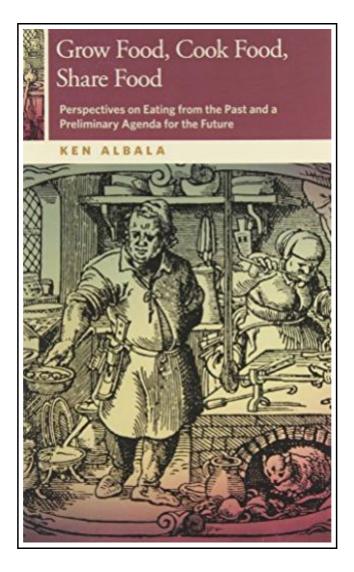
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GROW FOOD, COOK FOOD, SHARE FOOD: PERSPECTIVES ON EATING FROM THE PAST AND A PRELIMINARY AGENDA FOR THE FUTURE



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 dinner party.

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