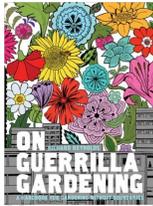
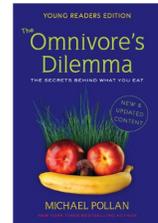


Middle and High School Book and Movie Recommendation

The Omnivore's Dilemma: The Secrets Behind What You Eat (Young Readers Edition)

by Michael Pollan

Based on Pollan's best-selling adult book of the same title, this (slightly) shortened version will appeal to thoughtful, socially responsible young adults.



On Guerrilla Gardening

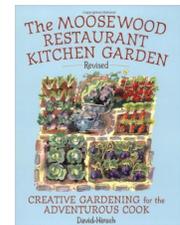
By Richard Reynolds

Calling up images of Mao Tse-tung and Che Guevara, Reynolds advocates for the guerrilla gardening movement with a handbook exhibiting an inquisitive nature, social concern, and an international perspective.

Moosewood Restaurant Kitchen Garden

By David Hirsch

In what is called "a gardening book for cooks and a cookbook for gardeners," Hirsch offers brief seed-starting instructions, cultural requirements, harvesting instructions, garden design plans, and culinary tips for a variety of vegetables and herbs. He also includes general gardening techniques, insect control, and recipes from the Moosewood kitchens.



Essential Gardening for Teens

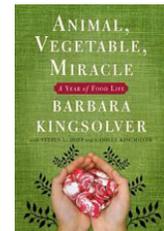
By Ruth Chasek

Readers are given the basics and are then encouraged to get more information from seed packets, other gardening books, and a local garden center. This attitude gives teens ownership of the process and shows respect for whatever potential readers may have.

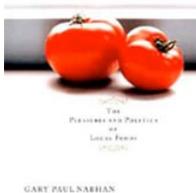
Animal, Vegetable, Miracle

By: Barbara Kingsolver

This book chronicles the year that Barbara Kingsolver, along with her husband and two daughters, made a commitment to become locavores—those who eat only locally grown foods.



Coming Home to Eat



Coming Home to Eat

By: Gary Paul Nabhan

Nabhan, a subsistence hunter, ethnobiologist, and activist devoted to recovering lost food traditions, gave himself a task: to spend a year trying to eat foods grown, fished, or gathered within 250 miles of his Arizona home. His book, both personal document and political screed, details this experiment from the moment Nabhan purges his kitchen of canned and other processed foods to a final food-gathering pilgrimage.

The American Way of Eating: Undercover at Walmart, Applebee's, Farm Fields and the Dinner Table

By: Tracie McMillan

In making the simple case that—city or country, rich or poor—everyone wants good food, McMillan guarantees that talking about dinner will never be the same again.

Documentaries



Although there are endless opportunities to learn within the garden, the lessons learned don't stop there! There are many opportunities to connect the concrete experience of growing food to local, national, or

global issues which may inspire and engage your students in new ways. Use this list of documentaries and movies to engage your students beyond the garden.

Short Videos

- [Ron Finley](#): A guerilla gardener in South Central LA.
- [Stephen Ritz](#): A teacher going green in the South Bronx.
- [Ann Cooper](#): Lunch Lessons: Changing the way we feed our children.
- [LaDonna Redmond](#): Food + Justice = Democracy.
- [Birke Baehr](#): What's wrong with our Food System.
- [PBS](#): Urban Farming

Documentaries

- [The Garden](#)
- [Killer at Large](#)
- [Whats on Your Plate?](#)
- [Forks Over Knives](#)
- [Food Inc.](#)
- [Super Size Me](#)
- [Food Matters](#)
- [King Corn](#)
- [Food Fight](#)
- [Dirt: The Movie](#)
- [Fresh](#)
- [Fast Food Nation](#)
- [The Future of Food](#)
- [Ingredients](#)
- [Farmageddon](#)
- [The Harvest](#)
- [Dive!](#)
- [Food Beware](#)
- [Hungry For Change](#)