

# Florida Heritage Foods 'linking local food to local culture'

## African Influences in Florida's Local Food Economy

The Floridian peninsula lies at a global intersection where peoples and cultures from Latin America, Africa, Europe, Asia and Indigenous communities have come into contact for several centuries. The food system in Florida reflects Florida's multicultural history, and each heritage food tells a unique story about the past. By linking local food to local culture, we can connect to Florida's heritage and experience the multicultural legacies that shape contemporary cultural diversity in the Sunshine State today.

This lesson plan is designed to guide students through the process of

- identify an African heritage food grown and consumed in Florida
- describe historical events to interpret the complexities of African foods and culture in the U.S.
- evaluate the African heritage food within its specific social and cultural contexts
- explain how globalization processes have connected the heritage food to the worldwide arena to draw a conclusion about African heritage food in Florida.

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### Instructors Notes

Food is inextricably linked to culture and history, and cuisine plays a vital role in shaping heritage and identity. This makes food an ideal platform to develop experiential learning activities that will help students identify .....evaluate ..... and

### Resources for Educators

- [Harris, Jessica B. 2011. \*High on the Hog: a culinary journey from Africa to America\*. New York: Bloomsbury. \(Click here for eBook.\)](#)
- Twitty, Michael W. 2017. *The Cooking Gene: a journey through African American culinary history in the Old South*. New York: Harper Collins.
- [Stirring the Pot: a history of African cuisine](#) by James McCann
- [Sambira, Joecelyn. 2018. United Nations. \*Slave Trade: How African foods influenced modern American cuisine\*. Africa Renewal Online.](#)
- [Zuckerman, Catherine. 2016. 'Five African Foods you thought were American' \*National Geographic\* September 21, 2016.](#)
- 'How Enslaved Chefs Shaped American Cuisine' Smithsonian Magazine.
- Penniman and Washington. 2018. [Farming While Black: Soul Fire Farm's Practical Guide to Liberation on the Land](#). Chelsea Green Publishing Company.
- [African Foods on PBS](#),
- Broussard, Antoinette. *African-American Holiday Traditions: Celebrating with Passion, Style, and Grace*. New York: Citadel Press, 2000.
- Copage, Eric V. *Kwanzaa: An African-American Celebration of Culture and Cooking*. New York: William Morrow and Company, Inc., 1991.
- Harris, Jessica B. *A Kwanzaa Keepsake: celebrating the holiday with new traditions and feasts*. New York: Simon & Schuster, 1995.
- Harris, Jessica B. *The Welcome Table: African-American Heritage Cooking*. New York: Fireside, 1995.
- Mack-Williams, Kibibi. *Food and Our History*. Vero Beach, FL: Rourke Press, Inc., 1995.
- Medearis, Angela Shelf. *The African-American Kitchen: Cooking from our Heritage*. New York: Penguin Group, 1994.
- [Morris, DeNita S.B. "From Fish Fry to Stir Fry: The African American Eating Experience. \[Online\] Available](#)
- [Food By Country: Spain to Zimbabwe](#)

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### Lesson Overview

Food is an important part of culture; cuisine is shared and passed down from generations. The process of producing and consuming food often occurs as a social activity. This is why food is such an important part of identity and heritage in Africa as well as in the United States. The arrival of enslaved African people in Florida during the 16th century transformed the cultural landscape, and since that time African culture has played a significant role in shaping agriculture and cuisine in Florida. African crops, farming techniques, and cooking practices were integrated into Florida's cultural fabric. Today, African culture and history in Florida is preserved in the history and culture of African-American communities throughout the state, and African influences are refreshed by the arrival of new immigrants from Africa each year. This module will address the role of African heritage food in Floridian culture.

### Lesson Objectives

- identify and describe an African heritage food grown and consumed in Florida
- evaluate significant historical events to interpret the complexities of African foods and culture in the U.S.
- situate the African heritage food within its specific social and cultural contexts to consider different perspectives on the heritage food
- explain how globalization processes have connected the heritage food to the worldwide arena to draw a conclusion about African heritage food in Florida.

### What is an African Heritage Food?

Heritage foods are foods that have social, cultural and historical values for people. Food has always been linked to culture; from the different meals people eat, how the meal is prepared, the way it is eaten, and with whom it is eaten food is rooted in cultural ideas, values and practice. Food connects those who eat the same foods and eating together creates bonds between people and groups. In this way, a *heritage food* is a food that holds symbolic, historical and/or cultural significance for specific cultural groups and individuals. Therefore, an African heritage food is a food that embodies social, cultural and/or historical significance to Africa and African people worldwide.

### African Food and Culture in American History

African food and culture entered European-American homes by the late 17th century through the enslavement of African people. In the plantation economy, particularly in the southern United States, enslaved people taken from central and western Africa were not only forced to grow crops and build structures, they also managed households, raised children and cooked meals in European households. Enslaved cooks lived in the kitchen, usually sleeping and cooking indoors during the winter and outside during the summertime. They baked bread, roasted meats, cooked soups, and prepared desserts

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and beverages several times a day. Although the female head of the European-American household likely weighed in on the menu, many of the foods available in the United States were unfamiliar to European culture. It was the enslaved cooks who used African cultural knowledge to create the meals that have come to characterize American cuisine, especially Southern cuisine.

Folklore, archaeological evidence, and a rich oral tradition has shown that enslaved cooks, most of their names now lost, weaved their knowledge of African food and cooking into the fabric of America's culinary heritage by creating a mixture of European, African, and Native American cuisines that became the staples of Southern food. Enslaved cooks invented unique flavors by matching new ingredients such as hot peppers, peanuts, okra, and greens. They invented dishes such as gumbo, an adaptation of a traditional West African stew; and jambalaya, a cousin of Jolof rice, a spicy, heavily seasoned West African rice dish with vegetables and meat. These recipes traveled in the minds of Africans on slave ships, and entered into the kitchens of the American elite.

In the video below, renown historical chef, Michael Twitty, explains the relationship between Africa, enslaved Africans, and America's culinary history.

### **Africa in Early American Recipe Books**

The multi-cultural manifestation of American cuisine is documented in handwritten cookbooks from the 18th and 19th centuries. These books contained a compilation of recipes collected by slaveholding women who worked with enslaved cooks inside the home. The early books not only include European dishes such as puddings, pies, and roasted meats, they also include African dishes using African foods such as pepper pot, okra stew, gumbo, and jambalaya. The inclusion of African foods and recipes in European-American recipe books proves the significance of the enslaved cook's influence on household food and preparation techniques. Over time, African foods and recipes came to dominate southern American cuisine. Today however, the African influence of typically southern foods such as greens, okra, black-eye peas, fried foods, and other notable recipes is largely unacknowledged.

Watch the video below by renown African-culinarian author Michael Twitty, to learn more about the connections between African heritage in American food history.

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By the 19th century, African wisdom was replaced with commercial caricatures of enslaved African cooks and domestic servants of color. After the Civil War and through the Jim Crow era, post-emancipation America continued to rely on the skills and labor of African Americans. In the midst of racial oppression and marginalization, a European-American mythology of happy cooks and servants emerged through advertising with characters like Aunt Jemima and Rastus. Although many African Americans continued to work on plantations and households as maids, nannies, butlers, cooks, drivers, and waiters well into the 20th century, the smiling happy characters created by European American media promoted a myth that black servants have always been cheerful and satisfied throughout enslavement and Jim Crow segregation. Contemporary movements to remove these images from commercial products aim to promote a more historically accurate representation of racial inequality in the United States. (**Depiction of Aunt**

## **African Food in Contemporary American Culture**

African food and cuisine not only shaped America's culinary history, new foods and preparation techniques from Africa are introduced to the U.S. through the immigration

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of African people and globalization technologies such as online cookbooks, televised cooking shows, and tourism. Food plays a central role in culture through the sharing of meals and passing down recipes through generations. Exploring African food is a great way to explore African culture.

### Assignment Description

The final project is your opportunity to demonstrate what you have learned about the linkages between African food and culture in the Florida by producing a research poster that 1.) situates your selected African heritage food within its specific and unique social and historical context, and 2.) provides nutritional information, growing instructions, and an easy recipe to consume the heritage food at home. This African Heritage Food Project module will provide an overview of the expectations and the steps to complete the project.

### Heritage Food Assignment Objectives

The written components of your poster will satisfy the General Education Learning Outcome (GELO) for Critical Thinking: 'Demonstrate the skills necessary for analysis, synthesis, evaluation, decision-making, critical and creative thinking, and the creative process.' The goals of the poster include:

1. *identify* and *describe* an African heritage food in Florida
2. *evaluate* significant historical events to interpret the complexities of African foods and culture in the U.S.
3. *situate* the African heritage food within its specific social and cultural contexts to interpret the ways food communicates culture
4. *explain* how globalization processes have connected the heritage food to the worldwide arena to draw a conclusion about African heritage food in Florida.

### Project Development Activities

This is a research-based project, and this means that you are required to conduct research on a heritage food selected from the list, collect information about the heritage food, and organize the data in a way that meets the criteria of the assignment.

If you have never done this before, do not worry! This module is designed to take you through the process step-by-step;

<b>Step 1</b>	<b>Select a Heritage Food</b>	Review the list of African heritage foods in Florida on the next page, and select the one that interests you the most. In the online discussion, tell the class which food you selected and why.
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<b>Step 2</b>	<b>Conduct scholarly research, create an Annotated Bibliography and submit it to Peer Review.</b>	Your poster must have <i>at least</i> five scholarly sources. You can use scholarly sources from any previous research conducted in this class, any references included at the end of the web lessons, or scholarly references located through the library databases listed in the Bibliography web lesson. Annotate the bibliography, and participate in the peer review process to give and receive feedback on your scholarly sources.
<b>Step 3</b>	<b>Organize data into topics, consider the main themes for your poster, and create an Outline for the Poster to submit for peer review.</b>	The outline is the bones that you will build into your poster. It should include all of the subheadings listed in the t least three subheadings that support your thesis, a conclusion, and your sources. The peer review process will give you an opportunity to give and receive feedback on your outline.
<b>Step 4</b>	<b>Develop the outline into a Research Poster and submit it to peer review.</b>	The poster is a graphic representation of your selected heritage food. It should include only the main points of your research, you do not need to address <i>everything</i> you learned about your selected heritage food. This is where you concentrate on writing; style, structure, spelling, grammar, etc. The peer review process will give you an opportunity to give and receive feedback on your paper.
<b>Step 5</b>	<b>Revise the poster and submit for a grade</b>	After completing the peer review process for the paper and the poster, you will have an opportunity to revise it and submit it for a final grade. You can enter the poster into the Research in Undergraduate Education competition for extra credit.

### Topic Selection

Your first task in developing your research poster is to decide on the heritage food that you want to research for your final project. A salient theme in this course explores the ways that African Humanities is a reflection of the unique social, cultural and historical experiences shared by people living in and connected to Africa. This also applied to African food and culture worldwide. Since you will be spending quite a bit of time working with your selected heritage food, it may be useful to select one that you may want to eat or grow in the future. This lesson will address the process of selecting a heritage food for your final project.

#### Lesson Objectives:

- identify and describe your selected heritage food

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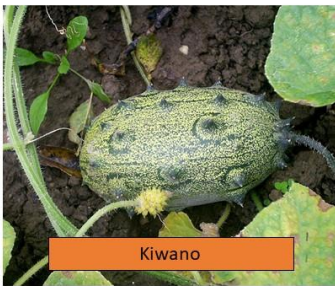


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- evaluate other student selections in a peer review

The African food and culture lesson introduced the ways that food and culture are linked, and this is why African heritage foods are a great way to experience and participate in African culture while living in the United States. Since food is linked to culture, many heritage foods are historically and socially significant. The plants pictured below are the heritage foods that we will address this semester:



As you work through the steps in this project, you will not only learn about the historical, cultural and social significance of each plant in Africa, you will also learn about its

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nutritional value, and how to grow and prepare the plant in a home garden. As you conduct research and learn more about your selected heritage food, you will have enough information to make a specific statement about the food. For now, however, it is a good idea to begin by selecting the heritage food you want to showcase in your poster.

If you are having a hard time deciding, feel free to send an email or set up a Zoom meeting for further discussion and feedback.

### For Online Discussion

Write an approximately 50-word description of your selected African heritage food. Explain anything you already know about the food and what you hope to learn or discover through your research. The goal of this discussion is to get you to start contemplating and processing the topic of your project. Respond to at least two other students posts and share what you know or think about their heritage food selection.

### Annotated Bibliography

Once you have decided on a heritage food, the second task is to conduct scholarly research to collect and organize data for your research poster. An annotated bibliography will help you organize your notes and keep track of your sources. This lesson will address ways to conduct research and produce an annotated bibliography.

### Lesson Objectives:

- define annotated bibliography
- recognize sources for scholarly research on African Heritage Foods
- identify scholarly books or articles related to a specific heritage food
- produce a properly formatted annotated bibliography

### What is an annotated bibliography?

An *annotated bibliography* is an organized list of sources (like a reference list). It differs from a straightforward *bibliography* in that each reference is followed by a paragraph length *annotation*, usually 100–200 words in length. The annotations provide a brief overview of the information in the source and relevant data that will be useful in your research.

For this class, you can use the annotated bibliography to organize your notes. This will be particularly helpful to meet the requirement for in-text citations in your paper and poster. Your annotated bibliography can be in any citation style. For more information, visit the [Purdue Owl](#) guide on annotated bibliographies.

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### What is a scholarly source?

Your final project requires at least five scholarly sources (books and/or research articles) in your bibliography. Scholarly sources (also referred to as academic, peer-reviewed, or refereed sources) are written by experts in a particular field and serve to keep others interested in that field up to date on the most recent research, findings, and news. When a source has been peer-reviewed, it has undergone the review and scrutiny of a review board of colleagues in the author's field. They evaluate this source as part of the body of research for a particular discipline and make recommendations regarding its publication in a journal, revisions prior to publication, or, in some cases, reject its publication. Visit the University of Illinois '[Determine if a source is scholarly](#)' for more information.

*By using scholarly sources in your research, you are ensuring that the information you are presenting in your final project has been produced and reviewed by experts in African Studies. This will help you avoid reproducing stereotypes and misinformation that is often spread by people who are uneducated about and/or unfamiliar with Africa and African Studies.*

It is important to rely on scholarly sources to research and collect data on your heritage food in order to ensure that you are providing readers with the most accurate and reputable information possible. Anyone can produce popular media and create a website, write a blog, film a video, and/or add to Wikipedia. As a result, these sources are not considered scholarly and are not appropriate resources for this project.

### Locating Scholarly Resources

There are a wide variety a databases providing access to scholarly sources. Some databases charge a fee, and Santa Fe College pays a licensing fee so you may access them. This makes it a good idea to conduct your research through the SF Library website and logging into the off-campus access page. The librarians at Santa Fe College have created a Library Guide to help you conduct research, and the African Food Matrix provides a list of recommended sources and the foods they include.

- SF Library Guide: [Researching Heritage Foods](#)
- [African Food Matrix .pdf](#)

### References and Resources to Get Started

- [Harris, Jessica B. 2011. \*High on the Hog: a culinary journey from Africa to America\*. New York: Bloomsbury. Click here](#) for eBook.
- Twitty, Michael W. 2017. *The Cooking Gene: a journey through African American culinary history in the Old South*. New York: Harper Collins.
- [Stirring the Pot: a history of African cuisine](#) by James McCann

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- [Zuckerman, Catherine. 2016. 'Five African Foods you thought were American' National Geographic September 21, 2016.](#)
- 'How Enslaved Chefs Shaped American Cuisine' Smithsonian Magazine.
- Penniman and Washington. 2018. [Farming While Black: Soul Fire Farm's Practical Guide to Liberation on the Land](#). Chelsea Green Publishing Company.
- Mack-Williams, Kibibi. *Food and Our History*. Vero Beach, FL: Rourke Press, Inc., 1995.

### Recipes

- Broussard, Antoinette. *African-American Holiday Traditions: Celebrating with Passion, Style, and Grace*. New York: Citadel Press, 2000.
- Copage, Eric V. *Kwanzaa: An African-American Celebration of Culture and Cooking*. New York: William Morrow and Company, Inc., 1991.
- Harris, Jessica B. *A Kwanzaa Keepsake: celebrating the holiday with new traditions and feasts*. New York: Simon & Schuster, 1995.
- Harris, Jessica B. *The Welcome Table: African-American Heritage Cooking*. New York: Fireside, 1995.
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- [Morris, DeNita S.B. "From Fish Fry to Stir Fry: The African American Eating Experience. \[Online\]](#)
- [Food by country: Spain to Zimbabwe](#)

### Nutrition

- [USDA Food Database](#)
- [FDACS 'All about Florida Products'](#) (addresses a few African heritage foods)
- [SELF Nutrition Data](#)

### Gardening

- [Fresh From Florida Archives](#)
- UF Extension [Florida Vegetable Gardening](#)

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While searching and selecting sources, it is important to keep in mind the different topics you will need to address in your poster. Use the checklist below to ensure all of your bases are covered.

Subheading	Goals for Research	Your Reference(s)
<b>History</b>	This source should provide an overview of the plant's origins, use in Africa, when and how it was brought to the U.S., and any other significant historical information related to the plant.	
<b>Culture and Society</b>	This source should provide information on the cultural and social significance of the plant as food in Africa and in the U.S. Where and how is it consumed? Is it depicted in the humanities such as in art or in music? Is it used for ritual purposes such as in celebrations or is it a common meal or snack?	
<b>Nutritional Value</b>	This source should explain the nutritional benefits of the heritage food. Be sure to avoid magazine or blog cites and reference scientific research and/or the USDA database.	
<b>Recipes</b>	This source should provide easy recipes for the reader to explore. Consider an historical or culturally significant recipe first, and then investigate new ways of preparing the food. also address if the food is a common ingredient in other places or cultures.	
<b>Growing Requirements</b>	This source should provide quick and easy directions on how to grow the plant in Florida: sun, soil, water, when to plant, etc.	

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### Formatting Your References

All references and resources need to be cited, and the citations need to be properly formatted. Formatting style (APA, MLA, etc.) does not matter in this course. It is a good idea to learn which style is used most often in your field of study, and use that style in your bibliography. The following websites can assist in formatting your references for you.

<a href="#">Easy Bib</a>	<a href="#">Knightcite</a>	<a href="#">Citation Machine</a>	<a href="#">Scribber</a>	<a href="#">Citethisforme.com</a>
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### For Discussion in Canvas

Create an Annotated Bibliography of at least five scholarly sources that you will use in your research and *provide constructive criticism to at least two other students' bibliographies with suggestions on how to improve it.* Simply telling someone they did a good job is not helpful. Check their references and consider the following:

1. Are there at least five sources?
2. Are the sources scholarly?
3. Are the citations properly formatted?
4. Are the references annotated?
5. Is there a source for each of the required categories: history, culture, nutrition, gardening, and recipes?

You can also share a scholarly reference with a student as one of your comments.

### Create the Outline

After selecting your heritage food topic and conducting research, you will need to organize your data according to the specific themes addressed in your poster. Organizing your data will help you develop each section of your poster and identify areas that need more attention. Consider the outline as the bones of what will grow into your poster.

### Lesson Objectives

- identify the required components of an outline for a research poster about African Heritage Foods
- organize data collected from research into themes or sections
- produce an outline that includes in-text citations
- critique at least two student outlines using criteria established in the web lesson

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### Anatomy of a Paper Outline

The outline is the bones that you will build into your poster. A good outline will make it much easier to create your poster. For this class, the outline does not need to consist of complete sentences or paragraphs. It can be fragments of notes taken from your research. In fact, it is better to avoid copying and pasting direct quotes from your sources so you can ensure that the content in your poster is in your own words.

In this class, the outline should include your introduction, an historical section, a culture section, a nutrition section, a garden section, a simple recipe, a conclusion, and your references. Use the chart below to organize your notes into sections and ensure you hit all the points needed for a complete poster.

Section	
<b>Introduction</b>	Write this section last. This is where you make a statement and provide a brief overview of the information in the poster. You should not copy and paste directly from each section, but create a more general and concise version consisting of three to four sentences. Look to the Globalization and/or historical lessons for help on making a declarative statement about the plant.
<b>History</b>	This is where you describe the historical context of the plant. Assume the reader knows nothing about Africa. Be simple and succinct, while at the same time informing the reader of the role of the plant in African (and American) history. How long has it been in cultivation? Where in Africa is it most popular? How and when did the plant arrive and become useful in the U.S.? Include your references in this section as a footnote or in parenthesis.
<b>Culture</b>	This is where you describe the cultural significance to the plant. Who produces the plant and how is it prepared and consumed? Is it part of a daily routine or is it significant for rituals or symbolic to identity? Explore depictions of the plant in art, music, literature, etc. Include your references in this section as a footnote or in parenthesis.
<b>Nutrition</b>	This is where you add the nutritional information of the plant. Provide a general statement about the most significant vitamins and minerals. Mention any

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	other benefits, medicinal, etc. Include your references in this section as a footnote or in parenthesis.
<b>Gardening</b>	Provide basic growing instructions for Florida in this section: include soil requirements, time of year to plant and time of year to harvest. Is it a vine that needs a trellis? Or does it grow along the ground? How high and wide can it get? How much sun and water does it need? Include your references in this section as a footnote or in parenthesis.
<b>Recipe</b>	This is where you provide a simple and easy recipe for the reader to try for the first time. Consider historical and culturally significant recipes as well as modern adaptations such as smoothies or chips. Include your references in this section as a footnote or in parenthesis.
<b>Conclusion</b>	What do you want to the reader to take away from viewing your poster? Give them something to think about or explore. Tie this back into your statement in the title. Include your references in this section as a footnote or in parenthesis.
<b>References</b>	Include all sources used for you research. Your references should be formatted (in any style) and you must cite intext. That means each section should include a footnote or parenthesis that tell the reader which reference provided the information. Remove annotations from your bibliography if needed.

### For Discussion in Canvas

The peer review process will give you an opportunity to give and receive feedback on your outline. Submit your outline for peer review and provide constructive criticism to at least three of your classmates. Use the paragraph chart above as your guide. Simply telling someone they did a great job does not earn credit. Review their outline, and consider the following:

- Is there a declarative statement about the heritage food in the Introductory section?
- Is there an historical background section on the plant's history in Africa and the U.S.?
- Is there a cultural section that adequately explains how and why the plant is significant and to whom??

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- Does the nutritional section identify the nutritional benefits of the plant?
- Is the gardening section thorough yet easy to understand?
- Is there an easy recipe sourced to an historical or cultural reference?
- Does the conclusion give the reader a reason to check the plant out?
- Is there a bibliography with formatted references? Are relevant references tied to each section via footnotes or parenthetical citations?

### Create a Poster

This lesson will address the requirements for a successful research poster and the opportunity to submit the poster to SF's Research in Undergraduate Education (RUE) poster competition.

#### Lesson Objectives

- recognize elements of heritage food poster design
- develop a poster that reflects the research
- evaluate other student work in a peer review
- revise and submit a final research poster for a grade

The poster is a visual representation of your research on your selected heritage food. It should include all the sections included in your outline (introduction, history, culture, nutrition, gardening, recipe, conclusion and references) as well as graphics. You can start from scratch or download the Powerpoint template created for this assignment below

#### Elements of Poster Design

The goal of a research poster is to share research findings in a way that will entice the audience to learn more about the topic. Think of the poster as the movie trailer for your selected plant; you want to provide an idea of what your research is about with nuggets of the best parts. The research poster also aims to inform and educate readers who are likely learning about the plant for the first time. In most cases, a viewer will spend only a few short minutes observing the poster, so it is important that the poster conveys the most significant information in the most efficient manner.

#### Organization and Design

Organization and design of the poster can determine if a person takes the time to read a poster. A poster that appears disorganized with too many words and dense text can discourage the viewer from attempting to read and digest the information in your poster. This is why it is important to ensure that the elements on your poster are clean, clear and well-organized.

#### Flow: Left to Right, Top to Bottom

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In the English-speaking world, people read from left to right and top to bottom. This makes it important to *organize a poster that flows from left to right and top to bottom*. Elements such as the title should be at the top, followed by the introduction and the remaining sections of your paper. In most cases people will not read your references, but they should be there. So it makes sense to place the references at the bottom or bottom-left, which is the end of the flow. This is not a hard and fast rule however. Previous students with design talent have created circular posters that are read clockwise, and square posters that read top to down. Yet, a poster does not need to be a work of art. Stay in your comfort zone, its the content that matters.

The organization of your poster should reflect the organization of your paper. Since you already know the sections of your poster, you can begin designing your poster immediately by creating placeholders where you will insert your content.

### **Go Easy on the Text**

Reading a poster should not be a major commitment, and dense text can encourage a viewer to move on to an easier poster with lighter reading. Avoid copying and pasting portions of your research into the poster. Each section should include only nuggets of the most important points. Be as succinct as possible. If you choose to use bullets and lists, be sure to include at least one introductory sentence to provide context on what the list is about.

### **Title and Subtitle**

It is important to develop an engaging title that is informative and will hook the viewer into reading the rest of the poster. The title is the first thing, and may be the *only* thing a viewer reads on your poster. This makes the title and subtitle one of the most important elements in your poster. For example, a poster with the title 'Aloe' is boring and tells the reader very little. Yet a title and subtitle such as 'Aloe: ancient Egyptian history in your lotion and in your drink' can inform and grab the reader. Right off the bat, the reader learns that Aloe is connected to ancient Egypt, and that it has cosmetic and thirst-quenching attributes. This title would easily draw in anyone interested in subjects such as history, health, and nutrition or simply happens to use aloe at home.

### **Informative Headings**

Similar to the title and subtitle, the subheadings can also inform a viewer. Informative subheadings also let the reader know what lies ahead. In the example of Aloe, an historical section titled 'History' tells very little. Yet an historical section entitled, 'From Cleopatra to CVS' lets the reader know that the section will provide the historical background from ancient history to modern U.S. In addition to context, subheadings also let the reader know how the poster is organized.

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### Personal and School Details

Every poster must include personal information about the person that created the poster. This not only provides credit to the individual that conducted the research, it also acknowledges the school and course where the research took place, the date the research occurred, and may acknowledge any funding that supported the research. Since this information will not change during the semester, it is a good idea to go ahead and immediately insert it into the poster first thing so you do not forget.

- Name
- Major
- Date
- Course and Professor who taught the course
- Santa Fe College Logo (see Santa Fe's [SF Logo](#) branding site for options)

### Graphics

The poster is a visual representation of your research, and *a picture is worth a thousand words*. This makes graphics a critical tool for decreasing text in your poster while conveying useful information. Virtually every section in your poster should have some type of image that communicates information to the reader: an image, chart, or graph. Therefore, every poster produced for this class should include the following graphics:

**Map of Africa showing country or region:** Every poster should have a map of Africa showing the location of the countries or region that is relevant to the heritage food. Although Wikipedia is not a scholarly source, it can be a useful tool to locate informative maps of Africa that highlight specific countries or regions. check the image for use-rights. The map to the right, for example, was taken from the 'Maghreb' page in Wikipedia. Maghreb refers to Arabic sub-region of northwest Africa and consists of Algeria, Libya, Mauritania, Morocco, and Tunisia. The map on the Wikipedia page shows the African continent with the Maghreb countries highlighted.



**Charts and Graphs to show data:** Charts and graphs can present raw data in a way that makes it easy to understand. For example, a timeline can present chronological events and graphs can show nutritional content. Like all images, charts and graphs taken from the internet must be credited to the source if it is not already within the image. There are several sources for charts and graphs:

- Use the 'Insert' option in Powerpoint and select 'Chart' to begin building your own

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- Online graphic design programs, such as [Gliffy](#) or [Lovely Charts](#) make chart making easy

**Photos of People with the Food:** Every poster should have at least one image of the plant that ties the plant to people and the *human-ities*. This can include a meal, a beverage, the plant in use, or being cultivated. People should be engaging in specific activities related to the plant.

**All images must be captioned and credited to the source and/or producer of the image.** The credit can be included in the caption or in the same in-text referencing style used for the References section. If you personally created the graphic (ie you took the picture or created the chart), credit yourself so it does appear as an oversight.

Useful online sources for free images include:

- [Library of Congress](#) contains a public collection of digital resources for researchers including images, recipes and more.
- [UF Photo Archives](#) contains an extensive photograph collection of over 35,000 images, and is also home to hundreds of films, videos, and sound recordings as well as an artifact and memorabilia collection.
- [Florida Memory](#) provides free online access to historical photos and other media
- [Unsplash](#) provides free images with credit to the photographer
- [Wikimedia Commons](#) provides free images with credit to the photographer
- Many free graphic programs such as **Canva** and **Easelly** include free and inexpensive (\$1) images
- **Google Images** offers free images, but the search must be set to 'Creative Commons Licenses' via the 'Tools' setting.

### Poster Design Programs

You can use the quick and easy template provided here, or jump into a different software program. It does not matter which program you use to produce your poster provided you 1.) hit all of the required sections and 2.) can save the image as a jpg. Powerpoint and Microsoft Publisher are simple and powerful tools to use. Adobe Illustrator and Photoshop can produce amazing posters, yet they are not easy to learn within a short amount of time. There are also a wide variety of free online graphic design programs such as Easelly and Canva that include poster presentation templates. Given the limited amount of time available to produce the poster this semester, it might be best to stick with a program you are already familiar with. Click on the links below to watch one or more poster-making tutorials using software programs found on most computers at Santa Fe College.

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Powerpoint Tutorial	Easelly	Canva
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After you have decided on the program that you will use, review the assignment description for the research paper to be sure that you include all of the expected elements. Use the checklist below to ensure that you do not forget anything.

## Final Poster Checklist

	<b>Title and Informative Sub-Title</b>
	<b>Details:</b> Date, Name, <a href="#">SF LogoLinks</a> , HUM2420: African Humanities, etc.
	<b>All required subsections:</b> Introduction, History, Culture, Nutrition, Gardening, Recipe, Conclusion and References
	<b>Map:</b> Every poster must have a map of Africa showing location of relevant countries, region, etc.
	<b>Graphics:</b> Images of plant, people with plant, map, charts, graphs, etc.
	<b>References:</b> Must be properly formatted, scholarly, and cited in-text (Should be at bottom and/or right)
	<b>Graphics Cited with Sources:</b> Google Images is a search engine, not a source.
	<b>Spelling and Grammar Check, Writing Style Evaluated</b>

## Edit and Proof Prior to Submission

After going through the checklist to ensure all the necessary content is included in your poster, proof the poster for mistakes in spelling, grammar, and writing style. In Powerpoint, you can conduct a spellcheck by going to 'Review' in the top tool bar and selecting the icon to the far left that shows 'abc' and a green check. You can assess the writing style by reading aloud and asking a friend to look it over. The peer review activity in this class will also enable you to receive feedback from your classmates prior to submission.

## References and Resources

- [Designing Conference Posters](#) by Colin Purrington
- [Poster Basics](#) by NYU
- [How to Design an Award-winning Poster](#) by Animate Science
- [Artsy Conference Poster Design Ideas](#) on Pintrest
- [Additional Free Powerpoint Poster Templates](#)

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- [Design a fabric research poster with Canva](#)
- [Design a Research Infographic](#) with Easelly

## **For Online Discussion**

Submit a finished version of your poster for peer review. Save the poster as a jpg (go to 'Save As' and select JPG in the drop-down menu) and embed it in the post. (Be sure to save the original version of your poster so you can go back and revise after receiving feedback.) Use the criteria described in this lesson to provide constructive criticism to at least three other student posters on ways to improve their poster.

After completing the peer review, revise your poster and upload the final version to Canvas to receive a grade. If you did not submit a poster for peer review, it is still a good idea to read the critiques so you get a sense of how you can improve your own.

Note: The Peer Review process is your opportunity to receive feedback prior to submitting here for a final grade. Grades assigned here are final and resubmissions will not be accepted. Therefore, it is important to consider all feedback and comments in the peer review activity.

## Resources for Students

Include bibliographic resources, archives, Diana's matrix and other references that would be helpful for students to successfully complete the assignment