**Each excerpt below is color-coded for your convenience:**

**inspiring excerpts, interesting excerpts, and funny excerpts!**

**Food-Related**

**Of the $500 billion Americans spent in grocery stores last year, $400 billion went to buy items in the store's center aisles, where pre-packaged foods, dairy and other refrigerated goods, and frozen food are kept. Only $100 billion was spent on fresh produce and meat, but those sales are growing the fastest. *(BusinessInsider.com, as it appeared in The Week magazine, March 7, 2014)***

**I realized very early the power of food to evoke memory, to bring people together, to transport you to other places, and I wanted to be a part of that. *(Jose Andres, famous chef)***

**A mother returned from the supermarket and handed her young son the box of animal crackers he had begged her for. As she unpacked the rest of the groceries, the boy spread the crackers all over the kitchen table. "What are you doing?" the mom asked. "I'm looking for the seal," said the boy. "It says you can't eat these if it's broken." *(SCOUTLIFE.ORG), as it appeared in the November, 2021 issue of Reader's Digest, on page 52)***

**Bad week for: Authenticity, after the makers of Almond Breeze recalled 150,000 half-gallon cartons of almond milk from 28 states because some were contaminated with actual cow's milk. *(The Week magazine, August 17 - 24, 2018)***

**Avocados don't ripen on the tree, so farmers can use the trees as storage space and keep the fruit fresh for up to seven months. *(The Daily Chronicle)***

**Bad dinners go hand in hand with total depravity, while a well-fed man is already half saved. *(Helen Woodward, author)***

**People who love to eat are always the best people., *(Julia Child)***

**My seatmate on a dinner flight was a woman from Switzerland. As soon as the meal was served, I noticed that she heavily salted and peppered her dessert -- a luscious-looking piece of chocolate cake. The flight attendant, somewhat taken back, explained that it wasn't necessary to do this. "Oh, but it is," the woman replied, smiling. "It keeps me from eating it." *(Jackie Trotta, in Reader's Digest)***

**Florida is set to produce 18 million boxes of citrus this season, its smallest yield since 1928. At its peak in the 1990s and early 2000s, Florida regularly produced more than 250 million boxes of citrus fruit. *(The Washington Post, as it appeared in The Week magazine, July 7 / July 14, 2023)***

**An American family touring Europe tried to soak up as much culture as possible in the short time available. For two weeks they visited museums, galleries, cathedrals, palaces, operas and plush, old-fashioned eating establishments. Then one day quite by accident they entered a modern restaurant in the south of France. The rancid smell of frying hamburgers and the beat of rock “n” roll music greeted them. “Oh, man,” said one of the teenagers, rolling his eyes heavenward. “Civilization at last!” *(Bits & Pieces)***

**What could be more French than croissants? Actually, croissants were first baked in Austria, not France. They are crescent-shaped like the symbol of the Turks, laying siege to Vienna in 1683. The embattled Viennese nibbled on croissants to devour the enemy symbolically. *(Paul Stirling Hagerman, in It’s an Odd World)***

**One day, my 7-year-old granddaughter, Elizabeth, watched me as I ate a cup of yogurt. She asked why I was eating it. I told her for the culture. After a moment, she replied, "Grandma Susie, are you cultured yet?" *(Suzan L. Wiener, in The Saturday Evening Post)***

**Wife greeting husband at the door: "Dinner will be a little late. The pizza truck broke down." *(Corbett, in Sun)***

**Sweden's shrine to disgusting foods: Why do certain foods gross us out? asked Christina Anderson in The New York Times. That's the question posed by the Disgusting Food Museum, a pop-up exhibit that just opened in Malmo, Sweden. The show features 80 foods from 35 countries -- everything from Twinkees to casu marzu, a maggot-infested cheese made in Sardinia. Amusingly, visitors are often aghast to discover some of their favorite treats on display. Americans, for example, can't understand why other people don't love root beer. The museum's goal is to challenge notions of what's edible. Viewers can smell or even taste some of the nauseating delicacies, including durian, the stinky Southeast Asian fruit that's been banned on some flights. There's also a photo booth, where you can take reaction shots while the scent of surstromming -- Swedish fermented herring -- is wafted in through a plastic tube. Fortunately, the ticket you're handed at the exhibit entrance is also a vomit bag. *(The Week magazine, November 23, 2018)***

**My husband, arriving home after a few drinks with his friends, went to the refrigerator, took out a plate of our dog's food and ate it with gusto. I didn't have the heart to tell him what he had done. But when he complained of a headache the next morning, I called our doctor. His advice: "Bring him in if he starts chasing cars." *(Mrs. C. Johnson, in Reader's Digest)***

**Whoever said "Don't bite off more than you can chew" has never been to a buffet with my family. *(Atsuko Okatsuka, in Reader's Digest)***

**Eating early may help you lose weight. Researchers got 16 people to try two different regimens: eating their first meal an hour after they woke up, andwaiting for about five hours. The delayed eaters had lower levels of leptin – a hormone that helps you feel full – and were more likely to feel hungry and crave unhealthy foods. A second study found that those who ate within a 10-hour window, typically between 8 or 9 a.m. and 6 or 7 p.m., showed several signs of improved health. Your internal biological clock “makes you better at doing different things at different times of the day,” says nutrition professor Courtney Peterson. *(The Week magazine, December 30, 2022 / January 6, 2023)***

**If you really want to make a friend, go to someone’s house and eat with him. The people who give you their food, give you their heart. (Cesar Chavez)**

**Hen to friend: "Did it ever occur to you that, with all the eggs we've laid, there should be more of us?" *(Censoni, in Ladies' Home Journal)***

**Ancient Egyptians worshipped, among other things, cabbages. *(Isabell Mattingly, in Tidbits)***

**While excavating an ancient tomb in Egypt, two archeologists found an urn containing food to nourish the dead upon their reawakening. Curious about certain engravings on the urn, they called in a professor of hieroglyphics, who gave this translation: "Best if used before 2000 B.C." *(J. F. M. Singleton, in Reader's Digest)***

**What are the states where fast-food places are most popular? Hawaii, Alaska, and Oklahoma, in that order. But that's a tricky statistic, figured on the basis of how much is spent at fast-food places in proportion to the population. *(L. M. Boyd)***

**Reminds me of my safari in Africa. Somebody forgot the corkscrew, and for several days we had to live on nothing but food and water. *(W. C. Fields)***

**For is there any practice less selfish, any labor less alienated, any time less wasted, than preparing something delicious and nourishing for people you love?" *(Michael Pollan, in Cooked: A Natural History of Transformation)***

**The original Henry Ford didn't eat breakfast. Said it slowed his thinking. (L. M. Boyd)**

**Incan soldiers invented the process of freeze-drying food. The process was primitive but effective – potatoes would be left outside to freeze overnight, then thawed and stomped on to remove excess water. (Noel Botham, in The Amazing Book of Useless Information, p. 148)**

**The Gluttons dig their own graves with their teeth. *(James Howell, British author)***

**Nelson: "Thanks for lunch, Gramma!" Grandma: "You're welcome, Nelson." Grandpa: "It seems like he eats over here more than he does at his own house." Grandma: "Oh, what does it matter. As long as he gets fed?' Grandpa: "You ever notice that you never see grandparent birds feeding their grandbaby birdies?" *(Brian Crane, in Pickles comic strip)***

**Our normally sweet Great Dane has one quirk: She hates United Parcel Service drivers. While walking her one day, we came upon a guy delivering a package. Struggling to keep hold of her, I joked, "As you can see, she just loves UPS men." Circumnavigating us, he muttered, "Don't you feed her anything else?" *(Donald Dawson, in Reader's Digest)***

**Your hair knows what you eat. A group of scientists from the University of Utah collected clumps of hair from barbershop floors across the country and analyzed them. Examinations of the samples linked the hair's carbon isotopes to the food consumed by the owners of the hair. This type of analysis was used to assess the communities' eating trends. The researchers were not that surprised to discover that 57% of the hair strands they studied were full of animal-based proteins like meat and dairy. *(The Daily Chronicles)***

**The world's busiest ice cream parlor: In Cuba, ice cream is a civil right, said Christopher Baker in BBC.com. Every day, 30,000 people line up at Havana's Parque Coppelia, known as la catedral del helado, or the ice cream cathedral. It's one of the largest ice cream parlors in the world. Shortly after Cuba's 1959 revolution, Fidel Castro ordered the massive two-story pavilion built. The ice cream-loving communist wanted to outdo the Americans, but also to create an oasis where everyone -- rich, poor, black, white, gay, or straight -- could escape the heat and eat ice cream side by side. "No other experience speaks so sweetly to Cuba's revolutionary idealism. The helado itself is nothing special, but the subsidized scoops are so inexpensive that customers often order 10 at once. "Cubans can be some of the most talkative people in the world, but all talk ends once they're seated with ice cream, as if Coppelia truly were a cathedral." (*The Week magazine, October 12, 2018)***

**If it’s true that we are what we eat, how come we all aren’t light, new and improved? *(Ivern Ball, in Good Housekeeping)***

**Food may not be the answer to world peace, but it’s a start. *(Anthony Bourdain)***

**We never repent of having eaten too little. *(Thomas Jefferson)***

**A cucumber should be well-sliced, dressed with pepper and vinegar, and then thrown out. *(Samuel Johnson)***

**Hold the Anchovies!: I was on a health-food kick, and my diet included vitamins, herbs, assorted garden greens and even a dose of fresh garlic at bedtime. I asked my husband if he objected to kissing me at the end of the day. "Not at all," he replied. "It's kind of like going to bed with a Caesar salad." *(Maggie Underdown, in Reader's Digest)***

**KITCHEN SIGNS:**

**\* I came, I saw, I decided to order take-out.**

**\* Countless people have eaten in this kitchen and gone on to lead normal lives.**

**\* Though shalt not weigh more than thy refrigerator.**

**\* I'd cook dinner, but I can't find the can opener.**

**\* My next house will have only vending machines. *(The American Legion magazine)***

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**Super-sizing the Last Supper: The modern struggle with portion control may not be so modern; a study of 52 artists' depictions of the Last Supper indicates that "serving sizes have been marching heavenward for 1,000 years," says the Los Angeles Times. Using computer technology, researchers analyzed and compared the meals served in 52 renderings of the Last Supper painted between the years 1000 and 2000, including works by El Greco, da Vinci, and Rubens. Relative to the size of the disciples' heads, the portions steadily expanded: The loaves of bread grew by 23 percent over the millennium, the main meal grew by 69 percent, and the plates grew by 66 percent. Although the Bible says the meal consisted of bread and wine, in art it has come to include fish, fruit, and even the head of a lamb. Researchers say their findings reflect society's growing expectations of what the average meal should look like. "The last thousand years have witnessed dramatic increases in the production, availability, safety, abundance, and affordability of food," says Cornell University researcher Brian Wansink. "We think that as art imitates life, these changes have been reflected in paintings of history's most famous dinner." (*The Week magazine, April 9, 2010)***

**My Last Supper: "You can learn a lot about people" by asking them what they'd eat for their final meal on earth, said Joel Stein in Time. That's the idea behind a game that chefs play late at night when the costumers have gone home, and it's the conceit behind photographer Melanie Dunea's enlightening new book. Fifty top chefs agreed to play along, and surprisingly few "piled on the caviar, foie gras, and truffles." Simple comfort foods won the day; Jacques Pepin actually chose a hot dog. Dunea's portraits capture Anthony Bourdain in the nude and Lidia Bastionich wearing fanciful pasta headwear, said Jennifer Leuzzi in The New York Sun. But neither the idiosyncratic images nor the recipes are the main draw. "The real appeal is the conversation," the chance for a foodie to enjoy virtual tete-a-tetes with dozens of well-known chefs. *(The Week magazine, December 14, 2007)***

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**Food is an important part of a balanced diet. *(Fran Lebowitz)***

**Macadamia trees were originally considered ornamental plants, before they were grown for their nuts.(Don Voorhees, in *The Super Book of Useless Information, p. 106)***

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**A food manufacturer has come up with a way to make a fortune: he's putting out a breakfast food that drains the energy from kids. *(Robert Orben, in Reader's Digest)***

**If you really want to make a friend, go to someone’s house and eat with him. The people who give you their food, give you their heart. (Cesar Chavez)**

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**Food may not be the answer to world peace, but it’s a start. *(Anthony Bourdain, in Reader’s Digest)***

**I was preparing my nursery-school class for Thanksgiving. Many years ago, I told them, the pilgrims survived a difficult voyage, arrived at Plymouth Rock and met the Indians, who helped them prepare a great feast. The mother of one of my pupils came in the day after our class discussion. Her daughter had reiterated the story of the Pilgrims, and the mother asked her what the menu for the first Thanksgiving had included. The little girl replied, “I’m not sure, but you can ask my teacher – she was there!” *(Janice Sofran, in Reader’s Digest)***

**Never eat at a diner where the special is the same animal pictured on the nearest road crossing sign*. (John Hart, in B.C. comic strip)***

**The belly is the reason why man does not so readily take himself for a god. *(Friedrich Nietzsche)***

**It is only in company that eating is done justice; food must be divided and distributed if it is to be well received. *(Walter Benjamin)***

**Americans spent $55.7 billion on their pets last year, hitting a record-high for a steadily growing industry. The largest share -- $21.6 billion -- was spent on food, which experts say has become more expensive as humans become more health-conscious. *(Associated Press, as it appeared in The Week magazine, March 28, 2014)***

**Three prisoners broke out of their cells and incited a riot. After they were caught, the warden asked why they had revolted. "Warden," said one of the men, "we rebelled because the food is awful." "I see," said the warden. "But what did you use to break the bars?" "The French toast." *(Reader's Digest)***

**If you’re not in the obit, eat breakfast. *(Carl Reiner)***

**There are over 40,000 Chinese restaurants in the United States, more than the number of McDonald's, Wendy's and Burger King combined. *(Chinese Restaurant News, as it appeared in Reader's Digest, March, 2005)***

**The biggest seller is cookbooks and the second is diet books – how not to eat what you’ve just learned how to cook. *(Andy Rooney) 5219816***

**To keep cool during the game, baseball great Babe Ruth wore a cabbage leaf under his baseball cap. *(Isabell Mattingly, in Tidbits)***

**Oh man, just did some serious cleaning in here. You could totally eat off this table. *(Matthew O'Brien)***

**There is no love sincerer than the love of food. *(George Bernard Shaw)***

**Since we must eat to live, we might as well do it with both grace and gusto. *(M.F.K. Fisher)***

**San Francisco is famous for Silicon Valley, the Golden Gate Bridge, and. . . sourdough bread? In 1848, the California Gold Rush began in hills just north of San Francisco, making San Fran the epicenter of a 300,000-person migration. One of the most vital pieces of equipment for any prospector was sourdough bread starter, a miraculous foodstuff that could transform any old flour into a delicious and nutritious loaf. When Californians headed north to Canada for the Klondike Gold Rush, they took their bread starters with them, sleeping with the starters on cold nights to keep the fermenting yeast active. *(The Daily Chronicle)***

**Hagar: "I've had a stomachache ever since dinner last night!" Servant: "Maybe it was too rich for you -- you have to be careful!" Hagar: "I guess so. What's for dinner tonight?" Servant: "Leftovers." *(Chris Browne, in Hagar the Horrible comic strip)***

**Child: "Why do I have to eat my string beans?" Dad: "They're good for you, why wouldn't you want to eat them?" Child: "Because they ruin the taste of all the things on my plate that aren't good for me!" *(Art & Chip Sansom, in The Born Loser comic strip)***

**There is no technique, there is just the way to do it. Now, are we going to measure or are we going to cook? (*Frances Mayes, in Under the Tuscan Sun)***

***Teacher*: “Name five things that contain milk.” Pupil: “Butter, cheese, ice cream, and two cows.” *(Jeannette Fidell, Jokes, Jokes, Jokes, p. 109)***

**A friend of mine, a health-food enthusiast, was preparing tofu for supper one night for her teen-age son who was home from college. When she noticed him looking suspiciously at the concoction of soybean curd and vegetables, she proudly informed him, “It’s the food of the future.” “I’ll wait” was his reply. *(Carol Wekesser, in Reader’s Digest)***

**Food, in the end, in our own tradition, is something holy ... it's about sharing. It's about honesty. It's about identity. *(Louise Fresco, Dutch scientist, director and writer)***

**The trouble with eating Italian food is that five or six days later you're hungry again. *(George Miller)***

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**Sacred cows make the best hamburger. *(Mark Twain)***

**Part of the secret of success in life is to eat what you like and let the food fight it out inside. *(Mark Twain)***

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**A Twinkie Renaissance:"Soft-drink sales are slumping, salt is getting tossed from food, and kale is on the menu at McDonald's. And yet the Twinkie, that icon of indulgence, is on a tear," said Craig Giammona in Bloomberg.com. Sales of the iconic cream-filled confections are surging, up 12 percent last year. Part of the popularity can be traced to Hostess' 2012 bankruptcy, which saw Twinkie boxes vanish from stores for nine months. The prolonged absence apparently made nostalgic consumers crave the calorific treat. That's music to the ears of the two private equity firms that bought Hostess for $410 million in 2013. The firms dramatically streamlined operations; today, nearly 95 percent of Twinkies are produced on an automated production line staffed by just 10 employees in Kansas. But the company is banking on the snack's sentimentality-driven popularity, introducing frozen Deep Fried Twinkies and Twinkies ice cream last year. *(The Week magazine, April 7, 2017)***

**On September 7, 1813, the United States gets its nickname, Uncle Sam, when a newspaper picks up on the story of Samuel Wilson, a meat packer who supplied barrels of beef to the United States Army. Wilson stamped the barrels with "U.S." for United States, but soldiers began referring to the grub as "Uncle Sam's." (Moments in Time: THE HISTORY CHANNEL)**

**The world’s first underwater vegetable garden reopened after an extended closure had threatened the project’s future. Nemo’s Garden, a series of domed underwater greenhouses off the coast of Italy, was launched in 2012 by the Ocean Reef Group, to model “a sustainable way of agriculture” for societies threatened by climate change. But the biospheres were severely damaged by a 2019 storm, and Covid-19 forced researchers to leave the site. The team relaunched last month – complete with a livestream on which viewers can watch lettuce, strawberries, and herbs grow. *(The Week magazine, July 30, 2021)***

**My grandfather is a meat and potatoes guy. Once, while getting dinner ready, I asked how he liked his vegetables prepared. He said, "Fed to a cow, so they'll turn into steak." *(Hayley Rosenbaugh, in Reader's Digest)***

**Dad: "Grab your coats -- we're going out to dinner! What type of restaurant shall we choose -- Italian, Asian, Seafood?" Son: "Mexican!" Dad: "I'm sorry, son, I don't want Mexican today -- too spicy." Son: "Aw, please? Can't we go to a Mexican restaurant, please?" Dad: "Oh, all right, if it's that important to you." Son: "Hooray!" After arriving at the restaurant, the waiter asks the boy what he wants to order, and he responds, "I'll have a cheeseburger and fries!" *(Art & Chip Sansom, in The Born Loser comic strip)***

**Whatever will satisfy hunger is good food. *(Chinese proverb)***

**One cannot think well, love well, sleep well, if one has not dined well. *(Virginia Woolf)***

**You are what you eat, so I eat only rich foods. *(Argus poster)***

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