

BFT – THE GOOD EATS PLACE



You can call it comfort food, you can call it soul food, or you can just call it the best food in town.

Carrie Johnson and her merry staff whip it up twice a day five days a week at the restaurant called, yes, Best Food in Town, which occupies the Boys, Girls, Adults Community Development Center headquarters on Highway 49 in Marvell.

BFT, as it's known to locals, serves up your choice of a meat and two vegetables plus a bread and drink at lunch. Whether it's fried chicken, pork chops fixed two ways, catfish, ribs, hamburger steak, chuck roast, meatloaf, a plate of fresh vegetables, bread pudding, sweet potato pie or a cobbler, it always comes in the Southern style - savory, tasty and ample. Whether it is for breakfast or lunch, the BFT dining room is a community meeting place.

BGACDC opened the restaurant in 1986 under the supervision of Carrie Johnson, who has run it ever since. Alice Harris, 77, is the head chef. BFT has employed many seniors through the Senior Community Service Employment Program. Once they completed their tenure in the training program they were employed by BFT. It now employs six people.

What is the best item on the menu?

"Personally, I'm a fish person and a chicken person," Johnson said, "but on Thursday I'm a cabbage-and-field-peas person."

Under the direction of Willie Spriggs, BGACDC started a garden behind the headquarters and during the harvest season the restaurant serves fresh beans, cabbage, fried green tomatoes, okra, field peas, peppers and potatoes.



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