

# Reinventing Mountain Food Traditions and Small Farm Survival in Southern Appalachia.

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**Abstract:**

For over four decades, social scientists have addressed the relationship between development strategies and Appalachian cultural traditions. Historically, mountain foodways and diversified agricultural practices were defined as aspects of folkways legitimating resource extractive industries and centralized development strategies. Today, the region continues to sustain its nation's remaining family farms. The processes of globalization and growing demand for local foods are introducing new farming traditions to new audiences. This case study looks at the emerging role family farms in the East Tennessee region in development and the social construction of the region's foodways. Drawing on multidisciplinary perspectives, the paper explores the historical roots and continuity of the region's culinary tradition. Highland foods represent the core of mountain foodways in the ecological and economic experiences of its rural communities. Next the paper discusses the emergence of local food-based foods focusing on community development, tourism and a local foods-based culinary renaissance.

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Smokehouse Ham, Spoon Bread, and Scuppernong Wine: The Folklore and Art of Southern Appalachian Cooking by Joseph E. Dabne  
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Biscuits, Gumbo, Sweet Tea, and Bourbon Balls: Southern Food and Drink in History, Literature, and, in other words, the psyche sync