

HOW CAN YOU PARTICIPATE?

All family and community members are welcome to attend our community events. They will include DNA Collection Celebrations, Community Information Meetings, and Community Outreach. We hope to build a webpage which will allow us to distribute and update information. Feel free to contact Beverly Scarlett at indigenoumemories@gmail.com

ceremony

With the assistance of Dr. Clinton and Dr. Frazier, we have cleaned Hardscrabble Slave Cemetery and divided the cemetery into quadrants. We are in the process of enumerating the graves within. To date, we have identified more than 200 graves, but we have not completed counting a quadrant. We will select 10 graves for initial investigation. We will complete a bore and collect a small sample of soil for genetic testing. The test results will help us determine race/likely ethnicity, gender, foods eaten last, most frequently eaten foods, and disease states at death for each person.



We are asking all known persons with familial ties to Hardscrabble Plantation to submit a DNA sample to the project for comparison. We will continue to build our database as our research is ongoing. Our goal is to demonstrate that descendants of Hardscrabble have genetic predisposition to diseases such as diabetes, high blood pressure, arthritis, and other conditions that are linked to a less than optimum diet. We hope to show through education and awareness that we can increase longevity and reduce poor health outcomes by making a few changes. We also hope to empower our family and community by demonstrating our resilience thus far and leaving a legacy of great health for our descendants.

INDIGENOUS

MEMORIES



CREATING A BRIGHTER FUTURE AS WE BETTER UNDERSTAND OUR PAST

THE HARDCRABBLE ENO FIELDS DNA PROJECT

HISTORY

Little is known about the day-to-day operation of Hardscrabble Plantation. We know that Hardscrabble/Pleasant Grove Plantation was created around 1820 by William Cain, Sr. who was the wealthiest and most influential man in Orange County, North Carolina at the time. Although the plantation began small, at its height it encompassed 4,416 acres of land. Both the Historic Indian Trading Path and the Eno River bisected Cain's plantation. Cain also owned land in Alabama and Tennessee.



Ms. Valeria Mack Harris and Mr. Bryant Harris raised their children in the Hardscrabble Plantation House along with ~ 100-120 foster children



How Does the Diet of Our Ancestors

Impact Our Diet Today?

According to North Carolina explorer Richard Traunter (1698-1699), our Indigenous ancestors consumed a diet rich in venison, turkey, fish, bear, peaches, pumpkin, squash and Indian corn. Historically, squash, beans, and corn were staples of an Indigenous diet. We know through our oral history that nuts and berries were common dietary staples of North Carolina's Indigenous population. North Carolina Surveyor John Lawson recorded in 1701 that the dietary staple of a North Carolina slave was corn. We do know from other written accounts that slaves were fed unwanted parts of a hog such as chitterlings, pig's feet, fat back, and pig ears.



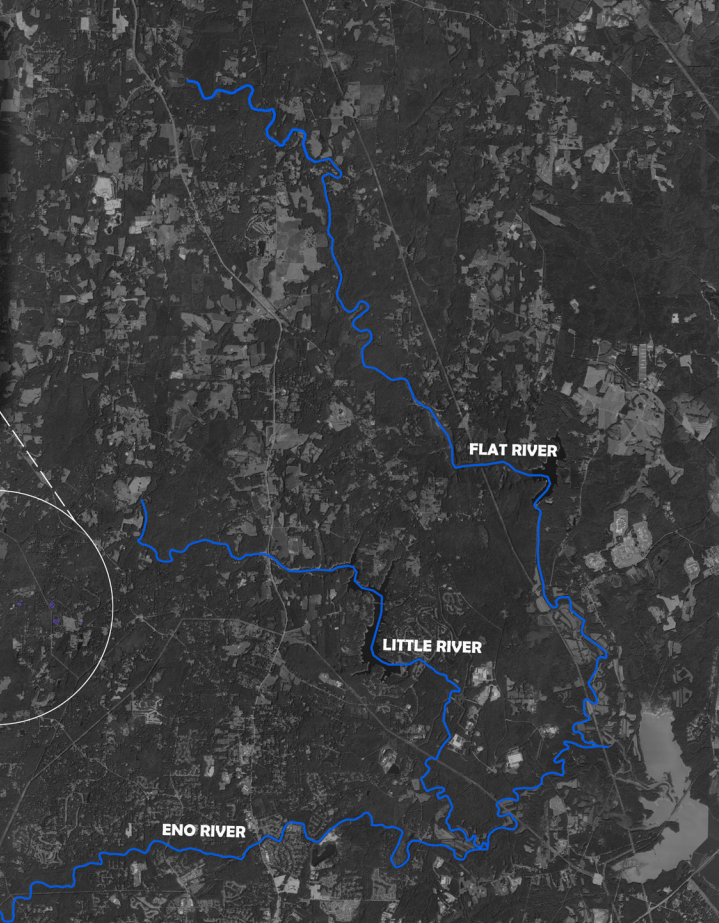
Ms. Sallie Ray Harris Harris Family Matriarch



Ms. Winnie Cain Weaver born into slavery on Hardscrabble Plantation in 1861

Census records show that Cain owned 95 slaves in 1830. Census records tend to show that the number of slaves decreased to 27 slaves in 1850. William Cain, Sr. owned Black and Mulatto slaves. Upon William Cain, Sr.'s death, the plantation was inherited by William Cain, Sr.'s eldest living son, Dr. James F. Cain who promptly named the plantation Hardscrabble.

In 1860, Dr. Cain is recorded as owning 41 slaves and having manumitted 15. According to the 1860 census, Hardscrabble was only 7 farms away from Paul Cameron's plantation, Stagville.



MERGING THE PAST AND PRESENT TO CREATE A HEALTHIER FUTURE

We are very fortunate to continue to live and/or worship within the area of the Historic Indian Trading Path, Hardscrabble Plantation and Stagville. A quick genealogy search shows us that we are far less than ten generations removed from slavery, or the destitute life of a Free Person of Color living in North Carolina.

Our Thanksgiving, Christmas, and New Year's celebrations often find our dinner tables filled with foods known to be foods our enslaved ancestors feasted upon during those celebrated times. How have those foods contributed to our current health challenges? How did the living conditions and work conditions of our ancestors contribute to our current health challenges?

With the assistance of Dr. Carter Clinton and Dr. Nishani Frazier of North Carolina State University, we hope to find out.