



Henderson County Master Gardeners Weekly News Article January 07, 2019

History of Food Presentation Offered

By Lydia Holley

Master Gardener Robert Erickson will give a presentation on the history of food on Tuesday, January 15, 5:30 p.m., Clint W. Murchison Memorial Library, 121 S. Prairieville St., Athens. In Erickson's own words, "Vegetables are essential to our daily lives but how did they evolve and where did they come from? Take an international journey as we discover how our plates became filled with green, brown, orange, yellow, and red things." This program is offered free to the public and is a part of Henderson County Master Gardener Association's 'Learn at the Library' series.



The food we eat now is completely different from the food of our ancestors. Many plants have changed from selective breeding or cross-pollination. These changes have impacted our expectations as well as our palates. Variety comes from the introduction of foods from other countries. Were you aware that potatoes originally came from the Andes mountains and rye from Asia?

Travel through time as Erickson takes you from the food scarcity known by nomadic hunter-gatherers to the large variety of foods available to us. Much of that change is due to the advances in vegetable breeding for disease resistance, production, and looks. As the world has become more and more industrialized, transportation has also changed the selections of food that grocers offer. Find out how the transportation of food began, and how shipping fruits and vegetables from other countries has altered the modern diet.

Come be fascinated by the numerous evolutions food has undertaken through the years. Participants will go home with a handout and an appreciation for the variety of foods available to us. You may never look at the food on your plate in the same way again.

For more information, call 903-675-6130, email hendersonCMGA@gmail.com, or visit txmg.org/hendersonmg.