

# The Long Road to Tomato: A Journey Through the History of Food



**It's a Long Road to a Tomato: Tales of an Organic Farmer Who Quit the Big City for the (Not So) Simple Life** by Keith Stewart

★★★★☆ 4.1 out of 5

Language : English  
File size : 13703 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 347 pages  
Lending : Enabled



The tomato is a ubiquitous fruit (yes, it's a fruit) that is enjoyed by people all over the world. But how did this humble plant come to be such a staple in our diets?

The story of the tomato is a long and winding one, that begins in the Andes Mountains of South America. The tomato was first domesticated by the Inca people over 2,000 years ago. They used it to make a variety of dishes, including soups, stews, and sauces.

The tomato was introduced to Europe by the Spanish in the 16th century. At first, it was grown as an ornamental plant, but it eventually found its way into the kitchens of Europe. The tomato quickly became a popular ingredient in Italian cuisine, and it was soon being used in dishes all over the world.

The tomato has had a profound impact on the way we eat. It is a versatile fruit that can be used in a variety of dishes, from salads to pizzas to pasta sauces. The tomato is also a good source of vitamins and minerals, and it is a low-calorie food.

The tomato is a truly global food. It is grown on every continent except Antarctica, and it is used in cuisines from all over the world. The tomato is a symbol of our shared culinary heritage, and it is a testament to the power of food to bring people together.

## The Long Road to Tomato: A Review

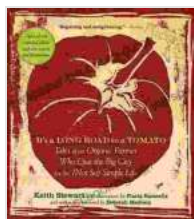
The Long Road to Tomato is a fascinating exploration of the history of food. It tells the story of how we came to eat the foods we do, and how our diets have changed over time.

The book is written by Jeff Koehler, a food historian and author. Koehler has a deep knowledge of the history of food, and he brings this knowledge to bear in this book. He tells the story of the tomato in a lively and engaging way, and he provides a wealth of interesting information about the fruit.

The Long Road to Tomato is a must-read for anyone who is interested in the history of food. It is a fascinating and informative book that will teach you a lot about the food that we eat.

### Buy The Long Road to Tomato Today!

The Long Road to Tomato is available for Free Download at all major bookstores. You can also Free Download the book online at Our Book Library.com.

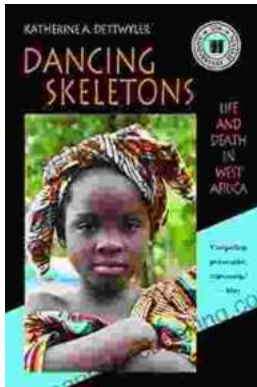


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**Life** by Keith Stewart

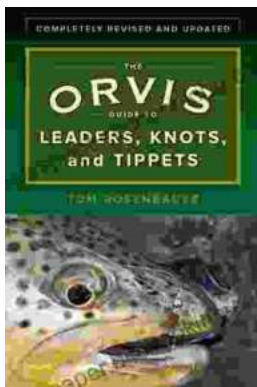
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