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Rebecca Rupp

# Soup to Nuts: An Eccentric History of Food

Wednesday, June 5  
1:00 pm

**Bennington Senior Center**  
124 Pleasant St., Bennington



The history of what and how we eat encompasses everything from the prehistoric mammoth luau to the medieval banquet to the modern three squares a day. Presented by writer Rebecca Rupp, this talk let attendees find out about the rocky evolution of table manners, the not-so-welcome invention of the fork, the awful advent of portable soup, and the surprising benefits of family dinners – plus some catchy info on seasonal foods. What's the story of chocolate? Why do the Irish eat corned beef and cabbage on St. Patrick's Day? Who invented lemonade? Why are turkeys called turkeys? And what are sugarplums anyway?

**A Vermont Humanities Council Speakers Bureau event  
hosted by Bennington Senior Center.**

Free, accessible to people with disabilities, and open to the public. For more information, contact the Bennington Senior Center at [cfabricius@benningtonvt.org](mailto:cfabricius@benningtonvt.org) or (802) 442-1052.

*Seating is limited! Please call to register.*

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