



Bringing Food Home: The Maine Example

Merry Stetson Hall

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BRINGING FOOD HOME: THE MAINE EXAMPLE introduces its readers to a whole new paradigm: “Your farmer is an important professional in your life!” It weaves together the narrative derived from about 100 interviews with Maine’s farmers, gardeners, fisherfolk, and local food advocates. The picture that emerges reveals how small family farming in Maine has developed into an integrated ecological, economic, educational, political, philosophical, and community building phenomenon. It shows how the local food community can help to bring healing to the earth, healthful food to our tables, sanity to our economics, sustainable prosperity to our communities, and a peaceable lifestyle to humanity. It celebrates family farmers, locavores, and the support community that is springing up around local agriculture in Maine. These people form a grassroots local food network that is beginning to flourish in Maine. Together, they are regenerating authentic community.

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