



Cherokee Avenue,
Gaffney,
South Carolina
"White"
School
Lunchroom
1941

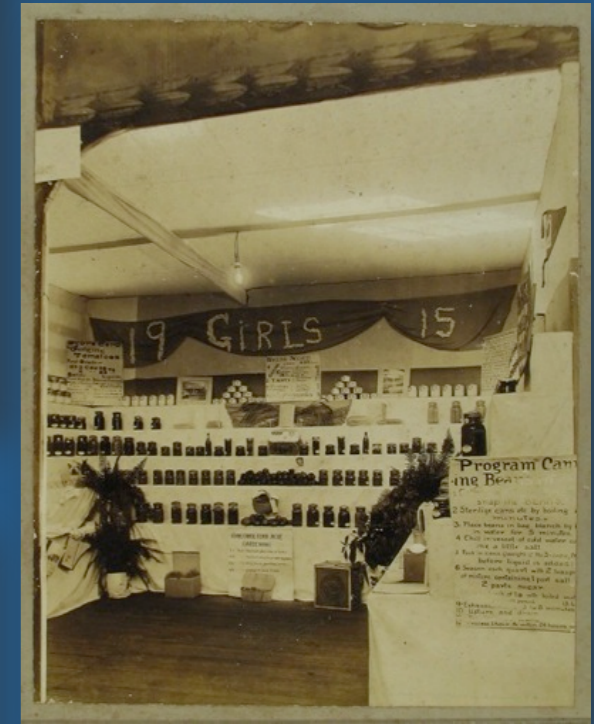
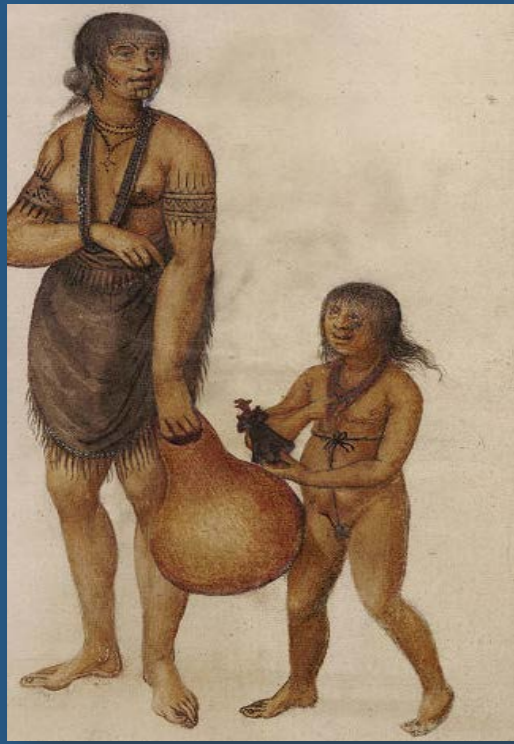


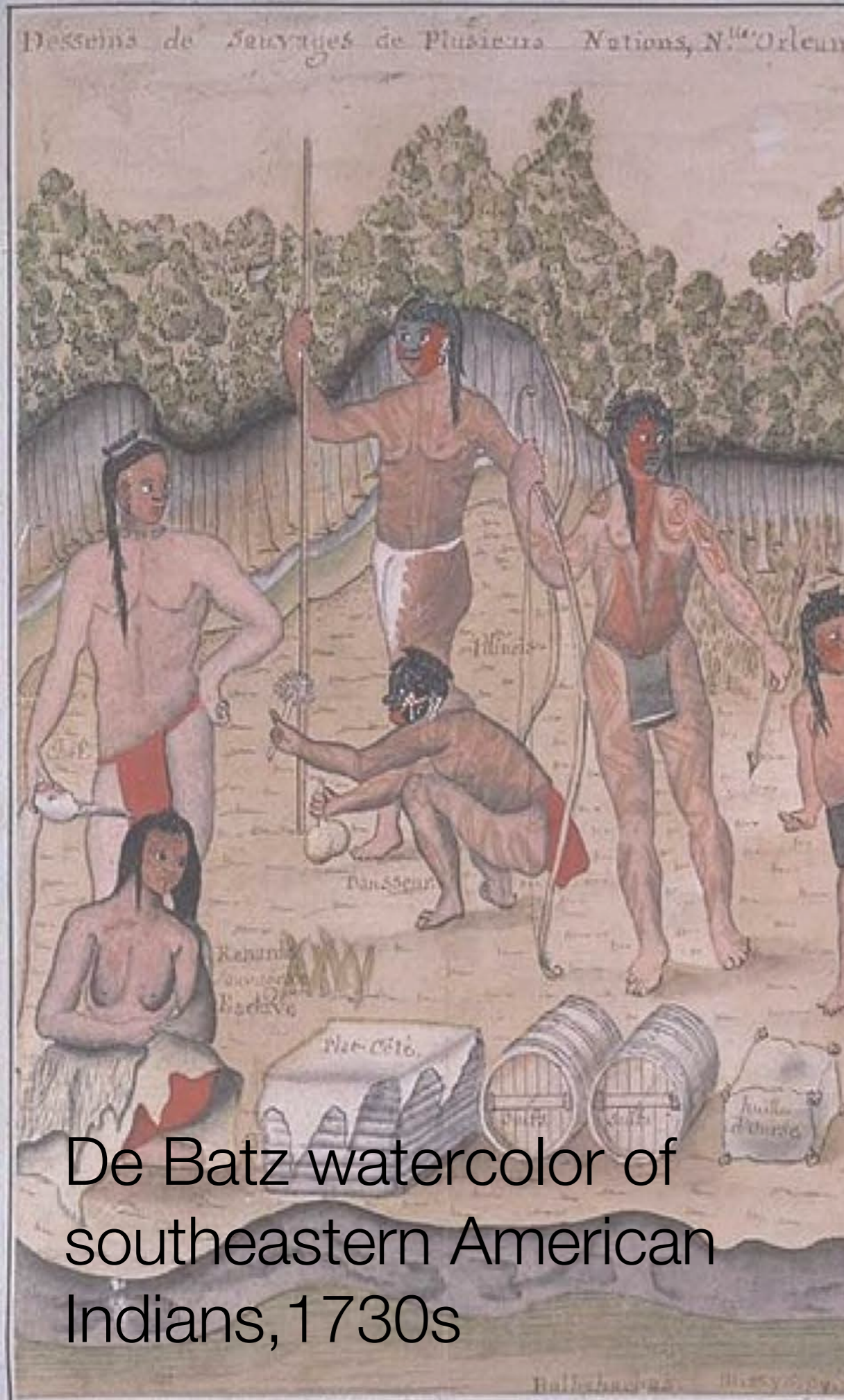
Edible South, Edible North
Carolina: Food and History in an
American Region
Marcie Cohen Ferris



Marion Post Wolcott
Resting from Hoeing Cotton on the Allen Plantation
Natchitoches, Louisiana
Ogden Museum







De Batz watercolor of southeastern American Indians, 1730s



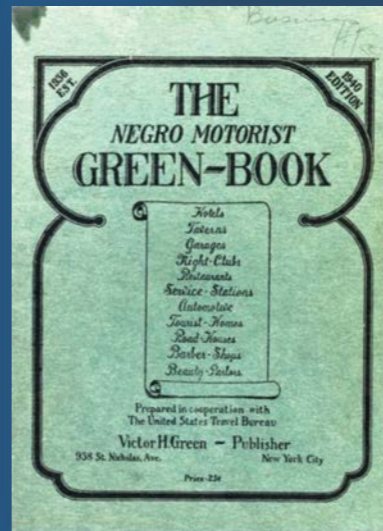
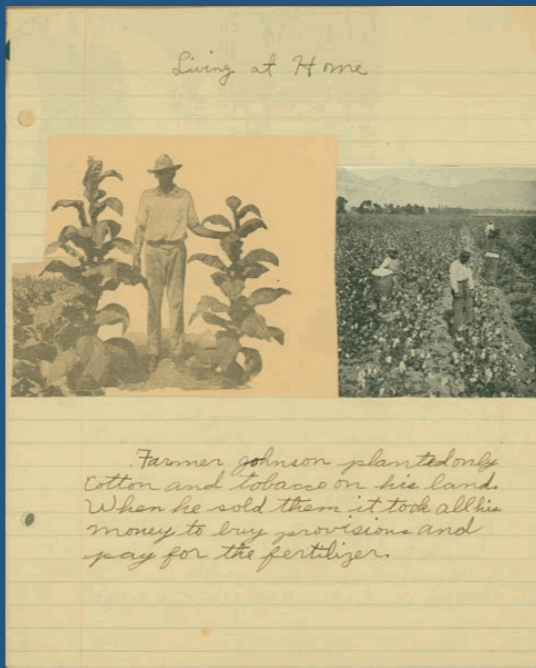


Bianchville, S.C.

Hear "Miss Pete" according to my promise you need daily



Congress of Racial Equality
 cordially invites you to attend the
 Banquet
 in honor of the
 "Freedom Riders"
 Wednesday, May 17, 1964
 Dookey Chase Restaurant
 4 P. M.
 R. S. V. P.
 W.C. 3-2874
 2301 Orleans Street



Theodor de Bry
Village of Secotan
*A Briefe and True Report of
the New Found Land of
Virginia, 1590*



“The Hominy Foodway”

Dr. Rachel Briggs

nixtamalization--boiling maize kernels in alkaline solution—such as wood ash, liberates the chemical compounds niacin and tryptophan in corn—and makes them “bioavailable” to our bodies



Flint Corn





Food & Black labor,
resistance, survival,
resilience, creativity.





West African foodways
Culinary grammar based in cereals (rice, millet, field peas)



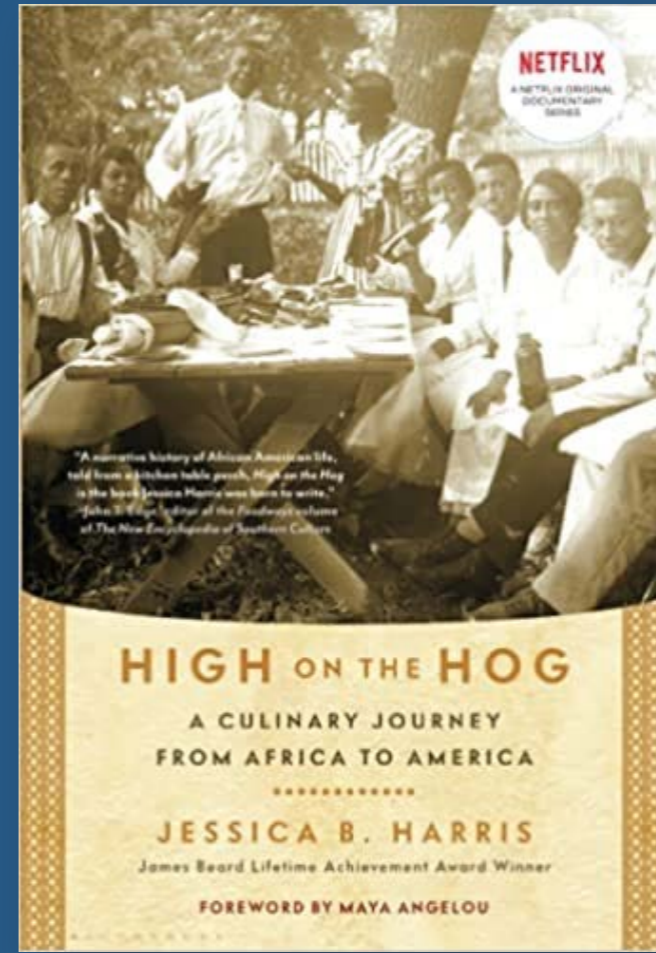


Yewande Komolafe, "What the Food We Cook Reveals About Us" NYT, 9/29/2021
Roasted carrots with yaji spice relish

N

HIGH ON THE HOG

HOW AFRICAN AMERICAN CUISINE TRANSFORMED AMERICA



Filmmakers Karis Jagger and Fabienne Toback
Historian Dr. Jessica Harris

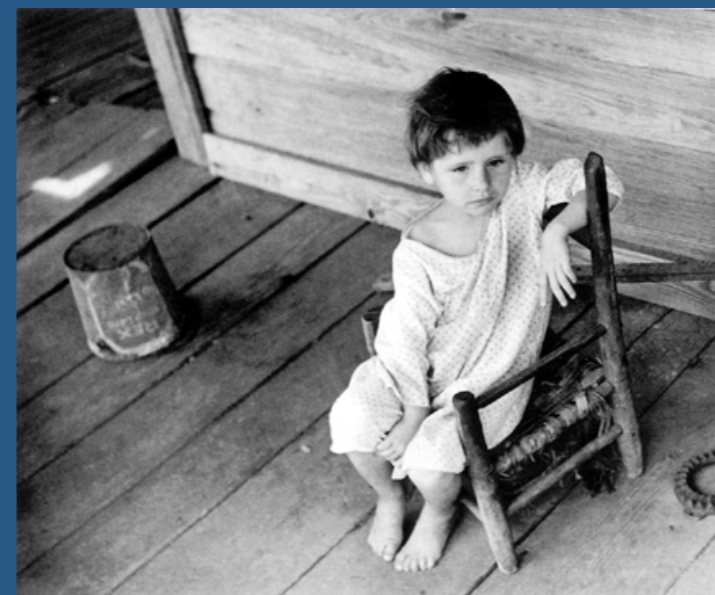








The General Printing Co.



Pellagra: vitamin deficiency disease, lack of niacin

southern diet of impoverishment: "3 M's" — meat, meal, and molasses

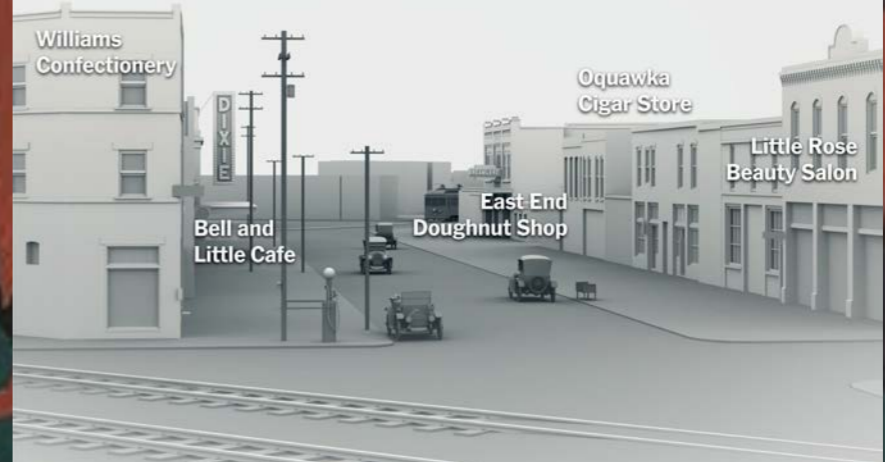


CHICAGO

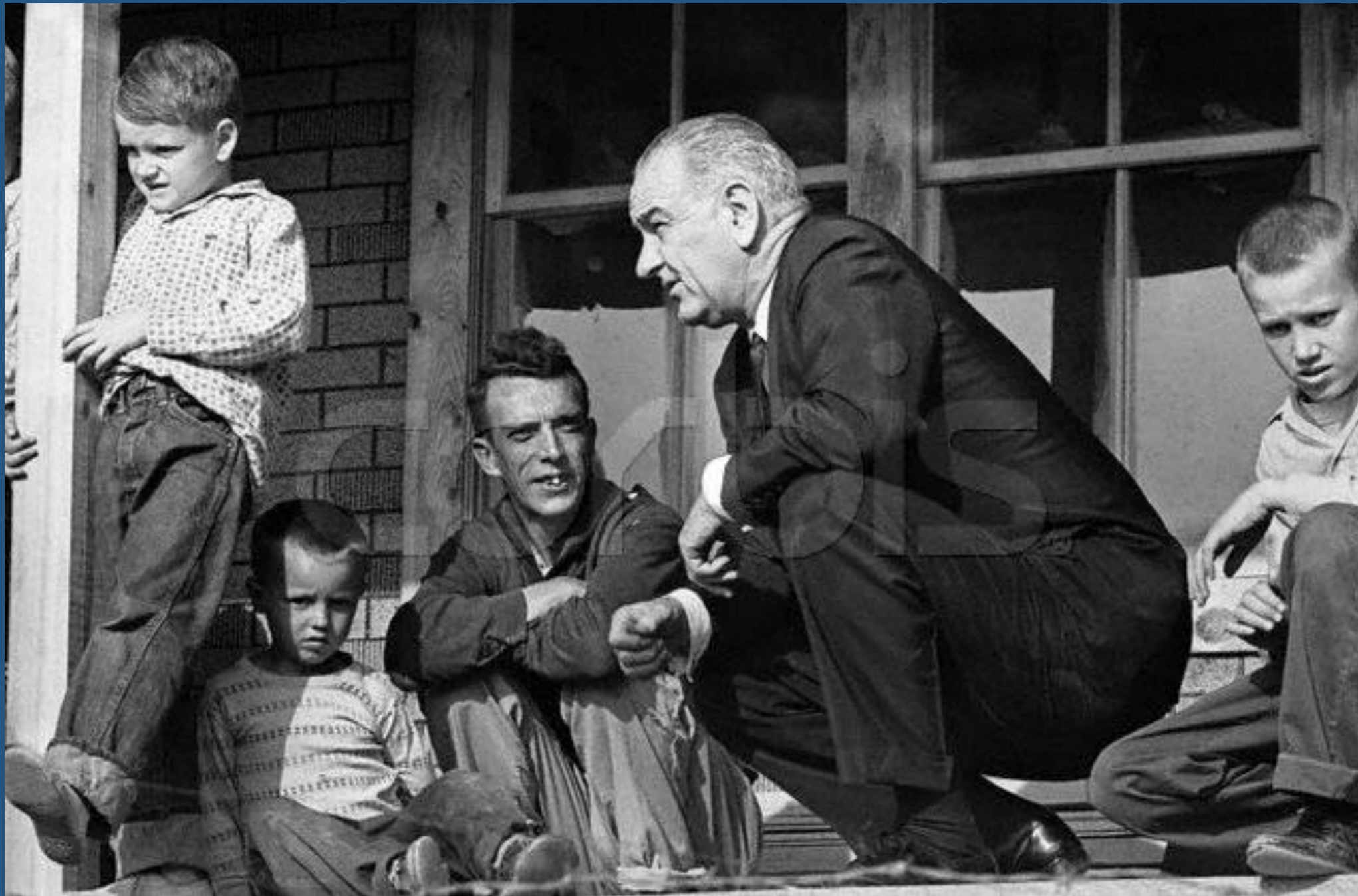
NEW YORK

ST. LOUIS

Tulsa, Greenwood district, 1921



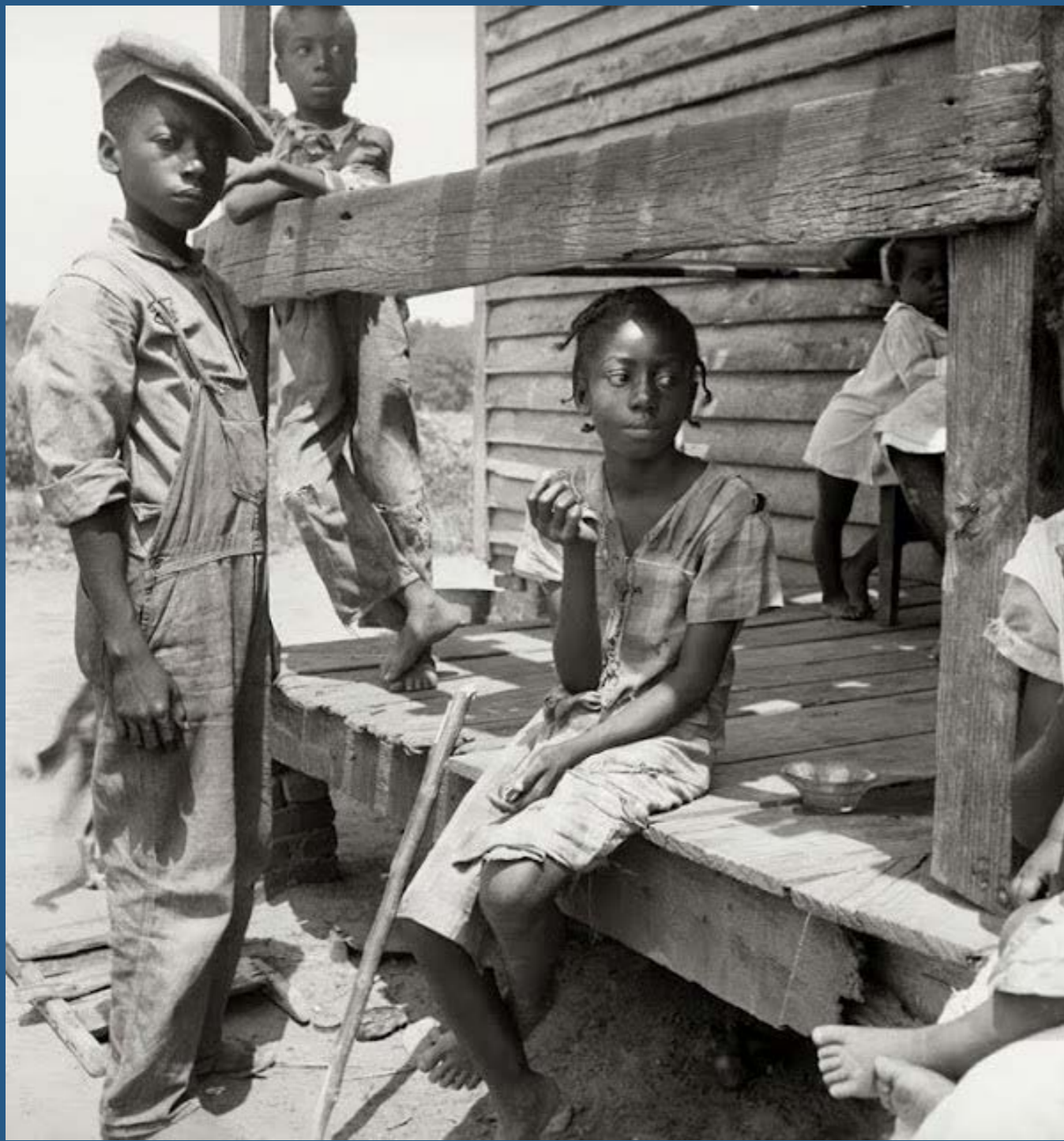
Jacob Lawrence, The Migration Series, 1940s



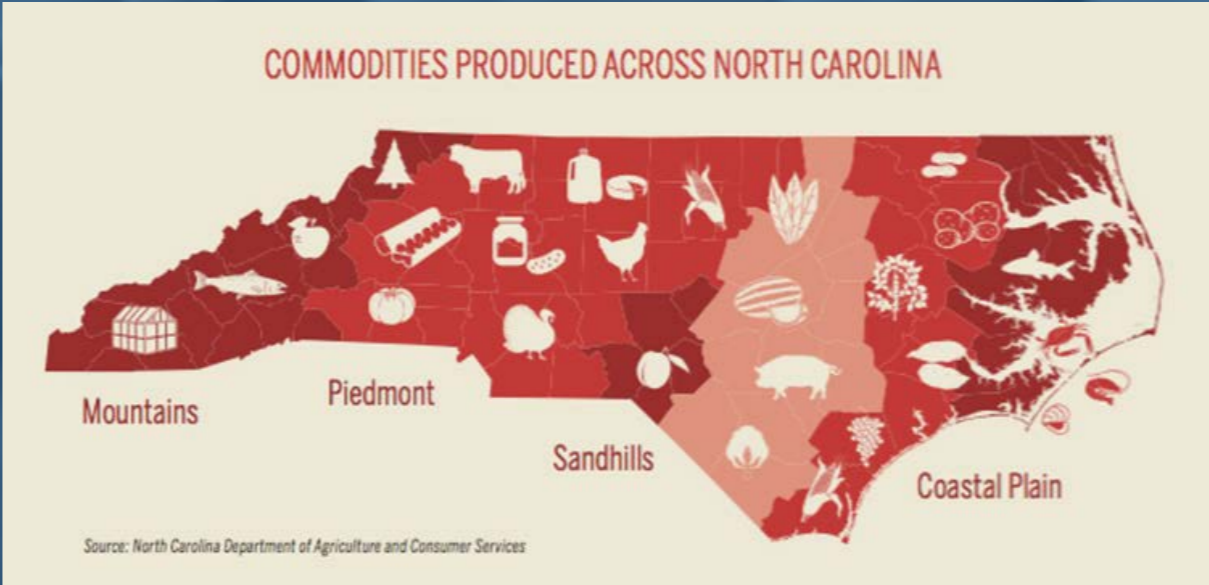
President Lyndon B. Johnson
with Tom Fletcher family, Inez, Kentucky
“War on Poverty” and the Great Society Campaign
April 24, 1965



Senators Robert Kennedy and Joseph Clark, April 1967
Tour of Mississippi Delta



Changing appearance of hunger and malnutrition in the American South, from 1940s to 1980s





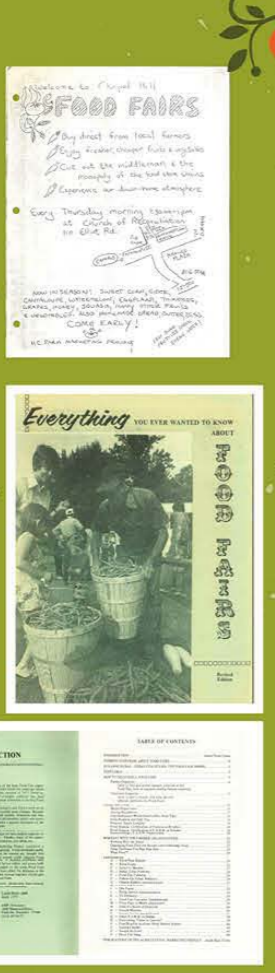
Group of growers organized

1977 - The NC Agricultural Marketing Project along with a UNC Public Health Graduate student organized a group of growers to start a market in Chapel Hill

1977

The Town of Carrboro builds Robeson St. shelter

1978



THE ORIGINAL GROUP OF GROWERS MOVES TO CARRBORO

1979



1980

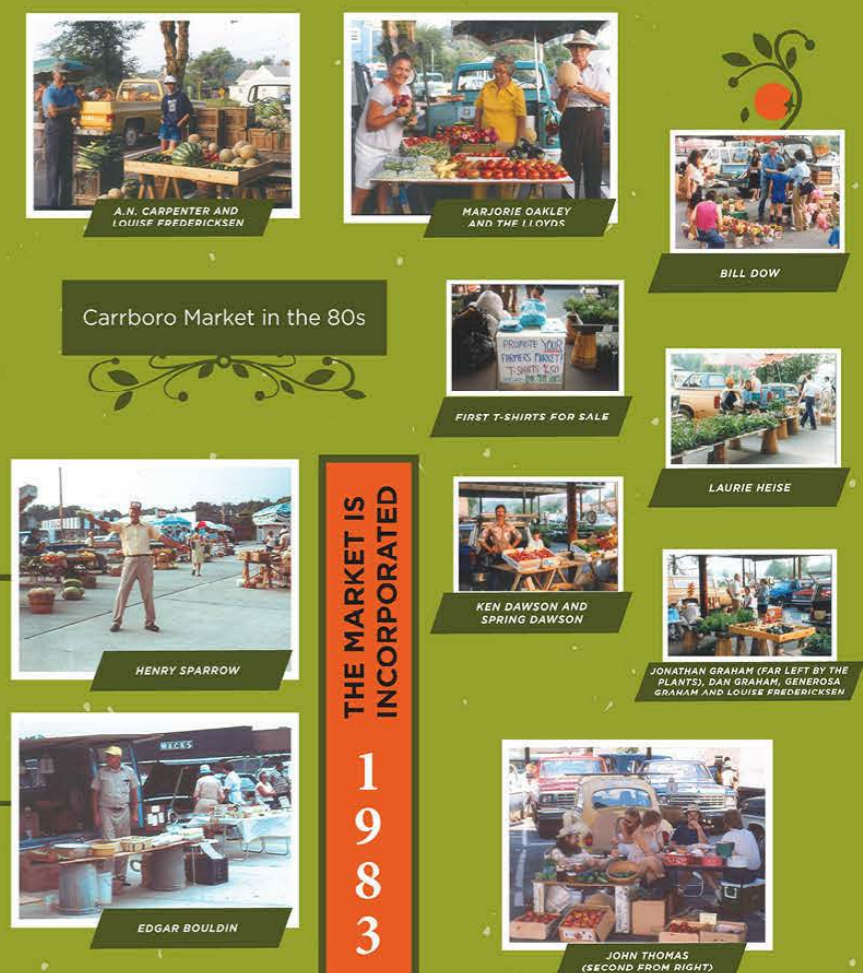
Market rules are adopted

1982

1982 - New sellers must apply and be inspected

Mid-week market begins in Chapel Hill at Eastgate

1982





Alex and Betsy Hitt, Peregrine Farm, Graham, NC

Karen (1958-2019) and Ben Barker
Magnolia Grill, Durham
1986-2012



LEMON CHESS TART WITH S
DOUGHNUT POPOVER WITH B
& WALLER FAMIL
RHUBARB PEAR CRISP WITH BRO
TOASTED COCOA POUNDCAKE W
& CHOCO
PASTRY CHEFS: KAREN
SIGNED COPIES OF "SWEET STUFF"
SEE YOU



Transplanting Traditions Farm, Orange County, NC



Zhenia Martinez, Manolo's, Charlotte, North Carolina

NAMASTE Y'ALL

Mindbusting INDIAN street food

Welcome

Often the most unique, exciting food of any country is it's street food. Chai Pani features chaat - crunchy, spicy, sweet, tangy, brightly flavored Indian street snacks. And because no matter where you go there's nothing more comforting and delicious than a home cooked meal, Chai Pani serves thalis - traditional family meals highlighting India's amazing culinary diversity.

Recommended by The New York Times, Bon Appétit, and Rajesh on the corner.

These guys are really thing the feeds.

THE TIMES OF INDIA
FOOD & WINE

GQ Xpress

GARDEN OF Eatin' ZAGAT

THE HUFFINGTON POST

bon appétit JAMES BEARD FOUNDATION

WNC MAGAZINE

PBS

CITIZEN-TIMES

The New York Times

EATER PALATE

.....
.....come taste and believe.



Phapphayboun family, Tết, or Vietnamese New Year celebration, Morganton, North Carolina
Photo credit: Katy Clune



Thai Paradise, Franklin, North Carolina



Jewish Food in the Global South: A Symposium

Text: [+] [-] [📄] [🔍]



- Symposium
- Registration
- Cooking Class
- Film Screenings
- Co-sponsors

This two-day symposium will explore Jewish food in and of the global South, a concept that references the historic diversity of the American South and its vibrant cultural intersections with the nation and the world over time. Appealing to both public and academic audiences, this symposium will feature dynamic presentations by Jewish foodways and cultural scholars, documentarians, culinary critics, and James Beard award-winning chefs. Panel discussions will investigate what makes a food "Jewish" in the diverse social and cultural contexts of our global markets and networks, and how that designation affects the lives of its creators and consumers. Through examination of specific ingredients such as pastrami, iconic dishes such as hummus, and particular cooking traditions that negotiate the laws of kashrut with contemporary aesthetics and nutritional trends, participants will discuss how the distinct social, economic, and political dimensions of different regional cultures, including the American South, determine how Jewish foods are prepared, consumed, and interpreted.

Distinctively, this symposium brings together hands-on cooking demonstrations and food tastings with scholarly conversations about Jewish foodways traditions today. Scholars and chefs will highlight the innovation within contemporary Jewish culinary traditions that perpetuates specific tastes and customs, and that expands an understanding of how Jewish culinary traditions influence, and are influenced by, the larger social, regional, and cultural environments in which they are embedded.

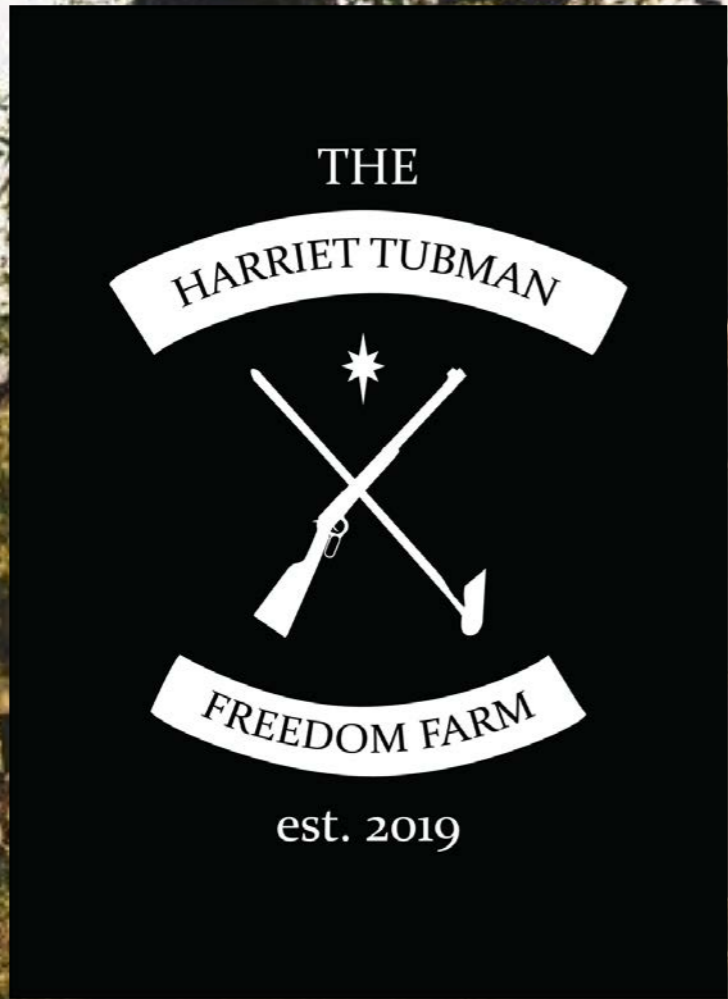


The symposium is supported by Jimmy and Susan Pittleman and presented by UNC's Carolina Center for Jewish Studies, Department of American Studies, Center for Global Initiatives / Global Research Institute, the College of Arts and Sciences and UNC's FOOD FOR ALL pan-university academic theme.



OCTOBER 15-16, 2021
 Tickets available at
southernfoodways.org





Tall Grass Food Box

From NC Black Farmers

a bi-weekly, subscription based service





March 2021, Durham: La Semilla distributed free food as part of hunger relief efforts during the pandemic.



CARRBORO UNITED

LOCAL FOOD HUB



Plant.
Eat.
Repeat.



ATLANTA BOTANICAL GARDEN



Jennifer Lapidus, Carolina Ground

SOUTHERN GROUND



RECLAIMING FLAVOR THROUGH STONE-MILLED FLOUR

JENNIFER LAPIDUS
Founder of Carolina Ground Mill

**CAROLINA
GROUND
FLOUR**

GROWN & GROUND IN CAROLINA





POP-UP MARKET

Sunday, Oct 23rd
11 am - 2 pm

at Carolina Ground

1237 Shipp St
Hendersonville

with Milk Glass Pie,
Hominy Farm,
Beeswax + Butter,
Bryson Homestead,
& Wadadli Dessert Oasis



Carolina Ground, Hendersonville, NC





Carolina Gold Rice
Dr. David Shields (USC-Columbia) Carolina Rice
Foundation
Glenn Roberts, Anson Mills, SC



Tidewater Grain Company, Oriental, SC, Al Spruill and Tommy Wheeler (founded 2018)
Soft shell crabs with Carolina Gold rice, Chef Keith Rhodes, Catch, Wilmington, NC



Senior seminar in Southern Studies, 2019



Ann Marie Thornton
James Creek Cidery, Cameron, NC



Diane Flynt
Foggy Ridge Cider
Dugspur, VA

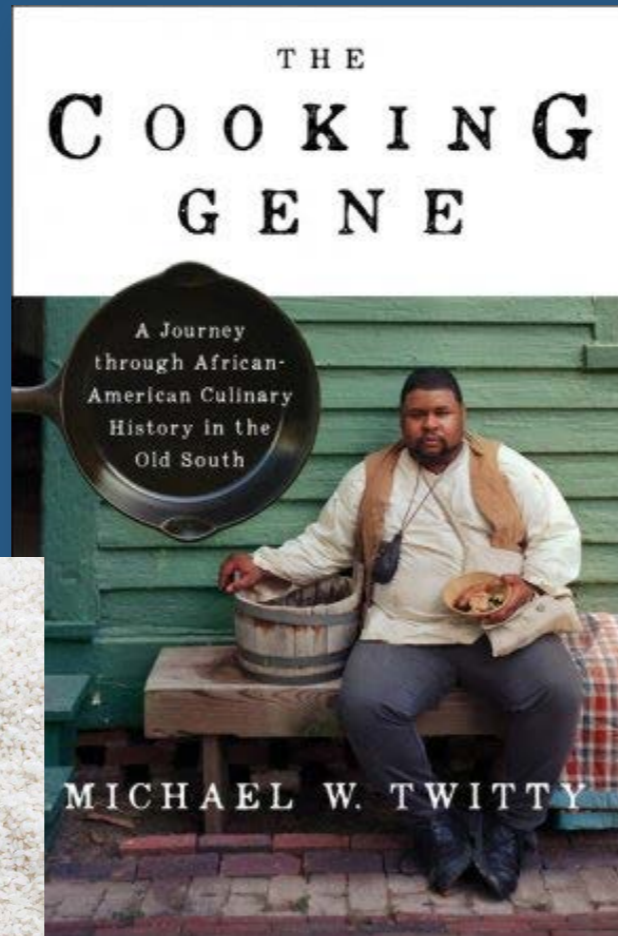
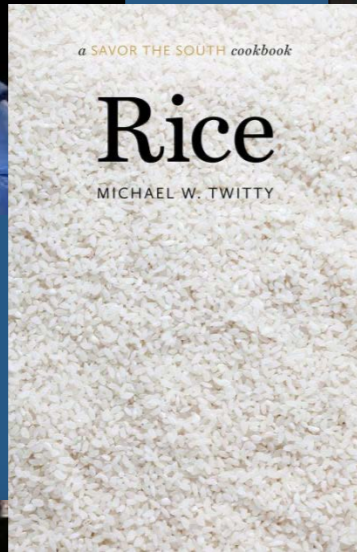
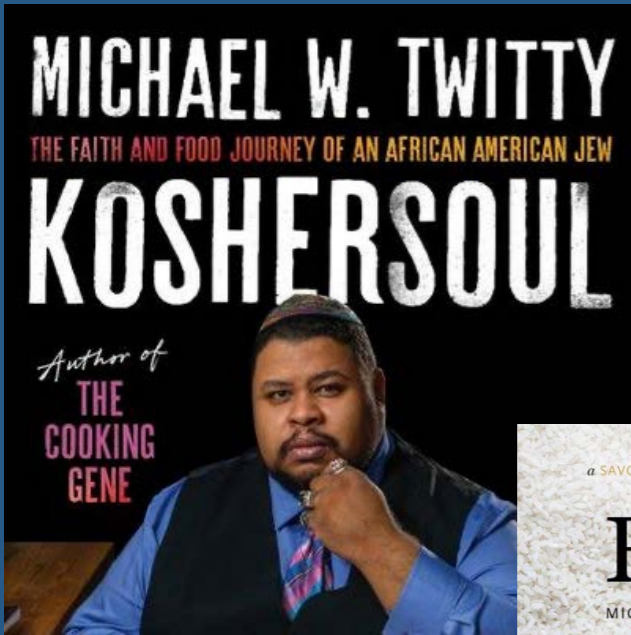


from Calhoun's Old Southern Apples



C. Lee Calhoun (1934-2020), *Old Southern Apples* (1995)
UNC Senior Associate Dean for Fine Arts &
Sciences Elizabeth Engelhardt

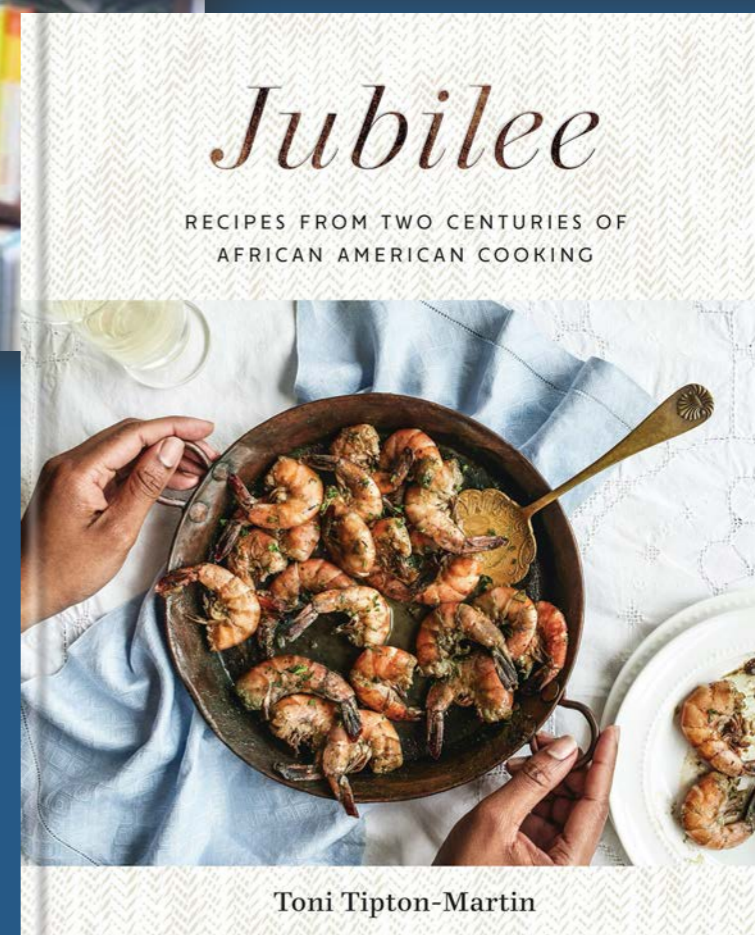
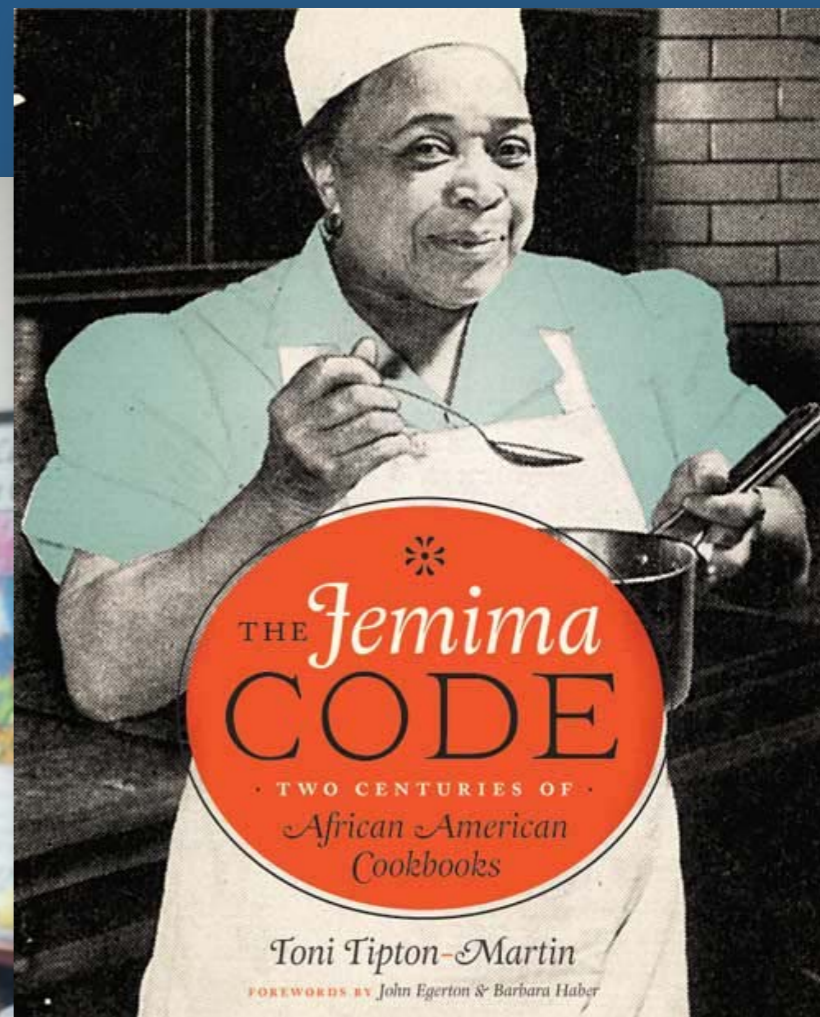
Michael Twitty



The New York Times Magazine
The 1619 Project

Nikole Hannah-Jones





Toni Tipton Martin
The Jemima Code: Two Centuries of African American Cookbooks (University of Texas Press, 2015)

Jubilee: Recipes from Two Centuries of African American Cooking (Clarkson-Potter, 2019)

Black Smoke

African
Americans
and the
United States
of Barbecue

With 22 great recipes straight from the pit

James Beard Book Award Winner

Adrian Miller

ADRIAN MILLER



SOUL

FOOD

THE SURPRISING STORY OF AN

American Cuisine

ONE PLATE AT A TIME

INCLUDES 22 RECIPES