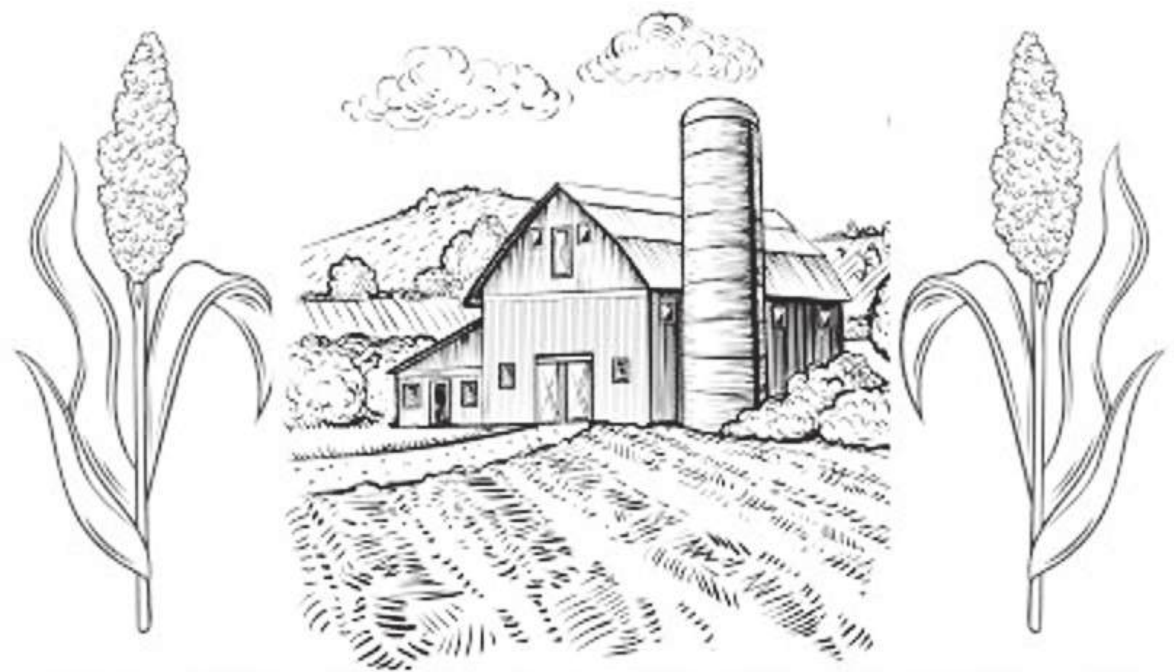




SORGHUM

IN THE MOUNTAINS

BLAIRSVILLE, GA

2025

October 11 & 12
and
October 18 & 19

Presented by the North Georgia News and West Printing Company



Special Section Index

Welcome to the Festival.....	3
Preserving a Hometown Tradition.....	4-5
Old-Time Games.....	6-7
Live Music & Entertainment.....	8
Downtown Heritage Parade.....	10
Makin’ Sorghum Syrup.....	11
Festival Memories.....	13-14
Sweet Sorghum Recipes.....	15

2025 Schedule of Events

Saturday, Oct. 11:

- 9 a.m. Gate Opens & Syrup Makin’ Starts
Campbell Folk School Cloggers
- 10 a.m. Downtown Blairsville Parade
Logan Cross Band (Concert)
- 12:30- Sorghum Games:
2:40p Biscuit Eatin’, Pole Climbin’,
Log Sawin’, Rock Throwin’,
Horseshoes, Sack Race
- 3 p.m. Woody Gap Band of Steel (Concert)
- 5 p.m. Festival Closes for the Day
- 7 p.m. Sorghum Stomp Granddaddy Mimm’s

Sunday, Oct. 12:

- 9 a.m. Gate Opens & Syrup Makin’ Starts
Logan Cross Band (Gospel)
- 12:30- Sorghum Games:
2:40p Biscuit Eatin’, Pole Climbin’,
Log Sawin’, Rock Throwin’,
Horseshoes, Sack Race
- 3 p.m. Davy Henderson (Concert)
- 5 p.m. Festival Closes Until Next Weekend

Saturday, Oct. 18:

- 9 a.m. Gate Opens & Syrup Makin’ Starts
Riverbend Music (Concert)
- 12:30- Sorghum Games:
2:40p Biscuit Eatin’, Pole Climbin’,
Log Sawin’, Rock Throwin’,
Horseshoes, Sack Race
- 3 p.m. Benny Collins & Family (Concert)
- 5 p.m. Festival Closes for the Day

Sunday, Oct. 19:

- 9 a.m. Gate Opens & Syrup Makin’ Starts
- 9:30a Davy Henderson (Gospel)
- 12:30- Sorghum Games:
2:40p Biscuit Eatin’, Pole Climbin’,
Log Sawin’, Rock Throwin’,
Horseshoes, Sack Race
- 3 p.m. Davy Henderson (Concert)
- 5 p.m. Festival Closes Until Next Year

The festival venue is 490 Meeks Park Road
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Welcome to the Sorghum in the Mountains Festival!

By Shawn Jarrard
North Georgia News
Editor

A tradition is a story told across time. A story of values, culture and heritage. Traditions reflect the people of a particular place, what they care about and wish to preserve from one generation to the next. If people stop telling their stories – if they let go of tradition – values fade, culture changes and heritage becomes a thing of the past.

With the exception of 2020, when seemingly everything shut down for COVID, there has been a sorghum festival in Union County since 1969. The name may have changed this year, but it's essentially the same tradition people have known and loved for generations.

Organizing the festival is a huge task. Always has been. But it's a labor of love, carried out by dedicated volunteers for over five decades now. Every year, the people behind the scenes do their best to perpetuate the agricultural heritage of the area because they know that when you forget who you are and where you come from, you become a different people, a different place.

Faced with a tradition on the brink, the 2025 festival came together thanks to a partnership between Union County Government, Blairsville-Union County Chamber of Commerce, Blairsville Downtown Development Authority, the new Sorghum in the Mountains Board, several local groups and nonprofits, and many more volunteers.

Always the first and second weekends in October, the festival at Meeks Park is jam-



Multiple generations have enjoyed the taste of fresh sorghum syrup made right here at the festival.

packed with activities for families. For starters, there's the live sorghum syrup cookin' demonstrations, where an expert syrup maker works the paddle at the copper pan to make hundreds of gallons of syrup Oct. 11 & 12 and Oct. 18 & 19. That fresh syrup will be bottled on-site for people to purchase so they can continue to enjoy the festival at home.

As usual, more than 100 vendors from every corner of the pioneer era and beyond will be there: soap makers, jewelry makers, candle makers, arts and crafts of great variety, and a rich and delicious array of food options.

Folks will also want to check out the newly

constructed Sorghum Food Booth down by the likewise newly constructed concert stage. Concessions feature homemade sorghum delights like Sorghum Popcorn Balls, Sorghum Cookies, and Sorghum Biscuits. Soup Beans and Corn Bread will be returning, too, and festivalgoers can now pay for concessions with credit cards.

An important aspect of festivities each year is the symbolic Sorghum Games. Rock Throwin' and Log Sawin' represent the act of clearing a field for growing cane and other crops, and the Biskit Eatin' Contest celebrates one of the best ways to eat syrup.

Then there are the historical demonstra-

tions like blacksmithing and pottery turning, and there is a town parade, plus many talented musicians will be performing live both weekends, picked for their more traditional genre preferences and being local to the area.

When it all comes together, the festival offers a glimpse into times gone by when communities came together at the end of a harvest season to celebrate a successful crop. Not only are these classic traditions still relevant – they're still fun! – and folks from all over the region can enjoy seeing just how their ancestors lived.

Additionally, the festival attracts thousands of people to the area each year, which brings patrons to local businesses to boost the local economy, and organizers have made sure there's something for everyone to bring the most people to the festival.

Charitable giving complements the heritage preservation aspects, with annual proceeds always going back into the community. However, because the festival had to be coordinated from scratch this year, organizers will have to see how much money is left over after start-up costs are taken care of. But moving forward, everything should be set for a return to annual giving, such as for youth scholarships and other worthy causes.

Parking is free at 490 Meeks Park Road, and admission is just \$5 for ages 13 and up. Kids 12 and under get in free. For more info, check out <https://www.sorghuminthemountains.com/>.

Oh, and visitors will want to be sure and snag one of the brand-new Sorghum in the Mountains Festival T-shirts while supplies last.

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A History of Community Reciprocity: Preserving Tradition, Creating Memories

By Mikala Jones-Wall
Young Harris College
English Instructor
& Local Resident

The Blairsville Sorghum Festival began in 1969 with a few motivated people and a funeral tent on the town square. Junior Bridges, one of the founders, remembered wearing “old-timey” clothes and selling syrup he and his parents helped make, which is a tradition the festival continues today. Because of the event’s early success on the square, Bridges said the local government gave the Blairsville Jaycees—who later became the Blairsville Sorghum Syrup Makers—a piece of land on which the organization built a cooker in 1971. Fort Sorghum, a memory-packed place that was torn down in 2018, was then built on the donated land in 1973.

The festival moved to Meeks Park in 2008 and has changed leadership only a few times over the years. For example, it was co-organized briefly by Enotah CASA for Children and the Blairsville Sorghum Syrup Makers. For the first fifty-five years, the founding group’s passion kept a core group of people coming back to run the festivities while honoring the 1969 roots—a group so close my dad referred to the Blairsville Sorghum Festival as “a family reunion.” Meeks Park had the old fort’s stage from 2008-2024 and still boasts a continuous evaporator pan for syrup making, helping carry over some of the ‘feel’ from the old fort and continue the traditions of live music and demonstra-



tions. Festival games at the park include biscuit eating, pole climbing, rock throwing, and log sawing on what is now known as the Sorghum Field; “baccor” spittin’ was eventually phased out from the traditional games. The need for more space corresponds with growth and tourism, of course, but also with devoted interest in Union County’s history. Attendees can see for themselves exactly how sorghum cane becomes syrup, from the cane trailer to a sorghum biscuit.

Though other events have gained popularity over the years, the Sorghum Festival has historically been the biggest fundraiser in Union County. The festival’s founding purpose was for all profits to help local families who are in need and to fund local scholar-

ships. More broadly, the festival also acts as a staple fundraising event for many other organizations. Countless vendor booths represent groups, such as the Diamond Club, Kiwanis International, and 4-H Club, who raise funds for various youth opportunities. Conversations about community service often cite the need for reciprocity, and the festival was founded to live out that term. Everyone benefits in this exchange—especially local youth. Time and effort from volunteers contribute to multiple weekends’ worth of fundraising opportunities that then funnel right back to the community. And all attendees leave with something: a pottery piece from a local artisan, barbecue and sweet tea from the baseball team, a new appreciation for how syrup and

‘shine get made, or maybe just memories of a slow Sunday walk with friends.

Those of us privileged to grow up around the festival learned firsthand how to love, care for, and improve our Southern Appalachian community. And how to have a good time while doing so.

We slid down the old fort’s hill on pizza boxes, helped fetch things, folded many a T-shirt, ate our weights in soup beans and cornbread, and stayed out late with our parents at square dances and in the cane fields. These are the moments of fellowship where kids learn the value of togetherness and can see the direct outcome of that commitment. Every one of us, local kids and friends of the festival’s organizers, helped our Sorghum Festival family strip fodder and load cane in the evenings, working on local farmers’ land to start the next phase of the syrup process. The work is not especially difficult for the able-bodied, but it is time-consuming and leaves seeds in your hair. As the saying goes, “many hands make light work,” and lots of entertaining stories are told while the work gets done.

It truly is the people who make this time of year special, who keep these traditions alive and accessible for everyone. People like Terry Kane and Mike Jones (my dad and the best square dancer of them all) have energized this festival for most of their adult years. People like Cecilia Pruitt, who baked thousands upon thousands of sorghum cookies. And Lisa Kane who baked even more sorghum good-

Continued on Page 5

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Continued from Page 4

ies while also ensuring all of the details have been ironed out before, during, and after the festival. People like Angie Dills, Ginger Davenport, and Kim Bridges, who taught those pizza-box-sliding kids how to count money and give correct change in order to pop us by the gates or in the T-shirt booth—but who also didn't tell us we would need to hold elderly people's hands a little tighter to draw the smiley faces that showed they paid. People like Brent England and Aaron Dills who encouraged us kids to try and pushed us up the climbing pole when we were not yet sure how to climb. There are so many altruistic people

who have kept this festival afloat since 1969. I could go on and on with names of people who taught me important life lessons in seemingly inconsequential moments. Suffice it to say, though, that I cannot imagine my childhood without this festival and the community members who poured their hearts and sweat into preserving both the traditions and the magic of it all.

Every October we remember the cultural heritage of Union County and celebrate generations new and old in our small town. The festival's success tells us that—despite changes in the world—farming and family bonds will continue on for another half of a century.



Junior Bridges, a festival founder, cooked syrup for nearly 40 years before passing the paddle.

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Sorghum Games & Family Fun return to Meeks Park

By Shawn Jarrard
North Georgia News
Editor

In terms of popularity, the Sorghum Games are always neck and neck with the live Syrup-Makin', and the agriculturally symbolic games on offer in 2025 promise to be thrilling for contestants and spectators alike.

This year's festival will once again feature the beloved traditional games that celebrate the heritage of the community. And because the Sorghum Games are free to enter, everyone from the locals raised in the festival to visitors from afar will have the chance to join in on some fun and friendly competition.

It's a full slate of activities both week-ends of the Sorghum in the Mountains Festival – that's all four days – set as usual amid the stage, syrup-cooking pan and concession stand area of Sorghum Field at Meeks Park.

The tentative schedule is: Biscuit Eating, 12:30-12:45 p.m.; Pole Climbing, 1:00-1:20 p.m.; Log Sawing, 1:20-1:40 p.m.; Rock Throwing, 1:40-2:00 p.m.; Horseshoe Throwing, 2:00-2:20 p.m.; and Sack Race, 2:20-2:40 p.m. Game schedules are subject to change based on participation.

Worth noting, the Sack Race is reserved just for kids, while all other events – except Log Sawing, which is only for competitors ages 16 and up – are open to everyone, with separate divisions for men, women and children.

Log Sawing may be all in good fun today, but years ago, it had a use for Appalachia's first settlers. Union County's ancient, towering pines made fine shelter if one knew how to build a cabin, but the work had to be put in first.

The Biscuit Eating contest stems from the diet of Union County residents back in the day. Homemade buttermilk biscuits were a common menu item and were often paired with sorghum syrup for a sweet treat loaded with sugar and calories.

Those in turn went into fueling the body for the hard manual labor necessary to, say, saw logs for cabins or to make repairs to wooden fences, or even to clear crop fields of cumbersome stones, a tradition represented in the popular Rock Throwing contest.

Altogether, the games harken to a time when folks came together to celebrate a successful harvest with food and fellowship.

For Biscuit Eating, people are advised to come hungry. Contestants must race to eat – and keep down – at least five sorghum-soaked biscuits. That will prove challenging for most, but the task will be made easier with delicious Sawmill Place biscuits topped with sorghum syrup cooked fresh at the park.

Guaranteed to be just as entertaining as watching people chow down in a hurry, Libby Stevens will return to emcee the Biscuit Eating contest.

Biscuit Eating champs will earn a jar

Continued on Page 7



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Continued from Page 6

of syrup as their prize, while winners of all other contests will receive a \$10 Cane Cash Certificate that can be spent with any festival vendor. As usual, Log Sawing competitors can take home their wood rounds as hard-won trophies.

Volunteers from Union County Rotary Club will oversee the games, with sign-ups available at their tent beside the game field.

"These contests, once enjoyed by generations past, continue to connect us to our history while fostering community spirit through friendly competition," according to volunteer organizers.

But that's not all. In addition to the traditional Sorghum Games, the 2025 festival is bringing some new activities for families to enjoy.



Courtesy of Rick's Rental, people of all ages will have a chance to operate a piece of heavy equipment for a new Excavator Game. Don't worry, the excavator will remain stationary, but folks can work the digger arm and bucket controls to grab balls balanced on cones to drop into a water trough.

The cost will be \$5 per turn with the excavator, with all proceeds to benefit Union County Family Connection and Towns-Union Special Olympics. So, be sure to try your hand with some real-world construction equipment while helping out excellent local student causes.

Also new in 2025 are Trinity Trackless Train rides for kids. At just \$5 per ride,

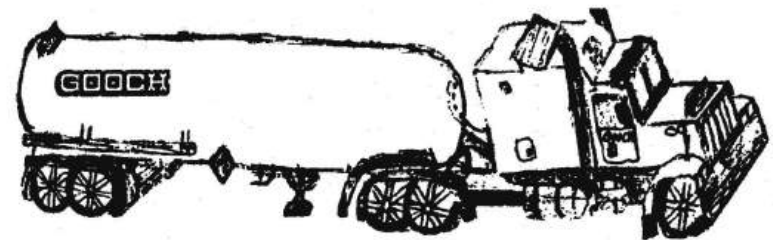
children – and parents if they like – can sit in wheeled barrels and make a lengthy loop inside Meeks Park along a scenic route next to the Butternut Creek.

And people won't want to sleep on the new photo opportunity that comes with a chance to win a cash prize. A QR code will be available at Meeks Park to upload photos from the festival, and the person who uploads the best photo will win \$100.

The festival takes place each year over the second and third weekends in October, specifically Oct. 11 & 12 and Oct. 18 & 19 for the 2025 season, running from 9 a.m. to 5 p.m. at Meeks Park in Blairsville. Head on over to play some games with the whole family!



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Catch sweet entertainment at Sorghum in the Mountains

By Shawn Jarrard
North Georgia News
Editor

The Sorghum in the Mountains Festival kicks off Saturday, Oct. 11, when dedicated volunteers gear up the mill at Meeks Park to start grinding cane to make syrup. Gates open at 9 a.m. each day, which is also the start time for live entertainment on the brand-new stage down in Sorghum Field.

All performers were hand-picked by volunteer organizers and come from the surrounding area, with genre focused on the Appalachian roots of North Georgia.

The first day of the festival will star the John C. Campbell Folk School Cloggers from 9-9:45 a.m., followed by the Logan Cross Band from 10 a.m. to noon, then the local youths of the Woody Gap Band of Steel of Suches fame between 3 p.m. and 5 p.m.

Day Two on Oct. 12 will see a special gospel set by the Logan Cross Band from 9 a.m. to 12 p.m., and music will return to the stage with Davy Henderson from 3-5 p.m.

For the second weekend of the festival, on Saturday, Oct. 18, people will get the opportunity to catch Riverbend Band from 9 a.m. to 12 p.m., with afternoon music by Benny Collins & Family from 3-5 p.m.

On the final day of the festival, Sunday, Oct. 19, Davy Henderson will offer his own extended set of gospel music from 9:30-11:30 a.m., and Henderson will round out the

live music offerings for the 2025 Sorghum in the Mountains Festival with another performance from 3-5 p.m.

Throughout the festival grounds inside Meeks Park, folks should be sure to catch the many old-time historical demonstrations such as blacksmithing, moonshining and pottery turning, all of which highlight the ways people used to make a living and care for the needs of their communities in Appalachia.

Regarding the annual Square Dance, Sorghum in the Mountains is bringing a new twist to a classic tradition for the first evening of the festival on Saturday, Oct. 11.

Instead of a traditional dance, this year, festival organizers are hosting a Sorghum Stomp at Granddaddy Mimm's Distilling Co., located at 112 Wellborn Street in Blairsville. Attendance is free, and gates open at 6 p.m. for the 7-10 p.m. concert. All ages are welcome.

The best part? The stomp will feature Waymore's Outlaws led by Blairsville's own country music star Tommy Townsend. Waymore's Outlaws is perhaps best known as the backing band of the late, legendary Waylon Jennings, and the group continues to perform to this day.

Organizers are also hoping to have a couple of square dances called during the concert, so make your way over to Granddaddy Mimm's after the festival closes the first Saturday and have a terrific time.



Folk School Cloggers



Davy Henderson



Logan Cross Band



Riverbend Music



Woody Gap Band of Steel



Benny Collins & Family

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Sorghum Parade promotes local heritage downtown

By Shawn Jarrard
North Georgia News
Editor

The Sorghum in the Mountains Parade is bringing a rebranding twist to a classic tradition – the name may be new, but the agriculture-centric parade will wind its way as always through Downtown Blairsville starting at 10 a.m. on the first day of the festival, Saturday, Oct. 11.

Parade participants need to start lining up at 9 a.m. in the usual place, the Old

Middle School Gym at 317 School Street. That'll be a good time for spectators to line the town streets as well, and afterward, everyone should head over to Meeks Park to enjoy the annual hometown festival!

As it has for years, the parade will roll from its starting position at the Old Middle School Gym, hook a left onto Veterans Memorial Drive, then turn at Cleveland Street toward the square.

From there, the floats, antique cars, horses, Jeeps, tractors and much more will loop around the Old Courthouse – the place where the festival tradition began in 1969 – to Blue Ridge Street before turning at Hunt-Martin Street and then back to the gym via Kimsey Street.

That means spectators have plenty of places to set up shop – bring a chair, a blanket or just two legs for standing, oh, and a bag for kids to collect candy tossed during the parade – and enjoy a timeless local tradition.

Once again, everyone is encouraged to dress up or decorate floats to honor the pioneering history of the North Georgia Mountains, remembering this year's theme of "Sweet Sorghum Pride."

Junior Bridges, one of the original Sorghum Festival founders, will fittingly serve as Grand Marshal in 2025, and there will be a sorghum cane trailer



Union County is patriotic as well as agricultural. The 2018 Sorghum Parade featured a tribute to hometown hero U.S. Marine Corps Master Sgt. Eric England, 84, who passed away that same year.

in the parade – just like old times.

There's no need to register for the parade, which comes with a Float Building Contest and cash prizes for the floats that best match the parade theme. Cash prizes are \$500 for First Place, \$200 for Second Place and \$100 for Third Place.

Participants will want to follow the three main judging criteria: fitting the parade theme; bringing ample creativity; and tying into Appalachian Heritage. Importantly, floats that wish to be considered for the contest need to be at the Old Gym and ready for judging at 8:30 a.m.



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A Festival Tradition: Syrup Cookin' Continues in 2025

By Brittany Holbrooks
North Georgia News
Staff Writer

Leading up to the rebranded Sorghum in the Mountain Festival, Union County Sole Commissioner Harold Collins offered some detailed information on this year's harvest and processing of the eponymous sorghum cane.

The cane came from three sources in 2025. Part of it was grown at the Union County Farmers Market, with Andrew Collins and Robert Cobb being credited with cultivating other portions. Although some new seed is utilized every year, Collins estimates that some of the seed planted is between 50 and 100 years old.

Normally, the cane would be planted the last week of April and harvested in September. To be ready by the time of the Sorghum in the Mountains Festival, the cane was

planted around the middle of May to make sure the syrup would be ready to make by the second and third weekends in October.

"If you plant too early for the sorghum festival, it gets too ripe and you'll lose your sugar content in it, and it won't make it give as much syrup," explained Collins, adding that so far, this is shaping up to be an "average" year as far as crop yield goes.

Speaking of that precious syrup, as always, folks will be able to watch it be made at the sorghum shed by the festival field in Meeks. The cane will be pressed as part of the annual demonstration with all-new equipment, and then the syrup itself will be cooked with the help of a new custom-built, gas-powered stove.

"It's a bigger job than people think," Collins said of the process of caring for the sorghum cane; he and his family have expe-

rience in the matter. Especially in the past decade, a new threat has arisen in the form of invasive insects that consume the plant.

When it comes time to harvest, that process starts by cutting the red-orange heads off the stalks. These are sometimes saved, as they hold next year's seeds. Then, the branches or limbs – known often as fodder because of their use in feeding livestock – are stripped away. If not, they can soak up the juice when the plants go to press.

The stripped cane is then left to lie in the sun for about a week before it's taken to the mill, where it can then be ground down for its juice. From there, the liquid is cooked into the coveted sorghum syrup, and the sticky delicacy is jarred and labeled, ready to be sold in its most recognized form.

Collins admitted he had hopes to incorporate a more historical aspect to the process. Though it'll take some information gathering and records checking, Collins said he wants



to honor "everyone who made sorghum in Union County for the last 75 years."

Ideally, this would come in the form of photos and a plaque listing the names of current and former farmers and families who had a hand in making sorghum a lucrative local crop. Indeed, sorghum syrup was a large part of Union County's economy from the 1960s to 1990s.

Along with that, Collins teased some other ideas that may or may not come to pass in future years, includ-

ing a Miss Sorghum Beauty Pageant. In the same vein, a Little Miss Sorghum Pageant might be an option for younger girls.

In the meantime, come watch the live sorghum production at the Sorghum in the Mountains Festival Oct. 11 & 12 and Oct. 18 & 19. The festival always starts with syrup-cooking at 9 a.m. and concludes when the syrup is done for the day at 5 p.m. Admission for ages 13 and up is \$5, while children 12 and under get in for free.



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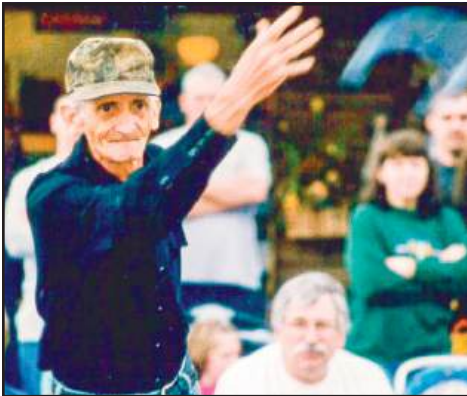
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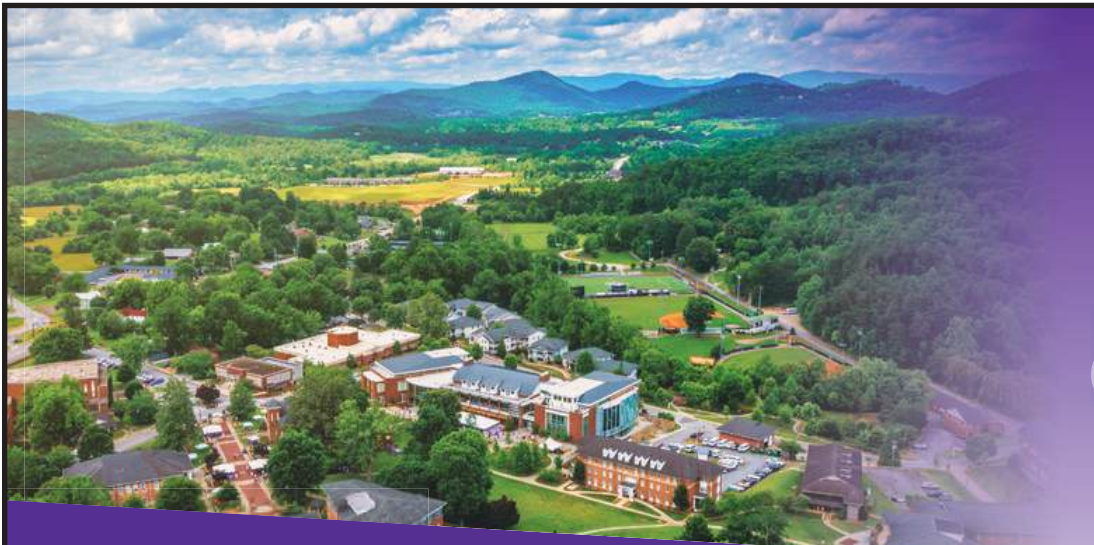


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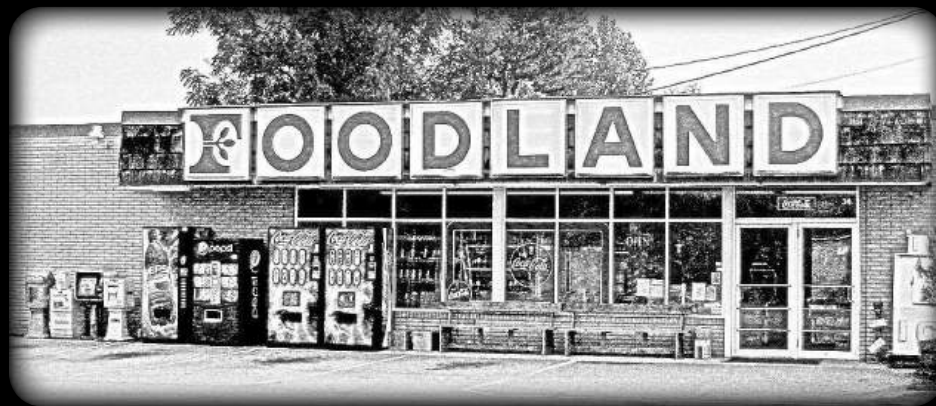


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Try these recipes for cookin' with sorghum syrup at home

TIPS FOR COOKING WITH SORGHUM SYRUP

- To measure sorghum syrup, moisten the measuring cup or spoon with oil or melted butter or margarine. If the recipe calls for shortening, measure it, and then the cup or spoon will be ready for the syrup.
- To substitute sorghum syrup for sugar, use an equal amount of syrup but reduce other liquid in the recipe by a 1/4 cup.
- When needing to make cookies or cakes to ship out of town, you can substitute the sugar with sorghum, which will keep the cookies moist.
- Oven temperatures can be lowered 25 degrees in order to prevent over-browning of baked goods.
- Syrup can be frozen and reheated without losing taste or texture.

WHAT TO DO WHEN YOUR SORGHUM CRYSTALLIZES

Like honey, sorghum syrup may crystallize as it gets older. To liquefy, loos-

en the lid and place the container on a rack in a pan of warm water until the crystals disappear.

You can use your microwave oven for this. Remove metal lid from glass jar or transfer syrup to plastic container. Microwave on HIGH 2 to 2 1/2 minutes or until soft, stirring every 30 seconds. Let cool.

SORGHUM GLAZED ACORN SQUASH

2 or 3 acorn squash
1/4 cup sorghum
2 tablespoons butter or margarine, melted
1 tablespoon Worcestershire sauce
1/4 cup chopped walnuts or pecans
1/4 cup raisins

Cut squash in half. Remove seeds, place cut side down in shallow pan. Add 1/2 inch hot water to pan. Bake uncovered at 350 degrees for 40-50 minutes or until almost tender. Turn cut side up. Combine other ingredients and spoon into cavities of squash. Continue baking 15 minutes or until squash is tender and lightly glazed.

SORGHUM SWEET POTATOES

2 cups sweet potatoes, cooked

2 tablespoons sorghum
1 teaspoon ground cinnamon
1 tablespoon butter or margarine
1 package miniature marshmallows
1/2 cup nuts, chopped (optional)

Beat potatoes until light; add sorghum, cinnamon and butter. Place half of the potatoes in baking dish. Dot with half the marshmallows. Beat nuts into remaining potatoes; spread over marshmallow layer. Dot with remaining marshmallows. Cover and bake at 350 degrees for 10 minutes. Remove cover; brown. Serve hot.

SOUTHERN PECAN PIE

3 eggs
2 tablespoons melted butter
1 tablespoon vanilla
3/4 cup sorghum
3/4 cup corn syrup
1 tablespoon flour
1/8 teaspoon salt
1 cup chopped pecans

Combine first 5 ingredients. Mix pecans and salt with flour; add to egg and sorghum mixture. Pour into pie crust and bake at 375 degrees for 40 minutes or until filling is firm.

SHOO-FLY PIE

1 1/2 cups plain flower
3/4 cup sugar
3/4 stick butter
1/2 cup boiling water
1/2 cup sorghum
3/4 teaspoon soda
1 9" unbaked pastry pie shell

Mix flour, sugar, and butter until crumbly. Mix water, sorghum, and soda. Alternate crumb mixture and sorghum mixture into unbaked pastry pie shell. Bake 35 minutes at 350 degrees.

SORGHUM POT ROAST

1 (3 lb.) beef brisket or chuck roast
1 tablespoon vegetable oil
1 cup chopped onion
1 cup catsup
1/4 cup Worcestershire sauce
2 tablespoons sorghum
2 tablespoons cider vinegar
1 1/2 teaspoons salt

Brown beef in hot oil in a Dutch oven; remove and set aside. Saute onion in pan drippings until golden. Return beef to Dutch oven. Combine remaining ingredients; pour over meat. Cover and simmer 2 1/2 to 3 hours or until meat is tender.



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