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crave molé (a rich, reddish-brown Mexican sauce poured over poultry), pozole (a pre-Columbian soup made from hominy, pork, chile, ga

their own foo

research approaches that embraces principles of participation, reflection, empowerment, and emancipation of people and groups interested in improving their social situation or condition” (2004:195). As

Additionally, we conducted ten semi-structured interv

undocumented) and stakeholders may hold back information due to fear of repercussions or endangerment.

migrant workers and stakeholders. Also, holding multiple interviews with one individual can help overcome shyness or fear, and overall create a space of

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depending on them for rides. Marta's solution was to buy a car: "We bought the cheapest car we could find," even though her and her husband are undocumented and cannot apply for a license in the state of New York.

Owning and driving a car in New York without documentation significantly exacerbates the legal hazard of being pulled over for breaking the law or simply for looking foreign. Marta never mentioned any worries about driving without a license, but she was e

unsupportive of workers' wel

Wages/Work schedule

Common themes among workers experiences, both year-round and H-2A workers, were receiving low wages and intense work schedules. Many workers expressed that there was not enough mon

Marta"and other workers are tied down by their ‘illegal’ status giving them no voice, forcing them to face these issues uncontested.

A similar issue was found at Dairy 2 and Dairy 3 where single individuals mentioned that they cannot buy everything at once because they are earning under \$10/hour for 12 hour (or more) workdays, without receiving overtime pay. Mateo from Dairy 2 stated his financial situation: “Well, not a lot [money]. We have to buy with caution, if we don’t, then our whole paycheck is wasted....we always need to be c

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While H-2A workers also tended to work very long hours, they earned slightly more than the typical dairy worker rate. In the state of New York, that rate was \$11.74 per hour, with no consideration of the type of employment and experience. On Farm 1 the retail manager, Casey,

is, 'I can't afford...the produce or the things

products in W

to make tortillas, all of which can be found in Walmart. Mos

oils, basically exposes

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Domestic and Foreign, Policy and Ideology

Undergirding and facilitating the issues we and others have noted is a long history of United States domestic and foreign policy that creates an architecture of easy worker exploitation indeed, one especially well suited to the exploitation of foreign and agricultural sector workers. Prior to even the most meager of domestic worker protection legislation, a widespread ideology of agricultural exceptionalism dominated national

taylor

in the “late 1980s, farmers began to rely on a newer population stream: Latino workers” (Gray 2014:35). Throughout this entire transition, the predominantly White, farm-owning planter class in New York has reli

necessity of agricultural production for immediate consumption is obvious. Lest we forget, however, that the first British settlement on the land now widely called the United States was the Jamestown Colony, an explicitly money-making endeavor. Lest we forget, also, that the ma

chattel slavery and the machinations of So

aggressions, as addressed below. T

migrants

concerning such basic needs as food shopping and healthcare. Such a relationship is typified by
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Figure 2. Sign posted at the entrance to Alejandro and Joseph's trailer home at Dairy 3

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This controlling dynamic is wholly evident in the case of Elsa," a resident and wife of a laborer on

Dairy 1, who recounted:

If one goes to apply for food stamps...I have to show how muc 3

Another

These people still have a family unit that we had 150 years ago. We don't have that

anymore, here... those guys, all their money goes back to take care of grandfathers, sick

parents, babies that are being born, education--the best that's possible--, medical. These

guys give up... everything they do, they leave their family, for the strong family unit. It's

something

\$11.74 per hour), ignore the fact that his workers, or indeed any of those with

food. Unfortunately, we don't have that in a fast way, so they'll eat at Stewarts a lot for lunch, but their dinner, ya' know, is a family affair. They all cook their authentic Mexican food.

Jim"also firmly insisted that his workers "would not eat McDonald's", even when, in our interview with them, they explicitly stated that they did sometimes enjoy\$. s

stores.” And while a number o

all of the

and her family

A lot of service prov

out there to talk about their own position.... Any time you visit a farm, you'll see, like, a person or two who has certain initiative, and they'll see things in a certain way, and they'll have an analysis about their situation. And I think... for me, being able to meet all of those people in all these different places, I figure it must be really important to... bring that together more, and support those people in meeting each other, learning from each other, and building their strength to be able to actually change their conditions.

A notable difference in vi

importa

to emphasize the interpersonal nature of these events, experienced on an individual level. Within this, we fully acknowledge that racism is also perpetuated systemically by institutions and Ê

I couldn't get local worker

Jim"

It was my truck. These guys don't drink, they don't drug, nothing. [The police]
interrogated th `

farming popula

benefit cards. But if you're not a population that has access to that, depending on

did sp

state of the humanitarian crisis that is the backstretch, especially when juxtaposed with the racetrack's glitzy culture:

Well let me tell you, the backstretch is disgusting. I

Small-scale Agriculture

Out of the 30 workers we interviewed, a 12 stated that they had some sort of access to a home garden, or *huerta*. This was a combination of those who kept their own home garden and those who had access

regularly water a garden or feed livestock. Other workers expressed that they had difficulty obtaining space to have a

unable to satisfy greater need of migrant workers because its business interests have not yet learned about heterogeneity in the Latinx community-- not all Latinx persons eat the same foods.

Growing Latinx Community

“Empezaron a crecer la comunidad latina”-- the Latinx community is beginning to grow,

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these women find ways through shared meals and reciprocity to keep cultural traditions alive. At Dairy 1, Marta sews traditional Mexican tapestries to share with Elsa and other family and friends. Additionally, workers at Dairy

to maintain the workers' marginalization by essentializing victimization and naturalizing exploitation. A lack of acceptable wages and access punctuates the workers' exclusion from the local food movement, a sector of the economy that they literally power and sub

improve the conditions of workers. For, while the locavore movement proceeds by implying ethicality and wholesome practices, its concealment of labor exploitation and migrant labor marginalization belies the fraudulence inherent to concepts of unexploitative capitalisms. While food production is a human practice of antiquity, “this heritage and our capacities to produce healthy, good and abundant food are being threatened and undermined by neo-liberalism and global capitalism” (via Campesina 2007:1) organizing for food sovereignty gives “the hope and power to preserve, recover and build on our food producing knowledge and capacity” (ibid.).

There are already many ways in which migrant communities are working to manifest food sovereignty in their spheres. Inherent to food sovereignty is community and there are a number of ways in which growing migrant and Latinx communities in the Capital region ar

First, we suggest that research and service provision utilize culturally sensitive understandings of food, nutrition, and health. The concepts

empowering these workers to produce their own culturally-a

States economy--especially agriculture and domestic service--depend to a huge extent on the flow of the workers seeking relative opportunity in exploitative industries in the U.S. The xenophobia of ordinary U.S. citizens harms both the targets of border imperialism as

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Questions for employers:

1. How did you come about hiring migrant laborers as employees?
 - a. Are they a regular labor source (annual or returning every season),

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