



Welcome to the 2003 Southern Foodways Alliance Field Trip!

First, from all of us at Biltmore Estate, I'd like to extend a special greeting and a heartfelt thanks to each of you for joining us for what promises to be an exciting, fun and eye-opening few days. We've been busy planning with our partners from around Asheville and its environs, and we believe we have put together some experiences you'll want to remember. Please let us know if there's anything we can do to make your time with us as good as it gets!



Our community has done a tremendous job in coming together to show you, feed you and otherwise enlighten you about all things from the Southern Appalachian region. I am proud of our weekend and most grateful to all who helped make it happen. You will meet many of our friends and partners throughout the events. Please let them know you are glad they are a part of our field trip.

As a member of the Biltmore Estate team and as a board member of SFA, I have, perhaps, a unique perspective on the components of our time together. And, as a Southerner, of course I have to share.



During our planning period for this event, the world lost Buddy Ebsen. I watched Jed and Granny and Jethro and Ellie Mae every possible opportunity, and I secretly worried that I would grow up to be like Jane Hathaway. But losing Buddy as we were preparing to showcase our Appalachian region seemed significant. What you will see and hear and taste this weekend is **not** the Beverly Hillbillies – not as they were represented in the sit-com and certainly not like the ludicrous notion that CBS is currently considering as a reality series.



In fact, what you will see this weekend is how Southern Appalachia thrives in 2003, how it continues to stay true to its roots, how its people remain independent, honest, determined, straightforward and industrious. You will see some of the old traditions handed down, other traditions adapted, new traditions created. You will hear young voices singing old-timey mountain songs, writing new stories about both the old ways of the mountains as well as the fresh ways of a new breed of mountain folk. You'll taste what we've discovered we can do with those foods that grow well in rocky fields and on stubborn slopes during cold springtimes and sometimes harsh winters.



We live in a vibrant, richly connected region, alive with music, words, food, drink, art and beauty. It's a region renowned for its artists and writers, from Black Mountain College to Thomas Wolfe and Charles Frazier. I know I'm biased, but, in my opinion, it's the best place on earth.

So enjoy our little corner of the world. Please let us know if we can assist in making your time with us more enjoyable. And join us in Oxford this fall as we dig deeper into the rich and didactic heritage of the Appalachian table.

Sincerely,

Elizabeth Sims

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Wine Between the States

NORTH CAROLINA CHARDONNAY TASTING

Rockhouse Vineyards

1525 Turner Road, Tryon, NC 28782

(828) 863-2784 - www.rockhousevineyards.com

The 1999 Rockhouse Chardonnay is a traditional Burgundian-style Chardonnay made from grapes grown at Rockhouse Vineyards. With sur lie aging and one year in French oak barrels the wine demonstrates balanced fruit, subtle oak and an elegant long finish.

Biltmore Estate Winery

1 Approach Road, Asheville, NC 28803

(800) 543-2961 - www.biltmorewine.com

Biltmore Estate Château Reserve Chardonnay 2002 is fermented in small, medium-toasted oak barrels. It presents a complex aroma of ripe apples and tropical fruits combined with hints of vanilla, bread and almonds. It is an excellent companion to poultry and seafood.

CABERNET FRANC BLIND TASTING

Valhalla Vineyards

6500 Mt. Chestnut Road, Roanoke, VA 24018

(540) 725-WINE (9463) - www.valhallawines.com

Valhalla Gotterdamerung 2001 - This dark, rich red is 90% Cabernet Franc and 10% Merlot, with black cherry and berry flavors. Firm in structure, it suits roast or grilled meats and savory cheeses.

Tiger Mountain Vineyards

2592 Old Highway 441, Tiger, GA 30576

(706) 782-9256 - www.tigerwine.com

Tiger Mountain Cabernet Franc 2001 - A soft, medium-bodied wine with vibrant fruit and oak vanillin flavors, low tannins and a long pleasant finish. Especially complements grilled meats Tuscan-style chicken or cheese.

M. Cosentino Winery

7415 St. Helena Highway, Napa Valley, Yountville, CA 94599

(707) 944-1220 - www.cosentinowines.com

M. Cosentino 2000 Cabernet Franc is a rich, full-bodied style with firm tannins and black fruit flavors—a hearty companion to grilled meats, especially steak or lamb. Drinkable now but can age 5 to 7 years.

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Château Reserve Cabernet Franc 2001 features a velvety smooth texture with a lively and balanced structure of tannin and fruit. A medium-bodied oak aged wine, with fruity and vanilla aromas, it complements game birds and also pairs well with veal and turkey.