

You know these--yeah, they used to get coffee. But they used to have green coffee. They used to have to roast it themselves, you know. And when they didn't got no coffee, they used to get this elm bark and make tea out of it. They used to make tea out of elm bark. And then there was some kind of a green weeds. They used to use it for tea. I don't know what they call them. And you know these coffee beans we have? They used to roast them, and open them and each side of that they used to grind it and make coffee out of it.

(You mean those coffee beans that grow on this tree they call "coffee-bean tree"?)

Yeah. That's the one. They used to roast them. (Kentucky coffee-bean tree, Gymnocladus dioica) Yeah, they used to make coffee out of that.

(How about sugar?)

They used to have yellow looking sugar. Maple sugar. I don't know where they got it, but that's what they used to use. And then they used to get salt. Down east of Southard there--Salt Creek--they used to get that salt and dry it. Yeah. Just hammer it down. See, I got a rock over there that my grandma used to hammer her salt on. That one. And there's a small one, too. They're many years old. (shows me a flat stone slab, smooth on top) That was my grandmother's. I don't know how old it is.

STONE SLABS USED IN PULVERIZING SALT

(Where did your grandmother get these rocks?)

You know when they used to travel around, I guess they used to find it somewhere down south. And I'm going to give you this one, and you take care of it.

(Tell me how she used this for her salt?)

She used to put rawhide on this and just hammer it down with another stone.