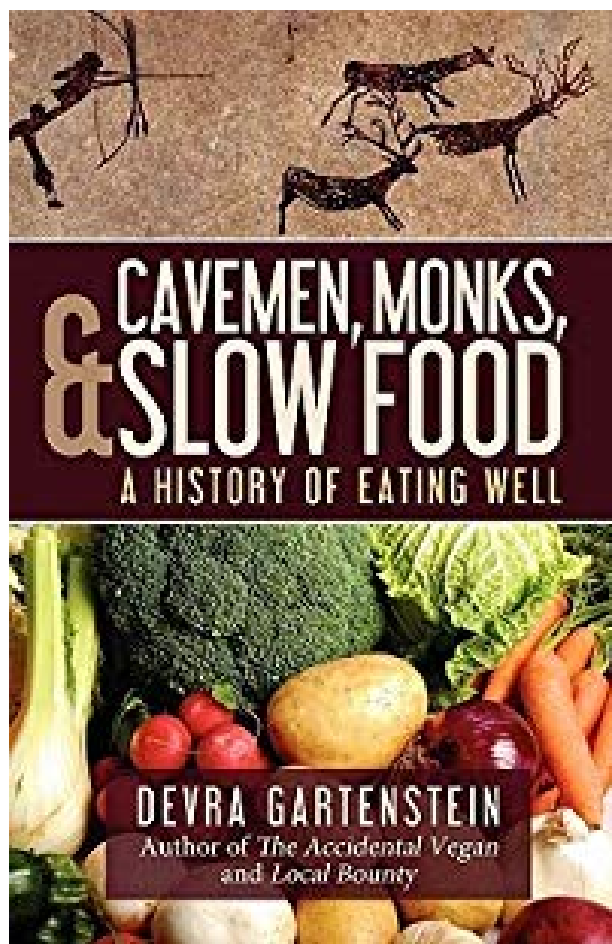


# Cavemen, Monks, and Slow Food: A History of Eating Well



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<b>Author:</b>	Devra Gartenstein
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[Cavemen, Monks, and Slow Food: A History of Eating Well.epub](#)

During the Middle Ages, when sugar was rare and expensive, rotten teeth were a status symbol. Today, sugar is so cheap that food manufacturers use it for filler, and we rhapsodize about the fresh, local ingredients that medieval peasants grew in their kitchen gardens. *Cavemen, Monks, and Slow Food: A History of Eating Well* tells the fascinating story of our relationship with our meals, from the Paleolithic hunters who painted their prey on remote cave walls, to the medieval monks who fashioned fine cheeses and liqueurs, to the artisans and organic farmers who supply today's trendy restaurants. This book tells the riveting tale of our perpetually unfolding relationship with food, while offering needed perspectives on urgent modern concerns.