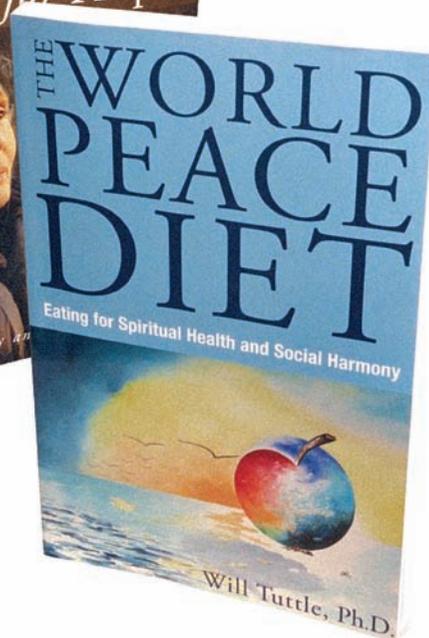
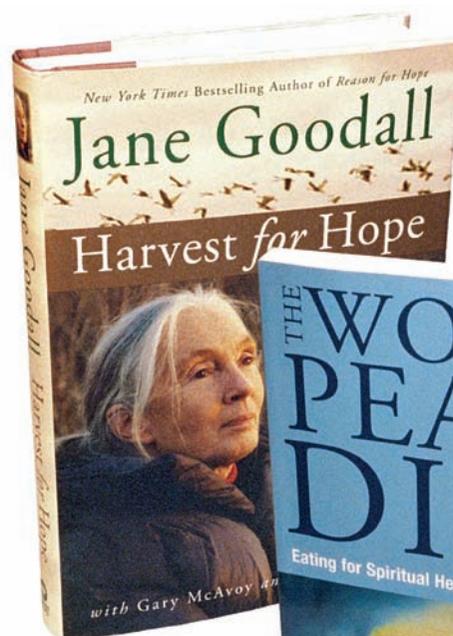


# The Food Revolution is about to Begin

Reviews by Joseph Connelly



For more than 40 years, in a lineage traced directly back to Rachel Carson's *Silent Spring*, authors and their books have attempted to reverse the global tidal wave of junk that passes as food and educate anyone who eats that there *is* a better way. Now, two new books will be added to the list of classics that future scholars will footnote when the history of the 21<sup>st</sup> Century's food revolution is compiled.

**Harvest for Hope**  
**A Guide to Mindful Eating**  
 By Jane Goodall, PhD  
 With Gary McAvoy and Gail Hudson  
 Warner Books  
 2005 • 296 pages • \$24.95

**The World Peace Diet**  
**Eating for Spiritual Health and Social Harmony**  
 By Will Tuttle, PhD  
 Lantern Books  
 2005 • 318 pages • \$20.00

Conservationist Jane Goodall, whose long history working for a sustainable planet not so coincidentally follows the same trajectory of the food movements of the last five decades; and *VegNews* columnist Will Tuttle, a Zen Buddhist monk and professional musician who has penned his first full-length volume, have each written works that separately add new, fresh perspectives to the dialogue of diet. When taken together, these two efforts lift that discourse to a higher level, each providing the yang to the other's yin—a symbiosis that seems almost intentional.

Goodall's book, *Harvest for Hope*, could have easily been titled *Silent Spring for the 21st Century*. The author is using her celebrity to reach the masses with a thoroughly researched primer that covers all of the basics—Modern Food 101, if you will. Goodall writes:

*When we push a cart through the supermarket—with its aisles of jet-lagged produce, packaged food, harsh fluorescent lights, and noisy computers scanning bar codes—shopping feels like a chore. But when we visit a farmers market with its rainbow of colors, smells, and flavors, shopping is transformed into a delightful outing.*

It's with this deep reservoir of genteel grace that Goodall juxtaposes tales of well-treated farm animals against the horrors of factory farms and GMOs. While reading *Harvest* it's easy to envision images of Lady Jane sitting one-on-one with all the young children of the world offering up grandmotherly lessons of sustainability and sensibility, discussing the issues of the day: How We Lost Commonsense Farming

## About the Author



**WILL TUTTLE, PhD** is a Zen Dharma Master, writer, musician and educator with a doctorate from U.C. Berkeley focusing on the philosophy of education. For the last 15 years he has toured progressive churches, vegetarian, macrobiotic and human potential conferences, and intentional communities throughout the country. Tuttle trained in Korea as a Zen Buddhist monk and has worked extensively in Tai Chi, yoga, massage, and dance and movement. He often leads meditation retreats and speaks on meditation, animal rights and vegetarianism, spirituality, Zen, creativity, and awakening intuition. ~ Caitlin Sandberg

(chapter 3), Animal Factories (chapter 5), Ravaging the Oceans (chapter 8) and Becoming a Vegetarian (chapter 9). Goodall also discusses the commodification of seeds (and the world's food supply) by multinational corporations, farmed animals, how to protect family farmers, and the looming water crisis. Her words are calm yet frank, delivered with a measured tone equal parts respectful and indisputable.

The lone weak point in *Harvest* is the quantity of ink given to discussing the virtues of humanely raised meat, poultry, fish, milk and eggs. While Goodall is vegetarian, she doesn't push the agenda. She realizes that a first step toward reaching as many readers as possible—most of whom are not yet veg—is to wean them off the factory farm teat as they

## About the Author



**JANE GOODALL, PhD** has spent her life promoting animal rights and conservation. Born in London, England in 1934, she is an accomplished primatologist, ethologist, and anthropologist, as well as the author of the *New York Times* bestseller *Reason for Hope*. Goodall is known for her landmark study of chimpanzees in Gombe Stream National Park, Tanzania. In 1977, she established the Jane Goodall Institute (JGI), which supports the Gombe research and is a global leader in the effort to protect chimpanzees and their habitats. Today, Goodall devotes virtually all of her time to advocating on behalf of chimpanzees and the environment, traveling nearly 300 days a year. Her many honors include the Medal of Tanzania, Japan's prestigious Kyoto Prize, the Benjamin Franklin Medal in Life Science, and the Gandhi-King Award for Nonviolence. In April 2002, Secretary-General Kofi Annan named Dr. Goodall a United Nations Messenger of Peace. ~ CS

reduce their intake of animal foods. The *Harvest of Hope* here is that this approach might help make the book a bestseller and reach those who are not yet ready for *The World Peace Diet*.

Tuttle's book is simultaneously the intellectual opposite of and yet the ideal complement for *Harvest*. If Goodall's work is freshman level, *The World Peace Diet* is a doctoral dissertation. Tuttle's scholarship calls for a new revolution to counter what he sees as our culture's last true upheaval, the commodification of animals, which "completely redefined human relations with animals, nature, the divine, and each other." Tuttle doesn't hold back:

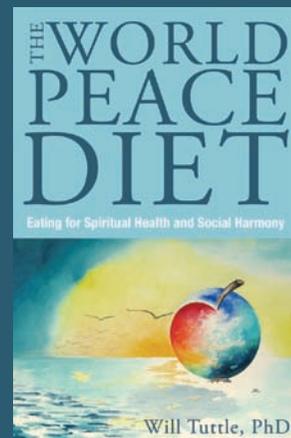
To meditate for world peace, to pray for a better world, and to work for social justice and environmental protection while continuing to purchase the flesh, milk, and eggs of horribly abused animals exposes a disconnect that is so fundamental that it renders our efforts absurd, hypocritical, and doomed to certain failure.

Tuttle lifts the discussion of veganism to a higher level. He argues cogently for a spiritual component, one where the consequence of using and consuming animals, so ubiquitous in human society, affects us not only in ways that can be measured physically, but spiritually as well. He convincingly shows how science and patriarchal religions, so often at odds in Western Society, are both cut from the same cloth—one that reinforces the domination of women, animals and nature in order to further the interests of the ruling elite. Yet for all of the complexities of how we ended up where we are, Tuttle's remedy of spiritual veganism is offered as the cure for what ails us.

When we cultivate ... the consequences of our food choices and conscientiously adopt a plant-based way of eating, refusing to participate in the domination of animals and the dulling of the awareness this requires, we make a profound statement... We become a force of sensitivity, healing, and compassion. We become a revolution of one.

**The revolution starts now.** VN

Joseph Connelly is founding editor of VegNews.



## THE WORLD PEACE DIET

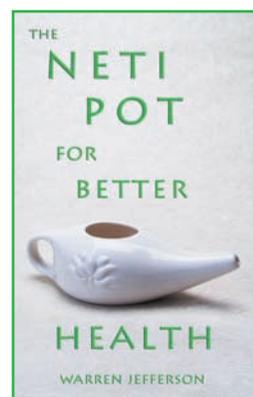
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