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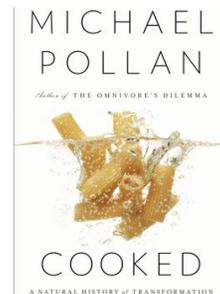
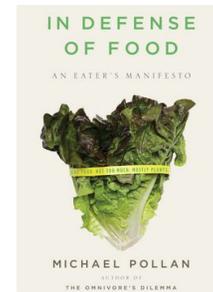
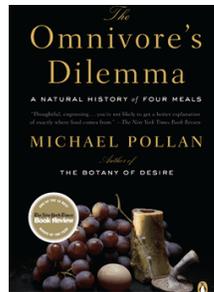
## My Eco-Hero: Michael Pollan



Most well-known for his best selling books and his articles about food on your plate, in farms and gardens, as well as in the mind. His five best sellers are *Cooked: A Natural History of Transformation* (2013), *Food Rules: An Eater's Manual* (2010), *In Defense of Food: An Eater's Manifesto* (2008), *The Omnivore's Dilemma: A Natural History of Four Meals* (2006), and *The Botany of Desire: A Plant's-Eye View of the World* (2001). His newest book that just came out is called *How to Change Your Mind: What the New Science of Psychedelics Teaches Us About*

*“The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plant and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world.”*

*-Michael Pollan*



*Consciousness, Dying, Addiction, Depression, and Transcendence.* His influential books are most well known for changing the minds of millions on food including mine.

As someone who wanted to be a chef and learning about food, I was taught the scripture of Michael Pollan. The first book of his that I read was *Food Rules*. This gave me perspective on what food really was. My environmental bug really started here because I learned where food had come from and how it was raised. From there, I did restoration work outdoors and took classes on Environmental Science in addition to sustainable agriculture which really got me hooked on the subject. Now I'm hoping to double major in environmental engineering and sustainable agriculture.

Michael grew up in Long Island, New York from a Jewish family; his father is an author and his mother a columnist, you can see where his influence came from. He received a bachelors and a masters in English. From there his most significant work was when he started writing books, and articles for the New York Times since 1987. His first book was *Second Nature: A Gardeners Nature* was published in 1991. He's has gained much recognition since then through numerous awards including starring in an academy award nominated film called *Food Inc*. In addition, many of his books have been adapted to movies or tv series like his series called *Cooked* in 2016 which was produced by Netflix and his book *In Defense of Food* and *The Botany of Desire* both premiering on PBS. He now lives in the bay area and is the Lewis K. Chan Arts Lecturer and Professor of the Practice of Non-Fiction at Harvard University. He also teaches the John S. and James L. Knight Professor of Journalism at UC Berkeley's Graduate School of Journalism.

If I were to meet Micael Pollan, I would tell him that his knowledge of food transcended to me becoming an environmental engineer. I care about where food comes from how it's grown because of him. Three questions I would ask him if I had the chance would be: How did you

get into writing about food? What has been your greatest struggle through your journey? What one piece of advice you give to my generation?

In addition to writing this article, I wrote his agency a letter that I hope he will receive and respond to.

☆ Lily Cohen ▾

9:59 PM



A student's admiration

To: [steven@barclayagency.com](mailto:steven@barclayagency.com)



To whomever receives this,

My name is Lily Cohen, I'm a student at College of Marin studying environmental engineering and the vice president of the environmental action club. I wanted to email Mr. Pollan because I wanted to tell him how much I admire his work. About 5 years ago I was considering being a chef and work with food. I was working at a cooking school with a mentor of mine and she introduced me to Michael's books. My first book that I read of his was Food Rules. That book put food into perspective for me because previous to that I didn't really consider what was in the food I was eating. The rule that stuck with me most was "don't eat anything that your great-grandmother wouldn't recognize as food." This principle totally made sense for me. There are so many processed foods that my great-grandmother would have no idea what they are so why should I have to explain to her ingredients that I don't even fully understand. Since working at the cooking school I have discovered the beauty of nature and how much it has influenced me. I have done a lot of work to support the environment and have taken a great many environmental classes that have turned my focus from food to environmentalism. I think that Mr. Pollan really stands for that and it has inspired me to be who I am today. I am still considering getting a double major in both environmental engineering and sustainable agriculture. My love for food has stuck with me and my ultimate goal is to build my own home/farm that is totally off the grid and sustainable. The book that stuck most with me was The Omnivore's Dilemma. I loved how Michael went out into nature to truly know how it is to live and work the generic, organic, and the self-sustaining lifestyle. These perspectives are something that people fight with everyday especially hard for those who can't afford to eat organically and locally. My hope is to change the minds of those who think that a farmers job is only for 60 and 70 year olds. This job is for everyone! Thank Michael Pollan for the inspiration. If you do end up reading this I would love a response. Thanks for your time!

Lily Cohen