

## ***Confessions of an Eco-Sinner: Tracking Down the Sources of My Stuff***

by [Fred Pearce](#)

Where does everything in our daily lives come from? The clothes on our backs, the computers on our desks, the cabinets in our kitchens, and the food behind their doors? Under what conditions—environmental and social—are they harvested or manufactured? Veteran science journalist Fred Pearce set off to find out, and the resulting 100,000-mile journey took him to the end of his street and across the planet to more than twenty countries.

Pearce deftly shows us the hidden worlds that sustain a Western lifestyle, and he does it by examining the sources of everything in his own life; as an ordinary citizen of the Western world, he, like all of us, is an "eco-sinner."

In *Confessions of an Eco-Sinner*, Pearce surveys his home and then launches on a global tour to track down, among other things, the Tanzanians who grow and harvest his fair-trade coffee (which isn't as fair as one might hope), the Central American plantations that grow his daily banana (a treat that may disappear forever), the women in the Bangladeshi sweatshops who sew his jeans, the Chinese factory cities where the world's computers are made, and the African afterlife for old cell phones. It's a fascinating portrait, by turns sobering and hopeful, of the effects the world's more than 6 billion inhabitants—all eating, consuming, making-have on our planet, and of the working and living conditions of the people who produce most of these goods.

## ***Fair Food: Growing a Healthy, Sustainable Food System for All***

by [Oran B. Hesterman](#)

A host of books and films in recent years have documented the dangers of our current food system, from chemical runoff to soaring rates of diet-related illness to inhumane treatment of workers and animals. But advice on what to do about it largely begins and ends with the admonition to "eat local" or "eat organic."

*Fair Food* is an enlightening and inspiring guide to changing not only what we eat, but how food is grown, packaged, delivered, marketed, and sold. Oran B. Hesterman shows how our system's dysfunctions are unintended consequences of our emphasis on efficiency, centralization, higher yields, profit, and convenience—and defines the new principles, as well as the concrete steps, necessary to restructuring it. Along the way, he introduces people and organizations across the country who are already doing this work in a number of creative ways, from bringing fresh food to inner cities to fighting for farm workers' rights to putting cows back on the pastures where they belong. He provides a wealth of practical information for readers who want to get more involved.

## ***High-Impact, Low-Carbon Gardening: 1001 Ways to Garden Sustainably***

by [Alice Bowe](#)

The environmental benefits of gardens are well-known: trees and plants capture carbon emissions, help to moderate the urban climate, promote health and well being, and help reduce energy consumption. But some garden practices are downright damaging, like using leaf blowers and other power tools, installing impermeable paving, and choosing plants that require excessive water or artificial fertilizers.

*High-Impact, Low-Carbon Gardening* is a one-stop reference for making a garden more green. From simple actions like composting household waste, installing a water barrel, or eliminating pesticides to more long-term investments like choosing permeable, locally sourced paving, and planting the most water-wise plants, there are hundreds of large and small choices home gardeners can make to reduce the environmental impact of designing, planting, and tending a garden.

*High-Impact, Low-Carbon Gardening* goes beyond organics and compost and gives serious gardeners all the information they need to make their garden truly green.