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 Tracylee 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