

Read Online Cibo E Libert Slow Food Storie Di Gastronomia Per La Liberazione Saggi Giunti Slow Food

Getting the books **Cibo E Libert Slow Food Storie Di Gastronomia Per La Liberazione Saggi Giunti Slow Food** now is not type of challenging means. You could not deserted going behind books gathering or library or borrowing from your connections to way in them. This is an certainly easy means to specifically acquire guide by on-line. This online revelation **Cibo E Libert Slow Food Storie Di Gastronomia Per La Liberazione Saggi Giunti Slow Food** can be one of the options to accompany you gone having additional time.

It will not waste your time. say yes me, the e-book will totally heavens you further situation to read. Just invest little epoch to gate this on-line broadcast **Cibo E Libert Slow Food Storie Di Gastronomia Per La Liberazione Saggi Giunti Slow Food** as skillfully as review them wherever you are now.

004 - STEPHANIE FITZPATRICK

With over half the world's population now deemed to be urbanised, cities are assuming a larger role in political debates about the security and sustainability of the global food system. Hence, planning for sustainable food production and consumption is becoming an increasingly important issue for planners, policy-makers, designers, farmers, suppliers, activists, business and scientists alike. The rapid growth of the food planning movement owes much to the fact that food, because of its unique, multi-functional character, helps to bring people together from all walks of life. In the wider contexts of global climate change, resource depletion, a burgeoning world population, competing food production systems and diet-related public health concerns, new paradigms for urban and regional planning capable of supporting sustainable and equitable food systems are urgently needed. This book addresses this urgent need. By working at a range of scales and with a variety of practical and theoretical models, this book reviews and elaborates definitions of sustainable food systems, and begins to define ways of achieving them. To this end 4 different themes have been defined as entry-points into the discussion of 'sustainable food planning'. These are (1) urban agriculture, (2) integrating health, environment and society, (3) food in urban design and planning and (4) urban food governance.

A history of the political and gastronomic movement dedicated to the promotion of natural, organic, and healthy ingredients describes its efforts to conserve natural biodiversity and protect fading agricultural practices that are threatened by mass consumerism, in a culinary odyssey that brings readers on a tour of some of the world's most esoteric food traditions.

The Freedom of the Seas (originally titled in Latin: *Mare Liberum*) is a book in Latin on international law written by the Dutch jurist and philosopher Hugo Grotius, first published in 1609. In *The Free Sea*, Grotius formulated the new principle that the sea was international territory and all nations were free to use it for seafaring trade. The disputation was directed towards the Portuguese *Mare clausum* policy and their claim of monopoly on the East Indian Trade. Grotius wrote the treatise while being a counsel to the Dutch East India Company over the seizing of the Santa Catarina Portuguese carrack issue. This edition contains both Latin and English versions, as translated by Ralph Van Deman Magoffin.

This open access book looks at how a democracy can devolve into a post-factual state. The media is being flooded by populist narratives, fake news, conspiracy theories and make-believe. Misinformation is turning into a challenge for all of us, whether politicians, journalists, or citizens. In the age of information, attention is a prime asset and may be converted into money, power, and influence - sometimes at the cost of facts. The point is to obtain exposure on the air and in print media, and to generate traffic on social media platforms. With information in abundance and attention scarce, the competition is ever fiercer with truth all too often becoming the first victim. *Reality Lost: Markets of Attention, Misinformation and Manipulation* is an analysis by philosophers Vincent F. Hendricks and Mads Vestergaard of the nuts and bolts of the information market, the attention economy and media eco-system which may pave way to postfactual democracy. Here misleading narratives become the basis for political opinion formation, debate, and legislation. To curb this development and the threat it poses to democratic deliberation, political self-determination and freedom, it is necessary that we first grasp the mechanisms and structural conditions that cause it.

More than twenty years ago, when Italian Carlo Petrini learned that McDonald's wanted to erect its golden arches next to the Spanish Steps in Rome, he developed an impassioned response: he helped found the Slow Food movement. Since then, Slow Food has become a worldwide phenomenon, inspiring the likes of Alice Waters and Michael Pollan. Now, it's time to take the work of changing the way people grow, distribute, and consume food to a new level. In *Terra Madre*, Petrini shows us a solution in the thousands of newly formed local alliances between food producers and food consumers. And he proposes expanding these alliances--connecting regional food communities around the world to promote good, clean, and fair food. The end goal is a world in which communities are entitled to food sovereignty--allowed to choose not only what they want to grow and eat, but also how they produce and distribute it.

Along the undisturbed shores, especially of the Mediterranean Sea and the European North Atlantic Ocean, is a quite widespread plant called *Beta maritima* by botanists, or more commonly sea

beet. Nothing, for the inexperienced observer's eye, distinguishes it from surrounding wild vegetation. Despite its inconspicuous and nearly invisible flowers, the plant has had and will have invaluable economic and scientific importance. Indeed, according to Linnè, it is considered "the progenitor of the beet crops possibly born from *Beta maritima* in some foreign country". Recent molecular research confirmed this lineage. Selection applied after domestication has created many cultivated types with different destinations. The wild plant always has been harvested and used both for food and as a medicinal herb. Sea beet crosses easily with the cultivated types. This facilitates the transmission of genetic traits lost during domestication, which selection processes aimed only at features immediately useful to farmers and consumers may have depleted. Indeed, as with several crop wild relatives, *Beta maritima* has been successfully used to improve cultivated beet's genetic resistances against many diseases and pests. In fact, sugar beet cultivation currently would be impossible in many countries without the recovery of traits preserved in the wild germplasm. Dr. Enrico Biancardi graduated from Bologna University. From 1977 until 2009, he was involved in sugar beet breeding activity by the Istituto Sperimentale per le Colture Industriali (ISCI) formerly Stazione Sperimentale di Bieticoltura (Rovigo, Italy), where he released rhizomania and cercospora resistant germplasm and collected seeds of Mediterranean sea beet populations as a genetic resource for breeding and ex situ conservation. Retired since 2009, he still collaborates with several working breeders, in particular, at the USDA Agricultural Research Stations, at the Chinese Academy of Agricultural Science (CAAS), and at the Athens University (AUA). He has edited books, books chapters and authored more than 150 papers. Dr. Lee Panella is a plant breeder and geneticist with the USDA-ARS at Fort Collins, Colorado. He earned his B.S. in Crop and Soil Science from Michigan State University, an M.S. in Plant Breeding from Texas A&M University, and a Ph.D. in genetics from the University of California at Davis. His research focus is developing disease resistant germplasm using sugar beet wild relatives. He is chairman of the USDA-ARS Sugar Beet Crop Germplasm Committee and has collected and worked extensively with sea beet. Dr. Robert T. Lewellen was raised on a ranch in Eastern Oregon and obtained a B.S. in Crop Science from Oregon State University followed by a Ph.D. from Montana State University in Genetics. From 1966 to 2008 he was a research geneticist for the USDA-ARS at Salinas, California, where he studied the genetics of sugar beet and as a plant breeder, often used sea beet as a genetic source to produce many pest and disease resistant sugar beet germplasm and parental lines, while authoring more than 100 publications.

Transdisciplinary Case Studies on Design for Food and Sustainability, a volume in the Consumer Science and Strategic Marketing series, analyzes the interconnectivity of sustainability, food, and design, demonstrating the presence of food design in various food-related fields of study. Broken into six parts, the book begins with the theory behind food and design. The following five sections include several case studies highlighting the different forms and applications of food design, including the use of food design in production and distribution, in food and restaurant businesses, in territory-identity, in social food design, and with regard to post-consumption. Using a case study approach to meet the needs of both academics and practitioners, *Transdisciplinary Case Studies on Design for Food and Sustainability* includes practical examples to illustrate food system challenges, to explain phenomena, and to build theory. Includes practical examples to illustrate food system challenges, to explain phenomena, and to build theory. Considers impacts, use assessments, and scalability assets when presenting projects and case studies. Addresses practical problems in food design.

Emphasizing the use of natural, organic, and healthy ingredients, the author of *Slow Food Revolution* explains how we can conserve natural biodiversity and protect fading agricultural practices that are threatened by mass consumerism, by implementing the culinary traditions of the native peoples of diverse regions around the world.

Food Heritage and Nationalism in Europe contends that food is a fundamental element of heritage, and a particularly important one in times of crisis. Arguing that food, taste, cuisine and gastronomy are crucial markers of identity that are inherently connected to constructions of place, tradition and the past, the book demonstrates how they play a role in intangible, as well as tangible, heritage. Featuring contributions from experts working across Europe and beyond, and adopting a strong historical and transnational

perspective, the book examines the various ways in which food can be understood and used as heritage. Including explorations of imperial spaces, migrations and diasporas; the role of commercialisation processes, and institutional practices within political and cultural domains, this volume considers all aspects of this complex issue. Arguing that the various European cuisines are the result of exchanges, hybridities and complex historical processes, Porciani and the chapter authors offer up a new way of deconstructing banal nationalism and of moving away from the idea of static identities. Suggesting a new and different approach to the idea of so-called national cuisines, Food Heritage and Nationalism in Europe will be a compelling read for academic audiences in museum and heritage studies, cultural and food studies, anthropology and history.

This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Across the globe, people are challenging the agro-industrial food system and its exploitation of people and resources, reduction of local food varieties, and negative health consequences. In this collection leading international anthropologists explore food activism across the globe to show how people speak to, negotiate, or cope with power through food. Who are the actors of food activism and what forms of agency do they enact? What kinds of economy, exchanges, and market relations do they practice and promote? How are they organized and what are their scales of political action and power relations? Each chapter explores why and how people choose food as a means of forging social and economic justice, covering diverse forms of food activism from individual acts by consumers or producers to organized social groups or movements. The case studies embrace a wide geographical spectrum including Cuba, Sri Lanka, Egypt, Mexico, Italy, Canada, France, Colombia, Japan, and the USA. This is the first book to examine food activism in diverse local, national, and transnational settings, making it essential reading for students and scholars in anthropology and other fields interested in food, economy, politics and social change.

Competitive economics produces an enormous abundance of goods and services but at an intolerable environmental and social cost. Competition has become an end in itself, which leads to detrimental effects on nature, society and future generations. A change of paradigm is needed. Business should respect the ecological and social limits in which it operates and embed its activities in the natural and social systems. This book promotes a collaborative attitude of doing business based on a positive view of the self and others. Theoretical contributions, reflections, cases, examples, and initiatives collected in the book show that a collaborative enterprise is not only possible but also a feasible and desirable alternative to the current, self-defeating, managerial models. Innovative firms seeking to build long-term, mutually beneficial relationships with all of their stakeholders while producing values for their business ecosystems represent well-grounded hopes for a really sustainable future.

This is the untold story of how black saints - and the slaves who venerated them - transformed the early modern church. It speaks to race, the Atlantic slave trade, and global Christianity, and provides new ways of thinking about blackness, holiness, and cultural authority.

This book aims to develop a political history of Italian 'good food' on national television, and the central role of food in Italian culture. The focus is highly original and this is a unique interdisciplinary study at the intersection between food studies, media studies and politics. The three protagonists of Pasta, Pizza and Propaganda are food, television and politics. These are the three main characters that interrelate, collaborate and fight behind the

scenes, while in front of the camera the writers, intellectuals and celebrity chefs talk about, prepare or taste the best Italian dishes. The book retraces the history of Italian food television from a political point of view: the early shows of the pioneers under strict Catholic control in the 1950s and 1960s, the left-wing political twist of the 1970s, the conservative riflusso or resurgence of the 1980s, the disputed Berlusconi era and the rise of the celebrity chefs, which, for better or for worse, makes Italy similar to the other western countries. The history of Italy since the mid-1950s is retold through the lenses of food television. This lively book demonstrates that cooking spaghetti in a TV studio is a political act, and tries to uncover how it is possible that, while watching on TV how to make pizza, we become citizens. The primary readership will be an academic audience, including those in the disciplines of food studies, media studies, politics and Italian studies, as well as potentially for those interested in Italian sociology and anthropology. There may be a potential wider readership because of the popularity of Italian food and food television.

Universities around the world are under increasing pressure to maintain high levels of graduation and to make study processes as efficient as possible, with teachers and students struggling to meet the expectations placed upon them as a result. The Psychology of Study Success in Universities asks whether it is possible to meet these demands at the same time as protecting the well-being of students. Drawing on an extensive and detailed analysis of study success in universities in Finland, the authors of this thought-provoking work argue that universities should be more concerned with students' satisfaction and place greater weight on students' perceptions of the elements that enhance or hinder their success. The book provides a multi-dimensional picture of the student-related and teaching-related factors that promote study success. Giving voice to graduate students, including those enrolled on a PhD, the authors look at the resources that students have at their disposal in order to establish what inspires and motivates the students, what slows them down, and what kinds of experiences students have of successful studies. Määttä and Uusi-autti present a wealth of high-quality research showing that good teaching and successful study processes can be secured by immediate and caring interaction, flexible and student-centred teaching and supervision, and interdisciplinary collaboration between teachers. The Psychology of Study Success in Universities is essential reading for academics, researchers and postgraduate students in the fields of education and psychology, as well as for those interested in positive psychology, student well-being and pedagogical studies.

The author chronicles her year-long project, during which she committed to cooking three seasonal and local meals on only \$40 per week, in a book that includes 150 recipes, such as Lemon-Tarragon Pickled Asparagus and Greek-Marinaded Grilled Leg of Lamb.

Inspiring the global fight to revolutionize the way food is grown, distributed, and eaten. In the almost thirty years since Carlo Petrini began the Slow Food organization, he has been constantly engaged in the fight for food justice. Beginning first in his native Italy and then expanding all over the world, the movement has created a powerful force for change. The essential argument of this book is that food is an avenue towards freedom. This uplifting and humanistic message is straightforward: if people can feed themselves, they can be free. In other words, if people can regain control over access to their food—how it is produced, by whom, and how it is distributed—then that can lead to a greater empowerment in all channels of life. Whether in the Amazon jungle talking with tribal elders or on rice paddies in rural Indonesia, the author engages the reader through the excitement of his journeys and the passion of his mission. Here, Petrini reports upon some of the success stories that he has observed firsthand. From Chiapas to Puglia, Morocco to North Carolina, he has witnessed the many ways different peoples have dealt with food problems. This book allows us to learn from these case studies and lays out models for the future.

L'arcuato collo dello stivale, la Basilicata, è una fisarmonica di crinali montuosi, calanchi, gravine e boschive valli. Il tacco e lo sperone della Puglia, invece, affondano i loro quasi 800 km di incantevoli spiagge, falesie e grotte tra il Mare Adriatico e il Mare Ionio - Sara Fiorillo, Autrice Lonely Planet. 35 itinerari e percorsi automobilistici. 84 feste ed eventi. 118 spiagge. Fotografie suggestive. I luoghi da non perdere. Strumenti per pianificare il viaggio. Carte chiare a due colori. La guida comprende: Pianificare il viaggio, Bari e la Terra di Bari, Foggia, i Monti Dauni, il Tavoliere e il Gargano, la Valle d'Itria, Taranto e la sua provincia, Brindisi e dintorni, Lecce e il Salento leccese, Potenza e la sua provincia, Matera e la sua provincia, Capire la Puglia e la Basilicata, Guida pratica.

From the concert stage to the dressing room, from the recording studio to the digital realm, SPIN surveys the modern musical landscape and the culture around it with authoritative reporting, provocative interviews, and a discerning critical ear. With dynamic photography, bold graphic design, and informed irreverence, the pages of SPIN pulsate with the energy of today's most innovative sounds. Whether covering what's new or what's next, SPIN is your monthly VIP pass to all that rocks.

Award-winning journalist Simran Sethi explores the history and cultural importance of our most beloved tastes, paying homage to

the ingredients that give us daily pleasure, while providing a thoughtful wake-up call to the homogenization that is threatening the diversity of our food supply. Food is one of the greatest pleasures of human life. Our response to sweet, salty, bitter, or sour is deeply personal, combining our individual biological characteristics, personal preferences, and emotional connections. Bread, Wine, Chocolate illuminates not only what it means to recognize the importance of the foods we love, but also what it means to lose them. Award-winning journalist Simran Sethi reveals how the foods we enjoy are endangered by genetic erosion—a slow and steady loss of diversity in what we grow and eat. In America today, food often looks and tastes the same, whether at a San Francisco farmers market or at a Midwestern potluck. Shockingly, 95% of the world's calories now come from only thirty species. Though supermarkets seem to be stocked with endless options, the differences between products are superficial, primarily in flavor and brand. Sethi draws on interviews with scientists, farmers, chefs, vintners, beer brewers, coffee roasters and others with firsthand knowledge of our food to reveal the multiple and interconnected reasons for this loss, and its consequences for our health, traditions, and culture. She travels to Ethiopian coffee forests, British yeast culture labs, and Ecuadorian cocoa plantations collecting fascinating stories that will inspire readers to eat more consciously and purposefully, better understand familiar and new foods, and learn what it takes to save the tastes that connect us with the world around us.

Following on from the success of the first edition, John Coveney traces our complex relationship with food and eating and our preoccupation with diet, self-discipline and food guilt. Using our current fascination with health and nutrition, he explores why our appetite for food pleasures makes us feel anxious. This up-to-date edition includes an examination of how our current obsession with body size, especially fatness, drives a national and international panic about the obesity 'epidemic'. Focusing on how our food anxieties have stemmed from social, political and religious problems in Western history, Food, Morals and Meaning looks at: the ancient Greeks' preoccupation with eating early Christianity and the conflict between the pleasures of the flesh and spirituality scientific developments in eighteenth and nineteenth century Europe and our current knowledge of food the social organization of food in the modern home, based on real interviews the obesity 'epidemic' and its association with moral degeneration. Based on the work of Michel Foucault, this fresh and updated edition explains how a rationalization food choice - so apparent in current programmes on nutrition and health - can be traced through a genealogy of historical social imperatives and moral panics. Food, Morals and Meaning is essential reading for those studying nutrition, public health, sociology of health and illness and sociology of the body.

The Trotula was the most influential compendium on women's medicine in medieval Europe. Scholarly debate has long focused on the traditional attribution of the work to the mysterious Trotula, said to have been the first female professor of medicine in eleventh- or twelfth-century Salerno, just south of Naples, then the leading center of medical learning in Europe. Yet as Monica H. Green reveals in her introduction to this first edition of the Latin text since the sixteenth century, and the first English translation of the book ever based upon a medieval form of the text, the Trotula is not a single treatise but an ensemble of three independent works, each by a different author. To varying degrees, these three works reflect the synthesis of indigenous practices of southern Italians with the new theories, practices, and medicinal substances coming out of the Arabic world. Arguing that these texts can be understood only within the intellectual and social context that produced them, Green analyzes them against the background of historical gynecological literature as well as current knowledge about women's lives in twelfth-century southern Italy. She examines the history and composition of the three works and introduces the reader to the medical culture of medieval Salerno from which they emerged. Among her findings is that the second of the three texts, "On the Treatments for Women," does derive from the work of a Salernitan woman healer named Trota. However, the other two texts—"On the Conditions of Women" and "On Women's Cosmetics"—are probably of male authorship, a fact indicating the complex gender relations surrounding the production and use of knowledge about the female body. Through an exhaustive study of the extant manuscripts of the Trotula, Green presents a critical edition of the so-called standardized Trotula ensemble, a composite form of the texts that was produced in the mid-thirteenth century and circulated widely in learned circles. The facing-page complete English translation makes the work accessible to a broad audience of readers interested in medieval history, women's studies, and premodern systems of medical thought and practice.

Strade litoranee che lasciano senza fiato, misteriosi siti preistorici e quattro milioni di pecore. La Sardegna avvince con il suo selvaggio entroterra, le spiagge meravigliose e le incantevoli peculiarità. In questa guida: attività all'aperto, le spiagge, fuori dai percorsi più battuti, la cucina sarda.

"Da sempre precevia del Mediterraneo, la Sicilia continua ad affascinare i viaggiatori con la straordinaria varietà dei paesaggi, i tesori d'arte e antichità e la ricchezza gastronomica" (Gregor

Clark, autore Lonely Planet). Esperienze straordinarie: foto suggestive, i consigli degli autori e la vera essenza dei luoghi. Personalizza il tuo viaggio: gli strumenti e gli itinerari per pianificare il viaggio che preferisci. Scelte d'autore: i luoghi più famosi e quelli meno noti per rendere unico il tuo viaggio. La cultura gastronomica; viaggiare con i bambini; arte e architettura; itinerari in auto.

"Secoli di cultura, conquiste e influenze culinarie si sovrappongono e si combinano in quest'isola affascinante in mezzo al Mediterraneo". In questa guida: architettura, itinerari in automobile, attività all'aperto, viaggiare in famiglia.

By now most of us are aware of the threats looming in the food world. The best-selling Fast Food Nation and other recent books have alerted us to such dangers as genetically modified organisms, food-borne diseases, and industrial farming. Now it is time for answers, and Slow Food Nation steps up to the challenge. Here the charismatic leader of the Slow Food movement, Carlo Petrini, outlines many different routes by which we may take back control of our food. The three central principles of the Slow Food plan are these: food must be sustainably produced in ways that are sensitive to the environment, those who produce the food must be fairly treated, and the food must be healthful and delicious. In his travels around the world as ambassador for Slow Food, Petrini has witnessed firsthand the many ways that native peoples are feeding themselves without making use of the harmful methods of the industrial complex. He relates the wisdom to be gleaned from local cultures in such varied places as Mongolia, Chiapas, Sri Lanka, and Puglia. Amidst our crisis, it is critical that Americans look for insight from other cultures around the world and begin to build a new and better way of eating in our communities here.

The first comprehensive study of the dominant form of solo singing in Renaissance Italy prior to the mid-sixteenth century.

Names in Focus delves deep into the vast field of Finnish onomastics, covering place names, personal names, animal names, commercial names and names in literature. It provides the history and current trends in this area of research, and also supplements international terminology with the Finnish point of view on the subject. Brimming with examples and clear explanations, the book can be enjoyed by the most studious of researchers as well as the casual reader who has a genuine interest in the study of names.

In recent years, a growing emphasis has been placed on tourism experiences and attractions related to food. In many cases eating out while on holiday includes the 'consumption' of a local heritage, comparable to what is experienced when visiting historical sites and museums. Despite this increasing attention, however, systematic research on the subject has been nearly absent. Tourism and Gastronomy addresses this by drawing together a group of international experts in order to develop a better understanding of the role, development and future of gastronomy and culinary heritage in tourism. Students and researchers in the areas of tourism, heritage, hospitality, hotel management and catering will find this book an extremely valuable source of information.

◆Should feminists clone?◆◆What do neurons think about?◆

◆How can we learn from bacterial writing?◆ These provocative questions have haunted neuroscientist and molecular biologist Deboleena Roy since her early days of research when she was conducting experiments on an in vitro cell line using molecular biology techniques. An expert natural scientist as well as an intrepid feminist theorist, Roy takes seriously the expressive capabilities of biological ◆objects◆◆such as bacteria and other human, non-human, organic, and inorganic actants◆in order to better understand processes of becoming. She also suggests that renewed interest in matter and materiality in feminist theory must be accompanied by new feminist approaches that work with the everyday, nitty-gritty research methods and techniques in the natural sciences. By practicing science as feminism at the lab bench, Roy creates an interdisciplinary conversation between molecular biology, Deleuzian philosophies, science and technology studies, feminist theory, posthumanism, and postcolonial and decolonial studies. In Molecular Feminisms she brings insights from feminist and cultural theory together with lessons learned from the capabilities and techniques of bacteria, subcloning, and synthetic biology to offer tools for how we might approach nature anew. In the process she demonstrates that learning how to see the world around us is also always about learning how to encounter that world.

From the scientific and industrial revolution to the present day, food - an essential element of life - has been progressively transformed into a private, transnational, mono-dimensional commodity of mass consumption for a global market. But over the last decade there has been an increased recognition that this can be challenged and reconceptualized if food is regarded and enacted as a commons. This Handbook provides the first comprehensive review and synthesis of knowledge and new thinking on how food and food systems can be thought, interpreted and practiced around the old/new paradigms of commons and commoning. The overall aim is to investigate the multiple constraints that occur within and sustain the dominant food and nutrition regime and to explore how it can change when different elements of the current food systems are explored and re-imagined from a commons perspective. Chapters do not define the notion of commons but en-

gage with different schools of thought: the economic approach, based on rivalry and excludability; the political approach, recognizing the plurality of social constructions and incorporating epistemologies from the South; the legal approach that describes three types of proprietary regimes (private, public and collective) and different layers of entitlement (bundles of rights); and the radical-activist approach that considers the commons as the most sub-

versive, coherent and history-rooted alternative to the dominant neoliberal narrative. These schools have different and rather diverging epistemologies, vocabularies, ideological stances and policy proposals to deal with the construction of food systems, their governance, the distributive implications and the socio-ecological impact on Nature and Society. The book sparks the debate on food as a commons between and within disciplines, with particular

attention to spaces of resistance (food sovereignty, de-growth, open knowledge, transition town, occupations, bottom-up social innovations) and organizational scales (local food, national policies, South-South collaborations, international governance and multi-national agreements). Overall, it shows the consequences of a shift to the alternative paradigm of food as a commons in terms of food, the planet and living beings.