

African Heritage & Health Recommended Reading List

COOKING

Afro-Vegan by Bryant Terry

The Africa Cookbook by Jessica B. Harris

Iron Pots & Wooden Spoons by Jessica B. Harris

Soul of a New Cuisine by Marcus Samuelsson

A Taste of Heritage: The New African American Cuisine

by Toni Tipton-Martin and Joe Randall

**The Ethnic Vegetarian: Traditional and Modern Recipes from Africa,
America, and the Caribbean** by Angela Shelf-Medearis

Eat Yourself Sexy! by Lauren Von Der Pool

The New Soul Vegetarian Cookbook by Yafah Asiel

The Vegan Soul Food Guide to the Galaxy by Afya Ibomu

The African American Heritage Cookbook by Carolyn Quick Tillery

The Taste of Country Cooking by Edna Lewis

HEALTH / HEALTHY LIVING

By Any Greens Necessary by Tracye Lynn McQuirter

African Holistic Health by Llaila O. Afrika

Sacred Woman: A Guide to Healing The Feminine Body, Mind, & Spirit by Queen Afua

How to Eat to Live by Elijah Muhammad

Sistah Vegan: Black Female Vegans Speak on Food, Identity, Health, and Society

by A. Breeze Harper

Natural Health for African Americans by Marcellus A. Walker and Kenneth B. Singleton

Four Seasons of Mojo: An Herbal Guide to Natural Living by Stephanie Rose Bird

HISTORY, CULTURE AND FOOD

African American Foodways: Explorations of History and Culture,

Edited by Anne L. Bower

High On the Hog: A Culinary Journey From Africa to America by Jessica B. Harris

Hog and Hominy: Soul Food from Africa to America by Frederick Douglass Opie

In the Shadow of Slavery: Africa's Botanical Legacy in the Atlantic World

by Judith A. Carney and Richard Nicholas Rosomoff

Black Rice by Judith Carney

Food Choices & Obesity in Black America by Eric J. Bailey

Land and Power: Sustainable Agriculture by Jeff Jordan

Rooted in Earth: Reclaiming African American Environmental Heritage

by Dianne D. Glave

FILM

"Soul Food Junkies," by Byron Hurt

"Homecoming" by National Black Programming Consortium

"What's On Your Plate?" by Catherine Gund