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Autore	Poggi, Tito
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2. Record Nr.	UNINA9910466245603321
Autore	Ruhlman Michael <1963->
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Nota di bibliografia

Includes bibliographical references and index.

Nota di contenuto

Introduction: The invisible behemoth on Main Street -- My father's grocery store Jones -- How the A & P changed the western world -- Growing up -- The visionary Cleveland grocer and the one-stop shop -- "Nea, I think I want to move to Cleveland--I think I want to work for these grocers" -- How to save a locomotive that has jumped the rails -- She bought the fat-free half-and-half -- Breakfast: The most dangerous meal of the day -- No food is healthy -- Shopping with my doctor -- The nefarious practices of the modern-day grocer -- Interlude: Checkout -- A few of the twenty thousand new products for your consideration -- Better living through organic turmeric, ashwagandha extract, and hemp seed milk -- A walk in the medicine cabinet -- The farmer who can't find his animals -- Thirty-two thousand pounds of carrots, every week -- "Nobody knows how to cook--it's mind-boggling" -- The cooking animal -- Frozen -- America's culinary heritage -- The Cleveland Trust -- Cathedral.

Sommario/riassunto

Michael Ruhlman offers commentary on America's relationship with its food and investigates the overlooked source of so much of it -- the grocery store. In a culture obsessed with food -- how it looks, what it tastes like, where it comes from, what is good for us -- there are often more questions than answers. Ruhlman proposes that the best practices for consuming wisely could be hiding in plain sight -- in the aisles of your local supermarket. Using the human story of the family-run Midwestern chain Heinen's as an anchor to this journalistic narrative, he dives into the mysterious world of supermarkets and the ways in which we produce, consume, and distribute food. *Grocery* examines how rapidly supermarkets -- and our food and culture -- have changed since the days of your friendly neighborhood grocer. But rather than waxing nostalgic for the age of mom-and-pop shops, Ruhlman seeks to understand how our food needs have shifted since the mid-twentieth century, and how these needs mirror our cultural ones.