PCC gets a taste of soul food
Jessica Arceo

The Associated Students helped PCC celebrate Black History Month on the Quad last Thursday in hopes of giving students a better understanding of black culture through food.
To make the day happen, Auriana Duffy, Vice President for Cultural Diversity, reached out to a number of trucks and came across Postcards Central American Soul Food.

"I loved the menu, I loved that they were black owned and operated," Duffy said.

Duffy felt that students could get a better sense of African American history by tasting dishes offered by Postcards that were named after influential African-American historic figures, such as Langston Hughes and Alice.

"I feel like this is a good one that could get the whole entire campus involved regardless if you're black, white, Indian, green, yellow...you're gonna want food and it's gonna be free, and while you're getting this you're gonna get a little education on top of it…," she said.

The food truck had a decent turnout as students were drawn in by their curiosity over African-American soul food and their excitement over the food being free. While many of those in line were trying soul food for the first time and did not know much about it, they really seemed to enjoy the dishes.

Postcards was able to provide the school with three of their signature dishes from their regular menu. Students were able to sample "The Signature", which had chicken, macaroni and cheese, and greens. It is a best seller for the truck and proved to be the more popular dish among the students, according to owner and chef Greg King.

The truck also offered a dish named "The Verdict", which was similar to "The Signature" but with brisket. Students were also given a chance to taste "The Greatest", named after Muhammad Ali, which had fish and dirty rice.

"It's good but different," said attendee Elaine Morales.

Tecumseh Shackleford, a PCC student, thought the food was "bomb" and was happy that PCC was celebrating Black History Month.

King explained that soul food had developed from its southern roots even before slavery and usually incorporates ingredients such as ham hock, mac and cheese and collard greens.
It's traditionally a southern African-American staple that families share when they get together during special occasions and is prepared differently in each household.

Soul food is also traditionally full of seasonings and usually involves frying or braising, which makes it quite decadent and full of calories. Postcards had chosen to provide its customers with a more healthy fusion of soul food by opting to bake their meats instead of frying them and providing more greens.

"It can be healthy, it can be good for you and it can be something that you can eat everyday," King said.

King felt that through the historically named dishes on their menu and having students actually taste soul food, they were able to provide those who attend with a little more education about soul food and what it is about. He thought it was a great event for PCC to put on and that it showed "we really love our students, we support our students and we want to provide things for them that teach them beyond the classroom."