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FOR IMMEDIATE RELEASE
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December 2025 Lunch & Learn
Georgia's Historical Recipes
By Valerie Frey

The Georgia Archives Lunch & Learn presentation, *Georgia's Historical Recipes*, by Valerie Frey, will take place on-site on Friday, December 12, 2025, from 12:00 p.m. to 1:00 p.m., at the Georgia Archives, 5800 Jonesboro Road, Morrow, GA.

This event is free and open to the public, with no registration required.

Many cookbooks and recipes still exist from Georgia's early years, yet most have been forgotten. They sit quietly in archives, waiting to be rediscovered. These sources not only preserve traces of delicious foods that are new again to current generations, but they also hold many clues about what home life was like for Georgians in the past. Archivist and writer Valerie J. Frey, author of *Georgia's Historical Recipes: Seeking Our State's Oldest Written Foodways and the Stories Behind Them* (UGA Press, 2025), will help you explore recipes from 1733 through 1945 with a historian's eye, helping you learn about yesteryear's cooks and savor a taste of the history of Georgia, the South, and the U.S.A. through foodways.

About the Speaker

Valerie J. Frey (pronounced "fry") is a writer from Athens. She holds degrees from UGA and UT Knoxville. Valerie's archival career began with a Junior Fellowship at the Library of Congress, and she went on to serve as Manuscripts Archivist at the Georgia Historical Society and the Georgia Archives. UGA Press published her foodways books, *Preserving Family Recipes: How to Save and Celebrate Your Food Traditions* (2015) and *Georgia's Historical Recipes: Seeking Our State's Oldest Written Foodways and the Stories Behind Them* (2025).

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The Georgia Archives is a unit of the Board of Regents of the University System of Georgia. The Georgia Archives identifies, collects, manages, preserves, provides access to, and publicizes records and information of Georgia and its people, and assists state and local government agencies with their records management.