Persistent Culinary Traditions in Rural Southern West Virginia

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Abstract
The Appalachian region is home to a number of culinary traditions that are, in many ways, unique to the area. These traditions have persisted in a nation whose food ways are becoming largely homogenized. Using primary sources from Southern West Virginia such as historic cookbooks, archived newspaper articles, and personal interviews this research depicts a unique regional rural food tradition that has survived in many forms to this day. Comparisons are made to other regional rural diets, as well as well documented historic trends in traditional erosion as seen at the national urban and suburban levels, to support not only the historic food traditions but their impact on the evolution of the Appalachia diet.

Subject(s)
Human geography - Appalachian Region.
Food habits - Appalachian Region.

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Traditional subsistence systems frequently rely on multiple levels of agricultural biodiversity to ensure sufficient food. Such agrobiodiverse subsistence strategies occur most often in marginal landscapes, where large-scale intensive agriculture systems cannot succeed. The Ozark Highlands’ karst topography precludes most forms of intensive farming. While the region has advanced technologically, the Ozarks remain a haven for agrobiodiverse farmers and gardeners. Highlighting the practices of Willodean Smyth, a traditional Ozark farmer/gardener, this essay uses archival and ethnographic research to discuss the interrelationships between agricultural biodiversity and subsistence patterns in the past and present.

West Virginia is an under the radar, adventure lovers dream. Whether you want to horseback ride or kayak, test your skills on an ATV, raft the whit... From rural retreats to scenic vistas, here are our top 5 must-have adventures in the Mountain State: Ride the Hatfield McCoy Trails. One of the longest off road trails in the US; Hatfield McCoy Trails is an eight-trail system that is open year-around to ATVs, UTVs and dirt bikes, that's appropriately called “Trail Heaven.” Take a scenic road trip around Southern West Virginia and stop at several waterfalls and the old railroad town of Hinton, a national historic district. Sandstone Falls has an impressive 25-foot drop, which is just a few miles from Brooks Falls, another favorite photo spot. Davidson JS (2013) Persistent culinary traditions in rural Southern West Virginia. Masterthesis, Marshall Digital Scholar, Marshall University, HuntingtonGoogle Scholar. Du Rand GE, Heath E (2006) Towards a framework for food tourism as an element of destination marketing. Curr Issues Tour 9:206–234. doi:1368-3500/06/03 0206-29$20/0Google Scholar. Eastham JF (2003) Valorizing through tourism in rural areas: moving towards regional partnerships. In: Hall CM, Sharples L, Mitchell R, Macionis N, Cambourne B (Hrsg) Food tourism. Around

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