



**INGREDIENTS: WHO'S YOUR FARMER?
(60' OR 90') in HD**

INGREDIENTS empowers and sparks the joy of discovery in creating a healthier, more sustainable model for living and eating well in a world in need of balance.

At the focal point of this movement, and of this film, are the farmers and chefs who are creating a truly sustainable food system. Their collaborative work has resulted in great tasting food and an explosion of consumer awareness about the benefits of eating local.

Attention being paid to the local food movement comes at a time when the failings of our current industrialized food system are becoming all too clear. For the first time in history, our children's generation is expected to have a shorter lifespan than our own. The quality, taste and nutritional value of the food we eat has dropped sharply over the last fifty years. Shipped from ever-greater distances, we have literally lost sight of where our food comes from and in the process we've lost a vital connection to our local community and to our health.

A feature-length documentary, INGREDIENTS illustrates how people are working to revitalize that connection. Narrated by Bebe Neuwirth, the film takes us from the diversified farms by the rivers and lush valleys to the urban food deserts of the cities and to the kitchens of celebrated chefs Alice Waters, Peter Hoffman and Greg Higgins. INGREDIENTS is a journey that reveals the people behind the movement to bring good food back to the table and health back to our communities.

"Thank you for this tremendous film. You tackle some of the most critical issues we face."

- Sam Kass, chef to Barack and Michele Obama

"Local food is the most interesting trend of our time--towards the real, away from the fake; towards work, away from convenience. Towards satisfaction, away from gratification. This film captures the intrigue."

- Bill McKibben, author of "Deep Economy"

More info can be found at: <http://ingredientsfilm.com>

