

Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

## Index

- ABC Countries, 185–187  
   Bahia cookery, 187  
   beef consumption, 185  
   coffee, 187  
   mutton, 186  
   wheat, 187  
   wine making, 186  
     irrigation from Andes, 186, 197  
 Acadians, 207  
 accara, 189  
 achira, 132  
 ackee, 58  
 Adam and Eve, 86  
 Adams, John, 178  
 Adena Mounds, 125–126  
 Africa south of the Sahara, 143  
   ackee, 58  
   African rice, 56  
   banana, 59  
   camel, 55  
   cowpea, 57  
   domesticated animals (imported), 54,  
     55, 56  
   domesticated animals (native), 54  
   finger millet, 55  
   fonio, 56  
   grain sorghum, 55–56  
   Greater yam, 59  
   kola, 57–58  
   Lesser yam, 59  
   melegueta peppers, 58  
   melon, 58  
   and New World foods, 143, 144, 145  
   oil palm, 57  
   okra, 57  
   pearl millet, 56  
   and population growth, 59, 145  
   potato yam, 59  
   sorghum, 55–56  
   teff, 56  
   watermelon, 58–59  
     white yam, 59  
     yams, 57  
 agouti, 106  
 Agricultural beginnings, 12–13  
   and climate change, 13  
   in the Fertile Crescent, 13, 14, 28  
 ajipa, 132  
 Alaric, King of the Visigoths, 79  
 alcoholic beverages (*see also* beer and wine)  
   aguadiente, 182  
   beer, 182, 183  
   bourbon, 198–199  
   brandy, 182  
   in China, 46  
   cider, 98  
   date wine, 28  
   gin, 174, 182  
   grappa, 182  
   marc, 182  
   Meade, 68  
   Perry, 98  
   Port wine, 181  
   rum, 183  
   Sherry, 182  
   vodka, 182  
   whisky, 182, 183, 198–199  
 Whisky Rebellion, 198  
   whisky in the United States  
     Kentucky water, 198  
     portable corn, 198  
     and Scotch/Irish knowledge, 183, 198  
     whisky barrels, 199  
   wine, 183, 186  
 Alexander the Great, 44, 74, 84  
 almond, 27, 33  
 alpaca, 127–128  
 Alvarado, Pedro de, 159  
 Amendment to the Immigration Act of  
   1965, 270  
 American foods  
   in Africa, 143, 144–145, 149

Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- American foods (*cont.*)  
 in Asia, 145–147, 148–149  
 in Europe, 136, 137–139, 140–141, 142–143  
 in South Africa, 149  
 American Revolution, 186, 197  
 Boston Tea Party, 175, 176  
 coffee, 197  
 and Navigation Acts, 175, 176  
 stature of soldiers, 173, 197  
 tea, 175, 176, 178  
 and whisky, 198–199  
 Americas and new foods (*see also* Mesoamerica, New World, and South America)  
 new animals  
 cattle, 156–157  
 chicken, 158  
 goat, 144–145  
 honey bee, 158  
 horse, 157–158  
 pig, 156, 157  
 rat, 161  
 sheep, 157  
 new crops,  
 banana, 159  
 chickpea, 159  
 coconut, 160  
 date, 160  
 garlic, 159  
 ginger, 160  
 grape, 159  
 olive, 160  
 rice, 159  
 rye, 159  
 wheat, 158–159  
 Amber Road, 98  
 Andean Region and the Spanish Main, 187–188  
 Humboldt Current, 187  
 llanos, 188  
 traditional diet, 187  
 yerba mate tea, 186  
 anemia, 4, 294  
 and *cribra orbitalia*, 4  
 and Bronze Age farmers, 4–5  
 and hunter-gatherers, 4–5  
 and iron, 294  
 and porotic hyperstosis, 4  
 Angelo's restaurant, 231  
 animal domestication, 14–24  
 camel, 19–20  
 cattle, 17–18  
 dog, 15, 16  
 and genetic changes, 15  
 goat, 16  
 horse, 18–19  
 pig, 16–17  
 and sacrifice, 15, 16  
 sheep, 16  
 water buffalo, 20–21  
 Anheuser, Eberhard, 211  
 anorexia nervosa, 282  
 Antoine's restaurant, 232  
 Antoinette, Marie, 134  
 Apicius, Marcus Gavius, 76  
 aquaculture, 35, 303–304  
 Archangel Gabriel, 86  
 Aristotle, 255  
 Armour, P.D., 200  
 Arnaud's restaurant, 232  
 Assurnasirpal II, 62  
 Astor, John Jacob, 176  
 Atkins diet, 266  
 Attila the Hun, 91  
 Australia, 151–152  
 American foods, 153, 155  
 chickens, 153  
 crew rations, 154  
 distinctive biota, 151  
 dog (dingo), 152  
 Eurasian foods, 153, 154  
 kangaroo, 151, 155  
 macadamia nut, 155  
 moa birds, 151  
 native plant foods, 151  
 quandong, 155  
 rabbit plague, 154  
 and sweet potatoes, 152  
 Avicenna, 167  
 Aztecs (*see* Mesoamerica)  
 bananas and plantains, 36–38, 59  
 domestication, 37  
 origins 36–37  
 reach the New World, 38  
 Banks, Joseph, 155  
 barley, 28–29  
 and beer brewing, 29  
 companion to wheat, 28  
*batarekh*, 53  
 Bauhin, Caspar, 139  
 beans, 114–115  
 broad, (*fava*) 13, 31–32  
 common, 114–115  
 lima, 114–115  
 pole, 115  
 sieva, 115  
 tepary, 115  
 domestication, 28–29  
 Beard, James, 229, 236



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- beer, 210–211  
 and barley, 29, 211  
 bottom v. top fermentation, 210  
 Edict of Purity, 182  
 in Egypt, 52  
 and Germans, 210–211  
 and hops, 211  
 lager, 210  
 and Milwaukee, 211  
 in Mesopotamia, 29  
 and St. Louis, 211  
 Bering straits, 106–107  
 beet sugar (*see* sugar)  
 Benihana of Tokyo Restaurant, 272  
 beriberi, 2, 242–243  
 Best, Jacob, 211  
 Birdseye, Clarence “Bob”, 235  
 bitter melon, 48  
 bitter orange, 43  
 Black Plague, 135  
 Blane, Gilbert, 244  
 Bob Evans restaurant, 237  
 Boer War, 216  
*bojè*, 219  
 bollitos, 206  
 Bonaparte, Napoleon, 199, 250, 260  
 bonsai crops, 301  
*Boston Cooking School Cookbook*, 236  
 Boston Tea Party, 175, 176, 178  
 bouillabaisse, 78  
 Bowen, Samuel, 197  
 Bradford, William, 192  
 breadfruit, 151  
*bredie*, 149  
 Brillat Savarin, Jean-Anthelme, 142  
 British East India Company, 173, 197  
 buckwheat, 49  
 Buddhism, 90  
 and food, 90  
 and soybeans, 45, 49, 90  
 and tea, 49, 90  
 Busch, Adolphus, 211  
 Busch, Ulrich, 211
- cacao, 166, 219  
*cachupa*, 219  
 Cajun cuisine, 206–207  
 calcium, 4, 203  
*callaloo*, 132–133, 189  
 camel, 19–20, 55  
 Bactrian, 19  
 domestication, 20  
 Dromedary, 19  
 extinction in the Americas, 19  
 and saddles, 20
- “Canoe Plants,” 270  
 Caribbean and the Spanish Main,  
 189–190  
 Asian immigrants, 190  
 late food arrivals  
 ackee, 189  
 breadfruit, 189  
 coffee, 189  
 mango, 189  
 slave diet, 189–190  
 dirt eating, 190  
 lead poisoning, 190  
 caribou, 22  
 domesticated reindeer, 22  
 game animal, 22  
*Carnivale* 87  
 Carter, Jimmy, 272  
 Carver, George Washington, 223  
 cassava (*see* manioc)  
 cassia, 44  
 cassoulet, 78  
 Castelvetro, Giacomo, 102  
 Castro, Fidel, 219  
 Catherine of Aragon, 99  
 cattle, 17–18, 49, 53, 54, 60  
 and aurochs, 17, 18  
 dwarf, 56  
 multiple domestications, 17  
 for sacrifice, 18  
 Zebu, 18  
 Cavanaugh’s restaurant, 231  
 cave art, 8, 13, 14, 18  
 celiac disease, 292  
*cena*, 76  
 Centers for Disease Control and  
 Prevention, 280  
 Center for Science in the Public Interest,  
 266, 269, 274, 280  
 Cervantes, Miguel de, 142  
 Chandler, Asa, 180  
 Chapman, John (Johnny Appleseed), 195  
 Charlemagne, 92  
 Charles I (England), 195  
 chayote, 117, 118  
 cheese, 35, 88, 99, 298  
 Chen Nung, 170  
*chia*, 113  
*chichi*, 130  
 Chichi’s restaurant, 272  
 chicken, 23, 49, 55, 60  
 cockfighting, 23  
 divination, 23  
 eggs, 23  
 sacrifice, 23  
 chickpea, 31



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- Child, Julia, 236  
 chilli con carne, 205  
 China, 43  
   alcoholic beverages, 46  
   American plants and population  
     growth, 146–147  
   and aquatic farming, 46–48  
   buckwheat, 42  
   Champa rice, 44  
   early food globalization, 43, 44  
   first agricultural revolution, 44  
   four major cuisines, 43  
   five principal crops, 45  
   Great Withdrawal, 46  
   milk consumption, 68  
   millet, 42  
   second agricultural revolution, 146  
   *soba*, 42  
   soybean, 45  
   tea, 46, 170–178  
   under the Kublai Kahn  
     apricot, 94  
     beef, 94  
     donkey meat, 94  
     fat-tailed sheep, 93  
     horse meat, 94  
     kid, 93  
     lamb, 93  
     mutton, 93  
     orange, 94  
     pork, 94  
     rabbit, 94  
     restaurants, 94  
     rice, 94  
     sugarcane, 94  
     spice trade, 94  
 Chinese Exclusion Act, 203  
 chocolate, 219  
   and Milton Hershey, 219  
 chop suey, 203  
 chow mein, 203  
*A Christmas Carol*, 248  
 Chinese restaurant syndrome, 292  
 Chisholm Trail, 205  
 Christianity and food (*see also* monasteries  
   under Europe), 86–89,  
   97–98  
   fasting, 86–87  
   feast days, 87  
   and fish, 87–88  
   food taboos, 86  
*chuño*, 128  
 Churchill, Winston, 178  
 chutney, 47  
 Cicero, 76  
 Cincinnati, 209  
   pork industry, 209  
   soap industry, 209  
 cinnamon, 44  
 Claiborne, Craig, 270  
*The Classic of Tea*, 171  
 Clemens, Samuel, 202  
 Clipper Ships and tea, 177  
 Clovis points, 107, 108  
 Cobe, Bernadé, 205  
 coca, 180  
 Coca Cola, 58, 180  
 coconut oil, 222  
 coffee, 85–86, 166–170  
   Arabica, 169  
   in Brazil, 168  
   in the Caribbean, 168  
   coffeehouses, 167–168  
   and Islam, 85–86  
   production, 220  
   Robusta, 169  
*coocoo*, 189  
 Cook, James, 152, 153, 244  
 cooked foods (*see also* fire), 10–11  
*Collier's*, 233  
 Colonial foods and mother countries,  
   218–223  
 Columbus, Christopher, 118, 119, 120, 123,  
   131, 132–133, 137, 139, 141, 156,  
   157, 159, 160, 166  
 Commander's Palace, 232  
*conacre* system, 217  
 Congdon, Leon A., 240  
 coriander, 27  
 Corn Laws repealed, 217, 218  
 Córtez, Hernando, 119, 159,  
   166, 185  
 country captain, 208  
 couscous, 54  
 cowpea, 57  
 Cracker Barrel Restaurant, 237  
 Creole cuisine, 206–207  
*cribra orbitalis*, 4  
 Crick, Francis, 298  
*crillo*, 207  
 Crosby, Alfred, 12, 147, 191  
 cucumber, 47  
*cuscuz pauliast*, 186  
 dairy cattle in Neolithic Europe, 63  
 Darwin, Charles, 247  
 dasheen, 39  
 date, 27, 33  
   sacred tree, 33  
 wine, 28



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- Dave Chasen's restaurant, 233  
 Davis, Adel, 253  
 Delaney Clause, 254, 258  
 Delaney, James J., 254  
 delicatessens, 231  
 Delmonico, Lorenzo, 231  
 Delmonico's restaurant, 229, 231, 232  
 Derby, Elias Hackett, 176  
 diabetes mellitus II, 5, 256, 259–260, 264, 268, 282  
 Diat, Louis, 232  
 Diaz, Bernal, 118–119, 159  
 Dickens, Charles, 248  
*Dietary Goals for the United States*, 267  
*Directions for Impregnating Water With Fixed Air*, 179  
 Dirks, Robert, 190  
 The *Divine Husbandman*, 45  
 The *Divine Ploughman*, 45  
 dog domestication, 15, 16  
   in the Americas, 15  
   in the British Isles, 15  
   in the Pacific, 15  
   in the Swiss Lake region, 15  
 Dole, James D., 234  
 Don the Beachcomber restaurant, 232, 233  
*Don Quixote*, 142  
*Doomsday Book*, 99  
 Dorés restaurant, 231  
 Drake, Francis, 139, 161  
 duck, 24, 60  
   domestication, 24  
   eggs, 24  
 Dutch in the Caribbean, 161  
   and Dutch West India Co., 162  
   and salt, 161  
   and sugar revolution, 162  
 eddoes, 39  
 Edict of Purity (Bavaria), 182  
 Egypt (ancient), 51–54  
   animal domestication failures, 53  
   barley, 51, 54  
   barnyard animals, 53  
   beer, 52, 54  
   bread, 54  
   cattle, 53  
   chicken, 53  
   diet, 47–48  
     elite, 71  
     peasant, 71  
   expanding Sahara Desert, 51, 70, 71  
   food prohibitions, 53  
   *ful medames*, 52  
   goat, 53  
   *melokhia* leaves, 52  
   melon, 52  
   Middle East plant complex, 51  
   Nile fish, 51, 53  
   Nile River, 51  
   Osiris worship, 53  
   pig, 53  
   pork avoidance, 53  
   sheep, 53  
   watermelon, 52  
   wheat, 51  
   wine, 52  
 Eijkman, Christiaan, 242  
 einkorn (wild), 13  
 elephant, 48  
 emmer (wild), 13  
*empanadas*, 188  
 Erie Canal, 199  
 ergotism, 193  
   and Salem “witches”, 193  
 Escoffier, Auguste, 232  
 Europe to the Renaissance  
   hunter-gatherer horticulture, 59–60  
     foxtail millet, 60  
     lentils, 60  
     peas, 60  
   under the Romans  
     bread-making, 80  
     cruciferous vegetables, 79–80  
     fruit, 79, 80  
     grapes, 60  
     oats, 60, 80  
     rye, 60, 80  
     viticulture, 76  
 Middle Ages (*see also* Monasteries below)  
   aquatic animals, 89, 97  
   barnyard animals, 98  
   buckwheat, 100  
   chestnut, 100  
   cider, 98  
   collective farms, 98  
   cooking styles  
     north, 89, 102  
     south, 89, 102  
   crops, easiest to grow, 98  
   diets  
     commoners, 99–101  
     elite, 99–101  
 Dutch, 99  
   butter, 99  
   cheese, 99  
   horticulture, 99  
 English  
   fall of Rome, 81, 97  
   gin and taxes, 174



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- Europe to the Renaissance (*cont.*)
- famine, 101
  - moldboard plow, 98
  - Monasteries
    - alcoholic beverages, 88
    - cheeses, 88
    - pastries, 88
    - stew ponds, 89
  - in the Neolithic, 25, 60
    - abrupt arrival, 60
    - cattle, 60
    - Fertile Crescent crops, 60
      - goat, 60
      - horse, 60
      - pig, 60
      - poultry, 60
      - urban diet, 73;
    - New Foods from America
      - beans, 141
      - and belladonna, 136
      - and the Bible, 139
      - and botanists, 138
      - chili peppers, 141–142
      - growing seasons, 136
      - maize, 136, 137–138
      - and peasants, 136
      - pellagra, 138
      - and population increase, 143–144
      - potato, 135, 138–140
      - and semantics, 139–140
      - squash and pumpkins, 138–139, 141
      - sweet potatoes, 138–139, 141
      - tomato, 140–141
      - turkey, 142–143
    - Norman Conquest 97, 98
    - plague, 102
    - self sufficiency, 98
    - “scurvy grass”, 101
    - spices
      - from the East, 103
      - home grown, 103
    - spice trade, 103–104
    - spinach, 101
    - water mills, 99
    - windmills, 99
  - famine, 286
  - Far East Café, 232
  - “farmaceuticals”, 303–304
  - Farmer, Fannie Merritt, 236
  - farofa*, 186
  - fast food, 274–284
    - and anti-Americanism, 279
    - antiquity of, 275
    - and cheap labor, 283
    - and chronic diseases, 282
    - and *Escherichia coli*, 282–283
    - food “fordism”, 278
    - French fries, 275, 284
    - hamburger, 276–284
    - Mclibel Trial, 279, 283
    - Mexican, 278
    - and obesity epidemic, 280
    - pizza, 278
    - potato chips, 275
    - popcorn, 274
    - and violence, 274
  - fat-tailed sheep, 34
  - fava bean, 31–32
  - favism, 32
  - Federal Meat Inspection Act, 240
  - feijoada*, 186
  - fig, 27, 34
  - finger millet, 55
  - Fight for Food*, 240
  - fire
    - and cooking, 11
    - domestication of, 10–11
    - and land clearing, 11
    - as a weapon, 12
  - First Fleet, 153
  - flax, 52, 60
  - Fogel, Robert, 143
  - fonio, 53
  - food allergies, 290–291
  - Food Guide Pyramid, 257, 261, 262, 265, 269
  - food labeling, 261
  - food lobbies, 261
  - food prejudices and taboos, 239
  - foods in the Americas
    - in the Andean Region, 187–188
    - in the Carribean and the Spanish Main 183–184
    - in the ABC countries, 185–187
    - in Mesoamerica, 188–189
    - under the Bourbons, 185
    - under the Hapsburgs, 184
  - foods of the World rearranged, 285–286
  - foxtail millet, 60
  - Franco, Francisco, 250
  - The French Chef*, 236
  - French Grand Cuisine, 215
  - French and Indian War, 175
  - “French Paradox”, 268
  - frigadelle*, 276



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- The Fruit, Herbs, and Vegetables of Italy*, 103
- Fuchs, Leonard, 137
- functional foods, 273, 302–303
- Funk, Casimir, 243, 244, 246
- ful medames*, 52
- Fulton Fish Market, 231
- Galatoire's restaurant, 232
- Galen, 241
- galinha à xanti*, 219
- Gama, Vasco de, 160, 243
- Gandhi, Mahatma, 224
- garlic, 27, 33, 303
- Garraway, Thomas, 173
- garum, 81
- genetically modified foods, 296, 298–304
- allergic reactions, 300
  - avocado, 298
  - beef growth hormone, 302
  - cheese, 298
  - chicken, 302
  - controversy over, 299–300
  - corn, 298
  - farmaceuticals, 303–304
  - functional foods, 302–303
  - melon, 298
  - probiotics, 296
  - rice, 298, 300–301
  - soybean, 298, 299
  - successes of, 300–302
  - sugar beet, 298
  - wheat, 301
- Genghis Kahn, 93
- Gerard, John, 137, 139
- ghee, 48, 190
- Girard, Stephen, 176
- gliaria*, 81
- goat domestication, 16
- and cheese, 16
  - sacrificial purposes, 16
  - in sub-humid environs, 16
  - in Zagros mountains, 16
- goiter and iodine, 249–251
- and cretinism, 250
  - and iodized salt, 250
- Goldberger, Joseph, 247
- Gold Rush, 226
- golden rice, 300–301
- goose, 24
- eggs, 24
  - Graylag, 24
  - Swan goose, 24
- gordita*, 188
- Gourmet* magazine, 228
- Graham, Sylvester, 200, 238, 303
- Grande Cuisine of France, 215
- grape, 27, 34, 49, 60
- Great Pyramid, 32
- Greece (ancient), 72–76
- barnyard animals, 72, 73
  - cheese, 72
  - crops, 72, 73
  - diet of poor, 73
  - mezze*, 73
  - olive oil exportation, 72
  - Peloponnesian War, 73
  - seafood, 72
  - wine, 72
- Green Revolution, 2, 296, 297, 298
- and genetic variability, 297
  - and maize, 296
  - population increases, 297
  - Rockefeller Foundation, 298
  - and rice, 296
  - U.S. Government, 296
  - and wheat, 296
- Grocer's Encyclopedia*, 177
- guacamole, 205
- guinea hen, 54
- guinea pig domestication, 128
- Hahn, Edward, 18
- “hairy potato,” 301
- Haitian Revolution, 198, 199, 206
- Hancock, John, 175
- Handwerker, Nathan, 276
- Hanseatic League, 87
- haricot beans, 141
- Harris, Marvin, 126
- hasty pudding, 213
- Haussner's restaurant, 233
- Hawkins, John, 161
- Heiser Jr., Charles B., 48, 115
- Hellman, Richard, 228
- Henri II (France), 206
- Henry II (England), 8
- Henry VIII (England), 87
- Herodotus, 44
- Hershey, Milton, 219
- Hess, Alfred, 248
- Hess, John, 228
- Hess, Karen, 228
- Hippocrates, 241
- Historia Naturalis*, 68
- Hobbes, Thomas, 4
- Homestead Act, 202



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- Homo Sapiens*, 3, 5–6, 7  
 digestive system, 6  
 entered the Americas, 7  
 entered Australia, 7  
 entered Europe, 7  
 entered the Pacific, 150–151  
 large brain, 5  
 opportunistic hunters, 7  
 out of Africa, 7  
 honeybee domestication, 67  
 “hoppin John”, 208  
 horse, 18–19  
   domesticated, 18  
   extinct in Americas, 18  
   hippophagy, 19  
   and trypanosomiasis, 19  
 Houston Ship Canal, 234  
 Hovis bread, 303  
*huilachoche*, 188  
 Humboldt Current, 187  
 hundred-year-old eggs, 23  
*Hunger in America*, 255  
*Hunger USA*, 255  
 hunter-gatherer diet, 4–5  
   big game, 8  
   from the water, 8–9  
 hutia, 106
- Indus Civilization, 46–48  
 Aryan invasion, 48  
 barley, 47  
 and cattle (sacred), 48  
 chutney, 47  
 cucumber, 47  
 dairy products, 48  
*ghee*, 48  
 Harappa, 46  
 imported fruits, 47  
 and Indus River, 46  
 jackfruit, 47  
 jambolan plum, 47  
 livestock, 48  
 mango, 47  
 melon, 48  
 millet, 47  
 Mohenjo Daro, 46  
 rice, 47  
 sesame, 47  
 sorghum, 46, 47  
 and wheat, 47
- industrialization of agriculture, 215  
 Industrial Revolution, 199–200, 214  
 and brands, 201  
 and food preservation, 199, 200  
 and immigration, 199  
 and transportation revolution, 200  
*inflatas*, 188  
 insects as food, 9–10  
 International Rice Research Institute, 296  
 Irish Potato Famine, 217–218  
 iron balance, 294  
   and anemia, 294  
 Islam, 83–86  
   cookery, 84  
   coffee and coffeehouses, 85–86  
   favored meats  
     fat-tailed sheep, 85  
     goat, 84  
 Koran on food, and alcohol, 85, 167  
 Mohammed on food, 83–84  
 new foods for the West, 83  
   almond, 85  
   banana, 83  
   bitter orange, 85  
   coconut, 85  
   date, 83  
   eggplant, 84, 85  
   lemon, 85  
   lime, 85  
   mango, 83  
   quince, 84  
   rice, 84  
   saffron, 84  
   spinach, 84  
   sugarcane, 83  
   monsoon trade, 83  
   and spice trade, 83
- Japan and Korea  
 Buddhist monks, 49  
   and soybeans, 49  
   taboo against killing animals, 49  
   and tea, 49  
 foods from China  
   barley, 49  
   buckwheat, 49  
   chilli peppers, 147  
   rice, 49  
   sweet potato, 147  
   wheat, 49  
   millets, 49  
   livestock, 49  
 hunter-gatherers, 48  
 Japan  
   *Shinto* religion, 49  
   sushi, 50  
   wasabi, 49  
 jackfruit, 47  
 Jack’s restaurant, 232  
 Jefferson, Thomas, 41, 196, 198



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- The Journal of the American Medical Association*, 255  
*The Joy of Cooking*, 236  
 “jug jug,” 189  
 jujube 44  
*The Jungle*, 239, 276  
 Justinian, 92
- Karl, Duke of Burgundy, 103  
 kava, 220  
*kedgerre*, 218  
 Keen’s English Chop House, 231  
 Kellogg brothers, 201  
 Kellogg, John Harvey, 201, 259  
 Kennedy, Jacqueline, 267  
 Keshan disease, 263  
   and selenium, 263  
 Keys, Ancel, 254, 268  
 khat, 220–221  
*kibbett*, 34  
 kim-chee, 50  
 King, Glen, 244  
 Kipling, Rudyard, 178  
*kitchri*, 218  
 kola nut, 221  
 Kolb’s restaurant, 232  
 Kon-tiki expedition, 232  
*Koran*, 85, 167  
   food prohibitions, 85  
 Korea and foods (*see also* Japan  
   and Korea)  
   barley, 49  
   beef, 49  
   buckwheat, 49  
   chicken, 49  
   millets, 49  
   pork, 49  
   rice, 49  
   wheat, 49  
 kosher foods, 231  
 Kroc, Ray, 277  
 Kublai Khan, 93, 94  
*kumara*, 152  
*kumyss*, 93  
 Kung! San, 4  
 kushuri, 218
- Ladurie, Le Roy, 143  
 lactose intolerance, 291  
 L’Aiglon restaurant, 232  
 Lamb, Charles, 11  
 Lapita culture, 38, 150  
 Last Supper, 86  
 Lavoisier, Antoine-Laurent,  
   240–241
- leek, 33  
 legumes, 30  
 lemon, 41  
 Lender’s Bagel Bakery, 233  
 Lent, 86  
 lentils, 30, 60  
 Leo I (Pope), 91  
 Leon, Ponce de, 157  
*leperaria*, 82  
 Les Frères Taix restaurant, 233  
*The Leviathan*, 4  
 Liebig, Justus von, 242, 303  
 lime, 41  
 Lind, James, 244  
 Lindy’s restaurant, 232  
 Linnaeus, 143  
 linseed oil, 34  
*liquamen*, 80  
 litchi, 44  
 Little Ice Age, 101, 135, 181  
 llama domestication, 127–128  
 Lloyd, Edward, 174  
*London Magazine*, 11  
*Look* magazine, 230  
 Lüchow’s restaurant, 231  
 Luger’s restaurant, 231  
 Lu Yü, 171
- McCollum, Elmer V., 227,  
   248  
 McCormick reaper, 226  
 McDonald Brothers, 277  
 McGovern, George, 267  
 McKeown, Thomas, 143  
 McLibel trial, 283  
 McMichael, Tony, 295  
 Macao and Woosung Rest., 232  
 Magellan, 145  
 magnesium, 252  
 maize, 109–110, 121–122  
   Aztec tribute, 113  
   in Europe, 137–138  
   and Mayas, 110–112  
   in North America, 121–122  
   and nixtamalization, 110  
   and pellagra, 110, 138  
   Teotihuacán, 112  
   Toltecs, 112  
 malanga (*see* American taro)  
 malnutrition, chronic,  
   286–289  
   and infant feeding, 287–288  
   and kwashiorkor, 288  
   low birth weight, 287  
   and marasmus, 288



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- malnutrition, chronic (*cont.*)  
 protein energy  
 malnutrition, 288–289
- Malthusian dilemma, 12, 143
- Mama Leon's restaurant, 232
- mango, 47
- Manila Galleon, 145, 152
- Mardi Gras, 87
- Marine, David, 250
- masalas*, 190
- Maximilian (Emperor of Mexico), 188
- Maya (*see* Mesoamerica)
- meade, 68
- Medici, Catherine de, 206
- Mediterranean diet, 268–269  
 and olive oil, 269  
 pyramid, 268  
 and wine, 268–269
- melegueta pepper, 58
- melokhia* leaves, 52
- melon, 48, 52, 58
- Mendelian genetics, 297
- Mesoamerica, 188–189 (*see also*  
 Americas, New World, and  
 South America)
- Aztecs, 113, 125–126  
 chinampas, 113, 125  
 food storage, 125  
 human sacrifice, 126  
 infant/child mortality, 126  
 markets, 125  
 tribute collected, 113
- Mayas, 110–112  
 astronomical systems, 111  
 classic period, 111  
 demographic collapse, 111  
 irrigation system, 111  
 maize cultivation, 111  
 malnutrition, 111–112  
 population growth, 111
- Mesoamerican foods  
 amaranth, 111–112, 124  
 avocado, 120  
 beans, 114–115  
 breadnut, 109  
 cacao, 119  
 chayote, 117, 118  
 chía, 113  
 chili pepper, 117, 118  
 jicama, 109  
 maguey, 109  
 maize, 109–110  
 malanga, 109  
 manioc, 109  
 papaya, 120  
 pineapple, 120  
*pinole*, 114  
*posole*, 188  
*pulque*, 120  
 squash and pumpkin, 115, 121  
 teosinte, 109  
 tomatilla, 118  
 tomato, 117, 118–119  
 vanilla, 119–120
- nixtamalization, 110
- Olmec culture, 110
- Teotihuacán  
 agriculture, 112  
 demographic collapse, 112  
 maize-based, 112  
 Toltec culture, 112
- microwave oven, 235
- Midler, Bette, 272
- Miller, Frederick, 211
- millet, 28, 42, 47, 49, 60
- Mitchner, James, 232
- Mohammed, 83–84, 86, 92
- Mohenjo Daro, 46
- molé*, 188  
*molé poblano de guajolote*, 126
- Montagu, John – Earl of Sandwich, 275
- Mongol empire, 93
- Montezuma, 126
- “Moors and Christians”, 206
- moqueca*, 187
- muamba*, 219
- mufete*, 219
- Muscovy duck domestication, 106, 128
- mushrooms, 304–305
- “mutualism,” 63
- Napoleonic Wars, 216
- Navigation Acts, 175, 176
- National School Lunch  
 Program, 281
- Neolithic Revolution, 2, 25, 28  
 consequences  
 animal power, 63  
 beer-making, 67  
 for biota, 64  
 bread, yeast, 67  
 cheese-making, 68  
 child mortality, 65  
 diminished stature, 66  
 diseases, 65  
 food control, 62  
 food preservation, 69  
 formalized religion, 61  
 honeybee domestication, 67  
 infant mortality, 65  
 males increase power, 62–63



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- Neolithic Revolution (*cont.*)  
 malnutrition, 65  
 populations increase, 64  
 slave labor, 63  
 social organization, 62  
 soil erosion, 64  
 water pollution, 64  
 wine diffusion, 67  
 wine-making, 67  
 writing invented, 62
- New England  
 and codfish, 212  
*New England Kitchen*, 228
- New World (*see also* Americas,  
 Mesoamerica, and  
 South America)  
 ancient pioneers, 107  
 beginning of sedentary agriculture,  
 108–127 *passim*  
 extinction of large animals, 107  
 foods encountered by Columbus  
 agouti, 106  
 allspice, 105  
 beans, 105  
 chilli peppers, 105  
 custard apple, 105  
 guava, 105  
 hutia, 106  
 maize, 105  
 mamey, 105  
 manioc, 105  
 pawpaw, 105  
 peanut, 105  
 pineapple, 105  
 sapodilla, 105  
 soursop, 105  
 sweet potato, 105  
 yautia, 105  
 zamia, 105  
 lack of domesticated animals, 106
- New Zealand, 151, 152  
 cannibalism, 152  
 Eurasian/American food introductions,  
 153  
 grape vines, 154  
 oca, 130  
 pig, 153  
 rat, 154  
 Maori foods, 152–153
- Nicholas II (Czar of Russia), 182  
 Nixon, Richard M., 255  
 nixtamalization, 110, 245  
 Noah, 86
- North America  
 bison, 125  
 frontiers  
 Florida, 191–192  
 Massachusetts, 192–195, 196  
 the South, 195  
 and imported cultivars  
 buckwheat, 193  
 fruit trees, 191, 194–195  
 maize, 121–122, 193  
 rye, 193  
 squash, 121  
 wheat, 158–159  
 and native cultivars  
 sumpweed, 123  
 sunflower, 123  
 wild rice, 124  
 Native Americans  
 Eurasian disease, 161, 192–193  
 horticulturalists, 122  
 Mississippian florescence, 122  
 and tea, 174–178, 194
- North American cuisine influences  
 African, 206–208  
 Chinese, 203  
 English, 211  
 French, 206–207  
 German, 208–211  
 Hispanic, 204–206  
 Italian, 203–204
- Nut-tree restaurant, 232  
 “nutreaceuticals,” 273
- oat, 29–30, 60  
 obesity epidemic, 256–257  
 and chronic diseases, 256
- The Odyssey*, 77
- okra, 57  
 and gumbo, 196
- Old World  
 animal domestication, 14–24  
 camel, 19–20  
 caribou, 22  
 cattle, 17–18  
 chicken, 23  
 dog, 15–16  
 duck, 24  
 goat, 16  
 goose, 24  
 horse, 18–19  
 pig, 16–17  
 pigeon, 22–23  
 sheep, 16  
 water buffalo, 20–21  
 yak, 21–22  
 plant domestication, 26–41  
 almond, 33



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)Old World (*cont.*)

apple, 34  
 banana and plantains, 36–38  
 barley, 28–29  
 buckwheat, 42  
 date, 33  
 eggplant, 41  
 fig, 33  
 flax, 34  
 garlic, 33  
 grape, 34  
 legumes, 30  
 leek, 33  
 lemon, 27, 41  
 lime, 27, 41  
 millet, 42  
 oat, 29–30  
 olive, 27  
 onion, 32  
 orange, 43  
 pine nut, 33  
 pomegranate, 33  
 pomelo, 41  
 rice, 39–40, 41–42  
 rye, 29  
 shallot, 33  
 spinach, 32  
 taro, 38–39  
 wheat, 26–28  
 yam, 39

Olive Garden restaurant,  
 272

omega 3 fatty acids, 5

Opium Wars, 176

Osiris, 53

osteoporosis, 249

Ottoman Empire, 95  
 Sultan's kitchen, 95–96

Ottoman Turks and food, 95–96  
 lentils, 95  
 meats, 95  
 new American foods, 96  
 rice, 95  
 and spice trade, 95  
 sugar, 95  
 white bread, 96

Pabst, Frederick, 211

Pacific colonization 150–155  
 Australoids, 151  
 Austronesian pioneers, 150–151

Pacific Rim Cuisine, 270

palm oil, 222

Panama Canal, 234

papaya, 120

Paracelsus, 254

Parmentier, Auguste, 140

"Pax Mongolica," 93

peanut oil, 222

pearl millet, 56

"Peking Man", 11

pellagra, 110, 245–246, 263  
 and niacin deficiency, 245–246  
 in the United States, 240

Peloponnesian War, 73

Pemberton, John Styth, 180

"Pennsylvania Dutch," 209

Penny Universities, 174

Perkins, T. H., 176

Perry, Matthew, 98, 197

Persian Cuisine, 71

"Peruvian carrot," 130

Philadelphia pepper pot, 209

Phoenicia, 70  
 chickpeas, 71  
 olive oil, 71  
 and wheat trade, 71  
 and wine trade, 71

pica, 251

Pied Piper, 101

pig, 16–17, 53  
 multiple domestications, 17  
 reproduction, 17  
 in South Asia  
 in Taurus Mountains, 17

pigeon, 22–23  
 in ancient Sumer, 22  
 domestication, 22  
 doves, 22  
 French Revolution, 23  
 Rock Pigeon, 22

pineapple, 120

pine Nuts, 33

*pinole*, 114

pistachio, 27

Pizarro, Gonzalo, 156

Pizarro, Hernando, 138

plant breeding, 296

plantains (see bananas and plantains)

Pliny, 33, 44, 78, 79, 89

Polo, Marco, 85, 93, 103, 275

pomelo, 41

Pompeii, 41

Populist Party, 227

"Porkopolis," 209

porotic hyperostosis, 4

Post, C. W., 161, 303

Poulet d' Or restaurant, 232

Priestly, Joseph, 179

Protein Power Diet, 266



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- pulque, 120  
 Pump Room restaurant, 233  
 Pure Food and Drug Act, 240  
 Pythagoras, 32, 259
- quesadilla, 188
- ramayana*, 47  
 Ratner's restaurant, 232  
 Recombinant deoxyribonucleic acid (rDNA), 297–304  
 Recommended Dietary Allowances (RDA), 260  
 rice, 39–40, 41–42  
   African, 56  
   Champa, 44  
   and China population increases, 42  
   dry land, 40, 41  
   in South Asia and Indonesia, 63  
   and water buffalo, 42  
   wet land, 40  
     and Suez Canal, 40  
 rickets and vitamin D, 246–248  
 Richard II (King of England), 103  
*rijstafel*, 218  
 Ritz Carlton Hotel, 232  
 Rochemont, Richard de, 228, 229  
 Roman Empire, 74–82  
   agriculture  
     olives, 74  
     viticulture, 75  
     wheat, 74  
   attitudes toward food, 76–77  
   dies in the West, 82  
   and Europe, 79–80  
   International cuisine, 79  
   and North Africa, 75  
   seafood, 77  
   trade  
     and monsoons, 78  
     and Silk Road, 78  
   *vivaria*, 77  
   welfare, 75  
   wine exports, 76  
 Rome, 81  
   bread making, 80  
   *cena*, 76  
   cooking, 79, 80  
     and garum, 81  
     and liquamen, 80  
     and silphium, 80  
   *gliaria*, 81  
   late animal domestications, 81  
     dormouse, 81  
     rabbit, 81  
     lead poisoning, 81  
     *leporaria*, 82  
 Root, Waverly, 227, 228, 229  
 Roosevelt, Theodore, 240  
*roti*, 56  
 “rundown,” 189  
 rye, 29  
   domestication, 29  
   and ergot fungus, 29  
   as “Wheat of Allah”, 29
- sago palm, 151  
 Saints Peter and Paul Fast, 86–87  
 Saint Domingue Slave Revolt (see Haitian Revolution)  
 salt (see also sodium), 69, 212, 289, 290  
 salt sensitivity, 69, 212, 292–294  
   and potassium, 293–294  
 Sardi's restaurant, 232  
*sashimi*, 9  
 Schlosser, Eric, 281  
 Schultz, Howard, 170  
 Schweppe, Jacob, 179  
 scrapple, 209  
 scurvy and vitamin C, 2, 243–245  
 scurvy grass, 101, 244  
 Seneca, Lucius Annaeus, 76  
 September 11 attack and food, 236  
 Serpent Mound, 121  
*service à la Russe*, 231  
 sesame and sesame oil, 28, 47, 223  
 The Seventh Continent, 306  
 Shalala, Donna, 291  
 she-crab soup, 208  
 sheep, 16, 54, 56, 60  
   and cheese, 16  
   domestication, 16  
   fat-tailed, 16  
   hornlessness, 16  
   sacrificial purposes, 16  
   in Zagros Mountains, 16  
 Shen Nung (legendary Chinese Emperor), 45  
 “Shepherd Kings,” 70  
 Silk Road, 31, 32, 78, 93, 103, 172  
 silphium, 80  
 Simmons, Amelia, 197  
 Simmons, Richard, 257  
 Sinclair, Upton, 239, 276  
 slave trade and foods, 144–145  
 Slow Food Movement, 275  
*soba*, 42, 49  
 Socrates, 251  
 soda fountains, 180  
 sodium (see also salt), 289–290



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- soft drinks, 178–181, 282  
 Canada Dry Ginger Ale, 180  
 Coca Cola, 180  
 Dr. Pepper, 180  
 Hires Root Beer, 180  
 kola, 180  
 lemonade, 179  
 Nehi, 180  
 New Age, 181  
 Pepsi Cola, 180  
 Quinine water, 180  
 Seven Up, 180  
 water, 178–179
- sorghum, 46, 47, 56
- Soto, Hernando de, 156, 192
- “soul food,” 272
- South America (*see also* ABC Countries,  
 Andean Region, Mesoamerica,  
 and the Caribbean and the  
 Spanish Main)
- achira*, 132  
*achokcha*, 132–133  
*ajipa*, 132  
*allucu*, 132  
 American taro, 132  
 ñu, 132  
*arracacha*, 130  
*cañihua*, 130  
 Chavin culture, 133  
*chichi*, 130  
 Chimú Empire, 133  
 chuño, 128  
 guinea pig, 128  
 hunter gatherers, 127  
 Huari Empire, 133  
 Inca Empire, 134  
 jicama, 132  
 little orange, 133  
 maize, 130  
 manioc, 131–132  
   griddles, 131  
   preparation, 131  
 melon pear, 133  
 Muscovy duck, 128  
 Nazca Culture, 133  
 oca, 129–130  
 papaya, 133  
 peanut, 131  
 pineapple, 133  
 pre-Columbian health,  
   134  
 quinoa, 130–131  
 squash, 132–133  
 sweet potato, 129  
 tree tomato, 133  
 ullucu, 132  
 white potatoes, 128–129
- South Asia – (*see also* Indus Civilization and  
 New World foods), 147, 148–149
- South Beach Diet, 266
- South Pacific*, 232
- soybean, 45  
 among five sacred crops, 45  
 and Buddhists, 45  
 most widely consumed plant, 45  
 and North America, 197  
 oil, 223–224  
 yields whole protein, 45
- spice trade  
 early, 73  
 in Europe, 103–104  
 European struggle for, 147–148
- spinach, 32
- Spurlock, Morgan, 284
- squash and pumpkin, 115  
 domestication, 116–117  
 flowers, 116  
 gourd-like qualities, 115  
 seeds, 116  
 summer, 116
- steak tartare, 9, 276
- steamboats (Mississippi), 207
- Stillman Diet, 265
- Stroganov, Pavel, 230
- substitute foods, 257  
 Aspartame, 258  
 fiber, 259  
 margarine, 257–258  
 Oatrim, 259  
 Olestra, 259  
 Saccharin, 258–259  
 Simplese, 259
- Suez Canal, 40, 222
- sugar, 163–165  
 beet, 165  
 cane, 163–165  
   Americas, 164–165  
   Canary Isles., 164  
   Madeira, 164  
 cube, 165
- Suleiman the Magnificent, 95
- Sullivan, Thomas, 177
- Sumerian Civilization, 35  
 city states, 35  
 fish ponds, 35  
 irrigation, 35  
 priests, 35  
 sickle, 35  
 slaves, 35  
 Tigris and Euphrates rivers, 35



Cambridge University Press

978-0-521-79353-7 - A Movable Feast: Ten Millennia of Food Globalization

Kenneth F. Kiple

Index

[More information](#)

- towns, 35  
 wheel, 35  
 writing, 35  
 Sunday, Billy, 232  
 “super foods,” 65  
*Super-Size Me*, 284  
 sushi, 50, 270  
 sweet potato, 129  
   in Oceania, 129, 152–153  
 Sweet’s Restaurant, 231  
 Swift, Gustavus F., 199  
 “syllabub,” 208  
 Sylvia’s Restaurant, 272  
 Szent-Györgyi, Albert, 244
- Tales of the South Pacific*, 244  
 Tannahill, Reay, 201  
 taro  
   “dasheen,” 39  
   dryland, 38  
   “eddoe,” 39, 183  
   and Lapita culture, 38  
   true and false, 38  
   wetland, 38  
 Tate, Henry, 165  
 tea, 45, 49, 170–178  
   bags, 177  
   and Buddhism, 171  
   and Clipper Ships, 177  
   in coffeehouses, 174  
   iced, 177  
   and Lu Yu, 170  
   in North America, 174–178  
   and opium, 176  
   Opium Wars, 176  
   plantations of Assam and Ceylon,  
     176  
   and porcelain, 173, 197  
   and *Yeisei*, 171  
 teff, 56  
 Teotihuacán civilization, 112  
   based on maize, 112  
   malnutrition, 112  
   population collapse, 112  
 Tex-Mex cuisine, 205  
 Thirty Years’ War, 140  
 thrifty genes, 5  
   and diabetes, 5  
   and heart disease, 5  
   and obesity, 5  
 Tiberius (Roman Emperor), 76  
 Tiny Tim, 248  
 Toltec culture, 112  
 trace elements, 263–264  
   arsenic, 263  
   boron, 263  
   chromium, 263  
   copper, 263  
   fluorine, 263  
   manganese, 263  
   molybdenum, 263  
   nickel, 263  
   selenium, 264  
   silicon, 264  
   vanadium, 264  
 Trader Vic’s Restaurant, 232  
 Transcontinental Railroad, 203  
 triticale, 29  
 Trotter, Thomas, 244  
 Turkey, 142–143  
   domestication, 142  
   in Europe, 142–143  
   Ocellated, 142  
   returns from Europe, 195  
 TV Dinners, 235  
 Twining, Thomas, 174
- Unger, I. J., 248  
 United Fruit Company, 221  
 United Nations Convention’s List of  
   Psychotropic Substances, 220  
 United States  
   calories available, 255  
   canned foods, 233–234  
   food quality, 239–241  
     meat, 239–241  
     milk, 240–241  
     food substitutes, 241  
   frozen foods, 235  
   industrialization of agriculture,  
     226–227  
   new frozen foods, 271  
   supermarkets, 234  
   vegetarianism, 259–260  
 Uruk, 35
- vatapá*, 187  
 Vavilov, Nikolai Ivanovich, 139  
 Vedder, W. E. B., 243  
 Velázquez, Diego, 156  
 Vieux Carré, 207  
 vinegar, 34  
 vitamin deficiencies  
   A, (vitamin) 239–241  
   B complex: niacin, 245–246  
   B complex: thiamine, 242  
   C, 2, 4, 5, 243–245  
   D, 248  
   E, 251  
   K, 252



- vivaria*, 77  
 Volstead Act, 232
- Wales and the leek, 98  
*Wall Street Journal*, 272  
 wasabi, 49  
 Washington, George, 198, 205  
 waterborne diseases  
   cholera, 179  
   typhoid, 179  
 water buffalo, 20–21  
   domestication, 20–21  
   milk production, 20  
   and rice, 20, 21  
   river buffalo, 20  
   sacrificial animal, 21  
   swamp buffalo, 20  
 watermelon, 52, 58–59  
 Watson, James, 298  
 Welles, Orson, 269  
 Wellesley, Arthur, 230  
 Wesson, David, 223  
 Western diets, 260  
   and Alaskan natives, 260, 262  
   and Indians of North America, 264  
   and Pacific Islanders, 260, 262  
 wheat, 26–28, 29, 47, 49, 51, 54  
   banner of the Neolithic, 28  
   domestication, 27  
   einkorn, 26, 27  
   emmer, 26, 27  
 White, Mary Ellen, 200  
 “white meats,” 100  
 Wiley, Harvey, 240  
 William and Mary (joint sovereigns of  
   England), 174, 182  
 Williams, R. R., 243  
 wine, 181–182  
   Australia, 154  
   California, 268–269  
   date, 28  
   France and Germany, 76  
   Greece, 72  
   and Mediterranean diet,  
     268–269  
   Mesopotamia, 34  
   Mexico, 183  
   New Zealand, 242  
   Phoenicia, 20–21, 71  
   Port, 181  
   Roman, 76  
   South America, 186  
     Argentina, 186  
     Chile, 186  
 Wisconsin cheese industry, 210  
 World Trade Organization,  
   299  
 wolf, 15
- yak, 21–22  
   hardiness, 21  
   meat, 21  
   milk, cheese, butter, 21  
 yam, 39  
   African cultivation, 39  
   American yam, 39  
   Asian yams in Africa, 39  
   Greater, 39, 59  
   Lesser, 39, 59  
   potato, 59  
   white, 59  
 Yankee Clipper ships, 176  
 Yankee pot roast, 212  
 yerba maté tea, 186  
*Yeisei*, 171  
 yucca (see manioc)
- Zebu cattle, 48  
 zink deficiency, 263  
   and dwarfism, 263

