

REFERENCE LIST – Caribbean Lecture Series - Dr. John Freedman

Crystal Serenity – FLL-to-Bridgetown November 9-18, 2024

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' -1st 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

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

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

How The Lowly Mosquito Helped America Win Independence

<https://www.smithsonianmag.com/how-lowly-mosquito-helped-america-win-independence-180959411/>

SIR FRANCIS DRAKE, THE QUEEN'S PIRATE

The Queen's Pirate: Sir Francis Drake by Kevin Jackson

In Search of A Kingdom- Drake, Elizabeth and Empire - by Laurence Bergreen

The Life and Death of Sir Francis Drake by Charles Fitz-Geffrey

Sir Francis Drake by John Sugden

Elizabeth's Sea Dogs: How England's Mariners Became the Scourge of the Sea by Hugh Bicheno

The Sea King: Sir Francis Drake and His Times by Albert Marrin

The Life, Voyages & Exploits of Admiral Sir Francis Drake by John Barrow

Sir Francis Drake, England's Greatest Seafarer by Ernie Bradford

No Limits to Their Sway: Cartagena's Privateers by Edgardo Morales

The Great Expedition by Angus Konstam

The World Encompassed by Francis Drake (Drake's nephew), 1628

The Secret Voyage of Sir Francis Drake by Samuel Bawlf

Caribbean by James Michener (Chapter 4)

ON THE WEB:

A Pictorial History of Sir Francis Drake – U.S. Library of Congress

<https://www.loc.gov/rr/rarebook/catalog/drake/index.html>

Sir Francis Drake: Fact and Biography

<https://www.history.com/topics/exploration/sir-francis-drake>

Sir John Hawkins- Admiral, Privateer, Slave Trader

<https://www.rmg.co.uk/stories/topics/john-hawkins-admiral-privateer-slave-trader>

Sir Francis Drake Timeline (this is nicely detailed and accurate)

<http://timelinesandsoundtracks.blogspot.com/2017/04/francis-drake-timeline.html>

Queen Elizabeth I: A Timeline

<http://timelinesandsoundtracks.blogspot.com/2020/12/elizabeth-i-timeline.html>

Drake's Attack on San Juan, 1595

https://workmall.com/wfb2001/puerto-rico/drake_s_attack_on_san_juan_1595.html

The Battle That Turned Sir Francis Drake Into Spain's Worst Nightmare

<https://historyhowithappened.com/the-battle-that-made-francis-drake-spains-worst-nightmare/>

Sir Francis Drake 1540-96

https://library.princeton.edu/visual_materials/maps/websites/pacific/drake/drake.html

Sir Francis Drake- The Dark Side

<https://www.nationalgeographic.co.uk/2021/07/queen-elizabeth-is-favorite-pirate-dark-side>

The Execution of Thomas Doughty by Francis Drake

<https://englishhistoryauthors.blogspot.com/2013/04/the-execution-of-thomas-doughty-by.html>

Did Sir Francis Drake Land in California?

<https://www.smithsonianmag.com/history/did-francis-drake-really-land-california-180973219/>

Roanoke: Then It was Gone

<https://www.nationalgeographic.com/magazine/article/lost-colony-roanoke-history-theories-croatoan?>

Mapping Drake <https://www.oldworldauctions.com/info/article/2023-03-Mapping-Drake>

FILM:

Elizabeth, The Golden Age, 2007 film starring Cate Blanchett, directed by Shekhar Kapur, sequel to 1998 **Elizabeth** – Sir Francis gets upstaged by his distant cousin Sir Walter Raleigh in this film, but the film nicely sets the scene and the tone of the times.

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 LaurentDubois

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)
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/
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>

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, 17th 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 Haviland
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

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>

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

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=oLXLN7SrjAg>

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/>

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

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

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 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

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
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
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.lifescrpt.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
The History of Coffee <http://www.gocoffee.go.com/professor-peaberry/history-of-coffee>
The Long History of the Espresso Machine in Smithsonian magazine
<http://www.smithsonianmag.com/arts-culture/the-long-history-of-the-espresso-machine>
10 Differences Between Arabica and Robusta Coffee Beans
<http://theroasterspack.com/blogs/news/15409365>
Starbucks History Timeline
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(continued)

“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 *Crystal Serenity*. 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.

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

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My Motto:
TRAVEL IS THE PASSPORT TO PEACE