

## **“Good Food.”**

*“Eating is an agricultural act.” (Wendell Berry.)*

### **Bullfrog Films, (2008). Running time: 73 or 57minutes depending on format.**

Something remarkable is happening in the fields and orchards of the Pacific Northwest. After leaving the land for decades, family farms are making a comeback. They are growing much healthier food, and more food per acre, while using less energy and water than factory farms. And most of this food is organic. “Good Food” visits farmers, farmers markets, distributors, stores, restaurants and public officials who are developing a more sustainable food system for all.

#### **Introduction.**

100 years ago, half of the population in the US lived on farms. Today, so few do so, that the Government doesn’t even census them. The number one cause of death among American farmers is suicide. But things are changing. Small farms are making a comeback. Organic is growing.

3’45” Organic Valley Farms (dairy). Farmer switched to organic in about 2005. He says that it was the best decision he ever made. Conventional farming always requires more money invested, but organic is much more relaxed and less stressful.

5’26” Organic vegetable farmers, Skagit Valley. Organic without herbicides means more hard work. The focus of agriculture in N.W. states has for decades been on conventional agriculture, but now science is showing that organic can in fact be as high output as conventional and small-scale has as good yield as conventional.

9’15” Mehow Valley, WA. Organic grain producer, selling wheat, rye, flax and emmer (ancient grain useful for its large grain, high fibre content).

14’53” De-population of the countryside. For every food calorie consumed, the conventional agriculture system use 10 calories to produce it. David Suzuki explains that imported cheap food is cheap because it doesn’t count all the costs – environmental costs are externalized (not counted). Hence it’s a false cheap. Seattle food retailer explains how he can develop sustainable relationships with farmers that help everybody.

19’45” Stumbling Goat Bistro, WA. Seasonal food restaurant. Menus need to be flexible, and use seasonal / local produce. This helps create a local food economy.

23’00” Outdoor market, Alvarez Family Farms. This farmer likes to have a connection with customers, and grows a wide range of organic peppers, eggplants, tomatoes and even organic peanuts!

25’00” Mexican workers are the future of US agriculture, but all is not rosy, e.g. it’s very difficult to get enough workers for farms.

29'15" Cattle farm, Oregon. Organic beef ranch. Again, the farmer stresses the need and benefit of building links with customers and community.

34'00" "Burgerville" fast food chain is sourcing fresh, local, sustainable ingredients for its fast food. They want to run all their restaurants using 100% wind power, and re-cycle all their waste cooking oil into SVO for vehicles engines. This has turned a previous cost stream into a small but useful income stream.

37'00" Farmers markets are booming because the food is local and tasty.

39'00" Greenhouses are wonderful for improving season extension and improving fruit quality.

44'00" Benefits of farmers markets extends to supplying food banks, inviting kids to work on the farms to see where their food comes from, and enabling gleaners to clean up remains of crops that cannot be economically harvested by the farmers.

47'00" PCC Natural Markets, Seattle. Retailer who believes that local organic produce builds community and improves people's health.

50'00" Chehalis Valley – outlines the way that CSA's work. "CSA's have mostly saved the family farms."

53'00" Mallard Ice Cream. Produces some 400 flavours of ice cream, using seasonal items such as mint, basil, other herbs.

55'00" Ohanagan Valley, N. Central Washington. With the collapse of the Washington apple industry, this farmer switched to organic peppers and tomatoes, and developed the connection with customers. "There's more to this than making money".

59'00" Skagit Valley hog farm.

1'03'00" The hardest part of being sustainable for farmers is economic sustainability.