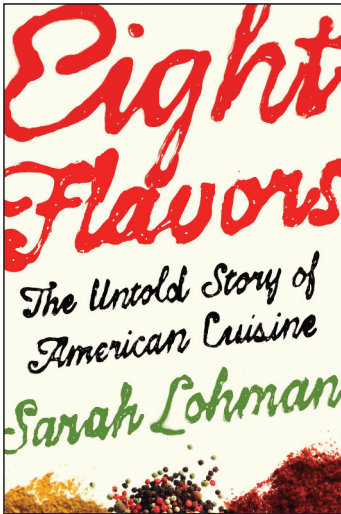


*September 2017***Reading Guide:*****Eight Flavors: The Untold Story of American Cuisine*  
by Sarah Lohman (2016)**

1. Sarah Lohman mentions omitting certain prominent American flavors from the book, such as chocolate and coffee, because of the wealth of existing coverage and research on them. Why else do you think she specifically chose to feature her eight chosen flavors? What quintessential flavors in American food are not featured in this book?
2. Lohman profiles the individual histories of each of her eight chosen flavors. Which flavor's story did you find to be the most engaging or interesting? Why?
3. Which of the eight flavors did you feel you learned the most about? Which did you have the most prior knowledge of?
4. What was the most surprising thing you learned from this book?
5. Lohman argues that American cuisine is "the most complex and diverse cuisine on the planet." Do you agree with this statement and why?
6. Think about how you personally define the term "American cuisine," and how Lohman defines it. When does an ingredient imported from another part of the world become "American" and part of "American cuisine"?
7. How has this book changed the way you think about American cuisine; how it is defined, where it comes from, etc.?
8. Has reading this book influenced or affected your tastes in food? For example, do you find yourself wanting to further explore a specific cuisine or more likely to eat or make a certain food than you were before?
9. In the final chapter of the book, Lohman speculates where the flavor trends of American cuisine might lead us in the future. What do you make of her predictions? Have you noticed other flavors or ingredients rising in popularity that might become the stars of American cuisine next year? What about five, ten, or even twenty years in the future? Do you expect that the flavors depicted in this book will remain enduringly popular?

**Author Biography**

Sarah Lohman is originally from Hinckley, Ohio (near Cleveland), where she began working in a museum at the age of 16, cooking historic food over a wood-burning stove. She graduated with a BFA from the Cleveland Institute of Art in 2005 and for her undergraduate thesis, she opened a temporary restaurant/installation that reinterpreted food of the Colonial era for a modern audience. Currently, she works with institutions around the country to create public programs focused on food. Lohman is the curator of food programming at the Lower East Side Tenement Museum. She chronicles her explorations in culinary history on her blog, [FourPoundsFlour.com](http://FourPoundsFlour.com), and her work has been featured in the *New York Times*, the *Wall Street Journal*, *The Washington Post*, the *NY Post*, *The Atlantic*, and NPR.

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## Other Related Texts

If you liked *Eight Flavors*, you may enjoy these other books (*descriptions courtesy of Amazon.com*):

- *Eating History: Thirty Turning Points in the Making of American Cuisine*  
by Andrew Smith (2011)  
Food expert and celebrated food historian Andrew F. Smith recounts—in delicious detail—the creation of contemporary American cuisine. The diet of the modern American wasn't always as corporate, conglomerated, and corn-rich as it is today, and the style of American cooking, along with the ingredients that compose it, has never been fixed. With a cast of characters including bold inventors, savvy restaurateurs, ruthless advertisers, mad scientists, adventurous entrepreneurs, celebrity chefs, and relentless health nuts, Smith pins down the truly crackerjack history behind the way America eats.
- *Food City: Four Centuries of Food-Making in New York*  
by Joy Santlofer (2016)  
Food historian Joy Santlofer re-creates the texture of everyday life in a growing metropolis—the sound of stampeding cattle, the smell of burning bone for char, and the taste of novelties such as chocolate-covered matzoh and Chiclets. With an eye-opening focus on bread, sugar, drink, and meat, *Food City* recovers the fruitful tradition behind today's local brewers and confectioners, recounting how food shaped a city and a nation.
- *The Jemima Code: Two Centuries of African American Cookbooks*  
by Toni Tipton-Martin (2015)  
Women of African descent have contributed to America's food culture for centuries, but their rich and varied involvement is still overshadowed by the demeaning stereotype of an illiterate "Aunt Jemima" who cooked mostly by natural instinct. To discover the true role of black women in the creation of American, and especially southern, cuisine, Toni Tipton-Martin has spent years amassing one of the world's largest private collections of cookbooks published by African American authors, looking for evidence of their impact on American food, families, and communities.

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