

**9TH ANNUAL
SOUTHERN FOODWAYS ALLIANCE FIELD TRIP**

The

**MOUNTAIN
EMPIRE**

**FAST CARS IN BRISTOL
& CORNBREAD AT THE CARTER FOLD**

Thursday, June 25 to Saturday, June 27, 2009



VA



TN

JOIN THE SFA as we explore the foodways of the northeastern reaches of Tennessee and the southwestern reaches of Virginia.

BRISTOL, which straddles the two states and is known as the birthplace of country music, will be our headquarters.

We begin on **THURSDAY EVENING** with an Infield Supper at Bristol Motor Speedway. We've got all-access passes to the pits and permission to run cars on the high bank oval. We'll enjoy hickoried sandwiches from Larry Proffitt's fabled Ridgewood Barbecue, and brown whiskey.

FRIDAY means morning expeditions. Among the choices are a trout cleaning and cookery, a winery tour, a pickle bean cooking class by Sheri Castle, and a barbecue pit tutorial by Larry Proffitt. But first a Fred Sauceman lecture on local food and music. And a breakfast of stack cakes, from Jill Sauceman's family recipe.

Lunch is at the Burger Bar, where Hank Williams ate his last meal. We'll hear a talk by Ted Olson on the Bristol Sessions. Come evening we tour a photography exhibit by Larry Smith and attend a re-staging of the "Farm and Fun Radio Hour." At the Bristol Train Station, we'll enjoy a trout supper, prepared by Sean Brock, a native of nearby Wise, Virginia, now cooking at McCrady's in Charleston, South Carolina.

SATURDAY starts with a butterscotch pie breakfast from Blackbird Bakery. And a trip to the Abingdon, Virginia, Farmers Market with Anthony Flaccavento of Appalachian Sustainable Development. Following is a history tour of the Barter Theater. And our annual Anson Mills lunch, cooked by Karen Urie and John Shields of the Town House in nearby Chilhowie, Virginia, served at Anthony Flaccavento's farm.

That night we travel to the Carter Fold, the cradle of American folk music. We'll eat soup beans and chicken salad, prepared by the descendants of Mother Maybelle Carter. And homemade chocolate cake. We'll dance to the Larkin Family band. Back at home, we'll toast the weekend with a down home disgetif of herbal Dr. Enuf and moonshine.

REGISTRATION

 **REGISTER ONLINE NOW**
AT WWW.SOUTHERNFOODWAYS.COM

Cost for the weekend is **\$285** for members and **\$315** for non members, inclusive of all lectures and meals. Registration is open now and may be accomplished online at www.southernfoodways.com

LODGING at the Raceway Condominiums, in the shadow of Bristol Motor Speedway, is not included in Field Trip registration. Go to www.firstclasstravel.com and click on the SFA logo to learn about the Raceway Condominiums, our home for the Field Trip. You'll see floor plans (and an onsite pool and a private bar) and learn about the super-reasonable, share-a-condo-with-family-and-friends pricing. Once you have your posse together, call First Class Travel at 800-600-3724 and ask for Amy; she'll set you up for the weekend.

Cancellations after May 25 will not be refunded and will be processed as donations to the SFA. Cancellations prior to May 25 will be assessed a \$25 processing fee.

SPONSORS

ANSON MILLS
www.ansonmills.com

Anson Mills of Charleston and Columbia, South Carolina, produces artisan mill goods from organic heirloom grains. They underwrite the SFA's summer Field Trip.

This year, a cadre of friends and companies from the Mountain Empire, led by Jeff Byrd, has, through monetary donations and volunteer labor, worked hard to drive down the ticket price. The SFA thanks them profusely.

N.B. For those interested in touring the area on your own, we'll offer tips on exploring the habitat of the Rathead, a mythical mammal known for stalking restaurants and drinking cold beers.

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