

An illustration of a yellow building with a brown roof and a central dome topped with a cross. To the left is a large green tree. The foreground is a field of yellow flowers. The sky is light blue with soft clouds.

# SHAKEN & STIRRED

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Drinks from the Alliance of  
National Heritage Areas

2024



## NATIONAL HERITAGE AREAS

National Heritage Areas are places where historic, cultural, and natural resources combine to form cohesive, nationally important landscapes. Unlike national parks, National Heritage Areas are large lived-in landscapes. Consequently, National Heritage Area entities collaborate with communities to determine how to make heritage relevant to local interests and needs.

In 1984, the first National Heritage Area, Illinois and Michigan Canal National Heritage Area, was signed into law by President Ronald Reagan. In his dedication speech, Reagan referred to National Heritage Areas "a new kind of national park" that married heritage conservation, recreation, and economic development. As of 2023, 62 National Heritage Areas are designated.

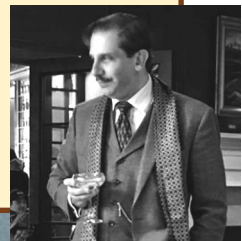
## SHAKEN AND STIRRED

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Like America, the best cocktails are a blend of local ingredients, regional identities, and natural resources. They are steeped in history, embodying the traditions and social customs of their time. The cocktails and mocktails presented in *Shaken and Stirred* explore the rich narratives of our amazing National Heritage Areas, telling our stories and connecting all of us.

Delving into the history and cultural significance of these drinks can transform how you view and experience our national stories. Cheers!

Devon R. Kurtz  
Blackstone River Valley NHC



*\*Most of the recipes presented serve one unless otherwise noted.*



*Welcome to Alabama's Black Belt, Where the Culture is as Rich as the Land.*

The Black Belt of Alabama is one of the last places where you can still experience the true South. From prehistory through the antebellum, from the Civil War to civil rights, the region embodies the South. Today, this beautiful place is home to a burgeoning cultural Renaissance and an emerging natural paradise.

## THE BLACK BELT BUCKSHOT

- ◆ 1 ounce Cross Roads Shine
- ◆ 1 ounce Orang Juice or Orange Pineapple Juice
- ◆ 1 ounce peach snaps
- ◆ splash of cranberry juice

Add all ingredients over ice, shake, and pour into your favorite shot glass. Recipe created by Van Wadsworth for the Alabama Black Belt Heritage Area.



## THE CATFISH DRINK

- ◆ 3 ounces Cross Roads Shine
- ◆ 4 Ounces of Sweet Tea
- ◆ Pickle for garnish
- ◆ Splash of Cranberry Juice



Stir until blended and pour over ice. Garnish with a pickle. Top with lemonade if desired. Recipe created by TaTa Giles, bartender at the "Rib Shack" in Gainsville, AL and featured on *Journey South*.

Visit us at [alblackbeltheritage.com](http://alblackbeltheritage.com)



DELAWARE & LEHIGH  
NATIONAL HERITAGE CORRIDOR

Pennsylvania

## BOILO

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The Christmas “Champagne” of the Pennsylvania Coal Region

- ◆ 3 oranges, quartered
- ◆ 2 lemons, quartered
- ◆ 2 pounds of honey
- ◆ 1 teaspoon whole cloves
- ◆ 1 teaspoon whole allspice
- ◆ 1 teaspoon whole pepper corns
- ◆ 1 cinnamon stick
- ◆ 3 teaspoons caraway seeds
- ◆ 2 cups of water
- ◆ 1 bottle of vodka, whiskey or high-proof grain alcohol



Add water, honey and spices to a large pot. Squeeze and add oranges and lemons and bring to a boil for five minutes, then reduce heat and simmer from 30 minutes to an hour. Strain all solids from the mixture, then let mixture cool before adding liquor; stir. Keep refrigerated until serving. To serve, warm gently to add to tea or straight up in a shot glass.

Created during the first quarter of the 20th century by Lithuanian immigrant miners, Boilo is an adaptation of *krupnikas*, a spiced honey liqueur consumed in Lithuania, Poland and Belarus. While the miners’ version used moonshine as its base, rye whiskey is the alcohol of choice for Boilo makers today. No longer is Boilo-making the provenance of laborers from the Baltics. Today, Boilo is made throughout the Pennsylvania Anthracite Region and many put their individual mark on the traditional recipe.



Georgia



Muscadine is the only grape native to the Americas, and people have enjoyed this fruit for thousands of years. Plentiful and sweet, there is little doubt that Muscogee people enjoyed this wild grape long before they were forced to leave their homeland in the early 1800s. At Lyon Farm, Muscadine trellis were constructed to cultivate Georgia's native grape. While we do not know whose hands planted the grapevines or built the arbors, the plant's sweet grapes were certainly enjoyed by all for generations. Reconstructions of Lyon Farm's Muscadine trellises stand today!

## MUSCADINE SANGRIA

- ◆ 750 ml bottle of Muscadine wine
- ◆ 1/3 cup brandy
- ◆ 1/2 medium orange
- ◆ 1/2 cup of fresh blueberries
- ◆ (Optional) 1 can Passionfruit La Croix



In a large pitcher combine wine and brandy. After slicing the orange, add them with the washed blueberries into the mixture. Chill before serving in wine glass. For fizz, add the can of Passionfruit La Croix. Garnish with orange slice.



Unlike Arabia Mountain, which was quarried for about a century, Panola Mountain was never touched by industry, except for old-fashioned moonshining. What is now Panola Mountain State Park was a very desirable spot for moonshiners because of its access to fresh-running creek water and remote location, straddling three counties (meaning three different legal jurisdictions). It is not known exactly when the illicit distilling began—moonshining is a part of many rural Georgian’s heritage going back to the late 18<sup>th</sup> Century—but remnants of the original operations can still be seen: stacked stones and rusted metal 55-gallon drums. Enjoy this moonshine-inspired cocktail on the rocks or dry!

## PANOLA PEACH MOONSHINE

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- ◆ 1 1/2 ounces Georgia Moon Peach Moonshine
- ◆ 1 ounce peach schnapps
- ◆ 3/4 ounce ginger ale
- ◆ 1 fresh Georgia peach

In a mason jar muddle peaches and then top with the combination of moonshine, peach schnapps, and ginger ale. Add ice and stir. Use remaining peach slices for garnish.



**Atchafalaya**  
NATIONAL HERITAGE AREA

Louisiana

## THE ATCHAFALAYA BLOSSOM

Created by *Sugarfield Spirits*

- ◆ 1 ounce Sugarfield Bourbon
- ◆ 1 ounce Sugarfield Peach Liqueur
- ◆ 1 ounce lemon juice
- ◆ 1 ounce simple syrup

Shake and serve over a large ice cube.



The Atchafalaya Basin is home to a vast array of flora and fauna. Take a lazy paddle down the bayou and you will catch pops of pure white, bright pink, or vivid red blossoms. A hardy rose-mallow type hibiscus, the Luna hibiscus, also called the marsh hibiscus, grows naturally in Louisiana - from sleepy bayous to roadside ditches. Do not let the delicate-looking nature of these flowers fool you: they are hardy and return year after year. So too, is the Atchafalaya Blossom - a stiff drink with delicate notes from the peach liqueur. Make it for yourself, or ask for it from our friends at *Sugarfield Spirits* in the Atchafalaya National Heritage Area!



The early Acadians had a rocky road after the Great Deportation. But hope floats, and the resilient settlers adapted and thrived in the Atchafalaya Basin area. Our Atchafalaya Float is reminiscent of the journey, and of course made all the better with local ice cream shop, Borden's. The original Borden's Ice Cream Shoppe opened in 1940 in Lafayette, LA. The Shoppe received a statement of significance in 2000 and is now the last retail Borden's Ice Cream Shoppe in the world.



## ATCHAFALAYA FLOAT

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Featuring *Borden's Ice Cream Shoppe* Ice Cream

- ◆ 2 scoops of (Borden's) Rocky Road ice cream
- ◆ 2 cups of Barq's Root Beer
- ◆ whipped cream to top

1. Add ice cream to a tall, chilled glass
2. Slowly pour in root beer
3. Top with whipped cream



Visit us at [Atchafalaya.org](http://Atchafalaya.org)



# AUGUSTA CANAL

NATIONAL HERITAGE AREA

Georgia

## TOWPATH TEA

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- ◆ elderberry tea
- ◆ 1 cup of water
- ◆ 1 tablespoon Augusta Honey Company honey
- ◆ 1/2 a lemon

Boil water, pour over tea bag. Add honey and a squeeze of lemon.



The Augusta Canal towpath is where mules, donkeys, or horses would walk while roped off to Petersburg boats to help pull the boats up the canal to the Savannah River. Today the towpath is one of our main recreational trails, averaging about 7 miles one way. The canal was dug in 1845 and the Grand Enlargement of the canal was completed in 1875. This project brought more power for factories, but also an entirely new culture to the city. For this job, the city hired 250 Chinese immigrants from the Transcontinental Railroad. These were the first people of Chinese origin in the city and still today the Chinese Benevolent Society can trace their ancestors to those workers hired to dig the expansion of the canal.

In honor of Chinese tea traditions and native elderberry shrubs, we created Towpath Tea. Elderberry trees are native to the area and grow along the canal during the spring. The berries are harvested in late August.

## THE GENERATOR

- ◆ 1/2 ounce 2<sup>nd</sup> City Distillery Gin
- ◆ juice from 1/2 a lime
- ◆ crystalized ginger for garnish

Pour gin and lime juice in highball glass over ice cubes. Top with ginger ale and a piece crystalized ginger.



The Augusta Canal is the oldest, continuously used hydropower canal in the United States. Originally the mills operated on hydro-mechanical power with wheels and pulleys, but as textile industry modernized in the 20<sup>th</sup> century, the mills converted to hydro-electric power. The fall of the water from the canal spins turbines which are connected by shafts into generators and still used today. The Augusta Canal Authority operates seven hydro-electric generators in Sibley, King, and Enterprise Mills.

Colonel George Washington Rains was charged with the construction of a gunpowder factory at the outbreak of the Civil War. 2<sup>nd</sup> City Distillery is in Augusta Georgia and makes all its own liquors and other alcoholic mixtures. The company is named after Augusta being the 2<sup>nd</sup> city founded in Georgia in 1736.

## COLONEL RAINS RECIPE

- ◆ 2 ounces of 2<sup>nd</sup> City Distillery Bourbon
- ◆ 1 dash of bitters
- ◆ sugar cube & dry ice

Into an old fashioned glass, put a small cube of sugar, bitters, a teaspoon of water, and muddle well. Add 2 oz. whiskey. Stir. Garnish with lemon peel. Now it is time to blow you away! Using a plastic or wooden utensil, add a small piece of dry ice into each drink and serve immediately.

Visit us at [augustacanal.com](http://augustacanal.com)

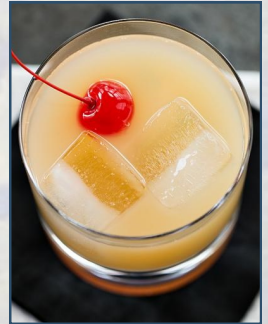


# Blackstone River Valley

National Heritage Corridor

Massachusetts & Rhode Island

## MONKEY WRENCH COCKTAIL



- ◆ 2 ounces rum
- ◆ 4 ounces grapefruit juice
- ◆ 1 dash Angostura Bitters

Mixing instructions: in an ice-filled old-fashioned glass, combine rum, grapefruit juice, and Angostura Bitters. Optional garnish with a maraschino cherry.

Cheers!

### Connection to the Heritage Area

In celebration of our place as the Birthplace of the American Industrial Revolution, we present the Monkey Wrench Cocktail.

The actual monkey wrench was invented in Worcester, MA in 1840. Loring Coes, a local knife manufacturer, invented a screw-based coach wrench design where the jaw width was set with a spinning ring fixed under the sliding lower jaw, above the handle. With the rise of factories and machinery, a tool was needed that could be operated with one hand for use in confined spaces.



# DUBLINER

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- ◆ 2 ounces Irish whiskey
- ◆ 1/2 ounce Grand Marnier
- ◆ 1/2 ounce sweet vermouth
- ◆ 3 dashes orange bitters
- ◆ Garnish: 1 green maraschino cherry



Add the whiskey, Grand Marnier, sweet vermouth and orange bitters into a mixing glass with ice and stir until well-chilled. Strain into a chilled cocktail glass and garnish with a green maraschino cherry.

## The Irish come to the Blackstone River Valley

The first major wave of Irish immigrants came to the Blackstone River Valley in the 1820's, and most came here to build the Blackstone Canal. Irish canal workers were professionals at their craft, having worked on canals in Ireland, England, and many on the Erie Canal in New York. Upon their arrival, they found themselves subject to prejudices, particularly for their Catholic faith. At first, Irish workers were allowed only to work at manual tasks, such as canal and railroad construction. Soon, however, mill owners welcomed them to support the growing industry. By the mid-1800's, the Irish were the major immigrant work force in the region. A larger wave of immigrants continued to arrive during the potato famine years. As the Irish population grew, several of their entrepreneurs began to make their way up the ladder to management and mill ownership.





# From Ice Cream to Anarchy

Emma Goldman and her connection to Worcester, MA

## CLASSIC MILK SHAKE

- ◆ 1 pint any flavor ice cream (the higher quality, the better)
  - ◆ 1/2 cup (or more) whole milk
  - ◆ 2 tablespoons malted milk powder
  - ◆ Whipped cream, sprinkles, chocolate syrup and/or cherries, for topping
1. Add ice cream, milk, and malted milk powder to a blender and mix until smooth. If needed., add more milk and continue to blend to desired consistency.
  2. Divide milkshake between 2 glasses. Add desired toppings and serve with a straw.



**EMMA GOLDMAN IS REMEMBERED AS** a political activist and writer, and among the most important figures of the anarchist movement in North America and Europe in the early 20th century. She worked to try to bring about a revolution that she believed would liberate the working class from their struggles, and was also an early and spirited advocate for women's rights and sexual liberation generally. But in 1891, Emma Goldman owned and operated a soda fountain in Worcester, MA.





## West Virginia



"Moonshine" comes from the slang term for making illegal liquor at night during the prohibition era. Appalachian moonshine came from Scots-Irish immigrants, who brought their whisky-making skills to the Appalachian mountains. Most moonshine is made from corn which was ideal for farmers to use their surplus corn harvest to make extra money. Moonshine is a story of hardship and resilience, a true American original!

## APPALACHIAN LEMONADE

- ◆ 2 ounces moonshine or grain alcohol
- ◆ 4 ounces water
- ◆ 2 ounces fresh lemon juice
- ◆ 1 tablespoon sugar
- ◆ mint leaves and lemon slices for garnish



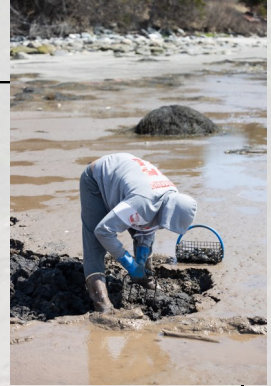
Mix all ingredients and stir till sugar is dissolved pour over ice in a tall glass. Garnish with mint leaves and lemon slices.

Visit us at [coalheritage.org](http://coalheritage.org)



# Downeast Maine

## National Heritage Area



What we call Downeast Maine is homeland of the Passamaquoddy Tribe of the Wabanaki people, who have lived here for over 10,000 years. Clams have always been an important resource to the Passamaquoddy and continue to be an important part of the regional economy. Bar Harbor, now a well-traveled tourism destination and launch-pad for visitors to Acadia National Park, was first an important summertime shellfish-gathering location for the Wabanaki. The name Bar Harbor is actually an anglicization of “clam-gathering place” in Passamaquoddy.

Clams were commercially valued as bait aboard fishing schooners of the nineteenth and twentieth centuries. During the Civil War fresh clams were shipped to Boston, fried, and sent to the troops. Technological innovations in preserving clams allowed for long-distance transport by boat and rail. The Whiting cannery may have been the first to pack steamed clams in the US and still operates as a shellfish dealer and processor - now known as Bar Harbor Foods.

## CLAMATO JUICE

*Clamato Juice is refreshing on its own and is the perfect base for a Bloody Mary.*

- ◆ 2 cups of pure juiced tomatoes - store bought or home blended
- ◆ 1/2 cup Bar Harbor Foods clam juice
- ◆ 2 tsp Worcestershire Sauce
- ◆ 2 tbsp lemon juice
- ◆ 1/4 tsp celery salt
- ◆ 1/2 tsp coarse black pepper



Whisk ingredients together, pour over ice, and garnish with celery and olives.



Downeast Maine is home to a landscape that exists nowhere else in the nation - vast, wide-open expanses of low-bush wild blueberry fields called "barrens." The barrens are sandy glacial outwash plains deposited by the Laurentide Ice Sheet, where wild blueberries - and little else - have thrived for more than 10,000 years. With over 6.5 million naturally evolved varieties, individual fields of wild blueberries can contain 1,500 genetically distinct plants! Due to the continuing cultural tradition and economic necessity of wild blueberry farming, substrate in the barrens remains largely intact, revealing some of the best-preserved glacial features in North America.

Wild blueberries cannot be planted commercially, they must be tended in their natural environment. Wild blueberries have always been an important food source for the Passamaquoddy people, who began the practice of cultivating the barrens through biennial burning, which remains the primary method today. Gathering blueberries on the barrens was a public privilege for European settlers for a century before the land became privately owned. During the Civil War, blueberries were harvested commercially, canned, and used to feed the Union Army. Downeast Maine has supplied roughly 90% of the world's wild blueberry supply since A.L. Stewart began canning berries in Cherryfield in 1874.



## WILD BLUEBERRY BARREN

- ◆ 1/4 cup Wild Blueberry Liqueur - this drink features H&S Spirits Wild Blueberry Liqueur for its deep, full flavor - almost as good as a mouthful of juicy berries!
- ◆ 2/3 cup Ginger Brew - this drink features Maine Root Ginger Brew, which has a more intense ginger kick than most.
- ◆ Juice of 1/4 to 1/2 fresh lemon, to your taste



Pour over a tall glass of ice cubes - miniature reminders of that force of nature which originally "laid the ground" for wild blueberry barrens, a vital part of our heritage story.

Visit us at [sunrisecounty.org/nha](http://sunrisecounty.org/nha)



Massachusetts

## ESSEX HERITAGE

Boston Brahmin Robert C. Winthrop marched up to Salem on a hot summer's day in 1822 with the company of the Boston Light Infantry to camp on the Common: "*a wisp of straw for our bed, and a bit of thin bunting above our heads, through which we could see the sentinel stars keeping their watch in the sky, more vigilant than any sentinels we could station, were our only and all-sufficient accommodations; and a little molasses and water and ginger—a switchel I think it was called—was our best drink.*"



## SWITCHEL



- ◆ 2 cups of water
- ◆ 4 tablespoons cider vinegar
- ◆ 2 tablespoons molasses
- ◆ 2 teaspoons of finely grated fresh ginger

Mix all the ingredients together and refrigerate at least 3 hours. Stir and taste. Adjust sweetness to taste. Serve over ice. Garnish with a sprig of mint or rosemary.

Elizabeth Hall's *Practical American Cookery and Domestic Economy* (1857) contains the basic recipe: half a gallon of molasses, one quart of vinegar, 2 ounces of powdered ginger with five gallons of water. Mix all and boil. Cool to make a beverage that is not only "very pleasant" but also "highly invigorating and healthful."

## The Joe Frogger

Lucretia Thomas-Brown (1773-1857), an entrepreneur and tavern-keeper was fondly known as “Aunt Cresey” who served black and white Essex residents alike at her popular tavern on Gingerbread Hill in Marblehead, MA. Under Thomas-Brown’s stewardship, the tavern became a host for the annual celebration of Negro Election Day which developed into the contemporary Black Picnic Day celebrated in Salem. Thomas-Brown also is thought to have invented a classic New England treat called the Joe Frogger, a rum-molasses cookie.

## THE JOE FROGGER

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- ◆ 2 ounces spiced or dark rum (depending on taste)
- ◆ 1 ounce orange juice
- ◆ 1 teaspoon molasses
- ◆ 1/4 teaspoon ginger
- ◆ 1/4 teaspoon cinnamon
- ◆ 1 pinch of nutmeg
- ◆ 1 pinch of ground cloves
- ◆ 2 teaspoon maple syrup (optional)
- ◆ 1 slice of candied ginger
- ◆ ginger beer to top
- ◆ garnish with cinnamon stick and star anise



1. Rim a rocks glass with raw sugar mixed with cinnamon. (run an orange wedge around rim and coat).
2. In shaker, add all and shake hard. Strain into prepared glass and top with ginger beer. Garnish with cinnamon stick and star anise.



NATIONAL AVIATION  
HERITAGE AREA  
Come. Discover. Fly!

Ohio

## FIRST FLIGHT FIZZ

- ◆ 1 can of Lime Ginger Warped Seltzer
- ◆ 1 1/2 ounces cucumber vodka
- ◆ 1/2 ounce fresh lime juice
- ◆ 1/2 ounce simple syrup

Shake vodka, lime juice, and simple syrup, then pour over ice into glass. Top with Lime Ginger Warped Seltzer (1/3-1/2 of can). Garnish with fresh cucumber slice.



National Aviation Heritage Area is home to the Wright Brothers who achieved First Flight on December 17, 1903.

The Warped Wing Brewing Company name pays homage to the famous invention by the Wright brother's called "wing warping." Wing Warping was a system designed for lateral roll control of a fixed-wing aircraft. The technique, used and patented by the Wright brothers, consisted of a system of pulleys and cables to twist the trailing edges of the wings in opposite directions.

Visit us at [visitnaha.com](http://visitnaha.com)

# MUCKRAKER

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Pennsylvania

- ◆ 3 large blackberries
- ◆ 1 ounce of bourbon
- ◆ 4 to 6 ounces of 50/50 ice tea/lemonade

Muddle blackberries in a highball glass. Add ice, bourbon, and top with ice tea/lemonade.



The Muckraker was created to honor of Ida Tarbell (1857-1944), known for her investigative journalism, especially for her *The History of the Standard Oil Company*. Ida was born in Erie County, PA, but like many families in the 1860s, the Tarbells relocated to Venango County so that her father could work in the burgeoning oil industry. In 1870, the family moved to nearby Titusville where Mr. Tarbell erected a house with materials from a former hotel in the boom-and-bust oil town of Pithole. Ida spent her teenage years in the house and used her and her family's experiences in the oil industry to write the serial that became a book of the same name. Her investigations into the company played a significant role in the break up of the Standard Oil Company for violating antitrust laws.

The house remained in the family until 1918, and after that date, it was heavily modified. The Oil Region Alliance purchased the property in 2007 and spent the next several years restoring the building to its original design, where feasible. The Oil Region Alliance operates the first floor as a house museum and event space. The Muckraker premiered there in August 2022 during the opening reception of the Oil Region Political Cartoon Exhibit.



Visit us at [oilregion.org](http://oilregion.org)



## Housatonic Heritage

Massachusetts &  
Connecticut

The Upper Housatonic Valley National Heritage Area serves the 29 communities of the Housatonic River watershed in Western Massachusetts and Northwestern Connecticut. For centuries, the power of the rushing waters has been harnessed to

produce goods and to quench the thirst of a thriving agricultural community. Known for its excellent qualities, the Upper Housatonic River Valley has centuries of history of putting the river's waters to good use - through powering the early iron and paper industries, supporting agriculture, and creating the finest spirits, including corn whiskey.

Though not exclusive to New England, local whiskeys exhibit a character and flavor that is unmatched due to the flavors of the locally-grown corn and the mineral-rich waters from the Housatonic River watershed.

## NEW ENGLAND WHISKEY SOUR

- ◆ 2 ounces New England Corn Whiskey
- ◆ 2 ounces chilled apple cider
- ◆ 1 ounce fresh squeezed Lemon
- ◆ 1 ounce simple syrup\*
- ◆ lemon wedge or apple slice

Shake all ingredients with ice and strain into a chilled Collins glass with fresh ice. Garnish with a lemon wedge, apple slice, or a cinnamon stick.

\* Simple syrup is a mixture of half sugar and half water that's been heated just enough to dissolve the sugar. The mixture is cooled before using in cocktails and can be stored in an airtight container in the refrigerator for several weeks.



# GINGER ALE

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- ◆ Your favorite brand of ginger ale (we recommend Polar or Canada Dry)
- ◆ ice
- ◆ highball glass
- ◆ orange slice, or step it up a notch with a spring of thyme for garnish



Pour ginger ale over ice, garnish. Enjoy!



Champion of civil rights and leader for world peace and freedom on the national and world stages, W.E.B. Du Bois began his life's work in Great Barrington, Massachusetts. During his prolific career, Du Bois confronted racism, poverty, the subordination of women, environmental degradation, the horror of war, and nuclear weapons. He promoted education as a fundamental right and was a central figure in twentieth-century movements for world peace, civil rights, and self-determination for people of African descent.

In 1938, Du Bois wrote a letter to the International Mark Twain Society in which he attached a list of his favorite things. Besides being rather fond of his beard and loving to read and walk, he said that his favorite beverage was ginger ale.

Visit us at [housatonicheritage.org](http://housatonicheritage.org)



# CORRIDOR OF COMMERCE CIDER

- ◆ 1 1/2 ounces of your favorite Hudson Valley apple cider
- ◆ 1 1/2 ounces of your favorite Hudson Valley bourbon
- ◆ 1/2 ounce New York State maple syrup
- ◆ 1/2 ounce lemon juice
- ◆ apple slice and cinnamon stick



Stir or gently shake ingredients with ice in a cocktail shaker, strain and serve over ice in a rocks glass, garnish with an apple slice and cinnamon stick (optional). To make this a mocktail, swap the bourbon for ginger beer, ginger ale, or club soda.



The Hudson Valley is one of the country's most productive apple growing regions thanks to a favorable climate and good soil left after the retreat of the glaciers at the end of the last Ice Age. The Hudson Valley has long been home to wineries, breweries, and distilleries featuring locally farmed ingredients. *Corridor of Commerce* is one of the three themes of the Maurice D. Hinchey Hudson River Valley NHA, along with Nature & Culture and Freedom & Dignity.



New York



Visit us at [hudsonrivervalley.com](http://hudsonrivervalley.com)





## MARITIME WASHINGTON

NATIONAL HERITAGE AREA

*Shaped by Sea & Story*



The waters of the Maritime Washington National Heritage Area have been navigated by generations of mariners, from sailors on European tall ships to merchant marines to indigenous canoe pullers to the workers powering the nation's largest ferry system. The salty dog—a common nickname for experienced (and perhaps a bit ornery) sailors—pays homage to the intrepid travelers along our state's water highways.

## SALTY DOG

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- ◆ 1-2 grapefruit wedges
- ◆ 2 ounces gin
- ◆ 4 ounces fresh grapefruit juice
- ◆ coarse salt



Pour coarse salt onto a plate. Rub the outer rim of an old-fashioned or highball glass with grapefruit wedge, and then roll the rim in salt. Fill glass with ice cubes, gin, and grapefruit juice. Stir gently to mix. Garnish with additional grapefruit wedge, if desired.

Visit us at [maritimewa.org](http://maritimewa.org)

# MISSISSIPPI DELTA NATIONAL HERITAGE AREA

Mississippi

The Mississippi Delta National Heritage Area is the land where the Blues began, where Rock and Roll was created and where Gospel remains a vibrant art. It is an agricultural region where cotton was once king, and where 'precision-ag' rules today. It is a place that saw the struggles of the Civil War and the cultural revolution of the Civil Rights Movement. It is the home of the Great Migration, and a land of rich culinary, religious, artistic and literary heritage.

## MISSISSIPPI PUNCH

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### Ingredients

- ◆ 1 1/2 ounces rum
- ◆ 1 ounce rye or bourbon
- ◆ 1 ounce brandy
- ◆ 1/2 ounce lemon juice
- ◆ 1/2 teaspoon of sugar
- ◆ 1 dash angostura bitters

Add all ingredients to a shaker with ice and shake hard. Pour over crushed ice in a rocks glass. Garnish with slices of orange and seasonal fruit. Sip through a straw.

Mississippi Punch was first published in Professor Jerry Thomas's, *The Bon Vivant's Companion* in 1858. "The above must be well shaken, and to those who like their draughts 'like linked sweetness long drawn out,' let them use a glass tube or straw to sip the nectar through. The top of this punch should be ornamented with small pieces of orange, and berries in season."



Visit us at [msdeltaheritage.com](http://msdeltaheritage.com)

## Pennsylvania

### Philadelphia Fish House Punch

Historians confirm that in 1732, a social club of rebellious colonial Americans met on the banks of the Schuylkill River near Philadelphia. They called themselves the “State in Schuylkill.” The group’s original activities centered around the annual shad run up the river. Every few weeks in the summer, the club would convene at their “Fish House” - to recreate and enjoy a prodigious meal together, accompanied by their signature punch, oftentimes served in a large bowl. Recipes began to appear in taverns and newspapers and over time the punch gained widespread popularity. Over its almost 300-year history, Fish House Punch has proven to be truly “revolutionary” and has earned its place as one of our nation’s most historic cocktails.



### PHILADELPHIA FISH HOUSE PUNCH

- ◆ 1 ounce aged rum (preferably Jamaican)
- ◆ 1 ounce cognac
- ◆ 3/4 ounce peach liqueur (apple brandy can substitute)
- ◆ 1 ounce lemon juice
- ◆ 1/2 ounce simple syrup
- ◆ 1 ounce chilled black tea (or sparkling water)



Combine all ingredients (except sparkling water, if using) in a cocktail shaker and fill it 3/4 with ice. Shake until chilled, then strain into a glass filled with ice. Top with sparkling water, if using. Garnish with a lemon wheel. Sprinkle with nutmeg.



Arizona

SANTA CRUZ VALLEY  
NATIONAL HERITAGE AREA

## PRICKLY PEAR MARGARITA

Makes 2 margaritas.

- ◆ 4 ounces fine tequila
- ◆ 2 ounces triple sec
- ◆ 4 ounces fresh lemon and lime juice (save squeezed rinds)
- ◆ 2 ounces prickly pear syrup (sweetened, reduced juice)
- ◆ 1 chiltepin pepper, crushed
- ◆ 6-8 ice cubes
- ◆ Salt\*



Combine the first five ingredients in a shaker and shake well to mix flavors. Let sit about 15 minutes. Shake again and strain out chiltepin. Spread salt evenly on a flat plate. Moisten glass rim with pulp side of lemon or lime rinds, then dip glass rims in salt. Add ice to glasses. Pour margarita mix into glasses. Clink! \*The original recipe includes a desert fruit-infused salt. Check out the *Eat Mesquite Cookbook* by the Desert Harvesters for complete recipe!

This recipe is shared courtesy of Desert Harvesters ([desertharvesters.org](http://desertharvesters.org)) whose mission is to inspire people to explore the flavors and culture of wild Sonoran Desert plants and foods. This margarita showcases prickly pear cactus fruit. Throughout history, it has served as a dietary staple for Indigenous Peoples and also celebrates the culinary potential of one of many Sonoran Desert foods. The prickly pear is an example of the enduring cultural connection between local communities and their traditional food sources.



In our arid desert climate, Agua de Jamaica, also known as hibiscus flower tea, is a refreshing beverage served over ice. While this drink is enjoyed in various cultures, our association with Mexico has introduced us to this flavorful tradition. This delightful beverage not only quenches thirst in our harsh climate, but also serves as a symbol of the Mexican heritage that is a part of the cultural tapestry of the Santa Cruz Valley National Heritage Area.

## MISSION GARDEN AGUA DE JAMAICA

- ◆ 2 quarts (8 cups) water
- ◆ 1 1/2 cups dried Jamaica (hibiscus) flowers
- ◆ 2/3 cup sugar (add more/less to taste)
- ◆ 1/3 cup fresh orange, lemon or lime juice (optional)
- ◆ 1 cinnamon stick
- ◆ optional: dried orange slices



Bring water to boil in a saucepan. Add sugar, and stir until dissolved. Remove from heat, then add hibiscus flowers and stir to combine. Let steep for about 20 minutes, then remove the hibiscus flowers with a strainer. Stir in citrus juice if desired, then refrigerate. Serve over ice.

\*You can also make this as sun tea, and let the water and hibiscus sit out in the sunlight all day.

\*\*This may go without saying, but be careful not to spill the drink on your clothing when making/straining. Those pink hibiscus leaves can stain clothes very easily!



## CLASSIC "SOUTHERN MARYLAND" OLD-FASHIONED

- ◆ 2 ounces *Maryland* Bourbon
- ◆ 2 dashes Angostura bitters
- ◆ 1 ounce simple syrup
- ◆ 1 orange peel
- ◆ 2 Luxardo cherries

Add the syrup and bitters into a mixing glass and stir. Add ice and bourbon, and stir until well-chilled. Strain into a rocks glass over one large ice cube. Express the oil of an orange twist over the glass, then drop into the glass to garnish.



### **“Southern Maryland - Birthplace of Bourbon?”**

While most people think of Kentucky when it comes to bourbon, most people don't know that the origins of bourbon were “born” in Southern Maryland! Due to the political upheavals in Europe during the 17<sup>th</sup> Century, early Colonial Maryland had more than its share of distillers that are easily recognized today as popular bourbon brands: Basil Hayden, J.W. Dant, Willet, and Wathen, J. Mattingly. Even Jim Beam's grandfather came from Maryland. Nathan “Uncle Nearest” Green, the enslaved person who taught Jack Daniels to distill, was born in Southern Maryland. Unfortunately, most of these early distillers (led by Basil Hayden) departed for Pottinger's Creek, Virginia stating in 1785. That area is about 20 miles south of present day Bardstown, Kentucky!



It is not so much about the drink, but about where you drink the drink. This drink hails from Doug Carl, Co-Owner and Operator of the Bridge Tavern and Grill.

The Bridge Tavern has been in the heart of Wheeling and the Heritage Area for 60 years. It is the place to meet before a show at the historic Capitol Theatre and has a lovely view of the Historic Suspension Bridge. No matter what you drink, the Carl family will entertain you and you will share with you the story of renovating what was one the Wheeling Hotel into the beautiful historic venue it is today. If someone wants to know more about the drink, they should come visit Doug at the Bridge.

## THE SPICY GECKO

- ◆ 2 1/2 ounces Hendricks Gin
- ◆ 1/4 ounce fresh lime juice
- ◆ 3/4 ounce 1883 Maison Routin Cucumber Syrup
- ◆ fresh jalapeño
- ◆ fresh cucumber



Muddle 2 slices of jalapeño and 1 slice cucumber with 1oz of gin inside cocktail shaker. Add ice. Add remaining ingredients and top with 3 splashes of club soda. Gently shake or stir and strain into an ice filled cocktail glass. Garnish with a fresh cucumber slice.

Visit us at [wheelingheritage.org](http://wheelingheritage.org)



With great thanks to the following National Heritage Areas for sharing a personal glimpse of their regions: Alabama Black Belt, Arabia Mountain, Atchafalaya, Augusta Canal, Blackstone River Valley, Delaware & Lehigh, Downeast Maine, Essex Heritage, Housatonic Heritage, Hudson River Valley, Maritime Washington, Mississippi Delta, National Aviation, National Coal, Oil Region, Schuylkill River Greenways, Santa Cruz Valley, Southern Maryland, and Wheeling Heritage.

*And to my amazing wife, Heather, from reading early drafts to taking on the very under appreciated role as editor. I couldn't have done it without you. Thank you, love.*

*Cheers!*