



Zora Neale Hurston on Florida Food: Recipes, Remedies & Simple Pleasures

Fred Opie

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Eatonville, Florida native Zora Neale Hurston's early twentieth-century ethnographic research and writing emphasizes the essentials of food in Florida through simple dishes and recipes. It considers foods prepared for everyday meals as well as special occasions and looks at what shaped people's eating traditions in early twentieth-century Florida. Hurston did for Florida what William Faulkner did for Mississippi--provided insight into a state's history and culture through various styles of writing. Her collected food stories, folklore and remedies, and the related recipes food professor Fred Opie pairs with them, are essential reading for those who love to cook and eat.

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