

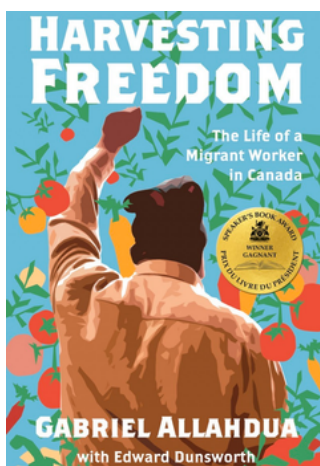


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A crucial conversation this and every Black History Month is the ways Black communities have fundamentally shaped and been impacted by our food systems.

The Laurier Centre for Sustainable Food Systems (LCSFS), together with the UNESCO Chair on Food, Biodiversity, and Sustainability Studies, wish to honour this day by sharing the published works of Black authors, researchers, film makers, podcasters, and other food actors in recognition of the central role that Black voices, resistance, and joy continue to play in local and global food systems.

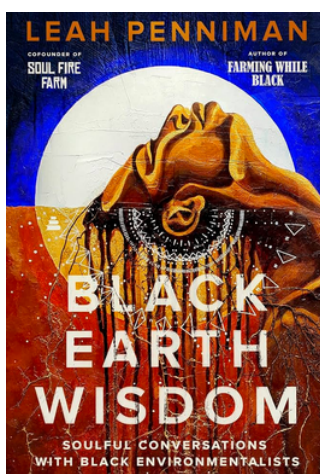
Books and Articles



1. **Harvesting Freedom: The Life of a Migrant Worker in Canada**

Gabriel Allahdua

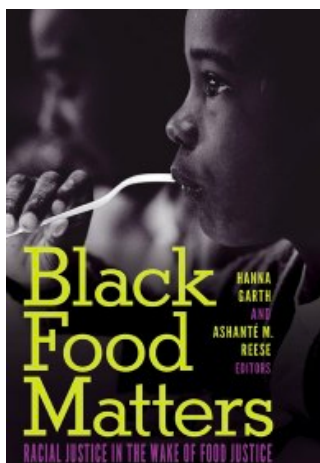
This personal memoir by Gabriel Allahdua takes readers behind the scenes to see what life is really like for the people who produce Canada's food.



2. **Black Earth Wisdom**

Leah Penniman

From the author of *Farming While Black* and co-founder of Soul Fire Farm, this book reminds the reader of Black people's spiritual and scientific connection to the land, waters, and climate, and the racial capitalism that has attempted to sever that connection for nearly 400 years.



3. **Black Food Matters: Racial Justice in the Wake of Food Justice**

Hanna Garth and Ashanté M. Reese

Primarily written by nonwhite scholars and framed through a focus on Black agency instead of deprivation, the essays in *Black Food Matters* look at the various forms of violence that threaten the future of Black cuisine and showcases the Black communities fighting for the survival of their food culture.



4. Global Food Insecurity and African, Caribbean, and Black (ACB) Populations During the COVID-19 Pandemic: a Rapid Review

Dabone, C., Mbagwu, I., Muray, M. et al.

This article assesses the disproportionate food insecurity conditions of African, Caribbean, and Black (ACB) populations globally during the COVID-19 pandemic.



5. Wrestling With Race and Colonialism in Caribbean Agriculture: Toward a (Food) Sovereign and (Gender) Just Future

Tessa Barry, Levi Gahman, Adaeze Greenidge, and Atiyah Mohamed

Wrestling with Race and Colonialism in Caribbean Culture asserts that gender, power relations, and patriarchal worldviews are significantly contributing to the challenges the Caribbean faces in relation to its food system.

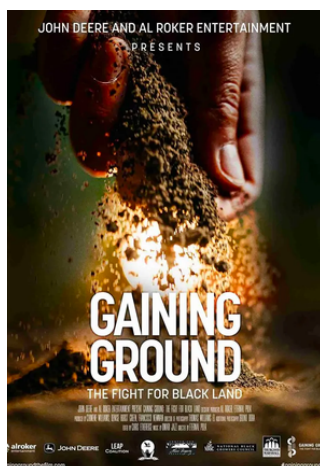


6. The Elusive Inclusive: Black Food Geographies and Racialized Food Spaces

Margaret Marietta Ramírez

Through Black geographies, Margaret Marietta Ramírez considers how white food activists might reframe their work in local food initiatives so that their efforts are not fuelling the displacement of residents of colour.

Videos and Films



7. Gaining Ground: The Fight for Black Land

Eternal Polk and Al Roker

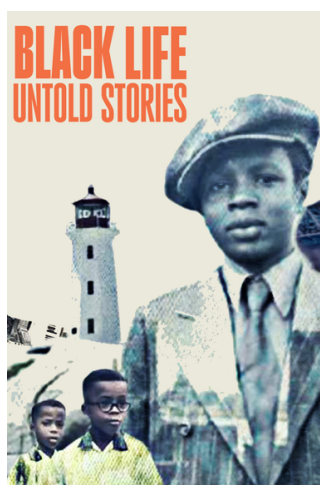
Today, approximately 90% of land given after the end of enslavement is no longer in the hands of Black farmers. This documentary covers the little-known issues of Black land ownership in the United States of America and the various factors that have been employed to take Black land, including violence, eminent domain and government discrimination.



8. High on the Hog: How African American Cuisine Transformed America

Roger Ross Williams, Geoff Martz, Craig Piligian, Fabienne Toback, and Karis Jagger

Based on the 2011 book by historian and cookbook author Jessica B. Harris, food writer Stephen Satterfield guides viewers through the holistic experience of Black foodways, blending stories that address land ownership, preservation, and innovation in this celebratory documentary about Black people and their food.



9. Migrations

Nadia Louis-Desmarchais

In this episode of *Black Life Untold Stories* from CBC's GEM, afro-feminist director Nadia Louis-Desmarchais examines the arrival of thousands of Caribbean people to Canada beginning in the 1950s through work initiatives like the Seasonal Agricultural Worker Program and the West Indian Domestic Scheme. It also explores the challenges facing the more recent waves of Somali and Haitian migrants.

Light Learning



Photo Credit | Shannon Robbins-Prince

10. From Nothing to Something: How African-Canadians Transformed 'Throwaways' Into Delicacies That Defined Canada's Cuisine

Danica Samuel

Once considered scrap food, this article highlights the ways in which traditional African-Canadian dishes have shaped the popularity of modern luxury foods in Canadian cuisine.



11. Soil to Soul 360°

Clifton Joseph, featuring Anan Xola Lololi

This interview with Anan Xola Lololi, Chair of the Black Food Sovereignty Working Group and the founder and former Executive Director of Afri-Can Foodbasket, explores themes of Black food sovereignty, self-determination, anti-Black racism, and health and wellbeing.



Photo Credit | Afri-Can FoodBasket

12. U of T Researchers Help Design Blueprint for Black Food Sovereignty in Toronto

Heidi Singer

In an effort to address food insecurity in Black communities, researchers at the University of Toronto's Dalla Lana School of Public Health helped launch North America's first Black food sovereignty program. Find the full plan [here](#).

Podcasts



13. Why Eliminating Food Insecurity Requires Dismantling Anti-Black Racism

Tim Li, featuring Paul Taylor, Simran Dhunna, and Melana Roberts

From PROOF, an interdisciplinary research team investigating household food insecurity in Canada, this podcast explores the differential vulnerability to household food insecurity of the Black population as compared with white counterparts in Canada.



14. Erasing Black Barbecue

Stephanie Kuo, Featuring Daniel Vaughn, Johnny Walker, Adrian Miller, and Brent & Juan Reaves

This episode from Racist Sandwich discusses how the people who own barbecue today are not the people who have owned it from the beginning of time. By ignoring the regional diversity of barbecue across the South, mainstream media is erasing the Black and Brown folks who created it and built its legacy.



15. Black Women in Activism and Food

Deb Freeman, featuring Suzanne Cope

In this episode, Deb is joined by scholar and writer Suzanne Cope to explore the legacies of two such heroes, Aylene Quin, who helped feed and support the Civil Rights movement in Mississippi, and Cleo Silvers, who helped create the Black Panther Party's Free Breakfast for Children program.

Creative and Visual Projects



16. Black Food: Stories, Art, and Recipes from Across the African Diaspora

Bryant Terry

In this book, Bryant Terry captures the broad and divergent voices of the African Diaspora through the prism of food. With contributions from more than 100 Black cultural experts from around the globe, the book moves through chapters exploring parts of the Black experience, from Homeland to Migration, Spirituality to Black Future, offering recipes, essays, and art.



17. This Breathtaking Quilt Depicts Black People's Impact on American Food, 406 Times Over

Adrian Franks

The Legacy Quilt was sewn by [Harlem Needle Arts](#) and features illustrations by graphic designer Adrian Franks. Standing nearly 14 feet tall and 30 feet wide, the Legacy Quilt — part of the Museum of Food and Drink's (MOFAD) latest exhibit, "[African/American: Making the Nation's Table](#)" — includes 406 tiles that illustrate Black people's impact on American cuisine.



18. Sugarcane in Caribbean Art

Nohora Arrieta Fernández

In this article, contemporary artists direct a critical gaze on the role that sugarcane played in the history of the Caribbean by examining imageries stemming from colonialism, the environmental effects of the plantation, and the ways in which the violence embedded in the sugar system persists.

Photo Credit | Eduardo Laplante

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