

The Abundant Table Community: Holy Eucharist and Food System

Resources for education, inspiration and action

Check Out

- www.theabundanttable.org – The Abundant Table
- <http://reddoorvineyard.org/> -- Oak Park Church of the Epiphany
- Facebook: [EpiscopalAnglicanCommunityGardeningAndAgriculture](https://www.facebook.com/EpiscopalAnglicanCommunityGardeningAndAgriculture)
- Ecumenical Ministries of Oregon - Food and Farms: http://www.emoregon.org/food_farms.php
- Presbyterian Hunger Program – Food and Faith: <http://www.presbyterianmission.org/ministries/hunger/food-and-faith/>
- www.slowfoodusa.com
- <http://agfuturesalliance.org/housefarmworkers>
- <https://www.msu.edu/~howardp/booksfilms.html> (this is an extensive resource with information on films and books)
- Host a Locovore Feast: www.eatlocaloneyear.com
- Your nearest Community Gardens, Organic farms and Community Supported Agriculture (CSA) Programs

Read

- “Food Movement Rising” (Michael Pollan) *New York Times Review of Books* June 10, 2010
- *Animal, Vegetable, Miracle: A Year of Food Life* by Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver
- *In Defense of Food* by Michael Pollen
- *The Omnivore’s Dilemma* by Michael Pollen
- *Food Justice*, edited by Gottlieb and Joshi
- *Jamie’s Food Revolution: Rediscover How to Cook Simple, Delicious, Affordable Meals* by Jamie Oliver
- *Take this Bread, A Radical Conversion: The spiritual memoir of a twenty-first –century Christian* by Sara Miles
- *Eating your way through Luke’s Gospel* by Robert J. Karris
- *The Eucharist and the Hunger of the World* by Monica K. Hellwig
- *Scripture, Culture and Agriculture* by Ellen Davis
- *Making Peace with the Land* by Fred Bahnson and Norman Wirzba
- *Soil and Sacrament* by Fred Bahnson
- *Bless Me Ultima/Bendiceme Ultima* by Rudolfo Anaya (this book is in both Spanish and English)
- “Jesus’ Wilderness Feeding and Eucharist as an Economic Ritual” by Ched Myers

Watch

- The Garden
- What’s On Your Plate – (good for kids)
- Food Inc.
- Supersize Me
- Fresh, The Movie
- Babette’s Feast
- King Corn
- The Harvest/La Cosecha

Four Bite Mindful Eating Process

www.mindfuleating.org

SAVOR: With this first bite you fully enjoy the flavor of your food. You notice all the tastes that develop during the bite. Your mind is fully on the sensation of eating. You chew slowly, deliberately and fully, swallowing only when the food is completely chewed up. Place special attention on complex foods; go deeply into all the flavors and separate them out.

TRAVEL: With the second bite, you allow your mind to travel to the source of your food. You see the field, farm, lake, ocean, feed lot, garden or patch of ground where it lived. As you chew this bite, keep your mind on the source.

OBSERVE: Bite #3 allows you to observe yourself as an eater. You become aware of the movement of your hand, arm and lips. You follow your teeth, jaws and tongue as you chew. And even when you swallow, you follow the food down to your stomach.

PAUSE: With the fourth bite, you add an extra pause just before you put the food in your mouth. Then, during the bite, you pause in the middle of your chewing, just for a short moment. And when you're done with bite, you add yet one more pause before the next morsel of food.

From "The Pleasures of Eating" by Wendell Berry

<http://www.ecoliteracy.org/essays/pleasures-eating>

What can one do? Here is a list, probably not definitive:

1. Participate in food production to the extent that you can. If you have a yard or even just a porch box or a pot in a sunny window, grow something to eat in it. Make a little compost of your kitchen scraps and use it for fertilizer. Only by growing some food for yourself can you become acquainted with the beautiful energy cycle that revolves from soil to seed to flower to fruit to food to offal to decay, and around again. You will be fully responsible for any food that you grow for yourself, and you will know all about it. You will appreciate it fully, having known it all its life.
2. Prepare your own food. This means reviving in your own mind and life the arts of kitchen and household. This should enable you to eat more cheaply, and it will give you a measure of "quality control": you will have some reliable knowledge of what has been added to the food you eat.
3. Learn the origins of the food you buy, and buy the food that is produced closest to your home. The idea that every locality should be, as much as possible, the source of its own food makes several kinds of sense. The locally produced food supply is the most secure, freshest, and the easiest for local consumers to know about and to influence.
4. Whenever possible, deal directly with a local farmer, gardener, or orchardist. All the reasons listed for the previous suggestion apply here. In addition, by such dealing you eliminate the whole pack of merchants, transporters, processors, packagers, and advertisers who thrive at the expense of both producers and consumers.
5. Learn, in self-defense, as much as you can of the economy and technology of industrial food production. What is added to the food that is not food, and what do you pay for those additions?
6. Learn what is involved in the best farming and gardening.
7. Learn as much as you can, by direct observation and experience if possible, of the life histories of the food species.