



Fighting Old Nep: The Food Culture of Enslaved Afro-Marylanders, By Michael Twitty, 20 February 2008



Beginning with Mathias de Sousa, the first African to arrive in Maryland in the 1600s, this presentation traces three centuries of African American culinary history from specific West and Central African civilizations to colonial Maryland. Incorporating music, historical narratives, and authentic foods, Mr. Twitty illustrates the vast influence of both enslaved and free black people on the cuisine and culture of the New World. The presentation also explores the influences Native Americans and Europeans had on Maryland foodways that were later adapted by other parts of the country.

Michael Twitty is Director of Interpretation for the Menare Foundation. He is completing his B.A. in African American Studies and Anthropology at Howard University and is the author of *Fighting Old Nep: The Foodways of Enslaved Afro-Marylanders 1634-1864*.

This talk is held in conjunction with *America by Food: Community Conversations* as part of the Key Ingredients program.