

Contents

Introduction	1
GROW: VISIONS OF DEFIANT GARDENING	7
1 Narrating Resistance	7
2 Projecting Resilience	24
EAT: NARRATING VEGAN FOOD JUSTICE	38
3 Decolonizing Veganism	38
4 Visceralizing Food Justice	51
Afterword: Toward Real Food Utopias	62
References	66