



Homestead Highlights

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February 2008

The Homestead Gets Cooking



Eydie Clifton with Chef Paul Farrar and Kimble Reynolds

Local cable personality Paul Farrar brought his “Cooking with Paul” show to the Reynolds Homestead on January 29 to film two segments that offered recipes from the past and the present.

Shooting in the historic 1850s brick kitchen for the first segment, Paul had as his guest Martinsville Mayor and Virginia Tech alumnus Kimble Reynolds. Kimble is the great-great-grandson of Kitty Reynolds, a former slave who was the beloved nanny of the Reynolds children. The men made “preacher cookies,” a quick treat from the 1800s that featured the

popular new ingredient peanut butter. According to Paul, “The name for these cookies originated because they could be made in minutes—when the lady of the house looked out of the window and saw the preacher coming up the road.”

Moving inside to the Continuing Education Center, Paul then hosted the Homestead’s hospitality coordinator Eydie Clifton for a segment entitled “Familiar Flavors, Unique Presentations.” Eydie’s recipes included very familiar ingredients prepared in unusual—but simple—ways. Anyone who has sampled the refreshments at the Homestead is familiar with her talents!

Eydie demonstrated four easy and nutritious recipes: Strawberry nachos, breakfast pizza, apple quesadillas, and a healthy flaxseed muffin which takes only one minute to make in the microwave.

Attending the taping were 48 students from Andrea Williams’ Nutrition and Wellness classes at Patrick County High School. The students watched the filming of both shows then were able to sample the new recipes.

“This was really fun and I loved the breakfast pizza that Eydie made,” said senior Britney Jett.

Call for Food Bank Donations

The Patrick County Food Bank is at a near-crisis need for food donations, and as a drop site, the Reynolds Homestead is appealing to its supporters to bring a can of food the next time you visit us.

The food bank is most in need of canned vegetables, pasta and pasta sauce, grains and rice, and canned meats.

Monetary donations are also welcomed and can be given to Michele Faircloth.

“Her recipes are nutritious and easy-to-make.”

For copies of Eydie’s recipes send an e-mail to martinlm@vt.edu.

Hiking the Blue Ridge Parkway

Retired National Park Service Ranger Tim Pegram fulfilled many a traveler’s fantasy. Tim backpacked, from top to bottom, the 469 miles of the Blue Ridge Parkway, the amazingly beautiful two-lane road which follows the ridge line from northern Virginia to southwestern North Carolina. Tim was well-acquainted with the Parkway. For two summers he served as an interpretive ranger and for twelve years he worked as a protection ranger, experiencing the Parkway as a natural

wonder as well as a public park—in fact the most visited unit of the National Park Service.

A native of North Carolina, Tim has deep roots in Patrick County, the land of his mother’s family. In his book, “The Blue Ridge Parkway by Foot: A Park Ranger’s Memoir,” Tim describes his family’s settlement in the lower eastern foothills: “The Blue Ridge, like a gigantic, purple wall, seemed to have abruptly halted the

westward migration of my people.” His recollections of traversing through Floyd and Patrick Counties are especially meaningful.

On Thursday, February 7, plan to attend a delightful evening of hearing Tim read passages and share his account of a geographical, as well as a personal, odyssey. The every day stories of Tim’s trek – the weather, the people, the sights, the problems, the victories – take the reader along with him

Author Tim Pegram will speak on his 469-mile hike of the Blue Ridge Parkway on February 7.



every step of this journey. The reading begins at 7 p.m. and admission is only \$2.00.



February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Quilters Exchange 2:00
3	4 Photo Club 6:30	5	6	7 Tim Pegram Reading 7:00	8	9
10 Music Celebration 3:00	11 Fitness Group 6:30	12	13 Postcard Club 7:00	14	15	16
17	18 Deco Painters 9:30 am	19 Great Books 6:30	20	21	22	23
24 Harlem Renaissance 2:00	25	26	27	28	29	

Contact Information:

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Schedule Your Event Now!

The Reynolds Homestead is the perfect place for your spring and summer events: weddings, class and family reunions, church celebrations and banquets. The Homestead has very competitive rates and serves as a beautiful setting for your special event.

Register Now for “Master Your Garden”

Chase away the winter blues and welcome spring by attending the Spring Garden Symposium sponsored by the Master Gardener’s Association and Patrick County Cooperative Extension.

Horticulture experts will have presentations to satisfy any gardening curiosity, and gardening merchants will have booths for you to shop.

Presenters and topics include:

“Shade Gardening” by Jon Vest, Extension Agent, Floyd County; “Organic Gardening Concepts, Herbs & Perennials” by Ellen Reynolds; “Butterfly Gardening” by Louis Judson, Master Gardener; and “Small Fruits in the Home Landscape” by Travis Bunn, Extension Agent, Patrick County.

Registration begins at 8:15 a.m. with the program running from 8:30 a.m. until 2:00 p.m.

A registration fee of \$15 includes a boxed lunch and all materials for the class. Registration is required by February 22.

The program will be held in the Continuing Education Center at the Reynolds Homestead.

For additional information or to register for the symposium, please contact Michele Faircloth at mfairc5@vt.edu or (276) 694-7181 x 21.



Homestead docent Beth Ford and volunteer Matt Roberson.

Antique Postcards

At the Reynolds Homestead, we are continually striving to bring new programs and innovative exhibits to our Continuing Education Center. The Homestead Postcard Club, with a membership of over fifty of your friends and neighbors, has enthusiastically agreed to provide a display of postcards which will change monthly, focusing on themes that celebrate the various months, holidays, or seasons. A fascinating collection of African American cards, ranging from the turn of the last century up to modern times, will be on display in the front lobby for February, Black History Month. These cards range from Real Photo history, to beautiful design and color, to thoughtful looks at a century of Black History as represented on the picture postcard.

Fitness Support Group

Everyone knows the importance of good nutrition, regular exercise and stress reduction, but sometimes reaching those fitness goals seems more like a chore than an opportunity. With support, however, it’s easier to change habits, solve problems and find the motivation to transform your life. Facilitated by Eydie Clifton, the group meets on the second Monday of each month at 6:30 p.m.

Next meeting: February 11. FREE

Inclement Weather Policy:

In the event of inclement weather, information about program cancellations will be available through local radio stations and e-mail alerts, and also by calling the Homestead at (276) 694-7181. If you would like to be on our e-mail alert list, please forward your address to martinlm@vt.edu.