



# Women on the Frontier

Fort Boonesborough  
Madison County, KY – April 22-23

*Frontier Remedies, Food,  
Fiber & Farm Chores*

## Saturday morning

- 9:00 am Fort opens to the Public
- 9:15 am Welcome and Introductions  
*Meet near the fire area to the right of the fort entrance.*
- 9:30 am **Wood splitting and Firebuilding.** Mike Murphy will teach us how to properly split wood for kindling and fuel. We'll starting a fire with tender & kindling, and talk about the best woods for cooking, heating, etc. Mike will also school us in how to care for your axes. During this time, we will get the fires going for our Lard Kettle and Dye Pots. (Mike Murphy, Bill Farmer, Emily Burns and Kristi Heasley)

## Mid-morning

- 10:15 am **Cooking With Michael Drago**  
Baking Bread and churning butter with a spoon. Michael has lots of good things in store. He will demo different breads and biscuits as well as telling about his period kettles and utensils. While Michael talks to us, we will churn butter in wooden bowls with wooden spoons. (Please bring a wooden bowl and spoon with you if you have one. Cream will be provided.)
- Natural Dyeing.** The Dye Pots will be ongoing. We will have several dye stuffs in the kettles and we'll experiment with some other things we can find around the fort. Bring fabric or items of clothing, you wish to dye. Strips of linen will be available for experimentation. (Emily Burns and Kristi Heasley)
- Pig Roasting.** This will start in the early morning and be cooking all day. You'll love the aroma!
- 12:30-1:30 **Lunch on your own** (The Fort Boonesborough Foundation will have concessions for sale)

## Early afternoon

- 1:30 pm Rendering Lard. We will need to check on the fat we started cooking this morning and strain it when ready. (Emily and Kristi)

## Women on the Frontier (cont'd)

- 2:00 pm      **Frontier Remedies**  
**Edible and Medicinal Plant Walk** with Bill Farmer. Meet near the fort office. We will gather plants that will make up our salad for the evening meal and talk about native, period plants and their uses for both food and remedies.
- Following the walk, we will make a simple salve, medicinal teas and wound poultices... all from plants and materials that would have been available at or near Fort Boonesborough. These activities will take place all afternoon and will likely require multiple locations as the salve and teas will require a fire. We will let you know where to meet.
- 5:00 pm      **Fort closes to the Public**
- 6:15 pm      **Evening meal** – provided for Reenactors with roast pig, native plant salad, homemade bread and butter, fort made sauerkraut. You may bring a vegetable or dessert to share.
- 7:30ish      **Corn Husking & Shelling Party** near the center of the fort. Friendly competition may ensue. Pick your team and race to see which team can accomplish the most.
- Musical Concert with Frontier and Celtic Balladeer Jonathan Hagee.** Depending on weather, Jon may provide musical accompaniment for the Corn Shellin' or retire to the blockhouse for music and fellowship. Free time to do as you please.
- Sunday morning
- 8:45 am      **Tea Time and Devotional in the Blockhouse Tavern**  
Brenda Rice will host a tea with period sweets. Bring a special teacup if you'd like. Open to all reenactors/participants—male and female.
- 9:00 am      **Fort opens to the Public**
- 9:30-10:45      **Learn to Spin with Drop Spindles.** Making one's own cloth was a labor intensive, yet vital task. And spinning thread was the first step. Jessica Faulhaber of Jessica's Creations and Teresa Beck of Doodle Fibers will teach us to spin on a drop spindle and prepare us to learn on a spinning wheel.
- 11:00      **More Cooking with Michael Dragoo.**  
Experienced Period Cook, Michael Dragoo will share some of his cooking specialties. See Saturday's entry for more information.
- 11:00      **Frontier Gardening.** Meet at the Garden near the fort entrance. While crops, especially corn were vital to survival on the frontier, it was the kitchen garden that made the often repetitive diet bearable and provided nutrition beyond just meat and bread. Learn what was grown on the frontier, and help us plant and work in the fort garden.
- 12:15-1:15 pm      **Lunch on your own** (The Fort Boonesborough Foundation will have concessions for sale)

- 1:30 pm      **Building Traps and Snares.** Bill Farmer will show us how to set some simple traps and snares that could have made the difference in having something to eat or going to sleep with an empty belly. There were times when the noise from shooting a gun could be hazardous to one's health, so a quiet way to secure meat could be very important. Trapping for furs was also a common and useful practice, and for some, a lucrative occupation.
- 2:15 pm      *Meet out back of fort near half face shelter*  
**Wrap Up and Prizes**
- 3:30 pm      **Pack up to head home**
- 5:00 pm      **Fort Closes to the public**

There will also be ongoing activities in the fort throughout both days.

We encourage you to spend some time with these as they will round out your weekend experience. This is your event, so do as you please. You may participate in any or all of the organized activities, join in the ongoing activities, visit the fort and cabin interpretations or just relax and enjoy the outdoors and other things that the fort and park has to offer.

These are just some of the things you may want to see and do...

#### Firestarting and Tomahawk Throwing:

Larry – a fort interpreter will be demonstrating fire starting with flint and steel and tomahawk throwing all day-both days in an area on the East side of the fort – near the primitive cabins.

#### Blacksmithing

Legendary Blacksmith Randy Wolfe will be sharing his knowledge and skills at the forge in the center of the fort.

#### Romantically Bent – Period Seamstress

Custom Period Seamstress, Christine Scanlon will have her store set up in the fort. Stop by to shop, discuss fabrics, sewing and other information about women's clothing.

#### Firearms: Loading, Firing, Cleaning – (Periodically inside or in close proximity to the fort - just follow the boom)

Boys and most girls learned to shoot as soon as they were big enough to shoulder a firearm. The ability to shoot on the frontier could mean the difference between life and death – both from threats of attack and to provide food for the table. You may get to fire powder blanks from period reproduction weapons and learn about the parts and function of a period long gun. If you are already a shooter, consider attending the Rifle Frolic here at the fort October 20-22.

Details are on the website: [www.fortboonesboroughlivinghistory.org](http://www.fortboonesboroughlivinghistory.org)

#### Cabin Interpretations:

There will be interpreters in some cabins all day, both days (9:00 am – 5:00 pm).

Participants should take advantage of this when they have free time or want to take a break from organized activities.

#### Movie: In the Orientation Blockhouse

If you have not seen the 30 minute movie on the settling of early Kentucky, or if it's been a while since you've seen it, spend 30 minutes and take a load off. It's well worth the time.

#### WEATHER UPDATE:

We all know that weather can change quickly in Kentucky this time of year. If we have to cancel an activity or move an activity, we will let participants know as soon as possible. If certain sessions run long, we will adapt our schedule as needed. This is always a work in progress...