

THE SWEET LIFE

➔ *Sugar and the South*



2005
Southern
Foodways
Symposium

October 27-30
The University of Mississippi

WITH A
DELTA DIVERTISSEMENT
October 26-27 Greenwood, MS

THE SWEET LIFE

→ *Sugar and the South*



The eighth annual Southern Foodways Symposium will be held October 27-30, 2005, on the campus of the University of Mississippi in Oxford. This year we explore sugar and the sweet life. We will trace the arc of sugar cane, from the islands of the Caribbean, through the plantations of Louisiana. We will ponder the import of honey. We will parse Moon Pies. We will view the world through molasses-colored glasses.

Sorghum and sweet potato pie. Iced tea and moonshine. Honey and the Bible. Cyclamates and the Devil. That's what we will talk about. And when we are not talking, we will be eating cane syrup and cider-brined hamhocks with black-eyed peas, Cheerwine barbecued chicken, and sugar-cured country ham. Not to mention chocolate chess pie, pecan pralines, triple crown brownies spiked with bourbon, and aged cheddar swabbed with green tomato and blueberry jam.

As with previous symposia, this event provides opportunities for cooks, chefs, food writers, and inquisitive eaters alike to come to a better understanding of Southern cuisine and Southern culture. Lectures, held in Johnson Commons, at the heart of the University of Mississippi campus, are complemented by informal lunches and dinners served in and around Oxford.

We have expanded our Thursday afternoon offerings: In an effort to fulfill requests for practical instruction in Southern cookery, we will offer two one-hour baking workshops. Hosted by James Beard Foundation award-winning pastry chef Karen Barker, these classes are open to thirty lucky registrants. And in our ongoing effort to document Southern foodways through oral history work, Davia Nelson and Nikki Silva of the Kitchen Sisters will lead a discussion and practicum. For those who want to stage an SFA event in your hometown, Angie Mosier will tell you how.

This year we screen another SFA-produced film, underwritten by the Fertel Foundation and directed by Joe York. Bartender Martin Sawyer of New Orleans is the focus. If you would like to get a preview of what makes his life a compelling film subject, read his oral history at www.southernfoodways.com.

We have a few new tricks up our sleeve as well. Jerri Banks will serve as Drink Muse for the weekend, stirring potions of tea and various adult elixirs. And you will not want to miss a visit to Martha Foose's cotton candy machine on Saturday night. However, rumors of a planned Sunday morning bonfire on the Square, fueled by sugar cane bagasse, are spurious.

Keep in mind: The Delta Divertissement is back, October 26-27. Over the course of a twenty-four-hour sojourn to the towns of Greenwood and Greenville, this quick-to-sell-out prequel to the symposium offers an opportunity to explore life along the levee. On hand to teach you how to deconstruct a dish of Oysters Rockefeller will be chef Allison Vines-Rushing. Standing tall to tell tales of Doe's Eat Place in Greenville will be *Vogue* writer Julia Reed.

Host for the symposium is the Southern Foodways Alliance at the University of Mississippi's Center for the Study of Southern Culture. Contributors to our efforts include Biltmore Estate Wine Company, Bottletree Bakery, Center for Media Productions and the Office of Outreach at the University of Mississippi, City Grocery, National Food Service Management Institute, North Carolina Pork Council, Slow Food U.S.A., Sweet Potato Sweets, and Yazoo Brewing Company.

Primary sponsors of the Southern Foodways Symposium are:

Fertel Foundation

Glory Foods

Jack Daniel's Tennessee Whiskey

R&B Feder Charitable Foundation for the Beaux Arts

Southeast Dairy Association

Southern Comfort

Viking Range

White Lily

Woodford Reserve

On the cover: "Hand Dipped" by Matt Donohue

SCHEDULE

Unless otherwise noted, all events are in Paul B. Johnson Commons.

THURSDAY

- 1-4 p.m. **Registration**
Barnard Observatory
- 2-4 p.m. **Kitchen Sisters Oral History Workshop**
Barnard Observatory
Davia Nelson and Nikki Silva
- 2-3 p.m. **The Physics of Biscuits and Jam Workshop**
National Food Service Management Institute
Karen Barker
- 3-4 p.m. **The Physics of Biscuits and Jam Workshop**
National Food Service Management Institute
Karen Barker
- 3-4 p.m. **How to Host an SFA Day Camp**
City Grocery Bar
Ann Cashion, Jamie Estes, and Angie Mosier
- 4-5 p.m. **SFA General Meeting**
City Grocery Bar
Elizabeth Sims
- 5:30 pm **Thacker Mountain Radio Show**
Off Square Books
Featuring the Kitchen Sisters and Peter Macinnis
- 7 p.m. **Sugar (and Salt) Cured Country (and City) Ham Dinner**
Oxford Square North
Allan Benton and Dan Latham
- 8 p.m. **Cornbread Nation 3 Launch Party**
Oxford Square North
Fred Sauceman

FRIDAY

- 9 a.m. **Registration**
- 10 a.m. **Welcome and Introduction of Glory Foods Scholarship Winners**
Charles Reagan Wilson
- 10:30 a.m. **Bittersweet: A World History**
Peter Macinnis
- 11:30 a.m. **Molasses-Colored Glasses**
Fred Opie
- 12:15 p.m. **A Short History of Sweet Tea**
Fred Thompson
- 12:30 p.m. **Box Lunch: Cheerwine Barbecued Chicken**
Sara Gibbs
The Grove
- 1:45 p.m. **Pots of Gold: Syrup-Making in Rural South Carolina**
Jeff Allen
- 2:45 p.m. **2004 Ruth Fertel Keeper of the Flame Award and Film Screening**
Martin Sawyer and Joe York
- 3:30 p.m. **Iconic Desserts**
Lane Cake, Neil Ravenna; **Tex-Mex Pralines**, Mary Margaret Pack; **Sweet Potato Pie**, Leni Sorensen; moderated by Angie Mosier

- 6 p.m. **Southern Cheese and Sweets Tasting and Book Signing**
Off Square Books
Curated by Sarah Fritschner
- 7:30 p.m. **Country Store Degustation**
Taylor Grocery
Woodford Reserve Toast
Deep Fried Pimento Mac 'n' Cheese
John Flerer
U.S. Pond-Raised Catfish
Lynn Hewlett
Sweet Potato Pie Smackdown
- 9 p.m. **Electrified Cakewalk**
Taylor Grocery Band

SATURDAY

- 9:00 a.m. **Bottletree Coffee & Dueling Honey Danishes**
- 9:30 a.m. **Feast of Words**
Millie Coleman
- 9:45 a.m. **What's for Lunch**
Jeri Banks, Ken Smith, and Marvin Woods
- 10:00 a.m. **Betsey and Other Sweets**
R. W. Apple
- 11:00 a.m. **God, the Devil, and the Sugar Blues**
Molly O'Neill
- 12:00 p.m. **Viking Range Luncheon**
Marvin Woods and Ken Smith
- 1:30 p.m. **Parsing a Moon Pie: Commercial Southern Sweets**
Bill Ferris
- 2:30 p.m. **Jack Daniel Lifetime Achievement Award**
Introduction by Charles Reagan Wilson
- 3:00 p.m. **Southern Drinks: Hard and Soft**
Postmodern Moonshine
Jim Myers and Matt Rowley
Mocktail Hour
Tom Hanchett
- 7 p.m. **Sugar Bowl Dinner**
Currence Back Forty
Scott Barton, Sam Mason, Slade Rushing
Students from the Culinary Arts Institute at the Mississippi University for Women
Drink Muse
Jeri Banks
Scuppernong and Southern Comfort Cotton Candies
Martha Foose

SUNDAY

- 10:00 a.m. **Tales from the Land of Charlotte Russe**
Oxford Square
Julia Reed
- 11:00 a.m. **White Lily Biscuits and Grits Brunch**
City Grocery and Southside Gallery
John Currence

DELTA DIVERTISSEMENT

➔ *October 26-27, 2005*

Join the SFA for our third Delta Divertissement. This overnight trip showcases Delta people and places. Beginning with this edition of the Divertissement, we highlight the culinary and cultural history of a particular Delta town by way of a Wednesday evening outing.

Greenville, home of writers Shelby Foote and Walker Percy, the city that gave birth to Delta institutions like Doe's Eat Place, is in our sights for 2005. On hand to show us the way will be Greenville native Julia Reed, one of the South's most accomplished writers and raconteurs.

On Thursday, we wake up in Greenwood. After breakfast at the newly opened Mockingbird Bakery, we take seats in Viking's stadium kitchen. At the stove will be Allison Vines-Rushing. A native of Louisiana, Allison made her reputation at Jack's Luxury Oyster Bar, a luxe Manhattan boîte. Now back home in Louisiana at The Long Branch in Abita Springs, Louisiana, she is one of the brightest young talents in American cookery.

RATES AND REGISTRATION

Registration is limited to thirty-five people and sells out quickly. Cost for the trip is \$185, \$165 for SFA members. Please see the primary registration form. Registrants for the symposium receive preferential status.

The Alluvian is a luxury boutique hotel in Greenwood, Mississippi, set within walking distance of the Yazoo River and historic Cotton Row. Original art by Delta artists and a lively lobby scene make the Alluvian the epicenter of contemporary Delta culture.

Rooms at the Alluvian require a separate registration, are priced at a discounted rate of \$135, and may be reserved by dialing 866-600-5201 and asking for the special SFA rate.

WEDNESDAY, OCTOBER 26

Drive to Greenwood

(2 hours from Memphis, 1½ hours from Oxford) Guests planning to arrive early should contact the hotel about cottonseed oil massages and sweet tea facials. We're serious.

2 p.m. **Tour Viking Range Corporation's Manufacturing Facilities**

Watch a stove being built from the ground up.

3 p.m. **Pluto Pie Class**

Join Martha Foose of Mockingbird Bakery as she rolls out flaky crusts and stirs up sweet things like Sweet Tea Chess Pie.

5 p.m. **Delta Welcome**

Feast on Pig Candy (bacon with brown sugar) and Delta 61s (like French 75s but better) and listen to Julia Reed tell tales of life at Doe's Eat Place, the restaurant she calls the "Delta's living room."

6 p.m. **Dinner at Doe's**

Join Julia on a bus trek to Doe's Eat Place, which began life as a grocery in 1903 and emerged as a juke and restaurant by the 1940s. As the cotton fields wash past, we will hear excerpts from oral histories the SFA recorded with the Signa family and its employees.

Around 7:00 or so, we'll sit down to hot tamales and peerless steaks and revel in the anachronistic beauty of dinner at Doe's. After dinner, we'll head to a juke for a little blues. And for night birds, a Midnight Mockingbird Bakery Nightcap awaits back in Greenwood.

Overnight at the Alluvian

THURSDAY, OCTOBER 27

8 a.m. **Mockingbird Morning**

Indianola Pecan Sticky Buns, Southern Sundaes made with Hines Grocery sausage, that should get you started. Musical pie stylings from Bryan Ledford of the Taylor Grocery Band and the Delta's own Duff Dorrough.

10 a.m. **Deconstructing a Dish**

Allison Vines-Rushing, winner of the James Beard Foundation's 2004 Rising Star Chef award, will be on hand to share the secret to her trademark Oysters Rockefeller Deconstructed, among other delights. Once you're through learning, Allison and crew will feed you. And they will feed you well.

12 p.m. **Depart for Oxford** (1½ hours)

Bios

Jeff Allen of Charleston, South Carolina, is a historian. His paper "Of Rice and Race" is forthcoming in the book *Carolina Lowcountry and Caribbean Cuisines*.

R. W. Apple Jr., associate editor of the *New York Times*, is the author of *Apple's America: The Discriminating Traveler's Guide to 40 Great Cities in the United States and Canada*.

Jerri Banks is a New York-based beverage consultant. Among the places to taste her work is the lounge Taj, home of the Juniperotivo.

Karen Barker, pastry chef and co-proprietor of Magnolia Grill in Durham, North Carolina, is author of *Sweet Stuff: Karen Barker's American Desserts*.

Scott Barton draws inspiration from the foods of the African diaspora. A member of the SFA board of directors, he is an executive chef for Myriad Restaurant Group.

Allan Benton is proprietor and chief ham-curer of Benton's Smoky Mountain Hams in Madisonville, Tennessee.

Ann Cashion, a native of Jackson, Mississippi, is chef and co-proprietor of Cashion's Eat Place in Washington, D.C. A James Beard Award-winner, she serves on the SFA board of directors.

Millie Coleman of Atlanta, Georgia, is author of *The Frances Virginia Tearoom Cookbook*.

The Culinary Arts Institute at the Mississippi University for Women in Columbus, Mississippi, offers a four-year baccalaureate degree in culinary arts.

John Currence, chef-owner of City Grocery in Oxford, Mississippi, is the backbone of the symposium. He likes it when you call him Johnny Snack.

Jamie Estes of Louisville, Kentucky, is the president of Estes Public Relations. She serves as the SFA's fundraiser and corporate alliance strategist.

Bill Ferris is a professor of history and the Senior Associate Director of the Center for the Study of the American South at the University of North Carolina in Chapel Hill.

John Fleer has been the chef at Blackberry Farm in Walland, Tennessee since 1992. He serves on the SFA board of directors.

Martha Foose is a native of Pluto Plantation in the Mississippi Delta. Along with her husband, Donald Bender, she owns and operates Mockingbird Bakery in Greenwood.

Sarah Fritschner, food editor of the *Courier-Journal* in Louisville, Kentucky, is the author of *Derby 101*. Her article on Bill Best appears in *Cornbread Nation* 3.

Sara Gibbs is the chef of Lynn's Paradise Café in Louisville, Kentucky. Her first book is *Southern Thighways: Chicken Thigh Recipes with a Southern Accent*.

Tom Hanchett is the historian at the Levine Museum of the New South in Charlotte, North Carolina. His scholarship has been widely published, most recently in *Southern Cultures*.

Lynn Hewlett, a native of Taylor, Mississippi, owns and operates what may well be the South's most fabled catfish house, Taylor Grocery.

Dan Latham is proprietor of L&M's Kitchen and Salumeria in Oxford. His mediums of expression are salt and pork.

Peter Macinnis of Balgowlah in the Manly Municipality of Australia is a science writer and self-described feral word herder. He is the author of a number of books including *Poisons: From Hemlock to Botox to the Killer Bean of Calabar* and *Bittersweet: The Story of Sugar*.

Sam Mason was born in Jacksonville, Florida. He trained at Johnson and Wales University and is the pastry chef at WD-50 in New York City.

Angie Mosier, along with her husband, Johnny Mosier, owns and operates Blue Eyed Daisy Bake Shop at Serenbe in Palmetto, Georgia.

Jim Myers is a food writer and restaurant critic for *The Tennessean* in Nashville. Someday, he hopes to perfect his recipe for pawpaw brandy.

Davia Nelson of the Kitchen Sisters is an audio documentarian. Along with Nikki Silva she produced the *Hidden Kitchens* series on NPR's *Morning Edition* and is coauthor of the book *Hidden Kitchens: Stories and Recipes from NPR's The Kitchen Sisters*.

Molly O'Neill writes for the *New Yorker*. Her memoir, *Baseball, Apple Pie & Me*, will be published by Scribner in April. Her writing was featured in *Cornbread Nation* 2.

Fred Opie, an associate professor of history at Marist College in Poughkeepsie, New York, is at work on *The Origins of Soul Food: From the Atlantic Slave Trade to Black Power*.

Mary Margaret Pack of Austin, Texas, writes for, among other publications, the *Austin Chronicle*. Her writing was featured in *Cornbread Nation* 1.

Neill Ravenna is director of culinary arts at Shelton State Community College in Tuscaloosa, Alabama.

Julia Reed, a native of Greenville, Mississippi, is a senior writer for *Vogue* and a contributing editor at *Newsweek*. She is the author of *Queen of the Turtle Derby and Other Southern Phenomena*.

Matthew Rowley of Philadelphia, Pennsylvania, serves on the board of directors of the SFA. His book, *Wet Goods: A Moonshining Primer*, is forthcoming.

Allison Vines-Rushing won the James Beard Foundation's award as Rising Star Chef for 2004. Formerly of Jack's Luxury Oyster Bar in New York City, she and her husband recently returned home to Louisiana to open The Long Branch in Abita Springs.

Slade Rushing, a native of Tylertown, Mississippi, met his wife Allison while cooking at Gerard's Downtown in New Orleans. Prior to Jack's Luxury Oyster Bar, he was chef de cuisine at Fleur de Sel in New York City.

continued on next page

Bios continued from previous page

Fred Sauceman is an associate professor of Appalachian Studies at East Tennessee State University. He also serves on the SFA board of directors and was an associate editor of *Cornbread Nation* 3.

Nikki Silva of the Kitchen Sisters is an audio documentarian. Along with Davia Nelson she produced the *Hidden Kitchens* series on NPR's *Morning Edition* and is coauthor of the book *Hidden Kitchens: Stories and Recipes from NPR's The Kitchen Sisters*.

Elizabeth Sims of Asheville, North Carolina, is vice president of marketing communications for Biltmore Estate companies. She is president of the SFA board of directors.

Ken Smith, a native of Natchitoches, Louisiana, is the executive chef at Upperline in New Orleans, where he has won wide praise for dishes like duck and andouille etouffée with corn cakes and pepper jelly.

Leni Sorensen of Crozet, Virginia, is an independent scholar. She is the author of a number of papers, including "Gumbo, the Three Sisters, and Food Production in 19th Century Slave Gardens."

Taylor Grocery Band is a local super group serving up electrified catfish music. Among the rousing ditties on their self-titled CD is "Boll Weevil."

Fred Thompson of Raleigh, North Carolina, is the author of a number of books including *Iced Tea* and *Lemonade*.

Marvin Woods, host of the show *Home Plate* on Turner South, is chef-proprietor of M Woods restaurant in Miami, Florida. He is the author of *The New Low-Country Cooking* and *Home Plate Cooking*.

Charles Reagan Wilson is the director of the Center for the Study of Southern Culture at the University of Mississippi. He is coeditor of the *Encyclopedia of Southern Culture*.

Joe York received his graduate degree in Southern Studies from the University of Mississippi. He has made three previous films for the SFA, including *The Welcome Table*.

Oxford Particulars

TRANSPORTATION

Persons who fly to the symposium should book their flights to and from Memphis (Tennessee) International Airport. Rental cars from all the major companies are available at the airport. SFA will post a ride-share board on our Web site for attendees who wish to coordinate travel to Oxford. Members interested in this service should e-mail sfamail@olemiss.edu by October 1 with the following information:

- Have a car, will share a ride from the airport
- Need a ride, willing to share rental car costs
Arrival date/time: _____ Airline/Flight Number: _____
Return date/time: _____ Airline/Flight Number: _____

All travel and contact information will be posted online, and attendees may contact one another to arrange rideshares.

LODGING

A block of rooms has been reserved at the Downtown Inn, 234-3031, located just off the Oxford Square, and the Inn at Ole Miss 234-2331, on the University of Mississippi campus. The area code for all calls is 662. Other accommodations include:

Comfort Inn: 234-6000
Days Inn: 234-9500
Hampton Inn: 232-2442
Holiday Inn Express: 236-2500
Johnson's Motor Inn: 234-3611
Ole Miss Motel: 234-2424
Oliver-Britt House: 234-8043
Puddin' Place: 234-1250
Ramada Inn: 234-7013
Super 8: 234-7013
Tree House: 513-6354

SOUTHERN FOODWAYS ALLIANCE

The mission of the Southern Foodways Alliance is to document, celebrate, preserve, and promote the diverse food cultures of the American South. Enrollment is open to anyone, and members receive a 10 percent reduction in symposium registration fees as well as other benefits.

If you would like to submit a presentation for consideration for the fall 2006 symposium on the Gulf South, e-mail us at sfamail@olemiss.edu. Programming chair Adrian Miller will respond.

Registration Form

Registration for the symposium includes all lectures, scheduled meals, and entertainment. Registration for the Delta Divertissement is separate. Because of the overwhelming interest in SFA programming, we have instituted a lottery to ensure that even those folks without fax machines have a chance. Mary Beth Lasseter will administer registration. No phone or e-mail registrations will be accepted. Acceptable methods of payment are Visa or MasterCard. Checks are not accepted. Mary Beth may be reached at sfamail@olemiss.edu. SFA Director John T Edge may be reached at johnt@olemiss.edu.

Registration opens now and closes September 10. No registration is confirmed until you have received e-mail or written notification from Mary Beth. Individual registrations will be confirmed the week of September 19. And now for the fine print: No refunds will be processed after October 7, even if cancellation of the symposium is precipitated by an act of God. We're serious.

Name _____

Business _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

E-mail _____

SYMPOSIUM

- I would like attend the symposium at a reduced rate of \$375. I am a member of the SFA or would like to join for an additional \$50 (student), \$75 (individual), \$100 (family), \$200 (nonprofit or artisanal producer), or \$500 (corporate) for a one-year membership. (Circle one)
- I would like to attend the symposium at the regular rate of \$415.
- I would like to attend the Delta Divertissement at the SFA rate of \$175.
- I would like to attend the Delta Divertissement at the regular rate of \$195.
- I cannot attend the symposium, but would like to join the Southern Foodways Alliance as a student, individual, family, non profit/ artisan, or corporate member (circle one). Rates are listed above.
- Is this your first symposium? If so, please check here.

WORKSHOPS

Seating is limited. Please check two boxes below, specifying choice 1 and choice 2. We will confirm your participation.

- I would like to register for the Hidden Kitchens Oral History Workshop.
- I would like to register for the Physics of Biscuits and Jam workshop.
- I would like to register for the Day Camp workshop.

PLEASE CIRCLE YOUR T-SHIRT SIZE.

We will try to match shirts with sizes.

S M L XL

PAYMENT INFORMATION

- Charge to: _____ Visa _____ Master Card

Account Number

Expiration Date

Signature of Cardholder

Return form to: Southern Foodways Symposium, Center for the Study of Southern Culture, The University of Mississippi, P.O. Box 1848, University, MS 38677, or fax to 662-915-5814.

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