

Colombian Food Exchange: Who Got the Better Deal?

Source: Hawke and Davis(1992). Seeds of Change (Addison-Wesley), p. 82.

Food from the Americas	Foods from Europe, Asia and Africa
Avocados	Bananas
Beans	Barley
Chile peppers	Beets
Cocoa	Cabbage
Maize (Corn)	Cattle
Peanuts	Grapes
Pineapples	Oats
Potatoes	Olives
Pumpkins	Onions
Squashes	Pigs
Sweet Potatoes	Rice
Tomatoes	Sugar Cane
Turkeys	Wheat