



Sugar: A Bittersweet History

By Elizabeth Abbott

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Sugar: A Bittersweet History is a compelling and surprising look at the sweet commodity, from how it Africanized the cane fields of the Caribbean to how it fuelled the Industrial Revolution and jumpstarted the fast-food revolution.

The book explores the hidden stories behind this sweet product, revealing how powerful American interests deposed Queen Lili'uokalani of Hawaii, how Hitler tried to ensure a steady supply of beet sugar when enemies threatened to cut off Germany's supply of overseas cane sugar, and how South Africa established a domestic ethanol industry in the wake of anti-apartheid sugar embargos. The book follows the history of sugar to the present day, showing how sugar made eating on the run socially acceptable and played an integral role in today's fast food culture and obesity epidemic. Impressively researched and commandingly written, Sugar will forever change perceptions of this sweet treat.

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Sugar: A Bittersweet History By Elizabeth Abbott Bibliography

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Editorial Review

Review

'A highly readable and comprehensive study of a remarkable product... rare eloquence and passion... a must-read' - Independent. 'Fascinating' - Daily Mail. 'Reading this graphic tale of the global havoc sugar has caused and continues to cause, you might wonder why sugar is not a banned substance; it seems to have done as much harm as opium or heroin... [Abbott's] style is vivid and she's done her research, right back to her sugar plantation Antiguan ancestors. It's a good read - but it might stay your hand next time you reach for a chocolate biscuit to enjoy with your coffee' - Irish Times. 'Zestful... belongs to that recent genre of food histories which have had huge public appeal... Abbott's breezy and energetic style will doubtless find an enthusiastic readership among people keen to make sense of the world around them via the history of this remarkable commodity' - BBC History. 'The blood-drenched history of sugar is carefully mapped in Elizabeth Abbot's impressive overview, which is guaranteed to make you choke on your chocolate - Enlightening and as dismaying as a sugar crash' - Metro. 'Read it and you'll never stir sugar into your coffee or sprinkle it over your berries in quite the same mindless way. I promise' - Montreal Gazette. 'Brilliant and assiduously researched. Abbott writes about the history of sugar with a fluid, fierce narrative power and a vengeful intelligence. Her personal stake in the story - via her own recently discovered West Indian heritage - makes the book all the more compelling' - Quill & Quire. 'A richly dramatic and fascinating history of how sugar Africanized the New World' - Sun Times.

About the Author

Elizabeth Abbott is Research Associate at Trinity College, University of Toronto, and, from 1991 to 2004, was Dean of Women. She is the author of several books, including *Sugar and Haiti*, also published by Overlook. She lives in Toronto.

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