

REGIONAL FOODS SORT

South and Southwest/Western Regional Foods

Food from small vegetable gardens

Chickens

Catfish

Very little meat eaten during harvest time

Scraps from hogs and cattle

Chitterlings—(intestines of the hog that are cleaned, boiled with spices and deep-fat fried with batter)

Corn

Squash

Black-eyed peas

Okra

Greens

Yams

File (fee lay)

Gumbo

Jambalaya

Beef

Barbecue

Son-of-a-gun stew

Chili

Mexican cooking

Fruits and vegetables from the hot sunny climate