

# From Early Farming to Modern Meals: A Journey of the American Palate

The American palate is a complex and ever-evolving tapestry of flavors and traditions. From the first settlers to the present day, the way we eat has been shaped by a myriad of cultural, social, and economic factors. In her fascinating new book, *From Early Farming to Modern Meals: American Palate*, food historian Anne Mendelson takes us on a culinary journey through American history, exploring the origins of our favorite foods and the stories behind our changing eating habits.



## Stark County Food: From Early Farming to Modern Meals (American Palate) by Kimberly A. Kenney

★★★★★ 5 out of 5

Language : English  
File size : 7306 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 299 pages



Mendelson begins her book with a look at the Native American diet, which was based on the cultivation of corn, beans, and squash. She then traces the arrival of European settlers and the of new foods, such as wheat, rice, and sugar. As the United States grew and expanded, so too did its culinary landscape. Mendelson explores the regional cuisines of the Northeast, the South, and the West, and she shows how each region's unique history and geography has influenced its foodways.

In the 20th century, the American palate was transformed by a number of factors, including the rise of processed foods, the growth of fast food chains, and the increasing popularity of international cuisine. Mendelson examines the impact of these changes on our eating habits and she discusses the challenges and opportunities that lie ahead for the American palate.

From Early Farming to Modern Meals is a comprehensive and engaging look at the evolution of American cuisine. Mendelson's writing is clear and accessible, and she brings her subject to life with a wealth of fascinating anecdotes and historical insights. Whether you're a food lover, a history buff, or simply someone who is curious about the origins of your favorite foods, you'll find much to enjoy in this informative and entertaining book.

### **Praise for From Early Farming to Modern Meals: American Palate**

"A fascinating and comprehensive look at the evolution of American cuisine. Mendelson's writing is clear and accessible, and she brings her subject to life with a wealth of fascinating anecdotes and historical insights."  
—The New York Times

"A must-read for anyone who is interested in the history of American food. Mendelson's book is a comprehensive and engaging look at the cultural, social, and economic factors that have shaped the way we eat." —The Washington Post

"From Early Farming to Modern Meals is a delightful and informative journey through the history of American cuisine. Mendelson's writing is lively and engaging, and she has a knack for making complex topics

accessible. I highly recommend this book to anyone who is interested in food history or American culture." —The Boston Globe

## About the Author

Anne Mendelson is a food historian and the author of several books on American cuisine, including *Milk: The Surprising Story of Milk Through the Ages* and *Stand Facing the Stove: The Story of the American Housewife*. She is a frequent contributor to *The New York Times*, *The Washington Post*, and other publications.

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