

Markets: A World to Discover

Josep Sucarrats
Miranda Sofroniou

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Josep Sucarrats's radiant visual encyclopedia *Markets* introduces global markets and bazaars.

A warm foreword by Spanish chef Ferran Adrià of El Bulli restaurant fame sets the stage for this encouraging exploration of markets around the world. Recounting his own trips to markets, Adrià emphasizes their universality and ability to awaken questions, but also “many answers.” From the Greek *agora* to Roman forums, Native American canoe routes, and caravans in China, ancient markets served as gathering points for people, goods, and commerce. And the book showcases what markets excel at: sustainability, providing fresh local food while fostering farther-flung exchanges of cookery and ideas, inspiring people, and building communities.

Pithy descriptions of unique items—including durian, fried spiders, and reptiles—spark interest about different regional specialties and are accompanied with the wise advice to “Be bold and be curious!” And the book discusses where foods are sourced in a thoughtful manner, enlivening its practical explanations with historical tidbits, such as how a kilo of saffron can be worth more than a kilo of gold.

Despite its brevity, the volume is packed with information. Each page boasts eye-catching illustrations of produce and outdoor bustle, buildings, and people whose local dress hints at the sensory wonders of traveling. Camels are draped in patterned blankets; a two-page spread of fruits and vegetables evokes fun tea-towel prints. There are tantalizing aerial views of boats brimming with flowers and foods, too, while covered, open-air, and floating markets in Southeast Asia capture attention. And there's special mention of a few markets that specialize in goods other than foods, like souks. Even forms of payment and the people found in markets are discussed.

Markets is a splendid gastronomic guide for young foodies in search of new flavors and sights.

KAREN RIGBY (March / April 2023)

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