

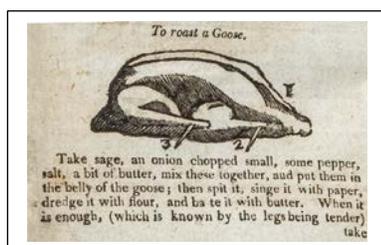
FIRE and FREEDOM

Food and Enslavement in Early America

The National Library of Medicine is pleased to present our latest traveling exhibition, ***Fire and Freedom: Food and Enslavement in Early America***. In the Chesapeake region of the United States, during the early colonial era, European settlers survived by relying upon indentured servants and slave labor for life-saving knowledge of farming and food acquisition. Europeans suffered poor nutrition and widespread illness caused by the lack of medical care.



Despite their perilous position, colonists used human resources, the natural environment, and maritime trade to gain economic prosperity. But, it is through the labor of slaves, like those at George Washington's Mount Vernon, that we can learn about the ways that meals transcend taste and sustenance.



Courtesy National Library of Medicine



Courtesy the Mount Vernon Ladies' Association

The six-banner traveling exhibition ***Fire and Freedom: Food and Enslavement in Early America***, uses George Washington's Mount Vernon as a specific example of how meals reveal how power is exchanged between and among different peoples, races, genders, and classes. A digital gallery of images is available online at: <http://nlm.nih.gov/exhibition/fireandfreedom/digitalgallery>.

Fire and Freedom: Food and Enslavement in Early America began traveling around the United States in November 2016. For more information, contact nlmtravelingexhibits@nlm.nih.gov or visit us on the web at: www.nlm.nih.gov/fireandfreedom.

Credit line: This exhibition was produced by the National Library of Medicine, National Institutes of Health with research assistance provided by the staff at The Washington Library at George Washington's Mount Vernon.

Curated by Psyche Williams-Forsen, PhD