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Celebrating 175: Artist Statements and Writings by Beverly Buchanan, circa 1972, 1981-2008

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(Extra Info For You)

I was exposed to two different households culturally.

Breakfast

North Carolina

Eggs, meat and biscuits for breakfast or fried apples and scrambled eggs

South Carolina

White or yellow grits with sausage, fried fish and biscuits or oatmeal with hard boiled egg or fried egg over light. No cold cereal. Home made muffins, fruit, veggies

Dinner

North Carolina

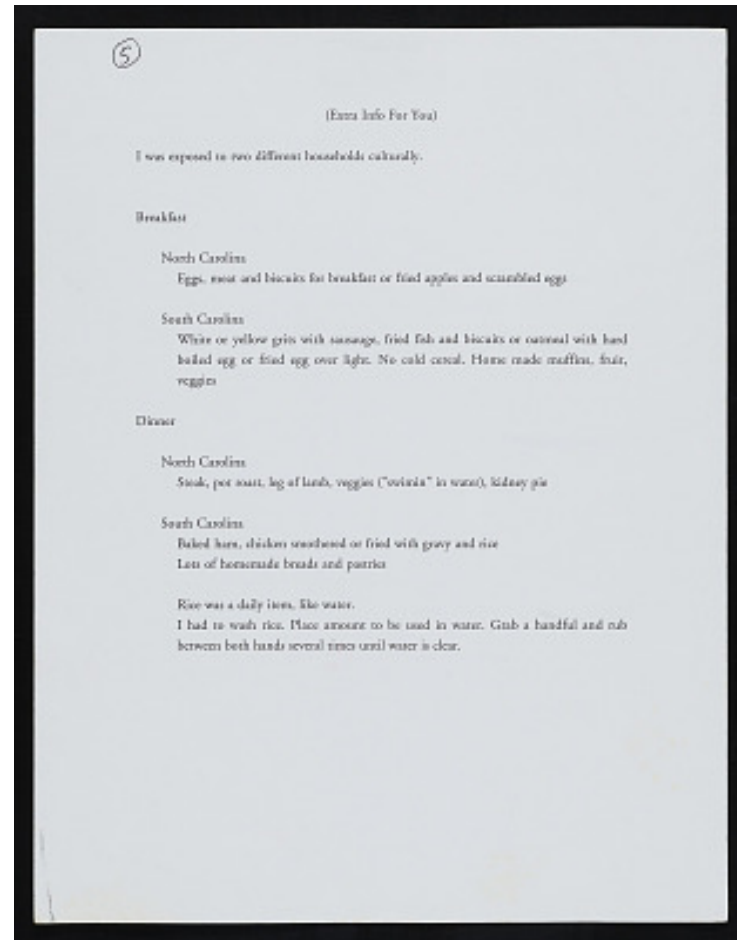
Steak, pot roast, leg of lamb, veggies ("swimmin" in water), kidney pie

South Carolina

Baked ham, chicken smothered or fried with gravy and rice
Lots of homemade breads and pastries

Rice was a daily item, like water.

I had to wash rice. Place amount to be used in water. Grab a handful and rub between both hands several times until water is clear.



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