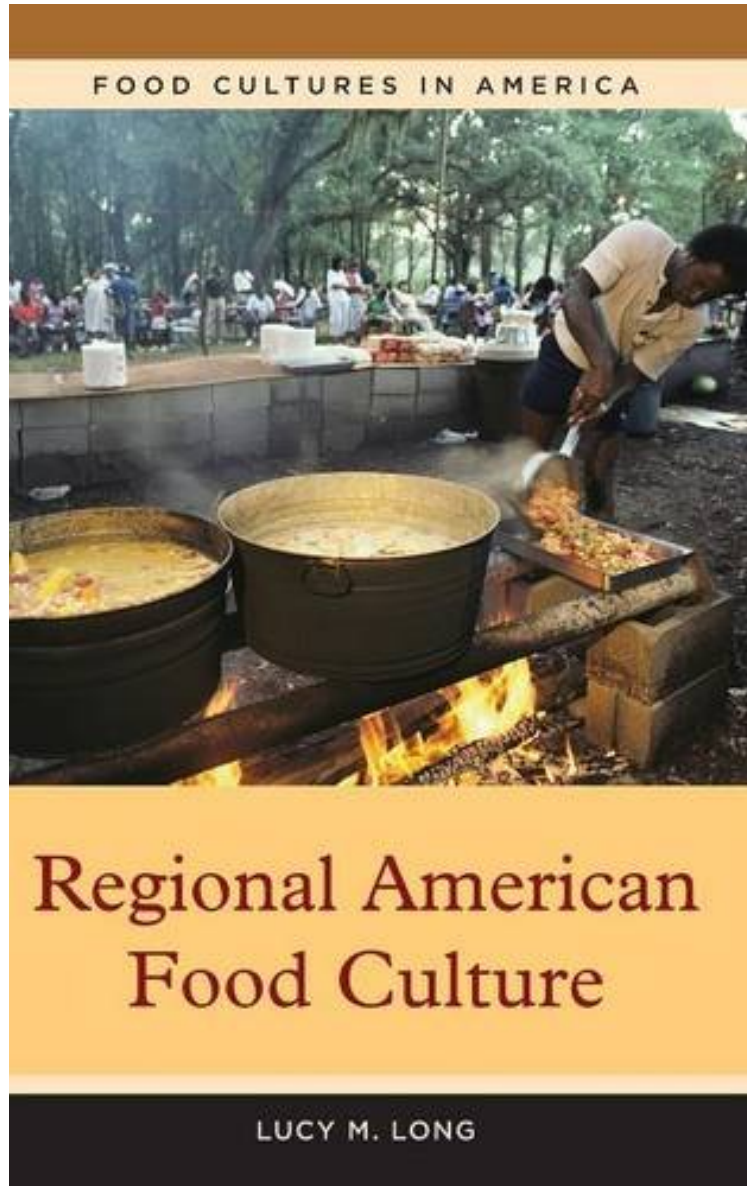


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Regional American Food Culture (Food Cultures in America)

Lucy Long

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Lucy Long : Regional American Food Culture (Food Cultures in America) before purchasing it in order to gage whether or not it would be worth my time, and all praised Regional American Food Culture (Food Cultures in America):

0 of 0 people found the following review helpful. Not a good reference bookBy kittymaruThis book is poorly

researched and contains numerous errors on food origins. Citations are sparse. Not a good reference book.

Regional American food culture still exists and is strongest in more rural, homogenous areas of the country. Regional foods are a major component of regional identities, and Americans make a big to-do about their home-grown favorites. The current food cultures of the major American regions-northeast/New England, the Mid-Atlantic, the South, the West, the Midwest-and subregions are illuminated here like never before. Everyone knows something about the iconic fare of a region, such as Soul Food in the South and New England clam bakes, but with this resource readers are able to delve wider and deeper into how Americans from Alaska to Hawaii to the Amish country of the Midwest to the Eastern Seaboard sustain themselves and what their food lifestyles are today. The unique regional food cultures that have developed according to natural resources and population are increasingly affected by social and economic trends. Increasingly mobile Americans generally have access to the same fast food and supermarket chain offerings, read the same mass market food magazines and watch the cable food shows, and younger generations may have less time to continue family food traditions such as baking the ethnic breads and desserts that their mothers did. *Regional American Food Culture* discusses the various traditions within the context of a new millennium. Narrative chapters describe the background of the regional food culture, what the primary foods are, how the food is cooked and by whom, what the typical meals are, how food is used in special occasions, and diet and health issues in the regions. A chronology, resource guide, selected bibliography, and illustrations complement the text.

"outstanding publication Anyone seeking knowledge of food in the United States will find it one of the best and most exhaustively researched and invitingly written sources." - ARBAonline "For general readers, Long (international studies and American culture studies, Bowling Green State U.) provides an overview of regional American food cultures. She discusses the history of food cultures in various regions of the US, and major foods and ingredients, cooking traditions, typical meals, dining habits, special occasions, and diet and health in the East, South, Midwest, and West, with some recipes." - Reference Research Book News About the Author LUCY M. LONG is an Instructor in International Studies and American Cultures Studies at Bowling Green State University. She is the editor of *Culinary Tourism: Eating and Otherness* (2004) and has written on food and folklore.