



[EPUB] Salt: A World History

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Salt-Mark Kurlansky 2011-03-18 From the award-winning and bestselling author of Cod comes the dramatic, human story of a simple substance, an element almost as vital as water, that has created fortunes, provoked revolutions, directed economies and enlivened our recipes. Salt is common, easy to obtain and inexpensive.

It is the stuff of kitchens and cooking. Yet trade routes were established, alliances built and empires secured - all for something that filled the oceans, bubbled up from springs, formed crusts in lake beds, and thickly veined a large part of the Earth's rock fairly close to the surface. From pre-history until just a century ago - when the mysteries of salt were revealed by modern chemistry and geology - no one knew that salt was virtually everywhere. Accordingly, it

was one of the most sought-after commodities in human history. Even today, salt is a major industry. Canada, Kurlansky tells us, is the world's sixth largest salt producer, with salt works in Ontario playing a major role in satisfying the Americans' insatiable demand. As he did in his highly acclaimed *Cod*, Mark Kurlansky once again illuminates the big picture by focusing on one seemingly modest detail. In the process, the world is revealed as never before.

Salt-Mark Kurlansky 2003-01-28 An unlikely world history from the bestselling author of *Cod* and *The Basque History of the World* In his fifth work of nonfiction, Mark Kurlansky turns his attention to a common household item with a long and intriguing history: salt. The only rock we eat, salt has shaped civilization from the very beginning, and its story is a glittering, often surprising part of the history of humankind. A substance so valuable it served as currency, salt has influenced the establishment of trade routes

and cities, provoked and financed wars, secured empires, and inspired revolutions. Populated by colorful characters and filled with an unending series of fascinating details, *Salt* is a supremely entertaining, multi-layered masterpiece.

Salt-Mark Kurlansky 2002 This book takes a look at an ordinary substance--salt, the only rock humans eat--and how it has shaped civilization from the very beginning.

The Story of Salt-Mark Kurlansky 2014-08-07 Drawn from the bestseller *Salt: A World History*, a stunning picture book presents a wealth of information on salt, from the many ways it's gathered from the earth and sea, to its many uses throughout history, from ancient times to Gandhi's famous Salt March.

The Basque History Of The World-Mark Kurlansky 2011-09-30 The Basques are Europe's

oldest people, their origins a mystery, their language related to no other on Earth, and even though few in population and from a remote and rugged corner of Spain and France, they have had a profound impact on the world. Whilst inward-looking, preserving their ancient language and customs, the Basques also struck out for new horizons, pioneers of whaling and cod fishing, leading the way in exploration of the Americas and Asia, were among the first capitalists and later led Southern Europe's industrial revolution. Mark Kurlansky, the author of the acclaimed *Cod*, blends human stories with economic, political, literary and culinary history to paint a fascinating picture of an intriguing people.

The Book of Salt-Monique Truong 2004-06-15 A novel of Paris in the 1930s from the eyes of the Vietnamese cook employed by Gertrude Stein and Alice B. Toklas, by the author of *The Sweetest Fruits*. Viewing his famous mesdames and their entourage from the kitchen of their rue

de Fleurus home, Binh observes their domestic entanglements while seeking his own place in the world. In a mesmerizing tale of yearning and betrayal, Monique Truong explores Paris from the salons of its artists to the dark nightlife of its outsiders and exiles. She takes us back to Binh's youthful servitude in Saigon under colonial rule, to his life as a galley hand at sea, to his brief, fateful encounters in Paris with Paul Robeson and the young Ho Chi Minh. Winner of the New York Public Library Young Lions Fiction Award A Best Book of the Year: *New York Times*, *Village Voice*, *Seattle Times*, *Miami Herald*, *San Jose Mercury News*, and others "An irresistible, scrupulously engineered confection that weaves together history, art, and human nature...a veritable feast."—*Los Angeles Times* "A debut novel of pungent sensuousness and intricate, inspired imagination...a marvelous tale."—*Elle* "Addictive...Deliciously written...Both eloquent and original."—*Entertainment Weekly* "A mesmerizing narrative voice, an insider's view of a fabled literary household and the slow revelation of heartbreaking secrets contribute to

the visceral impact of this first novel.”—Publishers Weekly, starred review

Cod—Mark Kurlansky 2011-03-04 Wars have been fought over it, revolutions have been spurred by it, national diets have been based on it, economies have depended on it, and the settlement of North America was driven by it. Cod, it turns out, is the reason Europeans set sail across the Atlantic, and it is the only reason they could. What did the Vikings eat in icy Greenland and on the five expeditions to America recorded in the Icelandic sagas? Cod -- frozen and dried in the frosty air, then broken into pieces and eaten like hardtack. What was the staple of the medieval diet? Cod again, sold salted by the Basques, an enigmatic people with a mysterious, unlimited supply of cod. Cod is a charming tour of history with all its economic forces laid bare and a fish story embellished with great gastronomic detail. It is also a tragic tale of environmental failure, of depleted fishing stocks where once the cod's numbers were legendary.

In this deceptively whimsical biography of a fish, Mark Kurlansky brings a thousand years of human civilization into captivating focus.

Paper: Paging Through History—Mark Kurlansky 2016-05-10 From the New York Times best-selling author of *Cod and Salt*, a definitive history of paper and the astonishing ways it has shaped today's world. Paper is one of the simplest and most essential pieces of human technology. For the past two millennia, the ability to produce it in ever more efficient ways has supported the proliferation of literacy, media, religion, education, commerce, and art; it has formed the foundation of civilizations, promoting revolutions and restoring stability. By tracing paper's evolution from antiquity to the present, with an emphasis on the contributions made in Asia and the Middle East, Mark Kurlansky challenges common assumptions about technology's influence, affirming that paper is here to stay. Paper will be the commodity history that guides us forward in the twenty-first century

and illuminates our times.

Salt to the Sea-Ruta Sepetys 2017-08 Racing to freedom with thousands of other refugees as Russian forces close in on their homes in East Prussia, Joana, Emilia, and Florian meet aboard the doomed Wilhelm Gustloff and are forced to trust each other in order to survive.

Salt-Helen Frost 2016-06-21 Anikwa and James, twelve years old in 1812, spend their days fishing, trapping, and exploring together in the forests of the Indiana Territory. To Anikwa and his family, members of the Miami tribe, this land has been home for centuries. As traders, James's family has ties to the Miami community as well as to the American soldiers in the fort. Now tensions are rising—the British and American armies prepare to meet at Fort Wayne for a crucial battle, and Native Americans from surrounding tribes gather in Kekionga to protect their homeland. After trading stops and precious

commodities, like salt, are withheld, the fort comes under siege, and war ravages the land. James and Anikwa, like everyone around them, must decide where their deepest loyalties lie. Can their families—and their friendship—survive? In *Salt*, Printz Honor author Helen Frost offers a compelling look at a difficult time in history. A Kirkus Reviews Best Book of 2013 A Frances Foster Book

The Years of Rice and Salt-Kim Stanley Robinson 2003-06-03 With the same unique vision that brought his now classic Mars trilogy to vivid life, bestselling author Kim Stanley Robinson boldly imagines an alternate history of the last seven hundred years. In his grandest work yet, the acclaimed storyteller constructs a world vastly different from the one we know. . . . “A thoughtful, magisterial alternate history from one of science fiction’s most important writers.”—The New York Times Book Review It is the fourteenth century and one of the most apocalyptic events in human history is set to

occur—the coming of the Black Death. History teaches us that a third of Europe’s population was destroyed. But what if the plague had killed 99 percent of the population instead? How would the world have changed? This is a look at the history that could have been—one that stretches across centuries, sees dynasties and nations rise and crumble, and spans horrible famine and magnificent innovation. Through the eyes of soldiers and kings, explorers and philosophers, slaves and scholars, Robinson navigates a world where Buddhism and Islam are the most influential and practiced religions, while Christianity is merely a historical footnote. Probing the most profound questions as only he can, Robinson shines his extraordinary light on the place of religion, culture, power—and even love—in this bold New World. “Exceptional and engrossing.”—New York Post “Ambitious . . . ingenious.”—Newsday

Salted—Mark Bitterman 2010-10-19 A James Beard Award-winning field guide to artisan salts,

with profiles of 80 varieties and 50 recipes that showcase the versatile ingredient. In *Salted*, Bitterman traces the mineral’s history, from humankind’s first salty bite to its use in modern industry to the resurgent interest in artisan salts. Featuring more than 50 recipes that showcase this versatile and marvelous ingredient, *Salted* also includes a field guide to artisan salts profiling 80 varieties and exploring their dazzling characters, unique stories, production methods, and uses in cooking; plus a quick-reference guide covering over 150 salts. Salting is one of the more ingrained habits in cooking, and according to Bitterman, all habits need to be questioned. He challenges you to think creatively about salting, promising that by understanding and mastering the principles behind it—and becoming familiar with the primary types of artisanal salts available—you will be better equipped to get the best results for your individual cooking style and personal taste. Whether he’s detailing the glistening staccato crunch of fleur de sel harvested from millennia-old Celtic saltmaking settlements in France or

the brooding sizzle of forgotten rock salts transported by the Tauregs across the Sahara, Bitterman's mission is to encourage us to explore the dazzling world of salt beyond the iodized curtain. Mark Bitterman is a man truly possessed by salt. As "selmelier" at The Meadow, the internationally recognized artisan-product boutique, Bitterman explains the promise and allure of salt to thousands of visitors from across the country who flock to his showstopping collection. "Salt can be a revelation," he urges, "no food is more potent, more nutritionally essential, more universal, or more ancient. No other food displays salt's crystalline beauty, is as varied, or as storied." Winner - 2011 James Beard Cookbook Award - Reference & Scholarship Category IACP Cookbook Award Finalist in two categories

1968-Mark Kurlansky 2005 Provides a detailed look at 1968, a pivotal year in the history of the twentieth century, exploring the turbulent events, politics, culture, economics, and social

changes that marked a volatile year.

1492-Felipe Fernández-Armesto 2011 A vivid new book from an established and bestselling historian.

Pepper: A History of the World's Most Influential Spice-Marjorie Shaffer 2013-04-02 Filled with anecdotes and fascinating information, "a spicy read indeed." (Mark Pendergrast, author of *Uncommon Grounds: The History of Coffee and How it Transformed the World*) The perfect companion to Mark Kurlansky's *Salt: A World History*, *Pepper* illuminates the rich history of pepper for a popular audience. Vivid and entertaining, it describes the part pepper played in bringing the Europeans, and later the Americans, to Asia and details the fascinating encounters they had there. As Mark Pendergrast, author of *Uncommon Grounds*, said, "After reading Marjorie Shaffer's *Pepper*, you'll reconsider the significance of that

grinder or shaker on your dining room table. The pursuit of this wizened berry with the bite changed history in ways you've never dreamed, involving extraordinary voyages, international trade, exotic locales, exploitation, brutality, disease, extinctions, and rebellions, and featuring a set of remarkable characters." From the abundance of wildlife on the islands of the Indian Ocean, which the Europeans used as stepping stones to India and the East Indies, to colorful accounts of the sultan of Banda Aceh entertaining his European visitors with great banquets and elephant fights, this fascinating book reveals the often surprising story behind one of mankind's most common spices.

The Map of Salt and Stars-Zeyn Joukhadar
2019-03-12 This powerful and lyrical debut novel is to Syria what *The Kite Runner* was to Afghanistan; the story of two girls living eight hundred years apart—a modern-day Syrian refugee seeking safety and an adventurous mapmaker's apprentice—"perfectly aligns with

the cultural moment" (*The Providence Journal*) and "shows how interconnected two supposedly opposing worlds can be" (*The New York Times Book Review*). This "beguiling" (*Seattle Times*) and stunning novel begins in the summer of 2011. Nour has just lost her father to cancer, and her mother moves Nour and her sisters from New York City back to Syria to be closer to their family. In order to keep her father's spirit alive as she adjusts to her new home, Nour tells herself their favorite story—the tale of Rawiya, a twelfth-century girl who disguised herself as a boy in order to apprentice herself to a famous mapmaker. But the Syria Nour's parents knew is changing, and it isn't long before the war reaches their quiet Homs neighborhood. When a shell destroys Nour's house and almost takes her life, she and her family are forced to choose: stay and risk more violence or flee across seven countries of the Middle East and North Africa in search of safety—along the very route Rawiya and her mapmaker took eight hundred years before in their quest to chart the world. As Nour's family decides to take the risk, their

journey becomes more and more dangerous, until they face a choice that could mean the family will be separated forever. Following alternating timelines and a pair of unforgettable heroines coming of age in perilous times, *The Map of Salt and Stars* is the “magical and heart-wrenching” (Christian Science Monitor) story of one girl telling herself the legend of another and learning that, if you listen to your own voice, some things can never be lost.

Milk!-Mark Kurlansky 2018-05-08 Mark Kurlansky's first global food history since the bestselling *Cod and Salt*; the fascinating cultural, economic, and culinary story of milk and all things dairy--with recipes throughout. According to the Greek creation myth, we are so much spilt milk; a splatter of the goddess Hera's breast milk became our galaxy, the Milky Way. But while mother's milk may be the essence of nourishment, it is the milk of other mammals that humans have cultivated ever since the domestication of animals more than 10,000 years

ago, originally as a source of cheese, yogurt, kefir, and all manner of edible innovations that rendered lactose digestible, and then, when genetic mutation made some of us lactose-tolerant, milk itself. Before the industrial revolution, it was common for families to keep dairy cows and produce their own milk. But during the nineteenth century mass production and urbanization made milk safety a leading issue of the day, with milk-borne illnesses a common cause of death. Pasteurization slowly became a legislative matter. And today milk is a test case in the most pressing issues in food politics, from industrial farming and animal rights to GMOs, the locavore movement, and advocates for raw milk, who controversially reject pasteurization. Profoundly intertwined with human civilization, milk has a compelling and a surprisingly global story to tell, and historian Mark Kurlansky is the perfect person to tell it. Tracing the liquid's diverse history from antiquity to the present, he details its curious and crucial role in cultural evolution, religion, nutrition, politics, and economics.

The Comic Book Story of Beer-Jonathan Hennessey 2015 A full-color, lushly illustrated graphic novel that recounts the many-layered past and present of beer through dynamic pairings of pictures and meticulously researched insight into the history of the world's favorite brew. Starting from about 7,000 BC, The Comic Book Story of Beer traces beer's influence through world history, encapsulating early man's experiments with fermentation, the rise and fall of Ancient Rome, the (often beer-related) factors that led Europe out of the Dark Ages, the Age of Exploration, the spread of capitalism, the Reformation, and on up to the contemporary explosion of craft brewing. No book has ever told the story of beer in a graphic format as a liberating or emancipating force that improved the life of everyday people. Visually riffing on abstract subjects like pasteurization, "original gravity," and "lagering," artist Aaron McConnell has a flair for cinematic action and demonstrates versatility in depicting characters and episodes

from beer's rich history. Hand-drawn in a classic, accessible style, The Comic Book Story of Beer makes a great gift, and will appeal to the most avid comic book geek and those who live for beer.

Salt the Snow-Carrie Callaghan 2020-02-04 American journalist Milly Bennett has covered murders in San Francisco, fires in Hawaii, and a civil war in China, but 1930s Moscow presents her greatest challenge yet. When her young Russian husband is suddenly arrested by the secret police, Milly tries to get him released. But his arrest reveals both painful secrets about her marriage and hard truths about the Soviet state she has been working to serve. Disillusioned and pulled toward the front lines of a captivating new conflict, Milly must find a way to do the right thing for her husband, her conscience, and her heart. Salt the Snow is a vivid and impeccably researched tale of a woman ahead of her time, searching for her true calling in life and love.

Choice Cuts-Mark Kurlansky 2012-07-18 “Every once in awhile a writer of particular skills takes a fresh, seemingly improbable idea and turns out a book of pure delight.” That’s how David McCullough described Mark Kurlansky’s *Cod: A Biography of the Fish That Changed the World*, a work that revealed how a meal can be as important as it is edible. *Salt: A World History*, its successor, did the same for a seasoning, and confirmed Kurlansky as one of our most erudite and entertaining food authors. Now, the winner of the James Beard Award for Excellence in Food Writing shares a varied selection of “choice cuts” by others, as he leads us on a mouthwatering culinary tour around the world and through history and culture from the fifth century B.C. to the present day. *Choice Cuts* features more than two hundred pieces, from Cato to Cab Calloway. Here are essays by Plato on the art of cooking . . . Pablo Neruda on french fries . . . Alice B. Toklas on killing a carp . . . M. F. K. Fisher on the virility of Turkish desserts . . . Alexandre Dumas on coffee . . . W. H. Auden on Icelandic food . . .

Elizabeth David on the downward march of English pizza . . . Claude Lévi-Strauss on “the idea of rotten” . . . James Beard on scrambled eggs . . . Balzac, Virginia Woolf, E. M. Forster, Chekhov, and many other famous gourmards and gourmets, accomplished cooks, or just plain ravenous writers on the passions of cuisine.

The Salt Fix-Dr. James DiNicolantonio 2017-06-06 What if everything you know about salt is wrong? A leading cardiovascular research scientist explains how this vital crystal got a negative reputation, and shows how to lower blood pressure and experience weight loss using salt. *The Salt Fix* is essential reading for everyone on the keto diet! We’ve all heard the recommendation: eat no more than a teaspoon of salt a day for a healthy heart. Health-conscious Americans have hewn to the conventional wisdom that your salt shaker can put you on the fast track to a heart attack, and have suffered through bland but “heart-healthy” dinners as a result. What if the low-salt dogma is wrong? Dr.

James DiNicolantonio has reviewed more than five hundred publications to unravel the impact of salt on blood pressure and heart disease. He's reached a startling conclusion: The vast majority of us don't need to watch our salt intake. In fact, for most of us, more salt would be advantageous to our nutrition—especially for those of us on the keto diet, as keto depletes this important mineral from our bodies. The Salt Fix tells the remarkable story of how salt became unfairly demonized—a never-before-told drama of competing egos and interests—and took the fall for another white crystal: sugar. According to The Salt Fix, too little salt can:

- Make you crave sugar and refined carbs
- Send the body into semistarvation mode
- Lead to weight gain, insulin resistance, type 2 diabetes, cardiovascular disease, chronic kidney disease, and increased blood pressure and heart rate

But eating the salt you desire can improve everything, from your sleep, energy, and mental focus to your fitness, fertility, and sexual performance. It can even stave off common chronic illnesses, including heart disease. The

Salt Fix shows the best ways to add salt back into your diet, offering his transformative five-step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low-salt dogma, and so should you—your life may depend on it.

Salt Houses—Hala Alyan 2017-05-02 Winner of the Dayton Literary Peace Prize and the Arab American Book Award Named a Best Book of the Year by NPR * Nylon * Kirkus Reviews * Bustle * BookPage “Moving and beautifully written.” — Entertainment Weekly On the eve of her daughter Alia's wedding, Salma reads the girl's future in a cup of coffee dregs. She sees an unsettled life for Alia and her children; she also sees travel and luck. While she chooses to keep her predictions to herself that day, they will all soon come to pass when the family is uprooted in the wake of the Six-Day War of 1967. Lyrical and heartbreaking, Salt Houses follows three generations of a Palestinian family and asks us to confront that most devastating of all truths: you

can't go home again. "[Alyan is] a master." — Los Angeles Review of Books "Beautiful . . . An example of how fiction is often the best filter for the real world around us." — NPR "Gorgeous and sprawling . . . Heart-wrenching, lyrical and timely." — Dallas Morning News "[Salt Houses] illustrate[s] the inherited longing and sense of dislocation passed like a baton from mother to daughter." — New York Times Book Review

A History of the World in Six Glasses-Tom Standage 2010-01-08 Whatever your favourite tippie, when you pour yourself a drink, you have the past in a glass. You can likely find them all in your own kitchen — beer, wine, spirits, coffee, tea, cola. Line them up on the counter, and there you have it: thousands of years of human history in six drinks. Tom Standage opens a window onto the past in this tour of six beverages that remain essentials today. En route he makes fascinating forays into the byways of western culture: Why were ancient Egyptians buried with beer? Why was wine considered a "classier" drink than beer

by the Romans? How did rum grog help the British navy defeat Napoleon? What is the relationship between coffee and revolution? And how did Coca-Cola become the number one poster-product for globalization decades before the term was even coined?

Salt in Eastern North America and the Caribbean-Ashley A. Dumas 2021

Case studies examining the archaeological record of an overlooked mineral Salt, once a highly prized trade commodity essential for human survival, is often overlooked in research because it is invisible in the archaeological record. Salt in Eastern North America and the Caribbean: History and Archaeology brings salt back into archaeology, showing that it was valued as a dietary additive, had curative powers, and was a substance of political power and religious significance for Native Americans. Major salines were embedded in collective memories and oral traditions for thousands of years as places where physical and spiritual needs could be met.

Ethnohistoric documents for many Indian cultures describe the uses of and taboos and other beliefs about salt. The volume is organized into two parts: Salt Histories and Salt in Society. Case studies from prehistory to post-Contact and from New York to Jamaica address what techniques were used to make salt, who was responsible for producing it, how it was used, the impact it had on settlement patterns and sociopolitical complexity, and how economies of salt changed after European contact. Noted salt archaeologist Heather McKillop provides commentary to conclude the volume. .

Taste of Salt-Frances Temple 1994-08-05 Every Life Makes a Story Djo has a story: Once he was one of "Titid's boys," a vital member of Father Jean-Bertrand Aristide's election team, fighting to overthrow military dictatorship in Haiti. Now he is barely alive, the victim of a political firebombing. Jeremie has a story: Convent-educated Jeremie can climb out of the slums of Port-au-Prince. But she is torn between her

mother's hopes and her own wishes for herself ... and for Haiti. Father Jean-Bertrand Aristide has a story: A dream of a new Haiti, one in which every person would have a decent life ... a house with a roof ... clean water to drink ... a good plate of rice and beans every day ... a field to work in. At Aristide's request, Djo tells his story to Jeremie -- for Titid believes in the power of all of their stories to make change. As Jeremie listens to Djo, and to her own heart, she knows that they will begin a new story, one that is all their own, together.

Salmon-Mark Kurlansky 2020-10-01 The majestic and mysterious salmon... Over the centuries, salmon have been a vital resource, a dietary staple and an irresistible catch. But there is so much more to this extraordinary fish. As Mark Kurlansky reveals, salmon persist as a barometer for the health of our planet. Centuries of our greatest assaults on nature can be seen in their harrowing yet awe-inspiring life cycle. Full of all Kurlansky's characteristic curiosity and

insight, Salmon is a magisterial history of a wondrous creature.

The Unmaking of the Middle East-Jeremy Salt
2009-11-10 Politics & government.

Salt Wars-Michael F. Jacobson 2020 From the crusader credited with popularizing the phrase "junk food," Salt Wars uncovers the group of scientists who worked with food industry lobbyists and fought all efforts to reduce the dangerous levels of sodium in our food. A high-sodium diet is deadly; studies have linked it to high blood pressure, stroke, and heart attacks. It's been estimated that excess sodium in the American diet causes as many as 100,000 deaths per year. And yet salt is everywhere in our diets--in packaged food, fast food, and restaurant meals. Why hasn't salt received the sort of attention and regulatory action that sugar and fat have? In Salt Wars, Michael Jacobson explains how the American food industry have fought

government efforts to reduce dangerous levels of sodium in our food.

Our Tempestuous Day-Carolly Erickson
2011-02-01 The fascinating personalities of Regency England provide the dramatic intrigue of this excellent social history that looks at the dynamic forces of English society in flux. From the acclaimed author of Bloody Mary and Mistress Anne.

Birdseye-Mark Kurlansky 2013 A profile of eccentric genius inventor Clarence Birdseye chronicles how his innovative fast-freezing process revolutionized the food industry and American agriculture. By the best-selling author of Salt: A World History. 35,000 first printing.

A People's History of the United States-
Howard Zinn 1996 In this Second Edition of this radical social history of America from Columbus

to the present, Howard Zinn includes substantial coverage of the Carter, Reagan and Bush years and an Afterword on the Clinton presidency. Its commitment and vigorous style mean it will be compelling reading for under-graduate and post-graduate students and scholars in American social history and American studies, as well as the general reader.

The Big Oyster-Mark Kurlansky 2007-01-09
Before New York City was the Big Apple, it could have been called the Big Oyster. Now award-winning author Mark Kurlansky tells the remarkable story of New York by following the trajectory of one of its most fascinating inhabitants—the oyster, whose influence on the great metropolis remains unparalleled. For centuries New York was famous for its oysters, which until the early 1900s played such a dominant a role in the city’s economy, gastronomy, and ecology that the abundant bivalves were Gotham’s most celebrated export, a staple food for the wealthy, the poor, and

tourists alike, and the primary natural defense against pollution for the city’s congested waterways. Filled with cultural, historical, and culinary insight—along with historic recipes, maps, drawings, and photos—this dynamic narrative sweeps readers from the island hunting ground of the Lenape Indians to the death of the oyster beds and the rise of America’s environmentalist movement, from the oyster cellars of the rough-and-tumble Five Points slums to Manhattan’s Gilded Age dining chambers. Kurlansky brings characters vividly to life while recounting dramatic incidents that changed the course of New York history. Here are the stories behind Peter Stuyvesant’s peg leg and Robert Fulton’s “Folly”; the oyster merchant and pioneering African American leader Thomas Downing; the birth of the business lunch at Delmonico’s; early feminist Fanny Fern, one of the highest-paid newspaper writers in the city; even “Diamond” Jim Brady, who we discover was not the gourmand of popular legend. With *The Big Oyster*, Mark Kurlansky serves up history at its most engrossing, entertaining, and delicious.

Salt Warriors: Insurgency on the Rio Grande-Paul Cool 2008

The Pillars of the Earth-Ken Follett 2010-06-29
#1 New York Times Bestseller Oprah's Book Club Selection The “extraordinary . . . monumental masterpiece” (Booklist) that changed the course of Ken Follett’s already phenomenal career—and begins where its prequel, *The Evening and the Morning*, ended. “Follett risks all and comes out a clear winner,” extolled Publishers Weekly on the release of *The Pillars of the Earth*. A departure for the bestselling thriller writer, the historical epic stunned readers and critics alike with its ambitious scope and gripping humanity. Today, it stands as a testament to Follett’s unassailable command of the written word and to his universal appeal. *The Pillars of the Earth* tells the story of Philip, prior of Kingsbridge, a devout and resourceful monk driven to build the greatest Gothic cathedral the world has known . .

. of Tom, the mason who becomes his architect—a man divided in his soul . . . of the beautiful, elusive Lady Aliena, haunted by a secret shame . . . and of a struggle between good and evil that will turn church against state and brother against brother. A spellbinding epic tale of ambition, anarchy, and absolute power set against the sprawling medieval canvas of twelfth-century England, this is Ken Follett’s historical masterpiece.

Feasting Wild-Gina Rae La Cerva 2020-05-26 A writer and anthropologist searches for wild foods—and reveals what we lose in a world where wildness itself is misunderstood, commodified, and hotly pursued. Two centuries ago, nearly half the North American diet was found in the wild. Today, so-called “wild foods” are becoming expensive commodities, served to the wealthy in top restaurants. In *Feasting Wild*, geographer and anthropologist Gina Rae La Cerva traces our relationship to wild foods and shows what we sacrifice when we domesticate

them—including biodiversity, Indigenous knowledge, and an important connection to nature. Along the way, she samples wild foods herself, sipping elusive bird's nest soup in Borneo and smuggling Swedish moose meat home in her suitcase. Thoughtful, ambitious, and wide-ranging, *Feasting Wild* challenges us to take a closer look at the way we eat today.

Structural Geology-Haakon Fossen 2016-03-03

This market-leading textbook has been fully updated in response to extensive user feedback. It includes a new chapter on joints and veins, additional examples from around the world, stunning new field photos, and extended online resources with new animations and exercises. The book's practical emphasis, hugely popular in the first edition, features applications in the upper crust, including petroleum and groundwater geology, highlighting the importance of structural geology in exploration and exploitation of petroleum and water resources. Carefully designed full-colour

illustrations work closely with the text to support student learning, and are supplemented with high-quality photos from around the world. Examples and parallels drawn from practical everyday situations engage students, and end-of chapter review questions help them to check their understanding. Updated e-learning modules are available online (www.cambridge.org/fossen2e) and further reinforce key topics using summaries, innovative animations to bring concepts to life, and additional examples and figures.

The Seven Culinary Wonders of the World-

Jenny Linford 2018-09-17 There are some ingredients that are so adaptable they appear in dishes all over the world. This book looks at the seven most important - the culinary wonders: rice, salt, honey, pork, tomato, chili and cacao. These are the ones that have played a long and valuable role in human life, and this book traces their epic journeys, as they have been transported around the globe to feature in

cuisines far away from their countries of origin. As well as telling their diverse culinary and cultural stories, there are 63 traditional and innovative recipes - with one of the ingredients in the starring role - for readers to try. This is the fascinating history of the world's seven most important ingredients and an enchanting exploration of world cuisine.

Salt-Pierre Laszlo 2001-06-27 For the sake of salt, Rome created a system of remuneration (from which we get the word "salary"), nomads domesticated the camel, the Low Countries revolted against their Spanish oppressors, and Gandhi marched against the tyranny of the British. Through the ages, salt has conferred status, preserved foods, and mingled in the blood, sweat, and tears of humanity. Today, chefs of haute cuisine covet it in its most exotic forms—underground salt deposits, Hawaiian black lava salt, glittery African crystals, and pink Peruvian salt from the sea carried in bricks on the backs of llamas. From proverbs to technical

arguments, from anecdotes to examples of folklore, chemist and philosopher Pierre Laszlo takes us through the kingdom of "white gold." With "enthusiasm and freshness" (*Le Monde*) he mixes literary analysis, history, anthropology, biology, physics, economics, art history, political science, chemistry, ethnology, and linguistics to create a full body of knowledge about the everyday substance that rocked the world and brings zest to the ordinary. Laszlo explains the history behind Morton Salt's slogan "When it rains, it pours!" and looks into the plight of the salt miner, as well as spectroscopy and nuclear magnetic resonance. Salt is a tour de force about a chemical compound that is one of the very foundations of civilization.

The World of the Salt Marsh-Charles Seabrook 2012-05-01 The World of the Salt Marsh is a wide-ranging exploration of the southeastern coast—its natural history, its people and their way of life, and the historic and ongoing threats to its ecological survival. Focusing on areas from

Cape Hatteras, North Carolina, to Cape Canaveral, Florida, Charles Seabrook examines the ecological importance of the salt marsh, calling it “a biological factory without equal.” Twice-daily tides carry in a supply of nutrients that nourish vast meadows of spartina (*Spartina alterniflora*)—a crucial habitat for creatures ranging from tiny marine invertebrates to wading birds. The meadows provide vital nurseries for 80 percent of the seafood species, including oysters, crabs, shrimp, and a variety of finfish, and they are invaluable for storm protection, erosion prevention, and pollution filtration. Seabrook is also concerned with the plight of the people who make their living from the coast’s bounty and who carry on its unique culture. Among them are Charlie Phillips, a fishmonger whose livelihood is threatened by development in McIntosh County, Georgia, and Vera Manigault of Mount Pleasant, South Carolina, a basket maker of Gullah-Geechee descent, who says that the sweetgrass needed to make her culturally significant wares

is becoming scarcer. For all of the biodiversity and cultural history of the salt marshes, many still view them as vast wastelands to be drained, diked, or “improved” for development into highways and subdivisions. If people can better understand and appreciate these ecosystems, Seabrook contends, they are more likely to join the growing chorus of scientists, conservationists, fishermen, and coastal visitors and residents calling for protection of these truly amazing places.

Cities of Salt-‘Abd al-Rahmān Munīf 1988 Spell-binding evocation of Bedouin life in the 1930s when oil is discovered by Americans in an unnamed Persian Gulf kingdom.