

# The Living History CLASSROOM

A PUBLICATION OF TRYON PALACE Spring 2013

## *Fresh From the Past*

### **Fresh From the Past**

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There’s a saying that “you are what you eat.”

This does not mean that you are a giant chicken nugget or a walking stalk of broccoli. But, because whatever we eat either nourishes our bodies or doesn’t, sooner or later whatever you’re eating is going to determine how you meet each day. What we *like* to eat also defines us. When you describe a friend, chances are you remember his or her favorite foods.

Another way that “we are what we eat” has to do with our families and our beliefs. Some families choose not to eat meat. Other families eat according to religious rules, whether it’s not having caffeine or it’s making sure that meat and dairy items are separated from one another. Almost everybody in America sits down to a Thanksgiving dinner with turkey and cranberries, but Christmas dinner might see one family serving roast beef with mashed potatoes and gravy, while the family across the street is enjoying spare ribs, collards, and sweet potatoes. Special meals in your own home can combine recipes from your mother or father’s side of the family, with some of those very recipes having passed down through generations, even beginning in other countries—the original homes of your ancestors.

This issue is about food, and how it was produced, processed, stored, and prepared 200

years ago in eastern North Carolina. In the case of “From Fingers to Forks,” we learn how food was actually eaten: forks and spoons and china plates weren’t always the norm! With “Take it Outside,” we discover that, before supermarkets came to be, families made their own butter and cheese, and preserved their own meat. “Kitchen Gadgets” tells about kitchen tools and implements that helped cooks when the kitchen fireplace was the only stove people had. You will never forget about “turnspit dogs”!

Have you ever thought about what it takes to make honey? “Bees, Please” relates North Carolina’s early experiences with beekeeping, and the importance of cultivating bees. “Barbecue,” written by one of our summer interns, has a lot of fascinating facts about ‘cue’ and its accompanying side dishes. Finally, “Receipts” describes the use of kitchen recipes, as foods brought to America by African slaves and European settlers, combined with America’s own offerings, came together.

These articles show us that we are not only what we eat, but that we are also, in many ways, what our ancestors ate. To know more about the past often helps us understand a lot about the present. We hope that this issue is “food for thought” for you and your class, and we’ll even throw in a recipe for you to try out at home.

## Bees, Please

Who was the first person to brave a swarm of bees for a taste of honey?

We don't know the answer, but we do know that Stone-Age hunters were hauling honeycombs out of trees as long ago as 6000 B. C. Egyptians and Greeks used honey to sweeten their food and drinks, and valued the honeybee for its single-minded industry. The Romans developed a far-ranging network of beekeeping: 2,000 years ago, Pliny the Elder wrote that honey was produced not just in Italy, but also in Roman settlements in Germany and the British Isles. After the Roman Empire's breakup, beekeeping became popular throughout Europe, as shown in the many manuscripts, paintings, and drawings of farmstead beehives from the Middle Ages.

North Carolinians kept and cultivated bees as early as 1697. Given how English farmers were storing bees at the time, it's likely their colonial



This 1568 pen-and-ink drawing by Pieter Bruegel the Elder (*The Beekeepers and the Birdnester*) shows how beekeepers, covered with masks, tended their skeps.

### The Living History Classroom

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#### Contributors:

Brandon Anderson  
Matt Arthur  
Karen Ipock  
Kyna Herzinger  
Jamie Mesrobian  
Nancy Packer  
Penne Sandbeck  
Margaret Schuetz

#### Graphic designer:

Christine Farver

For more information about sources for these articles or our educational programs, please call 252-639-3581 or 800-767-1560 or email [LHC@tryonpalace.org](mailto:LHC@tryonpalace.org).

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## A Note to Teachers

In each issue of *The Living History Classroom*, teachers will find articles, short stories, puzzles, and activities planned to help students explore North Carolina history and culture while utilizing observational and critical thinking, research, and discussion skills. This issue has been designed with the 4th-grade classroom in mind but may also assist parents at home or teachers of other grade levels. Listed below is a guide to show how each article and activity can align with the current 4th-grade North Carolina Standard Course of Study. To help you prepare, we also included the new standards that went into effect for the 2012-2013 school year. The exact goals met will vary based on how you choose to use the issue (e.g., group study, Internet research, writing essays).

### From Fingers to Forks

CCSS, 2010, ELA:

Reading Standards for Informational Text: 1, 2, 3, 4, 5, 8, 10  
Reading Standards – Foundational Skills: 4.a, 4.c  
Language Standards: 4.a, 4.c

### Kitchen Gadgets

CCSS, 2010, ELA:

Reading Standards for Informational Text: 1, 2, 3, 4, 5, 8, 10  
Reading Standards – Foundational

### Take it Outside! Smokehouses and Dairies

CCSS, 2010, ELA:

Reading Standards for Informational Text: 1, 2, 3, 4, 5, 8, 10  
Reading Standards – Foundational Skills: 4.a, 4.c  
Language Standards: 4.a, 4.c

### Bees, Please

CCSS, 2010, ELA:

Reading Standards for Informational Text: 1, 2, 3, 4, 5, 8, 10  
Reading Standards – Foundational Skills: 4.a, 4.c  
Language Standards: 4.a, 4.c  
Skills: 4.a, 4.c  
Language Standards: 4.a, 4.c

### Barbecue

CCSS, 2010, ELA:

Reading Standards for Informational Text: 1, 2, 3, 4, 5, 8, 10  
Reading Standards – Foundational Skills: 4.a, 4.c  
Language Standards: 4.a, 4.c

### Receipts

CCSS, 2010, ELA:

Reading Standards for Informational Text: 1, 2, 3, 4, 5, 8, 10  
Reading Standards – Foundational Skills: 4.a, 4.c  
Language Standards: 4.a, 4.c

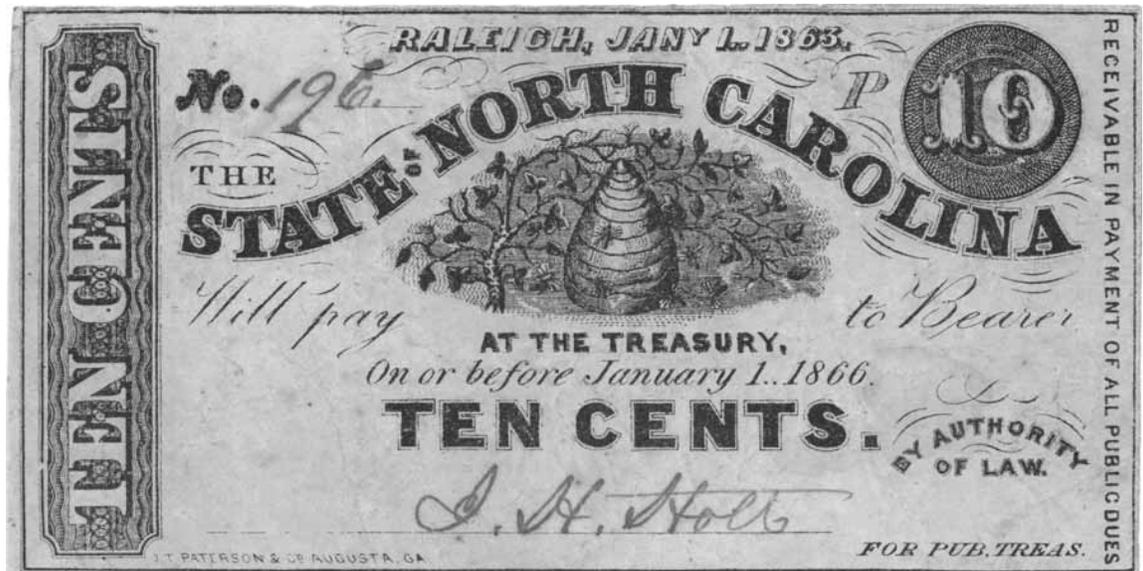
descendants were keeping their own honey-makers in **skeps**, beehive-shaped domes made from woven grasses. Another English way of housing bees was in sheltered niches sometimes known as **boles**, created along garden walls. Poorer colonists kept their bees in hollowed-out gum tree logs known as **bee gums**, a practice still seen in the Appalachian Mountains. To get the bees out and grab the honey, a process known as “robbing the bees,” beekeepers sent smoke into these manmade hive containers. Depending upon what the bees were able to feast upon—wildflowers, clover, sourwood—the resulting honey took on different colors and flavors.

By 1745, North Carolina law allowed settlers to pay their taxes in other ways than with money. One “in-kind” payment was beeswax, a byproduct of the honeycombs bees made for storing nectar. By the 1750s, beekeeping was a comfortable side income for North Carolinians: Beaufort merchant Charles Simpson produced over 26 pounds of beeswax in just one year! Judging from these early North Carolina records, beeswax was likely more valuable than honey. When processed, beeswax made fragrant, long-burning candles with a clear light that churches and well-to-do families valued. The very versatile beeswax was also used for wood furniture polish, ointments, water-resistant fabrics, and wax for sealing documents.

Royal governors even became beekeepers. In 1767 Governor Tryon and his wife visited the Moravian settlements of Salem and Bethabara, where they acquired six hives of bees whose descendants may or may not have made the trip to the new Governor’s House in 1770. Shortly after moving to New Bern, Tryon and his soldiers were fighting the Regulators in 1771, when he had a less-than-friendly experience with bees near his camp:

*...in an adjoining Garden were several Bee Hives[,] some Soldiers taking a Fancy for Honey overturned the Hives about midnight the Bees being thus disturbed & enraged dispersed themselves among the Horses in the Pasture stinging them to such a degree that they broke in one confused Squadron over the fence....*

New Bern and its surrounding countryside had plenty of farmers and homeowners with “bee stands” well into the 19<sup>th</sup> century, which were good not just for candles and honey, but also for pollinating crops like fruit trees and vegetables. In 1850, Josiah Tingle produced 70 pounds of beeswax and 450 pounds of honey on his 40-acre farm. Can you imagine having 450 pounds of honey? To get that much honey, you can bet that there were bee stings aplenty, in spite of the masks and coverings that Tingle and his family had to wear to maintain their bee stands.



Today, honeybees are facing extinction due to diseases and pollution. Local farmers and individuals have responded by learning how to cultivate bees and maintaining their own hives. If this is something you and your family are interested in, you should contact your local Agricultural Extension Agent or 4H Club representative. Be a part of history—become a beekeeper!

As can be seen from this 1866 ten-cent note, bees were seen as a symbol of financial stability. *Tryon Palace Collection.*

## Kitchen Gadgets

Look around your kitchen today, and you will see several inventions that have helped to make food preparation easier. Refrigerators help food last longer, microwaves speed up cooking times, and food processors and blenders have taken over the chore of chopping and mixing food. These are all luxuries that people living in the 1700s did not have. Our ancestors, though, did have their own devices to help make cooking a bit easier.

Some of these older “gadgets” are very similar to things used today, like coffee grinders. Others were very different. Historians today are not sure what some gadgets were used for, how they worked, or what they looked like. One example is the “necromancer.” Researchers are not sure what it looks like or how it worked, but an old cookbook explains that it was made for cooking thin slices of meat very quickly.

**Roasting** was a popular way to cook meat in the 18<sup>th</sup> century. In roasting, meat is either tied to or slipped on a long rod, called a spit. The spit is turned in front of the fire constantly, so that all the sides are cooked evenly. Large roasts, however, take a long time. In order to keep the meat moving but allow the cook to work on other dishes, people invented devices to turn the meat for them. One of these was called a **smoke-jack**, which used the smoke rising from the fire to turn a fan built in the chimney. This fan was connected to the spit and, as it turned, the meat turned in front of the fire.

Other spit-jacks were completely mechanical. A kitchen servant would turn a crank that raised a weight to the mantel or ceiling. As the weight slowly dropped back to the ground, it pulled gears connected to a chain. The chain was connected to the spit, and as the chain was pulled, it turned the meat. These clock-jacks were very expensive.

Some people even used dogs (and geese!) to turn roasting meat! People developed a breed,



18th-century clockwork spit jack. Tryon Palace Collection.



With its large hearth and period kitchenware, Tryon Palace's Kitchen Office recreates 18th-century cooking practices throughout the week.

called a turnspit, that was a terrier akin to a large dachshund—long and low to the ground, but sturdy and strong all the same. Turnspits trotted either on a treadmill or in a cage with a wheel (think hamster) that was connected to the spit. As the dog walked or ran, the meat turned.

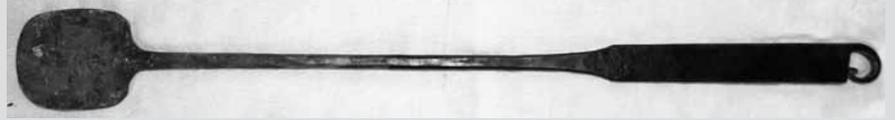


This 1853 image from the Rev. John G. Wood's *Illustrated Natural History (Mammalia)* shows what a turnspit dog (now extinct) looked like.

Today if we want to make sure that a dish surface is golden-brown and bubbly, we can adjust the rack in our oven so that the dish is closer to the heat. But in the 1700s, people did this with a device called a **salamander**. These gadgets were pieces of metal which were heated in the coals until they were red-hot. Salamanders were usually round, but sometimes they were shaped like a lizard. Using a long handle, the cook would pass the food under the hot salamander. The name came from ancient legends that the humble salamander, actually an amphibian like a frog, was really a fire-dwelling lizard who nothing could burn..

The next time you are in your kitchen, see how many gadgets you can find that make work easier. Try to imagine if any devices we use now will be strange to future researchers, and picture the new tools we will be using in the future. You might even invent one yourself!

# Kitchen Gadgets Lesson Plan



A reproduction “salamander,” used in the Palace’s Kitchen Office.

## Introduction:

In this issue of *The Living History Classroom*, one of the articles discusses gadgets used in the kitchen. During the 18<sup>th</sup> century, spit-jacks, turnspit dogs, and salamanders were just a few of the gadgets in the kitchen that used forms of matter and energy in order to successfully prepare food.

## Objectives:

In using this lesson plan, students will learn about the similarities and differences in the use of matter and energy by kitchen gadgets in the 18<sup>th</sup> and 21<sup>st</sup> centuries, and will demonstrate their knowledge by having group discussion and creating presentations from discussion conclusions.

## Materials:

*The Living History Classroom* article on “Kitchen Gadgets,” and an educational level text discussing matter and energy (i.e. a textbook, an article found online, or a magazine or journal article).

## Strategy:

1. Read the article about “Kitchen Gadgets” and, as a group, discuss the similarities and differences of the 18<sup>th</sup>- and 21<sup>st</sup>- century gadgets mentioned in the article (feel free to bring more gadgets into the discussion); ask students specifically for their input.
2. Read, or review, a text about matter and energy, and, as a group, discuss how matter and energy were used in each of the gadgets discussed from the 18<sup>th</sup> and 21<sup>st</sup> centuries; ask students specifically for their input.
3. Divide into smaller groups and assign two 18<sup>th</sup>-century and two 21<sup>st</sup>-century kitchen gadgets per group or individual for students to discuss and prepare a short presentation on the uses of matter and energy, and similarities and differences between the kitchen gadgets assigned to them.
4. Post the students’ findings from their presentations in a place which is visible to all in order to emphasize specific points on the use of matter and energy and some of the similarities and differences between the 18<sup>th</sup>- and 21<sup>st</sup>- century kitchen gadgets.

## Essential Standards:

4.RP.1 – Research Process

4.P.2.1 – Matter: Properties and Change

4.P.3.1 – Energy: Conservation and Transfer

## Common Core Standards:

4.CCSS.1, 2, 3, 5, 7, 9 – Reading Standards for Informational Text

4.CCSS. 1, 2, 4, 5, 6 – Speaking and Language Standards

## Take it Outside

Let's talk about a time when certain foods weren't prepared or kept in the house—but in special buildings outside of the house, built specifically for that purpose.

If your parents or grandparents had a farm, chances are you've heard them talk about milking cows and keeping the milk in a cool, clean place known as a **dairy**, where it would not spoil. This was just as true in 1770 as it is today, except that the heating and cooling process known as **pasteurization**, which now safeguards our milk, cheese, and butter, was only beginning to be explored. Raw milk itself was usually not used unless it was processed into cheese or butter and, to reduce the chances of catching a disease like scarlet fever or diphtheria or even tuberculosis, it was important to keep milk and its byproducts in a cool, clean place where germs couldn't gain a foothold.

Surviving 18<sup>th</sup>- and early 19<sup>th</sup>- century dairies in North Carolina and Virginia are small buildings, often made of wood and usually square, with a pyramid-shaped roof. They were typically located close to the house and away from “dirtier” buildings like stables and barns. Although dairies' decorative open vents and **covered** plaster cornices appear quaint and cute to us now, these very features were selected to keep the building cool inside...and to keep insects, dirt and germs outside. Dairies often had sunken brick or stone floors, which also helped keep temperatures low. Inside, dairies were very plain with whitewashed or plastered walls so that they were easy to clean. The dairy's **milkmaid**, whether she was the farmer's wife or a servant, poured fresh milk into pans, letting them rest on the worktable or wall shelves to settle into cream. Once this process was finished, she could move on with making butter or cheese.

What did poor people do if they couldn't afford to build or maintain a fancy dairy? We know that they had several options, including keeping butter, milk, and cheese in their



Top: One example of a 19th-century “milk house.” Photo by Penne Smith, for NC-HPO. Courtesy of N.C. Department of Cultural Resources  
Bottom: This mid-19th- century smokehouse stands in Perquimans County, NC. Photo by Penne Sandbeck

*Milk houses were built throughout the 19<sup>th</sup> century, and some were even built in the 20<sup>th</sup> century, thanks to 4-H projects. Think of them as the forerunner of refrigerators, but outside of the house!*



wells, or building a smaller structure known as a **milk house**. Milk houses were built throughout the 19<sup>th</sup> century, and some were even built in the 20<sup>th</sup> century, thanks to 4-H projects. Think of them as the forerunner of refrigerators, but outside of the house!

Another common outbuilding for processing and storing food was a **smokehouse**. You might have heard people talk about “hog killings,” which still take place at some farms after winter’s first heavy frost. A hog killing is a group activity: families and friends slaughter the selected hogs, and then, as a group, separate the different cuts of meat like hams and pork chops, and prepare sausage from the remainders—all in a single day. This was a very important process before refrigeration. In those days, fresh meat was packed in salt to draw out water, and then hung in the smokehouse where, thanks to one or two weeks of a steady, smoky fire from the dirt floor’s fire pit, it would **cure** into the sweet and salty dried meat known as country ham.

Needless to say, this wasn’t convenient or practical to do in a house, plus there was always the danger of a fire. So outbuildings for this process evolved over a period of centuries. Some of these brick smokehouses are brick and some are wood. Inside, the rafters have hooks for hanging meat, while the dirt or sand floor below helps to prevent fires. Nowadays it’s easier to buy meat than to cure it at home, so most surviving smokehouses have been empty for decades. But if you walk inside one of them today, you will probably still smell the curing smoke from times past.

Top: 19th-century dairy, Hope Plantation, Windsor, NC. The “curvy” vents above the door usually had screen or cheesecloth behind them to keep insects out. Photo by Penne Sandbeck.

Bottom: Bellair Smokehouse, Craven County, NC. This is a rare example of an early 19th-century brick smokehouse in eastern NC. Photo by Penne Sandbeck

## From Fingers to Forks

Can you imagine eating dinner without a fork? Or having to share your plate of food with somebody else?

Believe it or not, people did without forks for centuries. Not only that—spoons and knives are also fairly recent arrivals to the history of dining! As for plates, until ceramic plates could be mass-produced, wooden or pewter plates were the norm for most diners.

When the English landed on Roanoke Island in 1584, they had one thing in common with American Indian inhabitants on the island: their main “eating tools” were their fingers. Food, usually something starchy and soup-like, was dished directly from the cooking pot into a wooden trencher or platter shared by two or more people. A piece of bread helped to soak up broth or juices; using bread this way was known as **sopping**.

To make things even more interesting, drinks were not in glasses or drink cartons but, instead, in leather, pewter, or rough pottery vessels which were passed from one diner to another. And for common people, sitting down at a table with each person having his own chair and place setting was unheard of: if they had a chest, a stool, or boards they could lay on trestles to make a dining table, they were lucky.

*Without question, 18th-century Americans enjoyed the advances in dining, so much so that, by the 19th century, there were all sorts of spoons, forks, knives, and dishes for many different types of food*

Higher up the scale, some wealthy people might own a spoon or two to scoop up food—or a sharply pointed knife to spear a piece of meat. But such wealthy people made up a very small part of North Carolina’s early settlement.

In fact, less than **one-half** of colonial American



Wooden and pewter plates were the norm in early American households before about 1750. *Tryon Palace Collection.*

households owned knives, forks, or dishes for each person before 1750. Owning and knowing how to use these dining implements—which we take for granted today—became one way for 18th-century colonists to show they were “civilized.” When one urban traveler visited a poor, rural Maryland family in 1744, he had “no stomach” to join them in their “homely dish of fish without any kind of sauce,” for “They had no cloth upon the table, and their mess was in a dirty, deep, wooden dish which they evacuated with their hands, cramming down skins, scales, and all. They used neither knife, fork, spoon, plate, or napkin because, I suppose, they had none to use.”

The fork came to England by way of Italy

around 1600, but most English people at the time dismissed it as unnecessary and a bit silly—it took nearly 80 years for forks to gain their rightful places in English and American hands. Forks weren't used back then to carry food to our mouths—instead of the four long and rather flat **tines** of today's forks, these early forks were equipped with two sharp tines, making them more spear-like and well-suited to holding meat on a plate for easier cutting. Plus, the big gap between the two tines made these early forks difficult for conveying food—peas and carrots would fall right between the tines. As forks became popular in the early 1700s, knives changed their form and function: their new rounded blades were just the right shape to pile food on and guide it (carefully!) to the mouth. This sort of “knife-scooping” might get you in big trouble with your parents today, but it was still a common way to eat in parts of the United States in the mid-19th century: Mr. “Christmas Carol” himself, Charles Dickens, even complained about it when he was in America on a book tour.



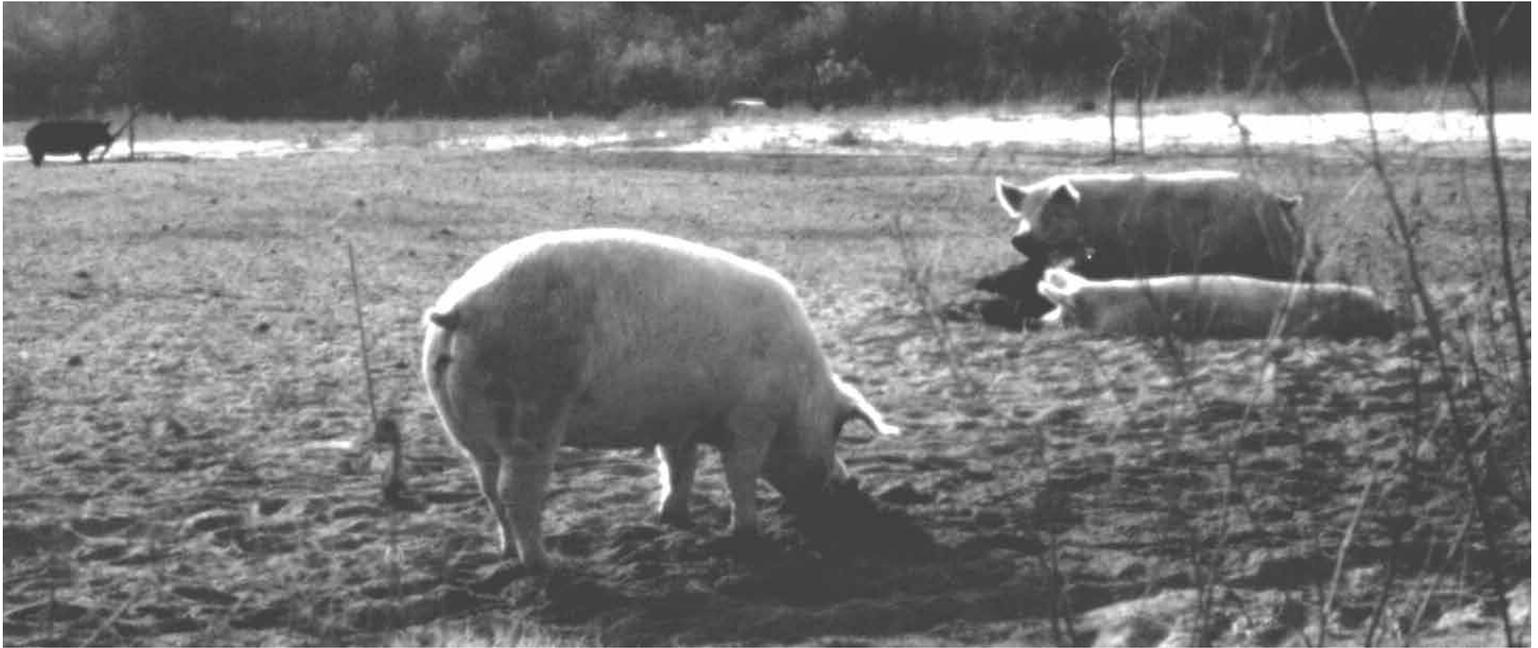
Major changes also took place in the kinds of dishes Americans ate from between 1750 and 1800, becoming more like the dishes we use today. While many Americans still ate from (and shared!) wood or pewter plates in 1750, just 25 years later many people owned inexpensive, matched sets of ceramic plates and other dishes for dining. Inspired by the glossy white surfaces of imported Chinese porcelain, English potters experimented with new clays and glazes throughout the 1700s, producing elegant, yet inexpensive substitutes that were wildly popular in America. As these items became more affordable and plentiful, even less wealthy households could have not only a plate for every family member, but also multiple numbers of plates, serving dishes, and even teapots.

In the 18th century, forks were for spearing food and broad-bladed knives for scooping it up. *Tryon Palace Collection.*



Americans were importing whole sets of inexpensive English ceramic dishes by the Revolutionary War. *Tryon Palace Collection.*

Which time period would you prefer to live in? Eating with your fingers, or with a spoon? Scooping up your stew with a piece of bread from a wooden plate, or eating your peas on the blade of your knife? Without question, 18th-century Americans enjoyed the advances in dining, so much so that, by the 19th century, there were all sorts of spoons, forks, knives, and dishes for many different types of food... (To Be Continued in Our Next Issue!)



Blissfully unaware of their future, hogs forage free-range in eastern North Carolina. Photo by Penne Sandbeck

## Barbecue

Barbecue pork, fresh cole slaw, and hot hush puppies—sounds good, doesn't it? Believe it or not, North Carolinians have been cooking and eating barbecue for nearly two hundred years!

In the early 1500s, explorers from Spain told people back in Europe how Indians in the New World cooked meat slowly over hot, aromatic wood coals: the Spanish called this

method *barbacòda*, and from this we got the word “barbecue.” Five hundred years later, the basic method remains the same: an open grill on which meat roasts over a fire for six to eight hours. Roasting meat wasn't a new idea to people outside of America but *barbacòda* was somehow different, maybe due to its spicy sauce. References to it—“barbiciu,” “barbakue”—began turning up in 17<sup>th</sup>-century British plays and journals.



In the 20th century, barbecue roadside stands evolved into restaurants, some of which have become legendary in North Carolina. This “Sweeny Snort” mechanical pig is located at Kings Barbecue in Kinston, NC. Photo by Penne Sandbeck.

Today we North Carolinians think of barbecue primarily as pork. Why slow roast a pig, instead of chicken or beef, though? After all, you can cook any meat over an open fire. Explorers and settlers described American Indians “barbakuing” fish, venison, alligators, and even snakes! George Washington later wrote of attending a colonial barbecue where an ox, instead of a pig, was roasted.

But North Carolinians barbecue pigs. Why?

As Europeans settled North America, they brought farm animals with them, including pigs. These first pigs survived well by **foraging**, as they snuffled through woods and fields, finding bark and nuts to eat. Pigs were also easier to raise than cattle: cows needed to be fed and herded by humans, but pigs could survive on their own. During colonial times,

North Carolinians were known for keeping an especially large number of free-range pigs, one reason why the 18<sup>th</sup>-century Virginian planter William Byrd referred to us as a “porcivorous” group.

Colonists seasoned roasting pork with a sauce made from salt, pepper, vinegar, and butter. Those who could afford it added a special red wine known as Madeira. By the late 1700s, North Carolinians were using a spicy red pepper known as **cayenne** in their sauce: this pepper was brought from the West Indies by African slaves and European settlers in the Caribbean. Cayenne remains a major ingredient of eastern North Carolina’s barbecue. West of the coast, barbecue takes on different flavors: tomato-based sauces and meat taken from the pig’s hefty shoulders instead of the whole body is more common in **Piedmont** and western North Carolina barbecue.

Barbecue is usually served with cole slaw and hush puppies. We know of a number of early 19<sup>th</sup>-century “**receipts**” for cole slaw. This dish of cold, shredded, and seasoned cabbage was brought to North Carolina by Dutch and Germans who settled in the western part of our state. To make cole slaw (which the Dutch called *koolsla*), they simply added vinegar, and spices like mustard, which they would have had handy at home. The humble hush puppy,

a nugget of deep-fried corn meal, turned up with its name (supposedly from the Florida Panhandle) as early as 1918, but it wasn’t served with barbecue until around World War II. Before that, hush puppies were typically served with fried fish, while white bread, saltines, or corn bread were served with barbecue.

The days of foraging pigs are long-gone in North Carolina. Today’s grocery stores offer other kinds of meat besides pork. We can buy all kinds of seasoning, and use more than just pepper and vinegar. Some stores even offer vegetarian “barbecue.” But barbecue, seasoned by peppered vinegar, with cole slaw and hush puppies on the side, remains a popular dish. Why? Some say we enjoy barbecue because it’s part of our heritage, something we share with our parents, grandparents, and great-grandparents. These “believers” say when we eat barbecue and participate in barbecues (also known as pig pickings), we are continuing local history and celebrating the **foodways** of those who came before us and made our lives and the way we live possible.

But the rest of us enjoy a “barbecue plate” because...it’s one delicious, satisfying meal. Those old folks were on to something!



Barbecue “pits,” like this open-air pit grill in Effingham County, Georgia, were popular in the early-to-mid-twentieth century. Penne Sandbeck, 2007.

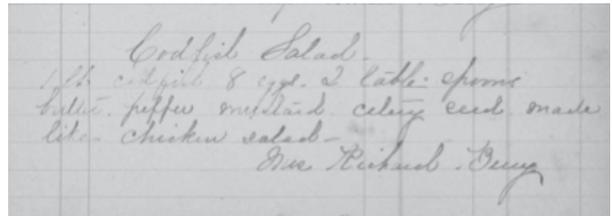


## Receipts

**Receipt** is an old word for what we now call a “recipe.” Needless to say, as long as people have been cooking, there have been receipts. The ancient Romans had receipts, as did Europeans during the Middle Ages. Receipts were often only written down after generations of passing them on by word of mouth. They weren’t always precise, either: when you are told to “use butter the size of an egg,” there are a lot of different egg sizes to choose from!

During the 18<sup>th</sup> century, when more people could read, receipt-books, or “cookery” books, became hugely popular. Hannah Glasse’s 1747 *The Art of Cookery*, featuring recipes from turnip wine (yes, *those* kinds of turnips) to gingerbread, was a big hit in England. Mrs. Glasse had not much more than a kitchen hearth with an iron crane and a bake oven to the side to concoct her calf’s-foot puddings, chitterlings, and pigeon “pyes,” but most of her receipts had fairly

exact measurements for the time, referring to “pounds,” “quarts,” and “pints,” much as recipes do today. But hearths and bake ovens were not exact in temperatures like 21<sup>st</sup>-century stoves—one of Mrs. Glasse’s receipts advised that a freshly-baked cake should “stand till it is blood warm” before being served.



Florence Bryan Waters’ c. 1890 receipt for “Codfish Salad.” Tryon Palace Collection.

Across the Atlantic, America’s different climate and terrain had produced unique native fowls such as the turkey, and produce like pumpkin, tomatoes, and corn. African newcomers brought further additions to the American

table—okra, yams, watermelons, peanuts, and even black-eyed peas. All of these new foods began turning up in American receipt-books and in meals on American tables. Mary Randolph of Virginia operated a boarding house where her cookery was so praised that she eventually wrote her own receipt-book named (not surprisingly) *The Virginia Housewife*. In this 1824 cookbook, Mrs. Randolph included a receipt for “tomato catsup” consisting of tomatoes, chopped onion, salt, pepper, and mace, stewed over the fire in a pot, and then all bottled up. Mrs. Randolph’s other receipts included dishes influenced by African imports like okra, plus a receipt for “dough nuts—a Yankee cake.”

Sixty-five years after Mary Randolph’s book was first published, Florence Bryan Waters’ hand-written receipts tell the story of a young woman beginning married life in New Bern, North Carolina. Unlike Mrs. Glasse and Mrs. Randolph, Mrs. Waters had more “modern” appliances to get her cooking done—probably an iron cooking stove,



fueled by either wood or coal. Her handwritten receipts appear to be recipes from family and New Bern friends, including traditionally “Southern” dishes like pickled peaches, corn bread, and jelly roll cake. They also include instructions for making soap and glue, since supermarkets like Food Lion were not around in the 1880s, and housewives often had to make their own cleaning supplies!

Mrs. Waters’ receipts use standard measurements, like modern cookbooks, but they are not always exact in terms of how long to bake something. This may be because, as with traditional receipts, it was assumed that the cook more or less knew how long a recipe would take. Mrs. Waters’ receipt-book is now in Tryon Palace’s collection.

What **receipts** have been handed down in your own family? Do they include exact measurements? Share your family receipts with your classmates and teacher—you might be surprised by what they tell you about your own family history, as well as that of your friends.

## Did You Know That...

Sugar and salt haven’t always been sold in bags? In the 18th century, sugar was pressed into cones (left), and salt was often formed into blocks (right).



## Featured Programs

Below are some of our many programs available for families and school groups to experience this year. Check our website at [www.tryonpalace.org](http://www.tryonpalace.org) for a full listing of tours and programs we have to offer. Our Group Services Coordinator at (252) 639-3524 or [scott.olson@ncdcr.gov](mailto:scott.olson@ncdcr.gov) can help with scheduling your group's next visit.

### School Tours

#### North Carolina Begins Here

See where North Carolina begins as you tour the reconstructed Palace, home to royal governors and North Carolina's first "government house." Meet the servants in the Kitchen and Stable Offices, and stroll outside to see our nationally-acclaimed gardens. (Grades K-12)

#### Day in the Life: 19th-Century New Bern

Although no longer the capital of North Carolina, New Bern remained a bustling port into the 19th century, and was the state's largest town until the 1830s. Come experience what life was like for the town's residents in a truly unique way. Tour the Regional History Museum to learn about the changes taking place in 19th-century New Bern. In the Pepsi Family Center, participate in town life by working in the turpentine distillery, making a quilt, sailing a ship, or helping a printer get his next newspaper issue completed. Step back into 1835 and visit the home of Robert Hay and his family as you help them with daily chores. Learn the past by living in it.

### JANUARY

Tuesday, January 1

**Tryon Palace is closed in honor of the New Year's holiday.**

January 2 – February 28

#### Winter Garden Hours

Monday – Saturday, 9:00 a.m. – 5:00 p.m.;

Sunday, 1:00 p.m. – 5:00 p.m.

Last ticket sold at 4:30 p.m.

Wednesday, January 9, 10:00 a.m. – 11:00 a.m.

**Tryon's Tales for Tots: Keeping Warm North Carolina History Center, Education Classroom**

*\$6 per child with one accompanying adult free; additional adults \$6. Included with regular admission*

Ages 3-5, with parental accompaniment.

You're never too young for history! Preschoolers and parents will learn how colonists kept warm during the cold winter months. We'll visit the Governor's Palace and make a

special winter and historic inspired craft.

*Space is limited to 20 children. To reserve your child's spot, please call (252) 639-3500.*

*Extra openings will be filled the day of the event on a first come, first served basis. This program is designed for individual families. If you are a preschool teacher interested in bringing a group for a program, please contact our Groups Services Coordinator at (252) 639-3524 for more information.*

Thursday, January 17, 7:00 p.m.

**African-American Lecture: The Emancipation Proclamation Guest Speaker: Attorney Bernie Siler North Carolina History Center, Cullman Performance Hall**

*Free Admission*

Join Attorney Bernie Siler as he presents a lecture on the evolving attitudes of President Lincoln, both politically and personally, that eventually led to the issuance of the Emancipation Proclamation. Mr. Siler will delve into Lincoln's early experiences observing slave auctions and legislation that he pushed for in his one term in Congress. It will become clear that his political position upon taking office was not that of an abolitionists but as a free solider, opposed to the spread of slavery to the territories. Mr. Siler will also touch on the legal authority for issuance of the proclamation and its legal effect and military consequences. Regarding the latter he will discuss the advent of African American soldiers into the fight, and their unique hardships including inferior weapons and food. Ultimately, Attorney Siler will show how the President's political views ultimately merged with his personal views just prior to his untimely death.

### FEBRUARY

Saturday, February 2, 9:00a.m. – 5:00p.m.

(Rain Date: Saturday, February 16)

**Free Day: Fresh from the Past Tryon Palace North Carolina History Center and Historic Area**

*Free Admission to Gardens, First Floors of Historic Buildings, and the North Carolina History Center's Mattocks Hall, and Gateway Gallery.*

*Reduced ticket price to the North Carolina History Center Regional History Museum, Duffy Gallery, and Pepsi Family Center. \$10 for adults and \$3 for students.*

*Sponsored by the Harold H. Bate Foundation.*

Join us on this special day as we explore the food culture of Eastern North Carolina's past and how it has shaped our lives today. Tour

the first floors of our historic buildings, enjoy the smells and tastes of our historic kitchens, and explore the winter harvest growing in our Kitchen Garden – all free of charge! In the North Carolina History Center, have fun with the whole family while doing free hands-on crafts and activities or take advantage of our discounted gallery passes and visit our interactive exhibits.

Wednesday, February 13, 10:00 a.m. – 11:00 a.m.

**Tryon's Tales for Tots: Make an Adinkra Cloth North Carolina History Center, Education Classroom**

*\$6 per child with one accompanying adult free; additional adults \$6. Included with regular admission*

Ages 3-5, with parental accompaniment.

You're never too young for history! Preschoolers and parents will learn what it was like to live in 19<sup>th</sup>- century North Carolina as an African American by visiting the George W. Dixon House and making an Adinkra cloth – a traditional African textile.

*Space is limited to 20 children. To reserve your child's spot, please call (252) 639-3500.*

*Extra openings will be filled the day of the event on a first come, first served basis. This program is designed for individual families. If you are a preschool teacher interested in bringing a group for a program, please contact our Groups Services Coordinator at (252) 639-3524 for more information.*

### MARCH

March 1 – May 31

#### Spring Garden Hours

Monday – Saturday, 9:00 a.m. – 6:00 p.m.;

Sunday, 1:00 p.m. – 6:00 p.m.

Last ticket sold at 4:30 p.m.

Saturday, March 2, 9:00 a.m. – 3:30 p.m.

#### Scouting Out Tryon Palace

Day includes hands-on activities, games, crafts and tours of the Governor's Palace, historic homes, gardens, and the North Carolina History Center. Bring a picnic lunch and enjoy this special Girl Scouts Day at North Carolina's first capitol. Activities are designed for school-age girls; some activities may have a minimum age requirement.

*For more details on the program, registration, and ticket costs, please contact Karen E. Ipock, Educational Programs Manager, at 252-639-3581.*

Saturday, March 9 – Sunday, March 10

#### Civil War Weekend: Keepers of the Town

After its fall to Union troops in March of 1862,

New Bern remained a Federally-occupied city for the remainder of the war. Learn what life was like for the Union soldiers stationed in a city behind enemy lines. The weekend will include special Civil War-themed tours, programs, soldier encampments and craft activities.

- Saturday, March 9, 10:00 a.m. – 4:00 p.m. and Sunday, March 10, 1:00 p.m. – 4:00 p.m.

### Special Opening of the New Bern Academy Museum

*Free admission*

Enjoy the New Bern Academy's Civil War exhibits during this special weekend dedicated to the 150<sup>th</sup> Anniversary of New Bern's occupation.

- Saturday, March 9, 10:00 a.m. – 12:30 p.m. and 1:00 p.m. – 4:00 p.m. and Sunday, March 10, 1:00 p.m. – 4:00 p.m.

### New Bern Occupied Dixon and Stanly Houses

*Included with regular admission*

Hear the stories of the soldiers, civilians, and the buildings they inhabited in occupied New Bern through special Civil War-themed tours of the historic Dixon and Stanly houses.

Wednesday, March 13, 10:00 a.m. – 11:00 a.m.

### Tryon's Tales for Tots: Life in Chatawka North Carolina History Center, Education Classroom

*\$6 per child with one accompanying adult free; additional adults \$6. Included with regular admission*

Ages 3-5, with parental accompaniment.

You're never too young for history! Preschoolers and parents will learn about life in Eastern North Carolina before the arrival of European settlers by learning about American Indian life, playing traditional games, and making a wampum bracelet.

**Space is limited to 20 children. To reserve your child's spot, please call (252) 639-3500. Extra openings will be filled the day of the event on a first come, first served basis. This program is designed for individual families. If you are a preschool teacher interested in bringing a group for a program, please contact our Groups Services Coordinator at (252) 639-3524 for more information.**

### APRIL

Wednesday, April 10, 10:00 a.m. – 11:00 a.m.

### Tryon's Tales for Tots: A Colonial Kid's Life North Carolina History Center, Education Classroom

*\$6 per child with one accompanying adult free; additional adults \$6. Included with regular admission*

Ages 3-5, with parental accompaniment.

You're never too young for history! Preschoolers and parents will learn about what it was like to be a kid in Colonial America by visiting the John Wright Stanly House and learning about the Stanly children and making a cup and ball toy.

**Space is limited to 20 children. To reserve your child's spot, please call (252) 639-3500.**

**Extra openings will be filled the day of the event on a first come, first served basis. This program is designed for individual families. If you are a preschool teacher interested in bringing a group for a program, please contact our Groups Services Coordinator at (252) 639-3524 for more information.**

Friday, April 12 and Saturday, April 13

### Garden Lover's Weekend

Gardens open 9 a.m. to 6 p.m., Friday and Saturday.

*Free garden admission; interior tours require the purchase of a ticket. Discounted admission with presentation of Spring Historic Homes & Gardens Tour ticket.*

Visitors will see the splendor of thousands of tulips in bloom. Garden Lover's Weekend is held in conjunction with the Spring Historic Homes & Gardens Tour, which is sponsored by the New Bern Historical Society and the New Bern Preservation Foundation. (A separate ticket is required for the historic homes tour. Call 252-638-8558 for more information.)

### MAY

Friday, May 3, 9:00 a.m. – 5:00 p.m.

### Home School Day

*Early registration rate is \$10 per student, \$12 per adult (tickets valid for 1 day)*

Home School families are invited to enjoy interactive activities as well as tours of the North Carolina History Center, Governor's Palace, and three other historic homes during this popular event. Bring your picnic lunch and spend time immersed in the past. Activities are designed for school-age children; some activities have a minimum age requirement. Craft activities will take place from 9:30 a.m. to 3:30 p.m.

**Call (252) 639-3524 before Wednesday, May 2<sup>nd</sup> to register and get the early registration rate. Tickets will also be available at the Ticket Desk the day of the event for \$15 for adults and \$12 for students.**

Friday, May 3, 11:00 a.m. and 2:00 p.m.

### Behind the Scenes Tour of the Tryon Palace Kitchen Garden

**Tour begins at the Main Palace Gate on Pollock Street**

*\$6 adults, \$3 students; included with regular admission*

Join a member of the Tryon Palace Garden Team for a behind-the-scenes look at the Tryon Palace Kitchen Garden. Whilst strolling through the Greenhouse and Kitchen Garden with a tour guide, learn about the preparation, planting, harvesting and continuous care taken by the Gardening Staff and Volunteers. Then, have a look into the uses of the Kitchen Garden produce from both historical and modern perspectives.

Wednesday, May 8, 10:00 a.m. – 11:00 a.m.

### Tryon's Tales for Tots: Let's Get Growing North Carolina History Center, Education Classroom

*\$6 per child with one accompanying adult free; additional adults \$6. Included with regular admission*

Ages 3-5, with parental accompaniment.

You're never too young for history! Preschoolers and parents will learn about flowers, fruits, and vegetables by visiting the Governor's Palace Kitchen Garden and planting their own plant to take home.

**Space is limited to 20 children. To reserve your child's spot, please call (252) 639-3500.**

**Extra openings will be filled the day of the event on a first come, first served basis. This program is designed for individual families. If you are a preschool teacher interested in bringing a group for a program, please contact our Groups Services Coordinator at (252) 639-3524 for more information.**

Friday, May 17 and Friday May 31, 11:00 a.m. and 2:00 p.m.

### Behind the Scenes Tour of the Tryon Palace Kitchen Garden

**Tour begins at the Main Palace Gate on Pollock Street**

*\$6 adults, \$3 students; included with regular admission*

Join a member of the Tryon Palace Garden Team for a behind-the-scenes look at the Tryon Palace Kitchen Garden.

Monday, May 27, 9:00 a.m. - 5:00 p.m.

### In Honor and Remembrance

In honor of those who served our country over the years, and those who still do, Tryon Palace will offer free admission to all active duty and military veterans with the presentation of their military ID. Discounted admission will be given to their accompanying family members.

# Sweet Potato Biscuits

## Makes 12-19 biscuits

- 2 ½ cups all-purpose flour
- ½ tsp. allspice
- ¼ cup brown sugar
- ½ cup margarine cut into small pieces
- 1 tbsp. baking powder
- ½ cup milk
- ¾ tsp. salt
- 1 large or ¾ cup mashed sweet potatoes
- ½ tsp. cinnamon
- ½ cup chopped pecans
- ½ tsp. ground ginger



Sketch of a New Bern cook during the Civil War. Tryon Palace Collection.

Preheat oven to 450F. Combine all dry ingredients. Add the margarine and mix in by hand. Combine the milk and sweet potatoes, add to flour mixture. Add pecans. Knead the dough with your hands until it is smooth. Roll out on a surface to ½ inch thickness and cut with a 2” biscuit cutter. Place on a greased baking sheet 2” apart. Bake at 450F for about 10-15 minutes until lightly browned. Cool on wire rack.

## Additional Reading

Here are suggestions for additional readings and resources that can be used to complement this *Living History Classroom's* articles and activities

Collins, Kaye Carver. “Beekeeping.” *Foxfire* 11 (1999). Online Google Books, [http://books.google.com/books?id=gdKFdZMPZmoC&printsec=frontcover&source=gbs\\_ge\\_summary\\_r&cad=0#v=onepage&q&f=false](http://books.google.com/books?id=gdKFdZMPZmoC&printsec=frontcover&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false). This series, comprised of articles based upon oral history, material culture and “plain living,” has been published out of northwestern Georgia since 1966.

Coren, Stanley. *The Pawprints of History: Dogs and the Course of Human Events*. New York: Free Press, 2003.

Ferguson, Susan K. “Honey In the Hive: Eighteenth-Century Beekeeping in North Carolina.” *Magnolia, Bulletin of the Southern Garden Historical Society*, 7, No. 2 (Fall 1990): 4-7.

Glasse, Hannah. *The Art of Cookery Made Plain and Easy By A Lady*. Facsimile of 1747 Edition. London: Prospect Books, 1983.

Hess, Karen. “Okra in the African Diaspora of Our South,” in *Cornbread Nation 1: The Best of Southern Food Writing*, edited by John Egerton and the Southern Foodways Alliance, 240-251. Chapel Hill: The University of North Carolina Press, with the Center for the Study of Southern Culture, University of Mississippi, 2002.

Larkin, Jack. *The Reshaping of Everyday Life, 1790-1840*. New York: Harper Perennial Library, 1989.

Nylander, Jane C. *Our Own Snug Fireside: Images of the New England Home, 1760-1860*. New York: Yale University Press with Alfred A. Knopf, Inc., 1994.

Olmert, Michael. *Kitchens, Smokehouses, and*

*Privies: Outbuildings and the Architecture of Daily Life in the Eighteenth-Century Mid-Atlantic*. Ithaca, N.Y.: Cornell University Press, 2009.

Randolph, Mary. *The Virginia Housewife, or Methodical Cook*. First printed 1824, online [http://digital.lib.msu.edu/projects/cookbooks/html/books/book\\_10.cfm](http://digital.lib.msu.edu/projects/cookbooks/html/books/book_10.cfm)

Reed, John Shelton, Dale Vosberg Reed, and William McKinney. *Holy Smoke: The Big Book of North Carolina Barbecue*. Chapel Hill: The University of North Carolina Press, 2008.

Richardson, H.D. *Dogs; Their origins and varieties, directions as to their general management, and simple instructions as to their treatment under disease*. Dublin: James McGlashan, 1850 (other editions from American publishers, 1850-1870s).

Tannahill, Reay. *Food in History*. New York: Crown Publishing Group, 1989.