

FOR IMMEDIATE RELEASE

*Roots Cuisine*

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FOOD WRITER AND HISTORIAN RACHEL FINN PROMOTES THE FOODWAYS AND CULTURE OF THE AFRICAN DIASPORA THROUGH THE NONPROFIT ROOTS CUISINE.

January 25, 2012—Chicago, Illinois—In time for Black History Month, writer and food historian Rachel Finn is offering a series of talks, workshops, and cooking demonstrations on the foodways of the global African Diaspora.

Rachel Finn is an expert on the global foodways, cooking, ingredients, and culture of afrodescendents. Foodways essentially refers to the when-what-why-where-and-how of food in a cultural context. Ms. Finn is the founder of Roots Cuisine, a nonprofit organization that promotes the foodways and related culture of the African Diaspora.

"I find it incredibly interesting to trace the common elements of the cultures of African Diaspora globally. It's fascinating to see how history and varied cultural influences shaped the afro-foodways in these areas and how food shapes identity," she says.

PRESENTATIONS

Ms. Finn gives talks, workshops, and cooking demonstrations on specific topics that can be presented individually or as a series of events covering multiple areas, ethnic groups, and cooking styles. Topics include:

- Importance of food and cooking in the history and culture of afrodescendents
- Regional foodways, ingredients, and cooking techniques of afrodescendents
- Folk and "roots" remedies throughout the Atlantic Diaspora
- African contributions to foodways and agriculture in the Atlantic World
- Food-, crop-, dish-, or technique-specific talks; for example, on okra, rice or rice and beans, deep frying, or long stewing
- Ingredients, cooking tools, and stocking a pantry for African Diaspora cooking
- General importance of food and cooking in history and culture

Regions and cultures covered include:

- Africa
- Louisiana
- African American
- Southern
- Various Caribbean
- Various Afro-Latin
- Afro-European
- Afro-Turkish

Custom presentations can also be developed.

#### BACKGROUND

Ms. Finn has traveled throughout the United States, Europe, and Asia to speak about African American, African Diaspora, and Louisiana foodways and give cooking demonstrations at the invitation of museums and the U.S. State Department. She recently curated a museum exhibit showcasing African contributions to foodways and agriculture through rice and beans.

Ms. Finn writes articles and develops recipes and bibliographies for the site <http://rootscuisine.org> in addition to her freelance work, which has been published in numerous print and electronic publications, including *Gastronomica*, *Chicago Sun-Times*, *Seattle Weekly*, and *The Root*, to name a few.

"I was motivated to research and write about the African Diaspora and ultimately to create Roots Cuisine as a way to promote the foodways of a group of people of whom I proudly count myself a member," says Ms. Finn.

To learn more about Rachel Finn, visit her website at <http://rachelfinn.net>.

For further information about Roots Cuisine, go to: <http://rootscuisine.org>.

Contact Rachel Finn directly by email at [info@rootscuisine.org](mailto:info@rootscuisine.org).

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