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| Sommario/riassunto | "A journey through Southern Appalachia to explore the complex messages food communicates about the region. Depictions of Appalachian food culture and practices often romanticize people in the region as good, simple, and, often, white. These stereotypes are harmful to the actual people they are meant to describe as well as to |

those they exclude. In *Hungry Roots: How Food Communicates Appalachia's Search for Resilience*, Ashli Quesinberry Stokes and Wendy Atkins-Sayre tell a more complicated story. The authors embark on a cultural tour through food and drinking establishments to investigate regional resilience in and through the plurality of traditions and communities that form the foodways of Southern Appalachia. They visit cafes serving cornbread and beans, a critically acclaimed soul food restaurant, distilleries, festivals celebrating Cherokee and Scottish heritage, a community center and garden serving under-resourced neighbors, and many other food and drinking venues. *Hungry Roots* demonstrates why Appalachian food still matters"--
