



Save the Date and please join us for:

# Symphony of Styles: Foodways

A One-Day Symposium Celebrating our Shenandoah Valley Heritage

Saturday, March 30, 2019

St. Paul's Heritage Center, 106 S. High Street, Edinburg, VA

100% of your registration fee will benefit the Edinburg Heritage Foundation, a 501(c)3 non-profit organization

8:30 Come early for a "cup-a" and cookies, and bid on items in the Silent Auction

## MORNING - COOKING & FOOD PREPARATION

9:00 "Recipes and Pajes from an Old Cookbook" Using a vintage cookbook published in the Shenandoah Valley, Paje Cross, local food aficionado, will compare and contrast cooking techniques in the Shenandoah Valley over the past centuries.

9:45 Demonstration and Q&A – Paje Cross and Culinary students will demonstrate the evolution of food preparation by preparing foods using techniques from the past centuries to the present. This will be followed by a food-themed Question and Answer period.

NOTE: As a thank you to our presenters, proceeds from this year's Silent Auction will be donated to the Triplett Tech Culinary Arts Program.

Presenter: Paje Cross – Chef, Caterer and Director of Triplett Tech Culinary Arts Program

10:45 Break

11:15 Show & Tell: - Bring any artifacts related to food prep, cooking

12:00 Lunch: Sign up (below) for lunch consisting of salad bar – and variety of prepared salads

12:30 Silent Auction: - 12:30 - End of bidding; 12:45 - Announcement of Winning Bids and Bidders.

12:45 Mother Crim Cookie Bakeoff – Attendees are invited to bring two dozen cookies based on the ginger snap recipe below, along with a 3x5 card describing your interpretation of the recipe. Attendees will sample the cookies and we'll announce our Bake-off Champion. Recipe can be found on the Edinburg Mill website under the "events" listing. [www.edinburgmill.com](http://www.edinburgmill.com) or by e-mailing a request to address below.



## AFTERNOON - NUTRITION, MEAL PLANNING AND NATURAL HEALTH

1:30 Dr. Nathaniel Kirkland - Evolution of natural medicines

Retired Local physician who also practiced traditional and natural medicine and promoted food for health.

2:30 Lecture and discussion - Evolution of meal planning and nutrition

Presenter To Be Announced

3:30 Break

3:45 Show and Tell: Bring artifacts and stories related to "Health Foods" and Home Remedies

4:15 Adjourn: to the Edinburg Mill - Registration includes free admission ticket.

### Registration Form

#### Information:

540-984-9309

[stitchesVA@GMail.com](mailto:stitchesVA@GMail.com)

Payment: Check / money order payable to Edinburg Heritage Foundation to:

Sandra Armentrout

P. O. Box 65, Edinburg, VA 22824

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, ST, Zip: \_\_\_\_\_

Phone or Email: \_\_\_\_\_

( ) Full Day Registration .....\$35

( ) Half Day Registration: indicate ( ) AM or ( ) PM Half Day .....\$20

( ) Catered Lunch prepared by Triplett Tech (or you can bring your own) .....\$12

( ) We invite you to support our sponsor: join the Edinburg Heritage Foundation .....\$15

TOTAL enclosed ..... \$ .....

## Mother Crim's Ginger Snaps

$\frac{3}{4}$  c solid shortening

1 c white sugar

$\frac{1}{4}$  c molasses

1 egg

2 c flour

1  $\frac{1}{2}$  tsp soda

$\frac{1}{2}$  tsp salt

1 tsp cinnamon

$\frac{1}{2}$  tsp cloves

$\frac{1}{4}$  tsp nutmeg

1  $\frac{1}{2}$  tsp ground ginger

$\frac{1}{2}$  c white sugar set aside for rolling cookie dough

Cream shortening and 1 c sugar. Blend in molasses and egg and mix well. Make a mix of flour, soda, salt, spices. Mix all together. Roll dough in little balls 1" across. Roll in reserved white sugar. Place on greased sheet and bake at 375 degrees for 8 – 10 minutes.

NOTE – this recipe may or may not work as transcribed ... create your own version!

Presented by: \_\_\_\_\_