



# NEWS RELEASE

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May 19, 2022

## CONTACT

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## Book talk with Montgomery & Biklé: Are you really what you eat?

EVERETT, WA – David R. Montgomery and Anne Biklé will take us far beyond the well-worn adage to deliver a new truth: the roots of good health start on farms. Learn the details about their new book *What Your Food Ate* in a virtual program on Thursday, June 23 at 6 p.m. at [www.crowdcast.io/e/food](http://www.crowdcast.io/e/food).

[\*What Your Food Ate: How to Heal Our Land and Reclaim Our Health\*](#) marshals evidence from recent and forgotten science to illustrate how the health of the soil ripples through to that of crops, livestock, and ultimately, us. Conventional agricultural practices unravel the vital partnerships in which crops and soil life nourish one another and thereby undercut our well-being. Can farmers and ranchers produce enough nutrient-dense food to feed us all?

David R. Montgomery studied geology at Stanford University before earning his Ph.D. in geomorphology at UC Berkeley. He teaches at the University of Washington, where he studies the evolution of topography and how geological processes shape landscapes and influence ecological systems. He loved maps as a kid and now writes about the relationship of people to their environment and other things that interest him. In 2008 he was named a MacArthur Fellow. He lives with his wife Anne in Seattle, Washington.

Anne Biklé is an author and public speaker. Her writing explores humanity's tangled relationship with nature through the lens of agriculture, medicine, and microbiomes. She finds the botanical world particularly enthralling and has coaxed many a plant into rambunctious growth or nursed them back from the edge of death with her regenerative gardening practices.

This program is free and open to the public. Save your spot or join the program at [www.crowdcast.io/e/food](http://www.crowdcast.io/e/food). Call 425-257-8000 or visit [epls.org/events](http://epls.org/events) for more information about this or other library programs.

**The Everett Public Library** was founded in 1894 by the Everett Woman's Book Club. The historic Main Library was built in 1934 by architect Carl Gould, and the Evergreen Branch opened in 1985. The library's two branches serve the residents of the City of Everett and nearby locales, circulating over 400,000 items per year and hosting hundreds of programs for children and adults. We connect the community to resources and services that inform, educate, and entertain. For more information about the Everett Public Library, visit [www.epls.org](http://www.epls.org).

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