

ROAD TRIP! AN INSIDER'S GUIDE TO THE BLUE RIDGE PARKWAY

GARDEN & GUN

15

of the region's
TOP LODGES for peak
FLY FISHING, WING SHOOTING,
and **BLISSFUL SOLITUDE**

BEST

of the

WEST

SOUL of the **SOUTH**

OCTOBER/NOVEMBER
2026

Meet the
2026
CHAMPIONS OF
CONSERVATION

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Steve Zahn's Kentucky farm
Nathaniel Philbrick's furry copilot
Mrs. Whaley's mountain garden

THE SOUTHERN AGENDA

FOOD

Follow the Red Beans Road

Louisiana



ILLUSTRATIONS BY TIM BOWER

Goings-on in the South
and Beyond



LEAVE IT TO SOUTH LOUISIANANS to find a new way to celebrate one of their deepest cultural traditions. Since the late 1700s, red beans and rice has been a “laundry day” meal around New Orleans: Folks toss the leftover ham hock from Sunday’s supper into a pot of beans and let it simmer on the stove all day. A new route and map help road-trippers connect to that history and spice up their travels with detour-worthy iterations of the meal. The **Camellia Red Beans & Rice Trail**, a project of the 1923-founded Camellia Beans brand, spotlights all sorts of places, from gas stations to diners to convenience stores.

Toya Boudy, a New Orleans native, chef, and author of the recent cookbook *Cooking from Scratch*, selected each stop, setting out this summer to find the best spots to savor the meal she grew up with and loved. Her definition of a tasty version: beans that have a “good, soft bite, not too runny,” served with “loose rice without clumps.” (She’s doesn’t mind sticky rice if the beans are a bit runny—“but the flavors gotta be slamming!”) And she acknowledges that the dish is about more than flavor. “Red beans can house some of our most tender family memories, so I get if someone wants to keep it simple.”

The trail begins at Beanlandia, the New Orleans headquarters of a nonprofit krewe dedicated to all things red beans. It includes a cluster of spots in and around the city, the dish’s ancestral home, then strikes west toward Baton Rouge, Thibodaux, and points beyond. Twenty destinations will be served up this first year, but Boudy will stay hungry—she plans to select eight to ten additional stops each year.

toyaboudy.com

EDITORS’
CHOICE

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