

References: Cultural Reforesting Explores – Sustainable Actions

Vanessa discusses the terms '*degrow*' and '*slow down*'. These terms and have come from the following source.

Anitra Nelson and Ferne Edwards ed., *Food for Degrowth. Perspective and practices*. (London-New York: Routledge, 2021). A critical chapter in the same volume discusses degrow between 'utopia and ideology.' Deborah Lambert "Recycling old ideals? A utopian reading of 'circular' food imaginaries" Nelson, Edwards ed., *Food for Degrowth...*, 159-172.