

Unprocessed: My City-Dwelling Year of Reclaiming Real Food

By Megan Kimble

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In the tradition of Michael Pollan's bestselling *In Defense of Food* comes this remarkable chronicle, from a founding editor of *Edible Baja Arizona*, of a young woman's year-long journey of eating only whole, unprocessed foods—intertwined with a journalistic exploration of what "unprocessed" really means, why it matters, and how to afford it.

In January of 2012, Megan Kimble was a twenty-six-year-old living in a small apartment without even a garden plot to her name. But she cared about where food came from, how it was made, and what it did to her body: so she decided to go an entire year without eating processed foods. *Unprocessed* is the narrative of Megan's extraordinary year, in which she milled wheat, extracted salt from the sea, milked a goat, slaughtered a sheep, and more—all while earning an income that fell well below the federal poverty line.

What makes a food processed? As Megan would soon realize, the answer to that question went far beyond cutting out snacks and sodas, and became a fascinating journey through America's food system, past and present. She learned how wheat became white; how fresh produce was globalized and animals industrialized. But she also discovered that in daily life, as she attempted to balance her project with a normal social life—which included dating—the question of what made a food processed was inextricably tied to gender and economy, politics and money, work and play.

Backed by extensive research and wide-ranging interviews—and including tips on how to ditch processed food and transition to a real-food lifestyle—*Unprocessed* offers provocative insights not only on the process of food, but also the processes that shape our habits, communities, and day-to-day lives.

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Editorial Review

Review
“Part *Fast Food Nation*, part *Eat Pray Love*, it’s perfect for a flight or train ride.” (Self)

“*Unprocessed* is a beautifully written and refreshingly honest look at the sticky business of making ethical and responsible food choices in our current food landscape.” (Bon Appétit)

“In grappling with these personal, day-to-day decisions, Kimble makes a thoughtful contribution to the greater conversation about how we go about changing the food system.” (Sierra Club)

“In Megan’s thorough and lively search for a diet of real food, she delivers an important lesson in the processes that have led us away from our old nourishing ways. A meaningful and timely tale.” (Tamar Adler, author of *An Everlasting Meal: Cooking with Economy and Grace* and contributing writer to the *New York Times Magazine*)

“An important book for all of us who live and breathe and eat in America. I thought I knew this material, but I couldn’t put the book down and I came away from it recharged and better informed . . . fresh and smart, but also wise.” (Deborah Madison, author of *Vegetable Literacy* and *The New Vegetarian Cooking for Everyone*)

“Megan Kimble is the freshest voice in literary food writing since Dan Barber and Tamar Adler . . a stunning debut by a perceptive observer of how food systems actually work . . . in disarmingly graceful prose that will stay in your memory for years to come.” (Gary Paul Nabhan, author of the award-winning *Growing Food in a Hotter Drier Land* and *Coming Home to Eat*)

“*Unprocessed* should be required reading for every American eater. In this engrossing tale, Kimble lets us tag along as she processes our flawed food system and unprocesses her kitchen. Kimble’s candor and can-do spirit empower and inspire.” (Jonathan Bloom, author of *American Wasteland*)

“I love how Megan effortlessly intertwines her story with all that she learned about the food we eat and how it’s processed . . . a refreshingly simple approach on where to draw the line.” (Lisa Leake, #1 *New York Times* bestselling author of *100 Days of Real Food*)

“A very personal and honest report of her year-long effort . . . and many practical tips for improving our ways of eating without spending a fortune. An engaging read with valuable information.” (Andrew Weil, M.D., bestselling author of *True Food: Seasonal, Sustainable, Simple, Pure*)

“[Megan Kimble]...has covered poverty and food justice issues, informal food economies, food bank innovations, and roadside stands with equal insight and grace... this extraordinary writer...has taken risks wherever she has gone, and created gems along the way.” (Gary Paul Nabhan, PhD., W.K. Kellogg Endowed Chair in Sustainable Food Systems, University of Arizona, The New York Times-contributor and author of 12 food history and culture books)

“The book is full of fresh insights about the way communities are tied to food systems.” (High Country News)

From the Back Cover

Megan Kimble was a twenty-six-year-old living in a small apartment without even a garden plot to her name. But she knew that she cared about where her food came from, how it was made, and what it did to her body—so she decided to go an entire year without eating processed foods. *Unprocessed* is the narrative of Megan's extraordinary year, in which she milled wheat, extracted salt from the sea, milked a goat, slaughtered a sheep, and more—all while she was a busy, broke city-dweller.

What makes a food processed? The answer to that question went far beyond cutting out snacks and sodas, and led to a fascinating journey through America's food system, past and present. Megan learned how wheat became white, how fresh produce was globalized, and how animals were industrialized. But she also discovered that in daily life—conjuring meals while balancing a job, social life, and even dating—our edible futures are inextricably tied to gender and economy, politics and money, work and play.

Backed by extensive research and wide-ranging interviews, and including tips on how to ditch processed food and transition to a real-food lifestyle, *Unprocessed* offers provocative insights not only on the process of food but also the processes that shape our habits, communities, and day-to-day lives.

About the Author

Megan Kimble is a food writer living in Tucson, Arizona, where she works as the managing editor of *Edible Baja Arizona*, a local-foods magazine serving Tucson and the borderlands. She is a regular contributor to the *Los Angeles Times* and serves on the leadership council of the Pima County Food Alliance. She earned her MFA from the University of Arizona and works with the university's Southwest Center to promote food access and justice.

Users Review

From reader reviews:

Delores Nault:

Information is provisions for people to get better life, information presently can get by anyone from everywhere. The information can be a understanding or any news even a problem. What people must be consider whenever those information which is inside former life are difficult to be find than now is taking seriously which one is appropriate to believe or which one the actual resource are convinced. If you receive the unstable resource then you obtain it as your main information there will be huge disadvantage for you. All of those possibilities will not happen with you if you take Unprocessed: My City-Dwelling Year of Reclaiming Real Food as your daily resource information.

Christine Erhart:

Unprocessed: My City-Dwelling Year of Reclaiming Real Food can be one of your beginner books that are good idea. We all recommend that straight away because this e-book has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to set every word into joy arrangement in writing Unprocessed: My City-Dwelling Year of Reclaiming Real Food although doesn't forget the main position, giving the reader the hottest and also based confirm resource information that maybe you can be certainly

one of it. This great information could drawn you into completely new stage of crucial thinking.

Jeff Jaco:

Many people spending their time frame by playing outside having friends, fun activity with family or just watching TV all day every day. You can have new activity to enjoy your whole day by looking at a book. Ugh, think reading a book can actually hard because you have to bring the book everywhere? It ok you can have the e-book, taking everywhere you want in your Cell phone. Like Unprocessed: My City-Dwelling Year of Reclaiming Real Food which is obtaining the e-book version. So , why not try out this book? Let's find.

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