

african american food history

A Rich and Resilient Legacy: Exploring African American Food History

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Keywords: African American food history, African American cuisine, Gullah Geechee cuisine, Soul food, Black foodways, culinary history, African diaspora, food culture, resilience, food justice.

Abstract: This article delves into the complex and fascinating story of African American food history, exploring its origins in Africa, its evolution through slavery and the Jim Crow era, and its vibrant expression in contemporary culinary practices. It examines the challenges faced in preserving and celebrating this heritage, alongside the opportunities presented by the growing recognition and appreciation of African American foodways.

I. The Roots of African American Food History: A Legacy Forged in Resilience

African American food history is not simply a record of recipes; it's a testament to resilience, adaptation, and cultural preservation in the face of immense hardship. Its roots lie deep within the diverse culinary traditions of Africa, a continent boasting a vast array of ingredients, techniques, and flavors. The forced migration of Africans to the Americas during the transatlantic slave trade resulted in a brutal uprooting, but it did not extinguish the spirit of culinary creativity. Enslaved Africans maintained aspects of their culinary heritage, subtly incorporating familiar ingredients and techniques into the limited resources available on plantations. This process of adaptation and innovation is central to understanding African American food history. The use of readily available ingredients like okra, black-eyed peas, and sweet potatoes, often found in the fields or grown in small plots of land, became hallmarks of a cuisine born from necessity and ingenuity. These ingredients, alongside the resourceful methods of preparation, formed the foundation of what would eventually evolve into diverse regional cuisines across the African diaspora.

II. The Evolution of African American Foodways: From Plantation to Plate

The period following emancipation brought both new possibilities and continued challenges. African Americans began to cultivate their own food, establishing farms and developing distinctive regional styles of cooking. The Gullah Geechee culture of the Lowcountry, for example, stands as a powerful example of the preservation of African culinary traditions. Their unique cuisine, with its emphasis on rice, seafood, and okra, reflects a direct link to West African foodways. However, systemic racism and economic inequality continued to restrict access to resources and opportunities. This historical

context is essential to understanding the development of African American food history. The rise of "soul food," often associated with the post-slavery South, reflects both the limitations and the creativity of African Americans in the face of adversity. Though often stereotyped, soul food embodies a rich culinary tradition built upon resourcefulness, community, and shared meals. It serves as a powerful symbol of cultural identity and resilience.

III. Challenges in Preserving African American Food History

The preservation of African American food history faces multiple challenges. The lack of documentation during slavery and the subsequent erasure of African contributions in historical records pose significant obstacles. Oral histories, while invaluable, are susceptible to loss over time. Moreover, the commercialization of soul food and its simplification for mass consumption threaten to diminish the nuanced cultural heritage embedded within it. The focus on stereotypical dishes neglects the diverse regional variations and the evolution of African American foodways across different communities and generations. Efforts to reclaim and preserve this heritage require a multi-pronged approach, encompassing archival research, community engagement, and the promotion of authentic representations of African American food history.

IV. Opportunities for Celebrating and Understanding African American Food History

Despite the challenges, there is a growing movement to celebrate and understand African American food history. Academic research, community-based initiatives, and the rise of Black culinary professionals are playing a crucial role in this effort. Cookbooks, documentaries, and museum exhibits are bringing the stories of African American foodways to a wider audience. The increasing recognition of the unique cultural value of African American food is also opening up new opportunities for economic empowerment and social justice. This renewed appreciation provides a platform for chefs, entrepreneurs, and food historians to share their knowledge, preserve traditional recipes, and promote the diversity of African American cuisine.

V. The Future of African American Food History: A Call for Continued Exploration

The exploration of African American food history is an ongoing process. It requires continued research, collaborative efforts, and a commitment to accurate and respectful representation. By acknowledging the historical context, celebrating the richness of culinary traditions, and promoting food justice initiatives, we can ensure that the story of African American foodways continues to be told and celebrated for generations to come. The evolving landscape of African American food history necessitates a dynamic approach that embraces both tradition and innovation. The future of this field lies in building upon the existing knowledge base while also fostering new opportunities for research, education, and culinary exploration.

Conclusion:

African American food history is a vibrant tapestry woven from threads of resilience, creativity, and cultural preservation. Understanding this history requires acknowledging the challenges faced and

celebrating the remarkable achievements of African Americans in shaping their culinary heritage. By continuing to explore, document, and celebrate this rich tradition, we can ensure that its legacy is preserved and appreciated for generations to come.

FAQs:

1. What is the difference between soul food and African American cuisine? Soul food is a specific regional style of African American cooking, primarily associated with the American South, while African American cuisine encompasses the vast and diverse culinary traditions of African Americans across the country, drawing from various regional, cultural, and ethnic influences.
1. How did enslaved Africans maintain their culinary traditions? Enslaved Africans adapted their traditional recipes and techniques using readily available ingredients, often incorporating them subtly into plantation food. This involved a process of ingenuity and preservation, passing down knowledge through oral traditions.
1. What is the significance of Gullah Geechee cuisine? Gullah Geechee cuisine is a powerful example of the preservation of African culinary traditions in the American South. Its unique dishes and ingredients reflect a strong link to West African foodways and represent a unique cultural identity.
1. What are some challenges to preserving African American food history? Challenges include a lack of historical documentation, the erosion of oral traditions, and the commercialization and simplification of soul food that often overlooks its cultural nuances.
1. How can we better represent African American food history? Better representation requires accurate documentation, community involvement, support for African American chefs and food entrepreneurs, and the avoidance of stereotypical portrayals.
1. What role does food justice play in understanding African American food history? Food justice addresses historical and ongoing inequalities in food access and affordability, understanding their impact on African American communities and their culinary traditions.

1. What are some examples of contemporary African American chefs and food writers? Many contemporary chefs and food writers are instrumental in sharing and preserving African American foodways, including but not limited to Mashama Bailey, Bryant Terry, and Edna Lewis (posthumously influential).
1. How can I learn more about African American food history? Explore cookbooks, documentaries, academic articles, museums, and community-based initiatives focused on African American foodways.
1. What is the significance of community gardens in African American food history? Community gardens provide access to fresh, healthy food and often serve as spaces for the preservation of traditional growing methods and recipes, fostering community and cultural identity.

Related Articles:

1. "High on the Hog: A Culinary Journey from Africa to America" – Book Review: A critical review of Jessica B. Harris' seminal work exploring the culinary journey of African Americans.
1. "The Gullah Geechee Foodways: A Culinary Heritage of Resilience": An in-depth study of the unique culinary traditions of the Gullah Geechee people.
1. "Soul Food: A Culinary History": A comprehensive examination of the history, cultural significance, and evolution of soul food.
1. "African American Foodways and the Fight for Food Justice": An article focusing on the connections between African American food history and the contemporary food justice movement.
1. "The Culinary Contributions of Enslaved Africans": A historical analysis of the significant culinary contributions of enslaved Africans to American cuisine.

1. "Regional Variations in African American Cuisine": An exploration of the diverse regional styles of cooking within African American communities across the United States.

1. "The Role of Women in Preserving African American Food Traditions": An examination of the critical roles played by women in the preservation and transmission of African American foodways.

1. "African American Food History and the Diaspora": A comparative study of African American cuisine in relation to other culinary traditions within the African diaspora.

1. "Recipes and Stories from the African American Kitchen": A collection of recipes and personal narratives celebrating the diversity of African American food heritage.

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african american food history: The Cooking Gene Michael W. Twitty, 2018-07-31 2018 James Beard Foundation Book of the Year | 2018 James Beard Foundation Book Award Winner in Writing | Nominee for the 2018 Hurston/Wright Legacy Award in Nonfiction | #75 on The Root100 2018 A renowned culinary historian offers a fresh perspective on our most divisive cultural issue, race, in this illuminating memoir of Southern cuisine and food culture that traces his ancestry—both black and white—through food, from Africa to America and slavery to freedom. Southern food is integral to the American culinary tradition, yet the question of who owns it is one of the most provocative touch points in our ongoing struggles over race. In this unique memoir, culinary historian Michael W. Twitty takes readers to the white-hot center of this fight, tracing the roots of his own family and the charged politics surrounding the origins of soul food, barbecue, and all Southern cuisine. From the tobacco and rice farms of colonial times to plantation kitchens and backbreaking cotton fields, Twitty tells his family story through the foods that enabled his ancestors' survival across three centuries. He sifts through stories, recipes, genetic tests, and historical documents, and travels from Civil War battlefields in Virginia to synagogues in Alabama to Black-owned organic farms in Georgia. As he takes us through his ancestral culinary history, Twitty suggests that healing may come from embracing the discomfort of the Southern past. Along the way, he reveals a truth that is more than skin deep—the power that food has to bring the kin of the

enslaved and their former slaveholders to the table, where they can discover the real America together. Illustrations by Stephen Crotts

african american food history: African American Foodways Anne Bower, 2009 Moving beyond catfish and collard greens to the soul of African American cooking

african american food history: Soul Food Adrian Miller, 2013-08-15 2014 James Beard Foundation Book Award, Reference and Scholarship Honor Book for Nonfiction, Black Caucus of the American Library Association In this insightful and eclectic history, Adrian Miller delves into the influences, ingredients, and innovations that make up the soul food tradition. Focusing each chapter on the culinary and social history of one dish--such as fried chicken, chitlins, yams, greens, and red drinks--Miller uncovers how it got on the soul food plate and what it means for African American culture and identity. Miller argues that the story is more complex and surprising than commonly thought. Four centuries in the making, and fusing European, Native American, and West African cuisines, soul food--in all its fried, pork-infused, and sugary glory--is but one aspect of African American culinary heritage. Miller discusses how soul food has become incorporated into American culture and explores its connections to identity politics, bad health raps, and healthier alternatives. This refreshing look at one of America's most celebrated, mythologized, and maligned cuisines is enriched by spirited sidebars, photographs, and twenty-two recipes.

african american food history: Bound to the Fire Kelley Fanto Deetz, 2017-11-17 For decades, smiling images of Aunt Jemima and other historical and fictional black cooks could be found on various food products and in advertising. Although these images were sanitized and romanticized in American popular culture, they represented the untold stories of enslaved men and women who had a significant impact on the nation's culinary and hospitality traditions, even as they were forced to prepare food for their oppressors. Kelley Fanto Deetz draws upon archaeological evidence, cookbooks, plantation records, and folklore to present a nuanced study of the lives of enslaved plantation cooks from colonial times through emancipation and beyond. She reveals how these men and women were literally bound to the fire as they lived and worked in the sweltering and often fetid conditions of plantation house kitchens. These highly skilled cooks drew upon knowledge and ingredients brought with them from their African homelands to create complex, labor-intensive dishes. However, their white owners overwhelmingly received the credit for their creations. Deetz restores these forgotten figures to their rightful place in American and Southern history by uncovering their rich and intricate stories and celebrating their living legacy with the recipes that they created and passed down to future generations.

african american food history: Koshersoul Michael W. Twitty, 2022-08-09 "Twitty makes the case that Blackness and Judaism coexist in beautiful harmony, and this is manifested in the foods and traditions from both cultures that Black Jews incorporate into their daily lives...Twitty wishes to start a conversation where people celebrate their differences and embrace commonalities. By drawing on personal narratives, his own and others', and exploring different cultures, Twitty's book offers important insight into the journeys of Black Jews."—Library Journal "A fascinating, cross-cultural smorgasbord grounded in the deep emotional role food plays in two influential American communities."—Booklist The James Beard award-winning author of the acclaimed *The Cooking Gene* explores the cultural crossroads of Jewish and African diaspora cuisine and issues of memory, identity, and food. In *Koshersoul*, Michael W. Twitty considers the marriage of two of the most distinctive culinary cultures in the world today: the foods and traditions of the African Atlantic and the global Jewish diaspora. To Twitty, the creation of African-Jewish cooking is a conversation of migrations and a dialogue of diasporas offering a rich background for inventive recipes and the people who create them. The question that most intrigues him is not just who makes the food, but how the food makes the people. Jews of Color are not outliers, Twitty contends, but significant and meaningful cultural creators in both Black and Jewish civilizations. *Koshersoul* also explores how food has shaped the journeys of numerous cooks, including Twitty's own passage to and within Judaism. As intimate, thought-provoking, and profound as *The Cooking Gene*, this remarkable book teases the senses as it offers sustenance for the soul. *Koshersoul* includes 48-50 recipes.

african american food history: Recipes for Respect Rafia Zafar, 2019-03-15 Food studies, once trendy, has settled into the public arena. In the academy, scholarship on food and literary culture constitutes a growing river within literary and cultural studies, but writing on African American food and dining remains a tributary. Recipes for Respect bridges this gap, illuminating the role of foodways in African American culture as well as the contributions of Black cooks and chefs to what has been considered the mainstream. Beginning in the early nineteenth century and continuing nearly to the present day, African Americans have often been stereotyped as illiterate kitchen geniuses. Rafia Zafar addresses this error, highlighting the long history of accomplished African Americans within our culinary traditions, as well as the literary and entrepreneurial strategies for civil rights and respectability woven into the written records of dining, cooking, and serving. Whether revealed in cookbooks or fiction, memoirs or hotel-keeping manuals, agricultural extension bulletins or library collections, foodways knowledge sustained Black strategies for self-reliance and dignity, the preservation of historical memory, and civil rights and social mobility. If, to follow Mary Douglas's dictum, food is a field of action—that is, a venue for social intimacy, exchange, or aggression—African American writing about foodways constitutes an underappreciated critique of the racialized social and intellectual spaces of the United States.

african american food history: Hog and Hominy Frederick Douglass Opie, 2008-10-08 "Opie delves into the history books to find true soul in the food of the South, including its place in the politics of black America."—NPR.org Frederick Douglass Opie deconstructs and compares the foodways of people of African descent throughout the Americas, interprets the health legacies of black culinary traditions, and explains the concept of soul itself, revealing soul food to be an amalgamation of West and Central African social and cultural influences as well as the adaptations blacks made to the conditions of slavery and freedom in the Americas. Sampling from travel accounts, periodicals, government reports on food and diet, and interviews with more than thirty people born before 1945, Opie reconstructs an interrelated history of Moorish influence on the Iberian Peninsula, the African slave trade, slavery in the Americas, the emergence of Jim Crow, the Great Migration, the Great Depression, and the Civil Rights and Black Power movements. His grassroots approach reveals the global origins of soul food, the forces that shaped its development, and the distinctive cultural collaborations that occurred among Africans, Asians, Europeans, and Americans throughout history. Opie shows how food can be an indicator of social position, a site of community building and cultural identity, and a juncture at which different cultural traditions can develop and impact the collective health of a community. "Opie goes back to the sources and traces soul food's development over the centuries. He shows how Southern slavery, segregation, and the Great Migration to the North's urban areas all left their distinctive marks on today's African American cuisine."—Booklist "An insightful portrait of the social and religious relationship between people of African descent and their cuisine."—FoodReference.com

african american food history: African American Food Culture William Frank Mitchell, 2009-04-30 Like other Americans, African Americans partake of the general food offerings available in mainstream supermarket chains across the country. Food culture, however, may depend on where they live and their degree of connection to traditions passed down through generations since the time of slavery. Many African Americans celebrate a hybrid identity that incorporates African and New World foodways. The state of African American food culture today is illuminated in depth here for the first time, in the all-important context of understanding the West African origins of most African Americans of today. Like other Americans, African Americans partake of the general food offerings available in mainstream supermarket chains across the country. Food culture, however, may depend on where they live and their degree of connection to traditions passed down through generations since the time of slavery. Many African Americans celebrate a hybrid identity that incorporates African and New World foodways. The state of African American food culture today is illuminated in depth here for the first time, in the all-important context of understanding the West African origins of most African Americans of today. A historical overview discusses the beginnings of this hybrid food culture when Africans were forcibly removed from their homelands and brought to

the United States. Chapter 2 on Major Foods and Ingredients details the particular favorites of what is considered classic African American food. In Chapter 3, Cooking, the African American family of today is shown to be like most other families with busy lives, preparing and eating quick meals during the week and more leisurely meals on the weekend. Special insight is also given on African American chefs. The Typical Meals chapter reflects a largely mainstream diet, with regional and traditional options. Chapter 6, Eating Out, highlights the increasing opportunities for African Americans to dine out, and the attractions of fast meals. The Special Occasions chapter discusses all the pertinent occasions for African Americans to prepare and eat symbolic dishes that reaffirm their identity and culture. Finally, the latest information in traditional African American diet and its health effects brings readers up to date in the Diet and Health chapter. Recipes, photos, chronology, resource guide, and selected bibliography round out the narrative.

african american food history: *Stirring the Pot* James C. McCann, 2009-10-31 Africa's art of cooking is a key part of its history. All too often Africa is associated with famine, but in *Stirring the Pot*, James C. McCann describes how the ingredients, the practices, and the varied tastes of African cuisine comprise a body of historically gendered knowledge practiced and perfected in households across diverse human and ecological landscape. McCann reveals how tastes and culinary practices are integral to the understanding of history and more generally to the new literature on food as social history. *Stirring the Pot* offers a chronology of African cuisine beginning in the sixteenth century and continuing from Africa's original edible endowments to its globalization. McCann traces cooks' use of new crops, spices, and tastes, including New World imports like maize, hot peppers, cassava, potatoes, tomatoes, and peanuts, as well as plantain, sugarcane, spices, Asian rice, and other ingredients from the Indian Ocean world. He analyzes recipes, not as fixed ahistorical documents, but as lively and living records of historical change in women's knowledge and farmers' experiments. A final chapter describes in sensuous detail the direct connections of African cooking to New Orleans jambalaya, Cuban rice and beans, and the cooking of African Americans' "soul food." *Stirring the Pot* breaks new ground and makes clear the relationship between food and the culture, history, and national identity of Africans.

african american food history: *The Jemima Code* Toni Tipton-Martin, 2022-07-01 Winner, James Beard Foundation Book Award, 2016 Art of Eating Prize, 2015 BCALA Outstanding Contribution to Publishing Citation, Black Caucus of the American Library Association, 2016 Women of African descent have contributed to America's food culture for centuries, but their rich and varied involvement is still overshadowed by the demeaning stereotype of an illiterate "Aunt Jemima" who cooked mostly by natural instinct. To discover the true role of black women in the creation of American, and especially southern, cuisine, Toni Tipton-Martin has spent years amassing one of the world's largest private collections of cookbooks published by African American authors, looking for evidence of their impact on American food, families, and communities and for ways we might use that knowledge to inspire community wellness of every kind. *The Jemima Code* presents more than 150 black cookbooks that range from a rare 1827 house servant's manual, the first book published by an African American in the trade, to modern classics by authors such as Edna Lewis and Vertamae Grosvenor. The books are arranged chronologically and illustrated with photos of their covers; many also display selected interior pages, including recipes. Tipton-Martin provides notes on the authors and their contributions and the significance of each book, while her chapter introductions summarize the cultural history reflected in the books that follow. These cookbooks offer firsthand evidence that African Americans cooked creative masterpieces from meager provisions, educated young chefs, operated food businesses, and nourished the African American community through the long struggle for human rights. *The Jemima Code* transforms America's most maligned kitchen servant into an inspirational and powerful model of culinary wisdom and cultural authority.

african american food history: *Sweet Home Café Cookbook* NMAAHC, Jessica B. Harris, Albert Lukas, Jerome Grant, 2018-10-23 A celebration of African American cooking with 109 recipes from the National Museum of African American History and Culture's Sweet Home Café Since the

2016 opening of the National Museum of African American History and Culture, its Sweet Home Café has become a destination in its own right. Showcasing African American contributions to American cuisine, the café offers favorite dishes made with locally sourced ingredients, adding modern flavors and contemporary twists on classics. Now both readers and home cooks can partake of the café's bounty: drawing upon traditions of family and fellowship strengthened by shared meals, Sweet Home Café Cookbook celebrates African American cooking through recipes served by the café itself and dishes inspired by foods from African American culture. With 109 recipes, the sumptuous Sweet Home Café Cookbook takes readers on a deliciously unique journey. Presented here are the salads, sides, soups, snacks, sauces, main dishes, breads, and sweets that emerged in America as African, Caribbean, and European influences blended together. Featured recipes include Pea Tendril Salad, Fried Green Tomatoes, Hoppin' John, Sénégalaise Peanut Soup, Maryland Crab Cakes, Jamaican Grilled Jerk Chicken, Shrimp & Grits, Fried Chicken and Waffles, Pan Roasted Rainbow Trout, Hickory Smoked Pork Shoulder, Chow Chow, Banana Pudding, Chocolate Chess Pie, and many others. More than a collection of inviting recipes, this book illustrates the pivotal--and often overlooked--role that African Americans have played in creating and re-creating American foodways. Offering a deliciously new perspective on African American food and culinary culture, Sweet Home Café Cookbook is an absolute must-have.

african american food history: Vegan Soul Kitchen Bryant Terry, 2009-03-03 Innovative, animal-free recipes inspired by African-American and Southern cooking, from an award-winning chef and co-author of *Grub: Ideas for an Urban Organic Kitchen*.

african american food history: Bress 'n' Nyam: Gullah Geechee Recipes from a Sixth-Generation Farmer Matthew Raiford, 2021-05-11 More than 100 heirloom recipes from a dynamic chef and farmer working the lands of his great-great-great grandfather. From Hot Buttermilk Biscuits and Sweet Potato Pie to Salmon Cakes on Pepper Rice and Gullah Fish Stew, Gullah Geechee food is an essential cuisine of American history. It is the culinary representation of the ocean, rivers, and rich fertile loam in and around the coastal South. From the Carolinas to Georgia and Florida, this is where descendants of enslaved Africans came together to make extraordinary food, speaking the African Creole language called Gullah Geechee. In this groundbreaking and beautiful cookbook, Matthew Raiford pays homage to this cuisine that nurtured his family for seven generations. In 2010, Raiford's Nana handed over the deed to the family farm to him and his sister, and Raiford rose to the occasion, nurturing the farm that his great-great-great grandfather, a freed slave, purchased in 1874. In this collection of heritage and updated recipes, he traces a history of community and family brought together by food.

african american food history: Thirty Years a Slave Louis Hughes, 2006-05-22 I was born in Virginia, in 1832, near Charlottesville, in the beautiful valley of the Rivanna river. My father was a white man and my mother a negress, the slave of one John Martin. I was a mere child, probably not more than six years of age, as I remember, when my mother, two brothers and myself were sold to Dr. Louis, a practicing physician in the village of Scottsville. We remained with him about five years, when he died, and, in the settlement of his estate, I was sold to one Washington Fitzpatrick, a merchant of the village. He kept me a short time when he took me to Richmond, by way of canal-boat, expecting to sell me; but as the market was dull, he brought me back and kept me some three months longer, when he told me he had hired me out to work on a canal-boat running to Richmond, and to go to my mother and get my clothes ready to start on the trip. I went to her as directed, and, when she had made ready my bundle, she bade me good-by with tears in her eyes, saying: My son, be a good boy; be polite to every one, and always behave yourself properly.

african american food history: Recovering Our Ancestors' Gardens Devon A. Mihesuah, 2020-11 2020 Gourmand World Cookbook Award Winner of the Gourmand International World Cookbook Award, *Recovering Our Ancestors' Gardens* is back! Featuring an expanded array of tempting recipes of indigenous ingredients and practical advice about health, fitness, and becoming involved in the burgeoning indigenous food sovereignty movement, the acclaimed Choctaw author and scholar Devon A. Mihesuah draws on the rich indigenous heritages of this continent to offer a

helpful guide to a healthier life. *Recovering Our Ancestors' Gardens* features pointed discussions about the causes of the generally poor state of indigenous health today. Diminished health, Mihesuah contends, is a pervasive consequence of colonialism, but by advocating for political, social, economic, and environmental changes, traditional food systems and activities can be reclaimed and made relevant for a healthier lifestyle today. New recipes feature pawpaw sorbet, dandelion salad, lima bean hummus, cranberry pie with cornmeal crust, grape dumplings, green chile and turkey posole, and blue corn pancakes, among other dishes. Savory, natural, and steeped in the Native traditions of this land, these recipes are sure to delight and satisfy. This new edition is revised, updated, and contains new information, new chapters, and an extensive curriculum guide that includes objectives, resources, study questions, assignments, and activities for teachers, librarians, food sovereignty activists, and anyone wanting to know more about indigenous foodways.

african american food history: Every Nation Has Its Dish Jennifer Jensen Wallach, 2022

african american food history: Jubilee Toni Tipton-Martin, 2019-11-05 "A celebration of African American cuisine right now, in all of its abundance and variety."—Tejal Rao, *The New York Times* JAMES BEARD AWARD WINNER • IACP AWARD WINNER • IACP BOOK OF THE YEAR • TONI TIPTON-MARTIN NAMED THE 2021 JULIA CHILD AWARD RECIPIENT NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY *The New York Times Book Review* • *The New Yorker* • NPR • *Chicago Tribune* • *The Atlantic* • BuzzFeed • Food52 Throughout her career, Toni Tipton-Martin has shed new light on the history, breadth, and depth of African American cuisine. She's introduced us to black cooks, some long forgotten, who established much of what's considered to be our national cuisine. After all, if Thomas Jefferson introduced French haute cuisine to this country, who do you think actually cooked it? In *Jubilee*, Tipton-Martin brings these masters into our kitchens. Through recipes and stories, we cook along with these pioneering figures, from enslaved chefs to middle- and upper-class writers and entrepreneurs. With more than 100 recipes, from classics such as Sweet Potato Biscuits, Seafood Gumbo, Buttermilk Fried Chicken, and Pecan Pie with Bourbon to lesser-known but even more decadent dishes like Bourbon & Apple Hot Toddlies, Spoon Bread, and Baked Ham Glazed with Champagne, *Jubilee* presents techniques, ingredients, and dishes that show the roots of African American cooking—deeply beautiful, culturally diverse, fit for celebration. Praise for *Jubilee* "There are precious few feelings as nice as one that comes from falling in love with a cookbook. . . . New techniques, new flavors, new narratives—everything so thrilling you want to make the recipes over and over again . . . this has been my experience with Toni Tipton-Martin's *Jubilee*."—Sam Sifton, *The New York Times* "Despite their deep roots, the recipes—even the oldest ones—feel fresh and modern, a testament to the essentiality of African-American gastronomy to all of American cuisine."—*The New Yorker* "*Jubilee* is part-essential history lesson, part-brilliantly researched culinary artifact, and wholly functional, not to mention deeply delicious."—*Kitchn* "Tipton-Martin has given us the gift of a clear view of the generosity of the black hands that have flavored and shaped American cuisine for over two centuries."—*Taste*

african american food history: Soul Food Sheila Ferguson, 1993 Combines reminiscences and recipes from African American families about their dinners and socials with photographs.

african american food history: Kinky Gazpacho Lori L. Tharps, 2009-05-26 Recounts the author's experiences living in Spain as a young black woman, where she learns about the country's racial prejudices against blacks and falls in love with a Spaniard.

african american food history: What Mrs. Fisher Knows about Old Southern Cooking Mrs. Fisher, Abby Fisher, Karen Hess, 1995 A former slave, Mrs Fisher came from Mobile, Alabama and began cooking for San Francisco society in the late 1870's--Back cover.

african american food history: The Taste of Country Cooking Edna Lewis, 2012-06-27 In this classic Southern cookbook, the "first lady of Southern cooking" (NPR) shares the seasonal recipes from a childhood spent in a small farming community settled by freed slaves. She shows us how to recreate these timeless dishes in our own kitchens—using natural ingredients, embracing the seasons, and cultivating community. With a preface by Judith Jones and foreword by Alice Waters. With menus for the four seasons, Miss Lewis (as she was almost universally known) shares the ways

her family prepared and enjoyed food, savoring the delights of each special time of year. From the fresh taste of spring—the first wild mushrooms and field greens—to the feasts of summer—garden-ripe vegetables and fresh blackberry cobbler—and from the harvest of fall—baked country ham and roasted newly dug sweet potatoes—to the hearty fare of winter—stews, soups, and baked beans—Lewis sets down these marvelous dishes in loving detail. Here are recipes for Corn Pone and Crispy Biscuits, Sweet Potato Casserole and Hot Buttered Beets, Pan-Braised Spareribs, Chicken with Dumplings, Rhubarb Pie, and Brandied Peaches. Dishes are organized into more than 30 seasonal menus, such as A Late Spring Lunch After Wild-Mushroom Picking, A Midsummer Sunday Breakfast, A Christmas Eve Supper, and an Emancipation Day Dinner. In this seminal work, Edna Lewis shows us precisely how to recover, in our own country or city or suburban kitchens, the taste of the fresh, good, and distinctly American cooking that she grew up with.

african american food history: Same Family, Different Colors Lori L. Tharps, 2016-10-04 Weaving together personal stories, history, and analysis, *Same Family, Different Colors* explores the myriad ways skin-color politics affect family dynamics in the United States. Colorism and color bias—the preference for or presumed superiority of people based on the color of their skin—is a pervasive and damaging but rarely openly discussed phenomenon. In this unprecedented book, Lori L. Tharps explores the issue in African American, Latino, Asian American, and mixed-race families and communities by weaving together personal stories, history, and analysis. The result is a compelling portrait of the myriad ways skin-color politics affect family dynamics in the United States. Tharps, the mother of three mixed-race children with three distinct skin colors, uses her own family as a starting point to investigate how skin-color difference is dealt with. Her journey takes her across the country and into the lives of dozens of diverse individuals, all of whom have grappled with skin-color politics and speak candidly about experiences that sometimes scarred them. From a Latina woman who was told she couldn't be in her best friend's wedding photos because her dark skin would "spoil" the pictures, to a light-skinned African American man who spent his entire childhood "trying to be Black," Tharps illuminates the complex and multifaceted ways that colorism affects our self-esteem and shapes our lives and relationships. Along with intimate and revealing stories, Tharps adds a historical overview and a contemporary cultural critique to contextualize how various communities and individuals navigate skin-color politics. Groundbreaking and urgent, *Same Family, Different Colors* is a solution-seeking journey to the heart of identity politics, so that this more subtle "cousin to racism," in the author's words, will be exposed and confronted.

african american food history: The Rise Marcus Samuelsson, 2020-10-27 An Eater Best Cookbook of Fall 2020 • This groundbreaking new cookbook from chef, bestselling author, and TV star Marcus Samuelsson celebrates contemporary Black cooking in 150 extraordinarily delicious recipes. It is long past time to recognize Black excellence in the culinary world the same way it has been celebrated in the worlds of music, sports, literature, film, and the arts. Black cooks and creators have led American culture forward with indelible contributions of artistry and ingenuity from the start, but Black authorship has been consistently erased from the story of American food. Now, in *The Rise*, chef, author, and television star Marcus Samuelsson gathers together an unforgettable feast of food, culture, and history to highlight the diverse deliciousness of Black cooking today. Driven by a desire to fight against bias, reclaim Black culinary traditions, and energize a new generation of cooks, Marcus shares his own journey alongside 150 recipes in honor of dozens of top chefs, writers, and activists—with stories exploring their creativity and influence. Black cooking has always been more than "soul food," with flavors tracing to the African continent, to the Caribbean, all over the United States, and beyond. Featuring a mix of everyday food and celebration cooking, this book also includes an introduction to the pantry of the African diaspora, alongside recipes such as: Chilled corn and tomato soup in honor of chef Mashama Bailey Grilled short ribs with a piri-piri marinade and saffron tapioca pudding in homage to authors Michael Twitty and Jessica B. Harris Crab curry with yams and mustard greens for Nyesha Arrington Spiced catfish with pumpkin leche de tigre to celebrate Edouardo Jordan Island jollof rice with a shout-out to Eric Adjepong Steak frites with plantain chips and green vinaigrette in tribute to Eric Gestel Tigernut

custard tart with cinnamon poached pears in praise of Toni Tipton-Martin A stunning work of breadth and beauty, *The Rise* is more than a cookbook. It's the celebration of a movement.

african american food history: Carla Hall's Soul Food Carla Hall, Genevieve Ko, 2018-10-23 The celebrity chef offers a fresh take on soul food while honoring its rich history in this cookbook featuring 145 original recipes. In *Carla Hall's Soul Food*, Carla Hall returns to her Nashville roots for an authentic and refreshing look at America's favorite comfort cuisine. She also traces soul food's journey from Africa and the Caribbean to the American South. Carla shows us that soul food is more than barbecue and mac and cheese. Traditionally a plant-based cuisine, everyday soul food is full of veggie goodness that's just as delicious as cornbread and fried chicken. From Black-Eyed Pea Salad with Hot Sauce Vinaigrette to Tomato Pie with Garlic Bread Crust, the recipes in *Carla Hall's Soul Food* deliver her distinctive Southern flavors using farm-fresh ingredients. The results are light, healthy, seasonal dishes with big, satisfying tastes—the mouthwatering soul food everyone will want a taste of. Featuring 145 original recipes, 120 color photographs, and a whole lotta love, *Carla Hall's Soul Food* is a wonderful blend of the modern and the traditional—honoring soul food's heritage and personalizing it with Carla's signature fresh style.

african american food history: High on the Hog Jessica B. Harris, 2011-01-01 The author of *The Africa Cookbook* presents a history of the African Diaspora on two continents, tracing the evolution of culturally representative foods ranging from chitlins and ham hocks to fried chicken and vegan soul.

african american food history: The President's Kitchen Cabinet Adrian Miller, 2017-02-09 An NAACP Image Award Finalist for Outstanding Literary Work—Non Fiction James Beard award-winning author Adrian Miller vividly tells the stories of the African Americans who worked in the presidential food service as chefs, personal cooks, butlers, stewards, and servers for every First Family since George and Martha Washington. Miller brings together the names and words of more than 150 black men and women who played remarkable roles in unforgettable events in the nation's history. Daisy McAfee Bonner, for example, FDR's cook at his Warm Springs retreat, described the president's final day on earth in 1945, when he was struck down just as his lunchtime cheese souffle emerged from the oven. Sorrowfully, but with a cook's pride, she recalled, He never ate that souffle, but it never fell until the minute he died. A treasury of information about cooking techniques and equipment, the book includes twenty recipes for which black chefs were celebrated. From Samuel Fraunces's onions done in the Brazilian way for George Washington to Zephyr Wright's popovers, beloved by LBJ's family, Miller highlights African Americans' contributions to our shared American foodways. Surveying the labor of enslaved people during the antebellum period and the gradual opening of employment after Emancipation, Miller highlights how food-related work slowly became professionalized and the important part African Americans played in that process. His chronicle of the daily table in the White House proclaims a fascinating new American story.

african american food history: Eating While Black Psyche A. Williams-Forson, 2022-05-03 Psyche A. Williams-Forson is one of our leading thinkers about food in America. In *Eating While Black*, she offers her knowledge and experience to illuminate how anti-Black racism operates in the practice and culture of eating. She shows how mass media, nutrition science, economics, and public policy drive entrenched opinions among both Black and non-Black Americans about what is healthful and right to eat. Distorted views of how and what Black people eat are pervasive, bolstering the belief that they must be corrected and regulated. What is at stake is nothing less than whether Americans can learn to embrace nonracist understandings and practices in relation to food. Sustainable culture—what keeps a community alive and thriving—is essential to Black peoples' fight for access and equity, and food is central to this fight. Starkly exposing the rampant shaming and policing around how Black people eat, Williams-Forson contemplates food's role in cultural transmission, belonging, homemaking, and survival. Black people's relationships to food have historically been connected to extreme forms of control and scarcity—as well as to stunning creativity and ingenuity. In advancing dialogue about eating and race, this book urges us to think and talk about food in new ways in order to improve American society on both personal and

structural levels.

african american food history: *The Potlikker Papers* John T. Edge, 2017-05-16 “The one food book you must read this year. —Southern Living One of Christopher Kimball’s Six Favorite Books About Food A people’s history that reveals how Southerners shaped American culinary identity and how race relations impacted Southern food culture over six revolutionary decades Like great provincial dishes around the world, potlikker is a salvage food. During the antebellum era, slave owners ate the greens from the pot and set aside the leftover potlikker broth for the enslaved, unaware that the broth, not the greens, was nutrient rich. After slavery, potlikker sustained the working poor, both black and white. In the South of today, potlikker has taken on new meanings as chefs have reclaimed it. Potlikker is a quintessential Southern dish, and *The Potlikker Papers* is a people’s history of the modern South, told through its food. Beginning with the pivotal role cooks and waiters played in the civil rights movement, noted authority John T. Edge narrates the South’s fitful journey from a hive of racism to a hotbed of American immigration. He shows why working-class Southern food has become a vital driver of contemporary American cuisine. Food access was a battleground issue during the 1950s and 1960s. Ownership of culinary traditions has remained a central contention on the long march toward equality. *The Potlikker Papers* tracks pivotal moments in Southern history, from the back-to-the-land movement of the 1970s to the rise of fast and convenience foods modeled on rural staples. Edge narrates the gentrification that gained traction in the restaurants of the 1980s and the artisanal renaissance that began to reconnect farmers and cooks in the 1990s. He reports as a newer South came into focus in the 2000s and 2010s, enriched by the arrival of immigrants from Mexico to Vietnam and many points in between. Along the way, Edge profiles extraordinary figures in Southern food, including Fannie Lou Hamer, Colonel Sanders, Mahalia Jackson, Edna Lewis, Paul Prudhomme, Craig Claiborne, and Sean Brock. Over the last three generations, wrenching changes have transformed the South. *The Potlikker Papers* tells the story of that dynamism—and reveals how Southern food has become a shared culinary language for the nation.

african american food history: *A Domestic Cook Book* Malinda Russell, 1866

african american food history: *Chop Suey, USA* Yong Chen, 2014-11-04 American diners began to flock to Chinese restaurants more than a century ago, making Chinese food the first mass-consumed cuisine in the United States. By 1980, it had become the country's most popular ethnic cuisine. *Chop Suey, USA* offers the first comprehensive interpretation of the rise of Chinese food, revealing the forces that made it ubiquitous in the American gastronomic landscape and turned the country into an empire of consumption. Engineered by a politically disenfranchised, numerically small, and economically exploited group, Chinese food's tour de America is an epic story of global cultural encounter. It reflects not only changes in taste but also a growing appetite for a more leisurely lifestyle. Americans fell in love with Chinese food not because of its gastronomic excellence but because of its affordability and convenience, which is why they preferred the quick and simple dishes of China while shunning its haute cuisine. Epitomized by chop suey, American Chinese food was a forerunner of McDonald's, democratizing the once-exclusive dining-out experience for such groups as marginalized Anglos, African Americans, and Jews. The rise of Chinese food is also a classic American story of immigrant entrepreneurship and perseverance. Barred from many occupations, Chinese Americans successfully turned Chinese food from a despised cuisine into a dominant force in the restaurant market, creating a critical lifeline for their community. Chinese American restaurant workers developed the concept of the open kitchen and popularized the practice of home delivery. They streamlined certain Chinese dishes, such as chop suey and egg foo young, turning them into nationally recognized brand names.

african american food history: *The Ebony Cookbook* Freda De Knight, 1948

african american food history: *Life Upon These Shores* Henry Louis Gates, 2011 A director of the W. E. B. Du Bois Institute at Harvard presents a sumptuously illustrated chronicle of more than 500 years of African-American history that focuses on defining events, debates and controversies as well as important achievements of famous and lesser-known figures, in a volume complemented by

reproductions of ancient maps and historical paraphernalia. (This title was previously list in Forecast.)

african american food history: *Southern Food and Civil Rights* Frederick Douglass Opie, 2021-02-08 Food has been and continues to be an essential part of any movement for progressive change. From home cooks and professional chefs to local eateries and bakeries, food has helped activists continue marching for change for generations. Paschal's restaurant in Atlanta provided safety and comfort food for civil rights leaders. Elijah Muhammad and the Nation of Islam operated their own farms, dairies and bakeries in the 1960s. The Sandwich Brigade organized efforts to feed the thousands at the March on Washington. Author Fred Opie details the ways southern food nourished the fight for freedom, along with cherished recipes associated with the era.

african american food history: *In the Shadow of Slavery* Judith Carney, 2011-02-01 The transatlantic slave trade forced millions of Africans into bondage. Until the early nineteenth century, African slaves came to the Americas in greater numbers than Europeans. *In the Shadow of Slavery* provides a startling new assessment of the Atlantic slave trade and upends conventional wisdom by shifting attention from the crops slaves were forced to produce to the foods they planted for their own nourishment. Many familiar foods—millet, sorghum, coffee, okra, watermelon, and the Asian long bean, for example—are native to Africa, while commercial products such as Coca Cola, Worcestershire Sauce, and Palmolive Soap rely on African plants that were brought to the Americas on slave ships as provisions, medicines, cordage, and bedding. In this exciting, original, and groundbreaking book, Judith A. Carney and Richard Nicholas Rosomoff draw on archaeological records, oral histories, and the accounts of slave ship captains to show how slaves' food plots—botanical gardens of the dispossessed—became the incubators of African survival in the Americas and Africanized the foodways of plantation societies.

african american food history: Franchise: The Golden Arches in Black America Marcia Chatelain, 2020-01-07 WINNER • 2021 PULITZER PRIZE IN HISTORY Winner • 2022 James Beard Foundation Book Award [Writing] The “stunning” (David W. Blight) untold history of how fast food became one of the greatest generators of black wealth in America. Just as *The Color of Law* provided a vital understanding of redlining and racial segregation, Marcia Chatelain's *Franchise* investigates the complex interrelationship between black communities and America's largest, most popular fast food chain. Taking us from the first McDonald's drive-in in San Bernardino to the franchise on Florissant Avenue in Ferguson, Missouri, in the summer of 2014, Chatelain shows how fast food is a source of both power—economic and political—and despair for African Americans. As she contends, fast food is, more than ever before, a key battlefield in the fight for racial justice.

african american food history: The Traumatic Colonel Michael J. Drexler, Ed White, 2014-07-11 In American political fantasy, the Founding Fathers loom large, at once historical and mythical figures. In *The Traumatic Colonel*, Michael J. Drexler and Ed White examine the Founders as imaginative fictions, characters in the specifically literary sense, whose significance emerged from narrative elements clustered around them. From the revolutionary era through the 1790s, the Founders took shape as a significant cultural system for thinking about politics, race, and sexuality. Yet after 1800, amid the pressures of the Louisiana Purchase and the Haitian Revolution, this system could no longer accommodate the deep anxieties about the United States as a slave nation. Drexler and White assert that the most emblematic of the political tensions of the time is the figure of Aaron Burr, whose rise and fall were detailed in the literature of his time: his electoral tie with Thomas Jefferson in 1800, the accusations of seduction, the notorious duel with Alexander Hamilton, his machinations as the schemer of a breakaway empire, and his spectacular treason trial. The authors venture a psychoanalytically-informed exploration of post-revolutionary America to suggest that the figure of “Burr” was fundamentally a displaced fantasy for addressing the Haitian Revolution. Drexler and White expose how the historical and literary fictions of the nation's founding served to repress the larger issue of the slave system and uncover the Burr myth as the crux of that repression. Exploring early American novels, such as the works of Charles Brockden Brown and Tabitha Gilman Tenney, as well as the pamphlets, polemics, tracts, and biographies of the early

republican period, the authors speculate that this flourishing of political writing illuminates the notorious gap in U.S. literary history between 1800 and 1820.

african american food history: The Negro Motorist Green Book Victor H. Green, The Negro Motorist Green Book was a groundbreaking guide that provided African American travelers with crucial information on safe places to stay, eat, and visit during the era of segregation in the United States. This essential resource, originally published from 1936 to 1966, offered a lifeline to black motorists navigating a deeply divided nation, helping them avoid the dangers and indignities of racism on the road. More than just a travel guide, The Negro Motorist Green Book stands as a powerful symbol of resilience and resistance in the face of oppression, offering a poignant glimpse into the challenges and triumphs of the African American experience in the 20th century.

african american food history: Getting What We Need Ourselves Jennifer Jensen Wallach, 2022-08-29 This multi-generational story begins before the transatlantic slave trade in West Africa and ends with a discussion of contemporary African American vegans. Demonstrating that food has been both a tool of empowerment and a weapon of white supremacy, this study documents the symbolic power of food alongside an ongoing struggle for food access.

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african american food history: Black Food Geographies Ashanté M. Reese, 2019 Black food, black space, black agency -- Come to think of it, we were pretty self-sufficient: race, segregation, and food access in historical context -- There ain't nothing in Deanwood: navigating nothingness and the unsafeway -- What is our culture? I don't even know: the role of nostalgia and memory in evaluating contemporary food access -- He's had that store for years: the historical and symbolic value of community market -- We will not perish; we will flourish: community gardening, self-reliance, and refusal -- Black lives and black food futures.

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