

*Honey
Hops
Holidays*



Historic Smithfield Plantation

December 2-4, 2016



Welcome to
Honey Hops
Holidays



Historic Smithfield Plantation®
1774
A Legacy of American Leadership

Friday, December 2, 2015

11:30-3:00 Holiday Luncheon

Luncheon, Guided Plantation Tour

Seatings at 11:30 and 1:30. Your ticket gives you access to the plantation house for the entire weekend.

4:30-7:00 CANDLELIGHT TOURS

Candlelight Tours, Light Refreshments, Wassail and Caroling

Saturday, December 5, 2015

11:30-5:00 PARLOR MUSIC & SUSANNA'S TEA

Holiday Tea, Plantation Tours,
Musical Entertainment in the Parlor,
Special Frontier Industry Displays

Sunday, December 6, 2015

1:00-5:00 PARLOR MUSIC & SUSANNA'S TEA

Holiday Tea, Plantation Tours,
Musical Entertainment in the Parlor,
Special Frontier Industry Displays

Parlor Music Schedule

*Many thanks to all of these musicians for volunteering their time and talent to
Holidays at Smithfield 2016*

Saturday, December 3:

- 11:00-11:30 **Laura Clark & Susan Chambers** (vocals & guitar)
- 11:45-12:15 **Becky Coffey** (harp)
- 12:30-1:30 **Blacksburg Recorder Society with Vocalist**
(Amelia Ball, Harriett Cooper, Betsy Owen,
Mary Rhoades, Tandy Shields)
- 1:45-2:15 **Virginia Tech Student Cello Quartet**
(Elena Porter, Arianna Pereras,
Charlotte Cannon, Christine Lin)
- 2:30-3:15 **Nyos String Quartet**
(Anna Smith, violin; David Smith, cello;
Jack Swindell, viola; Elizabeth Schelor, violin)
- 3:30-4:00 **Katie Bisset** (flute), **Daniel Burton** (guitar)
- 4:15-4:45 **Renaissance Academy Student Guitar Ensemble**
(Daniel Burton, Instructor/Director)

Sunday, December 4:

- 1:00-1:45 **Linda Plaut** (violin), **Judy Bevans** (harpsichord),
Susan Barrett (cello)
- 2:00-2:30 **Virginia Tech Chamber Singers**
(Dr. Dwight Bigler, Conductor)
- 2:45-4:45 Simple Gifts of the Blue Ridge
(Charles Bostian, Marya Katz, Carolyn Smith,
Jack Webster)

Honey and Hops

Frontier Industry at Smithfield

When William Preston and his growing family moved to Smithfield in the spring of 1774, they chose to begin a life in which self-sufficiency was key to survival. Far from the infrastructure of the eastern colonies, the Prestons built a successful plantation lifestyle that rivaled the elegance and refinement of the Tidewater.



Honey Beekeeping was one of the most basic home industries. Honey provided a practical alternative to expensive Caribbean white sugar, and the beeswax could be used to make candles, to water-proof leather, to bind wounds, and even as an early chewing gum.

European honey bees were introduced to the colonies as early as 1622. Native honey bees were already present, but not used in honey production by Europeans. The early colonial bee hives were probably kept in rounded straw frames.

Smithfield's bees are managed by Happy Hollow Bees & Honey, and the honey can be purchased at the Smithfield Museum Store

Hemp

Today, hemp is well known around the world and is used for making rope, clothes, food, paper, textiles, plastics, insulation, and even biofuel. It is often misunderstood in the United States since it is a close relative to a different plant known as Cannabis, or marijuana. Consequently, hemp production has been severely limited in several countries, including the United States.



In William Preston's day, hemp was used primarily to make rope for the shipping industry and was a major cash crop for backcountry plantations such as Smithfield. It was so valuable, in fact, that the British government required settlers in many colonies to plant a certain amount of hemp each year and accepted the produce as tax payment.



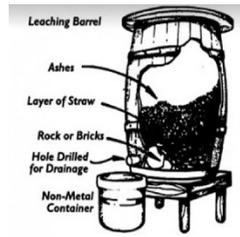
Hops

Hops plants were first brought to the New World in 1629 by Dutch settlers in the New York Colony, and it was soon adopted by many large colonial farms and plantations. The flowers could be used for beer, as is common today, but making yeast starters for bread was equally important.

During the open season, Historic Smithfield has several stands of hops growing throughout the property. The well-established and fast-growing Cascade variety is part of the demonstration kitchen garden. The Zeus variety grows near the Smithfield Forge and the new Golden variety is located in the sustainability garden. Rising Silo Brewery partners with Smithfield to produce specialty beers from plantation raised hops.

Soap

Soap making in colonial days was a long, hot, and smelly process which involved boiling lye (made from wood ash) and animal fats together. The resulting soft gel could be used for bathing or laundry. Bar soap could be made by sprinkling salt on the surface of the gel and leaving it to set, but since salt was expensive, most families on the frontier used soap in its gel form.



Nails

At the time of Smithfield's construction, nails were entirely handmade. Initially, ordering mass-produced nails from Europe was cheaper than producing them in the colonies. By the end of the 18th century, however, the advent of the cut-nail anvil allowed two of William Preston's sons to establish a successful nail manufacturing business that supplied much of the New River Valley. It became so successful, in fact, that a concerned cousin wrote to William Preston Jr. that he hoped the business "has not made you lose sight of matrimony."

Iron and nail rod were sourced locally with the bulk being sent to Francis Preston's forge in Saltville. His son Thomas L. Preston would start the Pincy cliff Bloomery Forge in Saltville off the north fork of the Holston River in 1847. It had one fire and made 4 tons of iron a year by 1859.

Holiday Fare

from Susanna's Tea Room



Oatmeal Honey Drop Cookies

2/3 cup of honey

2 eggs, beaten

1 1/2 cup vegetable oil

1 1/2 tsp vanilla

1/2 tsp salt

1 tsp cinnamon

1 cup whole wheat flour

2 tsp baking powder

1 cup pecans, chopped

1 cup dates, chopped

Preheat oven to 350F

Mix the liquids. In a separate bowl, combine dry ingredients. Stir together the two mixtures, a drop spoonfuls on a greased baking sheet.

Bake at 350 degrees for about 12 minutes.

Apple-Orange Brownie

Brownies

6 Tbsp butter

1 cup packed brown sugar (light)

1/2 cup applesauce

1 tsp shredded orange peel

1 beaten egg

1 tsp vanilla

1 1/4 cups all-purpose flour

1 tsp salt

1/4 tsp baking soda

1/2 cup chopped pecans

Combine butter and brown sugar in saucepan; cook and stir until melted. Beat in the applesauce, orange peel, egg, and vanilla. Sift together flour, baking powder, salt, and soda. Stir into the applesauce mixture. Stir in the pecans.

Pour mixture into a 13x9 inch baking pan that you have sprayed with vegetable spray. Spread evenly, then bake at 350 degrees for 15 minutes until cake tester comes out clean.

Orange Glaze for Brownies

1 1/2 cups sifted confectioner's sugar

Dash of salt

1/2 tsp vanilla

Approximately 2 Tsp orange juice

Orange oil

Mix above ingredients together until blended thoroughly. Pour over brownies while they are warm. Add a couple drops of orange oil.

Cut into bars when cool.

Makes 24 brownies

Oatmeal Cranberry Flaxseed Cookies

- 1/2 cup butter, melted and cooled
- 3/4 cup sugar
- 3/4 cup brown sugar
- 2 large eggs
- 2 tsp vanilla extract
- 1/4 cup ground flaxseeds
- 2 cups all purpose flour
- 1 1/2 tsp baking soda
- 1/2 tsp salt
- 1 1/2 cups quick cooking oats (not instant oatmeal)
- 1 cup dried cranberries

Preheat oven to 350F.

Line a baking sheet with parchment paper. In a medium bowl, whisk together melted butter, sugars, eggs, vanilla extract, and ground flaxseeds until mixture is smooth. In a large bowl, whisk together flour, baking soda, and salt. Pour in wet ingredients and stir until almost combined, then add in the oats and dried cranberries and stir until the dough comes together with no streaks of flour remaining. Drop 1-inch balls of cookie dough onto prepared baking sheets, leaving a little room for the cookies to spread.

Bake for 10-12 minutes, until cookies are set. The tops of the cookies should have very minimal browning, and the bottoms should be only light brown. Cook for a minute on the baking sheet, then transfer cookies to a wire rack to cool completely.

Makes about 2 1/2 — 3 dozen.

Olive Oil and Honey Cake

Cake

2 cups all-purpose flour
1/2 tsp baking powder
1/2 tsp baking soda
1 tsp kosher salt
1 1/4 cups whole milk, room temperature
1/4 cup Grand Marier
1/4 cup freshly squeezed orange juice
Grated zest of 1 lemon
3 large eggs, room temperature
2 cups sugar
1 cup extra virgin olive oil

Preheat oven to 375F

Spray a 9 inch round cake pan, line with parchment paper, and spray the paper. Flour the pan, shaking out the excess and set aside.

Sift the flour, baking powder, and baking soda into a small bowl. Stir in the salt. In another small bowl, combine the milk, Grand Marnier, orange juice, and lemon zest. Set aside. In a large bowl, add the eggs and sugar. Whisk together until well combined. Gradually add the olive oil in a steady stream while continuing to whisk. Add the dry ingredients in 3 additions, alternating with the wet ingredients in 2 additions, beginning and ending with dry. Whisk lightly, only until smooth. Do not overbeat.

Pour the batter into the prepared pan. Bake until a deep golden brown, slightly domed, and possibly cracked on top (60-70 minutes). A skewer should come out clean of batter but with a few moist crumbs. Remove from oven and cool on a wire rack for about 15 minutes.

Unmold by running a knife around the edges and release onto a cooling rack. Peel off the parchment and invert once again so cake is right side up. Allow to cool before slicing.

Honey Syrup for Cake

1/2 cup each honey, sugar, and water
1 clove
1 strip orange or lemon zest

Simmer all ingredients in a small saucepan until almost reduced by half. Remove from heat, pour into a container, cool to room temperature. Discard the clove and zest. **Drizzle on each slice of cake to serve.**

Cherokee Black Bean and Flax Balls

1 Tbsp ground flax seed

3 Tbsp water

1 can (15 oz) black beans, drained, rinsed, and mashed

1/4 cup panko bread crumbs

1 clove garlic, minced

1/2 tsp salt

1/2 Tbsp Worcestershire sauce

1/8 tsp liquid smoke flavoring

Cooking spray

Mix ground flax seeds and water together in a small bowl. Let sit to thicken, about 5 minutes.

Mix flax mixture, black beans, panko bread crumbs, garlic, salt, Worcestershire sauce, and liquid smoke together in a bowl until combined. Form batter into meatballs; arrange on a plate. Chill in refrigerator until set, about 30 minutes.

Spray a skillet with cooking spray; place balls in skillet over medium heat. Cook until browned, about 5 minutes per side. Or bake for 10 minutes at 425.



Honey Do Drop Ham Biscuits

Shaved ham of choice
1 cup cornmeal
2 cups milk
1/3 cup vegetable oil
1/4 cup honey
3 1/2 cups Master Biscuit Mix
(Master Biscuit Mix)
2 cups all-purpose flour
2 cups whole wheat flour
8 tsp baking powder
1 1/2 tsp salt

Preheat oven to 425F.

Mix the cornmeal and liquids. Stir in the 3 1/2 cups of Master Biscuit Mix. Beat 30 seconds. Using a large spoon, drop dollops of batter onto greased baking sheets. Bake at 425 for 8-10 minutes or until bottoms are lightly browned. After cooled, add shaved ham.

Makes 20-30 mini biscuits.

Honey-Glazed Sweet Potato Chips

2 sweet potatoes, peeled and thinly sliced
2 Tbsp butter or margarine, melted
2 Tbsp honey
1/2 tsp ground cinnamon
Salt and pepper, to taste

Preheat oven to 400F.

With veggie slicer, mandoline, or food processor, thinly slice sweet potatoes. Arrange potato slices in a single layer on a lightly oiled cookie sheet. Combine butter and honey in a small bowl; toss the potatoes. Bake four to five minutes per side. Sprinkle with cinnamon, salt and pepper to taste.

Makes 20-30 mini biscuits.

Bacon Cheddar Chive Scone with Honey

2 1/2 cups sharp cheddar cheese, shredded
1 1/2 cups chives, chopped 1/8 inches long
2 cups bacon, cooked and chopped
6 2/3 cups all purpose flour
2 Tbsp baking powder
1 Tbsp salt
4 sticks cold, unsalted butter, cubed 1/2 inch
2 oz. bacon fat, cold
9 eggs, room temperature, lightly beaten
1/2 cup honey
1/4 cup heavy cream
1 cup half and half
Egg wash (recipe below)

In a bowl, mix together the cheese, chives, and bacon with 2/3 cup of the all purpose flour and set aside.

In the bowl of a stand mixer, add the remaining flour, baking powder, and salt. Using a paddle attachment, mix together on a medium-low speed, adding the cold butter and cold bacon fat. Mix until butter and fat are the size of a pea.

Add the cheese mixture you set aside in the beginning of the recipe and lower speed to the lowest.

In a separate bowl, whisk together the eggs, heavy cream, half and half, and honey, then slowly add to the mixing bowl and mix on low just until all the dry ingredients come together. Do not over mix. The dough will look slightly wet.

Remove dough from the mixer and transfer to a 9x13 baking sheet, lined with parchment paper and sprinkled with flour (about 1/4 cup additional). Press gently until the dough is spread evenly and then freeze for 1 hour or until the dough is firm enough to cut.

Transfer the dough out onto a cutting board, sprinkle additional flour on the cutting surface. Mark the dough into 3x5 rows and then cut into squares.

Place each square onto a baking sheet lined with parchment paper, brush with egg wash and bake in an oven at 325F for at least 20-30 minutes, or until goldenbrown, with a slight amber color.

For Egg Wash: Combine 2 whole eggs, 2 Tbsp whole milk, and 1/4 tsp salt. Whisk until well blended.

Honey Brushed Pear & Boursin Crostini

1 French baguette, cut into 3/4 inch slices on the diagonal, discarding ends
1/4 cup honey
1/4 cup olive oil
1/2 tsp each of Kosher salt and freshly ground pepper
1 pkg Boursin cheese, softened to room temperature
1/4 cup mayonnaise
3 Tbsp parmesan, grated
1 tsp freshly ground pepper
1 Tbsp fresh tarragon, chopped
18 whole walnuts, toasted
1 firm fresh pear, halved, cored, and cut into slivers
1/2 cup Radicchio, shredded

Preheat oven to 350F.

In a small bowl, whisk together the honey, olive oil, salt, and pepper. Lightly brush each side of the crostini with this mixture and place on a baking sheet. Reserve the remaining honey oil mixture for later. Bake in the oven for 8-10 minutes until lightly browned. Remove the crostini from the oven and let cool.

In a small bowl mix together the Boursin cheese, mayo, parmesan, pepper, and tarragon until smooth. Divide the cheese spread evenly between each crostini. Top the cheese with 2 or 3 pear slices and bake the crostini for another 6-8 minutes or until the cheese is warmed through.

Remove the crostini from the oven and top with the walnuts and the shredded radicchio. Drizzle the remaining honey oil mixture over the crostini.

Serve immediately or at room temperature, garnish with sprouts if desired.

Makes about 18 pieces.



Bruschetta with Herbed Ricotta, and Honey Macerated Blackberries

(Luncheon Only)

2 cups fresh blackberries
3 Tbsp honey
3/4 tsp black pepper, freshly ground, divided
2 cups ricotta
1 Tbsp lemon zest, grated fine on a micro plane
1 Tbsp fresh chives, minced
2 tsp rosemary, minced
1 tsp Kosher salt
1 round sourdough bread
To season—Kosher salt and extra virgin olive oil

Preheat oven to 375F.

While the oven is heating, macerate the blackberries and place them in a heat proof bowl. Next mix the honey and about 1/4 tsp ground black pepper, cover in plastic wrap, and place the bowl over the top of a 2 quart sauce pot with simmering water. Allow the bowl to heat over medium heat for about 30 minutes to speed up the maceration process—this can also be done a day in advance. Allow the macerated berries to cool to room temperature before using them.

Combine the ricotta, chives, lemon zest, 1 tsp salt, and the remaining 1/2 tsp of ground black pepper. Set aside.

Cut the bread in half and cut each half into 6 thick slices to make 12 slices total.

When the oven is hot and ready, brush the bread with olive oil and light Kosher salt, arrange on a baking sheet and bake until lightly browned or approximately 10-12 minutes.

Allow the toast to cool and then spread with the herbed ricotta. Then portion at least a Tbsp or so of the macerated blackberries on top of ricotta and serve.

Makes 12 Bruschetta

Butternut Squash Soup

(Luncheon Only)

2 Tbsp butter
1 onion, chopped
2 cloves garlic, minced
3 carrots, diced
2 celery stalks, diced
1 potato, peeled and diced
1 butternut squash, peeled, seeded, and diced
3 cans (14.5 oz. each) chicken broth
1/2 cup honey
1/2 tsp dried thyme leaves, crushed
Salt and pepper, to taste

In a large pot, melt butter over medium heat. Stir in onions and garlic. Cook and stir until lightly browned, about 5 minutes. Stir in carrots, celery, potatoes, squash, chicken broth, honey, and thyme. Bring mixture to boil; reduce heat and simmer 30 to 45 minutes or until vegetables are tender. Remove from heat and cool slightly. Transfer mixture to blender or food processor; process until smooth. Return pureed soup to pot. Season to taste with salt and pepper. Heat until hot and serve.

Makes 6 servings

Chicket Chutney Tea Sandwiches

(Luncheon Only)

1 Tbsp Dijon mustard
1 Tbsp mayonnaise
4 oz cream cheese
4 oz chutney (mango, peach, etc.)
2 cups chicken, cooked and finely chopped
1/4 cup dried cranberries, finely chopped
1/8 cup crystallized ginger, finely chopped
1/2 cup toasted slivered almonds
Pepperidge Farms Very Thin Wheat Bread

Blend first 4 ingredients together. Add remaining ingredients, blend well and chill. Spread mixture on one side of 18 bread slices; top with remaining bread slices. Trim crust from sandwiches; cut each into triangles or cut with decorative cookie cutters.

Makes 36 sandwiches



Historic Smithfield Plantation®
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Become part of the Smithfield story!

Historic Smithfield is always looking for enthusiastic volunteers and supporters to help us preserve and share local history.

We invite you to share your time and talents
to become a part of our story!

www.smithfieldplantation.org



Join the Smithfield Family!

Your generous contributions will go directly towards supporting Historic Smithfield's educational programming and helping us to remain open as a museum and historic site.

Members receive a free admission to the house, a discount on museum store purchases, and a complimentary copy of the Smithfield Review. Member levels of \$200 or more also include discounted rates for Pavilion rentals.

We look forward to hearing from you!

Historic Smithfield Plantation
1000 Smithfield Plantation Road, Blacksburg, VA 24060
540-231-3947



Historic Smithfield Holiday

Greenery Raffle

Pay just \$15 per ticket for a chance to win beautiful Christmas decorations.

Visit the museum store to purchase your tickets. Buy as many as you wish!



Thank you for visiting!

Your generous support has helped
Smithfield to remain open to the
public as a museum and
educational center.