

Old Salem Museums & Gardens

*award winning garden restorations
heirloom plants ■ seed saving ■ sustainable practices*

PRESERVING OUR PAST, GROWING OUR FUTURE

Restoration of a Traditional Food System

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The tradition of fresh farm products in Winston-Salem is deep, going back over 200 years.

In addition to their kitchen gardens, early residents of the town of Salem depended on produce, field crops, and meat from surrounding farmers in Wachovia, and in 1803, the Market House was built on Salem Square explicitly for fresh meat sales. Horse and wagon loads of seasonal farm products were regularly brought into Salem, and later into Winston too. Farm trucks continued this practice in Winston-Salem into the 1950s and 1960s. Today many Forsyth County residents recall “peddling” with their grandparent or parent from their farm to the city with sausage, milk, eggs, and seasonal produce for sale to their city customers on a regular weekly schedule. And, many city residents remember those farm families who brought fresh farm products regularly to their homes in Winston-Salem.

This long-standing tradition of farmers markets and peddling in Winston-Salem was sadly lost to supermarkets, imported food, lifestyle changes, and industrial agriculture in the second half of the 20th century. However, thankfully, we are experiencing a return to the practical, old ways.

A farmers market in Old Salem is a logical and exciting reconnection for this community to a food system that works. Old Salem has precedent for a farmers market, the historic town-country connection, and an unsurpassed context in the beautiful restoration of Old Salem Museums & Gardens. A farmers market ties directly into the reason for Old Salem in the first place -- to preserve the *old* Salem. Old Salem has spent over 65 years retrieving the buildings, gardens, and landscape of Salem. The Old Salem Horticulture Program rests on extensive research into documentary records, implementation through best soil management practices, and dedication to an important heirloom plant and seed saving program. Public education is a mission as well.

Cobblestone Farmers Market at Old Salem opened in 2012 and brings the *restoration* of a traditional local food relationship, an aspect of the urban-rural system that the Moravians planned for Wachovia in the 1750s. This independent farmers market is created and managed by Beta Verde, the team of Margaret Norfleet Neff and Salem Neff. Cobblestone is highly selective and ensures customers only the best products from Northwest Piedmont farms offered by vendors who produce the product — a direct connection in the city to the rural bounty, as in the past. Come to market, explore the variety, and meet those who work the land to produce food that you feed your family!



and for your own garden...

Heirloom plants, locally grown in the Old Salem Greenhouse, and heirloom seed are for sale at The Garden Shop at T. Bagge Merchant on Salem Square in Old Salem.

www.oldsalem.org/gardens

