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Synopsis Books:

Zora Neale Hurston is one of the most notable authors of the Harlem Renaissance. Her extensive ethnographic research on African American foodways throughout the state of Florida remains a critical historic resource to this day. Her work provides insight into meals such as pickled pigs feet and their rise in the southern African American community as a staple, as well as many home remedies like parched rice and bay leaves for an upset stomach and recipes to cure loss of mind. From Floridian fried turtle to chicken pancakes, author Frederick Douglass Opie explores the lingering impact of Hurstons work and Florida food while incorporating recipes that remain essential today.

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