



LIVRET DE CITATIONS INSPIRANTES

10^{ÈME} CONVENTION INTERNATIONALE D'HISTOIRE
ET DES CULTURES DE L'ALIMENTATION

BOOKLET OF INSPIRING QUOTES

10th INTERNATIONAL CONFERENCE ON FOOD AND DRINK STUDIES





COORDINATION:

Carmen Soares

DESIGN & EDITION:

Eulália Marques

CONTRIBUTEURS | Contributors:

Yasmin Einav Aharoni	Bruno Laurieux
Virginie Amilien	Stefano Magagnoli
Romuald Arnould	Raúl Matta
Konstantina Balafouti	Gaia Messori
Hans Beelen	Pierre Montalbano
Catherine Chadeaud	Fabian Müllers
Jean Charbonnier	Wanessa Asfora Nadler
Federico Chiaricati	Nathalie Peyrebonne
Alessandra Coccopalmeri	Maria Cecília Amorim Pilla
Mathilde Cohen	Veronique Pitchon
Inês de Ornellas e Castro	Corinne Pouyade
Lucie Drouin	Claudete Oliveira
Jaroslaw Dumanowski	Florent Quellier
Ismail Erturk	Nicolas Raduget
Felice Farina	Rachel Rich
Jan Ferwerda	Alexandra Ribeiro
Camille Marie Fillioux	Françoise Sabban
Alban Gautier	Marie Hélène Sauner
Kostis Gkotsinas	Josefina Salvado
Renée Girard	Philine Schiller
Frits Heinrich	Peter Scholliers
Atle Wehn Hegnes	Iklil Selçuk
Annette Hansen	Anthony Shu
Jae Yeong Han	Carmen Soares
Jenny L. Herman	María José García Soler
Virginie Hulet	Ashli Stokes
Olivier Jacquet	Max Thomé
Justyna Jakubiec	Braida Thom
Beat Kümin	Candan Turkkan
Frédéric Landy	Penelope Volinia
Erin Larkin	Gong Zhang



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생일 축하

πησ ηδλνη οί Γ Gelukkige verjaardag

Alles Gute zum Geburtstag

Buon compleanno

Happy birthday Feliz cumpleaños

Joyeux anniversaire

生日快乐 Feliz aniversário

Ευτυχισμένα γενέθλια

பிறந்தநாள் வாழ்த்துக்கள்

Wszystkiego najlepszego

FOREWORD

Commemorating a birthday, across cultures, often involves the offering of gifts.

It is common for both hosts and guests to put in effort to ensure the celebration is unforgettable, its memory lasting well beyond the party itself.

The written word is, rather enchantingly, able to grant longevity to our lived experiences. This is the reason we issued a challenge to the participants of the 10th International Conference on Food and Drink Studies: to contribute to a collective gift by choosing a quote that speaks to the value of food cultures *lato sensu* or aligns with the theme of their paper.

This booklet is the result of the generosity of over fifty researchers. The broad range of languages and nationalities represented by both the authors of these quotes and those who selected them stands as a testament to the respect for cultural diversity that the IEHCA promotes and fosters

Verses and literary prose; excerpts from the works of philosophers, food researchers, gastronomists, politicians, scientists, and religious scholars; codes of conduct; proverbs; maxims; comic book strips; and everyday sayings – all come together to weave our multilingual reality in French, English, Portuguese, Greek, Italian, Polish, Spanish, German, Dutch, Mandarin, Korean, Tamil, Hebrew, and Patois Poitevin.

A food and delicacy of the human condition, the spoken, written, or sung word was the gift we all chose to make the 10th anniversary of the IEHCA's International Conference a *monumentum aere perennius* (Horace, *Odes* 3.30), “a monument more lasting than bronze!”

~ CARMEN SOARES

Présidente du Conseil Scientifique du IEHCA
Chair of the Research Committee of the IEHCA

N.B.: The translations are only credited when the translator is not the same person who selected the quote.



Inspiring quotes from

LITERATURE

~ GONG ZHANG

采菽采菽、筐之筥之。

Anonymous poem from the *Book of Odes*

They gather the beans, they gather the beans,
In their baskets, square and round.

(Trans. by James Legge)

~ CATHERINE CHADEFAUD

"Salut à toi Hâpy issu de la terre
Venu pour faire vivre l'Égypte (...)
Toi qui a fait l'orge et produit le blé,
Approvisionnant les temples (...)
Toi qui arrose les champs ; irrigue la
campagne
Onguent pour le pays complet (...)."

Hymne à Hâpy (entre 1800 et 1300 avant J.-C.)

~ MARÍA JOSÉ GARCÍA SOLER

ἄγε δὴ φέρ' ἡμῖν ὦ παῖ
κελέβην, ὅπως ἄμυστιν
προπίω...

Anacréon, (fr. 356 (a), 1-3 PMG)

Allez, apporte-nous, garçon,
un cruchon, afin qu'en buvant d'un trait
je porte des santés...

(Trad. Gérard Lambin, *Anacréon. Fragments et imitations*, Rennes 2002, p. 101, avec de petites modifications)

~ CORINNE POUYADE

"Ἡ τί ποτε τὸν σπουδαῖον ἀκολουθεῖν
ἐρεῖς ἐν τῷ Λυκείῳ μετὰ σοφιστῶν, νῆ Δία
λεπτῶν, ἀσίτων, συκίνων

Athénée de Naucratis, *Les Deipsophistes*, Livre III
(citation de Cléophane)

Quel avantage y a-t-il pour un homme sensé de
suivre dans un Lycée les débats des Sophistes,
de ces gens décharnés, sans pain, et si vils.

(Traduction Jean-Baptiste Lefebvre de Villebrune
- site Remacle.org)

~ VERONIQUE PITCHON

"Aussi odorante que le meilleur bois
d'aloès de Mandal
Elle délivre son parfum et ton esprit en
meurt d'envie
Aussi délicieuse que la salive du baiser
des amants,
Versée dans la bouteille, même le plus
compétent croirait que c'est du bois
de santal"

Ibn al-Mu'tazz, Samarra, 861 - Bagdad 908
(poème sur la bière)

~ IKLIL SELÇUK

"Pure food is like a seed, its fruit's pure
thought,
And it's a sea, while thought's the jewel
sought;
With longing, lawful food will
overwhelm
Your heart, so it can reach the highest
realm."

Rumi, (13th century), *The Masnavi*, "The Escape of the
Merchant's Parrot", verses 1657-58 (Jawid Mojaddedi (ed.),
Vol. 1 (Oxford, 2004) p. 103).

~ BEAT KÜMIN

" Men come [to the tavern] to quarrel,
and come hither to be made friends."

John Earle (1628), *Micro-Cosmographie*

Les hommes viennent [à la taverne] pour se
quereller, et viennent ici pour se faire des amis.

~ FEDERICO CHIARICATI

"Il trucco dell'umana esistenza non
riesiede solamente nel vivere, ma anche
nel sapere per che cosa si sta vivendo."

Fedor Dostoevskij

The essence of human existence lies not merely
in the act of living, but in the understanding of
what one lives for.

~ CAMILLE MARIE FILLIOUX

"Il n'y a que les imbéciles qui ne soient pas gourmands. On est gourmand comme on est artiste, comme on est instruit, comme on est poète."

Guy de Maupassant (1887), *Le rosier de Madame Husson*

~ ALESSANDRA COCCOPALMERI

"I can't stand people who do not take food seriously."

Oscar Wilde

~ STEFANO MAGAGNOLI

"Cammina, cammina, cammina, alla fine sul far della sera arrivarono stanchi morti all'osteria del Gambero Rosso. — Fermiamoci un po' qui, — disse la Volpe, — tanto per mangiare un boccone e per riposarci qualche ora. A mezzanotte poi ripartiremo per essere domani, all'alba, nel Campo dei miracoli. — Entrati nell'osteria, si posero tutt'e tre a tavola: ma nessuno di loro aveva appetito. Il povero Gatto, sentendosi gravemente indisposto di stomaco, non poté mangiare altro che trentacinque triglie con salsa di pomodoro e quattro porzioni di trippa alla parmigiana: e perché la trippa non gli pareva condita abbastanza, si rifece tre volte a chiedere il burro e il formaggio grattato! La Volpe avrebbe spelluzzicato volentieri qualche cosa anche lei: ma siccome il medico le aveva ordinato una grandissima dieta, così dovè contentarsi di una semplice lepre dolce e forte, con un leggerissimo contorno di pollastre ingrassate e di galletti di primo canto. Dopo la lepre si fece portare per tornagusto un cibreo di

pernici, di starni, di conigli, di ranocchi, di lucertole e d'uva paradisa; e poi non volle altro."

Carlo Collodi (1902), *Le avventure di Pinocchio. Storia di un burattino*, Capitolo XIII, L'osteria del «Gambero Rosso».

Walk, walk, walk—finally, as evening was falling, they arrived utterly exhausted at the Red Prawn Inn (Osteria del Gambero Rosso). «Let's stop here for a while», said the Fox, «just to grab a bite to eat and rest for a few hours. Then at midnight, we'll set off again so we can be at the Field of Miracles by dawn». Once inside the inn, all three of them sat down at the table—but none of them had much of an appetite. The poor Cat, feeling terribly unwell in his stomach, could only manage thirty-five red mullets with tomato sauce and four servings of tripe Parmesan-style. And since the tripe didn't seem seasoned enough, he asked for butter and grated cheese three more times! The Fox would have gladly nibbled on something too, but since the doctor had prescribed her a very strict diet, she had to make do with just a simple sweet-and-savory hare, with a very light side of fattened hens and young roosters just starting to crow. After the hare, she ordered as appetiser a cibreo of partridges, pheasants, rabbits, frogs, lizards, and "paradise grapes"—and then she wanted nothing more.

~ RAÚL MATTÀ

"God made food, the devil the cooks"

James Joyce (1922), *Ulysses*

Dieu créa l'aliment; le diable les cuisiniers.

~ FLORENT QUELLIER

"Le vrai gourmet est celui qui se délecte d'une tartine de beurre comme d'un homard grillé, si le beurre est fin et le pain bien pétri."

Marie-Claire Colette, 27 janvier 1939, p. 35.

The true gourmet is the one who enjoys a buttered slice of bread as a grilled lobster, if the butter is fine and the bread well kneaded.

~ CLAUDETE MOREIRA

“Cada receita é vida escrita,
Um gesto simples, uma história dita,
Em cada prato, o saber ancestral,
Que faz da comida um ato ritual.”

Miguel Torga (1944), *Novos Poemas*

Each recipe is life inscribed,
A simple gesture, a tale described.
In each dish, ancestral know-how,
That makes food a ritual vow.

(Trans. Pedro León)

~ MARIA CECÍLIA AMORIM PILLA

"Não comerei da alface a verde pétala
Nem da cenoura as hóstias desbotadas
Deixarei as pastagens às manadas
E a quem mais aprouver fazer dieta.

Cajus hei de chupar, mangas-espadas
Talvez pouco elegantes para um poeta
Mas peras e maçãs, deixo-as ao esteta
Que acredita no cromo das saladas.

Não nasci ruminante como os bois
Nem como os coelhos, roedor; nasci
Omnívoro: deem-me feijão com arroz

E um bife, e um queijo forte, e parati
E eu morrerei, feliz, do coração
De ter vivido sem comer em vão."

Vinicius de Moraes (1947), soneto "Não comerei da alface a verde pétala"

I will not eat the green petal of lettuce
Nor the faded wafers of carrot.
I will leave the pastures to the herds
And to those who prefer to go on diets.

Cashew fruits I shall suck, mangoes too
Perhaps not very elegant for a poet,
But pears and apples, I leave to the aesthete
Who believes in the glamour of salads.

I was not born to ruminate like oxen
Nor to gnaw like rabbits; I was born
Omnivore: give me rice and beans

And a steak, and strong cheese, and cachaça—
And I shall die, happy, of the heart
For having lived without eating in vain.

(Trans. Valfredo Pilla)

~ INÊS DE ORNELLAS E CASTRO

“«Amigo», é uma grande tarefa,
Um trabalho sem fim,
Um espaço útil, um tempo fértil,
«Amigo» vai ser, já é uma grande festa”.

Alexandre O'Neill (1958), poema "Amigo", vv. 16-19, in
No reino da Dinamarca

«Friend» this is a big task,
A never ending work,
A usefull space, a fertile time,
«Friend» it will be, it is a great party.

~ NATHALIE PEYREBONNE

“Cómo comemos, Dios mío ! En la
alegría, en el dolor, en el asombro, en
el desaliento. Nuestra sensibilidad es
primordialmente digestive”.

Mario Benedetti (1960), *La tregua*

Comme nous mangeons, mon Dieu ! Dans la
joie, dans la douleur, dans l'émerveillement,
dans le découragement. Notre sensibilité est
primordialement digestive.

~ FABIAN MÜLLERS

“Quand l'appétit va, tout va
Quand l'appétit va, tout va
Vive les quenottes, qui croquent et qui
grignent
Quand l'appétit va, tout va
Ne l'oubliez pas braves gens
L'appétit vient en mangeant
Vidons les futailles
À nous la ripaille
Quand l'appétit va, tout va”

René Goscinny et Albert Uderzo (1968),
Astérix et Cléopâtre

~ YASMIN EINAV AHARONI

שיץ (עמוד 315), חנוך לוין
חיים טיפשיים אתה אוכל אתה משקיע
אנרגיה יש לך אמורטיזציה של הלסתות
והשיניים אחר כך אתה קם בבוקר הבטן
מייבבת, איפה האוכלי עד היום אכלתי
לפחות שש מאות פרות, איפה הפרות?
היה יכול להיות לי היום עדר ואני צריך
לראות את כל הבזבז הזה בלב כואב
ולהתחיל כל יום מחדש ואני מגיע לדרגה
שאני שואל למה אני חי

Hanokh Levin (1974), *Shitz*

Stupid lives. You eat, you put in the energy
you get amortization of your jaw and teeth,
then you wake up in the morning, your belly's
whining, where's the food? By now I've eaten
at least six hundred cows, where are the cows?
I could own a whole herd today. And I have to
watch all this waste with a sore heart, and start
over every single day. And I get to the point
where I ask: Why am I even alive?

~ ALEXANDRA RIBEIRO

“Uma das cruéis ironias da vida: só os
bem alimentados podem lutar pelos
famintos. Os muito miseráveis nem
sequer se revoltam: deixam-se morrer à
míngua. É preciso muita proteína para
fazer uma revolução.”

Paulo Leminski Filho (1986),
Leon Trotsky, a Paixão Segundo a Revolução

One of life's cruel ironies: only the well-fed can
fight for the hungry. The very poor don't even
revert: they let themselves die of starvation. It
takes a lot of protein to make a revolution.

~ CARMEN SOARES

“Cozinhar é o mais privado e arriscado ato.
No alimento se coloca ternura ou ódio.
Na panela se verte tempero ou veneno.
Cozinhar não é serviço.
Cozinhar é um modo de amar os outros”.

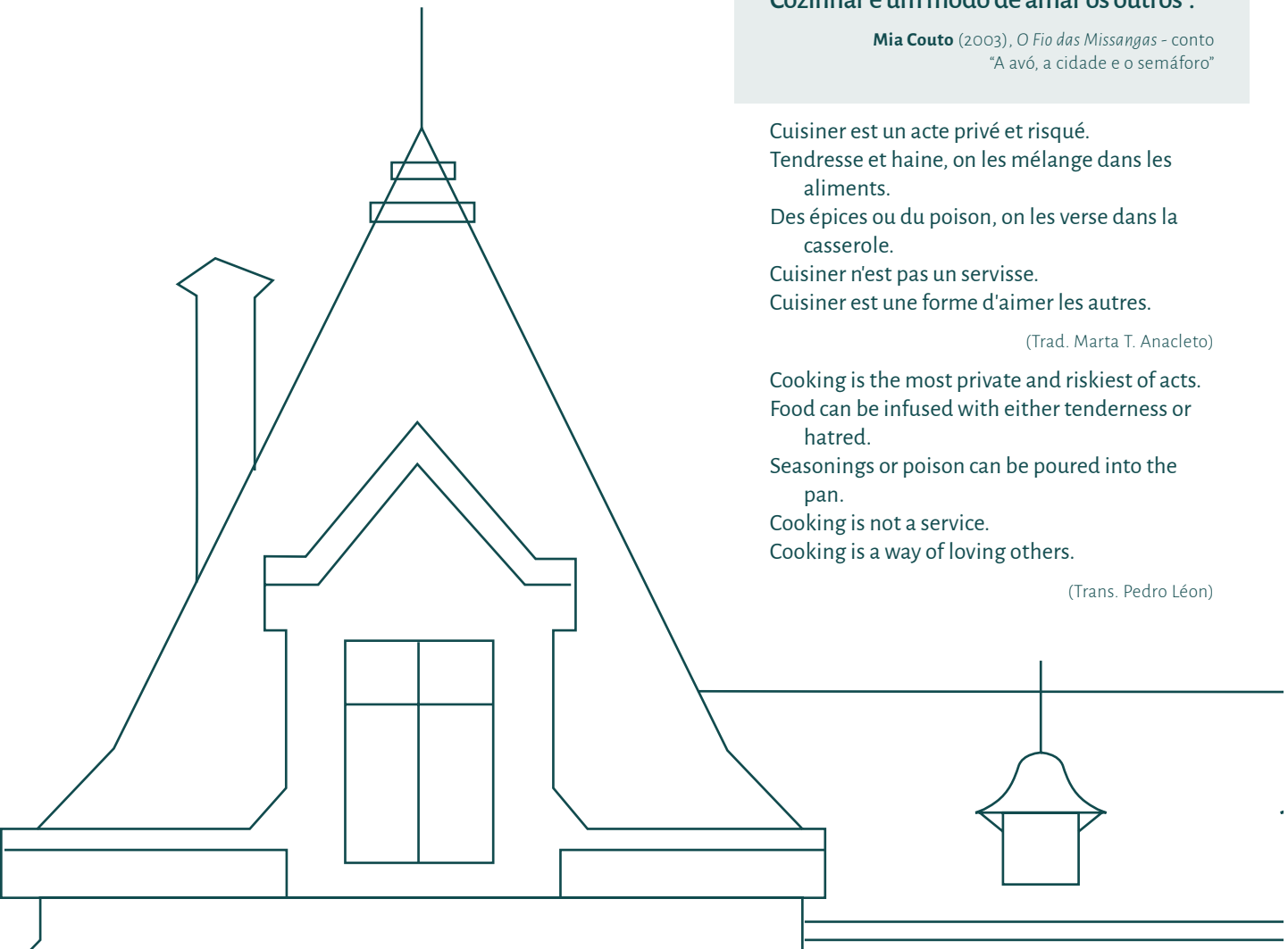
Mia Couto (2003), *O Fio das Missangas* - conto
“A avó, a cidade e o semáforo”

Cuisiner est un acte privé et risqué.
Tendresse et haine, on les mélange dans les
aliments.
Des épices ou du poison, on les verse dans la
casserole.
Cuisiner n'est pas un service.
Cuisiner est une forme d'aimer les autres.

(Trad. Marta T. Anacleto)

Cooking is the most private and riskiest of acts.
Food can be infused with either tenderness or
hatred.
Seasonings or poison can be poured into the
pan.
Cooking is not a service.
Cooking is a way of loving others.

(Trans. Pedro León)





Geometric effect generated by AI (ChatGPT, OpenAI, 2025).



Inspiring LYRICS

~ WANESSA ASFORA NADLER

“A gente não quer só comida
A gente quer comida, diversão e arte
A gente não quer só comida
A gente quer saída para qualquer parte
A gente não quer só comida
A gente quer bebida, diversão, balé
A gente não quer só comida
A gente quer a vida como a vida quer.”

TITÃS (1987), Comida

We don't want just food
We want food, fun, and art
We don't want just food
We want a way out to anywhere
We don't want just food
We want drink, fun, and ballet
We don't want just food
We want life the way life wants to be.





Inspiring

SAYINGS & MAXIMS



Geometric effect generated by AI (ChatGPT, OpenAI, 2025).

~ FRANÇOISE SABBAN

民以食為天
Min yi shi wei tian

Pour le peuple, la nourriture est le ciel

Sima Qian (145-86 avant EC), *Mémoires historiques*.

~ KOSTIS GKOTSINAS

Φάτε μάτια ψάρια και κοιλιά περίδρομο

Les yeux se régale, le ventre reste sur sa faim

Feast your eyes, starve your belly

~ FRÉDÉRIC LANDY

உணவே மருந்து

Unavē marundu (proverbe tamoul)

La nourriture est un médicament

~ JAE YEONG HAN

금강산도 식후경

You can enjoy sightseeing at Mount Geumgang only after a meal!

~ KONSTANTINA BALAFOUTI

“Un buon pasto dura tre giorni”

A good meal lasts three day

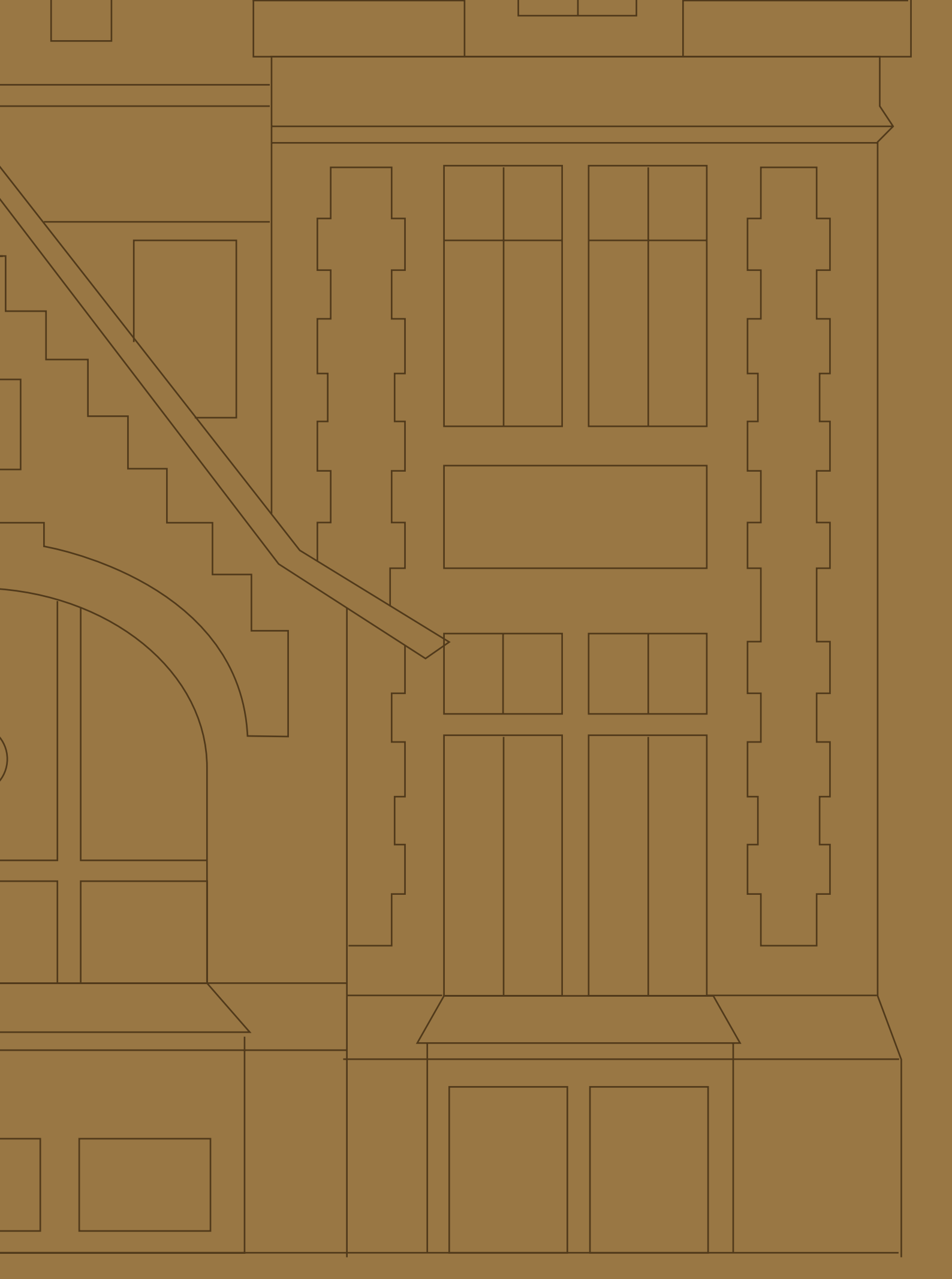
Ένα καλό γεύμα διαρκεί τρεις ημέρες

~ BRAIDA THOM

“Saúde é conversar com uma pedra, um passarinho”.

Iran Nunes Xukuru (Povo Xukuru de Ororubá, Pernambuco, Brasil)

“Health means talking to a rock, to a bird”.



Some inspiring

MUSINGS

~ CANDAN TURKKAN

“If the sovereign command a man, though justly condemned, to kill, wound, or maim himself; or not to resist those that assault him; or to abstain from the use of food, air, medicine, or any other thing without which he cannot live; yet hath that man the liberty to disobey”.

Thomas Hobbes (1651), *Leviathan or the Matter, Form and Power of a Commonwealth, Ecclesiastical and Civil*. The Second Part: Of Commonwealth, Section XXI. Of the Liberty of Subjects.

~ JAN FERWERDA

“For there to be a landscape, our consciousness has to acquire a wholeness, a unity, over and above its component elements”.

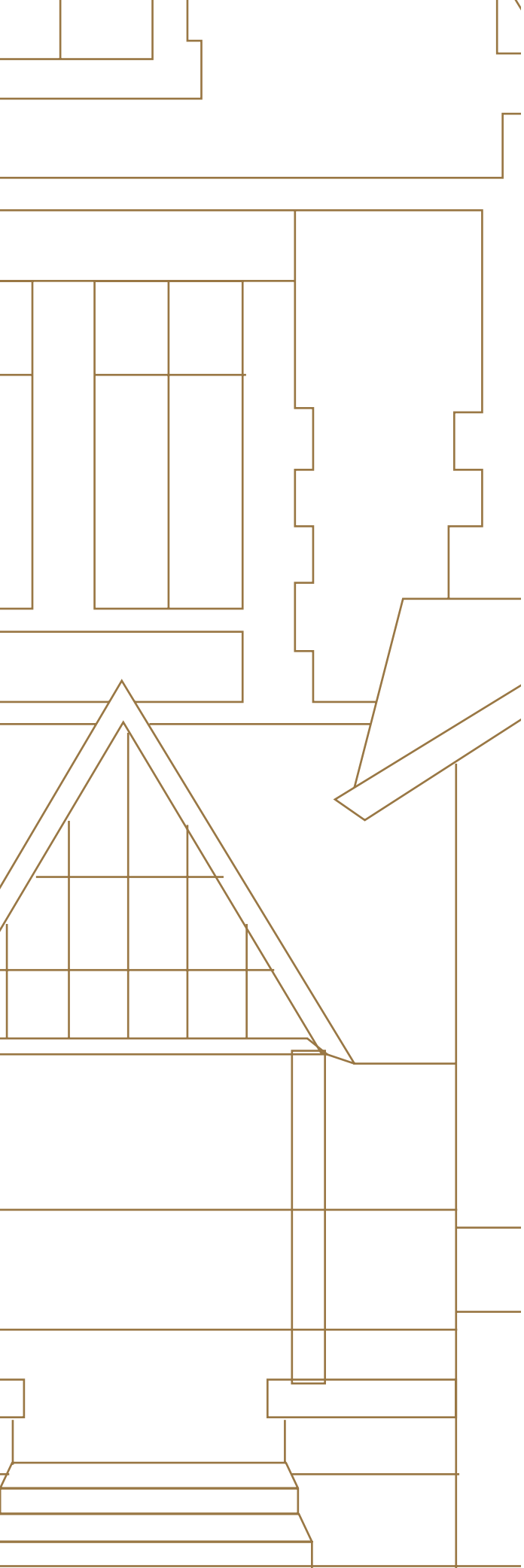
Georg Simmel (1913), “The Philosophy of Landscape”, translated by Josef Bleicher, in *Theory, Culture & Society*, 2007, vol. 24 (7-8).

~ FELICE FARINA

“If you cannot take the simplest food with joy, pleasure, and deep gratitude to God the Creator, your appetite is poor. If you find simple whole-grain bread or cooked whole brown rice very appetizing, you have a good appetite and a healthy strong stomach. A good appetite for food and sex is health itself”.

George Ohsawa (1960), *Zen Macrobiotics. The art of rejuvenation and longevity*, George Ohsawa Macrobiotic Foundation.

Si vous ne pouvez prendre n'importe quel aliment naturel avec plaisir et avec la plus grande gratitude pour le Créateur, c'est vous qui manquez d'appétit. Si vous trouvez très appétissants un simple morceau de pain bis ou du riz complet, c'est que vous avez bon appétit et bon estomac. Un bon appétit est la santé elle-même; elle comporte également l'appétit sexuel.



~ VIRGINIE AMILIEN

“Donner reste un geste répandu qui échappe à l’objection de calcul intéressé: il dépend de celui qui reçoit de répondre à celui qui donne par une générosité semblable. Ce désintéressement trouve dans la fête, dans les célébrations familiales et amicales son expression publique. Le festif en général est l’héritier de la cérémonie du don dans nos sociétés marchandes. Elle interrompt le marché et tempère sa brutalité en y apportant sa paix. Cet enchevêtrement de la lutte et de la fête est peut-être l’indice d’un rapport absolument primitif à la source du lien social entre la défiance de la guerre de tous contre tous et la bienveillance que suscite la rencontre de l’autre humain, mon semblable”.

Paul Ricoeur (2005), “Devenir capable, être reconnu”, *Esprit* 7.

“Giving remains a common gesture that escapes the objection of calculated self-interest: it depends on the one who receives the gift to respond to the one who gives it by a similar gesture of generosity. This disinterestedness finds its public expression in holidays, in celebrations with family and friends. The festive in general is heir in our market societies to the ceremony of the gift, interrupting the market and tempering its brutality as it brings its peace into this sphere. This intertwining of struggle and celebration is perhaps the indication of an absolutely primitive relation at the source of the social bond linking the defiance of the war of all against all with the good will that arises from the encounter with the other, my fellow human being”.

(transl. by Chris Turner) In Acceptance Speech for Kluge Prize, December 2004. p. 3-4.



Inspiring quotes from
FIGURES...

... from Gastronomy & Wine

~ BRUNO LAURIOUX

“Le plaisir de la table est de tous les âges, de toutes les conditions, de tous les pays et de tous les jours; il peut s'associer à tous les autres plaisirs, et reste le dernier pour nous consoler de leur perte.”

Brillat-Savarin (1825), *La Physiologie du goût*

~ LUCIE DROUIN

“Die vorzüglichsten Zuckerbäcker auf der ganzen Erde, die man auch in allen grossen Städten inner- und ausserhalb Europas findet, kommen aus Graubünden”.

Friedrich Christian **Eugen Baron von Vaerst** (1851), *Gastrosophie oder die Lehre von den Freuden der Tafel*

Les meilleurs confiseurs du monde, que l'on retrouve également dans toutes les grandes villes d'Europe et d'ailleurs, viennent des Grisons.

The most excellent confectioners in the world, who can also be found in all major cities inside and outside Europe, come from Grisons.

~ NICOLAS RADUGET

“Les peuples d'Extrême-Orient ont donné à la presqu'île de Corée ce surnom poétique et gracieux: «Le pays du Matin calme». Ne pensez-vous pas que nous pourrions appeler la Touraine: «le pays des Digestions calmes» ?”

Curnonsky et Rouff (1922)

~ OLIVIER JACQUET

“On ne peut faire au vin meilleure propagande qu'en le dégustant. Je vous rappellerais seulement cet aphorisme de Boileau

« On est savant quand on boit bien »

« On ne sait rien quand on boit de l'eau »

Nous avons donc, ce soir, cinquante-trois chances de devenir savants”

Leon Douarche (1934), Directeur de l'Office International du Vin, *Révue du Vin de France*, en mars à l'occasion de la 2ème paulée de Paris, montrant les 53 bouteilles de vin déposées par les convives).

~ JENNY L. HERMAN

“And yet...yet those will always be, in my mental gastronomy, on my spiritual taste-buds, the most delicious oysters I never ate”.

M. F. K. Fisher (1941), *Consider the Oyster*

Et pourtant... pourtant celles-ci seront toujours, dans ma gastronomie mentale, sur mes papilles spirituelles, les huîtres les plus délicieuses que je n'ai jamais mangées.

~ PHILINE SCHILLER

“I still think that one of the pleasantest of all emotions is to know that I, I with my brain and my hands, have nourished my beloved few, that I have concocted a stew or a story, a rarity or a plain dish, to sustain them truly against the hungers of the world”.

M. F. K. Fisher (1943), *The Gastronomical Me*

~ ISMAIL ERTURK

“In fact, it is impossible to discuss the urgent topic of Sustainability without first addressing this sense of disconnect. Our interdependence to ourselves and the larger system we are a part of, can only bring better relationships of consumption. We will inevitably treat the world better when we understand all of who we are is a part of it.”

Ivan Brehm, Chef, Nouri Restaurant (Singapore)

... from Religion

~ ALBAN GAUTIER

“Sapiens dictus a sapore”.

Isidore de Séville (VI-VII siècle)

Le mot ‘savant’ vient de ‘savour’.

~ JEAN CHARBONNIER

“Aus gourmands, gn’ant peghu sufire”

François Gusteau, curé de Doix, XVIIIe siècle (à propos des invités au repas de noces de deux jeunes époux paysans / speaking of the guests at the wedding reception of two 18th century peasants newlyweds).

Aux gourmands, ils n'ont pu suffire.

They couldn't satisfy the gourmands.

... from Science

~ MAX THOMÉ

“Alle Dinge sind Gift, und nichts ist ohne Gift. Allein die Dosis macht, dass ein Ding kein Gift ist.”

Paracelsus

All things are poisonous, and nothing is without poison. Only the dose makes a thing not a poison.

~ PIERRE MONTALBANO

“Great discoveries and improvements invariably involve the cooperation of many minds”.

Alexander Graham Bell





Geometric effect generated by AI (ChatGPT, OpenAI, 2025).

... from Politics

~ FRITS HEINRICH & ANNETTE HANSEN

“Beer is proof that God loves us and wants us to be happy”.

Benjamin Franklin (attributed)

“Behold the rain which descends from heaven upon our vineyards, and which incorporates itself with the grapes to be changed into wine; a constant proof that God loves us, and loves to see us happy!”

Benjamin Franklin (in a letter to André Morellet)

~ ERIN LARKIN

“30 anni or sono, i dintorni di New Haven non erano altro che deserto, mentre oggi gli italiani li hanno trasformati in rigogliosi giardini, in magnifici vigneti, in campi opimi di ortaggi e di legumi, che alimentano abbondantemente la Città, e determinando in essa, una nuova fonte di ricchezza, che nel passato sarebbe sembrato follia il solo sperare”.

William Howard Taft, in *La Colonia Italiana di New Haven*
(Anthony Canelli)

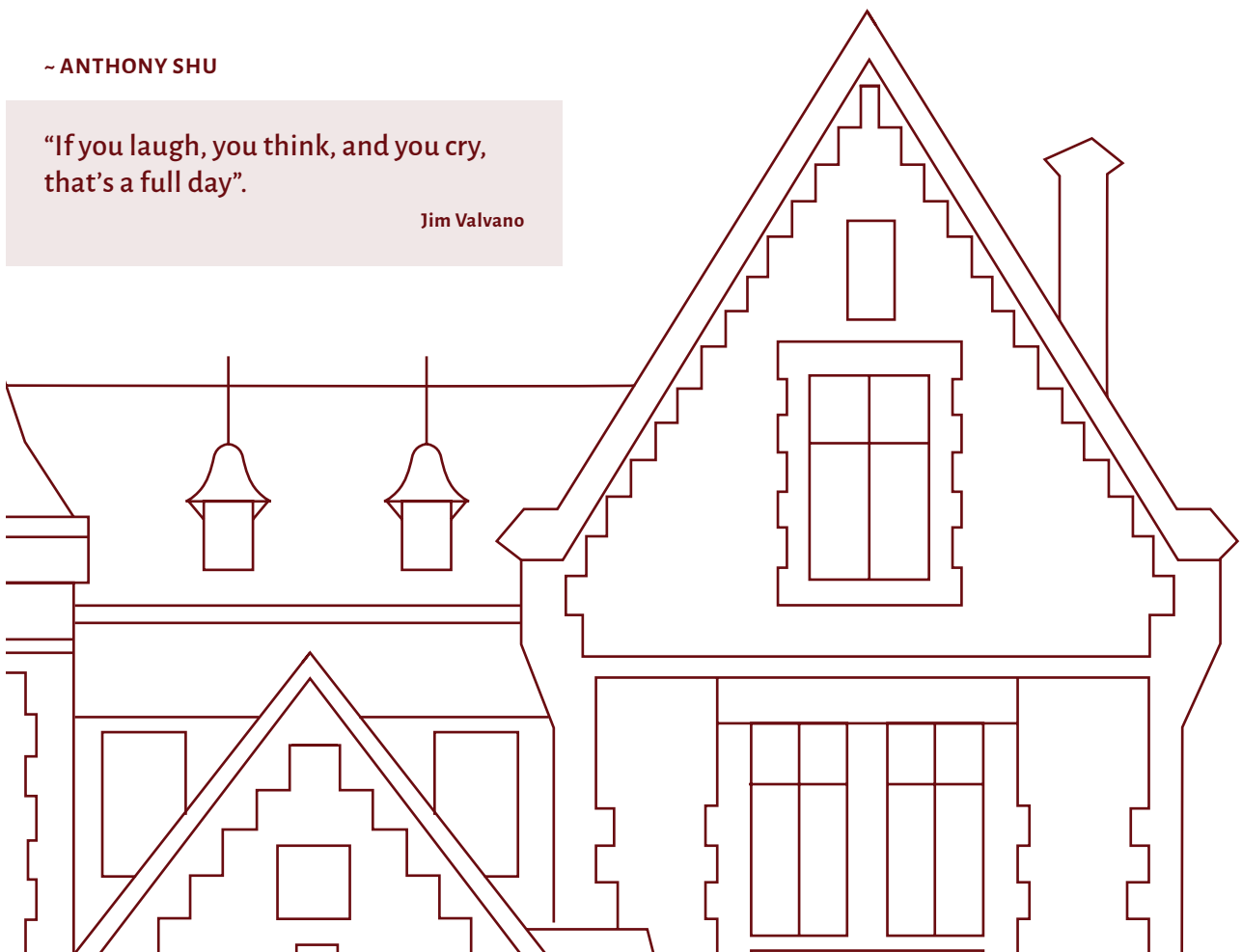
30 years ago, the environs of New Haven were nothing but desert, while today the Italians have transformed them into lush gardens, into magnificent vineyards, into opimous fields of vegetables and legumes, which feed the City abundantly and [giving it] a new source of wealth, which in the past, would have seemed folly to hope for.

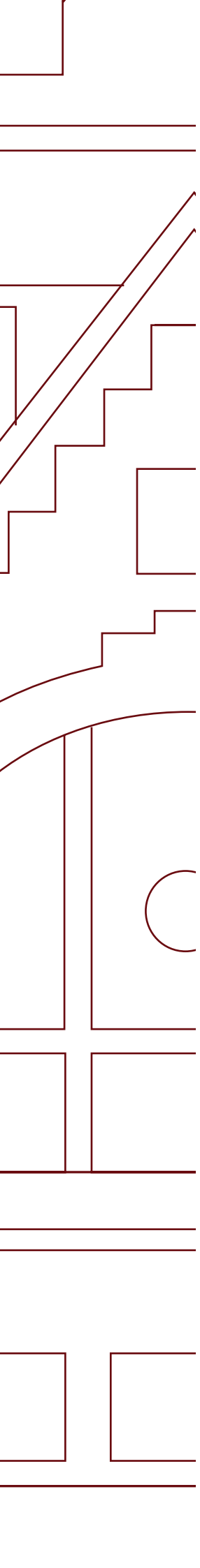
... from Sports

~ ANTHONY SHU

“If you laugh, you think, and you cry, that’s a full day”.

Jim Valvano





Inspiring testimonia from **CIVILIANS**

~ GAIA MESSORI

“We don’t ask if food is nutritious or not, if it’s fresh or good; that’s a luxury, we just want to fill the stomachs of our children. I don’t want my child to die hungry”.

A displaced parent in Gaza City, via Amnesty International



Inspiring quotes from

STUDIES & LECTURES

~ VIRGINIE HULET

“Geese and capons, hens and ducks,
good Christmas fare makes cheer with
lucks.”

Thomas Tusser (1557)
Five Hundred Points of Good Husbandry

Oies et chapons, poules et canards, un bon
repas de Noël réjouit les cœurs et porte chance.

~ HANS BEELEN

“Eten is eene aangename en voor
ieder, die zich zelve enige achtung
toedraagt, ernstige bezigheid; en de
man van smaak, de man van eene
beschaafde opvoeding, stelt er prijs
ook goed te eten”.

W. J. A. Jonckbloet (1843), *Physiologie van Den Haag*, p. 154.

Eating is a pleasant and, for anyone who has
any regard for himself, a serious occupation;
and the man of taste, the man of a civilized
education, also values to eat well.

Manger est une activité agréable et, pour
quiconque se respecte, une activité sérieuse;
et l'homme de goût, l'homme d'une éducation
civilisée, apprécie aussi de bien manger.

~ RENÉE GIRARD

“The American wild plants disappear
before European weeds, just as the
aborigines do before the immigrants”.

Johann Georg Kohl, 1861

“Les plantes sauvages américaines
disparaissent devant les mauvaises herbes
européennes, tout comme les Autochtones
devant les colons”.

~ PETER SCHOLLIERS

“Food is central to our sense of
identity. The way any given human
group eats helps it assert its diversity,
hierarchy and organization, and at the
same time, both its oneness and the
otherness of whoever eats differently”.

Claude Fischler (1988), “Food, Self and Identity”,
Social Science Information 27: 2, p. 275.

“Les plantes sauvages américaines
disparaissent devant les mauvaises herbes
européennes, tout comme les Autochtones
devant les colons”

~ MARIE HÉLÈNE SAUNER

“Countries are nations that are
supposed to have national products,
including a cuisine (...) In fact,
Egyptians, Turks and others are asked:
«Show us your national cuisine»”.

Sami Zubeida (1992), “The national, the communal and
the global in Middle East Food Culture”,
Culinary Cultures of the Middle East, p.24.

Les pays sont des Nations qui sont supposées
avoir des produits nationaux, dont une cuisine
(...) En fait, on demande aux Egyptiens, Turcs et
autres: «Montrez-nous votre cuisine nationale».

~ ATLE WEHN HEGNES

“The food festival has received far
less attention than many of its other
types based as they are around foci
such as games, music, seasons and/or
religious events. This is unfortunate,
as the food festival has always been a
central source of cohesion and cultural
meaning for human communities.”

George H. Lewis (1997), “Celebrating Asparagus:
Community and the Rationally Constructed Food Festival”,
Journal of American Culture 4: 73-78.

~ ROMUALD ARNOULD

“Beer, in antiquity, was not merely a drink, but a pillar of social and economic life. Its production and consumption shaped civilizations”.

Max Nelson (2005), *The Barbarian's Beverage: A History of Beer in Ancient Europe*

Dans l'Antiquité, la bière n'était pas simplement une boisson, mais un pilier de la vie sociale et économique. Sa production et sa consommation ont façonné des civilisations.

~ PENELOPE VOLINIA

“What difference would it make to public health if eating was understood as an encounter between various and variegated bodies, some of them mine, most of them not, and none of which always gets the upper hand?”

Jane Bennett (2010), *Vibrant Matter: A Political Ecology of Things*

~ ASHLI STOKES

“An economy genuinely local and neighborly offers to localities a measure of security that they cannot derive from a national or a global economy”.

Wendell Berry (2012), Jefferson Lecture for the National Endowment for the Humanities

~ JUSTYNA JAKUBIEC

“Jest w Polsce sporo produktów, o których warto opowiadać, bo są częścią godnego zachowania dziedzictwa, jak stare odmiany roślin jadalnych, albo efektem pięknej pasji w nowym kształcie, tak jak serowarstwo. Uatrakcyjnają one region i dają zajęcie coraz większej liczbie osób. Są w końcu ludzie, którzy działają mądrze i z sercem, kierując się nie potrzebą

zysku, ale chęcią wytworzenia odrobiny dobra - rozumianego jako coś dobrego, nie zaś jako produkt, choć to o nim ostatecznie mówimy. Ci producenci rozumieją, że pełen smaku, soczysty pomidor, mała kromka sera albo pajda świetnego chleba na zakwasie, choć nie zmieniają świata, mogą rozjaśnić ten moment, gdy się z nimi stykamy, rozbłyskiem przyjemności.”

Agata Michalak (2017), *O dobrym jedzeniu: Opowieści z pola, ogrodu i lasu*, p. 180.

Many products in Poland are worth talking about, because they are part of a heritage that deserves to be preserved, like old varieties of edible plants, or the result of a beautiful passion in a new form, like cheesemaking. They make the region more attractive and employ more and more people. Finally, there are people who act wisely and with their heart, guided not by the need for profit, but by the desire to produce a bit of good - understood as something good, not as a product, although that is what we are talking about in the end. These producers understand that a juicy, flavourful tomato, a piece of cheese or a slice of great sourdough bread, although they will not change the world, can brighten the moment when we come into contact with them, with a flash of delectation.

(*About good food: Tales from the field, garden and forest*, 2017, p. 180)

~ JOSEFINA SALVADO

“Na vastidão fria do Atlântico, não era apenas o bacalhau que se pescava — era a dignidade, a sobrevivência e o silêncio heroico de homens que fizeram do mar o seu destino”.

Valdemar Aveiro (2017), *Heróis que o tempo não apaga*

In the cold vastness of the Atlantic, it wasn't just cod that was being fished — it was dignity, survival, and the heroic silence of men who made the sea their Destiny.

Regulating people's conduct: some **NORMATIVE QUOTES**

~ JAROSLAW DUMANOWSKI

“Póki w Polsce kawy nie było albo ją pijano bez mleka, były posty wcale, jakże zaczęto suszyć głowy, wymyślać niby sumienne, ale obłudne przyczyny, że kawa z mlekiem postu nie łamie, zaczęły się całe pękać posty, od kawy z mlekiem zaczęli, a na mięsie kończą”

Prawo święte Kościoła Chrystusowego o postach jak zachowane w Polsce bydz maig, Lwów 1761 /

The holy law of Christ's Church concerning fasts
— how it is to be observed in Poland.

Back when Poland had no coffee—or when people drank it without milk—fasts were widely observed. But once they began to rack their brains, dreaming up supposedly scrupulous yet hypocritical reasons why coffee with milk didn't break the fast, the practice of fasting started to crumble. They started with coffee and milk, and ended up with meat.

~ MATHILDE COHEN

“Chaque personne détenue prend ses repas seule en cellule”.

Code pénitentiaire français, Art. R213-13

“Each imprisoned person eats their meal alone in their cell.”

French Penitentiary Code, Art. R213-13

~ RACHEL RICH

“I have always thought that there is no more fruitful source of family discontent than a housewife's badly cooked dinners and untidy ways.”

Isabella Beeton (1861), *The Book of Household Management*

A Decade of IEHCA International Conferences

2015, March 26-27 | 1st International Conference on Food History and Food Studies

2016, May 26-27 | 2nd International Conference on Food History and Food Studies

2017, June 1-2 | 3rd International Conference on Food History and Food Studies

2018, June 7-8 | 4th International Conference on Food History and Food Studies

2019, June 6-7 | 5th International Conference on Food History and Food Studies

2021, May 31 - June 4 | 6th International Conference on Food History and Food Studies

2022, June 2-3 | 7th International Conference on Food History and Food Studies

2023, May 31 - June 2 | 8th International Conference on Food History and Food Studies

2024, June 5-7 | 9th International Conference on Food History and Food Studies

2025, June 11-13 | 10th International Conference on Food History and Food Studies



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 IEHCA

 Villa Rabelais - 116 boulevard Béranger - 37000 Tours

 02 47 05 90 30

 contact@villa-rabelais.fr

 www.villa-rabelais.fr

Cette manifestation scientifique s'inscrit dans les actions du Réseau Thématique de Recherche et Sciences de l'Alimentation piloté par l'IEHCA et soutenu par la Région Centre-Val de Loire.

L'IEHCA tient à remercier la région Centre-Val de Loire, la ville de Tours, l'université de Tours et l'UFR Arts et Sciences Humaines pour leur soutien. Nous remercions également l'ensemble des chercheurs qui nous ont fait le plaisir de prendre part à cet événement.

This scientific event is part of the actions of the IEHCA - Thematic Research Network supported by the regional council of Centre-Val de Loire.

The IEHCA would like to thank the Centre-Val de Loire region, the city of Tours, the University of Tours and the UFR Arts et Sciences Humaines for their support. We would also like to thank all of the researchers who have given us the pleasure of taking part in this event.



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