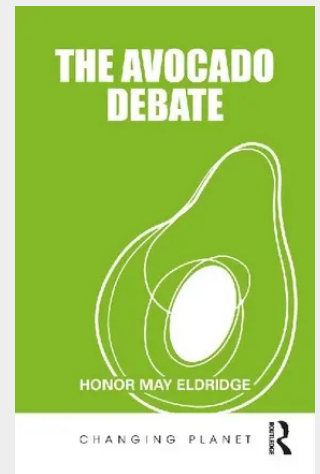


The Avocado Debate

Whether smashed on toast or hailed as a superfood, the avocado has taken the world by storm, but what are the environmental and social impacts of this trendy fruit? This book does not seek to demonise the avocado and its many enthusiasts. Instead, it will illuminate consumers on the often unseen impacts of foods. A staple of cafes, restaurants, homes, and social media channels, demand for the avocado has grown exponentially over the past thirty years. From an everyday crop in South and Central America to a global phenomenon, this drastic change in demand has many consequences for people and the planet. As demand grows, so does the need for more land, with land clearances threatening habitats and biodiversity. As production grows, so does global distribution and the impacts that air and sea travel have on the environment. The shift from a local to a global product disturbs the local food system, raising serious questions around food sovereignty and food justice and the importance of establishing an agricultural system that is both environmentally and socially just. While focusing here on the avocado, this book allows readers to gain a better understanding of the food system as a whole. In doing so, it empowers us all to think carefully and critically about the environmental and ethical implications of our food choices more broadly. We shouldn't feel guilty about eating avocados, we should simply understand the impact of doing so. This book is essential reading for all who are interested in learning more about the food system, sustainable diets, and the relationship between farming and the environment.

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