



FOOD THAT FEEDS THE BLACK SOUL

How many times have you heard the term “soul food” and immediately thought of southern cooking or southern comfort food? While both terms are inter-related there is a slight difference. Southern food is described as food that comes from the culinary tradition of the American South. It is very diverse and encompasses a number of different cuisines within the South e.g. pit barbecue, sweet tea, fried green tomatoes, ham, fried chicken, catfish, potato salad and pecan pie. On the other hand, soul food is food that make you feel at “home”, well-seasoned food, recipes handed down from generations that strived to hold on to their cultural legacy. Whether you call it soul food or southern cooking, its food that feeds the black soul.

Resources include call numbers, for patrons to easily inquire and obtain resources. Auburn Avenue Research Library maintains non-circulating policies of its collection; however, patrons are able to utilize materials in-house. Suggested search terms and keywords are provided to further guide patron’s research amongst Auburn Avenue Research Library and the Atlanta-Fulton Public Library catalog and digital libraries. The below Boolean Operators (AND, OR, also NOT) are simple words used to maximize search results.

Marsela James, Librarian II
Reference and Research Division,
Marsela.James@fultoncountyga.gov

Audio/Visual Collection:

Title: [Learn to Cook With the Kitchen Divas](#)

Author: Medearis, Angela Shelf Pub Date: 1994 Call #: **VHS 641.5973 LEARN**

Title: [Soul Food](#)

Author: Tillman Jr., George Pub Date: 1999 Call #: **VHS 791.43 SOUL**

Title: [Soul Food Junkies](#)

Author: Hurt, Byron Pub Date: 2013 Call #: **DVD 641.59296 SOUL**

Books:

Title: Koshersoul

Author: Twitty, Michael

Pub Date: 2022

Auburn Avenue Research Library: 641.5676 TWITTY

Title: Black Food

Author: Terry, Bryant

Pub Date: 2021

Auburn Avenue Research Library: 394.120899 BLACK

Title: The Spirit of Soul Food

Author: Carter, Christopher

Pub Date: 2021

Auburn Avenue Research Library: 261 CARTER

Title: Black Smoke

Author: Miller, Adrian

Pub Date: 2021

Auburn Avenue Research Library: 641.7609 MILLER

Title: I Heart Soul Food

Author: Mayes, Rosie

Pub Date: 2020

Auburn Avenue Research Library: 641.5929 MAYES

Title: Meals, Music, and Muses

Author: Smalls, Alexander

Pub Date: 2020

Auburn Avenue Research Library: 641.59296 SMALLS

Title: Getting What We Need Ourselves

Author: Wallach, Jennifer Jensen

Pub Date: 2019

Auburn Avenue Research Library: 394.1208 WALLACH

Title: Jubilee

Author: Tipton-Martin, Toni

Pub Date: 2019

Auburn Avenue Research Library: 641.5929 TIPTON-MARTIN

Title: Sweet Home Café Cookbook

Author: Lukas, Albert

Pub Date: 2018

Auburn Avenue Research Library: 641.59296 LUKAS

Title: Carla Hall's Soul Food

Author: Hall, Carla

Pub Date: 2018

Auburn Avenue Research Library: 641.5975 HALL

Title: Sweet Potato Soul

Author: Claiborne, Jenne **Pub Date:** 2018
Auburn Avenue Research Library: 641.5636 CLAIBORNE

Title: Soul

Author: Richards, Todd **Pub Date:** 2018
Auburn Avenue Research Library: 641.5929 RICHARDS

Title: Cornbread & Collard Greens

Author: Berry Mitchell, Deah **Pub Date:** 2018
Auburn Avenue Research Library: 641.5929 BERRY MITCHELL

Title: Princess Pamela's Soul Food Cookbook

Author: Strobel, Pamela **Pub Date:** 2017
Auburn Avenue Research Library: 641.5975 STROBEL

Title: Gumbo Love

Author: Buffett, Lucy Anne **Pub Date:** 2017
Auburn Avenue Research Library: 641.5975 BUFFETT

Title: The Jemima Code

Author: Tipton-Martin, Toni **Pub Date:** 2015
Auburn Avenue Research Library: 641.59 TIPTON-MARTIN

Title: My Life On A Plate

Author: Kelis **Pub Date:** 2015
Auburn Avenue Research Library: 641.59 KELIS

Title: The People's Place

Author: Hoekstra, Dave **Pub Date:** 2015
Auburn Avenue Research Library: 641.59296 HOEKSTRA

Title: Soul Food Love

Author: Randall, Alice **Pub Date:** 2015
Auburn Avenue Research Library: 641.5929 RANDALL

Title: A Real Southern Cook

Author: Charles, Dora **Pub Date:** 2015
Auburn Avenue Research Library: 641.597587 CHARLES

Title: Sweetie Pie's Cookbook

Author: Montgomery, Robbie **Pub Date:** 2015
Auburn Avenue Research Library: 641.5975 MONTGOMERY

Journals and Periodicals:

Title: [The Origins of Soul Food in Black Urban Identity: Chicago 1915-1947](#)

Author: Tracy N. Poe

Pub Date: 1999

Auburn Avenue Research Library: American Studies International, Vol. 37, No. 1 (February 1999), pp. 4-33

Title: [“Saving” Soul Food](#)

Author: Kimberly D. Nettles

Pub Date: 2007

Auburn Avenue Research Library: Gastronomica, Vol. 7, No. 3 pp. 106-113

Title: [Fast Food: Oppression through Poor Nutrition](#)

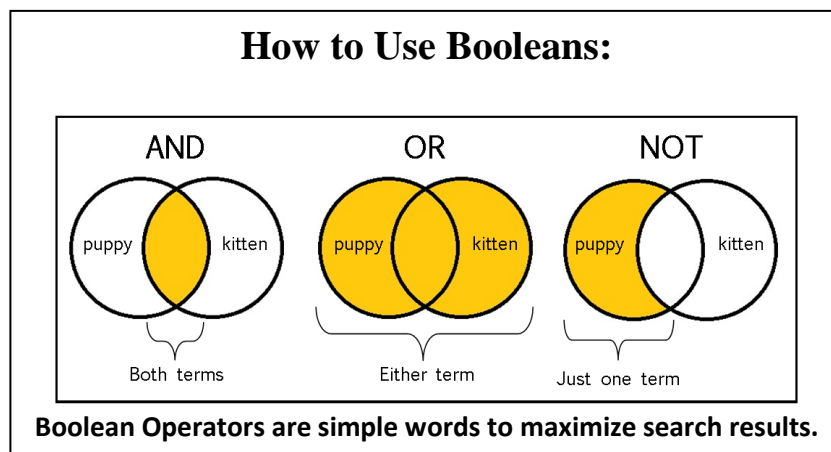
Author: Andrea Freeman

Pub Date: 2007

Auburn Avenue Research Library: California Law Review, Vol. 95, No. 6 (Dec., 2007), pp. 2221-2259

Suggested Search Terms and Keywords:

Soul Food AND African Americans
Soul AND Food AND Black
America AND Soul Food
Cooking AND Soul Food AND African Americans
Africa AND/OR Soul Food AND America
Black Hunger AND Soul Food
Soul Food AND Southern Cooking
Southern Cooking AND/OR Soul Food
Black Food OR Soul Food



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