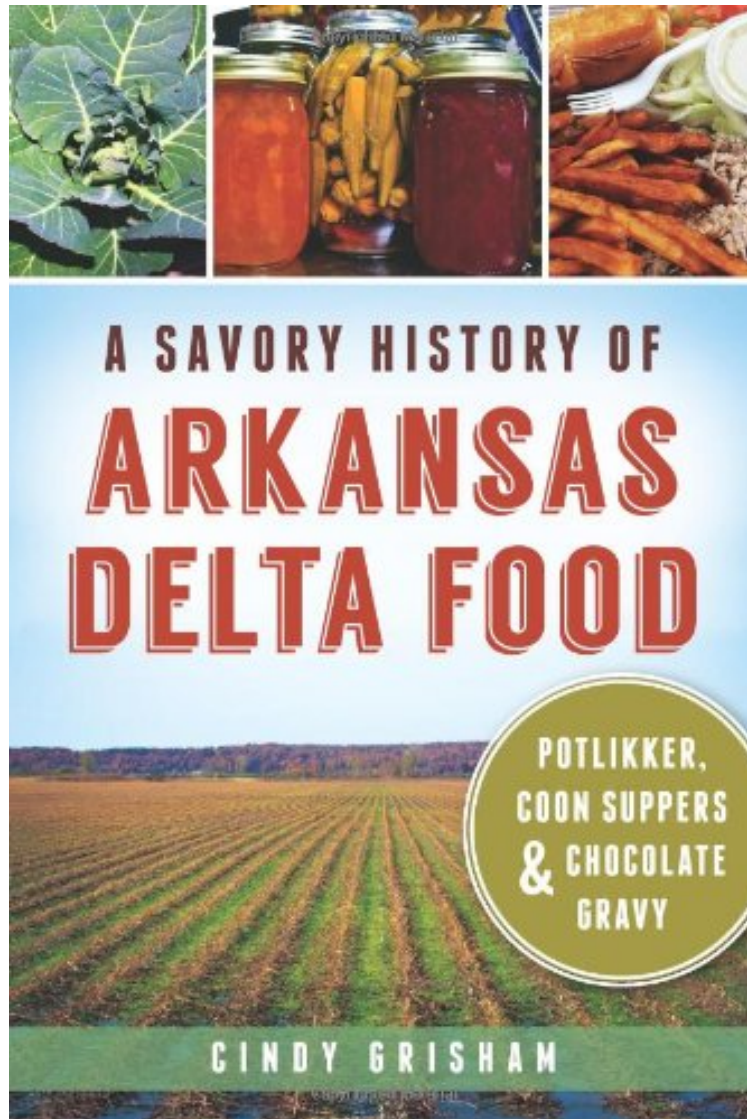


[Mobile library] A Savory History of Arkansas Delta Food: Potlikker, Coon Suppers Chocolate Gravy (American Palate)

## A Savory History of Arkansas Delta Food: Potlikker, Coon Suppers Chocolate Gravy (American Palate)

Cindy Grisham

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**Cindy Grisham : A Savory History of Arkansas Delta Food: Potlikker, Coon Suppers Chocolate Gravy (American Palate)** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Savory History of Arkansas Delta Food: Potlikker, Coon Suppers Chocolate Gravy (American Palate):

5 of 6 people found the following review helpful. Fun jaunt through Delta cuisine!By R.I grew up one county south of

the area this book considers the "Arkansas Delta," and though I'm now a vegetarian living in California, I still found the book fascinating! As the title says, it really is more of a history book, although some recipes are included. The author does a terrific job of explaining Delta food traditions in the context of the region's geography, climate, and challenges that early settlers faced. It's become fashionable to look down on the eating habits of Southerners, since traditional Southern foods fly in the face of current health trends - lots of things are fried, except the vegetables that are boiled forever with pork fat, sandwiches are made with Wonder Bread, etc. Grisham shows how many of these characteristics arose from the region's particular food supply, muggy weather that made staying in hot kitchens unbearable for much of the year, and the grueling schedules of field-workers. It's refreshing to see such a sensitive, non-judgmental celebration of the foods I grew up with - as well as the more "aromatic" ones that my mom wouldn't let anywhere near our house :) 0 of 0 people found the following review helpful. I liked this book a lot. By amanda I liked this book a lot. Not so much for the recipes, but just because of the history of the culture that I grew up in.

Up and down the Arkansas Delta, food tells a story. Whether the time Bill Clinton nearly died on the way to a coon dinner or the connections made over biscuits and gravy or the more common chicken and dumpling feuds, the area is no stranger to history. One of America's last frontiers, it was settled in the late nineteenth century by a rough-and-tumble collection of timber men, sharecroppers and entrepreneurs from all over the world who embraced the traditional foodways and added their own twists. Today, the Arkansas Delta is the nation's largest producer of rice and adds other crops like catfish and sweet potatoes. Join author Cindy Grisham for this delicious look into Delta cuisine.

About the Author Dr. Cindy Grisham is a historian living in Benton, Arkansas, and is the former interpreter for the Southern Tenant Farmers Museum and the Parkin Archeological State Park. A native of the Missouri Ozarks, Dr. Grisham earned an MA and PhD in Heritage Studies from Arkansas State, as well as an additional MA in political science.