

# Contents

Introduction: I'll Have That with a Side of Pragmatism Please	7
Chapter 1: Have We Tinkered Too Much?	19
Chapter 2: Maturity Doesn't Necessarily Come with Age	55
Chapter 3: Breaking Bread	93
Chapter 4: Ripe for the Picking	131
Chapter 5: Processed Protein	161
Chapter 6: No Added Sugar	187
Chapter 7: The Convenience Conundrum	203
Chapter 8: Really Really Small Stuff	225
Chapter 9: The Future of Food Processing	243
Selected References	255
Acknowledgements	265
Index	267