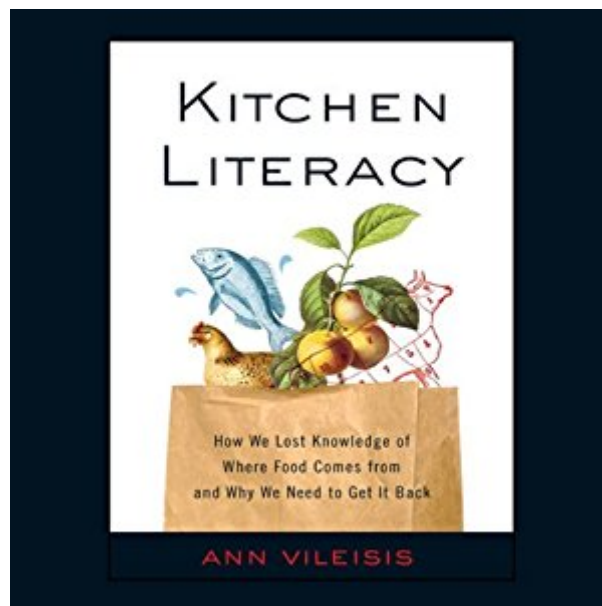


The book was found

# Kitchen Literacy: How We Lost Knowledge Of Where Food Comes From And Why We Need To Get It Back



## Synopsis

Ask children where food comes from, and they'll probably answer: "the supermarket." • Ask most adults, and their replies may not be much different. Where our foods are raised and what happens to them between farm and supermarket shelf have become mysteries. How did we become so disconnected from the sources of our breads, beef, cheeses, cereal, apples, and countless other foods that nourish us every day? • Ann Vileisis's answer is a sensory-rich journey through the history of making dinner. Kitchen Literacy takes us from an eighteenth-century garden to today's sleek supermarket aisles, and eventually to farmer's markets that are now enjoying a resurgence. Vileisis chronicles profound changes in how American cooks have considered their foods over two centuries and delivers a powerful statement: what we don't know could hurt us. • As the distance between farm and table grew, we went from knowing particular places and specific stories behind our foods' origins to instead relying on advertisers' claims. The woman who raised, plucked, and cooked her own chicken knew its entire life history while today most of us have no idea whether hormones were fed to our poultry. Industrialized eating is undeniably convenient, but it has also created health and environmental problems, including food-borne pathogens, toxic pesticides, and pollution from factory farms. • Though the hidden costs of modern meals can be high, Vileisis shows that greater understanding can lead consumers to healthier and more sustainable choices. Revealing how knowledge of our food has been lost and how it might now be regained, Kitchen Literacy promises to make us think differently about what we eat. --This text refers to the Paperback edition.

## Book Information

Audible Audio Edition

Listening Length: 11 hours and 29 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Caravan

Audible.com Release Date: February 24, 2010

Whispersync for Voice: Ready

Language: English

ASIN: B0039W3MRO

Best Sellers Rank: #402 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home >

Cooking #670 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #1533

## Customer Reviews

Whether you lived in a small town or rural area in the 17th, 18th, and even 19th centuries here in the US, it was likely that you would have been involved in some way with producing food for your family. People had their own gardens and many people, even in towns and cities, kept a few chickens or other poultry and perhaps even their own cows--remember Mrs. O'Leary in Chicago? When you sat down to eat, you knew exactly where almost every part of the meal had come from. By the 20th century, however, all that had changed, as more and more food came from cans or boxes, and even fresh produce was shipped from far off states and even countries. People were removed farther and farther from their food, and their food was processed almost beyond being clearly identifiable (just what food group would you put Jello in? Diet soda?). In *Kitchen Literacy*, Ann Vileisis has traced the changes that led to our having become a nation of \*consumers\* rather than \*producers\*, and her narrative is well-researched and entertaining. The gradual introduction of more and more processing to food is described, along with the generally valid reasons for these changes. Being able to buy a can of corn processed immediately after picking in the Midwest certainly was better than having to choose from three or four-day old tired ears of corn brought from southern New Jersey to midtown Manhattan. Vileisis also provides a lot of hitherto uncovered explanations for why convenience foods first took off in the middle of the 20th century.

[Download to continue reading...](#)

Kitchen Literacy: How We Lost Knowledge of Where Food Comes from and Why We Need to Get It Back  
The Food Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To) Data Information Literacy: Librarians, Data, and the Education of a New Generation of Researchers (Purdue information literacy handbooks) LITERACY IN COLONIAL NEW ENGLAND; An Enquiry into the Social Context of Literacy in the Early Modern West Love Comes Softly (Love Comes Softly Book #1) The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Back to the Kitchen: 75 Delicious, Real Recipes (& True Stories) from a Food-Obsessed Actor The Cat in the Hat Comes Back The Nutri Ninja Master Prep Blender Whole Food Cookbook: 101 Delicious Soups, Spreads, Entrees, Desserts & Cocktails For Your Ninja Pro, Kitchen ... Ninja Kitchen System Cookbooks) (Volume 2) What to Do When You AreÂ Fired or Laid Off: A Complete Guide to the Benefits and Legal Rights You Need to Know to Get Back on Your Feet 101 Recipes

for Preparing Food in Bulk: Everything You Need to Know About Preparing, Storing, and Consuming with Companion CD-ROM (Back-To-Basics Cooking) The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back Orthopaedic Knowledge Update: Foot and Ankle 4 (Orthopedic Knowledge Update) Integrated Theory & Knowledge Development in Nursing, 8e (Chinn, Integrated Theory and Knowledge Development in Nursing) The New Edge in Knowledge: How Knowledge Management Is Changing the Way We Do Business The Knowledge Manager's Handbook: A Step-by-Step Guide to Embedding Effective Knowledge Management in your Organization I'll Get Back to You: 156 Ways to Get People to Return Your Calls and Other Helpful Sales Tips The Complete Guide to Food Preservation: Step-by-step Instructions on How to Freeze, Dry, Can, and Preserve Food (Back to Basics Cooking) Cleveland Food Memories: A Nostalgic Look Back at the Food We Loved, the Places We Bought It, and the People Who Made It Special How to Read a Balance Sheet: The Bottom Line on What You Need to Know about Cash Flow, Assets, Debt, Equity, Profit...and How It all Comes Together

[Dmca](#)