

# *The Soul of Food*

## Lesson 2: The Low Country - Putting Your Soul Into The Pot

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*Photo Credit: Maya Marie Stansberry*

“There was a time where we’d talk about ‘oh so and so’s got good vibrations’ and ‘so and so doesn’t have good vibrations’. And vibrations is just a form of cookery that’s been around. It’s not that you don’t measure because you don’t care, but after a while they didn’t learn to cook by a book. . . The vibration part might be, ‘I don’t feel like chicken tonight, I think Imma have me some fish and I don’t think Imma fry it, I think Imma fix it like this’.” - *Vertamae Smart-Grosvenor*

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Cover Page Quote from this video interview: <https://www.youtube.com/watch?v=TWNO3nr1R3M>

*Note: Please use this educational material with integrity.*

*(A Word from [Soul Fire Farm](#) about using and repurposing educational materials, which is good for us all to practice.)*

# Lesson 2: Putting Your Soul into the Pot

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## Where We Going? South Carolina

Capital: Columbia | Population: 5 million

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### Land and People



**Note on the Map:** Many of these groups were more fluid in their locations than what a map can illustrate, but this map gives an idea of where they were generally. If you look at the maps of nearby states, you can see the location of indigenous people spread in and outside the United States border lines. However, once European colonizers arrived in the 1500s/1600s many indigenous groups were forced off their land to other areas of what is now the U.S., and state lines like those of South Carolina were created to become what we see today.

South Carolina is located on what was once the territory of dozens of indigenous groups with the majority being within the **Catawba, Carolina Siouan, Creek, Cherokee, and Cusabo** people. Prior to European colonization, the Creek, Catawba, and Carolina Siouan people were in the upper parts of South Carolina; while the Cusabo lived around the coasts of what are now the Sea Islands and Charleston.

The **Creek** descended from the Mound Building Mississippian societies, and carried many of the same traditions when it came to food, land stewardship, and ceremony. Therefore they grew the three sisters crops of beans, corn, and squash alongside hunting turkey, deer, and small animals. In the Mississippian tradition they also built mounds for their chiefs and sacred burials. There isn't a ton of recorded information available about the **Cusabo** people's way of life, but due to their name it's believed that they were river people, which is underlined by the fact that they lived on the coasts from Combahee River all the way up to Ashley and Wando (now called Cooper) Rivers. They also grew three sisters crops, hunted, and fished.

In 1670 British colonizers began a settlement in Cusabo land that they originally called Charles Town, and within just one year they began to have conflict. By 1750 the Cusabo were greatly diminished due to genocidal violence and disease from the British, and the few who remained joined the Catawba and Creek tribes in Georgia who are still there today.



### Black People in South Carolina

Shortly after Charleston was established, the British began to capture and enslave people from West Africa to labor on plantations in Charleston. When rice was beginning to become a commodity crop, British enslavers began to specifically import West African people from rice growing regions like Senegambia for their rice cultivation skills and knowledge (see "[Rice](#)" profile). Charleston and other areas of South Carolina would then become the epicenter of wealth building for slave owners who owned rice plantations. Through the mid-1800s South Carolina stood as the top

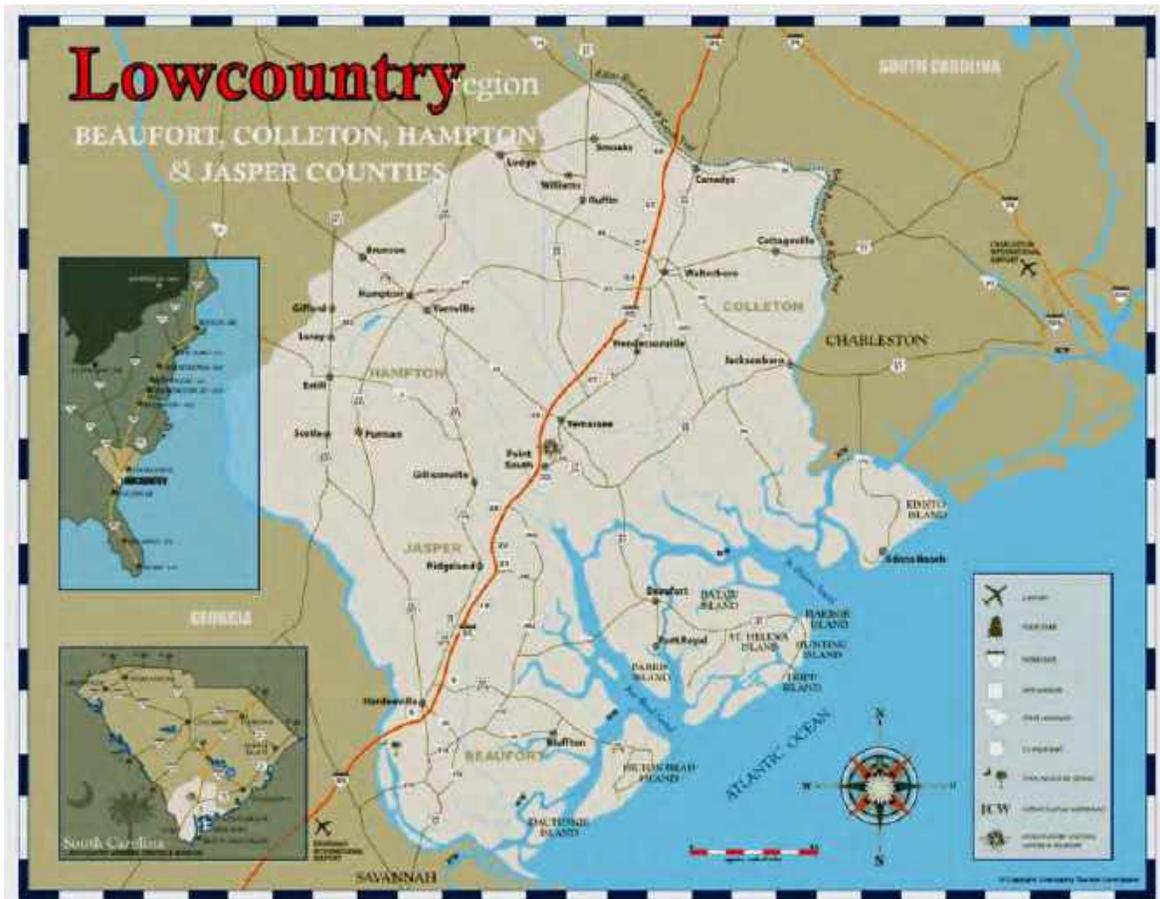
producer of rice in the world and exported rice as far as Brazil and Britain. On top of bringing rice cultivation skills, enslaved Africans would also literally build the city of Charleston as blacksmiths, brickmakers, carpenters, seamstresses, fisher folk, and many other forms of labor. Enslavers had brought so many enslaved people over to provide this labor that the population in the early 1700s showed that Africans outnumbered White people (e.g. 6,250 Europeans to 10,500 enslaved Africans).

Groups of enslaved West and Central Africans who were brought to South Carolina would overtime develop The Gullah Geechee culture, which is still alive today along the coasts of South and North Carolina, Georgia, and Florida. The Gullah Geechee people are known to have maintained more of their Africanisms (features related to Africa) than most African-Americans, this is seen in the Geechee having their own language (Gullah creole), intergenerational crafts (e.g. sweetgrass basket braiding), and foodways influenced by seafood and crops available along the coastline.

### Areas of South Carolina Today

There are four main sections of South Carolina that include the Upstate, Midland, Pee Dee, and Lowcountry regions. All of which have their own unique foodways, cultures, and demographic make-ups.

The Low-Country of South Carolina includes inland areas as well as several islands called the Sea Islands. The low country soil is different from that of the Black Belt, and the agriculture here is also different since it is by the water. Therefore seafood such as crawfish, shrimp, and other fish are common in lowcountry cuisine.



# Featured Southerners

## Abby Fisher

**Born:** 1831, South Carolina



- Grew up in South Carolina and Alabama before moving to San Francisco to become a renowned chef and business woman behind her own pickles and preserves company called Mrs. Abby Fisher and Co. Her company produced pickles, jams, jellies, sauces, and relishes from her own recipes.<sup>1</sup>
- Second Black person to write a cookbook called "What Mrs. Fisher Knows About Old Southern Cooking" in 1881. Up until then only White women, and some men, had written cookbooks, often using the knowledge of enslaved people without paying them for it.
- Had eleven children!

## Vertamae Smart-Grosvenor

**Born:** April 4th, 1937 | Hampton County, SC

*"My daddy always told me that you had to watch people who never dirtied the kitchen. He said if they don't make a mess in the kitchen they ain't cooking nothing fit to eat." -Vertamae*

- Culinary anthropologist/griot, cook, writer, and actress<sup>2</sup>.
- **Wrote a handful of books including the groundbreaking "Vibration Cooking: The Travel Notes of a Geechee Girl" (1970)** along with titles like "Vertamae Cooks in the Americas' Family Kitchen" (1996)" and "Thursdays and Every Other Sunday Off" (2018).
- **Cooked for the Black Panther's Free Breakfast Program.**
- **Was an actress**, performing on Broadway and also starring in films like Daughters of the Dust and Toni Morrison's Beloved.



<sup>1</sup> Celebrating Abby Fisher, One of the First African-American Cookbook Authors by Paula Meija

<https://www.atlasobscura.com/articles/abby-fisher-african-american-chef-cookbook>; Video Profile (5 minutes) <https://www.youtube.com/watch?v=BOYWrXVGV5E>

<sup>2</sup> Interview talking about cooking (8 min.) <https://www.youtube.com/watch?v=TWNQ3nr1R3M>; Vibration Cooking, or the Travel Notes of a Geechee Girl by Vertamae Smart-Grosvenor; VICE [https://www.vice.com/en\\_us/article/evmbwj/vertamae-smart-grosvenor-vibration-cooking-profile](https://www.vice.com/en_us/article/evmbwj/vertamae-smart-grosvenor-vibration-cooking-profile)

## Featured Southerner: Sallie Ann Robinson

Chef, Author, Historian

**Born:** 1958 Daufuskie, SC



- Sallie Ann Robinson grew up on the island of Daufuskie and is a sixth generation Gullah Geechee.

- She learned to cook from her family and relatives, then went on to become a renowned chef. She's collaborated with other Black chefs like BJ Dennis and Omar Tate.

- **Alongside her expertise in the culinary arts and history of Gullah food, Robinson invests time in caring for her community in a variety of ways.** She's a certified nursing assistant, serves as the vice chair on the Daufuskie Council Board, and is a local tour guide.

- **Author of four books:** Sallie Ann Robinson's Kitchen (2019), Daufuskie Island (2018), Cooking the Gullah Way: Morning, Noon, and Night (2007), and Gullah Homecooking the Daufuskie Way (2003).

- **Robinson and her cooking has been featured in magazines** like Garden & Gun, Tampa Bay, Bon Appetit, Southern Living, and National Geographic.<sup>3</sup>

<sup>3</sup> <https://www.tampabay.com/photos/2019/02/13/sallie-ann-robinson-the-gullah-diva-of-daufuskie-island-in-south-carolina/>; [https://a91d9caf-057d-499b-80f1-73d0afa86dee.filesusr.com/ugd/76a9e3\\_42d4f03e7e044c3b86c163e30d6631e0.pdf](https://a91d9caf-057d-499b-80f1-73d0afa86dee.filesusr.com/ugd/76a9e3_42d4f03e7e044c3b86c163e30d6631e0.pdf); <http://thegullahdiva.com/about-sallie-ann/>; <https://www.daufuskiecouncil.com/about>

# Rice

*Oryza, O. Glaberrima and O. Sativa (Latin) - Rice (English) - Arroz (Spanish) - Malo (Mande & Gullah)*

“No fine Lowcountry table was fully set without rice, for the good planters understood that rice was their gold. As one former slave put it ‘Rice been money, them day and time.’ Charleston's planters knew that they owed their wealth to the agricultural know-how of their slaves.”

- Jessica B. Harris

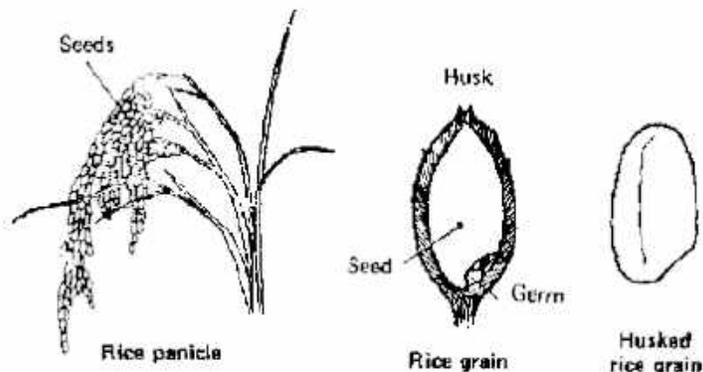
## PLANT ORIGIN AND NAME HISTORY



Rice is in a large family of grasses called poaceae which includes thousands of grains like wheat, corn, and millet. Within the category of rice you'll find there are two main types of rice that are cultivated around the world, and they have two different origins.



The most widely known type of rice is **Oryza sativa**, which originated in Asia and has been cultivated for at least 10,000 years. The lesser known variety of rice is **Oryza glaberrima** which originated in West Africa (Mali, Senegal, Gambia, etc.) and has been cultivated for about 5,000 years. Within these two types of rice are hundreds of varieties of rice! Under *O. sativa* are rice varieties that most people are familiar with such as jasmine, thai, short grain, long grain, and medium grain rice. Under *O. glaberrima* there are lesser common rices like red rice alongside white varieties. Regardless of origin, both varieties of rice have played important roles in the diets of Asian, African, and Latinx people for centuries.



Like most grains, rice is typically sold and brought in its refined state. Before a rice grain is refined it is made up of 4 layers: the chaff/husk/hull, the bran, the germ, and the endosperm. Brown rice includes the endosperm, bran, and germ layers, whereas a refined white rice only includes the endosperm.

### Etymology

The English word for rice and European words for rice (e.g. Spanish “arroz” or Italian “riso”) all stem from the Greek

word oruza. There are numerous West African languages including Mande and Bantu which were primarily adopted into creolized languages such as Gullah that is spoken in some areas of South Carolina and Georgia. The Mande and Bantu words for rice are malo and maro, which are in a class of words that mean nourishment. Malo was used by enslaved Africans in South Carolina for a time, and is still used in West African countries where Mande is spoken.

### **RICE'S MIGRATION TO OTHER LANDS (CULTURE - GROWING AND EATING RICE)**

Rice was an important staple food in the diets of West Africans prior to colonialism, they used it to feed entire villages as well as to commemorate ancestors and make offerings at funerals. Rice was so important to West African communities that there are several recordings and oral histories of enslaved women placing seeds in their hair or the hair of their children to ensure the crop was carried to wherever they were being taken to. When captured West Africans arrived in the Americas they would plant rice in their subsistence plots for their families. With slave rations typically limited to corn mush and fat back, a nutrient rich grain like rice was essential.



### **West African Rice Cultivating Technologies**

Enslaved West Africans had an extensive heritage of rice growing methods from their environments back in Senegal, Angola, Gambia, and Mali. People from Gambia, Senegal, and Niger used Tidal Floodplain Cultivation where rice would be sown on a floodplain and submerged by the flow of the tide. This farming method also involved starting the rice from seedlings in nearby swamps, then allowing the seedlings to grow to a certain height before transplanting them to the main area. People from Gambia might also use the Mangrove method of growing rice along the coast of mangroves where they'd harness the tides with a constructed system of canals and dikes. These were among the many techniques that West Africans used to propagate, cultivate, harvest, process, and store rice.



### **Rice Wealth Building**

Overtime European colonizers took note of how well enslaved people grew rice, and South Carolina was one of the first states where they began to recognize the grain's potential to become a cash crop. Portuguese, Spanish, and British enslavers in the Caribbean and U.S. had no expertise when it came to cultivating rice, which they admitted in their own journal accounts, therefore purchasing and breeding slaves who did carry this knowledge was especially important to their economic agendas.

During the mid-1600s European colonizers began to consult enslaved people about how to grow rice, and eventually began exporting more slaves from the rice growing regions of Senegal, Angola, and Gambia to carry out the cultivation of rice. Through the 1600s and 1800s South Carolina enslavers would become extremely wealthy from growing rice and exporting it to Caribbean and European countries. Today this wealth can be seen in the large mansions that make up South Charleston, where some mansions even had bed frames engraved with rice plants. South Carolina came to be known for its “Carolina Gold Rice” which is a term still used today when referencing high-quality rice, even if it’s grown outside of the state.

## **RICE FOOD CULTURE**

Because of the South’s deep rice growing history, rice is very much a part of Southern cuisines as well as Black foods across the African diaspora. This can be seen in the many iterations of rice and beans: in the South there are many versions of Hoppin’ John (rice with red, purple, or white field peas), while in Afro-Caribbean and Afro-Latinx cuisines there is Arroz y Frijoles or Arroz con Habichuelas. In the South, dishes like Jambalaya are popular in states like South Carolina and Louisiana, and rice on its own has its place on the table to accompany pretty much any main course.

Cooks around the world can also get very particular when it comes to how they like their rice cooked. The test of a true Southern cook could be tested by whether each grain is separate, tender, and perfectly cooked. While some Afro-Latinx and Swana (Southwest Asian and North African) cultures, the burnt bottom of a pot of rice is a delicacy.

## AGRICULTURE

There are many types of rice including jasmine, Thai, short grain, long grain, medium grain rice, African red rice, black rice, and wild rice, to name a few. Below are some sources for getting and growing rice seeds.

### (A Few) Types of Rice



(From [Thai Seeds](#))

**Jasmine Rice**



(from [Southern Exposure Seed Exchange](#))

**Charleston Gold Rice**

### Growing Rice

“Rice can be planted two ways either direct sown or transplanted. For transplants seeds should be started 6-8 weeks before your desired planting date. Direct seed or transplant rice in rows 9-12 inches apart with plants about 6 inches apart in the row. Rice isn’t always grown in rows however this method has been shown to increase yields as the rice has plenty of space and nutrients and can be easily cultivated. Rice doesn’t do well with weed pressure so be sure to keep it well weeded. Small plantings of rice typically aren’t bothered by pests or disease although birds will feed on rice as it ripens so you may choose to use netting. The rice should be harvested once it’s dry and brown. There are two methods for harvesting. You can cut the entire plant as close to the ground as possible or cut just the seed head. Whatever you choose it should be noted that leaving the straw on the field will add nutrients and keep your soil healthy for next year. Once harvested, rice should be threshed and winnowed.” - *Southern Seed Exchange Growing Guide* (<https://www.southernexposure.com/blog/2017/08/guide-to-growing-rice/>)

### Other Growing Guides

HGTV Flood Growing Method <https://www.hgtv.com/outdoors/landscaping-and-hardscaping/how-to-grow-rice>

# Field Peas

*Calaouana* (Indigenous) | *Calavance*, *Black-Eyed Peas*, *Purple Hull Peas*, *Field Peas*, *Sea Island Red Peas*, *Cowpea* (English) | *Ervilha de vaca* (Portuguese) | *Chicharo de vaca* (Spanish) | *Vigna unguiculata* (Latin)

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“Among the Yoruba black eyed peas are one of the principal ingredients used to feed the gods or Orishas, who protect the community. Obatala, for example, prefers yams, rice flour paste, corn meal dumplings, and black eyed peas. Yemaya, the mother of Orishas, also eats black eyed peas. The specifics of each sacrifice differ among various forms of worship, but black eyed peas are one of the most important, traditional foods these discriminating gods demand.” - Soul Food

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## PLANT ORIGIN AND NAME HISTORY

Field peas were first domesticated in the West African Savanna forests of Cameroon and Nigeria. In the words of one historian “everywhere African slaves arrived in substantial numbers, cowpeas [field peas] followed.” The English initially referred to them as *calavance*, from an indigenous Caribbean word for legumes, *calaouana*. **Field peas are also known as black-eyed peas** for being all white with a black dot in the center. Cattle would often graze on field pea plants, which is why some believe the plant is sometimes called a cowpea. However, because enslaved people were viewed and treated as akin to cattle, many farmers of color have started to not use the name cowpeas or black-eyed peas, and instead refer to them in the more



neutral name of “field peas” or names that refer to their color and location such as “Sea Island Red Peas”.

## FIELD PEA GROWING CULTURE & MIGRATION TO OTHER LANDS

West Africans, and later those who were forcibly enslaved, cultivated the crop for its protein rich bean as well as the mineral rich leaves, making it an important nutrient dense plant for daily meals.

The West African practice of intercropping black eyed peas with grains like millet and sorghum was noted in the journals of European colonizers in South and North Carolina both before and during the trans-atlantic slave trade. Today we know that legumes like field peas are nitrogen fixing, grow fairly quickly, and suppress weeds which all in turn improve the yields of crops grown around it.



## EATING FIELD PEAS

In addition to maintaining soil and nearby plant health, West Africans also knew that growing field peas with grains like sorghum and rice would create a more complete meal. Today we might call this eating a “full protein”, aka eating a grain with a legume. Colonizing Europeans noted the nutrition of field peas and would cultivate them to feed slaves on ships going to the U.S. and Caribbean, therefore field peas came to be known as slave food and later poor peoples’ food. Despite the negative association of field peas being for the lower class, their nutrient density and versatility in dishes caused them to become a mainstay in the food cultures across The South, Caribbean, and Europe.

Today field peas are a quintessential ingredient in the Southern United States, especially in South Carolina, and that is largely due to its West African origins. When enslaved West Africans were being brought to South Carolina, many continued the practice of combining a grain with a legume by creating dishes like Hoppin’ John, where field peas and rice are featured. Hoppin’ John is traditionally prepared alongside plates of collard greens for New Year’s Day and is thought to bring good luck to folks eating it as their first meal of the new year. Another dish that links field peas West African influence on the South are akara fritters, which is mashed and fried dough of black eyed peas, and a dish that is believed to have been the predecessor to corn fritters.

## AGRICULTURE - Growing Field Peas

### (A Few) Types of Field Peas



(From [Truelove Seeds Company](#))  
**Sea Island Red Pea**



(from [MIGardener](#))  
**Purple Hull Peas**



(from [Southern Exposure Seed Exchange](#))  
**Whippoorwill Southern Pea**

“Sow seed 1 in. deep, 2 in. apart in rows 3-6 ft. apart, thinning to 4 in. apart. Vining varieties are very vigorous and drought resistant, but they should be given extra room, or trellised, or planted so they can climb stalks of dent corn. Southern peas have cultural requirements similar to beans. They need warmer soil, so wait until 3-4 weeks after last frost to plant. Need full sun and a warm growing season. For best results provide a well-drained soil, with pH in the range of 5.5-6.5. Do not apply nitrogen, which will result in poor yield and lush foliage. The ability of southern peas to grow in poor soil is quite remarkable—many varieties are also used as cover crops—and they are relatively free of insects and disease in the Mid-Atlantic.” - *Southern Seed Exchange Growing Guide*  
(<https://www.southernexposure.com/southern-pea-cowpea-field-pea-growing-guide/>)

### Other Growing Guides

Truelove Seeds Growing Tips <https://trueloveseeds.com/collections/vegetables/products/sea-island-red-pea>

How to Grow Southern Peas [https://harvesttotable.com/how\\_to\\_grow\\_southern\\_peas/](https://harvesttotable.com/how_to_grow_southern_peas/)

## Generations Hoppin John

*I really fell in love with Sallie Ann Robinson as I read her cookbooks and watched her interviews, her wise and elegant demeanor reminds me so much of my mom. I created this recipe as inspiration from her Gullah Geechee rice roots and added some greens to it.*

### Ingredients:

2 tbsp. Vegetable Oil  
One ½# bunch Collard Greens, stems removed and chopped;  
and leaves sliced into small strips  
½ medium Onion, medium diced  
½ medium Green Bell Pepper, diced  
1 clove Garlic, minced  
1 tsp. Paprika  
¼ tsp. Cayenne Pepper  
1 tsp. Dried Sage  
1 tsp. Dried Thyme  
1 tsp. Cumin

\*Flavorful Field Peas from Scratch (or 1-15 oz  
can Black Eyed Peas)  
\*\*Simple Rice (or Leftover Rice)

1. In a large skillet, heat oil over a medium-high flame. Add in chopped green stems, onions, and bell peppers. Season with herbs and spices and cook until slightly tender and translucent.
2. Add in collard green leaves and cook until bright green and reduced in volume by half. Add in rice and beans, and stir to combine. Serve hot with a cool drink.

### \*Flavorful Field Peas from Scratch:

1 cup Black-eyed Peas, Field Peas, or Purple Hull Peas  
2 cups Vegetable Broth  
½ medium Yellow Onion, diced small  
1 tsp. Garlic Granules  
1 tsp. Paprika (check the expiration date)  
1 Bay leaf  
1-2 tsp. Salt  
1-2 tbsp. Vegetable Oil

1. The night before, sort your beans to remove any debris, bad looking beans, or small stones. You can save the bad looking beans in a jar to use as pie weights if you make pie often. Next place your beans in a medium bowl and cover with 1-2 inches of water and soak overnight or 6-8 hours.
2. Strain your beans and pour them into a medium pot with your onions, garlic, and paprika. Bring to a boil and then lower to medium-low heat for simmering. Cook for 30-40 minutes or until just tender, but not complete mush nor hard little rocks, season with salt and set aside.

### \*\*Simple Rice:

2 cups White, Long Grain Rice  
2 - 2 ½ cups Vegetable Broth or Water  
1-2 tsp. Salt

1. Place rice in a 4 quart pot and toast on medium-high heat until grains become fragrant and some are turning bright white.
2. Add in broth or water, along with salt and bring to a boil.
3. Once water has boiled, lower heat to the lowest flame/temperature you can go without turning off the stove and have the water simmering. Cover with a lid and cook for 15-20 minutes or until rice is tender and grains are separate. If rice is not tender, add a ¼ cup more of water and cook until tender. Set aside, or cool and store in fridge for later.

## Bibliography (aka Learn More!)

KEY

TL;DR Video or Visual

Quick Read (or approachable/storytelling chapters)

Long Read

Long and In-Depth Read (long and dense, or a lot of academic vocabulary)

**Black, Indigenous, Latinx, or POC Author(s) (bold formatting)**

White Author(s) (basic formatting)

Online Resource

### - Land and Indigenous People

#### - Creek People

- <https://www.warpaths2peacepipes.com/indian-tribes/creek-tribe.htm>

#### - Cherokee

- <https://www.sciway.net/hist/indians/cherokee.html>

#### - Cusabo & related people

- <https://www.sciway.net/hist/indians/cusabo.html>

- [https://www.carolana.com/Carolina/Native\\_Americans/native\\_americans\\_cusabo.html](https://www.carolana.com/Carolina/Native_Americans/native_americans_cusabo.html)

- <http://www.jaspercountyhistoricalsociety.org/native-americans/>

- <https://blog.luxurysimplified.com/wadmaw-island-the-cusabo-indians-history-in-the-making>

#### - Catawba & related people

- <https://www.sciway.net/hist/indians/catawba.html>

- <https://riseoftheautochthons.wordpress.com/2015/06/25/why-south-carolina-a-legacy-of-resistance-against-european-colonialism-and-slavery/>

### - Gullah Geechee People, Lowcountry Culture, and Social Equity

- **Nourish with Howard Conyers and BJ Dennis** (10 min.) (<https://www.youtube.com/watch?v=bvUUgNFYVNk>)

- **African Sounds in the Gullah Geechee and on Middle Caicos** by Thomas B. Klein

[https://www.jstor.org/stable/pdf/10.5816/blackscholar.41.1.0022.pdf?ab\\_segments=0%2Fbasic\\_SYC-4946%2Fcontrol&refreqid=search%3A5df75c2aad464ad3c2ba0d9ec15bb94e](https://www.jstor.org/stable/pdf/10.5816/blackscholar.41.1.0022.pdf?ab_segments=0%2Fbasic_SYC-4946%2Fcontrol&refreqid=search%3A5df75c2aad464ad3c2ba0d9ec15bb94e)

- **Charleston's Gullah Recipes** by Darren Campbell

- **Lowcountry Visions: Foodways and Race in Coastal South Carolina** By Levi Van Sant

[https://www.jstor-org.proxy.wexler.hunter.cuny.edu/stable/pdf/26362293.pdf?ab\\_segments=0%2Fbasic\\_SYC-4946%2Fcontrol&refreqid=search%3Aa51e64d06b06f7da4a3a6880619ab7d0](https://www.jstor-org.proxy.wexler.hunter.cuny.edu/stable/pdf/26362293.pdf?ab_segments=0%2Fbasic_SYC-4946%2Fcontrol&refreqid=search%3Aa51e64d06b06f7da4a3a6880619ab7d0)

- **Awkward Questions About Slavery from Tourists in the South** by Ritu Prasad

<https://www.bbc.com/news/world-us-canada-49842601>

### - Vertamae Smart-Grosvenor

- **Interview talking about cooking** (8 min.) <https://www.youtube.com/watch?v=TWNO3nr1R3M>

- **Vibration Cooking, or the Travel Notes of a Geechee Girl** by Vertamae Smart-Grosvenor

- VICE [https://www.vice.com/en\\_us/article/evmbwj/vertamae-smart-grosvenor-vibration-cooking-profile](https://www.vice.com/en_us/article/evmbwj/vertamae-smart-grosvenor-vibration-cooking-profile)

### - Abby Fisher

- **Celebrating Abby Fisher, One of the First African-American Cookbook Authors** by Paula Meija

<https://www.atlasobscura.com/articles/abby-fisher-african-american-chef-cookbook>

- **Video Profile** (5 minutes) <https://www.youtube.com/watch?v=BOYWrXVGV5E>

- **What Mrs. Fisher Knows About Old Southern Cooking** by Abby Fisher (available at Kitchen Arts and Letters)

### - Sallie Ann Robinson

- **Gullah Home Cooking the Daufuskie Way** by Sallie Ann Robinson

- **Interview on Gullah Geechee Daufuskie food** (5 minutes)

<https://www.youtube.com/watch?v=Kxs-dZVfekI>

- **Featured interview in Garden & Gun magazine** by Latria Graham

<https://gardenandgun.com/feature/amir-toure-bj-dennis-sallie-ann-robinson/>

(continues)

- **Rice (oryza glaberrima)**
  - **Carolina's Gold Coast: The Culture of Rice and Slavery**  
<https://www.scseagrant.org/carolinas-gold-coast-the-culture-of-rice-and-slavery/>
  - **In The Shadow of Slavery** by Judith A Carney and Richard Nicholas Rosomoff
    - Locations and Origins of Rice pg. 20, 22
    - Braiding Rice into Hair pg. 76-77
    - 149-153 (cultivation, subsistence, and processing) in the shadow of slavery
  - **Hog and Hominy** by Frederick Douglass Opie
    - Rice rations in South Carolina pg. 31-32
  - **Black Rice** by Judith A Carney
    - Rice cultivation techniques
  - **Seeds of History** by Drew G. Faust (Overview of "Black Rice" book)  
<http://movies2.nytimes.com/books/01/04/22/reviews/010422.22faustt.html>
  - **Deep Roots: Rice Farmers in West Africa and the African Diaspora** By Edda L. Fields-Black  
[https://books.google.com/books?id=v2Zy7QEJR1UC&pg=PA117&lpg=PA117&dq=malo+mande+word+for+rice&source=bl&ots=EMjsQsQ2Jn&sig=ACfU3U1I4WNNwbRkY3P-GxQPIDHfvxJmSg&hl=en&sa=X&ved=2ahUKewiU4Z\\_Iub3oAhXEnOAKHR6TA-sQ6AEwAHoECAgQAQ#v=onepage&q=malo%20mande%20word%20for%20rice&f=false](https://books.google.com/books?id=v2Zy7QEJR1UC&pg=PA117&lpg=PA117&dq=malo+mande+word+for+rice&source=bl&ots=EMjsQsQ2Jn&sig=ACfU3U1I4WNNwbRkY3P-GxQPIDHfvxJmSg&hl=en&sa=X&ved=2ahUKewiU4Z_Iub3oAhXEnOAKHR6TA-sQ6AEwAHoECAgQAQ#v=onepage&q=malo%20mande%20word%20for%20rice&f=false) Speaks on rice cultivation and culture among West Africans, goes deep into the linguistics of the many words for rice in Mande/Bantu Languages.
  - **High on the Hog** by Jessica B. Harris
  - **Oryza Glaberrima Rice** (3 minutes) (<https://www.youtube.com/watch?v=xjBypCRbZ1A>)
  - **They Carry Life in their Hair: Domestication and the African Diaspora** by Judith A. Carney pg. 35 (The Routledge Companion to the Environmental Humanities edited by Ursula K. Heise, Jon Christensen, Michelle Niemann)  
<https://books.google.com/books?id=9i8lDwAAQBAJ&pg=PA43&lpg=PA43&dq=malo+word+for+rice+gullah&source=bl&ots=7AIDyYoHqc&sig=ACfU3U344CjVMERmWGHgwNbf5JjEpuEMVQ&hl=en&sa=X&ved=2ahUKewiT-M-mub3oAhVEIXIEHQnUBtcQ6AEwAHoECAwQAQ#v=onepage&q=malo%20word%20for%20rice%20gullah&f=false> Speaks on rice cultivation and culture among West Africans, origins or the name for rice in Mande/Bantu Languages.
  - **The Carolina Rice Kitchen: The African Connection** Paperback – February 1, 1998 by Karen Hess  
[https://www.amazon.com/Carolina-Rice-Kitchen-African-Connection/dp/1570032084/ref=sr\\_1\\_1?keywords=karen+hess&qid=1562528501&s=gateway&sr=8-1](https://www.amazon.com/Carolina-Rice-Kitchen-African-Connection/dp/1570032084/ref=sr_1_1?keywords=karen+hess&qid=1562528501&s=gateway&sr=8-1)
  - **Rice: Global Networks and New Histories** Paperback – May 25, 2017 by Francesca Bray  
[https://www.amazon.com/Rice-Global-Networks-New-Histories/dp/1107622379/ref=asc\\_df\\_1107622379/?tag=hyprod-20&linkCode=df0&hvadid=312087807240&hvpos=1o1&hvnetw=g&hvrand=2175604026903770058&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmidl=&hvlocint=&hvlocphy=9004368&hvtargid=pla-525094927142&psc=1&tag=&ref=&adgrpid=61316180119&hvpone=&hvptwo=&hvadid=312087807240&hvpos=1o1&hvnetw=g&hvrand=2175604026903770058&hvqmt=&hvdev=c&hvdvcmidl=&hvlocint=&hvlocphy=9004368&hvtargid=pla-525094927142](https://www.amazon.com/Rice-Global-Networks-New-Histories/dp/1107622379/ref=asc_df_1107622379/?tag=hyprod-20&linkCode=df0&hvadid=312087807240&hvpos=1o1&hvnetw=g&hvrand=2175604026903770058&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmidl=&hvlocint=&hvlocphy=9004368&hvtargid=pla-525094927142&psc=1&tag=&ref=&adgrpid=61316180119&hvpone=&hvptwo=&hvadid=312087807240&hvpos=1o1&hvnetw=g&hvrand=2175604026903770058&hvqmt=&hvdev=c&hvdvcmidl=&hvlocint=&hvlocphy=9004368&hvtargid=pla-525094927142)
  - **Preferences for Slaves in Colonial America** (1973) by Darold D. Wax The Journal of Negro History  
[https://www.jstor-org.proxy.wexler.hunter.cuny.edu/stable/pdf/2716746.pdf?ab\\_segments=0%2Fbasic\\_SYC-4800%2Ftest2](https://www.jstor-org.proxy.wexler.hunter.cuny.edu/stable/pdf/2716746.pdf?ab_segments=0%2Fbasic_SYC-4800%2Ftest2) ; <https://www.jstor.org/stable/2716746>
- **Field Peas (aka Black Eyed Peas)**
  - **Soul Food** by Adrian Miller
  - **High on the Hog** by Jessica B. Harris
  - **In The Shadow of Slavery** by Judith A Carney and Richard Nicholas Rosomoff
    - p.124-125
  - **Field Peas a Southern Good Luck Charm** by Kim Severson  
<https://www.nytimes.com/2015/12/30/dining/black-eyed-peas-cowpea-field-peas.html>
  - **A Guide to Field Peas** <https://thelocalpalate.com/articles/a-field-guide-to-field-peas/>

- **Black Eyed Peas and Collard Greens** (3 min.) <https://www.youtube.com/watch?v=2uvXuOkQ0Fg>

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