

Suggested Further Reading

Theoretical analysis remains relatively scarce in food history. Probably the most thoughtful contributions, written by anthropologists rather than historians, remain Jack Goody (1982) *Cooking, Cuisine and Class: A Study in Comparative Sociology* (Cambridge: Cambridge University Press) and Sidney W. Mintz (1996) *Tasting Food, Tasting Freedom* (Boston: Beacon). Strong interpretations occur in general histories such as Felipe Fernández-Armesto (2002) *Food: A History* (London: Pan Books), Jeffrey M. Pilcher (2006) *Food in World History* (New York: Routledge), and Paul Freedman (ed.) (2007) *Food: The History of Taste* (Los Angeles: University of California Press). Also useful are Raymond Grew (ed.) (1999) *Food in Global History* (Boulder, CO: Westview Press) and Charles B. Heiser Jr. (1990) *Seed to Civilization: The Story of Food* (Cambridge, MA: Harvard University Press). The most comprehensive systematic account of world food history is found in the two massive volumes of Kenneth F. Kiple and Kriemhild C. Ornelas (eds) (2000) *Cambridge World History of Food* (Cambridge: Cambridge University Press).

For the chemical and physiological background of food and nutrition, see Harald Brüssow (2007) *The Quest for Food: A Natural History of Eating* (New York: Springer), Harold McGee (1984) *On Food and Cooking: The Science and Lore of the Kitchen* (London: Unwin Hyman), and Vaclav Smil (2008) *Energy in Nature and Society: General Energetics of Complex Systems* (Cambridge, MA: MIT Press).

Anthropological approaches to questions of choice are introduced well in E.N. Anderson (2005) *Everyone Eats: Understanding Food and Culture* (New York: New York University Press), Elizabeth D. Capaldi (ed.) (1996) *Why We Eat What We Eat: The Psychology of Eating* (Washington: American Psycho-

logical Association), and Richard Shepherd and Monique Raats (eds) (2006) *The Psychology of Food Choice* (Cambridge, MA: CABI Publications). The best discussions of taboos and prohibitions are Marvin Harris (1985) *Good to Eat: Riddles of Food and Culture* (New York: Simon & Schuster) and Frederick J. Simoons (1994) *Eat Not This Flesh: Food Avoidances from Prehistory to the Present* (Madison, WI: University of Wisconsin Press). The best recent account of vegetarianism is Tristram Stuart (2007) *The Bloodless Revolution: A Cultural History of Vegetarianism from 1600 to Modern Times* (New York: W.W. Norton). The consequences of choice are treated philosophically and ethically in Peter Singer and Jim Mason (2006) *The Way We Eat: Why Our Food Choices Matter* (New York: Holtzbrinck Publishers).

Early diet is reconstructed in Craig B. Stanford and Henry T. Bunn (eds) (2001) *Meat-Eating and Human Evolution* (Oxford: Oxford University Press), Peter S. Ungar and Mark F. Teaford (eds) (2002) *Human Diet: Its Origin and Evolution* (Westport, CT: Bergin and Garvey), and Peter S. Ungar (ed.) (2007) *Evolution of the Human Diet: The Known, the Unknown, and the Unknowable* (Oxford: Oxford University Press). The relationship between food and other aspects of early human history is treated systematically in Ivan Crowe (2000) *The Quest for Food: Its Role in Human Evolution and Migration* (Stroud, UK: Tempus).

The classic work on the Neolithic Revolution is V. Gordon Childe (1936) *Man Makes Himself* (London: Watts and Co.). Recent reconsiderations include Graeme Barker (2006) *The Agricultural Revolution in Prehistory: Why did Foragers become Farmers?* (Oxford: Oxford University Press) and Peter Bellwood (2005) *First Farmers: The Origins of Agricultural Societies* (Oxford: Blackwell Publishing, 2005). Ancient Africa is covered well in Thurstan Shaw, Paul Sinclair, Basseyy Andah and Alex Okpoko (eds) (1993) *The Archaeology of Africa: Food, Metals and Towns* (London: Routledge) and J. Desmond Clark and Steve A. Brandt (eds) (1984) *From Hunters to Farmers: The Causes and Consequences of Food Production in Africa* (Berkeley: University of California Press). For Eurasia, see David R. Harris (ed.) (1996) *The Origins and Spread of Agriculture and Pastoralism in Eurasia* (London: UCL Press), John M. Wilkins and Shaun Hill (2006) *Food in the Ancient World* (Oxford: Blackwell), H.E.M. Cool (2006) *Eating and Drinking in Roman Britain* (Cambridge: Cambridge University Press), and Peter Garnsey (1999) *Food and Society in Classical Antiquity* (Cambridge: Cambridge University Press). A valuable trilogy on the Americas before Columbus is William M. Denevan (2001) *Cultivated Landscapes of Native Amazonia and the Andes* (Oxford: Oxford University Press), William E. Doolittle (2000) *Cultivated Landscapes of Native North America* (Oxford: Oxford University Press), and Thomas M. Whitmore and B.L. Turner II (2001) *Cultivated Landscapes of Middle America on the Eve of Conquest* (Oxford: Oxford University Press).

The global spread and redistribution of plants and animals is treated broadly by Alfred W. Crosby Jr. (1972) *The Columbian Exchange: Biological and Cultural Consequences of 1492* (Westport, CT: Greenwood) and Jared Diamond (1997) *Guns, Germs and Steel: A Short History of Everybody for the Last 13,000 years* (New York: W.W. Norton). Jack R. Harlan (1975) *Crops and Man* (Madison, WI: American Society of Agronomy) is the classic work on plants. For the Americas generally, see William W. Dunmire (2004) *Gardens of New Spain: How Mediterranean Plants and Foods Changed America* (Austin, TX: University of Texas Press) and Nelson Foster and Linda S. Cordell (eds) (1992) *Chilies to Chocolate: Food the Americas gave the World* (Tucson, AZ: University of Arizona Press). Also useful are Henry Hobhouse (1987) *Seeds of Change: Five Plants that Transformed Mankind* (New York: Harper & Row) and Denis J. Murphy (2007) *People, Plants, and Genes: The Story of Crops and Humanity* (Oxford: Oxford University Press). Although not up to date, Jack Ralph Kloppenburg (1988) *First the Seed: The Political Economy of Plant Biotechnology 1492–2000* (Cambridge: Cambridge University Press) remains important.

Specialized works, dealing with particular plants, include Betty Fussell (1992) *The Story of Corn* (Albuquerque, NM: University of New Mexico Press), Judith A. Carney (2001) *Black Rice: The African Origins of Rice Cultivation in the Americas* (Cambridge, MA: Harvard University Press), Chris Ballard, Paula Brown, R. Michael Bourke, and Tracy Harwood (eds) (2005) *The Sweet Potato in Oceania: A Reappraisal* (Sydney, Australia: University of Sydney, Oceania Monographs no. 56), Lucien Degras (1983) *The Yam: A Tropical Root Crop* (Oxford: Macmillan, 1983), William O. Jones (1959) *Manioc in Africa* (Stanford, CA: Stanford University Press), James C. McCann (2005) *Maize and Grace: Africa's Encounter with a New World Crop, 1500–2000* (Cambridge, MA: Harvard University Press), and John Reader (2008) *Propitious Esculent: The Potato in World History* (London: William Heinemann). Although its style now seems out of date, the seminal work in commodity history is Redcliffe N. Salaman's (1949) *The History and Social Influence of the Potato* (Cambridge: Cambridge University Press). An influential extension of the model is Sidney W. Mintz (1985) *Sweetness and Power: The Place of Sugar in Modern History* (New York: Viking).

Agricultural history is given a large context in Daniel E. Vasey (1992) *An Ecological History of Agriculture: 10,000 B.C.–A.D. 10,000* (Ames, IA: Iowa State University Press). Aspects of modern agriculture are considered in Giovanni Federico (2005) *Feeding the World: An Economic History of Agriculture 1800–2000* (Princeton: Princeton University Press), Deborah Fitzgerald (2003) *Every Farm a Factory: The Industrial Ideal in American Agriculture* (New Haven, CT: Yale University Press), and Nick Cullather (2010) *The Hungry World: America's Cold War Battle Against Poverty in Asia* (Cambridge, MA: Harvard University Press). For a broad survey of contemporary patterns, see Alfred R. Conklin Jr. and Thomas Stilwell (2007) *World Food: Production and Use* (Hoboken, NJ:

John Wiley & Sons). Animal foods are considered in Umberto Albarella, Keith Dobney, Anton Ervynck and Peter Rowley-Conwy (eds) (2007) *Pigs and Humans: 10,000 years of Interaction* (Oxford: Oxford University Press), Richard Perren (2006) *Taste, Trade and Technology: The Development of the International Meat Industry since 1840* (Aldershot, UK: Ashgate), and Richard W. Bulliet (2005) *Hunters, Herders, and Hamburgers: The Past and Future of Human-Animals Relationships* (New York: Columbia University Press). The extraordinary rise of the chicken is discussed in Jane Dixon (2002) *The Changing Chicken: Chooks, Cooks and Culinary Culture* (Sydney, Australia: UNSW Press).

A valuable guide to the world of hunting and gathering is Richard B. Lee and Richard Daly (eds) (1999) *The Cambridge Encyclopedia of Hunters and Gatherers* (Cambridge: Cambridge University Press). For pastoralism, see John G. Galaty and Douglas L. Johnson (eds) (1990) *The World of Pastoralism: Herding Systems in Comparative Perspective* (New York: Guilford Press) and Tim Ingold (1980) *Hunters, Pastoralists and Ranchers: Reindeer Economies and Their Transformations* (Cambridge: Cambridge University Press). The best general histories of fishing are D.H. Cushing (1988) *The Provident Sea* (Cambridge: Cambridge University Press) and Callum Roberts (2007) *The Unnatural History of the Sea: The Past and Future of Humanity and Fishing* (London: Gaia).

Salt is covered well by S.A.M. Adshead (1992) *Salt and Civilization* (New York: St Martin's Press) and Mark Kurlansky (2003) *Salt: A World History* (New York: Penguin). The best source on ancient methods of preservation is Robert I. Curtis (2001) *Ancient Food Technology* (Leiden, The Netherlands: Brill). Ancient trades, other than salt, are discussed in John Keay (2006) *The Spice Route: A History* (Berkeley: University of California Press), while modern trade and distribution patterns are considered in Tim Lang and Michael Heasman (2004) *Food Wars: The Global Battle for Mouths, Minds and Markets* (London: Earthscan), Peter J. Atkins, Peter Lummel and Derek J. Oddy (eds) (2007) *Food and the City in Europe since 1800* (Aldershot, UK: Ashgate), Beverley Kingston (1994) *Basket, Bag and Trolley: A History of Shopping in Australia* (Melbourne: Oxford University Press), and Warren Belasco and Roger Horowitz (eds) (2009) *Food Chains: From Farmyard to Shopping Cart* (Philadelphia: University of Pennsylvania Press). The intimate relationship between trade and aid is discussed in Robert Paalberg (2010) *Food Politics: What Everyone Needs to Know* (Oxford: Oxford University Press), and Christopher B. Barrett and Daniel G. Maxwell (2005) *Food Aid after Fifty Years: Recasting Its Role* (London: Routledge). Gunilla Andrae and Björn Beckman's (1985) *The Wheat Trap: Bread and Underdevelopment in Nigeria* (London: Zed Books) provides a critical assessment of the impact of nutritional doctrine and trade imperatives. A broader critique of recent trade policy trends is found in Jennifer Clapp and Doris Fuchs (eds) (2009) *Corporate Power and Global Agrifood Governance* (Cambridge, MA: MIT Press).

Among drinks, the best studied are coffee and cocoa: Mark Prendergrast (1999) *Uncommon Grounds: The History of Coffee and How It Transformed Our World* (New York: Basic Books), Brian William Cowan (2005) *The Social Life of Coffee: The Emergence of the British Coffeehouse* (New Haven, CT: Yale University Press), Taylor Clark (2007) *Starbucked: A Double Tall Tale of Caffeine, Commerce and Culture* (New York: Little, Brown), William Gervase Clarence-Smith (2000) *Cocoa and Chocolate, 1765–1914* (London: Routledge), and Sophie D. Coe and Michael D. Coe (1996) *The True History of Chocolate* (London: Thames and Hudson). See also Di Wang (2008) *The Teahouse: Small Business, Everyday Culture, and Public Politics in Chengdu, 1900–1950* (Stanford, CA: Stanford University Press), and Robert John Foster (2008) *Coca-Globalization: Following Soft Drinks from New York to New Guinea* (New York: Palgrave Macmillan).

Styles of cooking are the subject of Lizzie Collingham (2005) *Curry: A Biography* (London: Chatto & Windus), John A. Jakle and Keith A. Sculle (1999) *Fast Food: Roadside Restaurants in the Automobile Age* (Baltimore: Johns Hopkins University Press), John K. Walton (1992) *Fish and Chips and the British Working Class 1870–1940* (Leicester, UK: Leicester University Press), and Ruth Oldenziel and Karin Zachmann (eds) (2009) *Cold War Kitchen: Americanization, Technology, and European Users* (Cambridge, MA: MIT Press).

Works on particular culinary styles or cuisines are numerous. For French, see Jean-Robert Pitte (2002) *French Gastronomy: The History and Geography of a Passion* (New York: Columbia University Press), Priscilla Parkhurst Ferguson (2004) *Accounting for Taste: The Triumph of French Cuisine* (Cambridge: Cambridge University Press), and Rebecca L. Spang (2000) *The Invention of the Restaurant: Paris and Modern Gastronomic Culture* (Cambridge, MA: Harvard University Press). For Chinese, the classic work edited by K.C. Chang (1977) *Food in Chinese Culture: Anthropological and Historical Perspectives* (New Haven, CT: Yale University Press), Roel Sterckx (2005) *Of Tripod and Palate: Food, Politics and Religion in Traditional China* (New York: Palgrave Macmillan), E.N. Anderson (1988) *The Food of China* (New Haven, CT: Yale University Press), and Seung-Joon Lee (2011) *Gourmets in the Land of Famine: The Culture and Politics of Rice in Modern Canton* (Stanford, CA: Stanford University Press). For Japanese, Naomichi Ishige (2001) *The History and Culture of Japanese Food* (London: Kegan Paul) and Katarzyna J. Cwiertka (2006) *Modern Japanese Cuisine: Food, Power and National Identity* (London: Reaktion Books). For African, James C. McCann (2009) *Stirring the Pot: A History of African Cuisine* (Athens, OH: Ohio University Press). For Pacific Islander, Nancy J. Pollock (1992) *These Roots Remain: Food Habits in Islands of the Central and Eastern Pacific since Western Contact* (Honolulu, HI: University of Hawaii Press), and Deborah Gewertz and Frederick Errington (2010) *Cheap*

Meat: Flap Food Nations of the Pacific Islands (Berkeley: University of California Press). For Italian, Alberto Capatti and Massimo Montanari (2003) *Italian Cuisine: A Cultural History* (New York: Columbia University Press) and Carol Helstosky (2004) *Garlic and Oil: Food and Politics in Italy* (Oxford: Berg). For Russian, R.E.F. Smith and David Christian (1984) *Bread and Salt: A Social and Economic History of Food and Drink in Russia* (Cambridge: Cambridge University Press). For Jamaican, B.W. Higman (2008) *Jamaican Food: History, Biology, Culture* (Mona, Jamaica: University of the West Indies Press). For Australian, Michael Symons (2007) *One Continuous Picnic: A Gastronomic History of Australia* (Melbourne: Melbourne University Press). For British, Joan Thirsk (2007) *Food in Early Modern England: Phases, Fads, Fashions, 1500–1760* (London: Hambledon Continuum) and Kate Colquhoun (2007) *Taste: The Story of Britain Through Its Cooking* (London: Bloomsbury).

An important comparison is found in Stephen Mennell (1985) *All Manners of Food: Eating and Taste in England and France from the Middle Ages to the Present* (Oxford: Blackwell). For a larger region, see Ken Albala (2003) *Food in Early Modern Europe* (Westport, CT: Greenwood Press) and Joan Fitzpatrick (ed.) (2010) *Renaissance Food from Rabelais to Shakespeare: Culinary Readings and Culinary Histories* (Farnham, Surrey, UK: Ashgate).

Gender is at the center of Arlene Voski Avakian and Barbara Haber (eds) (2005) *From Betty Crocker to Feminist Food Studies: Critical Perspectives on Women and Food* (Amherst, MA: University of Massachusetts Press). Interesting studies of ethnic and regional food identities in the United States include Linda Keller Brown and Kay Mussell (eds) (1984) *Ethnic and Regional Foodways in the United States: The Performance of Group Identity* (Knoxville, TN: University of Tennessee Press), Anne L. Bower (ed.) (2007) *African American Foodways: Explorations of History and Culture* (Urbana, IL: University of Illinois Press), Hasia R. Diner (2001) *Hungering for America: Italian, Irish, and Jewish Foodways in the Age of Migration* (Cambridge, MA: Harvard University Press), and Barbara G. Shortridge and James R. Shortridge (eds) (1998) *The Taste of American Place: A Reader on Regional and Ethnic Foods* (Lanham, MD: Rowman & Littlefield). Also useful is David Bell and Gill Valentine (1997) *Consuming Geographies: We Are Where We Eat* (London: Routledge).

Globalization has produced a large literature. Among the more important contributions are: Alexander Nützenadel and Frank Trentmann (eds) (2008) *Food and Globalization: Consumption, Markets and Politics in the Modern World* (Oxford: Berg), Carol Helstosky (2008) *Pizza: A Global History* (London: Reaktion), Silvano Serventi (2002) *Pasta: The Story of a Universal Food* (New York: Columbia University Press), J.A.G. Roberts (2002) *China to Chinatown: Chinese Food in the West* (London: Reaktion Books), and David Y.H. Wu and

Sidney C.H. Cheung (eds) (2002) *The Globalization of Chinese Food* (Honolulu, HI: University of Hawaii Press).

Recent work on the history of nutrition includes: Walter Gratzer (2005) *Terrors of the Table: The Curious History of Nutrition* (Oxford: Oxford University Press), Harmke Kamminga and Andrew Cunningham (eds) (1995) *The Science and Culture of Nutrition, 1840–1940* (Amsterdam: Editions Rodopi), and Richard H. Steckel and Jerome C. Rose (eds) (2002) *The Backbone of History: Health and Nutrition in the Western Hemisphere* (Cambridge: Cambridge University Press). Interesting studies of its impact on voyagers are found in J. Watt, E.J. Freeman and W.F. Bynum (eds) (1981) *Starving Sailors: The Influence of Nutrition upon Naval and Maritime History* (Greenwich, UK: National Maritime Museum). Obesity is studied in Michael Gard and Jan Wright (2005) *The Obesity Epidemic: Science, Morality and Ideology* (London: Routledge) and Sander L. Gilman (2008) *Fat: A Cultural History of Obesity* (Cambridge: Polity). Gilman's (2008) *Diets and Dieting: A Cultural Encyclopedia* (New York: Routledge) provides a wide-ranging treatment of ideas and models. For general studies of famine history, see Cormac Ó Gráda (2009) *Famine: A Short History* (Princeton: Princeton University Press) and James Vernon (2007) *Hunger: A Modern History*. Cambridge, MA: Harvard University Press).

Current fears for the future are argued strongly in Julian Cribb (2010) *The Coming Famine: The Global Food Crisis and What We Can Do to Avoid It* (Berkeley: University of California Press) and Paul Roberts (2008) *The End of Food: The Coming Crisis in the World Food Industry* (Boston: Houghton Mifflin). A longer-term critique is Spencer Wells (2010) *Pandora's Seed: The Unforeseen Cost of Civilization* (New York: Random House). Earlier viewpoints are expressed in Julian Morris and Roger Bate (eds) (1999) *Fearing Food: Risk, Health and Environment* (Oxford: Butterworth Heinemann), Harvey Levenstein (1993) *Paradox of Plenty: A Social History of Eating in Modern America* (New York: Oxford University Press), and David Grigg (1985) *The World Food Problem 1950–1980* (Oxford: Blackwell). See also Warren Belasco (2006) *Meals to Come: A History of the Future of Food* (Berkeley: University of California Press).

Atlases that provide a useful view of select recent trends include: Thomas J. Bassett and Alex Winter-Nelson (2010) *The Atlas of World Hunger* (Chicago: University of Chicago Press) and Erik Millstone and Tim Lang (2003) *The Atlas of Food: Who Eats What, Where and Why* (London: Earthscan).

Of the easily accessible statistical databases, the most comprehensive for the period since 1960 is that supported by the Food and Agriculture Organization (United Nations): <http://faostat.fao.org>.