



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.

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	1 cup lemon juice
6 to 8 whole cloves	1 (12-ounce) can frozen orange juice concentrate
12 cups water	5 cups pineapple juice
1 family-size tea bag	fresh mint
1 1/2 cups packed light brown sugar	

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.

