

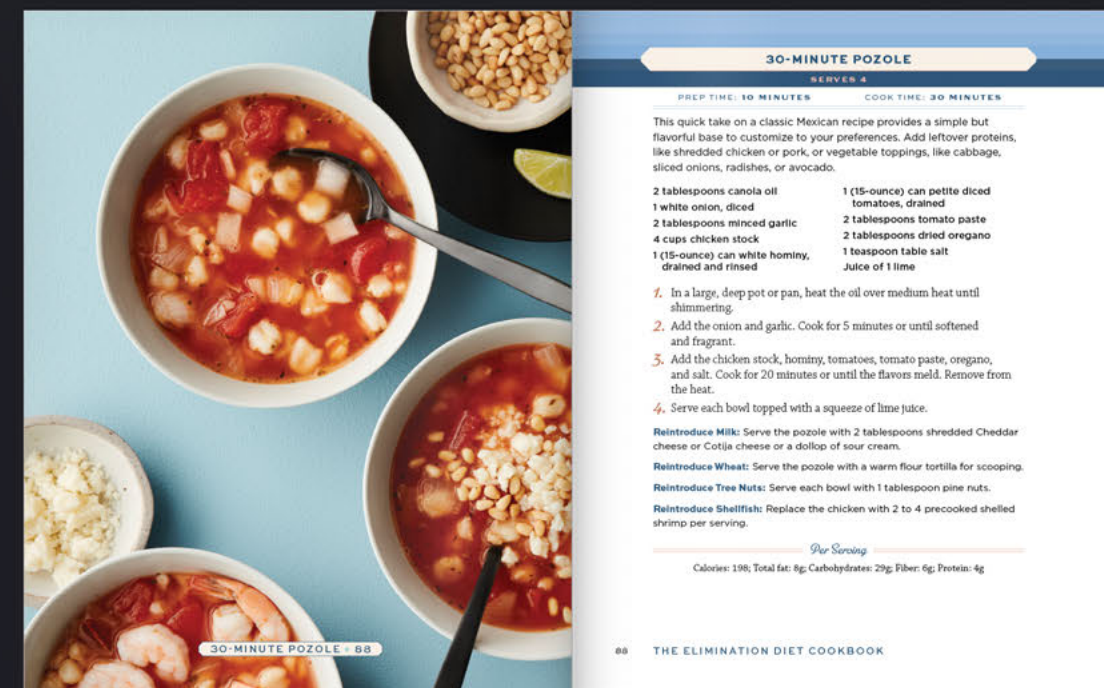
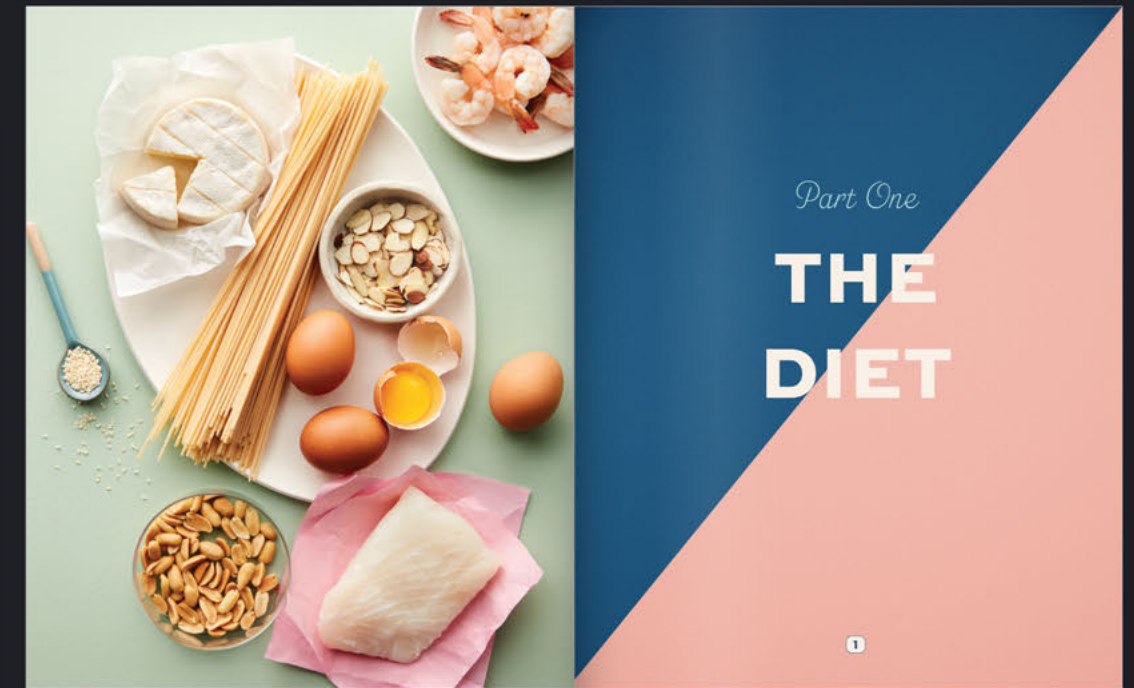
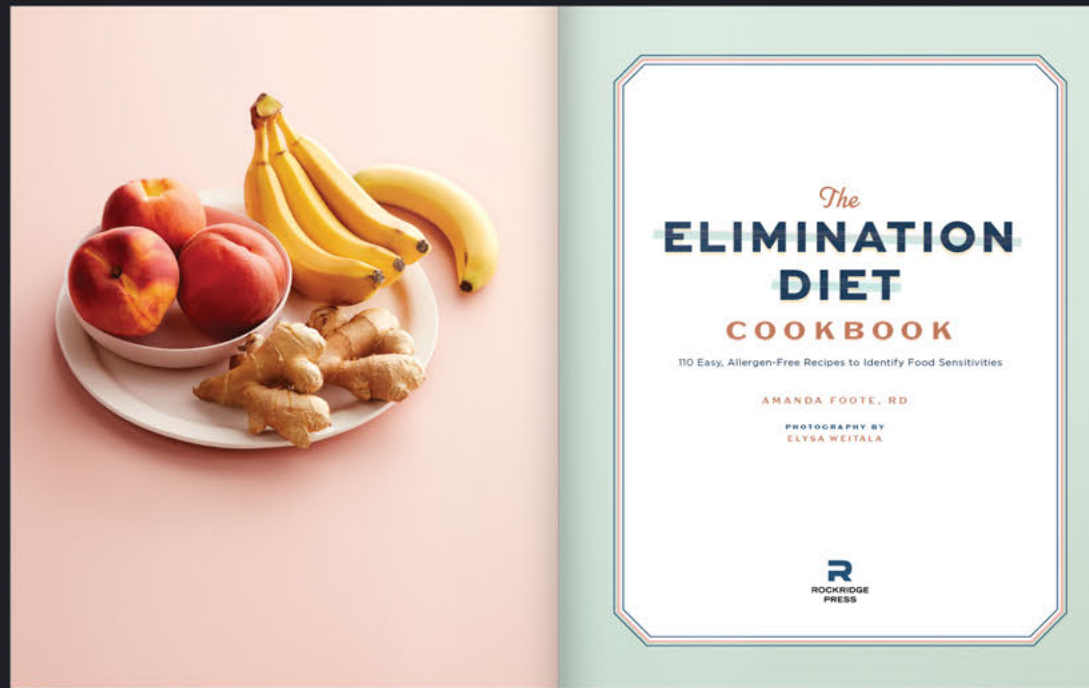
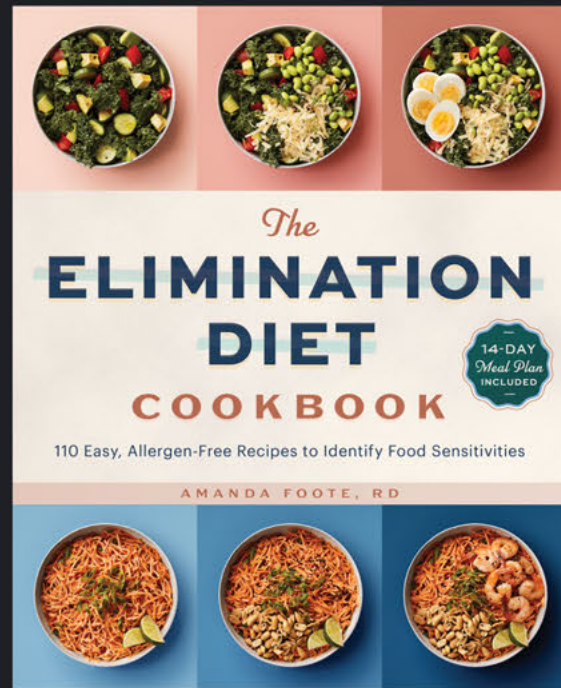
Calmeyer Design



BOOKS!

BOOKS!

BOOKS!



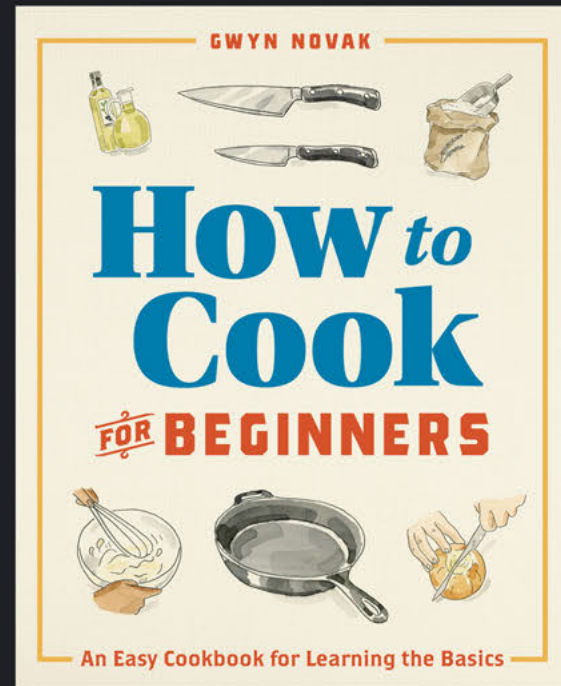


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CHAPTER EIGHT

Building Flavor

Congratulations on making it to the last tutorial chapter! You've mastered the basics, and now it's time to take everything you've learned to the next level. In this chapter, we're bumping up the flavor in a big way.

How to Add More Flavor

Our taste buds recognize four basic flavors: salty, sweet, sour, and bitter. A fifth has recently been added to the list: umami, a savory, meaty flavor. The best dishes bring some or all of these elements into play to awaken the palate. When you're creating a dish, you should strive to balance these flavors. Too much of any one is boring and often overwhelming. Think of a super-sweet dessert. The first bite might be great, but it quickly becomes too sweet. Now think of the same dessert with salted caramel on top and maybe a bit of diced jalapeño sprinkled on it. The interplay of sweet with salty and even a bit of spice makes it much more interesting. Let's take a minute to explore in depth each of the ways you can build more complex flavors in a dish.

75

NOW YOU TRY

Roasted Chicken

Now it's time to take what you just learned and practice on a bird. With a combination of salt, heat, acid, herbs, and fats, you can roast a succulent chicken that will make your mouth water.

Serves 4 | Prep time: 20 minutes | Cook time: 1 hour 15 minutes

TOOLS

- Aluminum foil
- Chef's knife
- Cutting board
- Instant-read thermometer
- Kitchen twine
- Liquid measuring cup
- Measuring spoons
- Metal roasting pan with rack
- Oven mitts
- Paper towels
- Spoon
- Vegetable peeler

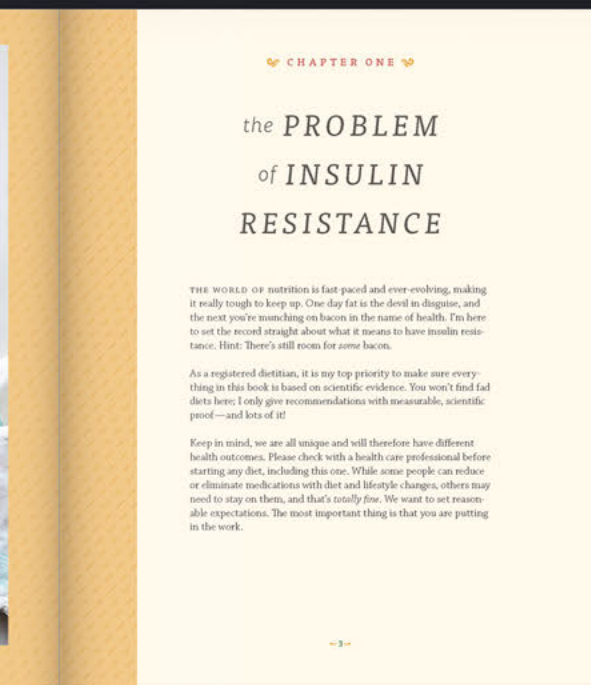
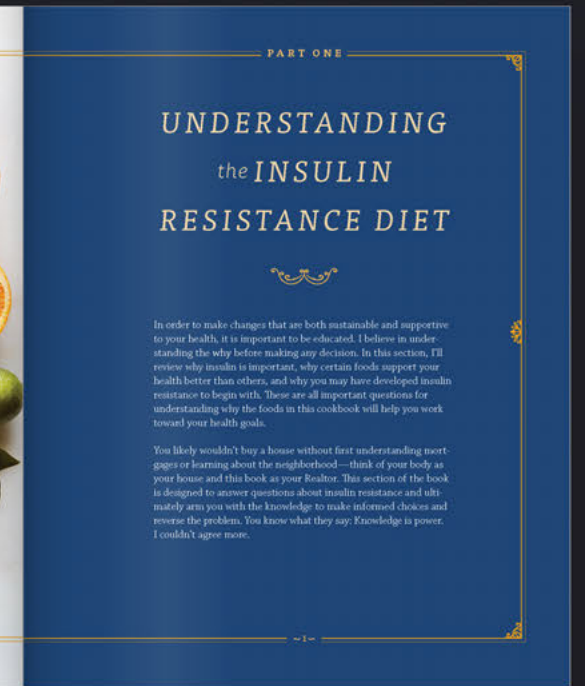
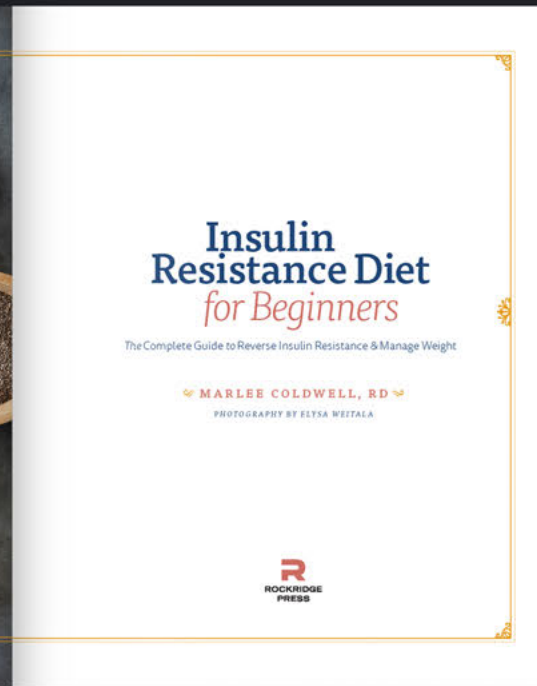
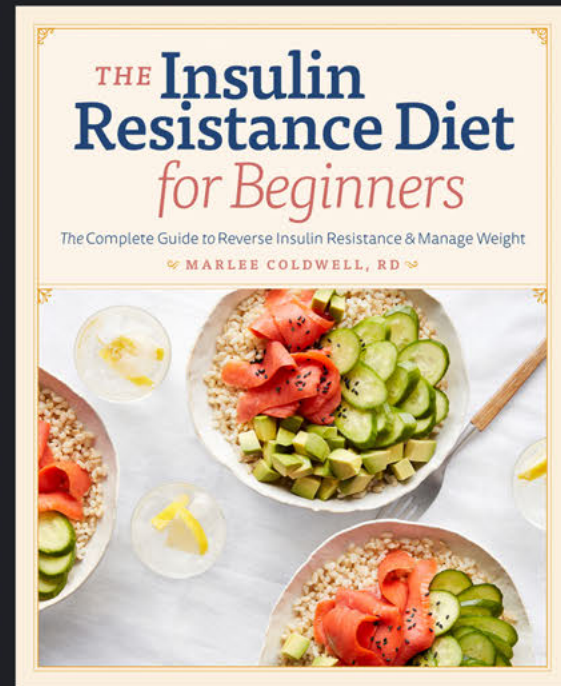
INGREDIENTS

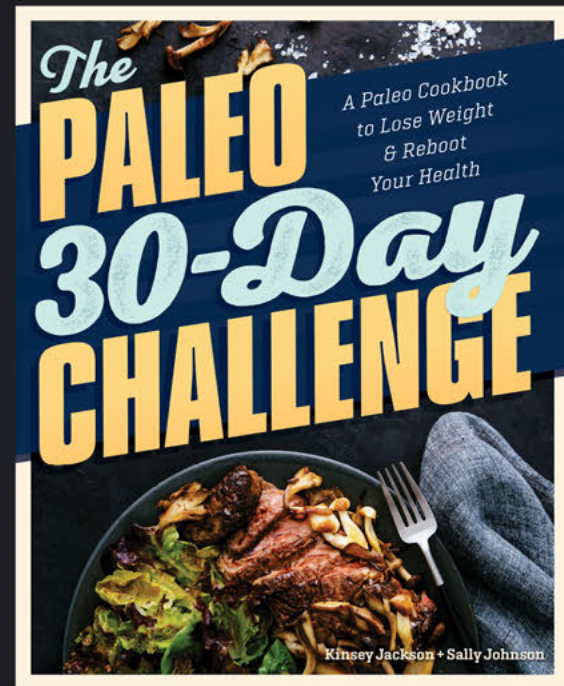
- 1 whole (4- to 5-pound) roasting chicken
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 onion, roughly chopped
- 2 rosemary sprigs
- 4 tablespoons butter, melted
- 2 tablespoons Everyday Seasoning (page 27)
- 4 garlic cloves, minced

- Preheat the oven to 450°F.
- Remove and discard the bag of giblets from inside the chicken.
- Place the carrots, celery, and onion in the bottom of a roasting pan. Position the rack over the vegetables.
- Place the lemon halves and rosemary sprigs inside the chicken's cavity.
- Truss the chicken with kitchen twine by tying the legs together. Tuck the wings underneath the bird's body. Set aside.
- In a liquid measuring cup, stir together the melted butter, Everyday Seasoning, and garlic until well incorporated.
- Gently lift the skin of the chicken at the neck, just enough to be able to spread butter underneath it. Using your hands and starting at the breasts, pour the melted butter mixture under the skin, rubbing it all over to coat. Rub whatever is left on the outside of the skin. Nestle the chicken, breast-side up, onto the roasting rack.
- Roast for 15 minutes.

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CHAPTER TWO

The Rules of the Game

Now that you know more about the Paleo diet, why your body was designed to eat this way, and the exciting benefits to expect, let's talk about the parameters of the Paleo 30-Day Challenge. When it comes to radical life transformation, preparation is key.

11

Avocado "Toasts" with Smoked Salmon and Dill

Who says you can't have toast on Paleo? In this recipe, sweet potatoes replace bread, becoming warm and crispy in the oven to function beautifully as the base for a delicious topping of lemony avocado and savory smoked salmon highlighted with fresh dill. You can use any variety of sweet potatoes or yams in this recipe for a very satisfying breakfast, lunch, or dinner.

Egg-Free, Nut-Free, 5-Ingredient

Serves 2
Prep Time: 10 Minutes
Cook Time: 30 Minutes

Ingredient tip: If you enjoy white potatoes on your Paleo diet, russet or Yukon Gold varieties work beautifully in this recipe.

Ingredients:

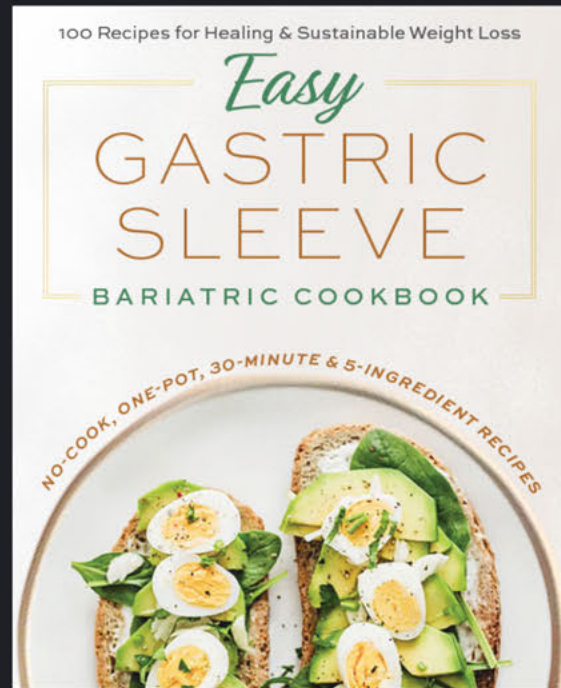
- 1 large sweet potato
- 1 teaspoon extra-virgin olive oil or avocado oil
- 1 medium avocado, halved, pitted, and peeled
- Juice of 1 small lemon, divided
- ¼ teaspoon sea salt
- 8 ounces smoked salmon
- 2 teaspoons chopped fresh dill or 1 teaspoon dried

Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Using a sharp chef's knife, cut the potato lengthwise into 4 slices. Trim off the rounded ends of the outside slices so they are flat on both sides, like the inner slices.
3. Place the sweet potato slices on the prepared baking sheet and brush each piece with oil on all sides. Cook for 30 minutes, until crispy and golden.
4. While the sweet potatoes are cooking, in a small bowl, mash the avocado with the juice from ½ lemon and sea salt. Set aside.
5. Place the sweet potatoes on plates and top each piece with the avocado mixture and 2 ounces of salmon. Season with the juice from the remaining ½ lemon and dill.

74 The Paleo 30-Day Challenge





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CHAPTER FOUR

**STAGE 2
PUREES**

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Kefir and Yogurt Banana Flaxseed Shake 61

Piña Colada Smoothie 62

Green Mango Smoothie 63

Peachy Greek Yogurt Panna Cotta 64

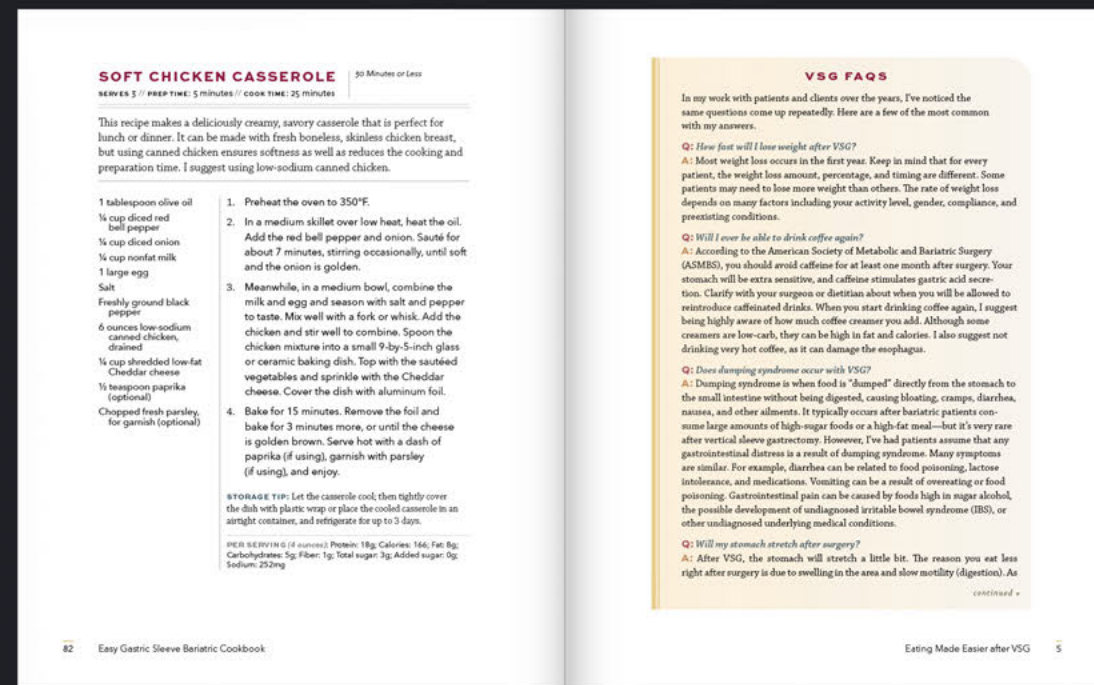
Nutty Creamy Wheat Bowl 65

Baked Cinnamon-Apple Ricotta 66

Decadent Tomato-Basil Soup 67

Easy Green Pea and Ham Soup 68

Savory Chicken Salad 69



SOFT CHICKEN CASSEROLE 30 Minutes or Less

SERVES 3 // **PREP TIME:** 5 minutes // **COOK TIME:** 25 minutes

This recipe makes a deliciously creamy, savory casserole that is perfect for lunch or dinner. It can be made with fresh boneless, skinless chicken breast, but using canned chicken ensures softness as well as reduces the cooking and preparation time. I suggest using low-sodium canned chicken.

- 1 tablespoon olive oil
 - 1/2 cup diced red bell pepper
 - 1/2 cup diced onion
 - 1/2 cup nonfat milk
 - 1 large egg
 - Salt
 - Freshly ground black pepper
 - 6 ounces low-sodium canned chicken, drained
 - 1/2 cup shredded low-fat Cheddar cheese
 - 1/2 teaspoon paprika (optional)
 - Chopped fresh parsley, for garnish (optional)
1. Preheat the oven to 350°F.
 2. In a medium skillet over low heat, heat the oil. Add the red bell pepper and onion. Sauté for about 7 minutes, stirring occasionally, until soft and the onion is golden.
 3. Meanwhile, in a medium bowl, combine the milk and egg and season with salt and pepper to taste. Mix well with a fork or whisk. Add the chicken and stir well to combine. Spoon the chicken mixture into a small 9-by-5-inch glass or ceramic baking dish. Top with the sautéed vegetables and sprinkle with the Cheddar cheese. Cover the dish with aluminum foil.
 4. Bake for 15 minutes. Remove the foil and bake for 3 minutes more, or until the cheese is golden brown. Serve hot with a dash of paprika (if using), garnish with parsley (if using), and enjoy.

STORAGE TIP: Let the casserole cool, then tightly cover the dish with plastic wrap or place the cooled casserole in an airtight container, and refrigerate for up to 3 days.

PER SERVING (of casserole): Protein: 18g, Calories: 166, Fat: 8g, Carbohydrates: 5g, Fiber: 1g, Total sugar: 3g, Added sugar: 0g, Sodium: 252mg

VSG FAQs

In my work with patients and clients over the years, I've noticed the same questions come up repeatedly. Here are a few of the most common with my answers.

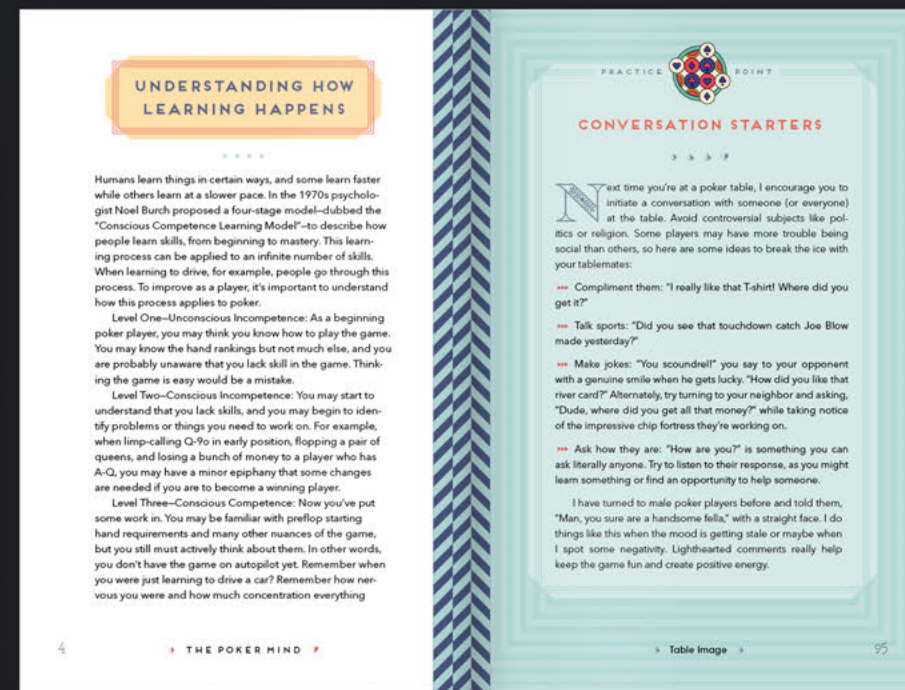
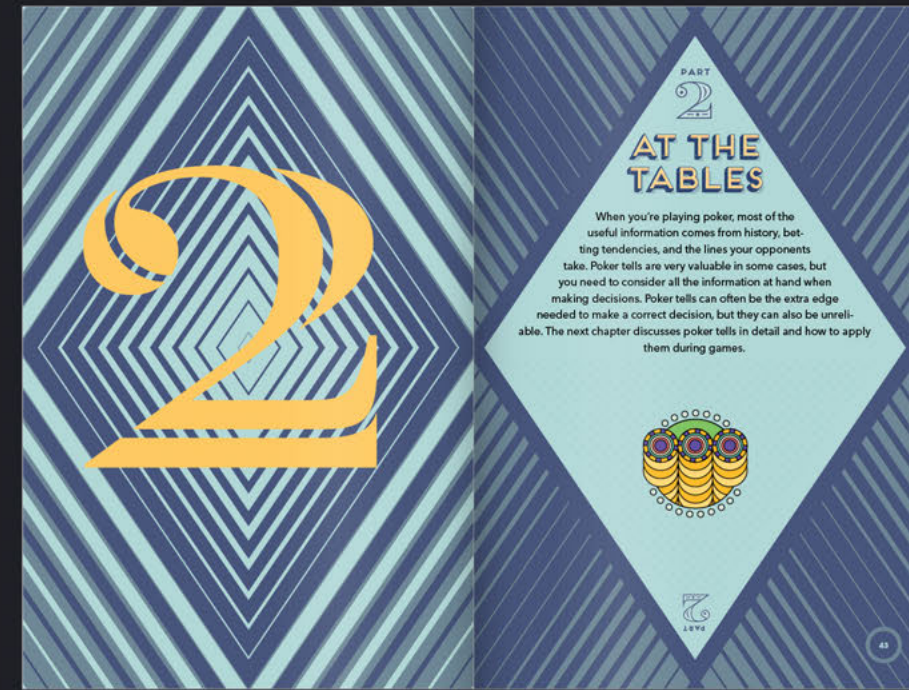
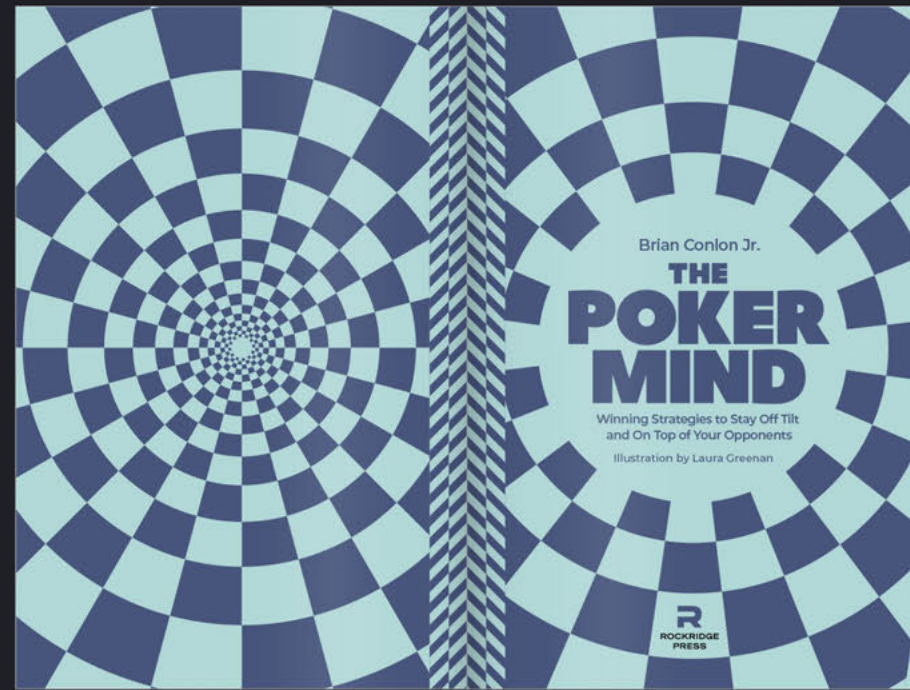
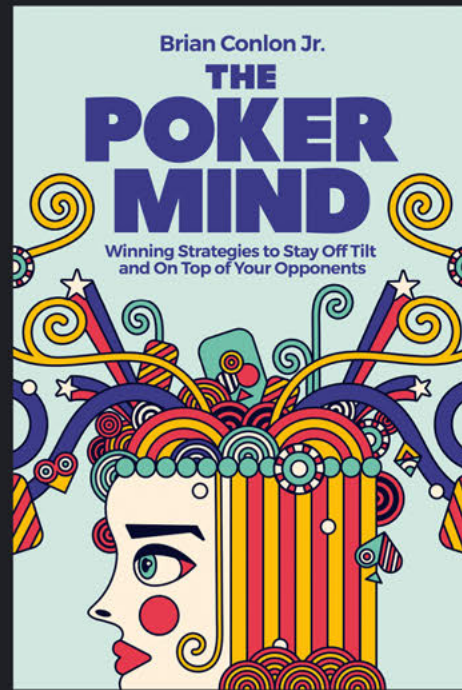
Q: How fast will I lose weight after VSG?
A: Most weight loss occurs in the first year. Keep in mind that for every patient, the weight loss amount, percentage, and timing are different. Some patients may need to lose more weight than others. The rate of weight loss depends on many factors including your activity level, gender, compliance, and preexisting conditions.

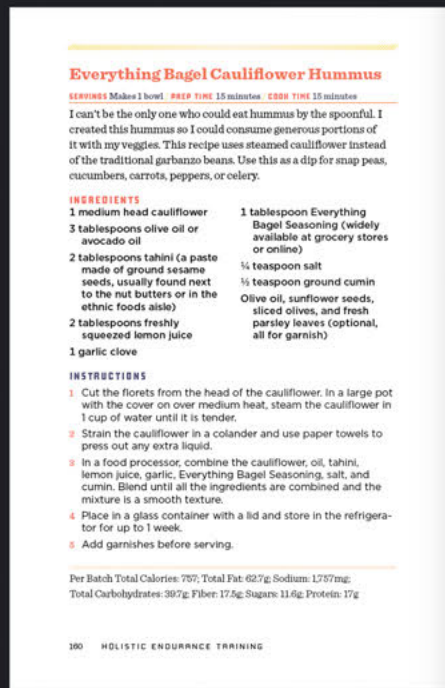
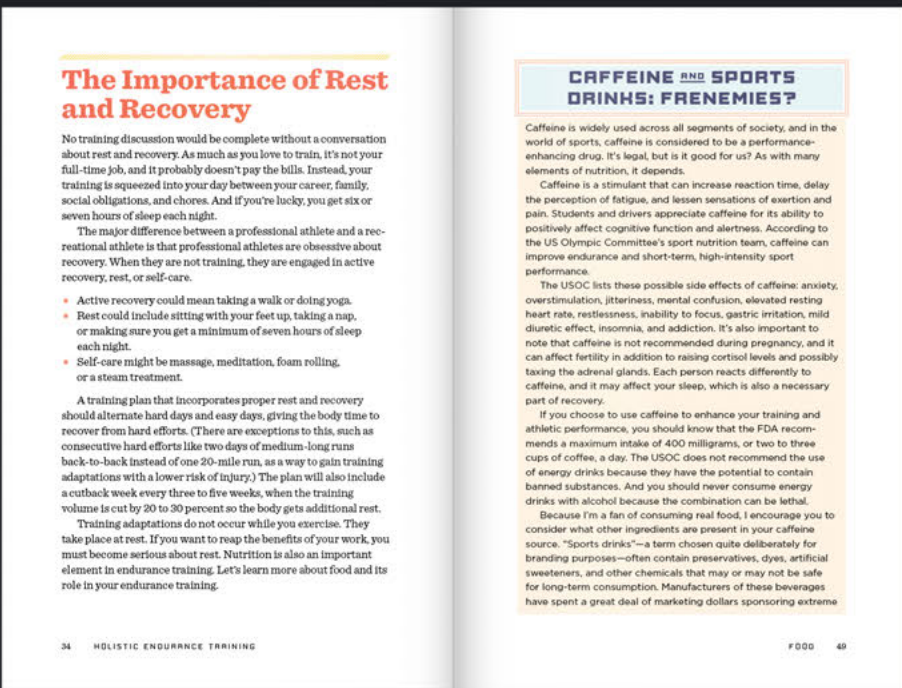
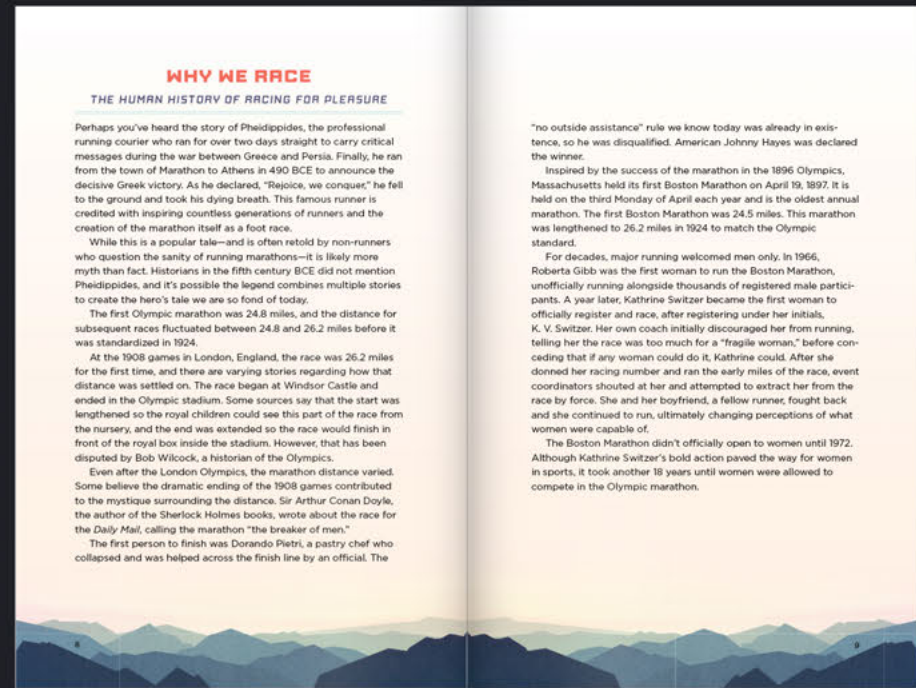
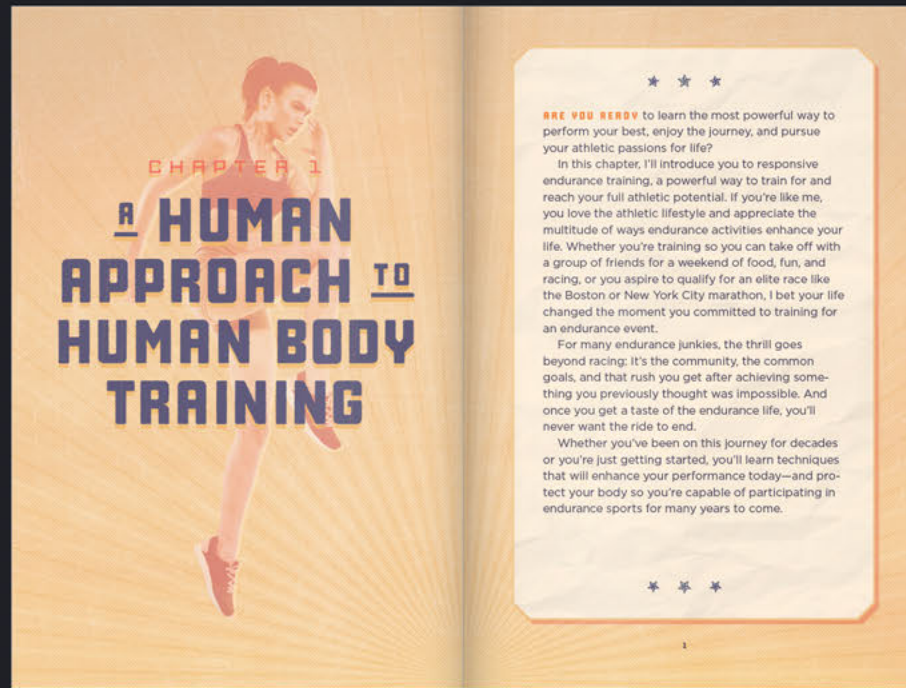
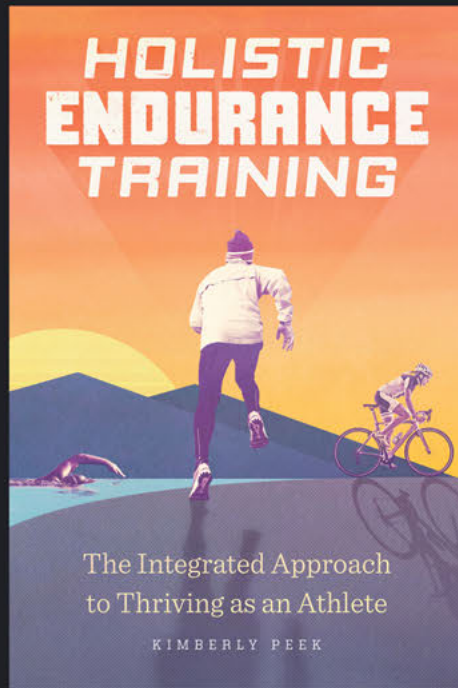
Q: Will I ever be able to drink coffee again?
A: According to the American Society of Metabolic and Bariatric Surgery (ASMBS), you should avoid caffeine for at least one month after surgery. Your stomach will be extra sensitive, and caffeine stimulates gastric acid secretion. Clarify with your surgeon or dietitian about when you will be allowed to reintroduce caffeinated drinks. When you start drinking coffee again, I suggest being highly aware of how much coffee creamer you add. Although some creamers are low-carb, they can be high in fat and calories. I also suggest not drinking very hot coffee, as it can damage the esophagus.

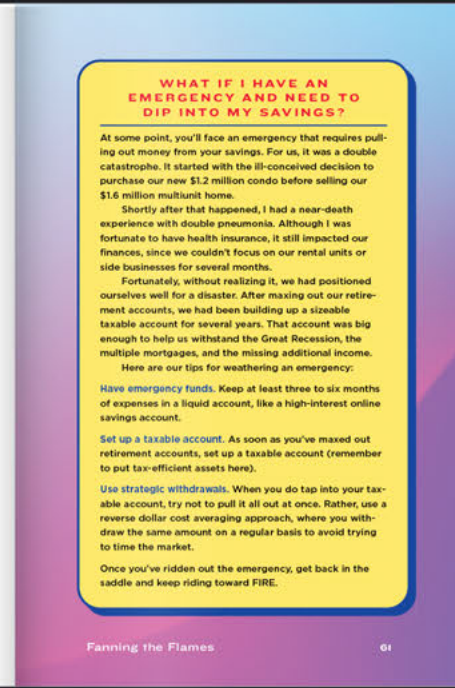
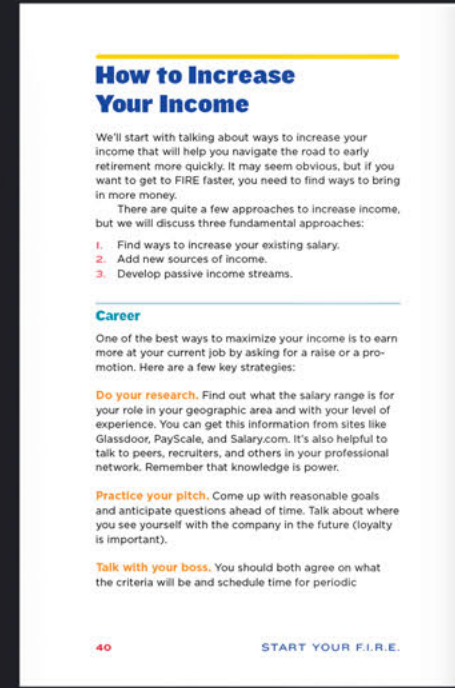
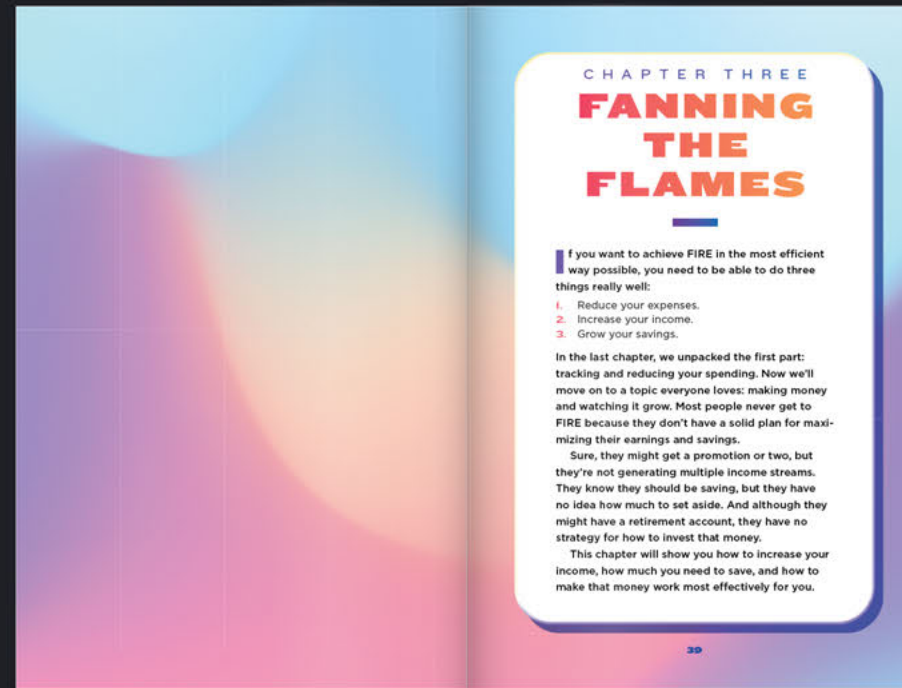
Q: Does dumping syndrome occur with VSG?
A: Dumping syndrome is when food is "dumped" directly from the stomach to the small intestine without being digested, causing bloating, cramps, diarrhea, nausea, and other ailments. It typically occurs after bariatric patients consume large amounts of high-sugar foods or a high-fat meal—but it's very rare after vertical sleeve gastrectomy. However, I've had patients assume that any gastrointestinal distress is a result of dumping syndrome. Many symptoms are similar. For example, diarrhea can be related to food poisoning, lactose intolerance, and medications. Vomiting can be a result of overeating or food poisoning. Gastrointestinal pain can be caused by foods high in sugar, alcohol, the possible development of undiagnosed irritable bowel syndrome (IBS), or other undiagnosed underlying medical conditions.

Q: Will my stomach stretch after surgery?
A: After VSG, the stomach will stretch a little bit. The reason you eat less right after surgery is due to swelling in the area and slow motility (digestion). As

continued »

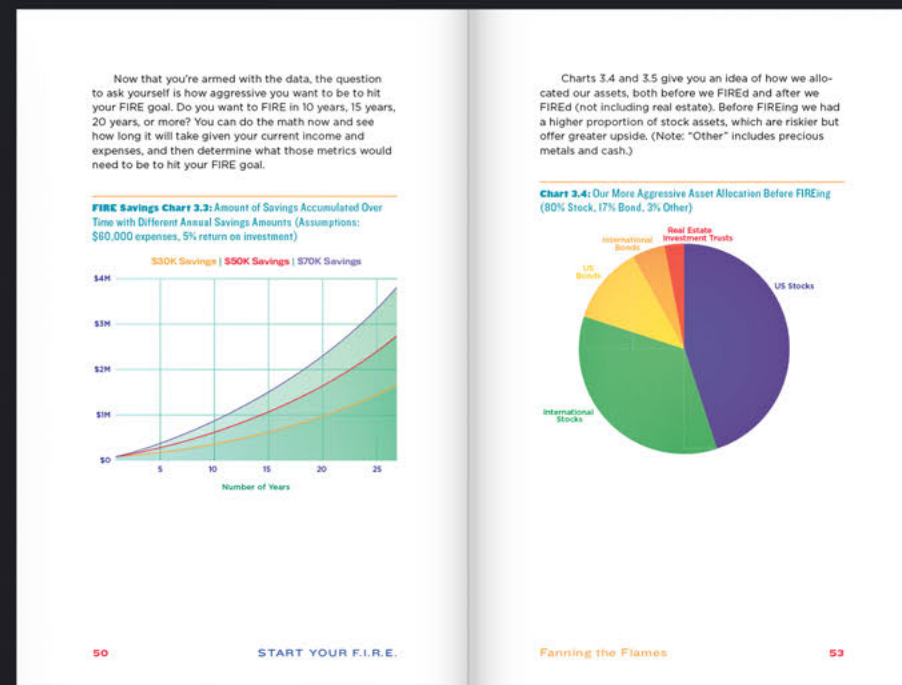


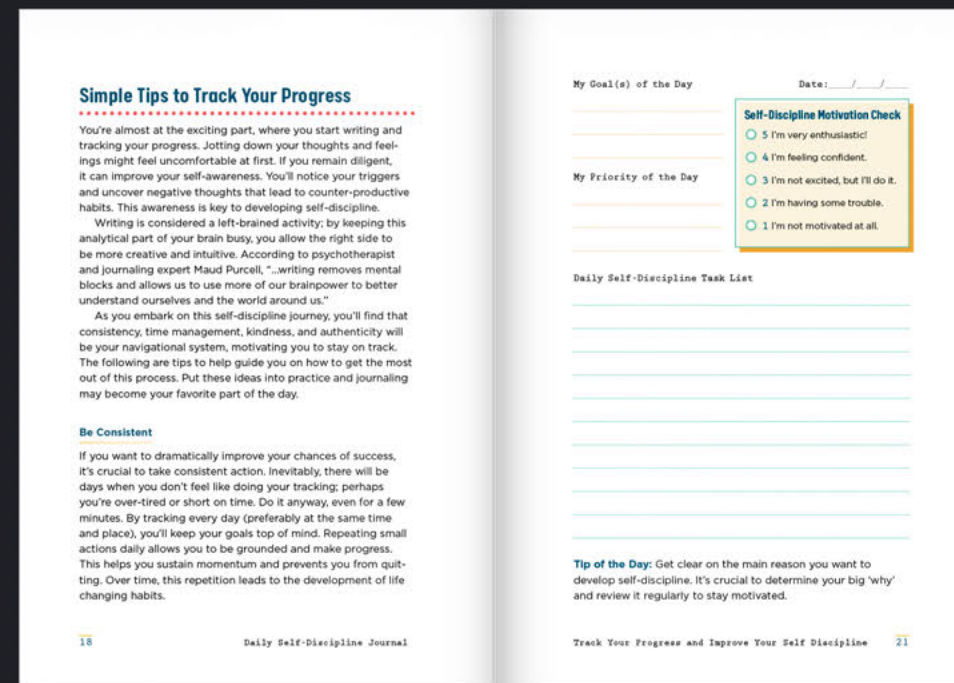
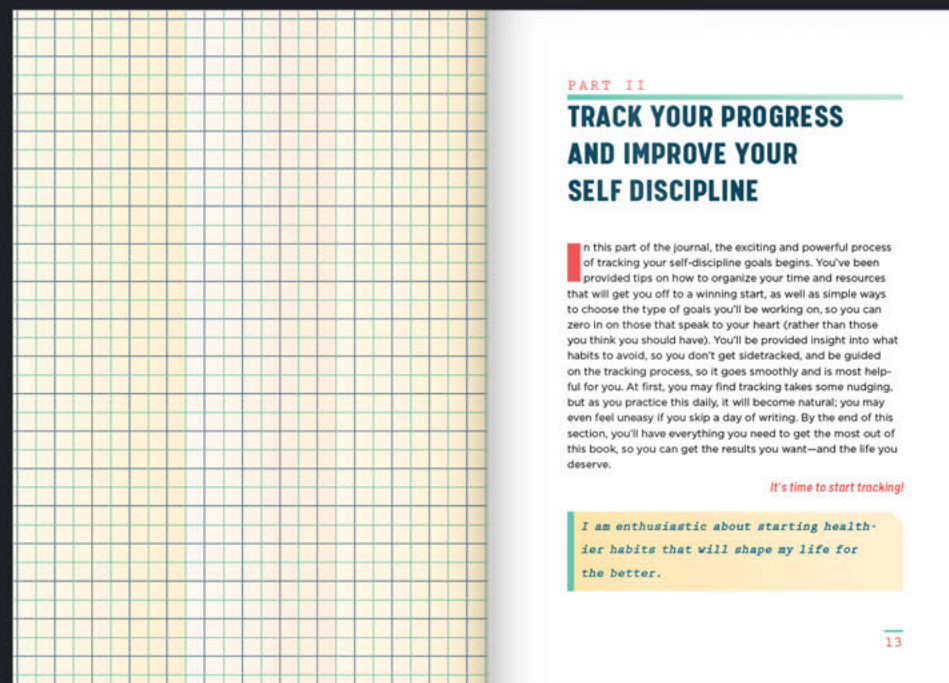
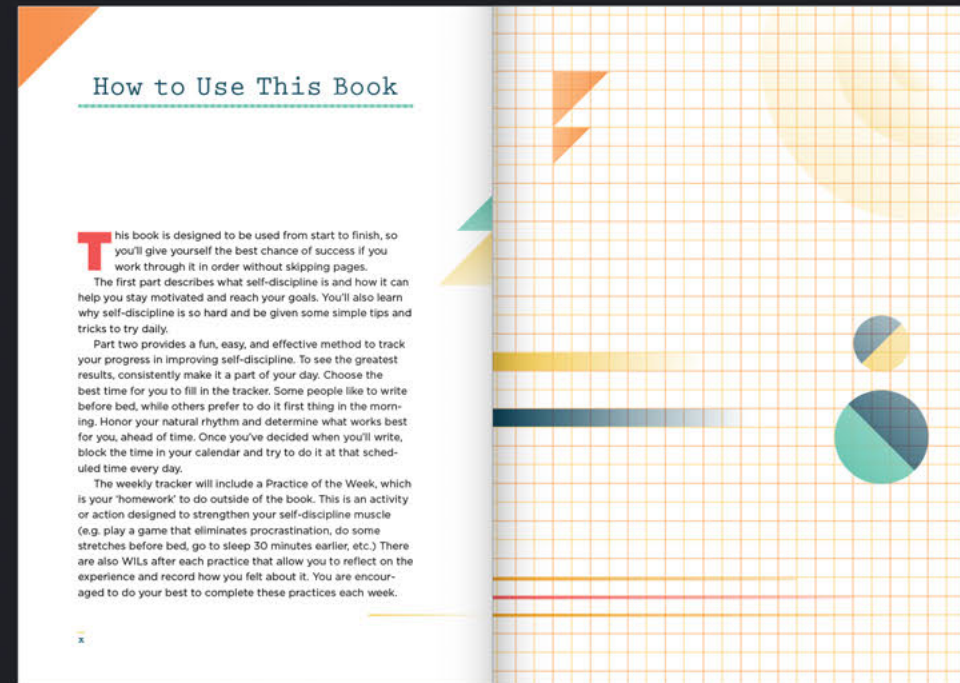


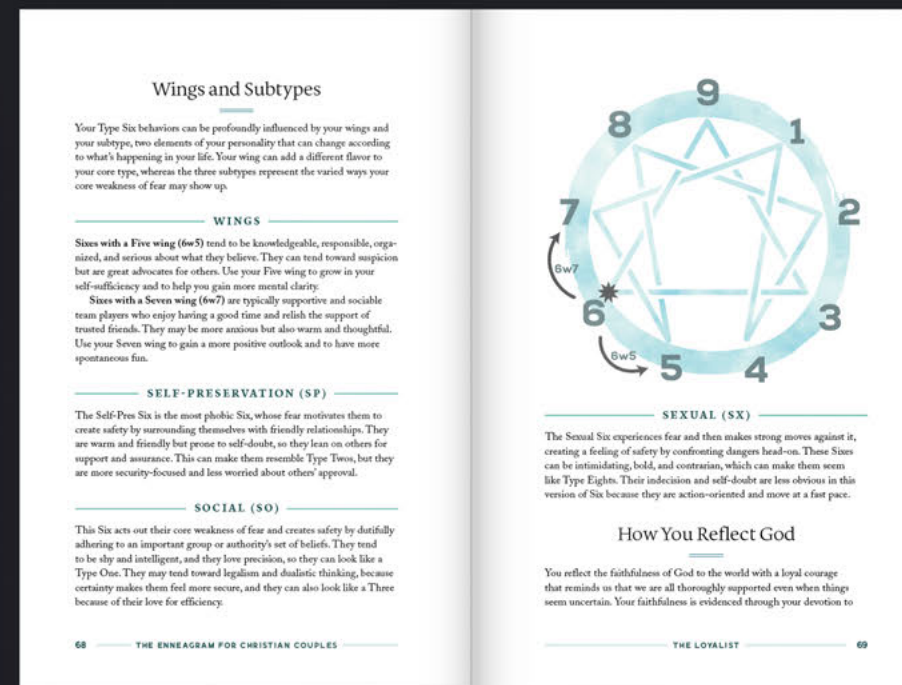
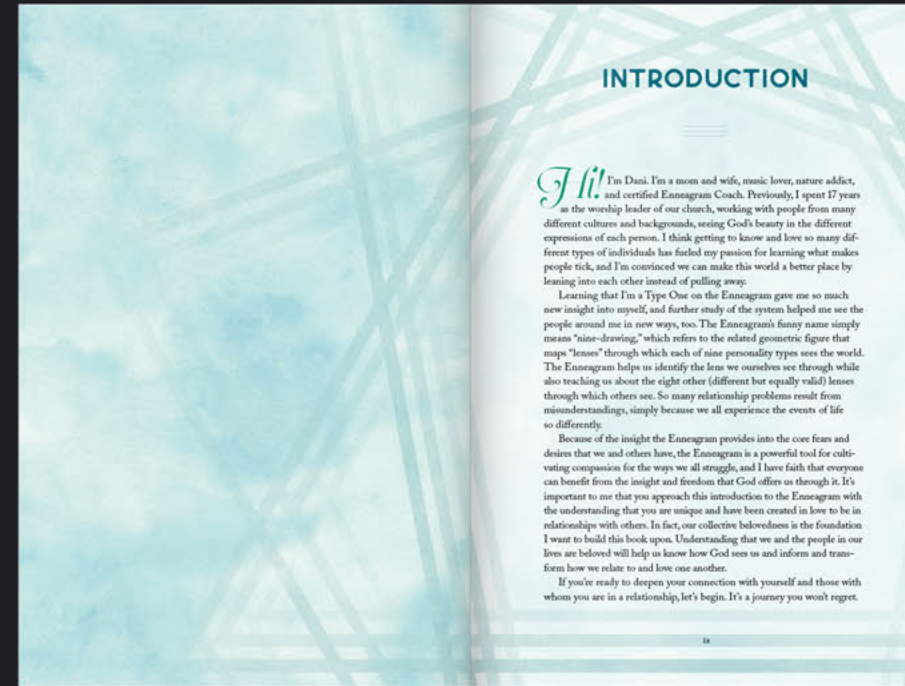
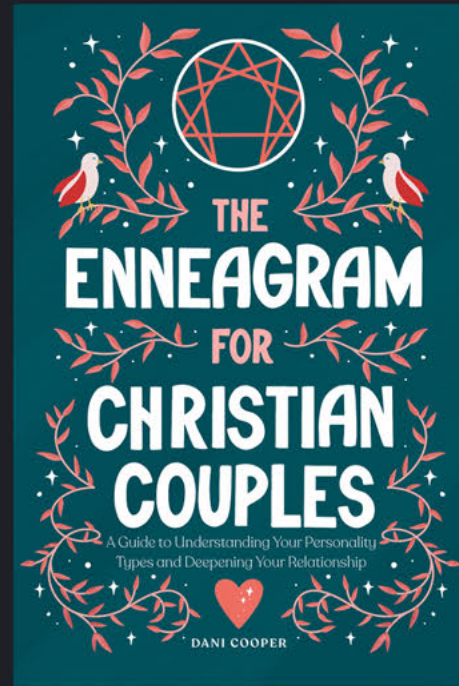


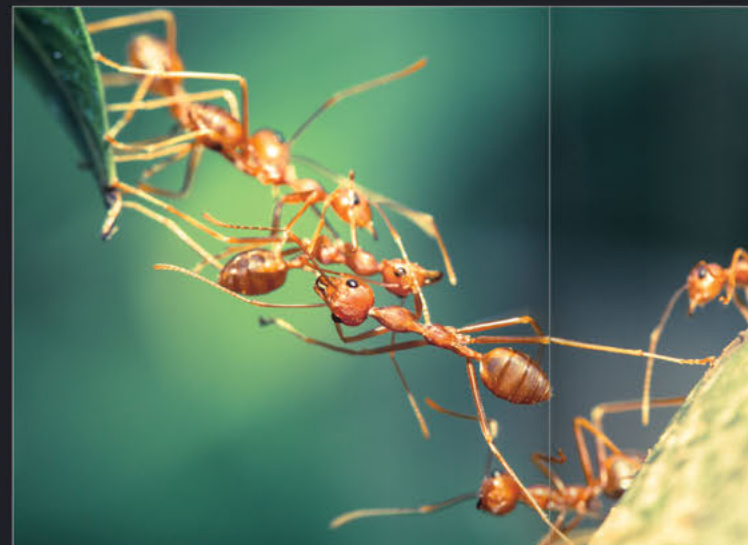
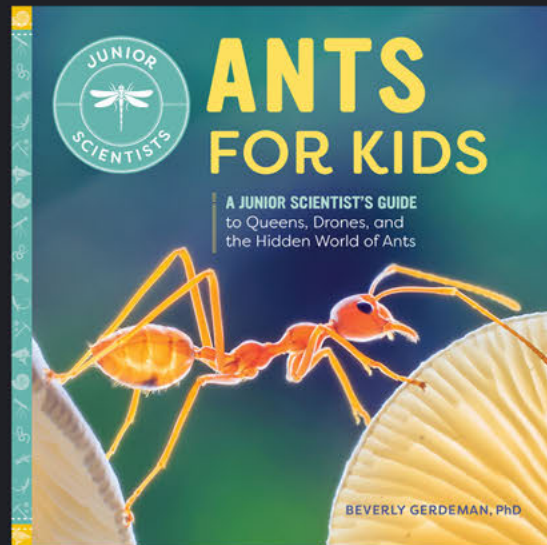
FINANCIAL TRACKER (SAMPLE)

Example	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTAL
INCOME													
Salary	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000	\$12,000
Bonuses / Commissions			\$1,000			\$1,000			\$1,000				\$3,000
Interest / Dividends	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$3,000
Side Hustles	\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$6,000
Other													
TOTAL INCOME	\$1,750	\$1,750	\$2,750	\$1,750	\$1,750	\$1,750	\$1,750	\$1,750	\$1,750	\$1,750	\$1,750	\$1,750	\$23,000
EXPENSES													
HOUSING													
Rent / Mortgage	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$18,000
HOA fees	\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$1,200
Property Taxes													\$0
FOOD													
Groceries	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$4,800
Dining out	\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$1,200
TRANSPORTATION													
Car payment	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$1,800
Gas / Tolls	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$600
Public Transit / Ridesharing													\$0
Maintenance / Repairs	\$100					\$100							\$200
INSURANCE													
Home / Renters Insurance	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$600
Health Insurance	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$2,400
Car Insurance	\$200					\$200							\$400
Life Insurance													\$0
Umbrella coverage													\$0
LIFESTYLE													
Travel					\$50								\$500
Entertainment	\$50												\$200
Gym / Fitness classes	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$300
Cable / Netflix	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$120
UTILITIES													
Gas	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$120
Electricity	\$15	\$15	\$15	\$15	\$15	\$15	\$15	\$15	\$15	\$15	\$15	\$15	\$180
Mobile phone	\$20	\$20	\$20	\$20	\$20	\$20	\$20	\$20	\$20	\$20	\$20	\$20	\$240
Internet	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$25	\$300
MISCELLANEOUS													
Student loans	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$1,800
Pet care													\$0
Childcare													\$0
Prescription drugs													\$0
Charity													\$0
TOTAL EXPENSES													\$17,600
TOTAL CASH FLOW													\$5,400









PART ONE
AMAZING ANTS

Ants are everywhere—almost. Antarctica, Greenland, and Iceland are the only regions that are currently ant-free. However, ants are on the move and populating new areas. Ants are so small that they can easily stow away in cargo ships, airplanes, and even backpacks! Scientists who study ants are called **myrmecologists**. They think Earth is home to 10 quadrillion (16 zeros) of these tiny insects, but no one really knows for sure. More than 15,000 species have been identified so far, but many scientists think there could be at least 9,000 more.

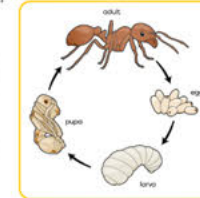
An Ant's Life

Each ant begins life as a tiny oval egg in the dark nursery chamber of the nest. The queen decides if an egg will be a worker or drone when she lays it. In most species, a fertilized egg will become a worker or a queen. Unfertilized eggs become drones. You will learn more about each type of ant later.

Some worker ants are nurse ants, which means it is their job to take care of the eggs. They lick the eggs to remove bacteria or fungi, which keeps the eggs healthy. After one or two weeks, the eggs hatch into baby ants called larvae. They don't have legs or eyes and look a little like white squish with crooked necks. The larvae have spines that protect them. The spines also help them stick together, like Velcro, so nurse ants can quickly grab large bundles of larvae and escape to



Nurse ant caring for larvae



Life cycle of an ant

safety if they are in danger. The larvae's job is to eat the food the workers bring and to grow.

About a month later, larvae of some species spin cocoons and become **pupae**. They are placed in a dry chamber in the ant nest. Nurse ants constantly move the pupae around the nest to make sure the temperature and humidity, or amount of moisture in the air, are just right for them. When it's time for the adults to emerge from the pupae, workers tear open the cocoons to free them. Every year, ants produce a new generation, or group, of offspring.

DID YOU KNOW? There are about 15 species of exploding ants. *Colobopsis explosoria* is an ant that lives in Southeast Asia. If threatened, it can squeeze its body so hard that it blows itself up, spattering a sticky yellow gunk that can kill or stop its enemies.



Ants with a pupa

Amazing Ants 5

JUNIOR SCIENTISTS IN ACTION

MAKE YOUR OWN ANT FARM

Do you want to watch ants up close? Try building a **formicary**—an artificial ant nest!

These instructions explain how to make a simple formicary at home, but you could also buy one in a store or online. If you buy one, make sure there is a manual or webpage explaining how to care for it and that you can take it apart to clean it. There also needs to be a way to add just the right amount of water. Before you begin making your own, you must decide if you are willing to take care of your colony. All pets require care and attention, including ants.

You will use this farm to observe worker ants only, because there will be no queen.

You will be able to watch them build their nest and feed but you won't see eggs and young ants. This ant farm will last a few weeks to a couple of months. If you grow tired of your pets, return the ants to the place where you found them.

JUNIOR SCIENTISTS IN ACTION

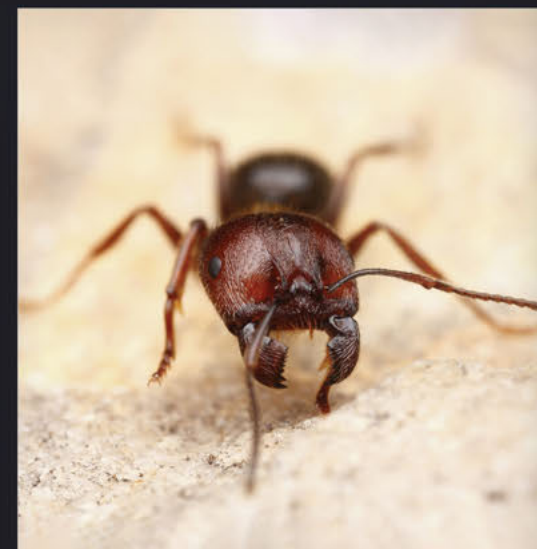
You will need:

- ACTIVE ANT HILL
- SOIL FROM NEAR ANT HILL
- SPRAY BOTTLE FILLED WITH WATER
- 1 LARGE-MOUTHED SMOOTH JAR WITH LID
- 1 SMALLER JAR WITH LID (THE SMALL JAR NEEDS TO FIT INSIDE THE LARGE JAR COMPLETELY WITH ROOM OUTSIDE IT)
- SPOON
- COTTON SWAB
- OLIVE OIL
- SMALL NAIL
- HAMMER
- SMALL PIECE OF SWEET FOOD

Make Your Formicary

1. Locate an active ant hill.
2. Collect soil from near the ant-hill and place it in a box.
3. Lightly moisten the soil using a spray bottle and mix the soil until evenly moist. Adding the wrong amount of water is the number one reason ant colonies fail. Soil that is too wet can drown ants and cause mold to grow, which will quickly kill a colony.
4. Place the lid on the smaller jar and insert it inside the larger jar.

CONTINUED



Gigantiops

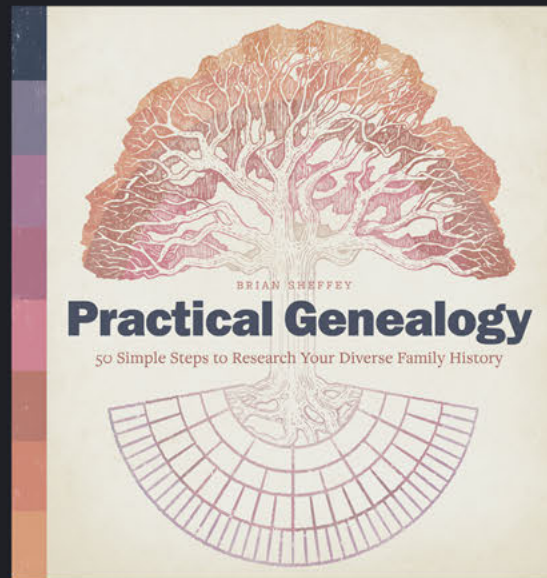
Gigantiops destructor

FACT *Gigantiops destructor* has the largest eyes of any ant in the world! Gigantiops have excellent vision and are especially attracted to movement. They hunt alone and have an unusual way of capturing their prey. They jump! These ants are shy and do not have a stinger. Sometimes Gigantiops will build their nest next to a bullet ant nest. Predators know to stay away from the ferocious bullet ants, so Gigantiops does not have to worry about them.



ANT FACTS

COMMON NAME: Gigantiops	SIZE: .4 to .6 inch
SCIENTIFIC NAME: <i>Gigantiops destructor</i>	DIET: Omnivorous; nectar, small insects
WHERE THEY'RE FOUND: South America	SIZE OF COLONY: Up to several hundred workers



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STEP 1

The 5 Fundamental Ws of Research

The most important step in genealogical research is the first one. Step 1 is when we answer the 5 fundamental Ws: Who, What, Why, Where, and When. Each "W" needs to be answered for each of the ancestors we research.

Information is core to genealogical research. That sounds obvious, but what is not so clear is that we can't take the documents we discover at face value. It is natural to become excited when we discover a record or a story about an ancestor, but that discovery is merely the first stage of the research process. Next, we must analyze the information, using critical-thinking skills.

Critical thinking allows us to overcome our biases, lack of background knowledge, and information—even our own prejudices. It is critical thinking that lets you figure out, for example, if the document you found is for the person you are researching or just someone who happened to share the same name. Answering the 5 fundamental Ws will help you begin your research using a thorough critical-thinking approach.

Look for Defining Critical Thinking at <https://www.criticalthinking.org/pages/defining-critical-thinking/766>.

Who

Who seems the most obvious question to start with when analyzing records. The name of our ancestor is one part of the who we must answer, but there are two other important considerations: primary informants and secondary informants.

STEP 25

Cite Sources

What (Author) | What (Date/Title, Volume, Issue) | What (Page Number) | What (Where was the source found?)

Shaffey, Brian. "Finding Moses Williams." *Genealogy Adventures* (2017) in GoogleBooks (online database). 13 Nov. 2019.

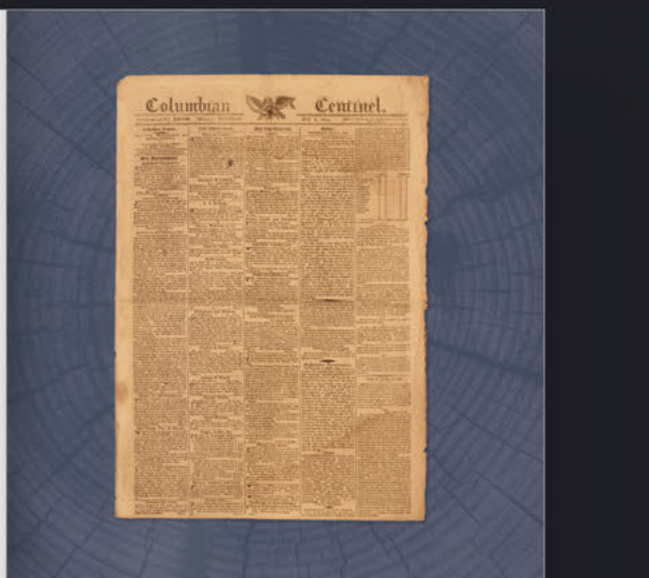
What (Article title) | What (Newspaper) | What (Online database)

Why Cite Sources?

It is vital to maintain and keep track of every piece of information you gather when researching your family as well as every source for that information. Information sources verify the data you have found. Other researchers will use the source you have provided to review your information and to confirm that the documents you used are associated with the correct person. This is crucial when there is a conflict in informational sources.

Without citing sources, could you tell another researcher where you found the birth date for your third great-grandfather?

Was it from his tombstone? Was it from a family Bible? Family lore? The 1880 census? A book? Or did you copy it from another family tree? If your third great-grandfather didn't provide his birth date, then who did? What was that third party's source for this information? How likely is it that they would have known his date of birth? Citing sources answers their question and many more. Remember: Any statement of fact, whether it is a birth date or an ancestor's surname, must carry a source that another researcher can reasonably access.



APPENDIX A

FINDING A LOST CONNECTION TO THE WEEPING TIME SLAVE SALE (1859, SAVANNAH, GEORGIA)

This case study represents a real-world example of creating a research outline with specific goals and steps. While this case study is specific to researching enslaved African American ancestors, the method is also applicable for non-African American researchers.

Research Questions

The research questions are: Why do DNA test results for interrelated family groups in the Old Ninety-Six District of South Carolina show a major amount of Gullah DNA? and Who are the unknown ancestors who connect descendants in the Old Ninety-Six District of South? The Gullah community lives along the coastal South Carolina and Georgia region—hundreds of miles from the Old Ninety-Six District. Initial research and DNA test results show a connection to the enslaved people held by Major Pierce Butler and his grandson, Pierce Mease Butler.

Research Goals and Steps

Identify the Research Focus

- Identify the 440 enslaved people (EPs) sold by Pierce Mease Butler during the three-day 1859 sale in Savannah referred to as the Weeping Time sale.
- Identify the enslaved people not put up for sale by Pierce Mease Butler.

Conduct Background Reading and Focused Research

Read. The research team will need to do a substantial amount of reading about Pierce Mease Butler, the Weeping Time sale, and the history of the Butler plantations in South Carolina and Georgia. This is one way to acquire the names of the individuals and families enslaved by the Butler family.

2 Research the history of enslaving within the earlier generations of the Butler family and any allied families, with a specific focus on Pierce Mease Butler's maternal grandfather, Major Pierce Butler. Major Butler is a key person in this history, which explains the focus on him in particular. This stage includes:

- Create a family tree covering Pierce Mease Butler's lineage, including listing and researching all the families and individuals enslaved by them.
- Locate and transcribe family wills, estate inventories, lawsuits, slave mortgages, slave insurance policies, deeds of purchase and sale for the enslaved, farm bookkeeping books, journals, letters, etc. This allows researchers to trace which family members received which enslaved people over five to six generations.
- Locate and transcribe Major Butler's slave register entries covering the 1775 to 1835 time period. This is important for researching the people held by the family.
- Find and transcribe the list of enslaved people held by Major Butler who went away with the British during the Revolutionary War.

- Find and transcribe the 1813 list of enslaved people held by Major Butler who went away with the British.
- Find and transcribe Major Butler's birth and death lists for his enslaved people (1800–1834).
- Find and digitize purchases and sales of Major Butler's enslaved people.
- Find and digitize the weekly reports sent from the overseers in South Carolina and Georgia to Major Butler in Philadelphia. These reports will contain information about the enslaved.
- Map the EPs held by Major Pierce Butler to the EPs he wife, Mary Middleton, and their children inherited from Mary Middleton Butler's South Carolina grandmother, Mary Bradford Bull.
- Map the EPs held by Major Pierce Butler back to the EPs who were inherited by Mary Bull Middleton's other children but were in the possession of Major Pierce Butler.
- Map the EPs held by Major Butler to the Africans who were imported into Charleston, the Bull and Middleton families.

Each of the preceding steps listed leads to a goal that can answer the two research questions stated at the beginning of the research plan.

Thanks!