



Camp Chicago An Up South Expedition May 23-25, 2008

Welcome to Camp Chicago! The Southern Foodways Alliance is excited to host our first event in this Windy City, which is home not only to hot dogs and baseball, but also to soul food, blues, and other aspects of Southern culture that traveled north during the Great Migration.

Since it's impossible to showcase all the wonders of the city in just one short weekend, the SFA is sticking to what we know best: the South in Chicago. We'll show you great places for caramel cake and fried chicken. And we'll encourage you to drive around Chicago's South Side, to see neighborhoods, like Bronzeville, that housed Southern ex-pats who moved to the city for better economic and social opportunities.

For starters, let's talk about the schedule. Friday and Sunday are meant to be days where you explore the city on your own. This survival guide offers a number of suggestions for planning your adventures. If you've never been to Chicago before, we'll point out some can't-miss attractions near the hotel that first-timers should explore. If you know the town well, we hope you'll break out your GPS and check out some destinations off the beaten track.

Only Saturday is scheduled in advance, and you'll find where-and-when later in this booklet. Until then, please accept these few friendly reminders:

Lodging. The SFA's preferred hotel is the Palmer House Hilton (312-726-7500), at 17 East Monroe Street (corner of Monroe and South State). A parking garage is available to guests at a rate of \$35 night/self-park, or \$45 night/valet. Take time to visit the hotel's Web site, which will offer you directions from both airports and answer all your other questions: http://www.chicagohilton.com/hotels_palmer.aspx Also, visit here to read about the history of this downtown luxury hotel: <http://www.palmerhouserestoration.com/index.aspx>

Transportation. Transportation to SFA events is up to you. We'll make notes on the schedule to let you know how to find us, via public transportation or private car, and we'll leave the getting there up to you. We have included suggested transit schedules for portions of the trip, but please note that Chicago traffic is a bear. Buses may run late, and you may miss connections. If that happens, just wait around and another bus will be by shortly. It would be worthwhile to visit the concierge desk at the hotel for a map of the public transit systems (bus and "El"). Or download schedules in advance here: <http://www.transitchicago.com/>

Registration. This Camp Chicago Survival Guide should have all the info you need to get started on the weekend. We'll have extra copies of printed programs and name tags available on Saturday morning, beginning at 8 a.m., at the Robert Morris College Dining Hall (401 South State Street). Grab a cup of coffee at any one of the small shops on the block and take the elevator to the eighth floor. You'll find us there.

UP SOUTH PRESENTERS

Scott Barretta is a former editor of *Living Blues* magazine and host of the Mississippi Public Broadcasting radio program *Highway 61*, produced by the University of Mississippi's Center for Documentary Projects. He teaches sociology at the University of Mississippi and works as a consultant, writer, and folklorist on projects, including the Mississippi Blues Trail.

Chuck Cowdery is a freelance writer, occasional lawyer, guitar player, and writer. He produced “Made and Bottled in Kentucky,” a one-hour documentary about the bourbon industry, and he is author *Bourbon Straight: The Uncut and Unfiltered Story of American Whiskey*.

Charla Draper, a native Chicagoan, has a passion for the history of Chicago and the contributions of African-Americans to the city. A former SFA board member, she is an associate food editor at *Southern Living*.

Peter Engler is a New York native turned South Side Chicagoan. He’s a mouse geneticist by vocation, but his avocation is food. A member of the Greater Midwestern Foodways Alliance, Peter is an expert about all things related to a mother-in-law (sandwich, of course).

Susan Goss is an Indianapolis native, turned Chicagoan. She's been creating contemporary comfort food at West Town Tavern since 2002, and the neighborhood loves it. Lines are out the door for fried chicken night.

Bruce Kraig is the founding President of Culinary Historians of Chicago. With a Ph.D. in History and Archaeology, he is Professor Emeritus in History and Humanities at Roosevelt University, Chicago. And he loves a good Chicago hot dog.

Audrey Petty, an associate professor of English at the University of Illinois in Urbana-Champaign, presented her essay, "Late Night Chitlins with Momma" at the 2004 Southern Foodways Symposium. *Saveur* published an adaptation, and it has been anthologized three times since, most recently in *Cornbread Nation 4*.

Donna Pierce is an award winning journalist and a former journalism instructor at the University of Missouri. A former SFA board member, she now works for the *Chicago Tribune*; her research and writing focus on roots of African-American culinary traditions.

Edna Stewart has been serving soul food in West Chicago for forty-one years. Stop by for collard greens, candied yams, caramel cakes, and—according to her sign—the best biscuits on Earth. Her story is the newest addition to the SFA’s “Chicago Eats” oral history collection.

The Southern Foodways Alliance at the University of Mississippi documents and celebrates the diverse food cultures of the American South. Read more about us at www.southernfoodways.com. Visit the Web site to check out the oral history project just completed in Chicago.

CAMP CHICAGO SCHEDULE OF EVENTS

Friday, May 23

Arrive early. Stay out late. Eat the whole time. Check out our survival guide for where to eat and what to do.

Saturday, May 24

Camp Sessions

- 9:00 a.m. Talkin' Up South
Robert Morris Culinary School Dining Hall
401 S. State Street, 8th floor
Follow blues scholar Scott Barretta along Highway 61. Chat chitlins with writer Audrey Petty. Dish Chicago culinary history with Bruce Kraig, the Horace of hot dogs.
- 10:30 a.m. Tourin' Up South
Optional tours require advance registration and additional fee. You'll go out, have fun, and be back in time for lunch. Guests who opt-out will still find plenty of fun on their own in the city.
- Southside BBQ* – Sample 'cue with SFA member Charla Draper, a Chicago native now residing in Alabama. Check out Lem's ribs and Harold's chicken wings before chancing to win some sweets at our carnival cakewalk. Transportation provided.
- Chicago Bourbon* – Chuck Cowdery, author of *Bourbon, Straight*, will be your guide to the taste of Kentucky in Illinois. Toast the connections between the South and Chicago's entrepreneurial wealth with pours at Delilah's where Mike Miller stocks what may be the country's best selection of antique bourbons, (2771 N. Lincoln Ave.). Transportation's up to you. Check enclosed transit schedule.
- Mother-in-Law Sandwiches* – Hike through Chicago with LTH forum leader (and mouse geneticist) Peter Engler, in search of M.I.L.'s – think tamales in a hot dog bun. Visit a tamale factory, and learn how these Delta treats arrived to the Windy City. Transportation provided.
- Soul Food* – Donna Pierce, writer and editor at *The Chicago Tribune* and former SFA board member, will lead you to Edna's Soul Food (3175 W. Madison St.) for a plate full of Chicago's civil rights history, as well as a few delicious bites of macaroni and cheese. Transportation's your own, but the bus will take you straight there. Check enclosed transit schedule.

- 1:30 p.m. Eatin' Up South: A Soul Food Luncheon honoring Edna Stewart by Chef Susan Goss at West Town Tavern
1329 W. Chicago Ave.
Be at the restaurant in time for lunch at 1:30 p.m. Fried chicken, deviled eggs, pickled ramps, mac and cheese, and more await. It's soul food with a West Town Tavern twist.
- 3:00 p.m. Explore Chicago, or take a nap. This time is yours.
- 5:30 p.m. Catfish-n-Blues
The Hideout
1354 W. Wabansia Ave.
Hot catfish and cold beer, that's what we promise. Groove to the stylings of blues legend Jimmy Burns, and snack on catfish by Edna's Restaurant. Wrap up in time to squeeze in a second dinnertime meal, if you're able, or prowl around the city with the suggested activities in our guide.

Sunday, May 25

Sleep late. Visit historic Maxwell Street Market (we'll have tips on what to see in our guide). Wave goodbye to the Windy City.

**A GREATEST HITS TOUR
(within walking distance of the Palmer House Hilton)
for First Timers in Chicago**

So we can't list everything there is to do in Chicago. People have written books on such things. But here's a top five list of some of the city's favorite stops within walking distance of the Palmer House Hilton and, should you desire more, we recommend picking up a guide to the city.

Art Institute of Chicago

111 South Michigan St., 312-443-3600, www.artic.edu

See Edward Hopper's *Nighthawks*, Grant Wood's *American Gothic*, and Impressionism's Greatest Hits.

Chicago Cultural Center

78 East Washington St., 312-744-6630, www.cityofchicago.org

At his beautiful old building, capped by a Tiffany dome, view the special exhibits (while we're there, Tony Fitzpatrick's *Portraits of a Remembered City*) and stop into the Visitor Information Center for an overwhelming number of see-and-do Chicago brochures. Pick up a transit map. You'll be glad you did.

Chicago Parks

Millennium Park and the Magic Bean (also known as Cloud Gate)

Michigan Avenue, between Randolph and Monroe Streets, www.millenniumpark.org

Get the angle just right and take a photo of your reflection in the Chicago skyline by way of the Magic Bean. On Sunday, enjoy a guided tour of Lurie Gardens. This place always has scheduled events. Check the Web site to see what's happening. There's a free Millennium Park self-guided audio tour available for download to your iPod online:

<http://www.downloadchicagotours.com/>

Grant Park

South of Millennium Park on Michigan Avenue, <http://www.chicagoparkdistrict.com/>

See Buckingham Fountain, built twice the size of its model at Versailles. The water will be on while we're in town (it only flows May through September).

Harold Washington Library Center (Chicago Public Library)

400 South State St., www.chipublib.org

The design of the library was voted on by locals, from a selection of renderings submitted to the city. Check out the copper roof, with those serious looking owls.

Michigan Avenue/State Street

These streets host some of the city's best shopping. Check out the area of Michigan Avenue known as the Magnificent Mile, or visit the flagship Marshall Fields (now Macy's) at 111 North State Street. Corporate restructuring may have changed the name, but it'll always be Marshall Fields to Chicagoans.

AN OFF THE BEATEN TRACK TOUR
(accessible by public transportation and private cars)
for an SFA Look at the City

We're writing this guide several weeks before the event and, no doubt, dozens of events will crop up in the city between now and then. We recommend that you pick up a copy of one of the many free weeklies (like the Chicago Reader) for the most up-to-date listings of special events. Likewise, because we'll be in the city over the holiday weekend, we recommend calling destinations to check for special holiday hours before you venture on any excursion.

Bronzeville

Bronzeville was the center of African American life in Chicago from 1920-1950. It was a cultural hub for Southern ex-patriots who migrated north for better social and economic opportunities. The neighborhood has seen major changes over the years, both growth and decline, and today the city is working to share the story of this historical place. Travel there to see the birthplaces of Chicago's black press, including the *Chicago Defender* building and the *Chicago Bee*. See the home of journalist Ida B. Wells, who crusaded against lynching and other racially-motivated crimes, and visit the Monument to the Great Northern Migration, a sculpture commemorating the cultural relocation of African Americans to the city (2620 S. Martin Luther King Dr.) The area is too rich in history to summarize in a single paragraph, so if you'd like to visit we recommend traveling by car and printing the walking tour guide from the City of Chicago Web site: <http://www.ci.chi.il.us/Landmarks/B/BlackMet.html>.

Chess Records

2120 S. Michigan Ave.
312-808-1286

Check out the recording studio where Muddy Waters, Howlin' Wolf, and Willie Dixon shared their Mississippi blues with Chicago. Call before you go, since operating hours are quirky.

Chicago History Museum

1601 N. Clark St.
(312) 642-4600
www.chicagohistory.org

If ever you wanted to know the story of Chicago, this is the place to go. The *History of Chicago* exhibit details immigration patterns, blues legacies, the meatpacking industry, prohibition, and more. Did you know that at the Chicago World's Fair there was a bacon slicing exhibit? This is the best quick-reference stop you'll make in the city.

DuSable Museum of African American History

740 E. 56th Place (near Washington Park)
773-947-0600
<http://www.dusablemuseum.org/>

This museum traces the African American experience from slavery to civil rights. Currently on exhibit is *Soul Soldiers*, a look at African Americans and the Vietnam experience.

George Washington Carver Exhibit at the Field Museum

1400 South Lakeshore Dr.

312-922-9410

www.fieldmuseum.org

Visit this special traveling exhibit to learn about George Washington Carver, the great researcher at Tuskegee Institute in Alabama. Born into slavery, he became a great educator and researcher. Working with peanuts, he became one of the earliest advocates for organic farming and plant-based product development. His genius has many credits, but inventing peanut butter is not one of them. Visit the Field Museum to learn more.

Green City Market

South end of Lincoln Park, between N. Clark and Stockton

Open on Saturday from 7 a.m. until 1:30 p.m., near the Chicago History Museum and the Lincoln Park Zoo, visitors will enjoy this downtown market whose slogan is “Know your food. Know your farmer.”

It’s the closest produce market to the hotel on Saturday. At least, that’s what we’ve been told.

Maxwell Street Market

Canal and Roosevelt

Sundays, 7 a.m. – 3 p.m.

Maxwell Street has historically been the first stop for new immigrants to Chicago. As these immigrants grew businesses and acquired wealth, they moved to other parts of the city and new populations replaced them. During the Great Migration, Maxwell Street was home to many African Americans from the South. And, importantly, it was a home for the blues music that traveled with them. Today, Maxwell Street reflects new immigration patterns. The population there is largely Mexican. The famous Maxwell Street Market, held each Sunday, offers a taste of the great diversity of the city. We recommend you visit, as you’ll get some of the best food in town from the mobile vendors that set up shop on Sundays. Expect free admission, fresh produce, and large crowds. Public transportation recommendations will vary depending on when you plan to get there, but the hotel concierge can help you out.

Randolph Street

It’s not often that we advise you to drive down a street, but Randolph Street is a cool exception. As you drive west headed from downtown, notice how newer restaurants have mingled with butcher shops and fish markets that have inhabited those neighborhoods for years. If you’re local, you know about this. If you’re from out of town and driving to the city, we recommend you pack a cooler and stock your freezer.

CHICAGO MUSIC

Have a taste for blues in Chicago? You may want to download a free audio tour, narrated by Buddy Guy, to learn about blues in the city: <http://www.downloadchicagotours.com/> And here are a few clubs worthy of visit:

- *Buddy Guy’s Legends*, 754 S. Wabash Ave., 312-427-0333: A bit touristy, but the music is a solid mix of national and local acts.
- *Lee’s Unleaded Blues*, 7401 S. Chicago Ave., 773-493-3477: Good blues and not touristy. We advise you to dress up.
- *Rosa’s Lounge*, 3420 W. Armitage Ave., 773-342-0452: Upper West Side club with great music. Take a cab, or else you’ll end up on a public transportation adventure.

CHICAGO THEATRE: *American Menu*

Chicago has a great theatre scene, with too many venues and too many shows to list here. But one show, in particular, may be of interest to SFA-ers. It's a performance entitled *American Menu*, and it's set in a small Texas town in 1968, one month after the assassination of Martin Luther King, Jr. The drama, written by Don Wilson Glenn and produced by the Chicago Theatre Company, focuses on five female kitchen workers in a segregated diner. Show times: Fridays, 8 p.m.; Saturdays, 8 p.m.; Sundays, 3 p.m. Parkway Community House, 500 E. 67th Street. Box office: 773-493-5360.

CHICAGO EATS

An SFA Oral History Dining Tour

Hungry for a taste of the South in the city? We recommend you visit these places, the most recent additions to our online oral history collection.

Barbara Ann's Bar-B-Que

Barbara Ann Bracy
7617 S. Cottage Grove Ave.
Chicago, IL 60619
Get the carry out ribs. They're the specialty.

Edna's Restaurant

Edna Stewart
3175 W. Madison St.
Chicago, IL 60612
773-638-7079
They claim the best biscuits on earth, but we're big on the cornbread and greens.

Fat Johnnie's Red Hots

John Pawlikowski
7242 S. Western Ave.
Chicago, IL 60636
773-737-6294
Get a dog or a mother-in-law. Just don't dare ask for ketchup; they'll know you're from out of town.

Izola's Family Dining

Izola White
522 E. 79th St.
Chicago, IL 60619
773-846-1484
Catfish or baked chicken are favorite items here. Sit at the counter up front, or wander to the large dining room in back.

Lem's Bar-B-Q

James Lemons
311 E. 75th St.
Chicago, IL 60619
773-994-2428
Lem's customers like rib tips and hot links with light bread. Take it to go, or tear open your brown bag at the window counter.

CHICAGO'S ICONIC FOODS

Folks will argue all day over what they consider to be the best in the city, but these three foods always emerge as signature dishes. And these three places are most frequently recommended as must-do stops for city visitors.

Pizza

Pizzeria Uno

29 E. Ohio St.
Chicago, IL 60611
312-321-1000

Pizza takes 45 minutes to bake after ordering; plan accordingly. The line outside may take longer. If Uno's looks packed, wander to nearby Duo's – same place, same menu, larger dining room.

Hot Dogs

Jim's Original

1250 S. Union Ave.
Chicago, IL 60607
312-733-7820

Jim's has been serving Chicago customers since 1939. Dogs come loaded with mustard, onions, and sport peppers, but you may opt to add relish, tomatoes, and celery salt.

Italian Beef

Johnnie's Beef

7500 W North Ave
Elmwood Park, IL
708-452-6000

This is a neighborhood favorite, but it's a long haul from the hotel. If you have a car, it's worth it. If you'd prefer to stay closer to town, try Al's.

Al's No. 1 Italian Beef

1079 W. Taylor St.
Chicago, IL 60607
312-226-4017

This local chain has a few area locations, but you'll want to visit the hub on West Taylor Street. It's near the University of Chicago, in Little Italy and—importantly—it's across the from Mario's Italian Lemonade stand.



CAMP CHICAGO BIBLIOGRAPHY

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Foods of Chicago: A Delicious History. A ten-part DVD series with complementary book. View and order online only through WTTW, Chicago Public Television. <http://www.wttw.com/main.taf?p=35,1>

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CAMP CHICAGO DIRECTIONS

We did our best to navigate Google Maps and the Chicago Transit Authority Web site. Here's what we found. Hope you find us! Public transportation directions are on a separate page of this packet. Driving directions follow below.

From Palmer House Hilton to Robert Morris Dining Hall

(Walking)

- Exit via doors on East Monroe Street
- Head east on E. Monroe St. towards S. Wabash Ave. (289 ft.)
- Turn right at S. Wabash Ave. (0.3 miles)
- Turn right at E. Van Buren St. (436 feet)
- The building will be on the corner. Enter through the State Street main doors, which will be unlocked on Saturday morning.

From West Town Tavern to Palmer House Hilton

(Driving or Public Transportation)

- Head east on W. Chicago Ave. toward N. Throop St. (0.3 mi)
- Slight right at N. Milwaukee Ave. (0.5 mi)
- Slight left at W. Grand Ave. (0.4 mi)
- Right at N. Kingsbury St. (0.2 mi)
- Left at W. Kinzie St. (0.3 mi)
- Right at N. LaSalle St. (0.6 mi)
- Left at W. Monroe St. (0.3 mi)

From Palmer House Hilton to The Hideout

(Driving or Public Transportation)

- Head east on E Monroe St. toward S. Wabash Ave. (289 ft.)
- Right at S. Wabash Ave. (0.3 mi)
- Right at E. Congress Pkwy. (0.6 mi)
- Continue on Eisenhower Expy W/I-290W (0.2 mi) Exit I-90W/I-94W/Kenedy Expy W toward Wisconsin (2.7 mi)
- Exit 48B for N Ave/IL-64 (0.2 mi)
- Right at IL-64/W North Ave. (0.1 mi)
- Left at N. Elston Ave. (0.2 mi)
- Right at W. Wabansia Ave. (0.1 mi)

Tour Directions

The M.I.L. tour and the Southside BBQ tour provide transportation. Please meet your group guides in the dining hall after the morning sessions for directions. The bourbon tasting and the tour of Edna's require that guests take public transportation or drive their own cars. Public transportation directions are on a separate page of this packet. Driving directions follow here.

Edna's Restaurant with Donna Pierce (Public Transportation or Driving)

From Robert Morris Dining Hall to Edna's Restaurant (for X'Cursion)

- Head south on S. State St. toward W. Congress Pkwy (446 ft)
- Right on W. Congress Pkwy (0.5 mi)
- Continue on Eisenhower Expy W/I-290W (2.6 mi)
- Exit 27B toward California Ave./2800W (0.4 mi)
- Merge onto W. Van Buren St. (0.3 mi)
- Right at S. Sacramento Blvd. (0.4 mi)
- Left at W. Madison St. (0.2 mi)

From Edna's Restaurant to West Town Tavern (for lunch)

- Head east on W. Madison St. toward N. Albany Ave. (0.1 mi)
- Left at N. Albany Ave. (328 ft.)
- Right at W. Warren Blvd. (1.9 mi)
- Left at N. Ashland Ave. (0.9 mi)
- Right at W. Chicago Ave. (0.4 mi)

Bourbon Tasting with Chuck Cowdery (Public Transportation or Driving)

From Robert Morris Dining Hall to Delilah's (for X'Cursion)

- Head south on S. State St. toward W. Congress Pkwy (446 ft)
- Right at W. Congress Pkwy (0.5 mi)
- Continue on Eisenhower Expy W/I-290W (0.2 mi)
- Take exit onto I-90W/I-94W/Kennedy Expy W toward Wisconsin (3.8 mi)
- Exit 47B for Damen Ave. (0.2 mi)
- Right at N. Damen Ave. (0.7 mi)
- Right at W. Diversey Pkwy (1.0 mi)
- Right at N. Lincoln Ave. (230 ft)

From Delilah's to West Town Tavern (for lunch)

- Head southeast on N. Lincoln Ave. toward N. Seminary Ave. (0.7 mi)
- Slight right at N. Halsted St. (2.0 mi)
- Right at W. Chicago Ave. (0.7 mi)