



Time for Reflection

Greetings!

As the seasons change and the end of the year is approaching we can all use some time for reflection, especially after the recent political wrestling during the government shutdown that caused many painful disruptions, including the withholding of SNAP benefits. We must do better...

ROC is working on getting ready to introduce our 2026 projects. One initiative in particular - *Vote for your Food* - will address and provide solutions for the divisions in our society as well as the urban-rural divide that's plaguing our state and our country. Stay tuned for an overview and goals for this initiative.

In this month's newsletter we are sharing three fascinating conversations of our live podcast sessions at the Terra Madre Americas event held at the end of September, including one with Secretary Wade Crowfoot from the California Natural Resources Agency. We hope you will use the upcoming Thanksgiving break to listen to them. And don't forget to check our Regenerative Meat Purchasing Guide to see if your holiday meal can come from one of these sources! Below are the details and links.

In this issue of the PULSE you will find:

- **Flipping the Table Podcast: Three Special Segments from Terra Madre Americas/ROC's Slow Food Pavilion**
- **Highlights Reel Terra Madre Americas/ROC Slow Meat Pavilion**
- **Regenerative Meat Purchasing Guide**

Flipping the Table Podcast

Special Weekly Terra Madre Americas Series

Weekly Segments Through Mid January – Enjoy!



Segment 1:

We're All Afraid of the Big Bad Wolf!

With Malou Anderson Ramirez,
Becky Weed & Dan Imhoff



Author & wild-farm advocate Dan Imhoff explores the challenge of embracing coexistence with predators when raising livestock in conversation with Montana ranchers Becky Weed & Malou Anderson Ramirez.



Listen on
Apple Podcasts



Listen on
Spotify



Listen on
YouTube



Segment 2:

Regeneration & Resilience: Stewarding California Lands & Future

With Wade Crowfoot, Secretary,
California Natural Resources Agency



Wade Crowfoot leads California's Natural Resources Agency, which has been implementing a groundbreaking set of policies designed to end the 60-year-old conflict among agricultural and environmental interests in order to achieve an impressive set of ecological and rural economic goals.



Listen on
Apple Podcasts



Listen on
Spotify



Listen on
YouTube



Segment 3:

Free the Chicken: How Pastured Poultry is Joining the Regenerative Revolution

With Tyler Dawley & Caleb Barron



Chicken is the most consumed meat in America, yet 99.9% is raised in factories that are hard on the birds & rural communities. Hear from two ranchers freeing their birds from confinement to create better tasting, healthier & humanely raised poultry while progressing toward a regenerative system.

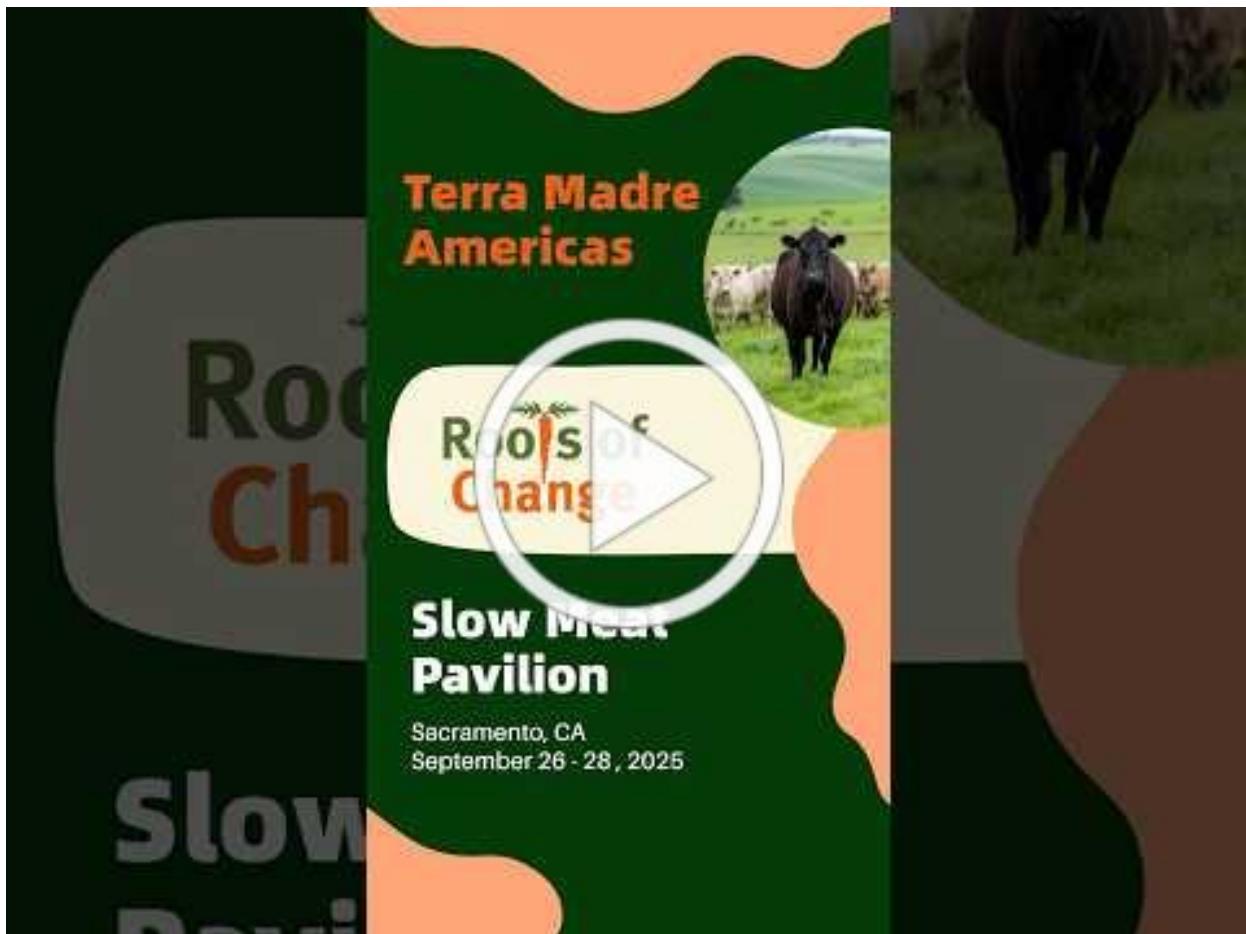


Terra Madre Americas – Highlights Reel

Have a look at the Terra Madre Americas highlights in this reel!

And here the link again to our [Terra Madre Americas PHOTO ALBUM](#).

We've added our professional photographer's photos!



Purchase Regenerative Meat

As part of our Regenerative Meat project, we developed a [portal](#) that features a list of

NorCal regenerative meat brands and butcheries. Please add your brand/butchery via [this link](#) if you're not already on the list, and please share with us if you know of other brands/butcheries that should to be added to the list. Our ally, the Good Meat Project, also has a very useful guide for [nationwide options](#).



Directory: Regenerative Meat Brands & Butcheries

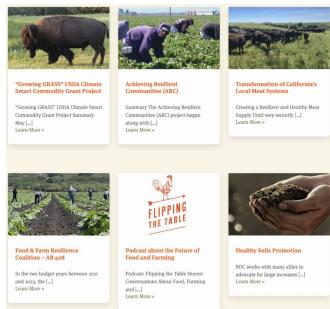
We need your help to continue making positive changes in the California Food System - your donation is very much appreciated! Any amount helps us continue to build a healthy, resilient and peaceful future. **THANK YOU!**

DONATE

The ROC team wishes everyone a relaxing and happy Thanksgiving holiday!

*Doris Meier
Editor of the PULSE
Roots of Change*

Projects



Policy



Podcast



Roots of Change

A program of the [Public Health Institute](#)



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