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**CULTURAL AND FOOD HERITAGE OF QUILOMBOLA COMMUNITIES: A
CASE STUDY ON FEIJÃO SOPINHA**

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Traditionally, quilombola communities connect food to their identity and territory, aiming to preserve their ways of life. This work aims to analyze the multiple layers of meaning of the species *Vigna unguiculata*, popularly known feijão sopinha, in quilombola communities on the Central Coast of the state of Rio Grande do Sul, Brazil. To this end, it discusses how this legume represents a living genetic heritage that incorporates dimensions of ancestry, territoriality, and food security. In addition to investigating the agronomic value and historical adaptation of this species to local edaphoclimatic conditions, the study explores the cultural and religious significance of the feijão sopinha, present in the rituals and practices of the communities, especially in the Rehearsal of Payment of Promises to Our Lady of the Rosary. The work integrates different theoretical perspectives from thinkers such as Enrique Leff, Carlos Walter Porto-Gonçalves, and Alberto Acosta. This study is based on Bourdieu's theoretical and

methodological conceptions, with an analysis that articulates the concepts of Habitus, Field, and Symbolic Capital to understand how cultivation constitutes a social practice that integrates cultural resistance, spirituality, and the preservation of intergenerational ancestral knowledge in quilombola communities. Throughout the research, developed in the quilombola communities of Teixeiras and Colodianos, in the municipality of Mostardas, it is identified that the cultivation of the feijão sopinha represents a form of territorial resistance, based on the preservation of food security and sovereignty, the maintenance of traditional agricultural practices, and the affirmation of cultural and religious identities, for example through the use of three "feijão sopinha" seeds as a protective amulet. Finally, it is identified that the cultivation of the species *Vigna unguiculata* integrates a conception of life in harmony with nature, strengthening local social ties in the quilombola communities investigated.

Palavras-chave: feijão sopinha; quilombola communities; food; cultural; territorial resistance.