

Works Cited

PRIMARY

Articles

Aubrey, Allison. "Sweet Tooth Gone Bad: Why 22 Teaspoons of Sugar per Day is Risky." *Npr.com*. NPR: Wisconsin Public Radio, 4 Feb 2014. Web.

This source is an NPR article on the health risks of sugar. It details how much sugar Americans eat and how easy it is for people to consume more than the recommended amount of sugar by eating processed foods. It contains a helpful image that highlights the large amounts of sugar in typical products. It is a primary source because it describes modern sugar consumption and it discusses studies conducted recently.

Books

Austin, Harry A. *History and Development of the Beet Sugar Industry*. Washington, D.C.: 1180 National Press Building, 1928. *Digital Collections of Colorado, University of Colorado*. Web. 4 April 2016.

This source is a book on the beet sugar industry written by Harry A. Austin, the Secretary of the U.S Sugar Beet Association. I used this source to understand the sugar beet industry and the role of sugar in the early 20th century. While this source had some scientific inaccuracies due to a lack of understanding of organic chemistry and had little information on sugar in Asia, I used the descriptions of beet sugar in the 1920's in my documentary. This source describes how integral sugar had become to American and European households by the 1920's and how beet sugar was used. While I primarily used this source as a primary source to gain insight into sugar in the early 20th century, I read some secondary material from this source on sugar beets in the 1800's.

Buddhaghosa. *The Path to Purification*. pgs. 28, 29, 39, 65, 89, 163, 164, 247, 249, 463, 502, 560, 614. Trans. Bhikku Nanamoli. *accesstoinsight.org*. Buddhist Publication Society, 2010. Web. 12 Jan 2016.

This primary source is a translation of a Buddhist religious text from the 5th century. It contains many anecdotes involving sugar of different levels of refinement. I used this as evidence of a sugar industry in South Asia and to see how sugar was viewed culturally. It helped me understand the relevance of sugarcane in ancient times and the different types of sweeteners that were derived from sugarcane.

de las Casas, Bartolome. *A Short Account of the Destruction of the Indies*. Trans. Nigel Griffin. *Virtual Reading Room*. Columbia University, 1992. Web. 12 Jan 2016.

This 16th century text is a translation of Bartolome de las Casas's *A Short Account of the Destruction of the Indies*. It vividly describes the brutal treatment of Native Americans under Spanish rule in the West Indies. I used this to understand how colonial nations' search for natural resources to extract affected the demographics of their colonies, since many natives were slaughtered and died of disease.

Fedric, Francis. *Slave life in Virginia and Kentucky; or, Fifty Years of Slavery in the Southern States of America*. 1863. *Documenting the American South Project*. University of North Carolina at Chapel Hill, 1999. Web. 4 March 2016.

This source is the autobiography of the slave and abolitionist Francis Fedric. In it, he describes his life as a slave in the Americas and subsequent escape to the British colony of Canada. I used this source to understand how Britain's abolition of slavery influenced the American abolition movement, because Francis Fedric was able to join the Anti-Slavery Society in Toronto, which helped escaped slaves. He also describes how brutal treatment in plantation systems reduced many slaves to near madness.

Kautilya. *Arthashastra*. Books II-XIV. Trans. R. Shamasastri. Uploaded by Rajesh Kumar. *Slideshare.net*. LinkedIn Corporation, 6 Jan 2012. Web. 4 March 2016.

This is a translation of Kautilya's Arthashastra, a 4th-3rd century BCE Indian manual on statecraft. I used this online book to find descriptions of the Indian sugar industry. I also used the cover image in my documentary as a visual aid.

Ligon, Richard. *A True and Exact History of the Island of Barbados*. Ed. Karen Ordahl Kupperman. Indianapolis: Hackett Publishing Company, 2011. *Amazon Kindle*. eBook.

This book, originally published in 1657, is Richard Ligon's narrative of his journey to the sugar colony of Barbados. He briefly describes other Atlantic slave trading colonies, such as the Madeiras and Cape Verde islands, and goes into great detail on the sugar plantations in Barbados. I found casual descriptions of the extent to which large numbers of "Negroes" were used for a wide variety of tasks in service to sugarcane planters. This was helpful to my understanding of the mass migration aspect of the sugar industry. This book has been edited due to some historical errors in the original edition.

Salmon, William. *The Family Dictionary, or Household Companion, 1695*. pg 265. *Internet Modern History Sourcebook*. Fordham University, August 1998. Web. 12 Jan. 2016.

This source is part of a collection on potatoes in the English and Irish diets. It describes how potatoes in the 17th century were eaten with "double refined sugar." I used this as an example of how sugar improves the taste of other dishes and is therefore used in many foods in many diets.

Thomson, J. and Smith, Adolphe. *Street Life in London*. London: Sampson Low, Marston, Searle, & Rivington, 1877. *LSE Digital Library*. Web. 4 April 2016.

This source is a collection of photographs and descriptions of the streets 19th century London. I found photographs that I used in my documentary and descriptions that I used in my research of salesmen on the street selling "halfpenny ices," "ginger beer," and lemonade. There were also descriptions of street

salesmen competing with large factories to sell sugary drinks. This showed me the importance of sugar to street life in London.

William of Tyre. *A History of Deeds Done Beyond the Sea*. Book XIII, Chapter III. New York: Morningside Heights Columbia University Press, 1943. *Amazon Kindle*. eBook.

This book is a history of the crusades written by William of Tyre, the Archbishop of Tyre during the 12th century. I used the part in which William of Tyre describes irrigation techniques used in and around Tyre. While describing irrigation, he mentions how sugarcane was grown and that it was an important trade commodity at the time.

Drawings

“African slaves being taken on board ship bound for USA.” 19th century. Chromolithograph. Peter Newark American Pictures. Bridgeman Images. Web. 4 March 2016.

This is a colored lithograph of slaves being captured and forced into a ship. I used it to show the brutality of slavery that continued even into the 1800s.

“Black slaves working in the cane fields: Planting.” *The Black Man’s Lament: Or How to Make Sugar*. 1826. Illustration. *Bridgeman Images*. Web. 2 June 2016.

This source is an illustration from an English poem by Amelia Opie on slavery and sugar called “The Black Man’s Lament.”. This image shows a slave planting sugarcane while an overseer stands nearby with a whip. I used this image in my documentary as an example of the brutal treatment faced by slaves.

Debret, Jean Baptiste. “Punishment of Negroes.” *Voyage Pittoresque et Historique au Bresil*. Chromolithograph. 1835. Biblioteca Nacional, Rio de Janeiro. *Bridgeman Images*. Web. 4 March 2016.

This drawing from a description of Brazil shows the brutality of the overseers in sugar plantations. I used this in my documentary to show how slavery in Brazil affected the lives of Africans.

Debret, Jean Baptiste. "Small Portable Sugar Mill." *Voyage Pittoresque et Historique au Bresil*. Chromolithograph. 1835 Bibliotheque Nationale, Paris. *Bridgeman Images*. Web. 4 March 2016.

This is a chromolithograph of slaves in Brazil milling sugar. This is an example of slavery in sugar colonies. I used it in my documentary to show how labor-intensive sugar milling was.

"Interior of a London Coffee-house." 1690-1700. Drawing. *The British Museum*. Web. 10 April 2016.

This source is a drawing of a busy London coffeehouse from the late 17th century. I used this as an example of the cultural impact of sugar on England because coffee is usually drunk with sugar, and the rise of the sugar industry was the reason why coffeehouses became popular in Europe.

Johnston, Keith. "Slave Driving in Africa in the 19th century." *Africa*. 1884. Drawing/Lithograph. *Universal History Archive*. Getty Images. Web. 4 March 2016.

This source is a picture of slaves being chained in Africa. I used this to show the brutality African slaves encountered.

"The House of Rest." Woodcut. 15th century. Private Collection. *Bridgeman Images*. Web. 4 March 2016.

This source is a woodcut of a 15th century alehouse. I used it to contrast with a picture of an Enlightenment-era coffeehouse to show how sugar changed the way people lived.

"17th Century Coffeehouse England." Drawing. 1600s. Bodleian Library, University of Oxford. *Wikimedia Commons*. Web. 4 March 2016.

This source is a picture of the coffeehouse in England. I used it to contrast with a picture of a 15th-century alehouse to show how sugar changed the way people lived.

Essays

Fox, William. *An Address to the People of Great Britain, on the Utility of Refraining from the Use of West India Sugar and Rum*. London: M. Gurney, W. Darton, 1791. *Internet Archive*. Web. 4 March 2016.

This pamphlet by William Fox (donated by the Boston Public Library) urges the reader to abstain from consuming West India goods and gives logical arguments against the practice of slavery. I found economic arguments for abstaining from sugar products: Fox explains that sugar is extremely labor intensive, and he warns that the wealth of planters due to slavery and the sugar trade has allowed them to become dangerously dismissive of British imperial rule.

Ramsay, James. *An Essay on the Treatment and Conversion of African Slaves in the British Sugar Colonies*. London: Phillips, 1784. *Internet Archive*. Web. 6 March 2016.

This essay by James Ramsay (donated by the Boston Public Library) discusses moral reasons for the abolition of slavery in British colonies. In it, he refutes claims that "Negroes" as a race are somehow unfit for freedom or Christianity. He also describes slavery throughout history and the position of slaves in social classes in the colonies. This essay helped me understand class distinctions in British colonies, the extent to which slaves were not seen as people in colonial society, and how abolitionists sought to change the institution of slavery.

Engravings

"A Slave Auction in the Deep South." Engraving. 1850. Peter Newark American Pictures. *Bridgeman Images*. Web. 4 March 2016.

This is an engraving of a slave auction. It depicts an auctioneer selling off an African mother and her daughter. I used it to show how cruel slavery was because it ripped families apart for the sake of cheap labor.

Blake, William. "A Negro hung alive by the Ribs to a Gallows." *Narrative of a Five Years' Expedition against the Revolted Negroes of Surinam, in Guiana, on the Wild Coast of South America, from the year 1772 to 1777*. Engraving. 1796. Private Collection. *Bridgeman Images*. Web. 4 March 2016.

This is a gruesome depiction of a punished slave. The slave was a part of a revolt in a South American colony, and his body was hung in such a grotesque manner in order to set an example for other slaves. I used it to show the brutality of the African slave trade.

Bry, Theodore de. "Departure from Lisbon for Brazil, the East Indies and America." *Grands Voyages, Americae Tertia Pars*. 1592. Engraving. Service Historique de la Marine, Vincennes, France. *Bridgeman Images*. Web. 4 March 2016.

This is an engraving from Theodore de Bry's report of a journey to Brazil. It shows ships departing from Lisbon, Portugal. I used this image because, during the 16th century, Portugal was an important exploring and trading empire that expanded the sugar trade to Brazil.

Dodd, Robert. "The Defeat of the Combined Forces of France and Spain at the Battle of Trafalgar in 1805." 1748-1815. Engraving. Musee de la Marine, Paris. *Bridgeman Images*. Web. 10 April 2016.

This source is a colored engraving of the Battle of Trafalgar, an important loss for France during the Napoleonic Wars. I used this in my documentary as an example of France's navy being defeated and

therefore prevented from re-opening trade with its Caribbean sugar colonies. This is primary because it was most likely engraved soon after the Battle of Trafalgar in 1805.

Geoffroy, R. "A Group of Slaves being led to the West African Coast by Traders." *L'Afrique*. Color Engraving. 1814. *Bridgeman Images*. Web. 4 March 2016.

This is an engraving from R. Geoffroy's *L'Afrique*, a history of Africa. It shows traders taking slaves to their colonies. I used this image as an example of African chattel slavery.

"Incendie de la Plaine du Cap." 1794. Engraving. Bibliotheque des Arts Decoratifs, Paris. *Bridgeman Images*. Web. 10 April 2016.

This source is an engraving of the 1791 Burning of the Plaine du Cap, an important event in the Haitian Revolution. I used this image in my documentary because the Haitian Revolution was an important event in the beginning of the sugar beet industry and the history of slavery. This is a primary source because it was published just a few years after the event.

"Map of Barbados." Engraving. 18th century. Private Collection. *Bridgeman Images*. Web. 4 March 2016.

This source is a map of Barbados. It gave me insight into how the British set up their sugar plantations on their colonies. I used it as an image in my documentary.

Poire, Paul. "Betterave." 1873. *La France Industrielle (Hachette)*. Engraving. *Bridgeman Images*. Web. 10 April 2016.

This source is an engraving of a sugar beet from a 19th century French book, published by the Librairie Hachette, on contemporary French industry. I used this source to show a diagram of a sugar beet in

my documentary. It is primary because it was made during the time when sugar beets were an important industry in France.

“Sugar Cane.” Engraving. 19th century. Bibliotheque des Artes Decoratifs, Paris. *Bridgeman Images*. Web. 4 March 2016.

This is a 19th century French engraving depicting sugarcane. I used this image in my documentary to display the anatomy of the plant.

Walker, George. “Woman making oat cakes.” 1813-14. *Costume of Yorkshire*. Engraving. *New York Public Library Digital Collections*. Web. 10 April 2016.

This is a primary depiction of an English middle class woman making oatcakes. Oatcakes could be consumed with jam. This image is an example of 19th century diets that often included foods that were spread with jam, a very sugary substance. I used this image in my documentary’s section on sugar’s effect on diets.

Journals

Columbus, Christopher. *Extracts from the Journal of Christopher Columbus*. Ed. Paul Halsall. 1492. *Fordham University Internet History Sourcebook*. Web. 4 March 2016.

This is a group of extracts from Christopher Columbus’s journal. I used this source to get a better understanding of Columbus’s voyages and connect them to the Columbian Exchange they began. This helped me understand how integral exploration was to the encounter and exchange of crops from the New World, because Columbus describes specimens of various plants and fruits he found during his travels in these extracts of his journal.

Halsall, Paul. "Islamic History Sourcebook: Samuel G. Wilson: New Year's Calls and Gift, Persia 1895." *Internet History Sourcebooks Project*. Fordham University, November 1998. Web. 12 Jan 2016.

This primary source is a travel log by Samuel G. Wilson. In this section, he attends a New Year's festival in Persia (modern day Iran). He describes how sugar is essential to this Persian festival. I noted the customs involving sugar and how sugar products still affect Persian society since its introduction there before the 7th century CE.

Stefani, Marchione de Coppo. *Cronaca Fiorentina*. Trans. Niccolo Rodolico. *Internet Medieval History Sourcebook*. Fordham University, August 1998. Web. 12 Jan. 2016.

This is an excerpt from the 14th century *Florentine Chronicle*. It describes a plague in the city of Florence. The author describes how much the price of sugar increased due to the high demand for it as a medicine. I used it because it is an example of how sugar was used as medicine during the Middle Ages.

Manuscripts

De Predis, Cristoforo. "Ms Lat 209 fol.6v Jupiter, detail of fruit and grain merchants." *De Sphaera*. Vellum Manuscript. 1470. Biblioteca Estense, Modena, Italy. *Bridgeman Images*. Web. 4 March 2016.

This is a section of a 15th century manuscript. It shows European fruit and grain merchants in a marketplace. I used this image to show how trade exchanges in Europe facilitated the spread of the sugar industry.

De Wavrin, Jehan. "Royal 14 E. IV, f 265v." *Anciennes et nouvelles chroniques d'Angleterre*. Vellum Manuscript. 1470-1480. *British Library*. British Library, 2016. Web. 4 March 2016.

This miniature from a manuscript shows a lavish medieval banquet with sugar being served. I used this as an example of European nobles encountering sugar and increasing the demand for it.

Dioscorides. "Est. 28 e M 59. folio 92, verso." *Tractatus de Herbis*. Written 1st century, published 15th century. Vellum Manuscript. Biblioteca Estense, Modena. *Bridgeman Images*. Web. 4 March 2016.

This is a manuscript of a translation of a work by the Greek scientist Dioscorides. This page describes sugarcane and the making of either syrup or the fermentation of juice into alcohol. I used this image to show how sugar was made in medieval times.

Dioscorides. "Folio 11v." *De Materia Medica*. Vellum Manuscript. 10th century. Werner Forman Archive. *Bridgeman Images*. Web. 4 March 2016.

This is an illustration from the Arabic translation of Dioscorides's *De Materia Medica*. I used it to show what sugarcane looked like to contemporary chroniclers and how Crusaders would have encountered it.

"Fol 1v The Month of January: Rich Lord at the Table." *Breviarium Grimani*. Vellum Manuscript. 1515. Biblioteca Marciana, Venice. *Bridgeman Images*. Web. 4 March 2016.

This is a section from a 16th century manuscript. It depicts a rich lord at a feast that includes sugar. I used this image to show how sugar was first consumed by the rich in Europe.

Foquet, Jean. "Ms 6465 fol.444v Banquet given by Charles V." *Grandes Chroniques de France*. Vellum Manuscript. 15th century. Bibliotheque Nationale, Paris. *Bridgeman Images*. Web. 4 March 2016.

This is an image of rich lords enjoying a feast that contains sugar. I used it to show how the wealthy consumed sugar in Medieval Europe.

Ibn Butlan. "Foodstuffs-Honey." *Taqwim al-Shihhah*. 11th century. Manuscript Illustration. *Bridgeman Images*. Bridgeman Art Library, 2016. Web. 4 March 2016.

This image is a section from Ibn Butlan's *Taqwim al-Shihhah* (Maintenance of Health) that was published in the 14th century Italian document *Tacuinum Sanitatis*. It depicts beehives and describes honey as a food item. I used it as an example of the importance of honey before sugar became widespread.

Ibn Butlan. "Nova 2644 fol.92v. The Cultivation of Sugar Cane." *Tacuinum Sanitatis*. Written 11th century, published 14th century. Vellum Manuscript. *Bridgeman Images*. Web. 4 March 2016.

This is an illustration from a manuscript of an Italian translation of Ibn Butlan's *Taqwim al-Shihhah* (Maintenance of Health) from the 11th century. It depicts two people standing in front of what appears to be a failing crop of sugarcane, as seen by the red sky, drooping plants, and cracked ground. I used this image to show that the climate in the Mediterranean was not ideal for sugarcane cultivation.

Ibn Butlan. "Selling Sugar." *Tacuinum Sanitatis*. Written 11th century, published 14th century. Vellum Manuscript. *Bridgeman Images*. Web. 4 March 2016.

This is a manuscript of an Italian translation of Ibn Butlan's *Taqwim al-Shihhah* (Maintenance of Health) from the 11th century. It has an illustration of a merchant selling small loaves of sugar to a wealthy-looking customer. I used it to show how sugar was exchanged through trade from the 11th to 14th centuries.

Ibn Vaseti, Yahya. *Maqamat of Hariri*. 13th century. Bibliotheque Nationale de France, Paris. *Wikimedia Commons*. Web. 6 March 2016

This source is an image from the 13th century Arab manuscript the Maqamat of Hariri. I used it to see the art of the Arab Empire and used this image of a teacher and his students to show Islamic scholars in my documentary. This is primary because it was written in the 13th century, during the time that I am researching.

“Ms Fr 22495 Fol. 15 The Council of Clermont and The Arrival of Pope Urban II in France.” *Le Roman de Godfroi de Bouillon*. Vellum Manuscript. 1337. *Bridgeman Images*. Web. 4 March 2016.

This 14th century French manuscript regards the history of the Crusades. The page I used shows a picture of Pope Urban II calling the council to begin the First Crusade and his arrival in France. I used this image in my documentary because the First Crusade was the first important European encounter with sugarcane.

“Roy 2 B VII f.78 Reaping corn harvest in August.” *Queen Mary Psalter*. Vellum manuscript. 1310-1320. *Bridgeman Images*. Web. 4 March 2016.

This source is a 14th century English manuscript depicting peasant laborers harvesting corn. Peasant laborers were often used in sugarcane fields in the Mediterranean. I used this image in my documentary as an example of early labor systems in sugarcane fields.

“The Arab Army on the March.” Vellum Manuscript. 13th century. Biblioteca Monasterio del Escorial, Madrid. *Bridgeman Art Library*. Web. 4 March 2016.

This is a section from a medieval Spanish manuscript. I used it to show a picture of the Arab army in my documentary.

William of Tyre. "Ms 828 f.33r Siege of Antioch." *Estoire d'Outremer*. 1130-1185. Vellum Manuscript. *Bridgeman Images*. Web. 4 March 2016.

This is a manuscript of William of Tyre's *History of Outremer*. Outremer was the name given to Crusader states formed in the Middle East. This picture shows the Siege of Antioch, an important battle in the First Crusade. I used this image because, during the First Crusade, Crusaders would often subsist on crops grown by peasants in the area, including sugarcane.

Music

Adrian von Ziegler. "Celtic Music-Origins." Online video clip. *YouTube*. Youtube, 25 Jan 2016. Web. 4 March 2016.

This is the song "Origins" by Adrian von Ziegler, uploaded by Adrian von Ziegler. I used it as music in my documentary.

Brunuhville. "Fantasy Medieval Music-Dance with Dragons." Online video clip. *YouTube*. Youtube, 6 Jun 2013. Web. 4 March 2016.

This is a song by Brunuhville, uploaded by Brunuhville. I used it as music in my documentary.

Craigsmusicchannel. "Dark Piano Song-'Night of Rain'." Online video clip. *YouTube*. Youtube, 21 May 2011. Web. 4 March 2016.

This is a song by craigsmusicchannel, uploaded by craigsmusicchannel. I used it as music in my documentary.

Derek and Brandon Fiechter. "1 Hour of Arabian Music and Egyptian Music." Online video clip. *YouTube*. Youtube, 18 Nov 2014. Web. 4 March 2016.

This is a collection of Derek and Brandon Fiechter's songs. I used sections of this video for music in my documentary.

Derek and Brandon Fiechter. "Medieval Music-Royal Castle." Online video clip. *YouTube*. Youtube, 29 May 2015. Web. 4 March 2016.

This is a song by Derek and Brandon Fiechter. I used it in my documentary for music.

Derek Fiechter. "Dark Celtic Music-Shadow Elves." Online video clip. *YouTube*. Youtube, 13 Jan 2014. Web. 4 March 2016.

This is a song written by Derek Fiechter and uploaded by Derek Fiechter. I used it as music in my documentary.

Kilian, Mark and Hepker, Paul. (2005) Bye Bye Baby. *On Tsotsi Soundtrack*. Music.

This is a song from the soundtrack of the movie Tsotsi. I used it as music in my documentary.

Peter Crowley Fantasy Dream. "(Celtic Adventure Music)-Spirit of Freedom-Peter Crowley." Online video clip. *YouTube*. Youtube, 4 Jun 2014. Web. 4 March 2016.

This is a song by Peter Crowley, uploaded by Peter Crowley. I used it as music in my documentary.

Paintings

Bakker-Korff, Alexander Hugo. *High Tea*. Painting. 1866. Lawrence Steigrad Fine Arts, New York. *Bridgeman Images*. Web. 4 March 2016.

This painting shows wealthy women drinking tea and eating cakes. I used this image to show the prevalence of sugary foods and drinks in Europe by the 19th century.

Clark, William. *Slaves Fell the Ripe Sugar, Antigua*. 1823. Print. British Library, London. *Bridgeman Images*. Web. 4 March 2016.

This is a painting of slaves in the English colony of Antigua in the Caribbean. I used this as an example of African slaves performing difficult and dangerous work. Here the slaves are harvesting sugar cane while an overseer oversees. It is primary because it was painted during the time of the rise of slavery and sugar in the Caribbean.

Coppola, Carlo. *The Marketplace in Naples During the Plague of 1656*. Painting. 17th century. Museo Nazionale di San Martino, Naples. *Bridgeman Images*. Web. 30 March 2016.

This source is a painting of chaos in Naples during a plague. I used this painting in my documentary as an illustration of the devastation that plague can bring. Plagues, like the one in this painting, were one of the causes of the collapse of the Mediterranean sugar industry during the 14th and 15th centuries.

Delaroche, Hippolyte. *Napoleon in his Study*. 1797-1856. Painting. Private Collection. *Bridgeman Images*. Web. 10 April 2016.

This source is a painting of Napoleon Bonaparte in his study. I used this image in my documentary because Napoleon's exploration into sugar beet technology in response to the demand for sugar beets was an important part of the journey of sugar throughout history. This source is primary because it was most likely painted during Napoleon's life or soon after his death.

“Fragment from the Alexander Mosaic.” Painted Copy of a Mosaic. 1 Jan 1754. *Universal History Archive*. Getty Images, 2016. Web. 4 March 2016.

This is an image of Alexander the Great copied from a 310 BCE mosaic. I used it to show Alexander the Great because his militaristic exploration made the early spread of sugarcane possible.

Heemskerck, Egbert van the Elder. *A Quakers Meeting*. 1634-1705. Painting. Private Collection. *Bridgeman Images*. Web. 4 March 2016.

This painting depicts a gathering of Quakers, a people known for their pacifism. They were also strongly opposed to slavery. One Quaker, William Fox, likened sugar consumption to cannibalism due to the sugar industry’s connection to slavery. I used this painting in my documentary to show the point of view of the Quakers.

Krohg, Christian. *Errand Boy Drinking Coffee*. Painting. 1885. Gothenburg Art Museum, Sweden. *Bridgeman Images*. Web. 4 March 2016.

This painting shows a poor errand boy drinking coffee and eating cake. I used this image to show how sugary foods and drinks spread to the working classes in the 19th century.

Sailmaker, Isaac. *The Island of Barbados*. 1694. Painting. Yale Center for British Art, Paul Mellon Collection, USA. *Bridgeman Art Library*. Web. 4 March 2016.

This is a painting of Barbados. It clearly shows its small size and the large number of ships that flocked to the island. I used this to show how successful the sugar colony of Barbados was.

The Kneeling Slave-Am I not a Man and a Brother?. Painting. 18th century. Wilberforce House, Hull City Museums and Art Galleries, UK. *Bridgeman Images*. Web. 4 March 2016.

This source is an abolitionist painting of a slave saying, “Am I not a man and a brother?” I used this source to gain insight into the British abolition movement, which used this image as a symbol for the necessity of humane treatment of slaves.

Photographs

“Anti-Slavery Sugar Bowl promoting East India Sugar.” Ceramic. 19th century. Museum of London, UK. *Bridgeman Images*. Web. 4 March 2016.

This is a slavery bowl with an abolitionist message written on it. It encourages the user to use Indian sugar produced by free laborers rather than Caribbean sugar produced by slaves. I used this as an example of the extent of the British abolition movement.

Barocci, Ambrogio. “Noria Consisting of Wheel, from Frieze Depicting Machines of War and Peace.” Photograph of a Relief. 15th century. Galleria Nazionale delle Marche, Urbino, Italy. *Bridgeman Images*. Web. 4 March 2016.

This source is a relief depicting the Spanish water wheel. I used this picture to understand the irrigation technologies of the 15th century in the Mediterranean. The fact that this is an Italian source shows the extent of technological exchange in the Arab empire.

Bos, Henk. “Tawahin es-Sukkar.” Photograph. *Photography Henk Bos*. Zenfolio, 12 Dec. 2015. Web. 4 March 2016.

This is a series of photographs of the 11th-13th century Tawahin es-Sukkar mill in Jordan. I used this to get an understanding of technology used in the Arab sugar industry and as an image in my documentary.

Harrington, Richard. "A man eating sugarcane in New Guinea." Photograph. *Getty Images*. Getty Images, 1 Jan 1995. Web. 4 March 2016.

This is a photograph of a native of New Guinea wearing traditional clothing and eating raw sugarcane. I used this image in my documentary as an example of how sugarcane was traditionally eaten. I also used the image to show how sugarcane is prevalent in New Guinean culture.

"Ice Cream Merchant, Constantinople, Turkey." 1898. Photograph. Universal History Archive. *Bridgeman Images*. Web. 10 April 2016.

This photograph from the late 19th century shows a Turkish ice cream merchant selling ice cream to children. Ice cream is often very high in sugar; therefore, this photograph is an example of how widespread sugar had become in the 19th and 20th centuries. I used this photograph in my documentary to describe how sugar had gone from a product only the very wealthy could afford to an ingredient in many street vendors' wares.

Lovera, G. "Wall Painting Depicting a Scene of Beekeeping, on Pillar of the Hypaethral Court, from the Tomb of Pabasa, Aasif." Photograph. *De Agostini Photo Library*. Getty Images, 2016. Web. 4 March 2016.

This is a photograph of the tomb of an Ancient Egyptian Pharaoh from the 6th-7th century BCE. It has multiple depictions of bees and beekeepers carrying honey. I used this image as an example of how important honey was to ancient societies before the rise of sugar.

Niloo138. "Grocery Store Shelves Editorial Stock Image-Image: 46528749." Photograph. *Dreamstime Stock Images*. Dreamstime, 2016. Web. 4 March 2016.

This is a photograph of a grocery store in Canada that was uploaded to a stock photo site. I used this photo in my documentary to show how prevalent processed foods containing sugar are in modern grocery stores. This image is a primary source because it was uploaded and copyrighted by the user.

"Noria Waterwheel on the Orontes River." Photograph. *Bridgeman Images*. Bridgeman Art Library, 2016. Web. 4 March 2016.

This image is a photograph of Spanish water wheels on the Orontes river in Syria. They are of Byzantine design. I used them as an example of technological exchanges during the Middle Ages, because they were potentially brought there by an Islamic dynasty. This is a primary source because it is a direct photograph of the source, which is the water wheel.

Orti, G. Dagli (Photographer). "Processing Cycle for Extract Sugar from Beet." 19th century. Photograph of a Watercolor. *De Agostini Picture Library*. Getty Images, 2013. Web. 10 April 2016.

This photograph of a 19th century Portuguese watercolor depicts an early sugar beet processing center. I used this in my documentary to describe the beginnings of the now-widespread sugar beet industry in Europe. This is a primary source because it is a photograph of a source form the 19th century, which is when the sugar beet industry became prominent.

Print Media

"Advert for Cadbury's Chocolate Biscuits." *Woman's Journal*. Magazine illustration, chromolithograph. 1953. Private Collection. *Bridgeman Images*. Web. 4 March 2016.

This source is a 20th century advertisement for Cadbury chocolate biscuits. I used it in my documentary to show how the sugar industry continued to produce more sweets throughout the 1900s. This advertisement is an example of the influence of the sugar industry in popular media.

“Broadside from Charlestown, South Carolina Advertising the Sale of a New Shipment of Slaves.” 24 July 1769. Print Poster. American Antiquarian Society, Worcester, Massachusetts. *Bridgeman Art Library*. Web. 4 March 2016.

This source is a poster advertising slaves in South Carolina. I used this to show how plantation economies, especially sugar plantations, used large amounts of slave labor from the 1500s all the way to the 1700s and 1800s.

Gillray, James. “Anti-Saccharites.” Political Cartoon. 1792. Warden and Scholars of New College, Oxford. *Bridgeman Images*. Web. 4 March 2016.

This source is a political cartoon about John Bull, a British abolitionist. It shows his decision to not use sugar in his tea to protest slavery. This helped me gain insight into the British abolition movement.

Gillray, James. “Barbarities in the West Indies.” Political Cartoon. 1791. Warden and Scholars of New College, Oxford. *Bridgeman Images*. Web. 4 March 2016.

This source is a political cartoon about atrocities and slavery in the Caribbean. It shows a slave being boiled alive. I used it to gain insight into the early British abolition movement. I also used this image in my documentary.

“Indentured Servants and Tenants—extract from an indenture dated 1742 of a tenant on the Livingston Manor, New York.” Ink on Paper. 1742. Peter Newark Pictures. *Bridgeman Images*. Web. 4 March 2016.

This is an example of an indentured labor contract. I used it as an image in my documentary and as a way to understand why indentured labor was used.

Reinel, Pedro. "Brazil." *Miller Atlas*. Map. 1519. Bibliotheque Nationale, Paris. *Bridgeman Images*. Web. 4 March 2016.

This source is a 16th century map of Brazil. I used it because it allowed me to see how the Portuguese set up their sugar plantations in Brazil.

The Illustrated London News (June 9, 1849), vol. 14, p. 388. *Hitchcock.itc.virginia.edu*. Web. 4 March 2016.

This is an illustration from the Illustrated London News. It shows female African slaves toiling in the fields. I used this in my documentary to show the hard labor slaves encountered.

Video

Jeff Quitney. "How We Get Sugar circa 1920 Prelinger Archives." Online video clip. *Youtube*. Youtube, 26 Sept. 2013. Web. 4 March 2016.

This is a video from the Prelinger Archives about the process of sugar refining. I used clips from this video that showed workers in sugarcane fields and children pouring sugar on food. This video showed the mechanization of sugar processing during the 20th century. It also gave helpful information regarding sugar processing from cane, beets, and maple sap.

SECONDARY

Articles

Aravind, H.M. "Mysore's Classical Discovery." *Times of India Epaper*. Times of India, 5 Aug. 2009. Web. 4 March 2016.

This is a newspaper article on R. Shamasastri's translation of the Arthashastra. It had a photograph of the Arthashastra manuscript, which is in the archives of the University of Mysore Oriental Research Institute. I used this image in my documentary.

Chandler, Graham. "Sugar, Please." *Saudi Aramco World*. July/August 2012, pps. 36-43. Web. 13 Jan 2016.

This is an article on the history of sugar. Graham Chandler, the author, interviewed archaeologists at excavation sites in Cyprus and Jordan where medieval Arab sugar mills were used. He describes how sugarcane contributed to widespread trade exchanges within the Arab empires and how the cultivation of sugarcane in the Middle East encouraged large irrigation projects and year-round planting. I used this source to understand the technological exchanges facilitated by the sugarcane industry.

Cohen, Rich. "Sugar Love: A Not So Sweet Story." *National Geographic*. August 2013: pgs 82-97. Print.

This is an introductory article on the history of sugar. It mainly describes the health risks associated with sugar consumption and briefly describes its role in history. I used it to learn about how sugar consumption affects health and to get a general overview of how sugar went from a rare medicinal substance to the common ingredient that it is today.

Schaenzer, Amy. "Trick-or-Treat Hours, Family-Friendly Halloween Events Throughout the Suburbs." *Geneva Patch Newsletter*. Geneva, IL Patch, 31 Oct 2015. Web. 4 March 2016.

This is an article on trick-or-treating in Illinois. I used a stock photo of children trick-or-treating from this website as an example of modern-day obsession with candy and sweet foods.

Books

Abbot, Elizabeth. *Sugar: A Bittersweet History*. New York: The Overlook Press, 2008. Print.

This book is a description of the history of sugar, mainly focusing on its connection to slavery. I used it to further understand the brutality of the slave trade and to explore the connection between forced labor and the sugar trade. It provided details on labor migrations in the 16th to 20th centuries and described the

use of cheap labor in modern sugar plantations in India, the Caribbean, and the Pacific. It also describes sugar's impact on the American diet.

"Chapter 10: The Sugar Revolution." Macmillan Caribbean. Macmillan Publishers Ltd, 2012. Web. 4 March 2016.

This is an excerpt from a book about the Caribbean. It gives general information on the Caribbean sugar trade and has population estimates of various sugar colonies. I used these population estimates to make graphs showing the change in population of Caribbean sugar colonies.

Curtin, Philip D. *The Rise and Fall of the Plantation Complex: Essays in Atlantic History*. Cambridge: Cambridge University Press, 1990. Print.

This is a collection of essays and lectures from the respected historian and professor Philip D. Curtin. It describes the plantation economy throughout history, and I used the sections that discussed the sugar industry's relation to the plantation complex. It was given to me by Professor Tiffany Trimmer of UW-L.

Klemetilla, Hannele. *The Medieval Kitchen: A Social History with Recipes*. London: Reaktion Books Ltd, 2012. *Amazon.com*. Web. 4 April 2016.

This source is a book on medieval European cuisine, and it contains many medieval recipes that include sugar. I used sections of this book available online to understand the role of sweet foods in medieval diets. I learned that sugar was often used with other exotic spices in fancy European dishes. I also used the cover image of this book in my documentary to illustrate how wealthy lords and ladies consumed sugar in feasts.

Lewis, Bernard. *Race and Slavery in the Middle East*. "Chapter 1." Oxford: Oxford University Press, 1994.
Web. *Internet History Sourcebook, Fordham University*. 13 Jan 2016.

This is an excerpt from a book describing slavery in the Middle East. This is a controversial topic, and I used this section to delve into how the need for forced labor conflicted with humanitarian and religious interests in the Middle East. I used this excerpt to understand how cheap labor was necessary throughout the history of sugar, even before large-scale African slavery was used. Africans were bought and sold as slaves in the Middle East, but they were not solely relied on for production.

Macinnis, Peter. *Bittersweet: The Story of Sugar*. Crows Nest: Allen & Unwin, 2002. Print.

This book describes the history of sugarcane processing technology and its use throughout history. It also shows the importance of sugarcane in the colonial period, and it describes European powers fighting over their sugar colonies.

Mintz, Sidney. *Sweetness and Power: The Place of Sugar in Modern History*. New York: Penguin Books, 1985. Print.

This treatise on sugar history was the most important source I found. It carefully lays out arguments for why the sugar industry is and was so important, and it describes sugar's effect on the world through politics, health, and economics.

Smith, Andrew F. *Sugar: A Global History*. London: Reaktion Books Ltd, 2015. Print.

This book describes the history of sugar and its effect on diets. It primarily examines its effect on American and British diets and history. I used it to see how sugarcane has affected important events in American history, such as the American Revolution and the Spanish-American War.

Drawings

“Copy of Greek Cup depicting Arcesilas II, King of Cyrene (c. 560-550 BC) Watching the Weighing and Loading of Silphium.” Color Lithograph. 1800s. Bibliotheque Nationale, Paris. *Bridgeman Images*. Web. 4 March 2016.

This is a copy of a Greek cup. It shows an ancient king observing the trade of silphium, a medicinal plant. I used it as an image in my documentary to show ancient trade exchanges of plants that, like sugarcane, had medicinal value.

“Martial de Paris. “Ms Fr 5054 f.11 The Battle of Agincourt.” *Vigil of Charles VII*. Vellum Manuscript. 1484. Bibliotheque Nationale, Paris. *Bridgeman Images*. Web. 4 March 2016.

This is a section of a manuscript that contains a picture of the Battle of Agincourt. I used this in my documentary as a picture of war because prisoners of war were often used as laborers in medieval sugar plantations. This is not a primary source because it was written almost 70 years after the Battle of Agincourt.

“Occupation of the Canary Islands by Jean de Bethencourt, 1402.” Chromolithograph. 19th century. Private Collection. *Bridgeman Images*. Web. 4 March 2016.

This source is a chromolithograph of the Spanish occupation of the Canary Islands. This is an important part of the history of the sugar industry because the occupation and cultivation of the Atlantic islands by European plantation owners produced larger amounts of sugar than ever before. I used it in my documentary to show the significance of the Spanish conquering the Canaries.

“The Pinta, the Nina, and the Santa Maria sailing towards the West Indies.” *The Discovery of America*. Chromolithograph. 1878. Private Collection. *Bridgeman Images*. Web. 4 March 2016.

This is a colored lithograph of Columbus's ships sailing to the West Indies. I used this in my documentary when I was explaining how encounters with sugarcane led to exploration into ways and places to grow it.

Engravings

Cassel. "Sugar Cane." *Illustration for Conquests of the Cross, A Record of Missionary Work Throughout the World*. Engraving. 19th century. Private Collection. *Bridgeman Images*. Web. 4 March 2016.

This source is an illustration of sugarcane from a record of missionary work. I used it to show that sugarcane is a tall grass because it is described as a reed in some ancient sources. This helped me and the audience understand the basic anatomy of the sugarcane plant.

Ed. Winsor, Justin. "Columbus at Hispaniola." *The Narrative and Critical History of America*. Colored Engraving. 1886. Private Collection. *Bridgeman Art Library*. Web. 4 March 2016.

This is an engraving from *The Narrative and Critical History of America* of Columbus's Second Voyage. I used this image in my documentary because Columbus's voyages were important to the spread of sugarcane to the Caribbean.

"Slaves from Africa packed on the deck of a slaver ship bound for America." Engraving. Peter Newark American Pictures. *Bridgeman Images*. Web. 4 April 2016.

This engraving depicts depressed, half-naked African slaves trapped on the deck of a ship. I used this image as an example of the large scale of the slave trade and the torture slaves were put through. This is a secondary source because its date of creation is unknown.

"Slaves Irrigating by Water Wheel on the Banks of the Nile." 19th century. Engraving. Stapleton Collection. *Bridgeman Images*. Web. 4 March 2016.

This is an engraving of African slaves in Egypt, using a water wheel. This shows how labor-intensive large-scale irrigation was. I used this image to partly show why forced labor was used for sugar plantations, which need lots of irrigation.

Essays

Burke, Katherine Strange. *A Note on Archaeological Evidence for Sugar Production in the Middle Islamic Periods in Bilad al-Sham*. Middle East Documentation Center, University of Chicago. University of Chicago, 2004. Web. 13 Jan 2016.

This source is a paper on archaeological findings relating to the Islamic sugar industry. I used it to understand the technology used in that industry. I also compared this technology to the technology used in the Caribbean sugar industry.

Galloway, J.H. "The Mediterranean Sugar Industry." *Geographical Review*. April 1977, pp. 177-194. *JSTOR.com*. Web. 13 Jan 2016.

This paper published in *Geographical Review* describes the Mediterranean sugar industry. It goes into detail on how the Christian and Islamic worlds mingled through Mediterranean trade. I used this source to learn about exchange in the Mediterranean period. Its description of the nuances of the collapse of the Mediterranean sugar industry also helped me understand why the Atlantic industry was able to flourish in its place. From this source, I used a map of regions where sugar was cultivated in the Mediterranean and a drawing of workers using a three-cylinder sugar mill.

Tsugitaka, Sako. *Sugar in the Economic Life of Mamluk Egypt*. Middle East Documentation Center, University of Chicago. University of Chicago, 2004. Web. 13 Jan 2016.

This paper is a detailed examination of the sugarcane industry in the Fatimid, Ayyubid, and Mamluk periods in Egypt. It describes sugar's effect on politics, economics, and culture of the time. I used it to understand how sugar stayed important during the Mediterranean phase. This source was extremely helpful because it contained many excerpts from primary Arab sources that I was otherwise unable to access.

Interview

Trimmer, Tiffany. Personal Interview. 4 March 2016.

I interviewed Assistant Professor of History Tiffany Trimmer at her office in UW-L. She has researched mass migrations throughout history, including those relating to the sugar industry. Her interview helped me understand how the sugar industry has led to African slavery and mass migrations due to high demand for cheap labor.

Lecture

Smith, Andrew F. "A True History of Sugar." Culinary Historians of Southern California. Los Angeles Public Library, Los Angeles, CA. 9 May 2015. Lecture. *Andrewsmith.com*. Web. 21 Feb. 2015.

This source is a lecture by Andrew F. Smith, author of *Sugar: A Global History*, on the history of sugar from New Guinea in 8000 BCE to the USA in the 21st century. I used this source as a starting point to decide which periods of history to research and which events were significant in the history of sugar.

Maps

Alvin Lee. "1945.5 Blank World Map. PNG." *Wikimedia Commons*. Wikimedia Commons, 30 March 2012. Web. 4 March 2016.

This source is a blank world map. I used an animation feature on Final Cut to draw arrows to show the paths of mass migrations throughout history.

"America 1586 [Fantasy Map]." *RareMaps.com*. Barry Lawrence Ruderman Antique Maps Inc. Web. 4 March 2016.

This is a modern imitation of a 16th century map of the Americas. I used it as a visual aid when I explained sugar's connection to the Columbian Exchange in my documentary.

"Dr. Chuck Boening: Western Civilization Maps." *sheltonstate.edu*. Shelton State Community College, 2012. Web. 4 March 2016.

This is a collection of maps on Western Civilization. I used the map of the Hellenistic Empires in my documentary to show the geographic extent of the early sugar trade.

"Image Library-Year Two." *Core Knowledge UK*. Civitas, 2014. Web. 4 March 2016.

This is a resource website for British teachers. I used a clear and simple map of Afro-Eurasia from this site, developed by Core Knowledge UK. This map of Afro-Eurasia provided a view of Western Europe, Atlantic Islands, and Africa. This geographic juxtaposition was what allowed large-scale trading of African slaves to begin.

"Map of the Muslim Expansion and the Byzantine Empire at the end of the Umayyad Caliphate, in 750." Map from the *Historical Atlas*. 1923. *Bridgeman Images*. Web. 4 March 2016.

This source is a map showing the extent of the Umayyad dynasty. I used this to gain a geographical understanding of the spread of one of the Arab empires. I used this map in my documentary.

"Map of the North Atlantic 1803-1805." *Cambridge Modern History Atlas*. 1912. University of Texas, Austin, USA. *Emmersonkent.com*. Web. 4 March 2016.

This source is a map of the Atlantic Ocean in the early 19th century. I used this map to illustrate the Triangular Trade routes between Europe, Africa, and the Americas.

NuclearVacuum. "BlankMap-Middle East.svg" Digital Map. *Wikimedia Commons*. Wikimedia, Commons, 5 July 2009. Web. 4 March 2016.

This is a blank map of the Middle East region. I used it to illustrate the spread of sugarcane before the Arab empire.

Shepherd, William R. "World Map 17th century." *Historical Atlas*. 1911. University of Texas, Austin, USA. *Emmersonkent.com*. Web. 4 March 2016.

This is a historical map of the world in the 1600s. It shows the European colonies in the Americas. I used it to show the extent of colonialism at the time and to orient myself and the audience with the location of sugar colonies.

Strebe. "Winkel triple projection SW.jpg." Digital map. *Wikimedia Commons*. Wikimedia Commons, 15 August 2011. Web. 4 March 2016.

This is a map of the world. I used it to illustrate mass migrations in my documentary.

Paintings

Doughty, C.L. *Tamerlane the Terrible*. 1913-1985. Gouache on Paper. Private Collection. *Bridgeman Art Library*. Web. 4 March 2016.

This source is a relatively modern take on the rise of Tamerlane, a Central Asian conqueror whose invasions followed the Mongols'. The Mongol invasion and Tamerlane's invasions both severely damaged

the sugarcane industry of the Arabs and in the Mediterranean. I used this painting in my documentary to show how war led to the downfall of the Mediterranean sugar industry.

King, Sidney E. *Colonists Landing at Jamestowne*. Painting. *Nps.gov*. National Park Service, 2016. Web. 4 March 2016.

This painting depicts British colonists at Jamestown. I used this picture as an example of colonial trade exchanges because European colonies in the Americas were used as trade outposts and as raw material producers for global trade. It was not painted in the 17th century, so it is a secondary source.

Meissonier, Jean-Louis Ernest. *Napoleon on Campaign in 1814*. 1864. Painting. Musee d'Orsay, Paris. *Bridgeman Images*. Web. 4 March 2016.

This is a painting of Napoleon leading his troops during the Napoleonic Wars. This is a secondary source because it was painted decades after the Napoleonic Wars. I used this painting in my documentary to illustrate the importance of the Napoleonic Wars to the expansion of the sugar beet industry.

Puebla, Dioscoro. "The First Landing of Columbus on the Shores of the New World at San Salvador, Oct. 12th 1492." Print. 1832-1901. Private Collection. *Bridgeman Art Library*. Web. 4 March 2016.

This is a painting of Christopher Columbus landing on San Salvador. I used this image because Columbus's voyages were important to the spread of sugarcane to the Caribbean.

Unknown. "A medieval market." Painting. *Historywallcharts.edu*. PixelDeluxe Action Design Rotterdam, 2009. Web. 4 March 2016.

This source is a painting that depicts a market in medieval Europe. I used it in my documentary as an example of trade exchanges in this period that may have included small amounts of sugar as a medicine.

Verkolje, Nicolaes. *A Tea Party*. Painting. 1673-1746. Victoria and Albert Museum, London. *Bridgeman Images*. Web. 4 March 2016.

This is a painting of European nobles enjoying tea in the 17th or 18th century. I used this image to show how tea drinking became a national habit in England. This painting helped me understand the cultural importance of sugar.

Photographs

"Brandimage.aspx 324x325 pixels." Photograph. *Spar.co.za*. SPAR. Web. 4 March 2016. <<https://www.spar.co.za/CMSWebParts/SPAR/Brands/BrandImage.aspx?thumb=false&Id=781>>

This is a stock photo of SPAR sugar from the SPAR website. I used it to show a modern sugar brand in my documentary and to display the abundance of sugar in our society. This is a secondary source because the photographer is unidentified.

"Domino-Granulated-Sugar-25-lb-bag 258x258 pixels." Photograph. *Mybrands.com*. MyBrands. Web. 4 March 2016. <<http://mybrands.com/getmetafile/eda6b9a9-9667-4805-9ccf-8ed20ecbbd2e/Domino-Granulated-Sugar-25-lb-bag?maxSideSize=258>>

This is a photo of a bag of Domino sugar from the website MyBrands. I used it to show a modern sugar brand in my documentary and display the abundance of sugar in our society.

"Wholesome Sweeteners FairTrade Raw Cane Sugar" Photograph. *Naturalfoodshop.com*. Natural Food Shop, 2016. Web. 4 March 2016.

<<https://www.naturalfoodshop.com/grocery/sugar/wholesome-sweeteners-fairtrade-raw-cane-sugar-4719>>

This is a stock photo of raw cane sugar from the Natural Food Shop. I used it to show a modern sugar brand in my documentary and display the abundance of sugar in our society.

“White-Sugar-1-5kg.jpg 193x100 pixels.” Photograph. *Nzsugar.co.nz*. NZ Sugar Company Ltd, 2014. Web. 4 March 2016.

<<http://www.nzsugar.co.nz/themes/corporate/images/White-Sugar-1-5kg.jpg>>

This is a stock photo of sugar. I used it to show a modern sugar brand in my documentary and display the abundance of sugar in our society.

“ZULKA-4--NEW 194x258 pixels.” Photograph. *mybrands.com*. MyBrands. Web. 4 March 2016.

<<http://mybrands.com/getmetafile/82cc949e-be58-4cf2-953f-832aa72aa2e6/ZULKA-4--NEW?maxSideSize=258>>

This is a stock photo of Zulka cane sugar. I used it to show a modern sugar brand in my documentary and display the abundance of sugar in our society.

“51a6H0wVL7L._AC_UL320_SR260,320_.jpg 260x320 pixels.” Photograph. *Amazon.com*. Amazon.com. Web. 4 March 2016.

<http://ecx.images-amazon.com/images/I/51a6H0wVL7L._AC_UL320_SR260,320_.jpg>

This is a stock photo of beet sugar. I used it to show a modern sugar brand in my documentary and display the abundance of sugar in our society.

“6529.jp 170x188 pixels.” Photograph. *Save-a-lot.com*. Save A Lot Food Stores, 2016 Web. 4 March 2016

http://save-a-lot.com/sites/save-a-lot.com/files/sal_products/product/hero/6529.jpg

This is a stock photo of sugar. I used it to show a modern sugar brand in my documentary and display the abundance of sugar in our society.

Videos

“Addicted to Pleasure: Sugar.” *Addicted to Pleasure*. BBC One Scotland. Pres. Brian Cox. Prod. Jackie Dorman. BBC Scotland, 2012. Web. *tune.pk*. 1 March 2016.

This source is a BBC documentary series on the effects of sugar on the world. I used clips from it in my documentary and primarily used it to research British sugar and slavery. I used clips of interviews of Dr. Annie Gray, a food historian, and Kevin Farmer of the Barbados Museum and Historical Society. This documentary also described the sobering reality of the abundance of sugar in our diets and its negative health effects. I used images from this documentary of workers during the industrial revolution, slaves boiling sugar in large vats, and an old advert for Kit Kats.

Christmasman2400v. “Tchaikovsky-Dance of the Sugarplum Fairy.” Online video clip. *YouTube*. Youtube, 27 Oct 2009. Web. 4 March 2016.

This is a song by Tchaikovsky, uploaded by Christmasman2400v. I used it as music in my documentary because the title of this song from the Nutcracker ballet is highly relevant.

Jamsy19. “Avalon-a Celtic Legend (04-The Spirit of Excalibur)-YouTube.” And “Avalon-a Celtic Legend (09-The Wedding).” Online video clip. *YouTube*. Youtube, 23 Aug 2012. Web. 6 March 2016.

These are songs by David Arkenstone, uploaded by jamsy19. I used it for music in my documentary. These songs help set the mood for the beginning section of my documentary and a section on Spain and Portugal’s exploration on the Atlantic.

Mario Xavier. "Free Stock Footage Hourglass." Online video clip. *YouTube*. Youtube, 4 Sept 2013. Web. 20 March 2016.

This is a stock video of white powder falling through an hourglass. I used it in the title slides of my documentary to symbolically show sugar's journey through time.

MelanieMoonbeams. "Relaxing sitar music Ravi Shankar." Online video clip. *YouTube*. Youtube, 20 Apr 2013. Web. 4 March 2016.

This is the song "Raga Jog" by Ravi Shankar, uploaded by MelanieMoonbeams. I used it for music in my documentary. This set the mood for the section on ancient India.

Pticonful. "Mozart Fantasy in D minor K397 Mitsuko Uchida." Online video clip. *YouTube*. Youtube, 3 Dec 2012. Web. 4 March 2016.

This song was composed by Mozart and played by Mitsuko Uchida. I used it as music in my documentary. This set the mood for the grim section on Barbados and Britain's use of slaves in their colonies.

Subsymmetric. "The Secrets of Sugar-The Fifth Estate-CBC News." Online video clip. *YouTube*. YouTube, 6 Oct 2013. Web. 4 March 2016.

This is a CBC documentary on the health effects of sugar and the modern sugar industry. I used it to understand the link between sugar and disease, and I used clips from it in my documentary. I used an interview with Dr. Howard Moscovitz, a food industry consultant, who explained why sugar has become so important in modern diets.

The Master Decoder. "Gustav Holst-Second Suite in F." Online video clip. *YouTube*. Youtube, 14 Feb 2011. Web. 4 March 2016.

This is the *Second Suite in F* by Gustav Holst. I used the 4th movement of this song in my documentary. This song set the mood for the section on sugar's incorporation into British diets.

Websites

Alexander, Lisa. "12 Best Places to Visit in the Canary Islands." *PlanetWare*. PlanetWare Inc, 2016. Web. 4 March 2016.

This source is a travel article on the Canary Islands. It gives a general description of the Canary Islands, and I used the maps of the Canary Islands and Northeast Atlantic from the website.

"Caribbean Histories Revealed: Slavery and Negotiating Freedom." *The National Archives*. British National Archives. Web. 4 March 2016.

This source is an exhibition of primary materials on slavery and indentured servitude in the Caribbean. This website describes the eventual abolition of slavery in Britain and how it affected slaves in the sugar colonies. I also used an image of Indian indentured laborers as an example of groups that migrated due to the sugar trade.

"Ibn-al-Awwam." *The Filaha Texts Project*. Simon Fitzwilliam-Hall, n.d. Web. 13 Jan 2016.

This web page describes Ibn-al-Awwam's *Kitab-al Filaha*. It describes agriculture in the Islamic Empire. I used it to understand how sugar fit into the Arab Agricultural Revolution.

MEI Staff. "Harvesting Water and Harnessing Cooperation: Qanat Systems in the Middle East and Asia."
mei.edu. Middle East Institute, 18 Jan 2014. Web. 4 March 2016.

This source is a website page that explains irrigation technology in the Middle East. I used this to understand what technologies were exchanged during the rise of the Arab empire. I used a helpful diagram of the qanat system in my documentary from this site.

"Melanesian Tattooing." *Pitt Rivers Museum Body Arts*. Pitt Rivers Virtual Collections, University of Oxford, England, 2011. Web. 4 March 2016.

This source has images from Melanesian culture. I used an image of Melanesian art to show what may have been exchanged in their early exploration of trade routes.

"Taino meets Columbus; "New World gets New Diseases." *Native Voices*. National Library of Medicine, National Institute of Health. Web. 4 March 2016.

This source is about diseases spreading to the New World through the Columbian Exchange. This helped further my understanding of how trade exchanges involving sugar facilitated other kinds of exchanges. I used a 16th century map of the Atlantic Ocean from this site.

"The Medieval Sugar Industry at Tawhain es-Sukkar, Jordan." *University of Glasgow*. University of Glasgow, May 2007. Web. 13 Jan 2016.

This article describes archaeological findings in Jordan of an 11th century sugar mill. It was probably used by Crusaders who had settled the area during the First Crusade. I used this source to understand the technology used in the Mediterranean sugar industry.

Watson, Karl. "Slavery and Economy in Barbados." *BBC History*. BBC, 2014. Web. 4 March 2016.

This webpage contains information on Barbados and slavery. This source contained a chart on population changes in British colonies. It also described the importance of sugarcane in the broader sense of colonial trade. Its section on demographic changes in Barbados was particularly helpful in developing my thesis.