**Bake off/Cook out**

Pull out those family recipes. Share yummy food stories with your family and friends—compete with eats!

To get you started, here is a recipe from our state.

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**Salem College Iced Tea**

**North Carolina Museum of History**

This sweet, fruit-flavored tea is the recipe of Jane Van Hoven of Home Moravian Church in Winston-Salem. It is a staple at Salem College, a women’s college founded by the Moravian Church in 1722. It is North Carolina’s oldest college and the oldest women’s college by founding date in the United States.

- 4 (or more) mild mint sprigs, such as julep mint
- 6 to 8 whole cloves
- 12 cups water
- 1 family-size tea bag
- 1 1/2 cups packed light brown sugar
- 1 cup lemon juice
- 1 (12-ounce) can frozen orange juice concentrate
- 5 cups pineapple juice
- fresh mint

Combine the mint sprigs, cloves, and water in a large saucepan. Bring to a boil and reduce the heat. Simmer for 15 minutes and remove from the heat. Add the tea bag and let steep for 15 minutes. Strain through a wire mesh strainer into a very large heatproof pitcher or punch bowl; discard the solids. Add the brown sugar and stir until the sugar is dissolved. Stir in the lemon juice, orange juice and pineapple juice. Chill, covered, for 24 hours. Serve over ice and garnish with fresh mint.

Serves 10 to 15.