



June 22-24, 2007

**The Southern Foodways Alliance wishes to thank Anson Mills.
In 2007 they signed on as sponsor of the Charleston Field Trip.
Going forward, they will be our partner in future field trips,
no matter the location.**

**Supporting sponsors for the event include
Biltmore Estate and the good people of Charleston.**



Charleston: Citadel of the Low Country Seventh Annual Southern Foodways Alliance Field Trip June 21-24, 2007

Gold ... Green ... Blue ... Pink ... Brown ... White. These are not the latest 'it' colors but the spectrum of the Lowcountry. Rice, okra, crab, shrimp and oysters: all part of the majesty of the Lowcountry. More than sustenance, the flora and fauna are integral to the culture and history, steeped in African, Native American, British, and French influences.

On the peninsula "*where the Ashley and Cooper Rivers meet to form the Atlantic Ocean*" is Charleston. For over three hundred years, Charleston's fortunes have been intertwined with her natural bounty. Rice fueled the economic engine and appeared on the tables of rich, poor and enslaved. Fortunes made off the land and the sea built this port city. Prosperity has waxed and waned but the wealth of local ingredients – grains, fruits, vegetables, livestock, game and seafood – endured. Planters have given way to artisanal farmers whose passion for excellence enrich rather than enslave. The abundance from the land and sea continue to delight and inspire professional chefs, home cooks, locals and visitors alike.

Over the next few days, we'll celebrate this wealth of local ingredients along with the culture and cookery traditions of the Lowcountry. We'll explore the past, present and future of this remarkable locale. Refined and rebellious, rich or poor, yet always confident, Charleston is reflected on the table.

--Michelle Oakes
SFA Local Host

SFA Reminders

- Transportation: Bus transportation is provided on Friday **only**. For Thursday, Saturday, and Sunday, you're on your own. If you need to cab it, we recommend Charleston PediCab: 843.577.7088 (Bicycle Taxi Service - best way to get around downtown) or Charleston Black Cab Company: 843.216.2627 (Cab stand at Charleston Place). And remember those comfortable shoes!
- SFA Stylin': We encourage diners on Thursday night to investigate the dress codes for their restaurants before heading out for dinner. Local hosts should be able to offer advice as needed. Friday's lunch will be outdoors at a state park, so dress for the warm weather. And Saturday's lunch will be at McCrady's Restaurant, where something between state park and formal attire is suggested.



**Charleston: Citadel of the Low Country
Seventh Annual Southern Foodways Alliance Field Trip
June 21-24, 2007**

**Thursday, June 21, 2007
Charleston by Choice**

11:00 a.m.-3:00 p.m.	Registration King's Courtyard Inn, 198 King Street
Morning Excursion	Middleton Place Tour and Luncheon *advance reservations required
3:00 p.m.	Rice Cookery with Sallie Ann Robinson and Louis Osteen Charleston Cooks, 194 East Bay Street *advance registration required
Evening Excursion	Charleston Dine Around Sample Charleston's best cuisine with local hosts Reservation times vary *advance registration required

**Friday, June 22
Charleston by Bus**

Bus transportation will be provided for guests of the field trip on Friday. The bus will meet guests on King Street near the Kings Courtyard Inn.

8:00 a.m.	Kickoff to Charleston: The Big Nasty Blockade Runner Room, Fulton Lane Inn, 202 King Street
8:30 a.m.	Registration for late arrivals Kings Courtyard Inn
9:00 a.m.	Meet the bus outside the Kings Courtyard Inn

- 9:30 a.m. A Morning at Avery Research Center
125 Bull Street
- Africans and Afro-Americans in Charleston and the
South Carolina Lowcountry: A Unique Presence
Presentation by Bernard Powers
- Sweetgrass Baskets: A Primer
Presentation by Dale Rosengarten
Demonstration by Henrietta Snype
- 12:30 p.m. Charleston Soul Food Luncheon
Wappoo Shelter, James Island Park
With eats by Martha Lou's, Bertha's, and Gullah Cuisine
And treats by Jimmy Hagood
And context by locals Matt Lee and Ted Lee
- Afternoon On your own
Stroll through downtown
- 5:00 p.m. Meet the bus at King's Courtyard Inn
Destination: Bowen's Island
Biltmore Sparkling Wine Toast
Feast on crab cakes, red rice, and Frogmore stew
Dance a jig to fiddle tunes
- 9:00 p.m. Board the bus back to the Charming Inns

Saturday, June 23
Charleston on Foot

- 8:00 a.m. Culinary Tours of Charleston
*Advance registration and confirmation is required for
attendees. Not sure if you're registered? Check the
registration list. And wear comfortable shoes!
- Meet Amanda Dew Manning at the Charleston Museum,
corner of Meeting and John Streets (a 15 minute walk from hotel)
Tour departs promptly at 8:00 a.m.
- Meet Kristoff Kohlhagen at Kings Courtyard Inn, Courtyard
- 10:00 a.m. Shrimp n Grits, Pilau, and She Crab Soup
A Culinary Carousel of Lowcountry Educational Briefs
- Shrimp n Grits group gathers in Blockade Runner Room, Fulton Lane
Inn with Nathalie Dupree and Marion Sullivan
- Pilau group gathers in the back courtyard of the King's Courtyard Inn
with Damon Fowler

She-Crab Soup group gathers in the Lion's Head courtyard of the King's Courtyard Inn with Mike Coker

Not sure of your group? Check the registration list.

12:30 p.m. Lunch at McCrady's
2 Unity Alley
Sean Brock channels She Crabs, Rice Birds, and Syllabub

Afternoon on your own

4:00 p.m. Madeira My Dear
Thomas Rose House, 59 Church Street
Appetizers by Mike Lata of FIG
Madeira Presentation by Mannie Berk of the Rare Wine Company
Hosted by Cathy Forrester

6:30 p.m. Dinner at the Old City Jail
21 Magazine Street
Louis Osteen's Old Guard Invitational featuring Donald Barickman and Frank Lee
*guests may wish to take a pedicab from the cocktail party to dinner

Sunday, June 24 The Grand Finale

10:30 a.m. Brunch at The Wreck
106 Haddrell Street, Mount Pleasant
Featuring Wreck specials and treats by guest chefs Robert Stehling and Ben Berryhill

Numbers to Know

Emergency: 911

Police, Non-Emergency: 577.7434

Roper Hospital – Emergency Room: 316 Calhoun Street, 724.2000

Access Healthcare: 235 Calhoun Street, 853.8870 (Best to call first)

Eckerd Pharmacy: 334 East Bay Street, 723.0263 and 261 Calhoun Street, 805.6022

Harris Teeter: 290 East Bay Street, 722.6821 (Open 24 Hours)

Charleston PediCab: 577.7088 (Bicycle Taxi Service - Best way to get around downtown)

Charleston Black Cab Company: 216.2627 (Cab stand at Charleston Place)

WHO'S WHO IN THE LOWCOUNTRY

Donald Barickman is chef and founder of Magnolia's in Charleston. He is the author *Magnolia's Southern Cuisine* and *Magnolia's Authentic Southern Cuisine*.

Robert Barber is the proprietor of the restaurant at Bowen's Island. Along with Jack London, Victor "Goat" Lafayette, and others, he is a steward of the traditions honed by his grandmother and grandfather.

Mannie Berk founded the Rare Wine Company in 1989, and has been lauding the rich taste—and sweet history—of Madeira ever since.

Ben Berryhill got his start at Café Annie in Houston. Recently, he moved to Mount Pleasant and opened the Red Drum, bringing a bit of Southwest flare to South Carolina's coastal ingredients.

Sean Brock, a native of Virginia, got his professional start with Bob Carter at the Peninsula Grill in Charleston. A graduate of Johnson and Wales, he is a student of Southern traditions, but he's not saddled by them. Witness his country ham cotton candy.

Mike Coker is a she-crab soup enthusiast who serves as visual materials coordinator at the South Carolina Historical Society.

Nathalie Dupree is the author of ten cookbooks, a veteran of culinary programs on television, and a recipient of the SFA's 2004 Jack Daniels' Lifetime Achievement Award.

Cathy Forrester is the author of *At Home Charleston*, which chronicles her grandmother's social traditions at the Thomas Rose House. She serves on the board of Historic Charleston Foundation and chairs the City of Charleston's Tourism Commission.

Damon Lee Fowler is the author of *Damon Lee Fowler's New Southern Baking* and *Classical Southern Cooking*. He is a past president of the SFA Board of Directors and resides in Savannah.

Jimmy Hagood is president of the South Carolina Specialty Food Association and proprietor of Tidewater Foods. SFA-ers may remember his Blackjack Barbecue ribs from the 2002 symposium.

Kristoff Kohlhagen is a graduate of the University of Colorado at Boulder. He offers tours of historic Charleston, and has prepared a special program on African Americans in Charleston for this field trip.

Mike Lata is chef and co-owner of FIG. ("Food is Good"). He is a champion of local produce. At the 2007 SFA event at Blackberry Farm, he cooked a dinner in honor of Louis Osteen.

Frank Lee is chef at Slightly North of Broad, part of the Maverick Southern Kitchens consortium. Peek into his open kitchen to identify him as the guy with the baseball cap and the Carolina accent.

Matt Lee and **Ted Lee** are the infamous Lee Bros., of peanut catalogue fame. Their latest project, *The Lee Bros. Southern Cookbook*, demands that they build new shelves for all the incoming awards.

Amanda Dew Manning is a tenth generation South Carolinian, a co-founder of Carolina Food Pros (which supports local growers and producers), and editor of *Edible Lowcountry*.

Bernard Powers is professor of history at the College of Charleston and author of *Black Charlestonians: A Social History 1822-1885*.

Louis Osteen has been interpreting Lowcountry cuisine on Pawley's Island since the 1980s. He is recipient of the 2004 Beard award for Best Chef Southeast, and author of *Louis Osteen's Charleston Cuisine*.

Sallie Ann Robinson was born and raised on Daufuskie Island, South Carolina. Her books, including *Gullah Home Cooking the Daufuskie Way*, share her native Gullah traditions.

Dale Rosengarten is curator of the Jewish Heritage Collection at the College of Charleston. She is author of *Row Upon Row - Sea Grass Baskets of the South Carolina Low Country*.

Fred and Patricia Scott are proprietors of The Wreck of the Richard and Charlene, a fabled fried shrimp joint set in the wreck of an old trawler.

Henrietta Snype learned the art of basket making from the women in her family, including her mother and grandmother. She is a master basket-weaver and heritage educator from Mount Pleasant.

Robert Stehling got his start under Bill Neal at Crook's Corner in Chapel Hill. He moved to Charleston to open Hominy Grill with his wife, Nunally Kersh. His cooking style showcases classic Southern dishes and heralds local ingredients.

Marion Sullivan is a faculty member of the Culinary Institute of Charleston, food editor for *Charleston Magazine* and *Charleston HOME*, and cookbook columnist for the *Post and Courier*.

A note regarding the Lowcountry Soul Cooks:

You will learn more about them—and their forebears—during a Friday talk by the brothers Lee.

LOWCOUNTRY LOCATIONS

Bertha's Kitchen

Fried pork chops, red rice, and okra soup are among the specialties at this purple cinderblock restaurant. Founder Bertha Grant passed away this spring, but her family continues her Lowcountry cooking traditions.

Bowen's Island

Bowen's Island celebrated its sixtieth anniversary in 2006, the same year it was named an American Classic by the James Beard Foundation. Just months later it burned, but proprietor Robert Barber has worked hard to rebuild this beloved homeplace. SFA oral historian Amy Evans documented Bowen's and its stories in our latest oral history initiative.

Charleston Cooks

Charleston Cooks stocks kitchen essentials as well as cookbooks. Their kitchen classroom is the place where Lowcountry chefs and cookbook authors share their secrets with the world.

Gullah Cuisine

Over in Mount Pleasant, Charlotte Jenkins serves a daily lunch buffet featuring collard greens, hoppin' John, candied yams, red rice, and fried chicken.

Martha Lou's Kitchen

Hungry travelers searching for Martha Lou's Kitchen will find fried fish, okra soup, and cornbread in a bright pink cinderblock building off East Bay Street. Arrive early to secure a seat at one of their few tables.

McCrary's

At McCrary's, chef Sean Brock's bold, modern menus pair nicely with the ambiance of this 1778 tavern where George Washington is said to have enjoyed a drink.

Middleton Place

Middleton Place is an eighteenth century rice plantation once belonging to the family of Henry Middleton. It is now a National Historic Landmark that shares its rich history and impressive gardens with the public.

Old City Jail

Constructed in 1802, it operated as the Charleston County Jail until 1939. Its walls once imprisoned slave revolutionary Denmark Vesey, and it later housed Federal and Confederate soldiers during the Civil War. Today it is maintained by the American College of Building Arts.

The Thomas Rose House

The Thomas Rose House, an early Georgian structure at 59 Church Street, dates back to 1735. Its graceful masonry exterior has survived wars and hurricanes. Read about the home and its history in *At Home Charleston* by Catherine H. Forrester.

The Wappoo Shelter at James Island County Park

Just outside of downtown, this lush park offers covered gathering spaces for family reunions and church picnics and the like.

The Wreck of the Richard and Charlene

When Hurricane Hugo marooned a boat in Mount Pleasant, the The Wreck of the Richard and Charlene was born. Grab a cold beer from a floor cooler before heading to the back patio for a feast of fried seafood.

THURSDAY EVENING DINE AROUND

Boathouse

Set in a 150 year old warehouse, the Boathouse East Bay dishes benne seed-crust ed calamari, Lowcountry shellfish steam pots, and rawbar oysters. And, on occasion, chef Phil Corr fries a batch of pimento cheese fritters.

549 East Bay Street, 843-577-7171

www.boathouserestaurants.com

Charleston Grill

This iconic and swank restaurant has undergone a recent renovation. Chef Bob Waggoner's menu is now divvied into four sections: Pure, Lush, Cosmopolitan, and Southern. Among the delights: venison tenderloin with sweet potato mousseline, foie gras, and Madeira blackberry jus.

224 King Street, 843-577-4522

www.charlestongrill.com

Circa 1886

Nestled in a carriage house behind the opulent Wentworth Mansion, Circa 1886 is the province of chef Marc Collins. Among recent treats to emerge from his kitchen are hoppin' John salad with celery seed dressing, and allspice-marinated swordfish on beet juice-infused Carolina rice grits with bacon and fennel confit.

149 Wentworth Street, 843-853-7828

www.circa1886.com

FIG

FIG, short for "Food is Good," is a neighborhood bistro, focusing on seasonal and local foods, cooked and served without pretense. Chef and co-owner Mike Lata dishes bar top deviled eggs, gobsmacking chicken liver pate, salads of shrimp and radicchio, and all manner of day boat seafood.

232 Meeting Street, 843-805-5900

www.eatatfig.com

Hominy Grill

Owners Robert Stehling and Nunally Kersh serve Southern cooking that relies upon local ingredients and reflects a profound sense of place. Go for one of the chalkboard specials, say fried chicken with spiced peach gravy, or a classic like country captain, or shrimp pilau.

207 Rutledge Avenue, 843-937-0930

www.hominygrill.com

Peninsula Grill

At this luxe supper club of a restaurant, chef Robert Carter serves benne-crust ed rack of lamb with wild mushroom potatoes and coconut mint pesto. For traditionalists, there's okra and tomato soup to start and a hightop coconut cake to finish.

112 North Market Street, Charleston, 843-723-0700

www.peninsulagrill.com

Red Drum Gastropub

Chef Ben Berryhill mixes and matches Lowcountry and Southwestern traditions at this Mount Pleasant restaurant, inspired by the London gastropub scene. Look for scallops on a puddle of Anson Mills grits with cascabel sauce. Save room for Lauren Mitterer's Walterboro peaches fried in pound cake crumbs with bourbon blueberry compote.

803 Coleman Boulevard, Mt. Pleasant, 843-849-0313

www.reddrumpub.com

S.N.O.B.

Set in a renovated nineteenth century warehouse, S.N.O.B. is home base for chef Frank Lee. His version of shrimp and grits includes scallops, country ham, and house-made sausage and is served atop a creamy pool of yellow grits. By the way, the acronym stands for "slightly north of Broad (Street.)"

192 East Bay Street, 843-723-3424

www.mavericksouthernkitchens.com

CHARLESTON HOT SPOTS

So, you have a few hours of free time in Charleston. What to do?

Arresting Architecture

Take a stroll and enjoy the beauty of 18th and 19th century buildings as the streets of Charleston share her 300+ years of history. From the old-walled city (colonial), to The Battery (antebellum prosperity) to the lower western peninsula (Victorian), history comes alive in her architecture. The ubiquitous Charleston Single House transcends all periods, ranges from modest to grand and built of clapboard, brick or stucco. This vernacular style is one room wide and originally two rooms deep. Many have been ‘hyphenated’ which joins the main house and kitchen house. The street-side privacy door opens to a piazza, which either faces south or west to maximize breezes.

If you’d like a history lesson with your architecture, head to one of Charleston’s many historic house museums. **The Heyward-Washington House** (1772), the city’s only 18th century house museum, features Charleston-made furniture and the kitchen house is open to the public. And yes, George Washington slept here! The **Nathaniel Russell House** (1808) is an Adam-style home displaying the colorful results of historical paint analysis. It also boasts a three-story, floating elliptical stairway, a 19th century engineering feat that continues to amaze. The **Edmonston-Alston House** (1825) is the only house museum on The Battery. This Federal-style home is filled with beautiful antiques, art and artifacts owned by the Alston family. General P.G.T. Beauregard watched the bombardment of Fort Sumter from the piazza. The **Aiken-Rhett House** (1818) is well-preserved and not restored. The main house, slave quarters and outbuildings offer a stark, unromantic glimpse of Charleston life in the 19th century.

To cover more ground, take a carriage tour. The city regulates tour companies, determines the number of carriages in service and randomly selects routes upon departure. Animals are well cared for and have limits on how much and when they can work. All guides must pass a rigorous exam and are licensed by the city. Check out **Olde Towne Carriage Company** for a balanced history lesson. Tours depart from their barn and last about an hour.

Shopping is King and Queen and Broad ...

Antiques, art, clothing, home accessories, Charleston offers visitors a myriad of opportunities to stimulate the economy! King Street has something for everyone. Galleries and antique stores populate lower King, below Market Street. Middle King is flush with chic clothing and shoe stores. As you approach Calhoun, King becomes more college-friendly. Upper King (north of Calhoun) is home to the burgeoning Design District. On Saturdays, Marion Square hosts the **Charleston Farmers Market**. Broad, Queen and East Bay Streets offer more art galleries. Broad Street is also home to **Burbage’s Grocery**, a family-owned corner store. Church Street has antiques, **Charleston Renaissance Gallery** (featuring Southern art) and other specialties.

If you’d like to bring a piece of Charleston home, stop by the **Preservation Society of Charleston Bookstore** and the **Historic Charleston Foundation Museum Shop and Bookstore** for an amazing selection of Charleston and Lowcountry titles and gifts. Visit Meeting near the Four Corners of Law (Meeting and Broad) to chat with sweetgrass artisans and take home a sample of their work. For a true tourist experience, head to the **City Market** for more sweetgrass baskets and other souvenirs. Slaves were never traded at the Market. It was originally a market for food provisions and flowers. Many a local would love to see the Market return to its roots!

Burn, Baby, Burn

If you want to work off those extra Field Trip calories, rent a bike from **The Bicycle Shoppe**. Cruise around town exploring neighborhoods. Many side streets have little vehicular traffic. A popular route for biking and jogging is the Battery, Murray Boulevard and Lockwood. For exercise with a view and a steep incline, hit Wonders Way, the bike and pedestrian path on the Arthur Ravenel, Jr. Bridge (approximately 6 miles round trip). Not for those afraid of heights!

CHARLESTON HOT SPOT DETAILS

Listed in Order of Appearance

Area Code (843)

Arresting Architecture

Examples of Colonial: Great examples of 18th century structures from the old walled city on Tradd Street (between Meeting and East Bay) and Church Street (between Tradd and Water)

Antebellum Prosperity: Opulent urban plantations on The Battery built by wealthy planters and shipping magnates, East Battery to White Point Gardens; Also on lower Meeting and King Streets

Rebuilding and Expansion: Large swath of city devastated by the great fire of 1861, rebuilt during the 1870s and 1880s; Victorians on Broad Street (west of Legare), New Street and others on the western half; The city expanded further west and south via marsh infill

The Heywood-Washington House: 87 Church Street, 722.0354; Tours begin at 10am; \$10

Nathaniel Russell House: 51 Meeting Street, 724.8481; Tours begin at 10am: \$10

Edmonston-Alston House: 21 East Battery, 722.7171; Tours begin at 10am; \$10

Aiken-Rhett House: 48 Elizabeth Street, 723.1159; Tours begin at 10am; \$10

Olde Towne Carriage Company: 20 Anson Street, 856.1730; Tours begin at 9am; \$20

Shopping is King and Queen and Broad ...

Charleston Farmers Market: Marion Square (Between King and Meeting at Calhoun), Saturdays, 8:00am – 1:00pm

Burbage's Grocery: 157 Broad Street 723.4054

Charleston Renaissance Gallery: 103 Church Street, 723.0025

Preservation Society of Charleston Bookstore: 147 King Street, 722.4630

Historic Charleston Foundation Museum Shop and Bookstore: 108 Meeting Street, 724.8484

City Market: Market Street between Meeting and East Bay

Burn, Baby, Burn

The Bicycle Shoppe: 280 Meeting Street, 722.8168

CHARLESTON NIGHT SPOTS

So official Field Trip events have ended and you're looking for a night cap (or two). Charleston has the perfect watering hole. Whether it's refined, rowdy or somewhere in between, closing time is 2:00am.

Big John's Tavern: 251 East Bay Street, 723.3483; Cheap, dive bar

Blind Tiger Pub: 38 Broad Street, 577.0088; Former speakeasy; Huge, outdoor patio

Club Habana: 1177 Meeting Street, 853.5900; Cigar bar above the Tinder Box

Moe's Crosstown Tavern: 714 Rutledge Avenue, 722.3287; One of *Esquire's* "Best Bars"

Pavilion Bar at the Market Pavilion: 225 East Bay Street, 723.0500; Drinks with a view

Thoroughbred Club at Charleston Place Hotel: 130 Market Street; Sophisticated sipping

Check out the restaurant bar scene:

Charleston Grill: 224 King Street, 577.4522; Features the Quentin Baxter Ensemble

Cypress: 167 East Bay Street, 727.0111; Extensive wine selection

Mercato: 102 North Market, 722.6393; Swank perch for people watching

Oak Steakhouse: 17 Broad Street, 722.4220; Dramatic spot in a 150-year building

DRIVING DIRECTIONS

When we're not providing transportation, most venues are a short walk or PediCab ride. For the exceptions, the following directions use SFA Field Trip Headquarters, **Kings Courtyard Inn**, as a starting point.

Thursday, June 21 – Restaurant Night Out

Hominy Grill, 207 Rutledge Avenue (Quick PediCab ride)

- From Kings Courtyard Inn (198 King Street), go toward Clifford
- Turn LEFT on Horlbeck Alley
- Turn LEFT on Meeting
- Turn LEFT on Calhoun
- Turn RIGHT on King
- Turn LEFT on Spring
- Turn LEFT on Rutledge
- **Hominy Grill (207 Rutledge)** is on the RIGHT

Red Drum Gastropub, 803 Coleman Boulevard (Regular Cab Option Only)

- From Kings Courtyard Inn (198 King Street), go toward Clifford
- Turn LEFT on Horlbeck Alley
- Turn LEFT on Meeting
- Turn RIGHT on Calhoun
- Turn LEFT on East Bay
- Take ramp onto Arthur Ravenel Jr. Bridge (US-17 North) toward Mt. Pleasant
- Take ramp toward Coleman Blvd/ SC-703/Sullivan's Island
- Continue on West Coleman Blvd (SC-703)
- **Red Drum Gastropub (803 Coleman)** is on the LEFT

Sunday, June 24 – Get Wrecked and Departure

The Wreck of *The Richard and Charlene*, 106 Haddrell Street, Mt. Pleasant

- From Kings Courtyard Inn (198 King Street), go toward Clifford
- Turn LEFT on Horlbeck Alley
- Turn LEFT on Meeting
- Turn RIGHT on Calhoun
- Turn LEFT on East Bay
- Take ramp onto Arthur Ravenel Jr. Bridge (US-17 North) toward Mt. Pleasant
- Take ramp toward Coleman Blvd/ SC-703/Sullivan's Island
- Continue on West Coleman Blvd (SC-703)
- Continue on Whilden Street
- Turn RIGHT on Live Oak Drive
- Continue on Wharf Street
- Turn LEFT on Haddrell
- **The Wreck (106 Haddrell)** is on the RIGHT

Departing for Charleston International Airport from The Wreck

- Turn RIGHT on Wharf Street
- Continue on Live Oak Drive
- Turn LEFT on Coleman Blvd
- Take ramp onto Arthur Ravenel Jr. Bridge (US-17 South)
- Continue to follow US-17 South
- Take ramp onto I-26 West toward North Charleston/Columbia
- Take Exit #213/Mall Drive toward Montague Avenue
- Turn LEFT on Montague Avenue
- Turn Right on International Blvd
- Follow signs for Rental Car Return



CHARLESTON: CITADEL OF THE LOWCOUNTRY A PRIMER

- Drago, Edmund L. *Charleston's Avery Center: From Education to Civil Rights to Preserving the African American Experience*. Charleston, SC: The History Press, 2006
- Dupree, Nathalie (with Marion Sullivan). *Shrimp & Grits Cookbook*. Layton, Utah. Wyrick & Company, 2006.
- Foster, Mary Preston. *Charleston: A Historic Walking Tour*. Arcadia Publishing SC, June 2005.
- Forrester, Catherine. *At Home Charleston: Traditions and Entertaining in a Charleston Home*. Wimmer Cookbooks, March 2006.
- Fowler, Damon Lee *New Southern Baking: Classic Flavors for Today's Cook*. Simon & Schuster, 2005
- Franklin, Paul M. and Nancy Mikula. *South Carolina's Plantation & Historic Homes*. Voyageur Press, 2006
- Gessler, Diana Hollingsworth. *Very Charleston: A Celebration of History, Culture, and Lowcountry Charm*. Algonquin Books, 2003.
- Hess, Karen. *The Carolina Rice Kitchen: The African Connection*. University of South Carolina Press, 1998.
- Moore, Margaret H. *Complete Charleston 2007-2008: A Guide to the Architecture, History, Gardens and Food*. TM Photography, Inc., 2007
- Osteen, Louis. *Louis Osteen's Charleston Cuisine: Recipes from a Lowcountry Chef*. Algonquin Books of Chapel Hill, 1999.
- Rosen, Robert N. *Confederate Charleston: An Illustrated History of the City and the People During the Civil War*. University of South Carolina Press, 1994
- Robinson, Sallie Ann. *Gullah Home Cooking the Daufuskie Way: Smokin' Joe Butter Beans, Ol' Fuskie Fried Crab Rice, Sticky-Bush Blackberry Dumpling, and Other Sea Island Favorites*. The University of North Carolina Press, 2007

Rosengarten, Dale. *Row upon Row: Sea Grass Baskets of the South Carolina Lowcountry*. University of South Carolina Press, 1986

Stehling, Robert. *Recipes from Hominy Grill*. (Available at Hominy Grill), 2007

Taylor, John Martin. *Hoppin' John's Lowcountry Cooking: Recipes and Ruminations from Charleston and the Carolina Coastal Plain*. Bantam Books, 1992.

Yuhl, Stephanie E. *A Golden Haze of Memory: The Making of Historic Charleston*. The University of North Carolina Press, 2005

Note: And for cookbooks, seek out, among others, *The Carolina Housewife* by Sarah Rutledge, *200 Years of Charleston Cooking* by Rhett and Gay, and *Charleston Receipts* from the Junior League of Charleston.

<http://www.cr.nps.gov/nr/travel/charleston/index.htm> (National Register link to Charleston's historic architecture)

<http://charlestonmag.com/> (monthly magazine)

<http://www.charleston.net/> (daily newspaper *The Post and Courier*)

www.charlestoncitypaper.com (alternative weekly)

Charleston visitors guide- <http://www.charlestoncvb.com>