

“Our Story is Told Through our Plates”

Southern Foodways



This is a PPT accompaniment to Carolina K-12's lesson plan on Southern Foodways.

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Slavery, Colonialism, and the Roots of Southern Food



Recreated slave garden.

WATCH:

<https://www.pbs.org/video/the-cooking-gene-michael-twitty-baqmq2/>



Michael Twitty talks about slavery & southern food.







Cooking Techniques



Agricultural Practice



What Cultures are Reflected in Southern Food?

- Native American
- West African
- French
- Spanish
- Scots-Irish and English
- Latin American
- Jewish American
- ... the list goes on!

Each of these cultures has contributed new ingredients, cooking techniques, and agricultural practices.

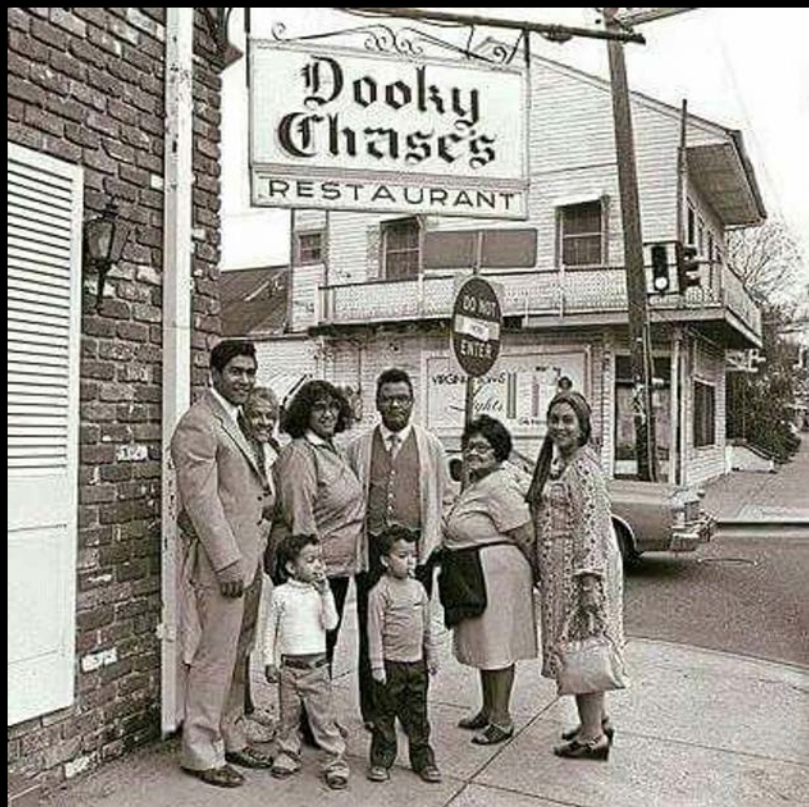
What other factors shape regional foodways?

Protest, Transformation, and Community

Lunch Counter Sit-ins: The Greensboro Four



Dooky Chase's Restaurant



What is “Southern Food”?



Transplanting Traditions



Vegan Soul Food



Tacos Al Pastor



Collard Sandwich