

FURTHER READING

Stephen Harrod Buhner. *Sacred and Herbal Healing Beers: The Secrets of Ancient Fermentation.* Boulder, CO: Brewers Publications, 1998.

This was my ticket into the antiestablishment, hops-free brewing underground. The brewers I met there are all great characters and Buhner is a bit of a kook himself. His personality shines through in these recipes, peppered with anti-Protestant screeds and disclaimers on the “politically incorrect” medicinal use of henbane ale. Buhner’s strange book was one of my first glimpses into the world of ancient meads as well. Under his spell, I brewed a mead from an entire hive I had raised, boiling up honey, pollen, propolis, wax, and live bees, venom and all. Floral, resinous, numbingly strong—to this day the best drink I’ve ever made.

Stan Hieronymus. *Brew Like a Monk: Trappist, Abbey, and Strong Belgian Ales and How to Brew Them.* Boulder, CO: Brewers Publications, 2005.

The story of monastic brewing is shadowy and convoluted, tricky to tell not only because it has evolved so dramatically over time but also because of the lore and hype swirling around it today. Fact, romance, and pure fantasy are tough threads to untangle. Hieronymus sets the record

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straight. If you seek the truth behind Westvleteren—or just want to try and make it yourself—this is your guide.

Patrick E. McGovern. *Uncorking the Past: The Quest for Wine, Beer, and Other Alcoholic Beverages.* Berkeley, CA: University of California Press, 2010.

McGovern is *the* expert on historic drinks and this is his masterpiece: a history of ancient brews, scraped from entombed pots and unearthed from bogs. McGovern's scope is wide and he covers much more than beer alone, moving from the first fermented beverages of the Near East to Greek wine, Viking grog, corn-based Incan *chicha*, and even African mead and yam beer. It's historically focused but not at all dry—a pun twinkle-eyed Dr. Pat would surely appreciate.

James E. McWilliams. *A Revolution in Eating: How the Quest for Food Shaped America.* New York: Columbia University Press, 2007.

Here is the most insightful explanation I found of what colonial America tasted like, from hasty pudding to persimmon beer. McWilliams spends less time on flavor and more on the social and political implications of what we ate and drank—what our food said about us—a path that inspired my own look at beer here.

Daniel Okrent. *Last Call: The Rise and Fall of Prohibition.* New York: Scribner, 2011.

I didn't dwell very long in this dismal chapter of beer's story, for obvious reasons. But Okrent's book, the corresponding Ken Burns documentary series *Prohibition*, and the wonderfully immersive exhibit "American Spirits: The Rise and Fall of Prohibition" at Philadelphia's National Constitution Center were fascinating histories. If you want to dive deeper into this dry pool, start here.

Wolfgang Schivelbusch. *Tastes of Paradise: A Social History of Spices, Stimulants, and Intoxicants.* New York: Vintage, 1993.

From liquor to licorice, Schivelbusch's book is a great explanation of the behavioral impact of all sorts of indulgences. His discussion of the changing architecture of bars is particularly fascinating.

William Littell Tizard. *The Theory and Practice of Brewing: Illustrated.* London, 1857.

Tizard was the foremost brewing scientist of his day, at a time when the objective study of beer was still coming into its own. The wonder, enthusiasm, and confusion of the nascent movement are palatable here, and the book still feels fresh and lively. Confident—dictatorial, even—though not always entirely accurate, Tizard's advice is as fun to read today as it surely was for him to write more than a century and a half ago, foaming mug in one hand, poison pen in the other. It's technical at times, but stick with it for the cheesy brewing metaphors.

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