.

SLOW COOKER ASIAN SHORT RIBS

4 pounds short ribs, 2- to 3-inch piece
1/2 teaspoon fine sea salt
1 teaspoon canola oil
3 tablespoons reduced-sodium soy sauce
3 tablespoons apricot fruit spread
2 tablespoons tomato paste
1 tablespoon rice wine vinegar
1 tablespoon finely diced & peeled ginger
4 cloves garlic, minced
1/4 teaspoon five-spice powder
4 green onions, thinly sliced
1 tablespoon toasted sesame seeds

Trim off and discard any large bits of fat from ribs. Sprinkle ribs with salt.

Heat oil in a large skillet over medium-high heat. Add ribs and cook, turning occasionally, until browned on all sides, about 10 minutes. Transfer ribs to a 4- to 5-quart slow cooker. In a small bowl, whisk together soy sauce, fruit spread, tomato paste, vinegar, ginger, garlic, five-spice powder and 2 tablespoons water. Pour mixture over ribs. Cover and cook on low until ribs are very tender, about 8 hours. Transfer ribs to a platter with tongs and cover with foil (you can serve them with or without the bones). Pour liquid in bottom of slow cooker into a glass measuring cup and let sit until fat rises to the top, 2 to 3 minutes. Spoon off and discard fat and pour liquid over ribs. Sprinkle with green onions and sesame seeds and serve. Serves 4.

SPICY CORN AND CHICKEN CHILI

1 tablespoon extra-virgin olive oil
1 large onion, coarsely chopped
2 cloves garlic, finely chopped
1 1/2 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon ground coriander
Cayenne powder, to taste
1 pound ground chicken breast
1 (15-ounce) can tomato sauce
1/2 cup mild or medium salsa
3 cups fresh or corn kernels
Fine sea salt, to taste
1/3 cup chopped fresh cilantro

In a large soup pot or Dutch oven, heat oil over medium heat. Add onions and garlic and cook 5 minutes, stirring frequently until onions are translucent. Stir in chili powder, oregano, cumin, coriander and cayenne and cook 1 minute, stirring constantly. Add chicken.

Stir to break up and brown for 3 minutes. Add tomato sauce, 1 cup water, salsa and corn. Season with salt, then bring to a boil. Reduce to a simmer, cover, and cook for 20 minutes, stirring often, until flavors have melded and chili is thick. Stir in cilantro and serve. Serves 4.
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The Facing Project connects people through stories to strengthen communities. We provide tools, a platform, and inspiration so communities can share the stories of citizens through the talent of local writers, artists, and actors.

Our model guides communities as they enlist a team of writers to be paired one-on-one with citizens who are facing life circumstances that deserve to be shared to better educate the broader community. The pairs meet, get to know each other and share stories of triumph and tragedy, of loneliness and community, of hate and happiness, of deep depression and lofty goals.

The writers will use their talents to take on the voice and persona of their subjects and write as if they were them—in the first person—bringing to life a voice that has been silenced, while keeping the anonymity of the subjects.

All projects culminate with a book to be shared throughout the community, and acted out by local actors through community theatre and monologues—bringing a face to the voice.

Through these awareness outlets, communities can begin to sit down together to face the next steps of discovering new, grassroots solutions to the problem.
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