

# *Environmentally Concerned Citizens of South Central Michigan*

For thought and action —  
more on industrial livestock production, sustainable alternatives

## **Books:**

Berry, Wendell. *The Art of the Commonplace: The Agrarian Essays of Wendell Berry* (Counterpoint Press, 2002). Twenty essays by the renowned writer/farmer /visionary of local economies, alternative agricultural communities that benefit all creation.

Foer, Jonathan Safran. *Eating Animals* (Little, Brown and Co., 2009). An investigation of industrial agriculture as well as a memoir of meals and food traditions. From a middle-of-the-night visit to a factory farm to discussions of our myth-making and moral choices in foods, drawing on science, philosophy, folklore.

Kauffman, Janet. *Trespassing: Dirt Stories & Field Notes* (Wayne State, 2008). A first-hand account of southern Michigan's CAFOs, especially the industrial dairies near Hudson, MI, by a local activist. The collection includes short stories and essays, a look at the new rural landscape of agricultural sprawl, ecological damage, and the mix of people in the midst.

Leopold, Aldo. *Sand County Almanac* (first published 1949). Crucial memoir/essay establishing a "land ethic" and the fundamentally moral values of conservation, the belief that "nothing that disturbs the balance of nature is right."

Manning, Richard. *Against The Grain: How Agriculture Has Hijacked Civilization* (North Point Press, 2004). A comprehensive account of agriculture from its beginnings, its evolutions, catastrophes, and possible rescue after going for so long "against the grain" of nature.

McKenna, Maryn. *Superbug: The Fatal Menace of MRSA* (Free Press, 2010). Important account of highly-infectious, antibiotic-resistant MRSA (Methicillin-resistant *Staphylococcus aureus*), found first in hospitals but now in communities — and Concentrated Animal Feeding Operations, a consequence of tons of antibiotics given to animals.

Pollan, Michael. *In Defense of Food: An Eater's Manifesto* (Penguin Books, 2008). One of the best writers on food systems and eating — here saying for healthy and pleasurable living, our diet mantra should be: "Eat food. Not too much. Mostly plants."

Pollan, Michael. *The Omnivore's Dilemma: A Natural History of Four Meals* (Penguin Books, 2007). The revelatory best-seller, showing what lies behind a fast food meal (the freakish assortments of corn and industrial ingredients), a Whole Foods meal, a pasture-based meal, and a meal gathered by hand.

Shepard, Mark. *Restoration Agriculture: Real-World Permaculture for Farmers* (Acres USA, 2013). A book showing an alternative to the industrial ag system of species destruction, land and resource degradation, through a farming approach that imitates nature, with perennial plants and ecosystems.

## Films:

*Cowspiracy: The Sustainability Secret* (2014) An examination of livestock production's contribution to global warming, water shortages, species extinction, etc. The film also takes on well-known environmental organizations (including Sierra Club) for their silence on the issue of meat-production and climate change.

*Food, Inc* (2008) Documentary on America's industrial food system, with Michael Pollan and Eric Schlosser, author of *Fast Food Nation*.

*Fresh* (2009) This documentary features new ideas from urban farming activist Will Allen and sustainable farmer Joel Salatin as alternative to corporate food production.

*Last Call at the Oasis* (2011) Water is important to our economy, essential to our survival, but it's at risk globally. This documentary looks at communities world-wide experiencing water problems - including a sequence on CAFO pollution, featuring local activist Lynn Henning, Goldman Award winner.

*The Meatrix I, II, and II 1/2* (three animated short videos)  
Award-winning spoof of The Matrix, exposes the horrors of factory farms.  
<http://www.themeatrix.com>

*The Scarecrow* (animated short video)  
In a dystopia where food production is controlled by industrial giant Crow Foods, a scarecrow sets out to provide a sustainable alternative.  
<http://www.scarecrowgame.com/film.html>

## Websites:

**Environmentally Concerned Citizens of South Central Michigan** – Local CAFO news, photos, lists of violations, water monitoring results for Hillsdale/Lenawee Counties.  
<http://www.eccscm.org>

**Environmental Working Group** – Search who gets how much in subsidies in your area.  
<http://farm.ewg.org> (click box: EWG'S FARM SUBSIDY DATABASE)

**Local Harvest** - lists markets, CSAs, co-ops and grocery stores with local foods, restaurants, etc.  
<http://www.localharvest.org>

**Michigan Chapter Sierra Club** - CAFO info, links, excellent resource.  
<http://michigan.sierraclub.org/issues/greatlakes/articles/cafofacts.html>

**Polyface Farms** - Joel Salatin's "beyond organic" pasture-based farm, sustainability info.  
<http://www.polyfacefarms.com>

**Socially Responsible Agricultural Project** - CAFO information, sustainable ag projects.  
<http://www.sraproject.org>

**Sustainable Farmer** - multimedia magazine for raising food with respect for all living things.  
<http://www.sustainablefarmer.com>