

by Luigi Guarino 2 years ago

The Quinoa Controversy

A sampling of reactions to The Guardian's smackdown of the chenopodiaceous Andean pseudo-cereal

Maybe it started with this.



Quinoa brings riches to the Andes

A burst of colour on a monochromatic panorama, a field of flowering quinoa plants in the Bolivian desert is a thing of beauty. A plant re...

 DAN COLLYNS

Which may or may not have led to this, which really got the ball rolling on Twitter.



Can vegans stomach the unpalatable truth about quinoa?

Not long ago, quinoa was just an obscure Peruvian grain you could only buy in wholefood shops. We struggled to pronounce it (it's keen-wa, not qui-no-a), yet it was feted by food lovers as a novel addition to the familiar ranks of couscous and

rice.

 GUARDIAN



GuardianUS

GuardianUS

Can vegans stomach the unpalatable truth about quinoa? trib.al/TYGC1ht

 5 YEARS AGO



Eibhlin Payne

Eibhlin Payne

This is more about globalisation and food miles ! Don't blame vegetarians gu.com/p/3d55cc via [guardiann](#)


 5 YEARS AGO




Walker


tometa


something about interdependence and the nature of suffering is here:
[#buddhism #4nobletruths](https://guardian.co.uk/commentisfree/...cobuddhismen4nobletruths/jan/16/vegans-stomach-unpalatable-truth-quinoa)

 5 YEARS AGO


 **Richa Meera**
RichaRaniRichaRani

Must read for people "preoccupied with personal health, animal welfare and reducing their carbon 'foodprint'." guardian.co.uk/commentisfree/...
co.uk/commentisfree/2013/jan/16/vegans-stomach-unpalatable-truth-quinoa


 5 YEARS AGO

 **Teresa Bjork**
lowamyhomeamyhome

Farmers worldwide will grow what consumers demand. The quinoa quandary. thekitchn.com/is-it-still-ok....com/is-it-still-ok-to-eat-quinoa-182891

 5 YEARS AGO

But it wasn't long before the backlash started.

 **carolyn frail**
foodtechwriter

Go ahead and eat quinoa ottawacitizen.com/opinion/column...
izen.cOttawaCitizenlumnists/ahead+quinoa/7834844/story.html via @ottawacitizen


 5 YEARS AGO

 **Anastasia Bodnar**
geneticmaize


Excellent rebuttal for claims about quinoa harming farmers.
bearwitnesspictures.blogspot.com/2012/11/an-open-letter-to-npr-regarding-quinoa.html?m=1


 5 YEARS AGO

Actually NPR has done a number of reasonably thoughtful pieces on quinoa in the past couple of years.


 **Demand For Quinoa A Boon For Bolivian Farmers : NPR**

Jan 13, 2011 ... Quinoa, once a staple of the Incas, is now increasingly popular in the United States. But over the past decade, the pr...

 NPR

 **Quinoa: A Sacred, Super Crop : NPR**

Oct 31, 2007 ... Considered a sacred crop by the Incas, quinoa has been classified as a "super crop" by the United Nations be...

 NPR



James
szintri @szintri

@grapedoc @mem_somerville Need to develop a cultivar for the US. Either increase supply or reduce demand by ruining the exoticness.

5 YEARS AGO

And the NY Times did a thing back in 0 .



Hope Hodge
HopeHodge @HopeHodge

Unintended consequences: Quinoa edition [nytimes.com/2011/03/20/wor...
om/2011/03/20/world/americas/20bolivia.html?_r=2&](http://nytimes.com/2011/03/20/world/americas/20bolivia.html?_r=2&)

5 YEARS AGO

But I like to think we were here first...

	Quinoa	Wheat (standard grain)	Wheat (protein)	Wheat (protein)
Protein	12%	12%	12%	12%
Fiber	12%	12%	12%	12%
Iron	12%	12%	12%	12%
Calcium	12%	12%	12%	12%

The quinoa story: it's complicated

This just in from our friend, colleague and occasional subject Hannes Dempewolf. Our thanks to him and all the others that contributed to...

LUIGI GUARINO

But anyway, back to the present.



SusFoodTrust
SusFoodTrust @SusFoodTrust

In response to 'the unpalatable truth about quinoa', is eating meat still worse? bit.ly/XTsVno via @guardian

5 YEARS AGO

Quinoa vs Meat | Bifurcated Carrots

Across the Internet, the debate is raging. Which is more ethical, eating meat or quinoa? I posted about this a few days ago, and I'm plea...



BIFURCATEDCARROTS



Doug Saunders: Killer quinoa? Time to debunk these urban food myths

I do enjoy a spot of quinoa now and then. The grain-like seed from the Andes makes a nice backdrop to lamb or fish, and can form a pleasant, if very rich, salad if you augment it with bacon and warm greens. I am far from alone.



Quinoa and llamas: Food Sovereignty Tours heads to Bolivia

Food Sovereignty Tours, a project of the Institute for Food and Development Policy (or Food First) in Oakland, will be traveling to Boliv...



LATIMES



Quinoa, Commodities, and the Gentrification of the Food System

There was a time when quinoa was a staple food for poor people in Peru and Bolivia. But as the protein-rich grain becomes more popular in...



Nikolay Vavilov

NIVavilov@NIVavilov

bit.ly/WjZuIP Read it and dry your tears, #quinoa maven.

5 YEARS AGO



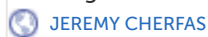
Quinoa Nonsense, or Why the World Still Needs Agricultural Economists

First came this post by Joanna Blythman on The Guardian 's Comment Is Free blog: Quinoa was, in marketing speak, the "miracle grain of th...

Read the comments in the above, very useful. And then read our round-up, below.

Quinoa: it's still really complicated, and nobody cares about it in December

Google Trends does not yet reveal the hue and cry unleashed by Joanna Blythman's Guardian article Can vegans stomach the unpalatable truth...



Wait, there's another round-up.



Tom Philpott

tomphilpott@tomphilpott

Quinoa: good, evil, or just really complicated? [motherjones.com/tom-philpott/2...es.com/tom-philpott/2013/01/quinoa-good-evil-or-just-really-complicated](https://motherjones.com/tom-philpott/2013/01/quinoa-good-evil-or-just-really-complicated)

5 YEARS AGO



Quinoa: Good, Evil, or Just Really Complicated?

"Can vegans stomach the unpalatable truth about quinoa?," thunders the headline of a recent Guardian piece. Hard to say, but reality chec...

But there's even more...

Form & Function: Quinoa and sensibility (pt. III)

No Description Available





It's OK To Buy Quinoa-In Fact, It's Good for Poor People in the Andes

Many quinoa-lovers have hit the existential skids recently, thanks to a story in the Guardian about the supposedly negative effects of buying imported quinoa. "The appetite of countries such as ours for this grain has pushed up prices to such an extent that poorer people in Peru and Bolivia, for whom...

SLATE SLATE



Are you a terrible person for eating quinoa?

The quinoa debate has ravaged the internet these past few weeks - kind of like how selfish Westerners with a taste for gluten-free grains...

GRISTSUSIE

Audio | The Current with Anna Maria Tremonti | CBC Radio

<http://www.cbc.ca/thecurrent/popupaudio.html?clipIds=2331907855>



And that should be the end of the story, but let's have some more fun with it...



Zoe Jacks

ZoeJackZoeJack

Leave it to Peru and Bolivia. It's disgusting. Can vegans stomach the unpalatable truth about quinoa? |Joanna Blythman gu.com/p/3d55cc

5 YEARS AGO



The SPEACH

The_SPEACH

:(QUINOA- Consumers should be aware poor Bolivians can no longer afford their staple grain, due to western demand ow.ly/gVFIT

5 YEARS AGO



Bufco

BUFCO@BUFCO

Another good argument for eating local... fb.me/1OXpf9i6H6H

5 YEARS AGO



Kaila Lawrence

KailaLawrence

I might be obsessed with quinoa 🌾

5 YEARS AGO

**Adrian Kosmaczewski**

akosma@akosma

Have you had your bowl of quinoa today? Good, 'cause in Bolivia and Peru they cannot afford it anymore. Enjoy. guardian.co.uk/commentisfree/...co.uk/commentisfree/2013/jan/16/vegans-stomach-unpalatable-truth-quinoa

5 YEARS AGO

**Yvonne Sedition**

YvonneSedition

Quinoa problems - some interesting points about the harm caused by not eating locally produced food. pinterest.com/pin/2737351020.../pin/2Pinterest7237595/ via @pinterest

5 YEARS AGO

**Laura J.**

Quondaprolix

Import/export consequences, sans compassion. Can vegans stomach the unpalatable truth about quinoa? gu.com/p/3d55c/twc/theguardian

5 YEARS AGO

**Lady Love**

MissTanyaLove

But yknow its not so bad...4 all the vegan bashing, i've seen just as many, maybe more pointing out the Quinoa piece was ridiculous [#ourtime](#)

5 YEARS AGO

**Jim Thompson**

JZThompson

[@5greenway](#) [@Trubshawe1](#) Of course the real unpalatable truth about Quinoa is that it is a staple food of the incredibly poor for a reason.

5 YEARS AGO

**Madeline Moy**

madeline@moylinemoy

[@veganmoxie](#) [@hpitlick](#) [@ksather](#) And researchers trying to see if quinoa can grow in WA: ow.ly/gWk8t

5 YEARS AGO

**Méabh Rafferty**

MeebRaff

This article makes me sad. Sometimes difficult to strike the balance between maintaining good health&eating ethically. gu.com/p/3d55cc



5 YEARS AGO

**Madeline Moy**

madelinemoy

@veganmoxie @hpitlick @ksather Here's a US source for quinoa: whitemountainfarm.comtainfarm.com/. Wonder what Whole Foods and PCC carry.



5 YEARS AGO

**Dana Shultz**

danarshultz

quinoa, I eat you for health, not because I want to.



5 YEARS AGO

**Christopher Porter**

cdnveggie

Quinoa boom offers hard lesson in food economics cbc.sh/WDm5QtVV



5 YEARS AGO

**Adrian**

adrianday

Damn you, grain-hoarding vegans, DAMN YOU! "@UtneReader: Can vegans stomach the unpalatable truth about quinoa? bit.ly/XdmfxN"



5 YEARS AGO

**Nate Schlachter**

nschlachter

@prAna ...and yet quinoa is having significant social impact in countries where it is grown tinyurl.com/bej4vzz



5 YEARS AGO

**Brian Dijkema**

BrianDijkema

@Jolenejayh Si. Here's another thought: might local growers of quinoa suddenly find their wages increased as a result of Western demand?



5 YEARS AGO

**Rebecca Zamon**

RebZam@RebZam

Who knew? Quinoa kinda looks like weed in its natural state huff.to/XkDX2GG



5 YEARS AGO

**Emma Balkind**

emmabalkind@emmabalkind

@_april also re: quinoa I stopped buying it as its about £4 per 500g now, didn't know why til now!



5 YEARS AGO

**Lauren**

PoweredbyPB@PoweredbyPB

I think this is one of the most poorly researched and written articles I've ever read.
guardian.co.uk/commentisfree/...coveganommentisfree/2013/jan/16/vegans-stomach-unpalatable-truth-quinoa #vegan



5 YEARS AGO

**Kirsten Bayes**

KirstenBayes@KirstenBayes

@CitizenRadio loved your quinoa piece, great if you brought on Lauren Ornelas from @FoodisPower to discuss food justice @cubancuervo



5 YEARS AGO

**Slow Food Seattle**

SlowFoodSeattle@SlowFoodSeattle

A seemingly good thing for us has such a negative impact to the cultures from which it grows!
 Not... fb.me/25RUqTXwJwJ



5 YEARS AGO

**Bianca Ker**

BiancaKer@BiancaKer

I'm sick of quinoa. I think I need a burger. #Meat #allthefixins



5 YEARS AGO

**Pat Ramsey**

pat_ramsey@pat_ramsey

Hehe... Save the world - eat more meat. guardian.co.uk/commentisfree/...co.uk/commentisfree/2013/jan/16/vegans-stomach-unpalatable-truth-quinoa



5 YEARS AGO

**Aimee Ryan**

aimeekryan

Vegans, Vegetarians and anybody else with views on food ethics need to consider all aspects of production gu.com/p/3d55c/twc/tw vguardian.dian



5 YEARS AGO

**Gray Whitten**

el_gray@el_gray

[@mimismartypants](#) Did you see that total downer article about the impact of exporting all that quinoa? Not to buzzkill or anything.



5 YEARS AGO

**mimi smartypants**

mimismartypants

[@el_gray](#) Yeah, I did. But doesn't a solution of "fair trade quinoa" seem obvious? Worked for coffee.



5 YEARS AGO

**Jolene Hildebrand**

Jolenejayh

Wow--this makes me think twice about eating trendy, exotic foods! I love quinoa, but the ethics are troubling: guardian.co.uk/commentisfree/...co.uk/commentisfree/2013/jan/16/vegans-stomach-unpalatable-truth-quinoa



5 YEARS AGO

**Sol Cuisine**

SolCuisine

The year of quinoa is upon us! RT [@ONFoodCoop](#): [#Quinoa](#): Ready To Take Over the World in 2013 [#YOQ2013](#) ow.ly/gUq7f



5 YEARS AGO

**Halley Knigge**

halleyrebecca

[@veganmoxie](#) I also thought it was weird that the headline called out vegans. I like quinoa! And also don't want poor Bolivians to suffer.



5 YEARS AGO

**Lisa**retroho@sewif5
housewife5

Very interesting, all food choices have a price. fb.me/25bXq7lnnnn



5 YEARS AGO

**ArachneJericho**

ArachneJericho

That said, I acknowledge that eating quinoa is starving real people, so I'm replacing it with rolled rice flakes, which are US-produced.



5 YEARS AGO

**Lady Love**

MissTanyaLove

@ArachneJericho No I didn't, but its really not as simple as that dumb article made out. I think not buying Quinoa would be worse [#fairtrade](#)



5 YEARS AGO

**Vancouver Sun**

VanSunHealth

Go ahead and eat quinoa: In a very modern tale of food fad-ism, geopolitics and trade, quinoa — a once-obscure A... bit.ly/13Nb6t66



5 YEARS AGO

**DeNicee_C**

Blaq_Majik

RT @TheXDExperience: Wait, why can't we eat quinoa anymore? Did it make a homophobic comment? Are whole grains racist now?



5 YEARS AGO


**Lady Love**

MissTanyaLove


RT @JPHwood: @OLAASM [#quinoa](#) I'm a vegan, but there are plenty of other grains I can eat instead, if that helps. Now, what about the REAL cost of meat...




5 YEARS AGO


 **seventyMHz**
seventyMHz


“@JustinD: Fucking hipsters, fucking vegans, it's Fiji Water all over again with your goddam grain [#coquinoacommentisfree/2013/jan/16/vegans-stomach-unpalatable-truth-quinoa](http://guardian.co.uk/commentisfree/...coquinoacommentisfree/2013/jan/16/vegans-stomach-unpalatable-truth-quinoa) #quinoa” damn.

 5 YEARS AGO


 **Mandi M Susman**
mandisusman


Red quinoa will look very pretty, but the more common white quinoa tastes just as good in this quick pinterest.com/pin/6600595076.../pin/66005950760693341/

 5 YEARS AGO


 **Cornelius Toole**
cornutoole


@bluesatch looks like I won't be getting into quinoa unless I can find some grown locally

 5 YEARS AGO

 **Lady Love**
MissTanyaLove


RT @MxsQueen: Coming to conclusion that Guardian's pc. abt vegan quinoa eaters is trolling, overlooking meat-farm land use created food scarcity.

 5 YEARS AGO


 **Sean Killett**
Willetton


That article about quinoa farming is great but it is framed to be very anti-vegan. It isn't their fault the global farm industry sucks

 5 YEARS AGO


 **OntarioNaturalFC**
ONFoodCoop

Quinoa: Ready To Take Over the World in 2013 #YOQ2013 ow.ly/gUq7f

 5 YEARS AGO

 **Lady Love**
MissTanyaLove

Jus read "Vegans, killing POOR PEOPLE in Bolivia by eating their Quinoa" What @guardian wld have people believe. Wond how many r that stupid

 5 YEARS AGO



Brynn
literarywino

@somefrills re quinoa- I think most vegans are, tho the article ignored nonvegs eating quinoa (many!) & most soy is for animal consumption

5 YEARS AGO



Dustin Pearlman
dustinpearlman

As if I needed more food-guilt, demand for QUINOA (oh sweet sweet grain) has made it too pricey for locals - guardian.co.uk/commentisfree/...co.uk/commentisfree/2013/jan/16/vegans-stomach-unpalatable-truth-quinoa

5 YEARS AGO



Durga
Maa_Durga

RT @alcyonesdays: Quinoa : une terrible vérité difficile à digérer... gu.com/p/3d55c/twc/twvguardian

5 YEARS AGO



Matt Smylie
smylie @smylie

Interesting. We love quinoa in our house. "Quinoa: The Dark Side of an Andean Superfood" ti.me/PFk82I

5 YEARS AGO



estelita
lafro22 @lafro22

RT @Chicago_Reader: Quinoa is making you a bad person. But, hey, the budget deficit is, "to a large degree," solved! chicagoreader.com/Bleader/archiv...ader.com/Bleader/archives/2013/01/18/did-you-read-about-a-divided-congress-divided-democrats-and-the-questionable-ethics-of-the-quinoa-trade

5 YEARS AGO



Dre Hudson
DreHudson

Quinoa, quinoa. Everywhere, quinoa. #couscous

5 YEARS AGO



Yves Bourgeois
yvesbourgeois

Spelt protests award; sows doubt by claiming quinoa not technically a grain. Kamut says it will...
cbc.sh/oQUdyLL



5 YEARS AGO



Helen Ayres
Raphaelite_Girl

@CJGillett I eat quinoa. I am neither a vegetarian, nor a vegan.



5 YEARS AGO



Kevin Depew
kevindepew

The hysteria over the ethics of eating quinoa is hilarious considering the proliferation of lobster
shacks in this city.



5 YEARS AGO



Sweet y Salado
SweetySalado

Since quinoa seems to be the latest rage in healthy cooking, I thought I'd share this with you.
Very interesting... fb.me/TZqiWwpZZ



5 YEARS AGO



Herb Chan
chanherb

@yvettelu How about this interpretation... rising quinoa prices makes quinoa cultivation more
profitable for Peruvian farmers, raising . . .



5 YEARS AGO



The Ill. Apple
GeekNStereo

Dammit I wanted to try quinoa. - ____ -



5 YEARS AGO




Marine P. Collins
thisismim


Le quinoa c'est bon, mais alors putain qu'est ce que ça pue.




5 YEARS AGO


 **Abraham Tsoukalidis**
atsoukalidis@tsoukalidis


A story repeating itself? ... “@guardiannews: Quinoa brings riches to the Andes
gu.com/p/3d3xc/tfc/tf”

 5 YEARS AGO


 **Jeaux A.**
JeauxAlejandro@jeauxalejandro


@TheXDExperience bro. What the fuck is quinoa?

 5 YEARS AGO


 **Margaret Besheer**
mbesheer@mbesheer

Having a salad with #quinoa for lunch today. did you know the #UN has declared 2013 "Intl Year of Quinoa" (keen-wa) rlc.fao.org/en/about-fao/i...rg/en/about-fao/iyq-2012/

 5 YEARS AGO

 **X. D.**
TheXDExperience@TheXDExperience


Wait, why can't we eat quinoa anymore? Did it make a homophobic comment? Are whole grains racist now?

 5 YEARS AGO


 **Karsh**
karsh @karsh


Is It Still OK to Eat Quinoa? - buff.ly/VOHTfEE

 5 YEARS AGO


 **BCFoodSecGateway**
BCFoodSecurity@BCFoodSecurity

RT @hypenoticbam: "Against the Global Grain: The Lesson of Quinoa's Incredible Popularity"
feedly.com/k/VMRROAVMRROA

 5 YEARS AGO

 **kristina chew**
autismvox@autismvox

The More You Love Quinoa, The More You Hate Bolivians by @judymolland @Care2
care2.com/causes/huge-qu.../causes/huge-quinoa-sales-bring-poverty-to-peru-bolivia.html

 5 YEARS AGO



UniNewsEnt

Before You Eat that Quinoa Salad: 5 Healthy Foods that Are Also Harmful
uninews.us/106cPpJ6cPpJ

5 YEARS AGO



Meaghan Ogilvie

meaghanogilvie

@jacquiesevers I know me too but an alternative: opt for the quinoa now grown in the Canadian Prairies provinces.

5 YEARS AGO



Greg Joujon-Roche

GregMyTrainer

Quinoa is AMAZING! High in iron, protein and is a natural cleanser. Want to try it? Grab it right from my site at: ow.ly/gV5Ui

5 YEARS AGO



Kevin Martin

km_LiveDrinkEat

Fantastic Frozen Quinoa: Courtesy of Village Harvest. F&W Executive Food Editor Tina Ujlaki applies her incredi... tinyurl.com/b22dcud

5 YEARS AGO



Chef Shawn

EclecticEdibles

RT @revgardens: .@EclecticEdibles on the bright side, there are (hopefully non-GMO) quinoa strains being bred for planting in the US

5 YEARS AGO



Matt McMurrer

weirdbeard

So, now we're eating so much quinoa that peruvians can't afford their staple food? We really do just ruin everything, don't we?

5 YEARS AGO



TweetVacationHQ

@VacationHQ

The Complete Guide To Cooking Quinoa dlvr.it/2ppLyLL

5 YEARS AGO



Anna Biunno

My love for quinoa is unwittingly driving poverty in Bolivia. How do things go so wrong so quickly? gu.com/p/3d55c/twc/tw

5 YEARS AGO



vagueness

Having read about too much quinoa being exported from South America I now want to try some.

5 YEARS AGO



Kaspar Rølle

Interesting read. The axis of the vegetarian shopping list is heavily skewed to global gu.com/p/3d55c/twc/tw [vguardian](https://vguardian.com)

5 YEARS AGO



Maria

7 Things to Know about Quinoa [livebetteramerica.com/food-recipes/h...ramerica.com/food-recipes/healthy-eating/articles/7-things-to-know-about-quinoa?nicam1=CONTENT_PPC&nichn1=+OUTBRAIN&nipkw1=](https://livebetteramerica.com/food-recipes/healthy-eating/articles/7-things-to-know-about-quinoa?nicam1=CONTENT_PPC&nichn1=+OUTBRAIN&nipkw1=)

5 YEARS AGO



Yvette Lu

@Captain_Chaos Yes, nothing is ever as simple as it seems... including this. Everything we do affects something else. [#food](#) [#ethics](#) [#quinoa](#)

5 YEARS AGO



courtney egan

Quinoa is spectacular.

5 YEARS AGO



Katie

@delsol10 Well I'm torn. I adore quinoa, but I also want Bolivians to be able to eat...

5 YEARS AGO



ArachneJericho

ArachneJericho

Just found Eden rolled rice flakes on Amazon. Roasted and then rolled. I think this will turn out better than rolled quinoa.



5 YEARS AGO