

PULSE

OF THE FOOD MOVEMENT

Flipping the Table

The Latest Podcast Episode & a Curated Summer List

Greetings!

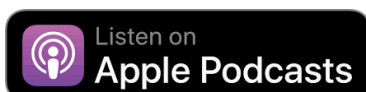
In our August issue we would like to share our latest Flipping the Table podcast episode and offer a list of previously published episodes that we think you might want to add to your Summer podcast list. The episodes we picked span the spectrum from race and privilege, food as medicine, animal welfare, food sovereignty, the impact of climate chaos on our psyche, and food activism from experts with varied backgrounds and different generations. We hope you will feel inspired!



Flipping the Table Podcast, Season 4, Episode 8: Carmen Snyder on the Nation's First Farm Trails Map and Promotor of Local Small Family Farms



Resilience requires access to local food. One model of how to sustain and promote local farms is Sonoma County Farm Trails. Launched in 1973, it is the nation's first community-based organization with such a mission. Carmen Snyder, executive director, shares its story.



For our Bay Area subscribers:

The Gravenstein Apple Fair is Back!

Join Farm Trails in celebrating the return of “**the sweetest fair in Sonoma County**” on **Saturday & Sunday, August 13 & 14.**

Enjoy live music, all things Gravenstein, local food, art & crafts, activities for kids, farm demonstrations, craft cider, craft beer, wine, and lots more. New in 2022: the VIP Lounge!



Flipping the Table Podcast Episodes We Think You Will Enjoy Listening and/or Re-listening to...

Crossing the Divides of Race and Privilege

J. Miakoda Taylor, a BIPOC-healer of racial divides, on finding a path to healing the deep and historical national wounds that hobble us.

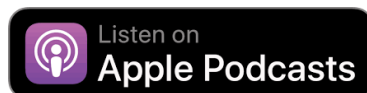
June 11, 2020



Food as Medicine

Dr. Steven Chen from Alameda County's health system describes how produce prescriptions and medically tailored meals are moving front and center in the effort to heal our communities and create health equity.

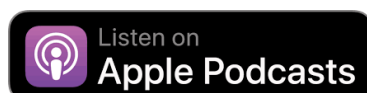
May 2022



Dr. Temple Grandin, Animal Behavior Specialist

Renown animal welfare advocate and gifted autistic. Dr. Temple Grandin has transformed livestock handling. From the Imhoff Archives.

April 2021



NYC's Most Thoughtful Activist Chef

Celebrity chef Peter Hoffman shares his unique culinary journey, including how he catalyzed farm to table in the Big Apple.

January 2020



A Powerful Woman With Many Missions

Kat Taylor: out to transform critical sectors of society: agriculture, democracy, finance & philanthropy.

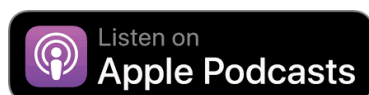
July 2019



The Future of Healthy and Regenerative Meat

Joe and Judy Morris on grass-fed beef: a 30-journey to build a network of mutually beneficial relationships that are good for people, animals and the planet!

September 2020



Poetry and Vision for a Healed, Just and Regenerative Food System & Society

Naima Penniman, farmer & poet, shares her path, her poetry and vision for a food system and society that is healed, just and regenerative.

December 2020



“Generation Dread”: Finding Purpose in the Climate Crisis

Dr. Britt Wray, award-winning author, on the impact of climate chaos and other crises on our psyche.

June 2020



Native Peoples are Rebirthing Their Food Traditions

Filmmaker [Sanjay Rawal](#) on his film "Gather". Native peoples are rebirthing their food traditions to heal the impacts of the modern American diet and political and economic oppression.

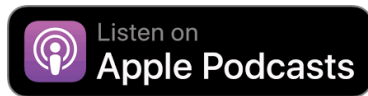
September 2020



Swedish Millennial Food Activist Flips the Table on Michael Dimock

[Elise Johanson](#) is doing her part to save the planet. She came to California to learn about the food movement. It's a great episode if you want to know more about Roots of Change's work.

October 2019



We hope you enjoy the depth and breath of the topics we chose! Please let us know if you have any suggestions for a topic for our [Flipping the Table](#) podcast!

Thank you!

*Doris Meier
Editor of the PULSE
Roots of Change*

For updates on the array of ROC projects, hit links below:

- [Current Projects](#)
- [2022 Policy Work](#)
- [Flipping the Table Podcasts](#)

Please support our work by hitting [this link](#).

Roots of Change is a program of the [Public Health Institute](#).

 **Roots of Change**

