BY MELANIE D.G. KAPLAN

EAT YOUR WAY THROUGH APPALACHIA

Climbing the ladder of mountain-town—— and, specifically, the Kentuckylawmaking team of my friend Travis Paquin, they had little variety in their routine. Fewer bowls, fewer experiences, fewer culinary pleasures were just a few of the reasons they were interested in more than just their current status.

Eventually, I decided to do what I could to help—come up with the idea for what would become Eat Your Way Through Appalachia. I wanted to create a project that would not only show off the unique culinary experiences that Appalachia has to offer but also promote the idea of sustainable and local food systems in the region.

The mountain town that gave birth to my project is a city called Grafton, a town known for its distinct culture and the “beaver” that once thrived in the area. I soon learned that Grafton is known for its chocolate, but what I really wanted to focus on was the culinary experiences that are available in this part of the country.

In 1980, I launched this summer, our project was launched, and we immediately began to reach out to people about Appalachian food heritage. From our first stop in Charleston, W.Va., to our last stop in Boone, N.C., we were able to gather a wealth of information about the culinary experiences that are available in this part of the country.

On the list are occasional squirrel (and had never considered visiting this part of the country before), bluegrass music and culinary adventures, including blueberry crisp and the carrot cake. On the list were occasional squirrel (and had never considered visiting this part of the country before), bluegrass music and culinary adventures, including blueberry crisp and the carrot cake. On the list were occasional squirrel (and had never considered visiting this part of the country before), bluegrass music and culinary adventures, including blueberry crisp and the carrot cake.

As we continued westward, we realized that we were in a place that was unlike any other we had ever visited before. The economic blight that affects many other places was not evident here. We were able to find blueberry crisp and the carrot cake, as well as other dishes that we had never tasted before. We were able to find blueberry crisp and the carrot cake, as well as other dishes that we had never tasted before. We were able to find blueberry crisp and the carrot cake, as well as other dishes that we had never tasted before.