

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



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 black consciousness raising. In 1959, at the age of nineteen, Smart-Grosvenor sailed to Europe, where the bohemians lived and let live. Among the cosmopolites of radical Paris, the Gullah girl from the South Carolina low country quickly realized that the most universal lingua franca is a well-cooked meal. As she recounts a cool cats nine lives as chanter, dancer, costume designer, and member of the Sun Ra Solar-Myth Arkestra, Smart-Grosvenor introduces us to a rich cast of characters. We meet Estella Smart, Vertamaes grandmother and connoisseur of mountain oysters; Uncle Costen, who lived to be 112 and knew how to make Harriet Tubman Ragout; and Archie Shepp, responsible for Collard Greens a la Shepp, to name a few. She also tells us how poundcake got her a marriage proposal (she didnt accept) and how she perfected omelettes in Paris, enchiladas in New Mexico, biscuits in Mississippi, and feijoida in Brazil. When I cook, I never measure or weigh anything, writes Smart-Grosvenor. I cook by vibration. This edition features a foreword by Psyche Williams-Forson placing the book in historical context and discussing Smart-Grosvenors approach to food and culture. A new preface by the author details how she came to write Vibration Cooking.

Her culinary recipes for both food and living will punctuate this narrative, and Directed by acclaimed filmmaker Julie Dash, Travel Notes of a Geechee Girl, of Julie Dash and Travel Notes of a Geechee Girl Her book Vibration Cooking is a memoir told through scores of low country recipes. Vibration Cooking: or, The Travel Notes of a Geechee Girl Vertamae Smart-Grosvenor 2011 Book Published by: University of Georgia Press View Save. 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 pioneer. *Vibration Cooking* was first published in 1970, not long after the term soul food gained common use. While critics were quick to categorize her. Still cooking by the vibration method (which involves a fetching disregard for measurements or time), Smart-Grosvenor calls this updated *Trove: Find and get Australian resources. Books, images, historic newspapers, maps, archives and more.* Buy the Paperback Book *Vibration Cooking* by Vertamae Smart-Grosvenor at [Canada's largest bookstore.](#) + Get Free Shipping on *Vibration Cooking* was first published in 1970, not long after the term soul food gained common use. While critics were quick to categorize her. *Vibration Cooking: or, The Travel Notes of a Geechee Girl* by Smart-Grosvenor, Vertamae (2011) Paperback on [Amazon.com](#). \*FREE\* shipping on qualifying orders. Citizen of the world, Vertamae Smart-Grosvenor changed the way we talk about women, race and food. Check out *Travel Notes of a Geechee Girl* on [Indiegogo](#). *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. Editions for *Vibration Cooking* or the *Travel Notes of a Geechee Girl*: ( published in 1970), 0820337390 (Paperback published in 2011), (Kindle Edition published - Buy *Vibration Cooking: Or, The Travel Notes of a Geechee Girl* book online at best prices in India on [Amazon.in](#). Read *Vibration Cooking: Or, The Travel Notes of a Geechee Girl* Vertamae Smart-Grosvenor ISBN: 9780820337395 [Kostenloser Versand für alle Bücher mit](#) [They noticed that she called herself a Geechee girl in her 1970 cookbook-memoir, \*Vibration Cooking: or, the Travel Notes of a Geechee Girl\*.](#)