



Resources:

Heirloom Crops of Africa and The African American Heritage Seed Collection

[Afro Culinaria](#)

[Cornbread Kush Recipe](#)

[Kitazawa Seed Company](#)

[Okracast: The Resurrection of the Fish Pepper](#)

[Resistance to Slavery in Maryland: Strategies for Freedom](#)

[Ron Finley – The Gangsta Gardener](#)

[Seed Savers Exchange](#)

[Soul Fire Farm](#)

[Soul Phoodie](#)

[Southern Exposure Seed Exchange](#)

[The Queen of African Nightshade](#)

[The Virginia Housewife – Free Online Version](#)

[World of a Slave \[2 volumes\]: Encyclopedia of the Material Life of Slaves in the United States](#)