

Black Rice The African Origins Of Rice Cultivation

Learn the hidden stories about blacks in Georgetown, South Carolina before and after they were African-Americans. Each page will remind you in riveting detail of why they were the children of the ones who would not die.

This bold, innovative book promises to radically alter our understanding of the Atlantic slave trade, and the depths of its horrors. Stephanie E. Smallwood offers a penetrating look at the process of enslavement from its African origins through the Middle Passage and into the American slave market. Saltwater Slavery is animated by deep research and gives us a graphic experience of the slave trade from the vantage point of the slaves themselves. The result is both a remarkable transatlantic view of the culture of enslavement, and a painful, intimate vision of the bloody, daily business of the slave trade.

With the same unique vision that brought his now classic Mars trilogy to vivid life, bestselling author Kim Stanley Robinson boldly imagines an alternate history of the last seven hundred years. In his grandest work yet, the acclaimed storyteller constructs a world vastly different from the one we know. . . . **“A thoughtful, magisterial alternate history from one of science fiction’s most important writers.”—The New York Times Book Review**
It is the fourteenth century and one of the most apocalyptic events in human history is set to occur—the coming of the Black Death. History teaches us that a third of Europe’s population was destroyed. But what if the plague had killed 99 percent of the population instead? How would the world have changed? This is a look at the history that could have been—one that stretches across centuries, sees dynasties and nations rise and crumble, and spans horrible famine and magnificent innovation. Through the eyes of soldiers and kings, explorers and philosophers, slaves and scholars, Robinson navigates a world where Buddhism and Islam are the most influential and practiced religions, while Christianity is merely a historical footnote. Probing the most profound questions as only he can, Robinson shines his extraordinary light on the place of religion, culture, power—and even love—in this bold New World. “Exceptional and engrossing.”—New York Post “Ambitious . . . ingenious.”—Newsday

Among the staple foods most welcomed on southern tables—and on tables around the world—rice is without question the most versatile. As Michael Twitty observes, depending on regional tastes, rice may be enjoyed at breakfast, lunch, and dinner; as main dish, side dish, and snack; in dishes savory and sweet. Filling and delicious, rice comes in numerous botanical varieties and offers a vast range of scents, tastes, and textures depending on how it is cooked. In some dishes, it is crunchingly crispy; in others, soothingly smooth; in still others, somewhere right in between. Commingled or paired with other foods, rice is indispensable to the foodways of the South. As Twitty’s fifty-one recipes deliciously demonstrate, rice stars in Creole, Acadian, soul food, Low Country, and Gulf Coast kitchens, as well as in the kitchens of cooks from around the world who are now at home in the South. Exploring rice’s culinary history and African diasporic identity, Twitty shows how to make the southern classics as well as international dishes--everything from Savannah Rice Waffles to Ghanaian Crab Stew. As Twitty gratefully sums up, “Rice connects me to every other person, southern and global, who is nourished by rice’s traditions and customs.”

A Global History

An Anxious Pursuit

From Africa to Brazil

Adventures of an African Slaver

Black Majority

Black Rice

The First Two Centuries of Slavery in North America

Rice is a first step toward a history of rice and its place in capitalism from global and comparative perspectives.

The Strangers Book explores how various nineteenth-century African American writers radically reframed the terms of humanism by redefining what it meant to be a stranger. Rejecting the idea that humans have easy access to a common reserve of experiences and emotions, they countered the notion that a person can use a supposed knowledge of human nature to claim full understanding of any other person’s life. Instead they posited that being a stranger, unknown and unknowable, was an essential part of the human condition. Affirming the unknown and unknowable differences between people, as individuals and in groups, laid the groundwork for an ethical and democratic society in which all persons could find a place. If everyone is a stranger, then no individual or class can lay claim to the characteristics that define who gets to be a human in political and public arenas. Lloyd Pratt focuses on nineteenth-century African American writing and publishing venues and practices such as the Colored National Convention movement and literary societies in Nantucket and New Orleans. Examining the writing of Frederick Douglass in tandem with that of the francophone free men of color who published the first anthology of African American poetry in 1845, he contends these authors were never interested in petitioning whites for sympathy or for recognition of their humanity. Instead, they presented a moral imperative to develop practices of stranger humanism in order to forge personal and political connections based on mutually acknowledged and always evolving differences.

Expanding upon the 2017 Radio 4 series ‘Britain’s Black Past’, this book presents those stories and analyses through the lens of a recovered past. Even those who may be familiar with some of the materials will find much that they had not previously known, and will be introduced to people, places, and stories brought to light by new research. In a time of international racial unrest and migration, it is important not to lose sight of similar situations that took place in an earlier time. In chapters written by scholars, artists, and independent researchers, readers will learn of an early musician, the sales of slaves in Scotland, the grave - now a shrine - of a black enslaved boy left to die in Morecombe Bay, of a country estate owned by a mixed-race slave owner, and of the two strikingly different people who lived in a Bristol house that is now a museum. Black sailors, political activists, memoirists, appear in these pages, but the book also re-examines living history, in the form of modern plays, television programmes, and genealogical sleuthing. Through them, Britain’s Black Past is not only presented anew, but shown to be very much alive in our own time.

African Ethnobotany in the Americas provides the first comprehensive examination of ethnobotanical knowledge and skills among the African Diaspora in the Americas. Leading scholars on the subject explore the complex relationship between plant use and meaning among the descendants of Africans in the New World. With the aid of archival and field research carried out in North America, South America, and the Caribbean, contributors explore the historical, environmental, and political-ecological factors that facilitated/hindered transatlantic ethnobotanical diffusion; the role of Africans as active agents of plant and plant knowledge transfer during the period of plantation slavery in the Americas; the significance of cultural resistance in refining and redefining plant-based traditions; the principal categories of plant use that resulted; the exchange of knowledge among Amerindian, European and other African peoples; and the changing significance of African-American ethnobotanical traditions in the 21st century. Bolstered by abundant visual content and contributions from renowned experts in the field, African Ethnobotany in the Americas is an invaluable resource for students, scientists, and researchers in the field of ethnobotany and African Diaspora studies.

A History of African-American Slaves

Sorting Out the Mixed Economy

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

Many Thousands Gone

Britain's Black Past

Rice

A Journey Through African American Culinary History in the Old South

This trio of sharp-witted essays takes irony to a new level. In How to Write About Africa, Wainaina dissects the African clichés and preconceptions dear to western writers and readers with a ruthless precision. In the same fashion, My Clan KC undresses the layers of meaning shrouding the identity of the infamous Kenya Cowboy. And in Power of Love, we start with a bemused recollection of the advent of the celebrities-for-Africa phenomenon, heralded by the mid-eighties hit song We Are The World. It's a short step from there to the speculation, many years later, that ia \$9-dollar-a-day cow from Japan could very well head a humanitarian NGO in Kenya,ï whose idollar-a-day peopleï continue to fascinate the i\$5-dollar-a-day, 25-year-old backpackers who came and loved and compassioned and are now the beneficiaries of \$5000 a month consulting for the United Nations.ï

The untold story of how welfare and development programs in the United States and Latin America produced the instruments of their own destruction In the years after 1945, a flood of U.S. advisors swept into Latin America with dreams of building a new economic order and lifting the Third World out of poverty. These businessmen, economists, community workers, and architects went south with the gospel of the New Deal on their lips, but Latin American realities soon revealed unexpected possibilities within the New Deal itself. In Colombia, Latin Americans and U.S. advisors ended up decentralizing the state, privatizing public functions, and launching austere social welfare programs. By the 1960s, they had remade the country’s housing projects, river valleys, and universities. They had also generated new lessons for the United States itself. When the Johnson administration launched the War on Poverty, U.S. social movements, business associations, and government agencies all promised to repatriate the lessons of development, and they did so by multiplying the uses of austerity and for-profit contracting within their own welfare state. A decade later, ascendant right-wing movements seeking to dismantle the midcentury state did not need to reach for entirely new ideas: they redeployed policies already at hand. In this groundbreaking book, Amy Offner brings readers to Colombia and back, showing the entanglement of American societies and the contradictory promises of midcentury statebuilding. The untold story of how the road from the New Deal to the Great Society ran through Latin America, Sorting Out the Mixed Economy also offers a surprising new account of the origins of neoliberalism.

The Atlanta Compromise was an address by African-American leader Booker T. Washington on September 18, 1895. Given to a predominantly White audience at the Cotton States and International Exposition in Atlanta, Georgia, the speech has been recognized as one of the most important and influential speeches in American history. The compromise was announced at the Atlanta Exposition Speech. The primary architect of the compromise, on behalf of the African-Americans, was Booker T. Washington, president of the Tuskegee Institute. Supporters of Washington and the Atlanta compromise were termed the “Tuskegee Machine.” The agreement was never written down. Essential elements of the agreement were that blacks would not ask for the right to vote, they would not retaliate against racist behavior, they would tolerate segregation and discrimination, that they would receive free basic education, education would be limited to vocational or industrial training (for instance as teachers or nurses), liberal arts education would be prohibited (for instance, college education in the classics, humanities, art, or literature). After the turn of the 20th century, other black leaders, most notably W. E. B. Du Bois and William Monroe Trotter - (a group Du Bois would call The Talented Tenth), took issue with the compromise, instead believing that African-Americans should engage in a struggle for civil rights. W. E. B. Du Bois coined the term "Atlanta Compromise" to denote the agreement. The term "accommodationism" is also used to denote the essence of the Atlanta compromise. After Washington's death in 1915, supporters of the Atlanta compromise gradually shifted their support to civil rights activism, until the modern Civil rights movement commenced in the 1950s. Booker Taliaferro Washington (April 5, 1856 - November 14, 1915) was an African-American educator, author, orator, and advisor to presidents of the United States. Between 1890 and 1915, Washington was the dominant leader in the African-American community. Washington was of the last generation of black American leaders born into slavery and became the leading voice of the former slaves and their descendants, who were newly oppressed by disfranchisement and the Jim Crow discriminatory laws enacted in the post-Reconstruction Southern states in the late 19th and early 20th centuries. In 1895 his Atlanta compromise called for avoiding confrontation over segregation and instead putting more reliance on long-term educational and economic advancement in the black community.

From Africa to Brazil traces the flows of enslaved Africans from the broad region of Africa called Upper Guinea to Amazonia, Brazil. These two regions, though separated by an ocean, were made one by a slave route. Walter Hawthorne considers why planters in Amazonia wanted African slaves, why and how those sent to Amazonia were enslaved, and what their Middle Passage experience was like. The book is also concerned with how Africans in diaspora shaped labor regimes, determined the nature of their family lives, and crafted religious beliefs that were similar to those they had known before enslavement. It presents the only book-length examination of African slavery in Amazonia and identifies with precision the locations in Africa from where members of a large diaspora in the Americas hailed. From Africa to Brazil also proposes new directions for scholarship focused on how immigrant groups created new or recreated old cultures.

Black Ranching Frontiers

Microscopy of Hairs

Grains

Ebony Effects: 150 Unknown Facts about Blacks in Georgetown, SC

The Oxford Handbook of African American Language

Generations of Captivity

Volume III: Fruits

African slaves, if taken together, were the largest single group of non-English-speaking migrants to enter the North American colonies in the pre-Revolutionary era. . . . And yet . . . most Americans would find it hard to conceive that the population of one of the thirteen original colonies was well over half black at the time the nation’s independence was declared. In this first book to focus so directly upon the earliest Negro inhabitants of the deep South, Peter Wood brilliantly lays to rest the notion that the Afro-American past is unrecoverable and makes it clear that blacks played a significant and often determinative part in early American history. Using a wide variety of source materials, Mr. Wood brings to life the experiences of the black majority in colonial South Carolina. He demonstrates the role of these early southerners was active, not passive: that their familiarity with rice culture made them an attractive, skilled labor force; that the sickle-cell trait may have been a positive influence in the warding-off of malaria, while a variety of acquired immunities served as protection from other diseases; that their African experiences enabled them to cope, often more effectively than Europeans, with the demands of the New World. He draws attention to Negro involvement in the early frontier, the roots of black English, the scale of black migration, and the plight of slaves who chose to run away. Tracing the worsening of conditions for the black majority as the colony expanded, Mr. Wood shows how tensions between the races grew and how black resistance evolved into calculated acts of rebellion. The most significant of these uprisings occurred near the Stono River in 1739 and rivaled, in its immediate ferocity and long-range implications, the revolt led by Nat Turner in Virginia almost one hundred years later. Until now the story of the Stono Rebellion has never been fully pieced together, and Mr. Wood reveals how the quelling of this uprising represented a turning point for the turbulent first phase of Negro enslavement in the deep South. Beyond its impressive scholarship and the intrinsic interest of its material, Black Majority performs an important service by recovering—and bringing into the American consciousness—a portion of the American past and heritage that has hitherto remained unknown.

"Black Rice tells the history of the true provenance of rice in the Americas. It establishes, through agricultural and historical evidence, the independent domestication of rice in West Africa and its vital significance there for a millennium before Europeans arrived and the slave trade began. The standard belief that Europeans introduced rice to West Africa and then brought the knowledge of its cultivation to the Americas is a fundamental fallacy, one that succeeds in effacing the origins of the crop and the role of Africans and African-American slaves in transferring the seed, the cultivation skills, and the cultural practices necessary for establishing rice in the New World."--BOOK JACKET.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:
• Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
• Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
• Essential plant-based pantry and equipment tips
• Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements
Minimalist Baker’s Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Daniel Littlefield’s investigation of colonial South Carolinianss preference for some African ethnic groups over others as slaves reveals how the Africans’ diversity and capabilities inhibited the development of racial stereotypes and influenced their masters’ perceptions of slaves. It also highlights how South Carolina, perhaps more than anywhere else in North America, exemplifies the common effort of Africans and Europeans in molding American civilization.

The Cooking Gene

In the Shadow of Slavery

The Human of African American Literature

An Illustrated History of Innovations in the Lowcountry Rice Kingdom

The Strangers Book

Atlanta Compromise

Rice Farmers in West Africa and the African Diaspora

A new history explains how and why, as it prepared to enter World War II, the United States decided to lead the postwar world. For most of its history, the United States avoided making political and military commitments that would entangle it in European-style power politics. Then, suddenly, it conceived a new role for itself as the world ’ s armed superpower—and never looked back. In Tomorrow, the World, Stephen Wertheim traces America ’ s transformation to the crucible of World War II, especially in the months prior to the attack on Pearl Harbor. As the Nazis conquered France, the architects of the nation ’ s new foreign policy came to believe that the United States ought to achieve primacy in international affairs forevermore. Scholars have struggled to explain the decision to pursue global supremacy. Some deny that American elites made a willing choice, casting the United States as a reluctant power that sloughed off “ isolationism ” only after all potential competitors lay in ruins. Others contend that the United States had always coveted global dominance and realized its ambition at the first opportunity. Both views are wrong. As late as 1940, the small coterie of officials and experts who composed the U.S. foreign policy class either wanted British preeminence in global affairs to continue or hoped that no power would dominate. The war, however, swept away their assumptions, leading them to conclude that the United States should extend its form of law and order across the globe and back it at gunpoint. Wertheim argues that no one favored “ isolationism ”—a term introduced by advocates of armed supremacy in order to turn their own cause into the definition of a new “ internationalism. ” We now live, Wertheim warns, in the world that these men created. A sophisticated and impassioned narrative that questions the wisdom of U.S. supremacy, Tomorrow, the World reveals the intellectual path that brought us to today ’ s global entanglements and endless wars.

This book has been considered by academicians and scholars of great significance and value to literature. This forms a part of the knowledge base for future generations. So that the book is never forgotten we have represented this book in a print format as the same form as it was originally first published. Hence any marks or annotations seen are left intentionally to preserve its true nature.

Few Americans identify slavery with the cultivation of rice, yet rice was a major plantation crop during the first three centuries of settlement in the Americas. Rice accompanied African slaves across the Middle Passage throughout the New World to Brazil, the Caribbean, and the southern United States. By the middle of the eighteenth century, rice plantations in South Carolina and the black slaves who worked them had created one of the most profitable economies in the world. Black Rice tells the story of the true provenance of rice in the Americas. It establishes, through agricultural and historical evidence, the vital significance of rice in West African society for a millennium before Europeans arrived and the slave trade began. The standard belief that Europeans introduced rice to West Africa and then brought the knowledge of its cultivation to the Americas is a fundamental fallacy, one which succeeds in effacing the origins of the crop and the role of Africans and African-American slaves in transferring the seed, the cultivation skills, and the cultural practices necessary for establishing it in the New World. In this vivid interpretation of rice and slaves in the Atlantic world, Judith Carney reveals how racism has shaped our historical memory and neglected this critical African contribution to the making of the Americas.

Mangrove rice farming on West Africa’s Rice Coast was the mirror image of tidewater rice plantations worked by enslaved Africans in 18th-century South Carolina and Georgia. This book reconstructs the development of rice-growing technology among the Baga and Nalu of coastal Guinea, beginning more than a millennium before the transatlantic slave trade. It reveals

a picture of dynamic pre-colonial coastal societies, quite unlike the static, homogenous pre-modern Africa of previous scholarship. From its examination of inheritance, innovation, and borrowing, Deep Roots fashions a theory of cultural change that encompasses the diversity of communities, cultures, and forms of expression in Africa and the African diaspora.

Africa ' s Botanical Legacy in the Atlantic World

Charlie and the Chocolate Factory

African Cattle Herders of the Atlantic World, 1500-1900

The Years of Rice and Salt

Ethnicity and the Slave Trade in Colonial South Carolina

Rice and Slaves

Origins of African Plant Domestication

From jambalaya to risotto, curry to nasi kandar, few foods are as ubiquitous in our meals as rice. A dietary staple and indispensable agricultural product from Asia to the Americas, the grain can be found in Michelin restaurants and family kitchens alike. In this engaging culinary history, Renee Marton explores the role rice has played in society and the food economy as it journeyed from its beginnings in Asia and West Africa to global prominence. Examining the early years of rice ' s burgeoning popularity, Marton shows that trade of the grain was driven by profit from both high status export rice and the lower-quality versions that fed countless laborers. In addition to urbanization and the increase in marketing and advertising, she reveals that rice ' s rise to supremacy also came through its consumption by slave, indentured servant, and immigrant communities. She also considers the significance rice has in cultural rituals, literature, music, painting, and poetry. She even shows how the specific rice one consumes can have great importance in distinguishing one ' s identity within an ethnic group. Chock full of delicious recipes from across the globe, Rice is a fascinating look at how this culinary staple has defined us.

Offers a set of diverse analyses of traditional and contemporary work on language structure and use in African American communities.

A lush, modern vegetarian cookbook celebrating the bold flavors and unique ingredients of the Caribbean In Provisions, Michelle and Suzanne Rousseau share 150 recipes that pay homage to the meals and market produce that have been farmed, sold, and prepared by Caribbean people-particularly the women-for centuries. Caribbean food is often thought of as rustic and unrefined, but these vibrant vegetarian dishes will change the way we think about this diverse, exciting, and nourishing cuisine. The pages are spiced with the sisters' fond food memories and fascinating glimpses of the islands' histories, bringing the region's culinary past together with creative recipes that represent the best of Caribbean food today. With a modern twist on traditional island ingredients and flavors, Provisions reinvents classic dishes and presents innovative new favorites, like Ripe Plantain Gratin, Ackee Tacos with Island Guacamole, Haitian Riz Djon Djon Risotto, Oven-Roasted Pumpkin Flatbread, and Caramelized Fennel and Grilled Green Guava with Mint. Stunning full-color photographs showcase the variety of these dishes: hearty stews, easy one-pot meals, crunchy salads, flavorful pickles, preserves, and hot sauces, sumptuous desserts, cocktails, and more. At once elegant, authoritative, and accessible, Suzanne and Michelle's recipes and stories invite you to bring fresh Caribbean flavors to your table.

In 1920, 14 percent of all land-owning US farmers were black. Today less than 2 percent of farms are controlled by black people--a loss of over 14 million acres and the result of discrimination and dispossession. While farm management is among the whitest of professions, farm labor is predominantly brown and exploited, and people of color disproportionately live in "food apartheid" neighborhoods and suffer from diet-related illness. The system is built on stolen land and stolen labor and needs a redesign. Farming While Black is the first comprehensive "how to" guide for aspiring African-heritage growers to reclaim their dignity as agriculturists and for all farmers to understand the distinct, technical contributions of African-heritage people to sustainable agriculture. At Soul Fire Farm, author Leah Penniman co-created the Black and Latinx Farmers Immersion (BLFI) program as a container for new farmers to share growing skills in a culturally relevant and supportive environment led by people of color. Farming While Black organizes and expands upon the curriculum of the BLFI to provide readers with a concise guide to all aspects of small-scale farming, from business planning to preserving the harvest. Throughout the chapters Penniman uplifts the wisdom of the African diasporic farmers and activists whose work informs the techniques described--from whole farm planning, soil fertility, seed selection, and agroecology, to using whole foods in culturally appropriate recipes, sharing stories of ancestors, and tools for healing from the trauma associated with slavery and economic exploitation on the land. Woven throughout the book is the story of Soul Fire Farm, a national leader in the food justice movement. The technical information is designed for farmers and gardeners with beginning to intermediate experience. For those with more experience, the book provides a fresh lens on practices that may have been taken for granted as ahistorical or strictly European. Black ancestors and contemporaries have always been leaders--and continue to lead--in the sustainable agriculture and food justice movements. It is time for all of us to listen.

A Dictionary Of Arts, Sciences, Literature And General Information (Volume Xx) Ode To Payment Of Members

A Culinary Journey from Africa to America

Research, History and Development

Soul Fire Farm's Practical Guide to Liberation on the Land

Saltwater Slavery

The Rise and Fall of Welfare and Developmental States in the Americas

Farming While Black

'The ultimate children's story' - David Walliams Greetings to you, the lucky finder of this Gold Ticket from Mr Willy Wonka! I shake you warmly by the hand! Tremendous things are in store for you! One miraculous moment changes Charlie Bucket's life forever. A boy who only gets to eat cabbage soup for breakfast, lunch and dinner finds a Golden Ticket that will take him into Willy Wonka's magical chocolate factory. Joining him on the tour are four horrible blighters: Augustus Gloop - a great big greedy nincompoop, Veruca Salt - a spoiled brat, Violet Beauregarde - a repulsive little gum-chewer and Mike Teavee - a TV addict. With a chocolate river, crafty squirrels and mysterious Oompa Loompas, Mr Wonka's chocolate factory is the strangest, most magnificent place Charlie has ever seen. What other surprises are in store for the lucky ticket winners? Roald Dahl's bone chilling classic The Witches is soon to be a major motion picture, starring Anne Hathaway.

A renowned culinary historian offers a fresh perspective on our most divisive cultural issue, race, in this illuminating memoir of Southern cuisine and food culture that traces his ancestry—both black and white—through food, from Africa to America and slavery to freedom. Southern food is integral to the American culinary tradition, yet the question of who "owns" it is one of the most provocative touch points in our ongoing struggles over race. In this unique memoir, culinary historian Michael W. Twitty takes readers to the white-hot center of this fight, tracing the roots of his own family and the charged politics surrounding the origins of soul food, barbecue, and all Southern cuisine. From the tobacco and rice farms of colonial times to plantation kitchens and backbreaking cotton fields, Twitty tells his family story through the foods that enabled his ancestors' survival across three centuries. He sifts through stories, recipes, genetic tests, and historical documents, and travels from Civil War battlefields in Virginia to synagogues in Alabama to Black-owned organic farms in Georgia. As he takes us through his ancestral culinary history, Twitty suggests that healing may come from embracing the discomfort of the Southern past. Along the way, he reveals a truth that is more than skin deep—the power that food has to bring the kin of the enslaved and their former slaveholders to the table, where they can discover the real America together. Illustrations by Stephen Crotts

Examines the role of enslaved Africans in establishing rice culture in the New World.

In this volume, Andrew Sluyter demonstrates that Africans played significant creative roles in establishing open-range cattle ranching in the Americas. In so doing, he provides a new way of looking at and studying the history of land, labour, property and commerce in the Atlantic world.

Lost Crops of Africa

The Encyclopaedia Britannica

A Middle Passage from Africa to American Diaspora

Minimalist Baker's Everyday Cooking

Tomorrow, the World

A Savor the South® Cookbook

Provisions

The main purpose of this book is to introduce black rice to a wider circle of people. Although there have been research on different aspects of black rice, the information is scattered and not easily accessible to laypersons. The book intends to cover all the aspects of

black rice from research, history, to its development. As such, the book will be suitable for both rice researchers and non-professionals who want to know more about this unique rice crop. Black rice, also known as forbidden rice, is packed with high level of nutrients and

antioxidants. The antioxidants found in black rice is higher than the blueberries (that contain highest amount of anthocyanins). Black rice is black due to anthocyanin content in the outer layer of its kernel. Legend tells that this rice was consumed only by royals in

China and it was expected that this rice would increase life span of the king. Consumption of black rice without approval was hanged. Ordinary individuals were not allowed to consume black rice. Thus this rice is also known as forbidden rice and Emperor's rice. Now this

black heirloom rice is widely available in different parts of the world. Researchers have found that black rice reduce Reactive Oxygen Species (ROS), the free radicals produced in the body which is the cause of many diseases. This rice also reduce diabetes, inflammation,

heart attack, allergy and obesity; reduce the growth of cancer, improves digestive system and is panacea of many health problems. Thus this rice is also known as long life rice. Food nutritionists consider black rice as modern super foods. The cultivation method of black

rice is similar to general rice cultivation practices. There are many varieties available in black rice which is of different Asian origin but Chinese black rice is the most famous among them. Black rice has a wide range of applications because its bran is used as a

natural food colouring dye, and it is also used to prepare noodles, pasta, porridge, wine etc. This rice takes slightly longer time to cook than widely available white rice. In modern era, black rice serve as one of the best food materials available to us to maintain our

health with regular physical exercise.

Scenes of starvation have drawn the world's attention to Africa's agricultural and environmental crisis. Some observers question whether this continent can ever hope to feed its growing population. Yet there is an overlooked food resource in sub-Saharan Africa that has

vast potential: native food plants. Africa has more than 2,000 native grains and fruits--"lost" species due for rediscovery and exploitation. This volume focuses on native cereals, presenting information on where and how they are grown, harvested, and processed, their benefits and limitations as a food source, and the the futures of each grain.

This book is the third in a series evaluating underexploited African plant resources that could help broaden and secure Africa's food supply. The volume describes 24 little-known indigenous African cultivated and wild fruits that have potential as food- and cash-crops but

are typically overlooked by scientists, policymakers, and the world at large. The book assesses the potential of each fruit to help overcome malnutrition, boost food security, foster rural development, and create sustainable landcare in Africa. Each fruit is also described

in a separate chapter, based on information provided and assessed by experts throughout the world. Volume I describes African grains and Volume II African vegetables.

The author of this title integrates the history of slavery into the larger story of American life. He demonstrates how enslaved black people, by adapting to changing circumstances, prepared for the moment when they could seize liberty and declare themselves the 'Freedom Generation'.

BLACK RICE

Agricultural Innovation and Modernity in the Lower South, 1730-1815

Culture, Identity, and an Atlantic Slave Trade, 1600–1830

African Ethnobotany in the Americas

A Novel

Deep Roots

The Market Preparation of Carolina Rice

The first book to illustrate and describe the implements and machines used to prepare Carolina rice for overseas markets

The transatlantic slave trade forced millions of Africans into bondage. Until the early nineteenth century, African slaves came to the Americas in greater numbers than Europeans. In the Shadow of Slavery provides a startling new assessment of the Atlantic slave trade and upends conventional wisdom by shifting attention from the crops slaves were forced to produce to the foods they planted for their own nourishment. Many familiar foods--millet, sorghum, coffee, okra, watermelon, and the "Asian" long bean, for example--are native to Africa, while commercial products such as Coca Cola, Worcestershire Sauce, and Palmolive Soap rely on African plants that were brought to the Americas on slave ships as provisions, medicines, cordage, and bedding. In this exciting, original, and groundbreaking book, Judith A. Carney and Richard Nicholas Rosomoff draw on archaeological records, oral histories, and the accounts of slave ship captains to show how slaves' food plots--"botanical gardens of the dispossessed"--became the incubators of African survival in the Americas and Africanized the foodways of plantation societies.

In An Anxious Pursuit, Joyce Chaplin examines the impact of the Enlightenment ideas of progress on the lives and minds of American planters in the colonial Lower South. She focuses particularly on the influence of Scottish notions of progress, tracing the extent to which planters in South Carolina, Georgia, and British East Florida perceived themselves as a modern, improving people. She reads developments in agricultural practice as indices of planters' desire for progress, and she demonstrates the central role played by slavery in their pursuit of modern life. By linking behavior and ideas, Chaplin has produced a work of cultural history that unites intellectual, social, and economic history. Using public records as well as planters' and farmers' private papers, Chaplin examines innovations in rice, indigo, and cotton cultivation as a window through which to see planters' pursuit of a modern future. She demonstrates that planters actively sought to improve their society and economy even as they suffered a pervasive anxiety about the corrupting impact of progress and commerce. The basis for their accomplishments and the root of their anxieties, according the Chaplin, were the same: race-based chattel slavery. Slaves provied the labor necessary to attain planters' vision of the modern, but the institution ultimately limited the Lower South's ability to compete in the contemporary world. Indeed, whites continued to wonder whether their innovations, some of them defied by slaves, truly improved the region. Chaplin argues that these apprehensions prefigured the antimodern stance of the antebellum period, but she contends that they were as much a reflection of the doubt inherent in theories of progress as an outright rejection of those ideas.

The author of The Africa Cookbook presents a history of the African Diaspora on two continents, tracing the evolution of culturally representative foods ranging from chitlins and ham hocks to fried chicken and vegan soul.

How to Write about Africa

The African Origins of Rice Cultivation in the Americas

High on the Hog

The Roots of Caribbean Cooking--150 Vegetarian Recipes

A Practical Guide and Manual

Brimming with information on every aspect of the slave trade in the nineteenth century, this detailed account by a former slave ship captain accurately portrays the appalling machinery of commercial slavery.

Today most Americans, black and white, identify slavery with cotton, the deep South, and the African-American church. But at the beginning of the nineteenth century, after almost two hundred years of African-American life in mainland North America, few slaves grew cotton, lived in the deep South, or embraced Christianity. Many Thousands Gone traces the evolution of black society from the first arrivals in the early seventeenth century through the Revolution. In telling their story, Ira Berlin, a leading historian of southern and African-American life, reintegrates slaves into the history of the American working class and into the tapestry of our nation. Laboring as field hands on tobacco and rice plantations, as skilled artisans in port cities, or soldiers along the frontier, generation after generation of African Americans struggled to create a world of their own in circumstances not of their own making. In a panoramic view that stretches from the North to the Chesapeake Bay and Carolina lowcountry to the Mississippi Valley, Many Thousands Gone reveals the diverse forms that slavery and freedom assumed before cotton was king. We witness the transformation that occurred as the first generations of creole slaves--who worked alongside their owners, free blacks, and indentured whites--gave way to the plantation generations, whose back-breaking labor was the sole engine of their society and whose physical and linguistic isolation sustained African traditions on American soil. As the nature of the slaves' labor changed with place and time, so did the relationship between slave and master, and between slave and society. In this fresh and vivid interpretation, Berlin demonstrates that the meaning of slavery and of race itself was continually renegotiated and redefined, as the nation lurched toward political and economic independence and grappled with the Enlightenment ideals that had inspired its birth.