

# CouRaGeouS Cuentos: A Journal of Counternarratives

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Volume 5 *CouRaGeouS Cuentos: A Journal of Counternarratives*

Article 45

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2022

## Reclaiming our Food System

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### Recommended Citation

Martinez, Jay (2022) "Reclaiming our Food System," *CouRaGeouS Cuentos: A Journal of Counternarratives*: Vol. 5, Article 45.

Available at: <https://digitalcommons.humboldt.edu/courageouscuentos/vol5/iss1/45>



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## Reclaiming our Food System

By Jay Martinez

**Victoria Arana** is a transfer student at UC Davis majoring in Sustainable Agriculture and Food Systems and minoring in Community Development. Before moving up to Davis, Victoria worked on an urban farm in East Los Angeles as well as the Los Angeles Community Garden Council, actively working to bring healthy, whole food to her community and the city. She is a large advocate for food sovereignty, defined as “the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods.” She currently works for Yolo Farm to Fork, a non-profit based out of Yolo County that brings the farm-to-table community food system to the youth. The mission of Yolo Farm to Fork is to bring together farmers, families, individuals, and communities to focus on the benefits of making healthy life choices including eating fresh and locally grown food. Students work with staff in the garden participating in experiments and lessons that teach them what it takes to bring food to their table, community-building skills, and lessons of stewardship of the land. It is important to note that much of Yolo Farm to Fork caters to farm working communities, historically disadvantaged and low opportunity areas that are paying the external consequences of our industrialized agriculture system such as polluted water, air, and lack of access to food. She mentions that it is important to envision us, Latinx’s, in roles that are almost always held by the oppressor, by the farmer, and not the farmworker. In this country, less than 3% of rural agricultural land is owned by Latinxs. Unless we force ourselves into these spaces and advocate for an unconsolidated and equitable food system, our people will forever face the brunt of the hit. The intentional and forced disconnection to our food system has allowed for the inhumane treatment of agricultural workers and it takes the community to save the community.

