

Milk: A History of the World's Most Stupendous and Misunderstood Food

By Deborah Valenze

Milk is one of the most important foods in human history. It is a source of essential nutrients, including protein, calcium, and vitamin D. Milk has also been used for centuries in religious and cultural ceremonies. However, milk has also been the subject of controversy and misunderstanding. Some people believe that milk is harmful to health, while others believe that it is an essential part of a healthy diet.



Milk: A Local and Global History

★★★★☆ 4.1 out of 5

Language	: English
File size	: 2722 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 368 pages
Lending	: Enabled



In this groundbreaking book, Deborah Valenze explores the history of milk from its origins in the wild to its modern-day status as a global commodity. Along the way, she traces the rise and fall of milk-based industries, the role of milk in cultural traditions, and the scientific and medical debates over its nutritional value.

Valenze's book is a fascinating and informative read. It is a must-read for anyone who wants to understand the complex history of one of the world's most important foods.

Table of Contents

- 1.
2. The Origins of Milk
3. The Rise of Milk-Based Industries
4. The Role of Milk in Cultural Traditions
5. The Scientific and Medical Debates over Milk
6. The Modern Milk Industry
7. The Future of Milk

Reviews

"Deborah Valenze has written a fascinating and informative history of milk. This book is a must-read for anyone who wants to understand the complex history of one of the world's most important foods." - The New York Times

"Valenze's book is a fascinating and well-researched account of the history of milk. This book is a valuable contribution to the literature on food history and will be of interest to a wide range of readers." - The Journal of American History

About the Author

Deborah Valenze is a professor of history at Barnard College, Columbia University. She is the author of several books on food history, including

[_The Lost Art of Eating_](#) and [_The American Way of Eating_](#).

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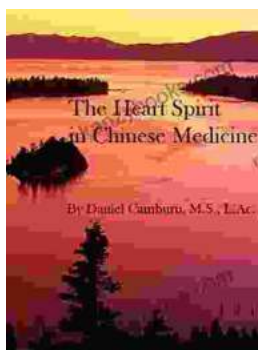
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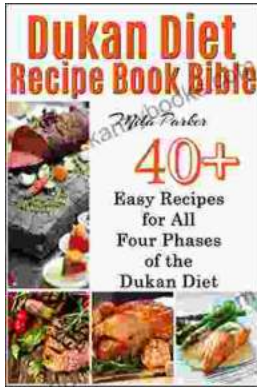
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