



Brunswick County Gullah Geechee Public Arts Council

*Our mission it to unite the Gullah
Geechee Corridor through artistic
expression and edutainment.*

*NAACP President
Carl L. Parker*

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Z. Smith Reynolds
FOUNDATION

Brunswick County Gullah Geechee Public Arts Council



*Gullah Geechee people are the living
descendants of former slaves who worked
indigo, rice and cotton plantations
throughout the Sea Islands of the United
States East Coast. North Carolina,
Georgia, and Florida are called the Gullah
Geechee Corridor or the Gullah Geechee
Nation.*

Sponsored By: Brunswick County
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*The Gullah Geechee culture is one of the
oldest surviving African Cultures in the
United States. It is a testament to the
strength, ingenuity and adaptation of
African slaves who were brought to the U.S.
between 1525 and 1866.*

*The "Gullah" culture evolved as a hybrid of
the languages, customs, beliefs, and traditions
of those captured from the West African
rice-growing region which stretches from
what are now Senegal, Gambia, and
Guinea-Bissau in the north to Guinea, Sierra
Leone, and Liberia in the south.*

*Today there are multiple generations of Gullah
Geechee descendants still living in what is
known as the Sea Islands- a roughly
500-mile, 12, 813 square mile stretch along
the Atlantic Ocean coast located between the
mouths of the Santee and St. Johns Rivers.*

Gullah Cuisine



Gullah Geechee food is one of the oldest world traditions practiced in America today. Traditional Gullah foods consist of vegetables, fruit, seafood, and livestock. They also used foods that were introduced to them by Native Americans, for example, corn, squash, tomatoes and various berries. The use of basic and natural seasonings, one pot dishes, deep frying, boiling, steaming and baking in ashes are all techniques used in traditional Gullah food. Gullah food is also characterized by the consistent use of rice and a distinct taste that is present whenever a Gullah Geechee is cooking.

Spiritual Expressions

The Gullah people value God, family bonds, community above self, respect for elders, the ancestors, and nature. Enslaved Africans were exposed to Christian practices and incorporated elements of them into their African system of beliefs. These rituals include “seekin” which is similar to coming-of-age rituals in West African secret societies and the “ring shout” which has its origin in the ecstatic religious rituals of West and Central Africa. The Gullah also hold strong beliefs about “hags” and “haunts” which is similar to African witches and devils.



Low country plantations had praise houses or small structures where slaves could meet for religious services.

Gullah Geechee Art & Language



Gullah Geechee storytelling, cuisine, music folklore, and crafts, exhibit strong influences from West and Central African cultures. The ancestors found ways to preserve their culture and language for generations. The influence of Gullah music can be heard in musical genres such as gospel, rhythm and blues, soul, hip hop, go-go and jazz.



Their language was born on African soil at the height of the slave trade. Slaves from multiple African countries and tribes created a common language in an effort to communicate with one another. “Pidgin” as it came to be known, evolved into the Creole language of the Gullah Geechee.