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Vibration Cooking was first published in 1970, not long after the term “soul food” gained common use. While critics were quick to categorize her as a proponent of soul food, Smart-Grosvenor wanted to keep the discussion of her cookbook/memoir focused on its message of food as a source of pride and validation of black womanhood and

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black “consciousness raising.”

Vibration Cooking: or, The Travel Notes of a Geechee Girl ...

Vibration Cooking: Or, the Travel Notes of a Geechee Girl is the 1970 debut book by Vertamae Smart-Grosvenor and combines recipes with storytelling. It was published by Doubleday. A second

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edition was published in 1986, and a third edition was published in 1992. The University of Georgia published another edition in 2011.

Vibration Cooking - Wikipedia

Vibration Cooking was first published in 1970, not long after the term "soul food" gained common use.

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Vibration Cooking - Georgia Press

Fifty years later, *Vibration Cooking* is a book that moves beyond memories, and gives a glimpse of how black migrants lived and ate in postwar Philadelphia. Smart-Grosvenor called herself a culinary griot.

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After 50 years, 'Vibration Cooking' still resonates

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Vibration Cooking: Or, the Travel Notes of a Geechee Girl ...

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Vibration Cooking is almost a stream of consciousness cookbook written from the inimitable perspective of Verta Mae,

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a black woman in the '70s documenting the African American relevance in the...

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The recipes in “Vibration Cooking” are a potent mix of high/ low/ everyday/ arcane. From sweet potato pie to alligator tail, feijoada to jambalaya, all

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learned in their native towns from Brazil to the American back wood, nothing has escaped this lucky grrrrrl in her travels.

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Vibration Cooking or the Travel Notes of a Geechee Girl by ...

Vibration Cooking: or, the Travel Notes of a Geechee Girl, published 1970 and reprinted in 1986, 1992, and 2011, is Grosvenor's first book. Through her prose and her recipes, she writes of her travels, her experiences as a black woman in America (especially New York

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City) and abroad, and her life as influenced and shaped by food.

Vertamae Smart-Grosvenor - Wikipedia

Vibration Cooking: Or, the Travel Notes of a Geechee Girl is the 1970 debut book by Vertamae Smart-Grosvenor and combines recipes with storytelling. | It

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