



## FOR IMMEDIATE RELEASE

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### **The Book Stall to Host Event About Breadfruit, Food Security, and Climate Resilience**

Winnetka, IL — December 10, 2025 — **The Book Stall** is delighted to host a discussion illuminating the importance of **breadfruit**, a superfood gaining national attention. **Mike McLaughlin**, co-founder of **Trees That Feed Foundation**, will lead the discussion with **Dr. Russell Fielding**, author of *Breadfruit: Three Global Journeys of a Bountiful Tree*, recently published by **Columbia University Press**.

The event will take place on **Wednesday, January 14, 2026, at 6:00 p.m.** at The Book Stall, located at **811 Elm Street, Winnetka**.

#### About the Book

In *Breadfruit: Three Global Journeys of a Bountiful Tree*, Fielding weaves together science, history, and cultural anthropology to trace how the humble breadfruit tree has traveled across the world — from its roots in Southeast Asia, across the Pacific, to the Caribbean, and now to new regions — becoming a vital symbol of food security, ecological resilience, and sustainable agriculture.

That third “journey” Fielding describes is the work of Winnetka-based Trees That Feed Foundation. Founded by Mary and Mike McLaughlin in 2008, the nonprofit has planted close to half a million food bearing trees in 23 countries. Breadfruit is their flagship tree.

#### Special Support: Giving Back to Trees That Feed Foundation

In support of Trees That Feed Foundation’s mission to plant food bearing trees for food, jobs, and the environment, The Book Stall will donate 10% of all proceeds from book sales at the event directly to the organization. This gives attendees a chance to support global food justice simply by purchasing the book at the event.

### What to Expect at the Event

- A moderated conversation: Mike McLaughlin will engage Russell Fielding in a deep, thoughtful discussion about breadfruit's journey, its cultural and ecological significance, and what it means for global nutrition and sustainability.
- Exploration of how the themes and research in *Breadfruit: Three Global Journeys of a Bountiful Tree* connect with TTFF's real-world work planting trees, improving nutrition, and promoting sustainable agribusiness worldwide.
- Opportunity for attendees to sample crackers made from breadfruit flour, thanks to Courtney Mills, founder of **Ulu Foods** in Barbados, and to purchase the book on-site.

### About Trees That Feed Foundation

Trees That Feed Foundation is a 501(c)(3) nonprofit based in Winnetka, dedicated to tackling hunger, poverty, and climate change by planting fruit-bearing trees, advancing sustainable farming, and supporting nutrition and education initiatives in the Caribbean, Central America, and Africa. Learn more at [www.treesthatfeed.org](http://www.treesthatfeed.org).

### About The Book Stall

The Book Stall has long been a cornerstone of the Chicagoland literary community — a beloved independent bookstore known for its curated selection, community events, and commitment to bringing thoughtful, educational and cultural events to the North Shore. Its cozy, book-lover-friendly space provides a perfect setting for conversations that blend scholarship, activism, and community.

### Event Details

Date: Wednesday, January 14, 2026

Time: 6:00 p.m. (doors open 5:45 p.m.)

Location: The Book Stall, 811 Elm Street, Winnetka, IL 60093

Special Offer: 10% of book sale proceeds at the event will be donated to Trees That Feed Foundation

Journalists, community media, and interested members of the public are invited to attend.

**Advance RSVP is required** at <https://thebookstall.com/event/2026-01-14/breadfruit-discussion-russell-fielding-and-trees-feed>.

**Interview requests** may be directed to [info@treesthatfeed.org](mailto:info@treesthatfeed.org) or by calling 954-675-5228.

We look forward to welcoming the Winnetka and greater Chicagoland community for an enlightening evening — a chance to explore how a single tree species can connect global history, ecology, culture, and food justice.