

Livin' la Vida Okra



Join Science for Georgia on Saturday, July 10, 2021 at 12:00 PM EDT for a discussion on how to plant and grow okra. Check out the Fulton County Library System for further learning!

Okra
by Virginia Willis
(eBook on Hoopla)

In this book, Willis shows that okra is an important ingredient in cuisines across the United States, Africa, Asia, and Latin America. Okra features gardening tips, a discussion of heirloom varieties, and expert cooking directions. The title also features 50 unique recipes.

S Is For Southern
by David Dibenedetto
(eAudiobook on Hoopla)

This title celebrates and demystifies the traditions of the South, and is a must-listen for all fans of the region and culture enthusiasts. Covering age-old traditions and current zeitgeists, S Is for Southern includes more than 500 entries spanning every letter of the alphabet, from absinthe to zydeco, and includes essays from writers like Sean Brock, Jon Meacham, and Jessica B. Harris.

Farm Fresh Southern Cooking
by Tammy Algood
(eBook on Hoopla)

This book celebrates the southern experience with delicious recipes that will enhance the natural flavors of your latest market haul and stories of the South's most dedicated growers and culinary producers. The recipes celebrate the wonderful crops from the local farms, roadside stands, and produce markets in your community.

The Whole Okra: A Seed to Stem Celebration
by Chris Smith
(eBook on Overdrive)

Smith has grown over 75 varieties of okra, and he describes the nuanced differences in flavor, texture, and color; the best-tasting varieties; and his personal favorites. This book provides okra recipes and culinary tips, unique projects, and fun facts about this vagabond vegetable with enormous potential.

The Cooking Gene
by Michael W. Twitty
(eAudiobook on Overdrive)

Culinary historian Michael W. Twitty, takes listeners to the white-hot center of the fight over southern food history. Twitty travels from the tobacco and rice farms of colonial times to plantation kitchens and backbreaking cotton fields to tell of the struggles his family faced and how food enabled his ancestors' survival across three centuries.

The Potlikker Papers: A Food History of the Modern South
by John T. Edge
(eBook on Overdrive)

This title tracks pivotal moments in Southern history, from the back-to-the-land movement of the 1970s to the rise of fast and convenience foods modeled on rural staples. Edge illustrates the gentrification that gained traction in the restaurants of the 1980s and the artisanal renaissance that began to reconnect farmers and cooks in the 1990s.



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