

# FIELDS OF PLENTY

A FARMER'S JOURNEY IN SEARCH OF REAL FOOD AND THE PEOPLE WHO GROW IT

BY MICHAEL ABLEMAN

In the face of a fast-food nation, a growing community of organic farmers and food artisans are producing sustainable nourishment that is respectful to the land and rich in heritage, flavor, and passion. This is their story, told by one of their own.

“This is a timely and powerful portrait of the new agrarian movement that is sweeping this country. Michael Ableman’s compelling stories and exquisite photographs tell a story that we too often forget; that the richness and beauty of our food is inextricably connected to a community of innovative and passionate farmers and to the land that they nurture.”

Alice Waters  
Chez Panisse restaurant

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