

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.