



## Farming While Black

Soul Fire Farm's Practical Guide  
to Liberation on the Land

Leah Penniman

foreword by *Karen Washington*

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Full-color photographs and illustrations throughout

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“ Racism is built into the DNA of the U.S. food system.”

—LEAH PENNIMAN

**L**eah Penniman, author, activist, and farmer, is committed to ending racism and injustice in our food system. She and her team at Soul Fire Farm in upstate New York are working to increase farmland stewardship by people of color, promote equity in food access, and train the next generation of activist farmers. Her debut book, *Farming While Black*, extends these efforts by offering the first comprehensive manual for African-heritage people ready to reclaim their rightful place of dignified agency in the food system, with a concise “how-to” for all aspects of small-scale farming.

This highly anticipated book that converges timely topics of race, land use, and organic farming has people talking. “The people from Soul Fire Farm. . . are expressing a higher civilization than the one I live in every day,” says CNN host Van Jones. “I would have to listen to them talk for a couple weeks before I could begin to catch up to where they are.” And Therese Nelson, chef, writer, and steward of Black Culinary History, gave her early endorsement: “I am so in love with Leah. I have been fangirling over her genius for years.”

Penniman has received national media attention from NPR, *The Guardian*, *Yes!*, *Civil Eats*, and numerous others. She is a sought-after speaker with more than a dozen events confirmed for 2018/2019 and 30+ invitations from universities, conferences, and activist groups waiting in the wings. Add on to that the support of influentials like Mark Bittman, Anna Lappe, and food justice activist Karen Washington (foreword author) and this book, with Penniman’s work at the forefront, has the energy of a movement.

Find out more about Leah Penniman at [www.soulfirefarm.org](http://www.soulfirefarm.org). We encourage you to assign coverage of this influential author and inspiring book this November and will be back in touch soon to follow up.



**Leah Penniman** is a Black Kreyol farmer who has been tending the soil for twenty years and organizing for an anti-racist food system for fifteen years. She currently serves as founding co-executive director of Soul Fire Farm in Grafton, New York, a people-of-color led project that works to dismantle racism in the food system through a low cost fresh food delivery service for people living under food apartheid, training programs for Black, Latinx, and Indigenous aspiring farmer-activists, Uprooting Racism training for food justice leaders, and other initiatives. She has dedicated her life’s work to racial justice in the food system and has been recognized with numerous awards.

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