A Taste of Freedom

By: Lloyd Reshard, Jr. (1983 -)

Do you know well the peace of home;
like mama used to make?
The chicken soup made for the soul[1]
when burdened by life's weight.

The staple comforts of the grain,
from pilaf to stir fry;
tortilla, pone, and hoecakes[2]
our calloused hands supply.

We cultivate our patience, long;
the wisdom tilling[3] makes.
Eat borscht[4] or soup joumou[5] joumou
while waiting for our fate.

All knead the dough of Liberty
to boil or bake & rise.
Whatever then we offer up;
America's our prize.

Our food tastes like freedom;
Our food tastes like peace;
Our food tastes like home;
Sometimes bitter, sometimes sweet.

My food tastes like Joy;
My food fills you up.
Let the flavor, that is you and me,
remind us we are home.

It's here, the cornbread's always sweet[6];
the chicken, always brined.[7]
That good ole southern comfort food
Clotilda left behind.[8]

And, when night comes, we break the seal
of wine or Aquavit;[9]
distilled or maybe hopped & brown,
to put our minds at ease.

At last, wherever I may rest,
I'll eat what God provides.
Be on the street or in my bed,
alone or by your side.

All knead the dough of Liberty
to boil or rise & bake.
Whatever then we offer up;
a nation, we will make.

Our food tastes like freedom;
Our food tastes like peace;
Our food tastes like home;
Sometimes bitter, sometimes sweet.

My food tastes like Joy;
My food fills you up.
Let the flavor, that is you and me,
remind us this is home.
America, our home.
America, our home.

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[1] An allegory to the popular book series from the 1990's https://www.chickensoup.com/ known for uplifting stories with a moral message.

[2] Tortilla [toːrˈtiːə], pone [pōnə], & hoecakes [hōkāks]; These foods are all made from corn/cornmeal, a staple of Central & North American diets; see the significance of corn and its history here: ref. https://www.britannica.com/plant/corn-plant

[3] Agriculture is one of the oldest human skills that has been passed down for 12,000 years; ref. https://education.nationalgeographic.org/resource/development-agriculture

[4] Borscht [boːrʃt] is thought to have originated in the Ukraine; ref. https://www.britannica.com/topic/borscht

[5] Soup Joumou [dʒuːmu] is an Haitian dish eaten during the new year to celebrate freedom; ref. https://visithaiti.com/food-drink/soup-joumou/

[6] Cornbread, another dish attributed to the American South, is made from ground white corn. It is commonly attributed to black southerners to sweeten their cornbread with sugar.

[7] While brining did not originate in the US, It is widely accepted in Black American culture that well flavored chicken is ALWAYS brined.

[8] The *Clotilda*, ref: https://www.smithsonianmag.com/smithsonian-institution/clotilda-last-known-slave-ship-arrive-us-found-180972177/ While food is not directly connected to the finding of this ship, this statement is to connect black cuisine as a contribution to America's food culture.

[9] Pronounced: [akwəˌvēt]ˈ "Aquavit is still considered a wise choice to help the digestion after large meals during the festive season." ref. https://nordicspirits.com/en/history-aquavit & https://www.britannica.com/topic/aquavit