

# Toni Tipton-Martin

Food and Nutrition Journalist, Author, Community Activist

Austin, Texas; and Denver, Colorado



To understand and appreciate America's food culture, we must first understand and appreciate the African American cooks who have shaped it for centuries. So believes Toni Tipton-Martin, an award-winning food journalist and community activist. She is giving a voice to the black women who have made great, yet often overlooked, contributions to American cuisine. "The prejudices, stereotypes and choices made for African Americans in the past are part of the complex health story we have today," she said.

Tipton-Martin's recent book, *The Jemima Code: Two Centuries of African American Cookbooks*, explores early 19th-century cuisine. It shows the creative skill of black female cooks. It also highlights their impact on American food, families and communities.

"The black women of that time managed the nutritional needs of multiple families. And they did it on plantation rations," she said. "They added in wild greens, proteins and grains. Some of today's healthiest foods come from the African American experience."

The book is based on Tipton-Martin's collection of rare titles and cookbooks. It also shares a name with her traveling exhibit of historic photographs. The exhibit shows African American women at work in Southern kitchens.

Tipton-Martin is using her deep knowledge of the past to build community wellness today. She is creating new and powerful ways to help all people focus on their emotional, spiritual and physical health. "There are so many

confusing health messages out there," said Tipton-Martin. "As humans, we need one-on-one support. We need to be nurtured and encouraged. I'm hoping we can inspire the next generation to learn how to be wholly healthy."

Her foundation does just that. The SANDE Youth Project hosts two major annual events in Austin, Texas, on culture, cuisine and community. Its Children's Picnic and Real Food Fair brings families together for local food and healthy activities. Its Soul Summit tackles questions of culture and food as they relate to community wellness.

"Food can break down racial barriers. It can help us discover how much alike we are. It can bring the community together in a reconciled way," she said.



## Skinny Brownies

Dessert lovers, rejoice: this frosted walnut brownie provides a guilt-free indulgence. Toni Tipton-Martin's recipe reflects her desire to satisfy an insatiable sweet tooth while watching her weight, her passion for light cooking, and her dedication to the stories and recipes of ancestors.

For recipe, visit [AAHCalendar.com/recipes/march](http://AAHCalendar.com/recipes/march).



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 1914: Ralph W. Ellison, author and educator, born.	<b>2</b> 1867: Congress enacts charter to establish Howard University.	<b>3</b> 1865: Freedmen's Bureau established by federal government to aid newly freed slaves.	<b>4</b> 1965: Bill Russell of the Boston Celtics honored as NBA's most valuable player for fourth time in five years.	<b>5</b> 1770: Crispus Attucks becomes one of the first casualties of the American Revolution.
<b>6</b> 1857: Supreme Court issues <i>Dred Scott</i> decision.	<b>7</b> 2006: Photographer-filmmaker Gordon Parks, who captured the struggles and triumphs of black America, dies.	<b>8</b> 1876: U.S. Senate refuses to seat P.B.S. Pinchback of Louisiana.	<b>9</b> 1841: <i>Amistad</i> mutineers freed by Supreme Court.	<b>10</b> 1869: Robert Tanner Freeman becomes first African American to receive a degree in dentistry.	<b>11</b> 1959: Lorraine Hansberry's <i>A Raisin in the Sun</i> opens at Barrymore Theater, New York; the first play by a black woman to premiere on Broadway.	<b>12</b> 2015: Rev. Willie T. Barrow, activist and civil rights icon, dies.
<b>13</b> 1773: Jean Baptiste Pointe Du Sable, black pioneer and explorer, founded Chicago. <i>Daylight Saving Time Begins</i>	<b>14</b> 1956: Montgomery, Alabama, bus boycott ends when municipal bus service is desegregated.	<b>15</b> 1947: John Lee, first black commissioned officer in the U.S. Navy, assigned to duty.	<b>16</b> 1827: <i>Freedman's Journal</i> , the first U.S. black newspaper, founded.	<b>17</b> 1890: Charles B. Brooks patents street sweeper. <i>St. Patrick's Day</i>	<b>18</b> 1822: The Phoenix Society, a literary and educational group, founded by blacks in New York City.	<b>19</b> 1939: Langston Hughes founded The New Negro Theater in Los Angeles.
<b>20</b> 1883: Jan E. Matzeliger patents shoe-lasting machine. <i>Palm Sunday</i>	<b>21</b> 1965: Rev. Dr. Martin Luther King Jr. leads march from Selma to Montgomery, Alabama, for voting rights.	<b>22</b> 1898: J.W. Smith patents lawn sprinkler.	<b>23</b> 1873: Slavery abolished in Puerto Rico.	<b>24</b> 1907: Nurse and aviator Janet Harmon Bragg born.	<b>25</b> 2009: John Hope Franklin, a prolific scholar of African American history who influenced thinking about slavery and Reconstruction, dies. <i>Good Friday</i>	<b>26</b> 1872: Thomas J. Martin patents fire extinguisher.
<b>27</b> 1924: Jazz singer Sarah Vaughan, "The Divine One," born. <i>Easter</i>	<b>28</b> 1870: Jonathan S. Wright becomes first black state Supreme Court justice in South Carolina.	<b>29</b> 1931: Gloria Davy, the first African American to sing <i>Aida</i> at the Met, born.	<b>30</b> 1870: Fifteenth Amendment ratified, guaranteeing voting rights to blacks.	<b>31</b> 1988: Toni Morrison wins Pulitzer Prize for <i>Beloved</i> .		

The next time you bake a pie, thank J.W. Reed. In the late 1800s, he developed and patented a version of the rolling pin with a central rod. This allowed the body to spin independently, making it much easier to handle.<sup>3</sup>



Scan code to watch **Toni Tipton-Martin** video.