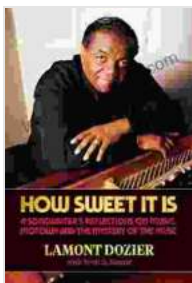


How Sweet It Is: A Literary Journey Through the History of Sugar

Sugar is everywhere. It's in our food, our drinks, and even our medicine. But where did it come from? And how did it become so ubiquitous?



How Sweet It Is: A Songwriter's Reflections on Music, Motown and the Mystery of the Muse by Scott B. Bomar

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2417 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 256 pages
Lending	: Enabled



In her new book, 'How Sweet It Is,' author Sarah Lohman delves into the fascinating and complex story of sugar. From its origins in ancient India to its role in the transatlantic slave trade, Lohman explores the many ways that sugar has shaped human history.

Lohman begins her story in India, where sugar was first cultivated around 500 BC. From there, sugar spread to China, the Middle East, and eventually Europe. By the 16th century, sugar had become a major commodity, and European powers were competing for control of the sugar trade.

The demand for sugar led to the rise of the transatlantic slave trade. Millions of Africans were enslaved and forced to work on sugar plantations in the Caribbean and South America. The conditions on these plantations were brutal, and many slaves died from overwork, malnutrition, and disease.

Sugar played a major role in the development of the United States. The southern states became a major sugar producer, and the sugar industry was closely tied to the institution of slavery. The abolition of slavery in 1865 led to a decline in sugar production in the United States, but sugar continued to be imported from other countries.

Today, sugar is a global commodity. It is produced in over 100 countries and is used in a wide variety of foods and beverages. Sugar has also been linked to a number of health problems, including obesity, diabetes, and heart disease.

In 'How Sweet It Is,' Sarah Lohman tells the story of sugar in a way that is both informative and engaging. She explores the complex relationship between sugar and human history, and she challenges us to think about the impact that our consumption of sugar has on the world.

'How Sweet It Is' is a must-read for anyone who is interested in food history, colonialism, or the global economy. It is a fascinating and thought-provoking book that will leave you with a new understanding of one of the most ubiquitous ingredients in our lives.



Sugar plantations were often brutal places, where slaves were forced to work long hours in dangerous conditions. Many slaves died from overwork, malnutrition, and disease.

The abolition of slavery in 1865 led to a decline in sugar production in the United States. However, sugar continued to be imported from other countries, and it remains a major global commodity today.

Sugar has been linked to a number of health problems, including obesity, diabetes, and heart disease. In recent years, there has been a growing movement to reduce sugar consumption.

'How Sweet It Is' is a timely and important book that explores the complex relationship between sugar and human history. It is a must-read for anyone who is interested in food, history, or the global economy.



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