

Soul Food on the Menu



My family owns a diner. It is in Harlem, New York. It is called For Your Soul. We make soul food.

Soul food is good for the soul. Eat soul food if you are sad. Soul food can make you feel better. This is because soul food is made with love.

One day a man comes to the diner. The man is quiet. The man looks sad. The man sits at the counter.

“What will you have,” I ask.

“What is good?” He asks.

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“Everything!” I say.

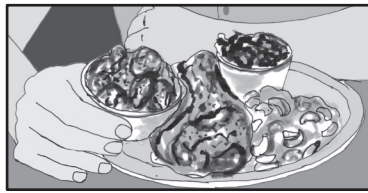
“I never had soul food,” he says.

“Did you hear that, Mom?” I ask.

“Oh boy,” says Mom. “You are in for a treat! I’ll bring you an order of New Soul. It is for folks like you. It is for folks who never ate soul food.”

The man agrees. The man sits. The man waits. The man sees Mom. The man’s eyes grow wide.

Mom brings him plates. Mom brings him more plates. Mom brings him lots of food.



There is fried fish. There is fried chicken. There is mac and cheese. There are grits. There are collard greens.

There are biscuits. There are black-eyed peas. There is sweet potato pie.

The man starts to eat. The man starts to smile. The man starts to talk. The man starts to look happy. The man eats a lot.

“Is this food magic?” he asks.

“No,” says Mom. “It is not magic. It is love.”

“Soul food is made with love,” I tell the man.

“Love is good for the soul,” says Mom.

