

**Account:** South Carolina State Parks

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## South Carolina State Parks

at 13:00:00 on 1/12/2016 UTC · 🌐

Can you identify what is in that pot? It's salt. Before modern refrigeration, salt was essential to preserving meat and was a valuable trade commodity. People on the coast could obtain salt by boiling ocean water. People in other parts of the state got salt from salt licks. Animals smell places in the ground where there are high concentrations of salt and dig up the mineral to eat it. People would then fill the holes left by the animals with water to create a salty brine. People would then collect the brine and boil out the water to get salt.



**Valli M. Finney** I'd love to have that pot so I could restore it! It appears to be really, really old!  
at 13:11:05 on 1/12/2016 UTC



**Elaine Schiefer-Feria** It is awesome to learn how things were done in the past! ... thank you for sharing this knowledge with us!  
at 13:38:19 on 1/12/2016 UTC



**Dawn Watson Weaver** Learning about the past helps us realize how crazy good we have it when you go to the store and can purchase 9 different kinds of salt for less than \$3.  
at 14:31:09 on 1/12/2016 UTC



**Dawn Watson Weaver** Iron pots used for salt are hard to keep a season on. The salt strips it, making it a useful tool to remember when you're trying to clean a difficult piece. I'm a fan of cast iron and own and use a lot of it and the struggle to keep it in shape is never ending if it's used!  
at 14:33:44 on 1/12/2016 UTC



**Rudolph Sandra Hatcher** I remember the salt lick blocks for the animals as I was growing up on the farm.  
at 14:42:13 on 1/12/2016 UTC



**Valli M. Finney** Dawn Watson Weaver Actually I use salt to help clean and season my CI! My son (16) just did his science fair project on how to restore CI. We're waiting to see his grade. And I don't struggle to keep it in shape and I use it daily! It's the ONLY thing I use except for a couple of small pots for steaming frozen veggies. There's some great Facebook groups out there for those who love CI!  
at 14:46:12 on 1/12/2016 UTC



**Eggs Up Grill** It's wise to know where you have come to choose the best path to where you are going. Learn from the past! #EggsUpGrill  
at 17:47:57 on 1/12/2016 UTC



**Rose Loadholt** Cool!

at 21:11:10 on 1/12/2016 UTC



**Bulls Bay Sea Salt** that's how we got our business started in 2012, just trying to go back to simple + sustainable ways of doing things for ourselves. We raised a few hogs - prepped one ourselves for a community pot luck and decided to brine it with local sea water prior to cooking. We used the extra water by boiling it on the stove to make salt to season the hog with as it smoked...

at 22:27:59 on 1/12/2016 UTC



**Michelle Bowen** Interesting!!

at 15:08:38 on 1/13/2016 UTC