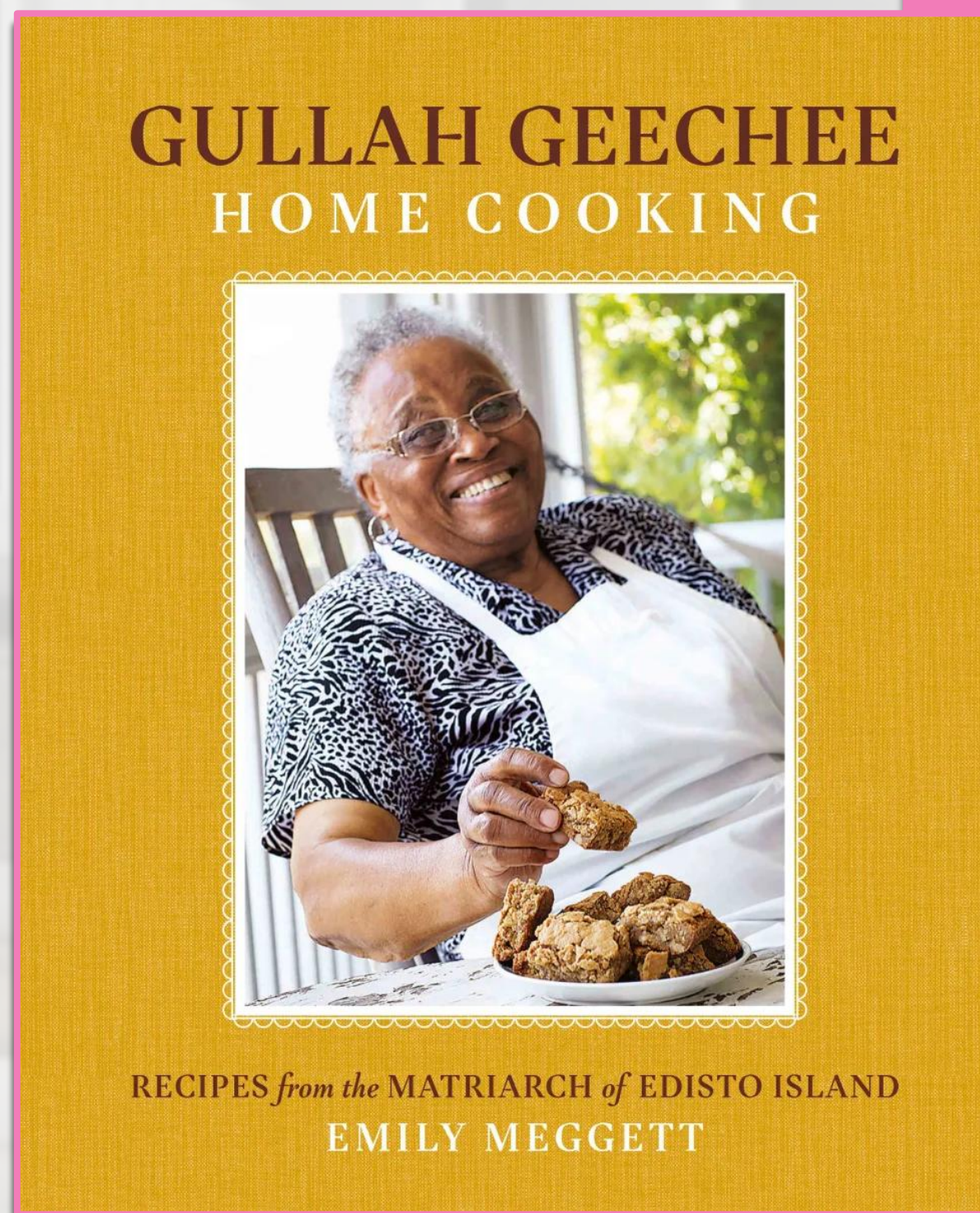


Emily Meggett

Represented by Mildred Heyward



Emily Meggett was an American Geechee-Gullah community leader, chef, and author who co-wrote *Gullah Geechee Home Cooking: Recipes from the Matriarch of Edisto Island* in 2022. She lived on Edisto Island, near Charleston, South Carolina.

On April 26, 2022, Meggett released *Gullah Geechee Home Cooking: Recipes from the Matriarch of Edisto Island*, a series of recipes and stories that she co-wrote with American food journalist Kayla Stewart. She had initially intended to self-publish the book, which she and one of her former employers, Becky Smith, had worked on together since 1994. However, Smith's son Elliot, who had been editing the book, asked Charleston chef BJ Dennis for feedback; when Dennis was approached by a literary agent about writing a book, he suggested that Meggett should be the first person to publish a book on Gullah cuisine. The book features 123 recipes central to Gullah culture, such as okra soup, deviled crabs, and chicken perloo, most of which have African antecedents. A featured recipe is for benne wafers, sweet cookies made from benne seeds which slaves brought from Africa and kept in hidden gardens. Her meals feature ingredients like salt pork, rice, and local vegetables.

