

Contents

Foreword 6

Introduction 7

One | **Food cycles and systems** 11

Two | **Production and sourcing** 25

Three | **Local and global foodways** 59

Four | **Preparing and preserving** 113

Five | **Gastronomic contexts and cultures** 131

Six | **Religion and morality** 181

Seven | **Food choices and diets** 199

Eight | **Inspired by food** 231

Catalogue 248

Comparative images 254

Bibliography 256

Acknowledgements 263

Index 265