

PULSE

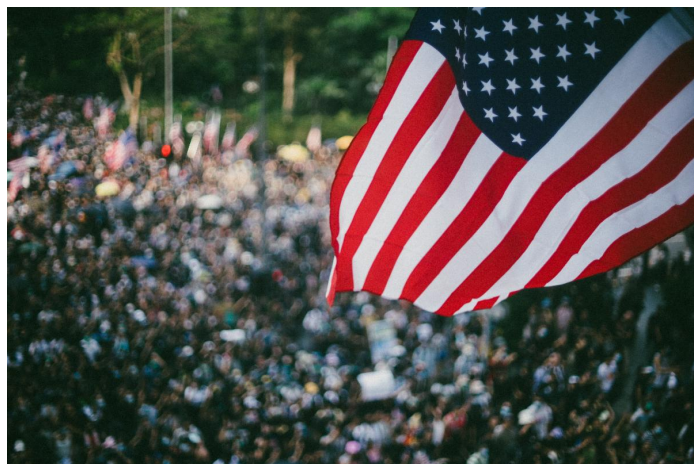
OF THE FOOD MOVEMENT

I Remain Thankful Despite a Difficult Year

Greetings!

Reflections on the Moment

With over 250,000 Americans dead, family members unable to gather to celebrate, the economic destruction of the pandemic, and a year of racial and political conflict, giving thanks might feel a bit difficult for some.



Nevertheless, I would like to share my list of positive developments from this year. I hope you have one too. [READ MORE](#)

This Week's Flipping the Table Podcast with Deborah Madison



Deborah Madison is known as the “Queen of Greens” for opening the groundbreaking vegetarian restaurant in San Francisco called Greens and her thirteen books dedicated to vegetables and vegetarian cooking. These labors of love have helped to place vegetables at the center the plate. She is also a teacher of numerous related topics like local food, farmers markets, the botanical history

of edible plants and even grass finished, responsibly raised meats. Deborah is a culinary icon yet remains grounded, calm and a joy with which to converse. Please enjoy my conversation with Deborah prompted by her new memoir, [An](#)



Next Episode on December 10th: The Imhoff Archives with Eliot Coleman

Dan Imhoff interviews Eliot Coleman, the Maine-based “wild gardener,” author and evangelist who helped inspire the nation’s organic farming movement.

(Image from Four Season Farm Instagram account)



Special Opportunity for the ROC Community



The [Bioneers 2020 Conference](#) is themed “**Beyond the Great Unraveling: Weaving the World Anew.**” This year’s conference is going virtual over the first two weekends in December and boasts a very strong and dynamic lineup of speakers and panels focused on [food and agriculture issues](#). Examples include:

- [Three Pillars for 21st Century Food Security: Regenerative Agriculture, Local Food and New Farmers](#)
- [Leah Penniman - Farming While Black: Uprooting Racism and Seeding Sovereignty](#)
- [BIPOC Leaders Share Food Sovereignty Strategies](#)

The Bioneers 2020 Conference also features [compelling environmental and social justice panels](#) that the Roots of Change community will find of great interest.

We are grateful that **Bioneers is offering the ROC community a 20 percent**

discount on an already very reasonable price in this difficult year. If anyone has ever considered attending a Bioneers Conference, this is a really good year to check it out! See the super brief and dynamic [promo video](#)!

- [Register at this link](#)
- **ROC Discount Code: jlcu3c**

Please Become a Contributor to Our Work

I hope our range of actions to create a just, resilient and healthy food system is of interest to you. Please consider making a donation to support our work.



Thank you!

A handwritten signature in black ink, appearing to read "Michael Reid Dimock".

Michael Reid Dimock
President
Roots of Change
A Program of the Public Health Institute

The logo for "Roots of Change" features the word "Roots" in a green, sans-serif font with a small green plant sprout above the letter 'o'. The word "of" is in a smaller, lighter green font. The word "Change" is in a bold, orange, sans-serif font.

Roots of Change



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