

sweetness and power

sweetness and power are two interlinked concepts that have shaped societies and economies throughout history. From the way sugar transformed global trade to the role of sweetness in cultural symbolism, these themes reveal much about human desires, social structures, and the evolution of power dynamics. This article explores the historical journey of sugar, its impact on economic systems, cultural interpretations of sweetness, and the ways in which power is exercised through the control of sweet commodities. Readers will gain insight into the origins of sugar cultivation, its role in colonial expansion, and the profound social and political implications that sweetness has had on the world stage. The interplay between sweetness and power is not only a story of consumption but also one of exploitation, innovation, and enduring influence. Dive into this comprehensive guide to understand how sweetness and power continue to shape economies, societies, and cultural perceptions in the modern era.

- Introduction
- Historical Origins of Sweetness and Power
- Sugar, Trade, and Economic Influence
- Sweetness in Cultural and Social Contexts
- Power Dynamics in the Sugar Industry
- Modern Perspectives on Sweetness and Power
- Conclusion

Historical Origins of Sweetness and Power

The relationship between sweetness and power can be traced back to ancient civilizations. Early societies discovered and prized sweet substances like honey and fruits, long before the widespread cultivation of sugar. The introduction of sugarcane from Southeast Asia to other parts of the world marked a turning point in the value placed on sweetness, transforming it from a rare luxury to a sought-after commodity.

The Spread of Sugarcane Cultivation

Sugarcane's journey began in New Guinea and spread to India, where methods for extracting and crystallizing sugar were developed. The knowledge and

techniques of sugar production eventually reached the Middle East and Mediterranean regions through trade and conquest. By the medieval period, sugar was a prized item among European elites, symbolizing wealth and status.

Sweetness as a Symbol of Status

Throughout history, sweetness has often been associated with power and prestige. In royal courts and among the aristocracy, the ability to serve sweet dishes and confections was a display of affluence. The rarity of sugar in early history meant that it was reserved for the upper classes, further reinforcing its connection to social hierarchy and influence.

- Sugar as a luxury good in ancient times
- Honey's role in religious ceremonies and offerings
- Sweet foods marking special occasions and celebrations
- Early trade routes for sweet commodities

Sugar, Trade, and Economic Influence

The rise of sugar as a global commodity during the Age of Exploration profoundly altered economic systems and power structures. European colonial powers established vast sugar plantations in the Caribbean, South America, and other tropical regions, driving international trade and accumulating immense wealth.

Colonial Expansion and Plantation Economy

European nations such as Britain, France, Spain, and Portugal capitalized on the demand for sweetness by creating plantation economies that relied heavily on slave labor. The control of sugar production became synonymous with economic and political power, fueling competition and conflict among colonial empires.

Global Trade Networks

The transatlantic trade network facilitated the movement of sugar, slaves, and other goods across continents. Sugar's profitability motivated further expansion and exploitation, making it a central factor in the development of modern capitalism. The wealth generated from sugar contributed to the industrialization of Europe and the shaping of global markets.

1. Establishment of sugar colonies in the Caribbean and Americas
2. Impact of slavery in the sugar industry
3. Development of trade routes and shipping innovations
4. Role of sugar in the rise of merchant classes

Sweetness in Cultural and Social Contexts

Sweetness carries deep cultural meanings in societies around the world. From culinary traditions to religious rituals, the act of consuming sweet foods is often linked to celebration, hospitality, and social bonding. Additionally, the symbolism of sweetness extends to notions of kindness, pleasure, and harmony.

Cultural Interpretations of Sweetness

In many cultures, offering sweet foods is a gesture of goodwill and friendship. Festivals, weddings, and religious ceremonies frequently feature sweet treats, highlighting their importance in marking joyous occasions. Literature and art often use sweetness as a metaphor for happiness, love, and emotional warmth.

Social Implications of Sweet Consumption

Access to sweetness can also reflect social divisions. Historically, the ability to enjoy sugar and sweet products was limited by class, wealth, and geographical location. As sugar became more accessible, it contributed to shifts in social practices and dietary habits, sometimes leading to health challenges such as obesity and diabetes.

- Sweets in traditional celebrations and holidays
- Sweetness as a metaphor in language and art
- Ritual uses of sweet foods in different religions
- Health and social issues related to sugar consumption

Power Dynamics in the Sugar Industry

The production and distribution of sugar have long been entwined with the exercise of power. From colonial exploitation to modern corporate control, those who manage the supply chains and labor forces behind sweetness often wield significant influence over economies and societies.

Labor, Exploitation, and Social Change

Historically, the demand for sugar led to the enslavement of millions, fueling social upheaval and resistance movements. Abolitionist campaigns targeted the brutal conditions of sugar plantations, and the eventual end of slavery transformed the industry. However, labor exploitation persisted in various forms, including indentured servitude and low-wage employment.

Corporate Influence and Market Control

Today, the global sugar industry is dominated by multinational corporations and powerful trade organizations. These entities influence public policy, agricultural practices, and consumer access to sweet products. Issues such as fair trade, sustainability, and health regulations reflect ongoing power struggles within the industry.

- Historical use of slave and indentured labor
- Corporate consolidation in sugar production
- Governmental policies affecting sugar trade
- Activism and reforms for ethical production

Modern Perspectives on Sweetness and Power

In contemporary society, the interplay between sweetness and power continues to evolve. Sugar is no longer a luxury but a staple ingredient in countless foods and beverages. Its ubiquity in processed products has prompted debates about nutrition, health, and corporate responsibility.

Health, Wellness, and Consumer Awareness

The widespread availability of sweet products has raised concerns about public health. Governments and health organizations advocate for reduced sugar consumption to combat obesity, diabetes, and other chronic conditions.

Labels, taxes, and educational campaigns aim to shift consumer behavior and redistribute power away from large manufacturers.

Ethical and Sustainable Production

Modern consumers are increasingly aware of the social and environmental impacts of sugar production. Fair trade initiatives, sustainable farming practices, and corporate responsibility programs seek to address the exploitation and ecological damage historically associated with the industry.

1. Impact of sugar taxes on consumption patterns
2. Role of health campaigns in shifting public attitudes
3. Sustainable and ethical sourcing of sugar
4. Changing power structures in the global food industry

Conclusion

The story of sweetness and power is one of transformation, influence, and complexity. From its origins as a rare luxury to its modern status as a global staple, sugar has shaped economies, societies, and cultures in profound ways. The quest for sweetness has driven innovation, exploitation, and social change, revealing the intricate connections between desire, production, and authority. As the world continues to grapple with the health, ethical, and environmental implications of sugar, the dynamic between sweetness and power remains as relevant as ever.

Q: What is the historical relationship between sweetness and power?

A: Sweetness, especially in the form of sugar, was historically associated with power due to its rarity and high value. Control over sugar production and trade allowed individuals and nations to accumulate wealth and influence, shaping social hierarchies and global economies.

Q: How did sugar influence colonial expansion?

A: Sugar was a key driver of colonial expansion, as European powers established plantations in tropical regions. The profitability of sugar led to the development of plantation economies, widespread use of slave labor, and the creation of global trade networks.

Q: Why is sweetness often linked with social status?

A: Sweet foods were historically luxury items accessible only to the wealthy, making them symbols of status and power. The ability to serve or consume sweet treats signified affluence and elevated social standing.

Q: What are some cultural meanings associated with sweetness?

A: Sweetness is often associated with celebration, kindness, and pleasure. Many cultures use sweet foods in rituals, holidays, and social gatherings to convey positive emotions and strengthen social bonds.

Q: What were the social consequences of the sugar trade?

A: The sugar trade led to significant social consequences, including the enslavement of millions, the rise of abolitionist movements, and long-term changes in labor practices and social structures in colonized regions.

Q: How does the modern sugar industry exercise power?

A: The modern sugar industry exerts power through corporate consolidation, influence over agricultural and trade policies, and control of marketing and distribution channels that shape consumer habits worldwide.

Q: What health issues are associated with the widespread consumption of sweetness?

A: Excessive consumption of sugar is linked to health problems such as obesity, diabetes, cardiovascular disease, and dental issues. Public health initiatives aim to reduce sugar intake and promote healthier dietary choices.

Q: What is fair trade in the context of sugar production?

A: Fair trade in sugar production refers to practices that ensure ethical treatment of workers, sustainable farming methods, and equitable distribution of profits, aiming to address historical exploitation and improve the livelihoods of producers.

Q: How are governments responding to the challenges of sugar consumption?

A: Governments implement policies such as sugar taxes, labeling regulations, and public health campaigns to reduce sugar consumption and mitigate related health risks, shifting the balance of power in the food industry.

Q: What role does sweetness play in contemporary culture?

A: Sweetness continues to play a central role in contemporary culture, symbolizing pleasure, celebration, and comfort. Its accessibility has transformed dietary habits and remains a focal point in discussions about health, ethics, and consumer power.

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Sweetness and Power: Unpacking the Paradox of Delight and Dominance

Are you captivated by the unexpected pairing of sweetness and power? This seemingly contradictory combination appears throughout history, mythology, and even our everyday lives. From the subtly persuasive charm of a skilled negotiator to the outright dominance of a tyrannical ruler wielding seemingly gentle influence, the interplay between sweetness and power is a fascinating and complex study. This blog post will delve into this intriguing duality, exploring its manifestations across various contexts, analyzing its psychological underpinnings, and examining its impact on relationships, politics, and beyond. Prepare to uncover the hidden depths of this compelling paradox.

The Allure of Sweetness as a Tool of Power

Sweetness, often associated with innocence, gentleness, and approachability, might seem an unlikely bedfellow for power. Yet, history is rife with examples of its strategic deployment. Think

about the seemingly harmless smile of a charismatic leader, instantly disarming critics and fostering trust. This "sweetness" is a carefully cultivated facade, masking a powerful intent.

The Psychology of Sweetness and Persuasion

The psychological mechanisms behind sweetness's power are rooted in our inherent biases. We are naturally drawn to positivity and pleasant interactions. A sweet demeanor lowers our defenses, making us more receptive to influence and less likely to scrutinize motives. This is expertly leveraged in sales, negotiation, and even political campaigning.

Sweetness in Leadership and Politics

Consider the masterful use of "sweetness" by many successful political leaders. Their ability to connect with voters on an emotional level, often through seemingly genuine displays of empathy and concern, transcends simple policy debates. This empathetic approach creates a powerful bond, swaying public opinion far more effectively than outright force or aggressive rhetoric.

The Darker Side: Sweetness Masking Tyranny

While sweetness can be a tool for positive influence, its association with power can also manifest in deeply disturbing ways. The seemingly benign actions of a manipulative individual or a tyrannical regime can be veiled in a cloak of sweetness, making their true intentions harder to detect.

The Dangers of Passive-Aggressive Behavior

Passive-aggressive behavior is a prime example of this dark side. The subtle digs, backhanded compliments, and manipulative tactics employed by passive-aggressive individuals are often disguised as harmless actions, making them difficult to confront. This "sweetness" is a weapon used to exert control and maintain power without direct confrontation.

Historical Examples of Sweetness and Tyranny

History provides chilling examples of how sweetness has been used to mask tyrannical rule. Many dictators have cultivated an image of benevolence and charm, while simultaneously employing brutal methods to maintain their grip on power. This creates a powerful dissonance, making it harder for victims to recognize the danger.

Navigating the Nuances of Sweetness and Power

Understanding the complex interplay between sweetness and power is crucial for navigating the social and political landscapes. It requires a discerning eye to identify genuine empathy from manipulative charm and to differentiate between true benevolence and covert control.

Developing Critical Thinking Skills

Developing critical thinking skills is paramount. This involves questioning motives, recognizing subtle cues of manipulation, and carefully evaluating the words and actions of those in positions of power or influence. It's about moving beyond surface-level pleasantries to uncover deeper intentions.

The Importance of Assertiveness

Assertiveness is a crucial counterbalance to manipulative sweetness. It allows individuals to set boundaries, express their needs, and challenge inappropriate behavior without resorting to aggression. This assertive approach prevents being controlled through charming but ultimately harmful manipulation.

Conclusion

The relationship between sweetness and power is a multifaceted and often paradoxical one. While sweetness can be a powerful tool for positive influence, persuasion, and effective leadership, it can also be a mask for manipulation, tyranny, and control. By understanding the psychological mechanisms at play and developing strong critical thinking skills, we can navigate this complex dynamic more effectively, recognizing both the potential benefits and the inherent dangers of this compelling duality.

FAQs

1. How can I identify manipulative sweetness in personal relationships? Look for inconsistencies between words and actions, a pattern of passive-aggressive behavior, and a lack of genuine empathy. Pay attention to your gut feeling; if something feels "off," it likely is.

2. Is all sweetness manipulative? Absolutely not. Genuine kindness and empathy are crucial components of healthy relationships and effective leadership. The key lies in differentiating between genuine connection and manipulative tactics.

3. How can I become more assertive when faced with manipulative sweetness? Practice setting clear boundaries, expressing your needs directly but respectfully, and calmly confronting manipulative behavior. Role-playing can help build confidence.

4. What role does cultural context play in the interpretation of sweetness and power? Cultural norms significantly influence perceptions of appropriate behavior. What might be considered charming in one culture could be interpreted as manipulative in another. Context is crucial.

5. Can sweetness be used ethically for positive influence? Yes, absolutely. Empathy, compassion, and genuine concern are powerful tools for positive social change and effective leadership. The ethical use of "sweetness" focuses on building genuine connection and mutual respect, not manipulation or control.

sweetness and power: *Sweetness and Power* Sidney W. Mintz, 1986-08-05 A fascinating persuasive history of how sugar has shaped the world, from European colonies to our modern diets In this eye-opening study, Sidney Mintz shows how Europeans and Americans transformed sugar from a rare foreign luxury to a commonplace necessity of modern life, and how it changed the history of capitalism and industry. He discusses the production and consumption of sugar, and reveals how closely interwoven are sugar's origins as a slave crop grown in Europe's tropical colonies with its use first as an extravagant luxury for the aristocracy, then as a staple of the diet of the new industrial proletariat. Finally, he considers how sugar has altered work patterns, eating habits, and our diet in modern times. Like sugar, Mintz is persuasive, and his detailed history is a real treat. -San Francisco Chronicle

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sweetness and power: Sweetness and Power Sidney W. Mintz, 2000

sweetness and power: Sugar James Walvin, 2017-07-13 An 'entertaining, informative and utterly depressing global history of an important commodity . . . By alerting readers to the ways that modernity's very origins are entangled with a seemingly benign and delicious substance, How Sugar Corrupted the World raises fundamental questions about our world.' Sven Beckert, the Laird Bell professor of American history at Harvard University and the author of *Empire of Cotton: A Global History*, in the New York Times 'A brilliant and thought-provoking history of sugar and its ironies' Bee Wilson, Wall Street Journal 'Shocking and revelatory . . . no other product has so changed the world, and no other book reveals the scale of its impact.' David Olusoga 'This study could not be more timely.' Laura Sandy, Lecturer in the History of Slavery, University of Liverpool The story of sugar, and of mankind's desire for sweetness in food and drink is a compelling, though confusing story. It is also an historical story. The story of mankind's love of sweetness - the need to consume honey, cane sugar, beet sugar and chemical sweeteners - has important historical origins. To take a

simple example, two centuries ago, cane sugar was vital to the burgeoning European domestic and colonial economies. For all its recent origins, today's obesity epidemic - if that is what it is - did not emerge overnight, but instead evolved from a complexity of historical forces which stretch back centuries. We can only fully understand this modern problem, by coming to terms with its genesis and history: and we need to consider the historical relationship between society and sweetness over a long historical span. This book seeks to do just that: to tell the story of how the consumption of sugar - the addition of sugar to food and drink - became a fundamental and increasingly troublesome feature of modern life. Walvin's book is the heir to Sidney Mintz's *Sweetness and Power*, a brilliant sociological account, but now thirty years old. In addition, the problem of sugar, and the consequent intellectual and political debate about the role of sugar, has been totally transformed in the years since that book's publication.

sweetness and power: *Sugar and Civilization* April Merleaux, 2015-07-13 In the weeks and months after the end of the Spanish-American War, Americans celebrated their nation's triumph by eating sugar. Each of the nation's new imperial possessions, from Puerto Rico to the Philippines, had the potential for vastly expanding sugar production. As victory parties and commemorations prominently featured candy and other sweets, Americans saw sugar as the reward for their global ambitions. April Merleaux demonstrates that trade policies and consumer cultures are as crucial to understanding U.S. empire as military or diplomatic interventions. As the nation's sweet tooth grew, people debated tariffs, immigration, and empire, all of which hastened the nation's rise as an international power. These dynamics played out in the bureaucracies of Washington, D.C., in the pages of local newspapers, and at local candy counters. Merleaux argues that ideas about race and civilization shaped sugar markets since government policies and business practices hinged on the racial characteristics of the people who worked the land and consumed its products. Connecting the history of sugar to its producers, consumers, and policy makers, Merleaux shows that the modern American sugar habit took shape in the shadow of a growing empire.

sweetness and power: *Putting Meat on the American Table* Roger Horowitz, 2006 How did meat become such a popular food among Americans? And why did the popularity of some types of meat increase or decrease? *Putting Meat on the American Table* explains how America became a meat-eating nation - from the colonial period to the present. It examines the relationships between consumer preference and meat processing - looking closely at the production of beef, pork, chicken, and hot dogs. Roger Horowitz argues that a series of new technologies have transformed American meat - sometimes for the worse, sometimes for the better. He draws on detailed consumption surveys that shed new light on America's eating preferences - especially differences associated with income, rural versus urban areas, and race and ethnicity. Engagingly written, richly illustrated, and abundant with first-hand accounts and quotes from period sources, *Putting Meat on the American Table* will captivate general readers and interest all students of the history of food, technology, business, and American culture.

sweetness and power: *Tasting Food, Tasting Freedom* Sidney Wilfred Mintz, 1997-08-14 A renowned anthropologist explores the history and meaning of eating in America. Addressing issues ranging from the global phenomenon of Coca-Cola to the diets of American slaves, Sidney Mintz shows how our choices about food are shaped by a vast and increasingly complex global economy. He demonstrates that our food choices have enormous and often surprising significance.

sweetness and power: *Three Ancient Colonies* Sidney W. Mintz, 2012-10-22 As a young anthropologist, Sidney Mintz undertook fieldwork in Jamaica, Haiti, and Puerto Rico. Fifty years later, the eminent scholar of the Caribbean returns to those experiences to meditate on the societies and on the island people who befriended him. These reflections illuminate continuities and differences between these cultures, but even more they exemplify the power of people to reveal their own history. Mintz seeks to conjoin his knowledge of the history of Jamaica, Haiti, and Puerto Rico—a dynamic past born of a confluence of peoples of a sort that has happened only a few times in human history—with the ways that he heard people speak about themselves and their lives. Mintz argues that in Jamaica and Haiti, creolization represented a tremendous creative act by enslaved

peoples: that creolization was not a passive mixing of cultures, but an effort to create new hybrid institutions and cultural meanings to replace those that had been demolished by enslavement. Globalization is not the new phenomenon we take it to be. This book is both a summation of Mintz's groundbreaking work in the region and a reminder of how anthropology allows people to explore the deep truths that history may leave unexamined.

sweetness and power: The Oxford Companion to Sugar and Sweets Darra Goldstein, 2015 Not a cookbook, but an encyclopedia collection of entries on all things sweet. The articles explore the ways in which our taste for sweetness have shaped-- and been shaped by-- history. In addition, you'll discover the origins of mud pie; who the Sara Lee company was named after; why Walker Smith, Jr. is better known as Sugar Ray Robinson; and how lyricists have immortalized sweets from Blueberry Hill to Tutti Frutti.

sweetness and power: Traveling with Sugar Amy Moran-Thomas, 2019-11-26 Traveling with Sugar reframes the rising diabetes epidemic as part of a five-hundred-year-old global history of sweetness and power. Amid eerie injuries, changing bodies, amputated limbs, and untimely deaths, many people across the Caribbean and Central America simply call the affliction "sugar"—or, as some say in Belize, "traveling with sugar." A decade in the making, this book unfolds as a series of crónicas—a word meaning both slow-moving story and slow-moving disease. It profiles the careful work of those "still fighting it" as they grapple with unequal material infrastructures and unsettling dilemmas. Facing a new incarnation of blood sugar, these individuals speak back to science and policy misrecognitions that have prematurely cast their lost limbs and deaths as normal. Their families' arts of maintenance and repair illuminate ongoing struggles to survive and remake larger systems of food, land, technology, and medicine.

sweetness and power: Raising Cane in the 'Glades Gail M. Hollander, 2009-11-15 Over the last century, the Everglades underwent a metaphorical and ecological transition from impenetrable swamp to endangered wetland. At the heart of this transformation lies the Florida sugar industry, which by the 1990s was at the center of the political storm over the multi-billion dollar ecological "restoration" of the Everglades. Raising Cane in the 'Glades is the first study to situate the environmental transformation of the Everglades within the economic and historical geography of global sugar production and trade. Using, among other sources, interviews, government and corporate documents, and recently declassified U.S. State Department memoranda, Gail M. Hollander demonstrates that the development of Florida's sugar region was the outcome of pitched battles reaching the highest political offices in the U.S. and in countries around the world, especially Cuba—which emerges in her narrative as a model, a competitor, and the regional "other" to Florida's "self." Spanning the period from the age of empire to the era of globalization, the book shows how the "sugar question"—a label nineteenth-century economists coined for intense international debates on sugar production and trade—emerges repeatedly in new guises. Hollander uses the sugar question as a thread to stitch together past and present, local and global, in explaining Everglades transformation.

sweetness and power: Sweetness and Light Liam Pieper, 2020-03-03 India, monsoon season. Connor, an Australian expat with a brutal past, spends his time running low-stakes scams on tourists in a sleepy beachside town. Sasha, an American in search of spiritual guidance, heads to an isolated ashram in the hope of mending a broken heart. When one of Connor's grifts goes horribly wrong, it sets in motion a chain of events that brings the two lost souls together - and as they try to navigate a world of gangsters, gurus and secret agendas, they begin to realise that within the ashram's utopian community, something is deeply, deeply wrong . . . Racing from the beaches of Goa to the streets of Delhi to the jungles of Tamil Nadu, Sweetness and Light is an intoxicating, unsettling story of the battle between light and dark, love and lust, morality and corruption. This is an explosive and unforgettable novel that confirms Liam Pieper's place as one of Australia's finest, sharpest writers.

sweetness and power: The Sweetness of Life Françoise Héritier, 2013-03-07 There is a form of lightness and grace in the simple fact of existence, regardless of occupation, of strong feelings, or of political commitments of any sort - and that is the only thing I have wanted to write about. About

that little extra thing that is granted to all of us, a lust for life. So begins Francoise Heritier, in her exploration of the things in life worth living for, the moments and events that give life flavour. An eminent anthropologist, now in her eighties, she draws on her own memories and the wisdom gained in a lifetime of exploration, to show how life is richer and more interesting than we often remember.

sweetness and power: Sweetness In The Belly Camilla Gibb, 2011-08-31 A richly imagined tale of one woman's search for love and belonging. In Thatcher's London, Lilly, a white Muslim nurse, struggles in a state of invisible exile. As Ethiopian refugees gradually fill the flats of the housing estate where she lives, Lilly tentatively begins to share with them her longing for the home she herself once had in Africa and her heartbreaking search for her missing lover. Back in Haile Selassie's Ethiopia, the young Lilly, born in the 1950s to British parents, now orphaned and full of religious conviction, finds herself living in the city of Harar. She is drawn to the idealistic young doctor, Aziz, himself an outsider in the community. But then convulsions of a new revolutionary order separate them, sending Lilly to an England she has never seen, while Aziz disappears.

sweetness and power: *The Sweetness of Water* Nathan Harris, 2021-06-15 LONGLISTED FOR THE 2021 BOOKER PRIZE AND SHORTLISTED FOR THE 2022 DYLAN THOMAS PRIZE A TIMES BEST PAPERBACK 2022, NEW YORK TIMES BESTSELLER 2021, OPRAH BOOK CLUB PICK AND BARACK OBAMA SELECTION 'A fine, lyrical novel, impressive in its complex interweaving of the grand and the intimate, of the personal and political' Observer Landry and Prentiss are two brothers born into slavery, finally freed as the American Civil War draws to its bitter close. Cast into the world without a penny to their names, their only hope is to find work in a society that still views them with nothing but intolerance. Farmer George Walker and his wife Isabelle are reeling from a loss that has shaken them to their core. After a chance encounter, they agree to employ the brothers on their land, and slowly the tentative bonds of trust begin to blossom between the strangers. But this sanctuary survives on a knife's edge, and it isn't long before a tragedy causes the inhabitants of the nearby town to turn their suspicion onto these new friendships, with devastating consequences. '[A] highly accomplished debut' Sunday Times Readers have been swept away by *The Sweetness of Water*: 'Such a powerful, magnificent book; I urge you to read it. The comparisons with Colson Whitehead are justified' ***** 'A staggering debut and a story that stays with you' ***** 'Thought-provoking and moving . . . a gripping and compelling novel that exposes flaws, mixed emotions and imperfect relationships, and yet it holds on with determination and hope. It fully deserves a 5-star rating' ***** 'Outstanding . . . A book that deserves widespread recognition and a wide audience' *****

sweetness and power: Empirical Futures George Baca, Aisha Khan, Stephan Palmié, 2010-05-07 Since the 1950s, anthropologist Sidney W. Mintz has been at the forefront of efforts to integrate the disciplines of anthropology and history. Author of *Sweetness and Power: The Place of Sugar in Modern History* and other groundbreaking works, he was one of the first scholars to anticipate and critique globalization studies. However, a strong...

sweetness and power: The Oxford Companion to Spirits and Cocktails David Wondrich, Noah Rothbaum, 2021-10-20 The Oxford Companion to Spirits and Cocktails presents an in-depth exploration of the world of spirits and cocktails in a ground-breaking synthesis. The Companion covers drinks, processes, and techniques around the world as well as those in the US and Europe. It provides clear explanations of the different ways that spirits are produced, including fermentation, distillation and ageing, alongside a wealth of new detail on the emergence of cocktails and cocktail bars, including entries on key cocktails and influential mixologists and cocktail bars.

sweetness and power: *The World of Soy* Christine M. Du Bois, Chee Beng Tan, Sidney Wilfred Mintz, 2008

sweetness and power: **Sugar Changed the World** Marc Aronson, Marina Budhos, 2017-04-04 Traces the panoramic story of the sweet substance and its important role in shaping world history.

sweetness and power: A Rich and Tantalizing Brew Jeanette M. Fregulia, 2019-03-04 The history of coffee is much more than the tale of one luxury good—it is a lens through which to consider various strands of world history, from food and foodways to religion and economics and

sociocultural dynamics. *A Rich and Tantalizing Brew* traces the history of coffee from its cultivation and brewing first as a private pleasure in the highlands of Ethiopia and Yemen through its emergence as a sought-after public commodity served in coffeehouses first in the Muslim world, and then traveling across the Mediterranean to Italy, to other parts of Europe, and finally to India and the Americas. At each of these stops the brew gathered ardent aficionados and vocal critics, all the while reshaping patterns of socialization. Taking its conversational tone from the chats often held over a steaming cup, *A Rich and Tantalizing Brew* offers a critical and entertaining look at how this bitter beverage, with a little help from the tastes that traveled with it—chocolate, tea, and sugar—has connected people to each other both within and outside of their typical circles, inspiring a new context for sharing news, conducting business affairs, and even plotting revolution.

sweetness and power: *Sugar in the Social Life of Medieval Islam* Tsugitaka Sato, 2015-01-08 In *Sugar in the Social Life of Medieval Islam* Tsugitaka Sato explores the actual day-to-day life in medieval Muslim societies through different aspects of sugar. Drawing from a wealth of historical sources - chronicles, geographies, travel accounts, biographies, medical and pharmacological texts, and more - he describes sugarcane cultivation, sugar production, the sugar trade, and sugar's use as a sweetener, a medicine, and a symbol of power. He gives us a new perspective on the history of the Middle East, as well as the history of sugar across the world. This book is a posthumous work by a leading scholar of Middle Eastern and Islamic studies in Japan who made many contributions to this field.

sweetness and power: Slaves to Sweetness Carl Plasa, 2011-09-01 Literary and sociological studies have long been fascinated by the seemingly innocuous substance of sugar, not least because of its direct link with the histories of slavery in the New World. Unlike previous texts, *Slaves to Sweetness* examines not only traditional, classic studies of the history of sugar, but also explores the previously ignored work produced by expatriate Caribbean authors from the 1980s onward. As a result, this volume provides the most comprehensive account to date of the historical transformations undergone by our representations of sugar, making it a rich resource for scholars in numerous fields.

sweetness and power: Minimalist Baker's Everyday Cooking Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

sweetness and power: Caribbean Transformations Arthur H. Niehoff, Sidney W. Mintz, 2017-09-04 Contact and clash, amalgamation and accommodation, resistance and change have marked the history of the Caribbean islands. It is a unique region where people under the stress of slavery had to improvise, invent and literally create forms of human association through which their pasts and the symbolic interpretation of their present could be structured. *Caribbean Transformations* is divided into three major parts, each preceded by a brief introductory chapter. Part One begins with a look at the African antecedents of the Caribbean, then discusses slavery and the plantation system. Two chapters deal with slavery and forced labor in Puerto Rico and the history of a Puerto Rican plantation. Part Two is concerned with the rise of a Caribbean peasantry—the erstwhile slaves who separated themselves from the plantation system on small plots of land. This creative adaptation led to the growth of a class of rural landowners producing a large

part of their own subsistence but also selling to and buying from wider markets. Mintz first discusses the origins of reconstructed peasantries, and then proceeds to the specifics of the origins and history of the peasantry in Jamaica. Part Three turns to Caribbean nationhood--the political and economic forces that affected its shaping and the social structure of its component societies. A separate chapter details the case of Haiti. The book ends with a critique of the implications of Caribbean nationhood from an anthropological perspective, stressing the ways that class, color and other social dimensions continue to play important parts in the organization of Caribbean societies. Caribbean Transformations--lucidly written and presenting broad coverage of both time and space--is essential reading for anthropologists, sociologists, historians and all others interested in the Caribbean, in black studies, in colonial problems, in the relationships between colonial areas and the imperial powers, and in culture change generally.

sweetness and power: *The Sweetness of Power* Niccolò Machiavelli, 2007-07 The question of order inspired two of the greatest political thinkers of the Renaissance--Niccolò Machiavelli and Francesco Guicciardini, whose major works on the nature of government are linked in an authoritative new translation. Political adversaries but nonetheless friends, Machiavelli and Guicciardini both reflected on ancient Rome and refined their conceptions of government with an eye to the political turmoil of their own Florence. Based on the definitive Italian editions and including extensive explanatory notes, this new translation re-creates the fascinating conflict that helped to shape the history of political thought.

sweetness and power: The Sugar Barons Matthew Parker, 2011-07-31 For 200 years after 1650 the West Indies were the most fought-over colonies in the world, as Europeans made and lost immense fortunes growing and trading in sugar - a commodity so lucrative that it was known as white gold. Young men, beset by death and disease, an ocean away from the moral anchors of life in Britain, created immense dynastic wealth but produced a society poisoned by war, sickness, cruelty and corruption. The Sugar Barons explores the lives and experiences of those whose fortunes rose and fell with the West Indian empire. From the ambitious and brilliant entrepreneurs, to the grandees wielding power across the Atlantic, to the inheritors often consumed by decadence, disgrace and madness, this is the compelling story of how a few small islands and a handful of families decisively shaped the British Empire.

sweetness and power: The Sweetness of Life Paulus Hochgatterer, 2011-12-22 It is Christmas in the alpine town of Furth am See and a six-year-old girl is playing ludo with her grandfather. The doorbell rings, and the old man goes to answer. The next time the girl sees him, he is lying with his skull broken, his face a red pulp against the white snow. From that time on, she does not speak a single word. Raffael Horn, the psychiatrist engaged to treat the silent child, reluctantly becomes involved in solving the murder along with Detective Superintendent Ludwig Kovacs. Their parallel researches sweep through the town: a young mother who believes her new-born child is the devil; a Benedictine monk who uses his iPod to drown the voices in his head; a high-spending teenager who tortures cats. The psychological profile of this claustrophobic, winter-held town is not reassuring - which, if any, of its inhabitants was the brutal night-time slayer of the suffering girl's grandfather?

sweetness and power: Worker in the Cane Sidney Wilfred Mintz, 1974 Worker in the Cane is both a profound social document and a moving spiritual testimony. Don Taso portrays his harsh childhood, his courtship and early marriage, his grim struggle to provide for his family. He tells of his radical political beliefs and union activity during the Depression and describes his hardships when he was blacklisted because of his outspoken convictions. Embittered by his continuing poverty and by a serious illness, he undergoes a dramatic cure and becomes converted to a Protestant revivalist sect. In the concluding chapters the author interprets Don Taso's experience in the light of the changing patterns of life in rural Puerto Rico. This is the absorbing story of Don Taso, a Puerto Rican sugar cane worker, and of his family and the village in which he lives. Told largely in his own words, it is a vivid account of the drastic changes taking place in Puerto Rico, as he sees them.

sweetness and power: Wild Sweetness Thalia Ho, 2021-03-23 From the creator of the award-winning food blog, Butter and Brioche, comes a unique and beautifully designed full-color

cookbook that brings wild flavors to desserts as told through the seasons. In *Wild Sweetness*, Thalia Ho captures the essence of the wild, and re-imagines it on the plate. She guides us through a tale of six distinct seasons and the flavors inspired by them: of bright, herbaceous new life in spring, to the aromatic florals that follow, of bursting summer berries, over-ripe fruit, warmth and spice in fall, then ending with winter and its smolder. In more than 95 recipes, Thalia opens our eyes and taste buds to a celebration of what the wild has to offer—a world of sweet escapism, using flavor to heighten our experience of food. Enthralling, unique, and inspired recipes you'll want to cook over and over again.

sweetness and power: Bittersweet Peter Macinnis, 2002 An historical journey of the discovery and development of sugar around the world.

sweetness and power: Bed of Flowers Erin Satie, 2018-06-19 Bonny Reed is beautiful, inside and out. A loyal friend and loving daughter, she's newly engaged to her small town's most eligible bachelor. She's happy for herself--but mostly for her family, who need the security her marriage will bring. An old enemy shatters her illusions. First Baron Loel cost Bonny's family her fortune. Now he's insisting that her fiancé has hidden flaws, secrets so dark that--if she believed him--she'd have to call off the wedding. How will she choose? When the truth comes out, Bonny will have to choose between doing what's right and what's easy. Between her family and her best friend. And hardest of all--between her honor and the love of a man who everyone wants her to hate.

sweetness and power: Tastes of Paradise Wolfgang Schivelbusch, 1993-06-29 From the extravagant use of pepper in the Middle Ages to the Protestant bourgeoisie's love of coffee to the reason why fashionable Europeans stopped sniffing tobacco and starting smoking it, Schivelbusch looks at how the appetite for pleasure transformed the social structure of the Old World. Illustrations.

sweetness and power: Culture/Power/History Nicholas B. Dirks, Geoff Eley, Sherry B. Ortner, 2021-04-13 The intellectual radicalism of the 1960s spawned a new set of questions about the role and nature of the political in social life, questions that have since revolutionized nearly every field of thought, from literary criticism through anthropology to the philosophy of science. Michel Foucault in particular made us aware that whatever our functionally defined roles in society, we are constantly negotiating questions of authority and the control of the definitions of reality. Such insights have led theorists to challenge concepts that have long formed the very underpinnings of their disciplines. By exploring some of the most debated of these concepts--culture, power, and history--this reader offers an enriching perspective on social theory in the contemporary moment. Organized around these three concepts, *Culture/ Power/History* brings together both classic and new essays that address Foucault's new economy of power relations in a number of different, contestatory directions. Representing innovative work from various disciplines and sites of study, from taxidermy to Madonna, the book seeks to affirm the creative possibilities available in a time marked by growing uncertainty about established disciplinary forms of knowledge and by the increasing fluidity of the boundaries between them. The book is introduced by a major synthetic essay by the editors, which calls attention to the most significant issues enlivening theoretical discourse today. The editors seek not only to encourage scholars to reflect anew on the course of social theory, but also to orient newcomers to this area of inquiry. The essays are contributed by Linda Alcoff (*Cultural Feminism versus Post-Structuralism*), Sally Alexander (*Women, Class, and Sexual Differences in the 1830s and 1840s*), Tony Bennett (*The Exhibitionary Complex*), Pierre Bourdieu (*Structures, Habitus, Power*), Nicholas B. Dirks (*Ritual and Resistance*), Geoff Eley (*Nations, Publics, and Political Cultures*), Michel Foucault (*Two Lectures*), Henry Louis Gates, Jr. (*Authority, [White] Power and the [Black] Critic*), Stephen Greenblatt (*The Circulation of Social Energy*), Ranajit Guha (*The Prose of Counter-Insurgency*), Stuart Hall (*Cultural Studies: Two Paradigms*), Susan Harding (*The Born-Again Telescandals*), Donna Haraway (*Teddy Bear Patriarchy*), Dick Hebdige (*After the Masses*), Susan McClary (*Living to Tell: Madonna's Resurrection of the Fleshly*), Sherry B. Ortner (*Theory in Anthropology since the Sixties*), Marshall Sahlins (*Cosmologies of Capitalism*), Elizabeth G. Traube (*Secrets of Success in Postmodern*

Society), Raymond Williams (selections from *Marxism and Literature*), and Judith Williamson (Family, Education, Photography).

sweetness and power: *Sugar and Slaves* Richard S. Dunn, 2012-12-01 First published by UNC Press in 1972, *Sugar and Slaves* presents a vivid portrait of English life in the Caribbean more than three centuries ago. Using a host of contemporary primary sources, Richard Dunn traces the development of plantation slave society in the region. He examines sugar production techniques, the vicious character of the slave trade, the problems of adapting English ways to the tropics, and the appalling mortality rates for both blacks and whites that made these colonies the richest, but in human terms the least successful, in English America. A masterly analysis of the Caribbean plantation slave society, its lifestyles, ethnic relations, afflictions, and peculiarities.--*Journal of Modern History* A remarkable account of the rise of the planter class in the West Indies. . . . Dunn's [work] is rich social history, based on factual data brought to life by his use of contemporary narrative accounts.--*New York Review of Books* A study of major importance. . . . Dunn not only provides the most solid and precise account ever written of the social development of the British West Indies down to 1713, he also challenges some traditional historical clichés.--*American Historical Review*

sweetness and power: *Sugar and Salt* Susan Wiggs, 2022-07-26 The New York Times bestselling author of *The Lost and Found Bookshop* brings readers a can't-miss tale of friendship, hardship, redemption, and love between a San Francisco baker and a barbecue master from Texas. Susan Wiggs understands the tender dramas of everyday life, of friendship and family, of wanting something that might be just beyond reach. She will make you believe in life's sweetness."--Luanne Rice, New York Times bestselling author of *The Shadow Box* "Wiggs writes with compassion and insight...This is another winner." —Booklist Jerome Sugar learned the art of baking in his grandma's bakery, also called Sugar, on historic Perdita Street in San Francisco. He supplies baked goods to the Lost and Found Bookshop across the street. When the restaurant that shares his commercial kitchen loses its longtime tenant, a newcomer moves in: Margot Salton, a barbecue master from Texas. Margot isn't exactly on the run, but she needs a fresh start. She's taken care of herself her whole life, pulling herself up by her fingernails to recover from trauma, and her dream has been to open a restaurant somewhere far, far from Texas. The shared kitchen with Jerome's Sugar bakery is the perfect setup: a state-of-the-art kitchen and a vibrant neighborhood popular with tourists and locals. Margot instantly takes to Jerome's mother, the lively, opinionated Ida. The older woman proves to be a good mentor, and Margot is drawn to Jerome. Despite their different backgrounds their attraction is powerful—even though Jerome worries that Margot will simply move on from him once she's found some peace and stability. But just as she starts to relax into a happy new future, Margot's past in Texas comes back to haunt her...

sweetness and power: *Refined Tastes* Wendy A. Woloson, 2003-04-30 A look at sugar in 19th-century American culture and how it rose in popularity to gain its place in the nation's diet today. American consumers today regard sugar as a mundane and sometimes even troublesome substance linked to hyperactivity in children and other health concerns. Yet two hundred years ago American consumers treasured sugar as a rare commodity and consumed it only in small amounts. In *Refined Tastes: Sugar, Confectionery, and Consumers in Nineteenth-Century America*, Wendy A. Woloson demonstrates how the cultural role of sugar changed from being a precious luxury good to a ubiquitous necessity. Sugar became a social marker that established and reinforced class and gender differences. During the eighteenth and early nineteenth centuries, Woloson explains, the social elite saw expensive sugar and sweet confections as symbols of their wealth. As refined sugar became more affordable and accessible, new confections—children's candy, ice cream, and wedding cakes—made their way into American culture, acquiring a broad array of social meanings. Originally signifying male economic prowess, sugar eventually became associated with femininity and women's consumerism. Woloson's work offers a vivid account of this social transformation—along with the emergence of consumer culture in America. "Elegantly structured and beautifully written . . . As simply an explanation of how Americans became such avid consumers of sugar, this book is superb

and can be recommended highly.” —Ken Albala, Winterthur Portfolio “An enlightening tale about the social identity of sweets, how they contain not just chewy centers but rich meanings about gender, about the natural world, and about consumerism.” —Cindy Ott, Enterprise and Society

sweetness and power: Year of No Sugar Eve Schaub, 2014-04-08 For fans of the New York Times bestseller I Quit Sugar or Katie Couric's controversial food industry documentary Fed Up, A Year of No Sugar is a delightfully readable account of how [one family] survived a yearlong sugar-free diet and lived to tell the tale...A funny, intelligent, and informative memoir. —Kirkus It's dinnertime. Do you know where your sugar is coming from? Most likely everywhere. Sure, it's in ice cream and cookies, but what scared Eve O. Schaub was the secret world of sugar—hidden in bacon, crackers, salad dressing, pasta sauce, chicken broth, and baby food. With her eyes opened by the work of obesity expert Dr. Robert Lustig and others, Eve challenged her husband and two school-age daughters to join her on a quest to quit sugar for an entire year. Along the way, Eve uncovered the real costs of our sugar-heavy American diet—including diabetes, obesity, and increased incidences of health problems such as heart disease and cancer. The stories, tips, and recipes she shares throw fresh light on questionable nutritional advice we've been following for years and show that it is possible to eat at restaurants and go grocery shopping—with less and even no added sugar. Year of No Sugar is what the conversation about kicking the sugar addiction looks like for a real American family—a roller coaster of unexpected discoveries and challenges. As an outspoken advocate for healthy eating, I found Schaub's book to shine a much-needed spotlight on an aspect of American culture that is making us sick, fat, and unhappy, and it does so with wit and warmth.—Suvir Sara, author of Indian Home Cooking Delicious and compelling, her book is just about the best sugar substitute I've ever encountered.—Pulitzer Prize-winning author Ron Powers

sweetness and power: The Sweetness of Doing Nothing: Live Life the Italian Way with Dolce Far Niente Sophie Minchilli, 2021-04-29 It's time to embrace the Italian way of life...

sweetness and power: The House in the Cerulean Sea TJ Klune, 2021-07-27 Linus Baker leads a quiet, solitary life. At forty, he lives in a tiny house with a devious cat and his old records. As a Case Worker at the Department in Charge Of Magical Youth, he spends his days overseeing the well-being of children in government-sanctioned orphanages. When Linus is unexpectedly summoned by Extremely Upper Management he's given a curious and highly classified assignment: travel to Marsyas Island Orphanage, where six dangerous children reside: a gnome, a sprite, a wyvern, an unidentifiable green blob, a were-Pomeranian, and the Antichrist. Linus must set aside his fears and determine whether or not they're likely to bring about the end of days. But the children aren't the only secret the island keeps. Their caretaker is the charming and enigmatic Arthur Parnassus, who will do anything to keep his wards safe. As Arthur and Linus grow closer, long-held secrets are exposed, and Linus must make a choice: destroy a home or watch the world burn. An enchanting story, masterfully told, The House in the Cerulean Sea is about the profound experience of discovering an unlikely family in an unexpected place - and realizing that family is yours.

sweetness and power: The Western Wind Samantha Harvey, 2018-03-01 **SHORTLISTED FOR THE WALTER SCOTT PRIZE 2019** 15th century Oakham, in Somerset; a tiny village cut off by a big river with no bridge. When a man is swept away by the river in the early hours of Shrove Saturday, an explanation has to be found: accident, suicide or murder? The village priest, John Reve, is privy to many secrets in his role as confessor. But will he be able to unravel what happened to the victim, Thomas Newman, the wealthiest, most capable and industrious man in the village? And what will happen if he can't? Moving back in time towards the moment of Thomas Newman's death, the story is related by Reve - an extraordinary creation, a patient shepherd to his wayward flock, and a man with secrets of his own to keep. Through his eyes, and his indelible voice, Harvey creates a medieval world entirely tangible in its immediacy.

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