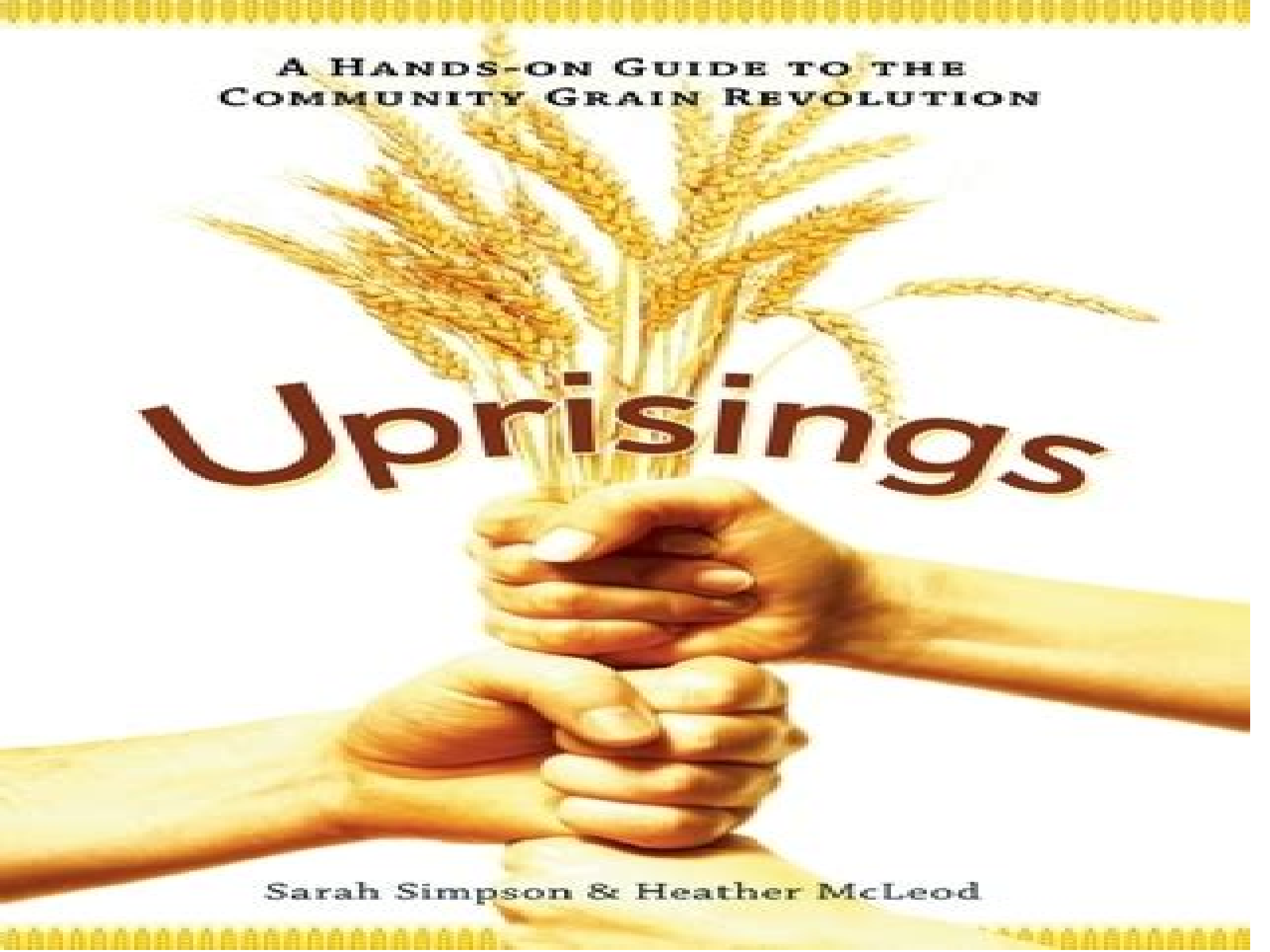


A HANDS-ON GUIDE TO THE
COMMUNITY GRAIN REVOLUTION

Uprisings

An illustration of two hands, one from the left and one from the right, clasped together in a firm grip. From the point where the hands meet, several golden wheat stalks with full heads of grain grow upwards. The background is a solid light yellow. The entire image is framed by a decorative border of small yellow circles at the top and bottom.

Sarah Simpson & Heather McLeod

Uprisings A Hands On Guide To The Community Grain Revolution

Hussin A.Rothana



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Uprisings Sarah Simpson, Heather McLeod, 2013-10-14 This practical guide explores the food security and community sufficiency benefits of growing local grain and shows you how easy it is to get started If we want to reduce our environmental impact build resiliency in our community and improve food security it s up to us to make it happen Uprisings shows how communities across North America can take action by reviving local grain production Environmental journalist Sarah Simpson profiles of ten unique community models demonstrating how local grain production is already making a difference She then shares step by step instructions for small scale grain production that will turn any community into a hotbed of revolution Learn about How locally grown wheat barley and other grains can impact a community How to start a community grain project from scratch How to plant grow harvest thresh winnow and store your grain How to use whole and sprouted grains in your kitchen

Grain of Truth Stephen Yafa, 2016-06-07 A Pollan esque look at the truth about wheat with surprising insights on the advantages of eating the world s most contested grain You owe it to your mind and body to step away from the gluten free frenzy long enough to do what s best for your own personal health Once you separate fad from fact you ll quickly discover the answer whole grains including wheat Most recently a Harvard School of Public Health long term study that followed 117 500 men and women over a 25 year span revealed that people who eat a whole grain rich diet lower their risk of cardiovascular disease by 20 percent and increase their lifespan at least 6 percent No other food produces similar results As for the gluten found in wheat rye and barley at most six out of a hundred of us have any real problem with it and less than one percent of us with celiac disease cannot tolerate it in any form So why has wheat become the new asbestos Why are the shelves of every grocery store and supermarket in America heaped high with gluten free products That s what Stephen Yafa sets out to discover in *Grain of Truth* a book drawn in part from personal experience that is as entertaining as it is informative After hundreds of interviews with food scientists gluten sensitive individuals bakers nutritionists gastroenterologists and others he finds that indeed there is indeed a culprit But it s not wheat It s not gluten It s the way that grain is milled and processed by large industrial manufacturers and bakeries That discovery spurs him to search out growers millers and bakers who deliver whole wheat to us the way it was meant to be naturally fermented with all parts bran germ and white endosperm intact Yafa finds a thriving local grain movement gaining strength across the country much as the organic movement did a few decades back And as he apprentices with local artisan bakers and make his own sourdough breads at home he learns something that few of us know naturally fermented over two days as opposed to four hours in commercial bakeries whole wheat is easily digested by the vast majority of us including many who consider themselves gluten sensitive The long fermentation processing method breaks down these bulky gluten proteins into tiny fragments while slowing the conversion rate of starch to sugar in our bloodstream Along the way *Grain of Truth* challenges

many common myths Yafa shows us the science that proves a gluten free diet doesn't lead to weight loss and that it isn't healthier in any way He counters common assumptions that modern wheat has been genetically manipulated to contain more gluten and he point out that despite much web chatter to the contrary there is no GMO wheat Those are only some of the reasons that Grain of Truth offers a badly needed fact based response to anti wheat hysteria It also offers an ingredient in short supply these days common sense measured out with just enough savvy and substance to make you reconsider what's best for you and to help you find a healthy answer in real delicious food For readers of Salt Sugar Fat and The Omnivore's Dilemma Grain of Truth smoothly blends science history biology economics and nutrition to give us back our daily bread

Beyond the Modern Age Bob Goudzwaard, Craig G. Bartholomew, 2017-05-23 Modernity according to Bob Goudzwaard and Craig Bartholomew is not a single ideology but rather a tension between four worldviews In conversation with students from around the world and drawing upon a variety of sources and disciplines the authors propose ways to transcend modernity and address global crises *Country Guide and Nor'west Farmer*, 1920 *Five Hundred Years of Revolution*

Charles H. George, 1998 An exciting history that chronicles through the words of the participants themselves the European radical tradition via its major revolutions and near revolutions in Bohemia Germany the Netherlands England France and Russia George's narrative is woven around a collection of texts from the Hussites of 1420 John Lilburne Gerrard Winstanley the New Model Army Levellers Ranters Jacobins the Committee Of Public Safety the Conspiracy Of Equals Communards Bolsheviks Robespierre Rosa Luxemburg and more Here is the story of our out of step ancestors a story of the triumphs and defeats hopes and dspairs of 500 years of Revolution Ranging over half the millennium from the prophetic insurrections of 14th century Bohemia to the Bolshevik Revolution George provides the best and broadest available introduction to the tradition of European radicalism The reprinted selections from 50 central texts of revolutionary history are situated and enlivened by the lively narrative and close analysis which surrounds them An essential work for students in and out of the classroom of revolt of Marxism and of liberation David Roediger *Revolution; European Radicals from Hus to Lenin*

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