The food timeline

Ever wonder what the Vikings ate when they set off to explore the new world? How Thomas Jefferson made his ice cream? What the pioneers cooked along the Oregon Trail? Who invented the potato chip...and why? Welcome to the Food Timeline.

Food history is full of fascinating lore and contradictory facts. Historians will tell you it is not possible to express this topic in exact timeline format. They are quite right. Everything we eat is the product of culinary evolution. On the other hand? It is possible to place both foods and recipes on a timeline based on print evidence and historic context. This is what we're all about. About culinary research.

American culinary traditions & historic surveys
--- Americans at the Table: Reflections on Food and Culture, U.S. Dept. Of State
--- Eating in the 20th Century, U.S. Dept. of Agriculture
--- Historic American Christmas Dinner Menus
--- Historic American Thanksgiving Dinner Menus
--- Key Ingredients: America By Food, Smithsonian Institution
--- Not by Bread Alone: America's Culinary Heritage, Cornell University
--- America the Bountiful, University of California at Davis
--- An American Feast: Food, Dining and Entertainment in the United States (1776-1931)
--- Cultural Diversity: Eating in America, Ohio State University
--- Picnics in America
--- School lunches
--- State foods, need to cook something up for a school report?

Military rations
--- U.S. Army Rations, Quartermaster School
--- U.S. Navy Rations

World surveys
--- International cuisines, history and popular foods
--- History of Vegetarianism, International Vegetarian Union
--- Mexican & Tex Mex cuisine
--- Chinese food in America

Social & culinary surveys
--- Appetizers
--- Breakfast
--- Brunch
--- Dessert
--- Fast food
--- Food and Eating: An Anthropological Perspective, Robin Fox, Social Issues Research Centre
--- Meal times
--- Resources for the Anthropological Study of Food Habits (bibliography), Illinois State University
--- History of Eating Utensils, from the Anthropology Dept. at the California Academy of Scientists
--- How Table Manners Became Polite, Christian Science Monitor
--- Service a la Francaise, 18th and 19th century France
--- What's on the Menu, history of menus, cartes & "bills of fare"
- 1600s, England—Shakespeare's food
- 1600s, New France—Food in the time of Champlain...compare with Bush food
- 1610, Virginia—What did the colonists eat?
- 1621, Pilgrim—Pilgrim Thanksgiving
- 1651, France—Modern French cuisine
- 1660, London—Dining with Samuel Pepys, Essays on History of Nutrition and Dietetics, American Dietetic Association
- 1690, South Carolina—Rise of the Georgetown Rice Culture
- 1690, Salem MA—Puritan cooking
- 18th century, England—Cultural rules of dining, Types of foods & Dinner of the upper classes
- 1744, Virginia—George Washington's Rules of Civility
- 1756, Princeton University—Residential, Dining and Social Facilities
- 1766, Paris—Mathurin Roze de Chantoiseau opens the first restaurant
- 1772, Philadelphia—City Tavern, frequented by the signers of our Declaration of Independence
- 1773, Boston—Boston Tea Party
- 1774, West Virginia—Food & cooking at Arbuckle's Fort
- 1776, Royal Navy—Nelson and His Navy-Diet and Victualling, ship's biscuit & cheese
- 1777, Pennsylvania—Valley Forge Commissariat
- 1780s, Virginia—George Washington's Mount Vernon kitchens
- 1782, Paris—restaurants & caterers
- 1787, Virginia—Thomas Jefferson's pasta machine
- 1782-1834, California—Agriculture, Drought & Chumash Congregation in the California Missions
- 1789, France—French Revolution fare
- 1794, U.S. Navy—First 'official' rations
- 1797, Boston—The Camboose of the U.S.S. Constitution
- 1798, Montreal—Food of the French fur traders, cooking techniques & wild plants
- 19th century, United States—Early American & pioneer foodways
- 19th century, Minnesota—Food and agriculture of the Voyageurs and Ojibwe peoples
- 19th century, Indiana.—Condiments of the Early 19th Century, description & recipes
- 19th century, Maine—Lobstering then and now
- 19th century, Missouri—Frontier food & recipes
- 19th century, Montana—Homestead History: Food on the Frontier
- 19th century, England—Workhouse diet and dining
- 19th century, Russia—Samovars & tea
- 1801, France—Napoleon's eating habits
- 1803, United States—Monthly bills of Fare, Susannah Carter's Frugal Housewife
- 1812, Canada—Messing arrangements of the British Army during the War of 1812 & food
- 1814, Canada—The Pemmican War
---1815, Virginia---Breakfast & Dinner at Jefferson's Monticello
---1820, New Jersey---Col. Johnson eats a tomato at the Salem Cty Courthouse...or did he?
---1821, Ohio---The Millennial Laws, Section VIII Orders concerning Attending to Meals, Eating, Shakers
---1826, Paris---Jean Anthelme Brillat-Savarin's Physiologie du Gout, full text here
---1826, Boston---Union Oyster House menu, compare to today's dinner menu
---1827, New York City---Delmonico's opens its doors
---1830, Indiana---Dietary patterns of the Early Midwest
---1830s, Massachusetts---Taverns, dining out, food preservation & spring fasts/feasts, Old Sturbridge Village
---1832, U.S. Army---Coffee replaced rum in soldier rations
---1833, La Junta Colorado---The dinningroom & kitchen at Fort Bent
---1837, South Hadley, MA---Deacon Porter's Hat and other food traditions from Mt. Holyoke Female Seminary
---1840, England---Afternoon tea, custom attributed to Anna, 7th Duchess of Bedford
---1840s, West U.S.---Provisions for the Oregon Trail
---1840s, South Carolina---Rice Planter Lifestyle, The Rice Museum
---1847, California---Chinese food in America
---1847, Washington D.C.---Brown's Hotel bill of fare I & II
---1848, Boston---Hotel Keepers, Head Waiters and Housekeeper's Guide, Tunis Campbell
---1850, Iowa---Pioneer foodways and farm life
---1851, Nantucket, MA---Chowder, from Herman Melville's Moby Dick (Chapter 15)
---1855, Nebraska---What did Nebraska's school children eat for lunch? & frontier watermelons
---1857, Canada---The Emigrant Housekeeper's Guide to the Backwood of Canada
---1857, Kentucky---Louisville Hotel
---1857, Walden Pond, Massachusetts---Wild Fruits, Henry David Thoreau
---1860, South Carolina---Collapse of the Georgetown Rice Culture, The Rice Museum
---1860, Boston---Bill of Fare, Mrs. S. L. Skilton's Eating House
---1860s, London---Bills of Fare, Mrs. Beeton's Household management
---1860s, Wyoming---Charle's Baker's provisions for the long trip out west
---1861-1865, Civil War---Civilian foods & soldier rations
---1861, Maryland---Picnics
---1862, Civil War---Of Seders in the Civil War
---1862, Cariboo Gold Rush, British Columbia---General store & store receipts
---1865, Washington D.C.---Lincoln's second Inauguration Ball Bill of Fare
---1866, Texas---Charles Goodnight's cowboy chuck wagons
---1866, Boston---Bill of Fare, Wells L. Egerton & Co. Ladies and gents dining rooms
---1867, New York City---Market Assistant, Containing a Brief Description of Every Article of Human Food Sold in the Public Markets in the Cities of New York, Boston, Philadelphia and Brooklyn
---1870s, Coney Island NY---Feltman's, Stach's & Nathan's
---1872, Providence, RI---The first diners I & II about NJ & VT diners...
---1875---Complimentary Dinner Bill of Fare, Newton (NJ) Fire Company
---1876, New York---Menu for a 16 course meal, and other dinners, Practical Cooking and Dinner Giving, Mary Henderson
---1876, Southwest U.S.---Fred Harvey Houses, the first fast food restaurants
---1876, Battle Creek MI---Dr. Kellogg & the origin of the breakfast cereal industry
---1877, Minneapolis---Entertaining etiquette & Bills of Fare, Buckeye Cookery
---1877, Philadelphia---Russ House menu
---1879, London---Holborn Restaurant Dinner Menu, in French and English
---1880s, France---Claude Monet's cooking journals
---1880s, US---Railroad dining
---1880s, Promontory UT---Restaurants & boarding houses
---1882, Detroit---The Detroit Club, and other elegant dining clubs
---1886, U.S.---Rules of Etiquette and Home Culture
---1890s, London---Victorian Kitchen and Table Tools
---1890, U.S.---Menu for a Christmas Dinner, Godey's Ladies Book
---1891, New Mexico---Dinner menu, The Montezena, Hot Springs
---1892, Texas---Thanksgiving menu, Brackenridge Hall, University of Austin
---1892, Mitchell, South Dakota---The Corn Palace
---1892, Michigan---A Year's Breakfasts & Dinners, Ella Eaton Kellogg
---1893, Chicago---The Rumford Kitchen at the Columbian Exposition
---1895, United Kingdom---Brunch
---1896, American dining customs and table manners, Youth's Educator for Home and Society
---1896, New York---Bills of Fare, Charles Ranhofer's Epicurean
---1896, U.S.---Fannie Farmer's Suitable combinations for serving, Boston Cooking-School Cook Book
---1897, Canada---Cobat Commemorative State Service and Victorian dining selections
---1900-2000, U.S.---Decade menus
-------Century's Best, Houston Chronicle
-------Dining Through the Decades, Leite's Culinaria
---1900, New York City---Menus from Louis Sherry, The Plaza Hotel, The Waldorf, Haan's, Child's Lunchrooms, and The Cooper Lunch Counter
---1900, London---J. Sainsbury's store
---1900, Russia---History of court dining, Alexandra's Names Day & Tatiana's birthday, Imperial luncheon at the Alexander Palace
---1901-2, Buffalo NY---Food & drink at the Pan-American Exhibition, Pabst Restaurant menu
---1902, Philadelphia PA---Horn & Hardart's first automat
---1904, St. Louis Exposition---Meals & menus
---1906, Japan---The Book of Tea, Kakuzo Okakura
---1906, Alaska---Menus from the Cecil Cafe (Fairbanks) & Royal Cafe (Cleary Creek)
---1906, Wilmington Delaware---Longwood Garden Parties hosted by Pierre S. duPont
---1906, New York City---New York pushcarts & Manufacturing of foods in tenements
---1909, Hayden Lake Idaho---Game Dinner, for Theodore Roosevelt
---1909, U.S.---Advertisement for Deviled meats from the Wm. Underwood Company
---1910, Douglas Alaska---Grocery Dept., P.H. Fox's Store
---1911, New York---The Grocer's Encyclopedia, Artemis Ward
---1912, United Kingdom---Titanic dinner menus, first and second class
---1912, Michigan---Dinner at the Battle Creek Sanitarium, compare with a typical restaurant menu
---1914, Alaska---Solstice dinner on the Steamer Yukon
---1916, Memphis TN---Piggly Wiggly, America's first self-service grocery store opens
---1916, U.S.---Baking bread in the WWI Army
---1917, U.S.---Army Operational Rations, U.S. standard issue
---1918, U.S.---Wheatless Wednesdays
---WWI, North Carolina---What we are doing to conserve food and keep down waste, Food production and conservation in North Carolina & Quest for food substitutes
---1919, England-France---First in-flight food service
---1920s, U.S.---Picnic Time, Lydia Pinkham Co.
---1920s, New Zealand---Wellington Cafe Culture
---1920-1933, United States---Prohibition foods and speakeasy menus
---1921, U.S.---Fine dining on the Union Pacific Railroad & photos from the 30's-60's
---1921, Dallas TX---The Pig Stand, America's first drive-in restaurant
---1922, Caledonia NY---Annual Pig Roast Dinner, menu & music
---1922, Sacramento, CA---Oriental Grill Menu
---1923, Los Angeles, CA---Spanish-American dishes from El Cholo
---1924, Alaska---The first round-the-world flight restocks food supplies
---1926, New York---Steak houses in New York City
---1930-1939, United States---Depression-era foods: soup kitchens, WPA projects, family dining
---1930s, USA---Evolution of the Ice Cream Stand, National Park Service
---1931, St. Louis---Irma S. Rombauer's Joy of Cooking, Joy of Cooking
---1934, Chicago---Ford Exhibit menu, Century of Progress, Chicago World's Fair
---1935, Oregon---CCC Camp Squaw Butte Christmas dinner menu
---1935, New Jersey---Bahrs Landing Restaurant, Sandy Hook
---1937, Idaho---CCC Heyburn State Park Friday menu with unit quantities & costs
---1938, Wisconsin---Thanksgiving Menu, CCC Camp Sawyer, Hayward
---1938, New York City---Food for New York: photographs of wholesale markets, retail stores & restaurants
---1939, New York City---World's Fair Belgium Restaurant menu
---1939, United Kingdom---Rationing, at Sainsbury's & Daily life in Wartime Britain
---1939, United Kingdom---Meals on Wheels, a tradition of serving our seniors
---1940-1949, United States---Rationing, soldier foods, civilian fare
---1940s, San Diego---Theater concession stands: Fox & State Theatres
---1941, Las Vegas---Hotel El Rancho Vegas
---1942, U.S.---Food rationing & nutritional guidelines
---1942, Puyallup, WA---What people ate at Camp Harmony, Japanese Relocation Center
---1943, NYC---Waldorf-Astoria, 50th Anniversary menu
--- 1944, U.S. --- *Army kitchen trucks & Thanksgiving menu*
--- 1945, United Nations --- *Food and Agriculture Organization* is founded
--- 1946, Guantanamo Bay, Cuba --- *Ship's Service Restaurant menu*, Naval Station
--- 1946, U.S. --- *Dinner* on the Western Pacific Railroad
--- 1948, Germany --- *The Berlin Airlift*
--- 1950-1959, United States --- *Popular foods & family menus*
--- 1950, U.S. --- *Diner's Club* begins the credit card industry
--- 1950, U.S. --- *Salad bars*
--- 1950s, U.S. --- *Tex-Mex* goes mainstream America
--- 1951, U.S. Army --- *Field messing in forward areas*
--- 1952, Airline food --- *Meals served by TWA*
--- 1953, United Nations --- *U.N. soldier food service*
--- 1953, U.S. --- *Doomsday Diet: Dining in Darkness* compare with current *FEMA food guidelines*
--- 1955, Des Plaines, IL --- McDonald's restaurant opened with this *menu*
--- 1956, Alcatraz --- *Dining room rules*, inmate regulation #33
--- 1960s, Anaheim --- *Tahitian Terrace Menu*, Disneyland
--- 1960s, U.S. --- *Popular American foods* & what did babyboomer kids love to eat? pictures of our favorite food
packages I, II & III
--- 1960, U.S. --- *Space food* then & *now*, from NASA
--- 1960, British Columbia --- *Christmas menu*, 918th Squadron, Baldy Hughes Air Station
--- 1961, Massachusetts --- *Julia Child's Kitchen* relocates to *The Smithsonian*
--- 1963, U.S. Army --- *Operational Rations Current and Future*
--- 1964, NYC World's Fair --- *Dining facilities in the Festival of Gas Pavillion*, *Bel-Gem waffles* &
--- 1964, New York City --- *Japanese steak houses* are introduced to America by Rocky Aoki
--- 1964, United States --- *“Soul food”*
--- 1970s, U.S. --- *Food of the Seventies*, popular snack items
--- 1971, Chicago IL --- *Official Dinner Commemorating the 100th Anniversary of the Chicago Fire*
--- 1976, Washington D.C. --- *State Dinner for Queen Elizabeth and Prince Philip*
--- 1979, U.S. --- *America's Second Harvest*, connecting food with hungry people
--- 1980s, U.S. --- *Food of the Eighties*, popular snack items
--- 1986, Italy --- *Slow Food Movement*, dedicated to preserving foods from extinction
--- 1990s, U.S. --- *Food of the Nineties*, popular snack items
--- 1998, Antarctica --- *Thanksgiving* at McMurdo
--- 2000, U.S. --- *Americans' Dining-Out Habits*, Restaurants USA
--- 2001, Antarctica --- *Christmas Eve at McMurdo*
--- 2002, U.S. --- *Hot Menu Items & What's for Breakfast?*, Restaurants USA
--- 2004, Athens --- *Catering services*, compare with original Olympic fare.
--- **---Future food & culinary trends---**
--- *On your plate: Top food issues for future meals*, Christian Science Monitor
--- Future Perfect? Restaurants USA, (Restaurant industry experts speculate about trends in the new millenium)
--- The Strategic Framework for FAO 2000-2015, United Nations
--- Genetic modification of food, Food and Drink Federation

Looking for historic menu collections?

- **Los Angeles Public Library**'s digital menu collection --- Menus 1900+ are searchable by keyword, restaurant, cuisine & date. Many menus are viewable online.
- **City College of San Francisco**'s, Fehler! Hyperlink-Referenz ungültig. --- Northern California, 1920+
- **Cornell University's Nestle Library** Restaurant Menus Database --- Menus 1900+ are searchable by decade, location, cuisine. & menu items. Selected historic menus are online.
- **New York Public Library**'s Menu Collection --- 25,000 menus from 1890s to present. Small sample of menus 1890-1900 are viewable online.
- **Kapiolani Community College, HI** Rusty Thomas Menu Collection --- some online samples.
Visit the Food Timeline (food beginnings & historic recipes)
or go to K-12 teacher resources for food history lessons

- water
- salt
- shellfish
- fish
- eggs
- rice
- emmer grain
- einkorn grain
- almonds
- sheep
- goats
- apples
- lentils
- pork
- beans
- nuts
- wheat
- millet
- barley
- peas
- carrots
- onions
- garlic
- spices
- figs
- soybeans
- tea
- rhubarb
- muskmelon
- peaches
- tomatoes
- celery
- chocolate
- horseradish
- raisins
- pickles
- tomatoes
- grapes
- citrus fruits
- watermelons
- popcorn
- chicken domestication
- butter
- peas
- carrots
- onions
- garlic
- spices
- figs
- soybeans
- tea
- rhubarb
- muskmelon
- peach palm
- radishes
- purslane
- marshmallows
- liquorice
- carob
- peanuts
- chocolate
- horseradish
- raisins
- pickles
- tomatoes
- celery

---

water
salt
shellfish
fish
eggs
rice
emmer grain
einkorn grain
almonds
sheep
goats
apples
lentils
pork
beans
nuts
wheat
millet
barley
peas
carrots
onions
garlic
spices
figs
soybeans
tea
rhubarb
muskmelon
peaches
tomatoes
celery

---

17,000 BC
16,000 BC
10,000 BC
9,000 BC
8,000 BC
8,000 BC
7,000 BC
7,000 BC
6,500 BC
6,000 BC
6,000 BC
6,000 BC
5,500 BC
5,500 BC
5,000 BC
5,000 BC
5,000 BC
5,000 BC
5,500 BC
5,000 BC
5,000 BC
5,000 BC
5,000 BC
4,000 BC
4,000 BC
4,000 BC
3,600 BC
3,200 BC
3,000 BC
3,000 BC
3,000 BC
3,000 BC
3,000 BC
3,000 BC
3,000 BC
3,000 BC
2,900 BC
2,838 BC
2,737 BC
2,700 BC
2,400 BC
2,300 BC
2,000 BC
2,000 BC
2,000 BC
2,000 BC
2,000 BC
1,500 BC
1,500 BC
1,490 BC
1,000 BC
900 BC
850 BC
cinnamon---700BC---
cabbage---600BC---
sausages & artichokes---500BC---
pastries & appetizers---5th century BC---
pasta & macaroni---490BC---
garden cress---400BC---
beets & bananas---4th Century BC---
turkeys & asparagus---200BC---
quinces---65BC---
Devon cattle---55BC---
chestnuts---1st Century---
lobster, crab & shrimp---1st Century---
French toast---1st Century---
omelettes---1st Century---
strawberries---1st Century---
raspberries---1st Century---
capers, turnips & kale---1st Century---
ices---62---
sushi---2nd Century---
lemons---3rd Century---
tofu---220---
pretzels---5th Century---
eggplant---6th Century---
spinach---7th Century---
coffee---9th Century---
cod---9th century---
loquats---10th century---
baklava & filo---11th century---
corned beef & lychees---11th century---
breadfruit & okra---12th century---
hamburgers---13th century---
kiwis & Mexican limes---14th century---
kebabs---14th century---
gingerbread & Lebkuchen---1395---
coconuts---15th century---
Roquefort cheese---1411---
pork & beans---1475---
hot dogs---1484---
pineapples I & II---1493---
marmelade---1495---
teriyaki chicken---16th century---
pecans & Cornish pasties---16th century---
papayas & cashews---16th century---
turkeys in Europe---16th century---
tempura in Japan---16th century---
Texas Longhorns---16th century---
sweet potatoes in Europe---1517---
vanilla in Europe---1529---
tomatoes in Europe---1544---
Camembert cheese---1554---
Brussels sprouts & kohlrabi---1587---
pot luck---1592---
doughnuts in America---17th Century---
pralines & coffee cake---17th Century---
cream puffs & eclairs---17th Century---
maple syrup I & II---17th Century---
Jerusalem artichokes---1605---
bagels---1610---
dairy cows in America---1611---
coffee in Europe---1615---

rum---1650---

Kosher food in the U.S.---1654---
cowpeas---1675---
cranberries in New Jersey---1680---

rice in South Carolina---1690---

French fries I & II---18th Century---
muffins & crackers---18th Century---
tapioca---18th Century---
Montelimar nougat---1701---
casseroles---1708---
Stilton cheese---1722---
caramel---1725---

Hereford cows---1742---
sugar beets---1747---
grapefruit---1750---
Swedish meatballs---1754---
Newtown Pippin apples---1755---
mayonnaise---1756---
Tartar sauce---1756---
figs in California---1759---
sandwiches---1762---
oysters in America---1763---
Baker's chocolate---1764---
Bartlett pears---1765---
soda water---1767---

grapes in California---1769---

Jersey cows---1771---
New Zealand spinach---1771---

tomatoes in America---1781---
lollipops---1784---
Mandarin oranges/Europe---1805---
Bosc Pears---1807---

McIntosh apples---1811---
taffy, toffee & butterscotch---1817---

chicken-fried steak---1824---
A1 Steak Sauce---1824---
fondue---1826---
Macadamia nuts

soft drinks in America---1830---
bouillabaisse---1830s---
Hopping John---1830s---

Worcestershire Sauce---1835---
Michigan mint---1835---
Idaho potatoes---1837---
Key limes---1839---

Poland Spring water---1845---
Chinese food in America---1847---
Trenton crackers---1848---
Concord grapes---1849---
berries in Oregon---1850---
modern marshmallows---1850---
cherries in Michigan---1852---
potato chips---1853---
condensed milk---1856---
Peek Freans---1857---
Rumford Baking Powder---1859---
fish & chips---1860---
cranberries in Wisconsin---1860---

breakfast cereal---1863---

Underwood Deviled Ham---1867---
synthetic baby food---1867---
Tabasco sauce---1868---
Fleischmann's Yeast---1868---
Campbell's Soup---1869---
margarine---1870---
Paragon tomatoes---1870---
California raisins---1870s---

Long Island duck---1873---
summer pudding---1875---
Hires root beer---1876---
Heinz Ketchup---1876---

Wheatena---1879---
Saccharin---1879---
candy corn---1800s---
passion fruit---1880s---
French dressing---1880s---
salt water taffy---1883---
Dr Pepper---1885---
evaporated milk---1885---
oysters in New York---1885---
Coca Cola---1886---
malted milk & Georgia pecans---1887---
Barbados cherries---1887---
pizza as we know it---1895---
peanut butter---1890---
Fig Newtons---1891---
Cracker Jacks & Postum---1893---
fudge & Good and Plenty---1893---
Hershey bars & Sen-Sen---1894---
Salisbury steak---1895---
Chop suey---1896---
Fruitcake, Corsicana TX---1896---
Jell-O & tangelos---1897---
1000 Island dressing---1897---
cotton candy & Melba toast---1897---
Texas sweet onions---1898---

Cottolene---1900---
NECCO candies---1901---
peanut butter & jelly---1901---
Nabisco's Animal Crackers---1902---
Karo syrup---1902---
Conversation Hearts---1902---
Horn & Hardart's Automats---1902---

Mt. Clemens Flakes & Marmite---1902---
Club sandwiches---1903---
canned tuna---1903---
Ice cream cones I & II---1904---
brownie---1906---
New York pizza---1905---
Submarine sandwiches---1905---
Kellogg’s Corn Flakes---1906---
Muffuletta sandwiches---1906---
Divinity fudge---1907---
Steak Diane---1908---

Crisco---1911---
Oreos---1912---
Mallomars---1913---

Fettucine Alfredo---1914---
hush puppies---1915---

Moon pies---1917---
Marshmallow Fluff---1917---
Fortune cookies---1918---
Chase’s Cherry Mash---1918---
French dip sandwich---1918---

Eskimo Pie & Good Humor---1920---

Wonder Bread---1921---
Wheaties---1921---
Vegetable---1922---
Girl Scout Cookies---1922---
---1922---
popsicles---1923---
frozen foods---1924---
pineapple upside-down cake---1924---
Texas hot weiners---1924---

Kool-Aid & Pez---1927---
Gerber's baby food---1928---
It's It---1928---
Twizzlers & Karmelkorn---1929---
Po'Boy & hot Italian sandwiches---1929---
Bisquick & Vidalia onions---1931---
tacos in LA---1931---
Fritos---1932---
Marshmallow Sandwich cookies---1932---
Gravy Master & sloppy joes---1935---
Kashering of Coca Cola---1935---
Dagwood sandwich---1936---
SPAM & Krispy Kreme---1937---
Kraft macaroni & chese---1937---
canned soda---1938---
chicken & waffles---1938---
Spiedies---1939---
York Peppermint Patties---1940---

M & Ms & Cheerios ---1941---
Corn dogs & Pronto pups---1942---
nachos---1943---
Chicago-style pizza---1943---
frozen french fries---1948---
seedless watermelon---1949---
Jolly Ranchers I & II---1949---
Whoppers---1949---
Loco moco---1949---
American Tex-Mex---1950s--
smoothies---1950s--
Maypo---1953---
Jello-O instant pudding---1953---
Marshmallow Peeps---1953---
TV Dinners I & II---1954---
Fehler! Hyperlink-Referenz ungültig.---1954---

Oregon Marionberries---1956---
Tang & Beefalo---1957---
Rice-A-Roni & Diet-Rite---1958---
Life cereal---1961---
instant mashed potatoes---1962---

Buffalo Wings---1964---
Gatorade---1965---
gyros---1970s---

Kobe beef & wagyu---1976---

Yukon gold potatoes---1981---

Orangetti spaghetti squash---1986---

Flavr Savr tomatoes---1994---
grape tomatoes---1998---

Flat Iron steak---2002---
tear-free onions---2002---
New products from Kraft---2004---

---10,000BC---Agriculture begins I & II
---10,000BC--- bread & beer
---10,000BC--- soup

---6000BC--- Greece
---5000BC--- Egypt
---4000BC--- yeast breads: pitta & focaccia
---1700BC--- Mesopotamia banquets & recipes
---1000BC--- Jerusalem, Labeneh
---3rd Century BC--- Chinese moon cakes
---1st Century--- Ancient Rome I, II, III & IV
---1st Century--- fried chicken & foie gras
---1st Century--- Italian wedding soup
---1st Century--- rice pudding
---1st Century--- flan & cheesecake
---1st Century--- The Haggis
---70--- challah bread
---3rd Century--- Roman Britain's cuisine & recipes
---3rd Century--- De Re Culinaria & De Opsonis et Condimentis, Apicius
---4th Century--- Jerusalem, White kidney bean salad
---7th Century--- Jerusalem, Coriander & pine nut salad
---7th Century--- kimchi
---700--- Ancient Maya
---700--- Prehistoric Texas
---700-1100--- Crusader cuisine in Jerusalem
---700-1100--- Viking era food, feasting & recipes
---900-1400--- Medieval food
---10th century--- Peking Duck

---13th Century--- ravioli & lasagne
---13th Century--- pancakes & waffles
---13th century--- Viandier de Taillevent
---14th century--- guacamole
---14th century--- Humble pie history & recipe
---14th century--- Le Menagier de Paris
---1303--- pie
---1381--- apple pie & ---1382--- crumpets
---1386--- Chaucerian Cookery, feasts!
---1390--- The Forme of Curvy
---1390--- applesauce
---1393--- Pipefarces (fried cheese sticks)
---15th century--- marzipan in England
---15th century--- borsheh
---1492--- Christopher Columbus old world cuisine
---16th century--- salsa
---16th century--- quiche
---16th century--- puff paste
---1514--- Een Notabel Boecxken Van Cokerven, in Dutch

---1545--- A Proper newe Booke of Cokerye

---1588--- English pastry, from The Good Huswifes Handmaid for Cookerie in her Kitchen
---1590--- Shakepeare's food
---1593--- Coocboeck, Carolus Battus (in Dutch)
---1596--- English trifle
---1597--- potato salad
---17th Century--- corn bread, hoe cakes, spoonbread & hominy
---17th Century--- chess pie & shortbread
---17th Century--- authentic recipes, transcribed
--- 17th Century ---
- French onion soup & salad
- Raspberry jelly & modern version
- Guy Fawkes' menus I & II
- Jamestown settlers ate pottage (p. 20)
- Rice pudding, Gervase Markham's English Housewife
- A New booke of cookerie
- Koge-Bog (first printed Nordic cookbook)
- Pilgrim Thanksgiving
- Le Cuisinier Francois, La Varenne (en Francias)
- pumpkin pie
- De Verstandige Kock, in Dutch
- A Queen-Like Closet, Hannah Wooley
- Gervase Markham's English House-Wife
- De Verstandige Kock, colonial Dutch recipes
- Robert Mays' Accomplisht Cook
- croissants
- lemon meringue pie
- Colonial & Early American fare
- French Canadian fare, Fortress of Louisbourg
- English muffins & chowder
- sticky buns (aka cinnamon buns)

--- 18th Century ---
- Massialot's Le Nouveau Cuisiner Royale et Bourgoise I & II
- Receipts of Pastry and Cookery for the Use of his Scholars, Ed. Kidder
- Hasty pudding, The Compleat Housewife E. Smith
- pound cake & cupcakes
- Yorkshire pudding & sweet potato pie
- Salmagundi, Hannah Glasse
- Colonial Williamsburg food
- Welsh rabbit

--- 19th Century ---
- apple butter
- ice cream & beef a la mode, Experienced English Housekeeper
- Eccles cakes
- Colonial wedding cakes
- Election Cake
- Colonial Day Menu, Turkey Run VA
- Dried apples from Paul Revere's kitchen
- Hannah Davis' Baked apple crunch
- Firecakes & pepper pot from Valley Forge
- Martha Washington's Great Cake
- Thomas Jefferson's ice cream (manuscript) & muffins
- Martha Jefferson's cream cheese
- souffle
- Kokebok, from Norway
- deviled eggs
- toad-in-a-hole
- Atole & pozole, California missions
- pumpkin pudding, from Amelia Simmon's American Cookery
- Jumbles, Fort York Ontario
- Voyageurs ate pemmican
- American Cookery, Amelia Simmons
- turnovers
- Frontier foods from Missouri
- New England seafood from New Bedford, MA
- New England old time recipes
- Chile con carne
--- 19th Century -- wedding cake & shepherd's pie
--- 19th Century -- Napoleons & Linzertortes
--- 19th Century -- ammonia cookies & Cape Breton pork pies
--- 1800 -- Regency English recipes [Jane Austen]
--- 1800 -- Napoleon's Chicken Marengo
--- 19th C -- Ammonia cookies & Cape Breton pork pies
--- 1803 -- Frugal Housewife, Susannah Carter
--- 1805 -- Charbonneau's "white pudding" recipe
--- 1807 -- A New System of Domestic Cookery, Mrs. Rundell
--- 1808 -- Lucy Emerson's New England Cookery
--- 1810 -- Kentucky Burgoo
--- 1817 -- Remoulade, Le Cuisinier Royal (en Francois)
--- 1818 -- Malaga-tawny soup, Dr. William Kitchener
--- 1821 -- Tomatcat soup & orange marmelade, Frederick Accum's Culinary Chemistry
--- 1826 -- Jean Anthelme Brillat-Savarin's Physiologie du Gout
--- 1828 -- Dr. Creed Haskins' Brunswick stew
--- 1828 -- Vermont common crackers
--- 1830 -- Apees (aka A.P.'s)
--- 1830 -- Washington Cake, Old Sturbridge Village
--- 1832 -- Seventy-five Recipes for Pastry, Cakes and Sweetmeats, Eliza Leslie
--- 1832 -- The Good Housekeeper, Sarah Josepha Hale
--- 1832 -- The Cook's Own Book, N.K.M. Lee
--- 1835 -- The Virginia Housewife, Mary Randolph
--- 1835 -- The Cook Not Mad, Watertown NY
--- 1838 -- The Virginia Housewife, Mary Randolph
--- 1839 -- The Good Housekeeper, Sarah Josepha Hale
--- 1840 -- The Virginia Housewife, Mary Randolph
--- 1843 -- Washington cake, Old Sturbridge Village Cookbook
--- 1844 -- Cornish pastys in UP I & II
--- 1845 -- roly-poly pudding
--- 1847 -- Utah bound!
--- 1847 -- peanut brittle
--- 1847 -- Skilful Housewife's Guide, Montreal
--- 1849 -- Eliza cookees, Mrs. Hubbell
--- 1849 -- California sourdough bread & Hangtown fry
--- 1850s -- Western sandwiches
--- 1850s -- Eliza Leslie's Strawberry shortcake
--- 1851 -- Great Western Cook Book, Anna Collins
--- 1855 -- Boston cream pie
--- 1857 -- Hanna Winsnes' cookbook (in Norwegian)
--- 1859 -- cobbler
--- 1860 -- Cakes & plum puddings, Godey's Lady's Book
--- 1860s -- Baked Alaska & picnics
--- 1861 -- Charles Elme Françacelli's Baked Goose
--- 1861 -- Mrs. Beeton's Book of Household Management
--- 1861 -- Beef Stroganoff
--- 1861-1865 -- hardtack
--- 1863 -- Confederate Receipt Book, Richmond VA
--- 1863 -- fruit salad
--- 1864 -- Sanderson's Complete Confectioner & Complete Cook
--- 1865 -- Mrs. Goodfellow's Cookery as it should be
--- 1866 -- The National Cookbook, Hannah Peterson
--- 1868 -- The Dominion Home Cookbook, Toronto
--- 1869 -- parfait & Chateaubriand
--- 1869 -- Wright's book of 3000 practical receipts
--- 1869 -- Pickled times, Little Women
--- 1870 -- Jennie June's American Cookbook, Jane Cunningham Croly
---1910's--- *Jell-O: America's most famous dessert*
---1910--- *Home Helps: A Pure Food Cook Book*
---1910--- *Chipped beef, Manual for Army Cooks*
---1911--- *Good Things to Eat*, Rufus Estes
---1911--- *Kitchen Encyclopedia*, Swift & Company
---1912--- *Mary Frances Cook Book*, Jane Eayre Fryer
---1912--- *War Time Cooking*, Lydia E. Pinkham
---1913--- *Dishes and Beverages of the Old South*, Martha Williams
---1914--- *Coq au vin*
---1914--- *Chinese-Japanese Cook Book*, Sara Bosse
---1914--- *Neighborood Cook Book*, Council of Jewish Women
---1914--- *ANZAC biscuits I II & III*
---1914--- *Fruit recipes, Encyclopedia of Practical Horticulture*
---1914--- *Clarence Edwords' Celery Victor*
---1915--- *Dainty Desserts for Dainty People*, Knox Gelatin Co.
---1915--- *Economical Cook Book*, Ottowa
---1915--- *Dainty Desert Recipes", Knox Gelatin Co.*
---1915--- *Field bread, Manual for Army Bakers*
---1916--- *Donuts from the Salvation Army*
---1917--- *Vichysoisse*, Louis Diat
---1917--- *55 Ways to Save Eggs & Best War Time Recipes*
---1918--- *World War I recipes from the Doughboy Cookbook*
---1918--- *Fannie Farmer's Boston Cooking School Cook Book*
---1919--- *International Jewish Cook Book*, Florence Kreisler Greenbaum
---1919--- *The Hotel St. Francis Cookbook*, Victor Hirtzler
---1919--- *Italian Cook Book*, Maria Gentile
---1919--- *chocolate truffles*
---1920--- *Pavlova cake*
---1920--- *Philadelphia cheese steak*
---1920--- *banana bread*
---1921--- *souffle, Joy of Cooking*
---1922--- *s'mores*
---1923--- *Ruth Wakefield's Toll House cookies*
---1924--- *Carpetbag steak*
---1924--- *British rock cake & syrup biscuits*
---1924--- *Dr. George Washington Carver's 115 tomato recipes*
---1924--- *Dorie Greenspan's Pecan Pie recipe*
---1925--- *Lord Woolton Pie & sugarless sponge cake*
---1925--- *Colonel Sanders' secret recipe*
---1925--- *Chinese-Indian Cook Book, A Pure Food Cook Book*
---1925--- *Chilled beef, Manual for Army Cooks*
---1925--- *Good Things to Eat, Rufus Estes*
---1926--- *Nellie Aldridge's orange recipes*
---1927--- *Electric Refrigerator Recipes*, General Electric
---1927--- *s'mores*
---1927--- *Tomato & War cakes*
---1928--- *Canadian fried turkey*
---1928--- *Smokey Joe's*
What is the history of your favorite food? That depends upon the food and how deep you want to dig. Take tiramasu. This dish was "created" in the late 20th century. You could find a few magazines articles confirming period popularity/origination and stop there. Or? You could go the next level and research the recipe based on composition. You would soon discover this dish was based on Victorian-era moulded creams which were based on Colonial-era tipsy cakes which were inspired by Renaissance-era trifles.

**EVOLUTION VS. INVENTION**

Very few (if any) foods are invented. Most are contemporary twists on traditional themes. Louis Diat's famous Vichysoisse was a childhood favorite. Today's grilled cheese sandwich is connected to ancient cooks who melted cheese on bread. 1950s meatloaf is connected to ground cooked meat products promoted at the turn of the 20th century, which are, in turn related to ancient Roman minces. Need more? Corn dogs and weiner schnitzel. French fries and Medieval fritters. New York gyros and Middle Eastern doner kebabs. Hershey's Kisses and ancient Incan cocoa.

**Where to begin?**

Check food history encyclopedias and dictionaries. Standard sources noted here. Cuisine/period cookbooks and history sources may also be helpful.

**Advanced techniques**

One of the most challenging aspects of recipe research is identifying common themes and making connections. A survey of cookbooks through time often reveals similar recipes with different names. A careful inspection of ingredients and cooking instruction confirms or refutes culinary lineage. To complicate matters, variant spellings often appear in older texts. Of course, the first "real" appearance of any recipe often predates the first occurrence of recorded in print by several years.

1. Examine old cookbooks.
   Work your way back from the current recipe. Look for similarities in ingredient and method. BEWARE. Recipes change names.
2. Research the history of each ingredient.
   Old world or new? Rare commodity or common ingredient? Apple pie is an American icon, but apples aren't native to our country. Tomato sauce is the cornerstone of many popular Italian dishes, but these fruits (as they are botanically classed) weren't known to Europe until the 16th century. West African Lemony Chicken Okra Soup.
Some foods (rice, beans, pork, bread, soup) are nearly ubiquitous. These recipes evolved according to ingredient availability, technological advancement, and local taste.

**PRODUCT HISTORIES**

If the product is still being made, start with the [U.S. Patent & Trademark Office database](https://www.uspto.gov). This will give date of first introduction, original manufacturer and (usually) current trademark holder. Corporate “biographies,” article databases, product histories, and company Web sites often provide details on the product’s introduction, market strategy, consumer trends, variations (the iterations of Oreos), packaging, and pricing. Anniversary articles (100th anniversary of Jell-O celebrated in 1997) often provide excellent overviews.

**"LOST RECIPES"**

Family favorites can sometimes be recovered. It is very helpful if you have some idea of recipe origination: cookbook, magazine article, newspaper clipping, radio/television show, “back of the box,” contest winner? Where did the cook usually get her recipes? Where and when (1930s Quebec) is important for tracking local fare. The cook’s ethnic heritage (Polish Jew, French Canadian, West African) is crucial for locating “grandmother’s traditional” recipes. Sources: old cookbooks, recipe exchanges, period media.

**RESTAURANT DISHES**

Signature recipes from famous restaurants fall into three categories:

1. **Authentic**
   - Selected signature recipes released by the restaurant and/or copyright owners. These are found in restaurant cookbooks, proprietors’/head chef’s memoirs, and granted publication by heirs to restaurant “biographers” and journalists. Example? Brennan’s [Bananas Foster](https://www.brennans.com/).  

2. **KopyKat**
   - Recreations based on memory. Some of these can be pretty accurate, depending upon the culinary finesse of the recreator. These recipes circulate freely on the Internet and are easy to find. In Chasen’s case it’s [Liz Taylor's favorite chili](https://www.chasens.com/). Some [CopyKat recipe collections](https://copykat.com/) are on the Internet. Others are printed in books.

3. **Unavailable. Period. End of story.**
   - Many beloved [Horn & Hardart recipes](https://www.hornandhardart.com/) fall into this category. Also included in this category: Kentucky Derby Pie, Colonel Sanders’ Kentucky Fried Chicken, and the original (pre U-Bet) chocolate sauce used for Brooklyn egg creams.

**TOOLS OF THE TRADE**

Researching the history of a specific cuisine, recipe, food, or product often requires using a variety of sources to develop a complete and accurate picture. Depending upon the question, the answer may require:

- **Culinary history encyclopedias and dictionaries**: basic overview
  - *Oxford Encyclopedia of Food and Drink in America*, *Oxford Companion to Food*, *An A to Z of Food and Drink/Ayto*, *Cambridge World History of Food/Kiple & Ornelas*, *Food in the Ancient World from A to Z/Dalby*, *History of Food/Toussaint-Samat*, *The Encyclopedia of American Food and Drink/Mariani*, *American Century Cookbook/Anderson*.
- **Dictionaries & phrase books**: first recorded print evidence, word history, regional placement
- **Food "biographies"**: history and evolution of a specific commodity or recipe
- **Culinary history texts**: period and/or place specific
  - *America’s First Cuisines/Coe*, *Food and Feast in Tudor England/Sim*, *Food in Early Modern Europe/Albala*, *A Historical Dictionary of Indian Food/K.T. Acharya*, *Food and Drink in Britain: From the Stone Age to the 19th Century/Wilson*, *Classic Russian Cooking/Toomre*, *Jewish Cooking in America/Nathan*.
- **Business history sources**: company/brand histories, advertising campaigns
  - *How Products are Made, Encyclopedia of Consumer Brands*.
- **Databases & indexes**: recipes, product introductions/anniversaries, prices
Over the years we have researched many foods and food-related items. Some of the more popular items are listed below.

- Airline chicken
- Ambrosia
- Ammonia cookies
- Amuse-bouche
- Ancient Roman foods
- Anglo-Saxon foods
- Animal crackers
- Angel food
- Ants on a log
- Appetizers
- Apple pie
- Automats
- Avocados
- Aztec foods
- Bagels
- Baker’s dozen
- Baking soda & powder
- Baklava
- Banana (Milk) Duds
- Banana nut bread
- Banana splits
- Barbeque
- Barley water
- Beef Stroganoff
- Beef tea
- Beef Wellington
- Beesting cake
- Belgian waffles
- Bible foods
- Bird’s nest
- Biscuits
- Blondies
- BLTs
- Blueberry muffins
- Borscht
- Boston cream pie
- Bourride
- Bread pudding
- Breakfast
- Brownies & blondies
- Brunch
- Bubble & squeak
- Bubble waffles
- Bible foods
- Bird’s nest
- Biscuits
- Blondies
- BLTs
- Blueberry muffins
- Borscht
- Boston cream pie
- Bourride
- Bread pudding
- Breakfast
- Brownies & blondies
- Brunch
- Bubble & squeak
- Bubble waffles
- Butter sculpting
- Caesar salad
- Cajun fried turkey
- Cake
- Cajun fried turkey
- California rolls
- Calzones
- Cape Breton pork pies
- Carpetbag steak
- Carrot cake
- Casseroles
- Catering
- Challah bread
- Chalupa
- Cheesecake
- Cherries jubilee
- Chewing gum
- Chex mix
- Chicken & waffles
- Chimichangas
- Chinese food in America
- Chinese pie
- Chinoise
- Chocolate gravy
- Chocolate mousse
- Chow mein
- Chowder
- Chuckwagons & beans
- Chicken
- Clams
- Club sandwich
- Cobbler
- Coffee cake
- Colonial wedding feast
- Community tables
- Cookie tables
- Cookies
- Cooters
- Coq au vin
- Corn bread
- Corn dogs
- Corned beef
- Cotton candy
- Country fried steak
- Crackers
- Creamed onions
- Cretons
- Crumpets
- Cupcakes
- Curry
- Dagwood sandwiches
- Danish
- Denver ribs
- Derby pie
- Deviled eggs
- Devil’s food
- Dirt cake
- Divinity candy
- Doggie bags
- Dolly mixtures
- Doner kebab
- Doughnuts
- Dover sole
- Drawn butter
- Eclairs
- Eccles cakes
- Egg rolls
- Eggplant
- Eggs benedict
- Election cake
- Empanadas
- Enchiladas
- English trifle
- English muffins
- Espagnole
- Fajitas
- Flan
- Flat iron steak
- Floreo
- The "egg rule"
- Fondue
- Food prices
- Food styling
- Forks
- Fortune cookies
- French toast
- Friday franks
- Fried chicken
- Fried rice
- Fritters
- Fruit leather
- Fruit salad
- Fruit leather
- Fudge
- Funnel cakes
- Galettes
- Galingales
- Gallo pinto
- Garde manger
- Geophagy
- Gingerbread men
- Globe Theater concessions
- 1600s
- Granola
- Gravlax
- Grilled cheese
- Groom’s cake
- Guacamole
- Gyros
- Haggis
- Hallstatt salt
- Hearts of palm
- Historic food prices
- Hoe cakes
- Hokey pokey
- Honey
- Hoppin’ John
- Horn & Hardart recipes
- Horseradish
- Hummingbird cake
- Hummus
- Hundred year eggs
- Hush puppies
- Ice cream cake
- Ice cream flavors of the 1920s
- Ice cream sundaes
- Iced tea
- Icing/frosting
- Idli
- Inca foods
- Instant coffee
- International foods
- Inuit freezing techniques
- Irish soda bread
- Italian wedding soup
Japanese foods in the feudal era...Jell-O 123...Jolly Ranchers...jumbals...jerky...junket
Macaroni & cheese...malted milk & milk shakes...mangoes...maple syrup...marmite...marshmallows...matzo brei...meatballs...Medieval feasts...Mesopotamian foods...Mexican & Southwest American cuisine...Mexican wedding cookies & cakes...milk...mint sauce & lamb...monkey dishes...Monte Cristo sandwiches...Moravian cookies...mozzarella sticks...mud pie...muffins
Napoleons...Navajo foods...nesselrode...New England boiled dinner...New Zealand wild limes...1950s foods...1920s foods...nomad foods...noodle bars
Olivenaise...omelettes...onglet...opera fudge...orange prices...oreos...osso bucco...oyster crackers...Ozark pudding (Bess Truman's)
Pablum...Palestine soup...pancakes...parfait...peace (foods that symbolize)...peach cobbler...peanut butter & jelly sandwiches...pears Belle Helene...pease porridge...Peking duck...picnic ham...pies...pine bark stew...pineapple upside-down cake...pistachio salad...pistou...pizza...Po'Boy sandwiches...popovers...pork & applesauce...portobello...pot pies...potato salad...pound cake...powdered sugar...presidential food favorites...pudding mixes
Quail...quesadillas...quiche...quinces...quinoa
Railroad dining...ravioli...raw foods...reindeer tongues...remoulade sauce...restaurants...Rice Krispies treats...rice pudding...risotto...roux...Russian tea cakes
Salad bars...salsa...salt water taffy...Saratoga cakes...Scooter Pies...service...Shakespeare's food...shepherd's pie...shortcut...siennel cake...Sir Isaac Newton's food...sloppy joe...smoother...snickerdoodles...souffles...spaghetti & meatballs...speakeasy menues...spoonbread...spinone...state recipes & foods...steak Diane...steak houses...stuffed baked potatoes...submarine sandwiches...suet...sugarplums...summer pudding...Superbowl foods...Swedish meatballs...Swedish pancakes
Tacos...taffy...tapioca...tarte tatin...tempura...Texas sheet cakes...Thanksgiving...tiramisu...toad in the hole...tofu...tomato soup...trail mix...trap pie...tuna melts...turkey...turnovers
Velveta...veloute...verjus...Vichysoise...Victorian foods...Voyageur foods
Wacky cake...waffles...Waldorf salad...Watergate salad...wedding cake...whipping cream...white chocolate...wok cookery...World War I soldier foods
Yams (african) & the difference from sweet potatoes...yeast...yogurt
Zapote...zucchini...zuppa Inglese

REFERENCES

Review each country as the specific references are placed on that page and/or link. However, due to the listing and lack of time, the balance of the references were placed on a page in alphabetic order.


Adachi Craftsmanship and the Material Culture of Japanese Food Barbara Adachi


Albala The Place of Spain in European Nutritional Theory of the 16th Century

Ken Albala


Allen What is the Flavor of Human Flesh? *Gary Allen*


Geochemists find that collagen may retain the memory of meals eaten thousands of years ago.


American Dietetic Association. 1944*June.* Selected list of references on national food patterns and recipes. 21 p.


Annals of N.Y. 1958. *Acad. of Sciences Protein*


A.P.H.A. Control of Malnutrition in man.

Apicius, Barbara Flower and Elizabeth Rosenbaum. 1958, the *Roman Cookery Book: A Critical Translation of The Art of Cooking by Apicius for Use in the Study and the Kitchen.*


Bentley Bread, Meat and Rice: Exploring Cultural Elements of Food Protests and Riots Amy Bentley

Biggar, H.P. 1924. The Voyages of Jacques Cartier. Published from the original translations, notes, and appendices, by authority of the Sec. of State under the direction of the Archivist, Ottawa, Canada.


There is evidence for intensive maize agriculture in the early formative stage of Ecuador.


This has a review of the early civilization in China.

Chase, Stuart. 1933. *Mexico*.

Chrones Turkish Culinary Culture: The Ottoman Influence. Terrie Chrones
Clark, Sydney. 1961. All the Best in Germany. Dodd Mead, New York, pp. 559.
Summary Little Salt Spring in southwest Florida, consisting of a shallow, water-filled basin above a deep, vertical underwater cavern, was a freshwater cenote in the peninsula's drier past. It collected and preserved perishable organic artifacts and other evidence of paleo-Indian and Archaic Indian origin ranging in age from 12,000 to 9,000 and from 6,800 to 5,200 years ago. An Archaic Period cemetery containing an estimated 1000 burials occupies an adjoining muck-filled slough and presently drowned portions of the basin of the spring. Artifacts and the nature of interment suggest a cultural link between the Archaic people and the much later Glades Tradition of southern Florida.


Deevey, E.S., Don S. Rice, Prudence M. Rice, H.H. Vaughan, Mark Brenner, M.S. Flannery. 1979October 19. Mayan urbanism: Impact on a tropical Karst environment. Science 206: 298 Summary From the first millennium B.C. through the 9th-century A.D. Classic Maya collapse, nonurban populations grew exponentially, doubling every 408 years, in the twin-lake (Yaxha-Sacnab) basin that contained the Classic urban center of Yaxha. Pollen data show that forests were essentially cleared by Early Classic time. Sharply accelerated slopewash and colluviation, amplified in the Yaxha subbasin by urban construction, transferred nutrients plus calcareous, silty clay to both lakes. Except for the urban silt, colluvium appearing as lake sediments has a mean total phosphorus concentration close to that of basic soils.


This talks about why Europeans displaced the natives of America and Africa south of the Sahara.


Duncan, Fur Traders' Fare Dorothy Duncan


Dutra, R.C. et al. 1968. Meals for Millions Foundation Packet.[pamphlets, etc.].


Egan Oregon Hazelnuts and Caneberries Lesly Egan


FAO. 1965. Protein-Requirements #301.


Summary Quantitative analysis of 3579 trees recorded in the Classic Maya city of Coba, Quintana Roo, Mexico, indicates a strong relation between the location and quantity of certain trees producing fruit, fiber, bark, and resin, high-status vaulted architecture, and their distance from the center of the site out toward the fringes. The relationships suggest agreement between the residence pattern of Coba and Diego de Landa's 16th-century class-oriented description of Maya towns during pre-conquest times.

Food: One Tool in International Economic Development. Assembled and published under the sponsorship of the Iowa State University Center for Agriculture and Economic Adjustment. Iowa State University Press, Ames, Iowa, pp. 419.


Food and People. UNESCO


This contains a review of the book and is headed confronting cultural remains.


This has a review of the book and is headed confronting cultural remains.


Evidence of major cultural innovations, from about 1600 B.C., including iron working and the plow, reveals that the contrast between hill and plains dwellers stretches back into prehistory.
Observations of the Ache, a foraging people in Paraguay, indicate that no single pattern of behavior is typical of the hunter-gatherer way of life.
Hollows The Bachelor Dinner Joanna Hollows

Abstract In order to design more effective nutrition education programs for the over 50,000 Hmong who have immigrated to Central California from Southeast Asia, a study of their food habits was undertaken. Focus interviews were conducted with key informants working in the Hmong community, using information from these interviews, two questionnaires were constructed to gather specific information on cultural food habits. Trained bilingual paraprofessionals administered the questionnaires, gathered demographic data, and took 24-hour food recalls from 205 volunteer, low-income Hmong homemakers about to be enrolled in the EFNEP Program in San Joaquin, Merced, and Fresno countries. Results of the study include a descriptive summary of eating patterns, staple foods, food preparation, familiar and unfamiliar foods, food procurement, food handling, perceptions and beliefs regarding body size and health, and expressed food and nutrition needs and interests. Computer nutrient analysis of the food recalls from non-pregnant subjects (N=142) revealed intakes of less than 80% of the 1989 RDA for riboflavin, calcium, iron, magnesium, and zinc. pregnant subjects (N=63) had low intakes of these nutrients, as well as of vitamins B-6 and folacin.


Ingersoll, Dina. 1982September. The first supper. Science Digest 90(9): 54.

Scientists are studying ancient garbage and fossil teeth to learn what prehistoric man ate—and thus how he lived.

Inst. for Central America & Panama. 1961. Table for Use in Latin America.

Jambi Dates: The Holy Fruit of Arabia Hanan Jambi
Japan Institute Packet. ~1970. 1 original paperbound report; 3 original pamphlets; 17 reprints, 5 p. to 24 p. each.

Summary

A large sample of Pliocene fossil hominid remains has been recovered from the African sites of Hadar in Ethiopia and Laetolil in Tanzania. These collections, dating approximately between 2.9 and 3.8 million years ago, constitute the earliest substantial record of the family Hominidae. This article assesses the phylogenetic relationships of the newly discovered fossil hominids and provides a taxonomy consistent with that assessment. A new taxon, *Australopithecus afarensis*, has been created to accommodate these Pliocene hominid fossils.


Excerpted Americans have been preparing and enjoying regional recipes - known as "comfort" foods - for nearly four centuries.


Review from Science 290: 1305 November 17, 2000. This compendium will tell you everything you ever wanted to know about food, plus quite a few things that might well put you off it. The Cambridge World History of Food justifies itself as the food book of the millennium. The two volumes include commentary on almost everything that humans have ever eaten, including some items that many of us no longer find palatable (such as snakes, dogs, and, even, insects).


Oceanic islands serve as archaeological laboratories for studying the complex dialectic between human populations and their environments.


This paper covers the fasting practices among the followers of the Ethiopian Orthodox Church. An attempt is made to present and discuss those data in their total socio-cultural context. Include: General Background Data (Ethiopian Orthodox Fasting Rules; Fasting Periods; Ethiopian Nonfasting Diet; Ethiopian Fasting Diet; Fasting Diet During Pregnancy and Childbirth; Breaking-Fast Foods); Special Study and results.


Laudan A World Of Inauthentic Cuisine [Rachel Laudan](#)


A very simple but persuasive model of hunter-gatherer life dominated anthropological thought for two decades, but is now being replaced as challenges come from several directions.


Excerpts: The Cantonese people of south China are legendary for eating anything that moves—and some things that are still moving. The food market here features cats, raccoons, owls, doves along with bear and tiger's paw, dried deer penis and decomposed skeletons.

Now, this rich culinary tradition, along with rising disposable income in this most prosperous city in China, has inspired kitchen utensil salesman Zhang Guoxun to open what is believed to be China's first restaurant dedicated to serving rat. That's right: Rat, Rat with Chestnut and Duck, Lemon Deep Fried Rat, satayed Rat Slices with Vermicelli. In fact, the menu lists 30 different rat dishes, even including Liquored Rat Flambe, along with more mundane dishes such as Hot Pepper Silkworm, Raccoon With Winter Melon and Sliced Snake and Celery. And in the six months since the doors opened, customers have been scampering in at all hours to the euphemistically named Jialu (Super Deer) Restaurant.


Archaeological studies in recent decades have illuminated the prehistory of this vast region, revealing unexpected complexity in its development from 10,000 B.C. to a.D. 1000.


Geraldine Moreno-Black
National Planning Association-Washington DC.
1. China's Relief Needs, 1945
2. UN RRA: gateway to Recovery, 1944
3. Relief for Europe, 1944
4. Food for Europe After victory, 1944.

National Planning Association-Washington DC.
1. China's Relief Needs, 1945
2. UN RRA: gateway to Recovery, 1944
3. Relief for Europe, 1944
4. Food for Europe After victory, 1944.

Newman Chinese Food Habits in the United States- Wok's Cooking Jacqueline Newman
Tapioca and Tapioca Flour: Consumption and Potential Lorraine L. Niba and Fatimah L. C. Jackson


Summary Artifactual and nonartifactual evidence from the lacustrine shores of the Chalco-Xochimilco Basin suggest the existence of fully sedentary human communities in the Basin of Mexico from at least the sixth millennium B.C.
Nizzaridini, G. and N.F. Joffe. 1943. Italian Food Patterns and Their Relationship to Wartime Problems of Food and Nutrition. Committee on Food Habits, National Research Council, Washington, D.C.

Excerpt: the cultivation of rice - a potent symbol of civilization for many Asian nations -- may have occurred first along the middle Yangtze River in central Cina, according to preliminary findings by a team of Japanese and Chinese archaeologists. If confirmed, the findings, described at an international meeting held here last month, would move back the date -- and narrow the location --of the earliest domestication of this important crop


Abstract In northwest Missouri, Lithic stage flake tools struck from prepared cores have been excavated underlying a Paleo-indian fluted point assemblage. These assemblages were in two different loesses of the last glaciation. Thermoluminescent analysis of stone tools dates the paleo-Indian occupations at 8690+1000 B.C. and 12,855 +1500 B.C.; the Lithic stage occupations must be older than 13,000 B.C. on the basis of geologic correlation, lithic analysis, and cultural stratigraphy.


Quilter, Jeffrey, Bernardino Ojeda E., Deborah M. Pearsallo, Daniel H.


Abstract: Studies of food remains from the Preceramic monumental site of El Paraiso, Peru (1800 to 1500 B.C.), have shed new light on a debate regarding the relative importance of seafood versus terrestrial resources and the role of cultigens in subsistence economies during the early development of Peruvian civilization. Fish was the primary animal food at the site whereas plant foods consisted of a mixture of cultivated resources (squashes, beans, peppers, and jicama) with an additional reliance on fruits (guava, lucuma, and pacae). Wild plants, especially the roots of sedges and cat-tail, also may have accounted for a substantial part of the diet. Cotton was a chief crop, used in making fishing tackle and the textiles that served as clothing and items of high value and status. As an example of the beginnings of civilization, El Para iso is a case in which impressive architecture was built on a relatively simple subsistence economy and energy was expended in the production of resources useful in local and regional exchange systems.


C.C.-L.S. 24(34):14 (pd 3422 f) "It seems to me that knowledge of the nutritive aspects of certain food product might well be relevant to our aesthetic appreciation of it. For this reason, it might very well inter into our recognition of it as a genuine work of art. The point is, simply, that there often is a great deal of skill involved in producing an aesthetically appealing object which has at the same time, a 'non-aesthetic' foundation. Knowledge of this function ...my therefore enhance our total experience of the object."


Roberts, Lydia J. 1963. The Dona Elena Project. Univ. of Puerto Rico, Rio Piedras, P.R.


Ross, N.W. 1944. Farthest Reach. Knopf.


Ramsey, L.W. 1934. Time Out For Adventure. Doubleday,

Ramsey, L.W. 1934. Time Out For Adventure. Doubleday,


Roberts, Lydia j. 1963. *the Dona Elena Project*. Univ. of Puerto Rico, Rio Piedras, P.R.


Ross, N.W. 1944. Farthest Reach. Knopf.


Thompson and Newman *You Eat What Your Are? Social Identity and Food Among American College Students*. Christine Thompson and David Newman


Toynbee. Greek Civilization and Character. Mentor, pp. 158.


Tribe and Oliveri Changing Appalachian Foodways: Perceived Changes and Rationale for Food Habits of Appalachia Ohioans Deanna Tribe and Cynthia Oliveri


Surinam, on the northern coast of South America, is one of the newer and developing countries in the Western Hemisphere and one about which little is known in this country.

This survey of infants and preschool children details information on food habits about which little has hitherto been reported.


**Abstract** Silicified anthocia (fertile lemmas and paleas) of grasses (Berriochloa communis, Berriochloa primaeva, and Berriochloa cf nova) were found in the oral cavity and rib cage in articulated skeletons of Teleoceras major buried in late Clarendonian volcanic ash in Nebraska. The plant fossils, thought to be food residues, help clarify the enigmatic paleobiological role of Teleoceras, which had hippotamus-like proportions but very high-crowned teeth. Teleoceras was probably amphibious, but siliceous grasses formed a significant portion of its diet.


**Summary** Several grains of barley have been recovered from archeological sites at Wadi Kubbaniya, near Aswan in Egypt. The sites are typical Late Paleolithic and are firmly dated between 18,3000 and 17,0000 years ago. They seem to represent a very early use of ground grain in the Nile Valley, and evidence is presented for its continued use over the subsequent 6000 years. The Egyptian findings possibly record an initial stage of food production, and if they indeed do, then they suggest that food production may not have been brought about by environmental stress and may not have led inevitably to radical social changes.


Western Hemisphere of Nutrition Congress Proceedings, pp. 255.


American Antiquities 17: 357-8.


Contents: Introduction; Nyansongo: a Gusii Community in Kenya; the Raiputs of Khalapur, India; Taira: An Okinawan Village; The Mixtecs of Juxtlahuaca, Mexico; Tarong: An Ilocos Barrio in the Philippines; The New Enganders of Orchard Town, U.S.A.


Williams They Liked Salmon, But Wanted Bread: Pacific Northwest Cooking 1843-1900 Jacqueline Williams


Wood Sourdoughs From Antiquity to Today and Tomorrow Ed Wood


Why after centuries of stability has this society, an apparent relic of ancient hunting and gathering groups, abandoned many of its traditional ways?


http://www.acanthus-books.com/

Acanthus Books is a book importer and online bookseller specializing in facsimiles and reprints of antiquarian cookbooks. Also had a large selection of food history titles as well as journals such as Petits Propos Culinaires and papers from the Oxford Symposia on Food and Cookery. Has on-line ordering information.

http://www.gti.net/mocolib1/kid/food1.html

http://www.mannlib.cornell.edu/

Mann Library is one of the premier agriculture library in the U.S.