



## Here's to the Land of the Longleaf Pine: *The Tarheel Toast*

The North Carolina General Assembly adopted our first state symbol in 1885 by officially recognizing the North Carolina state flag. North Carolina continues to adopt symbols that represent our culture and history. The symbols also represent our state's unique natural resources. North Carolina State Parks protect habitat for many of these state symbols.



The state bird is the **Northern Cardinal**.

The state tree is the **Pine**.

The state reptile is the **Box Turtle**.

The state flower is the **Dogwood**.



Did you know North Carolina also has a state toast? It is not toast like burnt bread. It is the type of speech that people say to celebrate before eating a meal. It was written as a song in 1904, by two North Carolina women, Leonora Martin and Mary Burke Kerr. In 1957, the N.C. General Assembly adopted the words as the state toast. So the next time you raise a glass of the state beverage, milk, say the **Tarheel Toast** aloud:



***Here's to the land of the long leaf pine,  
The summer land where the sun doth shine,  
Where the weak grow strong and the strong grow great,  
Here's to "Down Home," the Old North State!***

***Here's to the land where the galax grows,  
Where the rhododendron's rosette glows,  
Where soars Mount Mitchell's summit great,  
In the "Land of the Sky," in the Old North State!***