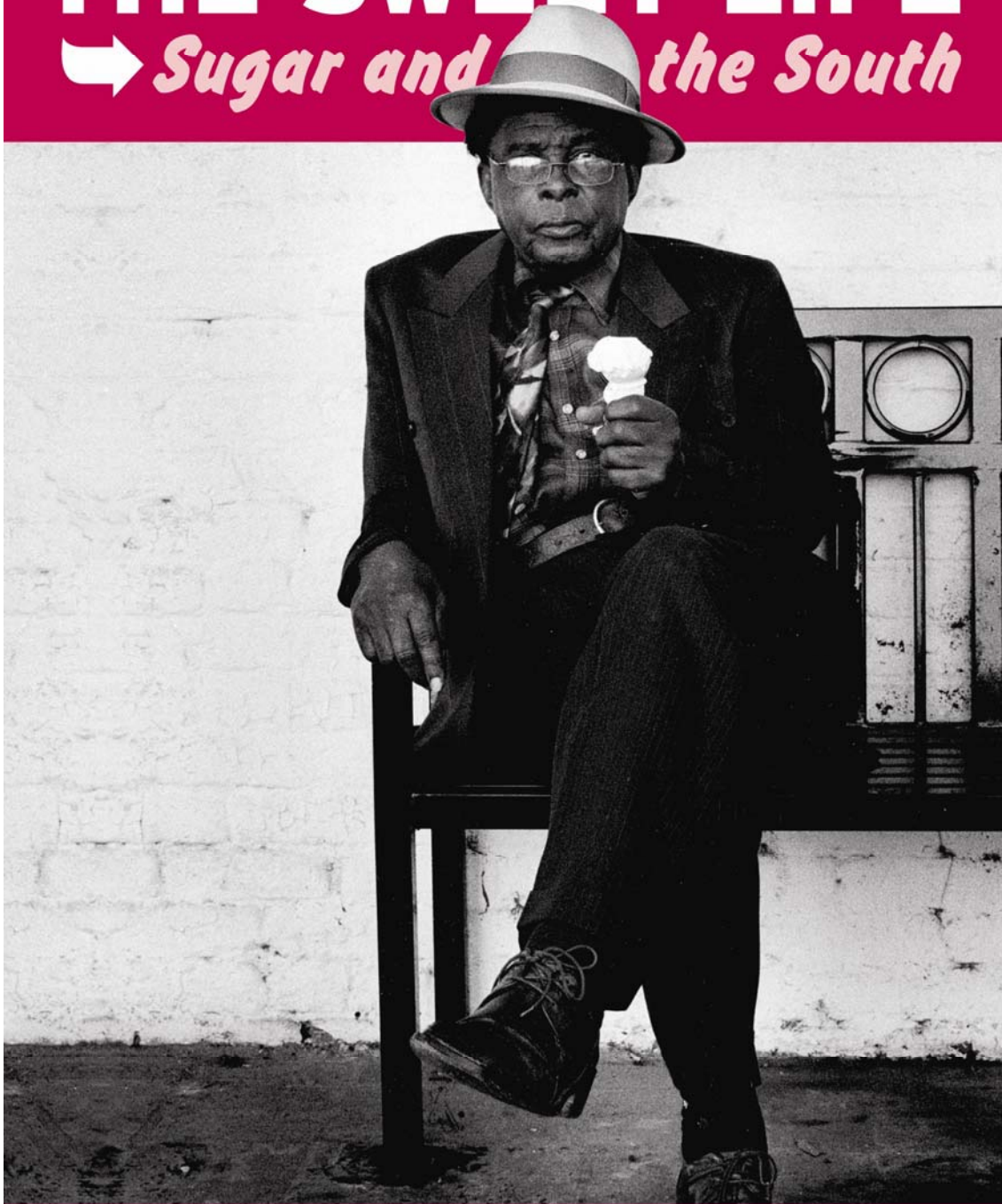


# THE SWEET LIFE

→ *Sugar and the South*



## **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 ham hocks with black-eyed peas, Cheerwine barbecued chicken, and sugar-cured country ham. Not to mention pecan pralines, triple crown brownies spiked with bourbon, and farmstead cheese swabbed with fig preserves.

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](http://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.

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, Culinard, Delta Blues Iced Tea Company, Lipman Brothers of Nashville, National Food Service Management Institute, North Carolina Pork Council, Savannah Bee Company, Slow Food U.S.A., Southern Food and Beverage Museum, Tabasco, 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**

## **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*

Angie Mosier, Jamie Estes, Ann Cashion

**4-5 p.m. SFA General Meeting**

*City Grocery Bar*

Elizabeth Sims

**5:30 pm Thacker Mountain Radio Show**

*Off Square Books*

Featuring R.W. Apple, the Kitchen Sisters, and Peter Macinnis

7 p.m. **Friulli County Tennessee Country Ham Dinner**  
Oxford Square North  
Allan Benton and Dan Latham

8 p.m. ***Cornbread Nation 3* Launch Party**  
*Oxford Square North*  
Fred Sauceman

***Woodford Reserve Toast***  
Peggy Stevens

## **Friday**

9 a.m. **Registration**

10 a.m. **Welcome and Introduction of Glory Foods Scholarship Winners**  
Charles Reagan Wilson

10:15 **Greetings from New Orleans**  
Lolis Eric Elie

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. **2005 Ruth Fertel Keeper of the Flame Award and Film Screening**  
Joe York and Martin Sawyer

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*

Wrangled by Melissa Hall and Georgeanna Milam

\*Double Decker bus will transport guests from the Square to Taylor, beginning at 7:15 p.m.

**7:30 Country Store Degustation**

*Taylor Grocery*

**Deep Fried Pimiento Mac 'n' Cheese**

John Fleer

**Scuppernong-Glazed Lamb Chops**

Ben Barker and John Currence

**U.S. Pond-Raised Catfish**

Lynn Hewlett

**Candy Grab**

**9 p.m. Trick or Treat**

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**

Jerri Banks, Dana Logsdon, and Ken Smith

**10:00 a.m. The New Orleans Culinary Renaissance**

John Besh, JoAnn Clevenger, and Lolis Elie; moderated by R.W. Apple

**11:00 a.m. God, the Devil, and the Sugar Blues**

Molly O'Neill

**12:00 p.m. Viking Range Luncheon**

Ken Smith, John Currence and Dana Logsdon

**1:30 p.m. Parsing a Moon Pie: Commercial Southern Sweets**

Bill Ferris

**2:30 p.m. Jack Daniel Lifetime Achievement Award**

Introduction by Matt Rowley, award presentation by Lynne Tolley, art by Blair Hobbs

3:00 p.m. **Southern Drinks: Hard and Soft**

**Postmodern Moonshine**

Jim Myers and Matt Rowley

**Mocktail Hour: A Southern Soft Drink Primer**

Tom Hanchett

7 p.m. **Sugar Bowl Dinner**

*Howorth Home*

Scott Barton, Sam Mason, Slade Rushing

\*The Double Decker bus will shuttle guests to dinner from the Downtown Inn (depart 6:50 p.m.) and the Inn at Ole Miss (depart 7:05 p.m.).

**Students from Culinar:**

**the Culinary Institute of Virginia College in Birmingham, Alabama**

**Drink Muse**

*Jerri Banks*

**Wild Plum and Southern Comfort Cotton Candies**

Martha Foose

**Sunday**

10:30 **Tales from the Land of Charlotte Russe**

*Oxford Square*

Julia Reed

11:00 **White Lily Biscuits and Grits and Shrimp Creole Brunch**

*City Grocery and Southside Gallery*

John Currence

## 2005 Southern Foodways Symposium Presenters

**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.

**Ben Barker**, chef and co-proprietor of Magnolia Grill in Durham, North Carolina, is co-author of *Not Afraid of Flavor*.

**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.

**John Besh** is the chef and co-owner of Restaurant August in New Orleans. During the SFA's July 2005 Field Trip, he served as the host chef.

**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.

**JoAnn Clevenger**, a patron of the arts and curator of New Orleans culinary history, is the proprietor of the restaurant Upperline in New Orleans.

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

**Culinard**, the Culinary Institute of Virginia College in Birmingham, Alabama, grants associates degrees in Culinary Arts, Pastry, Baking, and Confectionery Arts. The students work under the direction of chefs Antony Osborne and Robby Melvin.

**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.

**Lolis Elie** of New Orleans is a founder of the SFA. He is the author of *Smokestack Lightning: Adventures in the Heart of Barbecue Country* and the editor of *Cornbread Nation 2: The United States of Barbecue*.

**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.

**Blair Hobbs**, a poet by training, a painter by passion, teaches in the University of Mississippi English department. In 2002, she won the SFA's Coleslaw Invitational.

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

**Dana Logsdon** began selling her baked goods at the Crescent City Farmers Market in 1997. She is the owner and head baker at La Spiga Bakery in New Orleans' Faubourg Marigny.

**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*

**Georgeanna Milam**, a native of Tupelo, Mississippi, and a graduate of the University of North Carolina, is the SFA's graduate assistant.

**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 Longbranch 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.

**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 as an associate editor of *Cornbread Nation 3*. His forthcoming book is *The Place Setting: Timeless Tastes of the Mountain South, from Bright Hope to Frog Level*]

**Martin Sawyer**, a veteran of more than fifty years behind the bar, is a native of New Orleans. His story is one for the ages.

**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 Southern Foodways Alliance 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 19<sup>th</sup> Century Slave Gardens.”

**Peggy Stevens** is co-author of the *Woodford Reserve Culinary Cocktail Tour: A Journey with Bourbon*, which celebrates Kentucky’s native spirit.

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

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

**Lynne Tolley**, Jack Daniel's great-grandniece, is proprietor of Miss Mary Bobo’s Boardinghouse in Lynchburg, Tennessee. She is also an official taster at her Uncle Jack's distillery.

**Renna Tuten**, the kind young Georgia native who keeps refilling your tea, is a Southern Studies graduate student at work on a thesis about food imagery in women’s blues songs.

**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*.