

recipes, ‘appativism’, the role of TV chefs and cooking programmes, using the Internet and digital platforms to mobilize local initiatives such as backyard permaculture, improving the consumer’s ability to understand the origins of the food they are buying, and much else besides. It’s all put down in an effective, comprehensible manner and is informed by wide reading and extensive acquaintance with the issues. Really grand.

Kim Walker and Mark Nesbit: *Just the Tonic. A Natural History of Tonic Water*. Kew Publishing, Royal Botanic Gardens, Kew, 2019: 144 pp., hardback, £18.00.

A most attractive book, almost an album, of pictures, paragraphs, recipes and enlivening graphic design that lays bare, in a wholly entertaining fashion, the history of the bark of the cinchona tree, quinine, and its eventual repose in tonic water, the eternal partner of gin. The various facts that lurk within its pages are too amusing to detail here (I was especially fond of Charles Ledger’s herd of 619 alpaca which he drove across the Andes to Chile for transportation to Australia in the 1850s – the venture did not earn money – but Ledger subsequently earned our gratitude for his collecting seeds of the *Cinchona ledgeriana* which transplanted successfully to south Asia and is our chief source of quinine). But there is so much here about the early history of tonic water, the inclusion of quinine in various liquors, and the steady rise of gin and tonic as the sacred pairing, that I recommend the book as a fruitful bedside companion, or bathroom stalwart, guaranteed to produce a fact you never knew before.