

SOUTHERN FOODWAYS FIELD TRIP 2003

A Taste of Appalachia: Asheville and Environs

Thursday, July 31

- 4 p.m. **Begin check-in** at Inn on Biltmore Estate in Olmsted Room
- Evening **Dine around Asheville** – You should have received a list of local restaurants along with a welcome letter from the Asheville Area Convention & Visitors Bureau prior to your arrival. If you would like assistance selecting a restaurant or making reservations, stop by the Concierge desk in the lobby at Inn on Biltmore Estate or call 225-1660.

Friday, August 1

- 8 a.m. **Begin morning registration** in the Olmsted Room
- 7:30-8:45 a.m. **Breakfast buffet in the Vanderbilt Room** – Join us for a continental breakfast and plenty of coffee to fuel you for the day ahead.
- 8:30 a.m. **Welcome in the Vanderbilt Room** – Tom Ruff, Senior VP of Guest Relations, welcome Southern Foodways to Biltmore Estate and kicks off our 2003 field trip.
- 8:45 a.m. **Driving tour of Biltmore Estate's farm operations** – Buses await outside the front door of the inn. Hop aboard and one of our estate guides will give you the grand tour of George W. Vanderbilt's historic estate with a strong focus on its field-to-table operation. From Frederick Law Olmsted's grand Walled Garden with espaliered fruit trees to Black Angus cattle to the vineyards, the property is still very much a working estate.
- 12:30 p.m. **Lunch in the Vanderbilt Room** – Return to the inn for a Vanderbilt-style interpretation of Appalachian game paired with estate wines.
- 2:30 p.m. **Buses leave for Biltmore Estate Winery** – Reboard the buses for a quick jaunt down to Biltmore Estate Winery where you'll enjoy a guided tour of the production area before gathering for an enlightening and entertaining discussion of Southern wines.
- 3 p.m. **Wine Between the States** – Wine journalist Barbara Ensrud and Biltmore Estate Senior Vice President-Brands Group Jerry Douglas lead us in a blind tasting of wines from North Carolina, Virginia, Georgia and California. Tasting will be followed by a discussion of Southern Winery's readiness to compete with more established wine-producing regions. Matt Lee, Scott Jones, Frank Sutherland and Barbara all weigh-in.
- 4 p.m. **Return to the inn** – Take a little time to rest, digest and ready yourself for the evening.
- 5:30 p.m. **Private Tour of Biltmore House** – Back on the buses for a trip to Biltmore House where host staff guide us through the culinary wonders of 1895. >From a Banquet Hall that could seat 64 to state-of-the-art food service gadgets like an electronic dumbwaiter and refrigeration, George Vanderbilt took his dining seriously.
- 7:30 p.m. **Appalachian Supper at the Truck Farm** – Once upon a time, estate-raised produce was sold in the courtyard here. Tonight, we'll focus on tasting all the estate has to offer while listening to Strictly Clean and Decent run the gamut of Appalachian music styles from Celtic airs to contemporary bluegrass.
- 9-11 p.m. Shuttles will run continuously back to the inn. Sleep well.

Saturday, August 2

6:30-8:30 a.m. **Breakfast Buffet in The Vanderbilt Room**

9 a.m. **Outings** – Find the bus with the name of your outing and climb aboard for a trip into the Appalachia of today (though you may see shades of yesteryear).

- Hickory Nut Gap Farm
- Sunburst Trout Farm
- Handmade In America Farm Tour

3 p.m. **Return to the Inn** – Rest a minute.

5 p.m. **Grove Arcade** – Back onto the buses for a trip to downtown Asheville where David Holt and Eustace Conway will entertain us with storytelling and music. Stop by our book store sponsored by Malaprop's for author signings.

7 p.m. **Down to the Orange Peel** – Area restaurants duke it out in our Appalachian "Iron Skillet" featuring sweet potatoes from the NC SweetPotato Commission, Inc., and skillets courtesy of Lodge Manufacturing. Tim O'Brien and friends perform *Songs From the Mountain*. Be on the lookout for some of our favorite SFA friends reading excerpts from *Cold Mountain*.

9-11 p.m. Shuttles will run continuously back to the inn. Sleep well.

Sunday, August 3

9:30 a.m. **Buses leave the Inn** – If you'd rather check-out now and head home after breakfast, skip the bus and take the following route:

- As you exit Biltmore Estate, stay in the right lane and follow the signs to I-40 East toward Black Mountain.
- Take I-40 East Exit 55 and turn left at the end of the ramp.
- Turn right at the stoplight and follow I-70 East to the next stoplight.
- Turn left onto Warren Wilson College Road and drive ?? miles.
- You will see the college on your right—go to the top of the hill and follow the SFA signs for parking.

10 a.m. **Warren Wilson College** – Join us in the Swannanoa Valley for a White Lily brunch featuring fabulous victuals courtesy of Early Girl Eatery and fresh roasted coffee from Mountain City Coffee Roasters. Author Wilma Dykeman remembers meals at the Thomas Wolfe boardinghouse and Laura Boosinger teaches us to shape-note sing.

Noon See you at the symposium in October!

6/20/03