

# SOUNDSIDE LEARNING THIS WEEK ON CORE SOUND

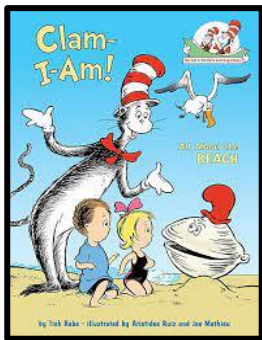


May 1, 2023

## COMING UP AT CORE SOUND...

- **May 3:** *Soundside Science & Story Time* for ages 3-5, 10 AM
- **Applications Now Being Accepted** for our Summer Camps! Check them out at [www.coresound.com/camp](http://www.coresound.com/camp)

## Sound Reading Material For You & Your Child



### Clam-I-Am!

By Tish Rabe

Norval the Fish is hosting a seaside talk show for the Fish Channel—and the Cat in the Hat and Thing One and Thing Two are Cameracat and Crew! Among Norval's special guests are his old friend Clam-I-Am (a shy gal who lives in the sand and likes to spit), along with horseshoe and hermit crabs, jellyfish, sand fleas, starfish, seagulls, and miscellaneous mollusks. Seaweed, sea glass, tides, tidal pools, dunes, driftwood, and waves make cameo appearances, too. Warning: Beginning readers are apt to be swept away!

Grade Level: preK-3  
Pages: 48

## A Walk Remembered

A warm, clear day Down East in 1950 often warranted an outing that is enjoyed by many of us still today, clamming! Now that the weather is warming a bit, I cannot help but recall the many times my family and I climbed aboard our boat with buckets that would soon be tied to us as we bent in shallow waters and pinched the mud while feeling for clams. The moment I closed my hand atop a clam created one of the best feelings in the world. Chowders, little necks, and cherries all brought with them the same excitement. A clam of any size was a treasure to me. Today, whenever I see locals clamming in our waters, I recall a favorite memory shared by my dad, one I will now share with you!

*When Daddy was a boy, he had a neighbor named Leo Scott who had many talents that were rather amazing. Leo was known for whittling and made many boys and girls smile with a whittled skiff or duck that upon completion would be handed to a nearby child. But the memory that Daddy most often shares is of Leo's talent along the shore. Leo could sight clams. Yes, you read that correctly. He clammed with his eyes and a stick.*

*When the time and weather was right, Leo grabbed his clamming stick and bucket and walked to the landing near Granddaddy Henry's fish house. Once near the water's edge, he rolled his pant legs to his knees and waded to knee-deep water. Dad remembers watching Leo walk to the east'ard while looking at the ground and poking it with his stick. After half-way filling the bucket that he pulled with a rope tied to his waist, Leo turned around and walked back filling the bucket to the top using the same method. Leo rolled down his pants once back on shore and sold his catch for \$1 per peck.*

*Daddy's eyes still smile when he shares this familiar occurrence, a look that only solidifies my childhood belief that clams, indeed, are treasures.*



photo from [www.carolinacountry.com](http://www.carolinacountry.com)

# Yaupon, Anyone?

Yaupon is a bush that used to be abundant Down East. It is a type of holly evergreen shrub or small tree that grows ten to thirty feet tall with green leaves, and females have beautiful red berries. The plant bears glossy, oval leaves that are up to one inch long with fine-toothed edges. Its lifespan is relatively long, from thirty to seventy-five years. Although not in the same abundance as it once was, yaupon is still around and beautiful; some would even say it's tasty!

*Yaupon* comes from the Catawba Indian word *yop* which means "tree." It is found along our coast for it grows well in sandy soil. During colonial times, yaupon was used to make a tea for it has caffeine-rich leaves and twigs. Women would toast the leaves and twigs in earthen pots to create the black tea. The liquid was used by the Coree and Poteskeets Indians tribes of the Outer Banks as a sacred drink for rituals and ceremonies. The Native Americans believed it purified the drinker and purged him of anger and falsehoods. Furthermore, as yaupon's scientific name, *Ilex vomitoria*, implies, Indians sometimes used this black drink as a nauseant, usually after adding seawater or other nausea-producing substances. A pure infusion of yaupon leaves is harmless, however, and many find its flavor pleasant.

Settlers quickly learned of the stimulant and diuretic properties of yaupon and introduced it to Europe. By the early eighteenth century it followed chocolate, coffee, and Asian tea from apothecary shops, and was distributed as a treatment for smallpox and kidney stones. Cured leaves were sold for a half-guinea a pound in England, and for a time yaupon was an important export of the Carolina colony. English, French, Spanish, Portuguese, Italian, Dutch, and Germans had over two dozen different names for yaupon. It was inexpensive and popular, but its association with the rural southern poor eroded its acceptability as demand increased for coffee, Asian tea, and even carbonated soft drinks after the Civil War.

The drinking of yaupon tea persisted in our area into the mid 1900s. Fresh, dried, or roasted leaves and stems were used to make the beverage, with a careful effort to avoid the poisonous berries found on the female bushes. Here is how my grandmother Mary Frances Davis used to make hers:

1. *Pick new leaves and stems from the bush.*
2. *Lightly toast them in the oven at 300°F until the leaves begin to brown.*
3. *Take one tablespoon of leaves and stems and add them to two cups of boiling water.*
4. *Steep until it is the desired strength and enjoy.*



photo from coffeesock.com