



ENTERTAINMENT



A menu of spirit filled recipes: **CELEBRATING SOUL FOOD MONTH**

By **Amia D. Edwards**
Jackson Advocate Guest Writer

Over time, like most of our culture, soul food boiled and overflowed into a way of identity – not just from pots, pans, and plates – but through other forms of creative outlet. Thanks to the “#younameitchallenge”, the widely popularized song of Pastor Shirley Ceaser’s: “I’ve got beans, greens, potatoes, tomatoes, lambs, rams...” Or perhaps you’ve heard the Hip-Hop hit “Soul Food” by Mississippi native Big K.R.I.T.: “I still remember the family parties, the happy faces, no broken hearts. Nobody starvin’ but all that there is old news. What happened to soul food?”

In the 1972 song “Pass the Peas”, the J.B.’s start off asking the question: “Hey Bobby, why do you like soul food?” The answer? “Because it makes me happy!” If you missed any of these songs, then maybe you have seen the movie “Soul Food” about a family who not only cherish each other despite the belly aches and indigestion of life, but who also laughed, talked, and ate their troubles away over a Sunday meal together.

Not only is it one of the very few cuisines truly rooted and planted in America, soul food is a part of black culture that stands the test of time. No matter their modern income and social ladder climbs, it may be a challenge to find an African American who doesn’t appreciate the historic significance of



Sugar’s Place entrees



Foot Print Farms

the soul food menu and it’s meager beginnings. Beginning in the Southern region of the United States, slaves and servants were forced to be culinary creatives with garden vegetables not suitable for sale and cheap cuts of meat. Slaves and servants even managed to make tasty entrées from their white employers’ garbage, such as the controversial delicacy – chitterlings. And now, thanks to *Ebony* and *Essence Magazine* Food Editor Charla L. Draper, we can now celebrate African American cuisine in style with National Soul Food Month during June.

Serving soul food is also a catalyst to entrepreneurship in the black community. Here in Jackson, our very own Tyrone Bully, owner of Bully’s Restaurant, is a winner of the coveted James Beard Award. Once a brick mason, he and his father literally built

a business that has been serving soul food for nearly 40 years.

Owner of Sugar’s Place, Glenda Barner, and her family decided to open their own restaurant in 2008. The downtown Jackson hotspot is named after Barner’s grandmother, Velma “Sugar” Cage. “The recipes we use are ones that she taught.” Sugar’s Place enjoys a long list of best sellers. “Folks really enjoy our fried catfish, chicken tetrazzini, honeybun cake, and Kool-Aid.” When Barner is not at Sugar’s, she says she enjoys cooking for her family on Sundays. “I love to serve fried and baked chicken, collard greens, macaroni and cheese, candied sweet potatoes, cornbread, and sweet tea.” Although a love of food is a big part of running a business, Barner wishes more would take the time to understand that running a restaurant is not for one who can’t stand the heat

of the kitchen, and wishes more would support local restaurants. “We have to sell at whatever the wholesalers charge, cook, and sell it with tight overhead and profit margins. People are quick to complain about costs, not considering what it took to provide it. They often want steak and seafood with a chicken budget. But, they will go to large chains and pay whatever when it’s not good tasting food. Support local please! Local restaurants are the life lines of our local economies. They are our neighbors and friends. They reinvest their revenue back into the local economy and the community. It’s critical that we continue to support local businesses more now than ever before.”

Carlyn M. Hicks is the founder of the 21,000+-member Facebook group “Jackson Foodies”. Supporting Jackson-based restaurants is the

group’s main focus. Hicks, an attorney with a passion for her community, is a tried and true foodie with a diverse pallet. “Soul food is the heart of American cooking, not just for the Deep South, but across the country. It tells a story of resilience, of struggle, of connectedness, and much needed comfort.”

During the COVID-19 pandemic, a lot of customers have literally returned to the roots of soul food – the garden and kitchen. Owner of Foot Print Farms, Cindy Ayers Elliott, Ph.D is glad to see it and offers help. “Foot Print does more than just plant seeds in the soil. We also plant seeds in the minds for a healthy community and a healthy us.” Elliott has a different view on soul food and combats calorie filled stereotypes. “For our farmers at Foot Print, everyday is a SOUL food day. We select seeds that we plant and harvest with love from the soil that will also entice our palates.” She is also excited to see more people get back in their kitchens and out of the drive-thru. “How can we try to eliminate diabetes, hypertension, and heart disease in our homes and community? I don’t have to tell you; we are living it every day with the coronavirus being the number one killer of black people in this country. We need to look at what we are eating and feeding our household. If we are to continue to have a quality of life, it first starts with health – the health of our bodies, our minds, and our spirit.”

7th Annual Fireworks Extravaganza

JANS – The City of Jackson Department of Parks and Recreation will host its 7th Annual Jackson Fireworks Extravaganza on Saturday, June 27, in the parking lot at Smith Wills Stadium. This year’s event will be a Park and Watch event, with limited parking at Smith Wills Stadium. Everyone is asked to remain in or near their vehicles in an effort to protect the staff and community from the spread

of the COVID-19 pandemic, as social distancing is practiced. Masks are strongly encouraged!

This event is free and open to the public. Smith Wills Stadium is located at 1200 Lakeland Drive, Jackson, MS 39216. Gates will open at 6 p.m. and the fireworks display show will begin at nightfall.

For more information, please contact the Parks & Recreation Department at 601-960-0471.

4th of July fireworks show at Trustmark Park

JANS – In partnership with the City of Pearl, the Mississippi Braves are hosting a 4th of July fireworks show at Trustmark Park. The event is presented by Blue Cross & Blue Shield of Mississippi.

“We are so thankful to Blue Cross & Blue Shield of Mississippi for their support in helping us continue the tradition of fireworks and fun on the 4th of July

at Trustmark Park,” said Mayor Jake Windham. “Having the stadium and a large surrounding area will allow us to provide a safe, socially-distanced event for families to enjoy. This is a great example of the strong partnership we enjoy between our city and the Braves.”

There are two ways to view the fireworks, either in the stadium or drive-in style in the

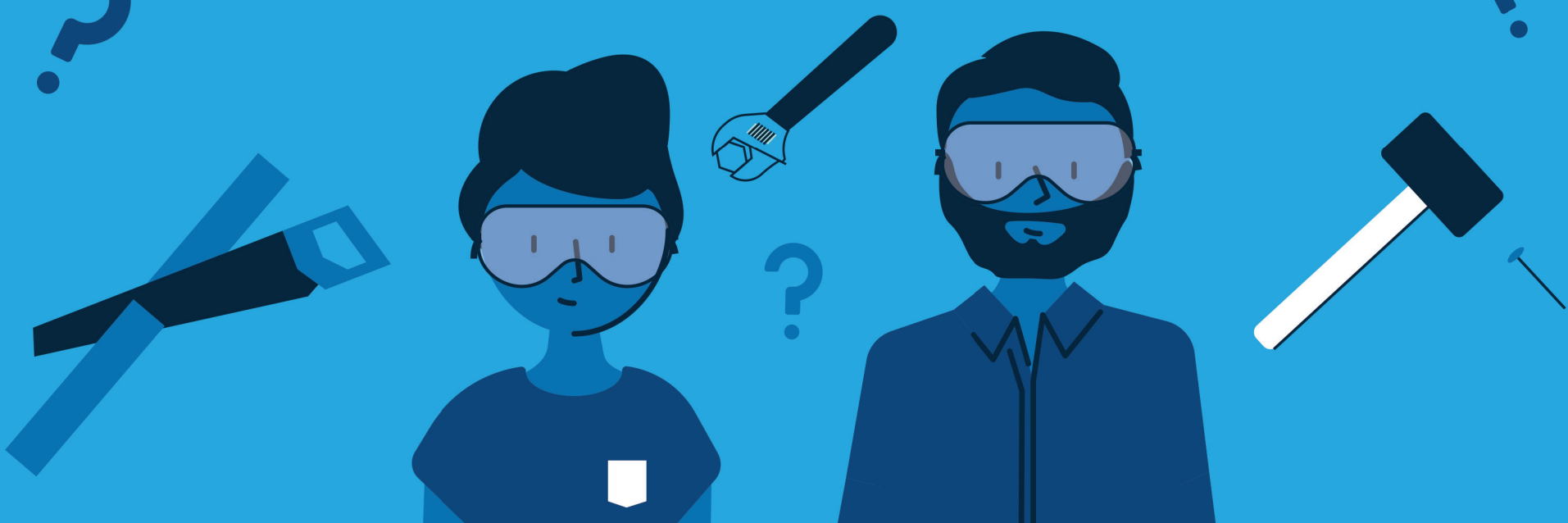
parking lot. The stadium gates will open at 6:30 p.m. to the first 2,000 people. You can bring a lawn chair or blanket and sit in the outfield grass or in the stadium chair-back seats. There will be games and concessions available, as well as entertainment on the video board. Social distancing will be regulated.

For those that wish to watch

drive-in style from their vehicles, you are invited to tailgate in the parking lots to get a spot early. Social distancing will be regulated. The city’s radio station, 104.5 FM “The Pirate” will simulcast the music set to the fireworks so the drive-in viewers can have a great experience.

The fireworks show will begin at 9:30 pm.

HOME IS WHERE THE IMPROVEMENTS ARE



Social distancing has us spending more time at home. If you’re ready to make improvements to the home you’re spending more time in, the equity you’ve built there might be available as part of a home equity line of credit. From small, simple updates to bigger projects that show you’re in for the long haul, Renasant is ready to help.

Learn more at renasantbank.com/loans/home-equity-line-of-credit.



Understanding You.

800.680.1601 | renasantbank.com



This is not a commitment to lend. All loans or offers of credit are subject to credit and underwriting approval. Other fees, conditions, and restrictions may apply. Loan amount maximums may apply.

Renasant Bank NMLS # 402689