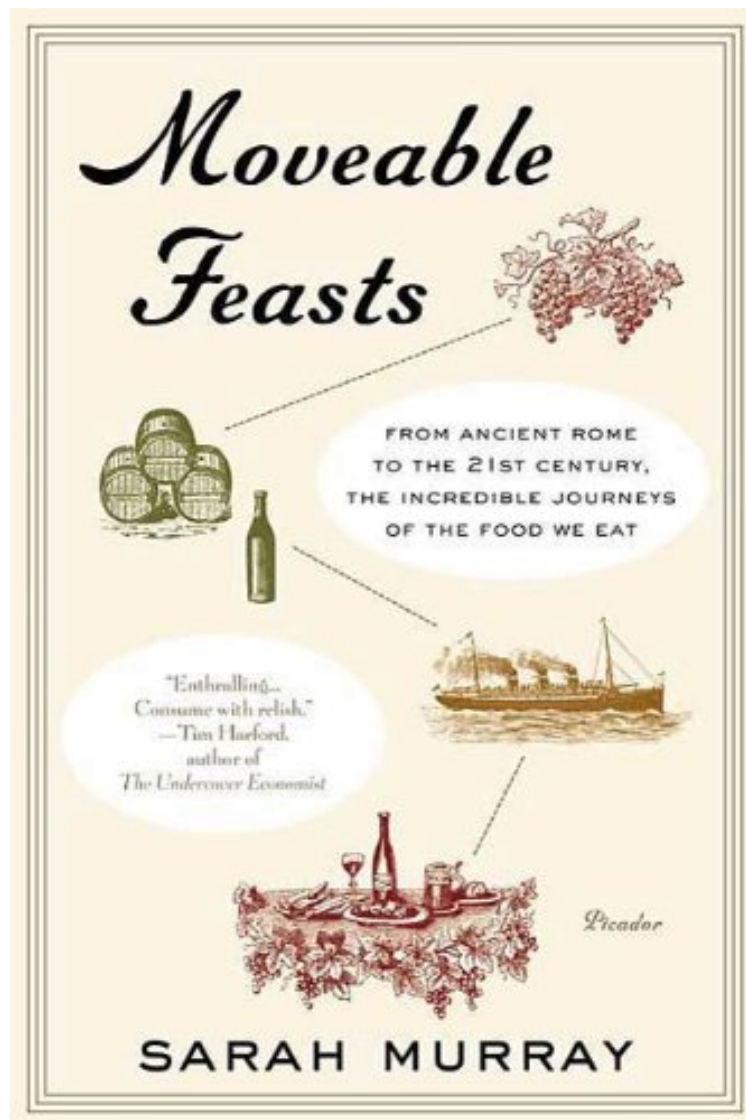


(Free and download) Moveable Feasts: From Ancient Rome to the 21st Century, the Incredible Journeys of the Food We Eat

Moveable Feasts: From Ancient Rome to the 21st Century, the Incredible Journeys of the Food We Eat

Sarah Murray

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Sarah Murray : Moveable Feasts: From Ancient Rome to the 21st Century, the Incredible Journeys of the Food We Eat before purchasing it in order to gage whether or not it would be worth my time, and all praised Moveable Feasts: From Ancient Rome to the 21st Century, the Incredible Journeys of the Food We Eat:

0 of 0 people found the following review helpful. Sheer Delight!By Jacquelyn A. OttmanI came at this book as a food lover, a daughter of five generations of 'meat people' in NYC with an interest in food technology and history, and

someone who loves to get into bed at night and be transported away by a good, well-written story. I found all of this and much more in Sarah's *Moveable Feasts*. One memorable tale after another about bananas, yogurt, wheat, tea, and many other foods and how they are transported many many food miles before they reach their final destination. Food miles is an issue these days and I try to support local food whenever I can. But as a result of reading this book, I have a newfound appreciation of what it takes to provide me with a steady diet of a wide variety of tasty foods from around the world, lest I wound up with a strict diet of NY apples and NJ lettuce (OK I exaggerate slightly.) Sarah Murray is one gifted writer, who doesn't hesitate to inject some wry humor to keep her reader entertained. Yes, per one other reviewer, it does come across as a series of essays/ chapters without a narrative theme, but I didn't have a problem with that. She doesn't promise more, while overdelivering on a delightful yet eye-opening read. I bought her latest book, *Making an Exit* at the same time. I can't wait to start that one tonite!

2 of 2 people found the following review helpful. Surprisingly good. Well researched and balanced. By Customer

These days I approach popular food writing by journalists with a good deal of caution. Publishers are hungry for food-related titles and they are putting out a lot of poorly-crafted and superficial work that treads the same ground over and over again. This book was a pleasant surprise, and for a jaded food. Murray is way above the average as a writer, and the theme is an important one - that humans have been moving their food around over long distances for many thousands of years. She therefore comes at the locavore phenomenon from a different direction from most, but she is sympathetic to the goals and ideals that drive the new food movement. Murray also has an eye for intriguing details. Her chapter on barrels and cooperage is full of surprises. But do not have any illusions that you will see some serious critical scholarship here - her history of the banana trade is pretty much free of ecological catastrophes and starving peasants, and even her re-telling of the CIA-engineered coup that toppled the Arbenz regime in Guatemala is a bit sanitized. You don't sell a lot of books by being a drag and talking too much about CO2 and global climate change, or peak oil. The book hovers somewhere between "don't worry, be happy and enjoy your Chilean grapes" and "oh dear, we will have to do something." It is a serious and indigestible topic, made superficially tasty and palatable with a lot of fascinating detail and a fine sense of irony.

0 of 0 people found the following review helpful. *Movable feasts: food globalization* By R. Resor

The overarching theme of this charming book is that food is produced and consumed on a global scale, and has been for millenia. Sarah Murray starts with the shipment of olive oil from Spain to Italy because, even in Roman times, Spanish production far exceeded Italian (it still does), and the Spanish oil was cheaper, too, even after factoring in the transportation cost. And that's where Murray's point about "food miles" comes in. Adam Smith made the point in "The Wealth of Nations" that a good claret could certainly be produced from grapes grown in greenhouses in Scotland -- and at a cost only 20 or 30 times that of growing the grapes in France, making the wine there, and shipping it to Scotland. I had my own example of this last year. I picked up a container of pear yogurt (in March!) at the grocery store, and noted it was a "special seasonal variety available for a limited time". Wait a minute -- where does one find fresh pears in March in the Northern Hemisphere? Answer: the Rio Negro valley in Argentina, where they must have had an exceptionally good harvest, so Dannon made up pear yogurt for sale in North America. And that's what's wrong with the "locavore" movement. Food production is a global industry because it works better that way, and produces cheaper products and broader availability. Living as I do in Philadelphia, in a locavore world my winter diet would consist of storage apples and root vegetables, along with mostly frozen meat, fish, and poultry. No thank you.

Today the average meal has traveled thousands of miles before reaching the dinner table. How on earth did this happen? In fact, long-distance food is nothing new and, since the earliest times, the things we eat and drink have crossed countries and continents. Through delightful anecdotes and astonishing facts, *Moveable Feasts* tells their stories. For the ancient Romans, the amphora---a torpedo-shaped pot that fitted snugly into the ship's hold---was the answer to moving millions of tons of olive oil from Spain to Italy. Napoleon offered a reward to anyone who could devise a way of preserving and transporting food for soldiers. (What he got was the tin can.) Today temperature-controlled shipping containers allow companies to send their frozen salmon to China, where it's thawed, filleted, refrozen, and sent back to the United States for sale in supermarkets as "fresh" Atlantic salmon. Combining history, science, and politics, Financial Times writer Sarah Murray provides a fascinating glimpse into the extraordinary odysseys of food from farm to fork. She encounters everything from American grain falling from United Nations planes in Sudan to Mumbai's tiffin men who, using only bicycles, carts, and their feet, deliver more than 170,000 lunches a day. Following the items on a grocery store shopping list, Murray shows how the journeys of food have brought about seismic shifts in economics, politics, and even art. By flying food into Berlin during the 1948 airlift, the Allies kept a city of more than two million alive for more than a year and secured their first Cold War victory, appealing to German hearts and minds---and stomachs. In nineteenth-century Buffalo, the grain elevator (a giant mechanical scooping machine) not only turned the city into one of America's wealthiest, but it also had a profound influence on modern architecture, giving Bauhaus designers an important source of inspiration. In a thought-provoking and highly entertaining account, *Moveable Feasts* brings an entirely fresh perspective to the subject of food. And today, as global warming makes headlines and concerns mount about the "food miles" clocked by our dinners, Murray poses a contentious question: Is buying local always the most sustainable, ethical choice?

From Publishers Weekly Murray, a Financial Times contributor, takes a look at the literal journey of food through multilayered essays of the history of food transportation. From the banana export business of Central America (which was rife with America's economic gain and political manhandling) to the creation of the barrel (which revolutionized transcontinental trading and contributed a new dimension to the art of winemaking), the dozen chapters each start with a straightforward item—the shipping container, a tin can, a tub of yogurt, etc.—and delve into topics of greater significance like globalization, empire building, localized farming and food aid programs. For example, her essay on the amphora, a container used to carry olive oil throughout the ancient Roman Empire, not only depicts the social and economic importance of olive oil in Roman times but also leads into the contemporary debate of regional designation of origins for foods like Parmigiano-Reggiano cheese or Newcastle brown ale. Erudite and thoroughly researched, this is a fascinating read for both foodies and those who love how the minutiae of life often provide a fresh lens with which to view the world. (Nov.) Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "A fascinating chronicle of mankind's efforts to move food throughout history."--The News Observer (Raleigh, North Carolina) "[Murray's] investigations are detailed, sophisticated, and intellectually satisfying."--The Washington Post "Hugely enjoyable . . . I've read more than my share of books about food, and this one really stands out for being well researched and highly entertaining."--Tim Zagat, cocreator and publisher of the Zagat Survey guides "Packed with fascinating information."--The Washington Post