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Fruit: A Savor of the South

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and diminishing support for the War. Instead of resulting in a sense of empowerment, their hardships created disillusionment and enduring wounds, causing women to take their wartime legacies into their own hands.

Some of these women gave up conservative lifestyles to contribute more directly to the war effort. In the book's second section, "Impermissible Patriots," Clinton moves beyond the more popular chronicles of women such as Mary Chestnut, and explores accounts written by southern women who were suddenly thrown into unfamiliar duties in the hospital or the field. The author also shares stories of women who threw off the trappings of their gender and became soldiers. One such story is that of Loreta Janeta Velazquez, who even before the War, chose to live a less conventional life than many of her sex. Velazquez's autobiography proved to be a sensational memoir of a woman who, after the death of her husband and children, pursued the life of a male Confederate soldier, then after being caught, a female spy. This narrative reflects the full extent of southern women's more active participation during the War.

Clinton also includes stories of women resisters who used their social influence to fight their enemy, including the well-known account of New Orleans women who defied the authority of Union General Benjamin Butler after the city's occupation in April of 1862. Having little power but "southern civility," the city's female population began to actively ignore or demonstrate rude behavior toward the occupying federal troops. Butler took offense at the women's obvious slights of crossing the street at the sight of a Union soldier, or worse, spitting in their faces. Both sides being completely resolute in their opposition, Butler and the New Orleans matrons began a standoff that would end in jailed women and news of "Yankee horrors" spreading throughout the South.

In the years after the War, southern white women began to actively reshape their own history, attempting to create an honorable legacy from a dishonorable defeat. They began forming their own postwar narrative, successfully contributing to the "Myth of the Confederacy." It was through these well-crafted nostalgic writings that the South "lost the war, but won the peace." Clinton traces this literature from the years following the War until well into the twentieth century, seeking to deconstruct this revisionist history.

The book's last chapter, "Mammy by Any Other Name," focuses on black women's wartime activities and how their contributions were diminished in postwar history. As southern white women created their romanticized wartime narrative, black women were relegated to a role that provided nostalgic comfort and dissipated the cruel and inhuman aspects of slavery and "interracial liaisons." The "Myth of Mammy" began to rise concurrently with the "Myth of the Confederacy," while the true narrative of black women's participation remained underrepresented in Civil War history. The author specifically focuses on two women, Harriet Tubman and Susie King Taylor. Both are strong examples of black women who made significant

contributions during the War. The author clearly outlines the importance of Tubman's efforts to transport countless slaves out of the South, as well as Taylor's service with the Union troops, both as a nurse and a teacher to recently freed slaves. But there are also countless tales of bravery and resistance of southern black women during and after the War, and Clinton plays these important narratives against the stereotypical representation of "Mammy."

In *Stepdaughters of History: Southern Women and the American Civil War*, Catherine Clinton provides a complex portrayal of southern women's participation in the War. In doing so, she draws on increasingly important Civil War scholarship and primary source research to define how women viewed their own wartime contributions, as well as their postwar legacies. Incorporating diaries and correspondence, the author provides moving accounts of the abject suffering of the war-weary female population and the challenge of representing their stories in a truthful and relevant way. This book in is a must read for those who seek to fully understand women's history in the context of the Civil War.

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Fruit: A Savor the South Cookbook. Nancie McDermott. Chapel Hill: University of North Carolina Press, 2017. ISBN: 978-1-4696-3251-3 (cloth: alk.paper); 978-1-4696-3252-0 (ebook) 163 p. \$12.78.

a SAVOR THE SOUTH cookbook

Fruit

NANCIE MCDERMOTT



Fruit: A Savor the South Cookbook, is a delightful jewel discussing twelve fruits, their origins and history, and shares wonderful recipes and culinary ideas. The appetizing twelve fruits blackberries, cantaloupe, damson plums, figs, mayhaws, muscadine and scuppernong grapes, pawpaws, peaches, persimmons, quince, strawberries, and watermelon exclaimed over are abundant in the South. The chapters start with details about the fruit followed by yummy recipes. Above each recipe is data about the recipe. The recipes are easy to understand. Sidebars

explain cookery techniques comprising How to Sterilize Jars for Storing Jams and Preserves in the Refrigerator, Resources on Canning, How to Make Piecrust for a Single-Crust or Double-Crust Pie, How to Prepare Pawpaws for Eating, Cooking, and Storing, How to Peel Fresh Peaches, How to Prepare Wild Persimmons, How to Prepare Domestic Persimmons, and Ratafia.

Between 2012—2017 twenty-one other *Savor the South* cookbooks have been published by various authors. Nancie McDermott resides Chapel Hill and holds a degree from University of North Carolina at Chapel Hill. Ms. Dermott is the author of numerous cookery articles and cookbooks, for example *Southern Soups and Stews*, *Southern Cakes*, and *Southern Pies*.

Thought-provoking facts are rich in the cookbook. The time of year that the fruits are ample is noted. July is the month of blackberries. Figs are profuse at the end of summer and the fall has copious persimmons. Figs are thought as prosperous in the Bible. Quince can create beautiful smells for buildings. Intriguingly, backgrounds of the fruits are touched on. Figs are from Jericho and Africa. Astoundingly, watermelons grew in Egypt before Christ. What's more, seeds of watermelon were in King Tutankhamun's resting place. Greece and Rome employed blackberries to heal. Moreover, blackberries were utilized as colorants by Indians. Where the fruits are located is remarked about. South Carolina chose the peach as the state fruit and strawberries are lavish in the states on the east coast.

The delightful contents incorporate Contents, Introduction, Blackberries: Blackberry Roly Poly, Blackberry Fool, Blackberry Slump, Blackberry Cordial, Cantaloupe: Cantaloupe Agua Fresca, Horchata de Melon, Cantaloupe Preserves, Sherri Brooks Vinton's Cantaloupe Pickles, Cantaloupe Sorbet, Damson Plums: Damson Plum Jam, Martha Hall Foose's Damson Plum Custard Pie, Lamb Shanks with Damson Plum Sauce, Figs: Fig Preserves, Vimala Rajendran's Fig Compote, Fresh Fig Chutney with Cilantro and Toasted Cumin, Fresh Fig Pie, Okracoke Island Fig Cake with Buttermilk Glaze, Loella Fugate's Fig Swirl Cookies, Mayhaws: Mayhaw Jelly, Mayhaw Jelly-Glazed Shrimp with Zucchini, Mayhaw Meatballs, Slow-Cooker Pulled Pork with Mayhaw Jelly Barbecue Sauce, Muscadine and Scuppernong Grapes: Muscadine Grape Hull Pie, Letha Henderson's Scuppernong Meringue Pie, Savory Spiced Muscadine Grapes, Sandra Gutierrez's Drunken Chicken with Muscadine Grapes and White Wine, Pawpaws: Pawpaw Custard Pie, Pawpaw Ice Cream, Pawpaw Caramel Sauce, Pawpaw Yogurt Smoothie, Peaches: Fresh Peach Chutney, Bill Smith's Green Peach Salad, Peach Custard Pie with a Secret, Fresh Peach Fritters, Surry County Peach Sonker with Dip, Persimmons: Persimmon Ice Cream, Old-Time Persimmon Pudding, Bill Neal's Elegant Persimmon Pudding, Persimmon Cookies, Bill Smith's Persimmon Pound Cake, Adrienne Carpenter's Persimmon Cheesecake, Quince: Quince Compote, Dulce de Membrillo, Nicole Taylor's Fried Quince Pies, Moroccan-Inspired Lamb Stew with Quince, Quince Ratafia, Strawberries: Strawberry-Rhubarb

Pie, Debbie Gooch's Fresh Strawberry Bread, Strawberry Coulis, Strawberry Shrub, Watermelon: Watermelon-Rind Pickles, Kathy Strahs's Watermelon-Lime Jelly Cubes, and Thai-Inspired Watermelon-Pineapple Salad, Acknowledgments, For Further Reading, and Index.

Fruit: A Savor the South Cookbook, is ideal for public and academic libraries. The recommended audience is researchers of southern fruits and individuals interested in sampling tasty mouthwatering dessert and mealtime southern fruit recipes.

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