

# REFERENCE LIST – Caribbean Lecture Series - Dr. John Freedman

*Seabourn Ovation* November-December 2024

## CARIBBEAN HISTORY: THE FRENCH CONNECTION

### BOOKS:

**Cambridge Concise History of the Caribbean**, by B.W. Higman  
**The Caribbean: A History of the Region and Its Peoples**, edited by Stephan Palmié  
**The Arawak** by Charles River Editors (free on Kindle Unlimited)  
**A Brief History of the Caribbean** by Jan Rogozinski  
**French Pathfinders in North America** , by William Henry Johnson  
**The Seven Years' War** , by Daniel Marston  
**Empires At War: The Struggle For North America** , by William M. Fowler  
**The French and Indian War- A Captivating History** by Captivating History Series editors  
**Two Years in the French West Indies & Youma: The Story of a West Indian Slave** by Lefcadio Hearn  
**The Caribbean** by James Michener (especially 'The Creoles' and 'The Tortured Land' chapters.  
**A Colony of Citizens: Slave Emancipation in the French Caribbean** by Laurent Dubois  
**The Middle Passage**, by V.S Naipaul  
**Omeros**, by Derek Walcott - The great masterpiece by the St. Lucian poet and Nobel Laureate.  
**Two Years in the French West Indies** by Lefcadio Hearn  
**Haiti, The Tumultuous History** by Philippe Girard

### ON THE WEB:

***The Virtual Museum of New France*** <https://www.historymuseum.ca/virtual-museum-of-new-france/>  
***French Colonization Before Jamestown*** <http://www.virginiaplaces.org/settleland/french.html>  
***French Colonization After Jamestown*** <http://www.virginiaplaces.org/settleland/frenchafterjamestown.html>  
***The French West Indies*** <https://www.worldatlas.com/geography/french-west-indies.html>  
***Where France Meets the Caribbean***  
<https://www.telegraph.co.uk/travel/destinations/The-French-Antilles-where-France-meets-the-Caribbean/>  
***The French Slave Trade*** <https://slaveryandremembrance.org/articles/article/?id=A0097>  
***Melting Pot: The French West Indies***  
<https://us.france.fr/en/saint-martin/article/historical-and-cultural-melting-pot-french-west-indies>  
***St. Martin – A Capsule History*** <https://www.st-martin.org/us/discover/history?dt=1638413307876>  
***Martinique – A Capsule History*** <https://azmartinique.com/en/discover-martinique/history>  
***Saint-Pierre, Martinique*** <https://www.caribbean-beat.com/issue-55/st-pierre-mountain-of-death>  
***St. Barth's – A Capsule History*** <http://www.saintbarth.org/index.php/archives/19>  
***Guadeloupe, The Island Where France's Colonial Legacy Lives On***  
<https://www.theatlantic.com/04/france-macron-guadeloupe-slavery-colonialism/557996/>  
***A Brief History of Bequia*** <https://www.bequiatourism.com/history.htm>  
***Memorial ACTe\_ A Place of Pain and Pride***  
<https://www.sxm-talks.com/st-martin-news-network/a-st-martiner-at-the-memorial-acte-pain-and-pride/>  
***France Says It Will Discuss Autonomy for Guadeloupe***  
<https://www.reuters.com/world/europe/france-says-it-is-willing-discuss-autonomy-guadeloupe-2021-11-27/>  
***8 Things You May Not Know About the Louisiana Purchase***  
<https://www.history.com/news/8-things-you-may-not-know-about-the-louisiana-purchase>

### FILM:

***To Have and Have Not***, 1944, directed by Howard Hawks, starring Bogey and (19-yr-old) Bacall – set in Martinique under Vichy France rule, 1940.

## THE BITTERSWEET STORY OF SUGAR

### BOOKS:

**Sweetness and Power: The Place of Sugar in Modern History** by Sidney Mintz  
**Sugar Changed The World** by Marc Aronson & Marina Budhos  
**The Slave Trade**, by Hugh Thomas  
**The Atlantic Slave Trade** by Herbert S. Klein  
**The Rise of African Slavery in the Americas** by David Eltis  
**Atlas of the Transatlantic Slave Trade** by David Eltis  
**Sugar in the Blood: A Family's Story of Slavery and Empire** by Andrea Stuart  
**Sugar and Slaves-Rise of the Planter Class in the British West Indies** by Richard S. Dunn  
**The Interesting Narrative** by Olaudah Equiano  
**Ebony & Ivy** by Craig Steven Wilder (exploring the ties of prestigious universities to the slave trade)  
**The Caribbean** by James Michener, especially Chapter 3, 'The Sugar Interest'  
**Atlantic Africa and the Spanish Caribbean** by Daniel Wheat  
**Conquerors- How Portugal Forged the First Global Empire** by Roger Crowley  
**Spice - The 16th Century Contest That Shaped the World** by Roger Crowley

### FILM:

***Amistad*** directed by Steven Spielberg, 1997  
***12 Years A Slave*** directed by Steve McQueen, 2013  
***Behind the Sun*** directed by Walter Salles, 2001 - a glimpse of the challenges of sugar milling  
***Amazing Grace*** directed by Michael Apted, 2007 – excellent treatment of the British abolition movement with Benedict Cumberbatch and the late great Albert Finney shining  
***Emancipation*** directed by Antoine Fuqua, 2022 - historical fiction based on the life of 'Whipped Peter'  
***Belle*** directed by Amma Asante, 2013 - good historical fiction, with the story of the Zong massacre as seen through the eyes of a freed slave who was raised in the house of the judge presiding over the case

### ON THE WEB:

***How Sugar Is Made*** <http://www.madehow.com/Volume-1/Sugar.html>  
***The Barbaric History of Sugar***  
<https://www.nytimes.com/interactive/2019/08/14/magazine/sugar-slave-trade-slavery.html>  
***The Illustrated History of Sugar*** <https://www.saveur.com/sugar-history-of-the-world/>  
***The Atlantic Slave Trade in 2 Minutes-*** Animated Interactive Learning Tool  
[http://www.slate.com/articles/life/the\\_history\\_of\\_american\\_slavery/2015/06/animated](http://www.slate.com/articles/life/the_history_of_american_slavery/2015/06/animated)  
***Scandinavians and The Atlantic Slave Trade***  
<https://ehne.fr/en/encyclopedia/europe-and-atlantic-slave-trade/scandinavians-and-atlantic-slave-trade>  
***The Santo Domingo Slave Revolt of 1521 – A Quincentennial Monograph***  
<http://www.dominicanlandmarks.com/Slave-Revolt-1521-Slave-Laws-1522-Monograph.pdf>  
***Brown University Website on Slavery and Justice*** [http://www.brown.edu/Research/Slavery\\_Justice/](http://www.brown.edu/Research/Slavery_Justice/)  
***The 1619 Project*** - Controversial 6-part documentary, available on Hulu  
***The Great Boston Molasses Flood***  
<https://www.history.com/this-day-in-history/molasses-floods-boston-streets>  
***The Pandora Papers: Bitter Sugar***  
<https://www.washingtonpost.com/2021/tax-haven-south-dakota/?itid=hp-top-table-high>  
***Is Sugar Really Toxic? Sifting Through the Evidence*** in *Scientific American*, July 2013  
<http://blogs.scientificamerican.com/brainwaves/2013/07/15/is-sugar-really-toxic-sifting-through>  
***The Relationship of Sugar Intake to Diabetes Prevalence***  
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0057873>  
***The Sugar Conspiracy*** in *The Guardian* – very informative, but ignore the overdone 'conspiracy' mindset – it was largely an epidemiologic medical error, avidly supported by industry for their gain  
<http://www.theguardian.com/society/2016/apr/07/the-sugar-conspiracy-robert-lustig-john-yudkin>

**Processing Sugar Cane in Hawaii in the 1860s**

<http://www.yourislandroutes.com/processing-sugar-cane-in-hawaii-in-the-1860s/>

**Fat Is Not the Culprit** <http://awakenhealthfitness.com/fat-is-not-the-culprit-a-fresh-look-at-healthy-eating/>

**Glycemic Index and Cardiovascular Mortality** <https://www.nejm.org/doi/full/10.1056/NEJMoa2007123>

**Artificial Sweeteners Beat Sugar** <https://www.medscape.com/viewarticle/970097>

**In Defense of Artificial Sweeteners** <https://www.medscape.com/viewarticle/993582>

## **CHRISTOPHER COLUMBUS: MAN, MYTH, MONSTER**

### BOOKS:

**The Four Voyages: Log-Book, Letters and Dispatches** by Christopher Columbus.

**Columbus: The Four Voyages** by Lawrence Bergreen

**Admiral of the Ocean Sea** by Samuel Eliot Morison

**The Last Voyage of Columbus** by Martin Dugard

**The Life and Voyages of Christopher Columbus** by Washington Irving

**1492: A Novel** by Newton Frolich - well-researched historical fiction, about the man and the era

**Isabella of Castille** by Giles Tremlett - the gal who made it happen

**Conquerors- How Portugal Forged the First Global Empire** by Roger Crowley

**Spice - The 16th Century Contest That Shaped the World** by Roger Crowley

**The Caribbean** by James Michener - especially Chapter 3, 'Columbus in Hispaniola'

**Columbus: The DNA of His Writing** by Estelle Irizarry (Thesis: Columbus was a Spanish Jew)

**Columbus, The Untold Story** by Manuel Rosa (Thesis: Columbus' origin was Polish- outlandish but fun)

**Diary of Christopher Columbus' -1<sup>st</sup> Voyage** (abstracted)- translated by Oliver Dunn & James Kelley

**The Columbian Exchange** by Alfred Crosby

### FILM:

***1492: Conquest of Paradise***, 1992, directed by Ridley Scott, flawed but interesting- worth a watch

***Christopher Columbus, The Discovery***, 1992, directed by John Glen, flawed and barely watchable

***Columbus in America***, 2018 documentary, on the dark side - free on Amazon Prime video

***When Christopher Columbus Flopped at the Box Office***

<https://www.forbes.com/sites/scottmendelson/2014/10/13/when-christopher-columbus-flopped>

***Columbus: The Lost Voyage*** – The History Channel's excellent documentary on the 4th voyage.

### ON THE WEB

***Coming To America: Who Was First***

<https://www.npr.org/templates/story/story.php?storyId=15040888>

***Christopher Columbus Timeline***

<http://www.datesandevents.org/people-timelines/15-christopher-columbus-timeline.htm>

***Christopher Columbus*** - nicely done section on the Florida Museum's *Caribbean Archaeology* website

<https://www.floridamuseum.ufl.edu/caribarch/education/columbus/>

***Columbus Was Mallorcan - And the Nephew of King Ferdinand***

<https://www.majorcadailybulletin.com/news/local/2024/01/21/120599/christopher-columbus-was-mallorcan.html>

***Columbus May Have Been A Spanish Jew***

<https://www.npr.org/2024/10/16/g-s1-28462/christopher-columbus-spanish-jew-documentary>

***The Jews Who Sailed With Christopher Columbus***

<https://aish.com/the-jews-who-sailed-with-christopher-columbus/>

***Christopher Columbus: A Catalan Jew From Ibiza?***

[https://www.academia.edu/5034254/Cristopher\\_Columbus\\_a\\_Catalan\\_Jew\\_from\\_Ibiza](https://www.academia.edu/5034254/Cristopher_Columbus_a_Catalan_Jew_from_Ibiza)

***Columbus: What Did He Look Like?*** <https://www.christopher-columbus.eu/portraits.htm>

***Carl Sagan on the Brilliance of Eratosthenes***

<https://greekreporter.com/2022/11/01/carl-sagan-ancient-greek-eratosthenes/>

***Columbus and Toscanelli the Cartographer***

[https://archive.schillerinstitute.com/fidelio\\_archive/1992/fidv01n02-1992-columbus\\_and\\_toscanelli.pdf](https://archive.schillerinstitute.com/fidelio_archive/1992/fidv01n02-1992-columbus_and_toscanelli.pdf)

***The Tale of A Lost Admiral*** - classic 1928 *NY Times* article on The Admiral's 4th voyage  
<https://timesmachine.nytimes.com/timesmachine/1928/10/14/936853862.pdf>

***On The Travels of Sir John Mandeville***  
<https://volodymyrbilyk.medium.com/travels-of-sir-john-mandeville-1053d8f85694>

***Queen Isabela in the Movies***  
<https://frockflicks.com/wcw-isabella-of-castile/>

***The Log of Christopher Columbus*** <https://everything2.com/title/The+Log+of+Christopher+Columbus>

***The Martellus Map of 1491: Did This Map Guide Columbus?***  
<https://www.smithsonianmag.com/history/did-this-map-guide-columbus-180955295/>

***Icon For a New Nation: The Re-making of Christopher Columbus***  
<https://www.smithsonianmag.com/history/why-christopher-columbus-was-perfect-icon-180956887/>

***Who Were The Taino?***  
<https://www.smithsonianmag.com/history/who-were-taino-original-inhabitants-columbus-island-73824867/>

***How A Lunar Eclipse Saved Columbus***  
<https://www.space.com/2729-lunar-eclipse-saved-columbus.html>

***Columbus and the Night of the Bloody Moon***  
<https://www.theguardian.com/science/1999/jul/15/technology>

***Columbus' Last Letter - Written in Jamaica 1503***  
<https://content.wisconsinhistory.org/digital/collection/aj/id/4414>

***Christopher Columbus in the Movies***  
<https://www.medievalists.net/2020/08/christopher-columbus-movies/>

***Columbus's Fifth and Final Voyage*** (nice summary of the travels of his remains)  
<https://www.historiadelnuevomundo.com/en/christopher-columbus-fifth-and-final-voyage/>

***Columbus Day: A Clash of Myth and History***  
<https://freepress.org/Backup/UnixBackup/pubhtml/solomon/columbus.html>

***'On Geography and Some Explorers'*** - by Joseph Conrad in March 1924 *National Geographic*  
- it points out the fanciful, wholly unscientific nature of geography before Columbus  
[https://w3.ric.edu/faculty/rpotter/temp/geog\\_and\\_some.html](https://w3.ric.edu/faculty/rpotter/temp/geog_and_some.html)

***How The Lowly Mosquito Helped America Win Independence***  
<https://www.smithsonianmag.com/how-lowly-mosquito-helped-america-win-independence-180959411/>

## **THE STORY OF BARBADOS**

### **BOOKS:**

**A True and Exact Historie of the Island of Barbados**, by Richard Ligon, 1657 – a classic

**Sugar in the Blood: A Family's Story of Slavery and Empire** by Andrea Stuart

**Sugar and Slaves: Rise of the Planter Class in the British West Indies** by Richard S. Dunn

**To Hell or Barbados** by Sean O'Callaghan

**History of Barbados** by Robert Schomburgk

**A History of Barbados** Hilary McD Beckles

**A-to-Z of Barbados Heritage** by Sean Carrington

### **ON THE WEB:**

***Travels in Geology: Barbados***  
<https://www.earthmagazine.org/article/travels-geology-barbados-ascending-sea-level-staircase/>

***Barbados Timeline*** <https://www.bbc.com/news/world-latin-america-18724156>

***Totally Barbados: The History*** <https://www.totallybarbados.com/articles/about-barbados/history/>

***George Washington in Barbados*** (YouTube video) <http://www.youtube.com/watch?v=oLXLN7SriAg>

***A Pox on the Poor*** <https://www.lrb.co.uk/the-paper/v43/n03/steven-shapin/a-pox-on-the-poor>

***Barbados: The World's Newest Republic***  
<https://www.theatlantic.com/international/archive/2022/10/barbados-independence-movement-britain-colony-history/671884/>

***Why Do Caribbean Countries Want to Leave the Monarchy?***  
<https://foreignpolicy.com/2022/04/28/caribbean-monarchy-queen-republic-reparations-jamaica-belize-protest/>

## THE DUTCH in the CARIBBEAN

**The Dutch West India Company** by Leonardo Rogalo  
**The Dutch Overseas Empire 1600-1800** by Pieter Emmer & JL Gommans  
**Cambridge Concise History of the Caribbean**, by B.W. Higman  
**The Caribbean: A History of the Region and Its Peoples**, edited by Stephan Palmié  
**A Brief History of the Caribbean** by Jan Rogozinski  
**Tulipmania: Money, Knowledge and Honor in the Dutch Golden Age** by Anne Goldgar

### ON THE WEB:

**Geography of the Dutch Caribbean**  
<https://www.dutchcaribbeanspecies.org/content/geography-dutch-caribbean>  
**Ten Notorious Dutch Pirates** <https://www.worldhistory.org/article/1883/ten-notorious-dutch-pirates/>  
**How War With Spain Created the Dutch Colonial Empire**  
<https://historyguild.org/how-war-with-spain-created-the-dutch-colonial-empire/>  
**The Dutch West India Company** <https://www.youtube.com/watch?v=xOF0-ZWWrc8>  
**When the Dutch Ruled the World** <https://www.youtube.com/watch?v=ewCs5CF5HEg>  
**The Dutch War of Independence Explained**  
<https://dutchreview.com/what-was-the-eighty-years-war-the-dutch-war-of-independence-explained/>  
**The Netherlands Antilles** <https://www.britannica.com/place/Netherlands-Antilles>  
**Destination Netherlands Antilles- NationsOnLine**  
[https://www.nationsonline.org/oneworld/netherlands\\_antilles.htm](https://www.nationsonline.org/oneworld/netherlands_antilles.htm)  
**Downloadable Willemstad (Curaçao) Maps**  
<https://www.orangesmile.com/travelguide/willemstad/high-resolution-maps.htm>  
**History of Aruba** <http://www.historiadiaruba.aw/>  
**The Aruban Gold Rush** <https://www.fofoti.com/blog/aruba-gold-rush-a-fascinating-look-back/>  
**Aruba and WWII** <http://www.historiadiaruba.aw/index.php>  
**Exploring the Dutch Caribbean** <https://dutchreview.com/traveling/dutch-caribbean-islands-part-1/>  
**Natalee Holloway and Justice for Natalee Holloway** - available on Lifetime Movie Network  
**Diver's Guide to Bonaire** <https://www.scubadiving.com/divers-guide-to-bonaire>  
**Aloe Vera- A Review** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2763764/>

## THE REAL PIRATES OF THE CARIBBEAN

### BOOKS:

**A General History of the Pyrates (1724)** by Captain Charles Johnson  
**Treasure Island** by Robert Louis Stevenson  
**The World Atlas of Pirates** by Angus Konstam  
**Pirates: An A to Z Encyclopedia** by Jan Rogozinski  
**The Real Pirates of the Caribbean** by Charles Rivers Editors  
**A Brief History of the Caribbean** by Jan Rogozinski  
**The Republic of Pirates** by Colin Woodard  
**Treasure Island** by Robert Louis Stevenson  
**Henry Morgan, 17<sup>th</sup> Century Buccaneer** by Henry Weintraub  
**Howard Pyle's Book of Pirates** by Howard Pyle  
**Quest For Blackbeard** by Baylus C Brooks  
**The King of Pirates** by Daniel DeFoe  
**Thomas Jefferson and the Tripoli Pirates** by Brian Kilmeade  
**William Dampier: A Pirate of Exquisite Mind** by Diana and Michael Preston  
**Caribbean** by James Michener

## FILM:

**Captain Blood 1934**, starring Errol Flynn and Olivia de Havilland  
**Treasure Island** and **Long John Silver** – Disney’s 1950 and 1954 originals starring Robert Newton – the original “Aarrghh” exclaimer. Available on DVD or streaming from Amazon.  
**Hook** 1991 directed by Steven Spielberg and starring Dustin Hoffman as Captain Hook (and Robin Williams as Peter Pan and Julia Roberts as Tinkerbell)  
**Pirates of the Caribbean** series –the 'new classic' channeling past historical pirates - with flair  
**The Pirate Code** – National Geographic Special – available on DVD from Amazon

## ON THE WEB:

### **The Sea People**

<https://www.nationalgeographic.com/history/pirates-once-swashbuckled-across-ancient-mediterranean>

### **Pirates of the Ancient Mediterranean**

<https://www.nationalgeographic.com/history/history-magazine/article/pirates-once-swashbuckled-across-ancient-mediterranean>

### **True Caribbean Pirates- The History Channel**

<https://www.youtube.com/watch?v=2PTYwxivSG0>

### **Ten Notorious Dutch Pirates** <https://www.worldhistory.org/article/1883/ten-notorious-dutch-pirates/>

### **Blackbeard, Terror At Sea** – National Geographic Channel

[https://www.dailymotion.com/video/x1xn44z\\_blackbeard-terror-at-sea\\_shortfilms](https://www.dailymotion.com/video/x1xn44z_blackbeard-terror-at-sea_shortfilms)

### **The Last Days of Blackbeard** <https://www.smithsonianmag.com/history/last-days-blackbeard-180949440/>

### **Robert Newton- The Man Who Taught the World to Talk Like A Pirate**

<http://sabotagetimes.com/tv-film/the-man-who-taught-the-world-how-to-talk-like-a-pirate>

### **Queen Teuta, the Fierce Illyrian Queen**

<http://www.ancient-origins.net/history-famous-people/fierce-queen-illyrians-teuta-untameable-003126>

### **What Be A Pirate? – A Lexicon of Piratical Terms** <http://pirates.hegewisch.net/diff.html>

**Barry Clifford on The Treasures of the Wydah** <https://www.youtube.com/watch?v=XZCvZ8ToSj0>

## THE GREAT EXCHANGE

## BOOKS:

**The Columbian Exchange** by Alfred W. Crosby

**A Movable Feast: Ten Millennia of Food Globalization** by Kenneth Kiple

**Columbus: The Four Voyages** by Lawrence Bergreen

**The Four Voyages: Log-Book, Letters and Dispatches** by Christopher Columbus.

**Precious Cargo** and **Founding Foodies** by David DeWitt

**The Food Explorer** by Daniel Stone

**1493** by Charles Mann

**The Cambridge World History of Food** edited by Kenneth Kiple (2-volume encyclopedic tome)

**The Great Irish Potato Famine** by James Donnelly (Sutton Publishing, 2002)

**The Tomato in America- Early History, Culture & Cookery** by Andrew Smith

**Sweetness and Power: The Place of Sugar in Modern History** by Sidney Mintz

**Coffee** by Dinah Lenney

**Pizza: A Global History** by Carol Helstosky

**The True History of Chocolate**, by Sophie & Michael Coe

**The Lost Lady of the Amazon** by Anthony Smith.

**The Thief At the End of the World** by Joe Jackson

**King Leopold's Ghost** by Adam Hochschild

**The Miraculous Fever Tree** by Filametta Rocco

**Oranges** by John McPhee

**The Codebreaker** by Walter Isaacson (all about the discovery and uses of CRISPR gene editing)

**Tulipmania** by The Charles River Editors

**A Perfect Red: The Story of Cochineal** by Amy Butler Greenfield

## ON THE WEB:

**The Columbian Exchange** by Nathan Nunn & Nancy Qian in *Journal of Economic Perspectives*

[http://scholar.harvard.edu/files/nunn/files/nunn\\_qian\\_jep\\_2010.pdf](http://scholar.harvard.edu/files/nunn/files/nunn_qian_jep_2010.pdf)

**Interactive Modern Pangea** <https://brilliantmaps.com/interactive-modern-pangaea/>

**Globetrotting Foods** <https://www.npr.org/sections/thetwo-way/globe-trotters-tomatoes-coffee-and-pepper>

**Our Vegetable Travelers** <https://aggie-horticulture.tamu.edu/plantanswers/publications/vegetabletravelers/>

**The Food That Built America** <https://play.history.com/shows/the-food-that-built-america>

**UN Food & Agriculture Organization** statistics website <http://www.fao.org/statistics/en/>

**Vegetable Facts- The History of Vegetables** <http://www.vegetablefacts.net/vegetable-history/>

**The Strange History of 'King Pine' (the Pineapple)**

<https://www.theparisreview.org/blog/2018/04/25/the-strange-history-of-the-king-pine/>

**Ancient DNA Unearths Corn's History**

<https://www.smithsonianmag.com/2020/12/14/how-ancient-dna-unearths-corns-maize-ing-history/>

**How The Potato Changed The World** by Charles Mann.

<http://www.smithsonianmag.com/history/how-the-potato-changed-the-world-108470605/>

**How The Potato Changed The World's History** by William McNeill

[http://www.dvrhs.org/cms/lib2/NJ01001243/Centricity/Domain/606/SS\\_9th\\_-\\_McNeill-Potato.pdf](http://www.dvrhs.org/cms/lib2/NJ01001243/Centricity/Domain/606/SS_9th_-_McNeill-Potato.pdf)

**Peanut Facts – The Peanut Institute** <http://www.peanut-institute.org/peanut-facts/history-of-peanuts.asp>

**A Brief History of Peanut Butter** – Smithsonian magazine

<https://www.smithsonianmag.com/innovation/brief-history-peanut-butter-180976525/>

**The Social History of the Pineapple** <http://www.levins.com/pineapple.html>

**World's Hottest Peppers** <https://pepperhead.com/top-10-worlds-hottest-peppers/>

**How Peppers Proliferated** <https://www.nytimes.com/2021/08/17/science/peppers-gene-banks.html>

**World Carrot Museum** [www.carrotmuseum.com](http://www.carrotmuseum.com)

**Bananas in World History** <https://humwp.ucsc.edu/cwh/bananas/Site/Welcome.html>

**The Humble Sweet Potato Colonized the World**

<https://www.nytimes.com/2018/04/12/science/sweet-potato-pacific-dna.html?>

**Jamaica-The First Bananas** <https://jamaicans.com/did-you-know-jamaica-was-the-first-country-in-the-western-hemisphere-to-produce-bananas-commercially/>

**Why The Tomato Was Feared in Europe for 200 Years** – in *Smithsonian* magazine

<http://www.smithsonianmag.com/arts-culture/why-the-tomato-was-feared>

**Who Invented Pizza?** <https://www.history.com/news/a-slice-of-history-pizza-through-the-ages?cmpid=email-hist-inside-history-2021-0208>

**The Storied Origins of Black Pepper**

[http://www.lifescrypt.com/food/articles/t/the\\_storied\\_origins\\_of\\_black\\_pepper.aspx](http://www.lifescrypt.com/food/articles/t/the_storied_origins_of_black_pepper.aspx)

**The Truth About Genetically Modified Food** in *Scientific American*

<https://www.scientificamerican.com/article/the-truth-about-genetically-modified-food/>

**What To Know About Coffee** <https://www.medicalnewstoday.com/articles/282857> - benefits

**Coffee: From Shrub to Mug**

[https://tazzadiluna.files.wordpress.com/2014/05/zettwoch\\_coffee\\_blueprints\\_ketch.jpg](https://tazzadiluna.files.wordpress.com/2014/05/zettwoch_coffee_blueprints_ketch.jpg)

**The History of Coffee** <http://www.gocoffee.go.com/professor-peaberry/history-of-coffee>

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## **SIR FRANCIS DRAKE, THE QUEEN'S PIRATE**

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“Life is short, break the rules, forgive quickly, love truly, laugh uncontrollably,  
and never regret anything that made you smile.  
Twenty years from now you will be more disappointed by the things you didn't do  
than by the ones you did.  
*So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails.  
Explore. Dream. Discover!*”  
- **not Mark Twain** (source disputed, but still a great quote!)

### **THANK YOU**

for your companionship on our voyage of discovery aboard the beautiful *Seabourn Ovation*.  
Please feel free to share your thoughts, feedback, suggestions, and any tips on interesting  
books, films, websites, apps or podcasts with me at: [ScholarAtSea@gmail.com](mailto:ScholarAtSea@gmail.com).

For travel-related intellectual content (no politics!), feel free to check out my posts on Twitter/X:  
[@DrJohnFreedman](https://twitter.com/DrJohnFreedman)

**SAFE TRAVELS AND SMOOTH SAILING!**

***My Motto:***  
**TRAVEL IS THE PASSPORT TO PEACE**