



AUGUST 2023

# QofM

## Question of the Month



Last month, we explored one aspect of a state’s identity – its **official sport**. Continuing on that theme, this month we explore another key aspect of a state’s identity: the food they eat. Food tells a story about us as a people, about where we came from and where we’re going.

Food is an important aspect of Southern culture, bearing our heritage and history and influenced by geographical, social, economic, and agricultural factors. Think of poke sallet, something that, if it isn’t prepared correctly, can be deadly, but it occupies an important place in the food history of Appalachia. Similarly, the phrase “grandma’s biscuits” elicits fond memories for many, though the biscuits themselves may be different in any number of ways. Across the region, the great unifier and divider is BBQ. The unifier is that BBQ is cooked over low and indirect heat for a long period of time. Divisions exist around protein – pork or beef, sauce base – molasses (MO, TN), mayonnaise (AL), mustard (SC), tomato (GA, TN, NC), vinegar (NC), or none (TX), and then if it is smoked over hickory, mesquite, pecan, or oak.

With that in mind, **what are the official state foods across the CSG South region?**

### ALABAMA<sup>i</sup>

<b>COOKIE</b> Yellowhammer	<b>FRUIT</b> Blackberry	<b>NUT</b> Pecan	<b>VEGETABLE</b> Sweet Potato
<b>DESSERT</b> Lane Cake	<b>LEGUME</b> Peanut	<b>TREE FRUIT</b> Peach	

### ARKANSAS<sup>ii</sup>

<b>FRUIT AND VEGETABLE</b> South Arkansas Wine Ripe Pink Tomato	<b>GRAPE</b> Cynthiana Grape
<b>GRAIN</b> Rice	<b>NUT</b> Pecan

### FLORIDA

<b>FRUIT</b> Orange <sup>iii</sup>	<b>PIE</b> Key Lime Pie <sup>iv</sup>
<b>HONEY</b> Tupelo <sup>v</sup>	

### GEORGIA<sup>vi</sup>

<b>CROP</b> Peanut	<b>GRAPE</b> Muscadine Grape	<b>PREPARED FOOD</b> Grits
<b>FRUIT</b> Peach	<b>NUT</b> Pecan	<b>VEGETABLE</b> Vidalia Sweet Onion

### KENTUCKY<sup>vii</sup>

<b>FRUIT</b> Blackberry
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## LOUISIANA<sup>viii</sup>

**FRUIT** Strawberry  
**CRUSTACEAN** Crawfish  
**DOUGHNUT** Beignet

**MEAL**  
**APPETIZER:**  
-Mini Natchitoches Meat Pie

**MAIN DISH:**  
Fried Catfish - Fried Chicken - Barbeque Ribs - Barbeque Chicken - Barbeque Smoked Sausage - Baked Ham

**GREENS:**  
Cabbage - Collards - Mustards - Turnips (cooked with smoked neck bones and/or smoked ham hocks)

**PEAS & BEANS:**  
Black Eye - Purple Hull - Pinto - Butter (cooked with smoked neck bones and/or smoked ham hocks)

**SIDE DISHES:**  
Baked Sweet Potato - Rice with Gravy - Potato Salad - Fried Okra

**BREADS:**  
Hot Water Cornbread - Skillet Cornbread - Homemade Biscuits

**DESSERTS:**  
Sweet Potato Pie - Pecan Pie - Pound Cake - Peach Cobbler - Fruit Salad (Sliced Watermelon Chunk Topped with Fresh Blueberries, Peaches and Strawberries)

**CONDIMENTS:**  
Homemade Mayhaw and Plum Jelly - Cucumber, Tomato, Onion,

<b>MEAT PIE</b> Natchitoches Meat Pie	<b>VEGETABLE PLANT</b> Creole Tomato
<b>FRUIT TREE</b> Mayhaw Fruit Tree	<b>VEGETABLE</b> Sweet Potato
<b>JELLY</b> Mayhaw Jelly and Sugar Cane Jelly	

## MISSISSIPPI<sup>ix</sup>

**STATE FRUIT**  
Blueberry

## MISSOURI<sup>x</sup>

<b>DESSERT</b> Ice Cream Cone	<b>GRAPE</b> Norton/Cynthiana Grape
<b>FRUIT TREE</b> Paw Paw	<b>NUT TREE</b> Eastern Black Walnut

## NORTH CAROLINA<sup>xi</sup>

<b>BLUE BERRY</b> Blueberry	<b>RED BERRY</b> Strawberry
<b>FRUIT</b> Scuppernong Grape	<b>VEGETABLE</b> Sweet Potato

## OKLAHOMA<sup>xii</sup>

<b>FRUIT</b> Strawberry	<b>STEAK</b> Ribeye
<b>MEAL</b> Chicken-Fried Steak, Barbecued Pork, Fried Okra, Squash, Cornbread, Grits, Corn, Sausage with Biscuits and Gravy, Black- Eyed Peas, Strawberries, and Pecan Pie	<b>VEGETABLE</b> Watermelon

## SOUTH CAROLINA<sup>xiii</sup>

<b>FRUIT</b> Peach	<b>SNACK</b> Boiled Peanuts
<b>PICNIC CUISINE</b> BBQ (Pork Is specified)	<b>VEGETABLE</b> Collard Greens

## TENNESSEE<sup>xiv</sup>

**FRUIT**  
Tomato

## TEXAS<sup>xv</sup>

<b>BREAD</b> Pan De Campo	<b>PASTRIES</b> Sopaipilla and Strudel
<b>COBBLER</b> Peach	<b>PEPPER</b> Jalapeno
<b>CRUSTACEAN</b> Texas Gulf Shrimp	<b>PIE</b> Pecan
<b>DISH</b> Chili (Does not specify bean content)	<b>SNACK</b> Tortilla Chips and Salsa
<b>FRUIT</b> Texas Red Grapefruit	<b>SQUASH</b> Pumpkin
<b>HEALTH NUT</b> Pecan	<b>VEGETABLE</b> Sweet Onion
<b>NATIVE PEPPER</b> Chiltepin	

## VIRGINIA<sup>xvi</sup>

**FIRST FOOD**  
Virginia Oyster

## WEST VIRGINIA<sup>xvii</sup>

**FRUIT**  
Golden Delicious Apple

<sup>i</sup><https://encyclopediaofalabama.org/quick-facts/>

<sup>ii</sup><https://encyclopediaofarkansas.net/entry-category/official-state-symbols>

<sup>iii</sup>[https://www.nytimes.com/2005/05/22/us/its-now-official-floridas-fruit-is-the-or-](https://www.nytimes.com/2005/05/22/us/its-now-official-floridas-fruit-is-the-orange.html)

<sup>iv</sup>[https://www.tallahassee.com/story/news/2016/03/17/tupelo-states-official-hon-](https://www.tallahassee.com/story/news/2016/03/17/tupelo-states-official-hon-ey/81902796/)

<sup>v</sup><https://thefloridachannel.org/videos/florida-symbols-key-lime-pie/>

<sup>vi</sup>O.C.G.A § 50-3-50 through § 50-3-91

<sup>vii</sup><https://apps.legislature.ky.gov/law/statutes/chapter.aspx?id=37025>

<sup>viii</sup>RS 49:151 through RS 49:170.21

<sup>ix</sup><http://billstatus.ls.state.ms.us/2023/pdf/history/HB/HB1027.xml>

<sup>x</sup><https://www.sos.mo.gov/symbols>

<sup>xi</sup>[https://www.sosnc.gov/divisions/publications/kids\\_page\\_symbols](https://www.sosnc.gov/divisions/publications/kids_page_symbols)

<sup>xii</sup><https://www.okhistory.org/learn/symbols>

<sup>xiii</sup><https://www.scstatehouse.gov/studentpage/coolstuff/symbols.shtml>

<sup>xiv</sup><https://www.tn.gov/about-tn/state-symbols.html>

<sup>xv</sup><https://www.tsl.texas.gov/ref/abouttx/symbols.html>

<sup>xvi</sup><https://www.virginia.org/plan-your-trip/about-virginia/state-symbols-seals-and->

<sup>xvii</sup>[https://www.wvlegislature.gov/Educational/Kids\\_Page/symbols.cfm](https://www.wvlegislature.gov/Educational/Kids_Page/symbols.cfm)