

# Bryant Terry

Author, Educator and Food Justice Advocate  
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The arts, culture and history not only have the ability to inspire. They also have the power to spark social change. Just ask Bryant Terry. The chef, author and educator uses artistic and cultural influences to shape his work, as both the chef-in-residence at San Francisco's Museum of the African Diaspora and as an active voice within the community.

"In everything I do, I want to inspire people to become active. I want to ignite personal change, community engagement and civic participation," he said.

Terry's main cause: food justice – a movement that aims to give everyone access to healthy, affordable food. In 2002, he founded b-healthy (Build Healthy Eating and Lifestyles to Help Youth). The New York City initiative provided youth programming and cooking demonstrations to hundreds

of young people throughout the city and beyond. It encouraged youth to help build a more sustainable food system.

"I want young people to be leaders in the food justice movement. And I see cooking as a powerful way to get them involved," he said. "Teaching young people cooking can change their habits, attitudes and politics in regard to food."

Terry's own early lessons in food justice came from the art and music of his youth, as well as his graduate studies in history at New York University. He cites Upton Sinclair's *The Jungle*, and the song "Beef" by Boogie Down Productions as opening his eyes to the realities of the industrialized food system. His study of the Black Panther Party's community programs of the 1960s inspired him to think about how poverty and illness intersect with lack

of access to healthy food. Even his recipes are influenced by art; namely, the collage works of artist Romare Beardon, which inspire him to meld flavors and cultural influences for his popular cookbooks.

"These works moved and motivated me. And I'm just one person," said Terry. "If I can move one person to change the way he or she approaches food, that's how I measure success."

Terry believes a healthy community is one in which there are many sources for accessing healthy, affordable and culturally appropriate food. But it doesn't end there. "In a truly healthy community, the local food systems are owned and driven by the people living in the community," he said. "We need to be clear about our roles as community members and citizens, and contribute to change."



## Texas Caviar on Grilled Rustic Bread

One of the many creative ways Southerners use black-eyed peas is by combining them with tomato, bell pepper and onion and tossing it all with a tangy vinaigrette to create Texas caviar. Bryant Terry spoons his onto thick slices of rustic bread for a party-perfect appetizer.

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



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 1996: Lt. Gen. Joe Ballard becomes first African American to head the Army Corps of Engineers.
<b>2</b> 2000: James Perkins Jr. sworn in as Selma, Alabama's, first African American mayor.  Rosh Hashanah Begins (sundown)	<b>3</b> 1956: Nat "King" Cole becomes first black performer to host his own TV show.	<b>4</b> 1864: First black daily newspaper, <i>The New Orleans Tribune</i> , founded.	<b>5</b> 2011: Rev. Fred Shuttlesworth, described by the Rev. Dr. Martin Luther King Jr. as "the most courageous civil rights fighter in the South," dies.	<b>6</b> 1917: Political activist Fannie Lou Hamer born.	<b>7</b> 1993: Toni Morrison becomes the first African American to win the Nobel Prize® in literature.	<b>8</b> 1941: Rev. Jesse Jackson, political activist and civil rights leader, born.
<b>9</b> 2001: Dr. Ruth Simmons, first African American leader of an Ivy League institution, elected 18th president of Brown University.	<b>10</b> 1899: Isaac R. Johnson patents bicycle frame.  Columbus Day Observed	<b>11</b> 1887: Granville T. Woods patents telephone system and apparatus.  Yom Kippur Begins (sundown)	<b>12</b> 2005: C. Delores Tucker, civil rights activist and founder of the National Black Congress, dies.	<b>13</b> 1579: Martin de Porres, first black saint in the Roman Catholic church, born.	<b>14</b> 1964: At age 35, Rev. Dr. Martin Luther King Jr. becomes youngest man to win Nobel Peace Prize.	<b>15</b> 1991: Clarence Thomas confirmed as an associate justice of U.S. Supreme Court.
<b>16</b> 1984: Bishop Desmond Tutu wins Nobel Peace Prize.	<b>17</b> 1888: Capital Savings Bank of Washington, D.C., first bank for African Americans, organized.	<b>18</b> 1948: Playwright Ntozake Shange, author of <i>For Colored Girls Who Have Considered Suicide When The Rainbow Is Enuf</i> , born.	<b>19</b> 1943: Paul Robeson opens in <i>Othello</i> at the Shubert Theater in New York City.	<b>20</b> 1898: The first African American-owned insurance company, North Carolina Mutual Life Insurance Co., founded.	<b>21</b> 1917: Trumpeter Dizzy Gillespie, pioneer of bebop, born.	<b>22</b> 1953: Dr. Clarence S. Green becomes first African American certified in neurological surgery.
<b>23</b> 1996: Sheryl Swoopes becomes first player signed with the newly created WNBA.	<b>24</b> 2005: Rosa Parks, civil rights pioneer who sparked 1955 Montgomery bus boycott, dies.  United Nations Day	<b>25</b> 1992: Toronto Blue Jays manager Cito Gaston becomes first African American to manage a team to a World Series title.	<b>26</b> 1970: Charles Gordone becomes first African American playwright to receive the Pulitzer Prize for <i>No Place to Be Somebody</i> .	<b>27</b> 1954: Benjamin O. Davis Jr. becomes first black general in U.S. Air Force.	<b>28</b> 1998: President Bill Clinton declares HIV/AIDS a health crisis in racial minority communities.	<b>29</b> 2015: Simone Biles becomes first woman to win three consecutive titles at the World Gymnastics Championship.
<b>30</b> 1979: Richard Arrington elected first African American mayor of Birmingham, Alabama.	<b>31</b> 1899: William F. Burr patents switching device for railways.  Halloween	 <p>Smooth operator: Albert Richardson invented and patented the butter churn in 1891, transforming the food industry.<sup>10</sup></p>				



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