

Alex Askew

President, BCAGlobal
(formerly Black Culinarian Alliance)

New York, New York

Alex Askew believes in the power of connections. He connected to his first employer when he was only 14 years old. That's when he landed a job as a personal chef through his high school's culinary work program.

This early experience sparked a passion within him. It led to a series of restaurant jobs in New York City, and eventually brought him to the Culinary Institute of America. He graduated in 1989.

As a young graduate, Askew realized how hard it could be for young minority students to connect to each other. It was equally difficult to connect to leaders in the food and hospitality industries. So he cofounded the Black Culinarian Alliance in 1993.

"I realized that young people like myself lacked the connections needed to be successful in the industry. They also lacked the skills to build a network," he said. "Education is important. But you also need to know how to use relationships to create more opportunities."

The organization is now called BCAGlobal, because of its global work. It provides awareness and exposure to more than 150 students each year by connecting education with the food industry. It pairs students with thriving professionals who give real-life advice. It works to create more career paths within the food service, restaurant and hospitality industries.

BCAGlobal also connects students with the culinary history of African Americans. "Helping young people understand the awesome legacy of

African American cooks, chefs and others in food history builds their confidence. Knowing where your roots start makes it easier to see what's possible and where you can go," he said.

Askew is growing this work through a Kellogg Foundation fellowship in Leadership and Racial Equity Healing. He is working with other leaders to help lift up communities in need. "There's a close connection between racial equity healing, food and the community. A lot of it starts with our mindfulness and appreciation of food. We need to understand food traditions and value in our lives," Askew said. "If we can get young people excited about food, talking about food, learning to appreciate food and mindful of food, we can raise the spirit of the community."



Chili-Dusted Pan-Seared Chicken Medallions with Roasted Apple & Black-Eyed Pea Relish

The flavors in this recipe, from the slightly tart Granny Smith apples to the sweet, spicy chili mixture, meld together to create the perfect dinner-party dish.


For recipe, visit AAHCalendar.com/recipes/january.



January 2016

"If we can get young people excited about food, talking about food, learning to appreciate food and mindful of food, we can raise the spirit of the community."

— Alex Askew

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1863: Abraham Lincoln issues Emancipation Proclamation. New Year's Day	2 1965: Rev. Dr. Martin Luther King Jr. calls for nonviolent protests if Alabama blacks are not allowed to register and vote.
3 1624: William Tucker, first African child born in America.	4 1971: The Congressional Black Caucus organized.	5 1943: George Washington Carver, agricultural scientist and inventor, dies.	6 1831: The World Anti-Slavery Convention opens in London.	7 1890: William B. Purvis patents fountain pen.	8 2015: Andraé Crouch, legendary gospel performer, dies.	9 2014: Franklin McCain, one of the "Greensboro Four," dies.
10 1864: George Washington Carver, agricultural scientist and inventor, born.	11 1940: Benjamin O. Davis Sr. becomes U.S. Army's first black general. Rev. Dr. Martin Luther King Jr.'s Birthday Observed	12 1948: Supreme Court rules blacks have right to study law at state institutions.	13 1990: L. Douglas Wilder inaugurated as first African American governor (Virginia) since Reconstruction.	14 1975: William T. Coleman named secretary of Transportation.	15 1929: Rev. Dr. Martin Luther King Jr., a major voice for civil rights in the 20th century, born.	16 1978: NASA names African American astronauts Maj. Frederick D. Gregory, Maj. Guion S. Bluford Jr. and Dr. Ronald E. McNair.
17 1942: Three-time heavyweight boxing champion Muhammad Ali (Cassius Clay), born.	18 1856: Dr. Daniel Hale Williams, pioneer heart surgeon, born. Rev. Dr. Martin Luther King Jr.'s Birthday Observed	19 1918: John H. Johnson, editor and publisher of Jet and Ebony magazines, born.	20 2009: Barack H. Obama sworn in as the 44th president of the United States of America, becoming the first African American to hold the office of U.S. commander-in-chief.	21 1947: Jefferson Evans becomes first black graduate of The Culinary Institute of America.	22 2009: Susan Rice confirmed as U.S. ambassador to the United Nations, becoming the first African American woman to represent the nation before the world in this capacity.	23 1891: Dr. Daniel Hale Williams founds Provident Hospital in Chicago, the first training hospital for black doctors and nurses in the U.S.
24 1865: Congress passes 13th Amendment, which, on ratification, abolishes slavery.	25 1851: Sojourner Truth addresses first Black Women's Rights Convention, Akron, Ohio.	26 1977: Andrew Jackson Young Jr. becomes the first African American to serve as the United States ambassador to the United Nations.	27 1961: Leontyne Price, world-renowned opera singer, makes her Metropolitan Opera debut.	28 1998: Sarah "Madam CJ" Walker, first black female millionaire, honored on U.S. postage stamp.	29 1926: Violette Neatly Anderson becomes first black woman lawyer to argue a case before the Supreme Court.	30 1844: Richard Theodore Greener, first African American to graduate from Harvard, born.
31 2006: Coretta Scott King, widow of Rev. Dr. Martin Luther King Jr., who enshrined his legacy of human rights and equality, dies.						

When you think of peanuts, do you think of shampoo, soap and ink? Luckily, George Washington Carver did. In the 1900s, he developed hundreds of products from peanuts and became one of America's most distinguished scientists.¹



Scan code to watch Alex Askew video.

Tia Berry

Manager, American Heart Association's Simple Cooking with Heart® Kitchen

Baltimore, Maryland

Tia Berry grew up cooking. But she didn't grow up cooking healthfully. "My grandmother taught me to cook. And everything was full butter, full fat, and fried," said Berry. "To this day, bacon is my weakness."

Her relationship with food changed when she attended culinary school. She began to refine her craft and soon showcased her healthful cooking during a regular segment on the local news. From there, she began cooking demonstrations for the American Heart Association (AHA).

Today, Berry manages the AHA's Simple Cooking with Heart Kitchen in Baltimore, Maryland. The kitchen is the first of its kind in the nation. It offers hands-on cooking classes that are open to the public. For \$5, participants

cook a heart-healthy meal and leave with four servings to share with family. "If you want to be healthy, you cannot be the only person in your home eating healthful foods," said Berry. "So we encourage class participants to involve their families by sharing what they've made."

Berry knows firsthand the impact family can have on diet. "Both my grandparents had diabetes. My grandmother had quadruple bypass surgery. And my favorite aunt died of a massive heart attack at age 53," she said. "That's what attracted me to the American Heart Association. The organization allows me to help other people – but it helps me as well, because I know what a struggle it can be to eat healthfully."

Simple Cooking with Heart Kitchen's mission is to build healthier lives, free from cardiovascular disease and stroke, by changing the way people eat. "Some people come in begrudgingly. But they always leave class surprised. And they often come back," she said.

The response from the community has been overwhelming. There is now a waiting list for most classes.

This impact motivates Berry. "Food has always been my passion. But as an adult, eating healthfully has become my passion," she said. "I never want to be a burden on my family. I want to be here for my child. I want to enjoy life. And that's why I do what I do."

Simple Cooking with Heart® is a registered trademark of the American Heart Association.



Blackened Tilapia and Strawberry Kiwi Salsa

The mild flavor of tilapia provides the perfect base for a flavorful spice mixture of cumin, garlic, chili and paprika. Topped with salsa made from tangy kiwi, sweet strawberry, crisp cucumber and fresh cilantro, this is a healthy, must-try meal.

For recipe, visit AAHCalendar.com/recipes/february.



February 2016

Black History Month

"Food has always been my passion. But as an adult, eating healthfully has become my passion."

– Tia Berry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1902: Langston Hughes, poet, born.	2 1897: Alfred L. Cralle patents the ice cream scoop.	3 2009: Eric H. Holder Jr. sworn in as the nation's first African American attorney general.	4 1913: Rosa Parks, civil rights pioneer who sparked 1955 Montgomery, Alabama, bus boycott, born.	5 1884: Willis Johnson patents eggbeater.	6 1993: Arthur Ashe Jr., tennis player, humanitarian and activist, dies.
7 1883: Ragtime pianist and composer Eubie Blake, born.	8 1968: Three South Carolina State students killed during segregation protest in Orangeburg, South Carolina.	9 1995: Bernard Harris becomes first African American astronaut to walk in space.	10 1927: Leontyne Price, internationally acclaimed opera singer, born. <i>Ash Wednesday</i>	11 1990: Nelson Mandela of South Africa is released from prison after 27 years.	12 1957: Frederick M. Jones patents method for preserving perishables. <i>Lincoln's Birthday</i>	13 1920: Andrew "Rube" Foster organized The Negro National League.
14 1817: Frederick Douglass, "The Great Emancipator," born. <i>Valentine's Day</i>	15 1820: Susan B. Anthony, abolitionist and women's rights advocate, born. <i>Presidents' Day Observed</i>	16 1874: Frederick Douglass elected president of Freedman's Bank and Trust.	17 1891: Albert C. Richardson patents a butter churn.	18 1931: Toni Morrison, winner of the 1988 Pulitzer Prize for her novel <i>Beloved</i> , born.	19 2002: Vonetta Flowers becomes Winter Olympics' first African American gold medalist.	20 1895: Frederick Douglass, leading voice in the Abolitionist Movement, dies.
21 1965: Malcolm X assassinated in New York.	22 2008: Johnnie Carr, major icon of the Civil Rights Movement, dies. <i>Washington's Birthday</i>	23 1868: W.E.B. DuBois, scholar, activist and author of <i>The Souls of Black Folk</i> , born.	24 1864: Rebecca Lee Crumpler becomes first black woman to receive a medical degree (New England Female Medical College).	25 1853: First black YMCA organized in Washington, D.C.	26 1965: Civil rights activist Jimmie Lee Jackson dies after being shot by state police in Marion, Alabama.	27 1897: Marian Anderson, world-renowned opera singer and civil rights activist, born.
28 1984: Michael Jackson, musician and entertainer, wins eight Grammy Awards®.	29 1940: Hattie McDaniel becomes the first African American to win an Academy Award® for Best Supporting Actress for her role as "Mammy" in <i>Gone With the Wind</i> .					



Why do we all scream for ice cream? Because of Augustus Jackson. In the early 1800s, he reinvented the technique used to make it and concocted new recipes, earning him the nickname the "Father of Ice Cream."²



Scan code to watch **Tia Berry** video.

Toni Tipton-Martin

Food and Nutrition Journalist, Author, Community Activist

Austin, Texas; and Denver, Colorado



To understand and appreciate America's food culture, we must first understand and appreciate the African American cooks who have shaped it for centuries. So believes Toni Tipton-Martin, an award-winning food journalist and community activist. She is giving a voice to the black women who have made great, yet often overlooked, contributions to American cuisine. "The prejudices, stereotypes and choices made for African Americans in the past are part of the complex health story we have today," she said.

Tipton-Martin's recent book, *The Jemima Code: Two Centuries of African American Cookbooks*, explores early 19th-century cuisine. It shows the creative skill of black female cooks. It also highlights their impact on American food, families and communities.

"The black women of that time managed the nutritional needs of multiple families. And they did it on plantation rations," she said. "They added in wild greens, proteins and grains. Some of today's healthiest foods come from the African American experience."

The book is based on Tipton-Martin's collection of rare titles and cookbooks. It also shares a name with her traveling exhibit of historic photographs. The exhibit shows African American women at work in Southern kitchens.

Tipton-Martin is using her deep knowledge of the past to build community wellness today. She is creating new and powerful ways to help all people focus on their emotional, spiritual and physical health. "There are so many

confusing health messages out there," said Tipton-Martin. "As humans, we need one-on-one support. We need to be nurtured and encouraged. I'm hoping we can inspire the next generation to learn how to be wholly healthy."

Her foundation does just that. The SANDE Youth Project hosts two major annual events in Austin, Texas, on culture, cuisine and community. Its Children's Picnic and Real Food Fair brings families together for local food and healthy activities. Its Soul Summit tackles questions of culture and food as they relate to community wellness.

"Food can break down racial barriers. It can help us discover how much alike we are. It can bring the community together in a reconciled way," she said.



Skinny Brownies

Dessert lovers, rejoice: this frosted walnut brownie provides a guilt-free indulgence. Toni Tipton-Martin's recipe reflects her desire to satisfy an insatiable sweet tooth while watching her weight, her passion for light cooking, and her dedication to the stories and recipes of ancestors.

For recipe, visit AAHCalendar.com/recipes/march.



March 2016

"Food can break down racial barriers. It can help us discover how much alike we are. It can bring the community together in a reconciled way."

— Toni Tipton-Martin

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1914: Ralph W. Ellison, author and educator, born.	2 1867: Congress enacts charter to establish Howard University.	3 1865: Freedmen's Bureau established by federal government to aid newly freed slaves.	4 1965: Bill Russell of the Boston Celtics honored as NBA's most valuable player for fourth time in five years.	5 1770: Crispus Attucks becomes one of the first casualties of the American Revolution.
6 1857: Supreme Court issues <i>Dred Scott</i> decision.	7 2006: Photographer-filmmaker Gordon Parks, who captured the struggles and triumphs of black America, dies.	8 1876: U.S. Senate refuses to seat P.B.S. Pinchback of Louisiana.	9 1841: <i>Amistad</i> mutineers freed by Supreme Court.	10 1869: Robert Tanner Freeman becomes first African American to receive a degree in dentistry.	11 1959: Lorraine Hansberry's <i>A Raisin in the Sun</i> opens at Barrymore Theater, New York; the first play by a black woman to premiere on Broadway.	12 2015: Rev. Willie T. Barrow, activist and civil rights icon, dies.
13 1773: Jean Baptiste Pointe Du Sable, black pioneer and explorer, founded Chicago. <i>Daylight Saving Time Begins</i>	14 1956: Montgomery, Alabama, bus boycott ends when municipal bus service is desegregated.	15 1947: John Lee, first black commissioned officer in the U.S. Navy, assigned to duty.	16 1827: <i>Freedom's Journal</i> , the first U.S. black newspaper, founded.	17 1890: Charles B. Brooks patents street sweeper. <i>St. Patrick's Day</i>	18 1822: The Phoenix Society, a literary and educational group, founded by blacks in New York City.	19 1939: Langston Hughes founded The New Negro Theater in Los Angeles.
20 1883: Jan E. Matzeliger patents shoe-lasting machine. <i>Palm Sunday</i>	21 1965: Rev. Dr. Martin Luther King Jr. leads march from Selma to Montgomery, Alabama, for voting rights.	22 1898: J.W. Smith patents lawn sprinkler.	23 1873: Slavery abolished in Puerto Rico.	24 1907: Nurse and aviator Janet Harmon Bragg born.	25 2009: John Hope Franklin, a prolific scholar of African American history who influenced thinking about slavery and Reconstruction, dies. <i>Good Friday</i>	26 1872: Thomas J. Martin patents fire extinguisher.
27 1924: Jazz singer Sarah Vaughan, "The Divine One," born. <i>Easter</i>	28 1870: Jonathan S. Wright becomes first black state Supreme Court justice in South Carolina.	29 1931: Gloria Davy, the first African American to sing <i>Aida</i> at the Met, born.	30 1870: Fifteenth Amendment ratified, guaranteeing voting rights to blacks.	31 1988: Toni Morrison wins Pulitzer Prize for <i>Beloved</i> .		

The next time you bake a pie, thank J.W. Reed. In the late 1800s, he developed and patented a version of the rolling pin with a central rod. This allowed the body to spin independently, making it much easier to handle.³



Scan code to watch **Toni Tipton-Martin** video.

Matthew Raiford

CheFarmer, Gilliard Farms; The Farmer & The Larder

Brunswick, Georgia



Matthew Raiford's love for healthy foods grew just as organically as the vegetables on his family farm. "I grew up eating our own fresh peas and corn. I didn't know any other way to eat," said Raiford, who is now the sixth-generation farmer on Gilliard Farms, the land his family has owned in Brunswick, Georgia, since 1874. "It pushed my appreciation for good food."

Raiford calls himself a CheFarmer – part chef, part farmer; his love for growing and cooking healthy foods permeates his life. His day starts at 5:30 a.m., walking his property to check the crops by first light. After feeding the chickens and ducks, he harvests the eggs for the farm store and his restaurant, The Farmer & The Larder, where lunch preparation begins at 9 a.m.

"At the farm, we are committed to organic, sustainable and responsible farming," said Raiford. "The restaurant allows me to help promote healthy living by bringing homegrown recipes to the table."

His inspiration stems from his family. His parents have always encouraged him to "do good work." At 95 years old, his grandmother is still getting the first taste of the vegetables from every harvest. "I want to ensure my children's children have good food. So I try not only to grow what works well in this area, but also to educate the community on why certain vegetables can grow here and how they can be used in their daily diets," he said.

Raiford and his fiancée, Jovan, educate the community by hosting cooking classes at the restaurant and having one-on-one conversations at the farm.

They serve up to 350 people every week in the 28-seat restaurant. They also publish recipes and educational content on their website and blog. "You have to have a conversation with the community about what it needs to become more healthful," he said. "It needs to be an open forum."

Raiford says the biggest misconception people have about healthy eating is the cost. "Even if you live in an apartment and have a balcony, you can create a container garden," he said. "Take two five-gallon buckets, and fill them with \$10 of top soil and good compost. Add a pack of carrot seeds for \$2.99, arugula for \$2.99 and a tomato plant for \$2.99. And just like that – you have a great salad."



Curried Shrimp with Pearl Couscous and Vegetables

Curry, paprika, garlic and coconut milk combine with shrimp, couscous and vegetables for an exotic taste that is both healthy and flavorful.

For recipe, visit AAHCalendar.com/recipes/april.



April 2016

"The restaurant allows me to help promote healthy living by bringing homegrown recipes to the table."

– Matthew Raiford

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1950: Charles R. Drew, blood research pioneer, dies.	2 1984: Georgetown coach John Thompson becomes first African American coach to win the NCAA® basketball tournament.
3 1826: Poet- orator James Madison Bell, author of the Emancipation Day poem "The Day and the War," born.	4 1968: Rev. Dr. Martin Luther King Jr. assassinated in Memphis, Tennessee.	5 1856: Booker T. Washington, educator, author, orator and advisor to presidents of the U.S., born.	6 1909: Matthew A. Henson reaches North Pole, 45 minutes before Robert E. Peary.	7 1915: Billie Holiday, American jazz singer and songwriter, born.	8 1974: Atlanta Braves slugger Hank Aaron hits 715th career home run, surpassing Babe Ruth as the game's all-time home run leader.	9 1816: African Methodist Episcopal (A.M.E.) Church formed.
10 1816: Richard Allen consecrated first bishop of the African Methodist Episcopal (A.M.E.) Church.	11 1997: The Charles H. Wright Museum of African American History, the world's largest museum of its kind, opens in Detroit.	12 1983: Harold Washington becomes first African American elected mayor of Chicago.	13 1916: Edna Lewis, the "Grand Dame of Southern Cooking," born.	14 1775: First abolitionist society in U.S. founded in Philadelphia.	15 1947: Jackie Robinson becomes first African American to play in Major League Baseball when he made his debut with the Brooklyn Dodgers.	16 1862: Slavery abolished in the District of Columbia.
17 1983: Alice Walker wins Pulitzer Prize for fiction for <i>The Color Purple</i> .	18 1995: Margo Jefferson receives the Pulitzer Prize for Criticism.	19 1972: Stationed in Germany, Maj. Gen. Frederic E. Davidson becomes first African American to lead an Army division.	20 2010: Dorothy Height, leading female voice of the 1960s Civil Rights Movement, dies.	21 1966: Pfc. Milton L. Olive III awarded posthumously the Congressional Medal of Honor for valor in Vietnam.	22 2004: Charlie Sifford becomes first African American elected into the World Golf Hall of Fame. Passover Begins (sundown)	23 1856: Granville T. Woods, inventor of the steam boiler and automobile air brakes, born.
24 1944: United Negro College Fund incorporated.	25 1916: Madeline M. Turner patents the fruit press.	26 1888: Sarah Boone patents ironing board.	27 1968: Dr. Vincent Porter becomes first black certified in plastic surgery. Administrative Professionals Day	28 2009: Sojourner Truth, former slave turned abolitionist, becomes first African American woman to have a memorial in the U.S. Capitol.	29 1899: Edward Kennedy "Duke" Ellington, jazz musician and composer, born.	30 1952: Dr. Louis T. Wright honored by American Cancer Society for his contributions to cancer research.



The modern fruit press exists thanks to the creative juices of Madeline Turner. In 1916, she invented Turner's Fruit-Press, a device that cut and juiced fruit.⁴

Scan code to watch **Matthew Raiford** video.



Rodney K. Taylor

Director of Food and Nutrition Services
Fairfax County Public Schools

Fairfax, Virginia



"No child should ever know the indignity of being hungry. Kids are suffering in silence and hungry in plain sight. And someone has to do something about it." That someone is Rodney K. Taylor, director of Food and Nutrition Services in Fairfax, Virginia. He is known for starting the first farm-to-school program in the country and changing perceptions of school food.

"Changing the food in schools can be a catalyst for changing the community," Taylor said. "It's possible to have healthy children and a healthy bottom line." Taylor's work has proven that if children are provided with healthy food options, they will modify their behaviors and make healthy eating choices. For the past 25 years, he has been directing school district nutrition programs. In 1997, he began bringing produce from local farmers into his schools. The program became known as the Farmers' Market Salad Bar.

"Forty percent of what local farmers grow gets thrown out because the produce is not as beautiful as what they sell in stores," he said. "We can buy that produce and get it into the schools. It helps the local community, and it gets the freshest food possible to children who don't have access to fresh fruits and vegetables."

When Taylor became director of the Food Services Program in Riverside, California, in 2005, he brought the farm-to-school program with him. By the time he left 13 years later, the Food Services Program went from a \$3.1 million deficit to \$7.1 million in reserve. The program expanded from feeding 47 percent to 70 percent of the district's children.

"My work changed what people thought about school food. It gave access to children who wouldn't have access," he said. "It also demonstrated that we could change children's eating behaviors. We can bring innovation into schools and make school districts proud of the food they serve."

Taylor is now in Fairfax, Virginia, because of his reputation for making change. It's the 10th-largest school district in the country. His Food Services Program prepares more than 149,000 meals per day for his 194 schools plus community organizations.

"I'm here to ensure kids get healthy meals. I come from the inner city, and I know hunger far more intimately than I care to discuss. I don't want any child to ever go hungry," Taylor said. "Not on my watch. Not when I'm here."



Mexican Chopped Salad with Yogurt Cilantro Lime Ranch Dressing

Greek yogurt and cilantro combine for a refreshingly flavorful dressing that perfectly complements a salad of fresh chopped vegetables. It's the ultimate summer side dish.

For recipe, visit AAHCalendar.com/recipes/may.



May 2016

"Changing the food in schools can be a catalyst for changing the community."

—Rodney K. Taylor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1867: First four students enter Howard University.	2 1995: Shirley Jackson assumes chairmanship of the Nuclear Regulatory Commission.	3 2013: Cedric Brooks, saxophone player and influential roots reggae musician, dies.	4 1961: Freedom Riders begin protesting segregation of interstate bus travel in the South.	5 1988: Eugene Antonio Marino installed as first U.S. African American Roman Catholic archbishop.	6 1991: Smithsonian Institution approves creation of the National African American Museum.	7 1845: Mary Eliza Mahoney, America's first black trained nurse, born.
8 1983: Lena Horne awarded Spingarn Medal for distinguished career in entertainment. <i>Mother's Day</i>	9 2010: Lena Horne, singer, actress and civil rights activist, dies.	10 1837: P.B.S. Pinchback, first African American to become governor of a state in the U.S., born.	11 1895: Composer William Grant Still, first African American to conduct a major American symphony orchestra, born.	12 1862: Black slaves commandeered the Confederate ship "The Planter."	13 1914: Joe Louis, hall of fame boxer known as "the Brown Bomber," born.	14 2015: B.B. King, Blues legend and 15-time Grammy winner, dies.
15 1820: Congress declares foreign slave trade an act of piracy, punishable by death.	16 1927: Dr. William Harry Barnes becomes first African American certified by a surgical board.	17 1954: In <i>Brown v. Board of Education</i> , Supreme Court declares segregation in public schools unconstitutional.	18 1896: In <i>Plessy v. Ferguson</i> , Supreme Court upholds doctrine of "separate but equal" education and public accommodations.	19 1993: University of Virginia professor Rita Dove appointed U.S. poet laureate.	20 1961: U.S. Attorney General Robert Kennedy dispatches U.S. marshals to Montgomery, Alabama, to restore order in the Freedom Rider crisis.	21 2006: Katherine Dunham, pioneering dancer and choreographer, author and civil rights activist, dies. <i>Armed Forces Day</i>
22 1921: <i>Shuffle Along</i> , a musical featuring a score by Eubie Blake and Noble Sissle, opens on Broadway.	23 1900: Sgt. William H. Carney becomes first African American awarded the Congressional Medal of Honor.	24 1854: Lincoln University (Pa.), first African American college, founded.	25 1926: Jazz trumpeter Miles Dewey Davis born.	26 1956: Althea Gibson wins the French Open and becomes first African American to win a major tennis title.	27 1942: Dorie Miller, a ship's steward, awarded Navy Cross for heroism during the attack on Pearl Harbor in 1941.	28 2014: Maya Angelou, renowned poet, novelist and actress, who recited her poem <i>On the Pulse of Morning</i> at the 1993 inauguration of President Clinton, dies.
29 1901: Granville T. Woods patents overhead conducting system for the electric railway.	30 1965: Vivian Malone becomes first African American to graduate from the University of Alabama. <i>Memorial Day Observed</i>	31 1870: Congress passes the first Enforcement Act, providing stiff penalties for those who deprive others of civil rights.				

From the 1930s through the 1960s, chemist and inventor Lloyd Augustus Hall pioneered research into food preservative chemicals. He holds numerous patents for a range of inventions and innovations, including a bacon-curing process and unique method of spice extraction.⁵

Scan code to watch **Rodney K. Taylor** video.



Leah Chase

Chef, Dooky Chase's Restaurant; Philanthropist; "Queen of Creole Cuisine"

New Orleans, Louisiana



When she was a child growing up in rural Louisiana, Leah Chase's father gave her three rules to live by. The first was to pray. The second, to work. And the third, to do for others. "I've lived by those rules every day of my 93 years," Chase said. "I could not live a day without doing something for someone else. I wouldn't be happy."

That's why, on most days, you can still find her in the kitchen at Dooky Chase's Restaurant preparing others her famous Creole cuisine. She's been a fixture there since the 1940s when she and her husband, Edgar "Dooky" Chase, Jr., took over the restaurant from her in-laws.

Back then, the renowned New Orleans establishment was not only a place to try Chase's home-cooked meals, but also a cultural meeting spot.

During the 1960s, people of all races would gather there to discuss the Civil Rights Movement. Dooky Chase's has maintained its cultural significance over time, catering to celebrities and politicians alike. But it's the everyday patrons who come to sit and talk with Chase each day that continue to inspire her.

"People are the most important thing in life. Living is beautiful. But living with people – meeting people, thinking about people, helping people – that's what makes life worth living," she said.

After more than 70 years in the kitchen, Chase knows how to create dishes that are both healthful and flavorful. But she believes eating healthfully is about more than ingredients. "I am a big believer in eating in moderation," she said.

"We used to only eat fried chicken on Sundays. Now, people want it every day. But you can't. You need to have something to look forward to or it isn't special."

Chase also believes healthier communities start at home. "We need to get people back to the dinner table, to talk and practice good manners and eat simple meals. Because family is where it all begins," she said.

Although Chase is considered the "Queen of Creole Cuisine," that doesn't mean she's done learning. "As you go along in life, you learn to do different things. But, most important, you learn to be a part of things. You have to play your part to make a difference," she said. "And that's what I do through cooking."



Chicken Creole with Shrimp

Healthy food tastes better. That's what chef Leah Chase proves with this authentic Creole dish, which combines fiber-filled okra, lean chicken and antioxidant-rich shrimp.

For recipe, visit AAHCalendar.com/recipes/june.



June 2016

"We need to get people back to the dinner table, to talk and practice good manners and eat simple meals. Because family is where it all begins."

– Leah Chase

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1968: Henry Lewis becomes first black musical director of an American symphony orchestra – New Jersey Symphony.	2 1971: Samuel L. Gravely Jr. becomes first African American admiral in the U.S. Navy.	3 2008: Senator Barack Obama wins Democratic presidential nomination, becoming the first African American nominee of a major U.S. political party.	4 1979: President Jimmy Carter proclaimed the month of June as Black Music Month.
5 1987: Dr. Mae C. Jemison becomes first African American woman astronaut.	6 1831: First annual People of Color convention held in Philadelphia.	7 1917: Poetess Gwendolyn Brooks, first African American to win the Pulitzer Prize (poetry, 1950), born.	8 2011: Clara Luper, Oklahoma civil rights icon who led sit-ins at drugstore lunch counters in Oklahoma in 1958, dies.	9 1995: Lincoln J. Ragsdale, pioneer fighter pilot of World War II, dies.	10 1854: James Augustine Healy, first black Roman Catholic bishop, ordained a priest in Notre Dame Cathedral.	11 2014: Ruby Dee, award-winning actress whose seven-decade career included triumphs on stage and screen, dies.
12 1963: Medgar W. Evers, civil rights leader, assassinated in Jackson, Mississippi.	13 1967: Thurgood Marshall nominated to Supreme Court by President Lyndon Johnson.	14 1864: Congress rules equal pay for all soldiers. Flag Day	15 1913: Dr. Effie O'Neal Ellis, first black woman to hold an executive position in the American Medical Association, born.	16 1970: Kenneth A. Gibson elected mayor of Newark, New Jersey, first African American mayor of a major Eastern city.	17 1775: Minuteman Peter Salem fights in the Battle of Bunker Hill.	18 1942: Harvard University medical student Bernard Whitfield Robinson commissioned as the Navy's first black officer.
19 1865: Blacks in Texas are notified of Emancipation Proclamation, issued in 1863. Father's Day Juneteenth	20 1953: Albert W. Dent of Dillard University elected president of the National Health Council.	21 1821: African Methodist Episcopal Zion (A.M.E.Z.) Church established.	22 1897: William Barry patents postmarking and cancelling machine.	23 1940: Sprinter Wilma Rudolph, winner of three gold medals at 1960 Summer Olympics, born.	24 1964: Carl T. Rowan appointed director of the United States Information Agency.	25 2009: Michael Jackson, musician and entertainer, dies.
26 1975: Dr. Samuel Blanton Rosser becomes first African American certified in pediatric surgery.	27 1991: Supreme Court Justice Thurgood Marshall announces his retirement.	28 1911: Samuel J. Battle becomes first black policeman in New York City.	29 2006: Lloyd Richards, theater pioneer and Tony Award winner for direction of <i>Fences</i> , dies on his 87th birthday.	30 2015: Misty Copeland becomes first African American female principal dancer with the American Ballet Theater.		



Alexander P. Ashbourne, a grocer from California, invented the biscuit cutter in 1875. He also went on to patent a process for refining coconut oil.⁶



Scan code to watch **Leah Chase** video.

James “Chef JR” Robinson

Celebrity Chef; Owner of KitchenCray

New York, New York



James Robinson is taking healthy food experiences on the road. Known as “Chef JR,” Robinson is the founder of KitchenCray, an innovative catering and event company that takes five-star dining experiences and recreates them to cater to its clients’ lifestyles.

“This means that one day we might do a pop-up kitchen for a celebrity event,” Robinson said. “The next day, we might take over a shelter and feed hundreds of homeless people. Or we might go into the community to teach parents to cook healthy meals for their families.”

It’s all part of KitchenCray’s total commitment to the community. The company’s initiatives include the Community Chef Experience, which

connects KitchenCray with various organizations to help feed the homeless. Its culinary arts program for children, called KitchenCray Kids, not only teaches youth about healthy eating, but also inspires them to pursue their passions.

“These initiatives are close to my heart. When I was young, I spent time without a home, living out of my car,” Robinson said. “So one of the first things I did when I had the means was to cook at a shelter for the homeless.”

He began cooking at age 11, inspired by the talents of the grandmother who raised him and his six siblings. This joy for cooking led him to culinary school. After much professional success, he became a popular contestant on the cooking competition show *Hell’s Kitchen*.

“When I was young, I had to inspire myself. I had to learn how to work on my own without the support of others. That’s why I want to be the one who shows support for others today,” he said.

One of KitchenCray’s goals is to change how the world views the chef profession – to bring chefs out of the kitchen and put them at the center of the culinary experience. “I started a catering company instead of a restaurant so that I could have the flexibility and the power to show the community love,” Robinson said. “Because in order to build healthy communities, you need to build a healthy relationship with the community.”



JR’s Fisherman Soup

Warm up with James Robinson’s savory version of fisherman soup, a hearty stew of shrimp, clams, mussels, lobster and crab.


For recipe, visit AAHCalendar.com/recipes/july.



July 2016

“I started a catering company instead of a restaurant so that I could have the flexibility and the power to show the community love.”

–James “Chef JR” Robinson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 2014: Michelle Howard becomes U.S. Navy’s first woman four-star admiral. As Vice Chief of Naval Operations, which she began that same day, Howard becomes first woman and first African American to hold that post.	2 1872: Elijah McCoy patents first self-lubricating locomotive engine. The quality of his inventions helped coin the phrase “the real McCoy.”
3 1688: The Quakers in Germantown, Pennsylvania, make first formal protest against slavery.	4 1900: Traditional birthdate of Louis “Satchmo” Armstrong, jazz pioneer. Independence Day	5 1991: Nelson Mandela elected president of the African National Congress.	6 1957: Althea Gibson wins women’s singles title at Wimbledon, first African American to win tennis’s most prestigious award.	7 1948: Cleveland Indians sign pitcher Leroy “Satchel” Paige.	8 2000: Venus Williams wins women’s singles championship at Wimbledon.	9 1893: Dr. Daniel Hale Williams performs first successful open-heart operation.
10 1943: Arthur Ashe, Jr., first African American to win the U.S. Open and men’s singles title at Wimbledon, born.	11 1905: W.E.B. DuBois and William Monroe Trotter organize the Niagara Movement, a forerunner of the NAACP.	12 1949: Frederick M. Jones patents cooling system for food transportation vehicles.	13 1965: Thurgood Marshall becomes first African American appointed U.S. solicitor general.	14 1951: George Washington Carver Monument, first national park honoring an African American, is dedicated in Joplin, Missouri.	15 1867: Maggie Lena Walker, first woman and first African American to become president of a bank, born.	16 1822: Violette A. Johnson, first black woman to practice before the U.S. Supreme Court, born.
17 1959: Billy Holiday, American jazz singer and songwriter, dies.	18 1918: Nelson Mandela, South African anti-apartheid revolutionary and first black president of South Africa, born.	19 1925: Paris debut of Josephine Baker, entertainer, activist and humanitarian.	20 1950: Black troops (24th Regiment) win first U.S. victory in Korea.	21 1896: Mary Church Terrell elected first president of National Association of Colored Women.	22 1827: James Varick, first bishop of the African Methodist Episcopal Zion (A.M.E.Z.) Church, dies.	23 1962: Jackie Robinson becomes first black baseball player in the major leagues inducted into baseball’s Hall of Fame.
24 1807: Shakespearean actor Ira Aldridge born in New York City.	25 1916: Garrett Morgan, inventor of the gas mask, rescues six people from gas-filled tunnel in Cleveland, Ohio.	26 1948: President Harry S. Truman issues Executive Order 9981, ending segregation in armed forces.	27 1880: Alexander P. Ashbourne patents process for refining coconut oil.	28 1868: 14th Amendment, granting African Americans full citizenship rights, becomes part of the Constitution.	29 1895: First National Conference of Colored Women Convention held in Boston.	30 1822: James Varick elected first bishop of the African Methodist Episcopal Zion (A.M.E.Z.) Church.
31 1874: Rev. Patrick Francis Healy inaugurated president of Georgetown University, Washington, D.C.	 <p>Willis Johnson invented the eggbeater in the late 1880s. Prior to his invention, mixing was done entirely by hand.⁷</p>					

Scan code to watch James “Chef JR” Robinson video.



Elle Simone Scott

Food Stylist, Culinary Producer, Founder of SheChef

Brooklyn, New York



Elle Simone Scott wants you to play with your food. “Experiment with eating healthfully!” she said. “Don’t dismiss something because you didn’t grow up eating it or you’ve never seen it before. It’s always important to try new things.”

As a food stylist and culinary producer, trying new ideas with food is something she does every day. Scott works with clients to create food that meets the image and standards of their brands. This often requires cooking an item multiple times to achieve the perfect look or creating nontraditional images with food. “I once had to make a man out of waffles. That was interesting. Trying to create a hand shape with batter, using a waffle iron, was a challenge!” she said.

Scott grew up with a love of cooking inherited from her close family. But her career initially took her in a different direction. She was a social worker for

seven years in her hometown of Detroit, Michigan, while moonlighting as a line cook.

When the agency she was employed by lost funding, she decided to turn her passion for cooking into a career. She got a job as a chef on a cruise ship and followed that with a move to New York City to attend culinary school.

“I came to New York with \$200 and two suitcases,” she said. “But taking the risk was worth it. Through school, I won an internship with the Food Network. They then hired me as a freelancer. That was the beginning of my food-styling career.”

Scott’s career came full circle when she started her mentoring program, SheChef. “When I was growing up, I told my mother I wanted to be a chef.

She didn’t discourage me, but she did mention that there are not many women chefs – especially women chefs of color,” Scott said. “She never saw them. And if you don’t see someone like yourself in a career, you don’t believe you belong.”

SheChef helps young women from urban settings understand that they do belong in the culinary arts. It provides mentoring and free business consultations, and it connects participants to volunteer and community resources. There are nearly 150 members in chapters in Detroit, Michigan; New York City; Atlanta, Georgia; and Dallas and Houston, Texas.

“My good fortune makes it my responsibility to support the women I meet; the women who work hard and deserve the chance to style their own careers,” she said.



“No Bahn Mi”: Shiro Miso Flank Steak Lettuce Wraps with Pickled Vegetables

With this creation, Elle Simone Scott plays on the Vietnamese Bahn Mi sandwich. Bahn Mi means “bread” in Vietnamese, but Scott’s twist on the classic dish uses lettuce instead, while keeping the meat and pickled vegetables — hence the name, “No Bahn Mi.”

For recipe, visit AAHCalendar.com/recipes/august.

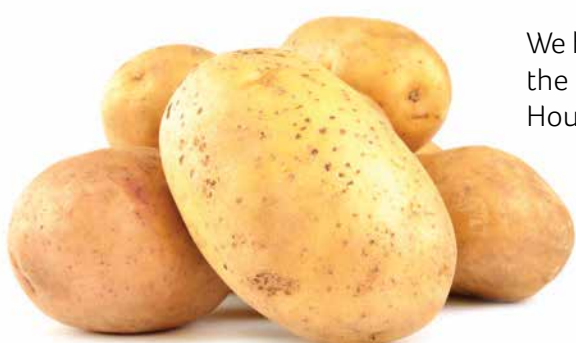


August 2016

“Don’t dismiss something because you didn’t grow up eating it or you’ve never seen it before. It’s always important to try new things.”

– Elle Simone Scott

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1879: Mary Eliza Mahoney graduates from New England Hospital for Women and Children, becoming the first black professional nurse in America.	2 2012: Gabby Douglas becomes the first African American to win an all-around gymnastics gold at the Summer Olympics.	3 1800: Gabriel Prosser leads slave revolt in Richmond, Virginia.	4 1810: Abolitionist Robert Purvis born.	5 1962: Nelson Mandela, South African freedom fighter, imprisoned. He was not released until 1990.	6 1965: President Lyndon B. Johnson signs Voting Rights Act, outlawing literacy test for voting eligibility in the South.
7 1894: Joseph Lee patents a kneading machine.	8 2005: John H. Johnson, founder and publisher of <i>Ebony</i> and <i>Jet</i> magazines, dies.	9 1936: Jesse Owens wins fourth gold medal at Summer Olympics in Berlin.	10 1989: Gen. Colin Powell is nominated chairman, Joint Chiefs of Staff, the first African American to hold this post.	11 1872: Dr. Solomon Carter Fuller, acknowledged as first black psychiatrist, born.	12 1977: Steven Biko, leader of Black Consciousness Movement in South Africa, arrested.	13 1981: Reagan administration undertakes its review of 30 federal regulations, including rules on civil rights to prevent job discrimination.
14 1989: First National Black Theater Festival held in Winston-Salem, North Carolina.	15 2015: Julian Bond, activist and former NAACP Board chairman who helped launch the Civil Rights Movement, dies.	16 1922: Author Louis E. Lomax born.	17 1849: Lawyer-activist Archibald Henry Grimké, who challenged the segregationist policies of President Woodrow Wilson, born.	18 1859: Harriet Wilson’s <i>Our Nig</i> is first novel published by a black writer.	19 1954: Dr. Ralph J. Bunche named undersecretary of United Nations.	20 1993: Dr. David Satcher named director of the Centers for Disease Control.
21 1904: Bandleader and composer William “Count” Basie born.	22 1880: Cartoonist George Herriman born.	23 1926: Carter Woodson, historian and author, inaugurates Negro History Week.	24 1853: George “Speck” Crum invents the Saratoga Chip, now known as the potato chip.	25 1925: A. Phillip Randolph founds Brotherhood of Sleeping Car Porters.	26 1946: Composer, singer and producer Valerie Simpson Ashford born.	27 1963: W.E.B. DuBois, scholar, civil rights activist and founding father of the NAACP, dies.
28 1963: Rev. Dr. Martin Luther King Jr. delivers “I Have A Dream” speech during March on Washington, D.C.	29 1920: Saxophonist Charlie “Bird” Parker born.	30 1983: Lt. Col. Guion S. Bluford Jr. becomes the first African American astronaut in space.	31 1836: Henry Blair patents cotton planter.			



We have George Crum to thank for one of the most popular snack foods of all time – the potato chip. He invented the tasty treat in 1853, as head chef at Cary Moon’s Lake House in Lake Saratoga, New York.⁸



Scan code to watch **Elle Simone Scott** video.

Haile Thomas

Youth Health Advocate, Motivational Speaker, Jr. Chef
 Founder and Executive Director, The HAPPY Organization, Inc.

Tucson, Arizona



Haile Thomas proves that having a passion for health and nutrition doesn't have an age restriction. At 15 years old, Thomas already is one of the most influential youth health advocates in the country. She is an executive director, a sought-after speaker and an intern at Canyon Ranch Institute. She's been on countless television shows and even introduced First Lady Michelle Obama at the 2013 Kids State Dinner at the White House.

And it all started when she was only 8 years old. That's when her father was diagnosed with Type 2 diabetes. "My family was shocked. Together, we began to research ways to improve his health," Thomas said. "We quickly saw how eating healthful food and limiting processed food could affect health and wellness. Over time, my dad was able to reverse his condition."

During her research, Thomas was surprised to learn that youth are affected by nutrition-related diseases such as diabetes and heart disease. "I realized I could have ended up with a health condition if we hadn't turned around our lives. I didn't think a lot of kids knew about this, and I wanted to do something about it."

With her mother's help, Thomas applied and in 2010 was accepted onto the Youth Advisory Board of the Clinton Foundation's Alliance for a Healthier Generation. This gave her a national platform to speak about youth health and nutrition.

The experience inspired Thomas to start The HAPPY Organization, Inc. in 2012. HAPPY stands for Healthy Active Positive Purposeful Youth.

The organization provides healthful programs for young people in Tucson, Arizona's, underserved communities. It offers HAPPY Chefs cooking classes and summer camp, the HAPPY to Play fitness program, and HAPPY to Serve community service projects.

Through HAPPY, Thomas has helped or educated more than 5,000 youth. "We teach kids that it's up to them to make healthful food taste good. We want them to get creative; to get into the kitchen; and see that healthful food can be easy, nutritious and tasty," Thomas said. "As a community, we have to become educated together. That's what worked in our family. If my dad had tried to change his habits on his own, he would not have been successful. It happened because we all worked together."



BBQ Jackfruit Sloppy Joe Sandwich with Apple Slaw

This healthy take on the Sloppy Joe sandwich replaces meat with jackfruit for a unique yet satisfying comfort meal.

For recipe, visit AAHCalendar.com/recipes/september.



September 2016

"We teach kids that it's up to them to make healthful food taste good. We want them to get creative; to get into the kitchen; and see that healthful food can be easy, nutritious, and tasty."

– Haile Thomas

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1993: Condoleezza Rice named provost at Stanford University, becoming the youngest person and first African American to hold this position.	2 1958: Frederick M. Jones patents control device for internal combustion engine.	3 1979: Robert Maynard becomes first African American to head a major daily newspaper, <i>Oakland Tribune</i> , in California.
4 1957: Arkansas Governor Orval Faubus calls out the National Guard to bar black students from entering a Little Rock high school.	5 1960: Leopold Sedar Senghor, poet and politician, elected president of Senegal. Labor Day	6 1848: Frederick Douglass elected president of National Black Political Convention in Cleveland, Ohio.	7 1954: Washington, D.C., and Baltimore, Maryland, public schools integrated.	8 1981: Roy Wilkins, executive director of the NAACP, dies.	9 1968: Arthur Ashe, Jr. wins men's singles tennis championship at U.S. Open.	10 1855: John Mercer Langston elected township clerk of Brownhelm, Ohio, becoming first African American to hold elective office in the U.S.
11 1959: Edward Kennedy "Duke" Ellington wins Spingarn Medal for his achievements in music.	12 1992: Dr. Mae C. Jemison becomes first African American woman to travel in space.	13 1886: Literary critic Alain Locke, first black Rhodes Scholar, born.	14 1921: Constance Baker Motley, first black woman appointed federal judge, born.	15 1963: Four black girls killed in Birmingham, Alabama, church bombing.	16 1923: First Catholic seminary for black priests dedicated in Bay St. Louis, Mississippi.	17 1983: Vanessa Williams becomes first African American crowned Miss America.
18 2015: Willie Mae Seaton, legendary chef and recipient of the James Beard America's Classic Award, dies.	19 1893: Albert R. Robinson patents electric railway trolley.	20 2015: Viola Davis becomes first African American to win an Emmy for Best Actress in Drama.	21 1998: Florence Griffith Joyner, Olympic track star, dies.	22 1862: Emancipation Proclamation announced.	23 1863: Civil and women's rights advocate Mary Church Terrell born.	24 1957: Federal troops enforce court-ordered integrations as nine children integrate Central High School in Little Rock, Arkansas.
25 1974: Barbara W. Hancock becomes first African American woman named a White House fellow.	26 1962: Sonny Liston knocks out Floyd Patterson to win heavyweight boxing championship.	27 1912: W.C. Handy publishes <i>Memphis Blues</i> .	28 1991: National Civil Rights Museum opens in Memphis, Tennessee.	29 1910: National Urban League established in New York City.	30 1962: James Meredith enrolls as first black student at University of Mississippi.	



Joseph Lee patented the bread-crumbling machine in the late 1800s, which automated the creation of breadcrumbs.⁹



Scan code to watch **Haile Thomas** video.

Bryant Terry

Author, Educator and Food Justice Advocate
 Chef-in-Residence, Museum of the African Diaspora, San Francisco
 Oakland, California



The arts, culture and history not only have the ability to inspire. They also have the power to spark social change. Just ask Bryant Terry. The chef, author and educator uses artistic and cultural influences to shape his work, as both the chef-in-residence at San Francisco's Museum of the African Diaspora and as an active voice within the community.

"In everything I do, I want to inspire people to become active. I want to ignite personal change, community engagement and civic participation," he said.

Terry's main cause: food justice – a movement that aims to give everyone access to healthy, affordable food. In 2002, he founded b-healthy (Build Healthy Eating and Lifestyles to Help Youth). The New York City initiative provided youth programming and cooking demonstrations to hundreds

of young people throughout the city and beyond. It encouraged youth to help build a more sustainable food system.

"I want young people to be leaders in the food justice movement. And I see cooking as a powerful way to get them involved," he said. "Teaching young people cooking can change their habits, attitudes and politics in regard to food."

Terry's own early lessons in food justice came from the art and music of his youth, as well as his graduate studies in history at New York University. He cites Upton Sinclair's *The Jungle*, and the song "Beef" by Boogie Down Productions as opening his eyes to the realities of the industrialized food system. His study of the Black Panther Party's community programs of the 1960s inspired him to think about how poverty and illness intersect with lack

of access to healthy food. Even his recipes are influenced by art; namely, the collage works of artist Romare Beardon, which inspire him to meld flavors and cultural influences for his popular cookbooks.

"These works moved and motivated me. And I'm just one person," said Terry. "If I can move one person to change the way he or she approaches food, that's how I measure success."

Terry believes a healthy community is one in which there are many sources for accessing healthy, affordable and culturally appropriate food. But it doesn't end there. "In a truly healthy community, the local food systems are owned and driven by the people living in the community," he said. "We need to be clear about our roles as community members and citizens, and contribute to change."



Texas Caviar on Grilled Rustic Bread

One of the many creative ways Southerners use black-eyed peas is by combining them with tomato, bell pepper and onion and tossing it all with a tangy vinaigrette to create Texas caviar. Bryant Terry spoons his onto thick slices of rustic bread for a party-perfect appetizer.


For recipe, visit AAHCalendar.com/recipes/october.



October 2016

"Teaching young people cooking can change their habits, attitudes and politics in regard to food."

– Bryant Terry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1996: Lt. Gen. Joe Ballard becomes first African American to head the Army Corps of Engineers.
2 2000: James Perkins Jr. sworn in as Selma, Alabama's, first African American mayor. Rosh Hashanah Begins (sundown)	3 1956: Nat "King" Cole becomes first black performer to host his own TV show.	4 1864: First black daily newspaper, <i>The New Orleans Tribune</i> , founded.	5 2011: Rev. Fred Shuttlesworth, described by the Rev. Dr. Martin Luther King Jr. as "the most courageous civil rights fighter in the South," dies.	6 1917: Political activist Fannie Lou Hamer born.	7 1993: Toni Morrison becomes the first African American to win the Nobel Prize® in literature.	8 1941: Rev. Jesse Jackson, political activist and civil rights leader, born.
9 2001: Dr. Ruth Simmons, first African American leader of an Ivy League institution, elected 18th president of Brown University.	10 1899: Isaac R. Johnson patents bicycle frame. Columbus Day Observed	11 1887: Granville T. Woods patents telephone system and apparatus. Yom Kippur Begins (sundown)	12 2005: C. Delores Tucker, civil rights activist and founder of the National Black Congress, dies.	13 1579: Martin de Porres, first black saint in the Roman Catholic church, born.	14 1964: At age 35, Rev. Dr. Martin Luther King Jr. becomes youngest man to win Nobel Peace Prize.	15 1991: Clarence Thomas confirmed as an associate justice of U.S. Supreme Court.
16 1984: Bishop Desmond Tutu wins Nobel Peace Prize.	17 1888: Capital Savings Bank of Washington, D.C., first bank for African Americans, organized.	18 1948: Playwright Ntozake Shange, author of <i>For Colored Girls Who Have Considered Suicide When The Rainbow Is Enuf</i> , born.	19 1943: Paul Robeson opens in <i>Othello</i> at the Shubert Theater in New York City.	20 1898: The first African American-owned insurance company, North Carolina Mutual Life Insurance Co., founded.	21 1917: Trumpeter Dizzy Gillespie, pioneer of bebop, born.	22 1953: Dr. Clarence S. Green becomes first African American certified in neurological surgery.
23 1996: Sheryl Swoopes becomes first player signed with the newly created WNBA.	24 2005: Rosa Parks, civil rights pioneer who sparked 1955 Montgomery bus boycott, dies. United Nations Day	25 1992: Toronto Blue Jays manager Cito Gaston becomes first African American to manage a team to a World Series title.	26 1970: Charles Gordone becomes first African American playwright to receive the Pulitzer Prize for <i>No Place to Be Somebody</i> .	27 1954: Benjamin O. Davis Jr. becomes first black general in U.S. Air Force.	28 1998: President Bill Clinton declares HIV/AIDS a health crisis in racial minority communities.	29 2015: Simone Biles becomes first woman to win three consecutive titles at the World Gymnastics Championship.
30 1979: Richard Arrington elected first African American mayor of Birmingham, Alabama.	31 1899: William F. Burr patents switching device for railways. Halloween	 <p>Smooth operator: Albert Richardson invented and patented the butter churn in 1891, transforming the food industry.¹⁰</p>				



Scan code to watch **Bryant Terry** video.

Kashia Cave

Founder and Chef, My City Kitchen, Inc.

Meriden, Connecticut



Growing up on her grandfather's farm on the island of Trinidad & Tobago, Kashia Cave was surrounded by healthful food. "We would bake bread in a dirt oven. Our eggs came from our ducks or chickens. Anything we ate, we grew," she said. "And everyone – no matter what age – had a place and a responsibility in the kitchen."

This early love for fresh cooking stayed with her when she moved to Connecticut and raised her two sons. She taught them to cook at an early age. Soon, their friends also wanted to learn. The neighborhood parents offered to buy ingredients for these makeshift cooking classes at Cave's home.

"That's when I realized there is a need for this in our community," said Cave, a graduate of both Lincoln Culinary Institute and the Italian Culinary Institute

for Foreigners. "Cooking provided a basic life skill that could really help these families, many of which were single-parent and low-income households."

This inspired Cave to create My City Kitchen, Inc., a community cooking program for children ages 6 to 17. It offers two after-school classes per week. Children learn to cook a healthy recipe and take a portion home to share with their families. The program has served more than 580 students.

Cave builds the menus around the food that is available in the community, as well as where students' families shop. She even takes her students on trips to the store so that they can plan and shop for their own meals. "Once kids realize they can make a healthier version of the food they love, with ingredients they can afford, they get really excited," she said.

My City Kitchen also creates special programming to meet the needs of the community. A recent program, Healthy Moms = Healthy Babies, taught teenage mothers how to make healthful meals for themselves and their children.

Cave said the results have been life changing. One of her students, sent to her from the juvenile justice program, didn't speak a word to her for three weeks. But after building a relationship through food, he became a passionate junior chef who is graduating with honors.

"Cooking opens the door to change. Teaching children to cook impacts entire families," said Cave. "This program is a way to reach out and fight for our children. That's why I work so hard."



Baked Salmon with Mango Salsa

Fresh herbs, greens, fruit and even edible flowers make this a creative, colorful dish that is packed with healthy ingredients and easy to prepare.

For recipe, visit AAHCalendar.com/recipes/november.



November 2016

"Cooking opens the door to change. Teaching children to cook impacts entire families."

– Kashia Cave

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1945: John H. Johnson publishes first issue of <i>Ebony</i> .	2 1983: President Ronald Reagan designates Martin Luther King Jr. Day a national holiday.	3 1981: Thirman L. Milner elected mayor of Hartford, Connecticut, becoming first African American mayor in New England.	4 2008: Senator Barack H. Obama elected 44th president of the U.S., becoming first African American to be elected chief executive in the 232-year history of the country.	5 1968: Shirley Chisholm of Brooklyn, New York, becomes first black woman elected to Congress.
6 2012: President Barack H. Obama, the first African American to hold the office of U.S. commander-in-chief, elected to a second term. Daylight Saving Time Ends	7 1989: L. Douglas Wilder elected governor of Virginia, becoming nation's first African American governor since Reconstruction.	8 1938: Crystal Bird Fauset elected state representative in Pennsylvania, becoming first black woman to serve in a state legislature. Election Day	9 1731: Mathematician, urban planner and inventor Benjamin Banneker born.	10 2006: Benny Andrews, painter and teacher whose work drew on memories of his childhood in the segregated South, dies.	11 1989: Civil Rights Memorial dedicated in Montgomery, Alabama. Veterans Day	12 1941: Mary Cardwell Dawson and Madame Lillian Evanti establish the National Negro Opera Company.
13 1940: The U.S. Supreme Court rules in <i>Hansberry v. Lee</i> that African Americans cannot be barred from white neighborhoods.	14 1915: Booker T. Washington, educator, author, orator and advisor to presidents of the U.S., dies.	15 1881: Payton Johnson patents swinging chair.	16 1981: Pam Johnson named publisher of the <i>Ithaca Journal</i> in New York, becoming first African American woman to head a daily newspaper.	17 1980: Howard University airs WHHM, first African American-operated public radio station.	18 1797: Sojourner Truth, abolitionist and Civil War nurse, born.	19 1953: Roy Campanella named Most Valuable Player in National Baseball League for the second time.
20 1923: Garrett A. Morgan patents traffic light signal.	21 1893: Granville T. Woods patents electric railway conduit.	22 1930: Elijah Muhammed establishes the Nation of Islam.	23 1897: A.J. Beard patents the Jenny Coupler, used to connect railroad cars.	24 2014: Charles Sifford, former professional golfer who helped desegregate the PGA in America, awarded the Presidential Medal of Freedom. Thanksgiving Day	25 1955: The Interstate Commerce Commission bans segregation in interstate travel.	26 1883: Sojourner Truth, abolitionist and Civil War nurse, dies.
27 1990: Charles Johnson awarded National Book Award for fiction for <i>Middle Passage</i> .	28 1961: Ernie Davis becomes first African American to win the Heisman Trophy®.	29 1908: Adam Clayton Powell Jr., politician and civil rights activist, born.	30 1912: Gordon Parks, writer, filmmaker and photographer, born.			



Henry Blair changed the farming industry when he invented a seed planter that allowed farmers to increase the efficiency and reduce the labor needed to plant corn. In 1834, he became only the second African American inventor to receive a patent.¹¹



Scan code to watch **Kashia Cave** video.

Maxcel Hardy III

Private Chef; Entrepreneur – Chef Max Miami catering company
 Chef Max Designs – Chef Coats; Philanthropist; Founder, One Chef
 Can 86 Hunger Foundation; Author

Miami, Florida; and New York, New York



Competing at a national level. Improving your life. Changing the world. It's not professional sports. It's the culinary arts.

Maxcel Hardy recognized at an early age the similarities between sports and cooking. Like most of his friends growing up in Detroit, Michigan, Hardy had dreams of becoming a professional basketball star. And while he was a competitive basketball player, he quickly realized that sports were not his ticket to a better life.

"I started taking classes in the Culinary Arts Program in high school. My teacher, executive chef Edward Bujarski, had traveled the world as a chef. He inspired me to pursue it as a career," said Hardy. Hardy began competing in

cooking competitions at the city and regional levels. He was granted a culinary scholarship. "It was an easy transition from sports to the culinary world," he said.

Today, Chef Max has transformed his competitive spirit into an entrepreneurial one. His Chef Max Miami catering company serves clients in Miami, New York and Los Angeles. Clients include award-winning music artists, actors, professional athletes and dignitaries. And his Chef Max Designs company works with local tailors and designers to create modern, professional chef apparel.

But his true passion is still rooted in the community. As the founder of One Chef Can 86 Hunger Foundation, Hardy educates people on America's hunger crisis; and teaches families and communities how to access healthy,

cost-effective food. The foundation also provides programming within schools and community centers.

"If you can change one thing in your diet, you can make a difference in your health," Hardy said. "Parents and families should shop together, cook together, and help each other change diet and eating habits."

Today, Chef Max is focused on inspiring healthy eating, healthy living and empowerment through food. He also helps judge the youth cooking competitions that he credits for changing his life. "Becoming a chef wasn't the cool thing to do where I was growing up. I didn't see a lot of African American chefs. So I'm proud to stand up and show kids what you can achieve in the culinary arts," he said. "Now, it's definitely cool."



Chipotle Cocoa Rub Chicken with Mango Chutney

Chipotle and sugar combine to give this chicken recipe a sweet kick. Add in honey and cocoa powder, top with a flavorful mango chutney, and you have a dish that's unexpectedly delicious.

For recipe, visit AAHCalendar.com/recipes/december.



December 2016

"Parents and families should shop together, cook together, and help each other change diet and eating habits."

– Maxcel Hardy III

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1955: Rosa Parks arrested for refusing to give her seat to a white man, sparking the Montgomery, Alabama, bus boycott.	2 1884: Granville T. Woods patents telephone transmitter.	3 1847: Frederick Douglass publishes first issue of <i>North Star</i> .
4 1906: Alpha Phi Alpha, first black Greek letter fraternity, founded at Cornell University.	5 2013: Nelson Mandela, revered South African anti-apartheid icon who spent 27 years in prison and became South Africa's first black president, dies.	6 1932: Richard B. Spikes patents automatic gearshift.	7 1942: Reginald F. Lewis, first African American to create a billion-dollar business empire through the leveraged buyout of Beatrice International Foods, born.	8 1925: Entertainer Sammy Davis Jr. born.	9 1872: P.B.S. Pinchback of Louisiana becomes first black governor.	10 1846: Norbert Rillieux patents a sugar refiner.
11 1926: Blues singer Willie Mae "Big Mama" Thornton born.	12 1995: Willie Brown defeats incumbent Frank Jordan to become the first African American mayor of San Francisco.	13 1944: First black servicewomen sworn in to the WAVES.	14 1829: John Mercer Langston, congressman and founder of Howard University Law Department, born.	15 1883: William A. Hinton, first African American on Harvard Medical School faculty, born.	16 1976: Andrew Young nominated by President Jimmy Carter to be U.S. ambassador to United Nations.	17 1802: Teacher and minister Henry Adams born.
18 1865: Congress passes 13th Amendment, abolishing slavery.	19 1875: Educator Carter G. Woodson, "Father of Black History," born.	20 1860: South Carolina secedes from the Union, initiating the Civil War.	21 1911: Baseball legend Josh Gibson born.	22 1883: Arthur Wergs Mitchell, first black Democrat to be elected to Congress, born.	23 1867: Sarah "Madam C.J." Walker, businesswoman and first black female millionaire, born.	24 1832: Charter granted to Georgia Infirmary, the first black hospital. Christmas Eve Hanukkah Begins (sundown)
25 1907: Cab Calloway, bandleader and first jazz singer to sell 1 million records, born. Christmas	26 1908: Jack Johnson, boxing pioneer, becomes first African American to win the world heavyweight boxing championship. Kwanzaa Begins	27 1862: African Methodist Episcopal Zion (A.M.E.Z.) Church founded in New Bern, North Carolina.	28 1905: Earl "Fatha" Hines, "Father of Modern Jazz Piano," born.	29 1924: Author, sportswriter A.S. "Doc" Young born.	30 1892: Dr. Miles V. Lyrnk publishes first black medical journal for physicians, the <i>Medical and Surgical Observer</i> .	31 1930: Odetta, blues and folk singer, born. New Year's Eve



Sweet thinking: In the 1800s, Norbert Rillieux patented a sugar evaporator that made it easier, safer and faster to process sugar. Sugar processors around the world adopted use of his machine.¹²



Scan code to watch **Maxcel Hardy III** video.