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Vibration Cooking

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

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cookbook/memoir focused on its message of food as a source of pride and validation of black womanhood and black “consciousness raising.”

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

“Vibration Cooking” didn’t receive the level of praise it deserved when it was

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first released, but its genius rose through the white-dominated publishing industry and found a lasting audience.

'Vibration Cooking' is still prescient at 50 - Los Angeles ...

Vibration Cooking: Or, the Travel Notes of a Geechee Girl is the 1970 debut book by Vertamae Smart-Grosvenor and

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combines recipes with storytelling. It was published by Doubleday. A second 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

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the age of nineteen, Smart-Grosvenor sailed to Europe, “where the bohemians lived and let live.”.

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

“Vibration Cooking” is a book that moves beyond memories, and gives a glimpse of how black migrants lived and

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After 50 years, 'Vibration Cooking' still resonates

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Project MUSE - Vibration Cooking

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Vibration Cooking - Georgia Press

Vibration Cooking was never simply about Southern food, Dash explained. In fact, the “soul food” label was one she resisted. In the introduction of the 1992 edition of Vibration Cooking, Smart-Grosvenor clarified that she made black foods because she loved them, not

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because of any “culinary limitations.” “I would explain that my kitchen was the world, ” she wrote.

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Notes of a Geechee Girl ...

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and validation of black womanhood and black "consciousness raising."

Vibration Cooking or the Travel Notes of... book by ...

Los Angeles Times - "And when I cook, I never measure or weigh anything. I cook by vibration. I can tell by the look and smell of it. Most of the ingredients in this

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book are approximate. ... Different strokes for different folks. Do your thing your way.” By the second paragraph of “Vibration Cooking, or the Travel Notes ...

Tasting Notes: ‘Vibration Cooking’ is still prescient at ...

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