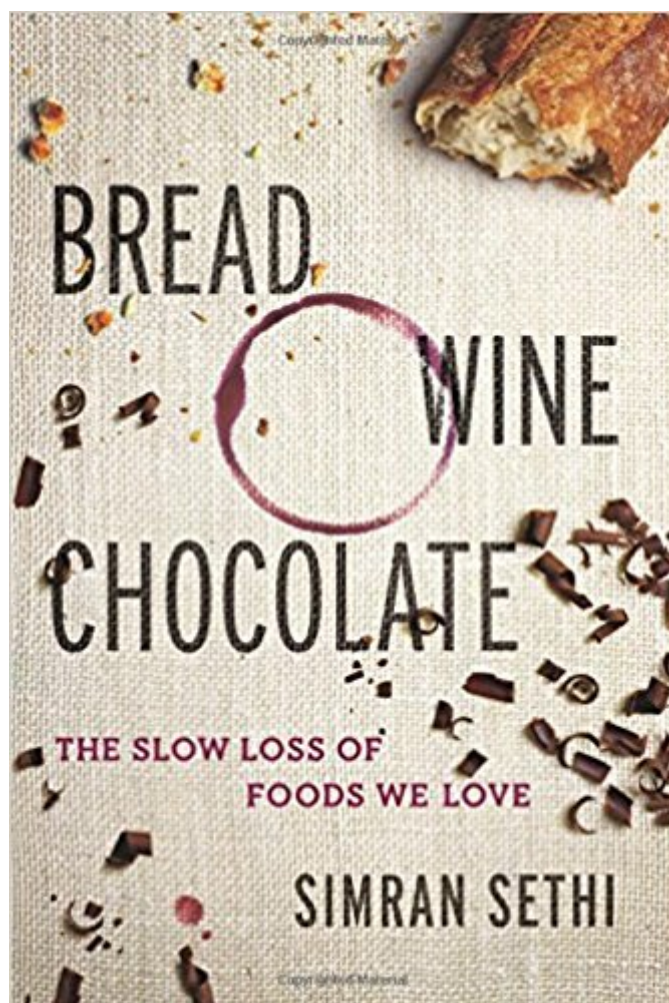


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# Bread, Wine, Chocolate: The Slow Loss Of Foods We Love



## Synopsis

Award-winning journalist Simran Sethi explores the history and cultural importance of our most beloved tastes, paying homage to the ingredients that give us daily pleasure, while providing a thoughtful wake-up call to the homogenization that is threatening the diversity of our food supply. Food is one of the greatest pleasures of human life. Our response to sweet, salty, bitter, or sour is deeply personal, combining our individual biological characteristics, personal preferences, and emotional connections. *Bread, Wine, Chocolate* illuminates not only what it means to recognize the importance of the foods we love, but also what it means to lose them. Award-winning journalist Simran Sethi reveals how the foods we enjoy are endangered by genetic erosion—a slow and steady loss of diversity in what we grow and eat. In America today, food often looks and tastes the same, whether at a San Francisco farmers market or at a Midwestern potluck. Shockingly, 95% of the world's calories now come from only thirty species. Though supermarkets seem to be stocked with endless options, the differences between products are superficial, primarily in flavor and brand. Sethi draws on interviews with scientists, farmers, chefs, vintners, beer brewers, coffee roasters and others with firsthand knowledge of our food to reveal the multiple and interconnected reasons for this loss, and its consequences for our health, traditions, and culture. She travels to Ethiopian coffee forests, British yeast culture labs, and Ecuadoran cocoa plantations collecting fascinating stories that will inspire readers to eat more consciously and purposefully, better understand familiar and new foods, and learn what it takes to save the tastes that connect us with the world around us.

## Book Information

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## Customer Reviews

Before reading Sethi's book, I admittedly didn't give much thought about the variety or origin of foods available to me. Grocery stores are filled with hundreds of options so I didn't understand the concept of losing variety. Any curiosity for the foods I regularly consumed was a fleeting one should Google that later mentality. Taking this global journey with Sethi, I learned that there are literally thousands of varieties of the foods I love, I haven't even tried or knew existed. But more than that I may never get to. With seamless ease, Sethi weaves interviews with scientists, growers, and conservationists with her own personal growth and discoveries. Covering a broad range of information, each section of the book is carefully structured with history, cultural impact, and an unrivaled depth of flavor. I've read numerous books that felt preachy or condescending to the uninformed consumer, but this book is truly impactful without feeling agenda-driven. Sethi admits that she was like me at the start of the book; new to learning about the foods we are addicted to. Being able to relate and identify with her while traveling to lush forests and vineyards, made it feel like I was experiencing everything first hand. I don't want to lose depth or complexity of the coffee I can't live without. Sethi makes me want to grow a garden full of produce not available at the store, know the origin of every food I taste, and protect diversity by understanding my power as a consumer. This book is more than just statistics on our diets, facts on the species that we are losing everyday (though those are truly eye opening), but a deeply personal quest to find answers at the source. The people who touch the food that I eat have never felt closer, and I have never been more grateful for their effort.

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