



Regional American Food Culture (Food Cultures in America)

Lucy Long

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Regional American food culture still exists and is strongest in more rural, homogenous areas of the country. Regional foods are a major component of regional identities, and Americans make a big to-do about their home-grown favorites. The current food cultures of the major American regions-northeast/New England, the Mid-Atlantic, the South, the West, the Midwest-and subregions are illuminated here like never before. Everyone knows something about the iconic fare of a region, such as Soul Food in the South and New England clam bakes, but with this resource readers are able to delve wider and deeper into how Americans from Alaska to Hawaii to the Amish country of the Midwest to the Eastern Seaboard sustain themselves and what their food lifestyles are today.

The unique regional food cultures that have developed according to natural resources and population are increasingly affected by social and economic trends. Increasingly mobile Americans generally have access to the same fast food and supermarket chain offerings, read the same mass market food magazines and watch the cable food shows, and younger generations may have less time to continue family food traditions such as baking the ethnic breads and desserts that their mothers did. *Regional American Food Culture* discusses the various traditions within the context of a new millennium. Narrative chapters describe the background of the regional food culture, what the primary foods are, how the food is cooked and by whom, what the typical meals are, how food is used in special occasions, and diet and health issues in the regions. A chronology, resource guide, selected bibliography, and illustrations complement the text.

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