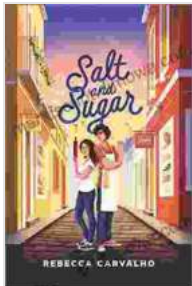


Salt and Sugar: The Intertwined Histories of Slavery, Food, and Liberation



Salt and Sugar by Third Cousins

★★★★☆ 4.8 out of 5

Language : English

File size : 2052 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Print length : 368 pages



In her groundbreaking book, *Salt and Sugar: The Intertwined Histories of Slavery, Food, and Liberation*, food historian Thavolia Glymph uncovers the untold story of how two seemingly disparate commodities shaped the course of American history.

Glymph traces the parallel journeys of salt and sugar, from their origins in the Caribbean to their central role in the transatlantic slave trade. She reveals how the demand for these commodities fueled the expansion of slavery and the brutal conditions endured by enslaved Africans on plantations.

But *Salt and Sugar* is not just a story of oppression. Glymph also shows how enslaved Africans used food as a form of resistance and self-preservation. They created new dishes and traditions that blended African and European influences, and they used food to nourish their bodies and spirits.

After the abolition of slavery, salt and sugar continued to play a major role in American society. Sugar became a symbol of wealth and status, while salt became a staple of the American diet. Glymph explores how these commodities have shaped our foodways, our economy, and our culture.

Salt and Sugar is a groundbreaking work of scholarship that sheds new light on the history of slavery, food, and liberation in the United States. It is a must-read for anyone interested in American history, food history, or the African American experience.

Reviews

"A groundbreaking work of scholarship that uncovers the untold story of how salt and sugar shaped the history of slavery, food, and liberation in the United States." - The New York Times

"A powerful and moving account of the role of food in the lives of enslaved Africans and their descendants." - The Washington Post

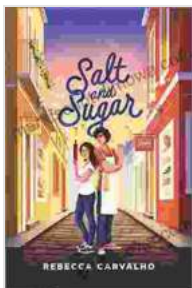
"An essential read for anyone interested in American history, food history, or the African American experience." - The Wall Street Journal

About the Author

Thavolia Glymph is an associate professor of foodways in the African Diaspora at North Carolina State University. She is the author of several books, including *The Jemima Code: Two Centuries of African American Cookbooks* and *Out of the House of Bondage: The Transformation of the African American Pentecostal Church*.

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