

A s h e C o u n t y Foodways



Teacher's Guide

GATHERED BY APPALACHIAN STATE UNIVERSITY
APPALACHIAN STUDIES GRADUATE STUDENTS, 2020

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Photos by Shauna Caldwell unless otherwise noted

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NCDPI Standards Covered In This Lesson:

SOCIAL STUDIES

4.C.1 Understand the impact of various cultural groups on North Carolina.

4.H.1 Analyze the chronology of key historical events in North Carolina history.

GEOGRAPHY AND ENVIRONMENTAL LITERACY

4.G.1 Understand how human, environmental and technological factors affect the growth and development of North Carolina.

NUTRITION

4.NPA.1 Apply tools (MyPlate, Food Facts Label) to plan healthy nutrition and fitness.

4.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

VOCABULARY

FOOD WAYS – the eating habits and culinary practices of a group of people, or a region.

CULINARY – related to cooking

CANNING – a way to keep food fresh by sealing it into an airtight container.

PRESSURE COOKER – a sealed pot that you use to cook things with steam.

FOOD PRESERVATION – any way that you keep food from going bad.

EMPOWERED – making yourself or others feel strong and confident.

SUSTAINABLE – the ability of something to keep existing for the future.

LOCALLY SOURCED – coming from the same area as you are in.

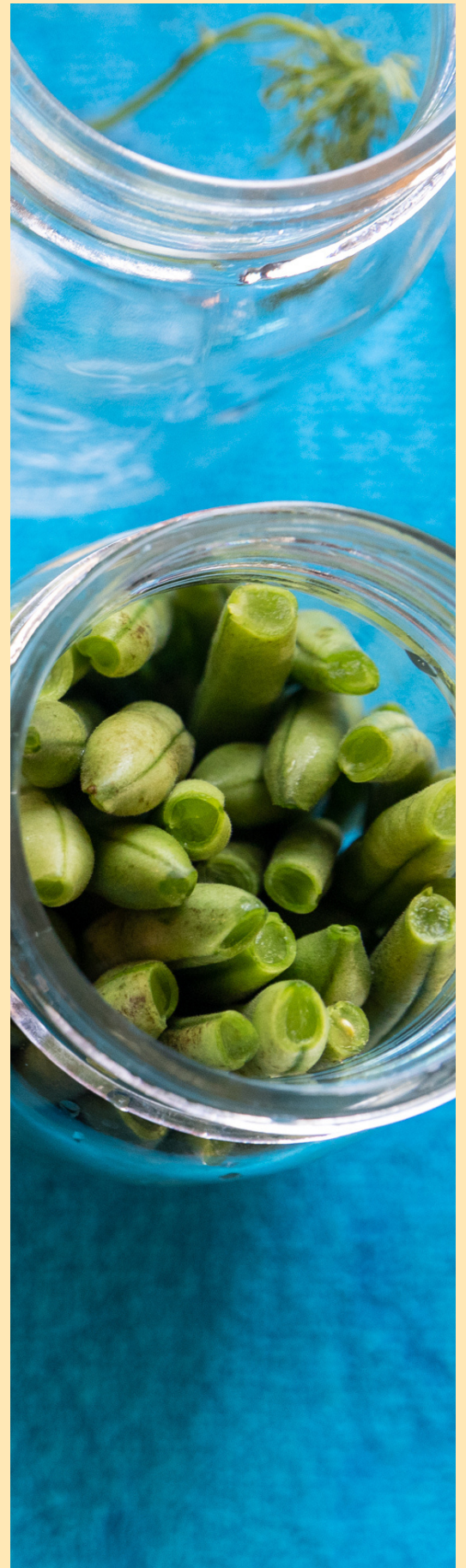
GRAINS – any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain. Examples are things like bread, pasta, or grits.

FRUITS – any kind of fruit or things made out of 100% fruit juice. Examples are things like oranges, apples, or grapes.

VEGETABLES – any kind of vegetable or things made out of 100% vegetable juice. Examples are things like squash, beans, or broccoli.

PROTEIN – foods like meat, beans, eggs, or soy.

3 Examples are things like chicken, beef, or beans.



AT THE HAVANA CAFE

WITH TONY BELLANCA

One of Tony's favorite foods is a bologna sandwich with mayo!



Tony Bellanca has been a chef for over 20 years. He graduated from Florida Culinary Institute in West Palm Beach in 2000. He then spent 10 years working for Roy Yamaguchi (the famous chef!) in 10 different cities over 10 years. Tony also worked for chefs Morimoto, Marcus Samuelsson, Michael Schulson, and the Stephen Starr group.

Tony's favorite food has always been comfort food. He says, "My grandfather's Italian. She [his grandmother] was southern. My godparents were Cuban. Any given holiday was a collection of spaghetti and meat sauce to black beans and rice to oyster stuffing for Thanksgiving dinner. Everything was influenced by the different cultures in our family."

When asked if what he cooks at home is similar to what he serves at Havana Cafe, he says, "Yeah, I mean

there's a pot of rice sitting on the stove right now. To me, this is just an extension of that-- owning a restaurant and serving comfort food like we do-- because basically that's what Cuban food is, is comfort food. It's loud, raucous families with large pots of things stewing and simmering all the time, and that's what it is at my home. I don't really do anything different. You know, we cook comfort food at home, and we're loud, and we're having a good time, and we do the same thing here."

This is Tony's second restaurant, and he says he is grateful for the lessons owning his first restaurant taught him. His advice to young people is to try everything! He says, "Even if you end up spitting it out, you should still try it" because you'll never know if you like it unless you do!

Kitchen Table

Games & Bistro

WITH JESSICA TURNER

FARM-TO-TABLE DINING AND LOCAL PRODUCE:

Question: "...I read that you try to bring in as much local produce as possible. What are some of the local farms you bring produce from?"

Jessica Turner: "Against the Grain [farm] is actually where we get our kale and sometimes beets. Pretty much I would go on [the High Country Food] Hub and pick out whatever looks good... Full Moon Farm, Against the Grain... Let's see, Healing Springs-- we use some of their meat in the shop and BRG Farms, I think is another one that we use some of their meat."

"I have seen how food can change your life, and not just physically-- emotionally and on so many levels. So, I want my family to be healthy and strong. And I know that that starts within our body and ultimately [with] food."

JESSICA TURNER



PHOTO COURTESY JESSICA TURNER



PHOTO COURTESY JESSICA TURNER

Kitchen Table continued

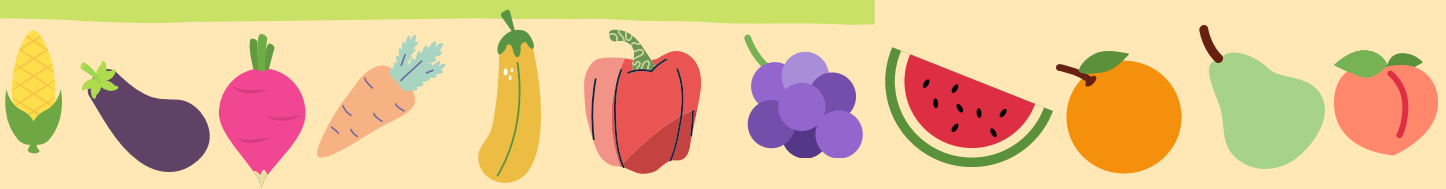
HEALTHY EATING IS FUN!

"I think it is really important to eat the rainbow... and I don't mean Skittles or Fruit Loops. Healthy eating is the most adventurous and fun thing that you can do."

JESSICA TURNER

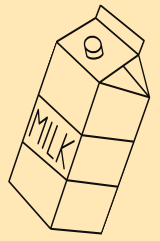
QUESTIONS TO CONSIDER:

- + What are some colorful fruits & veggies you eat?
- + Can you name a fruit or veggie for every color of the rainbow?
- + What are some of your favorite fruits or veggies?





ASHE COUNTY CHEESE



35,000 POUNDS!

THAT'S HOW MUCH CHEESE
ASHE COUNTY CHEESE
PRODUCES EVERY WEEK

DID YOU KNOW?

IT TAKES 10 POUNDS OF MILK TO
MAKE 1 POUND OF CHEESE!

WHERE DO THEY GET THEIR MILK FROM?

WHILE ASHE COUNTY CHEESE GETS SOME OF THEIR
MILK FROM ASHE COUNTY DAIRIES, MOST OF THEIR
MILK COMES FROM AROUND THE APPALACHIAN
REGION!

Ashe County Cheese | NC Weekend | UNC-TV



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[Click here or on the image above to watch a short documentary about Ashe County Cheese!](#)

In Conversation with Martha Kincaid

ON PRESERVING FOOD



Martha: One thing that I believe very strongly is that as soon as you harvest your food, you need to can it because the longer it waits, the less nutritive value it has. I'm a firm believer that when I pick it, I'm going to take care of it. Anything that I bring in the house that I think we're not going to eat right away, I go ahead and try to get it preserved.

Martha: I canned 40 pounds of chicken breasts this year!

Question: How do you can your chicken?

Martha: Well, I like to put a little onion soup flavoring in my jar. I put my chicken breast in and, of course, I add some water with it. Then you have to can it for however many hours it is, but it took me two days to can 40 pounds of chicken!

Question: What other kinds of things do you put up?

Martha: I make relish, zucchini relish, pickled beets, salsa, canned tomatoes, ketchup. I make ketchup from my tommy toes. Because you have a lot of skin with those tommy toes, and that helps to thicken it. Then you can add the amount of sugar and spices you like.

Martha Kincaid cont.

Martha: I also can green beans, peaches, applesauce, and I make apple pie filling. I make my own homemade soup with potatoes and carrots and onions and all that. Then you just put it in jars and cook it, so when you want a meal you can add different things to it if you want to.

One thing we have here that people really like is called rhubarb jelly. You have to know what part of the rhubarb you can eat. You can't eat the leaf part. You can only eat the stalk because the leaves are poison. It makes wonderful jelly. I cook pineapple with it, and sugar, then you have to put jello with it (or pectin), and I like cherry jello. I cook that and put my washed jars in the oven on 200 for a good while and have my lids ready (they have to be heated up). After I fix my jelly and put it in my jars, I like to put it in the pressure cooker just a minute. When the steam comes up, I turn it off. That really ensures a seal. My mother didn't do that, but I have started doing it because I think it really does better if you do it that way.

QUESTION: WHAT WOULD YOU LIKE TO TELL YOUNG PEOPLE ABOUT FOODWAYS?

MARTHA: I WOULD LIKE TO TELL THEM THAT I FEEL LIKE IT'S IMPORTANT TO EAT FOOD THAT'S LOCAL AS MUCH AS YOU CAN.

Martha Kincaid cont.

Martha: If you have any way to learn how to preserve food, it would be a gift that goes with you for the rest of your life. When you can control your food stuff and learn how to take care of things like your health, you really become empowered. You can grow your own food from buckets, even-- put buckets out in your driveway. I've seen people do that. It makes you more independent and sustainable.

QUESTIONS TO CONSIDER:

- + What kind of food preservation and food practices are you familiar with?
- + How are the ways Martha preserves her food similar to or different from your family's practices?
- + Martha talks about how she was responsible for helping preserve food when she was growing up. What kinds of things are you responsible for in your family?



Check out this video that walks you through the canning process for salsa ranchera by clicking [here](#) or on the image to the left!

Rose Mountain Farm

WITH ANN ROSE



PHOTO COURTESY LAURA JOHNSTON

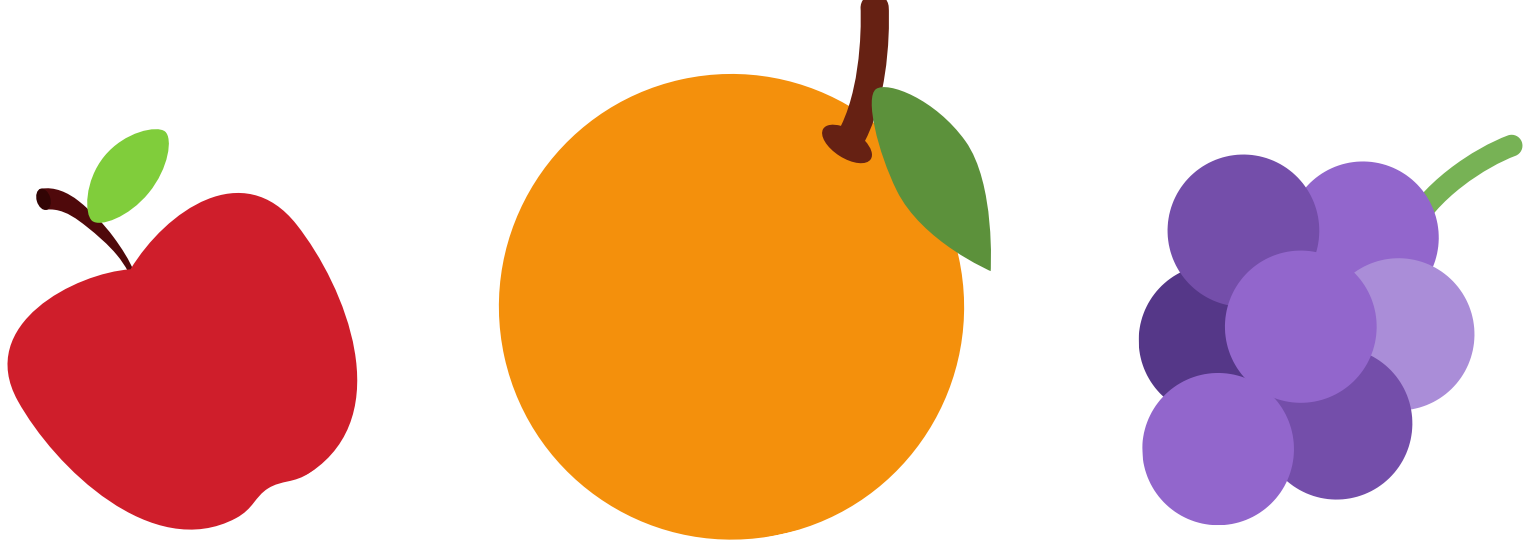
QUESTIONS TO CONSIDER:

+ What are some vegetables you enjoy eating?

+ Does anyone in your family grow tomatoes?

+ Do you have a family garden at home? Do you help with growing vegetables?

"[At] the Ashe County Market...we would have a tomato day contest and we would have [the] prettiest tomato, the ugliest tomato, biggest, smallest... I mean it was incredible. The brandy wine almost always was the biggest tomato... But the Cherokee purple won the taste test. Year after year after year. It's the one for me that has the best flavor."



Make it a Healthy Plate!

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit:
Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

Vegetables:
The more colors and types that you eat, the better! Aim to get mostly **non-starchy** veggies.

Fruits

Grains

Vegetables

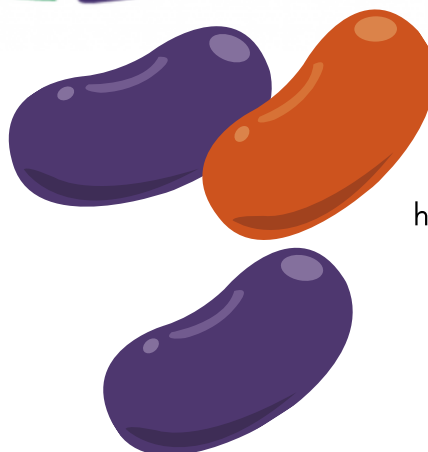
Protein

Grains:

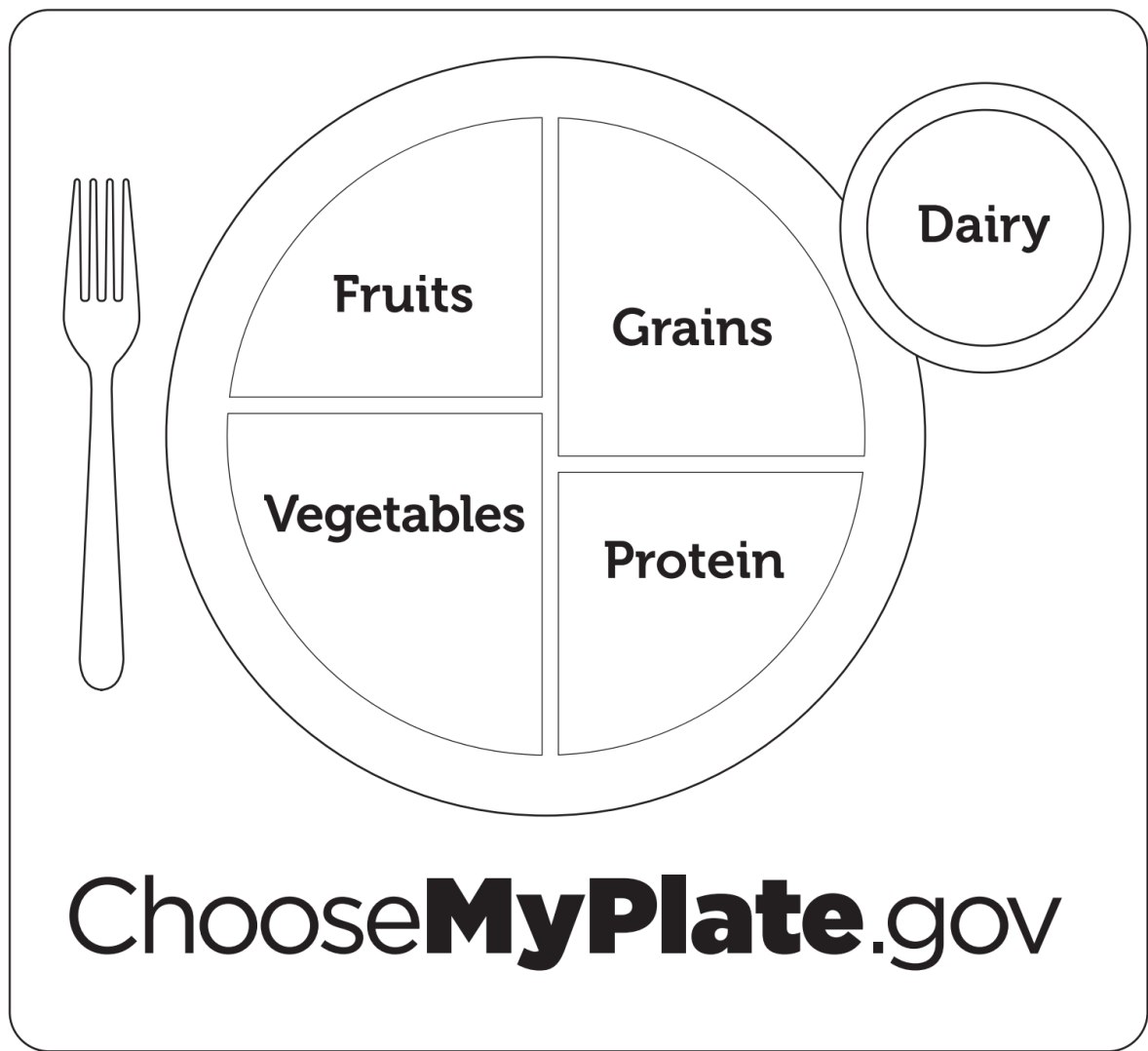
Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

Protein:

A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.



<https://www.choosemyplate.gov/>



COLOR YOUR OWN PLATE!

- + What are some fruits you can add to your plate?
- + What vegetable can you add to your plate?
- + What are some grains you can add to your plate?
- +What proteins can you add to your plate?



CREATIVE WRITING

Based on what you have learned about foodways in Ashe County, complete the following writing prompt:

Discuss some of the vocabulary words you have learned and relate them to you own local community. Write a story about food in your community using some of those vocabulary words. You can even incorporate North Carolina history and culture-- that includes your community! Share your story with your classmates and see what is similar or different about them.



RECIPES TO TRY



BAKED SWEET POTATO FRIES

ingredients:

sweet potatoes, coconut oil, spices

Cut sweet potatoes into sticks, coat evenly with coconut oil and desired spices, bake at 425 for 25 minutes

Recipe courtesy Laura Johnston



PHOTOS COURTESY LAURA JOHNSTON

JULIE'S CORNBREAD

ingredients:

1 cup coarse ground cornmeal

$\frac{3}{4}$ to 1 cup all purpose flour

2.5 teaspoons baking powder

$\frac{3}{4}$ teaspoons baking soda

1 teaspoon salt

2 eggs

1 cup milk or buttermilk

4 tablespoons of unsalted butter

Preheat oven to 425F. Place butter in a number 8 (9 inch) well-seasoned cast iron skillet, place in oven to melt butter and get the cast iron skillet hot. Combine dry ingredients in a large bowl. Gently whisk eggs and milk or buttermilk together. Add the eggs and milk or buttermilk to the dry ingredients and stir just to combine. Remove the skillet from the oven and carefully swirl the melted butter around the pan. Pour the batter into pan. Bake for 20-25 minutes, until golden brown. Remove from oven and immediately flip onto a plate, serve with butter and sorghum.

Recipe courtesy Julie Shepherd-Powell