



Hope's Edge: The Next Diet for a Small Planet

By Frances Moore Lappe, Anna Lappe

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Thirty years ago, Frances Moore Lappé started a revolution in the way Americans think about food and hunger. Now Frances and her daughter, Anna, pick up where *Diet for a Small Planet* left off. Together they set out on an around-the-world journey to explore the greatest challenges we face in the new millennium. Traveling to Asia, Africa, Latin America, and Europe, they discovered answers to one of the most urgent issues of our time: whether we can transcend the rampant consumerism and capitalism to find the paths that each of us can follow to heal our lives as well as the planet.

Featuring nearly seventy recipes from celebrated vegetarian culinary pioneers—including Alice Waters, Mollie Katzen, Laurel Robertson, Nora Pouillon, and Anna Thomas—*Hope's Edge* highlights true trailblazers engaged in social, environmental, and economic transformations.

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Hope's Edge: The Next Diet for a Small Planet By Frances Moore Lappe, Anna Lappe Bibliography

- Sales Rank: #317030 in Books
- Published on: 2003-04-28
- Released on: 2003-04-28
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x 1.30" w x 6.00" l, 1.08 pounds
- Binding: Paperback
- 464 pages

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Editorial Review

Amazon.com Review

Thirty years after Frances Lappe's *Diet for a Small Planet* changed eating habits around the world, she and her daughter Anna bring us a new round of iconoclastic recommendations that break overwhelming issues down to a simple matter of personal choice. *Hope's Edge* presents many of the same issues of the original title, but it also provides a wealth of new discoveries and possibilities in this era of genetically engineered foods, worldwide famine, and growing rates of obesity-related health issues.

Beyond discussing a wide range of reasons to become a vegetarian (and that means no fish or chicken either, folks), the authors introduce you to a number of individual reasons for hope--Bob, the Wisconsin cheese maker; Jean-Yves, the farmer from Brittany who created the Sustainable Agriculture Network; and Muhammad Yunus, who has changed the lives of countless living in poverty with his remarkable microcredit programs. Along with these stories and the theories they're based on, you'll also find luscious recipes calling for grains, fruits, vegetables, and a handful of dairy products that will delight your taste buds *and* your conscience.

The Lappes firmly believe that the choices of low-level consumers have the potential to make positive changes, both in the world economy and in our physical health. By eating a vegetarian diet, shopping with care, and cooking with love, we might all brighten our future tremendously. --*Jill Lightner*

From Publishers Weekly

Thirty years ago, Frances Moore Lappe's groundbreaking *Diet for a Small Planet* challenged Western assumptions about hunger. Lappe was the first to argue systematically for the rejection of meat-based eating and cultivation in favor of a system where "corn becomes filet mignon" and eating lower on the food chain (i.e. more grains and vegetables) is crucial the key to ending worldwide hunger, since non-meat proteins are much more efficient and sustainable to produce. Her new book, co-written with her daughter, comes into a world still grappling with the problem. Describing their journeys through Brazil, Pakistan, Holland and the U.S., the Lappes continue to question the economic status quo as well as discuss the way different countries handle food production in times of scarcity and plenty. By focusing on their individual journeys and choices, the Lappes bring intellectual concepts to a personal level, and in doing so, challenge us to do the same. What we eat directly, they argue, connects us to the earth and people around the globe. "Food has a unique power," Lappe writes. "With food as a starting point we can choose to meet people and to encounter events so powerful that they jar us out of our ordinary way of seeing the world, and open us to new, uplifting and empowering possibilities. They call us to travel 'hope's edge.'" Recommended for those interested in a better understanding of the world hunger crisis and personal ways to make a difference and for healthy cooks too: a recipe section features delicious vegetarian, organic and whole-foods dishes from celebrated restaurants such as Chez Panisse and Angelica Kitchen. (Feb.1)Forecast: The first *Diet* was a foundational book for modern vegetarianism, finally providing a thoroughly argued rationale that did not rely on the cruelty-to-animals argument. Many boomers will pick up the new edition to see that argument updated for the era of globalism, and younger browsers will recognize the authors from their parents' battered copies. Expect strong, steady sales.

From Library Journal

Frances Moore Lapp is the well-known author of *Diet for a Small Planet* (1973), a manifesto of global food politics. For this follow-up, she and daughter Anna unblinkingly document an international journey they undertook to see how things stand nearly 30 years later (unfortunately, not too well). In nine countries, the Lapps meet and talk with prodemocracy organizers, farmers, villagers, educators, and other people working to create life outside of corporate globalization. Some of their stories from Bangladesh, Kenya, India, and elsewhere are terrifying, but they never lose their nerve. Tough-minded but optimistic, they capture the ills of genetic engineering, pesticides, and corporate concentration, as well as successful efforts by local people to restore their dignity and interconnection to life. The main focus is food (recipes from vegetarian, organic, and whole-foods advocates are included), but it quickly becomes obvious that for the Lapps eating well and responsibly means living the same way, with true democracy for all. An extensive bibliography of sources and contact organizations is provided. Essential for all public and academic libraries. Karen Munro, Univ. of British Columbia

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Users Review

From reader reviews:

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