



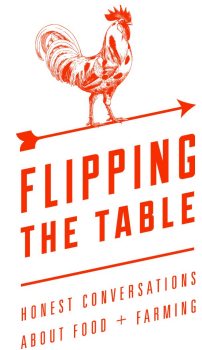
## Today We Feature Two Episodes

Greetings!



### Season II, Episode 12, Jack Algieri and The Farm at Stone Barns Center in New York

He is a man on mission teaching and advocating for the art and science of regenerative agriculture. Hear our conversation recorded in the greenhouse at Stone Barns last fall.



### Season II, Episode 13, Gleaning: the ancient local solution to a current national challenge

Hear my conversation with *Next Iron Chef* contestant and food justice activist, Duskie Estes and social entrepreneur, Melita Love of Farm to Pantry. They share the benefits of gleaning, which builds community, feeds the hungry and ends food waste.



## Past Episode Making a Splash



Alice Waters is an icon on the world culinary stage for her commitment to farm to table cuisine, organically grown and exquisitely prepared at her Berkeley, CA restaurant Chez Panisse. Yet in the end, her greatest achievement may prove to be the transformation of school meals and curriculum. She has set out to improve the health of our kids and to build their commitment to a food system that heals the world.



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## Give us a Hand

If you like this show, there are three things you can do to help us keep it going. Please

- 1) Subscribe, it is the best thing you can do to move us up with algorithms and on platform lists
- 2) Offer a rating and write a review, the second most impactful thing you can do.
- 3) Share an episode or two on your social media and recommend it to folks, always a great way to grow our audience. We trust friends more than anyone else.

Thank you!

Michael Reid Dimock  
Host of Flipping the Table  
*Sponsored by Roots of Change and  
the Public Health Institute*



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