

Heart of Appalachia

In the heart of Appalachia,
there was born a little girl.
She made mud pies and played jacks
or gave her jump rope a twirl.
She loved riding horses
and training her Collie dogs.
In the creek behind her granny's house,
she would catch lizards and frogs.
Every day at lunch time,
the whole family met
at Pop & Mom's at a 16' table of food.
If you'd ever been, you'd never forget.
Roast beef with potatoes, brown
beans and cornbread, buttered just right.
Corn on the cob and green beans with onions.
I can remember that wonderful sight.
My granny would make one of her famous cakes:
apple, chocolate, strawberry, or pineapple upside-down.
She made cakes for everyone she knew
and was well-known for them all over town.
All the neighborhood was invited
to share in the table of food each day.
In the heart of Appalachia,
I'm so glad I grew up this way.