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The Color Red

Red foods resonate in **Juneteenth** celebrations, bearing deep symbolic meaning for enslaved people from Nigeria, Togo, Benin, and the Republic of Congo. Whether you reflect on your own or celebrate at the dinner table with family and friends, here are some foods and drinks that you can enjoy:



• **Red Beans and Rice**

Red Velvet Cake



• **Hibiscus Tea, Strawberry Lemonade, Raspberry Juice, or Cherry Soda**

Barbecued Meats



• **Cherry Pie or Strawberry Shortcake**

Cabbage with Red Wine Vinaigrette



Did you know?

In the latter half of the 19th century, many Juneteenth recipes would call for cochineal, an insect that produced a red-hued natural dye.

How are you celebrating or reflecting on **Juneteenth**? Remember: There is no one way to celebrate or honor the lives of Black Americans. Be sure to share your **#Juneteenth** celebrations.