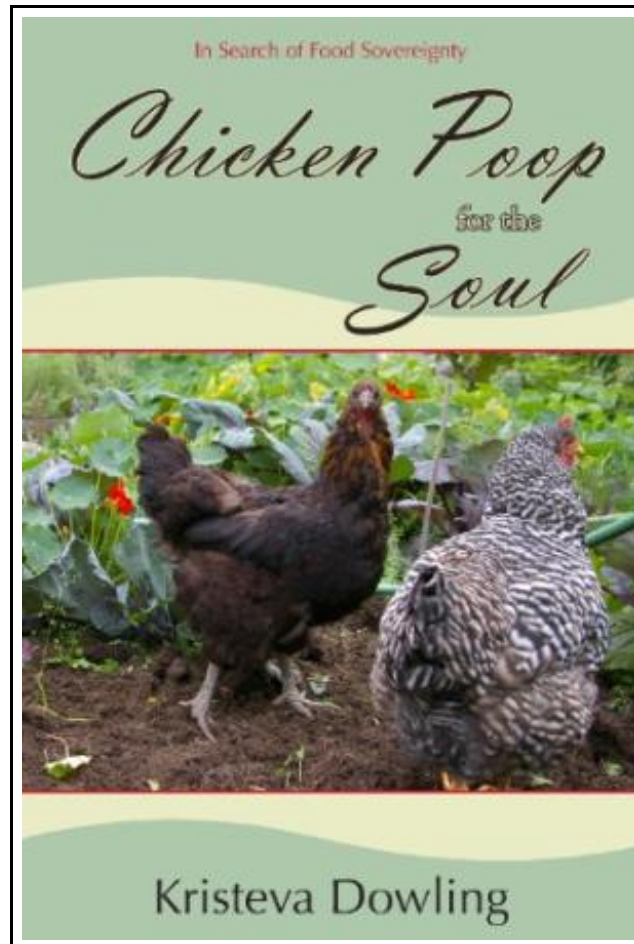


## Chicken Poop for the Soul: In Search of Food Sovereignty



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Caitlin Press. Paperback. Book Condition: new. BRAND NEW, Chicken Poop for the Soul: In Search of Food Sovereignty, Kristeva Dowling, Food sovereignty goes beyond addressing the need to secure a daily food source. Food sovereignty means having the right to determine where your food comes from and how it is produced. In 2008, alarmed by the impact agro-business was having on Canadian food quality and security, Kristeva Dowling decided to take control of her own food source. In an attempt to achieve 100 percent self-sufficiency on her small holding in BC's Bella Coola Valley, she ploughed under her land, converted her garage to an intensive care unit for chickens and learned to hunt, fish, gather and preserve her own food. In the tradition of the "back-to-the-landers" of the '60s, Dowling sheds the habits of her urban life and, with no agricultural background, begins an emotional and political journey towards independence. Dowling's story is a witty, humorous and often bizarre journey of trial and error. Between rendering maple syrup, mothering baby chicks, canning hundreds of pounds of preserves, tracking wild game and growing her own wheat, Dowling finds time to reflect on her new-found tangible skills, her intangible problems and the politics and legislative barriers that face BC's small farming community. This book is about a common dream: to leave the city and return to a simpler life. It is a story of success, failure and determination, which is guaranteed to make you laugh, shake your head in disbelief and get damned angry.



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