

# FEEDING THE HEART & SOUL OF VIRGINIA

# VIRGINIA IS FOR LOVERS

## CENTRAL VIRGINIA

- Penny's Wine Shop, Richmond
- MarieBette Bakery, Charlottesville
- Barb's Dream Hut, Lynchburg
- Jackson Ward, Richmond - Black Wall Street
- Monticello, Charlottesville  
*Chef James Hemmings popularized Southern dishes*
- Birthplace of Edna Lewis, Orange
- Robert Russa Moton Museum, Farmville  
*Part of Brown v Board of Education Case, part of US Civil Rights Trail*

## NORTHERN VIRGINIA

- Delaplane Cellars, Delaplane
- Foode, Fredericksburg
- Fredericksburg - First stop on Freedom Rides, Trail to Freedom
- Alexandria Black History Museum
- Salamander, Middleburg

## EASTERN SHORE

- Kendall's Kountry Kitchen, Onley

## VIRGINIA MOUNTAINS

- Caribbica Soul, Roanoke
- Historic Gainsboro Neighborhood, Roanoke

## SOUTHWEST VIRGINIA - BLUE RIDGE HIGHLANDS

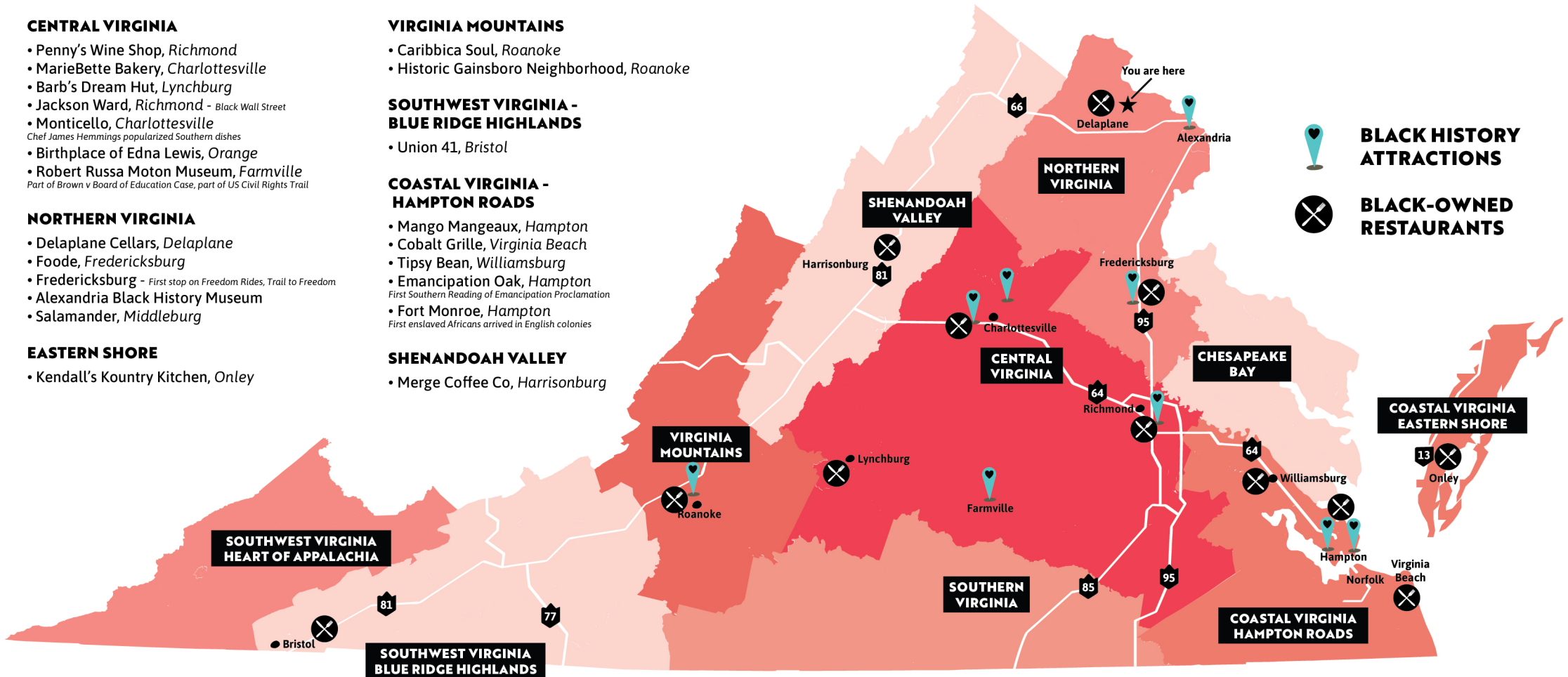
- Union 41, Bristol

## COASTAL VIRGINIA - HAMPTON ROADS

- Mango Mangeaux, Hampton
- Cobalt Grille, Virginia Beach
- Tippy Bean, Williamsburg
- Emancipation Oak, Hampton  
*First Southern Reading of Emancipation Proclamation*
- Fort Monroe, Hampton  
*First enslaved Africans arrived in English colonies*

## SHENANDOAH VALLEY

- Merge Coffee Co, Harrisonburg



-  BLACK HISTORY ATTRACTIONS
-  BLACK-OWNED RESTAURANTS