See that man in the field over yonder
With dirt on his hands and a loan on his back
He's the man that puts the food on your table
He's the man that grows the clothes on your back
Were running a mile out of the house he was born in
Tending on the sidelines and watching him fall
Selling his land to the big corporations
What you gonna do when they get it all

He's been rolled for sure treated like a outlaw Turned down sold out, put out to graze He's been pushed you know when he can push no more It gets a little harder everyday

He's the American farmer
And he damn hard to beat
Better wake up America, wake up America
Coz if the man don't work then the people don't eat

He's sending the high tech stuff of to Russia
I can't figure what where doing it for
We should be sending the wheat and meat and cotton
Coz a loaf of bread never started no war
See that man in the middle of city
Eatin' outta garbage cans, sleepin' in the street
See that baby, moping in the kitty
To make ends meet

It's a damn disgrace on the face of America Hungry people everywhere you go Children in Africa starving by the fields While the land lays fallow and the banks foreclose

He's the American farmer
And he damn hard to beat
Better wake up America, wake up America
Coz if the man don't work then the people don't eat

He's an American, he's an American, he's an American, American farmer Never him through Coz if he goes down swinging

You better know where gonna go down swinging to

He's the American farmer

And he damn hard to beat

Better wake up America, wake up America

Coz if the man don't work then the people don't eat

I said the people don't eat

I said the people don't eat