

# CONVERSATIONS WITH FOOD

Edited by

**Dorothy Chansky**

*Texas Tech University*

and

**Sarah W. Tracy**

*University of Oklahoma*

Series in Sociology



VERNON PRESS

Copyright © 2020 Vernon Press, an imprint of Vernon Art and Science Inc, on behalf of the author.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of Vernon Art and Science Inc.  
[www.vernonpress.com](http://www.vernonpress.com)

*In the Americas:*  
Vernon Press  
1000 N West Street, Suite 1200  
Wilmington, Delaware 19801  
United States

*In the rest of the world:*  
Vernon Press  
C/Sancti Espiritu 17,  
Malaga, 29006  
Spain

Series in Sociology

Library of Congress Control Number: 2020939569

ISBN: 978-1-64889-102-1

Also available: 978-1-64889-076-5 [Paperback]

Product and company names mentioned in this work are the trademarks of their respective owners. While every care has been taken in preparing this work, neither the authors nor Vernon Art and Science Inc. may be held responsible for any loss or damage caused or alleged to be caused directly or indirectly by the information contained in it.

Every effort has been made to trace all copyright holders, but if any have been inadvertently overlooked the publisher will be pleased to include any necessary credits in any subsequent reprint or edition.

Cover design by Vernon Press using elements designed by Freepik, macrovector / Freepik, gstudioimagen / Freepik, OpenClipart-Vectors from Pixabay.

# Table of Contents

<b>Foreword</b>	vii
Anastacia Marx de Salcedo	
<b>Preface</b>	xi
<b>Introduction</b>	xiii
Dorothy Chansky <i>Texas Tech University</i>	
Sarah W. Tracy <i>University of Oklahoma</i>	
Chapter 1	
<b>Starving for Science and Conscience: The Minnesota Experiment, Ancel Keys, and Religious Pacifism, 1944-46</b>	1
Sarah W. Tracy <i>University of Oklahoma</i>	
Chapter 2	
<b>They Tried to Make Me Go to Rehab But I Said No, No, No: Single-Serve Packs and the Social Contract</b>	19
Abby Wilkerson <i>George Washington University</i>	
Chapter 3	
<b>A Ballpark United by Food: Hot Dogs and Bridging the Gap Between the Skyboxes and the Cheap Seats at the Houston Astrodome</b>	37
Seth S. Tannenbaum <i>Drexel University</i>	
Chapter 4	
<b>When Diplomacy Sours: The Failed Feast and Intergroup Relations in Ancient Greek Literature</b>	53
Jessica Romney <i>MacEwan University</i>	

Chapter 5		
<b>Harvey Wiley and the Transformation of American Food Manufacturing</b>		69
Jonathan Rees		
<i>Colorado State University – Pueblo</i>		
Chapter 6		
<b>The Inventory of Tradition: French Culinary Heritage in the Global Age</b>		83
Benjamin Poole		
<i>Texas Tech University</i>		
Chapter 7		
<b>Food and <i>The Skriker</i>: Consumption and Corruption in Caryl Churchill's Posthuman Fairy Underworld</b>		99
Patrick Midgley		
<i>Texas Tech University</i>		
Chapter 8		
<b>US Permaculture and the Legacy of Colonizing Ideologies</b>		111
Audrey Lundahl		
<i>Texas Woman's University</i>		
Chapter 9		
<b>Of Eating and Being (Eaten): Identity, Power, and Food in Eich's Radio Drama <i>Der Tiger Jussuf</i></b>		127
Belinda Kleinhans		
<i>Texas Tech University</i>		
Chapter 10		
<b>Food and "Trumpism": How a Farm Crisis, Food Stamps, and Fat-free Diets Foreshadowed a Trump Victory</b>		145
Adele Hite		
<i>Independent Scholar</i>		
Chapter 11		
<b>On Performative Food Acts and the Human-Microbe Relationship</b>		163
Maya Hey		
<i>Concordia University</i>		

Chapter 12	
<b>Local but Not Traditional: Farm-to-Table Dining at a Belizean Resort</b>	179
Lauren Miller Griffith <i>Texas Tech University</i>	
Chapter 13	
<b>Food Tourism: With Anthony Bourdain What You See is Never What You'll Get</b>	195
Roger Porter <i>Reed College</i>	
<b>Contributors</b>	209
<b>Index</b>	213



# Foreword

Anastacia Marx de Salcedo

We called my father the human garbage can. He appreciated a good dinner as much as anyone—he would polish off second and third helpings and then clean out the serving bowls in the kitchen, all while groaning, “I’m never going to eat again” (a vow forgotten by morning). His gluttony was understandable—after all, lots of people love to eat, and, as a long-distance runner, he was spared the usual consequences, but not an indiscriminate palate. He was just as happy with a hamburger and fries from McDonald’s as a gourmet meal. And, although he knew how to boil water and make a few other things, he didn’t bother with even the most rudimentary preparation. He gnawed frozen bagels rather than toasting and schmearing them. At lunch, like a colony of army ants, he bored front to back through carrots, cabbages, and grapefruit, leaving nothing behind, not even a citrus rind. He intercepted and rerouted to his mouth items destined for the disposal—the brown ends of vegetables, slightly stinky leftovers, and scrapings from other people’s plates.

Which made the loss of his appetite all the more devastating. At the age of 72, after complaining to his doctor about a persistent pain in his back, he was diagnosed with pancreatic cancer. I collapsed into his arms when he told me; I knew it was a death sentence. But we did what families too rattled to face the truth about a loved one’s diagnosis do. We insisted he get chemotherapy; we tried to enroll him in pharmaceutical trials (already Stage IV, he was rejected); and we distracted ourselves with med schedules, trips to the pharmacy for narcotics and swabs, and the million of other small tasks that go into caring for the very ill. I, as the (self) designated family cook, busied myself in the kitchen, preparing him delicate, easy-to-swallow lunches and dinners: a filet of sole with a light grinding of lime zest; a small mound of nutty Basmati rice, cauliflower soup thinned with milk, small salads with Bibb lettuces, and puddings and tapiocas dusted with cinnamon. He declined the wine I’d offer—he who had once glugged enormous goblets at the end of the day—and took tiny bites of the food. When he’d finished, I’d collect his plate and bring it to the kitchen. I stood at the sink, sliding the mostly uneaten meal into the disposal, crying silently.

My husband would scold me. “Why are you in here? Can’t you see he has no appetite? Go be with him.” It was true that my father seemed to enjoy the drugstore protein drinks I’d bought him—Boost, Carnation, and Ensure—more than my carefully prepared dishes. But I couldn’t go. I couldn’t trust myself to sit by his edema-swollen legs without feeling absolutely flattened by the

enormity of my grief. And so I hid behind my stove, my refrigerator, my toaster, and my blender, gently stirring scrambled eggs and spreading butter over perfect toast. I let the food say what I could not: "I cannot bear to let you go."

Food, metabolized to build and fuel cells, is vital to all creatures. But for people, its importance is even greater than simply sustaining life. Cooking both required (it's time-consuming) and enabled (batch preparation) the division of labor, the basis of civilization—spawning farming, government, technology, and culture. The pervasive and diverse roles food plays in human society are adroitly captured in *Conversations With Food*, a wide-ranging anthology assembled by Dorothy Chansky, a theatre scholar and founding director of the Humanities Center at Texas Tech University, and Sarah W. Tracy, a historian of medicine and food at the Honors College of the University of Oklahoma.

The book's ambiguous title hints at the variety of viewpoints and approaches within. Does "with" mean food is an agent or instrument, as in my story about my father? Or an element or accessory, as the two sides of beef framing Pope Innocent X in Francis Bacon's 1954 painting "Figure with Meat"? Or does the preposition indicate that food is the subject, in this case, of an intellectual inquisition? The answer, of course, is all of these things. *Conversations With Food* applies a similar inclusivity to disciplines. The book features contributions by actors, anthropologists, classicists, culinary and food science experts, epidemiologists, historians, language and culture scholars, women's studies researchers, and writers on food and popular culture. The result is panoramic.

Chansky and Tracy are uniquely qualified to pull together this freewheeling collection. Chansky's lifelong love of the theatre began when she was six and her mother enrolled her in a "dramatics class." After an AB in English from Smith College, a master's degree from the Catholic University of America, and a PhD from New York University, Chansky plunged into practice. She was an actor for seven years and then wrote and produced the off-Broadway musical *The Brooklyn Bridge*, celebrating the building of the landmark. But her fascination with theory, criticism, and history led her in a more scholarly direction. In 2004, Chansky published her first book, *Composing Ourselves: The Little Theatre Movement and the American Audience*, about a period in which motion pictures freed live drama to experiment with less conventional structures and themes. She was soon invited to join the faculty at Texas Tech University. In 2015, she published *Kitchen Sink Realisms: Domestic Labor, Dining, and Drama in the American Theatre*, incorporating food and feminism into her domain. She is currently working on a book about representations of dementia in the past century of American theatre.

Chansky's partner in the project has had an equally storied career. Sarah W. Tracy graduated with an AB from Harvard and Radcliffe Colleges and then earned her master's and PhD in the History and Sociology of Science at the



University of Pennsylvania. Her interest in the interlocking trinity of food, medicine, and public health resulted in her first book, *Alcoholism in America from Reconstruction to Prohibition*, a history of alcoholism and its treatment in the United States, published in 2005. She is currently finishing a groundbreaking—it will be the very first—biography of one of the 20<sup>th</sup> century's most influential scientists: nutritional physiologist and epidemiologist Ancel Keys (1904-2004); her anthology chapter is drawn from this work.

Food studies, as Chansky and Tracy note in this book's introduction, is a very young field—appearing only in the 1990s. (The neglect of a topic that touches virtually every facet of existence is undoubtedly due to its historic association with women.) This just means there's more to explore! *Conversations With Food* expands the perimeter of the discipline. The thirteen essays begin by addressing hunger and end by discussing insatiety. Each chapter brims with fresh ideas and resonant details, from ballpark franks as signifiers of democratic ideals to the displacement, lack of acknowledgment, and appropriation of Indigenous horticulture by ecologically minded gardeners.

For example, in the opening piece, by Tracy, which examines Ancel Keys's famous experiment depriving conscientious objectors (COs) of food, a role they assumed in lieu of military service, I was struck by these lines: "The COs became obsessed with food, however, dreamt about it, traded recipes, and collected cookbooks. Some made plans to pursue careers in agriculture and to take cooking classes . . ." Keys and his colleagues termed this "semi-starvation neurosis," but it sounds exactly like so many people in the twenty-first century. What does that mean about us, I wondered, living at a time when the average American consumes more than 3,600 calories a day? Is our collective obsession with food a sign of its poor quality—or of spiritual starvation?

Another essay that hit home was Adele Hite's "Food and Trumpism." I found myself nodding my head as I read how the 1980s farm crisis fueled the present political divide by pushing rural white families off the land and into the use of food stamps—as had happened with rural Black families after World War II. Poverty, stigma, and racism ignited into anger when Michelle Obama became the figurehead for the "healthy diet" championed by coastal elites and promoted as policy through the Supplemental Nutrition Assistance Program (SNAP) and the school lunch program. The antidote: Donald J. Trump brandishing a Quarter Pounder and fries.

And as I read Roger Porter's closing chapter, a dissection of how Anthony Bourdain's televised gastronomical adventures were designed to both titillate and frustrate us, I mused on the meaning of appetite. "[E]verything is brightly colored, crunchy, exotic, unrecognizable, and attractive. I suddenly want everything . . . I'm happy, exhilarated, delirious with hunger and curiosity. A manic-depressive on a happy jag, I'm on top of the world . . . Everything I see, I

want to put in my mouth.” For the food celebrity, as for the rest of us, the desire to eat was a desire for life. I imagine that, like my father, as Bourdain receded, he stopped wanting to taste its sweet, sour, savory, and bitter tang.

In the Spanish-speaking world, it’s customary for diners to begin a meal by saying *buen provecho* to each other. The phrase is not, as some people mistakenly assume, the equivalent of the French *bon appétit*, enjoy the food. It expresses the hope that eaters can take advantage of the nourishment before them, to use it for their benefit. ¡Buen provecho!

Anastacia Marx de Salcedo

Author

*Combat-Ready Kitchen: How the US Military Shapes the Way You Eat*

# Preface

The editors would like to thank Texas Tech University's Humanities Center, Provost Michael Galyean, and Vice President for Research Joseph Heppert for their support of the 2018 "Food and . . ." conference. We also thank Justin Hughes for unflagging administrative and editorial assistance and Alec Lee Williams for prodigious assistance with all things MLA 8.

We especially want to extend our gratitude and admiration to the contributors to this volume. Our colleagues who offered sympathy for the missed deadlines and misunderstood instructions that (inevitably) plague editors trying to marshal the troops (but instead find themselves herding cats) never met this baker's dozen of authors. To a one, they were timely in their revisions and they put up with our nitpicking. If you meet, see, or know one of them, and if you have any interest in this book, buy that scholar a drink.

Dorothy Chansky

Sarah W. Tracy



# Introduction

Dorothy Chansky

*Texas Tech University*

Sarah W. Tracy

*University of Oklahoma*

This book emerged from a year of events organized by the Humanities Center at Texas Tech University in 2018 under the rubric “Food and. . . .” But the collection does not precisely fit in the category of food studies. On the other hand, it doesn’t *not* fit there.

The explosion of food studies at the end of the twentieth century was an institutional response to the myriad ways in which food might be—and in a preliminary way, had been (see Tannahill)—approached by scholars; the field has only expanded in the intervening years. As the introduction to a recent humanities-inflected anthology of essays on food and theatre notes, food carries “symbolic and material unwieldiness,” showing “comestibles and their consumption to be both bedrock and flashpoints of cultural identity” (Chansky and White 1). Historians of medicine, too, have long appreciated the fact that dietary advice for healthy living has often been much more than, well, dietary advice. American physiologist Wilbur O. Atwater’s food recommendations for the early twentieth-century industrial worker were a recipe for what he considered “efficient democracy.” We all eat, yet what counts as appealing, nourishing, traditional food in one culture may be repulsive in another. Even what simply counts in one society as food, as poison, as medicine is historically and culturally fluid, as the American temperance campaign against alcohol—regarded in some late-nineteenth-century medical and lay circles as nourishing and restorative—makes clear. What is cheap and ordinary in one time and place is luxury in another. Oysters, for example, were the poor food of the working class in early nineteenth-century England and New York. Now, after decades of over-harvesting, elites jockey for position in selecting specific types of this expensive delicacy. Religious practices, too, dictate what may be consumed and when for numerous kinds of believers. Food is what we make of it, and what its consumption makes of us.

Recent books that do claim a place at the food studies table typically nod to what has gone before and then point out how their area of interest has been underexplored. In the former camp (“what has gone before,” or even “the bad old days”), as early as 1996 the editors of *Consumption in the Age of Affluence*:

*The World of Food* (Fine, Heasman, and Wright) acknowledged that food had become solidly present in diverse areas of scholarship where it had previously been ignored. Nonetheless, they argued, the earlier foci of critical investigation were outdated. Economic concepts (supply and demand, theories of state and policy making, or the relation between agriculture and industry) did not tell us enough about how food was perceived, used, understood, misunderstood, or manipulated at the grassroots level. Nor did it tell us enough about how food serves people as locus of identity or as trope or prop, to name just three of the ways comestibles function in everyday life, in literature, and in the plastic and performing arts. Geography, psychology, and social practice show up on the editors' list of other recommended approaches to considering food.

In the decades since *Consumption in the Age of Affluence*, a plethora of scholars in the humanities and social sciences have heard the call and have obliged with studies such as *Food and Gender: Identity and Power* (Counihan and Kaplan, 1998); *Food and Cultural Studies* (Ashley et al., 2004); *Food in the Movies* (Zimmerman and Weiss, 2005); *Food and the City in Europe Since 1800* (Atkins, Lummel, and Oddy, 2007); *Bite Me: Food in Popular Culture* (Parasecoli, 2008); *Cuisine and Symbolic Capital: Food in Film and Literature* (Fine et al., 2010); and *Food and Theatre on the World Stage* (Chansky and White, 2015). A list of books that take up particular "ethnic" or regional foods could fill the rest of this introduction. Suffice it to say that by 2009, *Food Studies: An Introduction to Research Methods* (Miller and Deutsch) anticipated sales within the by then robust roster of university programs in food studies.

This collection does something slightly different. Emerging, as it does, from a yearlong series of programming that took place across several platforms, the anthology offers a great variety of ways to replace the ellipsis in "Food and . . ." with none given pride of place. As in the examples above, "Food and . . ." may suggest areas of inquiry that fall under several broad thematic categories: culture, literature, politics, policy, environment, technology, health. More specialized topics under these large rubrics include malnutrition, access, education, inequality, media representations, depictions in fine art, sustainability, ecology(s), local food, small-scale agriculture, global agribusiness, colonialism, restaurants, taboo, packaging, eating disorders, marketing, terroir, and gastronomy. This list is not exhaustive. Humanistic ways of looking at food run the gamut from "primary source in material culture to semiotic tool; from literary trope to exchangeable commodity; from colonial weapon to method of cultural resistance; from obsession either due to absence or to fetish; from comfort, reassurance, and sustenance to oddity or source of disgust; from sin to salvation" (Chansky and White 9); from welcoming gesture to coercive faux hospitality; and from political bribe to political rallying point. Social science ways of looking at food rely on participant-observer praxis, interviews, ethnographies, data analyses, and parsing

government documents. Neither of the latter methodological lists pretends to be exhaustive, either. Jessica Romney's chapter in the present volume nods to Kaori O'Connor's assessment of food studies as a house with many interconnected rooms. We like to think of our collection as such a house.

Most anthologies of any sort feature clusters of essays under headings that point to shared thematic DNA. A dozen essays in this collection emerged from papers given at the 2018 themed conference, simply titled "Food and . . ." Our call for papers invited scholars from any humanities or social science discipline to fill in the blank as they saw fit. The thirteenth essay is an expanded version of a talk given by English literature scholar and food writer Roger Porter in the Humanities Center's yearlong "Food and . . ." speaker series. It fell to us as the editors to try to create topic-driven clusters. Attempts to do so, however, proved maddeningly slippery, as essays that seemed to belong securely under one rubric often also seemed to want to migrate to the shelter of another. Here are some of the many connections we see among the essays in this book.

At least three of the essays treat what might be called national cuisines. These are Benjamin Poole's "The Inventory of Tradition: French Culinary Heritage in the Global Age"; Lauren Miller Griffith's "Local But Not Traditional: Farm-to-Table Dining at a Belizean Resort"; and, in a more indirect way, Jessica Romney's "When Diplomacy Sours: The Failed Feast and Intergroup Relations in Ancient Greek Literature."

But Romney's essay could fit into a unit on literature, where it would be joined by Patrick Midgley's "Food and *The Skriker*: Consumption and Corruption in Caryl Churchill's Posthuman Fairy Underworld" as well as Belinda Kleinhan's "Of Eating and Being (Eaten): Identity, Power, and Food in Eich's Radio Drama *Der Tiger Jussuf*," with the latter two pieces analyzing food and eating in plays originating in different countries at different times. This grouping of essays highlights food's transformative power, its ability to alter the power dynamics between different cultures and worlds—human and non-human.

Chapters addressing food practices and policies in the United States could easily go together and would include Jonathan Rees's "Harvey Wiley and the Transformation of American Food Manufacturing"; Seth Tannenbaum's "A Ballpark United by Food: Hot Dogs and Bridging the Gap Between the Skyboxes and the Cheap Seats at the Houston Astrodome"; Adele Hite's "Food and 'Trumpism': How a Farm Crisis, Food Stamps, and a Fat-free Diet Foreshadowed a Trump Victory"; and Abby Wilkerson's "They Tried to Make Me Go to Rehab But I Said No, No, No: Single-Serve Packs and the Social Contract."

Both Rees and Wilkerson, though, are dealing with food chemistry, industry, and government policy as much as they are with how consumers think about

and choose their foods. Accordingly, these essays could be part of a policy and science unit along with Maya Hey's consideration of fermentation in "On Performative Food Acts and the Human-Microbe Relationship." And since Hey considers microbes as co-inhabitants of the earth that humans often imagine we own, her essay could loop back and pair with Midgley's study of Caryl Churchill's dystopian universe brought onstage as a plea that attention must be paid to all the living creatures that make up our ecosystem, especially the parts of it we eat and the habitats that support them. This last theme figures, too, in Audrey Lundahl's analysis of permaculture discourses that frequently fail to acknowledge their authors' borrowing of the holistic ecological perspectives and agricultural practices of Indigenous peoples who were systematically disenfranchised from the lands they had historically tended.

"Authenticity" is a dearly held yet contentious concept that is crucial to and parsed by Poole, Griffith, and Roger Porter, whose essay about Anthony Bourdain's "Food Tourism" asks us to think about the ways in which readers and television viewers anticipate or believe they recognize the authentic. These three authors consider food tourism as an industry that is crucial to the cultures they explore. Poole's France and Griffith's Belize are countries that host tourists, while Porter's study of Bourdain as "über-tourist" reveals this larger-than-life food celebrity and his television crew paradoxically crafting the authentic in a variety of global destinations and inviting viewers to savor experiences of which they cannot be a part. Reading the three essays in light of each other invites us to shift positions or lenses regarding profitability, policy, role-play, advertising, and publications as a means of shaping tourist (and citizen) expectations concerning food experiences. The chapters remind us, too, of the mediated nature of authenticity.

Shifting positions could be the DNA shared by essays in a unit that might be called "Self/Other." Here, Romney's consideration of warring states in the ancient world defining themselves and their "others" via food would be joined by Tannenbaum's careful analysis of how a popular informal food was (and arguably remains) perceived as uniting rich and poor while they watch "America's favorite pastime," baseball, from their box or their bleacher seats. Audrey Lundahl's work might figure here as well. Her study of how gardening methods marketed as healthful, organic, or good for the land are subtly co-opted from Indigenous cultures by privileged, first-world whites, often ignorant of the people they are both depriving and mimicking, reveals an insidious kind of we/they. Yet, seeing Indigenous peoples and their foodways as timeless may itself be a mode of naïve and ahistorical thinking. Poole notes that "it is a modern conceit to imagine pre-modern societies as unchanging, traditional, and isolated. Exploration, invention, and exchange are surely ancient human activities," which leads us right back to Romney's warring Greeks and Persians with their aggressive forays into unfamiliar



territories where eating practices were as alien as the languages and terrain. And then, there is Kleinhans, whose analysis of Eich's drama *Der Tiger Jussuf* reveals just how quickly and easily the Self/Other distinction may be reversed through the act of eating.

Science is also the focus of a number of the chapters in *Conversations With Food*. Maya Hey's detailed consideration of fermentation and bacteria as always already with us, whether we recognize that or not, and Rees's examination of Harvey Wiley's obsession with food purity in an increasingly industrial food system remind us of the persistent human impulse for mastery over the microbial world of food. To the extent that Lundahl is working with some of the science of food, a section under that rubric would surely include Sarah W. Tracy's "Starving for Science and Conscience: The Minnesota Experiment, Ancel Keys, and Religious Pacifism, 1944-46." Tracy's and Lundahl's essays remind us, too, of the ways disenfranchised others—whether conscientious objectors or Indigenous peoples—contribute to science in acknowledged and unacknowledged ways. Tracy's subjects submitted to starvation voluntarily, but extreme alimentary privation makes an appearance in Kleinhans's reading of *Der Tiger Jussuf*, written shortly after World War II, when Germans were still reeling from the effects of the food shortages that had so many of them tightening their belts to the point of desperation and diminished functioning.

World War II and the deprivations suffered in its wake led to large-scale industrialized food production and government subsidies to growers. Poole discusses these developments as a France's twinned means of feeding a nation. But feeding a nation via industrialized agriculture and manufacture can have devastating effects on vulnerable communities, something addressed head-on by both Hite and Lundahl. Hite reminds us that dietary guidelines and agricultural policies are often inflected with racial and class status biases—biases that may be difficult to detect but bear significant political consequences. And Lundahl offers a path toward recognizing the unrecognized voices and interests that have historically served the common good and contributed to alternatives to the industrial food system. Wilkerson parses the coercive traps set by large-scale food processing that yields products intended, one might say, to mess with consumers' minds while facilitating their efforts to discipline their bodies. As Poole writes of France and as Wilkerson demonstrates to be clearly entrenched US phenomena, "branding and marketing gradually replaced local interpersonal relationships in mediating consumers' food choices."

The world of food studies is an intellectually rich and increasingly well-seasoned place. The best part of the conference, for Dorothy as organizer, was seeing the looks of surprise and delight as participants from wholly disparate disciplines—theatre studies, Classics, French studies, English, epidemiology, nutrition, history, history of medicine, anthropology, to name some—got

excited about research they had not before imagined would be of any interest to them. Classicists picked the brains of art historians who, in turn, were fascinated by cultural studies of the foodways of countries other than their own, and quantitative methods garnered curiosity and questions from scholars whose work depends on qualitative investigation or even close readings of literature.

So, as co-editors we have eschewed the subheading route and, with two exceptions, have simply arranged the chapters using their authors' last names, presenting them in reverse alphabetical order. The exceptions are the first and last pieces, which deal, respectively, with starvation and with an excess of food opportunities—from the alpha of deprivation to the omega of glut. Tracy's "Starving for Science and Conscience" considers the importance of understanding the effects of extreme deprivation on the human body and mind as a key part of learning how to reintroduce nutrition without overwhelming (and potentially killing) the severely malnourished people being rescued. Clear though this may sound in retrospect, it was anything but at the time a group of conscientious objectors made a successful plea during World War II to aid their country without weaponizing and to strengthen global democracy after the war through food security. Porter's "Food Tourism: With Anthony Bourdain, What You See is Never What You'll Get" considers the ways in which armchair travel to food destinations is neither a wholly innocent nor even a genuinely benign undertaking. Bourdain's death, just a few months after Porter delivered his lecture, brought the food memoirist and television star's legacy to the attention of millions who might previously have been less critically attuned to the ways in which what Porter calls "food porn" is part of what those of us with access to expensive and varied cuisines seek in the name of adventure.

Read the chapters in any order that appeals to you. In the spirit of conversation, however, each author's chapter is followed by his or her suggestion for two or more other chapters in the volume that seem to them to have things to say to each other. You will, of course, see what you think. Push back. Talk back. Rearrange. No two cooks need to use the same main ingredients in the same way.

### Works Cited

- Ashley, Bob, Joanne Hollows, Steve Jones, and Ben Taylor, editors. *Food and Cultural Studies*. Routledge, 2004.
- Atkins, Peter J., Peter Lummel, and Derek J. Oddy, editors. *Food and the City in Europe Since 1800*. Ashgate Publishing, 2007.
- Chansky, Dorothy and Ann Folino White, editors. *Food and Theatre on the World Stage*. Routledge, 2015.
- Counihan, Carole M. and Steven L. Kaplan, editors. *Food and Gender: Identity and Power*. Harwood Academic Publishers, 1998.

- Fine, Ben, Michael Heasman, and Judith Wright, editors. *Consumption in the Age of Affluence: The World of Food*. Routledge, 1996.
- Mahar, Cheleen Ann-Catherine, editor. *Cuisine and Symbolic Capital: Food in Film and Literature*. Cambridge Scholars, 2010.
- Miller, Jeff and Jonathan Deutsch. *Food Studies: An Introduction to Research Methods*. Berg Publishers, 2009.
- O'Connor, Kaori. *The Never-Ending Feast: The Anthropology and Archaeology of Feasting*. Bloomsbury Academic, 2015.
- Parasecoli, Fabio. *Bite Me: Food in Popular Culture*. Berg Publishers, 2008.
- Tannahill, Reay. *Food in History*. Stein and Day Publishers, 1973.
- Zimmerman, Steve and Ken Weiss, editors. *Food in the Movies*. McFarland, 2005.

PAGES MISSING  
FROM THIS FREE SAMPLE

## Contributors

**Lauren Miller Griffith** is Assistant Professor of Anthropology at Texas Tech University. Her work on *capoeira* has been published in *Annals of Tourism Research*, the *Journal of Sport and Tourism*, and *Theatre Annual*. She is the author of *In Search of Legitimacy: How Outsiders Become Part of the Afro-Brazilian Capoeira Tradition* (Berghahn Books, 2016) and *Apprenticeship Pilgrimage* (Lexington Books, 2018). Her newest work investigates the links between tourism, cultural heritage, and agriculture in Belize.

**Belinda Kleinhans** is Associate Professor of German at Texas Tech University. Her research focuses on how discourses of exclusion, discrimination, and violence against (animal) others are expressed and countered in literature. She has published several refereed articles and book chapters, most of them in the field of cultural animal studies, combining literary analysis, ethics, and animal studies. She received her PhD from the University of Waterloo (Ontario, Canada) in 2013.

**Maya Hey** is a Vanier Scholar and PhD candidate at Concordia University. She completed her master's degree in Food Culture and Communication at the Università degli Studi di Scienze Gastronomiche and holds a Bachelor of Science degree in Nutrition, Dietetics, and Food Administration. Her work experience spans chemistry labs, commercial kitchens, organic farms, pre-schools, and food markets, where she has cumulatively garnered over 15 years of experience facilitating discussions around contemporary food issues.

**Adele Hite**, PhD, MPH, RDN is a registered dietitian with a doctorate in rhetoric, communication, and digital media and graduate training in nutritional epidemiology and public health. Her work combines biomedicine and cultural studies to explore food politics, nutrition science, and public health nutrition policy. In 2019, she led a global effort to create a general protocol to guide health care professionals in using therapeutic carbohydrate restriction to treat metabolic disease.

**Audrey Lundahl** is Adjunct Professor of Multicultural Women's and Gender Studies and an instructional designer at Texas Woman's University, where she also received her PhD. Her research on Ecofeminist spirituality has been previously published in the edited collection *Mothers and Food* (Demeter Press, 2016), *The International Review of Social Research*, and *Sacred Matters*. She teaches courses in ecofeminism, spiritual activism, and gender and social change.

**Patrick Midgley** is a PhD candidate and Presidential Fellow at Texas Tech University's School of Theatre and Dance. He is a former professional actor with the American Shakespeare Center in Staunton, Virginia.

**Benjamin Poole** is a Lecturer in History at Texas Tech University, where he teaches courses in modern European history, food history, and the history of nationalism and racism. He holds a PhD in History from the University of Illinois. His research explores the construction of Frenchness at the intersection of media and food in a global context.

**Roger Porter** is Professor of English Emeritus at Reed College. He is the author of *Self-Same Songs: Autobiographical Performances and Reflections* and *Bureau of Missing Persons: Writing the Secret Lives of Fathers*. He has co-edited (with Sandra Gilbert) *Eating Words: A Norton Anthology of Food Writing* and (with Lisa Shara Hall) *A Food Lover's Companion to Portland*. He was a restaurant critic and food writer for many years in Portland, Oregon, and was nominated by the James Beard Foundation for a Best Restaurant Critic award.

**Jonathan Rees** is Professor of History at Colorado State University - Pueblo. His books include *Refrigeration Nation* (2013), *Before the Refrigerator* (2018), and *Food Adulteration and Food Fraud* (2020). Johns Hopkins University Press will release his full biography of Harvey Wiley, *The Chemistry of Fear: Harvey Wiley's Fight for Pure Food*, in fall 2021.

**Jessica M. Romney** is Assistant Professor of Classics in the Department of Humanities at MacEwan University (Alberta, Canada). Her work focuses on identity fashioning practices of the Greek Archaic and Classical periods. In *Lyrical Poetry and Social Identity in Archaic Greece* (U. of Michigan Press 2020), she examines Greek elite identity rhetoric in poetry performed in the *symposion*, while her current book project turns to how food, identity rhetoric, and geographical consciousness intersect in the Archaic and Classical periods.

**Seth S. Tannenbaum** is a Visiting Assistant Professor of History at the University of Central Oklahoma. He earned his PhD in American History from Temple University in 2019. Seth is a scholar of sport history and the history of exclusion and inequality. His manuscript in progress is tentatively titled *Ballparks as America: The Fan Experience at Major League Baseball Parks in the Twentieth Century*.

**Sarah W. Tracy** is Edith Kinney Gaylord Presidential Professor of the History of Medicine, University of Oklahoma Honors College, author of *Alcoholism in America from Reconstruction to Prohibition* (2005), and co-editor with Caroline Jean Acker of *Altering American Consciousness* (2004). Her essays have appeared in *New England Journal of Medicine*, *Bulletin of the History of Medicine*, *Isis*, *Academic Medicine*, and *International History Review*. She is completing a

biography of nutritional physiologist, epidemiologist, and champion of the Mediterranean diet Ancel Keys.

**Abby Wilkerson**, a philosopher, teaches writing at George Washington University, and is a Fellow of the Association for the Study of Food and Society. Her kitchen usually contains assorted veggies from a weekly farm-share, and veggie Frito pie makings. Her writing on food includes a book manuscript, *The Thin Contract: Social Justice and the Political Rhetoric of Obesity*, as well as articles and chapters in *Food, Feminisms, and Rhetorics*; *The Atkins Diet and Philosophy*; and *Food, Culture and Society*.





# Index

## A

- ableism, 124  
Achaean Greece, 58  
Adcock, Joe, 42, 46, 48  
Afghanistan, 149  
Africa, 6, 60, 155  
African Americans, 3, 38-39, 44-45, 74, 145, 147-49, 156-58  
agency: consumerism and, 30; human vs. microbial in food, 81, 164; in foodmaking, 167, 170; in the food system, 125; model of distributed, 170, 173; non-human in *The Skriker*, 101  
agribusiness, 149-150, 152, 157, 182  
agricultural and food tourism, French state's support for, 91  
agricultural communities, small and permaculture, 119  
agricultural economy, value added without increasing production, 153  
agricultural policy, US, 149, 151. *See also* farm crisis  
agricultural practices: of Indigenous peoples harmed by forced relocation, 116; traditional, 18. *See also* permaculture  
agricultural science, failure to acknowledge indebtedness to Indigenous people, 115  
agriculture, xiv, xvii, 11, 17, 58, 86; alternative food movements and, 115; corporate, 115; environmental sustainability and, 114; federal extension work, 148; in Mexico, 28; in the Homeric Otherworld, 57; industrial in France, 86; machinery in, 114. *See also* farms, farming, United States Department of Agriculture  
Ahmed, Hasam, 28, 31  
Alcinous, King of Phraeacians, 59  
alcohol, xiii, 63, 76-78, 81, 165  
Allen, Peter, 120, 123  
alternative food movements, 34, 114, 121; co-option of Indigenous knowledge in, 113; permaculture, 112  
Althusser, Louis, 167, 175  
alum, 73-74  
America. *See* United States  
American food supply, safety in, 78  
American Friends Service Committee (AFSC), 4, 5  
Americans, 14, 20, 39, 47, 50, 71, 77-78, 110, 151-58; as tourists, 186; invasion of Karuk lands, 117; white working-class, 146-47, 157-58  
Anatolia, 57  
Ancient Greek literature: diplomacy in, 53-65; feasts in, 50, 53-65, 193  
Anderson, Oscar E., Jr., 72, 79, 81  
Angell, Marcia, 32, 34  
Angell, Roger, 41, 43-44, 48  
animal studies, 128, 130  
Anthropocene, the era, 105  
anthropocentric dramatic action, 101  
anthropocentrism, in human-microbe relations, 164  
anthropology, xvii; of tourism, 179-85, 197-98  
antibiotic resistance, 164  
anti-immigrant sentiment, French, 84  
anti-obesity paradigm, 20, 22, 30  
Appadurai, Arjun, 197, 207  
Appellation d'Origine Contrôlée (AOC), 87, 91-93

appetite: human and posthuman, 107;  
tension between indulgence and  
control, 27  
Araxes River, 61-62  
Archaic period, 55-56  
Armenians, genocide reference, 47  
Aronson, Naomi, 154, 158  
Ashley, Bob, xviii-xiv  
Asia, 6, 12-13, 54, 60, 63-64, 97  
Astrodome. *See* Houston Astrodome  
Astroturf, 41  
Athens, 59-60, 63-64, 67  
Atkins, Peter J., xiv, xviii  
Atkins, Robert C., 154, 158  
atomic physicists, 12  
atomic weapons, 17  
Atwater, Wilber O., xiii  
Austin, John Langshaw, 166, 175  
Australia, permaculture in, 119  
authenticity, xvi, 81, 84, 87-88, 91-92,  
96-97, 180-81, 183, 185, 189-92,  
193, 196-200, 208  
Avery, Harry C., 62, 65

## B

Bach, Kent, 166, 175  
bacteria, xvii, 165, 169, 176  
Bailey, Jon M., 150, 158  
Baker, David, 12, 14  
baking powder, 73-75, 77, 81  
baking soda vs. baking powder, 81  
Bakker, Egbert, 57, 58, 65  
ballparks, 38-41  
Barad, Karen, 164, 170, 175  
Barclay, Eliza, 30-31  
Barham, Elizabeth, 84, 87, 94, 97  
Barnett, Barry J., 149, 158  
Barth, Gunther, 37, 48  
Barthes, Roland, 101, 109  
baseball, xv-xvi, 37-42, 44-45, 47, 50,  
96  
Basque country, Spain, 203, 204  
Batali, Mario, 196  
Bateman-House, Alison, 4, 14  
Baum, Bruce, 114, 123  
Baumann, Shyon, 208

Becenti, Tonia, 124  
Belanger, Charlene F., 156, 159  
Belize, xvi, 67, 81, 96, 179-82, 184-87,  
189-91, 193; Maya culinary  
practices in, 180; Maya  
archaeological sites in, 180; food  
competition in, 190; tourism in,  
179-80, 182, 184, 186-87, 191  
Bennett, Jane, 166, 170, 175, 177  
Ben-Shalom, Yonatan, 156, 159  
Bérard, Laurence, 89, 91, 94  
Berbers, 203  
Beresford, Shirley A.A., 124  
Berg, Joel, 157, 159  
Bessire, Lucas, 157, 159  
Bienassis, Loïc, 88-89, 93-94  
Biltekoff, Charlotte, 152, 156, 159  
biopolitics, of microbes and humans,  
166  
Birnbaum, Daniel, 130, 133, 142  
Bivar, Venus, 86, 94, 97  
black broth, iconic Spartan meal, 61  
Black Sea, 64  
Blok, Josine H., 66  
Blowen, Sarah, 94-95  
Blum, Deborah, 72, 79  
Board of Food and Drug Inspection of  
USDA, 70, 72, 81  
Bocuse, Paul, 199  
body disciplining, 21, 30  
body size, larger associated with  
people of color and poor, 156  
body weight, 20-22, 27, 30  
Bohling, Joseph, 87, 94, 97  
Bonci, Leslie, 31, 35  
Bond, David, 157, 159  
bootstrap myth, 114, 120-21  
Bordeaux, AOC label of, 87  
Bourdain, Anthony, xvi, xviii, 81, 110,  
195-97, 199-207  
Bourdieu, Pierre, 184, 192  
Bové, José, 84, 86, 97  
Bowie, Angus M., 60, 64-65, 67  
Bowman, Paul, 5, 11, 15  
Braidotti, Rosi, 102-5, 109, 164, 175  
branding, xvii  
Bray, George A., 154, 159

bread, as symbol of civilization, 140  
 Bresse, France, 89  
 Brethren 2, 5-6, 18  
 British Honduras. *See* Belize  
 Brody, Aaron, 26, 31  
 Brodziak, Sylvie, 94  
 Brooklyn, New York, 43  
 Brooklyn Dodgers, 43  
 Brubaker, Rogers, 94  
 Bruce, H. Addington, 38, 48  
 Brugge, Doug, 116, 123  
 Brunt, Peter A., 65, 68  
 Buck, Daniel, 182, 192  
 Bureau of Chemistry, USDA, 69, 70, 72  
 Burgundy, AOC label of, 87, 92-93  
 butcher shops, German-American, 40, 50-51  
 Butler, Judith, 166-67, 174-75, 177  
 Butz, Earl, 149, 153

## C

Cadava, Eduardo, 142  
 caffeine, 71  
 Cajete, Gregory, 115, 123  
 California, 117  
 Callon, Michel, 165, 175  
 calories, 2, 6, 9-11, 13, 20, 22-25, 27, 29-30, 34-35, 97, 128, 161  
 Cambodia, 196, 205; exotic animals served at restaurant in, 203  
 Campos, Paul, 31, 34  
 Canada, 27, 50  
 candy, 13, 19, 22, 26  
 Canetti, Elias, 136-38, 142  
 cannibalism, 100, 108  
 capitalism, 27, 30, 97, 142  
 carbohydrates, blamed for heart disease, 154  
 Cargill, Bob, 46, 48  
 Caribbean coastline, 180  
 Caribbean, food of the 190  
 Carlsen, Laura, 28, 31  
 carnocentrism, 134  
 carnophallogentrism, subjectivity and, 129  
 carnophallogocentrism, 129, 133, 141  
 Carpenter, Frank G., 72, 79  
 Carroll, Patty, 40, 49  
 Carter, Jimmy, 149, 152-53  
 Cary, Stephen G., 4, 14  
 celebrity, xviii  
 celebrity chef vs. celebrity eater, 196  
 celebrity chefs, 196, 199  
 celebrity, food, xvi  
 Central America, 180, 186  
 Champagne, and AOC label, 87, 92  
 Chansky, Dorothy, xiii-xiv, xviii, 34  
 chaos theory, 101  
 chaosmos, 104, 106, 108-10  
 chaya, local green in Belize, 189  
 chemical additives in food, 70  
 chemical fertilizers, 187  
 chemistry, food, xv  
 Chen, Mel Y., 167, 175  
 Cherokee Nation, forced relocation of, 116  
 Chickasaw Nation, forced relocation of, 116  
 chicken, 163, 165, 171, 173-74  
 Chile, 7  
 Chilean Andes, 7  
 chocolate, 183, 187  
 Choctaw Nation, forced relocation of, 116  
 cholesterol, 10, 154  
 chronic disease, 152, 154, 156; linked to diet, 147, 152-56, 161; moral decay and, 155  
 chronodiversity, 106  
 Churchill, Caryl, xv-xvi, 67, 99, 100-10, 143  
 Cimmerian straits, 63  
 citizenship, 13; 20-21, 152  
 civil rights movement, 162  
 Civilian Conservation Corps, 4, 18  
 Civilian Public Service, 2-6, 8-9, 12, 18  
 Civitello, Linda, 73-74, 79  
 Clapp, Megan, 164, 175  
 Clark, David, 129, 142  
 Clarke, Bruce, 109  
 class: differences, 146; class discrimination, 38; in Ancient Greek world, 55; prejudice, views of

health and, 147; status, xvii, 34, 146, 157, 161-62; links to race, 147

Classical period, 55-56

Cluet, Marc, 143

Coamilpa, Mexico, 27, 28

Coates, Ta-Nehisi, 146-47, 153-54, 159

Coc, Mariano, 190

Coca-Cola, 71, 146, 203

Cohen, Erik, 182, 192, 197, 207

Colchis, 63

Cold War, 2, 12, 128

Coleman-Lochner, Lauren, 31, 35

cologne spirits, in whiskey distillation, 76

colonialism, 113, 120, 122

Colt .45s (baseball team), 41, 51

Columbus, Ohio, 39

Committee on Nutrition and Human Needs, 155. *See also* McGovern, George

commodities, 25, 27, 29, 86-87, 120

commoditization, 86

commodity crops, 151, 153

communal foodscapes, permaculture and, 122

communication studies, 164

composting techniques, dependence on microbes, 164

compulsory able-bodiedness, 21

concentration camps, WWII, 9, 11, 129; starvation in, 130

Connor, Peter, 142

conscientious objectors, xvii-xviii, 1-14, 17-18, 110

consumer choice, 30

consumer culture: Western, 142; posthumanist critique of, 143

consumerism, construction of identity and, 25, 30

consumption, tension between indulgence and control, 27

convenience: as driver in food industry, 27, 30; as value, 22, 79

cookbooks, 11

cooking classes, 11

Copenhagen, Denmark, world's best restaurant in, 199

Coppin, Clayton A., 73, 76, 79

corn, 28, 112, 149, 151, 153, 179-80, 188-89; as substitute for animal fats and sugar, 149; as US commodity crop, 151, 153; ground for tortillas in Belize, 179, 189; grown the Maya way, 188; monoculture, 149; on family farms in Belize, 180

Counihan, Carole, xiv, xviii

Craig, Mary, 39

Crampton, Charles A., 73, 79

Crawford, DeLisle, 15

Crawford, Robert, 27, 31, 147, 154, 159

cream of tartar, in baking powder, 73

critical disability studies, 21

Crystal, Jason Bruce, 41, 48

Csergo, Julia, 85, 88-89, 94, 97

cuisine: French, 83-85, 92, 193; haute traditional, for tourists, 184, 189; local, contested meanings of, 185; regional, 97, 193; touristic, 184, 189-90

Culbert, Arthur, 39, 49

Culler, Jonathan, 199, 207

cultural diversity, celebrated in culinary inventories, 93

cultural essentialism: authenticity and, 90; in French culinary heritage, 90

cultural heritage: 93-94

Curnonsky, "Prince of Gastronomes", 85, 97

Curtis Act of 1898, US, effects of on Native American lands, 116

Cyclopes, 58-59, 67

Cyrus the Great, 61-62, 67

## D

Dachau, 9

*dais*, 55-56, 59

Danone, 91

Darius the Great, 64

Davis, H. Louise, 118, 124

Dawes Act of 1887, US, 116

deep ecology, 102-6

deep history, 102, 105-7

Deleuze, Gilles, 104

Delian League, 60, 64  
 Demby, Gene, 151, 159  
 democracy, xiii, xviii, 2, 11, 12, 38, 64  
 Democrats, 146-47  
 Demossier, Marion, 89, 95, 97  
 Depression, the Great, 150, 162  
 deprivation. *See* starvation  
 Derrida, Jacques, 102, 106, 128-31,  
 134-35, 139, 141-42  
 Deutsch, Jonathan, xiv, xix  
 diabetes: among Navajo tribes, 116;  
 and egg consumption, 156; in  
 Mexico, 28; type 2, 23  
 Diamond, Elin, 100-2, 105, 109  
 Dickerson, Marla, 19, 27-29, 31  
 diet, xiii, xvii, 5, 9-11, 26, 34, 93-94,  
 107, 117, 147, 154-55, 159;  
 comparison of Greek and Persian,  
 60; fat-free, 154; Mexican, 27; of  
 French peasants, 85; uncivilized in  
 Achaean Greece, 58  
 dietary advice, 147, 152, 154-57  
*Dietary Goals for the United States*  
 (1977), 152-55, 157  
*Dietary Guidelines for Americans*  
 (1980), 155-56, 161  
 dieting, 20, 24, 26-27, 124  
 dietitians, 25  
 Dietler, Michael, 53, 55-56, 65  
 dining, as peak experience for tourists,  
 183  
 Dion, Roger, 57, 65  
 disability: conformity and, 21; studies, 21  
 disenfranchised peoples, xvii  
 disenfranchisement of women, 148  
 Djoussé, Luc, 156, 159  
 Dougherty, Carol, 57, 65  
 Douglas, Mary, 2, 15, 66, 68, 191-192  
 drama, xv, 17, 67; dystopian, 99  
 dramatic theory, (Aristotelian), 101  
 Drouard, Alain, 95  
 Duhart, Frédéric, and concept of  
 cultural food identity, 85, 95  
 DuPuis, E. Melanie, 25-26, 30, 32  
 Dyer, Joel, 149-50, 159  
 Dyreson, Mark, 49  
 dystopian societies, food in, 143

## E

eating: disorders, xiv, 12; as act of  
 agency, 133; as altering power  
 relations, 132; as political act, 112;  
 as tourist experience, 182;  
 assimilation of identity and, 129-  
 30, 133, 135-36; brute practices of,  
 132; ecology of, 173; ethical, 183;  
 ethics of, 143; healthy, 147, 156;  
 interspecies relations in, 165;  
 performative ecology of, 174;  
 power relations of, 129; practices,  
 subject-object relations in, 128;  
 wave, in 1950s Germany, 127, 140  
 ecology, xvi; crisis of in *The Skriker*,  
 105; in alternative food systems,  
 123; of eating, 173-74; role of  
 microbes in, 164  
 ecosystems, food, 176  
 eco-tourism movement, 187; in Belize,  
 184  
 egg consumption, and health, 156  
 Egypt, 60, 63  
 Eich, Günter, xv, xvii, 17, 67, 127-28,  
 130-37, 139-43  
 Elliott, Debbie, 158-59  
 England, xiii, 4, 39, 105, 181, 191  
 environment: agriculture and  
 sustainability, 114; posthuman,  
 100; protecting the, 34; socio-  
 psychic-ecological, 103;  
 supernatural, 100  
 environmental damage, 30  
 environmental justice, permaculture  
 and, 122  
 Epicureanism, of Anthony Bourdain,  
 205  
 epidemic, obesity, 154  
 epidemiology, xvii  
 Erhard, Ludwig, 127  
 ethics: in permaculture, 112; of eating,  
 138; of food in post-WWII  
 Germany, 129; posthumanist, 143  
 Eumaeus, 64  
 Europe, xiv, 5, 9, 11-12, 15, 27, 60, 63-  
 64, 86, 90, 93, 97, 129, 144, 181;

displaced peoples after WWII, 144;  
 diverse food cultures inscribed in  
 Euroterroirs, 93; healthiest  
 ideologies in, 176; postwar, 1  
 European steppe, 64  
 European taste identity, 93  
 European Union, 33, 93  
 European Protected Geographical  
 Status label, 93  
 Europeans, 2, 11, 86  
 Euroterroirs, 93

## F

factory farms, 83  
 fairy logic, as driving force in *The  
 Skriker*, 101  
 fairy world, in *The Skriker*, 107  
 fake food or junk food. *See* junk food  
 famine, 9, 10, 12, 128, 130, 140, 155  
 Famine Emergency Committee, under  
 Herbert Hoover, 11  
 Farm Bill, 151  
 farm: crisis, in 1980s (US), xv, 34, 125,  
 145, 148-50, 153, 155; economics  
 and connections with SNAP  
 utilization, 150; economics shaped  
 by federal dietary advice, 152;  
 economy, boom of in 1970s US,  
 149; families, federal intervention  
 in, 148; machinery, 94; politics,  
 change for rural Americans, 151;  
 farm, hurdles toward owning, 120;  
 organic in Belize, 185, 187  
 farmers: African American, 149;  
 autonomy of, 94; Belizean respond  
 to tourists' food demands, 185;  
 tensions of US toward urban elites  
 in 1980s, 150; marginalized  
 populations in the Great  
 Depression, 150; markets, 183;  
 Maya in Belize, 187-88; minority  
 and white tensions in 1980s, 150;  
 US decline of post-WWII, 149;  
 white and farm debt in 1970s,  
 1980s, 149  
 farming: changes in Belize, 193;  
 community in rural Japan, 171, 172;  
 conventional vs. organic in Belize,  
 185, 187-88; difficulties inherent in,  
 120; in the tropics, 185; Indigenous  
 peoples and, 117; methods,  
 permaculture and universal, 119;  
 movement, 86; practices, routine  
 weeding, foraging, harvesting, 185;  
 organic, 86, 172, 185, 187-88;  
 permaculture and small-scale, 115;  
 pesticides used in, 172  
 farmland, destroyed by WWII, 128  
 farms: abusive treatment of labor on,  
 183; commercial vs. family, 114;  
 consolidation of in post-WWII US,  
 149; corporate controlled vs. small,  
 114; expansion in size in 1970s and  
 1980s US, 149; industrial, 183;  
 small, 114; small- and medium-  
 sized US, 148; small in post-WWII  
 US, 149; 7  
 farm-to-table dining, in Belize, 96, 179,  
 190-91  
 farm-to-table philosophy, in Belize,  
 185  
 fast food, 25, 28, 83, 91, 94  
 fasting, 2, 13, 110  
 fat, and morality, 155  
 fat-free diet, xv, 34, 125, 145, 154-55  
 fatness, stigmatized with race, class,  
 and body size, 156  
 fats: animal, 149; cheap, 29;  
 monosaturated, 24; saturated, 24,  
 154  
 feasting, 54-56, 62-65; Anthony  
 Bourdain in Portugal, 206; in  
 Homer's *Odyssey*, 57; intercultural,  
 56; intergroup, 54; intragroup, 54;  
 as literary motif, 65; as vehicle for  
 amalgamation of Ancient Greek  
 empire, 56  
 feasts: cannibalistic in *The Skriker*,  
 108; consumption styles reinforce  
 social divisions, 53; *dais* or meat  
 feast in Ancient Greece, 55;  
 defined, 53; diacritical function of,

- 50, 53, 55-57, 65; dystopic in *The Skriker*, 109; failed, 50, 53-54, 56-59, 64-65, 143, 193; fairy, 108, 109; guest-host relations in, 56; identities of participants negotiated, 54; in *The Skriker*, 107; inappropriate behavior at, 56; intercultural, 53-54, 56; intergroup, 57, 59; intracultural, 53, 56; markers of cultural interaction and mingling, 65; negotiating participants' identity in, 56; patronage in, 55; political, 55; social dynamics of, 53; successful, 50, 53-54, 56, 59, 64-65; *symposion* or drinking party in Ancient Greece, 55; transporthive power of, 110; types of, 55
- federal dietary advice, 154-57; reflecting white middle-class values, 155
- federal food assistance programs: in 1970s (US), 151; seen as benefiting urban minorities, 151; white working-class participation in, 153; *See also* Supplemental Nutrition Assistance Program (SNAP)
- Federal Republic of Germany. *See* Germany, West
- Federal Reserve Bank of the United States, 149
- feminist theory, 164
- Ferguson, Priscilla Parkhurst, 84, 95, 197, 207
- fermentation, xvi-xvii, 165-74, 176; as model for interspecies communications, 165
- Ferniot, Jean, 86-87
- fertilizers, chemical vs. organic, 114
- Fine, Ben, xiv-xix
- Fischler, Claude, 55, 66, 86, 95, 184, 192
- Fisher, M.E.K., 202, 207
- Flacelière, Robert, 61
- Flandrin, Jean-Louis, 35
- Fontana, Luigi, 12, 15
- food: access to real, 120; artisanal, local, traditional desired by tourists, 183; as arbiter of power and privilege, 130; as boundary between the human and posthuman, 106-7, 109; as daily requirement, 128; as driver of Odysseus' journey, 59; as non-vital matter, 107; as privilege, 128; as supporting experience for tourists, 18; as visual actant in *The Skriker*, 100-1; assimilation of social and linguistic codes through, 139; class and race intersectionality and, 147; comfort in familiar, 183; contextualized through culture and history, 165; definition of identity through, 55-57, 59, 61, 64, 67; diacritical function of, 50, 53, 55-57, 65; discriminatory politics in US and, 158; dynamic vitality of, 168; equality achieved through sharing, 55; foreign and familiar to tourists, 67; foreign and loss of identity, 56; French, 84-87, 97; hospitality and, xiv; in Homeric Otherworld, 58; in human and non-human realms, xv; in the normalization of post-WWII Germany, 128; junk or fake, 19-20, 22, 25; links to class status, race, and health, 146-47; metempsychosis and, 130; middle-class values in post-WWII Germany and, 128; performative nature of, 96; power dynamics of, xv; processed, 20, 30; race inequality and, xvii, 18, 30, 34; real or whole, 120; relation to unfamiliar, 184; social codes of, 138; subjectivity and, 129; ties to power, 128; transformative powers of, xv, 14, 17, 168; unifying effects of, 50
- food activism, and permaculture, 118, 123
- food additives: chemistry of, 154; safety of, 70
- food adulteration: campaign against, 69, 161; Harvey Wiley on, 69, 71, 78;

- of milk, 71; popular understanding of, 77; whiskey, 77
- Food and Agriculture Organization (FAO), 12
- Food and Drug Administration (FDA), 23-24, 35
- food availability, 128
- food celebrities, 200
- food chain, subverted via ecologies of eating, 176
- Food Channel, the, 201, 206-7; celebrity chefs on, 196
- food choice, xvii, 20, 79-80, 86, 94, 124; allergies affecting, 184; blamed for ill health of poor in US, 157; citizenship and, 21; demarcates frontstage and backstage tourist zones, 180, 182; ethical and privileged, 183-84; federal dietary advice and, 152-53; health and, 153; identity and, 21; in Indigenous communities, 112; many reasons for, 184; morality of, 125; of tourists, 189; often illusory, 161; prevention of obesity and chronic disease and, 154; reflecting cultural training, 139; religious prohibitions affecting, 184; safety and, 70; shaped by public health experts, 152; symbolic meaning of, 184
- food deserts, 25
- food discourses, symbolic and non-symbolic, 135
- food ethics, 170, 183
- food exports, France, 86
- food habitus, 34
- food industry, xiii-xv, xvii, 6, 7, 13, 20, 22, 24, 26-27, 30, 70, 86, 88-89, 91, 97, 114, 119, 121, 124, 129; differential profit in, 24-27, 30; early expansion of, 70; French wine, 87; identity of, 26; in France, 89; interests pitted against US farmers, 153; junk, 26; milk, 72; monoculture in, 114; rehabilitating image of, 26; relationship to diet industry, 26; use of fusel oil in, 76; vs. permaculture, 118
- food insecurity, 116-17
- food labeling, 23-24, 77, 87
- food manufacturers: reformed by Harvey Wiley, 79; resistance to Pure Food and Drug Act (US), 71
- food manufacturing, xv, 69-71, 161, 177
- food marketing, xiv, xvii, 22, 24, 26, 30, 34, 71, 78, 86-87, 89, 92, 152, 153
- food movements, permaculture, 111
- Food Network, Anthony Bourdain on the, 196
- food novelty, cultural appeal of, 184
- food poisoning, 70
- food policy, 70; and dietary advice in US, 152; form of self-policing, 161
- food politics: global, 124; rural Americans and, 151
- food porn, xviii, 201-2, 207
- food preferences: shaped by culture, 197; tourism's effects on local, 183
- food prices, inflation of in 1970s US, 149
- food processing, 152, 153
- food purity, xvii, 80-81, 177
- food recalls, microbes cause, 164
- food safety: Harvey Wiley's legacy, 78; microbial threat to, 164, 171, 177; milk, 71; ongoing concerns about, 71; public trust in, 70
- food sector, alternative, 183
- food security, xviii, 29
- food service, as female role, 129, 141
- food snobbery, 147
- food sovereignty, 111-12, 115
- Food Stamps. *See* Supplemental Nutrition Assistance Program (SNAP)
- food studies, xiii-xv, xvii, 22, 67, 146, 182
- food supply, American, 70-71, 78, 151, 162
- food systems: and inequality, 20; agency in modern, 125; alternative, 111-12, 115, 118, 182-83; efficiency,



vs. quality in, 86; equitable, 112;  
 industrial, xvii, 20, 30, 118-19, 122,  
 183  
 food technology, 149  
 food television, 196  
 food tourism, xvi, xviii, 84, 91-92, 96-  
 97, 195-197; authentic foods in,  
 197; on television, 195; traditional  
 foods the focus of, 181  
 food/not-food distinction, 55  
 food-based injustice, 111  
 foodborne illness, and ecology of  
 eating, 171, 174  
 foodmaking, human and non-human  
 agency in, 167  
 foodmaking environment, distributed  
 agency in, 170  
 foodscape, 24-25, 34, 122  
 foodways, of uncivilized people in the  
 Homeric Otherworld, 58  
 foreign relief: agencies, 10; from the  
 United States, 5, 9, 11-12  
 formaldehyde, 71-73  
 Foucault, Michel, 166  
 Four Freedoms, articulated by Franklin  
 Delano Roosevelt, 11, 13, 18  
 Fox, Ann M., 32, 35  
 France, xvi-xvii, 83-94, 96-97, 193, 196;  
 culinary exceptionalism in, 193;  
 food tourism in, 97; gastronomic  
 traditions of, 91; Ministries of  
 Culture, Agriculture, Education,  
 Tourism, and Health in, 86, 88;  
 provincial folk culture in, 85;  
 waning international influence of,  
 84  
 frankfurter. *See* hot dogs  
 French cuisine, unifying effects of, 50  
 French culinary heritage, xv, 50, 80, 83-  
 85, 88-89, 92, 193  
 French culinary traditions, rural, 83  
 French cultural exceptionalism, 84, 91-  
 93  
 French cultural heritage, problems  
 defining, 94  
 French culture, foreign foods infiltrate,  
 84

French exports, marketing of, 92  
 French food, 80; artisanal vs.  
 industrial, 89  
 French fries, 20, 146  
 French, Paul Comly, 6, 15  
 Frenchness, hegemonic view of, 193  
 fusel oil (in whiskey), 76-77

## G

Gade, Daniel, 87, 95  
 Gaesser, Glenn, 32, 34  
 Gallagher, Charles A., 123  
 Garcia, Macarena C., 157, 159  
 gardening, xvi, 34, 119  
 gardening: community, failure to  
 recognize privilege of land  
 ownership, 120; permaculture as,  
 112; practices, introduced among  
 Navajo tribes, 116; techniques, 112,  
 115-16; uncritical language of, 121;  
 Garner, David M., 12, 15  
 Gast, James, 41, 45, 48  
 gastro-tourism. *See* food tourism  
 gender: discrimination, 38;  
 performativity, 166-67  
 General Agreement on Tariffs and  
 Trade (GATT), French cultural  
 exceptionalism and, 92  
 German Americans, 40  
 German economic miracle, 127  
 German sausages, 39-40, 51  
 Germans, xvii, 17, 50, 128, 130  
 Germantown, Pennsylvania, 18  
 Germany, 127-30, 134, 140-42; as  
 inspiration for Houston Astrodome  
 restaurant, 45  
 Germany, West, 140-41  
 Germanys, East and West, 127  
 Gibbs, W. Wayt, 32, 34  
 Gilmore, F.F., 76, 80  
 Gladwell, Malcolm, 71, 79  
 Glasgow, Scotland, 196  
 globalization, 28-29, 80, 84, 92;  
 American-led, 84; French foods  
 and, 84, 89, 91-92, 97  
 globalization studies, 197

GMOs, potential risks of, 84, 183  
 Goble, Rob, 116, 123  
 Goffman, Erving, 181, 185, 192, 198, 207  
 Golden Age, Homeric, 57  
 Goldstein, David, 128-29, 138, 142  
 Golenbock, Peter, 38, 48  
 Gopnik, Adam, 83, 95  
 Gordon, Robert J., 71, 79  
 Gore, Al, 146  
 Gorton, Matthew, 87, 96  
 Gory, Adrian, 15  
 Graburn, Nelson H.H., 182, 192  
 Great Britain, 4, 83, 99, 143, 180, 207  
 Greece, xv-xvi, 50, 53-64, 68, 143  
 Greeley, Arthur P., 70, 77, 79  
 Gretchko, Chris, 26, 32  
 Griffith, Lauren Miller, xv-xvi, 67, 81, 96, 197  
 Grillo, J. Edward, 38, 48  
 Grimes, Diane, 113  
 Grocery stores. *See* supermarkets  
 Guatemala, 180  
 Guattari, Felix, 104  
 Guetzkow, Harold, 3, 5, 11, 15  
 Guichard, Olivier, 90-91, 95  
 gut health, mood and, 164  
 Guthman, Julie, 25-26, 30, 32, 188, 192  
 Guthmann, Jean-François, 88, 95

## H

Hailey, Eileen, 27  
 hamburgers, 20  
 Hanoi, Vietnam, 202, 205  
 Harnish, Robert M., 166, 175  
 Harp, Stephen, 85, 95  
 Harrison, Julia, 207  
 Hartog, François, 57, 66  
 Harvard University, 7, 155-56; *Fatigue Lab*, 7; *Nurses' Health Study*, 155-56  
 hauntology, 102, 106  
 Hayden, Brian, 53, 55, 65-66;  
 health, 2, 20-23, 26-28, 30, 34, 70-74, 116, 125, 128, 145-47, 151-57, 161, 164, 171, 176-77, 184, 196, 207; American food habits linked to, 155; baking powder's effects on, 74; class and race intersectionality and, 147, 161; class status and, 157; discriminatory politics of in US, 158; disparities, among Navajo tribes, 116; food and, 70; food choice and, 152-53; food habits and, 155; food purity and, 81; gut microbiome and ties to mood, 164; highly processed food and, 153; managed through diet, 154; permaculture and, 118; poor Americans', 157; soil, 112; the social body and, 27  
 healthiest ideologies, 176  
 healthy eating, and federal dietary advice, 150  
 heart disease, 1, 23, 28, 155  
 Heasman, Michael, xiv, xix  
 Heinz, 26  
 Heldke, Lisa, 208  
 Hemingway, Ernest, compared to Anthony Bourdain, 205  
 Henry, C.J.K., 12, 15  
 Herbrechter, Stefan, 102, 106, 109  
 herding, 58  
 Herman, Gabriel, 57, 66  
 Herodotus, 54, 59-68  
 Hershey, Lewis B., 6  
 Hesiod, 67  
 Heuts, Frank, 165, 175  
 Hey, Maya, xvi-xvii, 80, 110, 165, 175  
 high wines, in whiskey distillation, 75-76  
 High, Jack, 73, 76, 79  
 Hinojosa, Leon Gustavo Davila, 19, 27-28  
 history, posthumanist view of, 106  
 Hite, Adele, xv, xvii, 34, 125, 152, 155, 159  
 Hobsbawm, Eric, 95, 97  
 Ho-Chunk/Winnebago Nations, forced relocation of, 116  
 Hodges, Matt, 95, 97  
 Hofheinz, Fred, 42  
 Hofheinz, Roy, 42-44, 47, 51  
 Holiday, Joe Lewis, 44

- Holland, famine in western, 11  
 Hollister, Barrett, 15  
 Hollows, Joanne, xviii  
 Holmgren, David, 119, 122-23  
 Holocaust, the, 2, 128, 130, 142-44  
 Homer, 54-55, 57, 65, 67  
 Homestead Acts of US, 116  
 Hoover, Herbert, 11  
 hospitality, 127, 131-32, 138, 140, 142-43; and host-guest relationship, 185; role of wine in, 165; ties to proper nourishment, 136, 140  
 hot dogs, baseball and, xv, 37-40, 43, 46-47, 50-51, 96  
 Houston, xv, 37-38, 41-46, 51, 96; Astrodome, 38, 41-47, 50-51, 96; Astros, 41-42, 44, 51; Sports Association (HSA), 42, 44-46; climate, 41; growth of city, 1940-1970, 41; racial discrimination in, 44; segregation in, 45  
 human biology, 7, 18  
 human subject research, 1-9, 12-14, 18, 70  
 human-animal distinction, 132, 142-43  
 human-microbe relationship, , 163-66, 169-71, 174, 176  
 humans and animals, balance of power among, 139  
 humans and non-human realms, 176  
 Humphrey, Hubert, 14  
 hundred-calorie pack. *See* single-serve food packs  
 hunger, 2, 10-12, 14, 29, 110, 128; activism, 157; felt by Anthony Bourdain, 202; in dystopian world of *The Skriker*, 102; staved off with candy, 183. *See also* starvation  
 Hunter, Shona, 113, 124
- I**
- ice cream, 20, 39, 109  
 Iceland, 196  
 identity: assimilation of through eating, 133; contributors to French culinary, 84, 90, 92; cultural food, 85; French culinary, 84, 90; French national through food, 92; French reinvention of, 84; French tied to traditional food, 84, 90; national in baseball and hotdogs, 96; white, 114  
 Illinois, University of, 41  
 immigrants, 39, 50, 90, 93, 114, 193; Americanization of, 37; anti-immigrant sentiment in France, 90; dietary advice for, 154  
 immigration, French anxieties about, 92  
 immunity, dependence on microbiome, 164  
 imperialism: food and, 84; French revived in post-colonial world, 93  
 India, 13  
 Indian Removal Act of 1830 (US), 115, 116  
 Indigenous communities, food sovereignty in, 112  
 Indigenous groups, relationship to permaculture, 113  
 Indigenous knowledge: and permaculture, 121, 176; viewed through ideology of colonialism, 113  
 Indigenous peoples, xvi-xvii, 17, 112, 114-17, 119, 121, 123  
 industrialization, 86  
 industry, food as essential to productivity in, 128  
 inequality: food and, 34; forms of, 30; income, 150; social and baseball, 37; inflation, in 1970s US, 149  
 informed consent, 2-3, 13  
 International Monetary Fund (IMF), 29  
 internationalism, 22  
 intersectionality, class and race, 146-47  
 interspecies eating, rejecting human-centered perspectives, 165  
 Inventory of the Culinary Heritage of France, xv, 50, 80, 83-84, 88-93, 193

Iranian plateau, 60  
 Iron Age, 56-57  
 Isker, Rohland, 15  
 Ismail, Mehreen, 151, 160  
 Ithaka, 54, 57-59, 64

## J

Japan, 19, 27, 29, 45, 93, 163, 174, 198  
     and Anthony Bourdain, 204; binges  
     of businessmen in, 204  
 Jim Crow, mythic figure, 162  
 Jim Crow laws: defined, 162;  
     dismantled by federal government,  
     148  
 Jiménez-Beltrán, Francisco Javier, 183-  
     84, 192  
 John and Mary Markle Foundation, 7  
 Johnston, Josée, 208  
 Jones, James H., 15, 18  
 Jones, Phoebe, 48  
 Jones, Steve, xviii  
 Josling, Tim, 95, 97  
 Joyce, James, on the chaosmos, 104  
 junk food, 19-20, 22, 25, 29, 147; taxes,  
     greater effect on poor people, 157

## K

K Ration, 1, 5  
 Kampelman, Max, 1-3, 5, 8-10, 13-15  
 Kaplan, David M., 142  
 Kaplan, Steven L., xiv, xviii  
 Karuk people, 117, 123  
 Kassirer, Jerome, 32, 34  
 Keefe, Patrick Radden, 208  
 Keller, Thomas, 199  
 Kennedy, Edward "Ted," 155, 161  
 Kennedy, John F., 162  
 Kennedy, Robert, 158  
 Keogh, Frank, 47  
 Keramidas, Natacha, 12, 14  
 ketchup, Harvey Wiley and, 71  
 Keys, Ancel, xvii, 1-2, 5-13, 15-16, 110,  
     144, 154, 160  
 Kilbourne, Jean, 26, 32  
 Kilcher, Lukas, 187, 192

Kirshenblatt-Gimblett, Barbara, 168,  
     175, 197, 207  
 Kiviat, Barbara, 157, 160  
 Klamath Mountains, 117  
 Klein, Samuel, 12, 15  
 Kleinhans, Belinda, xv-xvii, 17, 67, 176  
 Kmart, highly processed food at, 146,  
     153  
 Kraig, Bruce, 40, 49, 51  
 Krispyn, Egbert, 131, 142  
 Kurlansky, Mark, 71, 79

## L

labeling, AOC for French wine, 87  
 Laboratory of Physiological Hygiene,  
     2-3, 5  
 LaChiusa, Michael John, 35  
 Laconia, 60  
 Laestrygonians, 58-59  
 Laferté, Gilles, 95, 97  
 Lagasse, Emeril, 196  
 Lake District, England, food tourism  
     in, 185  
 Lake Maeetis, 63  
 Lamy, Maurice, 9, 16  
 Lancot, Neil, 38, 49  
 land, theft of by colonizers, 115  
 land ownership: colonizing principles  
     and, 121; communal barred by  
     Dawes Act of 1887, US, 116; food  
     sovereignty and, 115; Indigenous  
     peoples and, 114-16; marginalized  
     communities' access to, 112;  
     permaculture and, 120; privilege of,  
     118, 120  
 land redistribution, permaculture and,  
     34, 120-23  
 land reform, agrarian, 121  
 Langstraat, Cassie, 119, 124  
 Lappé, Frances Moore, 155, 160  
 Latin America, 6  
 Latour, Bruno, 167, 175  
 Law, John, 166, 175  
 Laxminarayan, Ramanan, 164, 175  
 Lazareff, Alexandre, 93, 95, 97  
 Le Pen, Jean-Marie, 84, 90, 97

Lebanon, 93  
 Lebovics, Herman, 95, 97  
 Leon, David A., 12, 16  
 Levinas, Emmanuel, 128, 138  
 Libya, 63-64  
 Lieberman, Elias, 2, 8, 15  
 Lien, Marianne, 166, 175  
 Lipsitz, George, 115, 124  
 Lipsyte, Robert, 49  
 Lisle, Benjamin D., 43, 49  
 livestock, destroyed by WWII, 128  
 local cuisine, concept challenged, 181  
 local food: embodies local culture, 184;  
   meaning of, 96  
 local vs. global, tension in foods, xiv,  
   84, 89, 91, 93, 96, 183  
 localism, and food systems, 111  
 Lodge, David, 109  
 logocentrism, 134  
 Lomax, Michael, 40, 49  
 Lombard, Kevin A., 116, 124  
 Long, Lucy M., 207  
 Lopez Morales, Gloria, 28-29  
 Los Angeles, 31, 43; Dodgers, 43  
 Lotus-Eaters, in Homer's *Odyssey*, 58  
 low-fat foods, 19  
 Lummel, Peter, xiv, xviii  
 Lundahl, Audrey, xvi-xvii, 17-18, 34,  
   176  
 Lynch, Kathleen., 66  
 Lyons, France, 199-200

## M

MacCannell, Dean, 180-83, 185, 189-  
 90, 192, 197-98, 208  
 Mahar, Chaleen Ann-Catherine, xix  
 maíz, 28. *See also* corn  
 Major League Baseball, 37-38, 40, 50  
 Mak, Athena H.N., 183, 184, 192  
 Malaysia, 196  
 Malkin, Elisabeth, 28, 31  
 malnutrition, xiv, 5, 11, 28  
 Mansfield, Becky, 165, 176  
 Marchenay, Philippe, 89, 91, 94  
 Mardonius, Persian general, 60  
 Marlow, Scott, 151, 160  
 Marmot, Michael, 162  
 Maurice, Beverly, 49  
 Maya crops, 188  
 Maya farmers, 187-88  
 Maya farming techniques, 187  
 Maya ruins, as frontstage, 186  
 McConnell, Sheena, 151, 160  
 McDonaldization, as a result of  
   tourism, 183  
 McGovern, George, 152, 154  
 McGovern, George, Committee on  
   Nutrition and Human Needs, 152,  
   155  
 McInerney, Jeremy, 57, 66  
 McMurtry, Larry, 43, 49  
 McRuer, Robert, 21, 32  
 meat: boycotts, in 1970s US, 155;  
   eating, as masculine behavior, 129,  
   134; links to sacrifice and power,  
   133  
 Meat Inspection Act, 70  
 medicine, patent and use of alcohol,  
   78  
 Mediterranean food sampler, in Belize,  
   190  
 Mediterranean region, 54, 56, 60, 64,  
   97  
 Mekong Delta, Vietnam, 203  
 Mellanby, Kenneth, 4, 16  
 Mennonites, 2, 6  
 mental health, 4, 8  
 metempsychosis, 130, 132, 134  
 Mexico, 20, 27-30, 35, 42, 125, 180  
 Michelin Guide, 85  
 Michigan, 5  
 microbe-human relationship. *See*  
   human-microbe relationship  
 microbes, xvii, 110, 164, 169-70 173,  
   176  
 microbial succession, in fermentation,  
   169  
 microbiome, immunity, mood  
   dependent on, 164  
 Midgley, Patrick, xv-xvi, 67, 143  
 milk: adulteration in US, 71-72; and  
   Pure Food and Drug Act (US), 72;  
   bottle, invention of, 71; inspection,

municipal, 72; investigated by USDA Board of Food and Drug Inspection, 72; local supplies investigated by Harvey Wiley, 72  
 Miller, Jeff, xiv, xix  
 mining: in Andes, 7; in Klamath Mountains, 117; uranium on Navajo lands, 116  
 Minneapolis, Minnesota, 8, 11, 14  
 Minnesota, xvii, 1-3, 6-8, 10-14, 17, 110, 144  
 Minnesota, University of, 2, 6-9, 13  
 Minor League Baseball, 39  
 Mintz, Sidney, 95, 97  
 Mississippi River, 115  
 modernity, 22, 27, 30; French cuisine and, 84; taste of, 29  
 Mol, Annemarie, 165, 175  
 molds, in fermentation, 165  
 Mollison, Bill, 118, 120-21, 124  
 Molz, Jennie Germann, 208  
 Mondale, Walter, 14  
 Mondri, Robert, 58, 66  
 monoculture, 29, 114-15, 149, 153  
 moonshine: dangers to health, 78; in Vietnam, 203  
 Morocco, 196, 205  
 Morrison, A. Cressy, 74, 79  
 Morrison, Toni, 114, 124  
 Most, Glenn W., 59, 66  
 Mulvey, Laura, 208  
 Muscogee Nation, forced relocation of, 116

## N

Nabisco, 23-24, 26, 35  
 Nader, Ralph, 154, 161  
 Nancy, Jean-Luc, 142  
 National Aeronautics and Space Administration (NASA), 45, 51  
 National Council for Culture and Arts (Mexico), 28  
 National Council of Culinary Arts (CNAC), France, 88-90, 93-94  
 national cuisines, xv, 96  
 National Dairy Council, 7  
 National Institutes of Health Clinical Center, 12  
 National Research Council, 3, 5, 7  
 National Service Board of Religious Objectors (NSBRO), 5, 6, 16  
 nationalism, 22, 86  
 nationalistic politics, French, 84  
 Native Americans. *See* Indigenous peoples and specific tribes  
 Navajo Nation, lands seized, 17, 116  
 Navajo planting techniques, used by non-native farmers, 117  
 Navajo reservations: absence of fresh food in stores, 116-17; polluted water on, 116  
 Navajo tribes, 17, 116-17  
 Nazis, 3. *See also* Third Reich  
 Nelson, Nancy J., 156, 160  
 neoliberalism, 28-30, 34, 125, 147, 157  
 Ness, Carol, 24, 32  
 Nestlé, 26  
 New Jersey, 196  
 New Mexico: land seizure from Navajo Nation, 17, 116-17; uranium mining in, 116  
 New York, xiii, 2, 15, 32, 39-40, 42, 199, 206; Giants, 39; Polo Grounds, 39-40  
 New Zealand, 196  
 Nile River, 63  
 Nixon, Richard, 149, 151-53, 160  
 non-agrarian/agrarian distinction, 57  
 Norgaard, Kari Marie, 117, 123-24  
 North America,  
   family farms in, 114; healthiest ideologies in, 176; small agricultural communities in, 119  
 North American colonization, 113  
 North American Free Trade Agreement (NAFTA), 27-29  
 nourishment, conversation as, 140  
 nutrition, xvii-xviii, 3-7, 9, 12, 18, 23-24, 31, 34-35, 107, 110, 147, 154-55; assistance programs, in US before SNAP, 150; experts, 152; policy (US), 152, 161; poor, affecting the Skriker, 103; post-WWII, 12; public health

and, 155-56; race inequality and, 34; social inequality and, 34  
 Nutrition Foundation, 7  
 nutritional experts, eclipse family food experts, 152  
 nutritional guidelines, federal, 153. *See also* federal dietary advice and *Dietary Guidelines for Americans*  
 nutritional needs, 184

## O

O'Connor, Kaori, xv, xix, 53, 66-67  
 Oaxaca, Mexico, 29  
 Obama, Barack, 33, 145, 147, 150, 158, 205  
 Obama, Michelle, 147, 153  
 obesity, 20, 22, 30, 147, 153, 156; driver of health care costs, 157; epidemic, 154-57; highly processed food and, 153; in women, 154; lack of self-control and responsibility for health, 156; prevention through dietary advice, 152, 154-55; shaped by race, class, and gender, 154, 156  
 Oddy, Derek J., xiv, xviii  
 Odysseus, 54, 57-59, 61, 64, 193  
 Office of Scientific Research and Development (OSRD), US, 4, 7  
 Ohio, 39  
 Ohls, James, 151, 160  
 oils: canola, 23, 24; cottonseed, 23; palm, 23; partially hydrogenated, 23, 35; soybean, 23  
 Oliver, Eric, 32, 34  
 Oliver, Kelly, 130-31, 134, 139, 140, 142  
 Olsson, Anders, 130, 133, 142  
 omnivore's paradox, concept of Claude Fischler, 184  
 oppression, food-based, 111  
 organic, xvi, 86, 100-1, 172, 183; desired by tourists, 181, 185; farming, 114, 181, 187-88; lettuces, 188; produce, demanded by consumers, 182  
 Ornelas, India J., 124

## P

Paarlberg, Robert L., 149, 160  
 pacifism, religious, xvii, 1, 110, 144  
 packaging: for mobile consumption, 26; value-added, 22-23  
 Packer, George, 146-47, 157, 160  
 Page, Irvine H., 154, 160  
 Painter, Nell Irving, 114, 124  
 Parasecoli, Fabio, xiv, xix  
 Paris, France, 93, 196  
 Pasteur, Louis, 171; ethics of food safety, 174  
 Patel, Raj, 20, 22, 25-26, 28, 32, 35  
 Paulson, Michael, 32, 35  
 Paxson, Heather, 166, 176  
 Pays-de-la-Loire, France, 90  
 Pearl, Raymond, 18  
 Pearson, Clifford A., 41, 49  
 Pearson, Richard, 158, 160  
 Peel, Michael, 12, 16  
 Peloponnesian War, 60, 64  
 Pemberton, John, 4, 16  
 Pendergrast, Mark, 71, 79  
 Penelope, Odysseus' wife, 64  
 Penner, Joel, 169, 176  
 Pepem Nah, Belizean eco-resort 184-90  
 performance studies, 197  
 performative food acts, xvi, 80, 110, 163, 165-71, 173, 174  
 performative speech acts, 166  
 permaculture, xvi, 17, 34, 111-13, 115, 117-22, 124, 176; corporate agriculture and, 115; founder Bill Mollison, 118, 120-21, 124; founder David Holmgren, 119, 122-23  
 Permaculturists: fail to acknowledge Indigenous origins of techniques, 117; land ownership and, 120; working with Indigenous peoples, 123  
 Perrault, Katherine, 101, 110  
 Persia, 60-62  
 Persian Empire, 54, 63  
 Persian Wars, 60, 62  
 Persians, xvi, 59-64, 68

- Personnaz, Maud, 139-42  
 pesticides, 115, 172, 183, 187  
 Petit LU cookies, industrially produced  
     and traditional, 91  
 Phaeacians, 59, 61  
 Phasis River, 63  
 Pilgrim, Karyn, 118, 124  
 plantation: as offensive restaurant  
     title, 42; banana in Belize, 191;  
     European-owned, 97; mayflower in  
     Belize, 186  
 Plataea, 60, 62-63  
 Poison Squad, of Harvey Wiley and  
     USDA Bureau of Chemistry, 70, 72  
 poisoning, food, 70  
 pollution: from industrial agriculture,  
     115; in *The Skriker*, 102-3; water on  
     Navajo lands in New Mexico, 17,  
     116-17  
 Polyphemus, the Cyclops, 58, 59  
 Ponca Nation, forced relocation of, 116  
 Poole, Benjamin, xv-xvii, 50, 80, 193,  
     197  
 populism, minorities and women  
     within, 148  
 Porter, Roger, xv-xvi, xviii, 81, 91, 95,  
     110  
 portion control, 23-24, 30  
 portion-control packaging. *See* single-  
     serve food packs  
 Portugal, 196, 206  
 postcolonial feminism, 113  
 posthuman conceptualization of time,  
     105  
 posthuman paradigm, 110  
 posthuman territory, shift from  
     human to, 103  
 posthumanism, 100-3, 106, 109, 118,  
     143; permaculture and, 118  
 posthumanist ethics, 143  
 poultry, raw, 163, 173  
 Powell, Tom, 47, 49  
 power dynamics and food, 21  
 pretzels, 19  
 profits, food related, xvi, 23, 86  
 Progressive Era: food policy in the, 70;  
     US reform during, 81  
 Prohibition, National (US), 78  
 Proust, Marcel, and the madeleine, 91  
 public health: codes, microbes affect,  
     174; experts, and dietary advice,  
     152; nutrition and, 156  
 Pure Food and Drug Act (US), 70-72,  
     74, 76-78, 81; Harvey Wiley and, 70-  
     72, 74  
 Pyle, George, 153, 160
- ## Q
- Quakers. *See* religious pacifism,  
     Society of Friends  
 Quan, Shuai, 180, 183, 190, 192  
 Quebec, Canada, 93
- ## R
- Rabillard, Sheila, 110  
 race differences, 38  
 race discrimination, 38, 146  
 racial minorities, unprotected in US,  
     158  
 racial prejudice, in views of health, 147  
 racial segregation, under Jim Crow  
     laws, 162  
 racism: and food choices, 146; Donald  
     J. Trump and, 145  
 radicalism in rural America, 148  
 ramen noodles, 19, 20, 22, 27-30  
 Ranger, Terence, 97  
 raw/cooked distinction, 57  
 Ray, Edgar W., 42  
 Ray, Rachael, 196  
 readerly text, defined, 101  
 Reagan, Ronald, 14, 150-52, 154, 157,  
     162  
 Reaganomics, 150, 162  
 recession, in 1980s US, 149  
 Redzeqi, René, 199  
 Reed, Ron, 117, 123-24  
 Rees, Jonathan, xv, xvii, 161-62, 177  
 refrigeration, science of, 86  
 regional cuisines, French, 85, 87  
 rehabilitation, 1, 5, 7, 9-11, 17, 20-22,  
     24, 26, 30



- rehabilitative retailing, 23, 26, 30  
 Reiss, Kurt, 131, 143-44  
 religion, food and, xiii  
 religious pacifism, 1-13, 18  
 republican principles, in France, 90  
 Reserve Officer Training Corps (ROTC),  
     7  
 resources, hegemonic control of, 115  
 restaurant, named best in the world,  
     199  
 Reverby, Susan M., 16  
 Rice, Cy, 50  
 Riess, Steven A., 37, 39, 49  
 Riley, Kevin W., 33-34  
 Roberts, Bill, 46-47, 49  
 Robins, William, 77, 80  
 Rockefeller Foundation, 7  
 Rogers, Susan Carol, 96-97  
 Romney, Jessica, xv-xvi, 50, 63, 66, 68,  
     143, 193  
 Roosevelt, Franklin Delano, 18  
 Roosevelt, Theodore, 77  
 Rose, Gilbert P., 59, 66  
 Rosenberg, Nathan, 149-50, 160  
 Rossini, Manuela, 109  
 rot, 169  
 Rothenberger, Karl-Heinz, 128, 143  
 Rothman, David, 3, 16, 18  
 Rothman, Sheila, 16, 18  
 Rousseau, Signe, 200, 208  
 Rubin, Gretchen, 20, 22, 32  
 Rundin, John, 55, 66  
 rural America, 145, 148-51, 157  
 rural Americans, 148-49, 154, 157-58  
 rural areas, 4, 18, 25, 28, 94  
     health in the US, 156; use of SNAP  
     in, 150  
 Rushin, Steve, 42, 49
- S**
- Sager, Alan, 39, 49  
 Saguy, Abigail Cope, 33-34  
 Sahara desert, 203  
 Saïd, Suzanne, 55, 57, 66  
 Saigon, Vietnam, 196, 202-3  
 Sailland, Maurice Edmond, 97  
 Salmón, Enrique, 112, 124  
 Sammells, Clare A., 184, 189, 191-192  
 San Antonio, Belize, 179-80, 185-86,  
     188-90  
 San Ignacio, Belize, 179-80, 186, 189,  
     191  
 San Sebastian, Spain, 196, 202, 204  
 Santa Elena, Belize, 179-80  
 Saper, Robert, 28-29, 33  
 sashimi, 163  
 Scarlett, Harold, 42, 44, 49  
 Scholberg, Henry, 13  
 science, xvi, xvii, xviii, 1-13, 17-18, 70,  
     88, 110, 144, 156; agricultural, 86;  
     and AOC label in France, 87; and  
     control of microbial life, 171; and  
     technology studies (STS), 164, 165;  
     food and, xiv-xvii, 3, 8, 10, 12, 74,  
     86, 103, 147, 154, 161, 171;  
     Indigenous in agriculture, 115;  
     limited evidence for dietary causes  
     of chronic disease in 1970s, 1980s,  
     154; of wine, 86; on fusel oil in  
     whiskey, 77; permaculture and,  
     119; weak when it comes to  
     defining healthy diet, 156, 161  
 Segal, Charles, 57, 66  
 Selective Service, 3, 5, 6  
 Self and Other distinction, xvii, 128,  
     165, 170, 176  
 Seminole Nation, forced relocation of,  
     116  
 Sender, Ron, 164, 176  
 Serlin, David, 21, 33  
 Seven Countries Study, 1, 12  
 Sexton, Richard J., 152, 160  
 sharecroppers, driven out of business  
     in post-WWII US, 149  
 Shaw, Brent D., 58  
 Shepard, Alan, 41, 46-47  
 Shukin, Nicole, 129, 143  
 Sigrithur, Anna, 169, 176  
 Simon, Bryant, 48  
 Sims, Rebecca, 182-83, 185, 189, 192  
 Sinclair, Upton, 70  
 single-serve food packs, xv, 19-25, 27,  
     29-30, 35, 81, 124, 161

- Skriker: as embodiment of multiple posthuman histories, 106; as embodiment of old myth and new technology, 102; as mysterious embodiment of vital material of the universe, 103; as posthuman character, 102; defined, 99; shape-shifting nature of, 104; stream-of-consciousness language of, 105
- Skriker, The*, xv, 99, 101-2, 104, 110, 143; deep ecology in, 102; food and, 67; food as visual actant in, 100-1; posthuman fairy underworld of, xv, 67, 99, 102, 107-8, 143; references to food, 99, 106; vital materialism in, 102-3
- slaveholders, white and poor whites, 148
- slaves, granted rights by federal government (US), 148
- slaves, on sugar plantations, 97
- Slocum, Rachel, 146, 160
- Smith, Andrew F., 70, 80
- Smith, Liz, 42, 46, 49
- Snyder, Brad, 39, 49
- social constructivism, 104, 113
- social justice: food and, 111; permaculture and, 118, 122
- Social Security, in the US, 146
- Society of Friends (Quakers), 2, 4-6
- soda, 147, 159
- Soviet Union: drought in, 149; US grain trade with, 149, 151
- soy, 149, 151, 153
- Spain, 83, 203
- Sparta, 60-61
- spatial colonization: defined, 25; food shoppers and, 24-26
- St. Petersburg, Russia, 196
- Stanton, John, 22
- Stanton, William, 10, 16
- Stark, Laura, 12, 17
- starvation, xvii, xviii, 1-3, 5-15, 17, 57, 86, 110, 130, 143-44, 155
- Stein, Rob, 33, 34
- Stevens, Harry M., 39-40, 46
- stewardship, of earth, 121
- Stiker, Henri, 21, 33
- Stock, Catherine McNicol, 148, 150, 158, 161
- Strategic Arms Reduction Treaty (START I), 14
- Strootman, Rolf, 66
- Stross, Amy, 120, 124
- Strunsky, Simeon, 37, 49
- Stucki, Bryce, 149-50, 160
- Stuckler, David, 153, 161
- subject-object relations: in eating, 128-29
- subsidies, paid to growers of commodity crops, 86, 92, 151
- substance abuse, of Anthony Bourdain, 196
- Sugar Research Foundation, 7
- sugar: as global commodity, 90, 97; blamed for heart disease, 154; corn syrup a substitute for, 149
- supermarkets, 25, 27, 83, 94, 146; organization of, 25
- Supplemental Nutrition Assistance Program (SNAP), xv, 34, 51, 125, 145, 147, 150-51, 153, 157, 162
- Surgeon General of the United States, 4, 7
- surimi, 165
- sustainability: as goal of permaculture, 120; human responsibility toward non-human life forms, 170; mutual relations of human and non-human life, 164-65; of food systems, 112
- Swan, Elaine, 113
- Swift, Dave, 15
- symbiosis, 14, 168
- symposion*, 55, 58-59, 63, 68
- Szanto, David Andrew, 168, 176

## T

- Taft, William H., 71, 77, 80
- Tanais River, 63
- Tannahill, Reay, xiii, xix
- Tannenbaum, Seth, xv-xvi, 39-40, 49,

- Taste of the Caribbean competition, 190
- taste, banalization of, relative to preservation of traditional foods, 90, 94
- Taylor, Ben, xviii
- television, xvi, xviii, 110; food tourism on, 195
- temperance, xiii
- Tenth Acre Farm. *See* Stross, Amy
- Terence Ranger, 95
- terroir, xiv, 87, 90, 94, 97
- Texas, xiii, 41, 44, 186
- Texas Tech University, xiii
- The Jungle*, novel as impetus for Meat Inspection Act, 70
- Thersander the Greek, informant to Herodotus, 63
- Third Reich, 130
- Thomas, Dustin, 124
- Thompson, Fresco, 44, 50
- Thompson, Paul B., 142
- Tingas, Pauline, 22, 33
- Tokyo, Japan, 196, 199, 205
- tourism, xv-xvi, 67, 81, 85, 91-92, 96, 180-86, 198; invention of tradition and, 96; meaning of local cuisine and, 185; neo-colonialism and, 191; pursuit of authenticity in, 180; search for restorative experiences, 182; studies, 197
- tourist: gaze, 189, 202; culinary, 198; logistics, 180; role of, 182
- touristic cuisines, 184, 189-90
- tourists: ability to recognize authenticity, 197; affected by culinary supporting experiences, 180; affluent and their expectations, 181; and backstage zones, 182, 185-86, 190-91; culinary peak and supporting experiences of, 180, 189, 191, 193; desire authentic food experience, 183, 198; desire local and traditional foods, 181, 183, 193; desire novelty in food, 183; in a package-tour bubble, 186; negotiate meaning of authenticity, 198; physical and psychological needs, 180; seek authenticity, 181, 189-90, 198; taking culinary risks, 193; uneasiness of performing as, 191
- Tracy, Sarah W., xvii-xviii, 12, 17, 34, 110, 144
- Trading with the Enemy Act (US), 12
- traditional cuisine, concept challenged, 181
- Trail of Tears, 116
- trans-fatty acids, 23-24, 35, 81
- transnationalism, food industry and, 26, 30
- Travel Channel, the, 204; Anthony Bourdain on, 196
- Tregear, Angela, 87, 96
- trickster, 17, 162
- trickster, Odysseus as, 59
- Troy, Homeric city of, 57
- Trubek, Amy, 84, 96
- Truman, Harry S., 11
- Trump, Donald J., xv, 34, 125, 145, 146-48, 150-51, 154, 157-58; divisive rhetoric of, 158
- Trumbour, Robert C., 41, 43, 49-50
- Tsing, Anna Lowenhaupt, 171, 176
- Tsukiji Tokyo (Japan) fish market, 204
- Turner, James S., 154, 161
- Tuskegee syphilis experiment, 3, 18
- Twin Cities, 8, 13

## U

- Unitarians, 6
- United Kingdom, 113
- United Nations Expert Committee on Nutrition, 12
- United Nations Relief and Rehabilitation Administration (UNRRA), 11, 18
- United States, xv, xvii, 1, 4, 9, 13-14, 17-18, 20, 22-23, 26-29, 34-35, 40, 50, 69, 71-73, 79, 81, 83, 86, 110-11, 113-14, 119, 121-22, 124-25, 144-51, 156-57, 162, 176; as land of dietary overindulgence, 155; cities visited

by Anthony Bourdain, 196; class and race divides in, 158; dietary policy in, 152; food and health in, 147; Homestead Acts of, 116; income inequality in, 150; Indigenous peoples in, 123; internal food supply established via Farm Bill, 151; legacy of colonization in, 113; permaculture community and colonizing ideology in, 113; post-WWII economic and agricultural policies of, 148; racial minorities unprotected in, 158; re-allocation of Native lands in, 116; seizure of Karuk people's land, 117; uranium mining on Navajo lands, 116-17  
 United States Centers of Disease Control and Prevention (CDC), 171  
 United States Congress, 5, 77  
 United States Department of Agriculture (USDA), 72, 81, 147, 149  
 United States Pharmacopeia, 77  
 uranium, 17  
 urban elites (US), 146-48, 150, 157  
 urban minority populations, dietary advice and, 147  
 urban poor, assumed minority status of in US, 151  
 Urry, John, 189, 192, 202-3, 208

## V

vaccine, 4  
 Valentine, Ann, 45, 47, 50  
 value added, of processed foods, 25  
 van den Eijnde, Floris, 55, 66  
 Van Horn, Carolina, 117, 123-24  
 vegetarianism, 155; links to health and appearance in 1970s, 155; white middle class professionals and, 155  
 Vela, Jaime G., 124  
 Ventola, C. Lee, 164, 176  
 Viet Cong, 203  
 Vietnam: and Anthony Bourdain, 204; food decadence and dark allure of, 204; War, 204

violence, racial, 157  
 Virginia, 146  
 vital materialism, 102-5, 107  
 vital materiality, 166  
 vital matter, 103, 106  
 vitalism. *See* vital materialism  
 vitamins, 2, 5, 7-9  
 Volstead Act, 78

## W

Wade, Stephanie, 118, 124  
 Wallace, George, 158  
 Wallach, Lori, 28, 33  
 Wal-Mart, 31, 35  
 Wang, Ning, 180, 183, 190, 192  
 Wann, Marilyn, 33-34  
 war, xvi, xviii, 2, 5-6, 18, 128  
 War Act of 1943, 9  
 war on obesity, 30  
 water: access to and food sovereignty, 115; quality, 172; rights, fair, 112, 117; safety, microbial contamination, 164  
 Weber, Eugen, 85, 96  
 Wecowski, Marek, 55, 66  
 weight loss, 12, 20. *See also* dieting  
 Weindling, Paul, 17-18  
 Weinreb, Alice, 127-30, 134, 140, 143  
 Weiss, Ken, xiv, xix  
 Welsome, Eileen, 17-18  
 wheat, 149, 151, 153  
 whiskey, 75-79  
 white farm laborers in rural America, 148  
 white identity, 114  
 white universalism, 176  
 White, Ann Folino, xiii-xiv, xviii  
 whiteness, 112-15, 118, 119, 121, 123-24, 146, 151, 176  
 Whole Foods, 146  
 wiener. *See* hotdog  
 Wilde, Parke, 151, 160  
 Wiley, Harvey, xv, xvii, 69-81, 161, 177  
 Wilk, Richard, 190-92  
 Wilkerson, Abby, xv, xvii, 33, 81, 124-25, 161

Willer, Helga, 187, 192  
Williamstown (MA) Theater Festival,  
35  
Williams-Waterman Fund, 7  
Williot, Jean-Pierre, 95  
Willis, H. Parker, 75, 77, 80  
Wilson, Ann, 100-1, 110  
Wilson, James, 72, 80  
Wilson, Nigel Guy, 66-67  
wine, 58, 75-76, 87, 97, 165  
Winson, Anthony, 24-25, 33  
Wischnewski, Siegfried, 131, 134  
Witness for Peace (Mexico), 29  
Womack, Kenneth, 41, 43, 50  
World Health Organization (WHO), 12  
World Tourism Organization, 91, 96  
World War I, 75, 149  
World War II, xvii-xviii, 2-8, 11-14, 17-  
18, 21, 84, 86, 127-28, 130, 144, 148  
Wright, Judith, xiv, xix  
Wright, Richard, 74-75, 80  
Wu, Eric, 164, 176  
Wu, Hsin-Jung, 164, 176

## X

*xenia*, 57-58  
Xerxes, king of Persia, 60-62

## Y

yeast, in fermentation, 165  
Young, Iris Marion, 31, 33  
Young, Scott, 26, 33  
Yudkin, John, 154, 161

## Z

Zamora, Daisy, 161  
Zim, Herbert, 3-4, 17  
Zimmerman, Steve, xiv, xix  
Zimmern, Andrew, host of TV show  
*Bizarre Foods*, 204