Reading and resource list: What does food mean to me, you, us?

We opened the conversation with Mama D's daughter, Ma'at, sharing her rap,

*Soil Rap Part Three: The Small (Ever in Progress)*

See, I'm growing up; I am a child, here on this Earth/my birth to now Makes me just thirteen/ But there have been/ so many things that I have seen Not all of them I have written down But they always stay with me In my heart/ Of which soil is, of course, the queen./ Listen, The soil was created for different things/ Not just for the benefit of human beings/ We feel as though the Earth is only for us /But others they don't even make a fuss/

We hardly recognise/what is right in front of our eyes/ We talk of her as if she's something to despise/ugh, but that's all lies. /Deep, dark mother called soil/ Always open, always silent, always still/ Nile overflow, Ganges overspill /Creating as you go, fertilising as you will/ Trodden upon/pierced by forks/cut by spades Prodded, poked and pierced/burnt by harsh sun rays Massaged by the tiniest of hands and feet and/ Ingested and worked through by the smallest guts/ Transformed by fungi in many ways/ Sand to silt/ silt to clay/always in flux. Soil in my hands/dirt at my knees/ You have embraced life and held still bodies/ Dirt is a lie/ Soil is the Truth The greatest story ever you tell at the root/the greatest story ever you tell at the root/ The greatest story ever you tell at the, tell at the root.
Ma'at's full essay and rap is available here: EverydayExperts: How people's knowledge can transform the Food System, Chapter 15, Soil and me.

These resources have been suggested by the speakers during and following their conversation:

- **CIFOR: Centre for International Forestry Research**
- Merelyn works for FAO and mentioned their Farmer Field School programme and FAO One Health Approach. She also shares the FAO Biodiversity Mainstreaming platform and Shiwi - healthy, conscious, wild Peruvian products.
- Gary referred to Amartya Sen – who was awarded the Nobel Prize in economics in 1998 for his work on social choice, distribution and poverty.
- Constanza spoke about 'food having meaning within culture and bio-cultural memories' which is very much related to Dr Virginia Nazarea's work (The Philippines and U.S). Also, for more examples on the ground, the Territories of Life by the ICCA Consortium have many good grassroots resources.
- Following from this, Mama D mentioned in the chat, 'the plants domesticated us! As per Yuval Harari!' Also, re Constanza’s reference to local - 'Julian Agyeman has written about this a lot with Just Sustainabilities'
- Related, Gary suggests The Botany of Desire by Michael Pollan as well as Global Diversity Foundation's work Enhancing the resilience of High Atlas agroecosystems in Morocco. Turtle Island references of interest; Native Land - Native Foodways; Slow, Clean, Good Food by Winona LaDuke; Slow Food Turtle Island Association.
- Further reading suggestions from Mama D: To Shoot Hard Labour is transformative and enables one to understand that nourishment for people of this and similar legacy must be more than what we currently address when we speak of food. Parable of the Sower and Parable of the Talents by Octavia Butler are must read novels that also offer different ways to think about futurity, which invoke the more than usual discussions.
- The Food Journey is an experience which, if we ever return to no physical distancing as a norm, is a critical, transformative experience. We are working on bringing it into a digital environment so as to enable it reach more folk and
to enliven and transform everyday experience of nourishment and the traumas we hold around malnourishment.