

## The Great Exchange Dinner Menu

Spaghetti with tomato sauce and meatballs  
Garlic bread  
Green Leaf Salad  
Tea and Lemonade  
Ice Cream Sundaes

### Snack

Lemonade  
Popcorn

The Great Exchange is the continuing trade of European explorers. Explorers from all countries brought home new and different foods, animals, diseases, and cultures. In turn the Europeans transplanted crops, animals, and diseases to the newly explored areas.

Spaghetti- The ancient Etruscans were the first to record eating a pasta like lasagna. The Romans recorded eating lasagna in the 1<sup>st</sup> century A.D. In 1292, Marco Polo brought pasta home to Italy from China. But, the Italians did not make pasta a regular part of their daily diet until they were able to grow durum wheat on a large scale. This is the only type of wheat that makes good pasta and in the 16<sup>th</sup> century poor Italian peasants began growing the crop. By the 18<sup>th</sup> century there were pasta factories all over Italy and they began to export “macaroni” to other European cities. In 1770, the English loved macaroni so much that they called anything good by that name. Thomas Jefferson was introduced to macaroni in France and served it in the White House while he was president. Spaghetti is one out of 300 shapes of pasta.

Tomato- The tomato was first introduced from the Andes region of South America and Mexico to Spain by early explorers. Many scientists, of the time, felt the tomato was poisonous and historians believe they ate the leaves instead of the fruit. The Spanish were the first to adopt the tomato eating it roasted. It was discovered to grow well in temperate climates and was introduced to Italy. The original tomato plant was small and the tomatoes were like modern day cherry tomatoes. The Italian cultivated it into what we eat today. They also developed recipes to prepare tomatoes and very few people today can imagine Italian food without the tomato.

Tea-Tea leaves were discovered in China over 5,000 years ago. The Chinese began cultivating and drinking tea as a part of their culture. The Japanese developed a special tea ceremony around the drink, as it became an important part of Zen Buddhism. In 1560, a Portuguese priest named Jasper de Cruz tasted tea for the first time while in China. The Portuguese began importing tea from China, followed by the Dutch. Tea was expensive in Holland at more than \$100 per pound. Tea became popular in European coffee houses where tea, coffee, and chocolate was served. It first arrived in America with Dutch immigrants in 1650. Because the American colonies liked tea so well, the British added a tax on all imported tea from England. Since the colonist could only buy tea from English merchants this added to their anger about taxes. The result was the Boston Tea Party. After the Revolution tea continued to be imported from China, but on American ships like the clipper ship. These fast ships could get to China and back quickly reducing the price of tea. In 1904, Ice tea was invented during the St. Louis World’s Fair. Richard Blechynden, a tea plantation owner, wanted to give away samples of his tea, but the weather was too hot for a warm drink, so he added ice.

Coffee- Coffee was first discovered by the Galla tribe in Ethiopia around 1000 A.D. They found some of their goats eating a red berry and then have an energy boost. They ground the red berry and added animal fat for a paste. Arab traders took the berry to what is now Saudi Arabia. They boiled the beans and made a

drink called “qahwa.” The coffee is very rich and cardamom seeds are added for flavor. In 1600, coffee was introduced to Italy, they thought it was threat at first, but then accepted the drink. It is believed that coffee was introduced to America by the first colonist at Jamestown. In Europe it was added to the menu in coffeehouses. By 1668, more coffee was being drunk in New York than tea; and then in 1675 Franz Georg Kolschitzky of Vienna develops filtering and brewing of coffee. The Dutch plant coffee in Ceylon and Java in 1690 opening an international coffee market. Brazil received its first coffee plant in 1727 when one is smuggled over from French Guiana. In 1901, instant coffee was invented by American chemist Satori Kato. Coffee sales increase in the U.S. during prohibition in the 1920s.

Sugar- Sugarcane is a reed and the liquid from the plant makes sugar. It is believed the original sugarcane plant came from the Bay of Bengal and then spread to Indonesia and China. Sugar has been produced as far back as 500 BC. Eventually, sugar made its way to the Mediterranean countries when the Moors introduced it to possible Spain between the 8<sup>th</sup> and 17<sup>th</sup> centuries. The first sugar imported from the east was so expensive that it was left to families in wills. Charles V of France, in 1380, was the first person recorded to eat cinnamon and sugar together. He sprinkled it over toasted cheese. In 1498 Vasco da Gama brought sugar back from India to Lisbon, Portugal. Portugal began to import sugar as well as grown it on the Madeira and Caper Verde Islands. Christopher Columbus introduced sugarcane on his second voyage in 1494 and the Spanish began to grow the plant on Hispaniola and Cuba. The Portuguese then began growing sugar in Brazil. Growing sugarcane is difficult work requiring a lot of labor. The native populations were unable to keep up with the labor demands so the Europeans imported slaves from Africa to the sugar plantations in the Americas and slavery begun. Sugar became one of the main ingredients in the triangle trade between the West Indies, North America, and Africa. Sugar was introduced to the Mississippi River basin, but does not grow as well there as in the tropical regions. Today some sugarcane is still grown in Georgia, Mississippi, and Louisiana for syrup.

Lemon- The Lemon is believed to be a native of the Indus Valley (in modern day Pakistan and India) and cultivated starting in 2500 B.C. Lemons were exported to Greece and Rome where the fragile trees were difficult to grow. The Moors took them to Spain where they were grown on plantations. Since the lemon requires a special climate and cultivation, it was very expensive and only found in the European courts where the monarchy used them as medicine. By 1494, lemons were being grown in the Azores and sold to the English market. The English attempted to grow lemons in the colonies of Georgia and South Carolina, but the state that grows 80% of the U.S. lemons today is California.

Chocolate- In 1502, Christopher Columbus sent back the first cacao beans from what is now Nicaragua. But, there was little reaction. In 1519, Hernando Cortez tasted chocolate prepared by the Aztecs. He then sent back the cacao beans and the information to prepare the chocolate, this time the Spanish liked it and sent it to a monastery. The monks then made a drink of chocolate, and sugar that was drunk for health reasons. Chocolate was considered a health food, and the Spanish controlled the importation of the cacao beans and made a huge profit on the food until the Portuguese found it growing in Brazil. Chocolate was made into bars that were bitter and then melted down for a drink. In 1700, the English added milk to the chocolate drink and in 1765, James Baker opened the first American chocolate factory in Dorchester, Massachusetts. The Swiss gave us milk chocolate in 1876. The Aztecs were the first to add vanilla to their chocolate.

Vanilla- Like chocolate, vanilla is a native of southeastern Mexico and is the seedpod of an orchid. The Aztecs used it in their chocolate and the Spanish took the beans back to Spain and introduced them to Europe. Vanilla is very difficult to produce since each pod has to hand picked, and fermented to get the vanilla flavor. Vanilla was so expensive only the monarchs of Europe used it, and they took it as medicine. Not until 1756 was there enough vanilla grown and the price reduced to be recorded in a recipe. Thomas Jefferson tasted vanilla while in France. When he returned to the United States he import it from France. Today vanilla is grown in Tahiti, Madagascar, and Mexico. There is not enough vanilla grown in the world to even supply the American need for it, so synthetic vanilla has been invented. The United States imports 100,000 pounds of vanilla from Mexico alone.

Bananas- The banana is the major food for many peoples in the Indian and Pacific Ocean region. They eat the banana and use the leaves to cook and thatch houses. One of Magellan's crew Antonio Pigafetta commented in his journal about the bananas he saw while in the Pacific, he thought it was a large fig. Like the lemon, bananas were cultivated in the Indus Valley 2500 B.C. Alexander the Great reported seeing bananas in India and the ancient Greeks and Romans ate them. The French Emperor Napoleon first ate bananas when his wife Josephine imported a few from Martinique and they arrived in eatable condition. In 1516, Friar De Berlanga planted the first bananas in America on the island of Hispaniola. Since the bananas rotted quickly after it ripens Europe and America did not have bananas on a regular basis. After World War I, banana growers organized and refrigeration allowed bananas to be shipped.

Coconut- The coconut is native to the Pacific Rim where it is still a major source of food and nutrition. The Egyptians were the first to record eating coconut in the 6<sup>th</sup> century A.D. Marco Polo encountered the nut in India, but it has little impact in Europe. The coconut arrived in France around the 16<sup>th</sup> century and England in 1701 with the exploration of Australia and New Zealand. A coconut can float in the ocean and when it lands on shore it will sprout a tree. Coconuts have been discovered making their way across the Pacific Ocean to South America, where the Inca ate them.

Pineapple- In 1493, the pineapple was first discovered by Columbus' men in Guadeloupe. There is evidence that Native Americans have been cultivating pineapple since 1 A.D. and that there are drawings of pineapple on Peruvian pottery. The Europeans immediately loved the pineapple and future explorers like Magellan and de Soto commented on tasting the sweet fruit. The Portuguese were the first to cultivate the pineapple outside of the Americas and took it to India by 1556 and then onto Java in 1599. In 1751, George Washington first tasted the pineapple while in Barbados. Imported pineapples from the West Indies were very expensive and highly prized during colonial times. Since pineapples spoil quickly after they ripen, the pineapple was not regularly used until the discovery of refrigeration. Today, most of the United States pineapples come from Hawaii where they were first planted in 1880.

Popcorn- Archaeologists believe that popcorn was first cultivated 80,000 years ago in the area of Mexico City. The Incas of Peru used popcorn in their burial ceremonies 5,600 years ago. The Native Americans not only ate popcorn, but they wore it on their ceremonial clothing and headdress. Columbus and Cortez both comment on the use of popcorn. It is believed that popcorn was at the first Thanksgiving and they would pop it by oiling an ear on a stick over the fire and chewing the popped kernels off the cob. Popcorn became a popular snack in the 1800s and during World War II many people ate popcorn since the ingredients for other snacks were rationed. Today the majority of popcorn is grown in Nebraska and Indiana. The average American eats 70 quarts of popcorn a year.