

Pinson's passion for Appalachian life runs deep

Kentucky Life episode to feature blogger

By TEDDY PAYNTER
Staff Writer

PIKEVILLE — Pikeville businesswoman Joyce Pinson enjoys the simple pleasures in life.

She has a passion for locally-grown food, canning and preserving the harvest, and the farm-to-table movement.

"I've always enjoyed gardening," Pinson said. "I love to take the items Charlie [her husband] and I grow each year and create great dishes from those vegetables."

Pinson, whose grandparents ran a restaurant called Friends Drift Inn, incorporated that name into her popular blog.

"The blog is about being a baby boomer in Appalachia and sharing many traditional recipes," she said.

Her blog has "snowballed," attracting the



Joyce Pinson

attention of many food writers and national chefs, as well as a devoted local following in Pike County and surrounding areas of eastern Kentucky and southern West Virginia.

"We are able to share recipes and tell stories," she said. "I never dreamed it would grow the way it has since we started it."

She blogs about gardening and cooking, posts many of her own recipes and those of others from Kentucky chefs with whom she has become friends.

"The blog has enabled me to get to know so many people, including farmers to big-city chefs and a

number of national chefs," she said.

Pinson will be featured during the next edition of *Kentucky Life*, hosted by Dave Shuffett, on Oct. 6-7. The segments will air at 8 p.m. EST on Saturday and 4 p.m. EST on Sunday.

"I'm not sure what all the show will feature, but I do know part of it will be Charlie and I in the garden," she said. "And we'll talk about my blog and the success it has brought."

Pinson said the desire to begin the blog came about when she turned 50.

"I was on a course of heading for an 'en-core career,'" she said. "I started writing a column in the *Appalachian News Express* featuring the story behind food and the farm-to-table movement."

The social media network has enabled Pinson to share her passion with others.

"I always wanted to write a cookbook and grow my own garden," she said.

"The whole mission is to promote the good



Medical Leader | Photo courtesy of JOYCE PINSON

FAMILY TRADITION: Pinson started heirloom vegetable gardening to preserve the varieties and tradition for her nephew, Jacob Frantom, son of Mark and Anita Frantom of Johns Creek. Jacob will be featured in the KET show along with Joyce and her husband Charlie.

that Appalachia has to offer."

Pinson said she has always enjoyed growing heirloom vegetables and culinary herbs.

"I got away from that for several years," she said. "When I returned to gardening I became appalled traditional vegetable varieties were no longer available in mainstream

seed catalogs."

She considers herself a "Farmers Market junkie."

"Our farmers here in the mountains have so much to offer us," she said. "You can do so much with just a bag filled with fresh vegetables."

Pinson said many of the treasures of traditional family life have

been lost in a "fast-food society."

"Families don't eat together at the table anymore," she said. "We've lost something that so many of us baby boomers grew up doing. It's time we get the family back around the table at dinner time."

For more information, visit friendsdriftin.com.

Funding sought for water projects

PIKEVILLE — The Mountain Water District is close to receiving a grant of more than \$730,000 from the Federal Emergency Management Agency for relocation and replacement of two pump stations.

Pike County Judge-Executive Wayne T.

Rutherford announced that the project — with a total cost of \$975,000 — was approved by the Big Sandy Area Development District Board at its September meeting and was cleared under Kentucky's e-Clearinghouse system. State and local funds will also be used.

"The state's share of the grant will be \$117,000 and \$126,000 of local funds will be used," said Rhonda James, chair of the Mountain Water District board.

MWD is proposing the relocation and replacement of the two current in-ground po-

table water boosting pumping stations. The relocation of these pump stations will eliminate or greatly reduce damage to the stations because of seasonal flooding, according to Jody Hunt of Summit Engineering, who is overseeing the project.

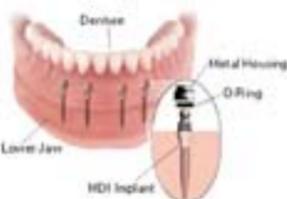
One of the stations slated for relocation is the Johns Creek Railroad pump station near the Meta intersection on US 119. That station will be moved across KY 194 East.

"It is great to get these pump stations out of the floodplain," Rutherford said.

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