



Human Health Rests on the Health of our Farms

Greetings!



Human health rests on the health of our farms. **This latest podcast offers 4 minutes on healthy food and farming to support you,**

your family and community. This is the first in a series of brief commentaries to be issued monthly by our Flipping the Table podcast host, Michael Reid Dimock. **Today's topic is the path to reducing toxic pesticides and antibiotics in an agricultural system that currently relies on monoculture.** Hint: plant and animal health and diversity in fields and herds are critical.

Podcast: 4 Minutes on Healthy Food and Farming



Please subscribe to Flipping the Table podcast and offer your reviews.



Released the first Tuesday of each month, the **Healthy Food and Farming** series, is a companion to the 3-minute podcast series, titled **Building Food Movement Power**, released on the third Tuesday. Our regular 45- to 60-minute interviews with food revolutionaries will be released the second and fourth Tuesday of each month. We hope you'll listen.

If you like what you hear, please share our link with others. We would value your comments or a review of one or more of our episodes. Your input will help us to deliver the information that you value, that will help you and all of us become proactive eaters, whose food choices make for a healthier world.

Next week, February 12-13th, hear Michael's conversation with **Miakoda Taylor**, the founder of [Fierce Allies](#). The topic: crossing the boundaries of race and privilege to reconnect the dis-membered parts of our culture. Michael



believes healing these divides is essential to successful transformation of our food and farming system. This critical conversation is in two parts because it's juicy; I did not want to edit out any of it.

Share this newsletter with your friends



Flipping the Table Monthly Schedule

- 1st Tuesday: 4 minutes on Healthy Food and Farming
- 2nd Tuesday: Honest Conversations with Food Revolutionaries
- 3rd Tuesday: 3 minutes on Building Food Movement Power
- 4th Tuesday: Honest Conversations with Food Revolutionaries

We are proud to report that after only two weeks in the world, **Flipping the Table reached number 34 on the iTunes list of food related podcasts, right next to Martha Stewart.** There are many such podcasts on the topic in the world, so that's not bad for the new kids on the block. We will keep working to improve our programs, broaden our reach and share the good news about the people, companies and organizations that are transforming our food system.

We'd like to hear from you; please send comments to comments@flippingthetable.org.

Thank you.

Patrick Sexton
Producer
Flipping the Table Podcast
A Project of Roots of Change



mail@rootsofchange.org | www.rootsofchange.org