

## An Edible History Of Humanity Tom Standage

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The Oxford Handbook of Food History Berkshire Publishing Group

From how pepper contributed to the fall of the Roman Empire to how the turkey got its name to what cinnamon had to do with the discovery of America, this enthralling history of foods is packed with intriguing information, lore, and startling insights about how food has influenced world events. Illustrations.

A History of the World in 6 Glasses Macmillan + ORM

A riveting narrative history of food as seen through 100 recipes, from ancient Egyptian bread to modernist cuisine. We all love to eat, and most people have a favorite ingredient or dish. But how many of us know where our much-loved recipes come from, who invented them, and how they were originally cooked? In *A History of Food in 100 Recipes*, culinary expert and BBC television personality William Sitwell explores the fascinating history of cuisine from the first cookbook to the first cupcake, from the invention of the sandwich to the rise of food television. A book you can read straight

through and also use in the kitchen, *A History of Food in 100 Recipes* is a perfect gift for any food lover who has ever wondered about the origins of the methods and recipes we now take for granted.

Sausage Penguin

The world can be an amazing place if you know the right questions to ask: How did carrots become orange? What's stopping us from having a four-day week? How can we remove all the broken bits of satellite from orbit? If everything is so terrible, why is the global suicide rate falling? The keen minds of the *Economist* love to look beyond everyday appearances to find out what really makes things tick. In this latest collection of *The Economist Explains*, they have gathered together the juiciest fruits of their never-ending quest for answers. For an uncommonly interesting read, take a peek at some *Uncommon Knowledge* - and pass it on! The world only gets more amazing when discoveries are shared.

*Food in History* Harper Collins

Throughout history, food has done more than simply provide sustenance. It has acted as a tool of social transformation, political organization, geopolitical competition, industrial development, military conflict and economic expansion. In *An Edible History of Humanity* Tom Standage serves up a hugely satisfying account of ways in which food has, indirectly, helped to shape and transform societies around the world. It is a dazzling account of gastronomic revolutions from pre-history to the present.

Seriously Curious Harper Collins

A complete account of evolutionary thought in the social, environmental and policy sciences, creating bridges with biology.

*An Edible History of Humanity* Simon and Schuster

In *Near a Thousand Tables*, acclaimed food historian Felipe

Fernández-Armesto tells the fascinating story of food as cultural as well as culinary history -- a window on the history of mankind. In this "appetizingly provocative" (*Los Angeles Times*) book, he guides readers through the eight great revolutions in the world history of food: the origins of cooking, which set humankind on a course apart from other species; the ritualization of eating, which brought magic and meaning into people's relationship with what they ate; the inception of herding and the invention of agriculture, perhaps the two greatest revolutions of all; the rise of inequality, which led to the development of haute cuisine; the long-range trade in food which, practically alone, broke down cultural barriers; the ecological exchanges, which revolutionized the global distribution of plants and livestock; and, finally, the industrialization and globalization of mass-produced food. From prehistoric snail "herding" to Roman banquets to Big Macs to genetically modified tomatoes, *Near a Thousand Tables* is a full-course meal of extraordinary narrative, brilliant insight, and fascinating explorations that will satisfy the hungriest of readers.

**Shattering** Univ of California Press

How our collective intelligence has helped us to evolve and prosper. Humans are a puzzling species. On the one hand, we struggle to survive on our own in the wild, often failing to overcome even basic challenges, like obtaining food, building shelters, or avoiding predators. On the other hand, human groups have produced ingenious technologies, sophisticated languages, and complex institutions that have permitted us to successfully expand into a vast range of diverse environments. What has enabled us to dominate the globe, more than any other species, while remaining virtually helpless as lone individuals? This book shows that the secret of our success lies not in our innate intelligence, but in our collective brains—on the ability of human groups to socially interconnect and learn from one another over generations. Drawing insights from lost European explorers, clever

chimpanzees, mobile hunter-gatherers, neuroscientific findings, ancient bones, and the human genome, Joseph Henrich demonstrates how our collective brains have propelled our species' genetic evolution and shaped our biology. Our early capacities for learning from others produced many cultural innovations, such as fire, cooking, water containers, plant knowledge, and projectile weapons, which in turn drove the expansion of our brains and altered our physiology, anatomy, and psychology in crucial ways. Later on, some collective brains generated and recombined powerful concepts, such as the lever, wheel, screw, and writing, while also creating the institutions that continue to alter our motivations and perceptions. Henrich shows how our genetics and biology are inextricably interwoven with cultural evolution, and how culture-gene interactions launched our species on an extraordinary evolutionary trajectory. Tracking clues from our ancient past to the present, *The Secret of Our Success* explores how the evolution of both our cultural and social natures produce a collective intelligence that explains both our species' immense success and the origins of human uniqueness.

*The Secret History of Food* University Alabama Press

A fascinating tour through the evolution of the human diet and how we can improve our health by understanding our complicated history with food. There are few areas of modern life that are burdened by as much information and advice, often contradictory, as our diet and health: eat a lot of meat, eat no meat; whole grains are healthy, whole grains are a disaster; eat everything in moderation; eat only certain foods--and on and on. In *100 Million Years of Food*, biological anthropologist Stephen Le explains how cuisines of different cultures are a result of centuries of evolution, finely tuned to our biology and surroundings. Today many cultures have strayed from their ancestral diets, relying instead on mass-produced food often made with chemicals that may be contributing to a rise in so-called Western diseases, such as cancer, heart disease, and obesity.

*In the Name of Humanity* Bloomsbury Publishing USA

Rachel Laudan tells the remarkable story of the rise and fall of the world's great cuisines—from the mastery of grain cooking some twenty thousand years ago, to the present—in this superbly researched book. Probing beneath the apparent confusion of dozens of cuisines to reveal the underlying simplicity of the culinary family tree, she shows how periodic seismic shifts in “culinary philosophy”—beliefs about health, the economy, politics, society and the gods—prompted the construction of new cuisines, a handful of which, chosen as the cuisines of empires, came to dominate the globe. *Cuisine and Empire* shows how merchants, missionaries, and the military took cuisines over mountains, oceans, deserts, and across political frontiers. Laudan's innovative narrative treats cuisine, like language, clothing, or architecture, as something constructed by humans. By emphasizing how cooking turns farm products into food and by taking the globe rather than the nation as the stage, she challenges the agrarian, romantic, and nationalistic myths that underlie the contemporary food movement.

*100 Million Years of Food* Little, Brown

This *Fleeting World* is the smallest book of big history, telling the story of the universe and history of humanity in less than one hundred pages. Prize-winning historian David Christian covers it all in this compact, accessible, and inspiring guide to the history of everything, from stars and empires to cities, the World Wide Web, capitalism, and globalization. David Christian's approach to human history and big history is a call to action, based on a profound and fresh understanding of our place in the universe. This book is essential reading for our time. David Christian asks big questions. Will contemporary challenges will lead to the emergence of a new global system capable of ecological, economic, and political stability? Or is the accelerating pace of change a prelude to a sudden, sharp collapse that will drive many parts of the world back to the productivity levels of the early agrarian era? He presents our origin story and the history of women and men across the entire world, within the framework of the universe explaining, for example, that the chemicals we are made of come from supernovae. He tells the human story as a story of changes: changes in the ways we produce and distribute food, move from place to place, organize ourselves into communities, explore and populate our environment, and both create and respond to crises. He gives us maps of time, history on different temporal-spatial scales, and even offers paths to locate evidence that might challenge his big story. Big history leads to strategies for building a more sustainable world, and Berkshire Publishing is proud to offer this new edition of a big history for our common future. The 2018 edition has been expanded and updated for the general reader; there is also an earlier edition designed for use with AP World History and other courses, which included a teachers' guide.

*An Edible History of Humanity* Princeton University Press

The second edition of this concise survey offers a comparative and comprehensive study of culinary cultures and food politics throughout the world, from ancient times to the present day. It examines the long history of globalization of foods as well as the political, social, and environmental implications of our changing relationship with food, showing how hunger and taste have been driving forces in human history. Including numerous case studies from diverse societies and periods, *Food in World History* explores such questions as: What social factors have historically influenced culinary globalization? How did early modern plantations establish patterns for modern industrial food production? Were eighteenth-century food riots comparable to contemporary social movements around food?

Did Italian and Chinese migrant cooks sacrifice authenticity to gain social acceptance in the Americas? Have genetically modified foods fulfilled the promises made by proponents? This new edition includes expanded discussions of gender and the family, indigeneity, and the politics of food. Expanded chapters on contemporary food systems and culinary pluralism examine debates over the concentration of corporate control over seeds and marketing, authenticity and exoticism within the culinary tourism industry, and the impact of social media on restaurants and home cooks.

*Writing on the Wall* Bloomsbury Publishing USA

Discover how the modern world came to be with this easy-to-follow and up-to-date history companion. Want to get a taste of the entirety of human history in a single book? With *World History For Dummies*, you'll get an overview of the history of, well, everything, from the Neanderthal experience to the latest historical developments of the 21st century. Re-live history from your armchair as you ride into battle alongside Roman generals, prepare Egyptian pharaohs for the afterlife, and learn from the great Greek poets and philosophers. Written in the easy-to-digest style the *For Dummies* series is famous for, you'll discover: How religion, philosophy, and science shaped, and were shaped by, the great figures of history. The human consequences of warfare, from historical battles to more modern conflicts from the 20th century. What's influencing events in the 21st century, from climate change to new regimes and economies. *World History For Dummies* is the perfect gift for the lifelong learner who wants to brush up on their world history knowledge. It's also an indispensable resource for AP World History students looking for a supplemental reference to help them with their studies.

*An Edible History of Humanity* Penguin Group USA

Award-winning food writer Bee Wilson's secret history of kitchens, showing how new technologies - from the fork to the microwave and beyond - have fundamentally shaped how and what we eat. Since prehistory, humans have braved sharp knives, fire, and grindstones to transform raw ingredients into something delicious -- or at least edible. But these tools have also transformed how we consume, and how we think about, our food. In *Consider the Fork*, award-winning food writer Bee Wilson takes readers on a wonderful and witty tour of the evolution of cooking around the world, revealing the hidden history of objects we often take for granted. Technology in the kitchen does not just mean the Pacojets and sous-vide machines of the modern kitchen, but also the humbler tools of everyday cooking and eating: a wooden spoon and a skillet, chopsticks and forks. Blending history, science, and personal anecdotes, Wilson reveals how our culinary tools and tricks came to be and how their influence has shaped food culture today. The story of how we have tamed fire and ice and wielded whisks, spoons, and graters, all for the sake of putting food in our mouths, *Consider the Fork* is truly a book to savor.

*World History For Dummies* Bloomsbury Publishing USA

From the fiery kimchi of Korea to American dill spears; from the spicy achar of India to the ceviche of Latin America; from Europe's sauerkraut to brined herrings and chutneys, pickles are unquestionably a global food. They are also of the moment. Growing

interest in naturally fermented vegetables—pickles by another name—means that today, in the early twenty-first century, we are seeing a renaissance in the making and consumption of pickles. Across continents and throughout history, humans have relied upon pickling to preserve foods and add to their flavor. Both a cherished food of the elite and a staple of the masses, pickles have also acquired new significance in our health-conscious times: traditionally fermented pickles are probiotic and said to possess anti-aging and anti-cancer properties, while pickle juice is believed to prevent muscle cramps in athletes and reduce sugar spikes in diabetics. Nota bene: It also cures hangovers. In *Pickles*, Jan Davison explores the cultural and gastronomic importance of pickles from the earliest civilizations' brine-makers to twenty-first-century dilettantes of dill. Join Davison and discover the art of pickling as mastered by the ancient Chinese; find out why Korean astronaut Yi So-yeon took pickled cabbage into space in 2008; learn how the Japanese pickle the deadly puffer fish; and uncover the pickling provenance of that most popular of condiments, tomato ketchup. A compulsively consumable, globe-trotting tour sure to make you pucker, Davison's book shows us how pickles have been omnipresent in humanity's common quest not only to preserve foods, but to create them—with relish.

*The Human Story* HarperCollins

Lays out a picture of impending planetary crisis - a global food shortage that threatens to hit by mid-century - that would dwarf any in our previous experience. This book describes a dangerous confluence of shortages - of water, land, energy, technology, and knowledge - combined with the increased demand created by population and economic growth

**This Fleeting World** Harper Collins

An irreverent, surprising, and entirely entertaining look at the little-known history surrounding the foods we know and love Is Italian olive oil really Italian, or are we dipping our bread in lamp oil? Why are we masochistically drawn to foods that can hurt us, like hot peppers? Far from being a classic American dish, is apple pie actually . . . English? "As a species, we're hardwired to obsess over food," Matt Siegel explains as he sets out "to uncover the hidden side of everything we put in our mouths." Siegel also probes subjects ranging from the myths—and realities—of food as aphrodisiac, to how one of the rarest and most exotic spices in all the world (vanilla) became a synonym for uninspired sexual proclivities, to the role of food in fairy- and morality tales. He even makes a well-argued case for how ice cream helped defeat the Nazis. *The Secret History of Food* is a rich and satisfying exploration of the historical, cultural, scientific, sexual, and, yes, culinary subcultures of this most essential realm. Siegel is an armchair Anthony Bourdain, armed not with a chef's knife but with knowledge derived from medieval food-related manuscripts, ancient Chinese scrolls, and obscure culinary journals. Funny and fascinating, *The*

*Secret History of Food* is essential reading for all foodies.

*The Coming Famine* Bloomsbury Publishing USA

A sweeping overview of how and what humans have eaten in their long history as a species *The Story of Food in the Human Past: How What We Ate Made Us Who We Are* uses case studies from recent archaeological research to tell the story of food in human prehistory. Beginning with the earliest members of our genus, Robyn E. Cutright investigates the role of food in shaping who we are as humans during the emergence of modern Homo sapiens and through major transitions in human prehistory such as the development of agriculture and the emergence of complex societies. This fascinating study begins with a discussion of how food shaped humans in evolutionary terms by examining what makes human eating unique, the use of fire to cook, and the origins of cuisine as culture and adaptation through the example of Neandertals. The second part of the book describes how cuisine was reshaped when humans domesticated plants and animals and examines how food expressed ancient social structures and identities such as gender, class, and ethnicity. Cutright shows how food took on special meaning in feasts and religious rituals and also pays attention to the daily preparation and consumption of food as central to human society. Cutright synthesizes recent paleoanthropological and archaeological research on ancient diet and cuisine and complements her research on daily diet, culinary practice, and special-purpose mortuary and celebratory meals in the Andes with comparative case studies from around the world to offer readers a holistic view of what humans ate in the past and what that reveals about who we are.

*An Edible History of Humanity* Univ of California Press

AN INSTANT NEW YORK TIMES BESTSELLER The "lively" (The New Yorker), "convincing" (Forbes), and "riveting pick-me-up we all need right now" (People) that proves humanity thrives in a crisis and that our innate kindness and cooperation have been the greatest factors in our long-term success as a species. If there is one belief that has united the left and the right, psychologists and philosophers, ancient thinkers and modern ones, it is the tacit assumption that humans are bad. It's a notion that drives newspaper headlines and guides the laws that shape our lives. From Machiavelli to Hobbes, Freud to Pinker, the roots of this belief have sunk deep into Western thought. Human beings, we're taught, are by nature selfish and governed primarily by self-interest. But what if it isn't true? International bestseller Rutger Bregman provides new perspective on the past 200,000 years of human history, setting out to prove that we are hardwired for kindness, geared toward cooperation rather than competition,

and more inclined to trust rather than distrust one another. In fact this instinct has a firm evolutionary basis going back to the beginning of Homo sapiens. From the real-life Lord of the Flies to the solidarity in the aftermath of the Blitz, the hidden flaws in the Stanford prison experiment to the true story of twin brothers on opposite sides who helped Mandela end apartheid, Bregman shows us that believing in human generosity and collaboration isn't merely optimistic—it's realistic. Moreover, it has huge implications for how society functions. When we think the worst of people, it brings out the worst in our politics and economics. But if we believe in the reality of humanity's kindness and altruism, it will form the foundation for achieving true change in society, a case that Bregman makes convincingly with his signature wit, refreshing frankness, and memorable storytelling. "The Sapiens of 2020." —The Guardian "Humankind made me see humanity from a fresh perspective." —Yuval Noah Harari, author of the #1 bestseller *Sapiens* Longlisted for the 2021 Andrew Carnegie Medal for Excellence in Nonfiction One of the Washington Post's 50 Notable Nonfiction Works in 2020

*Coffee* Vintage Canada

From corn flakes to pancakes, *Breakfast: A History* explores this "most important meal of the day" as a social and gastronomic phenomenon. It explains how and why the meal emerged, what is eaten commonly in this meal across the globe, why certain foods are considered indispensable, and how it has been depicted in art and media. Heather Arndt Anderson's detail-rich, culturally revealing, and entertaining narrative thoroughly satisfies.

*A History of Food in 100 Recipes* AltaMira Press

Most of us can't make it through morning without our cup (or cups) of joe, and we're not alone. Coffee is a global beverage: it's grown commercially on four continents and consumed enthusiastically on all seven—and there is even an Italian espresso machine on the International Space Station. Coffee's journey has taken it from the forests of Ethiopia to the fincas of Latin America, from Ottoman coffee houses to "Third Wave" cafés, and from the simple coffee pot to the capsule machine. In *Coffee: A Global History*, Jonathan Morris explains both how the world acquired a taste for this humble bean, and why the beverage tastes so differently throughout the world. Sifting through the grounds of coffee history, Morris discusses the diverse cast of caffeinated characters who drank coffee, why and where they did so, as well as how it was prepared and what it tasted like. He identifies the regions and ways in which coffee has been grown, who worked the farms and who owned them, and how the beans were processed, traded, and transported. Morris also explores the businesses behind coffee—the brokers, roasters, and machine manufacturers—and dissects the geopolitics linking producers to consumers. Written in a style as

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invigorating as that first cup of Java, and featuring fantastic recipes, images, stories, and surprising facts, Coffee will fascinate foodies, food historians, baristas, and the many people who regard this ancient brew as a staple of modern life.