



# Vibration Cooking: or, The Travel Notes of a Geechee Girl

*Vertamae Smart-Grosvenor*

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*Vibration Cooking* was first published in 1970, not long after the term “soul food” gained common use. While critics were quick to categorize her as a proponent of soul food, Smart-Grosvenor wanted to keep the discussion of her cookbook/memoir focused on its message of food as a source of pride and validation of black womanhood.

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