

HISTORIC

RURAL HILL

EDUCATIONAL PROGRAMS



Cooking in the Backwoods
Fire Cakes at Rural Hill

Hello!

At Rural Hill, we're no stranger to hosting fun and educational programs to kids of all ages; over 1500 students from the surrounding areas are served each year. We would love to help you fill your upcoming summer camp demands for educational and fun off site programming. While the program has been designed to fall directly in line with NC Essential Standards and Common Core teachings, its content can adjusted to suit your group's needs. Please take the time to review the following materials, which serve as an introduction to the summer program, Light and Heat in the Eighteenth Century

Thank you so much,

A handwritten signature in black ink, appearing to read 'Zac Vinson', with a long, sweeping horizontal line extending to the right.

Zac Vinson
Director of Education,
Historic Rural Hill
zac@ruralhill.net
704 875 3113

Rural Hill is an historic site, working farm, and educational venue operated by Historic Rural Hill, a non-profit 501c-3 through a lease with Mecklenburg County Park and Recreation. With over two hundred and fifty years of history behind it, Rural Hill is a restoration in progress. Enjoy two hundred sixty five acres of magnificent rural vistas, a variety of farm animals and wildlife, a wooded trail that encircles the property, and our historic buildings and reconstructions. With eleven structures in all, we have the perfect setting to provide cultural heritage events, educational programs, self guided or guided tours, and so much more! We welcome all visitors and students to Rural Hill, where history springs

BEFORE YOU COME:

Please review the following reminders and recommendations prior to your departure:

- Please call and confirm your arrival date with Rural Hill Staff.
- Unless stated otherwise, programs are \$5 per student. One adult per 10 students is required.
- Groups of fewer than 15 participants will be required to pay a minimum amount of \$75.
- Please review the page entitled “*Site Etiquette*” with your students prior to arriving to Rural Hill and ensure that they understand what is expected of them.
- We would like you to arrive about 10 minutes early to allow the students plenty of time to check in and group themselves away from the bus(es).
- *Rural Hill is open in all weather.* If there are concerns regarding inclement weather and your group, please call ahead to let us know whether you are coming or rescheduling.
- Please ensure that students are dressed appropriately for the outdoors and the weather at hand.

SITE ETIQUETTE:

Rural Hill has nearly two hundred and fifty years of history on site and the staff here have the obligation to protect it for the future. Please abide by the following written rules as well as any verbal instructions our staff may provide to you during your stay. Students who fail to follow these rules may be separated from the group, asked to hold a teacher / parent’s hand, and / or made to leave the site. We request that you obey these rules and honor us as much as we honor your group for spending time with us.

- I. Rural Hill is a working farm. This means live animals and working machines / tools. Please do not chase, yell at, hit, or throw anything at or to the animals. Do not offer the animals any food unless instructed to do so. Please do not climb on or touch any piece of farm equipment. If a staff member or your teacher tells you to stop, **STOP**.
- II. Do not climb on, touch, step, or jump over wire fences: They are electric and **WILL SHOCK**.

- III. Be aware that many of the things in and around our buildings are very old and fragile. Do not touch or pick up anything unless you are told its okay.
- IV. For the safety of our guests, do not climb on, in, or jump off any part of our buildings.
- V. Please keep any and all trash on your person until you can locate a proper receptacle. **DO NOT LITTER.**
- VI. No food, drink, or gum is allowed inside any of the buildings. Please finish all snacks prior to entering or leave them outside.
- VII. The entirety of Rural Hill is a Non-Smoking site due to the dry and combustible nature of our land, crop, and buildings.

Backwoods Cooking at Rural Hill: Fire Cakes and More

Featured NC Essential Standards

Social Studies:

Strand of Main Focus:

History: K - 8

Touched Upon Strands:

Geography and Environmental Literacy: K - 5, 8

Economics and Financial Literacy: K - 1, 3

Civics and Governance: 3

Science: K - 6

Featured NC Common Core Standards

Literacy in History / Social Studies, Science, and Technical Subjects

Reading Standards for Literature

Key Ideas and Details: K - 5

Craft and Structure: K - 1

Range of Reading / Level of Text Complexity: K

Reading Standards for Informational Text

Key Ideas and Details: K - 5

Craft and Structure: K - 5

Integration of Knowledge / Ideas: K - 5

Range of Reading / Level of Text Complexity: K - 5

Reading Standards: Foundational Skills

Print Concepts: K - 5

Phonological Awareness: K - 5

Phonics and Word Recognition: K - 5

Fluency: K - 5

Time Required:

Allow 90-120 minutes for activity per group.

Location:

Rural Retreat Cabin and Historic Rural Hill

Materials

Flour

Dried Fruit

Honey/Syrup

Salt

Water

Hardwood coal and ash

Activity

Life in the backwoods of America wasn't easy. Whether on the trail during war or peacetime, men and women of all ages and backgrounds needed to be able to quickly craft a meal over an open fire using what meager ingredients they could have. Often militia men, who were often given rations a week in advance, would be left with little more than flour and water to make a meal from for days at a time. If they were lucky they may have had bacon, salt pork, dried fruit, nuts, salt and/or syrup to add to the meal. Cookware was at a premium, and many times meals were prepared using no conventional pot or pan. In this case food was often mixed in a bag and cooked directly adjacent to or in the ashes of a fire.

This program will teach historically accurate practices to students, as well incorporate scientific concepts and principles. First a guided walking tour of the historic property will introduce students to what life was like in the mid-eighteenth century. Depending on the season, Rural Hill's kitchen and colonial gardens may be included on this tour. Students will view and interact with our small herd of Highland Cattle, after which they will be giving an introduction to the cabin site, where the core of the educational program will take place. Children will watch as a fire is made and a meal

prepared via bannock board, skewers/sticks, or cooked directly amidst the ashes by our talented educational staff.

Typically groups arrive in the morning around 10am. The Light and Heat in the Eighteenth Century program will last until around 11:45am or 12pm. After the program has ended your group is free to eat a picnic lunch and enjoy the rest of their time about the farm grounds. Feel free to bring along any sort of outdoor activities that the campers may enjoy after their lunch. Rural Hill also has a 2.25 mile looped nature trail that you are welcome to hike free of charge.

Payments

Payments can be made by check via mail or at time of program. Prepayment is not necessary, only if it is more convenient to you to do so. To make a major credit card payment, (Master Card, Visa, Amex) please call Mark at 704 875 3113

If you choose to cancel your educational program please call us at 704 875 3113. If you cancel with less than 10 business days remaining until your previously scheduled program's date, a \$75 administrative fee will be charged.

Payment by Check:

Make checks payable to: *Historic Rural Hill, PO Box 1009, Huntersville, NC 28070-1009*