



# KENTUCKY HUMANITIES

## Presentations about *Growing Together*

### **SPEAKERS BUREAU**



**Valerie Askren**

Kentucky Writer

Lexington, KY

Phone: (859) 268-4146

Email: [valerie.askren@gmail.com](mailto:valerie.askren@gmail.com)

#### **Wild Edibles, presented by Valerie Askren**

The practice of harvesting plants from their natural or 'wild' habitat, whether for food or medicinal purposes, is a long-held tradition. Today 'wildcrafting' refers more to medicinal and 'foraging' more for food. What are the rules for foraging on public lands? Can you forage in your own backyard? What do I do with these things once I find them? This talk covers the answers to these questions and much more. From flowers and fruits, to mushrooms and greens, Kentucky provides a bountiful resource for adventurous eaters.

Equipment needs: Projector, screen, access to power outlet

Available as virtual program: No

#### **Arches, Waterfalls, and Wildflowers of Kentucky, presented by Valerie Askren**

Did you know that Kentucky has the second highest number of arches in the United States? And more than 1,100 waterfalls have been catalogued and photographed across the state? Or 10 different kinds of orchids reside in the Bluegrass? Celebrate Kentucky's natural beauty! This presentation can be tailored for a variety of groups (from Scouts to garden clubs); geographically for your region; or otherwise narrow its focus to fit your needs. A slideshow of photographs accompanies colorful commentary to keep the





# KENTUCKY HUMANITIES

presentation lively and engaging. Valerie Askren is the author of five guidebooks on exploring Kentucky outdoors.





# KENTUCKY HUMANITIES



## **Stephen Allten Brown**

Kentucky Writer

Louisville, KY

Phone: (270) 307-0150

Email: [hellostephenb@gmail.com](mailto:hellostephenb@gmail.com)

### **Let The Earth Breathe, presented by Stephen Allten Brown**

Gardening with native plants is fun and rewarding. See how one suburban Kentucky couple transformed their yard into a beautiful nature preserve for pollinators and wildlife. You too can create your own enchanting home landscapes with native plant species. Enjoy a 12-plus year journey that anyone can take. Native plants are survivors and full of wonderful surprises. It's fun to put plants in the ground! *Let the Earth Breathe* is full of pictures that show how to transform any suburban yard so that every window is tuned to the nature channel. A pictorial overview, combined with pages of suggested plant lists, means this book is accessible to everyone. This is how we did it, and you can do it, too!

Equipment needs: Screen and projector

Available as virtual programs: Yes





# KENTUCKY HUMANITIES



## **Blair Thomas Hess**

Kentucky Writer

Frankfort, KY

Phone: (859) 229-2551

Email: [blair.t.hess@gmail.com](mailto:blair.t.hess@gmail.com)

## **Travel Kentucky: Historical Destinations and Natural Wonders, presented by Blair Hess**

When people—particularly those who reside outside of the Bluegrass State—think of Kentucky, three things usually come to mind: bourbon, Colonel Sanders' secret chicken recipe, and the glamorous Kentucky Derby. Add college basketball to that list, and you have yourself a superfecta. However, for author Blair Thomas Hess, a seventh generation Kentuckian, her home state is a diverse patchwork of faces and places, each as unique as the state's geography.

Many have made the drive across the Bluegrass State, but too often we bypass all the worthwhile distractions between Paw Paw in Pike County and the Kentucky Bend of the Mississippi River in Fulton County—treasures such as Abraham Lincoln's boyhood home that rests inside a Greek-style temple and the buffalo that roam the modern-day prairies of Land Between the Lakes. Whether you're a native or long-time Kentuckian or if you're a recent transplant, there is always something new to discover exploring your own backyard. This talk travels the parkways, byways and backroads of the Bluegrass State and outlines some of Kentucky's most famous historical destinations and natural wonders as well as some of her best kept secrets. This presentation will highlight fun and educational destinations to help Kentuckians of all ages explore the amazing and irreplaceable things that make the state one of a kind.

## **Famous Kentucky Flavors, presented by Blair Hess**





# KENTUCKY HUMANITIES

We can thank Kentucky for the cheeseburger, Bibb lettuce, the hot brown, fried chicken, and so many more famous culinary staples. The Bluegrass state's rich traditions in good eatin' are a reflection of the unique and diverse people and cultures that call this state home. This presentation will dish out the history of these famous flavors and discuss how their inventors and the cultures they come from are woven through Kentucky food (and libations). Join seventh generation Kentuckian Blair Thomas Hess, author of four travel books about Kentucky including one exploring its cuisine to talk about how these foods have influenced our state identity. This talk can be tailored to include bourbon or leave it out and can be customized based on region and time of year.





# KENTUCKY HUMANITIES



## **Eddie Price**

Kentucky Writer & Educator

Hawesville, KY

Phone: (270) 922-1326

Email: [eddieprice.1954@att.net](mailto:eddieprice.1954@att.net)

## **Homemaking on the Kentucky Frontier, presented by Eddie Price**

Take a journey back to 1811 and experience homemaking on the Kentucky frontier—"from the ground up." After clearing timberland, fencing off pastures, and planting crops, homemakers involved themselves in every aspect of building a home from available materials. Roofing, flooring, insulation, heating, water supply, and lighting were considerations then as now. Learn how frontier folk cultivated and preserved their food, made their clothes, doctored their families, and still found time for recreation and religion. Cooking on open hearths, hemp and flax breaking, heckling, spinning, weaving, and dyeing are examined. The audience will appreciate the severity of disease and how little medical knowledge existed in the early 1800's. Native American and folk remedies are discussed, along with frontier religion and recreational activities. Eddie Price displays utensils used by early Kentuckians and educates with a colorful PowerPoint slideshow.

Equipment needs: Computer, projector, screen

Available as virtual programs: Yes





# KENTUCKY HUMANITIES



**Dr. Cynthia Resor**

Retired Foundation Professor, Department of Curriculum & Instruction, College of Education, Eastern Kentucky University  
Lancaster, KY

Phone: (859) 792-1443

Email: [cynresor@outlook.com](mailto:cynresor@outlook.com)

**Cooking in Kentucky Before the Civil War, presented by Cynthia Resor**

Cooking before the modern conveniences of electric appliances, pre-packaged foods, and modern recipes was hard work! In this presentation, Cynthia Williams Resor explores the lives of average women in Kentucky, free and enslaved, as they prepare recipes from early 19th century cookbooks such as Lettice Bryan's *The Kentucky Housewife*. Look over the shoulder of a Kentucky woman as she produces, preserves, and prepares food in a typical pre-industrial kitchen. What kitchen tools did she use? What foods were plain, everyday fare and what was prepared for special occasions? How did she juggle cooking and the other daily chores? The answers to these questions and more will make you appreciate a microwave!

Equipment needs: PowerPoint projector, screen, display tables

Available as virtual programs: Yes





# KENTUCKY HUMANITIES



## **Amy Le Ann Richardson**

Poet

Olive Hill, KY

Phone: (606) 776-2153

Email: [kymtnwriter@gmail.com](mailto:kymtnwriter@gmail.com)

### **It All Comes from Dirt: Creating from the Land, presented by Amy Le Ann Richardson**

Agriculture is the art of cultivating soil and seeds to make food. Poetry is the art of cultivating moments and memories to make art. We all have food memories woven into who we are and who we become, and for some of us those are tied directly into the land where our food comes from and how it is grown by the hands of those we love and by our own hands in the soil of a place where we are rooted. During this talk, which can be adapted to fit different lengths of time, we will examine the parallels between the art of cultivating soil and cultivating moments and perhaps take home ways to inspire seeds of poems on the page in our individual creative practices.

Equipment needs: PowerPoint and a microphone

Available as virtual programs: Yes





# KENTUCKY HUMANITIES

## **KENTUCKY CHAUTAUQUA®**



**Daniel Boone**

*The First Kentuckian*

1734-1820

Script by Bo List

Portrayed by:

**Kevin Hardesty**

Lexington, KY

Phone: (859) 608-8331

Email: [booneactor@gmail.com](mailto:booneactor@gmail.com)

Daniel Boone is the quintessential Kentuckian, having blazed the trails that would become the map of Kentucky through courage, love of the newfound region, and his cunning facility with the land and its native peoples.

Born November 2, 1734, Boone quickly demonstrated a preference for the outdoors and established himself as an accomplished hunter and explorer. In 1767, he first visited Kentucky and found this new territory as beautiful as it was dangerous, as it was hotly contested by native populations and the ever-advancing British colonists.

Boone was an intrepid adventurer and natural leader whose exploits justify his larger-than-life reputation. In 1784, John Filson published *The Discovery, Settlement And Present State of Kentucke*. This influential book chronicled the adventures of Boone and established him not only as an important settler and explorer of Kentucky and the west, but as an American legend.





# KENTUCKY HUMANITIES



**Jemima Boone**  
*Life on the Frontier*  
1762-1834

Portrayed by:  
**Betsy B. Smith**  
Cynthiana, KY  
Phone: 859-588-0837  
Email: [betsywritesitall@gmail.com](mailto:betsywritesitall@gmail.com)

Jemima Boone, the fourth child of Daniel and Rebecca Bryan Boone, was born in North Carolina, on October 4, 1762. Destined to live a life beyond the borders of civilization, she helped pioneer two American frontiers: Kentucky and Missouri.

Typical of pioneers in the era, Boone endured heartbreak and suffering almost unimaginable to modern Americans. One of the most well-known stories to come out of Kentucky's pioneer past involved 14-year-old Jemima. In July 1776, Boone was kidnapped by a group of Native Americans. Her father led a search party that caught up with the captors and rescued the girls after three days in captivity.

In 1777, Boone married Flanders Callaway, a union that lasted nearly 50 years. Together with the other settlers at Boonesborough, they endured times of terrible suffering, facing starvation, cold, and the ever-present fear of attack.





# KENTUCKY HUMANITIES



**Lettice Pierce Bryan**  
*Kentucky Homemaker*  
1805-1877

*Portrayed by:*  
**Dr. Cynthia Resor**  
Lancaster, KY  
Phone: (859) 792-1443  
Email: [cynresor@outlook.com](mailto:cynresor@outlook.com)

Lettice Pierce Bryan was a pioneering but often overlooked figure in Kentucky history. Born near Danville, she authored *The Kentucky Housewife*—the first published cookbook in Kentucky—a remarkable achievement that transcended mere recipes to become a vivid record of 19th-century domestic life.

At 19, Lettice married Dr. Edmund Bryan and went on to raise 14 children while managing a bustling household during a time of enormous social and political upheaval. Kentucky was caught between Union and Confederate loyalties during the Civil War and was transforming rapidly under the early Industrial Revolution. Amid these changes, Lettice documented the rhythms of daily life through a lens rarely preserved: the homemaker's perspective.

*The Kentucky Housewife* is far more than a cookbook—it's a treasure trove of period recipes, household remedies, practical advice, and cultural insights. Through her work, Lettice provides a compelling glimpse into the lived experience of American women before modern conveniences, highlighting their essential yet often unrecognized contributions to family, community, and society.





# KENTUCKY HUMANITIES



**Alice Lloyd**

*Stay on, Stranger*  
1876-1962

*Portrayed by:*

**Jacqueline Hamilton**

Phone: (859) 935-5153

Email: [aliceontheroad1955@gmail.com](mailto:aliceontheroad1955@gmail.com)

Called "the stubbornest woman" in Kentucky, Alice Spencer Geddes Lloyd was born near Boston. Her way with words led to a career as a journalist, and later, as the editor of the first all-female newspaper staff in America.

Health problems forced Alice at age 40 to move to a warmer climate. She packed up her typewriter and headed by horse and buggy to the mountains of Kentucky. Acceptance from the people of Eastern Kentucky came slowly. Yet, Alice stayed and showed the good one person can do. She wanted to educate Appalachian children through college at little or no cost to them. Alice and her friend June Buchanan started Caney Junior College (later renamed Alice Lloyd College). Her journey included a gunshot scare, an invitation to the White House during Herbert Hoover's term, a Hollywood television appearance, a major story in Reader's Digest, and many mountain miracles.

