

## Appalachian Food

### From farming to food stamps

**Purpose:** An important part of understanding a culture is understanding how a society feeds itself. Food is written about, eaten, and fought for. We will explore Appalachia's food, and in so doing, touch upon Appalachia's history, geography, people, and politics.

<b>Course #</b>	19SAF
<b>Format:</b>	Seminar
<b>Moderator:</b>	Katy van Geel
<b>Co-moderator:</b>	Nina Scott
<b>Date and Time:</b>	Thursday, 9:30-11:30 10 weeks, starting February 28
<b>Location:</b>	Members' homes (TBA)

**Description:** We will explore Appalachia's origins, settlement history, racially diverse population, colorful family feuds, famous pioneers, music, stereotypes, coal mining, outmigration, folklore, war service, poverty, politics, opioid crisis, attitudes toward immigrants, welfare recipients, gay rights, religion, environmental issues, movies, guns, farming, as well as food. This seminar will give us a taste of it all.

We will also discuss the efforts of some Leverett liberals to reach out to and forge bonds with people from Trump-leaning Letcher County, Kentucky. This "Hands Across the Hills" project is going to be made into a documentary by a European TV network and aired just before the November midterm elections.

**Role of participants:** Seminar members will take turns hosting the seminar in their homes. A host will research a topic, lead a discussion, and cook one dish typical of Appalachia for us all to taste. We may take a field trip in the spring to forage for Appalachian greens (sometimes known as weeds).

**Resources:** *Hillbilly Elegy: A memoir*, by J.D. Vance.

*Victuals: An Appalachian journey, with recipes*, by Ronni Lundy.

*Appalachian Home Cooking: History, culture, & recipes*, by Mark F. Sohn.

*More Than Moonshine: Appalachian recipes and recollections*, by Sidney Saylor Farr.

*Fannie Flagg's Original Whistlestop Café Cookbook*, by Fannie Flagg.

Other information can be researched in local libraries and online.

**About the Moderators:** Katy van Geel and Nina Scott have co-moderated two 5CLIR food seminars in the past: "1000 Things to Eat Before You Die" and "Going with the Grain." In addition, Nina has moderated two other food seminars and taught food-and-culture courses at Amherst College, and written many culinary articles for the Daily Hampshire Gazette.

**Maximum number of participants:** 8

**Auditors accepted:** no