

Juneteenth: History of Foods and Colors



What is Juneteenth? Juneteenth, celebrated on June 19th, marks the day in 1865 when enslaved people in Texas learned they were free, over two years after the Emancipation Proclamation. It's a day to celebrate freedom, culture, and heritage.

Juneteenth Foods Traditional Juneteenth foods are rich in history and flavor, symbolizing resilience, community, and culture.

- **Barbecue:** A communal activity that brings people together, representing the spirit of unity.
- **Red Foods:** Red symbolizes strength, resilience, and the blood shed by African ancestors. Popular red foods include:
 - **Red Velvet Cake**
 - **Strawberry Soda**
 - **Watermelon**
 - **Red Beans and Rice**
- **Soul Food:** Foods like fried chicken, collard greens, and cornbread are staples, celebrating African American culinary traditions.

Juneteenth Colors The colors of Juneteenth hold special meanings that reflect the history and aspirations of the African American community.

- **Red:** Symbolizes the blood shed by enslaved people and the struggle for freedom.
- **Black:** Represents the African American people and their strength.
- **Green:** Stands for the land and prosperity, looking forward to a hopeful future.

How to Celebrate

- **Learn:** Read books and watch videos about Juneteenth and African American history.
- **Cook:** Prepare traditional Juneteenth foods with your family.
- **Create:** Make art or crafts using the colors red, black, and green.
- **Share:** Talk about what you've learned with friends and family.

Fun Activity: Red Velvet Cupcakes Try making red velvet cupcakes to celebrate! Here's a simple recipe:

1. **Ingredients:** Flour, sugar, cocoa powder, buttermilk, red food coloring, baking soda, vinegar, vanilla extract, eggs, butter.
2. **Instructions:** Mix the dry and wet ingredients separately, combine, and bake in cupcake liners at 350°F (175°C) for 20-25 minutes.