

[[Onscreen actor]] Look at that. That's a beautiful red radish.

[[Male voiceover]] Planting a seed, taking care of it, seeing the little green thing coming up out of the ground. All of it gives me a feeling of accomplishment and hope.

[[Onscreen actor]] It's terrible.

[[Male voiceover]] A few years ago, our son Sam got sick after eating contaminated chicken.

[[Sam]] Why am I resistant to every single antibiotic they're giving me?

[[Male voiceover]] It was a wakeup call. It forced us to ask a lot of questions about food.

[[Female voice]] I see. So you're just going to take pictures instead of carrying soil and dirt.

[[Male voice]] I'm cultivating a story.

[[Male voiceover]] My wife Jennifer wants to raise chickens in our backyard and get the whole family to understand where our food comes from and how we can grow it ourselves.

[[Teenager on screen]] Oh, man, that's awesome.

[[Stephanie Sy]] Concern amongst parents and pediatricians is growing

[[Elizabeth Cohen]] Everyone is worried that our children won't live as long as we do.

[[Stream of different media voices]] Type 1 Diabetes. Genetically modified food. Factory farms. Antibiotic resistance. Superbugs.

[[Female voiceover]] It's alarming and overwhelming. But change is really hard.

It's not so intimidating if you do a little bit at a time. I'm going to buy 10% more fresh, local, and organic foods.

[[Male voiceover]] For the past year, we've been filming our first steps into the food revolution.

[[Teenager on screen]] Danny was figuring out what they were paying for each egg.

[[Man on screen]] I don't think they're going to get any eggs.

[[Male voiceover]] And much bigger steps taken by food patriots who inspire us to keep going.

[[Woman on screen]] I just thought like well now's the time again, right, now's the time for people that can do something to do something.

[[Different woman on screen]] This was just harvest today. To. Day.

[[Female voiceover]] We have to make this a factory. It's going to be a produce factory.

[[Woman on screen]] I mean, the big stores are great, if we could get them into, to come into the community, but that's not the only answer.

[[Man on screen]] This is one bus in a city of three million people. That's just a drop in the bucket.

[[male voiceover]] Can we really make a difference doing just this little ten percent change?

[[Man on screen]] Try that baby. Crunchy? Oh, yes. That's a cuc'.

We're gonna get people thinking about what they're really eating, they haven't been thinking about what is going into our foods, what is going into our bodies.

[[Man on screen]] The small, sustainable operations that they're talking about, I don't know how we'd feed the world doing that.

[[Man on screen]] If we allow chickens, we're going to have to consider allowing pet pigs. If you can allow pet pigs, you're going to have to look at allowing goats.

[[Male voiceover]] You know, Ghandi had a great quote, he said anyone who thinks they're too small to make a difference has never been in bed with a mosquito.

[[Man on screen]] At the end of the day, we really have all the power. I really believe in the power of one.

[[Teenage girl on screen]] This thing was a couple of people, and look what it's become, it's this huge community thing, and this is only going to grow.

[[Male voiceover]] I'm not sure where this can lead, but I'm trying to prove to myself and my wife that you can teach an old dog new tricks.

[[Male voiceover]] Do you know where my chicken is?

[[Female voiceover]] I think that's where I hear my parents you know, like, well, if you don't like it, change it. I think that's what a food patriot is, someone that wants to make something better and will do whatever it takes to do that.

[[Male voiceover]] She's way, way more than ten percent.

[[Man on screen]] Okay, you're kidding me. Oh, Jesus Christ.