



Sugar: A Global History (Edible)

Andrew F. Smith

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It's no surprise that humankind's love affair with sugar stretches back over millennia. The addictive sweetener originated in New Guinea around 8,000 bc and quickly spread throughout India, the Middle East, and the Mediterranean. By the tenth century it had become the European obsession and soon afterwards a major export of American colonies. Today sugar is grown around the world and is a main component of sweets, cakes, and soft drinks, as well as of pasta sauce and peanut butter – despite their savoury nature. Sugarcane and sugar beets are two of the most important global commodities, but they are also controversial for their high doses of carbohydrates and lack of nutritional quality. Over-consumption of sugar is associated with many chronic diseases and is a major cause of obesity.

Sugar: A Global History explores sugar's reputation as one of the most beloved yet most reviled substances that humans consume. Andrew F. Smith's compelling history of the infamous ingredient is peopled with determined adventurers, relentless sugar barons and greedy plantation owners, alongside plant breeders, food processors and politicians. Smith combines historical context with the gripping stories of those who have benefited and suffered because of sugar, and he analyzes mankind's convoluted love-hate relationship with the sweetener that has such a powerful hold over us.

This delightful and surprisingly action-packed book offers a layered and definitive tale of sugar, and is perfect for culinary students, food critics, chefs, or anyone who loves to bake and eat sweet treats.

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