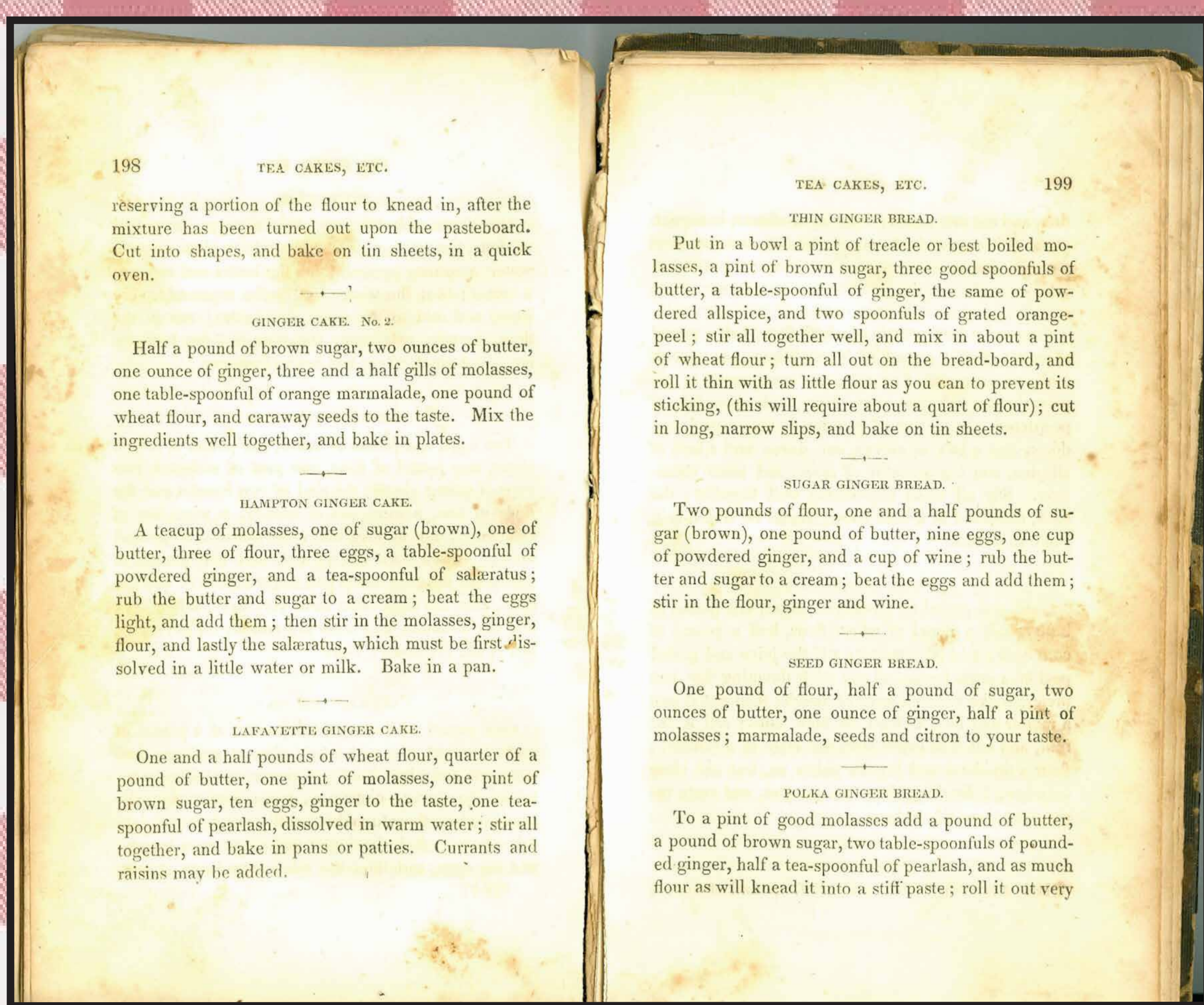


# CAROLINA Food Ways

## Culinary Delights

From colonial times to the present, South Carolina has been the home of dynamic culinary traditions. Home cooking is one of the state's melting pots. It is where European, African, Caribbean, and Native American produce and methods converged to create distinctive staples such as shrimp and grits, Hoppin' John, barbeque, okra soup, and shrimp pilau.

*Today, South Carolina home cooking inspires chefs throughout the United States.*



Excerpt from *The Carolina Housewife* by Sarah Rutledge, first published in 1847. South Carolina Historical Society Collection.

## Receipt Books



The SC Historical Society has handwritten "**receipt books**" in its collection, often containing recipes for medicines and cleaning products alongside food preparation instructions. For example, Isabella Timmons, writing in 1831, included recipes for ketchup, sponge cake, and pudding right next to **remedies** for scurvy.

Women created the recipes, sometimes borrowing ideas from friends or the enslaved, and usually consisted of little more than a list of ingredients, the assumption being that a cook would be experienced enough to figure out the rest on her own.

Many consider *The Carolina Housewife*, compiled by Sarah Rutledge (1782–1855) and first published in 1847, to be the classic southern cookbook. It contains over six hundred recipes of "dishes that have been made in our own home." Rutledge was the daughter of Edward Rutledge, who was a member of the Continental Congress and a signer of the Declaration of Independence.

## Growing Medicine



In the early colonial period, enslaved Africans worked side by side with enslaved Native Americans, and the two cultures shared their knowledge of **herbal medicines**, often trading these secret recipes with the white planters for favors or even their freedom.

As trade increased between the colonies and other countries, the colonists began purchasing medicine from merchants, but these cures did not always work on the diseases that raged in the lowcountry. However, the enslaved African Americans maintained a strong connection to the earth, and the white planters often sought these **natural remedies** for their ailments.

## Going to Market



The streets of Charleston were busy with farmers, fishermen, and other individuals selling their goods to passersby. In 1770, the fish market was located on Vendue Range, which is Queen Street today, on the east side of today's East Bay Street. The market was close to the water for easy transportation of fish from sea to market, and easy disposal of waste.

Farmers sold livestock at the market as well, and even butchered the animals in the street, disposing of carcasses in the water. Martha Zierden reported in her publication, **Archaeology at City Hall: Charleston's Colonial Beef Market**, "A 1774 summary in the South Carolina Gazette lists the 'Creatures killed and sold in the Lower Market for the previous year: 547 beeves, 2907 Calves, 1994 Sheep, 1503 lambs, 230 Deer, 797 Hogs, 4053 Shoats.' The waterfront location of the Lower Market likely meant that the remains of these butchered animals were deposited in the harbor."

## Public Dining



Public dining has a long history in South Carolina. In colonial and antebellum days, free or enslaved African American chefs prepared elaborate European inspired meals.

During the twentieth century, South Carolina home cooking and sophisticated dining converged in Charleston at restaurants like Henry's on Market Street and Perdita's on Exchange Street.

In the twenty-first century, Charleston's world-acclaimed food culture is exuberant, sophisticated, and innovative.



Cotton field, Retreat Plantation, Port Royal Island, S.C. / Photographed by Hubbard & Mix, Beaufort, S.C. 1860-1870. Library of Congress.

## Harvesting Freedom

The enslaved people of South Carolina brought their knowledge of plants, herbal remedies, and **agricultural technology** with them from Africa and the Caribbean to the new colony. Many of these foods have become staples of Southern cuisine, including yams, okra, and black eyed peas.

Enslaved African Americans had little choice on the food provided to them by their masters, so they often grew their own vegetables and crops. However, if given the opportunity rather than keep these vegetables to supplement their diets, the enslaved often sold this food at market for cash. Although they were hungry and suffering from a lack of vitamins, they chose to sell their crops because with money, they could buy their freedom.



To learn more, visit  
[www.schistory.org](http://www.schistory.org) or  
[www.scheducation.org](http://www.scheducation.org)



# GROWN IN CAROLINA: Then

## Carolina Agriculture

Historically, rice and cotton were the major agricultural crops of South Carolina, but the state's rich soil also produces timber, tobacco, pecans, peanuts, peaches, nursery plants, and a variety of vegetables such as corn and soybeans. In the South Carolina Encyclopedia (2006), Eldred E. Prince Jr. notes that "for most of its history, agriculture virtually defined South Carolina, and no other single force has so profoundly influenced the state's economy, history, demographics, and politics."

*Although tourism, especially along the coast, gives every appearance of being South Carolina's chief enterprise, much of the state is farmed or preserved for hunting, fishing, and other recreational activities.*

GENERAL EXPORTS		
From the Port of CHARLESTON, South-Carolina,		
From November 1786, to November 1787.		
Produce of South-Carolina.		
Rice,	61,754 barrels	
Tobacco	5,493 hhd.	
Indigo	2,783 casks	
Deer skins	205 hhd.	
Beaver skins	256 bales	
Wool	1 hhd.	
Feathers	1 Bale	
Cotton	873 lbs	
Wool	33 Bags and	
Feathers	131 lbs	
Wool	1 Bag	
Feathers	31 Bags and	
Wool	600 lbs	
Feathers	1904 barrels	
Wool	2230 barrels	
Feathers	739 barrels	
Wool	3,707 barrels	
Feathers	32 barrels	
Wool	1,057,600 feet	
Feathers	3,689,600	
Wool	1,023,700	
Feathers	2,726 logs	
Wool	514 plank and	
Feathers	8,800 feet	
Wool	29,088 bushels	
Foreign Produce imported into and exported from Charleston.		
Rum W. I. & N. E.	354 hhd. & pon.	
Wine	121 casks and barrels	
Brandy	31 pipes	
Gin	41 hhd.	
Porter	509 casks	
Salt	358 casks	
Molasses	91 pipes	
Sugar	88 casks	
Coffee	1561 casks	
Cocoa	324 hhd. & casks	
Pimento	16,332 bushels	
Logwood	560 hhd.	
	34 hhd.	
	375 casks	
	276 casks	
	3 hhd.	
	163 casks	
	71 bags and	
	5,500 lbs	
	30 hhd.	
	94 casks	
	106 bags	
	143 bags	
	2201 tons	
Vessels cleared out at the custom-house Charleston, from November 1786, to November 1787, belonging to the following nations.		
AMERICA.		
40 ships, measuring	7372 tons	
3 snows	252	
95 brigs	9824	
285 sloops	12650	
312 schooners	11433	
735	41531 tons	
GREAT-BRITAIN.		
35 ships	7152 tons	
4 snows	535	
46 brigs	5654	
35 sloops	2160	
28 schooners	1288	
148	16787	

Excerpt of: General exports from the port of Charleston, South-Carolina, from November 1786 to November 1787 ... Custom-House, Charleston South-Carolina, December 1, 1787. George A. Hall, Collector. [Charleston 1787]. Library of Congress.

## Indigo



Born in **Antigua** to the Lieutenant Governor of the island, George Lucas, **Eliza Lucas Pinckney (1722-1793)**, is credited with the successful development of the indigo industry in South Carolina. Sent to the Carolina Colony at the age of sixteen with her mother and sister, Eliza experimented with various crops and agricultural endeavors on her father's three plantations. She had great visions of contributing to the growth of the colony, including growing oak trees to supply lumber for ship building.

Eliza fought through criticism and sabotage to create a prosperous indigo crop that grew into an industry that represented 1/3 of South Carolina's exports by the time of the Revolutionary War. The impact of indigo on the South Carolina culture is represented in the blue color of the state flag, and more importantly, the **South Carolina Business Hall of Fame** inducting Eliza Lucas Pinckney in 1989.



Four-year-old tea plants at Pinehurst Tea Plantation in Summerville, 1898  
South Carolina Historical Society Collection

## Cotton



Before the Civil War, some coastal planters found that long-staple **Sea Island cotton** was more profitable than rice. However, with the end of slavery, that crop languished.

After the invention of the cotton gin and the rise of textile mills in England and New England, politicians and inland planters heralded **short-staple upland cotton** as South Carolina's economic savior. Many farmers remained committed to growing only upland cotton well into the twentieth century.

## Rice



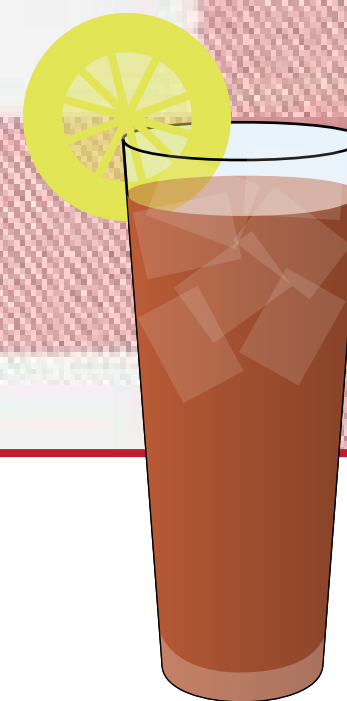
As the first major export of the lowcountry, rice was responsible for the economic preeminence of the area for two hundred years. "**Carolina Gold**" rice first arrived in the lowcountry in the 1680s.

It is a long-grain rice that grows on tall, golden stalks. For nearly two centuries, South Carolina was the largest producer of rice in North America. In the 1840s, De Bow's Review reported that a variety called "**Gold Seed Rice**," or "**Carolina Gold**," was "highly esteemed by foreign consumers." However, rice cultivation was extremely labor intensive, and by the late nineteenth century, imports from Asia dominated the market.

## ELIZA PINCKNEY

cultural commodity. The other exports were lumber, skins, and naval stores. It was a singular question to engage the attention of a girl of sixteen, and probably, at first, when trying her plots of indigo, ginger, etc., she did not dream of the change which she would effect in the agriculture of her Province.

Excerpt from *Eliza Pinckney* by Harriott Horry Ravenel, published 1896. Courtesy of Library of Congress.



## Growing Tea

Prior to European settlement, Native Americans consumed "black drink," made from the caffeinated leaves of a tree called yaupon holly. British colonists made tea drinking a habit and hallmark of sophistication. After the American Revolution, French botanist **Andre Michaux (1746-1802)** imported tea plants and cultivated them in South Carolina.

**Dr. Charles Shepard Jr. (1842-1915)** established the first successful tea plantation in America in Summerville in 1888. **Pinehurst Tea Plantation** thrived until Shepard died in 1915. After his death, the plantation faltered and the plants grew wild on the outskirts of town. In 1963 the Lipton Tea Company transported the old Pinehurst plants to Wadmalaw Island.

In the 1980s, commercial production began on Wadmalaw Island and now the **Charleston Tea Plantation** produces and markets American Classic Tea, a variety that is adapted to the preparation of iced tea.





# GROWN IN CAROLINA: Then

## Agricultural Society

The elite planters of Charleston founded **South Carolina Society for Promoting and Improving Agricultural, and Other Rural Concerns** in August 1785 to experiment with crops and varying growing techniques unique to the region.

In 1795, they changed their name to the **Agricultural Society of South Carolina**, electing officers, collecting dues, and hosting farmers markets in town. The group discussed new farming ideas as they battled issues such as the disastrous boll weevil which plagued the cotton fields of the Carolinas. The exclusive society managed to keep growing and promoting their efforts despite gaps of interest throughout their history.



Established in 1785, the Agricultural Society of South Carolina promoted the importance of agriculture in the state and the advancement in farming techniques. South Carolina Historical Society Collection.

## History of the Agricultural Society of South Carolina by C. Irvine Walker, 1919

"It is a very well known fact that the prosperity of Charleston as well as any other place, has been and will be greatest when surrounded by a prosperous 'nearby' country. Therefore, it is to the evident material interest of the City to make our 'nearby' county prosperous. No agent for this purpose has been more persistently active and beneficial than our Society." (Walker, p. 2)

"Very few Societies have been formed in this Country with so splendid an entourage of notably distinguished men as its officers. Of these twelve first officers of the Society, one was a Signer of the Declaration of Independence, two were United States ministers (to Great Britain and France) one United States Senator, four were Members of Congress, three were judges, one of whom was Chief Justice of the United States, four were Governors of South Carolina and five were Revolutionary Officers." (Walker, p. 8)



Members of the Agricultural Society of South Carolina, 1926. South Carolina Historical Society Collection.

## Cabbage



## 600 hampers per acre Romaine - Gray Hill, SC



## Potato Field 1929 St. Andrews Parish



## Asparagus



Images from the Agricultural Society of South Carolina files ca. 1920s-1940s, South Carolina Historical Society Collection.



Vegetable truck loaded with crops for sale, described on back as, "Artistic loading Vegetables for Eastern Market from E.W. King Charleston S.C." South Carolina Historical Society Collection.

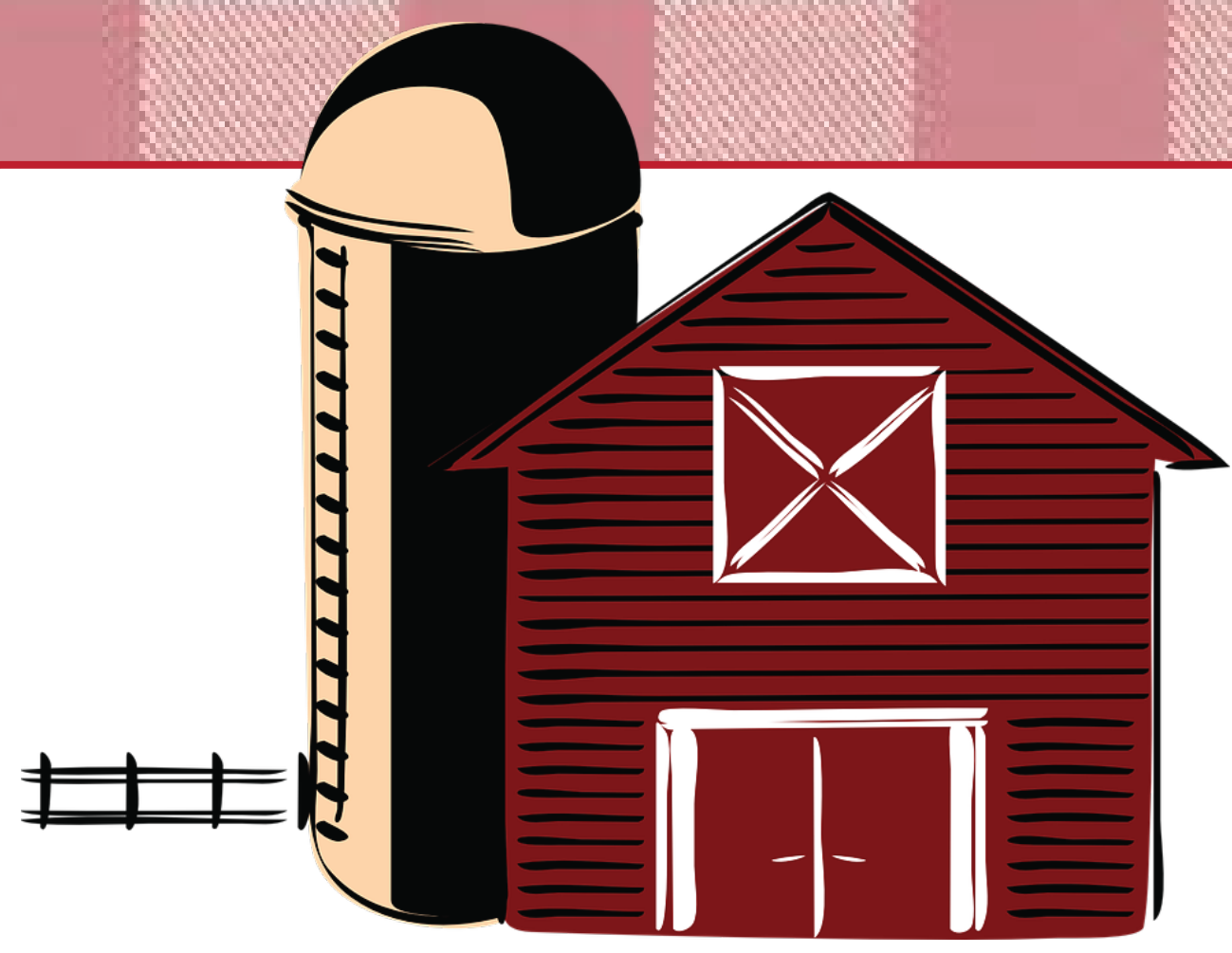
## Commissions and Departments

Today, the **Agriculture Commission of South Carolina** oversees the marketing of agriculture sales in the state and is appointed by the Governor. The **South Carolina Department of Agriculture** and the **United States Department of Agriculture** continue to enforce regulations, collect statistics and data, and provide ongoing education and resources for today's farmers.

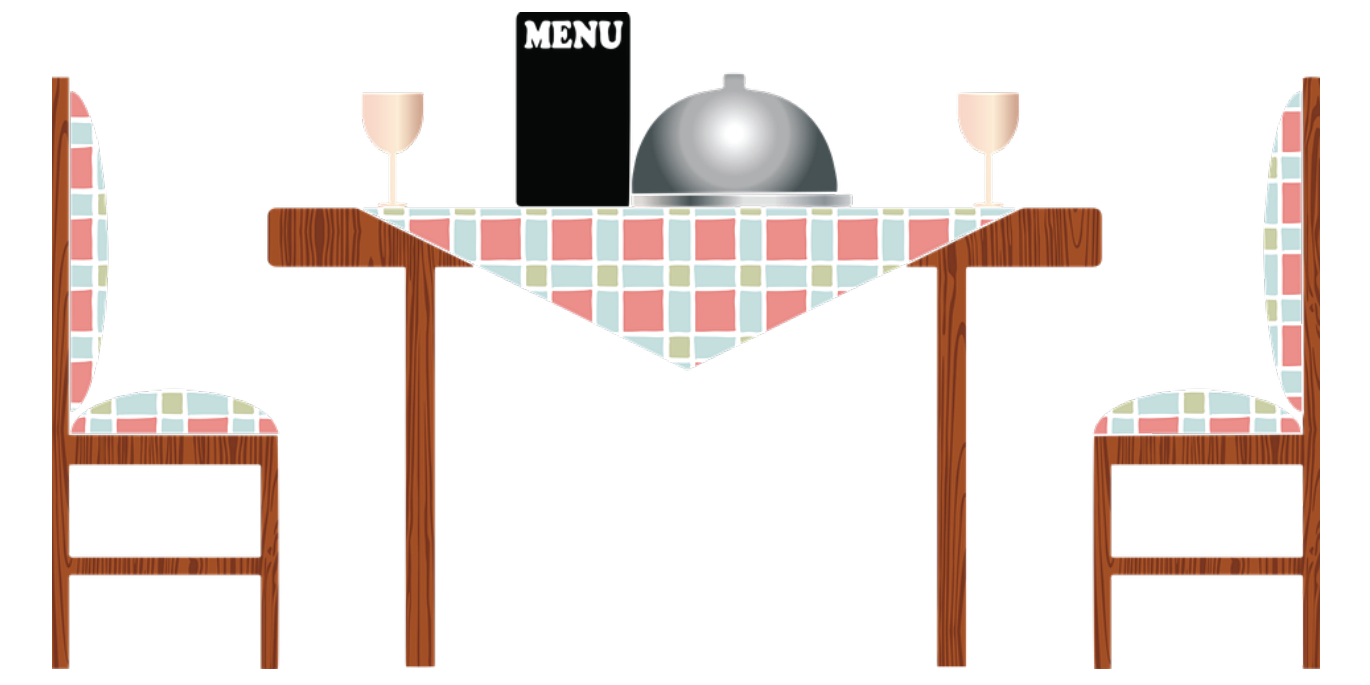




# GROWN IN CAROLINA: Now



## Farm to Table By the Numbers

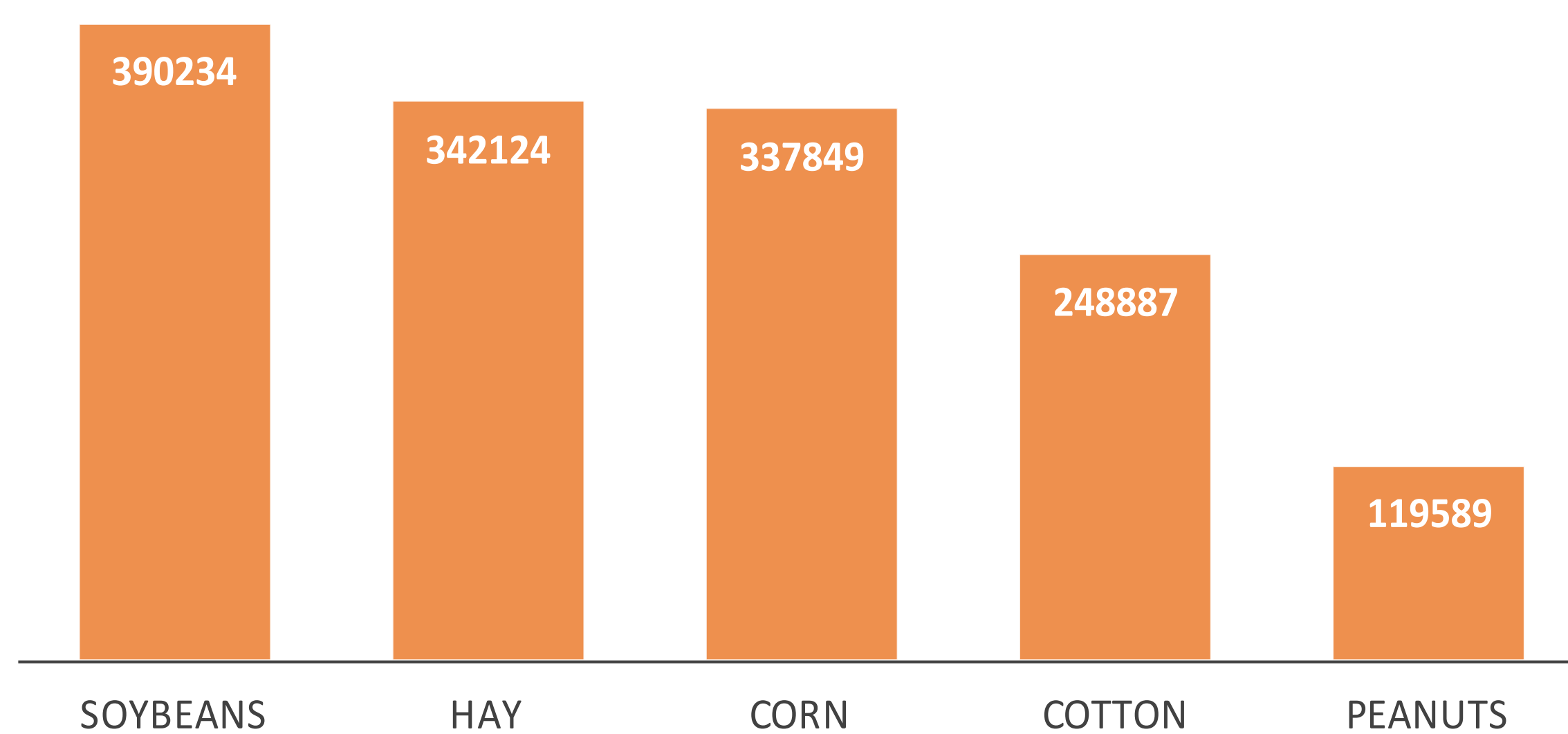


### 2017 Top Counties: Land in Farms

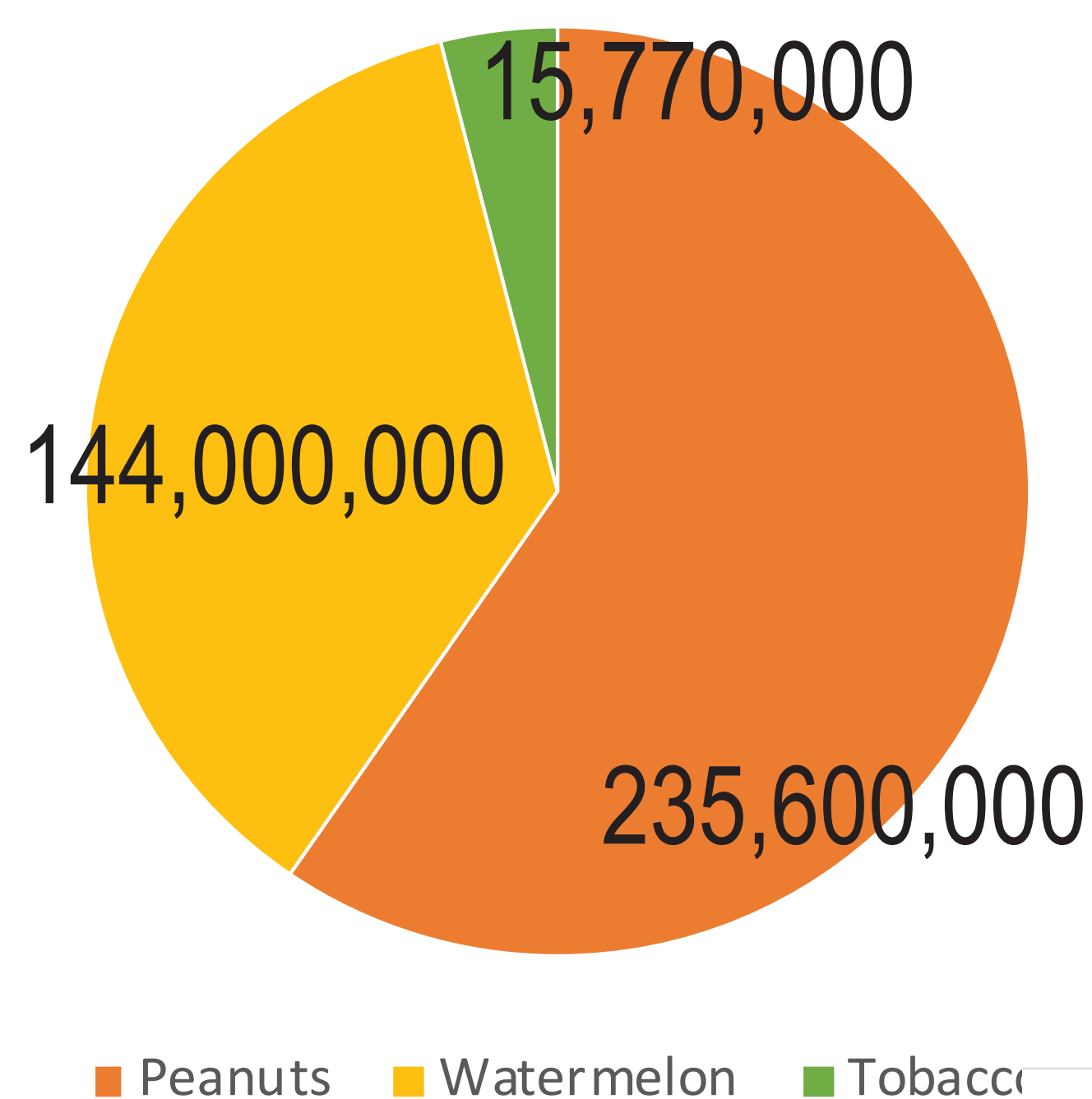
1. Orangeburg
2. Williamsburg
3. Anderson
4. Horry
5. Colleton



### 2017: Acres of Crops

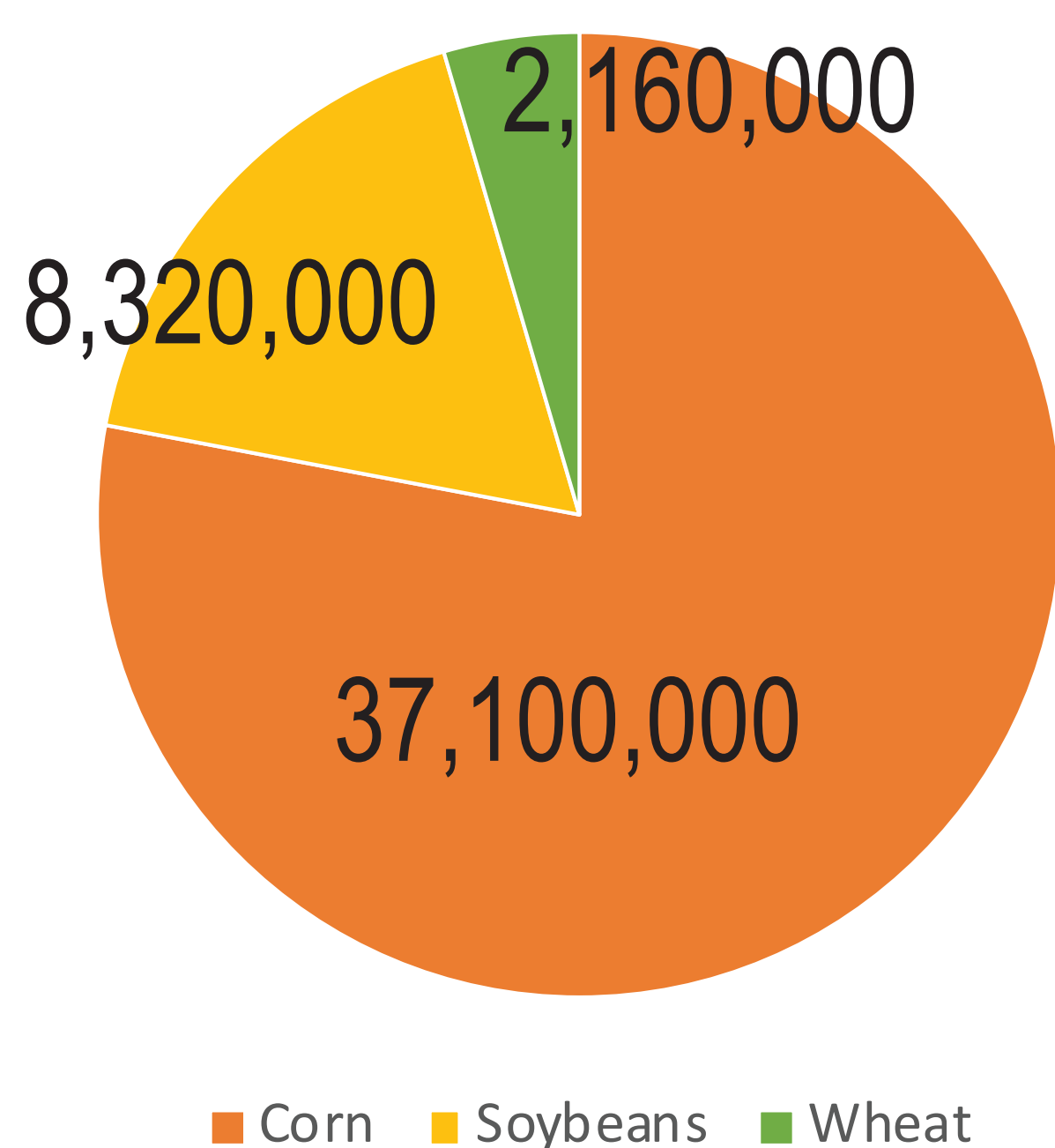


### Pounds produced in 2019



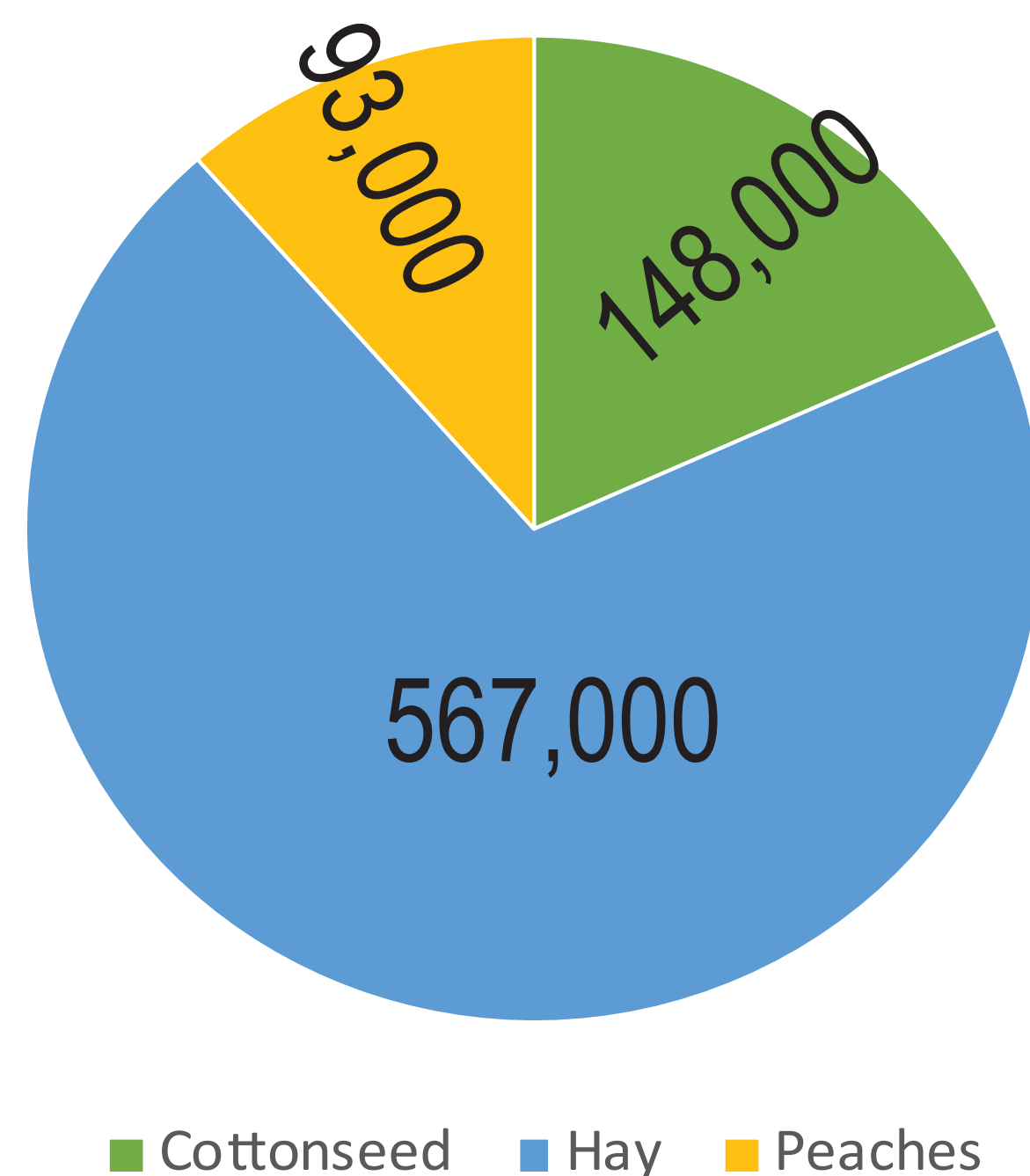
**2,737**  
in  
**2017** Farmers  
under 35

### Bushels produced in 2019



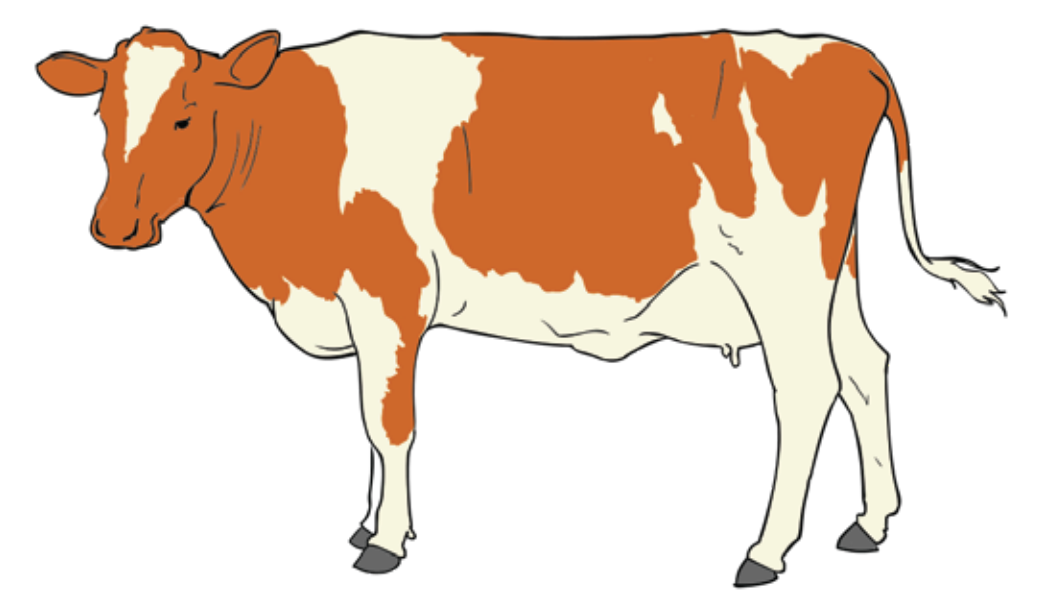
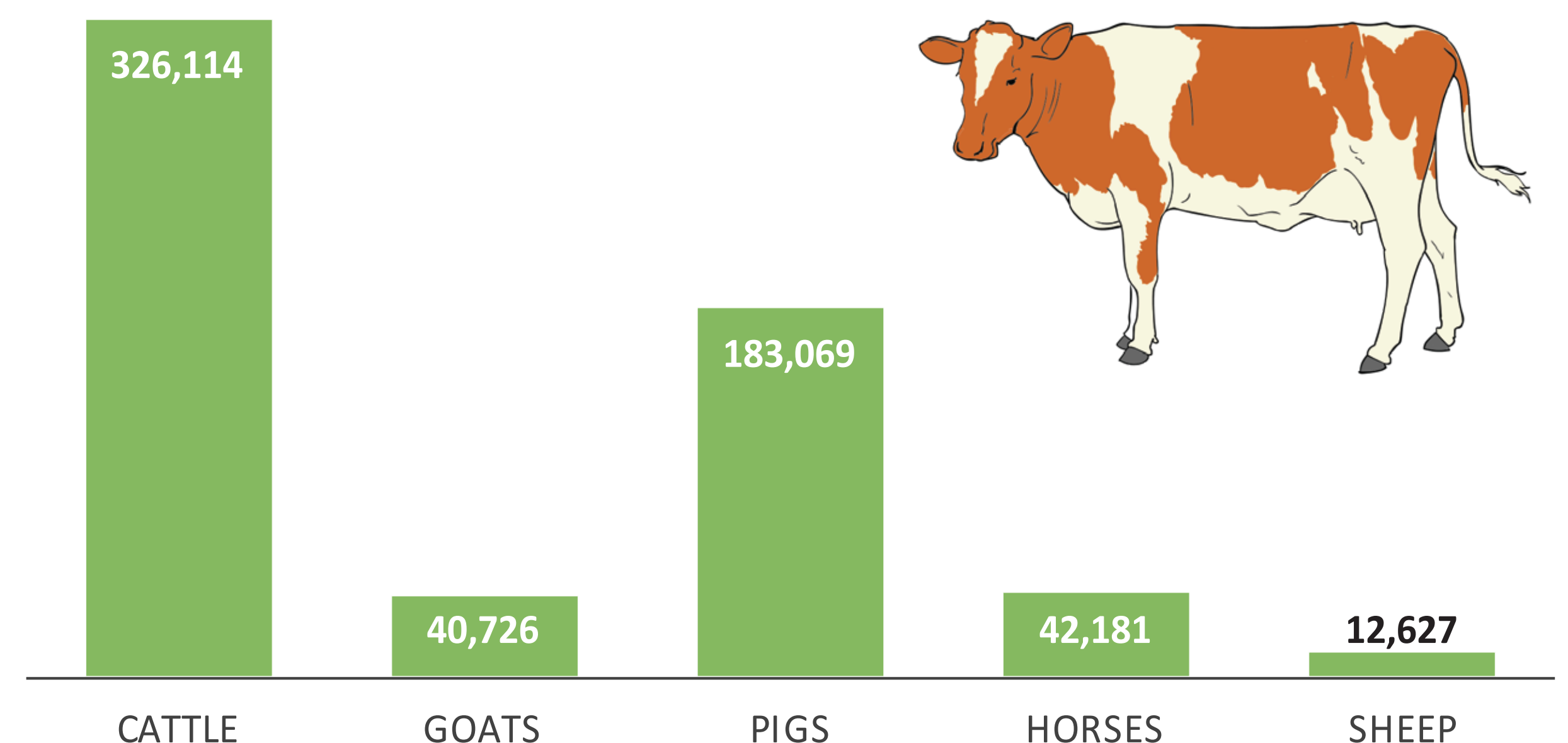
**96**  
Family  
Farms  
**2017**

### Tons produced in 2019



**2018:**  
**9,669**  
Eating & Drinking  
Locations in SC

### 2017: Livestock Inventory

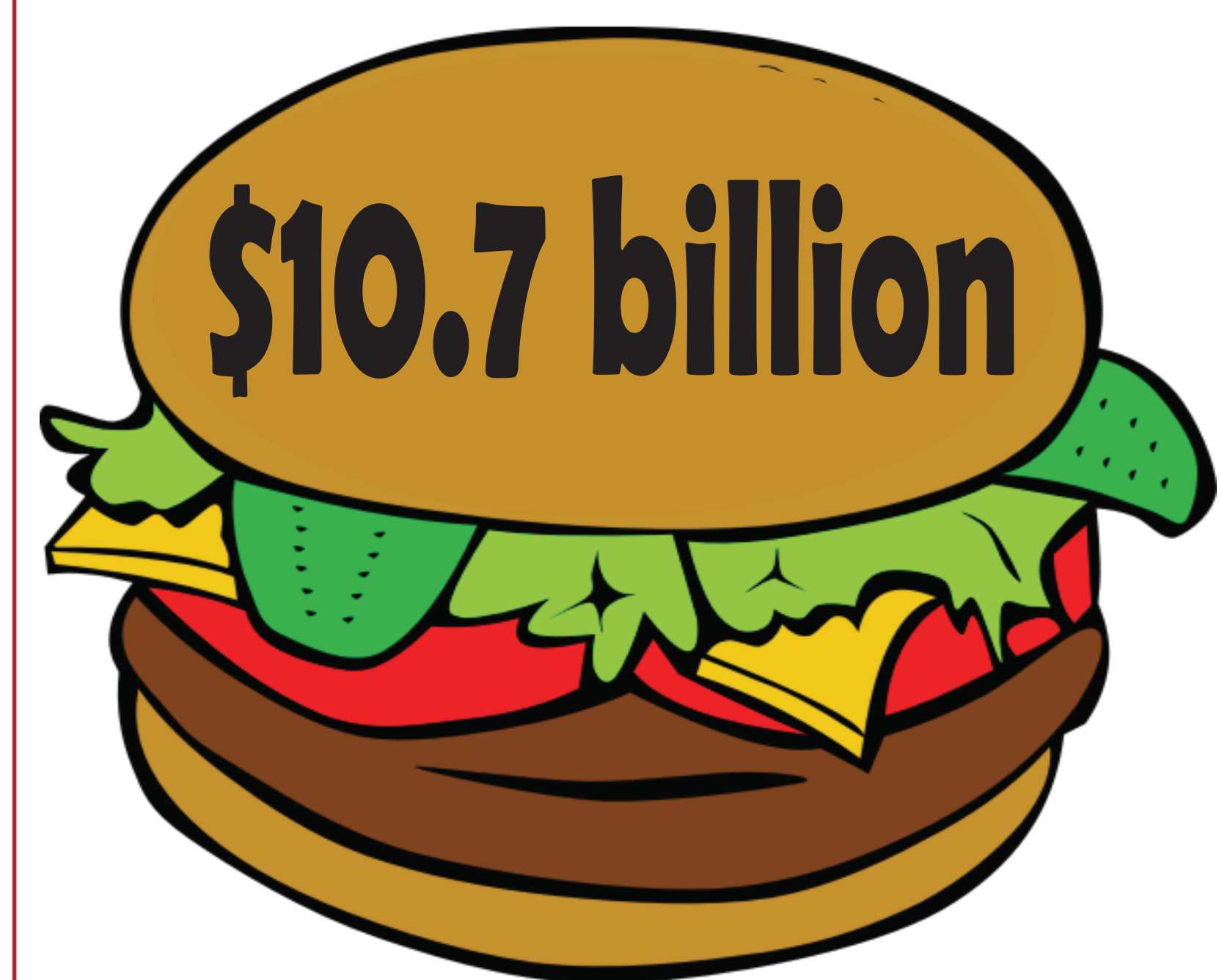


**13,542** Female  
Farmers **2017**



### 2017 Farmer Ethnicities

American Indian/Alaska Native	161
Asian	114
African American	2,570
Hispanic/Latino/Spanish	423
White	35,876
More than one race	227



**\$10.7 billion**  
**2018 estimated**  
food & drink sales

**234,200**  
food service  
and  
restaurant jobs



**2019 state**  
employment  
**11%**

Information gathered from: USDA National Agricultural Statistics Service