

Genevieve (Jenny) Bardwell & Susan Ray Brown

Where: Rising Creek Bakery

Date: November 2, 2016

Location: Mt. Morris, PA

Interviewer: Mary Briggs & Emily Hilliard

Transcription: Mary Briggs & Emily Hilliard

Length: 1:06:18

Master salt rising bread baker **Genevieve (Jenny) Bardwell** holds an A.S. in culinary arts from the Culinary Institute of America, and a B.S. and M.S. in plant pathology from the University of Massachusetts. Jenny is the co-author of [*Salt Rising Bread: Recipes and Heartfelt Stories of a Nearly Lost Appalachian Tradition*](#) and was the co-founder of [Rising Creek Bakery](#) in Mount Morris, Pennsylvania, both with Susan Ray Brown. Jenny has engaged in a deep, decades-long study of the unique labor-intensive Appalachian bread, focusing particularly on the scientific process and researching analog breads in other cultures. In 2017, she was awarded a [Folk and Traditional Arts Apprenticeship Grant](#) from the Pennsylvania Council of the Arts to lead a salt rising bread apprenticeship with baker Antonio Archer and in 2018, she was awarded an Folklife Apprenticeship Grant from the West Virginia Folklife Program with fellow baker Susan Ray Brown and apprentice Amy Dawson.

Master salt rising bread baker **Susan Ray Brown** grew up in southern West Virginia, and her family roots go back nearly 300 years in her beloved Mountain State. She holds a B.A. in sociology/anthropology from West Virginia University. Susan is the co-author of *Salt Rising Bread: Recipes and Heartfelt Stories of a Nearly Lost Appalachian Tradition* and was the co-founder of Rising Creek Bakery in Mount Morris, PA, both with Jenny Bardwell. Susan has engaged in a deep, decades-long study of the unique labor-intensive Appalachian bread, recording oral histories, gathering recipes, conducting scientific studies, and constantly experimenting through her own baking. Find more on her website at www.saltrisingbread.net.

Bardwell: Genevieve (Jenny) Bardwell, salt-rising bread baker, author, and Rising Creek Bakery Owner

Briggs: Mary Briggs, Rivers of Steel Folklorist

Brown: Susan Ray Brown, salt-rising bread baker, oral historian, and author

Hilliard: Emily Hilliard, West Virginia State Folklorist

00:00

Hilliard: I'm gonna turn it on. So could you introduce yourselves?

Briggs: Well first let's say it's November 2nd, 2016...

Hilliard: Sure. OK.

Briggs: We're at The Rising Creek Bakery in Mount Morris Pennsylvania with Jenny Bardwell and Susan...

Brown: Brown.

Briggs: Brown. Emily Hilliard and Mary Briggs

Hilliard: Thanks. Now could you introduce yourself.

Brown: Sure. Just my name or...?

Hilliard: Your name, where you're from, the year you were born, if you don't mind?

Brown: Ah, I don't mind.

Briggs: We can all 'fess up to that.

Brown: Susan Brown. I might say Susan Ray Brown because then I can brag that my initials are the same as salt rising bread. (Briggs laughs) I was born in West Virginia in 1953. Makes me 63 and I have lived in the eastern panhandle, in Romney, 'til I was about 12. [00:01:00] And then we moved to Greenbrier County where my mom was from when I was in the ninth grade. And my grandmother and my aunt and my cousins all lived there. So I was there until I went to college. Went to WVU, I graduated from there in '75 and have pretty much lived in the Morgantown area since then.

Hilliard: And how about you?

Bardwell: [00:01:30] Jenny Bardwell born in 1954. Soon to be 63. And I grew up in upstate New York... country and then came to this area when my husband got a job with the U.S. Forest Service in Morgantown, West Virginia. So we've lived here almost 30 years. I went to Culinary Institute 1976 [00:02:00] in Hyde Park, New York and had a bakery in Massachusetts for a few years. Sold it went to college at University of Massachusetts and

got a master's in plant pathology. And then came down to this area of Morgantown, West Virginia/Mount Morris Pennsylvania and had the bakery here for the last seven years.

Hilliard: Could you tell us about your first experience with salt rising bread [00:02:30] .

Brown: With eating it or making it?

Hilliard: Either way.

Briggs: Either way's good.

Brown: (Laughs) Well I have to say that it goes back to when I was a child because my grandmother made it and that's how I learned to love it. And I have memories of her making the...her starter where she would put it and everyone would ask her you know anxiously the next morning "Did the starter come-- are we going to have bread today?" And also I write in the book about [00:03:00] one of the favorite memories I have of being a child was to go to grandmother's house on Saturday mornings and would just be her and me, and she would make... eggs over easy, bacon, and her salt rising toast. And it was just a wonderful memory of that and of her. And so that's... that's the beginnings of my association with salt rising bread.

Hilliard: And how about you?

Bardwell: When we moved here to [00:03:30] Mount Morris we went to the small local church and, which was basically the Haines family in that church and us and and they were wonderful friends they...we became wonderful friends and they taught us all kinds of survival tactics in the countryside. And one day I was going up to Pearl Haines's house and they were making soap from lye. [00:04:00] And there was a big cauldron on the hillside and they were boiling lye and making soap. And it was fall and it was up on the hillside and the leaves were beautiful colors swirling around. And then afterwards we went inside and ate and I had salt rising bread for the first time and I just fell in love with it and Pearl taught me how to make it. From then on-- that's how I learned about salt [00:04:30] rising.

Hilliard: And how did you learn to make it?

Brown: Well, trial and error. I didn't really... I think I may have tried it a couple of times when I was a teenager at home but it didn't stick with it too much although looking back I should have because grandmother was right there. But anyway I started making... trying it again after I was married and had young children and grandmother was still living then so I could call her. And she was down in the southern part of state and I was up here, but I would call her [00:05:00] and she would advice and send me recipes and stuff like that. But like I said last night I didn't... I don't remember really perfecting it until after she died when I really got more serious about it.

Briggs: Was available anywhere else as you were growing up? You know what I mean-- or was it just a tradition that individuals that you found knew how to do but you couldn't go to the store and buy it or go...?

- Bardwell: There were a few Kroger's [00:05:30] like in Elkins. I remember when we first moved here I could buy frozen salt-rising bread. So that was like 1990. But then that disappeared. And I think as Susan said last night it was due to the salt rising yeast that commercial bakeries had kind of used up their stores and there just wasn't any available anymore. So then the stores gradually didn't have a viable way of making [00:06:00] it. They didn't think they could make it without that salt-rising yeast. But...
- Briggs: We've proved them wrong!
- Brown: I think as a child I don't remember ever getting salt rising bread anywhere except from these women's kitchens. But then when I did come to Morgantown I remember at one point Kroger did sell a bread. I can't remember who made that.
- Bardwell: I don't know either.
- Brown: But they sold...
- Bardwell: It might've been at Home Industries in Clarksburg. They sold it... probably until [00:06:30] they used up their salt rising yeast.
- Hilliard: And I've heard about them from pepperoni rolls because it used to be that they would allow women to come and then they would market their home baked goods? Is that how...
- Bardwell: Maybe! I don't know the history of the people there. I don't know if they have new owners now--I've been in contact a little bit to see if they wanted to buy our salt rising bread because they still have a whole line of stores [00:07:00] that they sell their pepperoni rolls to. But they haven't taken it back.
- Hilliard: Why does it compel you so much?
- Bardwell: Well I think it I find it compelling because it's mysterious and it's a challenge. Those two aspects are just wonderful ways to get involved and be passionate about something in life. [00:07:30] Something that is mysterious and challenging. And it tastes good! (all laugh)
- Brown: I agree with everything Jenny said, but I feel like also for me, this whole idea of salt rising bread is compelling because it reaches such deep and sweet memories in people. And... I think whenever you can find that somewhere in life it's nice to point it out and to [00:08:00] talk about it. And so that's one of the things I really like about salt-rising bread and being involved in it, but of course I'm also compelled because it's part of my heritage.
- Briggs: Maybe we can jump in. We were talking about how it seems to pin the community together. These people walked in this morning-- 10 loaves of bread-- and people... this is a destination.
- Bardwell and Brown: Yeah!
- Briggs: So there's some sort of a touchstone [00:08:30] of memory and of culture.

- Brown: Yeah. When we... well, on my website and since we opened the bakery and people would talk to us when they called to order the bread, we always, or when I was here, we'd always say, "what's your connection to it?" and people loved to talk about their stories and their memories and their connection to salt-rising bread. And I'm sure that's true of other foods too. But this is the one that we know about. And...
- Bardwell: I bet [00:09:00] if we could ask that guy this morning, "who made it when you were young?" He would have been glad to tell us! (Brown: Yeah) His grandmother, or... As soon as he said-- I asked him where he was from. He said Jakes Run. And that's an area, I don't know, five miles over the mountains here into West Virginia and borders on Fairview area, which is...
- Briggs: The salt-rising capital of West Virginia?
- Bardwell: Yes.
- Briggs: Of the world!
- Brown: (laughs)
- Hilliard: Why is it?
- Bardwell: It's like [00:09:30] everybody there either knows how to make it or knows someone who makes it. Everyone knows and it's a small community. They had a school there they raised money for a library. Somehow that community has been able to kind of stay coherent as a community. And I'm not really sure why I don't know the history of Fairview, but it was probably more prosperous 50 years ago than it is now.
- Brown: Yeah.
- Bardwell: I don't know the full history. There's [00:10:00] coal mining in there. They still have a small school—that always helps to keep the community together.
- Brown: It's also compelling when someone says to you, "I haven't had salt rising bread for 50 years!" And then you give them a loaf or you sell them a loaf and it's just so wonderful! It's really sweet and that... we heard stories like that all the time here.
- Hilliard: I think [00:10:30] one of the things that is so interesting hearing about the work that you've done is that it really is transferred via women. And I think about the the male scientist who tried to market it... and I mean he did for a while, but then it sort of retreated back to women's home kitchens and that-- that part is really interesting to me.
- Brown: Yeah! I hadn't really thought about it like that, but that's a good point and I like thinking [00:11:00] of it like that. Women took it back. They didn't just let it go.
- Bardwell: Talk more about that, Emily.
- Hilliard: Well, I guess I come from the perspective of there's so much professionalisation of things that are done by women, and men professionalize and market them and you see this in

professional chefs, you know, and it's just a story that happens over and over-- ballad singing, you [00:11:30] know a lot of that.

Briggs: Pottery.

Bardwell: Yeah.

Briggs: Traditional pottery. It was all women's work until it became technical and commercialized and then suddenly it was man's work.

Hilliard: Yeah. And that's not to say that... I think that maybe there's a different understanding-- like obviously these women who invented it and have made it, they understand the science but in a different way. And then there's sort of a... you make it technical and professionalize it. And obviously [00:12:00] that doesn't always fall in gender lines, but it is a story that I see repeated often. (worker enters) OK. So that's... I don't know. It's a familiar story that I...

Bardwell: Yeah, it's interesting to think about. I mean women were kind of stuck in the homes so they didn't have access to tools or technology to develop those scientific or engineering ideas.

Briggs: And people who were immigrating west.

Briggs: Yeah [00:12:30] We talk about the wagon trains (Bardwell: Yeah) and how the women had to provide a meal. (Bardwell: Right. Right.) And they use what technology (Bardwell: Right.) they could find.

Badwell: ...Using that salt barrel on the side of the wagon.

Briggs: Yeah. Improvise.

Bardwell: Yeah. It's a really interesting idea. So... I don't know, I'm just kind of trying to take that idea to 2017 now and [00:13:00] it's just certainly valuable to keep that tradition alive. That's for sure. Because I think... see in a way, so the man took... (laughs) I don't know why we have to talk about men like that but here we go. And the men kind of took this yeast and then it got lost. The art of making that yeast got lost and I... we don't need it. So we... we don't feel a need to keep that technology [00:13:30] going. But we want to keep the tradition of salt rising bread alive or otherwise it would get lost too.

Brown: Yeah.

Hilliard: And sometimes it is important to have... I mean the fact that you have a bakery here where people can come and have it. I mean it doesn't... Sometimes it's important to have... turn public and be at a place like that.

Bardwell: Yeah. We're still making it the way the women did [00:14:00] .

Hilliard: Right.

Briggs: The other thing I wonder because I think one of you mentioned yesterday that most of the people who come in and buy it are older. (Bardwell: Yep. Yeah.) And so have you given thought? I'm sure you have... to how the tradition is going to progress in 20 years from now.

Bardwell: Right. Right.

Brown: Yeah. That's our... that's our whole reason for doing all this work. You know, to keep the tradition going, to teach the younger people to like it, [00:14:30] introduce it to them so that some of them will hopefully want to learn to make it because otherwise it will... it will go away. And I think we are the main movers and shakers in this movement to try and keep this tradition going.

Briggs: Have you thought of strategies for how—just that people are going to take it home and...

Brown: Well...

Bardwell: Well our classes! (Briggs: Yeah) But we do need to appeal to younger people, because...! That's [00:15:00] why it's great you're here, Emily. We want to make another video. We have one video on the web that's kind of amateurish. People love it. But we want to do another video that is a little more in-depth and captures some of the tricks and skills making salt rising bread. And then there's this apprenticeship program-- I mean maybe we should think of that apprenticeship program in terms of really capturing the interest of younger people. I don't know.

Brown: [00:15:30] The problem is that times are different now than they were when all of these were made back in the 50s, 40s, 30s, and women are more in the workforce obviously and they don't have time at home. They're not home that much. And so it's not just having to reach the younger generation but they have to find a way that the younger generation can actually make this a part of their lives, even if they want to they may not be able to because of their lifestyle.

Briggs: It's a [00:16:00] time thing I was thinking last night that the... One thing I learned from the workshop last night is salt-rising bread is a product of time and temperature.

Bardwell: Yes.

Briggs: But those were the two big things and time is a big commitment. And I think I agree with what you're saying--that people don't have the time or don't want to devote that time.

Hilliard: We are in a moment now where a lot of those things are coming back like canning for instance has had this moment that... [00:16:30] Danille Christensen-- I don't know if you know her-- she's a folklorist she's at Virginia Tech, but she writes about hipster canning. (all laugh)

Briggs: I was laughing to myself because all the hipsters are doing this now!

Hilliard: Yeah. Right!

- Bardwell: It's a new back to the land...
- Hilliard: Right! And I think there's a certain class-- you know it's usually middle class-- but I could see salt rising bread fitting in that-- being part of that sort [00:17:00] of moment.
- Bardwell: The nice thing about salt-rising bread is you don't need anything that you might not have. OK—flour. And like Susan said you can make starters with flour and water, you can use potatoes. They're pretty common. Corn meal. Some other ground bean like garbanzo flour and baking soda so those are pretty common ingredients. So if you don't happen to have any yeast in the house you can make risen bread.
- Briggs: What was your first-- [00:17:30] what was the first recipe that you used?
- Bardwell: It was the corn meal-milk.
- Briggs: And where did you get it?
- Bardwell: That's from Pearl Haines.
- Briggs: From Pearl Haines. And she's passed?
- Bardwell: Mmhm. Right.
- Hilliard: Could you tell us about Pearl?
- Bardwell: Oh, she was a wonderful passionate person. She was a great storyteller and historian in her own right. We interviewed her probably five, six times and it was the last time that [00:18:00] Susan asked "Did you ever hear of saleratus?" And so we had spoken-- I had known Pearl like 20 some years and that one question was the first time she'd ever mentioned, "Oh yes, *salteradiss*" (Brown: laughs) which was it. "My mother used to talk about *salteradiss*."
- Brown: We just like, died! Like this is a real big moment!
- Bardwell: Yeah, we asked the right question!
- Bardwell: She died [00:18:30] within months after that. That's the only person I've talked to who knew saleratus, *salteradiss*. There's a book out there, well a couple of books, there's one called *saleratus* and it's cited in our book, where we've got a lot of history about *saleratus* from. There's also the Headleys have written about some foodways in Pennsylvania, West Virginia and their book is pretty detailed. They talk about *saleratus* and they [00:19:00] talk about how in Clarksburg it was pronounced one way and in Morgantown it was pronounced another way, and in Wheeling it was pronounced another way. So I thought that was interesting because here was Pearl kind of documenting to us a whole 'nother way of saying *saleratus*—*salteradiss*.
- Briggs: Just for the tape-- that that's related to potash right?
- Bardwell: Right. Right.

Briggs: It just kind of capsulizes...

Bardwell: Well, originally one of the first recipes we have for salt-rising bread is using [00:19:30] potash instead of baking soda. They didn't have baking soda—this is late 1700s. So potash was this rough kind of food that you made by pouring water over your wood ashes and then letting it evaporate so you had this kind of white powdery mixture and it was basically lye—alkaline.

Briggs: I was gonna say, so you could make bread or soap, right?

Bardwell: Yeah, exactly! And raise your biscuits, your gingerbread,, [00:20:00] and... Now that's something I'm really interested in pursuing to see if it was the pioneer women that started using potash to raise their biscuits and gingerbread. And then that knowledge was then taken over the ocean to Europe or was it knowledge, excuse me, that was brought here because the earliest cookbooks have it in. Like Amelia Simmons her 1790 cookbook talks about using potash for biscuits and gingerbread not [00:20:30] salt-rising bread. We found a separate recipe for that. But it isn't in Europe in cookbooks until 1800s that they talk about using potash. Potash was used for glass making, so had been used for thousands of years, but not in food. And so I'm in the process now of contacting some Rachel Laudan. She's a food historian and I also contacted Rosemary Hathaway at WVU [00:21:00] about the potash history 'cause I'm really curious. Because I think it be really cool to document that it was the pioneer women who started using potash for raising biscuits and gingerbread.

Briggs: It's interesting, yeah, that you're saying you said the glass industry. (Bardwell: Yeah). Because as a potter I use it for ceramic glazes. There's soda spar, you know, potash spar or soda spar is something you would use or potash spar—potash feldspar or soda feldspar, so there's a potash component there that makes [00:21:30] the glass for the glaze because glaze is just glass.

Bardwell: Right.

Briggs: But it's not food grade I guess, so I shouldn't go home and go use it, try to make bread out of it. (laughs)

Hilliard: Actually...

Bardwell: So I didn't finish the history of saleratus, sorry. So once potash got used for baking and glass making in Europe-- [00:22:00] we're talking about 1early 1800s-- you know populations are rising and they need more and more windows for houses, so forests were being depleted. And the industrialization was coming into being. So they invented their own potash. They made a form of sodium bicarbonate, potassium bicarbonate. And I don't know what it was called in Europe, but then that knowledge of how to make it came back to the States and they started industrially producing [00:22:30] it here. And they called is saleratus. And then all up into the 1800s people used it for baking and it was a much more consistent, uniform product than potash, which just depending on how much water you ran through. And then I think was 1900s baking soda replaced it. So I think early 1900s.

Briggs: So you're saying that the pioneer women found it on the ground?

Bardwell: Well they found saleratus.

Briggs: Right, saleratus, yes.

Bardwell: But it was [00:23:00] naturally formed from salt kind of deposits but that's mostly out west. I don't think you can find it here and I don't know the complete history of that if the women kind of discovered it. Or they kind of just knew it because of saleratus already bought... being able to buy it. I don't know that full history. But it's... But it's interesting. I'm really [00:23:30] anxious to find out if it was the pioneer women who started using potash for baking and then gave that knowledge to Europeans.

Hilliard: I know that we went through this yesterday, but for that tape could you walk us through the process of making the bread?

Brown: Well there are three...

Bardwell: If you excuse me, I'm just gonna run up and check with this oven guy.

Brown: There are 3 stages involved in making salt rising bread. First is the starter [00:24:00]. The second is the sponge and the third is the dough. The starter is made with basically two-- two basic recipes-- one where you use potatoes and boiling water. The other is cornmeal and milk. You put that together and set it in a warm place for about 12 hours, usually overnight, and the next morning when that is fermented and is foamy and has a good smell, you pour out the [00:24:30] water or the fermentation from the potatoes. Discard them and add a little bit of water flour. Or if it's cornmeal starter you just add flour and water--mix it up 'til it's about the consistency of a pancake batter. And you set that again in the warm place for... it generally takes one and a half to two hours, maybe one to two hours, till that doubles in size and then you just add water and flour and make up your dough and put it in the pans [00:25:00] and the dough rises, then bake them! Is that enough detail or do you want...

Hilliard: Mmhm. And how long does it take to bake?

Brown: I usually bake mine about 25 minutes but that, you...

Briggs: That's total?

Brown: Mmhm.

Brown: You know it varies from recipe to recipe. Basically you just want a bake 'em until it's golden brown and hollow when you hit the top of it. It doesn't take that long to make salt rising bread.

Hilliard: Could you describe [00:25:30] what it looks, like what it tastes like?

Brown: We always say that the characteristic look of salt-rising bread is a flat top and that if you see a domed top it's not real salt-rising bread. And the taste... We often say it has a cheese like flavor and it's not salty. [00:26:00] You think that's the main characteristic of the look and taste.

- Bardwell: I could add a little bit to that... with salt rising bread it's primarily hydrogen gas that's rising the bread. And that's something Dr. Coleman back in 1909 was studying. So the bacteria and salt rising bread produced primarily hydrogen. It's a lighter gas than carbon dioxide which is what yeast produces. So yeast breads tend to rise [00:26:30] up higher and salt rising bread, like Susan said, has that flat top and a tender crumb. I think the hydrogen gas for some reason makes the crumb appear more white and very small air holes
- Brown: It's denser than a light risen bread. I think that's why it makes such good toast is because it's a dense bread—heavy.
- Briggs: I have a question about the rising, though. You know, regular yeast bread if you [00:27:00] let it raise too much it'll collapse in on itself. Will that happen with salt-rising bread? Cause last night you were saying- “Oh, it's really risen a lot,” and I was wondering.
- Bardwell: Oh yeah sure. Yep, you'll lose that rising power.
- Hilliard: Could you talk about why... your theories for why it's called salt rising bread?
- Bardwell: Ah, well I think the main theory is could be linked back to Pearl Haines calling it salteratus. It's [00:27:30] kind of like salt rising. And they're in almost every recipe there is some form of salt whether it's table salt or baking soda, which is a type of chemist salt, saleratus—it's a type of salt sodium bicarbonate, potassium bicarbonate. So that's why we see... one main theory for the salt-rising bread. The second theory is that [00:28:00] it was the starter and sponge and dough may have been kind of coddled with blocks of rock salt around it, or as the westward migration-- people talked about when they were in the wagon trains they would put their starter in a barrel of rock salt to keep it warm and that held the heat with the sun shining on it all day. It held the heat so that it would ferment at the right temperature.
- Briggs: My money's on theory number 1.
- Bardwell: Is it? Yeah, I think so...
- Brown: Yeah I think so also. [00:28:30] That just makes more sense to me. I mean I can see why someone might say “Oh it was called salt rising bread because of the salt,” you know-- heating it. But I think the first theory is what we kind of tend to believe.
- Bardwell: But what about those recipes that don't have any salt in them? Is there any recipe that doesn't have even salt in the starter [00:29:00].
- Brown: Yeah. Oh yeah.
- Bardwell: So that's one. Hmm. Although maybe...
- Brown: Maybe it originally started as saleratus bread and then people changed the recipe over the years, you know-- they maybe may want to make it one time and it didn't have salt for the starter, so they just used the flour and water. Obviously the recipes vary a lot with those

little details. But also I recently read an article all about a bread that was called Alleghany bread and it's salt-rising bread to the tee. And I had never seen it—did I tell you about that?

Bardwell: Yeah.

Brown: So that's got me thinking-- why did it become Allegheny bread? Why were they calling it Allegheny bread.

Bardwell: And this is from Pennsylvania.

Brown: Well, the woman was raised right, I think in this area. She said--the article said she was raised in Pennsylvania just on the border of West Virginia. And so could have been this part of Pennsylvania and [00:30:00] she lived here and she called it Allegheny bread. So I don't know. I mean the Alleghenies are not here, so maybe she had relatives who lived there, brought it here, or what, and they called it Alleghany bread. I don't know, but we haven't pursued that yet.

Bardwell: When was that written?

Brown: Oh, I think about three years ago.

Briggs: Oh, jeez.

Hilliard: And it was something she made-- it wasn't like a marketed name for it?

Brown: No she just made it at home. But her son wrote the article [00:30:30] and he said, "My mom made Alleghany bread" and he gave the recipe and it was salt rising. So...

Hilliard: Have you come across other names for it?

Brown: Well, people say salt-rising, salt risen, uh--yeah. Not not any other really different name.

Bardwell: Let's see-- there's something lightening bread...

Brown: We've read about lightening bread, but it wasn't exactly salt- [00:31:00] rising.

Bardwell: No, no.

Brown: It could have been a precursor maybe to salt-rising. Yeah I kind of forget what that was made with.

Bardwell: Or, like the early cookbooks were the... a lot of times we've come across this early recipe were you take a vessel and you scald the vessel. I don't know, how do you scald a vessel--by putting in a pot of scalding water? So you're kind of sterilizing it, and then you put your middlins in and then [00:31:30] you add water and middlins back then meaning cornmeal. And I don't remember these recipes if they added baking soda or potash. I have to look at 'em again. And then within five hours it will rise up-- and we're like whoa I've never seen a soft rising starter that rose up in five hours. But, hey.

- Brown: We've seen several recipes in [00:32:00] our research where they say five hours. And we just thought for a long time, well that had to be a misprint or something because that's not possible but then you know at that point this was hundreds of years ago, two hundred years ago, maybe the flour was different...
- Briggs: It was!
- Brown: Yeah, it was. And so there might have been some reason because we've seen it several times. Only five hours. [00:32:30] But we've never really known exactly why it worked in 5 hours because it won't now. I mean we've made it a million times and it...
- Briggs: Could we back up a little bit and talk about how you two kind of-- you just balance each other so well. (Bardwell and Brown laugh) I mean you do, really, and how you kind of formed your partnership and how you first met?
- Brown: Well, a mutual friend introduced us because she knew that we both lived in Mount Morris and Jenny and I hadn't met. So we met [00:33:00] through our friend and we both had young children at the time, so our... you know we were both in Mt. Morris, we both had young kids and so we obviously liked each other enough to spend time together. (Bardwell laughs) So just over the years we've just been friends for all that time, our kids have grown up...
- Briggs: So salt rising bread came up at some point from one of you talking about it, or...?
- Bardwell: Yeah. Mmhm. Yeah, so it was really something to kind of share. And [00:33:30] we helped each other in perfecting it and making it and the whole mystery of it. I think we really kind of both loved investigating. (Brown: Yeah). Susan had her past and I don't know, maybe I had the science.
- Briggs: Well that's what I feel like—you have the, although you both are very passionate. You're coming from a science background and you're coming from this you know, really emotional attachment and it somehow [00:34:00] it just comes together and like I said, you balance so well.
- Brown: Thank you, that's nice.
- Hilliard: Could you talk a little bit about the oral history project that you've worked on and I know you talked about Pearl but some of the other women that you've collected stories from?
- Brown: Let's see, I guess... I don't know if you can count the stories that were sent [00:34:30] in by e-mail, but in a way they weren't orally passed. But they were passed to me beginning before we really had the bakery. And before we started going out and interviewing women, I was collecting stories over the internet on my web site and then.
- Bardwell: Patty Kisner.
- Brown: Yeah, we worked with WVU Extension for a while in the 90s. And she, Patty Kisner, was the director [00:35:00] there and she helped us. She let us use her mailing list for all of

the women in West Virginia who were in these little extension home clubs and we sent a letter...

Bardwell: And that's like almost every county in the state.

Brown: It was every county!

Bardwell: Oh was it?

Brown: Yeah. So she let us compose a letter that was signed by her, and you know with our input, that "These women are looking to research salt rising bread-- do you have a recipe you'd like to share?" And [00:35:30] so in the course of them sending their recipes, almost everyone had to say something about the recipe or about the bread so we got a lot of really nice stories along with those recipes, some just heart wrenching and beautiful. And so we got those and then...I guess we just started interviewing people when we were beginning to think about writing the book. And I just feel like I've been talking to people about salt rising bread all my [00:36:00] life, basically as long as I can remember back!

Bardwell: So is the extension project. And then the bakery, and then in the early years of the bakery we sent a survey out asking again for stories and anything you know about salt-rising bread.

Brown: We have 5 questions on the survey. The results are in our book and it was really a fun thing to do and it was so great to get them back and see what people said.

Bardwell: ...from all over the country (Brown: Yeah) [00:36:30] a lot from California and Florida. And (Brown: Yeah) and that's where we came up with... of 100 surveys, we had five people under the age of 60. So that's the demographic.

Brown: That's so funny.

Bardwell: We also asked people on this survey what's their favorite way to eat it and by far toast with butter was right up there.

Brown: We ask them who did they learn to make it from or how did they come to have [00:37:00] it in their lives. And it was almost always grandmother made it or my great aunt made it. It was a family thing although there were several who grew up getting it from those bakeries in California, a lot of the time, they would have... But even though they went to a bakery to get it they still had memories. They'd say, "Every Saturday morning my dad would go and take us to the bakery and we'd get salt rising bread and come back and sit around the table and we'd all toast together." It was sweet!

Hilliard: [00:37:30] So it always had some kind of ritual or story or some kind other meaning to it.

Brown: So many times it does, yeah.

Hilliard: I know you sort of talked about this, but maybe in another way-- what role do you see the bakery playing in in this community?

- Bardwell: Well, certainly elevating the status of salt rising bread [00:38:00]. And I think-- maybe I'm just idealizing it, but I think I see that that recognition and that respect in the people who come to buy the bread. It's like they appreciate that because this is something that was-- poor communities, poor rural communities. They had this. And now someone's appreciating it and they can continue those memories by coming and buying the bread. It's pretty cool. It feels really wonderful to be able to do that.
- Brown: [00:38:30] It's not only this community that's impacted by the bread, I mean it is all over the country too.
- Bardwell: Once in a while I'll get people-- they buy the bread and it just wasn't stinky enough. "I can't believe you sell that and you call it salt rising bread!" (Briggs laughs) (Hilliard laughs)
- Briggs: Well you can't please everybody!
- Bardwell: Can't please everybody! (laughs)
- Brown: We have this [00:39:00] theory that as people age, you know their sense of taste is not as acute. (laughs) And we don't say that to them, but we feel like, you know, it is tasty and it does smell as badly, but they don't know, you know, they don't realize that they're not smelling and tasting the way they used to.
- Hilliard: Right. Yeah.
- Briggs: I liked your comment about talking about how, you know it came from, you know, poor communities, communities that just [00:39:30] didn't have a lot of advantage and being able to raise that profile and really validate that and say this is, you know, this is a piece of art here. (Bardwell: Right!) This is a piece of cultural property that's your patrimony. In a way, you know. That's important.
- Bardwell: Right. You know, and it was women, you know, so how are women acknowledged and appreciated? All those...
- Brown: I was saying last night that I... I have... I think that it's important [00:40:00] not to elevate salt-rising bread to a point that is not true to what it really is. I mean it was the people's bread. And that's grand enough! And I have a little bit of a problem with making it—fancifying it and losing the real history and meaning behind the bread. You know what I'm saying?
- Briggs: Yeah.
- Hilliard: Yeah. Mmhm.
- Briggs: So it becomes kind of an icon rather than a real...
- Brown: Yeah.
- Briggs: ...integral part of life.

- Hilliard: And decontextualized too.
- Briggs: Mmmhm.
- Bardwell: [00:40:30] Wow, that's interesting. Decontextualizing it.
- Briggs: That's folklore.
- Bardwell: Is it? (Hilliard laughs) I mean yeah! I mean it's an interesting word.
- Brown: Explain that word a little more.
- Bardwell: But I think what Susan just said in that word... is pointing out an idea [00:41:00] that I hadn't thought of before either.
- Briggs: But that means you kind of walk the line with it, you know?
- Hilliard: Right!
- Briggs: Because you do want people to understand and appreciate it and have it accessible. But on the other hand you don't want to take it out of context and make it something...
- Hilliard: And the bread can be a gateway to the stories and an understanding and...like the sonker example that I gave last night. I was telling-- I was saying there was this sonker that I had [00:41:30] been researching a few years ago.
- Brown: A what? What's the word?
- Hilliard: It's it's called a sonker and it's a dessert that's very specific to Mount Airy, North Carolina and it's sort of a pie and cobbler mix and usually it's either peaches or sweet potatoes. And towards the end of baking you pour this milk dip over it and then it bakes for 15 minutes more and then you serve the leftover dip with it. And so I was [00:42:00] getting into this idea and how it was specific to this area and there's this whole tradition of music from Mount Airy too and so... And in this documentary of the fiddler his girlfriend is pulling bonkers out of the oven, so I was just so excited about this. And then it showed up on this famous food blog. And it had no mention of Mount Airy and it was not a sonker as I had researched it. It was just a cobbler in a skillet and berries and I [00:42:30] commented and said, I think very nicely, "You know I think this is what a sonker is and you know this is interesting—maybe you know, and I was kind of asking like what's the story about yours. And the blogger didn't even publish the comment in the moderation. And I was just so mad because I felt like it was ripped out of a story and a place that is inherent to the actual food.
- Brown: Yeah, that's a good example of what I'm trying to say. I don't want to see [00:43:00] that happen.
- Briggs: You don't want Anthony Bourdain stopping by your bakery. (laughter—inaudible)
- Brown: She might!

- Bardwell: I might!
- Hilliard: (laughs)
- Brown: I just won't come by that day.
- Hilliard: I mean you never know when you put something out there in the world what's... how someone's... what they're going to do with it. (Briggs: Right) (Brown: Right) But I think the way that you approach it is about the story is part of it. You know it's intertwined and [00:43:30] you can't really separate those things.
- Bardwell: Yeah, that's revelatory. (Hilliard laughs) I have to think about this. That's great. So decontextualization. Is that right?
- Briggs: Yeah. And it's done in music all the in time. (Hilliard: Yeah!) It happens all the time. And it becomes, you know, then a popular commodity.
- Bardwell: Like rap music, I mean how do the blacks feel about rap music. [00:44:00] I mean you look at the play Hamilton—I don't know if you've looked at the musical score for Hamilton. But it's basically—it's hip hop and it's now Broadway. (Hilliard: Yeah). And you know, thousand dollars for a ticket to go see it.
- Briggs: Well, you talk about say Madonna and Michael Jackson... (Bardwell: Yeah) who, you know in the Bowery in New York, the voguing, the street dancing that's called voguing, you know, and they took that and decontextualized it and it became a commodity for them in their [00:44:30] popular music. So it's happens all the time in music.
- Hilliard: And you know it's an age-old story in Appalachia too. I mean I've had friends who are from the area—musicians-- call cultural strip mining. You know there's a way that the extractive industry happens with culture too. And that's definitely true for music you see it a lot with string band traditions and all that, but [00:45:00] it happens with every culture really.
- Bardwell: That's like innovation.
- Hilliard: Yeah. Right. And it's always a balance or a fine line. Anyway.
- Briggs: Yeah, yeah.
- Bardwell: But I guess I just want to kind of document a little bit more like where Susan is coming from. So you're saying you don't want to lose this history or this idea of importance [00:45:30] of memory. And sitting around the kitchen table eating salt rising bread. Or-- what is it that you're not wanting to get away from?
- Brown: Well, I guess it's kind of like I feel like it would be... unkind to the women who've made this so laboriously for so many years [00:46:00] for their friends and their families and their loved ones to have it become like a high-end specialty kind of food.

- Briggs: Because the ritual is taken away? There's a lot of ritual involved in this from the very beginning of making it...
- Brown: And so much hard work. And love has gone into this bread for so much of its history. And it was a bread they had to make to survive and to.. [00:46:30] And so therefore to put it really high up on a pedestal and fancy it up-- I think is doing an injustice and a disservice to all these women for all those years you...
- Bardwell: So in a way it's de-humanizing it.
- Brown: Yeah...
- Bardwell: 'Cause you're talking about very human... basic human values-- feeding your family and survival.
- Brown: Yeah. Like you say it's walking a fine line, you know, because [00:47:00] part of what we want to do is have it available to more people. Have other people enjoy it and carry it on.
- Briggs: So that it survives.
- Brown: Yes.
- Briggs: It's a survival thing.
- Brown: But how far does that go?
- Hilliard: [00:49:30] Mmmhm.
- Briggs: Well, you know, we were talking about hipster canning. But you know, I mean there's really not a whole lot wrong with that.
- Hilliard: Right. I mean I could be considered one. But I mean my mom canned.
- Briggs: Yeah, I canned because—you know, I have a big vegetable garden and I just can!
- Bardwell: Well there's nothing wrong with that at all! You're growing the food, you're caring about...
- Briggs: Right! I don't see.
- Bardwell: Harvesting it.
- Briggs: Right, local food is now very trendy now and I hope it's a trend that continues and I think it's an outgrowth of that. So I don't think there's anything particularly wrong with that say, you know...
- Brown: I feel like I've talked to my kids about how to can food because I'm personally worried about the future! They may have to grow their own food some day! And can it. You don't know. And so it's a good skill to have.

- Hilliard: I think some of the concern with that is like the preciousness or something that gets put on the can. Instead of this is just something I do—it's you know, part of survival or part of feeding my family or part of eating fruit in the wintertime or whatever...
- Briggs: It becomes a precious object.
- Hilliard: Yeah. Yeah.
- Briggs: That you...
- Brown: And also you don't want to discredit or belittle the women who had to can—hard work to can a winter's worth of food! By your little tiny thing of you know, raspberry jelly or whatever it might be. (Hilliard laughs) because you have to respect those people more!
- Briggs: Right. Yeah. You're exactly right.
- Hilliard: Mhm. Yeah. But some of it is—I think things that get that label or get critiques are actually young people continuing traditions that—or may have skipped a generation. Maybe their mother didn't do it but their grandmother did. You know? And there's nothing wrong with that.
- Brown: No, No!
- Briggs: Well my mother and grandmother used to can and we kids always had to help—we hated it! We would run and hide! You know now another tomato! And I never canned for years and then when we moved back up here and had a big garden, I thought, well you know, I'm gonna freeze some of them and can some of it. So it became something that was practical, you know, so...you can rediscover things. Yeah, I never forget how—we would hide. Oh my gosh, we would run! (all laugh)
- Hilliard: So through the... through the bakery, have some of the people who work here-- they've learned to make it?
- Bardwell: Yeah! [00:50:00] Yeah. Oh we laugh for a couple of years, we had a Chinese guy, Taiwanese guy, and we'd say he was the only Asian who's ever made salt-rising bread. We shouldn't publish that. I shouldn't say that. It's not very nice.
- Brown: But it's different.
- Bardwell: He made good bread!
- Briggs: You were talking about actually trying to think about selling the bakery. And...
- Bardwell: Right, it's on the market.
- Briggs: And making plans for carrying on the salt-rising bread.
- Bardwell: Definitely. It'd be wonderful. To me, ideally, if a couple could buy it-- just as I'm getting older. It's hard work. If a couple could buy it, then they could reap two payrolls and

continue this tradition it'd be wonderful. It's a good little business and it's a wonderful product—salt-rising bread.

Briggs: And you could be the consultant.

Bardwell: Sure! Oh yeah, I'll be glad to work here for as long as needed.

Briggs: Susan, you don't work here anymore? [00:51:00]

Brown: No, I think was a couple years ago that I stopped.

Hilliard: Well, if I didn't have this job, I'd consider it. (laughter—inaudible)

Briggs: If the stock falls off the folklore market!

Brown: I'll take your job. And you take Jenny's job. I have always wanted your job! (laughter)

Briggs: I think you probably a lot of experience at it. How many people did you actually interview? You have a number.

Bardwell: 20 some?

Briggs: In the book—you have quite a few published in the book.

Bardwell: Yeah, we didn't put all of them in the book obviously but [00:51:30]...

Briggs: How did you archive them?

Brown: Oh, we just...

Bardwell: Well we recorded it and then transcripts. So we have the original transcripts.

Briggs: Did you transcribe them?

Bardwell: Yeah.

Brown: Yeah, we each did some.

Bardwell: We both did it. It's a great way to kind of go over the interview again and you're typing away...

Briggs: It's a lot of work.

Bardwell: Yeah. But you know how when you document something with your hands your mind stays.

Hilliard: Yeah. That's true. It is a good exercise—transcribing your own stuff [00:52:00]. Because during the interview you're thinking about what question am I gonna ask next and all that.

- Bardwell: Right. Yeah.
- Briggs: So are you continuing to look for people to interview and continuing research?
- Bardwell: Yeah, I mean there's definitely some people in Fairview we could go see.
- Briggs: The lady that was there last night.
- Bardwell: Yes. Rosemary Tennant. Yes.
- Brown: Of course now the book is finished we're finding all these other people [00:52:30] to interview, but that is always gonna happen I think.
- Bardwell: Volume 2. We have a couple mistakes in the book that we could...
- Briggs: Or you know just the archiving of those interviews. And you have them digitized?
- Bardwell: Yeah. Yeah.
- Briggs: That's very important.
- Bardwell: OK. You know I mean I can hand them to you.
- Hilliard: I mean it we're working out a partnership with WVU so our materials will go there but, I could see one role we're taking on is incorporating small collections into that, so...[00:53:00]
- Briggs: So you should hang onto them until the time is right. Because...
- Bardwell: Sure. Sure. Yeah. I mean these people who made salt-rising bread are dying!
- Briggs: Have you given copies of the interview to their families?
- Bardwell: No, we haven't.
- Briggs: That's a nice thing to do.
- Bardwell: We certainly handed out books to all the people.
- Briggs: Oh yes. So some of them were in the book.
- Bardwell: Yes. But no—that's a nice idea. I didn't keep [00:53:30] the tape recording-- I just didn't have fancy equipment so I had to kind of keep over-writing.
- Brown: I some of the recordings that I made and I did send transcripts of some of the interviews to a couple of the people that we... But I was thinking too-- I don't know if you're interested but I have some really sweet stories and I have them all collected if you want a few of them as samples and whatever you're going to do with this interview I can send them.

Hilliard: I would love that [00:54:00].

Bardwell: We should... you should digitize all of them. Type 'em in.

Brown: They're typed, I think yeah. I have 'em.

Bardwell: Great.

Brown: There was this one story of a woman in California who ordered bread from the bakery and no-- She contacted me before the bakery was open and said her mother loves salt-rising bread. But she was sick. And so she didn't make it. And she found my website. So [00:54:30] she said I can't find it anywhere. So I said, Well make some and send it to you. So I did and she was eternally grateful and she kept... I sent it to her a few times and then the bakery opened so she started buying it from the bakery. And she would give us a little update on her mother each time. And it got to one point where the only thing her mother could eat was the salt rising bread. That's all she wanted because she was dying. And then eventually I got an email saying "mom died last night [00:55:00]. She could no longer eat your salt-rising bread but it was a great comfort to me and my sisters. So things like that are just really sweet. So. I'll send you some of the good ones.

Hilliard: Great. Could you also just talk a little bit about the classes that you've been having? And... you know who comes to them and what their experience or why they come—what their motivations are.

Bardwell: A lot of times it's mostly women but there's [00:55:30] definitely guys also-- they've tried making salt rising bread for years and haven't got it to work. So hopefully we help them with that. And I think as Mary said it's time and temperature. You know, knowing to recognize when the starter is ready, not getting it too soon. But that seems to be more an error than on the other end. It seems like you can let the started go a pretty long time and it will work. So it's getting it when it's not smelly [00:56:00] enough. I mean I can recognize the smell now so we're kind of helping people get in touch with what it looks like, the smells, the temperature-- the importance of keeping that warm temperature.

Brown: We've even had people come to the class who don't live around here who, you know, have bought bread from the bakery or seen the web site and found that class. And they will drive!

Bardwell: Someone came all the way from Michigan to take the class.

Brown: Oh yeah and that she's really a good friend [00:56:30] Jenny's and she was so cute. She had seen our video and when she came she just thought like we were Hollywood actors or something—she was like, "I can't believe I'm meeting Susan Brown and Jenny Bardwell" so that was cute. (laughter) So that was fun.

Hilliard: Well I noticed on the map there was a high concentration, kind of where I'm from-- Northern Indiana and middle of Michigan.

Bardwell: Yeah.

- Hilliard: Maybe people moving to Detroit area.
- Bardwell: We think. We think it was people migrating up there.
- Briggs: There was a big migration to those cities.
- Brown: Western-- southwestern New York State also has a little area of salt rising bread knowledge.
- Bardwell: I once tried to look at the path of the railways and the salt. But I didn't really see any connection so to speak. Because there is salt from upstate New York and Pennsylvania and West Virginia.
- Brown: I think-- something [00:57:30] back to what Jenny was saying about time and temperature-- the other really important thing you have to have when making salt rising bread is patience. And you can't hurry along. That was Pearl's motto. You can't hurry it along. And that's true. And some women have tried to make salt rising bread like--well one woman we interviewed would set her starter in the morning, work all day, and come home and make the sponge at the end of the day. [00:58:00] And she was fairly successful at that. But the starters and the sponge are so fragile that you could miss it if you're not right there when it comes-- you know the starter is ready and you're not there it will begin to deflate and then it won't work. The same way with the sponge. So you can try to do it when you're not home all day, but it's tricky because you really need to be watching it.
- Briggs: Because there are so many variables even if you try to control the environment there's still [00:58:30] a lot of variables that you can't account for.
- Bardwell: Dealing with wild microbes.
- Briggs: It's wildlife.
- Bardwell: Yep. Yep.
- Briggs: Wildlife reserve right there.
- Hilliard: And that's an interesting thing too because fermentation is-- has recently had this moment.
- Briggs: Yes.
- Hilliard: So I wonder-- have you found people interested in it from that point of view?
- Bardwell: A few.
- Brown: Yeah. Well we were interviewed [00:59:00] for that PASTE blog. Have you heard of that?
- Hilliard: Mmhm.

Brown: And one of her questions was in this time right now we're affirming that food is having a comeback, why do we think salt rising bread is not in that mix? And it was a good question and I thought about that and I kind of feel like it's not in the mix partially because it was a poor person's food and it [00:59:30].... it doesn't get the respect that it is worthy of it in some ways. In a lot of ways. Because we've talked to popular, you know, well known bread makers and I always look in bread books when I'm in bookstores and you rarely see salt-rising bread. And then when you... when we have talked to like that Peter Reinhart—and some of those people. [01:00:00] Well, he was a little more interested in it, but some of the bakers just like food-- are like “Oh yeah I've heard of that.” But they don't really want to pursue it.

Bardwell: Well is a whole aspect of salt rising bread that we haven't discussed-- the bacteria *Clostridium provingens* (sp?) can be a pathogen. And when we were first discovering that it was a *Clostridium* bacteria that was rising [01:00:30] the bread, we were first alarmed because it can cause, you know food poisoning-- gangrene. There's different versions of *Clostridium* (laughter) Right! So here we are feeding our family. But there is no history of anybody ever getting sick eating salt rising bread which is why we wrote that article with Dr. Greg Juckett and to document that. That it's been around hundreds of years and there's absolutely [01:01:00] no evidence of people ever getting sick-- people eat the raw starter, the sponge and no one ever gets sick. And it... also at that point we found a pathologist at University of Pittsburgh, Dr. Bruce MacLean, and he studies nothing but *Clostridium provingens*, the pathogen. So he said “sure bring some starters up there,” because we just want to verify and we brought a dozen starters, a loaf of bread, and walk into his lab and it smells [01:01:30] just like salt-rising bread.

Brown: It was so funny!

Bardwell: And he's like a world renowned pathologist for *Clostridium*. And so he had his doc-- postdocs doing PCR analysis on it and they could not find the gene for the toxin in any of our starters. None of our bread--which was really revealing. That the gene wasn't even present. It's not that it wasn't being expressed it wasn't [01:02:00] even present. And...and we put that in our article was Dr. Greg Juckett. So that was really interesting. But would he eat the bread? No. Oh no.

Brown: My husband won't eat it either. He's a doctor and he's not gonna touch it.

Briggs: Really? And Why is that. Because of the...

Brown: Because of the *Clostridium*.

Bardwell: But since this bacteria is found in our gut as part of the natural microflora, and if you [01:02:30] look at many bacteria like anthrax that causes--if you look at anthrax that causes disease, the toxin in anthrax is not present and I don't even think the gene is present in *Bacillus thuringiensis* (sp?) which is an insecticide that you put on your cabbage to prevent the cabbage moth from... they're both anthrax [01:03:00] bacteria. And so many bacteria-- I think scientists are really just beginning to understand the genetics of bacteria and the name that they're called. And so the fact that *Clostridium provingens* is in in perfect genes is in salt rising bread and in our stomachs as part of the natural microflora...

- Briggs: When you bake the bread, does the bacteria survive the baking process?
- Bardwell: It probably doesn't. That's the other point. There's probably a few spores.
- Briggs: [01:03:30] Yeah. It just seems like 400 degrees right, it should polish them off.
- Bardwell: Right. Right. It does. Yes.
- Brown: And there was another study done by a scientist in the 60s—that Dack I think was his his name, if I'm remembering and he said in his--clearly no one has ever-- we can document it. No one has ever died from eating salt rising bread.
- Bardwell: There was this weird study. I don't even want to get into [01:04:00] really. Anyway. So I think that's one reason why some of these sourdough people --like bread bakers guild-- I'm a member of bread bakers guild. I don't know if you're familiar with it but it's kind of like the organization for artisan bread makers and salt rising bread was really poo-pooed. They don't like it. And they're really afraid that the salt rising bread is going to contaminate their sourdoughs that they've had for millennia.
- Brown: That's what I was trying to think [01:04:30] of when I was saying that some of these. High up bakers don't get it.
- Bardwell: Yeah. Yeah.
- Hilliard: But you have sourdough here.
- Bardwell: Exactly! And there's no contamination in this. People are afraid of the processes they're just afraid of... So it has gotten a little bit of a bad name and hopefully we're dispelling that. I've taught classes at-- bread bakery guild classes-- to kind of promote this idea-- "you don't have to worry about it!" but I'm the only one out there. Sometimes [01:05:00] it's a little lonely, but it's okay.
- Brown: I think back to that question about why it's not amongst the currently fermented foods that people are—in addition to that aspect, it is so time consuming.
- Briggs: Well you have to follow up the fermentation with the baking. Where a lot of—you know, that kimchi you just ferment it and get-- So there is that.
- Hilliard: Do you have any other questions?
- Briggs: I don't think so. I'm sure I will!
- Hilliard: Yeah, I know. Is there anything you want to add?
- Bardwell: Well this was a wonderful interview!
- Brown: [01:05:30] Yeah it really was great.

Bardwell: I thought it really brought out some wonderful points that I haven't thought a lot about, so...

Brown: Yeah, it was really wonderful.

Hilliard: Well thank you both so much.

Brown: Oh--Thank you!

Bardwell: Yeah!

Briggs: So, the salt-rising capital of West Virginia! (Hilliard laughs) I think there's a song in there somewhere.

Hilliard: Sam [01:06:00] should write one. (laughter) Alright. I'm gonna turn this off. (small talk)

1:06:18

END OF TAPE