CONTENTS

List	of Illustrations	vii
Pref	ace Paul Collinson, Iain Young, Lucy Antal and Helen Macbeth	ix
Introduction. Food and Sustainability in the Twenty-First Century Paul Collinson, Iain Young, Lucy Antal and Helen Macbeth		1
1.	Towards a Cross-Disciplinary Approach to Food and Sustainability in the Twenty-First Century Iain Young, Paul Collinson, Lucy Antal and Helen Macbeth	11
2.	Food Insecurity and Sustainability in Sub-Saharan Africa Paul Collinson	33
3.	From Healthy to Sustainable: Transforming the Concept of the Mediterranean Diet from Health to Sustainability through Culture <i>F. Xavier Medina</i>	57
4.	Cultures of Sustainability in the Anthropocene: Understanding Organic Food in Palermo <i>Giovanni Orlando</i>	71
5.	Wild Phytogenetic Resources for Food in the Barranca del Río Santiago, Mexico: A First Approach to Sustainability Martín Tena Meza, Rafael M. Navarro-Cerrillo, Ricardo Ávila Palafox and Raymundo Villavicencio García	83
6.	Farm Urban and Urban Aquaponics: Changing Perceptions in Classrooms and Communities <i>Iain Young</i>	103
7.	'Dig for Sustainability' in the Twenty-First Century: Allotments, Gardens and Television <i>Helen Macbeth</i>	113
	Food and Sustainability in the Twenty-First Century	

Edited by Paul Collinson, lain Young, Lucy Antal, and Helen Macbeth https://www.berghahnbooks.com/title/CollinsonSustainability Not for resale

8. Food and Sustainability in the Twenty-First Century: How Places in the UK Are Working to Meet this Challenge Lucy Antal	127
9. Food and the Problem of Uncertainty – Refugees and the Sense of Sustainability: The Case of Karen Farmers Returning to Their Villages from Refugee Camps along the Thai–Burmese Border <i>Peter Kaiser</i>	143
10. In Praise of a Fermented Bread: An Ethiopian Recipe for Frugal Sustainability Valentina Peveri	157
11. The Indian 'Meat Dilemma': Malnutrition, Social Hierarchy and Ecological Sustainability Michaël Bruckert	173
12. Eating Outside the Home: Food Practices as a Consequence of Economic Crisis in Spain Mabel Gracia-Arnaiz	185
13. First Steps in Developing a Food Waste Management Strategy in a UK Higher Education Institution: The University of Liverpool Case Study Nick Doran and Iain Young	197
14. The Demand for Sustainable Ways of Dealing with Waste from Agriculture and Aquaculture <i>Iain Young</i>	209
Index	