

# Days of Yesterdays, Esmont Community Center

Stories of the elders as told to Laura Piedmont, R.N. and Susan Hastings, R.N.

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## How to Cook Poke Salad

as described by Nancy Wheeler

In the Spring, pick the poke early while it's still small to the ground. Wash it real good in salt water. Boil some water and blanch it 'til it wilts (about three or four minutes, I guess). Drain it very well—it holds a lot of water. Then get a skillet hot to about medium and heat up some bacon drippings. Put in a bunch or so of Spring onions and throw in the poke. Cook until tender—takes about five minutes on medium heat.