



Grow Food, Cook Food, Share Food: Perspectives on Eating from the Past and a Preliminary Agenda for the Future

By Ken Albala

Oregon State University, United States, 2013. Paperback. Book Condition: New. 224 x 140 mm. Language: English . Brand New Book. Grow Food, Cook Food, Share Food is a practical food history lesson, an editorial on our use of packaged convenience foods, and a call to arms--of the kitchen variety. Mixing food writing and history, adding a dash of cookbook, author and scholar Ken Albala shares the story of what happened when he started taking food history seriously and embarked on a mission to grow, cook, and share food in the ways that people did in the past. Albala considers what the traditions we have needlessly lost have to offer us today: a serious appreciation for the generative power of the earth, the great pleasures of cooking food, and the joy of sharing food with family, friends, and even strangers. In Albala s compelling book, obscure seventeenth-century Italian farmer-nobles, Roman statesmen, and quirky cheesemakers from the fifteenth and sixteenth centuries all offer lessons about our relationship with the food we eat. A rare form of historical activism, Grow Food, Cook Food, Share Food is written for anyone who likes to eat, loves to cook, and knows how to throw a great...

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