

# Food roots and routes

**Our food comes to us from across the globe. Tracing its history can be fun.**

## **Coffee**

According to legend, coffee beans were first discovered in the town of Kaffa, Ethiopia. By the thirteenth century, the Kaffa beans were brought into southern Mediterranean Europe as cafe. So coffee from Kaffa landed in the cafes of the Meditteranean.

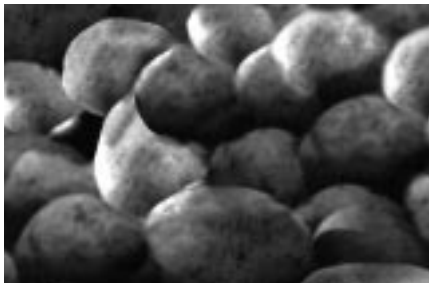
## **Saffron**

The English word 'saffron' comes from the Spanish word 'azafran' as it is in Spain where most of the world's highest quality crocus flowers (the plant whose stamens are the source of all saffron) are found. Azafran comes from the Arabic za'faran, meaning yellow.

## **Check out this site**

<http://www.westegg.com/etymology>

Trace out the roots (place of discovery)/routes (travels around the world) of the following foods



**Potty over potatoes!**

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**Bananarama!**

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**Corny stuff!**

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**Tomato trails!**

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**Mango Tango!**

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