Exhibition Books
(Published in association with The Field Museum)

Nonfiction Adults

Title: Chocolate: The Nature of Indulgence
Author: Ruth Lopez
Publisher/Year: New York: Harry N. Abrams, Inc., 2002

Description: With publication timed to coincide with the opening of the Chocolate exhibition, this book, as noted by the publisher, is the first devoted to a pictorial survey of chocolate's history. The author traces the storyline of the exhibition with additional facts and up-to-date issues in the industry, notably working conditions and child labor in cacao production areas. The book also includes a comprehensive history of the chocolate industry as well as how cacao is grown, harvested, and processed.

Notes: A great selection of photographs and images includes a magnified view of the cacao-pollinating midge, early chocolate production in France, the Rio Azul vessel found in Guatemala in 1984 (inscribed with the glyph for cacao), and paintings by European artists of elite consumers of drinking chocolate. Literary quotes are interspersed throughout the text. The development of the cacao trade beginning in the 1600s and the use of slave labor are explained. Special sections of the book feature chocolate's medical history and the history of chocolate and war. A section on the future of cacao completes the book.

Nonfiction Children

Title: Chocolate: Riches from the Rainforest
Author: Robert Burleigh
Publisher/Year: New York: Harry N. Abrams, Inc., 2002

Ages/Grades: 9 - 12 years old

Description: This book chronicles chocolate’s journey around the world. Full-color photographs and fun facts run throughout. The history of chocolate covers the time of the Maya and Aztecs through chocolate's many forms and adds interesting facts (e.g. why chocolate couldn't be purchased during the summer until after 1915 and that soldiers have used chocolate as a ration since World War I).

Notes: The book’s text is illustrated with numerous color photographs and graphics.

Top Ten List of Books (in addition to Field Museum books) for Adults and Children (nonfiction with two exceptions)

All About Chocolate by Carole Bloom
Good overall compendium of information.

The Book of Chocolate edited by Nathalie Bailleux
Beautiful images makes this book compelling to browse and read.

The Chocolate Tree: A Natural History of Cacao by Allen M. Young
Great information about the botany of cacao and its cultivation.

The Emperors of Chocolate: Inside the Secret World of Hershey and Mars by Joël Glenn Brenner
Fascinating insight into the development of the chocolate industry in the U.S.

The New Taste of Chocolate: A Cultural and Natural History of Cacao with Recipes by Maricel Presilla
Wonderful photographs and text with focus on Central and South America.

The True History of Chocolate by Sophie D. Coe and Michael Coe
The most recognized in-depth history of chocolate. Exhibition follows same general storyline, making the book a good reference to learn more on the subject.

How Monkeys Make Chocolate by Adrian Forsyth
Includes great section with the same title which is informative and engaging to middle to older child readers. (Additional chapters include information on other rainforest plants.)

Vanilla, Chocolate & Strawberry: The Story of Your Favorite Flavors by Bonnie Busenberg
For middle to older children. Includes good sections on plant-derived flavors as well as the chemistry behind how humans taste food.
**Cocoa Ice** by Diana Appelbaum  
A story about two girls living in different parts of the world during the era of schooner trade—a good picture book to use for a read-aloud program. Could work well for a range of ages (except very young children).

**The Cocoa Commotion: A Carmen Sandiego Mystery** by Melissa Peterson  
For middle to older children. Much more information about chocolate, cacao, and geography woven into this mystery plot than other similar classics (e.g. *Charlie and the Chocolate Factory*).

---

**Adults**  
**Chocolate References/Nonfiction**

**Title:** *All About Chocolate*  
**Author:** Carole Bloom  
**Publisher/Year:** New York: Macmillan, 1998  
**Description:** Great resource book with numerous listings. Begins with a thorough listing of chocolate terms, types of chocolate/cacao, chocolate candies and desserts, and manufacturers; a timeline of chocolate history; botanical and processing information about cacao; and instructions for tasting chocolate. Quotes about the healthful attributes of chocolate are given from a variety of sources. The book's second part details different types of events, festivals and trade shows; chocolate factories/tours worldwide; cooking schools that feature courses about chocolate; select Web sites with good annotation; purveyors of chocolate and baking supplies. Appendix provides information on chocolate in literature, film, and art and includes a bibliography.  
**Notes:** Interesting facts and figures are interspersed throughout the text.

**Title:** *The Art of Chocolate*  
**Author:** Elaine González  
**Publisher/Year:** San Francisco, California: Chronicle Books, 1998  
**Description:** González focuses on giving clear, simple instructions for how to work with chocolate, from tools used, to tempering techniques, to a range of recipes. Includes a description of different types of chocolate and flavorings used. Interesting techniques include using real leaves to make chocolate leaves, constructing chocolate bows, and working with chocolate clay.  
**Notes:** Chocolate clay can be fun to use for family activities. Ms. González is included in the Speakers' List.

**Title:** *The Book of Chocolate*  
**Editor:** Nathalie Bailleux  
**Publisher/Year:** New York: Flammarion, 1995  
**Description:** Beautifully illustrated coffee table format book that lusciously covers the history of chocolate. Historic and contemporary photographs, images, artworks and documents are featured. Detailed text covers cacao plantations, the history of chocolate, great names in chocolate, notes about the various ways chocolate is consumed, a few recipes, and an extensive source listing of chocolatiers and shops in the U.S. and Europe, chocolate clubs, and museums.  
**Notes:** Text of the book translated from French.

**Title:** *Cambridge World History of Food*  
**Editor:** Kenneth Kiple and Kriemhild Conee Ornelas  
**Publisher/Year:** Cambridge, U.K.: Cambridge University Press, 2000  
**Description:** Two-volume set with variety of citations for cacao/chocolate. Entry on cacao written by Murdo MacLeod, Department of History, University of Florida, Gainesville.  
**Notes:** In section on fermentation, it is noted that the fungi that ferment cacao beans after harvesting are *Candida krusei* and *Geotrichum spp.*

**Title:** *Chilis to Chocolate: Food the Americas Gave the World*  
**Editors:** Nelson Foster and Linda Cordell  
**Publisher/Year:** Tucson, Arizona: The University of Arizona Press, 1992  
**Description:** Based on a symposium that was held at the California Academy of Sciences in 1988, this book covers a number of foods that originated in the Americas. A good chapter is “A Brief History and Botany of Cacao,” by John West. Other sections include amaranth, maize, chili peppers, vanilla, and beans.  
**Notes:** Good way to convey that many plants originated in the Americas and are now grown and consumed the world over.
Book List

Title: *Chocolate*
Author: Nick Malgieri

Description: Primarily a book of recipes, Malgieri gives an interesting introduction that tells of his connections to chocolate throughout his career. Includes brief background on chocolate's history, tools and techniques, recipes for a number of types of desserts and confections, showpieces (including chocolate houses), and sources.

Notes: Malgieri is the director of the baking department at Peter Kump's Cooking School in New York.

Title: *The Chocolate Bible*
Author: Adrienne Marcus
Publisher/Year: New York: Putnam, 1979

Description: An older work referenced by several other books. Primarily a listing of chocolate companies and shops around the United States and in Europe. Marcus includes history on many of the establishments and plenty of opinions about their products. Some of the companies may be out of business by now but many are still in existence.

Notes: Interesting vintage photographs from a variety of factories as well as good images of chocolate “styles” and packaging from the 70s. Available as a used book through Amazon.com.

Title: *The Chocolate Companion: A Connoisseur’s Guide to the World’s Finest Chocolates*
Author: Chantal Coady
Publisher/Year: New York: Simon and Schuster, 1995

Description: While the majority of this book focuses on profiles and tasting notes about a number of chocolatiers (primarily European), the author includes a good historical overview and description of the steps in harvesting and manufacturing chocolate. The different ingredients in chocolate are covered (including the difference between bean varieties such as criollo and forastero), as are the differences between fine chocolates and those that are mass-produced. Comprehensive explanation of the types of chocolate: bittersweet, amer, varieties of milk chocolate, etc.

Notes: Guidelines for how to do a chocolate tasting given. The author is the co-founder of the Chocolate Society (formed 1991) and is the proprietor of Rococo in London. Available as a used book through Amazon.com.

Title: *Chocolate: Fads, Folklore and Fantasies*
Author: Linda K. Fuller, Ph.D.

Description: This book’s content is comprised primarily of tidbits of information about chocolate. Sections include information about different types of chocolate candies, cakes, and drinks, festivals around the country, chocolate manufacturers, chocolate in media/film, and biographical notes about people associated with chocolate, such as John Cadbury and Debbie Fields.

Notes: Good source for factoids and chocolate “sound bites”—examples to add to those that are found in the exhibition.
Example: Nestlé introduced the chocolate chip in 1939 and now (as of 1994) makes 250 million/day; there are about 675 in each 12 oz. bag.

Title: *Chocolate: Food of the Gods*
Author: Alex Szogyi, Editor
Publisher/Year: Westport, Connecticut: Greenwood Press, 1997

Description: Proceedings from a scholarly conference of the same title at Hofstra University. Compilation of scientific papers covering topics including chocolate and psychology, chocolate and literature, chocolate commerce, health, and chocolate lore.

Notes: Includes paper on chocolate history written by Sophie Coe (The True History of Chocolate). Usually available through university and culinary college libraries.

Title: *Chocolate Moulds: A History and Encyclopedia*
Author: Judene Divone
Publisher/Year: Oakton, Virginia: Oakton Hills Publications, 1987

Description: There are few books on chocolate molds, but this contains a good, brief history of chocolate and its transition from beverage to solid form. Also includes an in-depth background on the development of the United States’ chocolate manufacturing industry. A complete listing of chocolate companies in the U.S. also included. The author covers the history of the use of chocolate molds, how they were made, and how their designs paralleled fashion, fads, and social trends of the time. Remainder of book is encyclopedic by shape/type of mold.
Notes: A number of interesting engravings, photos, and old ads featured (including one exhibition photograph of Robert Strohecker, c. 1890, the “father” of the chocolate Easter bunny, with a 5-foot tall chocolate rabbit made at the Luden’s factory in Reading, PA). Other factoids include how different industries have inspired innovative techniques (e.g. in the 1920s, wrapping machines were developed for soap companies—machines that were quickly adapted by confectioners to wrap chocolate bars). Available through Amazon.com on special order; can take up to 3 months to receive or find through library system.

Title: The Chocolate Tree: A Natural History of Cacao
Author: Allen M. Young
Publisher/Year: Washington: Smithsonian Institution Press, 1994

Description: Fascinating information and detail on the natural history of cacao. Dr. Young records how cacao has been cultivated through history and in current agricultural practices. His many years of field study in the tropics (primarily in Costa Rica) led him to important discoveries about the pollination of cacao flowers by midges, dust-speck-sized insects. The botany of cacao trees is explained clearly and detailed accounts of the author’s research bring the world of scientific research to life. Dr. Young also creates a link between his research findings and discovering effective ways to grow cacao by mimicking the conditions found in its natural rainforest habitat.

Notes: Allen Young is curator of zoology at the Milwaukee Public Museum and is included in the Speaker’s List. Dr. Young was a key advisor to the development of the exhibition. This book is a good complement to The True History of Chocolate—to learn more about the botanical/scientific aspects of cacao as well as chocolate’s connections to human history.

Title: Crisis in Candyland: Melting the Chocolate Shell of the Mars Family Empire
Author: Janice Pottker
Publisher/Year: Bethesda, Maryland: National Press Books, May 1995

Description: Pottker researched and wrote an unauthorized history of Mars, Inc.—a fourth generation family-owned private company noted for its secrecy and controlling nature. More a focus on the individual family members, beginning with founder Frank Mars and continuing through the heirs who are still in charge today. Contains some photos of the Mars family and company headquarters.

Notes: Book is out of print. Can be obtained through libraries or through Amazon.com or other used book purveyors.

Title: The Cook’s Encyclopedia of Chocolate
Author: Christine McFadden and Christine France
Publisher/Year: New York: Barnes & Noble Books, 2000 (previously published as The Ultimate Encyclopedia of Chocolate)

Description: Though primarily a recipe book, includes a good introduction covering the history and cultural aspects of chocolate. Sections include the power of chocolate (how chocolate was ascribed with mystique and power), how chocolate traveled the world, chocolate and the church, chocolate as medicine, and the “founding fathers” of chocolate. Provides additional information about how four Quaker families in Britain came to dominate the chocolate industry and transformed chocolate into a drink of the common people. (In the Quakers’ quest to help others, wholesome chocolate was seen as a much better beverage than other alcoholic drinks—gin and beer—of the time. These families also built model villages and were very conscious of providing good working and living conditions for their employees.)

Notes: Some Mesoamerican rituals are referred to as “strange and sometimes barbaric”—reflecting a bias on the part of the authors. Interesting recipes in the preliminary chapters about chocolate include Spanish Egg Chocolate, Champurrado, and Mole Poblano (with a reference that cacao would not have been used this way by the Aztecs—contrary to what some other food authors have written). Contains rare images, paintings, etchings, and engravings. Obtain through Barnes & Noble (www.barnesandnoble.com).

Title: The Emperors of Chocolate: Inside the Secret World of Hershey and Mars
Author: Joël Glenn Brenner
Publisher/Year: New York: Random House, 1999

Description: In the early 1990s, Brenner was given a rare opportunity to interview Mars family members and was given access to information about their operations as part of a feature story for The Washington Post. She profiles the history and competitiveness between Hershey and Mars in this very engaging historical account. History of cacao, innovations in the manufacturing process, and the
development of these two companies included. Also contains information about the role of chocolate in times of war. Text is interspersed with photos, advertisements, and wrappers and includes good chapter notes.

Notes: Brenner is included in the Speakers’ List.

Title: *From Chocolate to Morphine*  
Author: Andrew Weil  

Description: Chocolate is included in the chapter on stimulants (covering other natural stimulants such as maté, kola, coffee, and coca as well). Weil writes about the tendency for more women than men to be “chocoholics” but acknowledges that little research has been done on the properties in chocolate that make it addictive. Weil also includes an interesting first person account of a woman’s chocolate addiction.

Notes: One of the experts on the speakers’ list, Dr. Dorie Reents-Budet contributes an article about the art of classic vase painting with references to images of cacao. Available through Amazon.com, but can take up to three months to receive.

Title: *La Maison du Chocolat*  
Author: Robert Linxe  
Publisher/Year: New York: Rizzoli, 2001

Description: Renowned French chocolatier Robert Linxe explains his methods for making exquisite chocolates and pastries. Beautiful photographs accompany recipes. Linxe describes how he combines chocolate with a variety of flavors: ginger, lemon, cinnamon, fennel, and tea. Includes photo of cacao pods with notes about how many pods a tree typically produces per year.

Notes: La Maison du Chocolat has two locations in New York: 1018 Madison Avenue and 30 Rockefeller Center. Web site is www.lamaisonduchocolat.com.

Title: *Maya: Divine Kings of the Rain Forest*  
Editor: Nikolai Grube  
Publisher/Year: Cologne, Germany: Könemann Verlagsgesellschaft mbH, 2001 (English translation)

Description: Oversize, coffee-table style book about the Maya with numerous contributors and chapters. Brief chapter entitled, “Cacao—The Beverage of the Gods” is written by Prof. Grube. Includes two striking photographs of cacao vessels—one from the Early Classic period and one from Guatemala’s Rio Azul (discovered in a burial tomb in 1984). Kakawa hieroglyphs are illustrated and a timeline is included.

Notes: Good appendixes include a glossary, listing of chocolate companies, mail order and retail suppliers, chocolate classes and tours, candy makers, bakeries, and a bibliography.
**Book List**

**Title:** *New York Chocolate Lover’s Guide*  
**Author:** William Gillen and Patricia MacKenzie  
**Publisher/Year:** New York: City & Company, 1996  
**Description:** Small format book with listings and descriptions of New York chocolatiers, chocolate and candy shops, and bakeries specializing in chocolate items. Also includes more unusual listings such as a dairy in upstate New York that makes its own chocolate butter as well as references for cooking schools and purveyors of chocolate making and baking supplies.  
**Notes:** Good listing of chocolate spots by city region—SoHo, West Side, etc. Authors also write a monthly newsletter, The New York Food Letter. Book appears to be out of print.

**Title:** *Seeds of Change: Five Hundred Years Since Columbus*  
**Editors:** Herman J. Viola and Carolyn Margolis  
**Publisher/Year:** Washington, D.C.: Smithsonian Institution Press, 1991  
**Description:** Based on a Smithsonian exhibition of the same title, various contributors review the impact of the voyages of Columbus and subsequent explorers to the Americas. Chocolate is mentioned only a few times directly—one being the example of transplanting cacao to the Ivory Coast and the ensuing environmental degradation caused by replacing native rainforest with an introduced species. Other chapters include information on the Maya and Aztecs, slavery, and the impact of specific food crops.

**Title:** *Tastes of Paradise: A Social History of Spices, Stimulants and Intoxicants*  
**Author:** Wolfgang Schivelbusch  
**Publisher/Year:** New York: Pantheon Books, 1992 (English translation from German)  
**Description:** In the chapter on chocolate, the author indicates that as coffee developed into a northern, “Protestant” drink, chocolate developed into the “Catholic” beverage of southern Europe. Chocolate’s nutritive characteristics led to its consumption during fasts, since liquids were not considered off limits. It was also brought to Europe for the Catholic monarch, the King of Spain. Good coverage includes early illustrations and the history of chocolate consumption in Europe.  
**Notes:** Schivelbusch indicates that in the 17th and 18th centuries chocolate was “dissolved in hot water or milk, often with the addition of wine.”

**Title:** *The Science of Chocolate*  
**Author:** Stephen Beckett  
**Publisher/Year:** Cambridge, U.K.: The Royal Society of Chemistry, 2000  
**Description:** Written primarily for schools and universities (particularly for food science students and those entering the confectionery industry), Beckett covers the chemical and physical properties of the cocoa “bean” and the ingredients that make up chocolate: milk products, sugars, and cocoa butter. He then discusses the processing and making of chocolate through the chemical and physical reactions taking place. Several experiments are listed in the final chapter.  
**Notes:** Good photographs (black & white) of fermentation methods, machines used for chocolate production, and microscopic images of chocolate and its ingredients. Interesting notes describe the particle size of cocoa solids and how they melt in the mouth. He explains that the first manufacturers of solid chocolate ground cocoa with granite rollers, which created a gritty texture because they could not mill the particles fine enough (smaller than 30 microns) to melt in the mouth. Most of the experiments would work in a classroom lab environment and some have processes that require several hours. Two experiments appear easier to replicate in a museum setting. One project shows particle
separation and the replication of how cacao seeds are separated from debris as well as how the cacao shell is separated from the nib. Another explores the effects of viscosity on flavor. The book is available from Amazon.com.

Title: *The True History of Chocolate*
Author: Sophie D. Coe and Michael Coe
Publisher/Year: New York: Thames and Hudson, Ltd., 1996

Description: A comprehensive history of chocolate in a format that is easily accessible to the lay reader. The historical organization of the exhibition follows the book closely, so the book provides an excellent way to access more in-depth information. Numerous photographs, drawings, and illustrations accompany the text.

Notes: Michael Coe finished this book for his wife posthumously. Sophie D. Coe was a well-known and respected anthropologist and food historian. She is also the author of America's First Cuisines. Michael Coe, a professor of anthropology at Yale University is an expert in Mesoamerican research; his other books include Breaking the Maya Code, The Maya, and Mexico: From the Olmecs to the Aztecs. He was an advisor to the development of the exhibition.

Title: *What Flavor is Your Personality?*
Author: Alan Hirsch, M.D.
Publisher/Year: Naperville, Illinois: Sourcebooks, Inc., 2001

Description: Based on studies at Hirsch’s Smell & Taste Treatment and Research Foundation in Chicago, connections have been made between food preferences and personality types. Background information about personality and the sense of smell is followed with chapters on particular foods. “Sacred Chocolate” is one chapter that connects chocolate cravings to the compounds found in chocolate as well as notes on personality traits based on certain chocolate preferences.

Notes: Dr. Hirsch is included in the Speaker’s List.

Title: *Arms and the Man (Part of Bernard Shaw: Collected Plays with Their Prefaces, Volume I)*
Author: George Bernard Shaw
Publisher/Year: New York: Dodd, Mead & Company, 1975

Description: One of Shaw’s “Plays Pleasant.” Set in the home of Major Petkoff in a small Bulgarian town in 1885-86. The story focuses on Petkoff’s daughter Raina and how a Swiss man, fighting as a paid soldier for the Serbs, seeks refuge during a retreat and climbs up to the balcony of her bedchamber. She agrees to hide him until he can escape and feeds him chocolate creams to stave off his hunger. In the first act, the soldier (referred to as “The Man”) tells Raina that his pistol is not loaded and goes on to say: “I’ve no ammunition. What use are cartridges in battle? I always carry cakes of chocolate instead; and I finished the last cake of that hours ago.” Raina then retorts, “Chocolate! Do you stuff your pockets with sweets—like a schoolboy—even in the field?” To which The Man replies, “Yes: isn’t it contemptible? I wish I had some now.” He becomes known as the “chocolate cream soldier.”

Title: *Between Two Fires*
Author: Laura Esquivel
Publisher/Year: New York: Crown Publishers, 2000
Description: Esquivel’s most recent work is a collection of essays, speeches, recipes, and short pieces, all focused on food. In “God is Above, the Devil Below” she mentions cacao. “But how could I avoid smelling cacao? How could I return to the cold and damp convent without drinking a cup of frothy hot chocolate? How could I abandon from one day to the next the delicious vice of drinking it?”

Title: *Bittersweet Journey: A Modestly Erotic Novel of Love, Longing, and Chocolate*
Author: Enid Futterman
Publisher/Year: New York: Viking, 1998
Description: Charlotte, a New Yorker, is the main character in this story. Charlotte has strong memories of loving Hershey’s milk chocolate as a child and as she becomes an adult and moves out on her own, her life becomes intertwined with the men she meets and the chocolate she consumes. Her travels and longings take her around the world to many of chocolate’s “hot spots”—Paris, Vienna, and Zurich. The jacket states, “This sensual novel, complete with recipes, lists of elite chocolatiers around the world, and sinful photographs enables the reader to explore the dark and erotic underside of women’s mysterious passion for chocolate.”

Title: *Chocolate*
Author: Alexander Tarasov-Rodionov (Translated from Russian by Charles Malamuth)
Publisher/Year: New York: Doubleday, Doran & Company, Inc., 1932
Description: Set during revolutionary era Russia, Zudin, a high ranking member of the Socialist/Communist Party and chairman of the local “Cheka,” takes pity on a young woman, Valtis, who has been arrested with others suspected of treason. Valtis convinces Zudin of her innocence; he believes her and gives her a job at the Cheka. The woman receives a gift of chocolate by a lover of hers, who is, in reality, a member of the opposition, the White Guards. Chocolate returns throughout the story and seems to symbolize (along with silk stockings and wine) the downfall of men as well as “the cause.” At one point Zudin comments to Valtis, “In many places there is a great deal of sweets—like chocolate—but that is not for us. We are not accustomed to it. Its softness disables us for our cruel struggle, and that being so, we don’t want it.” Later as Zudin is condemned for supposed crimes, he says, “What is this cursed chocolate, chocolate, chocolate which persecutes me so irrevocably? Where did it come from?”

Notes: Although out of print, many universities have it in their collection and it can be obtained through interlibrary loan. It is a fascinating novel.

Title: *The Discovery of Chocolate*
Author: James Runcie
Description: Diego de Godoy is a young Spaniard employed as a notary on the voyage of Hernán Cortés. During his brief time in the court of Montezuma, he is introduced to chocolate and his true love, Igancia. It turns out that the chocolate he drinks contains an elixir that allows both him and his trusted greyhound, Pedro, to live many centuries. Godoy travels through history and meets many people: the Marquis de Sade, Sigmund Freud, Gertrude Stein and Alice Tolka, Joseph Fry, and Milton Hershey.
Notes: Theme of chocolate runs through the book. The story is fictional, but based on actual events and historical figures (Runcie lists his resources in the acknowledgments).

Title: The Golden Harvest
Author: Jorge Amado

Description: The work of one of Latin America’s most widely read authors. Set in the Brazilian state of Bahia, the story involves a band of exporters trying to ruin the wealthy colonials who have made their riches from cacao farming. Throughout the novel, the reader is introduced to a number of characters: the wealthy landowners, the exporters and their wives, small growers, and the cacao plantation laborers. A cacao boom and a rise in prices creates even more wealth for the few, but the “good times” cannot last. The land eventually changes hands. A well-written and intriguing story of shifts in power. Described as “a dazzling epic novel of greed and deception by Brazil’s foremost literary giant.”

Notes: The author was born on a cacao plantation in 1912 in the State of Bahia in Brazil. His more widely known novel, Dona Flor and Her Two Husbands, was made into a film and a Broadway musical. Amado is “a twentieth-century Charles Dickens.” (Linda Rabben, The Nation). Available used or through libraries.

Title: Like Water for Chocolate: A Novel in Monthly Installments, with Recipes, Romances, and Home Remedies
Author: Laura Esquivel
Publisher/Year: New York: Doubleday, 1992

Description: The best selling love story about Tita and Pedro, whose instant attraction for each other causes rifts in their family. Tita, being the youngest daughter in an established family is, by tradition, not allowed to marry as she must take care of her controlling mother, Mama Elena. When Pedro, accompanied by his father, visits to ask for Tita’s hand, Mama Elena offers instead her older daughter, Rosaura. Pedro decides to accept the offer in order to be close to Tita and live on their family ranch. Tita is the cook (having been brought up in the kitchen) and her emotions and love for Pedro are reflected in the food she prepares—which immediately affects anyone who eats it—a theme which continues to play out throughout the story.

Notes: Great passages about the preparation of different dishes. The recipes for September’s installment are chocolate and Three Kings’ Day bread. Esquivel writes about the importance of combining different types of cocoa beans for the best flavor, how to toast the beans to perfection, how to grind the beans using a warm metate, and later in the chapter, how to make the hot chocolate with water or milk (“hot chocolate made with water is more digestible than that made with milk”). Tita also uses cocoa butter as a lip ointment.

Title: Such Devoted Sisters
Author: Eileen Goudge
Publisher/Year: New York: Viking, 1992

Description: This novel tells the story of three sisters, one of whom is a chocolatier named Dolly. The plot takes the characters from Parisian “chocolateries” to cacao plantations in Grenada. Story includes romance, jealousy, and reconciliation.

Notes: Author acknowledges chocolatiers and experts she used in writing and vetting the book, including Robert Linxe of La Maison du Chocolat and Martha Saucier of Li-Lac Chocolates in New York.

Title: A Tale of Two Cities
Author: Charles Dickens
Publisher/Year: New York: Alfred A. Knopf, 1993

Description: Dickens’ classic work about the French Revolution. At the beginning of Chapter 7, there is a passage about how one of the wealthy characters, Monseigneur, takes his chocolate. In a sarcastic way, Dickens relates how Monseigneur had to have four strong men serve him his chocolate: one to carry the chocolate pot, one to mill and froth the chocolate “with a special instrument,” one to give the napkin, and the fourth to pour out the chocolate.

Notes: Good example of the fact that only the wealthy could afford to drink chocolate and many did so with a flourish.
| Title: *Chocolate* *(part of the What’s for Lunch? series)*  
| Author: Claire Llewellyn  
| Publisher/Year: Danbury, Connecticut: Children’s Press (A Division of Grolier Publishing), 1998  
| Ages/Grades: 4 - 8 year olds  
| Description: Easy-to-read informative book about the origins of chocolate. Numerous words are highlighted and listed in a glossary in the back. Good photographs illustrate how cacao grows on the tree and is harvested and processed. Photographs of children enjoying chocolate are also included.  
| Notes: The book indicates only that cacao is grown on plantations, neglecting the harvesting of cacao in the rainforest. Also, farmers caring for their crops are only described as using insecticide to protect their trees from pests and diseases. The photographs show people of color growing and harvesting the cacao and Caucasians working in the factories. An Asian boy and Caucasian girl are shown eating chocolate. Other books in the series include peanuts, honey, rice, corn, and bananas. |
| Title: *The Hershey™’s Kisses™ Addition Book*  
| Author: Jerry Pallotta  
| Publisher/Year: New York: Cartwheel Books, Scholastic, Inc., 2001  
| Ages/Grades: Grades 1 and 2  
| Description: Basic principles of addition are given using kisses to illustrate the numbers. Includes story of how kisses got their name and how many kisses are made each day. |
| Title: *In the Rain Forest* *(part of The Magic School Bus series)*  
| Author: Joanna Cole  
| Publisher/Year: New York: Scholastic, Inc., 1998  
| Ages/Grades: Grades 1–6  
| Description: This animated book is a companion to the popular children’s PBS series, The Magic School Bus. The teacher, Ms. Frizzle, has her own cacao tree in the rainforest but only gets one “bean” from the year’s harvest. Ms. Frizzle and the students hop aboard the Magic School Bus to see what is affecting the production of the crop. The students discover that the flowers are not being pollinated and work to remedy the situation. Along the way, they learn other facts about the rain forest and the other plants and animals that live there.  
| Notes: This is one of the only books to talk about the importance of pollination and the role of the midge as the pollinator. There is also an accompanying video. Allen Young, Ph.D., of the Milwaukee Public Museum (see Speaker’s List for more) served on the advisory board for the production of this episode. Both the book and video are available from Amazon.com. |
| Title: *Let’s Visit a Chocolate Factory*  
| Author: Catherine O’Neill  
| Publisher/Year: Mahwah, New Jersey: Troll Associates, 1988  
| Ages/Grades: 4–8 year olds  
| Description: The focus is on the making of chocolate chips and details the manufacturing steps with good photographs and terminology of the machinery used. (The book mentions that chocolate comes from the cacao tree.) The difference between how cocoa powder is made versus chocolate is clearly described. Nice photographs showing how a chocolate bunny is made from a mold. Includes a recipe for chocolate chip cookies.  
| Notes: Book is out of print. Available through libraries or used book dealers such as Amazon.com |
| Title: *The M & M’s® Counting Book*  
| Author: Barbara Barbieri McGrath  
| Publisher/Year: Watertown, Massachusetts: Charlesbridge Publishing, 1994  
| Ages/Grades: Grades 1 and 2  
| Description: Developed to teach numbers 1–12, six different colors, and three shapes (circle, square, and triangle). M & M’s serve as a reward for learning simple subtraction. |
Middle/Older Readers

Title: Aztec Times
Author: Antony Mason
Ages/Grades: 8–12 years old

Description: A colorfully illustrated book for young people, part of the If You Were There series. Chapters include information on Aztec origins, daily life, their gods, the arts, trade, warfare, and the conquest.

Notes: Includes a board game entitled, “The Final Conquest,” and a timeline that compares events in Aztec history with what was taking place in the rest of the world.

Title: Exploration of Africa
Author: Colin Hynson
Publisher/Year: Hauppauge, New York: Barron’s, 1998
Ages/Grades: 9–12 years old

Description: Traces the history of explorers in Africa. Section on religion and economics covers the introduction of crops, including cacao, which European farmers found to be more profitable than native plants.

Title: How Monkeys Make Chocolate
Author: Adrian Forsyth
Publisher/Year: Toronto, Canada: Owl Books
Ages/Grades: 9–12 years old

Description: This book focuses on several rainforest plants including a section on cacao. The chapter tells how fruit-eating monkeys break open the pods and eat the tasty pulp surrounding the bitter seeds. The author further describes how “perfectly the fruit works” in its ecosystem—a strong pod that protects the seeds, a bright color when ripe that ripe that attracts monkeys, fruit that is easy for a monkey to reach and pluck from the tree, and bitter seeds that the monkey will spit out. A history of how people have consumed cacao and chocolate is included and clearly explained. This is the only children’s book to mention the midge as pollinator of cacao flowers. Other plants with similar characteristics—with a fleshy seed covering that animals like to eat—are mentioned, including kola nuts and coffee.

Notes: This is one of the most fascinating books on the list and one of the only ones for young people that discusses the botany of cacao and the evolution of its structure. It is well written and easily understandable. Excellent photographs accompany the text and bring it to life. The author spent many years studying biology in the rainforest and speaks from his personal experience, a feature that makes the reading all the more engaging.

Title: A Taste of Mexico
Author: Linda Illsey
Publisher/Year: New York: Thompson Learning, 1995
Ages/Grades: 8–10 years old

Description: This book details the history of food in Mexico and includes a brief listing about chocolate. It describes how it was originally consumed by the Aztecs, and was made with water and left unsweetened. It also mentions how chocolate was mixed with different substances to create different colors.

Note: Book can be found through libraries.

Title: Vanilla, Chocolate & Strawberry: The Story of Your Favorite Flavors
Author: Bonnie Busenberg
Publisher/Year: Minneapolis: Lerner Publications Company, 1994
Ages/Grades: 9–12 years old

Description: One of the better books for young people on the origins of three loved flavors. Excellent introduction explains what flavor is and how we taste foods. As vanilla is used in so many chocolate products, this book gives beneficial background information on it. The section on chocolate contains great photographs and a clear map showing where cacao is grown worldwide. As in some other books, the author claims that molinillos were first used by the Aztecs (rather than having been introduced by the Spaniards, contradicting the exhibition text). The author also gives a good explanation of plants that sound similar but are different: the cacao tree, the coconut palm, and the coca plant. Good explanation of how chocolate is processed and a history of some of the historical names in chocolate and their contributions to what we eat today: Cadbury, Hershey, van Houten, etc.

Notes: As with Adrian Forsyth’s book, this book is a good quick “adult read” as well. The information is easily accessible, well written, and fun to read.
### Fiction

#### Preschool/Young Readers

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Publisher/Year</th>
<th>Ages/Grades</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Curious George Goes to a Chocolate Factory</em></td>
<td>Margret &amp; H.A. Rey</td>
<td>New York: Houghton Mifflin Company, 1998</td>
<td>N–K</td>
<td>When Curious George visits a chocolate factory, the mischief begins. Initially his curiosity gets him into trouble, but he finds a solution to save the day and the chocolate candies.</td>
<td>Of the picture books geared towards preschoolers, this is the only one that includes the larger connection to chocolate's origins and manufacturing process. Includes an illustration of chocolates and how you can figure out what's inside by the swirl on top.</td>
</tr>
<tr>
<td><em>Hot Fudge</em></td>
<td>James Howe</td>
<td>New York: Mulberry Books, An Imprint of William Morrow, 1990</td>
<td>Grades K–2</td>
<td>This story centers on the adventures of a group of family pets, Harold, Chester, and Howie, who are left to guard a plate of fudge made by the family father, Mr. Monroe.</td>
<td></td>
</tr>
</tbody>
</table>
Middle/ Older Readers

Title: *Charlie and the Chocolate Factory*
Author: Roald Dahl
Publisher/Year: New York: Alfred A. Knopf, 1964
Ages/Grades: 9–12 years old

Description: The classic story about a poor boy, Charlie Bucket, who wins one of five tickets to Wonka’s chocolate factory. The story is a morality tale about what happens to children who are spoiled, gluttonous, watch too much television, and don’t listen to their elders (e.g. Mr. Wonka). The imaginative setting of the mysterious chocolate factory is engaging and the book includes additional references to chocolate that don’t appear in the film. Wonka explains how the waterfall churns and mixes the chocolate and tells of how the oompa loompas love “cacao...the thing from which all chocolate is made.”

Notes: The book is also available in Spanish and Braille. There is a play version of the book and the well-known film starring Gene Wilder. This book is also interesting and fun to read as an adult.

Title: *Chocolate Fever*
Author: Robert Kimmel Smith
Publisher/Year: New York: Bantam Doubleday Dell Books for Young Readers, 1972
Ages/Grades: Grades 2–4

Description: Henry Green is another character who loves chocolate. But when he eats too much of it, he gets strange brown spots, is taken to the hospital, and is diagnosed with the first ever case of Chocolate Fever. Henry doesn’t like being in the hospital and runs away, befriending a truck driver, Mac, and Mac’s boss, Alfred “Sugar” Cane. Sugar Cane runs a large candy company and states at the end of the book that as a child he had decided to spend his life bringing joy and happiness to others. The way he did it was to bring chocolate to the world.

Notes: The book is also available as an animated children’s video.
Title: *The Chocolate Touch*
Author: Patrick Skene Catling
Publisher/Year: New York: Morrow Junior Books, 1952 and 1979
Ages/Grades: 9–10 years old
Description: A story similar to *Chocolate Fever* about the dangers of eating too much chocolate. Young John Midas eats so much candy and chocolate that he doesn’t eat much of anything else. After finding a strange coin engraved with his initials, he eats a chocolate from an unusual candy shop he encounters. He wakes up and begins turning everything that his mouth touches to chocolate. John initially thinks this is great, but his new ability turns out to be problematic as his day continues. When he kisses his upset mother’s cheek and turns her into chocolate, he knows he needs to get help. In the end the candy shop reappears, and he receives a lesson about greed and selfishness.

Notes: Morality story about the perils of greed, similar to Charlie and the Chocolate Factory.

Title: *The Cocoa Commotion: A Carmen Sandiego Mystery*
Author: Melissa Peterson
Ages/Grades: 9–12 years old
Description: The notorious masterminding thief, Carmen Sandiego, is up to her tricks again. This time she has one of her associates stealing cacao seeds from all the important points in history. If she isn’t stopped, chocolate as we know it will never have existed and history will be forever changed. Two young detectives from the ACME Crimestopping Organization, Ben and Maya, are given the assignment to solve the mystery before it’s too late. They head off in their time machine and end up visiting the Maya, seeing a parade in Spain for returning conqueror Hernán Cortés, meeting Daniel Peter (inventor of milk chocolate) in Switzerland, and a speaking to a worker at the Hershey chocolate factory in Pennsylvania.

Notes: Young readers will get a good amount of historical background in a readable, mystery format. Good emphasis on historical accuracy and broader geographic information. Some interesting consideration is given to whether the world would have been better if history was “rewritten” and slavery had not existed or the Europeans had not colonized and plundered conquered lands.

Title: *The Chocolate War*
Author: Robert Cormier
Publisher/Year: New York: Laurel Leaf Library, Dell Publishing Co., Inc., 1974
Ages/Grades: 12–16 years old
Description: Jerry Renault is the new freshman at Trinity, a New England Prep School For Boys. Jerry’s mother has recently died and his father’s own grief is making him more and more distant. Trinity is also in trouble financially and Brother Leon has vowed to make the annual chocolate sale bigger than ever and demonstrates this vow by ordering twice as many boxes as the previous year. Each boy must then sell twice the amount as they have in the past. Archie is the leader of the school’s secret society, the Vigils, whose members traditionally give “assignments” to the freshmen. Jerry’s assignment is to refuse to participate in the chocolate sale for 10 days, after which he decides to continue his refusal to sell chocolates. Power struggles ensue between Archie, Brother Leon, and Jerry.

Notes: This is a classic young adult novel. It was made into a film; see film list section—note R rating.