

Heirloom Gardens Oral History Project

Interview with Tammy and Richard Crawford by Ayluonne Teteszkiwicz

Conducted on September 27, 2023 in Farmville, NC

[00:00:00] **Ayluonne Teteszkiwicz:** This is Ayluonne Teteszkiwicz with the Heirloom Gardens Oral History Project. I'm here with Tammy Lindsey Crawford and Richard MacArthur Crawford, and we are in Farmville, North Carolina on, Wednesday, September 27th, 2023.

And I want to start just by having both of you introduce yourselves. And you can tell me some things about yourself you think are important or things that kind of contextualize how gardening has come into your life or seed saving has come into your life.

So anything you think is important for someone to know if they're being introduced to you.

[00:00:39] **Tammy Crawford:** Hi, I'm Tammy Crawford, Lindsay Crawford, and gardening has been important to me from a young child. I was gardening. Uh, my job was to water the garden after we planted the flowers, planted the garden. I could remember being four years old and having to go to the pump to pump the water out of the pump and then carry it, spilling half of it most of the time to, water the garden.

And it has continued to be important to me as I grew up and me and Richard raised children, and we had a son that actually had an organic garden. We've, we lost him last year, November, so just about a year, but he loved gardening. We remember giving him a seed to plant, and the love of gardening just took off, and he loved gardening.

So that's what me and him have in common is having a child that also we pass that love of gardening on to.

[00:01:44] **Richard Crawford:** hello everybody. I'm Richard, Crawford and, um, as a young boy, I, my mother and father, um, I lived out in the country so they, they always had a garden. And, uh, my, I can remember as, as far back, maybe four or five years old, I was out. My father would have me go out and, and pull weeds up from, from the garden.

He would have me, uh, water the garden like, like my wife Tammy just said. And, uh, all the days that I can remember that we went out and we pulled corn and shucked corn and, and picked, our snap beans and I spent a lot of time growing up in the garden and helping my mother, store, can, she would cut corn off the cob and put it in freezer bags.

We had a big freezer and, she would fill the freezer up with, with vegetables from the garden that summer and then all during the winter if we, you know, when she prepared her, especially her Sunday meals she would, uh, go to the freezer and pull out stuff that she canned, the snap beans and stuff, and we would have our, mainly our Sunday meals, from what she preserved from the garden that summer. And that's, that's the, and, like she said, it was probably genetics. I had three of my, my daddy's brothers were farmers. And, but my son did. He, he, he, as a

young boy, he, he developed a love of gardening. And, and, it just carried through. And, so I, I have an extensive history with gardening.

[00:03:36] **Tammy Crawford:** And our son's name is Richard Thomas Crawford. We called him Tommy. And just to see him on that tractor, his grandfather taught him how to drive the tractor. And we, it just brought joy to our heart. We had, he had, he was driving the tractor, my in-laws were out there, as well as my mother. So he had two generations. He had all his grandparents and his grandparents out in the garden helping him harvest his garden, harvest squash, collards, cucumbers, um, tomatillos, watermelons, to just see, it brought joy to our heart to see those, gardening passed on from generation to generation.

[00:04:25] **Ayluonne Tereszkiwicz:** And what are some of the places that both of you have called home?

[00:04:29] **Richard Crawford:** My home was, we're here in Farmville, North Carolina, but it's a little small town called Belle Arthur. It's between here and Greenville, North Carolina. That was where I was born and raised. Rural area. We used to joke about when I was, and it was true, when I was a young boy, after like 7 o'clock at night, no cars even come by. And, uh, and so it was pretty rural. Had a couple stores, but my father's father, he got the land, when my grandfather died, where he built his, the house that I was raised in, and um, that's how he, he got that land. And then, I moved when I got, you know, older, where I could, and I got a job, I moved to Greenville.

I was with Greenville Fire Rescue for 12 years Was a fireman, EMT. And that's when me and my wife Tammy here, we got back, but we went to school, we went through the formal school system when we were young, young, growing up. But we got together when I was at Greenville Fire Rescue and we got married and we moved to Durham, North Carolina.

And, but in Durham, we had a house where we stayed in a town called Cremer, and we had us a garden there, and the soil wasn't as good as it was here as far as growing purposes, so, we had to kind of, um, go to the raised beds, up there because the soil was kind of Clayish, you know, and that doesn't grow stuff.

It's probably when the roots hit the clay, it kind of, it kind of kills them. So, mainly our gardens up there were in, in raised beds. And that's, that's when my son, he, he got, um, started loving it.

[00:06:44] **Tammy Crawford:** And I'm from, my hometown was Fountain, North Carolina. Which is about 10 minutes down the road from Farmville. I grew up there and at about 10 years old we moved. My parents purchased a home in Farmville. And we, I grew up here and went through the Farmville school system. It was a lot of fun.

Growing up, it was a different time, a lot of freedom. As children we ran and played and, my mother didn't have a garden, but she let me have a little spot in the back of the house where I had a little small garden and I would grow like pinto beans and field peas and things like that. I would grow right there, um, in the back of the house because I always loved gardening and as we, um, as I got older we moved, I moved to Greenville.

North Carolina, and then we met, I met Ricky again. We reintroduced ourselves again, and we dated, and we got married, and moved, us and the children moved to Durham, North Carolina as he stated, and I didn't have a garden in Durham. I tried to grow flowers. It was not. It didn't go well. But when we moved to Cremer, I still tried.

I tried gardening. We purchased a home and I tried gardening, and as he said, after many, many, many attempts of growing in clay, it's an art to grow in the clay that I did not master. We, as well as our little boy, he was the only one home, the girls had graduated from high school and went off to college, we tried to grow and we spent many days, trying to amend the soil to grow, but we never, we never could do it. So we went to raised beds. We grew flowers. Every year I grow a flower, a big mum in front of the mailbox. And that was like my greeting when I came home from work was I pulled in, I had a big mum, and I would put like a, a big pile of black cow manure in it to get it started, and it would just stay pretty, and all the neighbors, the little old ladies in the neighborhood would come by and say, Oh, your flowers are, your flower is beautiful. I made friends with all the seniors in the neighborhood, and they helped me to grow my flower bed, you know, in the front, and I had attempted a garden in the back.

So, that's kind of, and you know, we relocated back to Durham, excuse me, back to Farmville, to Greenville about six years ago, and Tommy finished up school here in Greenville and to be near his parents and my mother, because they're, oh, they're in their eighties and we, and for Tommy to be around his, closer to his grandparents, which he absolutely loved and enjoyed.

And as I talked about prior, he had his experience with all his grandparents and that's how we ended up. Here and that's where we grew up. This is home for us.

[00:09:47] **Ayluonne Tereszkiwicz:** Tell me more about your experience in, in farming school in terms of, what do you think are some of the most important memories or lessons from that time that you think have impacted your kind of understanding of gardening or your skills or anything important to you?

[00:10:04] **Richard Crawford:** Well, we didn't, I didn't go to farming school. My, my, my family, I was on the job training. I learned by just getting out there and doing it. My father, you know, his father for generations, they were farmers and they all had gardens because we were in a rural area and he just said, come here and I would follow along with him and he would just show me how far apart that I would plant needed to plant the seeds and what depth I needed to plant the seeds He he told me how many seeds to put in each little hole and then cover it up and You go all the way down the road and space them out that certain distance because if you put them too close together, they, he said that they would choke each other out and it wouldn't come up, but you had to have a little distance between where you planted your seeds.

And one thing else he, he always did, he planted by the farmer's almanac. And, and, and most of the older people in that time, that's, they really believed in the almanac. And, and my, my daddy, he wouldn't plant anything unless the almanac said it was time to plant it. And most of the time it was correct, cause I, I can't hardly remember a year that his garden wasn't just beautiful.

You know, and we got just tons and tons of produce off of it. And the soil right behind this house where we, where we had the garden was, was very rich and had the nutrients that were needed to grow a good garden. Like she was saying about soil content and our son got to where he, really got into how much the pH needed to be in the soil and, and some of the, the, um, Some of the stuff, you know, more in depth knowledge than we, about the condition in the soil.

But the soil has to be right to be able to grow a good garden. And so, that's, that's how I learned, just by, him carrying me out there and teaching me.

[00:12:40] **Tammy Crawford:** The way I learned was watching my mother, and, you know, falling behind her, and she would tell me the same things, and chop this here, don't chop there, pull this weed, don't pull that weed, um, and then as I got older, I had, before we got prior to us getting married, I had a garden. My first, I would say my official garden, my grandfather, my mother's father, Ivory Johnson, taught me everything I needed to know about that because he always had a garden.

And in the summer, we had to dig ripe potatoes, corn, and whatever he planted, we had to go harvest, and so I learned a lot as a little girl that hard work wouldn't kill me from my grandfather. And, we, and then I remember having my garden in the back of the house in Greenville. I grew broccoli, um, cauliflower, and collards, and, it was a shaded area, but because he taught me everything I needed to know, everything grew back there. And, that's kind of how we, you know, just learning from the elders, getting advice from the elders, calling them, asking them, and then when Tommy started getting interested in gardening, he taught us so much more because we still have books that he had around the house about composting and, and, amending the soil and the pH balance and the, you know, what to plant, when to plant it and, aerating and just on and on, there's so many things.

Knowledge that we also gained just from him getting interested in gardening. As well as, I think my in-laws have some collard seeds that they saved, because he grew collards one year. And then he let them go to seed, and so I think they still have some of those seeds, even now.

[00:14:39] **Ayluonne Tereszkiwicz:** And, growing up, where did your family access most of their food? Was it, was a lot of it from the garden and farming or supplemented with grocery stores or where was like the primary way you got your food?

[00:14:52] **Richard Crawford:** Well, the meats, we never, we never like had like chickens or stuff where we went to the grocery store to get the meats, but a large portion of the vegetables come from the garden, what we took out of the garden in the summertime, cause, like I said, it yielded so good and she knew how to preserve all of it that throughout the winter months, we ate off of it.

And, and, but mostly the meat. Now, my daddy always had a boat and our, me and my brother and my sister when we were younger, we would always go down to a place in Aurora, North Carolina, called Hoboken and go fishing on the weekend. That was our family outing. And what fish we caught, my mother, we would come back and she would scale and dress all those fish.

And she would put those in the freezer along with the vegetables from the garden. So, um, when we wanted fish throughout the winter, we just went to the freezer, you know, and took the fish, and she cooked fish out in the freezer, and then pulled some vegetables out that we got from the garden that summer also to cook with it, but a large portion of the vegetables come from the gardening, but the meats other than fish, you know, like chicken and beef and since we didn't have those, didn't grow those, or raise, excuse me, raise those out on the, uh, that where we were at, we went to the grocery store to get that.

[00:16:35] **Tammy Crawford:** And with, with me when I was little, a large portion of our, meals came from the garden.

And my mother, we ate a lot of beans. My father loved a variety of beans. So we had beans on five days a week. And on Saturday and Sunday, she would cook something different. We had a slaughterhouse, I guess what you would call it now, where my father would go purchase pigs, the pig, you know, the side of meat, what she called it, a fat back side of meat, what she would call it, and she would cut that and boil the salt out of it and fry it and then we would have that as a meat, but when I was really little, maybe three, I can remember she had chickens, we had chickens.

And she would tell us kids, it was five of us, she said, go catch that chicken. She would point out a particular chicken. And we would have to chase the chicken and believe chickens can run very fast. And they could bob and weave. And we would catch the chicken and then she would process the chicken. She would scald it in hot water.

And which I didn't like because I didn't like the smell. And then she'd pull it out and then she'd pluck the feathers off. And then she would clean it and she would cook it. And then she put it in salt water and let it, uh, whatever, you know, it did. And then she fried up for dinner that night. So, we'd be looking at the chicken that morning, we'd be eating it that evening for dinner, and, you know, so we got some from the garden. My grandmother stayed up the path, what we called it from her, which was the next house up the path, and her and my mom would, can what we call canning thing, they would can peaches. She had a beautiful peach tree that we kids could never touch, , but she would can peaches and peaches and everything from the garden that they could, they would can, and, and dry beans.

We shelled peas. I'm sure you have heard of everyone around here, shelled peas. After school, you shell peas, a bushel barrel of peas, what they would call it. And it seemed like it never, ever ended, but they would, they would put those up. Those are the things that we ate from the, so mostly from the, from the garden, from the meat house, and then a few things from the supermarket, like flour, cause she made homemade biscuits every day.

So from the, um, she would go buy 25 pounds of flour. A big, what we call a stand of lard, which is a metal stand, a can, and it would be full of pig, lard is pig, or fat. And she would use that along with dry carnation milk, powder milk to make her biscuits. And they were soft and wonderful and on a special day, she would make cheese biscuits, which in Eastern Carolina, cheese biscuits are made a little different from other areas.

She would fold the dough over and make a little pocket and then put the dough, put the cheese inside, cubes of cheese inside and then fold it over and then kind of seal it back up in a ball and then put it all in a pan and put a little indentation in it. And then she would bake them, and so the cheese would burst out as she was cooking them, and they would be hot, and, she would put them, the last thing she put on the table, and so they were hot, and so we had biscuits, and, beans, and, which my favorite is pinto beans, and, and the fatback fried meat, which was fatback, salted fat pork, fat, and, so we mostly got our groceries from the garden, And, those two places, yeah.

[00:20:25] **Ayluonne Tereszkiwicz:** And you were mentioning some of the food that your mom would cook, the beans and the chicken and the biscuits, and I was wondering if you could describe when you were first learning yourself how to cook some of these, if you ever did, just the experience of learning these recipes, if there was a special recipe your mom had, or any memory of that recipe? Sounds delicious.

[00:20:47] **Tammy Crawford:** Well, when, I first learned to cook, I was maybe 14, 15. She started me out with desserts. And we made, strawberry shortcake. It was my first meal that she let me cook. And we made the cake from scratch. Sifting the flour, the eggs, the butter, everything. And then, you know, she went on to cooking, what she would call baking and then your boil.

She taught you how to boil, which was the beans and the collards and things like that, cabbage. And so she would say, wash the beans, soak them and wash them. She didn't do a 24 hour soak like some people do, she did just a quick soak and clean them and make sure all no dirt or anything was in them and I washed them and put them in a pot and then she put salt in them and pepper And you just let them boil.

Sometimes you put fresh minced sausage, or sometimes you put what we call a ham hock, which is a part of the pig, it's a smoked part of a pig knuckle. And she would, we gave the beans seasoning. And so I learned how to do that. And then what was the interesting thing was learning how to make biscuits.

Well, it's an art to making biscuits. And I remember teaching my daughter, that art, passed it on to her, one of my daughters. And, you have to put the right amount of flour. And then you have to get the shortening. But they, you can use Crisco or some kind of shortening or lard, which is better. And you put it in and then the milk.

And you gotta knead it, mix it with your hand. And it's sticky and it feels a little strange at first cause it's wet dough. And then you slowly incorporate, pulling your flour in, you do it all in a bowl, and then till you get a kind of a consistency dough, that's not so sticky, and then you knead it over a few times, and then you got to pull little pieces off, and what she told me was, pinch a little, pinch it in little pinches, which is uh, about the size of a small biscuit, like pinch it off, and then you take those and put flour on your hand, and roll them up, and then you put them in a pan.

And then you put a dimple, the dimple is very important, what she explained to me, put a dimple in it and, and put, preheat your oven to 350 and put them in. So she was really detailed and she stood on me and watched me do everything until I mastered it.

[00:23:15] **Ayluonne Tereszkievicz:** And what about if you had any recipes or meals in your family that were kind of important or traditional for you?

[00:23:21] **Richard Crawford:** Yes, the one that I can, that comes to mind was, um, what they call chicken and pastry here in eastern North Carolina. In other parts of the state, they call it chicken and dumplings. But in eastern North Carolina, it's called chicken and pastry. And, I always remember my mother. She, now you go to the supermarket and you already buy already pre-made pastry strips in Bo in a box, but she made her own. She, she would take everything off of the table where we ate at and put newspaper across the table and she would put the flower down. And she, she would cut her own pastry strips. I remember she had a little rolling cutter where she would cut her pastry strips.

And, that's the, always the thing that popped. And she made it with the chicken and the chicken broth. But how she made her strips is always what sticks out in my mind. For the chicken and pastry. And, uh, and now, you know, younger women wouldn't know how to do that, but now they just, Ann's pastries comes in a box in supermarket and you just, you know, put 'em in your pot when you cooking chicken pastry now.

But she used to have to make her own pastry strips. And that's what I remember about growing up.

[00:25:02] **Tammy Crawford:** And now, one of the standards is collards. Um, My mother's 83. And she still cooks collards. And she was known in the neighborhood for her cooking. And she would cook the collards. And I remember her teaching me how to cook collards.

And for years, the children would say, well they don't taste like grandma's. And they would not eat my collards. Now, they taste similar to hers, but for years they would not eat my collards because she would clean them and wash them and, I had to wash them. That was my job. And she would, put them in a pot and boil them and put grease in them.

Like, she would save fat, uh, bacon, uh, short, grease. And she would put that in as seasoning and, and then she would drain them and chop em up, drain em real well, and then chop em up real, really smooth and really, really fine. And, and you really didn't even have to chew em. That's how fine. She still cooks em the same way, so.

She is known for, her name is Rosa Lindsay Dixon, and she is known for her collards. Um, we've had cousins that come from the city and say, can you just cook me some collards to take back with me? You know, uh, and she would do that because she has a wonderful heart. She's a wonderful person, but she's known for her collards.

And we, our first meal together, I got my mother to cook collards. I was trying to impress her. I got her to cook some collards for us. And she cooked them and he said, "Oh, they taste like my

mama's collards." I was like, yeah, I know. But I said, "No, they're my mom's collards." But that's a fond memory we have.

[00:26:52] **Ayluonne Tereszkiwicz:** And, we are so interested in, like, really culturally meaningful foods like collards. And I was wondering, are there specific plants, and maybe it is the collard, that was really important for your family when they were gardening, either for food or for medicine, or for any other significance that you think was really special or important for your family.

[00:27:15] **Richard Crawford:** Well, like she said, in eastern North Carolina, collards was the number one plant, as far as in the garden, and cabbage, I would say collards and cabbage. And, in the fall around Thanksgiving time, sweet potatoes. Those three in eastern North Carolina were, I guess you say the king of the vegetables coming out of the garden and they have had a lot of cultural significance like she said in her family and especially in her family.

But my family also, my mama's, cause you know everybody commented on hers too and they liked hers too and the older ladies of that generation were, I guess they were, known for how good their collards were, you know, when they cooked them. So it had, it was a significant, as far as gardening plan, as far as culturally, how the family got together and the meals.

There was a lot of focus on the collards and the cabbage. And around Thanksgiving time, the sweet potatoes.

[00:28:43] **Tammy Crawford:** Yes, well, the same with me and my family. The collards, the cabbage, the sweet potatoes. In the spring, it was the white potatoes, what we call new potatoes. And he, my mother in law has brought us new potatoes before and they were delicious.

New potatoes, which are smaller red potatoes, in the springtime. And then collards more so in the fall, and um, we would just, the collards, the sweet potatoes, because we make sweet potato pies, like I said, and the sweet potato pies are significant for Thanksgiving. Every family's sweet potato pies taste a little different. His mom put coconuts in hers, which are delicious. And my mom, she just makes hers and hers is delicious. So sweet potatoes were very important.

And his mother makes a, what does she call that?

[00:29:36] **Richard Crawford:** It's called a sweet potato pudding. And, it's, it's very good. Sometimes for my birthday, she would make me a whole pan of it and she, she would joke with me, she'd say, Well, I got to go ahead and get me some because you're going to eat this whole pan up.

[00:29:59] **Tammy Crawford:** Which was true. Which was true. And she gave me the recipe, she passed the recipe to me, and I made it for him a few times and he said, Oh, it tastes just like mom's. I said, I know, but not as good. And my, and I passed the recipe recently on to my mother and, she cooked it and he tasted it and he said, Oh, it tastes just like my mom's.

I'm like. So that's a compliment to his mom.

[00:30:28] **Ayluonne Tereszkiwicz:** And I wanted to ask maybe a bit more about about the seeds too. And what was your experience or your family's experience with seed saving, either with these plants or with any other other plants in your garden.

[00:30:44] **Tammy Crawford:** Well, I don't remember them ever saving seeds, they would buy it in the spring, they would go to the hardware store and purchase, you know, the little seedlings and, with the, with everything, including the, sweet potatoes, everybody, the seedlings.

But my first experience with it was with our son, Tommy. He saved the collard seeds and him teaching us how to harvest them. It was like, Mom, put the bag over them and shake them, you know, and then all the seeds fell in there. And, I didn't realize how much seeds a plant, collard plant produced. But we went through and harvested all the seeds for him, as well as watermelon seeds.

Now we are familiar with saving watermelon seeds, you know, because watermelons, in eastern North Carolina, the soil is so rich that you can just, eat them and, you know, discard the seeds, I'll put it like that. And they would, they would spring up and grow. And, we really have, really fond memories of eating watermelons during watermelon season in eastern North Carolina, and then watching this, because anywhere you put them, they'll grow.

So, that's kind of, as a child, I don't remember a lot of seed saving, but with Tommy, having that experience, we learned how to seed save with him.

[00:32:00] **Richard Crawford:** Same for me, we didn't have much seed saving, but I, like, just what my wife said, when our son showed us how to save, the first experience probably was with the collard seeds that he showed us how to save.

And, so that, that's basically, my experience with seed saving too.

[00:32:24] **Ayluonne Tereszkiwicz:** And you continue to save them now?

[00:32:28] **Tammy Crawford:** Well, only saving packs of seeds. I, I was given gifted, some packs of seeds from, a friend of ours, and I still have those. And those were some of the things we planted in the community garden this year was the corn and the, uh, what did we plant?

Corn, cucumbers. Oh, beets.

Beets.

Squash.

Squash. Uh, zucchini squash. Mm-Hmm. . And, um, watermelons. We got one watermelon and a small, but one was good and one small when it wasn't quite right. But we learned the importance of saving seeds, you know.

[00:33:04] **Richard Crawford:** I, I agree. I agree with that.

[00:33:05] **Ayluonne Tereszkiwicz:** And do either of you have any experiences outside of the garden with more like foraging? Are any other things that didn't grow necessarily by your own hand, but that you would find elsewhere that maybe your family like to eat or you like to eat?

[00:33:20] **Richard Crawford:** Everybody would grow fruit trees, apple trees, pear trees, and as a young boy and, and she told me the same thing that, you know, when you had to play outside, so, so you would, you'd be running around playing and you see these fruit trees and especially when they were, it was bearing fruit, that's where you went and you got your, your snacks from, went and get apples off of them and, and peach trees and, when I was working in tobacco as a young boy on the farm, my grandmother had a great big huge pear tree behind the barns where we put the tobacco that we harvest in and in between trucks of tobacco, we would go out and it was the tree was so tall, we had to take a tobacco stick and climb up on the tractor to get to where we could knock some off and then we would collect them and that's, that's what we eat for snacks, you know, while we were outside playing, you know, getting fruit off of the fruit trees.

And, you know, sometimes we went up into, you know, kids, we went up into other people's yards when we weren't supposed to and got fruit off of their trees, but that's, that's the example of. What we didn't grow in particular, that, you know, I, I would eat, I would eat a lot. If I saw fruit trees, I, I would go get me something off of it and eat it.

[00:35:02] **Tammy Crawford:** And with me, the, I remember foraging as a little girl. They had a grape, wild grape vine that grew, kind of draped over the trees. And, I learned that if the grapes fell and hit the ground, they would dry up and I would go down and pick 'em up and then go to the pump and pump some water and wash 'em off.

And I had raisins, and so and so we, and we forage for, we had wild, wild strawberry patch where all kids, we would go there to get strawberries. Until long that time, the state of North Carolina went through and sprayed some contaminated dirt or something on the roadways. It was something that was not good, that they did.

And I remember my father saying, Don't go down and eat from those strawberries anymore. They're poisonous now. So that was sad to us. Because we really looked forward to the strawberry season. That was one of the first things you could eat. And we had the apple trees. We had pear trees. We had, peach trees, and when we moved to Farmville, like, like with our kids, the first thing you learn was where to go eat. And, um, pecan, we had pecan trees. We had, I remember, a pear tree. One gentleman, we would knock on the door and ask them, Can we get pears? And he would always say, You can get the ones that fell on the ground.

Well, the sweet bees, what we call them, And the wasps love rotting pears, so you had to fight with them to get the pears, and then you would go home and you would cut off the rotten part and eat the good part while she was cooking. And then we had, one place, one lady had a grapevine in her backyard, and it was huge.

And we would, um, go back there and she would let us eat from there. Well, one particular story was I would stick my hand in and I felt something cold, it didn't feel quite right, and I peeked in there and there was two red eyes looking at me. It was a green snake and I screamed and ran and my mom said, Oh, that green snake won't, wouldn't, you know, won't harm you.

So, but from that moment on, I would open it up and look before I reached my hand in there. And they're called what scuphidine grapes, what they're called. And, and so we had the grapes, we had wild plums. We had a plum patch where all the kids would get together and go as a group because we had to cross 264, which was a major road then, and we would go over and pick plums and come back and my father would make plum wine And he would put it under the house and put sugar in it and put it under the house, and it was my job to, what he called burp it, which was open it up and let the air out. And you know because the thing it would swell up and so we had, we just, as a child, we had the, foraging was our candy store.

We ate candy, but we also knew every, every season what was, what was in season to go eat and where to go eat it at. So that's kind of, where we, as far as foraging is concerned. And then as we got older, we learned about the medicine part of it. And, you know, we learned a little bit more like, wild plantain or mullein, you know, we start learning through our son about different, you know, municipal plants that you could use to help, you know, just through him.

And so, that's kind of our experience as far as foraging is concerned.

[00:38:34] **Ayluonne Tereszkiwicz:** And tell me more about the medicinal, plants that you learned about. What were they? What did you use them for?

[00:38:40] **Tammy Crawford:** Well, he said mullein was used to, if you're coughing, it's good for coughing. And, when I met him, I had a book called Back to Eden that I used to, to flip through.

And I learned a lot from the Back to Eden book. And I would drink teas and stuff. And he has a funny story about how his co workers would tease him at the fire department about drinking tea because I turned him into a tea drinker. They were drinking coffee. He drank herbal teas. You know, the different municipal purposes for the herbal teas.

And, so, my kids still love tea. We have a granddaughter that absolutely love teas. And now we, me and my daughters, once a month we get together we have a tea party and we just drink teas and different types of teas and we just eat and drink teas and talk and have our little ladies time

[00:39:32] **Richard Crawford:** Well,, yeah, she she made me a firm believer of the herbal teas And as far as municipal purposes I have, they do work. Some of my health issues that I've had throughout the years, I've, I always try to look for a natural alternative to, to prescription medication and herbal teas have been one area where I have looked, as far as, helping with some of the various, health conditions that I had.

We never actually grow any herbs, we didn't grow them, but I was a firm believer we went to the, Whole Foods and the other, you know, health food stores to get them.

[00:40:25] **Ayluonne Tereszkwicz:** You've spoken about what you've learned from your parents and your Ancestors in a way, and what you've learned from your children, and I'm wondering what you really feel you want to pass forward or pass on when it comes to things around gardening, or the land, or taking care of yourself through plants, or what do you think is the most important thing that you want to pass forward?

[00:40:48] **Tammy Crawford:** Well, with our, granddaughter, who's 20. She is, has talked about moving to another country when she graduated from college. She's in her last year of college at UNC, uh, Greensboro. And, I passed on the love of gardening to her and my grandson. He's recently got, he got married last year. Uh, Brandon Barrett and Rashauna King are their names.

And we, so. She was in the garden with me. He was in the garden with me. Tommy was in the garden with me. They all were close to the same age. And so, cooking out of the garden, you know, there were times that I had them over for the weekend and we would cook something out in the garden. And so, passing on to her, she loves gardening.

I know she'll always have a garden. She loves flowers, planting flowers, and she loves gardening and she loves, teas. And as well as Brandon, me and Brandon talked about maybe, he's staying in Mebane, North Carolina. And him and his wife Maddie, I said, well, you know, contact the local people and find out is there a community garden that you guys can go participate in.

And he's in college now. And so, they all are interested in natural foods and interest in moving. Either she's gonna plan on moving out of the country and Brandon's wife wants to move to Italy. They're originally from Italy and he wants to move to back to Italy. And that they, they talk about, well, everything's natural there, we can do, and they have all these big plans and I hear, hear the seeds that I planted through them.

And so it, you know, it, it really warms my heart to know that gardening will never, you know, cease in my family. They will always be some type of garden.

[00:42:39] **Richard Crawford:** Well basically what I wanted to pass on is, far as letting them know that gardening and eating natural stuff, not processing the vegetables, the fruits and stuff, it's gonna make you healthier. Most folks don't realize this, but in the Bible, it says that before the flood, Noah's flood, that nobody eat meat. They just eat what was grown from the ground.

And, you know, I've, I've, read in the Bible about, the men in the Bible, before the flood, Noah was nine hundred and some years old, Methuselah, but they didn't eat any meat until after the flood.

They were all vegetarians. So, and me and my wife, we have discussed for several years about becoming vegetarians. And I just wanted to, I'm a firm believer in good health and as far as what natural fruits and vegetables can do to, um, help you be more healthier and have a better quality of life. That, that's what I wanted to pass on.

[00:44:00] **Tammy Crawford:** And as far as my, medicinal, I passed on a onion garlic cold remedy. And so, recently one of them said, Hey, I'm sick. And I said, Hey, remember Um, the onion and garlic which is onions, any type of onions boiled, garlic, fresh minced garlic, and you boil them all together. And we, to cheat, we use the rotisserie chicken to get flavor.

To de bone and use it to get fat flavor. And then we would take rice Just give them something to just, you know, eat with it, some rice. Put a little rice in it, but you want more broth than anything. And, you know, it's like one big onion, one garlic, several cloves of garlic, and rice and chicken, and whatever else you want to put in it as seasoning that you can put in it.

You know, we put turmeric in it, and, anything, you know, ginger, if you want to add ginger, and then you just sip on that, and in about two days, you're better, you know, and so that's kind of our family. When it's like, oh, you're sick. Even the grandkids call my daughter now and say, hey, mom, make me some of that onion soup.

You know, so we just kind of laugh about that because it works. And that's one thing that's kind of like a family that's passed on now.

[00:45:19] **Ayluonne Tereszkiwicz:** And how long has it been in the family, this special recipe?

[00:45:23] **Tammy Crawford:** I read about it in, cause I, I love to read. And so I read about it in one of my books, Back to Eden or some other book.

I don't remember where, and I, the kids were little and so I tried it and it worked. It's like, Hey, you know, we're going to keep this and pass it on. And so it was something I made for, for my daughters and my son. And then it just got kind of passed on. She made it when she had children and, and we just passed it on.

And now they are, call her now that they're off to college. They call her and say, Hey mom, can you make this for me? And so it's been like, it started with something I discovered. And as well as they are into reading books about municipal things. Then they go to the herbal books and things to look for remedies versus like he said, going to, to the pharmacy, they go, Hey, what can I do naturally first before I go pharmaceutical wise?

[00:46:21] **Ayluonne Tereszkiwicz:** Well, I wanted to ask if there was anything else that you wanted to make sure we include in this oral history.

[00:46:28] **Tammy Crawford:** Well, what is really important is passing on the love of gardening and this knowledge that we have. That's from, my parents and his parents are in their 80s. His dad is 88, his mom is 85, my mom is 83.

The knowledge, so it won't be lost, and they pass it on to us, and then we take this responsibility, we pass it on to our daughters, as well as to our grandchildren. And we have a little grandchild, she's 6, and we have the smallest is 1 and 6. And they're part of the, her name is Tessa Marie and Elmarie and Tessa.

They are part of the community garden in Farmville, and we, it's so important to get out there with them, to get in, get the kids planting the seed in the ground, responsibility awarding it, and following it all the way through so they can see the plant as well as harvesting and cooking. That is what sparks the seed of loving garden, because now this generation everything is instant, or they have the phone in their hands.

But this gets them in the sun, they get, and then they also, and at the same time, because you hold, holding their attention, you can teach them not only about gardening, that's just one tool you can use to teach them about air and water and, and rain cycles and drought cycles. And you can just take that one area of gardening and teach so many life lessons from it.

Um, to them in a subtle way that it sticks with them for life. And so that's what's so important to me is making sure each one of my generations learn it, as well as one day it might be able to sustain their lives. Because this growth, there's no guarantee the grocery store would always be there. To provide for them a daycare and say, Hey, I know how to do it.

This dirt, with this condition, I can grow this, or if it's not growing, I can amend this soil for this. They'll have that knowledge of all these generations to, to pass on, to learn, to keep, to grow with and, you know, planting flowers, me and my granddaughter planted flowers, we planted sunflowers. And they grew, and they grew, she's six, so they grew about three feet, three and a half feet, four feet tall.

And she loved them, and we were supposed to harvest them and dry them. That was something I did with the children when they were little, was harvest the sunflowers and dry them. But they, theirs grew six feet tall, I mean eight feet tall. So that is kind of, what's really important is taking the younger generation, taking all the little kids and getting them out there and getting their hands dirty.

Let them know dirt won't hurt. It washes off. Teaching them how fun it is to really get out there, get wet, play, learn how to sort, learn about worms and beneficial benefits of worms and microbes and you know it's just so many lessons you can teach them. So that's what's important to me is passing it on to the next generation then they can pass it on to their next generation and so forth.

[00:49:41] **Richard Crawford:** Yeah well I concur with what she just said and Tess Marie who's six, she was talking about. I think she will carry it on because there was one situation with her when she was smaller where we planted a cucumber plant in a little planter. It was a flower planter that my wife had. But we let her, we let her plant the seeds in there.

The cucumber come up and it grew and it grew and it got big and we told her and said we're gonna let you um when it gets big enough to eat, we're gonna let you eat your cucumber. And it finally got big enough and we picked it and we ate it and she was, she just loved that and so I think it will pass on with her and, like she said, throughout my generations, the generations of my family, it is just been a part of it and it's up to us to make sure that we pass it on just like our parents passed it to us.

It, we had the responsibility to pass on the love of gardening, which I want to do, and we, we, we are doing that.