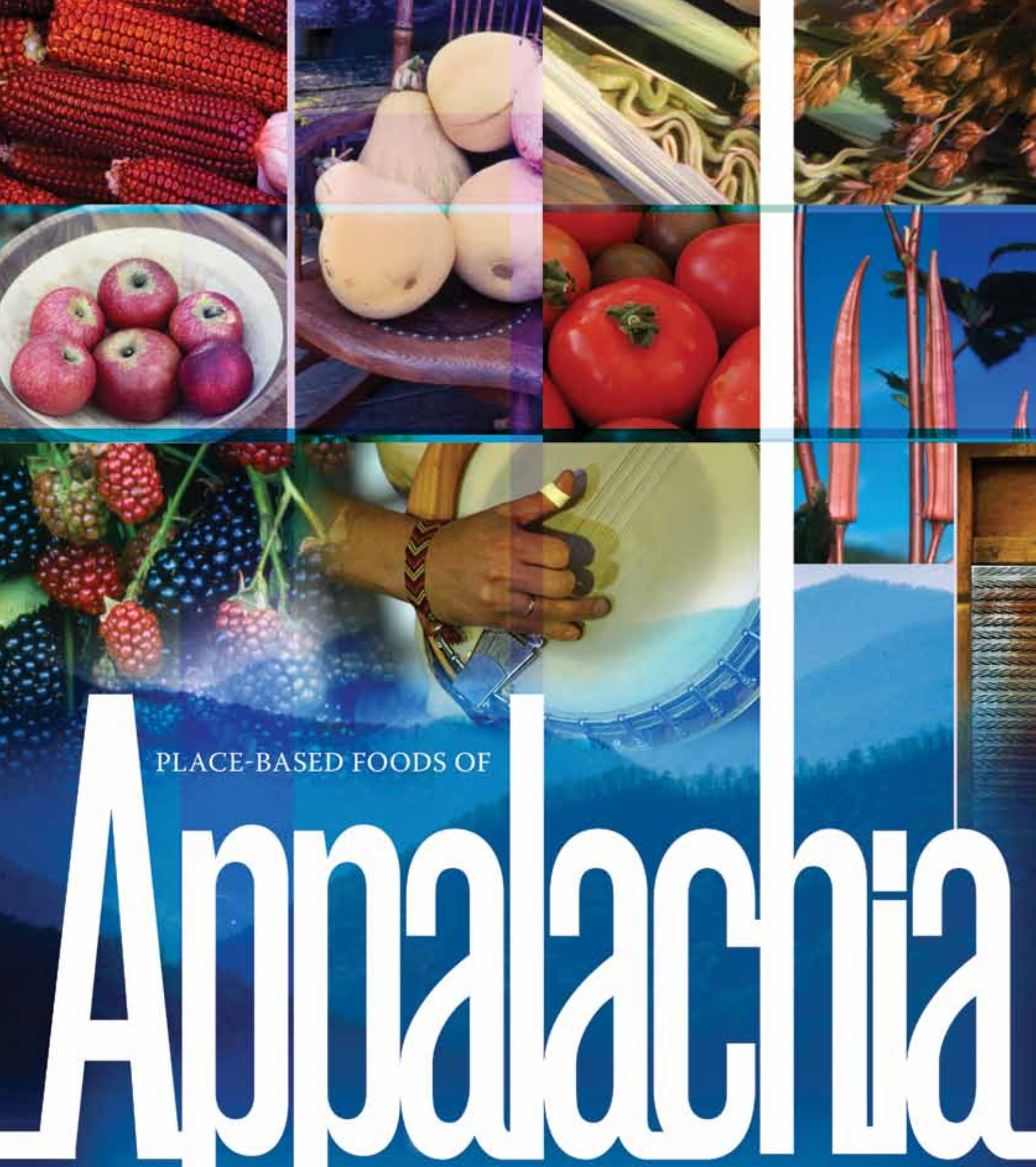


PLACE-BASED FOODS OF

Appalachia

From Rarity to Community Restoration
and Market Recovery

Edited by James R. Veteto, Gary Paul Nabhan,
Regina Fitzsimmons, Kanin Routson & DeJa Walker (2011)

Introduction

Todd Elliott

This publication seeks to foster recognition of Appalachia as the region in North America with the highest extant food diversity, and to inspire further documentation, recovery and community use of these foods within the region. It is produced by the Renewing America's Food Traditions (RAFT) alliance, which brings together food, farming, conservation and culinary organizations and advocates to ensure that the diverse foods and traditions unique to North America remain alive and dynamic. We work to ensure that these foods, sustainably produced and prepared, reach our tables by means that make our communities healthier and our food systems more diverse—ecologically, culturally and structurally. We focus on place-based clusters of foods at risk that we feel we have the capacity to help recover, as we have already shown by assisting grassroots efforts in other regions, as noted on www.raftalliance.org. We urge all readers, growers and harvesters to respect Native American communities that have traditional management rights at certain fishing, gathering and hunting grounds for some of these "wild" species. We need to support the tribes that have farmers' rights to some of the vegetable, grain and fruit crops listed here that have long been part of their traditions and remain elements of their food sovereignty efforts. This publication is the outcome of field research and relationships fostered by James Veteto of the Southern Seed Legacy, with assistance from Gary Paul Nabhan and interns of RAFT. It has benefited from funding offered by the Cedar Tree and Ceres foundations and anonymous donors.

Summary of Number of Place-Based Food Crop Varieties Known From Central and Southern Appalachia (Upland South)

TOTAL = 1,412	Heritage *(Commercially Available Variety)*	Heirloom *(Pass-a-long Variety)*
FRUITS, NUTS, BERRIES	**294**	**373**
Apples	280	353
Other Fruits *(including melon & watermelon)*	14	9
Berries	0	11
VEGETABLES	**83**	**610**
Beans	21	464
Cowpeas, Crowders, Field Peas	12	25
Tomatoes	23	62
Squash/Pumpkin	6	24
Other Vegetables	21	37
GRAINS	**17**	**33**
Corn	16	31
Other Grains	1	2

Co-Editors with James R.Veteto (Bio on P5)

Gary Paul Nabhan is RAFT founder and co-founder of Flavors Without Borders. He has been honored for his work in the collaborative conservation of food diversity with the Vavilov Medal and a MacArthur Genius Award. A prolific author, his books and blogs can be found at http://www.garynabhan.com. He raises hell and orchard crops in Patagonia, Arizona.

Regina Fitzsimmons is a graduate from the University of Arizona with a degree in Nonfiction Writing and a minor in agronomy. Formerly a Slow Food USA intern, she now works with the RAFT alliance and Sabores Sin Fronteras in Tucson, Arizona. She cooks and gardens and blogs about successes and flops at http://reginarae.com.

Kanin Routson is a graduate student at the University of Arizona. He researches the genetics and genetic diversity of "heirloom" apples and historic apple trees in the US in addition to native species. He has studied the genetic diversity of historic farmstead apple trees growing in the US Southwest and has worked both regionally and nationally in heirloom fruit and heritage orchard restoration.

DeJa Walker has been an intern with the American Livestock Breeds Conservancy and Renewing America's Food Traditions, and the president of Slow Food NAU in Flagstaff, where she received a degree in Environmental Sciences following her time at the University of Gastronomic Sciences (UNSIG) in Italy. She now teaches sustainable pastry courses at Johnson and Wales University. She lives, bakes and gardens in the Denver-Boulder area where she continues to advocate for diverse, fair and just food in her local community.

Cover photos by David Cavagnaro except tomatoes by Gary Paul Nabhan, apples courtesy of Ben Watson, and banjo and washboard from Can Stock Photo

Alena Veteto

Apple-achia:

by James R. Veteto

The Most Diverse Foodshed in the US, Canada and Northern Mexico

Let's just go ahead and say it: People across southern and central Appalachia are crazy about plants and animals. In my lifetime of interacting with Appalachian farmers, gardeners and wildcrafting enthusiasts, I have never ceased to be amazed by their knowledge and love for all things green and growing. Whether they save seeds, graft fruit trees, dig roots and bulbs, can foods, harvest wild plants, hunt game, or raise heritage livestock breeds, it is a truism that older people and a smattering of younger people across the region have immense wildcrafting and agricultural skills. The deep mountain backcountry areas of North Carolina, East Tennessee, southwest Virginia, Kentucky and West Virginia are pockets rich and diverse in food crops within the central/southern Appalachian foodshed.

Apples are abundant among the region's 1,412 food varieties.

This should come as no surprise: Appalachian people live in one of the world's most bio-diverse temperate zones. Global areas of high agrobiodiversity correlate with high degrees of economic, cultural and geographic marginality—conditions that are no stranger to the highlands of Appalachia. Additionally, most of the world centers of agrobiodiversity are in mountainous areas. Given these factors, southern and central Appalachia has the highest documented levels of agrobiodiversity in the U.S., Canada and northern Mexico. Appalachia is the longest continuously inhabited mountain range in the United States, and it has an extensive history of indigenous agriculture by the Cherokee and other American Indian peoples.

In southern Appalachia each spring, there is a ritual where thousands of old men in overalls till their brown hillside garden patches. Any visitor to the region can witness this event in mid-March as they wind their way among the country roads, barns and fields. Our research has documented 1,412 distinctly named heirloom food varieties in southern and central Appalachia, making southern/central Appalachia the most diverse foodshed of any region yet studied by the Renewing America's Food Traditions (RAFT) alliance.

Heirloom varieties such as the Roughbark Candyroaster Squash—a long, pale orange squash with thick, ridged skin (making it better for storage than regular 'slick roasters') that looks like a cross between a banana and hubbard squash—are valued for their use in regionally-important food dishes such as candyroaster butter, bread and pie. As far as we know, the Roughbark Candyroaster was only maintained by one family in Bald Mountain, North Carolina before I collected it and began distributing it among Appalachian seed savers.

The Eastern Band of Cherokee Indians (EBCI) are descendents of the original agriculturalists of the region and are still maintaining a high diversity of Cherokee heirloom food crops. Along with Kevin Welch, EBCI member and founder of The Center for Cherokee Plants, I have documented 128 distinct heirloom varieties still grown by Cherokee gardeners and farmers today.

Any local sample of Appalachia's rich food heritage gives you a glimpse of an extremely biodiverse foodways tradition. And it doesn't end at heirloom vegetable varieties. Gary Nabhan has playfully dubbed the region 'Apple-achia,' and with good reason. The RAFT alliance has documented 633 distinct central/southern Appalachian apple varieties. Orchards containing heritage varieties still dot the Appalachian landscape—even if they have depreciated from previous generations. Nearly vertical, south-facing orchards such as Moretz's Mountain Orchard in Watauga County, North Carolina are maintaining operations that span over three generations of their families or longer. Moretz's Mountain Orchard contains over 90 heritage eating, cooking and cider apples that come in a wide variety of sizes, shapes and colors. Southern Appalachian favorites include standbys such as Virginia Beauty, Winesap and Limbertwig, in addition to extremely rare family varieties such as Zesty Z, Mud Hole and Bets Deaton. Apple hunters like Tom Burford, Lee Calhoun, Tom Brown and Ron Joyner are continually scouring the ridges and hollers of the region to find old homestead apples that have been lost to history, and they bring them back into awareness and circulation. Orchardists such as Bill Moretz are using innovative marketing methods like his apple CSA (Community Supported Agriculture) to get cherished heirloom varieties into the hands of newer generation apple aficionados who are eagerly seeking variety and tastes beyond the bland Golden Delicious and Granny Smith's from supermarket shelves that they grew up eating. What's more, an incipient cider-making revival is threatening to take the region by storm and create a local micro-industry of Appalachian-made ciders.

The same can be said of efforts by Appalachia's livestock breeders, wild foragers, fishermen and hunters: The ways they seek out, harvest, prepare and process Appalachia's "endemic" foods are all rooted in a deep, cultural history that remains alive today, although threatened in places by environmental and economic changes ranging from farmland loss to climate change. Harvesting wild ramps for family gatherings and festivals, digging Indian cucumber root along the trail during forays into the deep mountains, parboiling so-chan greens in the early spring, hunting wild turkey, keeping Dominiker roosters and hens out back of their houses for frying and eggs, transplanting Jerusalem artichokes or American groundnuts from natural to garden settings and raising Guinea hogs for family barbecues—all are traditional ways of procuring food and filling the belly that remain alive in the Appalachian mountains.

James R. Veteto

I do worry, though, that most of the Appalachian heirloom growers and wildcrafters that I have worked with are a part of an aging crowd, mostly in their seventies. These elders are maintaining heirloom varieties not only because of how much better tasting and locally-adapted they are, but also because they are representative of a milieu of cultural memory. Seeds, fruit and nut trees, wild foods and heritage animal breeds are often wrapped up in genealogies (many heirloom varieties are named after family ancestors), local histories, barter networks and sensory memories of time spent with loved ones and friends. Furthermore, the very acts of heirloom farming and wild foods harvesting are concrete everyday resistances, which provide counter-memories to a modern monoculture that

Alena Veteto

Any local sample of Appalachia's rich food heritage gives you a glimpse of an extremely biodiverse foodways tradition.

characterizes by a society prone to negligence and forgetting. These folks are maintaining these foods because it is healthy for them to do so (garden therapy), because they think it is the right thing to do and because it is a powerful symbolic statement of their Appalachian world-view. Caring and cultural memory in Appalachia nurture what is the greatest agrobiodiversity cornucopia in most of North America.

Lest we think that the age of these old-time gardeners indicates that they are anachronistic holdovers from an era gone by, current trends in Appalachia indicate that they may have been ahead of their time. Droves of young people are returning to the land in western North Carolina through the sustainable agriculture movement. Conservation efforts through the American Livestock Breeds Conservancy, Center for Cherokee Plants and The Southern Seed Legacy Project are generating an enormous amount of interest in heirloom seeds, wild foods and heritage breeds. Seed companies such as Sow True Seed in Asheville, North Carolina, Southern Exposure Seed Exchange in Charlottesville, Virginia and The South Carolina Foundation Seed Association in Clemson, South Carolina are offering and selling an ever-increasing number of rare Appalachian heirloom seeds. Time-honored Appalachian varieties such as White Bunch beans and Ashe County Pimento peppers are being saved from the risk of extinction, and returned to a cherished place among the tables and hearts of a new generation of the regions residents. As climate change and variability become ever more threatening realities, farmers and gardeners are diversifying their fields with varieties that have shown an incredible amount of resilience through past fluctuations.

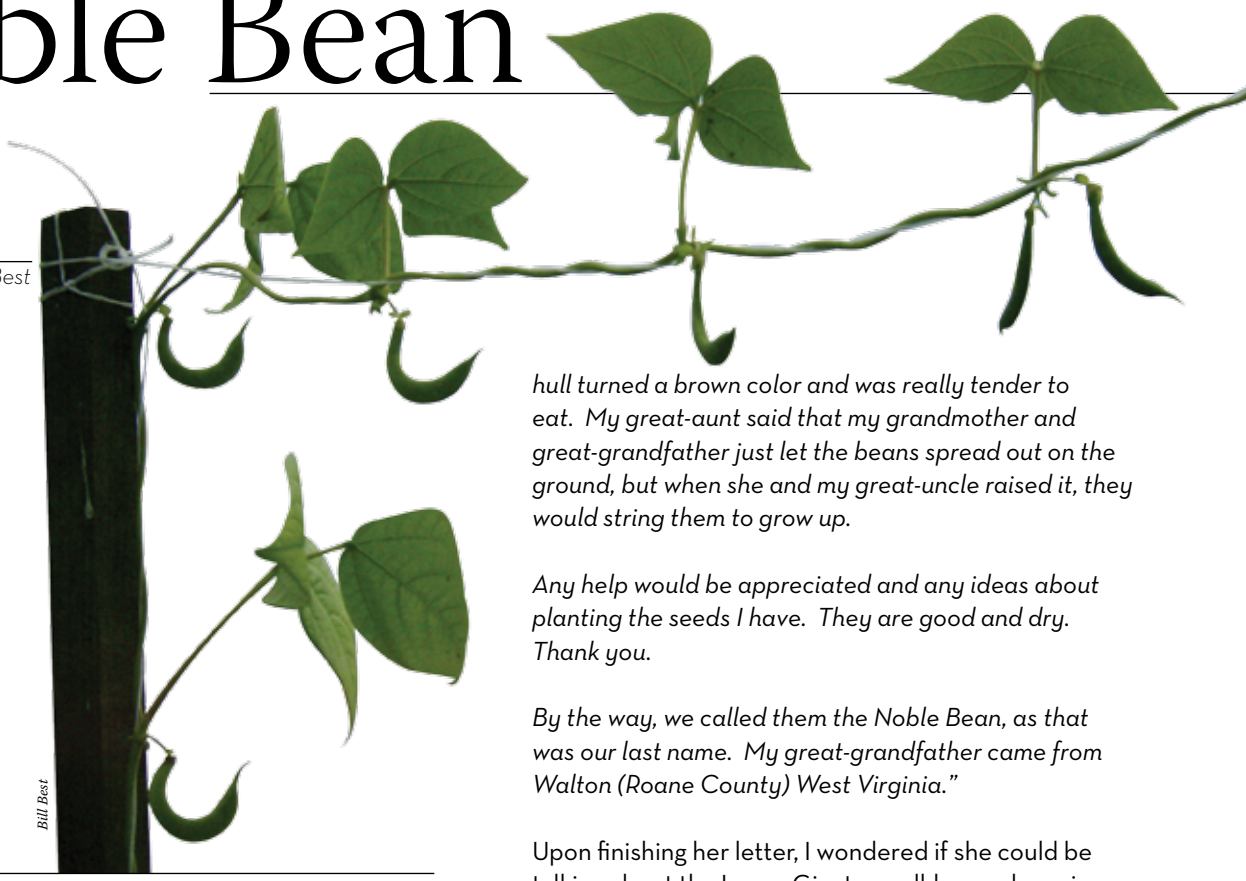
In addition to using your buying power to support heirloom Appalachian foodways at farmers' markets, farm stands and pick-your-own farms throughout the mountains, we ask that you support, donate to and patronize the fine organizations that we have listed above. If we all join together in efforts to support our nation's most diverse foodshed, the rewards of our effort will not only be delicious, yielding healthy foods and important biodiversity conservation, but you will also feel the satisfaction of knowing that down-home Appalachian foodways and culture will continue to evolve, thrive and inform life in the region for years to come. Cultural and biological diversity is the stuff that healthy and rewarding Appalachian lives are made of.

Alena Veteto

James R. Veteto is Assistant Professor of Anthropology and Director of the Southern Seed Legacy at The University of North Texas. He has written extensively on agricultural diversity, foodways and ethnobotany in the U.S. South. Veteto also spent 15 years as a farmer and wild foods enthusiast in western North Carolina, where he currently spends his summers roaming the gardens and hills in search of endangered foodways.

The Serendipitous Saga of Rescuing the Noble Bean

by *Bill Best*



Bill Best

Although most of my searches for old-timey beans over the decades have focused on building relationships with growers still living in Appalachia, on Friday, June 27, 2008 I was excited to receive an e-mail from Judy Bennett of Dayton, Oregon about a curious bean. While I receive many daily e-mails and phone calls about heirloom beans, her letter was different:

"I am trying to locate a bean that was grown in West Virginia. My great-grandfather brought the bean with him when he moved to Oregon in the late 1890s. He and my grandmother grew it in the garden here and my grandmother and mother always canned the bean. I just recently got some of the seed from my great-aunt (who had gotten the seed from my grandmother), but the seed has been sitting in her garage for about 12 years. We soaked the seed, it enlarged, and we planted it, but it isn't coming up. The seed is brown. (I still have some if I could mail it to you to look at or I could take a picture and e-mail it.)

From what I remember, it grew really big in the hull (filled it out) and was picked when the hull was starting to turn a light yellow color. It was canned in the hull, but after pressure cooking it, some of the beans would be out of the hull and some would stay in. The hull turned a brown color and was really tender to eat. My great-aunt said that my grandmother and great-grandfather just let the beans spread out on the ground, but when she and my great-uncle raised it, they would string them to grow up.

Any help would be appreciated and any ideas about planting the seeds I have. They are good and dry. Thank you.

By the way, we called them the Noble Bean, as that was our last name. My great-grandfather came from Walton (Roane County) West Virginia."

Upon finishing her letter, I wondered if she could be talking about the Logan Giant, a well-known bean in West Virginia. But when she sent me photos of the beans, I realized that the Noble bean was not the same as the Logan Giant.

As we continued to exchange e-mails, she decided to send me several hundred of her found beans to see if I might have success in getting any of them to germinate.

Upon receiving the beans Mrs. Bennett sent me on July 2, 2008, I immediately realized several things:

1. At some point, the beans had been dampened enough to swell up, and then had dried out again.

2. The eyes of the beans were split and the embryonic tissue appeared to have dropped out of many, if not most, of the seeds that would make germinating them much more difficult. In fact, I didn't find any seeds that I thought might germinate.

3. I was in for a challenge, so I decided to give it my best try. Using some greenhouse starting soil, I put most of the bean seeds (about a hundred) in a flat and moistened

* *It was later determined that the seeds had been sitting in the garage for 17 years and not for 12.*

the soil enough to keep the seeds damp. I put the flat with the seeds on top of a bench on a sunny porch so that I could inspect it several times a day and keep the moisture at the appropriate level.

After three weeks I became more than a little concerned, wondering if any of the seeds might sprout. But my wife noticed a small amount of green near the middle of the tray. Shortly thereafter, six young beans broke through the soil, leaving me quite relieved.

However, a grasshopper quickly found one of the beans and ate it, and I realized that some precautions were in order. I didn't want to take more chances than necessary with success almost at hand.

I transplanted the remaining five young plants into pots and put them in my greenhouse to develop roots prior to transplanting them into one of my high tunnels. (By that time it was too late to transplant them into a field since they could not possibly produce seeds before freezing weather.)

On October 5, 2008, I e-mailed Mrs. Bennett the following information: "One grew really well and three are still struggling. The fifth succumbed to damping off. I believe the one that is growing well will produce at least a dozen pods of mature beans from the way it looks now."

I was a little too optimistic since three of the remaining four plants succumbed to ants and dung beetles, and the one healthy plant produced only three pods of viable seeds before succumbing itself. By now, the bean was now 12 seeds away from extinction.

I now believe the Noble Bean is safe from extinction.


Bill Best

I notified Mrs. Bennett of my luck on the 26th of October and told her that I would soon be sharing the seeds with her. I sent five to her and gave one each to John Coykendall and Lothar Baumann. John Coykendall works with heirloom fruits and vegetables at the Blackberry Farm near Maryville, Tennessee and is a noted seed saver. Lothar Baumann is a truck farmer near Berea, Kentucky who is also an heirloom bean collector and grower. I decided to plant three seeds during the summer of 2009, keeping two to try again in case all of us should have a crop failure.

The summer of 2009 was good for the Noble bean. John Coykendall grew his plant indoors and had excellent success. His one plant produced over 380 seeds, half of which he sent to me. Judy Bennett also had good success with her five seeds, yielding enough to plant several rows in her garden in 2010. My three plants, planted in my greenhouse, produced around a hundred seeds giving me enough to plant in the field during 2010 and to share with Frank Barnett, a fellow heirloom seed saver from Georgetown, Kentucky.

Judy Bennett had excellent success with her 2010 crop of Noble beans. In addition to many meals cooked from her crop, she also canned over fifty quarts of beans. Frank Barnett also had good success with his few seeds and now has plenty of seeds for a crop again next year. I planted some of mine on two different occasions and now have enough seeds to feature the Noble bean at the two farmers' markets I attend and sell seeds on our website to the public in 2012.

The Noble bean is what is commonly known in the Southern Appalachians as a "fall" or "October bean." It is stringless and tender. I believe it is now safe from extinction and I'm glad to have had a part in bringing it back.


Irmgard Best

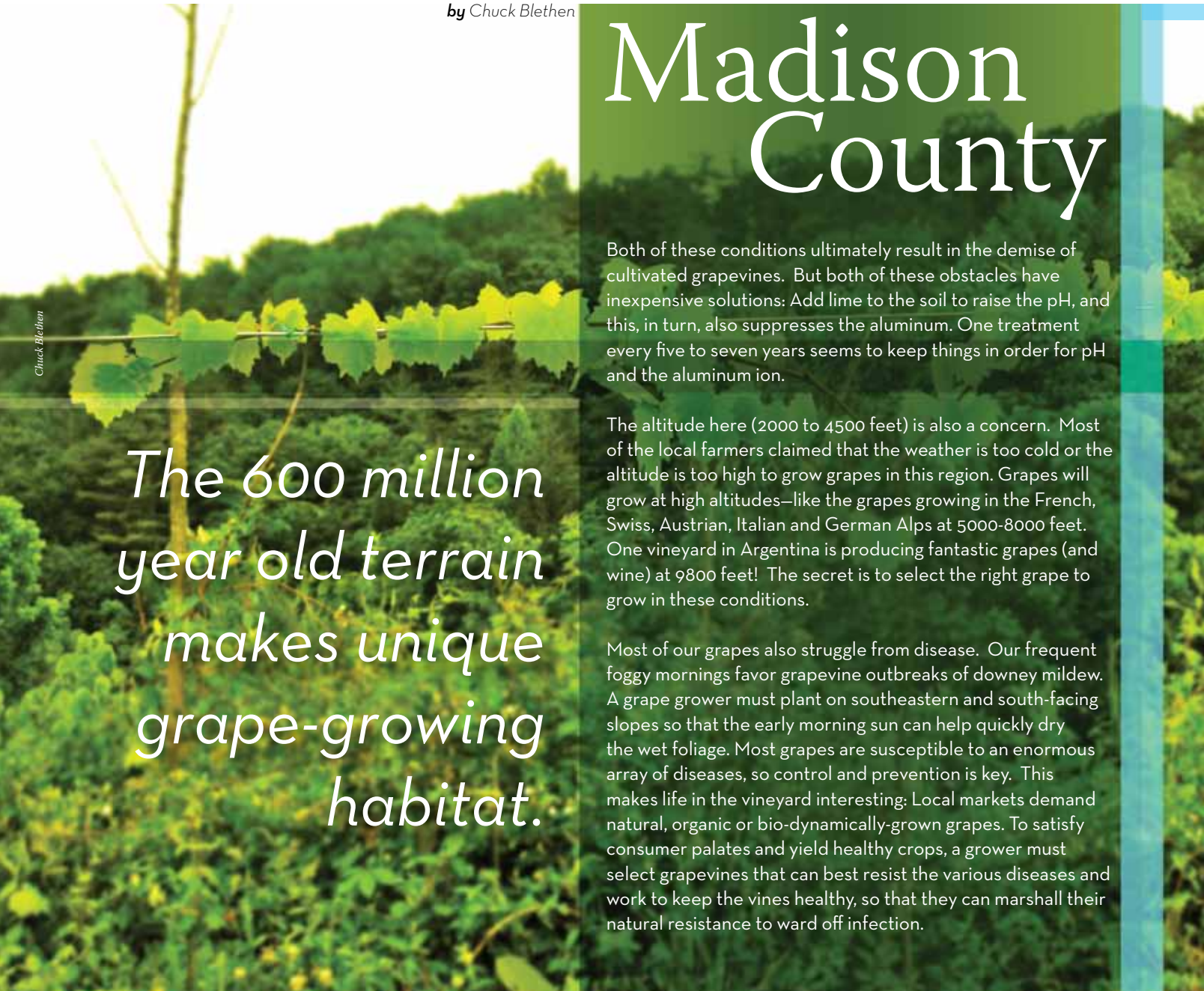
Bill Best has saved seeds for most of his life, having been brought into the custom by his mother. Now, at age 75, he is still collecting Appalachian, heirloom vegetable seeds from people old enough to be his parents. He has over 500 Southern Appalachian heirloom bean varieties and over 50 Southern Appalachian heirloom tomato varieties as well as a few winter squash, cucumber and corn varieties from the same area. He is originally from the Upper Crabtree community in Haywood County, NC. He currently directs the Sustainable Mountain Agriculture Center near Berea, Kentucky. More information can be found on his website at: http://www.heirlooms.org.

I moved to the mountains of Western North Carolina from the Arizona desert about three years ago. My first thought? Look at all these south-facing slopes—they would be great for growing grapes! I've developed a passion for grapes over the past 30 years as I've visited and worked in vineyards and wineries all over the world.

The 600-million-year-old Appalachian Mountains provide us with a unique grape-growing environment. We have several conditions stacked against us, but each problem can be remedied with some innovative solutions: The mountains are with residual granite soil—mostly thick, red clay. Granitic soils have two characteristics: They tend to have low pH and a high concentration of aluminum ions.

Preserving the Wild Mountain Muscadines of Madison County

by *Chuck Blethen*



Chuck Blethen

The 600 million year old terrain makes unique grape-growing habitat.

Both of these conditions ultimately result in the demise of cultivated grapevines. But both of these obstacles have inexpensive solutions: Add lime to the soil to raise the pH, and this, in turn, also suppresses the aluminum. One treatment every five to seven years seems to keep things in order for pH and the aluminum ion.

The altitude here (2000 to 4500 feet) is also a concern. Most of the local farmers claimed that the weather is too cold or the altitude is too high to grow grapes in this region. Grapes will grow at high altitudes—like the grapes growing in the French, Swiss, Austrian, Italian and German Alps at 5000-8000 feet. One vineyard in Argentina is producing fantastic grapes (and wine) at 9800 feet! The secret is to select the right grape to grow in these conditions.

Most of our grapes also struggle from disease. Our frequent foggy mornings favor grapevine outbreaks of downey mildew. A grape grower must plant on southeastern and south-facing slopes so that the early morning sun can help quickly dry the wet foliage. Most grapes are susceptible to an enormous array of diseases, so control and prevention is key. This makes life in the vineyard interesting: Local markets demand natural, organic or bio-dynamically-grown grapes. To satisfy consumer palates and yield healthy crops, a grower must select grapevines that can best resist the various diseases and work to keep the vines healthy, so that they can marshall their natural resistance to ward off infection.

Muscadines—a hardy, disease-resistant grape that can be grown naturally, organically or bio-dynamically.

On top of all this, weeds in our mountains grow like Jack & the Beanstalk's vine. While we have tried most remedies, mulching with chipped wood is the most effective deterrent.

I began my quest for growing suitable grapes by considering only those grapes that could tolerate winter temperatures down to -25F, the temperature occasionally experienced here at 4000 feet on some December and January nights. This narrowed-down my options. I learned of just 45 varieties that will do well in this environment. Two years ago we began planting a few of these varieties in test plots around Madison County.

Along our journey many told us they wished they could grow muscadines here in the mountains—after all, the muscadine is the official state grape! Some of our mountain neighbors had tried to grow a few of the hot weather, domestic varieties from the Piedmont and Coastal areas, only to have them die from the cold weather. Muscadines are hot weather grapes...or so we assumed.

We were told by a few long-standing, local families that they used to pick muscadines in the woods and along the river when they were kids. At first we questioned the accuracy of that assertion. We wondered if they were mistaken—perhaps they didn't know a muscadine from any of the 28 varieties of wild grapes that thrive here.

But as luck would have it, one day we found a local farmer who was willing to take us to a patch of grapes he insisted were muscadines. Sure enough, they were the real-deal, growing wild, here in the mountains! I reported this to our local extension office and they thought I was crazy. They assured me that "muscadines don't grow in the mountains."

I took several photographs of the leaves, fruit, canes and tendrils and e-mailed them to some friends in the industry who knew muscadines. They all confirmed that I was not mistaken. This came as huge news to the viticulture world. No one suspected that muscadines could survive the cold weather at these altitudes. It was time to find out: Last year, at the beginning of October, following the first frost, we went to a wild muscadine patch and harvested a gallon of grapes and made a grape-hull pie (to die for!) and we put up 14 half-pints of grape-hull preserves—also fantastic. The unripened/bitter hypothesis was thrown out.

Unlike most grapes, you can't propagate muscadines using dormant cuttings. So last year I began propagating the wild mountain muscadines using a little-known viticulture technique called greenwood cuttings. It worked! This spring we sold some of our propagated grapevines to local farmers who wanted to see if they could successfully grow them at their respective altitudes, too. If they survive this coming winter, these farmers plan to start serious acreages of the wild mountain muscadine.

I have now planted the first two rows of wild mountain muscadines in our vineyard. Each row is 200 feet long. Ours will be the first (albeit small) commercial vineyard of wild mountain muscadines in North Carolina. If all goes as planned, we will have brought to the forefront a native grape in Madison County that is perfect for the mountains—a high-altitude, cold-hardy, disease-resistant grape that can be grown naturally, organically or bio-dynamically. The potential for a wide range of value-added products is exciting—juice, wine, preserves, pies, table fruit, raisins, balsamic vinegar (for long term thinkers) and other value-added products. What's more, muscadines have 40 times the amount of resveritrol as other red grapes, so they may be a good source in the future for "medicinal foods" that help humans reduce their stress levels!

We are now on our way to preserving an old wild grape variety that our ancestors knew and used. And we have demonstrated their continuing viability in the Appalachian Mountains. They are clearly not an obsolete or anachronistic variety from the past, but a culinary treasure to enrich our future.

Jeannie Blethen

Chuck Blethen is a vigneron from Madison County, North Carolina, where he propagates and grows cold-hardy, wild mountain muscadines. He is the author of "The Wine Etiquette Guide" and is a frequent cruise ship lecturer on wine related topics. He and his wife Jeannie were selected by Slow Food USA to be Delegates at Terra Madre in Torino, Italy because of their work with wild mountain muscadines.

Nancy Hall,
Respected Elder Boards the Ark

by *Doug Elliott*

There is a woman who some know as Yanna Fishman who has been collecting, propagating, growing and preserving different varieties of sweet potatoes for decades in Rutherford County, North Carolina. Others know her as the Sweet Potato Queen. I know her as my sweet wife. In the winter of 2010, some friends from Renewing America's Food Traditions (RAFT) and Slow Food USA encouraged Yanna to nominate an heirloom sweet potato to the Ark of Taste. Of the forty-some varieties of sweet potatoes that she raises, one immediately came to her mind: Nancy Hall.

As Yanna recalls, *"Over 20 years ago I acquired the Nancy Hall sweet potato from an elderly couple. While not the most productive of my varieties, it has a rich golden color, firm texture and delicious flavor. Nancy Hall is one of the varieties most sought after by our traditional rural neighbors, who fondly remember it from their childhood as the favorite of their parents and grandparents."*

Nancy Hall seemed to be a perfect candidate for the Ark of Taste. Yanna became inspired to research and write the history of this heirloom potato.

The earliest record she found was in an 1895 Texas Agricultural Experiment Station publication. It was the main variety available in the South, where it became quite popular through the 30s and 40s. In 1939, a festival called the Nancy Hall Jubilee celebrated this sweet potato in Paris, Tennessee.

The most commonly-held origin story for the Nancy Hall variety comes from an 1896 letter written by Mr. A.J. Aldrich of Orlando, Florida, who claimed this distinctive sweet potato came from seeds accidentally mixed into a packet of flower seeds planted by a Miss Nancy Hall in Florida.

Another origin story comes from Nantsy Marsenich, who was born in Gleason, Tennesee in 1930. She claimed that her grandfather, R.A. Nants, along with a man named Hall, discovered and named the variety. Nants, of course, became Nancy.

Todd Elliott

Todd Elliott

Todd Elliott

Early this last September, Yanna unearthed a dozen or so potatoes from the Nancy Hall bed in her garden, and then cured them for two weeks in the greenhouse at a temperature averaging 85 degrees to fully develop their flavor and sweetness. She shipped them to Madison, Wisconsin, where members of the Slow Food USA Biodiversity Committee had gathered from various parts of the U.S. for an official Ark of Taste tasting. By all accounts, they so enjoyed the potato's flavor and were so enthusiastic about it, that they unanimously "boarded it" onto the Ark of Taste. That was a critical step in creating a more secure future for Nancy Hall; this potato has not been reliably available over the last quarter century.

Many parts of the South have a long history of sweet potato cultivation. Traditionally, sweet potatoes were cured for several weeks in a warm, humid environment to develop their taste and sweetness. Farmers brought their sweet potatoes to heated curing houses right after harvest and paid a small fee to have them cured and stored. They were heated with wood or kerosene stoves. Some curing houses held thousands of bushels. Today, there are many abandoned sweet potato curing houses still dotting the countryside.

Todd Elliott

When one farmer was asked why these curing houses have fallen into disuse, he explained, "Folks don't know what sweet potatoes taste like anymore—they think they taste like butter, cinnamon and sugar. So farmers nowadays just dig 'em up and sell 'em right away." Another long-time sweet potato grower told us he likes "a sweet 'tater that can stand on its own... it don't need no help!"

Yanna will continue to grow Nancy Hall as she has done for years, but she hopes the Ark of Taste designation will help the Nancy Hall reach more chefs, CSAs and dedicated home gardeners who want a sweet potato "that can stand on it own."

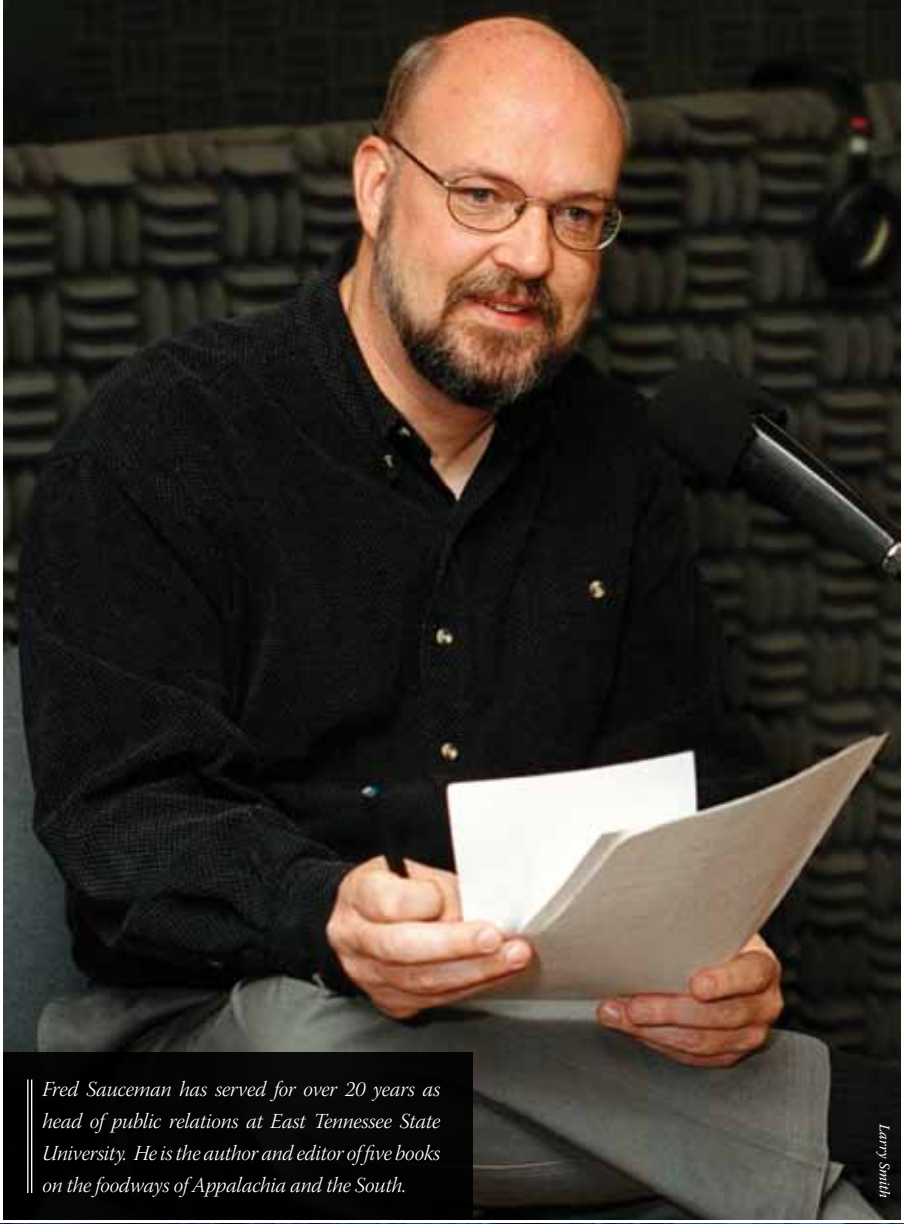
Of course Nancy Hall is just one of countless rare, almost forgotten varieties of sweet potatoes that offer an incredible array of tastes, colors and textures. Around harvest time, they come out of the ground in a dazzling display of colors: red, orange, yellow, white, purple and gold. Some are smooth, sweet and creamy when cooked and others are dense and starchy like chestnuts. Yanna would like to see these varieties more widely celebrated—"on our dinner plates as well as on the Ark of Taste—with Nancy Hall there to welcome them!"

Yanna Fishman

Doug Elliott is a naturalist, storyteller and author of a number of books and recordings of stories, songs and lore that celebrate the natural world and can be found via his website www.dougelliott.com.

Squeezing Spitters and Pippins: Foggy Ridge

by *Fred Sauceman*



Larry Smith

Fred Sauceman has served for over 20 years as head of public relations at East Tennessee State University. He is the author and editor of five books on the foodways of Appalachia and the South.

There is something so powerful about Appalachian apples that they can even change the course of a person's life. Diane Flynt exchanged a life of processing loan applications and training bank managers for staining her fingernails and becoming a cidermaker. When she started her business, Foggy Ridge Cider, in the Blue Ridge Mountains in Dugspur, Virginia, she was the South's only fulltime cidermaker.

Making the transition from bank executive to orchard manager might seem like an abrupt about-face, but it was a natural progression for Diane.

"I always knew I wanted to live a rural life," she said. "For the first ten years of my banking career, I lived in Davidson, North Carolina, on a farm with a huge asparagus bed and a melon patch as big as my living room."

On Monday mornings, her co-workers in Greensboro were greeted by the scent of vine-ripened melons coming out of the elevator.

Diane married her husband, Chuck, at age 40 and they spent five years looking for land. They eventually bought 200 acres eight miles from the Blue Ridge Parkway, at an elevation of 3,000 feet. Thus, the banker became a planter.

Diane began setting out apple trees on her Virginia hillside. She visited Monticello to take grafts from Hewe's Crab trees in the orchard once overseen by Thomas Jefferson. Monticello produced the earliest and best cider apples in Virginia. Diane went to cider school at Pershore in England. She took advanced courses in Geneva, New York. She spent two harvest seasons apprenticing with cidermakers in California.

Cider, Dugspur, Virginia

Now her orchard numbers over 1,000 trees. It's an apple arboretum—an outdoor museum—in a place where apples were once grown for the court of England's Queen Victoria. "Apples were one food product on which there was no tax for England," Diane explains. "The Newtown Pippin was a favorite apple during the Victorian Age. In fact, it tastes best about a month after picking. Imagine the wonderful aroma when they pried the lids off those wooden casks in England."

Flynt's Foggy Ridge orchard is also in the heart of the most diverse apple growing region in North America, Appalachia, where more than 600 distinctive apples with altogether distinct flavors and fragrances can still be found. Pippins are among the 30+ apple varieties Diane grows. About a third of them are inedible when freshly-picked. Called "spitters," they're high in tannin. As Diane describes it, "Your mouth puckers. You get that astringency. It's like biting into a tea bag."

But in the yin and yang of cidermaking, those spitters are necessary to provide balance and acidity. Cidermaking is much more complex than pressing out the juice, setting it on the back porch and waiting for it to "go hard." Diane likens cidermaking to winemaking. The techniques and language are similar.

"There are 'eating apples' that we think have various attributes that contribute to cider—aromatics, sugar, the overall flavor profile. A variety called Winter Banana does indeed have a banana 'nose.'"

The Foggy Ridge orchard has early American heirlooms as well as French and English varieties. The older types can be finicky. Some are susceptible to blight and fungus and don't bear well. English apples in particular have trouble tolerating the hot, humid summers of Virginia. Sometimes it takes as long as seven years before an heirloom tree bears apples.

Virginia's largest planting of a once-lost Harrison apple is at Foggy Ridge. The juice has a thick, viscous consistency.

Walking through the woods on Long Mountain, Diane tastes the fruit of wild apple trees, their seeds likely distributed by birds. If she admires a certain wild apple, she'll mark the tree. Later she'll return, gather wood, and "make a tree" of her own. Her Carroll County Wilding, a tree she named, came about just that way.

From late August until early November, Diane works in the orchard constantly, measuring the brix (sugar level) of her apples and deciding the best time to pick. Fermenting the juice takes anywhere from six to eight weeks. Diane bottles cider by hand from late January to March—a process that demands six o'clock mornings to eleven o'clock nights. February and March are pruning months.

Foggy Ridge produces three kinds of cider. *First Fruit*, the best seller, is made from the juice of Hewe's Crab, the apple Jefferson cultivated at Monticello. Diane describes it as "tart and acidic" and a food-friendly match with grilled chicken, pasta and hamburgers. *Serious*, made with English and French apples, is the driest of the three and highest in tannin—a cider to be paired with oysters, buttery dishes, quiches and omelets. Sixty percent of *Sweet Stayman* is the juice of the Stayman apple; while Foggy Ridge doesn't grow this variety, there are many other Stayman producers in the region. The juice of Grimes Golden, a good apple for eating and pie making, is also part of the blend. Diane's recommended food tandem is anything spicy, from Thai curries to Southern barbecue.

Eager to share ideas with other growers, Diane hopes she's fueled a hard cider renaissance in America. Cider consumption in the United States declined dramatically during Prohibition and never recovered. Diane believes it's time to bring it back to the American table.

"Cider was more common than water as a beverage in Colonial America," she told me, as we looked out her living room window toward Buffalo Mountain. "It was safer than water. Certainly in coastal areas—you couldn't dig wells. Apples were the ideal pioneer fruit. You could bring seeds from England, from Europe. You could eat apples fresh, dry them, drink the fresh juice, distill it, make brandy and you could use the wood for firewood."

A bin of applewood sits outside Diane's cider house, ready for a barbecue. And the pigs around Dugspur, Virginia, benefit from Diane and Chuck's craft, too: The pomace left over from cidermaking feeds the neighbors' hogs.

Although the rural life has ushered more labor than relaxation into the lives of Diane and Chuck Flynt, an evening apple cider aperitif, of their own making, is sufficient reward for the sacrifice.

Gary Paul Nabhan

Heritage Varieties

Historically Available Commercially from Nurseries

X = Extinct in marketplace
E = Endangered, 1-3 commercial sources
T = Threatened, 4-6 commercial sources
C = Common

Variety Name	Rarity	States
FRUIT		
APPLES		
Abram	E	AL, GA, KY, MD, NC, SC, VA (1755)
Accordian	E	NC
Allum	E	NC, VA (1843)
Alton	E	TN (1908)
American Summer Pearmain	T	AL, GA, KY, MD, NC, VA (1817)
Andrew's Winter	X	NC, SC (1888)
Aspirin	E	NC
Atha	E	AL (1930)
Aunt Cora's Yard	E	VA (pre1865)
Bald Mountain	E	NC, GA (1903)
Banana Pippin	E	NC, TX (1923)
Banana Rose	E	NC
Barker's Liner	X	TN, VA (1859)
Barnsley	X	NC
Batingme	X	KY, TN (1883)
Beahm	X	VA (1899)
Bell's Seeding	X	OH, KY (1863)
Bentley's Sweet	T	MD, NC, VA (1845)
Berry Red	X	KY, MD, VA (1812)
Betsy Deaton	E	NC
Bevan's Favorite	T	NC, SC (1842)
Big Horse	E	NC
Big Red	E	NC (1867)
Bishop/Hollow	E	NC (1900)
Black Gilliflower	E	MD, NC, SC, VA (1858)
Black Limbertwig	T	GA (1914)
Blush Pippin	E	NC, VA (1901)
Bostick Queen	X	TN (1893)
Boyd	X	KY (1869)
Bridge	X	NC, VA (1880)
Brushy Mountain Limbertwig	T	NC
Bryant's Mammoth	X	NC (1890)
Bryson's Seedling	E	MD, NC (1904)
Buckingham	C	AL, GA, MD, KY, NC, SC, TN, VA (1777)
Buff	T	GA, KY, NC, SC, TN, VA (1853)
Bullet	E	NC, VA (1856)
Buncombe	T	AL, GA, KY, MD, NC, SC, TN (1867)
Burning Green	E	NC (1868)
Buttermilk	E	NC
Calvin	T	NC, KY, GA, VA
Candy Stripe	E	NC
Candy Sweetning	E	NC
Cane Creek Sweet	X	AL, NC (1863)
Caney Fork Limbertwig	E	NC
Cannon Pearmain	T	GA, KY, MD, SC, VA (1804)
Captain Moses	X	GA (1850)
Carolina Beauty	E	NC (1884)
Carter's Blue	T	AL, NC (1840)
Catawba	E	MD, NC, SC, VA (1860)
Catooga	X	NC (1859)
Chattahoochie	X	GA (1871)
Cheoee	X	GA, NC (1863)
Cherokee Red	X	GA, NC, SC, VA
Cherryville Black	T	NC, NJ (1817)
Chesney	E	NC, TN
Clarke	E	PA (1847)
Clarke's Orange	E	WV (1840)
Clarke's Pearmain	E	AL, GA, KY, MD, NC, SC (1755)
Coffey Seedling	E	NC (1890)
Cooper's Yellow	X	GA (1873)
Cothren	E	NC
Cotton Sweet	T	NC (1856)
Cove	X	KY, TN (1897)
Cullasaga/Winter Horse	E	AL, GA, KY, MD, NC, SC, TN (1830)
Cullawhee	X	GA, KY, NC, SC, VA (1857)
Cunningham's Cheese	X	NC, VA (1865)
Curtis	E	VA (1829)
Deaderick/Ozark Pippin	E	NC, TN (1850)
Defiance	X	GA, NC, TN, VA (1850)
Devine	T	AL, SC (1895)
Disharoon	T	GA (1859)
Doch	E	NC
Doctor Briggs	X	KY (1897)
Doctor Matthews	E	NC, TN (1894)
Doe	E	TN (1897)
Donce	E	NC
Duckett	X	GA, KY, NC.VA (1859)
Duke	E	NC (1877)
Dula Beauty	E	NC (1890s)
Duncan	X	KY, NC,(1895)
Dutch Buckingham	X	NC (1899)
Early Bird Red	E	NC, VA, WV (1880)
Early Strawberry/ Tennessee Early Red	T	AL, GA, KY. MD, NC, SC, TN (1838)
Early Sweetning	E	NC
Elarkee	X	GA, KY, NC (1857)
Ellijay	X	GA (1858)
Etowah	X	GA (1873)
Fall Beauty/Piper's Fall Beauty	X	KY (1893)
Fall Limbertwig	E	NC (1869)
Fall Orange/Hogpen	E	KY, NC, VA (1755)
Fall Queen	E	NC (1867)
Fall Russet	T	NC
Fall/Southern Porter	E	SC

Heritage Varieties Historically Available Commercially from Nurseries

Variety Name	Rarity	States
Farthing's No Bloom	E	NC (1899)
Father Abraham	T	NC
Flat	E	NC (1893)
Fleming	E	NC (1846)
Floyd Keeper	X	GA, VA (pre1900)
Forward	E	NC
Forward Sour	E	NC
Foust/Faust's Winter	E	NC
Frost Proof	E	NC, SC, GA (1859)
Fugate	E	TN
Fulkerson	X	TN (1897)
Gano/Black Ben Davis	T	AL, GA, KY, MD, NC, VA (pre1900)
Garst	X	TN (1885)
Gibson/Red Horse	X	AL, NC, TN (1850)
Gilpin	C	GA, KY, MD, NC, VA (1817)
Gladstone	E	NC
Gloria Mundi	C	KY, NC, TN, VA (1800)
Golden Yellow	C	TN
Gragg	E	NC (1859)
Granny	E	NC
Greasy	E	NC
Great Unknown	E	GA, NC (1858)
Green Cheese	E	AL, GA, KY, MD, NC, SC, VA (1763)
Green Horse	E	NC
Green Pippin	E	NC, VA (1867)
Green Russet	X	NC (1820)
Green (Skin) Sweet	E	NC
Grindstone	E	MD, NC, VA (pre1824)
Gross	X	GA, NC (1855)
Hackworth	T	AL, GA (1907),
Hall	E	AL, GA, KY, NC, SC, TN, VA (pre1863)
Hammond	X	GA, NC, SC (1860)
Hargrove	X	AL, GA, NC (1891)
Haywood	X	GA, NC (1890)
Henry Clay	T	KY, GA, NC,(1890)
High Top (Sweet)	E	GA, KY, MD, NC, VA (1600)
Hog Sweet	T	NC
Hollow Log	T	NC (1924)
Horse	C	AL, GA, KY, MD, NC, SC, TN, VA (1763)
Hunge	E	GA, NC, VA (1700)
Husk Spice	E	NC
Husk Sweet	E	NC
Ivanhoe	X	VA (1877)
Jack/Reagan	E	NC (1904)
July Tart	T	NC, KY
Junaluska	E	NC (1880)
June Sweeting/Red June Sweet	E	NC, VA
Keener Seedling	E	NC (pre1890)
Kentucky Limbertwig	T	NC
Kentucky Red	X	AL, KY, TN (1882)
King Solomon	E	GA, KY, NC (1870)
Kinnard's Choice	T	AL, GA, KY, MD, NC, TN, VA (1855)
Kirtley's Hang-on	X	TN (1897)
Kitchen	E	NC
Kittageskee	X	GA, NC, SC, VA (1851)
Lacy	E	NC, VA (1858)
Lady Skin	E	NC
Late Queen	X	NC (1853)
Lewis Green	E	NC (1877)
Limbertwig	T	KY, NC, GA, VA
Little Limbertwig	E	NC
Lowell/Greasy Pippin	E	GA, KY, MD, NC, VA (1858)
Lowry	T	VA, WV (1850)
Mattamuskeet	T	AL, GA, KY, MD, NC, VA
McAffee	X	AL, GA, KY, MD, TN, VA (1779)
McKinley	E	KY, TN (1893)
Milam	T	MI, CA, VA, NC
Milburn	X	KY, TN, VA, WV (1896)
Morgan's Christmas	E	NC, VA (1880)
Morgan/Langdon	E	NC, TN (1896)
Mountain Belle	X	GA, SC (1871)
Mountain Sprout	X	KY, NC (1853)
Mrs. Bryan	T	GA, NC (1880)
Murfreeorough	X	TN (1891)
Murray	E	GA (1852)
Muskmelon Sweet	T	VA
Myer's Royal Limbertwig	T	NC, TN
Nashville Mammoth/Nashville	X	TN, VA
Nequassa	X	NC
New River Boat Apple	X	VA (1871)
Newtown Pippin/ Yellow Newtown Pippin	T	NY
Nickajack	C	NC (1852)
Nix Green/Nix	X	GA, VA (1859)
North Carolina Keeper	E	NC
Notley P. No. 1	E	NC (1855)
Old-fashioned Limbertwig	T	NC, GA
Ortley/White Bellflower	C	NC, NJ
Paragon/Blacktwig	E	TN
Park's Pippin	T	GA (1850)
Parmer	T	VA
Pawpaw Sweet	E	NC
Pear/Palmer	E	GA (1825)
Pearmain, Cannon	T	VA
Pennsylvania Black	X	TN (1886)
Perkins of North Carolina	E	NC (1843)
Piedmont Pippin (Piedmont)	X	MD, NC, VA (1875)
Pilot	T	VA (1830)
Pineapple Russett	E	KY, NC, VA (1853)
Poorhouse	X	GA, KY, TN (1860)
Pott's/Brushy Apple	E	NC
Queen of the South	E	NC (1860)
Quincy	E	NC
Rabun	E	GA (1890)
Radical	E	NC
Ragan's Yellow	X	TN (1897)


David Cavagnaro

Saving the Past for the Future:

Heirloom Corns of Appalachia

by *Ira Wallace*

Grits, corn bread and corn muffins are stereotypically Southern foods. In the 1800s, there were dozens of mills in most counties. Everyone knew that dishes made from freshly ground corn were the tastiest. Each mountain community across southern Appalachia maintained its own preferred varieties of corn and beans and used them in treasured, local recipes.

Today, many of these regional specialties and family heirlooms are in danger of being lost forever. Because of this, we at Southern Exposure Seed Exchange are calling out to those who treasure distinctive flavors and want to preserve genetic diversity in our food system. At Southern Exposure we specialize in promoting and selling heirloom and open-pollinated varieties for the Mid-Atlantic and Appalachian regions. The heart of our collection has come from isolated mountain "hollows," where families still maintain their own special strains of tomato, beans or corn.

Gourdseed corn is one of the oldest corn varieties in the South. Self-sufficient yeoman farmers traditionally grew gourdseed corn in southern Virginia. They are heavily stalked and bear ears with many rows of thin, deep kernels. This valuable corn originated from Indian gourdseed corn, and dates back to 1700. At maturity, the kernels of some varieties are easily shelled by a light touch to the ear. In 1889, the gourdseed corn won the Great Corn Contest sponsored by *The American Agriculturist*. The winning field yielded 255 bushels per acre. Gourdseed was commonly grown until about 1940, when the intensified promotion of hybrid corn forced gourdseed out of the marketplace.

Southern Exposure offers two varieties of gourdseed corn. The Texas Gourdseed was originally brought to the Lone Star State by German farmers who migrated from Appalachia in the 1900s. Descendants of these farmers maintain flocks of turkeys, and the corn is harvested by the flocks in the fields. In south Texas it is highly valued for use as tortilla flour.

The other gourdseed we carry is Virginia White Gourdseed. It apparently originated from genuine Native American gourdseed corns. It was re-selected toward its historic type by Dr. Ralph Singleton, Director of Blandy Experimental Farm at the University of Virginia, and reintroduced in 1986 by Southern Exposure. We recently acquired the seedstock thanks to the Accokeek Foundation in eastern Virginia.

These two gourdseed varieties have become well-known again, largely due of the work of Glenn Roberts at Anson Mills. Glenn refined the techniques of traditional cold grinding and popularized their cousin, Carolina Gourdseed White, with a new breed of chefs committed to offering the best local foods. Now, these corns are sought-after by many chefs, gardeners, homesteaders and lovers of authentic food. Cheryl Long, editor at *Mother Earth News*, has been another strong advocate for growing gourdseed and other heirloom corns for their unique taste and strong contribution to a more self-reliant lifestyle.

Two other interesting, regional varieties are Daymon Morgan's Kentucky Butcher corn and Pungo Creek Indian corn—both descendents of Bloody Butcher, a dent corn common in the hills of Virginia prior to 1845.

Daymon Morgan's has been grown for generations by Daymon Morgan's family in Leslie County, eastern Kentucky. It was selected in 2001 by Susana Lein of Salamander Springs Farm in Berea, KY, who traditionally grows the "three sisters" (corn, beans and squash) and sells her produce at the local farmers' market.

Pungo Creek Indian corn is pretty enough to grow just for its looks. It's an Eastern Shore heirloom grown by Bill and Adele Savage of Pungo Creek Mills, and it comes to us via a Maryland organic seed grower named Nick Maravell. Grown for 165 years by farmers in Pungo Creek, Virginia, genetic analysis shows that it has descended from Bloody Butcher. Rough-


Nick Maravell

milled, this is a nutritious feed for your flock, or the corn can be ground into a meal with rich flavor and unusual color. Pungo Creek Mills started to produce and sell cornmeal and grits with this unique flavor. The Mills were honored for the Best New Food Product Diamond Award for 2010 at the Virginia Food and Beverage Exposition held in Richmond.

For the Cherokee people, white corn flour has sustained them through centuries and remains an important part of their culture. According to many who have had an opportunity to taste the delicacies produced from the Cherokee Flour corn, no other corn compares in flavor and quality. Today, a widespread *in situ* effort has been launched by the North Carolina Cherokee to rescue, maintain and utilize this variety. In 1989 the project delivered 20 bushels of pure corn seed to the Cherokee Boys' Club, enough seed to plant 100 to 120 acres the following year. In 2000, a delegation from the Cherokee visited Southern Exposure to get samples of beans historically grown on the reservation as a part of their continuing efforts to nurture and revitalize the traditional varieties grown by the tribe. Southern Exposure offered them pure strain of Cherokee White Flour corn in support of this effort.

Maintaining traditional dent and flint corns has a special meaning for Southern Exposure because they are at risk of disappearing. Across the country, many small growers are moving off their land—trading their careers in farming and self sufficiency to work in mines and move to the big cities. One factor that may disrupt farming is contamination with genetically modified corn. Corn grows in large populations and needs wide isolation from other varieties to maintain genetic purity and seed vigor. Depending on location, some small gardens are still safe. Backyards tucked in valleys protected by high mountains are still maintained by locals growing out non-contaminated varieties. But these farmers are few in number—the older gardeners with seed-saving knowledge and genetically pure crops are starting to pass away. Often they're replaced by new people who plant hybrid and GMOs. To maintain pure corn varieties and keep alive the cuisine they represent will require not just a seed saver, but a community of folks working together to "save the past for the future."

Each variety saved from the brink of extinction has a story. We hope that by sharing the stories of these heirloom corns, you will be encouraged to become a part of the story of preserving the endangered food traditions in your life.


Joan Mazza

Ira Wallace is on the board of Organic Seed Alliance and is a worker/owner of the cooperatively managed Southern Exposure Seed Exchange, where she coordinates variety selection and seed grower contracts. Southern Exposure (www.SouthernExposure.com) helps people keep control of their food supply by supporting sustainable home and market gardening, seed saving and preserving heirloom varieties. In addition, Ira is a member of Acorn Community, which farms over 60 acres of certified organic land in Central Virginia. She is also an organizer of the Heritage Harvest Festival at Monticello (www.HeritageHarvestFestival.com) a fun, family-friendly event featuring an old-time seed swap, local food, hands-on workshops, demos and more.

Heritage Varieties
Historically Available Commercially from Nurseries

X = Extinct **T** = Threatened
E = Endangered **C** = Common

Variety Name	Rarity	States
Rainbow	E	VA, MO (1897)
Rambo	T	NC, VA (1755)
Rattle Core	E	NC, VA, WV
Red Bird Winter	E	NC
Red Detroit	E	GA, TN, AL, NC
Red Harvest/Stribling	X	NC, TN (1840)
Red Indian	E	GA, NC, VA (1858)
Red Limbertwig/ Mountain Limbertwig	E	NC
Red Royal Limbertwig	T	NC
Red Winter Sweet	E	NC, VA
Republican Pippin	E	NC, PA
Robertson's White	X	KY, SC, VA (1858)
Royal Limbertwig	T	NC
Ruby Limbertwig	T	NC, TN
Santa/Sauta	X	GA, TN (1850)
Schell	E	WV (1839)
Senator/Oliver	T	AR
Sewell's Favorite	X	AL, TN (1830)
Sheepnose	E	NC
Shockley	C	GA (1862)
Shuler	E	NC
Slope	E	NC
Smith Seedling	E	NC
Smith's Seedling of Alabama	X	AL (1890)
Smoky Mountain Red Limbertwig	T	NC, TN
Snuff	E	NC
Sparger	E	NC (1905)
Spice	E	NC
Stark/Robinson	E	NC (1869)
Striped Sweet	E	GA (1891)
Stuart's Golden	E	OH (1891)
Stump	T	NC, OH (1846)
Stump the World	E	TN
Sugar Ball	E	NC
Sugar Loaf Pippin	E	NC
Summer Buff	E	
Summer King	E	NC (1807)
Summer Ladyfinger	E	VA, NC
Summer Limbertwig/Harpole	T	NC (1855)
Summer Row	E	NC
Summer Treat	T	NC
Sunday Sweet	E	TN
Sweet Alice	X	KY
Sweet Dixon	E	NC
Sweet Potato	E	NC
Sweet Pound	E	NC
Sweet Russett	E	KY, NC, VA (1870)
Tanyard seedling	E	GA
Tar Button	T	GA
Taylor Sweet	E	NC

James R. Veteto

Wild Spring Greens Keep the Cherokee Connected to the Earth

by Kevin Welch

We Cherokee are basically an agricultural people, having grown and cultivated varieties of domesticated field crops for several thousand years. These crops were generally known as the "Three Sisters"—corn, squash and beans. There are several varieties of each type that have been developed to suit our environment and nutritional needs in the southeastern United States. As more intensive agricultural practices evolved, Cherokees continued to collect and garner the nutritional benefits of wild plants.

Often, we do not associate the act of gathering native plants as an act of farming. What many gardeners call weeds are, in fact, edible plants such as ground cherries, poke-salad, lambs quarter, strawberries, vetch and nightshade. The Cherokee gather many varieties of wild greens, berries, nuts, roots, and herbs from the forest, swamps, estuaries and grasslands to supplement their cultivated crops. I have come to the conclusion that the Cherokee have gathered these plants, especially the wild greens, to nutritionally supplement their diet comprised primarily of stored foods. Wild plants offer sustenance through the non-growing seasons of fall and winter, and in early spring, when cultivated plants are not yet ready for harvest.

Traditionally, a wide variety of wild greens were collected. But today, fewer varieties are collected due to loss of habitat and access to traditional collecting areas, which are now controlled by entities such as the National Park Service and private landholders. The current position of the National Park Service is that many plants, such as the wild ramp, are in danger of being over-harvested. Cherokee locals maintain that they have traditionally harvested within what are now park boundaries, always using sustainable harvesting techniques. The Cherokee have continuously inhabited portions of eight states, including land now designated as the Great Smokey Mountains National Park. The park was created less than 100 years ago, but the Cherokee have lived here for over 8,000 years.

As a people, we Cherokee have forgotten a large amount of our woodland knowledge, perhaps as much as 85-90 percent of our traditional uses for wild plants. The mountains of Southern Appalachia have a huge biodiversity and Cherokee people have had several thousand years to learn to use this resource. At one time, it would have been commonly known when, where and what plants and animals might be found during certain times of the year. Having this knowledge of available resources makes the difference between just living and living well!

But after contact with Europeans, the sudden availability of trade goods, new foods and medicines became more readily accessible and traditional knowledge became less used. I do not think that knowledge was intentionally discouraged, but was probably lost due to lack of use. For example, there are plants that can be converted into fibers for making cloth, much like animal skins are used for clothing material. Acorns, hickory nuts and vetch can be used to make flour and oils. Corn can be ground into a meal for bread. It is knowledge like this that is slowly fading from Cherokee practices.

Throughout the historically modern 1800s and early 1900s, there seems to have been a view held by richer tribal members that eating or retrieving resources from the woods was a requisite for poor Indians. Today, Cherokees look forward to opportunities to consume wild food plants; while no longer a necessity, it is a valued part of our cultural heritage.

There is no single factor that can be blamed for the loss of so much of our woodland knowledge. Some people, like me, retain a good deal of fragmentary knowledge and we are trying to fill in the missing gaps. Of the many varieties of plants that can be consumed as food, below are four of the most commonly collected wild spring greens:

- Canadian Licoriceroot leaves can be cooked and eaten as greens or gathered and dried as needed. The Cherokee

name for this plant is *Wa-ne-gi-dun*.

- Ramps can be used as a food source. Young plants are boiled or fried. The bulbs and leaves are both consumed as a spring tonic. The Cherokee name for this plant is *Wa-s-di*.
- Green Coneflower leaves and stems are tied together and hung up to dry or sundried and stored. Young leaves and stems are boiled, fried with fat and eaten. The Cherokee name for this plant is *So-chan-i*.
- Toothwort leaves and stems are par-boiled, boiled and seasoned with grease and onions. The Cherokee name for this plant is *A-na-s-qui-la-s-gi*.

While these wild food practices are no longer in wide usage, some Cherokee still gather wild plants because that's what our families have always done.

In the spring, the women of my family enjoy "going to get greens." This is a social event where the women spend as much time conversing as picking the various wild greens. The Cherokee have always practiced sustainable harvesting—taking only what is needed—long before sustainability became politically correct. Plant locations are common knowledge to Cherokee families, who have regularly harvested from these sites over time. It's not uncommon to see mothers with daughters and sometimes grandchildren in an area collecting greens. Cherokee men collect wild greens and other plants and berries, too, as there is no stigma attached as a division of labor.

My mother, Geraldine, thinks that the "best way to learn how to collect and prepare wild greens is to have someone teach you, hands-on, the way her mother did, and that's how she teaches her family." Most wild greens are prepared in a very simple manner: "Plants are first washed to remove any debris or bugs, then parboiled to take out some bitterness, rinsed, then returned to the pan, heated and seasoned with oil or meat grease and salt. The greens are served as a side dish with other table fare, such as potatoes, meats, beanbread, lye dumplings and other vegetables."

Whether we realize it or not, we still maintain that connection to the earth whenever we garden, collect or consume plants from the forest or the field!


Sarah McClellan

Kevin Welch is a member of the Eastern Band of Cherokee Indians and lives in the Big Cove Community of Cherokee, North Carolina. Kevin is the Center for Cherokee Plants Coordinator and FRTEP Program Assistant for the Eastern Band of Cherokee Indians Cooperative Extension. In 2005, Kevin initiated the Cherokee Traditional Seeds Project that led him to create the Center for Cherokee Plants, a Tribal seed bank and native plant nursery. He received the "Community Visionary" award at the Cooperative Extension Community Awards Program in September 2008. He was recognized as giving above and beyond his personal time to improve the well-being of the Cherokee People by sharing his vision, his knowledge and his enthusiasm. Kevin has introduced two important resolutions for Tribal legislation to protect Cherokee Intellectual Property Rights and native plants from exploitation and destruction.

Heritage Varieties
Historically Available Commercially from Nurseries

X = Extinct **T** = Threatened
E = Endangered **C** = Common

Variety Name	Rarity	States
Tenderskin	T	NC, SC
Terry Winter	T	GA, NS, SC (1868)
Tillaqua	X	AL, GA, NC (1858)
Twenty Ounce/Collimer	E	NC, NY (1900)
Tyler/Tyler's Rennet	X	VA (1872)
Upton	E	NC
Vine	T	NC, VA (1895)
Virginia Limbertwig	E	NC, VA
Virginia Beauty	C	VA (1810)
Virginia Crab	C	VA
Virginia Greening	E	VA
Virginia Winesap	X	VA
Wallace Sweet	E	NC
Watauga	X	TN (1897)
Watermelon	E	VA
Waugh's Crab/Waugh	X	GA, KY, NC, VA
Wellington	E	NC
Western Beauty/Big Rambo	E	AL, KY, MD, NC, PA, VA (1815)
White	X	KY, NC, VA (1859)
White Bausel	E	NC
White Limbertwig	E	NC
Winter Horse	X	GA, NC, SC (1853)
Winter John	T	NC
Winter Sweet Paradise	T	VA, PA
Womack Choice	X	TN (1861)
Wood's Favorite/Wood	X	VA (1856)
Wood's Golden Russet	X	WV (1845)
World Beauty/ Beauty of the World	E	NC (1900)
Yahoola	X	KY, GA, SC, VA (1858)
Yankee Sweet	E	VA
Yellow Beauty	E	NC
Yellow Buff	E	NC
CHERRY		
Starks		NC
GRAPE		
Bell	E	TN
JUJUBE		
*Edhegard	E	AL
PAWPAW		
Mango	E	GA
PEACH		
White Clear Seed Peach	E	GA
PEAR		
Bartlett	C	NC
Burford	E	VA
*June Sugar	E	GA

The Best Apple in the World Can Live in Our Memories and in Our Orchards


Big Horse Creek Farm

by *Ron Joyner*

"Do you have the old-timey Virginia Beauty?" This question has been asked of us at farmers' markets hundreds of times over the years, from people young and old. "It's the best apple in the world, but I can't find it anywhere these days." For certain folks in the rural mountains of northwestern North Carolina and southwestern Virginia there simply is no other apple that lodges in their memory so deeply. It is the one their granddaddies and great-granddaddies grew up with and the apple they would now most like to have growing in their own backyards. This heirloom apple serves as a reminder of families and good times, a link to their past when life seemed simpler, less harried and rushed, when kids would climb the old Virginia Beauty tree in the backyard and lazily spend the afternoon stuffing their bellies with this wonderful apple.

In the Southern Appalachians, apples are deeply ingrained in the mountain culture. For the people with roots deep in this land, apples have always provided both sustenance and income. But more than that, they have also provided an identity, a connection with time and history. For residents of southwestern Virginia, the Virginia Beauty is *their* apple. It originated there—a fact taken with great pride by the people of the region. You can see it in their eyes and hear it in their voice: "My granddaddy once had a *dozen* Virginia Beauty trees! It was the best apple in the world!"

Virginia Beauty is an exceptional Southern apple of modest and humble beginnings that once had the potential to become king. As Lee Calhoun writes in his classic, *Old Southern Apples*, the Virginia Beauty could have become the most important apple in the South had it not been for the introduction of Red Delicious in 1895. The Virginia Beauty was unable to compete with the growing market dominance of the more shippable Red Delicious. As a result, public demand for this heirloom slowly declined. By the early part of the 20th century, the Virginia Beauty had faded into the background, becoming a rarity even in its region of birth in southwest Virginia.

Virginia Beauty arose as a fortunate gift of happenstance, originating as a single tree from seeds planted around 1810 in the backyard of Zach Safewright of Carroll County, Virginia. When the tree began bearing fruit in 1826, it quickly became obvious that this was indeed an exceptional apple. As detailed by Lee Calhoun, a local apple grafter at the time named Martin Stoneman collected scions from the tree and sold grafted trees throughout the region under the apple name "Zach's Red." In 1850, he changed the name to Virginia Beauty, but the apple did not gain significant attention until the 1870s. That's when the Franklin Davis Nursery of Richmond began commercial production and distribution of this classic Southern apple.

In our small apple tree nursery at Big Horse Creek Farm, we maintain a collection of over 300 varieties, with a focus on those heritage apples with roots of origin here in the Southern Appalachian Mountains. Among the more notable varieties in our collection is the wonderful Myer's Royal Limbertwig, a large fall apple with a rich, earthy flavor and outstanding cider qualities, one that arose in the Great Smoky Mountains. We have the newly rediscovered Junaluska, a historic mountain treasure from North Carolina and a personal favorite of Junaluskee, Chief of the Cherokee Nation during the 1800s. We have the Gragg, the Guyandotte and the Grimes Golden; we have the Buckingham, Cullasaga, Horse and Yates—all Southern classics. However, without question, our most popular apple remains the Virginia Beauty.

We sell more Virginia Beauty trees than any of the hundreds of other varieties we offer through our nursery. Most are sold to residents from nearby mountain communities of Virginia, North Carolina and Tennessee. They buy these trees, not just for the high-quality fruit they will enjoy in a few years; they purchase these trees to satisfy a need to reestablish a connection to their past. They don't want any ordinary apple tree; they seek out their beloved Virginia Beauty.

Several years ago, descendents of Zach Safewright contacted us after learning of our work through a magazine article. They asked if we could graft a few Virginia Beauty trees for them to plant at their current home. We were honored to be able to fulfill their request. By providing these trees to the descendents of Zach Safewright, we understood that we were completing a cycle—returning a great, old apple to the family from whence it originated so many generations ago. The Virginia Beauty was once considered a rarity, nearing the edge of extinction. We are proud to have played some small role in restoring this fine old apple to a place of prominence in the public domain. Over the last ten years, we have grafted many hundreds of Virginia Beauty apple trees and have sold them to growers throughout the Southern Appalachians and points beyond. More and more people are now enjoying the wonderful flavor and aroma of this heritage apple and are beginning to better understand and appreciate why their ancestors loved it so. With the noticeable decline in public demand for Red Delicious, would it not be ironic if the Virginia Beauty were to return to a position it once enjoyed in history? If so, we should not be surprised. After all, as many true believers have stated so many times, "This is the best apple in the world!"

Big Horse Creek Farm

Ron Joyner and his wife, Suzanne, own and operate Big Horse Creek Farm, an off-grid farm/orchard/nursery operation in the remote and scenic High Country of Ashe County, North Carolina. Visit them any Saturday from May through October at the Ashe County Farmers' Market where they will be selling apples and apple trees and talking about their favorite subject....apples!

Heritage Varieties
Historically Available Commercially from Nurseries

X = Extinct **T** = Threatened
E = Endangered **C** = Common

Variety Name	Rarity	States
POMEGRANATE		
North Carolina Seedling	E	AL, GA, NC, SC
Plantation Sweet	T	GA
STRAWBERRY		
Tennessee Beauty	T	MD, NC, SC, TN, VA
GRAINS		
CORN		
Bloody Butcher	C	TN, VA (1840)
Carolina Gourdseed Dent	E	NC, SC
Cherokee Blue and White Dent	E	NC
Cherokee White Flour	E	NC
Golden Hickory King Dent	T	TN
Hickory King Yellow	T	NC, TN, VA, WV
Jarvis Prolific Field	E	TN
John Haulk Yellow Dent	E	SC
Luther Hill Sweet	T	PA, VA, WV
Reed's Yellow Dent	T	TN (1848)
Tait's White Dent	E	GA, NC, SC, VA
Tennessee Red Cob Dent	E	TN
Virginia Gourdseed Dent	E	WV
White Dent	E	NC
White Hickory King Dent	T	NC
White Mosby Dent	E	
JOBS TEARS		
Cherokee Corn Bead	C	NC
VEGETABLES		
BEANS		
Amish Knuttle	E	
Blue Tip	E	NC, SC
Case Knife	E	KY
Cutshort Greasybacks (Pole)	C	NC
Dade Bean	E	TN, KY
Genuine Cornfiled (Pole)	E	NC
Georgia Rattlesnake (Pole)	T	NC, GA
Greasy Beans (Pole)	T	NC, TN
Juanita Smith Pole	E	NC, SC
Lazy Wife	E	NC
Mountain White Half-Runner	T	NC
Mostellers Wild Goose	E	PA, NY, KY, CA, ME, WI
Old Time Golden Stick	E	TN, SC
Paterge Head	E	TN, SC
Ram's Horn	E	KY
Rattlesnake Cornfield (Pole)	T	NC
Red Calico	T	TN (1894)
Tennesee Cornfield Pole	E	TN
Turkey Craw Cornfield (Pole)	T	KY, NC, VA
White and Green Hull	E	NC, SC
White Bunch	E	NC

Heritage Varieties
Historically Available Commercially from Nurseries

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Variety Name	Rarity	States
BRASSICAS		
Carolina Collards	E	NC, SC
Cress/Creasy Greens	T	NC
Curly Mustard Greens	C	NC
COWPEAS/CROWDERS/ BLACK-EYES		
Big Boy Pea	E	GA
Clay	E	NC
Hercules Pea	E	GA
Knuckle Hull Crowder Pea	E	GA
October Pea	E	KY, TN
Pinkeye Pea	E	GA
Pinkeye Purplehull Pea	T	GA
Red Ripper Pea	T	GA, SC, TN
Tennessee White Crowder Pea	E	TN
*Washday	T	SC, TN
Whippoorwill Pea	T	GA, SC, TN
Zipper Cream	T	ME
CUCUMBER		
Long Green	C	NC
White	E	GA
GROUND CHERRY/ TOMATILLO		
The Yellow	E	NC
JERUSALEM ARTICHOKE		
Jack's Copperclad	E	VA
MELON		
Plumgranny	E	GA
Winter Valencia & Maltz	T	VA
OKRA		
Long Podded	E	NC
Red	E	NC
ONION		
Tater	C	NC
PEA		
Heirloom Golden Sweet Pale Yellow Snow	X	
PEANUT		
Black Pindor	T	SC

Variety Name	Rarity	States
PEPPER		
Ashe County Heirloom Pimento	E	NC
*Bull Nose Bell	E	PA, VA
Cowhorn	E	NC
POTATO		
Early Rose	C	NC
Fingerling	T	NC
Green Mountain	T	NC
Irish Cobbler	T	TN
SQUASH/PUMPKIN		
Candyroaster	E	NC
Field	C	NC
North Georgia Candyroaster	T	GA
Old-timey (Flat)	E	NC
(Tennessee) Sweet Potato	X	NC, TN
White	E	NC, SC
SWEET POTATO		
Mahon	E	SC
Red	T	NC
TOMATO		
Akers West Virginia	E	WV
Big Orange	E	NC
Big Yellow	E	NC
Black Pear	E	KY
Brandywine	C	NC
Candystripe	T	NC
Cherokee Purple	T	TN, NC
German Johnson	T	NC, GA
German Pink	T	NC
Hillbilly	T	NC
June Pink	T	NC
Kentucky Yellow Beefsteak	X	KY
*Orange Oxheart	T	VA
Persimmon	C	VA
Pink Brimmers	E	NC
Pink German	T	NC
Pink Oxheart	E	NC
Power's Heirloom	T	VA
Red Tommytoe	T	NC
Striped German	T	NC
Vinson Watts	E	VA, KY
White	E	NC
Wins-All	T	TN (1824)
WATERMELON		
Georgia Rattlesnake/Garrison	E	GA

X = Extinct in marketplace
E = Endangered
T = Threatened
C = Common

Heirloom Varieties

Named & Passed Along in Appalachian Communities

Variety Name	Rarity	States
FRUIT TREES		
APPLES		
Adam and Eve	E	NC
Alabama Beauty	X	AL (1908)
Allison Stripe	E	NC
Alpine	X	TN (1897)
American Summer Pearmain	E	NC
Ann	E	NC
Archibald	X	TN (1897)
Armintrout	X	VA (1873)
Armstrong	E	NC, PA
Arnold's (Beauty)	X	KY (1900)
August Strawberry	E	NC
Autumn	X	GA (1820)
Balsam	E	NC
Bank	E	NC, PA
Bank, large yellow	E	NC
Banana, medium yellow	E	NC
Banana Pippin	X	NC (1923)
Banana, small yellow	E	NC
Banana Sweet	E	NC
Banner Red	E	NC
Banner Yellow	E	NC
Barn	E	NC, WV
Bart	E	GA, TN
Bausel	E	NC
Bazz	E	NC
Bell Court	E	NC
Bible	X	TN (1902)
Big Limb	E	NC
Bill Thin Skin	E	NC
Biscuit Green	E	NC
Biscuit Red	E	NC
Black Banana	E	NC
Blush Pippin	E	NC, VA (1901)
Boa Excelsior	X	VA (1893)
Brackett	X	NC (1901)
Brichel Sweet	E	NC
Bud Wolf	E	MD, NC
Bumblebee Sweetning	E	NC
Burnskin	E	NC
Burningtown Spice	E	NC
Buttermilk Green	E	NC
Caney Creek Sweet Limbertwig	E	NC
Carnation	X	GA (1820)
Cathead Queen	E	NC
Cathey	X	GA (1900)
Celo	E	NC
Cheese, small yellow	E	NC
Cheese, very large yellow	E	NC
Cherry	E	NC
Chesney	E	NC, TN
Chocolate Coat	E	NC
Choking Sweet	E	NC
Clark Seedling	X	NC (1855)
Clay Hole	E	NC
Clem Byrd	E	NC
Clominger	E	NC
Clotz	X	NC (1877)
Coffee Seedling	E	NC
Coolin Winter	E	NC
Cothren	E	NC
Council	E	NC
Cow's Snout	E	NC
Creasy Sweet	E	NC
Curtis Cheese	E	NC
Daisy Sweet	E	NC
Darnell	E	NC
Dave	E	NC
Deep Eye	E	NC
Demorest	X	GA (1895)
Devine	T	AL, SC (1895)
Dixie Sweet	X	KY, NC
Donely Sweet	E	NC
Doss Blushing June	E	NC
Durham	E	NC
Dry Buff	E	NC
Dry Creek Pippin	E	NC
Ducky	E	NC
Early Bird Red	T	NC, VA, WV
Early June, medium red/green	E	NC
Early Pickens	E	NC
Evans Care Free	E	NC
Everheart	E	NC
Fall Jarrett	E	NC
Fall Rose	E	NC
Fall Russett	T	NC
Fall Sweet	E	NC
Fernina Pippin	E	NC
Fired Sweet	E	NC
Flanagan	E	NC
Flat Fallawater	E	NC
Flat Top	E	NC
Forest Streaked	E	NC
Forward Streak	E	NC
Franklin's Seedling	X	GA (1885)

Gary Paul Nabhan

I am a 69-year-old North Carolinian who is excited every day by the prospects of hunting for heritage apple varieties. This has been my pursuit for the past 14 years. In this time, I've found over 900 rare apple varieties—many of which had been presumed "lost" to the common marketplace for decades. Many people sell heritage apples, but as far as I know, I am the only person who looks for the lost apple varieties full time to try to get them back in circulation.

By "lost apples," I mean apple varieties that were known a hundred years ago, but now can no longer be found. In the case of each rediscovered apple, I was able to find an original tree and thus I did not have to depend upon acquiring the variety by finding scion wood in some nursery.

The hunt for rare, heritage apples is rewarding, knowing that I am helping to preserve the agriculture heritage of the South. It is thrilling to be able to hold the rare apples that I

Tom Brown's Quest to Save Apples from Extinction

by *Tom Brown*

have been able to save from extinction. I became interested in heritage apples at a local farmers' market, when Maurice Marshall told me about a lost apple in my own community—a Harper's Seedling. I approached the local newspaper about doing an article about my attempt to find the apple. I was not successful in finding the Harper's Seedling, but the article in my home town newspaper in Iredell County, NC, created a stir. It soon led me to find four very rare apples—Yellow Potts, Red Potts, Polk Seedling and Mosey. The people I met along the way were so kind and interested in apples, which in turn made me highly motivated to find even more lost apples. Lee Calhoun's remarkable book, *Old Southern Apples*, showed me that there were hundreds more apples still to be found.

I decided to apple hunt in Wilkes County, located about one hour northwest of my home—a fortunate fact, since Wilkes proved to be the Mother Lode of old apples.

This county has a unique apple history of commercial production and apple diversity. "My grandfather took pride in growing apples different from his neighbors," several people have told me. For instance on Traphill Road, one home has a Father Abraham apple; the next home a Quince (a true apple); the next home a Red Harvest, Scott and Darnell and the fourth home a Rusty Pippin and June Harvest. Just down the road, found at five homes, are Houcks, Dula Beauty, Sheepnose, Limbertwig, Red Torque, Stripes and Horse apples. This diversity is typical of much of Wilkes County, where I eventually found at least 80 apple varieties.

One way I make contact with apple enthusiasts and learn of endangered varieties is by participating in about 14 festivals a year in seven states, where I have a large heritage apple exhibit. People stop by to look at my table and tell me of other apples they remember and people I should go see. My only caveat: The apple search effort is expensive, as I must have driven at least 200,000 miles to look for old apples. My traveling and explorations have been entirely self-funded.

To get old apples back in circulation, I share my apple finds with preservation orchards and sellers of heritage apple trees. For instance, North Carolina Historic Sites has a circa 1900 farmstead where they have a 400 variety preservation orchard—100 of those are apples I discovered and donated to the Horne Creek Farm.

My narrative wouldn't be complete without a few fun apple-searching stories. In the early 1900s the Brushy Mountain Nursery in Pores Knob, NC sold an apple called the Mongolian. It was large (sometimes very large), flat, "the

reddest red you have ever seen," very waxy and ripe in the fall. Two years ago I heard through the grapevine that there might be a few Mongolian trees at an old Fortner home on the Wilkes/Alexander County line. But, as it turns out, I never was able to visit the site; the very old trees had been pushed out in a land clearing operation. This type of bad luck—missing out on the rediscovery of an apple variety—is rare. What's more typical is the good luck that followed:

Herb Key of Wilkes County contacted me and wanted to show me some apple trees in Virginia, where he worked repairing stringed, musical instruments. Through him I met J. C. Greear, who said that he would help me look for the old apples. Mr. Greear, in turn, introduced me to Leslie Call, who had several old trees, Cotton Sweet and Neverfail among them.

In the winter I went to Ms. Call's home to get cuttings for grafting. She called one of her apples the Clothesline apple because it was a single limb, grafted onto a tree and extended over her clothesline. The following fall I went to see some of the apples Ms. Call had collected for me. At the time she had about five of the Clothesline apples. As soon as I saw them, I thought to myself, "This is probably the Mongolian," as it perfectly fit the unique description. I later showed the apples to three Fortner family members who confirmed the identity of the Mongolian. On the same trip I also found a Catawba apple.

One of the apples I found involved a search for a descendent of the most celebrated apple tree in the country: the Handy Apple Tree. In 1900, there was an apple tree west of Stuart, VA, famous for its incredible size, measuring 10 feet in circumference and having a branch spread of 71 feet. One year it produced 110 bushels of apples—all used to make brandy. The tree was named for the owner at that time, Mr. Sparrel Handy.

I knew that the tree was long gone but I thought that surely someone must have grafted a tree from a limb off this very famous tree. I visited Rye Cove, where the tree had been located, but found nothing. But one day, David Sheley contacted me—he had been researching the history of the tree. David told me an important bit of information: The tree was called a Bushy Top because some top branches grew straight up. Soon after our conversation, I met two people in the area who remembered the Bushy Top apple. A woman named Mrs. Barkley told me about an old orchard near Meadows of Dan. She knew the identities of all the apples but one. This unknown apple, I realized, fit the description of the Bushy Top or Handy. I showed the apples to Mr. Cecil Handy and Coy Yeatts—both confirmed that it was the Bushy Top. I cannot tell you the thrill it was to hold the medium, red apple in my hand, a grandson of the country's most famous apple tree.

To find the old apples, you've got to simply get off the sofa and "get out there." Here is an example: Two people in Franklin County, VA told me about a Red Coat apple, and noted its whereabouts near Union Hall and Burnt Chimney—about 12 miles apart. On a pretty Saturday I decided to start south from Union Hall, and then drive country roads up to Burnt Chimney, hoping I would get lucky and find a Red Coat apple. My plan was to stop where I saw people congregated, at country stores, or where I saw old apple trees. I drove up my very first road for one mile and saw three men under a shade tree. I stopped and asked them if they knew of a Red Coat apple; all three did and they told me of one certain location and two other probable locations. That day I also found a Dumpling and a Shenandoah in that same area by asking "who else has old apples?" In another part of Franklin County, I followed earlier leads and found the Vance and Granny Christian apple trees. Not every day is this productive!

Recently, I excitedly held Pig Nose and Joshaway apples in my hand from Grainger County, TN. It was a thrill to know that I had been able to restore some of the country's agriculture heritage, by rediscovering these once-prominent apples.

"My grandfather took pride in growing apples different from his neighbors."

Karin Rawlinson

Tom Brown

Tom Brown is a full-time apple hunter from Clemmons, NC, who has spent the last 14 years searching for lost apple varieties—apples that were known 100 years ago but can no longer be found. He has found over 900 apple varieties and this search has covered seven southern states. To assure their long-term preservation and reintroduction, he shares these finds with preservation orchards and other people who sell heritage apples. Tom also sells apple trees.

Heirloom Varieties
Named & Passed Along in Appalachian Communities

X = Extinct **T** = Threatened
E = Endangered **C** = Common

Variety Name	Rarity	States
Frog	E	NC
Garden Green	E	NC
Geneva	E	NC
Gentry Stripe	E	NC
Gibson	E	TN
Gladstone	E	NC
Glen Alpine	X	VA (1900)
Goin	X	TN (1895)
Golden Dixie	X	VA (1872)
Golden Twin	E	NC
Goose Pasture	E	NC
Grand Pap	E	NC
Grand Mammy Sweet	E	NC
Grand Mother Cheese	E	NC
Granny Rogers	E	NC
Granny Morgan	E	NC
Grassy Mountain	X	VA (1892)
Grave	E	NC
Greasy Skin	E	NC
Green Hill	E	NC
Green June	E	NC
Green Pearmain	E	NC
Green Witch	E	NC
Grickson	E	NC
Grissom	E	TN
Guyandotte	E	WV
Half Acre	E	NC
Harding	E	NC
Harrah	E	VA (1882)
Harvest	E	NC
Hayes Green	E	NC
Haywood June	E	GA, VA (1887)
Hillside	E	NC
Hincher Queen	E	NC
Hog	E	NC
Honey Cider/Honey Sweet	T	VA (pre1865)
Honeycomb	E	NC
Honeycomb Sweet	E	NC
Horseshoe	E	NC, WV
Houch	E	NC
House	E	NC
Huckleberry	E	NC
Huff	E	NC (1887)
Hundred Dollar	E	NC
Husk Spice	E	NC
Husk Sweet	E	NC
Hyder Sweet	X	TN (1895)
Iron Black	X	GA, SC (1905)
Iron Wedge	E	NC
Jake's Seedling	E	KY
James Moore	X	VA (1700s)
Jeff Cox	E	NC
Jelly	E	NC
Jesse	E	GA (1885)
Jewel Smoker	E	NC
Jimbo	E	NC, TN (pre1900)
Jonah	E	NC
John	E	NC, VA
John Connor	E	NC (late 1800s)
John Hill	E	NC
Johnny No Core	E	NC
Johnson Keeper	E	NC
Josh	E	NC
Juicy	E	NC
Juicy Fruit	E	TN
Juicy Sweet	E	NC
Juicy Queen	E	NC
July Striped	E	NC
July Tart	T	NC, KY
Jumbo	E	NC, VA
Jumbo Winesap	E	NC
Karn	E	NC (1890)
Keicher/Pleasant Garden	X	TN (1895)
Ladonium	E	NC
Lady Watermelon	E	NC
Langdon	E	TN (1896)
Larry	E	NC
Late Sweet	E	NC
Letorey	X	TN (1895)
Lewis Green	E	NC (1877)
Link	E	NC
Little Brushy Spice	E	NC
Little Red June	E	NC
London Lady	E	NC
Lucy	X	TN (1838)
Lugar Red	E	VA
Maloney	X	TN (1870)
March Sweet	E	NC
Martin Sweet	E	NC
Mathews	X	VA (1875)
Mausby's Fine Winter	E	NC
McGwire	X	TN (1867)
McMurry's Favorite	X	TN (1845)
Mealy	E	NC
Miller Sour	E	NC
Mills		SC (1863)
Mississippi Pippin	E	WV (pre1860)
Mitchell Sweeting	E	WV
Molly	X	GA, NC (1859)
Mother Bud	E	NC
Mount Beauty	E	VA (1855)
Mountain June	X	TN (1890)
Mountain Red/ Kiss Me Quick	X	TN (1914)
Mountain Rose	E	NC
Mountain Winesap	E	NC
Mule Face	E	NC
Murfreesborough	X	TN (1891)
Nantz	E	NC
Nash	X	TN (1860)
Nelson Rock	X	VA (1872)
Nim	E	NC
Norton	X	GA (1852)
Norton Pippin	X	KY (1900)
Nursery	E	NC
North Georgia Cranberry	E	NC, GA
No Bloom	E	NC
Nuba	X	KY (1897)
Oat Stack	X	NC (1850)
Ode	E	NC
Okolona	X	TN (1850)
Old-Fashioned Stamen	E	NC
Old Man	E	NC
Old-timey Spice	E	NC
Ooltewah	X	TN (1895)
Oostananaula	X	TN (1886)
Patrick Red	E	NC
Payne Green	E	NC
Payne Red Striped	E	NC
Peach Ridge	X	VA (1850)
Peebles	X	KY (1895)
Peek	E	NC
Pinkerton	E	NC
Plymouth	E	NC
Pokey Seedling	E	NC
Polly Sweet	E	NC (pre1915)
Portland Seedling	X	TN (1910)
Pound Russett	E	NC
Preacher	E	NC
Pride of Summer	X	GA (1911)
Prissy Gum	T	
Pumpkin, Large	E	NC
Pumpkin, Pippin	E	NC
Queen Beauty	E	NC
Quince	E	NC
Rabbit	E	NC
Rabbit Sweet	E	NC
Railroad	E	NC
Rambo	E	NC, VA
Ray (Munson Sweet)	E	NC
Ray's Early	E	NC
Red Bird Winter	E	NC
Red Buff	E	NC
Red Jordan	E	NC
Red Kane	E	NC
Red Rambo	E	NC
Red Reese	E	AL (1915)
Red Royal Limbertwig	T	NC

Heirloom Varieties
Named & Passed Along in Appalachian Communities

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Variety Name	Rarity	States
Red Sweet	E	NC
Red Sweet June (Eckel)	E	NC
Red Torque	E	NC
Red Winesap	E	NC, PA
Rhea	X	TN (1845)
Roberts	E	NC
Royal Lemon	E	NC
Rubez	E	NC
Rubin Queen	E	NC
Ruby Red	E	NC
Rustic	E	NC
Rusty Coat Sour	E	NC
Rusty Coat Sweet	E	NC
Rusty Pippin	E	NC
Sal	E	NC
Sally Yellow	E	NC
Sam	E	GA
Sarah-Coot	X	NC (1880)
Seedling Horse	E	NC
Seedling Limbertwig	E	NC
Sevier	X	TN (1895)
Sheep	E	NC
Sheepnose Bellflower	E	NC
Sheepnose Sweet	E	NC
Shenk	X	VA (1860)
Shining Pippin	E	NC
Shock	X	NC (1915)
Shuler	E	NC
Sidelin	E	NC
Smutty	E	NC
Snuff	E	NC
Soda	E	NC
Sol	E	NC
Sour June	E	NC (pre1933)
Sour Russett	E	NC
Sour Sweetning	E	NC
Spake	E	NC
Speckled Gem	E	NC
Speckled Red	E	NC
Spotted Pippin	E	NC (early 1900s)
Stewart	X	VA (1900)
Striped Early Harvest	E	NC
Stripes	E	NC
Striped Winesap	E	NC
Stump	E	NC
Sugar Loaf	E	NC
Summer Strawberry	E	NC
Summer Treat	E	NC
Summer Winesap	E	NC
Sunshine	X	GA (1904)
Sweeny	E	NC
Sweet Abram	E	NC
Sweet Buff	E	NC
Sweet Horse	E	NC
Sweet Neverfail	E	NC
Tennessee Greening	E	NC
Tobacco Sweet	E	NC
Tom	E	NC
Tough Hide	E	NC
Trull	X	NC (1902)
Upton	E	NC
Uncle Marion	E	NC
Van Buren	X	GA (1868)
Victory Sweet	E	NC
Virginia Beauty	C	VA
Virginia Beauty Gold	E	NC
Virginia Limbertwig	E	NC, VA
War Woman	X	GA, SC (1905)
Water Spout	E	NC
Watermelon	X	NC
Watermelon Sweet	E	NC
Wax/Lady	E	NC
West/Ratsburg	E	NC
Wetmore	X	TN (1830)
White Bellflower	E	NC
White Buckingham	E	NC
White Fall Pippin	X	KY
White Pipka	E	NC
White Pound	E	NC
White Sheepnose	E	NC
Will	E	NC
Williamston	E	NC
Willson Golden	X	GA (1888)
Wilson's Red June	X	NC (early 1800s)
Winter Black	X	NC
Winter Cragg	E	NC
Winter Crow Egg	E	NC
Winter John White	E	NC
Winter Sweet Russett	E	NC
Wolf River Gold	T	NC
Woody	E	NC
Yancey's Prize	X	VA (1871)
Yellow Bank	E	NC
Yellow Hardin	E	NC, VA
Yellow Potts	E	NC
Yellow Queen	E	NC
Yellow Sour June	E	NC
Yellow Spitzenburg	E	NC
Yellow Winesap	E	NC
York Pippin/ Golden Pippin	E	NC
Yorkshire/ Yorkshire Greening	E	NC
Zesty Z.		
Zill	E	NC
CHERRY		
Redheart	E	NC
Sweetheart	E	NC
Wild		NC
PEACH		
Little White		NC
Purple Indian		NC
White Indian		NC
PLUM		
Greenie	E	NC
GRAINS		
CORN		
Cherokee Multi-Colored Flour (Dent)	E	NC
Cherokee Trail of Tears (Dent)	E	NC
Cherokee White Eagle (Dent)	C	NC
Cherokee White and Yellow Flour Mix (Dent)	C	NC
Cherokee Yellow Flour (Dent)		NC
Coates Mixed Bread (Dent)		NC
Coon	C	GA
Coxx Special (Dent)	C	NC, SC
Edwards Field One (Dent)	C	NC, TN
Edwards Field Two (Dent)	C	NC, TN
Hastings White	E	GA
Haywood County Field	E	GA
Hickory Cane	C	WV
Indian Flour (Dent)	E	NC
Jellicorse Southern Dent	E	TN
Lavender White Field (Dent)	C	NC
Morgan County KY Whiten (Flour)		KY
Neal's Paymaster Southern White Dent	E	TN, NC
Puddin Pile (Dent)	C	NC
Red Field (Dent)	C	NC
River Shoepeg (Dent)	C	NC
Roasting Ear (Dent)	C	NC
Rutherford County White (Dent) Field	C	NC
Webb-Watson	T	TN
White Bread (Dent)	C	NC
White Cornfield		KY

Way Down Yonder

Doug Elliott

by *Doug Elliott*

Sally and I were walking through the woods along the forested flood plain of a meandering creek when we found ourselves in a grove of distinctive, small trees with large, soft green leaves. The tip of each leaf tapered to a long, pointed drip tip that is characteristic of tropical rainforest plants. These trees, in fact, were northern members of a large family of tropical plants known as the custard apples.

In the tropics, I had sampled sumptuous exotic fruits from that family—fruits with striking flavors and colorful names. In Mexico and Central America I'd slurped through guanabanas and cherimoyas. In the Florida Everglades I waded through sawgrass and lily pads to sample pond apples. On the Caribbean Islands I had relished the soursop and the bullock's heart and learned to listen for the excited, raspy calls of the sweet-loving bananaquit birds announcing ripened sweetsops.

Well, right here in this shady Carolina creek bottom, on this cool September day, we were about to get a true taste of the tropics in our own backyard, from one more member of that family.

Now how does that old song go?

Where oh where is sweet little Sally?
Where oh where is sweet sister Sally?
Where oh where were me and Sally?
Way down yonder in the pawpaw patch!

Like most pawpaw trees, the trees Sally and I found were growing in the understory, shaded by taller poplars, sycamores and maples. Generally, they are slender trees that rarely grow taller than 30 feet and the trunks rarely exceed a foot in diameter. I started moving through the patch, grabbing the trees by the trunks and giving each one a brief, vigorous shake. 'Lo and behold, we began to hear the distinctive thumps of pawpaws hitting the ground.

Before long we were excitedly...

Picking up pawpaws and puttin' 'em in our pockets.
Way down yonder in the pawpaw patch!

Pawpaws are not only found in Appalachia; they range from the north shore of Lake Ontario, south as far as northern Florida and west to the Great Plains.

While pawpaws are little known today, they have an interesting history: A Portuguese chronicler traveling with Hernando De Soto was the first European to write of pawpaws. He reported Native American tribes cultivating the fruit in the Mississippi Valley in 1541. But for the next 150 years, little was seen of the pawpaw in print until John Lawson, after traveling through the eastern half of North Carolina in 1700, reported in his 1709 *Natural History of Carolina*, "The Papau is not a large tree [but] it bears an Apple about the bigness of a Hen's Egg, yellow, soft and as sweet as anything can well be. They [the Indians] make rare Puddings of this Fruit."

George Washington dined on chilled pawpaws and Thomas Jefferson cultivated them at Monticello. Daniel Boone and Mark Twain were reported to have been pawpaw fans as well.

The pawpaw's fruits are somewhat kidney-shaped, resembling soft, stubby cucumbers, and they usually weigh between a few ounces and a half-pound, although larger ones can be found. The pawpaw is the largest native North American fruit. Neal Peterson, founder of the Pawpaw Foundation and known to many as "Mr. Pawpaw," told me that the largest pawpaw he ever grew weighed one pound, fifteen ounces. He said it was large enough to feed a family.

Inside the thin green skin, pawpaw fruit resembles a creamy banana with plump, black seeds the size of large lima beans. Describing the taste is a challenge. Neal Peterson says the taste is "a symphony of flavors in your mouth...like the finest custard you ever ate." After downing a good pawpaw, he says, "the world is definitely a nicer place to be in."

Derek Morris, a Forsyth County, NC Agricultural Extension agent, has thirty-some different varieties of pawpaw trees growing on less than an acre. He says the flavor varies with the different varieties and with the stage of ripeness. Thus far, his favorite variety is the Overleese. He describes it as "caramel and butterscotch—rich, sweet and with the texture of a baked sweet potato. It improves with age," he says, "even when the fruit turns black."


Doug Elliott


Doug Elliott

Over the last two decades, there has been a fortunate revival of interest in the pawpaw. Ohio crowned the pawpaw as its official state fruit. Kentucky State University, the center for research in pawpaw production, has had a comprehensive program since 1990. North Carolina has a number of growers and occasionally North Carolina farmers' markets feature pawpaws during the short time they are in season. You can meet some of them at the Dixie Classic Farmers' Market in Winston-Salem, which has its own annual Pawpaw Day in September.

Leslie Sanderson has over 50 producing trees near Maxton, North Carolina. He sells many pounds at markets in Robeson County. Milton "Pawpaw" Parker has a number of trees under cultivation near Whiteville, and he is involved in the formation of the Appalachian Pawpaw Growers Association. Parker can often be seen at the Columbus County Farmers' Market selling fresh pawpaws in August when they are in season, and pawpaw milkshakes during the offseason.

In addition to its delicious fruit, the pawpaw tree has a fibrous inner bark that can be used to make nets, rope, twine and other cordage.

And that reminds me: Do you remember that gal, Sally, I was telling you about at the beginning of this story? Her name isn't really Sally, but many years ago when she and I were in that pawpaw patch we came upon a pawpaw tree that had just been knocked over by a large fallen branch. I stripped the bark off that fallen tree and extracted a long strand of the smooth, fibrous inner bark. She snatched that bark out of my hands and amazed me as she crocheted those natural inner bark fibers into a beautiful round doily-like thing. That same crocheted piece that she made that day now hangs on a wall in our house overlooking our pawpaw patch on the banks of Chalk Creek in Rutherford County. It's been hanging there for more than 20 years. And that gal? She's still hanging around, too—and she still amazes me.

"Mr. Pawpaw," told me that the largest pawpaw he ever grew weighed one pound, fifteen ounces. He said it was large enough to feed a family.


Todd Elliott

Heirloom Varieties
Named & Passed Along in Appalachian Communities

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Variety Name	Rarity	States
White Hard Field (Dent)	C	NC
Wild Goose (Dent)	C	NC, TN
White Pearl Hominy (Dent)	X	NC
Yellow Field (Dent)		NC
Yellow Pearl Hominy (Dent)	X	NC
SORGHUM		
Ashe County Cane	C	NC
McDowell County Cane	C	NC
VEGETABLES		
ASPARAGUS		
Beech Mountain		NC
BEANS		
A Peck to Each Hill Bush		KY
Addie Tifton's Early Cornfield Pole		NC
Alberta's Favorite	C	KY, TN
Alice White's Pole		
Alice White's Red Pole		
Ambergie Greasy Pole	C	KY
Anna Robe-Terry	E	KY, WV
Aunt Bertie Best	E	
Aunt Lizzie		
Aunt Nan's Greasy Cornfield		
Baby Face Fall		
Bacon	C	KY, TN
Bacon Self		
Baker Pole		VA
Banner Butterbean (Runner)	C	NC
Barnes Mountain Cornfield	E	KY
Barrier Girls Pole		
Basin Mountain		KY
Bates Red Stick		KY
Beige and Black Striped October (Pole)		NC
Beige with Brown Striped Cherokee Butter		NC
Bell Family		
Ben Douglas Greasy		
Bertie Best Greasy	E	KY, NC
Bess		KY
Betty	C	NC
Betty Jane Bertram Pole		
Beulah Henderson Miller Cornfield		
Big Frosty Lima		
Big Greasy (Pole)	C	NC
Big Greasy Snowball (Pole)	C	NC
Big John (Pole)	E	KY, NC
Big Knuckle Early Greasy		
Big Knuckle Pole		
Big Laurel Cornfield (Pole)	C	NC
Big October Soup Pole		NC
Big Red (Pole)	C	NC
Big Snowball (Pole)	C	NC
Big Speckled Greasy Pole	C	NC
Big Washington/ Melt-in-your-mouth (Butter/Lazywife)	C	NC
Big White Half-runner		NC
Bill Leach Butter		
Bill Leach Fall (October)	E	KY
Billy Cooper Black		
Billy Cooper White		KY
Black Butter	E	TN
Black Cherokee Butter		NC
Black Coco Bush		
Black Greasy		
Black October (Pole)		NC
Black Pole	C	NC
Black Seeded KY Wonder		
Black Stick		TN
Black Turkey Gizzard (Pole)		NC
Blue Goose (Pole)	E	GA
Blue Pole		
Blue Ribbon Stick		
Blue-tip Half-Runner		
Brannock Triplett Cornfield	C	NC
Breathitt County Red Creseback		KY
Brown Bunch	C	NC
Brown Cherokee Butter		NC
Brown Cornfield		KY
Brown/Gray Big Flat Pole		
Brown Greasy		NC
Brown Mottled Cornfield		KY
Brown Pink Tip (Bunch-Bush)	C	NC
Brown Pole		
Brown Speckled Goose		
Brown Tobacco Worm	E	KY
Brown with Beige Stripes Cherokee Butter		NC
Buck Eye (Pole)		NC
Burke	C	TN, KY
Busted Black Colored Greasy		KY
Butcher Knife	C	TN, KY
Butter		NC, TN
Cades Cove Cutshort Greasy Back	T	TN
Carolina Red Butter	E	TN, NC
Carolina Red Pole		
Cenie Rodgers Cutshort		
Checked Cornfield		
Cherokee Cornfield	T	TN, NC
Cherokee Greasy	E	NC
Cherokee Lima Half-runner		NC
Cherokee Long Greasy		
Cherokee October Pole	C	NC
Cherokee October Bush	C	NC
Cherokee Pole	C	NC
Cherokee Pole #2		
Cherokee Speckled Butter	C	NC
Cherokee Trail of Tears (Pole)	C	NC
Cherokee Turkey		
Cherokee White October Pole/Indian	C	NC
Cherry Pole	C	NC
Christmas Large Speckled Pole Lima		KY
Civil War Pole Lima		
Clinton County Partridge		
Clora Collins Bunch		
Clora Collins Cornfield		
Clora Collins Fall		
Coffee		
Cole's Favorite	C	TN, KY
Collins		
Colored Willowleaf Butter	E	TN, SC
Cookeville Tennessee Unknown Pole	E	TN
Cora's Speckled Greasy Cornfield		
Cora Wilson Little Greasy (Pole)	C	NC
Clarke Range	E	TN
Cornfield (Pole)		NC
Cornfield Bush		NC
Cream Colored Fall Bunch		
Creamy Bunch		
Creasebacks		KY
Cutshort (Pole)		NC
Cutshort Greasy		TN
Cynthia Garner		
Dack		

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Variety Name	Rarity	States
Dan Todd White Half-Runner		TN
Dark Greasy Pole		NC
Davis Black Pole	E	NC, SC
Delle Hausford White Greasy		
Delmas Evans Settlement		
Delon's Carpenter		
Don Foxx Family Pole	C	NC
Dorey Smith Cutshort Pole	E	TN
Doscia Graham Cutshort Greasy Pole	C	NC
Doubleback Pole	C	NC
Doyce Chambers Greasy Cutshort	E	NC
Duck Bean	C	KY
Earl Dan's Red Pole		
Earl Thompson Brown Speckled Greasy		
Early Little Greasy Cutshort		
Early 6-week Bunch		
Early Striped Greasy Cutshort		
Ed Meece Striped Hull Greasy		
Edwards Cornfield	E	KY
Etastoe Hill Fall	C	
Etowah Cornfield	E	GA
Evelyn Wheeler's Cornfield		
Fall (Red)		
Fall Bush		KY
Fall Corn Pole		
Fall Shelly (Bunch)		NC
Fat Man Cornfield		
Faulkner's Cornfield		
Fishhook		
Flat Greasy (Pole)		NC
Flossie Powell Butter (Pole)	E	KY, TN
Floyd County Fall		
Fox Family Greasy		
Frank Barnett Cutshort		
Franklin County Pole	E	TN
Fred Bowling's Father's		
Fred Bowling's Half-Runner		
Fred Wagner Cornfield		
Frost Pole	C	NC
Georgia Bunch		
Georgia Half Runner		GA
Gigler		
Gimmer		KY
Gin Day		
Glenn Hurley Little Greasy		
Goode Half-Runner		
Goodwin Shell		
Goose Bean (Pole)	C	KY, NC, TN
Goose Variant		
Gooseneck		
Grady Baily Cutshort		NC
Grady Bailly Greasy	E	NC
Grandma Barnett Cornfield		KY
Grandma Bunch		NC
Grandma Miller Cornfield		NC
Grandma Roberts White Pole		
Grandma's White		
Grandpap		
Granny	T	TN
Greasy Cornfield		
Greasy Cut Longs		KY
Greasy Cutshort (Pole)	E	NC, SC
Greasy Grit		
Greasy Stone (Pole)	C	NC
Greasyback Cornfield (Pole)	C	NC
Grey Rattlesnake		
Gwyn Campbell White Half-Runner		
Hanely Stringless		VA
Harris Bean (Bunch-Bush)	C	NC
Hastings Cornfield	E	GA
Heirloom Creaseback Bush		
Heirloom Old-time Half-runner (Pole)		NC
Herb Gouge Big Soup Pole		NC
Hickler Stick	C	KY, TN
Hickory King Hastings Corn Mixed Bean (Cornfield)	E	GA
Hickory Stick		
Hill Family		
Humble Family Bunch		KY
Humphrey Cutshort (Pole)	C	TN
Hundred Year Pole	C	NC
Ida Bunch		
Ina Adkins		KY
Indian Tickseed		
Irish Nelson Pole		
Iva Lee Hayes Cutshort	C	NC
J.B. Mullins Mixed Cornfield		
J	C	KY, TN
Jack Banner White and Brown Greasy	C	NC
Jack Kelly butter	E	KY
Jack Manley Family		
Jackson County Greasy		
Jame Browning Fall		KY
Jane Browning		
Jane Harold		
Jean's	C	KY, TN
Jeff Ingram Fall		KY
John Allen Greasy Cutshort		
John Coykendall Butter	E	TN
John Hars Cornfield		NC
John Hovis Cornfield Pole	C	NC
Johnnie's Red Butter	E	SC
Johnson Beans/Tick	E	TN
Johnson County Short		
Johnson Stick		KY
Kate Pole	C	NC
Kendrick Half-Runner		GA
Kentucky Red	C	KY, TN
Kilgore Black Pole Shelling		
Kingsport		
KY Butterpea Pole Lima		KY
Large Cornfield		
Late Long Greasy	C	NC
Lavender/Purple October Pole		NC
Lavender/Purple Cherokee Butter		NC
Lazy Daisy		
Leather Britches Pole		KY
Lee		KY
Light Brown/Red Butter		NC
Light Red and Black Striped October (Pole)		N C
Lilah (Bunch)		NC
Little Black and Brown Cornfield (Pole)		NC
Little Greasy Cornfield (Pole)	C	NC
Little Greasy Cutshort Pole	C	NC
Little Red Bunch		
Little White Bunch	C	NC
Little White Creaseback	C	KY, TN
Logan Giant		
Logan Giant #2		
Long Brown Speckled Greasy		
Long Cornfield Greasy		
Long Greasy Pole		NC
Long Greasy Cutshort		

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Variety Name	Rarity	States
Lost Acres		
Louise Pole	C	NC
Loveday Half-Runner		
Lucy's Pole		NC
Lynch Butter	C	GA, SC
Lyons		
M. Stanley Indian		
Mama Byrd Shelly Bunch (Bush)	C	NC
Manning Half-Runner	C	NC
Marifax		
Margaret Best Greasy	E	NC
Maroon and Appaloosa October Pole		NC
Maroon October Pole		NC
Martha		
Mary Moore Greasy	E	KY
Mary Seo's Black	C	KY, TN
Mary's Little White Bunch	C	NC
Mary's Ten Minute		
Mattie Pole		NC
Mavis Hull Bell County Bush		
May Jourden Early Bunch (Bush)	C	NC
McKinney		
McMaine Family Greasy		NC
Medium Greasy Pole	C	NC
Mills Butter		
Molly Ward		NC
Mick Cole Cornfield Pole	C	NC
Millhouse (Multi-Colored)	T	TN
Moody Greasy Cutshort Pole	C	NC
Molly Greer Pole		NC
Molly Ward Pole		NC
Moretz Heirloom Half-Runner Pole	C	NC
Mountain Climbers		
Mountain City White Hull	T	NC
Mountain Pale Pole		
Mrs. Gwyn Campbell Pink Tip		
Mrs. Mack's	C	KY, TN
Mrs. Martin's Pole	C	KY
Mrs. McAmis's		TN
Multi-Colored Butter		NC
Multi-Colored Cherokee October Pole	C	NC
Multi-colored Kidney Pole		NC
Mutt/Dan's		
Myers		
Myer's Family Striped		
Nancey West	C	KY, TN
Nanny Pole		NC
Nanny Coulton Greasy		
Nantahala Half-Runner		NC
Nickel		
Nickell Half-Runner	E	KY
Noble		
Non-Select Half-Runners		
North Carolina Greasy	T	NC, TN
North Carolina Late Greasy	T	TN
North Carolina Speckled Long Greasy Cutshort Pole	C	KY, NC
North Carolina Market Pole	T	NC, TN
North Carolina Market Greasy (Pole)	C	NC
North Carolina Half-Runner		
Ocanaluftee October Pole	C	NC
October Stringless Cornfield Pole	E	TN
Old Betty Pole	C	NC
Old Corn Pole	C	KY, TN, WV
Old Fashioned Cornfield		
Old Fashioned Cornfield Coffee		
Old Joe Clark		
Old Time Butter (Runner)	C	NC
Old-Timey Cornfield Pole	C	NC
Old-Timey Fence Butter	C	NC, TN
Old Time German Smokey Mountain TN Pole		
Old-Time Green		
Old-Time White Half-Runner		NC
Old Timey White Bunch (Bush)	C	NC
Old Time German Pole (Bunch-Bush)	E	TN
Olga's Cutshort Pole		
Ora's Speckled Pole	E	KY
Ora's Speckled Small Greasy Cutshort		
Original White Runner		
Overton	E	TN
Pa Fish Valentine Pole		NC
Parson's Bentley		
Parson's Delight		
Peanut Pole	E	NC
Peddler's Pole		
Peggy Lewis		
Penland Pole	E	NC, TN
Phyllis Thornberry Half-Runner		KY
Pill Box		
Pink Half-Runner		KY
Pink Tip Bunch (Bush)	C	NC
Pink Tip Pole	C	NC
Pink Tip Greasy	E	NC
Pink Tip Shelly (Pole)	C	NC
Pole, Red Seed		TN
Potter (Pole)	C	NC
Preacher		VA
Presley (Pole)	C	NC
Prince Stephens Favorite Greasy		
Pumpkin	T	TN
Purple Eye	T	TN
Purple Hull		
Purple Goose	T	TN
Purple Pole		
Purple Tip Pole		
Quail		
Red Calico Butter	C	GA
Red Fall Variant		
Red Ribbon		
Red Speckled Fall		
Red Stick		TN
Red Striped Hull Greasy		
Red Top Bottle Cornfield		
Red Turkey Gizzard Pole		NC
Red Valentine Pole	C	NC
Rev. Arnt Greer Pink Tips (Pole)		NC
Reverend Taylor Butter Mix (Pole)	C	
Rindy (Pole)	C	NC
River Bean Mutant		NC
Robe Mountain Cornfield	E	KY
Roger Newsom Fall		
Rose Cornfield	E	KY
Rose Cornfield		
Rose Family Speckled Cutshort		
Rosemary's Red Fall		
Ruth Bible		
Sam Baker		
Sam Baker Fall Bush		
Sam Baker Greasy		

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Variety Name	Rarity	States
Sappy Soup Bunch		
Seay Cutshort	E	NC
Shantyboat Pole		
Shoal Creek		KY
Short Little Greasy (Pole)		NC
Singleback/Cornfield Pole		NC
Six Week (Bunch-Bush)	C	NC
Small Greasy Cutshort		KY
Small Lazywife Greasy (Pole)	C	NC
Small Speckled Pole Lima		KY
Snow on the Mountain	T	TN
Snowball Greasy (Pole)	E	NC
Snowball Big Greasy Mix (Pole)		NC
So. Carolina Red Stick	T	SC, TN
Spangler		
Speckled Cutshort	C	KY, TN
Speckled Brown Greasy		
Speckled Greasy #1		
Speckled Greasy #2		
Speckled Greasy Cornfield		
Speckled Pale Butter	E	NC
Spring		
Squirrel Pole	C	NC
Steel Blue Cross	E	GA, TN
Steele's Mix	C	KY, TN
Striped Cornfield	E	NC, SC
Striped Half-Runner		KY
Striped Creaseback Pole		
Striped Creaseback Tender Cornfield Pole		NC
Striped Hull Greasy Cutshort	E	KY
Sulfur (Bunch)		NC
Summer Fall		VA
Swan Greasy		
Sylvia Pole	C	NC
Tan and Brown Pole		
Ten Bushel Pole	C	NC
Tender Frost Pole	E	NC, SC
Tender Hull Fall		
Tender October Pole	C	NC
Tennessee Long Runner		TN
Tennessee White Greasyback	E	TN
Thousand to One		KY
Tobacco Worm	E	KY, SC
Tom Speckled Pole		
Troy Dunn		
Turkey Craw Bunch	E	NC
Turkey Eye	E	NC
Turner		KY
Twenty Foot Cornfield Pole		NC
Uncle Victor's Bunch	T	TN
Unknown Fall Red Speckled		
Van Hook		
Walt Qualtebaum Pole	E	SC
Warner Red Pole		
Watt Tackett's Red October		
West Virginia Greasy		
White and Brown Greasy Cutshort Pole	C	NC
White Christmas Butter	E	TN
White Cornfield (Pole)		NC
White Creaseback Pole	E	TN
White Double Hall Cornfield		
White Early Harvest Cornfield		
White Fall		
White Greasy Cutshort (Pole)	C	NC
White Greasy Pole		
While Hull Bunch		
White Hull Pink Tip	T	TN
White Hull Pole	E	NC, SC
White Kentucky Cornfield		KY
White Lazywife Cornfield	C	KY, TN
White Pole	E	TN
White Potato Bunch		NC
White October Pole		NC
White/Red October Pole		NC
White Shelly (Bunch-Bush)	C	NC
White Tennessee Cornfield		TN
Whitey Swanger Randell Cornfield		
Whitt Half-Runner	E	NC
William's River Pole		WV
Willow Leaf	T	TN
Witza		KY
Wolf		
World War II		
Yancey County Bush	T	TN
Yellow Pod Cornfield		
Yellow Top		
Zelma Zester	E	SC
Zona Upchurch Goose		

BRASSICAS

Cherokee Turnip	C	NC
Old-time Cherokee Mustard Green	C	NC
Old-time Round Leaf Mustard Green		NC
Old-time Winter Mustard Green	C	NC
Old-timey Oakleaf Mustard Green	C	NC
Old-timey Orange Rutabaga	C	NC
Slick Leaved Mustard Green		NC
Sugar Grove Mustard Green	C	NC
Winter Turnip	C	NC

COWPEAS/CROWDERS/ BLACK-EYES

African Field	T	TN
Angie Hollis	C	KY, TN
Big Beige Crowder		NC
Cate's Washday	C	KY, TN
Cookeville Whipporwill	C	KY, TN
Cream and Tan Field Pea	E	TN
Dexter Randolph Crowder	C	NC
Field Crowder Pea	E	NC
Gray Palapye Pea	E	SC
Little Red Field Pea		NC
Old-fashioned Stockpea	C	KY, TN
Piggott	T	TN
Polecat Pea	T	TN
Rattlesnake Pea	C	KY, TN
Red and Black	T	TN
Running Conch	T	TN
Silvers Crowder Pea	C	NC, SC
Small Beige Crowder		NC
Tennessee White	T	TN
West 6 Weeks Pea	E	GA
White Crowder	E	GA
White Field Pea	E	SC
Wild Goose Pea	C	TN, KY
Wild Turkey Pea	E	TN
Wonder Pea	E	TN

CUCUMBER

Little White		NC
Little Green		NC

GARLIC

Alabama Elephant Garlic		NC
Old Time Garlic		NC

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Variety Name	Rarity	States
GOURDS		
Flattened Canteen		GA
Spinning		TN
MELON		
Robbin's	C	TN
OKRA		
Choppee	T	SC
Jimmy	T	KY
Light Green Old-Timey		NC
Short Green Pod		NC
White Pod		NC
ONION		
Walking/Tree	T	NC, TN
Winter		NC
PARSNIP		
Bradford Parsnip	C	NC
PEPPERS		
Doorknob	C	NC
Pencil	C	NC
Randolph Small Red	E	NC
Randolph Small Yellow	E	NC
Sweet Pickling	E	GA
POTATO		
New York Pide	C	NC
Yampa (Gairdner's)	T	SC
SQUASH/PUMPKIN		
Blue Candyroaster		NC
Coushaw	E	NC, SC, GA, TN, OK
Green Candyroaster		NC
Green and White Striped Candyroaster		NC
Grey Winter		NC
Healing	E	GA, SC
Jenkin's Creek Bumblebee White Zucchini	C	NC
Little Cherokee Roaster	C	NC
Little Sweet Pumpkin	C	NC
Old-time Pie Pumpkin		NC
Orange Candyroaster		NC
Pale Candyroaster		NC
Pink Winter Squash		NC
Roughbark Candyroaster	C	NC
Snyder Family Pumpkin		NC
Strunk Pumpkin		
Sugar Pumpkin		NC
Sugar and Spice Pumpkin	E	NC
White Marebag Pattypan		NC
White Winter		NC
Yellow Striped Orange Candyroaster		NC
SWEET POTATO		
Early Triumph/Poplar Root		NC
African-American Red		NC
Kentucky White	C	NC
Nansemond	T	KY
Red and White		NC
Spanish Red	E	NC
Sweet Gum		NC
Yellow		NC
TOMATO		
Amish Oxheart		KY
Ashe County Orange	C	NC
Barnes Mountain Yellow		KY
Beefheart		NC
Black Mountain Pink		KY
Boyd Smith German Yellow	C	NC
Buckeye Yellow		KY
Cades Cove Red Currant	T	TN
Calf's Heart		KY
Cherokee Beefsteak	T	NC
Clarence's Yellow	C	NC
Cow Tits		NC
Depp's Pink Firefly		KY
Ethel Well's Old-Fashioned Elwin Hannah	C	NC
Floyd Milsaps		NC
Frank's Large Red		KY
Georgia Belle		NC
Grandma Viney's Yellow and Pink		KY
Granny Bradley	E	NC
Granny Cantrell		KY
Granny Mary		NC
Hazelfield Farm		KY
Heirloom Orange	C	NC
Hog Heart		KY
Horace/German Stripe		NC
John Allen Yellow German	E	KY
Kentucky One Hundred		NC
Kentucky Light Yellow		KY
Kentucky Plate		KY
Kentucky Striped		KY
Kentucky Wonder		KY
Lennie and Gracie's KY Heirloom Yellow		KY
Louise Slaw's Yellow	C	NC
Lumpy Red		KY
Margaret Best yellow	E	KY, NC
Max's Large Green		KY
Monk		KY
Old Fashioned Orange	E	NC
Old Time Red		NC
Pepper		NC
Pink Pear	C	KY, NC
Purple Beefheart	C	NC
Purple Dog Creek		KY
Rebecca Sebastian's Bull Sac		KY
Red Oxheart		NC
Red Yellow		KY
Rose Beauty		KY
Ruby's German Green		NC
Ruby Orr		NC
Super Choice		KY
T.C. Jones		KY
Uncle Mark Bagby		KY
Vaughn's Old-fashioned Orange	C	NC
Virginia Pink	T	TN
Viva		KY
Walter Johnson		NC
William's Striped		KY
Yellow German Johnson		NC
Yellow Roma		NC
Yellow Tommytoe	C	NC
Yoder's German Yellow		KY, TN
BERRIES		
BLACKBERRY		
Eclipse	E	VA
Morgantown	E	WV
DEWBERRY		
Pineland	E	NJ, WV
Pocono Plateau	E	PA, WV
GOOSEBERRY		
Gooseberry		NC
RASPBERRY		
Ashe County Red		NC
Ashe County Yellow	C	NC
GRAPE		
Granny's Pink	E	NC
Paul Carpenter Red	C	NC
Pond Mountain	C	NC
Roaring Fork Old Home		NC

David Cavagnaro

"The place-based foods of the Southern and Central Appalachia region are treasures of global importance, just as much as the bluegrass music of the same region. This publication is intended to document, celebrate, and inspire residents to safeguard and restore these foods to their farms and tables. While this is the first published list documenting the diversity of foods of the region, we encourage you to help us further document and locate where these crops are currently being grown. Please use this report to encourage discussion within your community of how your regional food system can be strengthened and diversified in the face of impending climate change. We are grateful to all the farmers, foragers, orchard keepers, home cooks, and chefs of the region for their knowledge and tenacity in keeping these foods alive."

Gary Paul Nabhan
Founder, Renewing America's Food Traditions Alliance
www.raftalliance.org

David Cavagnaro

APPALACHIA UPLAND SOUTH

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Food Sovereignty:

Foraging, fishing, farming, gardening and orchard-keeping have been and continue to be a part of Native American communities' traditional stewardship of their food-producing places. We support the Cherokee and other tribes in the continuation of these traditions, and their efforts at reaffirming their food sovereignty, which includes farmer's rights to the seedstocks that were uniquely developed by their ancestors. Individuals or organizations outside these indigenous communities can become active allies by supporting, when appropriate, the tribes' efforts in reestablishing or continuing their rights as primary stewards of the cultivated "heirloom" or old-timey seedstocks that are part of their heritage, and access to traditional and historic gathering grounds.