

Sugar And The Making Of International Trade Law Cambridge Studies In International And Comparative Law

The Sugar Momma duo and authors of Home for the Holidays share 100 recipes for vintage American sweets and the even sweeter stories behind them. In Sugar, Sugar, two sassy sugar mommas are on a mission to preserve America's heirloom sweets. From desserts that saw families through bad times to never-before-transcribed sugar concoctions, each recipe conveys the unique personality of the person who made it legendary. Here you'll find Buffalo Chip Cookies, Chocolate Hydrogen Bombs, Scrumdilliomptious White Chocolate Cake, and dozens of other fascinating and oh-so-delicious desserts. "The mission of the 'Sugar Mommas' . . . is to bring readers vintage treats and the stories behind them. The result is a book filled with tempting cakes, pies, cookies, and candies. These ladies don't always follow the rules, and it's refreshing to see that their approach to baking comes with a sense of humor." —The Philadelphia Inquirer

In unflinchingly honest prose, Sugar Rodgers shares her inspiring story of overcoming tremendous odds to become an all-star in the WNBA. "They Better Call Me Sugar is fabulous--so infinitely readable and engaging. Sugar Rodgers is such a clear-eyed and thoughtful writer and a huge inspiration. There are so many young people I can't wait to give this book to." --Jacqueline Woodson, author of Brown Girl Dreaming, former National Ambassador for Young People's Literature

"[Rodgers] now has a new goal: sharing her story with others. She certainly accomplishes that in this raw, compelling memoir of a girl growing up in difficult circumstances but with the wits, confidence, and drive that made her an All-Star. An inspiring autobiography." --Booklist "WNBA champion Rodgers reflects on her childhood and road to athletic glory...Encouraging tidbits will stay with readers, such as, 'Stars are stars because they work hard even when the lights are not on'...This memoir...has a bold bounce." --Kirkus Reviews "Sugar Rodgers's story will be inspirational not only for young girls, not only for young athletes, but for everyone. You never know the mountains people have to climb to reach the level of success they have achieved." --Etan Thomas, former NBA player, author of We Matter: Athletes and Activism

"Having had the privilege of playing and working with Sugar Rodgers, I've been blessed with a front row seat to watch her grow into the woman she is today. My hope and prayer is that everyone, both young and old, gets an opportunity to read this book and let Sugar--the athlete, the woman, the survivor--have as much of an impact on their lives as she has had on mine." --Swin Cash, three-time WNBA champion, VP of Basketball Operations with the New Orleans Pelicans "It would be too easy to say that Sugar Rodgers's memoir is a slam dunk. It's more than that--it's a three-pointer from deep. If you want to know what it takes to shoot for your dreams in sports and in life, read this book." --C.J. Farley, author of Around Harvard Square Growing up in dire poverty in Suffolk, Virginia, Sugar (born Ta'Shauna) Rodgers never imagined

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that she would become an all-star player in the WNBA (Women's National Basketball Association). Both of her siblings were in and out of prison throughout much of her childhood and shootings in her neighborhood were commonplace. For Sugar this was just a fact of life. While academics wasn't a high priority for Sugar and many of her friends, athletics always played a prominent role. She mastered her three-point shot on a net her brother put up just outside their home, eventually becoming so good that she could hustle local drug dealers out of money in one-on-one contests. With the love and support of her family and friends, Sugar's performance on her high school basketball team led to her recruitment by the Georgetown Hoyas, and her eventual draft into the WNBA in 2013 by the Minnesota Lynx (who won the WNBA Finals in Sugar's first year). The first of her family to attend college, Sugar speaks of her struggles both academically and as an athlete with raw honesty. Sugar's road to a successful career as a professional basketball player is fraught with sadness and death—including her mother's death when she's fourteen, which leaves Sugar essentially homeless. Throughout it all, Sugar clings to basketball as a way to keep herself focused and sane. And now Sugar shares her story as a message of hope and inspiration for young girls and boys everywhere, but especially those growing up in economically challenging conditions. Never sugarcoating her life experiences, she delivers a powerful message of discipline, perseverance, and always believing in oneself.

Traveling with Sugar reframes the rising diabetes epidemic as part of a five-hundred-year-old global history of sweetness and power. Amid eerie injuries, changing bodies, amputated limbs, and untimely deaths, many people across the Caribbean and Central America simply call the affliction “sugar”—or, as some say in Belize, “traveling with sugar.” A decade in the making, this book unfolds as a series of crónicas—a word meaning both slow-moving story and slow-moving disease. It profiles the careful work of those “still fighting it” as they grapple with unequal material infrastructures and unsettling dilemmas. Facing a new incarnation of blood sugar, these individuals speak back to science and policy misrecognitions that have prematurely cast their lost limbs and deaths as normal. Their families’ arts of maintenance and repair illuminate ongoing struggles to survive and remake larger systems of food, land, technology, and medicine. In the weeks and months after the end of the Spanish-American War, Americans celebrated their nation's triumph by eating sugar. Each of the nation's new imperial possessions, from Puerto Rico to the Philippines, had the potential for vastly expanding sugar production. As victory parties and commemorations prominently featured candy and other sweets, Americans saw sugar as the reward for their global ambitions. April Merleaux demonstrates that trade policies and consumer cultures are as crucial to understanding U.S. empire as military or diplomatic interventions. As the nation's sweet tooth grew, people debated tariffs, immigration, and empire, all of which hastened the nation's rise as an international power. These dynamics played out in the bureaucracies of Washington, D.C., in the pages of local

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newspapers, and at local candy counters. Merleaux argues that ideas about race and civilization shaped sugar markets since government policies and business practices hinged on the racial characteristics of the people who worked the land and consumed its products. Connecting the history of sugar to its producers, consumers, and policy makers, Merleaux shows that the modern American sugar habit took shape in the shadow of a growing empire.

For fans of the New York Times bestseller *I Quit Sugar* or Katie Couric's controversial food industry documentary *Fed Up*, *A Year of No Sugar* is a "delightfully readable account of how [one family] survived a yearlong sugar-free diet and lived to tell the tale...A funny, intelligent, and informative memoir." —Kirkus
It's dinnertime. Do you know where your sugar is coming from? Most likely everywhere. Sure, it's in ice cream and cookies, but what scared Eve O. Schaub was the secret world of sugar—hidden in bacon, crackers, salad dressing, pasta sauce, chicken broth, and baby food. With her eyes opened by the work of obesity expert Dr. Robert Lustig and others, Eve challenged her husband and two school-age daughters to join her on a quest to quit sugar for an entire year. Along the way, Eve uncovered the real costs of our sugar-heavy American diet—including diabetes, obesity, and increased incidences of health problems such as heart disease and cancer. The stories, tips, and recipes she shares throw fresh light on questionable nutritional advice we've been following for years and show that it is possible to eat at restaurants and go grocery shopping—with less and even no added sugar. *Year of No Sugar* is what the conversation about "kicking the sugar addiction" looks like for a real American family—a roller coaster of unexpected discoveries and challenges. "As an outspoken advocate for healthy eating, I found Schaub's book to shine a much-needed spotlight on an aspect of American culture that is making us sick, fat, and unhappy, and it does so with wit and warmth."—Suvir Sara, author of *Indian Home Cooking* "Delicious and compelling, her book is just about the best sugar substitute I've ever encountered."—Pulitzer Prize-winning author Ron Powers

A year in the life of one New England family as they work to preserve an ancient, lucrative, and threatened agricultural art--the sweetest harvest, maple syrup... How has one of America's oldest agricultural crafts evolved from a quaint enterprise with "sugar parties" and the delicacy "sugar on snow" to a modern industry? At a sugarhouse owned by maple syrup entrepreneur Bruce Bascom, 80,000 gallons of sap are processed daily during winter's end. In *The Sugar Season*, Douglas Whynott follows Bascom through one tumultuous season, taking us deep into the sugarbush, where sunlight and sap are intimately related and the sound of the taps gives the woods a rhythm and a ring. Along the way, he reveals the inner workings of the multimillion-dollar maple sugar industry. Make no mistake, it's big business--complete with a Maple Hall of Fame, a black market, a major syrup heist monitored by Homeland Security, a Canadian organization called The Federation, and a Global Strategic Reserve that's comparable to OPEC (fitting, since a barrel of maple syrup is worth more than a barrel of oil). Whynott brings us to sugarhouses, where we learn the myriad subtle flavors of syrup and how

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it's assigned a grade. He examines the unusual biology of the maple tree that makes syrup possible and explores the maples'--and the industry's--chances for survival, highlighting a hot-button issue: how global warming is threatening our food supply. Experts predict that, by the end of this century, maple syrup production in the United States may suffer a drastic decline. As buckets and wooden spouts give way to vacuum pumps and tubing, we see that even the best technology can't overcome warm nights in the middle of a season--and that only determined men like Bascom can continue to make a sweet life out of rugged land.

Some commodities command massive economic, social, and political influence. This title examines the business around sugar, a product with massive influence in the energy and food industries. It explores sugar's historical influence, its use in biofuels, and its place in the modern diet. Features include essential facts, a glossary, selected bibliography, websites, source notes, and an index. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

"I'm the fat Puerto Rican Polish girl who doesn't feel like she belongs in her skin, or anywhere else for that matter. I've always been too much and yet not enough." Sugar Legowski-Gracia wasn't always fat, but fat is what she is now at age seventeen. Not as fat as her mama, who is so big she hasn't gotten out of bed in months. Not as heavy as her brother, Skunk, who has more meanness in him than fat, which is saying something. But she's large enough to be the object of ridicule wherever she is: at the grocery store, walking down the street, at school. Sugar's life is dictated by taking care of Mama in their run-down home cooking, shopping, and, well, eating. A lot of eating, which Sugar hates as much as she loves. When Sugar meets Even (not Evan his nearly illiterate father misspelled his name on the birth certificate), she has the new experience of someone seeing "her" and not her body. As their unlikely friendship builds, Sugar allows herself to think about the future for the first time, a future not weighed down by her body or her mother. Soon Sugar will have to decide whether to become the girl that Even helps her see within herself or to sink into the darkness of the skin-deep role her family and her life have created for her."

Traces the rise and fall of Caribbean sugar dynasties, discussing the Britain's dependence on colony wealth, the role of slavery in sugar plantation culture, and the North American colonial opposition to sugar policy in London.

Maple syrup and maple candy—sunbursts on the tongue, gifts from nature. In this lyrical account, Hauser tells the story of sugaring—why the sap can be harvested only in the Midwest, New York, New England, and southeastern Canada; how to gather it; and how to make syrup and candy and how to enjoy them. She also tells the story of the American Indian traditions and of their practices that are essentially used today in backyard sugar bushes and in the maple syrup industry. Wild Sugar also includes instructions for those who want to tap a tree and make syrup, recipes for those who love the taste of maple, and an account of one

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family's sugaring adventure for those who love lore and history and a good story. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home. This book traces the changing meanings of free trade over the past century through three sugar treaties and their concomitant institutions. The 1902 Brussels Convention is an example of how free trade buttressed the British Empire. The 1937 International Sugar Agreement is a story of how a group of Cubans renegotiated their state's colonial relationship with the US through free trade doctrine and the League of Nations. In addition, the study of the 1977 International Sugar Agreement maps the world of international trade law through a plethora of institutions such as the ITO, UNCTAD, GATT and international commodity agreements - all against the backdrop of competing Third World agendas. Through a legal study of free trade ideas, interests and institutions, this book highlights how the line between the state and market, domestic and international, and public and private is always a matter of contest.

Reveals how empire and global economic crisis redefined republican citizenship and laid the foundations of a racial state in France.

First published by UNC Press in 1972, *Sugar and Slaves* presents a vivid portrait of English life in the Caribbean more than three centuries ago. Using a host of contemporary primary sources, Richard Dunn traces the development of plantation slave society in the region. He examines sugar production techniques, the vicious character of the slave trade, the problems of adapting English ways to the tropics, and the appalling mortality rates for both blacks and whites that made these colonies the richest, but in human terms the least successful, in English America. "A masterly analysis of the Caribbean plantation slave society, its lifestyles, ethnic relations, afflictions, and peculiarities.--*Journal of Modern History* "A remarkable account of the rise of the planter class in the West Indies. . . . Dunn's [work] is rich social history, based on factual data brought to life by his use of contemporary narrative accounts.--*New York Review of Books* "A study of major importance. . . . Dunn not only provides the most solid and precise account ever written of the social development of the British West Indies down to 1713, he also challenges some traditional historical cliches.--*American Historical Review*

This is the history both of a multinational company and of the world sugar economy. It describes the emergence, in the 19th century, of the two family companies of Henry Tate and Abram Lyle. By 1914 they were the largest and most prosperous sugar-refining business in the British Empire. In 1921 they amalgamated and became after World War II pre-eminent in the world sugar economy. The book's final chapter covers the company's most recent acquisitions and demonstrates the management strategy of

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Tate & Lyle in its relations with the developed and developing worlds.

A fascinating persuasive history of how sugar has shaped the world, from European colonies to our modern diets In this eye-opening study, Sidney Mintz shows how Europeans and Americans transformed sugar from a rare foreign luxury to a commonplace necessity of modern life, and how it changed the history of capitalism and industry. He discusses the production and consumption of sugar, and reveals how closely interwoven are sugar's origins as a "slave" crop grown in Europe's tropical colonies with its use first as an extravagant luxury for the aristocracy, then as a staple of the diet of the new industrial proletariat. Finally, he considers how sugar has altered work patterns, eating habits, and our diet in modern times. "Like sugar, Mintz is persuasive, and his detailed history is a real treat." -San Francisco Chronicle

"Comparative law is increasingly used as a tool in the making of law at national, regional and international levels. Private international law is now often affected by international conventions, and the issues faced by classical conflicts rules are frequently dealt with by substantive harmonisation of law under international auspices"--

Engaging conventional arguments that the persistence of plantations is the cause of economic underdevelopment in the Caribbean, this book focuses on the discontinuities in the development of plantation economies in Cuba, Puerto Rico, and the Dominican Republic in the early twentieth century. Cesar Ayala analyzes and compares the explosive growth of sugar production in the three nations following the War of 1898--when the U.S. acquired Cuba and Puerto Rico--to show how closely the development of the Spanish Caribbean's modern economic and social class systems is linked to the history of the U.S. sugar industry during its greatest period of expansion and consolidation. Ayala examines patterns of investment and principal groups of investors, interactions between U.S. capitalists and native planters, contrasts between new and old regions of sugar monoculture, the historical formation of the working class on sugar plantations, and patterns of labor migration. In contrast to most studies of the Spanish Caribbean, which focus on only one country, his account places the history of U.S. colonialism in the region, and the history of plantation agriculture across the region, in comparative perspective.

The modern successor to *Sweetness and Power*, James Walvin's *Sugar* is a rich and engaging work on a topic that continues to change our world. How did a simple commodity, once the prized monopoly of kings and princes, become an essential ingredient in the lives of millions, before mutating yet again into the cause of a global health epidemic? Prior to 1600, sugar was a costly luxury, the domain of the rich. But with the rise of the sugar colonies in the New World over the following century, sugar became cheap, ubiquitous and an everyday necessity. Less than fifty years ago, few people suggested that sugar posed a global health problem. And yet today, sugar is regularly denounced as a dangerous addiction, on a par with tobacco. While sugar consumption remains higher than ever—in some countries as high as 100lbs per head per year—some advertisements even proudly proclaim that their product contains no sugar. How did sugar grow from prize to pariah? Acclaimed historian James Walvin looks at the history of our collective sweet tooth, beginning with the sugar grown by enslaved people who had been uprooted and shipped vast distances to undertake the grueling labor on plantations. The combination of sugar and slavery would transform the tastes of the Western world. Masterfully insightful and probing, James Walvin reveals the relationship between society and sweetness over the past two centuries—and how it explains our conflicted relationship with sugar today.

This book examines the interwoven issues of sugar Java and the Dutch from a broadly post-colonial standpoint. Sugar's history forms one of the crucial meta-narratives of Western colonialism. The history of the commodity is integral to that long association between cane sugar and

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the overseas expansion of the Western powers that had its origins in the Atlantic islands in the fifteenth century. From there, it spread to the New World and, by the nineteenth century, into parts of Asia and the Pacific. The subsequent threat to cane sugar's pre-eminence as a sweetener, posed from the mid-nineteenth century onward by sugar made from beet, only served to further consolidate that connection. The colonial-metropolitan tie -- with its promise of protective tariffs and a secure home market -- became more than ever central to the industry's sustained development. In associated mode, colonial states renewed their efforts to subordinate land and labour to sugar's particular requirements. Only in the second half of the twentieth century was the nexus formally broken, leaving cane sugar as an often-potent legacy of colonialism for the post-colonial order. The commercial production of cane sugar in Java dated from the first half of the seventeenth century. It took place there until the early nineteenth century under the patronage of the Dutch East India Company and its successors. The actual business of manufacture, largely carried on by Chinese settlers, was working in rather varied relationships with Javanese workers and 'peasant' farmers. During the mid-nineteenth century decades, however, the industry was transformed. It became the first of its kind in Asia successfully to adopt the panoply of steam, steel and chemistry which formed the technological basis of industrialised sugar man

Explore the fascinating history of maple sugaring in this informative guide to all things syrup. From the tap on the tree to the pancakes on your plate, Tim Held explains every nuanced step of the sugaring process. Learn to identify different kinds of maple trees and get inspired to tap the sugar maples in your backyard. Held also includes tempting recipes that use syrup in old-fashioned treats like maple nut bread, maple eggnog, and pecan pie.

This book examines the modernization of the Cuban sugar industry from the end of the Cuban War of Independence throughout the ensuing boom in the sugar industry. An underlying theme of the book is the close connection between the technical and organizational changes in the Cuban sugar industry and the technological changes behind the managerial revolution in industrial countries. The technical changes in the sugar industry, marked by the diffusion of mass production technologies and the adoption in Cuba of modern central factories, were characteristic of most progressive industries of that time. In general, the application of mass production technologies heralded the transition from proprietorships to modern hierarchical and corporate forms of business organization. This book links the development in the Cuban sugar industry to the global movement in business organization and technology that has been referred to as the rise of managerial capitalism. The first three decades of the twentieth century have been recognized as critical in Cuba's history, because the economic foundations -- including the rise of sugar latifundismo -- were laid for the Cuban revolution. Most of the existing literature has focused on the social impact of the profound socio-economic and institutional changes that came with the massive entrance of capital from North America. The line of investigation in this book is unique in that it examines the economic factors that underlay these socio-economic and institutional changes. What have frequently been seen as the effects of political intervention or imperialism the author identifies as economic outcomes caused by mass production technology. This is the first book to apply the tools of the "new economic history" to Cuba, complementing traditional historical methods with rigorous use of economic theory, transaction-cost economics, and quantitative methods to arrive at its conclusions. Winner, 2020 Herbert H. Lehman Prize for Distinguished Scholarship in New York history Honorable Mention, 2019 CASA Literary Prize for Studies on Latinos in the United States, given by La Casa de las Américas The dramatic story of the origins of the Cuban community in nineteenth-century New York. More than one hundred years before the Cuban Revolution of 1959 sparked an exodus that created today's prominent Cuban American presence, Cubans were settling in New York City in what became largest community of Latin Americans in the nineteenth-century Northeast. This book brings this community to vivid life, tracing its formation and how it was shaped by both the sugar

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trade and the long struggle for independence from Spain. New York City's refineries bought vast quantities of raw sugar from Cuba, ultimately creating an important center of commerce for Cuban émigrés as the island tumbled into the tumultuous decades that would close out the century and define Cuban nationhood and identity. New York became the primary destination for Cuban émigrés in search of an education, opportunity, wealth, to start a new life or forget an old one, to evade royal authority, plot a revolution, experience freedom, or to buy and sell goods. While many of their stories ended tragically, others were steeped in heroism and sacrifice, and still others in opportunism and mendacity. Lisandro Pérez beautifully weaves together all these stories, showing the rise of a vibrant and influential community. Historically rich and engrossing, *Sugar, Cigars, and Revolution* immerses the reader in the riveting drama of Cuban New York. Lisandro Pérez analyzes the major forces that shaped the community, but also tells the stories of individuals and families that made up the fabric of a little-known immigrant world that represents the origins of New York City's dynamic Latino presence.

Create your own delicious, gorgeous, and professional-quality candies with *The Sweet Book of Candy Making*. Whether you're a beginner or a seasoned candy maker, you will find mouthwatering recipes and expert tips to inspire you—and satisfy your sweet tooth. Inside, you'll find: —Candy-making essentials: all you need to know about equipment, ingredients, and techniques, including step-by-step lessons on pulling taffy, rolling truffles, filling peanut butter cups, and more —More than 50 recipes for sugar candies, fondant, caramels, toffee, fudge, truffles, chocolates, marshmallows, and fruit and nut candies —Troubleshooting tips for each type of candy —How to perfect the classics you love, from English Toffee to Chocolate Fudge to Peanut Brittle —Try your hand at something new: Pistachio Marzipan Squares, Passion Fruit Marshmallows, Mango-Macadamia Nut Caramels, Lemon Meringue Lollipops, and more —Decorating techniques to show off your tasty results Get started in your kitchen with *The Sweet Book of Candy Making*!

Ten-year-old Sugar lives on the River Road sugar plantation along the banks of the Mississippi. Slavery is over, but laboring in the fields all day doesn't make her feel very free. Thankfully, Sugar has a knack for finding her own fun, especially when she joins forces with forbidden friend Billy, the white plantation owner's son. Sugar has always yearned to learn more about the world, and she sees her chance when Chinese workers are brought in to help harvest the cane. The older River Road folks feel threatened, but Sugar is fascinated. As she befriends young Beau and elder Master Liu, they introduce her to the traditions of their culture, and she, in turn, shares the ways of plantation life. Sugar soon realizes that she must be the one to bridge the cultural gap and bring the community together. Here is a story of unlikely friendships and how they can change our lives forever. From Jewell Parker Rhodes, the author of *Ninth Ward* (a Coretta Scott King Honor Book and a Today show *All's Book Club* for Kids pick), here's another tale of a strong, spirited young girl who rises beyond her circumstances and inspires others to work toward a brighter future.

This is an innovative study of how race and empire transformed French republican citizenship in the early Third Republic. Elizabeth Heath integrates the histories of the wine-producing department of Aude and the sugar-producing colony of Guadeloupe to reveal the ways in which empire was integral to the Third Republic's ability to stabilize a republican regime that began to unravel in an age of economic globalization. She shows how global economic factors shaped negotiations between local citizens and the Third Republic over the responsibilities of the Republic to its citizens leading to the creation of two different and unequal forms of citizenship that became constitutive of the interwar imperial nation-

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state and the French welfare state. Her findings shed important new light on the tensions within republicanism between ideals of liberty and equality and on the construction of race as a meaningful social category at a foundational moment in French history.

In the Kew Book of Sugar Flowers, sugarcraft specialist Cassie Brown teaches you how to craft stunning, authentic-looking flowers and foliage using flower paste (gum paste). Learn how to create beautiful bouquets and stunning sprays, from the early stages of germinating your ideas - taking inspiration from nature and making moulds from real flowers and leaves - to creating floral cake decorations with an exotic or wild flower theme for a special occasion. Through clear and concise step-by-step instructions, Cassie explains every facet of crafting sugar flowers, from gaining an appreciation of the flower itself, to preparing the flower paste and colouring it to wiring the flowers into an attractive and realistic bouquet. There is a veritable garden of delights to choose from, from ornate orchids to delicate daisies. The method for crafting each individual flower is demonstrated in stunning detail beginning with an 'exploded flower' photograph that illustrates each of the individual components and working through the techniques and tricks that Cassie herself applies to create her stunning floral displays. The Kew Book of Sugar Flowers is the perfect book for the established sugarcrafter looking to develop their skills and take their cake-decorating capabilities to the next level. Readers with a particular interest in flowers and plants will also love this book for its painstaking recreation of flora in flower paste (gum paste), and the book is endorsed by the Royal Botanic Gardens, Kew giving extra credibility to the stunning realism of the flowers that Cassie Brown has recreated. Foreword by Eddie Spence M.B.E. Eddie Spence MBE has enjoyed an illustrious career in confectionery and cake design and his superior skills have earned him the opportunity to decorate many cakes for the royal family, including Her Majesty the Queen herself.

Presents a history of the interdependence of sugar, slavery, and colonial settlement in the New World through the story of the author's ancestors, exploring the myriad connections between sugar cultivation and her family's identity, genealogy, and financial stability.

A pioneering doctor and research scientist presents compelling arguments linking the consumption of high fructose corn syrup to rising obesity levels, diabetes, and other health issues, in a reference that shares guidelines for reducing fructose intake and countering its negative effects. Simultaneous.

In the health documentary That Sugar Film, writer and director Damon Gameau enlists the help of Stephen Fry, Hugh Jackman and leading scientists around the world to shine a light on the terrible effects of sugar. In a Supersize Me-style experiment, he changes his diet to include 40 teaspoons of sugar a day for 60 days - the average daily sugar intake in Australia - and monitors the effect on his body. But here is the catch - he cannot eat chocolate, sweets, ice cream or

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cake; the sugar must come from 'healthy' foods. In this illustrated *That Sugar Book*, Damon explains how sugar damages our bodies and our minds, and how easy it is to consume sugar without even knowing it. Revealing the astonishing amounts of sugar hidden in supposedly healthy foods on supermarket shelves - such as low-fat yoghurt, muesli and children's fruit snacks - Damon makes us realise the damage we unknowingly do to ourselves and our families when we make poor food choices, and shows us how to make it right. With an up-close account of Damon's sugar experiment, and sugar-free recipes to help you wean off the white stuff, *That Sugar Book* is a startling wake-up call to those of us who have never questioned what's really in our food.

There is more sugar in the world's diet than ever before, but life is far from sweet for the exploited producers making nature's white gold and the unhealthy consumers eating it. Why has the billion-dollar sugar trade created such inequities? In this insightful analysis, Ben Richardson argues that the most compelling answers to this question can be found in the dynamics of global capitalism. Led by multinational companies, the mass consumption of sweetened snacks has taken hold in the Global South and underpinned a new wave of foreign investment in sugar production. The expansion of large-scale and highly-industrialised farms across Latin America, Asia and Africa has kept the price of sugar down whilst pushing workers out of jobs and rural dwellers off the land. However, challenges to these practices are gathering momentum. Health advocates warning against costly diseases like diabetes, trade unions fighting for better pay, and local residents campaigning for a cleaner environment are all re-shaping the way sugar is consumed and produced. But to truly transform sugar, Richardson contends, these political activities must also address the profit-driven nature of food and farming itself.

Marisel Vera emerges as a major voice of contemporary fiction with a heart-wrenching novel set in Puerto Rico on the eve of the Spanish-American War.

From the best-selling author of *Why We Get Fat*, a groundbreaking, eye-opening exposé that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. Among Americans, diabetes is more prevalent today than ever; obesity is at epidemic proportions; nearly 10% of children are thought to have nonalcoholic fatty liver disease. And sugar is at the root of these, and other, critical society-wide, health-related problems. With his signature command of both science and straight talk, Gary Taubes delves into Americans' history with sugar: its uses as a preservative, as an additive in cigarettes, the contemporary overuse of high-fructose corn syrup. He explains what research has shown about our addiction to sweets. He clarifies the arguments against sugar, corrects misconceptions about the relationship between sugar and weight loss; and provides the perspective necessary to make informed decisions about sugar as individuals and as a society.

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When this award-winning husband-and-wife team discovered that they each had sugar in their family history, they were inspired to trace the globe-spanning story of the sweet substance and to seek out the voices of those who led bitter sugar lives. The trail ran like a bright band from religious ceremonies in India to Europe's Middle Ages, then on to Columbus, who brought the first cane cuttings to the Americas. Sugar was the substance that drove the bloody slave trade and caused the loss of countless lives but it also planted the seeds of revolution that led to freedom in the American colonies, Haiti, and France. With songs, oral histories, maps, and over 80 archival illustrations, here is the story of how one product allows us to see the grand currents of world history in new ways. Time line, source notes, bibliography, index.

The idea that sugar, plantations, slavery, and capitalism were all present at the birth of the Atlantic world has long dominated scholarly thinking. In nine original essays by a multinational group of top scholars, *Tropical Babylons* re-evaluates this so-called "sugar revolution." The most comprehensive comparative study to date of early Atlantic sugar economies, this collection presents a revisionist examination of the origins of society and economy in the Atlantic world. Focusing on areas colonized by Spain and Portugal (before the emergence of the Caribbean sugar colonies of England, France, and Holland), these essays show that despite reliance on common knowledge and technology, there were considerable variations in the way sugar was produced. With studies of Iberia, Madeira and the Canary Islands, Hispaniola, Cuba, Brazil, and Barbados, this volume demonstrates the similarities and differences between the plantation colonies, questions the very idea of a sugar revolution, and shows how the specific conditions in each colony influenced the way sugar was produced and the impact of that crop on the formation of "tropical Babylons--multiracial societies of great oppression. Contributors: Alejandro de la Fuente, University of Pittsburgh Herbert Klein, Columbia University John J. McCusker, Trinity University Russell R. Menard, University of Minnesota William D. Phillips Jr., University of Minnesota Genaro Rodriguez Morel, Seville, Spain Stuart B. Schwartz, Yale University Eddy Stols, Leuven University, Belgium Alberto Vieira, Centro de Estudos Atlanticos, Madeira

Shortlisted for the 2020 Booker Prize, a searing literary debut novel set in India about mothers and daughters, obsession and betrayal "I would be lying if I say my mother's misery has never given me pleasure," says Antara, Tara's now-adult daughter. In her youth, Tara was wild. She abandoned her marriage to join an ashram, and while Tara is busy as a partner to the ashram's spiritual leader, Baba, little Antara is cared for by an older devotee, Kali Mata, an American who came to the ashram after a devastating loss. Tara also embarks on a stint as a beggar (mostly to spite her affluent parents) and spends years chasing a disheveled, homeless artist, all with young Antara in tow. But now Tara is forgetting things, and Antara is an adult—an artist and married—and must search for a way to make peace with a past that haunts her as she confronts the task of caring for a woman who never cared for her. Sharp as a blade and laced with caustic wit,

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Burnt Sugar unpicks the slippery, choking cord of memory and myth that binds mother and daughter. Is Tara's memory loss real? Are Antara's memories fair? In vivid and visceral prose, Tibor Jones South Asia Prize-winning writer Avni Doshi tells a story, at once shocking and empathetic, about love and betrayal between a mother and a daughter. A journey into shifting memories, altering identities, and the subjective nature of truth, Burnt Sugar is a stunning and unforgettable debut.

This book contains a collection of 25 fabulous blooms in a range of styles and complexity. Each is shown beautifully photographed, then step by step instructions and pictures explain clearly the making of the individual components and their assembly. Colo

From King Cane to the Last Sugar Mill focuses on the technological and scientific advances that allowed Hawai'i's sugar industry to become a world leader and Hawaiian Commercial & Sugar Company (HC&S) to survive into the twenty-first century. The authors, both agricultural scientists, offer a detailed history of the industry and its contributions, balanced with discussion of the enormous societal and environmental changes due to its aggressive search for labor, land, and water. Sugarcane cultivation in Hawai'i began with the arrival of Polynesian settlers, expanded into a commercial crop in the mid-1800s, and became a significant economic and political force by the end of the nineteenth century. Hawai'i's sugar industry entered the twentieth century heralding major improvements in sugarcane varieties, irrigation systems, fertilizer use, biological pest control, and the use of steam power for field and factory operations. By the 1920s, the industry was among the most technologically advanced in the world. Its expansion, however, was not without challenges. Hawai'i's annexation by the United States in 1898 invalidated the Kingdom's contract labor laws, reduced the plantations' hold on labor, and resulted in successful strikes by Japanese and Filipino workers. The industry survived the low sugar prices of the Great Depression and labor shortages of World War II by mechanizing to increase productivity. The 1950s and 1960s saw science-driven gains in output and profitability, but the following decades brought unprecedented economic pressures that reduced the number of plantations from twenty-seven in 1970 to only four in 2000. By 2011 only one plantation remained. Hawai'i's last surviving sugar mill, HC&S--with its large size, excellent water resources, and efficient irrigation and automated systems--remained generally profitable into the 2000s. Severe drought conditions, however, caused substantial operating losses in 2008 and 2009. Though profits rebounded, local interest groups have mounted legal challenges to HC&S's historic water rights and the public health effects of preharvest burning. While the company has experimented with alternative harvesting methods to lessen environmental impacts, HC&S has yet to find those to be economically viable. As a result, the future of the last sugar company in Hawai'i remains uncertain.

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