



*Water flows and falls.  
Sun shines on all.  
Air breathes and blows.  
Land grounds.  
With a seed, they grow life.*

## **Commoning Food Sovereignty Workbook**

### **Chapter One: Introduction**

We all have eating food in common. Food keeps us alive, growing, becoming. It brings pleasure, relationships, creativity, celebrations, sharing, remembering loved ones, and connecting with the sacred.

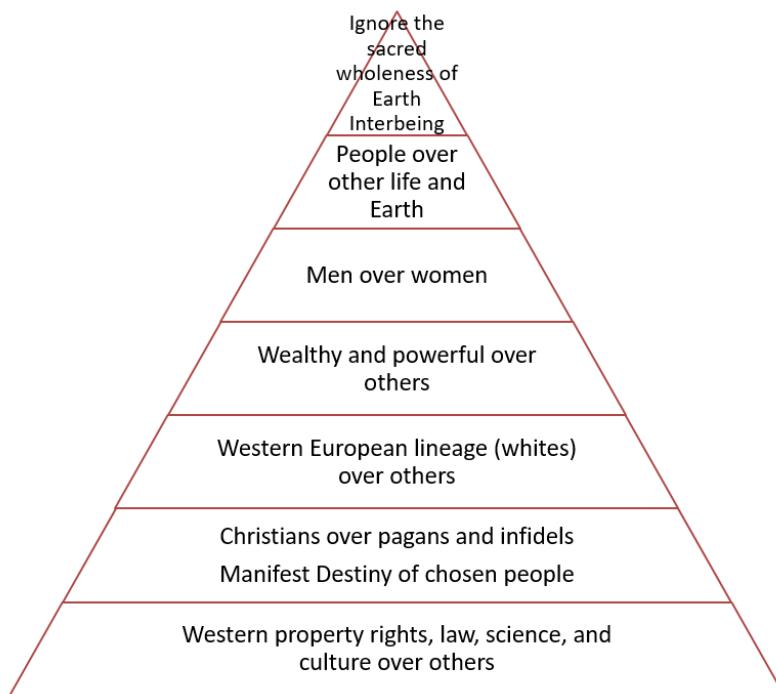
Our food comes from the mysteries of seeds, Earth, water, sun, and air. Our bodies know how to absorb nutrients from what we eat and then deliver them to cells of different body systems that interact and interconnect with each other and even bring forth babies. All life depends upon food and these incomprehensible life systems.

Yet, we take food so for granted that we do not remember its nature. We participate in a very complicated food web and depend upon other life for our own. The ways we obtain the food we need from other life we call our food system.

Domestication of food started some 12,000 years ago. Before that, everyone hunted and gathered food from the land and waters. Managing the landscape for food production by people and our distant ancestors goes back 2.5 million years. To survive, our ancestors deeply understood the interrelationships of life and the Earth. Fast forward to today, we have grocery stores, the last stop on a long and sprawling global corporate food system that ignores its impacts upon people, life, and the Earth, blinded by its singular focus on profit. We got kicked out of the garden and into Walmart.

The direction of the current global corporate food system causes the need for *the Commoning Food Sovereignty Workbook*, written for people wanting to transform our food system, people who want their community to survive the great harms the global corporate food system inflicts on people,

other life, and the Earth. We need a sustainable food system, one that meets the needs of the hungry, protects the right to grow food, preserves cultural diversity, and restores our wholeness with the Earth and all life. Throughout this workbook, we will highlight the deep changes needed in our Western beliefs and views for a commoned food system to emerge, a transformation already in process, which local examples will highlight.



I write from the perspective of a white Western colonialist privileged woman. This workbook will focus on decentering the Western hierarchy (see figure), definitely, for me, a work in progress

May this workbook spark creative insights into how we can collectively grow a fair, equitable, and diverse food system that cares for all life and the Earth. The workbook does not prescribe what we must do but rather serves as a signpost to survivability of all life and the Earth systems which make life possible. At the end of the day, we have so much in common.

### Questions for readers to consider

1. How would you describe your relationship with food?
2. Look at the food on your plate at your next meal. Who grew these foods? Where were they grown? How were they grown? What chemicals were used on the food? How were the animals cared for? Were the workers who provided you the food treated fairly?
3. Do you believe the saying, "You are what you eat"? Why or why not?

### Commoning Food Sovereignty Workbook

#### Upcoming Chapters

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|---|--|
| Chapter 1: Introduction                 | Chapter 9: Decentering                 |
| Chapter 2: Relationships with Food      | Chapter 10: Right to Grow              |
| Chapter 3: Global Corporate Food System | Chapter 11: Food Sovereignty           |
| Chapter 4: Food as a Commons            | Chapter 12: Appropriate Technologies   |
| Chapter 5: Food for All                 | Chapter 13: Gardening                  |
| Chapter 6: Omnicide                     | Chapter 14: Commoning Food Sovereignty |
| Chapter 7. Wholeness                    | Chapter 15: Place                      |
| Chapter 8: Land and Water               |  |