



WEST BATON ROUGE MUSEUM  
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## *Blast from the Past 2020: Made in Louisiana*

### Good, Clean Fun!

#### **Wash Day: Watch and Learn**

Check out this video to get a glimpse at what wash day was like. There was no washing machine and dryer. This chore was done by hand outdoors using a washboard, washtubs, water, homemade soap, a clothesline, and of course lots of laundry that needed to be tended to.

Video Link: <https://vimeo.com/422534408/25f86edb29>

#### **Wash Day Relay**



Here's a back yard game that has been a classic at West Baton Rouge Museum's *Blast from the Past* summer history camp for years. You can compete against a parent or a sibling to see who can wash, rinse, wring, and hang clothes on the line the fastest.

#### **Supplies:**

- 2 laundry baskets
- An equal amount of fabric scraps, wash cloths or t-shirts all the same size in each basket
- 4 washtubs, buckets, or plastic bins (1 for washing and 1 for rinsing for each contestant)
- Water to fill each washtub
- 2 bars of soap or a small amount of dish washing detergent like Dawn
- (Optional) 2 washboards
- A clothesline to string between two posts or trees
- (Optional) clothes pins



Clothes basket, washtub and wash board, rinse water, and clothes line with clothes pins.

#### **Directions**

- Hang a clothesline at the far end of the yard.

- On the opposite side of the yard, set out two identical rows including first the laundry basket followed by a washtub filled with water and a bar of soap or liquid Dawn and then a second washtub filled with clear water for rinsing.
- Each contestant should line up in front of his/her laundry basket facing the clothesline.
- “Ready, Set, Go!” When these words are spoken, grab one piece of laundry from the basket and run to the washtub.
- If using a wash board, scrub clothing on the board after dipping in soapy water. If no washboard is available, just scrub by hand.
- Next, run to the rinse tub and dip the soapy garment in the clean water to rinse free of soap.
- Then, wring the cloth by hand to stop it from dripping and run to the clothesline to hang on your side of the clothesline.
- Hang by draping over the line. If using clothes pins, clip it in place too.
- Run back to the start of the relay course to grab another piece of cloth from the laundry basket and repeat again and again until all of the clothing has been laundered.
- The first person to hang his/her last piece of cloth on the line wins.

### **Bubble Blowing**



All work and no play is no fun! On wash day, take some time out to swirl in some soap into a container filled with water to make your own bubbles!

### **Supplies**

- Bowl or bucket
- Water
- Dawn liquid dish washing detergent
- (optional) sugar, Karo Syrup or glycerin
- Wands made out of pipe cleaners *or* sticks, shoestrings, and metal washers
- A milk jug or soda container with lid

## **Directions**

- Mix water and Dawn in a bowl or bucket. Adding a little sugar, Karo syrup, or glycerin is optional but it will make bubbles stronger and last longer.
- Make a wand by bending one end of a pipe cleaner to form a circle while keeping the remainder of the stick straight to use as a handle. For giant bubble making, try tying two shoestrings to each end of a stick and before tying the two dangling ends together, add on a metal washer to add weight.
- Dip the pipe cleaner wand in the solution. Carefully remove and begin to blow bubbles. If using a large bucket for the solution and wand made with shoestrings and a stick, hold the two ends of the stick and gently dip and remove the wand from the solution and carefully move the wand in one direction to make giant bubbles!
- Use a clean milk jug or soda container to store unused bubble solution for future use.

## **Stirring Up Red Beans and Rice with a Side of Trivia**

Louisiana is one of the leading rice-producing states in the USA. That means we grow a lot of rice in our state. We eat a lot of rice here too. Louisiana is known for many traditional dishes that include rice as a main ingredient. Can you name a few?

Before we start making our Wash Day favorite meal, let's digest a few fun facts!

### **History**

Rice came to Louisiana from the Carolinas by way of the Acadian settlers. In Louisiana, rice was first grown by individual families for their own table use. Acadians planted rice in areas that couldn't be plowed by tossing rice seeds into wetlands situated by bayous and ponds. The planting of rice on a large scale started in the mid-19th century.

### **Production**

- Soil is prepared for planting by smoothing out the field with farm equipment to make it level.
- The field is surrounded by a levee to hold in water that floods the fields.
- Rice seeds are planted in the spring either with the use of a grain drill that inserts the seeds in the soil or by airplanes dropping seeds over the fields.
- Two to three inches of water cover the field during the growing season.
- It takes 100 – 180 days for rice to fully grow after being planted.
- Water is drained from the field once the rice is ready to be harvested by combines.
- Trucks take the "rough rice" to a rice dryer to remove any moisture to make it safe for storing the rice.
- Once harvested, rice is milled to remove a non-edible hull surrounding the kernel.
- "Rough rice" undergoes a milling process to remove the hull. White rice used for Red Beans and Rice goes through a more extensive process to also have additional layers removed as well.
- Regular-milled white rice has gone through the entire milling process. The hulls, bran layers and germ have all been removed and the rice is sorted according to size.

## **Red Beans and Rice Recipe**

**Foods à la Louisiane: a cookbook by the Louisiana Farm Bureau Women, submitted by the Louisiana Farm Bureau Women's Leadership Committee**

**For safety, be sure to have the help of a grown up when preparing ingredients and while cooking and serving this hot dish.**

Serves 4-6

**Ingredients:**

- 1 pound dried red beans
- 1 ham bone (Optional)
- 1 large onion, chopped
- 1 cup chopped green onion (tops and bottoms)
- ¼ cup chopped green pepper
- ¼ cup chopped fresh parsley
- ¼ cup butter
- Salt
- Cayenne pepper
- ½ pound cooked ham or sliced cooked sausage (Optional)
- Hot, cooked rice

**Directions:**

- Wash and sort beans; cover beans with water and bring to a boil.
- Let beans boil several minutes.
- Remove from heat; cover and let soak overnight. *Soaking overnight is optional but does help them to cook faster the next day. However, if it's Wash Day, we won't mind if it takes all day to cook down to a creamy consistency.*
- Heat bean mixture to boiling; add remaining ingredients, except ham/sausage and rice.
- Cover and simmer 2 hours or until beans are tender.
- Add more water during cooking, if necessary.
- Add ham or sausage to beans, if desired.
- Serve over hot, cooked rice.
- To cook the rice, boil 4 cups of lightly salted water. Once the water is at a rolling boil, add 2 cups of uncooked rice. Lower heat, cover, and cook for 20 minutes or until fluffy.

**Grow Your Own Red Beans**

While sorting the beans to cook set aside a few dried red beans. Instead of cooking them, plant them!

**Supplies**

- Dried Red Beans
- Potting Soil
- Small Cup
- Water

**Directions**

- Fill a cup with potting soil.
- Add 2 – 3 red beans and cover with soil.
- Lightly water your new plant, and place in a sunny spot.
- Continue to water daily, and soon, you will see your bean stalk begin to grow

**Short Cut: Blue Runner Red Beans**

Did you know Blue Runner canned, creamy red beans are made in Louisiana?

If you don't have time to do your own laundry, plant your own red beans, and cook them from scratch, you can find Louisiana made products to hit the spot. Can you think of other food products made in Louisiana?

**Learn More (Helpful Resources)**

<https://aitcla.org/rice?rq=rice>

<https://www.thinkrice.com/on-the-farm/where-is-rice-grown/>