



MODIFIED: GMOs and the Threat to Our Food, Our Land, Our Future

by Caitlin Shetterly

ISBN 9780399170676

Published by G.P. Putnam's Sons, September 2016

352 pages

Gardeners are very familiar with the sensory aspect of our hobby. Our eyes take in every detail of a fresh summer flower bouquet. Our taste buds rejoice in the season's first asparagus or tomato. We hear the busy hum of pollinators keeping us company while we pull weeds. And we expand our lungs with the savory scent of sweet basil or cilantro.

But how often do we consider what we cannot see, smell, hear or taste? More and more citizens of our earth have become concerned with the methods of harvest, preparation, and environmental hazards involved in the production of our food.

Journalist Caitlin Shetterly, author of “MODIFIED,” has traveled a long road to her current state of good health. She spent years on a merry-go-round of doctors, clinics, specialists and hospitalizations before she landed in the office of an allergist who suggested that her body might be reacting to a genetically modified organism (GMO), most likely a component of the corn that she eats.

Shetterly became a woman full of questions. In MODIFIED, she recounts her journey to the truth, by describing her visit to a grain farmer in Nebraska, a beekeeper in Brussels, and the countless conversations with researchers and former employees of food corporations. She has done all consumers a favor, by bravely asking difficult questions of the powerful people who determine what is in the food we eat every day.

As a gardener (and eater), I was pulled in to Shetterly’s anguish and determination, which taught me a lot about the mysterious world of GMOs. Above all, this memoir is a poignant and timely reminder that we should all be aware of what goes in our mouths, and keep working toward the transparency of our food supply.