Inspirational Quotes

Advance preparation:
Print the following quotes. Cut each one along the dotted line so they are in individual strips.

Activity:
As a group, stand in a circle. Give each person a quote. Taking turns going around the circle and invite each person to read their quote out loud to the rest of the group. Once all the quotes have been read, tape them up on the wall somewhere prominently in the room.

“Eating is an agricultural act.” – Wendell Berry

“Without good farming there can be no good food; and without good food there can be no good life.” – Alice Waters

“Nowadays we teach our kids about sex in school but we don’t teach them how to garden. Kids already know how to have sex, we need to teach them how to grow food.” – Loretta Lynn

“It is in the garden that we get down on our hands and knees and feel the soil draw us into an understanding of the inter-relationships between all living things...It seems to me that the garden is the only practical way for urban societies to come in close contact with the basic realities of life, and if that contact is not close, it is not meaningful at all.” – Gene Logsdon

“It is not only for what we do that we are held responsible, but also for what we do not do.” – Moliere
“Everybody can be great. Because everybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You don’t have to know about Plato and Aristotle to serve. You don’t have to know Einstein’s theory of relativity to serve. You don’t have to know the second law of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.” - Martin Luther King Jr.

“Humanity has eaten more than 80,000 plant species through its evolution...we now rely on just eight crops to provide 75 percent of the world’s food.” - Vandana Shiva

“In essence, to re-localize the food supply nationally would be like replacing cars with skate-boards and telling everyone to use the highway.” - James E. McWilliams

“Gardening, as compared to lawn care, tutors us in nature’s ways, fostering an ethic of give-and-take with respect to the land. Gardens instruct us on the peculiarities of place. They lessen our dependence on distant sources of energy, technology, food, and, for that matter, interest. For if lawn mowing feels like copying the same sentence over and over, gardening is like writing out new ones, an infinitely variable process of invention and discovery. Gardens also teach the necessary if un-American lesson that nature and culture can be compromised, that there might be some middle ground between the lawn and the forest—between those who would complete the conquest of the planet in the name of progress, and those who believe it’s time we abdicated our rule and left the earth in the care of its more innocent species. The garden suggests that there might be a place where we can meet nature halfway.” - Michael Pollan

“What we eat has changed more in the last 40 years than in the previous 40,000. The survival of the current food system depends upon widespread ignorance of how it really operates.” - Eric Schlosser