

**Advanced Placement United States History  
Summer Reading, 2022-2023**

**Welcome to APUSH!**

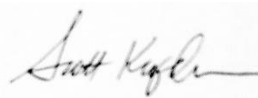
This summer work is designed to help you become familiar with thinking about history. The book selected for this summer is college level, so don't be surprised if at times you have to re-read a section to make sense of it. Don't be surprised if you struggle a bit with reading; the more U.S. history you learn, the easier the reading becomes. Much of APUSH is simply learning to keep working on the course; mastery of the content often comes slowly. I value growth—it is very important to me that you keep growing and stretching and taking intellectual risks.

Reading is fundamental to success in APUSH because the course asks you to analyze a lot of texts—primary and secondary sources—in order to see connections that are thematic in nature across time and regions. As a skill, reading gets better the more that you practice it. At first, you may be tempted to write down everything you read. Don't! Try to focus on the bigger picture—the larger generalizations and understandings. Read a little bit at a time; then think about what you've read. Picture the material in your head. Allow yourself to get lost in the story unfolding before you. Pay attention to maps, graphs, charts, and images. Be sure to put your phone away because constant interruptions will cause you to break concentration and lose your grip on what you are reading.

You will have a choice of books for your summer reading. We will not tackle the textbook until the fall, so there's no textbook work until then.

If you have questions, please contact Dr. King-Owen at [scott.king-owen@bexley.us](mailto:scott.king-owen@bexley.us)

**Best wishes,**



**Scott King-Owen, Ph.D.**

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***Eat It: Food Culture in Early America***

The last three years has given us much food for thought as we witnessed how a pandemic could disrupt supply chains and change our eating behaviors. We obviously need food for nutrition—we eat *to live*—but we also see food as fundamental to our lived experience, our culture. Food culture tells us how people work to get what they eat, how they share and experience food, and even how they mark time (is it lunchtime, yet?). From *Great British Bakeoff* to FoodTok recipes, we are surrounded by food and the culture of eating and drinking. The books on this list all ask you to take a look at food and drink culture. What do we eat? Why? Who makes the food? How is food shared? What rituals govern our eating behavior? Have you ever been in a food fight? Have you ever been on a diet? These and many more questions are explored in the following books.

Pick ONE book from the list to read. I would encourage you to find a used copy—Amazon usually has plenty, but my favorite site for used books is Thriftbooks. Sometimes you can find these books locally as well at Half Price Books and other bookstores. I've included ISBNs for each book to help you find them and tried to pick editions that are softcover as they are cheapest. Please let me know if you encounter difficulty in finding these books.

Then pick ONE option from the list of options to complete your summer reading.

Michael D. and Sophie Coe. *The True History of Chocolate*. New York: Thames and Hudson, 2000. ISBN: 9780500282298

Sidney W. Mintz. *Sweetness and Power: The Place of Sugar in Modern History*. New York: Penguin, 1985. ISBN: 9780140092332

Katharine E. Harbury. *Colonial Virginia's Cooking Dynasty*. Columbia: University of SC Press, 2004. ISBN: 9781570035135

James McWilliams, *A Revolution in Eating: How the Quest for Food Shaped America*. New York: Columbia University Press, 2007. ISBN: 9780231129930

Sarah Hand Meacham, *Every Home a Distillery: Alcohol, Gender, and Technology in the Chesapeake*. Baltimore: Johns Hopkins University Press, 2013. ISBN: 9781421409634

Jessica B. Harris, *High on the Hog: A Culinary Journey from Africa to America*. New York: Bloomsbury, 2011. ISBN: 9781608191277 [Netflix has made a special based around this book]

Kelly Fanto Deetz, *Bound to the Fire: How Virginia's Enslaved Cooks Helped Invent American Cuisine*. Lexington, KY: University Press of Kentucky, 2017. ISBN: 9780813174730

David Hancock, *Oceans of Wine: Madeira and the Emergence of American Trade and Taste*. New Haven, CT: Yale University Press, 2009. ISBN: 9780300136050

Rachel B. Herrmann, *No Useless Mouth: Waging War and Fighting Hunger in the American Revolution*. Ithaca: Cornell University Press, 2020. ISBN: 9781501716133

Gayle J. Fritz, *Feeding Cahokia: Early Agriculture in the North American Heartland*. Tuscaloosa, AL: The University of Alabama Press, 2020. ISBN: 9780817360047

Rebecca Earle, *The Body of the Conquistador: Food, Race, and the Colonial Experience in Spanish America, 1492-1700*. Cambridge: Cambridge University Press, 2014. ISBN: 9781107693296

Trudy Eden, *The Early American Table: Food and Society in the New World*. DeKalb, IL: Northern Illinois University Press, 2010. ISBN: 9780875806372

**OPTION A: Essay** – 800-1000 words (double-space, Times New Roman, 12 point font). Using your book, explore what foods people eat can tell us about their social relationships among themselves and with outsiders. Give examples from your book that illustrate these social relationships.

**OPTION B: Essay** – 800-1000 words (double-space, Times New Roman, 12 point font). What can food tell us about power in a society? How does control over food illustrate who has power and who does not? Using your book, explore the concept of food as a source of power (and not just nutritional power).

**OPTION C: Essay** – 800-1000 words (double-space, Times New Roman, 12 point font). What does food culture tell us about human relationships with their environments? How does the acquisition of food change the environment and what are the costs of doing so?

**OPTION D: Quote Analysis** – Select 10 quotes from the book you are reading that you feel are representative of key points about the food culture being examined. Analyze the quote and explain the significance of it to the concept of food culture. Your analysis of the quote should be about 80-100 words.

**OPTION E: Cooking Diary** – Find a recipe for a particular food mentioned in your book. Research how this food would have been made. Re-create the food using (a) authentic ingredients (b) time-period techniques (no electric ovens!) and (c) actual recipe instructions (where available). Keep a diary of your process: (a) what food did you select and why? (b) what did you learn while making the food? (c) how did the food taste and appear to you? [The first cookbook published in America was *American Cookery*, by Amelia Simmons (1796), which may be useful to you if you're looking for authentic recipes. **NOTE – this is a lot harder than it seems. To make a recipe using authentic ingredients and old-fashioned techniques can be time-consuming, expensive, and laborious.** I would also not expect you to make madeira or any alcoholic product since you are not of age to consume them. Your parents, on the other hand, could taste those drinks for you and tell you all about them.

**OPTION F:** Choose your own adventure. This option is not for the lazy or the faint-hearted. As you read the book, perhaps you become aware of an interest in a problem related to the text. Perhaps you realize that you would write a song, or a play about food culture. Whatever you do, it should be as intellectually challenging as the options above **and** require *no less* time and effort than the options above.

If you should have questions about your summer work, please email me:

[Scott.king-owen@bexley.us](mailto:Scott.king-owen@bexley.us)

**DUE DATE: August 26, 2022. This will be turned in on Canvas.**