

## ‘Ecomodern Eating’: Why agricultural productivity and innovation are key to sustainable food and farming

Sunday, April 22nd, marked nearly 50 years since millions of people gathered for the first Earth Day. Their celebration raised awareness in the US and across the globe of modern environmental threats, including those posed by agriculture.

...

The solutions, according to [many advocates](#), lie in cutting back on modern indulgences and supporting alternatives to the conventional food system. These include buying food from local farmers, shopping organic, eating less meat or at least eating free-range meat, and avoiding processed foods.

...

While these recommendations have merit, and certainly intuitive appeal for many, the reality of sustainability is far more complicated.

...

Recent research into sustainable agriculture has given rise to a new paradigm. I call it Ecomodern Eating. Ecomodern Eating challenges many widespread assumptions, highlighting the importance of agricultural productivity and innovation in building an eco-friendly and delicious food future.

...

For chefs and others willing to challenge the status quo, there are many ways to embrace Ecomodern Eating. One approach is to recognize the existing benefits of highly productive and efficient farms. Another is to support innovative agricultural practices and foods. Buying plant-based meats, for instance, helps this nascent industry keep developing products that replace conventional meats. And embracing the new wave of genetically engineered foods can have large environmental benefits. For example, [non-browning apples](#) and [potatoes](#), which only recently hit the market, can reduce food waste.

**Read full, original post:** Eating Environmentally Requires Embracing Technology and Industry