

# FIRE and FREEDOM



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](mailto:nlmtravelingexhibits@nlm.nih.gov) or visit us on the web at: [www.nlm.nih.gov/fireandfreedom](http://www.nlm.nih.gov/fireandfreedom).

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Curated by Psyche Williams-Forsen, PhD