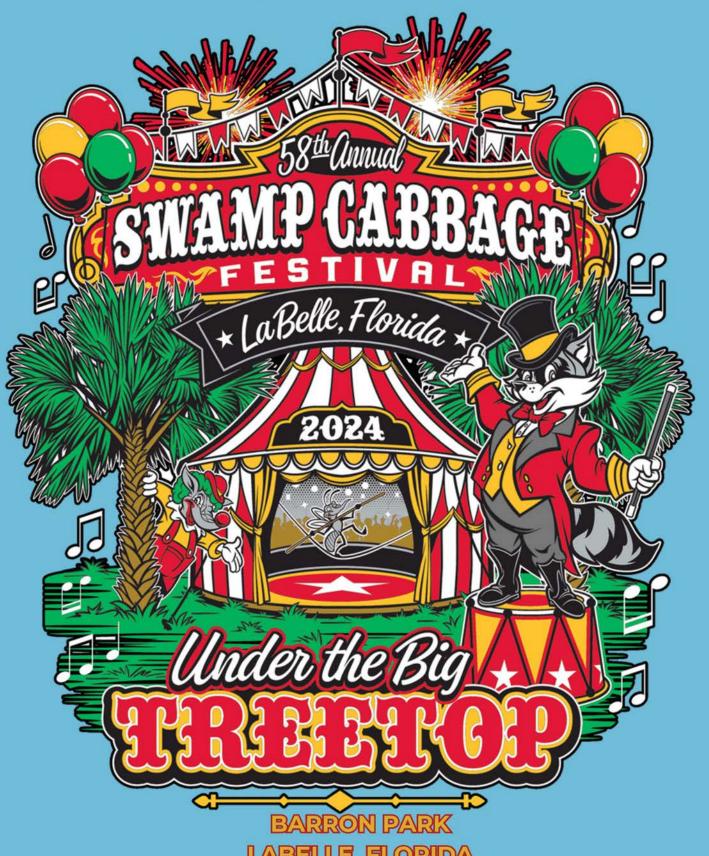
FLORIDA POWER & LIGHT PRESENTS



LABELLE, FLORIDA

FEBRUARY - 24TH & 25TH, 2024



Welcome to LaBelle's 58th Annual Swamp Cabbage Festival 2024

It is with great pleasure to welcome one and all to our annual LaBelle Swamp Cabbage Festival. While you enjoy it, remember this festival would not be possible without the tireless cooperation and involvement the great City of LaBelle, the Hendry County Sheriff's Department, Hendry County Fire & EMS, local organizations, local businesses and of course our town folks. Everyone works hard to make this festival the best it can be.

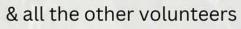
A special thanks to the Swamp Cabbage Festival Committee for bringing it all together. Thank you all for your dedication and your community involvement; it would not be possible for this to happen without you.

Last but not least, our guests are what this weekend is all about. Please enjoy the hospitality our town has to offer. Have a great time at the festival, be safe and remember it is always the last FULL weekend of February!

Enjoy the festival and hope to see you next year!

Special Thanks to:

Shelly Sampers Preston Long
Gisella Ellsworth Matrasa Bess
Keitha Daniels Kevin Ellsworth
Lori Kelly Sue Williams
Debbie Bess Melissa Music







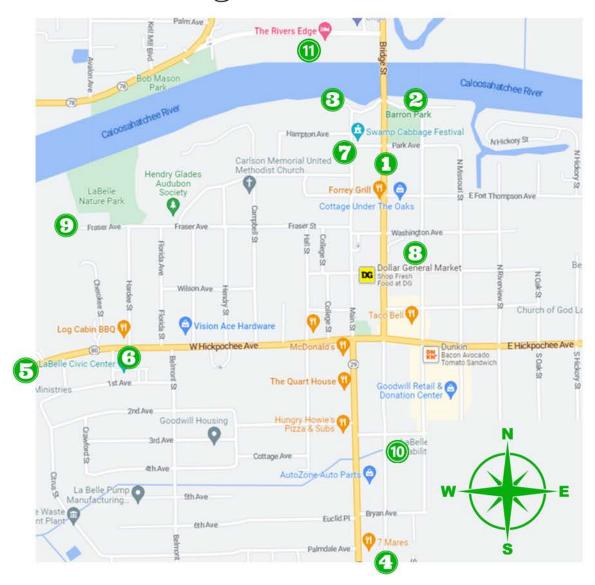


PO Box 2081 LaBelle, FL 33935

863.675.2995

www.labelleswampcabbagefestival.org

Getting Around LaBelle



- 1. Parade Route-Bridge Street (Hwy 29) Parade Start
- 2. Barron Park Main Event
- 3. Wharf- Night on the Town
- 4. Rodeo Grounds South on Hwy 29 (Off map)
- 5. LaBelle Brewery Swamp Stomp 5k, West on Hwy, a.k.a. Hickpochee Ave (Off map)
- 6. LaBelle Civic Center City Breakfast & Old Timer's Dinner
- 7. First Baptist Church Event Parking
- 8. Synovous Bank & Lee Street Jeep Show
- 9. Hendry House Parade Line up (horses)
- 10. Our Lady Queen of Heaven Catholic Church Parade End
- 11. LaBelle Boat Dock Bass Tournament

How it began...

SWAMP CABBAGE FESTIVAL

In 1966, the newly formed LaBelle Jaycees were searching for a project to sponsor that would benefit the entire community. Gary Lucia, the organization's first president, appointed T. E. Hedges and Bernard Rasmussen to study the idea and develop a proposal. Noting the abundance of sabal palms, or as they are called locally "cabbage trees," in the area and remembering their importance to early settlers as both building material and food, Rasmussen suggested a "Swamp Cabbage Festival." Hedges added this should be popular with visitors who had heard of the native delicacy - also known as "Hearts of Palm" - but had not tried it.

The Jaycees adopted the project and began promoting an old-fashioned pioneer festival honoring Florida's State Tree. The idea caught the community's imagination and as ideas started to snowball, other organizations were invited to participate. Soon, all of LaBelle was involved in preparation for the first Swamp Cabbage Festival.

The first festival held in 1967 was such a success that LaBelle Jaycees organized a permanent Swamp Cabbage Festival Committee with representatives from civic groups and churches. The committee successfully guided the efforts of the community through the next five festivals, each one bigger and better than the ones before. Joe Thomas, Chairman of the 1973 Swamp Cabbage Festival, said, "the Swamp Cabbage Festival has become one of the major events in Southwest Florida because of the pride people here have in our community. The festival is our way of expressing this pride and an old-fashioned, but never out of date, American spirit of cooperation."

Through the medium of the Swamp Cabbage Festival, LaBelle extends a sincere welcome to all.

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About the Theme



Under the Big Tree Top

Welcome to the 58th Annual Swamp Cabbage Festival!

This year, we're thrilled to invite you "Under the Big Treetop" as we embrace the magical world of the circus. While we continue to honor Florida's cherished Sabal palm tree, this year's theme promises an extra dose of excitement and spirit.

Step right up to witness thrilling circus performances, jaw-dropping acrobatics, and toe-tapping music acts that will dazzle and delight throughout the festival weekend. The circus theme permeates every corner of the celebration, from the enchanting Swamp Cabbage Queen and Princess Pageant to the lively parade and a myriad of side events.

Join us under the big treetop as we blend the rich history of the festival with the whimsy of the circus, creating an unforgettable experience for all. Get ready to be amazed, enchanted, and entertained at the 58th Annual Swamp Cabbage Festival!



Artist: Becca Pratt

The Caloosahatchee River has been both boon and bane to LaBelle. Early settlers depended on the river for transportation, but the river would - from time to time - overflow its banks and endanger lives, home and crops. From 1880 to 1930, steamboats plied the Caloosahatchee carrying freight, passengers and mail.

Now, the Caloosahatchee - widened, deepened and broadened - is part of the Okeechobee Waterway connecting Florida's two coasts. The river is used for transportation, recreation and irrigation of agricultural lands; also, area residents have no fear of floods which were a certainty in earlier times.

The LaBelle area is well-known for leisure. The Caloosahatchee affords many pleasurable hours to the artist, fisherman, and water-skier. The banks of the river in the LaBelle - Fort Denaud area abound with fossils - both vertebrate and invertebrate - and attract both amateur and professional paleontologists.

The 2020 census data shows a diverse population of nearly 40,000 people calling Hendry County their home. Communities located here are LaBelle, Clewiston, Fort Denaud, Harlem, Montura, Pioneer, Port LaBelle, Felda, and Flaghole.



LaBelle • Clewiston • Belle Glade • Indiantown Okeechobee • Lake Placid • Arcadia • Ft. Myers





Se Habla Español



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Sabal Palm

Common Name - Cabbage Tree

The Sabal Palm, or Cabbage Tree, is the State Tree of Florida. It grows throughout Florida and is not damaged by cold in any part of the state. It is also well adapted for landscape use.

The Cabbage Tree will max out at height of about eighty feet with a trunk diameter of around two feet or less. During early life, the trunk is clothed with "boots" remaining from decayed frond-stalks. As the tree grows older, these fall away leaving a fairly smooth trunk. It has fonds instead of leaves, which are fanshaped, shiny, and shades of green.

The heart can be harvested for food when the tree reaches around twelve feet tall. The approximately three-foot center of the tree trunk is what is known as swamp cabbage. Not traditionally a food source, this unique food was at times a staple of early pioneers and Native Americans when food sources became scarce. Once the tree's heart is removed, the tree will not survive. Hearts of Palm can be ordered at some restaurants and grocery stores, however it is likely from the peach palm tree and not the sabal palm. The sabal palm mostly grows wild in the southeastern region of the United States, propagating through natural seeding. Many cultures worldwide still harvest sabal palm hearts as a regular food source in their daily diet.

One of America's largest electric utility providers

FPL operates one of the lowest cost, most fuel-efficient and cleanest power generation fleets in the U.S. and is the Sunshine State's largest producer of solar energy. The company operates six FPL solar energy centers in Hendry County. Together, these FPL solar energy centers in Hendry County are capable of generating nearly 450 megawatts of low-cost, reliable electricity for FPL customers. That's enough energy to power approximately 90,000 homes and reduces carbon emissions equal to removing approximately 84,000 gas-powered vehicles from the roads each year. The company has reduced its use of foreign oil 99% since 2001 and closed its last coal-fire power generation plant in Florida in summer 2021, replacing them with innovative technologies like one of the world's largest solar-powered batteries located in Manatee County. Florida Power & Light Company provides low-cost, reliable electricity to approximately 5.9 million accounts, or more than 12 million people.

For more information about FPL, visit www.FPL.com.







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History of Armadillo Races

In order to support a scholarship fund for LaBelle's graduating seniors, the LaBelle Rotary Club began hosting armadillo races at the twenty-sixth annual Swamp Cabbage Festival. The armadillo races were the brainchild of the late John Petrosky.

Mr. Petrosky, a LaBelle Rotarian, convinced his reluctant fellow members that this activity would be a successful fundraiser for the local scholarship fund. With much skepticism as to the potential success of armadillo races, the club hosted the inaugural armadillo races in 1992.





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2024 Festival Parade

The festivities on Saturday of the event weekend begins with our annual parade. Each year the parade seems to get bigger than the last, for its two-mile procession through the city.

The Swamp Cabbage Festival Parade is unique because of the fact that commercial participation is not encouraged as in most parades. Participation is by local residents who use native materials to decorate their floats. In addition to the floats, there will be walking units, bands, and horses.

The parade line up begins at 8:00am and the parade will begin at 10:00am at the foot of the Caloosahatchee Bridge, proceeding south down Bridge Street.

This year the entries will be judged for the Best of in nine categories. They are:

- 1. Best Overall
- 2. Civic/Non-Profit Organization
- 3. Faith-based
- 4. Retirement Community
- 5. Business Organization
- 6. Marching Band
- 7. Youth/Family
- 8. Good Neighbor, Swamp Cabbage Festival Themed
- 9. Good Neighbor, In General

Judging will take place during the parade. Winners will be announced during the noontime festivities at Barron Park.

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Capt. Shawn Reed named Grand Marshal



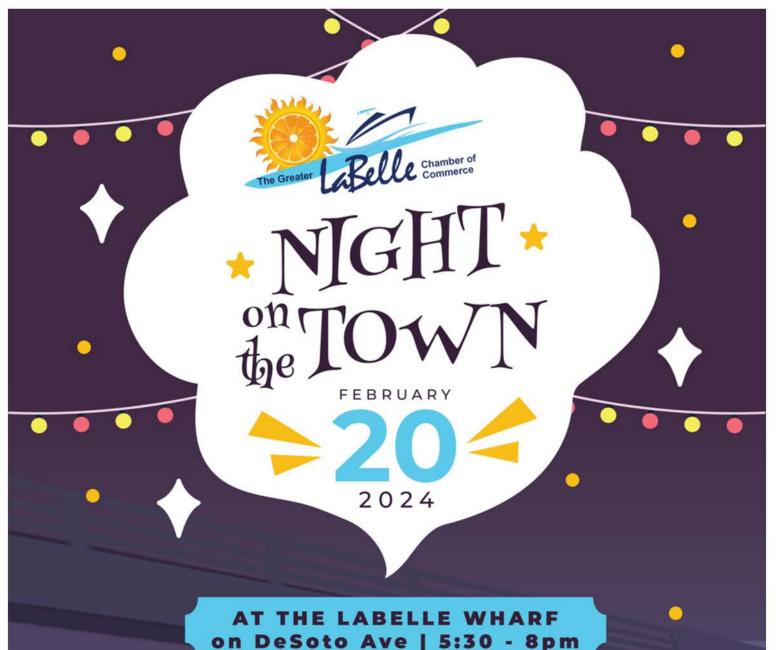
Captain Shawn Reed is lauded for his exceptional dedication to the Hendry County community. With a commendable twenty-four years service at the Hendry County Sheriff's Office and prior service in the United States Navy, Capt. Reed has consistently exhibited a strong work ethic and deep sense of responsibility to our community. Beyond his law enforcement career, he actively contributes to youth development by coaching flag football and supporting the Hendry County Wrestling Club. Captain Reed's extensive involvement in community events and various initiatives, showcases his unwavering commitment to the betterment of Hendry County and it's citizens.

It was because of his profound dedication, service record, and efforts to improve lives that made Capt. Reed the ideal choice for the role of this year's Grand Marshal; embodying the spirit and values cherished by the community.

Congratulations on this well deserved title & we thank you for your service!







Special thanks to our event partners:





Kick off Swamp Cabbage Week with us!

Save the date and register your business now to reserve your space--FREE to Chamber members. A perfect way to show off your business!

> Contact the Chamber (863) 675-0125 LCHAMBEROFCOMM@EMBARQMAIL.COM

Swamp Cabbage Festival Pioneer Families

2023 Isom Dees 1995 Gaulding

2020 R.B. Waldron 1994 Small

2019 Jesse & Irma O'Ferrell 1993 Deese

2018 Bersabe & Ramon Rodriguez, Sr. 1992 Luckey

2017 Willie & William Harn 1991 Richards-Pfluge

2016 Jaycees 1990 Maddox

2015 Pratt 1989 Cross

2014 Driggers Kirkland 1988 Samus & Margaret Parsons

2013 Benjamin Guy 1987 LJ Nobles

2012 O'Bannon Family 1986 Jennings-Hand

2011 Eugene Rennolds 1985 Miller

2010 MG Davis 1984 Daniels

2009 Oscar Langford 1983 Dyess

2008 Pendrey 1982 Hires

2007 Doub

1980 Hans Christian Hansen

2006 Felix Taylor
2005 Fait Ballard
2004 Alton Jones
1979 Blount
1978 Thigpen
1977 Murray

2003 Asa Barton Townsend 1976 Carson 2002 Kirby Thompson 1975 Magill

2001 Flora Burchard-Hampton 1974 Millard F Yeomans

2000 A.O. Ward & J.V. Francis 1973 Captain Francis A Hendry

1999 Morrison J Bush 1972 Thomas Howard

1998 Summerall 1971 Washington Hall

1997 Hodges 1970 W.T. Hull, Sr.

1996 Gad Curry 1969 Mrs. M.E. Forrey & the Burke

2024 Heritage Family

The Whiddens

The Whidden's have been a pioneer family in central and southern Florida for six generations. Lance "Bubba" Whidden is the father of our Sheriff, Steve Whidden. Bubba was born to Griffin Whidden and Ressie Terrell Whidden and grew up in Wauchula, Florida, where his parents were orange growers.

Bubba has two brothers, Lane, and Stephen, who both have lived in Hendry and Glades Counties. The Whidden family has ties to Fort Denaud, the original Fort for which the area is named. Steve's great-grandmother, Ona Platt Whidden was born to Cisero and Florida Platt, in the fort on the drive to move their cows from Lake Port through LaBelle. Ona married Milton Whidden and moved to Hardee County where the town of Ona is named after her.



Sheriff Steve Whidden

Bubba joined the US Army and upon his release in 1963, he returned to Wauchula. In 1965, he moved to Immokalee and started working for the Red Cattle Company in Felda, he also worked for the Immokalee Ranch. Bubba also has a history of being in law enforcement, in 1968 he started with the Collier County Sheriff's Office and in 1970, went to work for the Charlotte County Sheriff's Office.

In 1971, Bubba moved back to Immokalee and married June Raulerson of Immokalee, whose parents were also part of pioneer families, the Raulerson's and the White's. Steve was born in 1972 while his parents lived in Naples.

Upon moving to LaBelle in 1999 with his wife, Kass, and his two children, Stephen and Kasey, Steve was hired by the Hendry County Sheriff's Office as a road patrol deputy. Throughout his career, Steve worked his way through the agency from road patrol to narcotics and the criminal investigations division. In 2005, Steve was hired by the Clewiston Police Department and worked there until he was elected as Hendry County Sheriff in 2008. Steve took office in 2009 and has been the Sheriff of Hendry County since.

As Steve and Kass raised their children and now grandchildren in LaBelle, they instilled a sense of community service and pride. Kass has worked for the San Carlos Park Fire District for 22 years as the Administrative Assistant and Human Resource Director. Stephen joined the Florida Army National Guard in 2016 and is still serving today as a Sergeant. Kasey followed in Steve's footsteps and joined the Lee County Sheriff's Office in 2019 as a road patrol deputy and is currently a member of the Court Operations Emergency Response Team. The Whidden's are a proud family who have dedicated their lives and careers to serving the public, their communities, and the state.

As a part of three founding families of several central and southern/southwestern Florida counties, Steve is proud to have a family heritage rooted in Hendry County and the surrounding area. Thank you to the Swamp Cabbage Committee for choosing the Whidden Family as the Heritage Family for the 2024 Swamp Cabbage festival.

LaBelle, the Beautiful! The City Under the Oaks

LaBelle, French for "the beautiful," was named for two of Captain Francis A. Hendry's daughters, Laura and Belle, both now deceased. With its giant oaks and the beauty of the nearby Caloosahatchee River, many people accept the tale that a French traveler, perhaps Pierre Denaud, the trader for whom Fort Denaud was named, saw the area in its natural setting an exclaimed, "C'est LaBelle." No matter what the origin of her name, LaBelle is truly "the beautiful," especially to those wearying of the hustle and bustle of the metropolis.

Greater LaBelle has a population of almost 5,000 people according to the 2020 Census report. LaBelle operates under the commission form of city government and has modern water and sewage systems. The city has financial and commercial institutions, churches of most major denominations and modern schools.

With the long established Port LaBelle immediately to the east of the city, and so much new growth and housing developments in the area, the greater area population is sure to grow. Many people are concerned that LaBelle will cease to be the warm, friendly, family-type of place to live. With hope being aware of the pitfalls of rapid growth, LaBelle can plan for a future in which the city retains its "small town charm," yet enjoys the advantages of being a more urbanized and more heavily populated area.

The people in LaBelle are proud of their hometown and the factors that make LaBelle "special."



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- Acrobatic Circus show
- Magic Show

Other bookings available

- Pirate Circus show
- Hillbilly Circus show

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Swamp Cabbage Bass Tournament PRESENTED BY: UBASS & Source PRES

LABELLE BOAT RAMP SUNDAY, FEBRUARY 25TH SAFE LIGHT TO 3PM

85% PAYOUTIIII

\$100 CASH PER TEAM REGISTER AT THE RAMP 5:30AM- 6:30AM

Come out & FISH!!

Sabal Palm Use

Once upon a time the sabal palm, which is a natural source of brush fiber, was processed in quantity in the United States. Cutting crews roamed the range lands near LaBelle, taking the buds from stands of tree with chain saws or axes.

After cutting the buds, as known as swamp cabbage, they were loaded onto bunch trucks and carried to a consolidation point where they shipped by the tractor trailer full to the processing plant in Jacksonville, Florida.



Processing the Sabal Palm buds is an involved and difficult operation. First, the individual fibers must be separated by a cooking process. The pieces are then shredded by specially designed machines. The individual fibers are treated to give them greater resiliency. The fibers are then sorted for color and length uniformity, bundled and trimmed. The fiber is finally packed and shipped to brush manufacturers all over the world to be made into many different types of brushes and whisk brooms.

VOU ARE MOUTED

TO HELP CELEBRATE THE LaBELLE HERITAGE MUSEUM'S ANNUAL OLD TIMERS DINNER

as part of the SWAMP CABBAGE FESTIVAL THURSDAY, FEBRUARY 22, 2024 at the

LaBELLE CIVIC CENTER
DOORS OPEN AT 5PM WITH DINNER AT 6PM
TICKETS \$40 PER PERSON

CATERED BY GATOR HAMMOCK AUCTION...50/50...DOOR PRIZES TICKETS AVAILABLE AT LaBELLE CHAMBER, CURTIS HONEY, LaBELLE FRAMING

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50/50 Raffle

To benefit the Swamp Cabbage Festival Scholarship Fund

*must be present for the drawing in Barron park to win

- Both days / one drawing each day
- \$1.00 / ticket \$5.00 / six tickets
- \$10 Half a wingspan
- \$20 a Full wingspan

Feb. 24th, 2024

&

Feb. 25th, 2024

at 2:30 pm

Proceeds will fund the next Scholarship recipient(s). Scholarship(s) will be sent to the College or Higher Education Center of their choice. Scholarship(s) will be recognized at the 2025 Swamp Cabbage Festival.



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U.S. Sugar and our family of farmers are committed to the communities where we live, work, and raise our families. The Glades continues to have excellent air quality and clean water because of an unceasing commitment to the environment by the farmers of the EAA.

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Our local farmers have always been the first stewards of the land. We've invested in and developed sustainable farming practices, implemented scientifically proven Best Management Practices, and have always adhered to the strictest regulations for controlled pre-harvest burns. As a result, our communities have clean air, and the water that flows from our farms is cleaner than when it flows in.

As part of our commitment, we understand that our farming community thrives only when the water, air, and land are kept healthy and clean. This is our tradition, and we're proud of it.







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2024 Schedule of Events AROUND & ABOUT TOWN

ALL EVENTS - CASUAL DRESS

Saturday, January 28th

06:00pm - Swamp Cabbage Queen & Princess Pageant (LaBelle High School)

Tuesday, February 20th

05:30pm - Night on the Town, presented by LaBelle Chamber of Commerce (LaBelle Wharf)

Thursday, February 22nd

05:00pm - LaBelle Heritage Museum's Old Timer's Dinner (LaBelle Civic Center)

Friday, February 23rd

07:00pm - Hendry County Cattlemen's Youth Ranch Rodeo (Rodeo grounds)

Saturday, February 24th

07:30am - Caloosa Humane Society's Swamp Stomp 5k (LaBelle Brewery)

08:00am - Caloosa Jeepers - Jeep Show (Lee Street)

10:00am - Parade Begins (Bridge Street)

06:00pm - Hendry County Cattlemen's Ranch Rodeo (Rodeo grounds)

Sunday February 25th

05:30am - Bruiser Bait & UBASS - Bass Tournament (LaBelle Boat Docks)



2024 Schedule of Events IN BARRON PARK



Saturday, February 24th

11:30am - Opening Ceremony

11:45am - Unforgiven Band

12:45 pm - Queen/Princess Introduction

- Grand Marshal & Heritage Family

- Parade Winner Announcement

01:00pm - Sheriff's Posse

02:00pm - Lester Beleau

03:00pm - Matrasa Lynn

04:00pm - Charlie Pace

05:00pm - Park Closes

Sunday February 25th

09:00am - Church In The Park (James Holland)

10:30am - Colton Brannan

11:30am - Red Griffin & The Pickin Crew

12:30pm - Little Miss/Junior Miss Introduction

12:45pm - Spyda & Fat Chris

02:30pm - Matrasa Lynn

04:00pm - Park Closes

2024 Schedule of Events IN BARRON PARK



Saturday, February 24th

12:00pm - Circus Magic Acts

01:00pm - Showtime Cloggers

02:00pm - Country Rhythm Cloggers

03:00pm - Circus Magic Acts

04:00pm - Circus Magic Acts

Sunday February 25th

11:30am - Circus Magic Acts

12:00pm - Ashlynn Paige

12:30pm - Rylan Partaka

01:00pm - Aydin Holt

02:00pm - Circus Magic Acts

03:00pm - Circus Magic Acts



2024 Swamp Cabbage Queen Emmalee Grace

Twenty year old Emmalee Grace is the daughter of Elizabeth and Johnny Summeralls. She is a freshman at Immokalee Technical College, studying pharmacology and attending clinicals. In her spare time she loves working cow with family and friends, going out on the water and has an eye for photography. Her desire is to further her education and become a pediatric registered nurse.

The Queen's Royal Court

2024 Swamp Cabbage Princess - Micah Ross 2024 Junior Miss Swamp Cabbage - Remington Ergle 2024 Little Miss Swamp Cabbage - Elizabeth Scalzi

Queens

2023 Hailey Prince

2022 Grace Layne Ryan

2021 Novie Jo Kohutek

2020 Ryley Bowen

2019 Brooke White

2018 Mahalet Gonzales

2017 Alyssa Jonson

2016 Kasey Whidden

2015 Abby Arnold

2014 Ashley Curry

2013 Kayla Keller

2012 Mallory Allen

2011 Olivia Luckey

2010 Callie Burley

2009 Daphne Glisson

2008 Ashley Pitttman

2007 Esophia Higgins

2006 Maria Pridgen

2005 Amanda Rae Pittman

2004 Ashley Rose Barbery

2003 Ashley Murray Gomez

2002 Cathryn Gayle Miller

2001 Brittany Langford Kinney

2000 Amy Burchard Paul

1999 Melissa Oswald Howell

1998 Amanda Miller Gregg

1997 Inez deDeugd McComas

1996 Jennifer Danforth Berg

1995 Inez deDeugd McComas

1994 Sally Chipman Deroo

1993 Jennifer Danforth Dunn

1992 Lynnette White

1991 Kathleen Whitford

1990 Stacee Stinnett Seligman

1989 Susan Brant Hill

1988 Jennifer Dunaway Klinger

1987 Mara Woosley

1986 Heather Delance Spano

1985 Lori Jones White

1984 Jerri Lynn Merritt

1983 Leah Langley Furman

1982 Kimberly Dunaway Kemp

1981 Yvonne McGee

1980 Rena Ireland Dipofi

1979 Cynthia Mott Croley

1978 Chris Lehman Robbins

1977 Sonja Burchard

1976 Cheryl Wooten Hill

1975 Dana Thompson Crawley

1974 Terri Prescott

1973 Gaye Nobles Murrah

1972 Cindi Bass Sanders

1971 Sherri Woosley Carpenter

1970 Laura Miller Nolte

1969 Judy Burgess Puletti

1968 Deborah Cordell James



By LOWIS CARLTON

Modern, tile-roofed concrete bomes have replaced the open air chickees of the Seminole Indians at the Dania, Florida, reservation. Far to the west, in the watery reaches of the Everglades, many Seminoles still live in chickees — a wooden floor elevated on four poles, covered by a palm frond roof.

But whatever their home, most Seminoles cling to the food of their forefathers — Florida fish and game, fruits and vegetables.

Cooking used to be done over a smoky palmetto wood fire under the elevated chickee floor.

Now there's an electric or bettled gas range in most Indian homes. Baking is gradually being accepted, although they still prefer to stew or fry their foods.

Seminole meals are simple, usually a meat dish, bread and rice served with soffka, their traditional hot drink.

They eat when hungry, sometimes twice a day, sometimes less. After years of living without refrigeration, it is the custom to cook only enough for the immediate meal, then eat all of the food.

When feasts are held, they are at cattle round-up time or the birthday of a respected member of the tribe.

Simplicity marks the cooking of this ancient people. Their favorite drink is soffka, brewed in huge black pots and used as a substitute for water which is frequently unsafe in the Everglades. Each family has its own soffka spoon carved from white cypress which leaves no taste in the drink.

SOFFKA

Add one cup of grits to six cups of water and cook until mixture has a milky look. Serve hot, dipping from the pet with a large spoon. This is a bland drink with chewy rices of grits in it. (Many



MRS. JIMMY OSCEOLA . stirring soffka at open fire

soft dough. Mix black-eyed peas into dough and shape into large patties. Drop dumplings into hot pea broth. Cover and steam 15 minutes or until tender.

TAALHOLETTKEE (SWAMP CABBAGE)

Cut heart from the cabbage palm tree. Strip back the outer boot to get the tender heart. Cut tender parts into half-inch strips or cubes.

Cook over low heat 20 to 30 minutes in very little water, adding two tablespoons sugar and salt to taste. Stir frequently. When tender, add 3c-cup cooking oil or bacon drippings for flavor.

POLOOWE YOKCHE HOLEETKE AYAMKEE

(Turtle Stew with Dumplings)
Catch a turtle; kill it and
cut up. Place pieces in scalding water; peel off skin and
wash turtle. Use fleshy part
of legs and strips of flesh attached to shell. Boil in salt

When meat is tender, mix together self-rising flour and water to make soft dough, Pinch off small, marble-size dough balls, pull out thin and drop into hot turtle 1 i q u i d. Cover and s i m m e r gently about 15 minutes. (Flour from the dumplings thickens gravy in the stew.) Serve hot with fried bread.

There is much eating of between-meal snacks among the

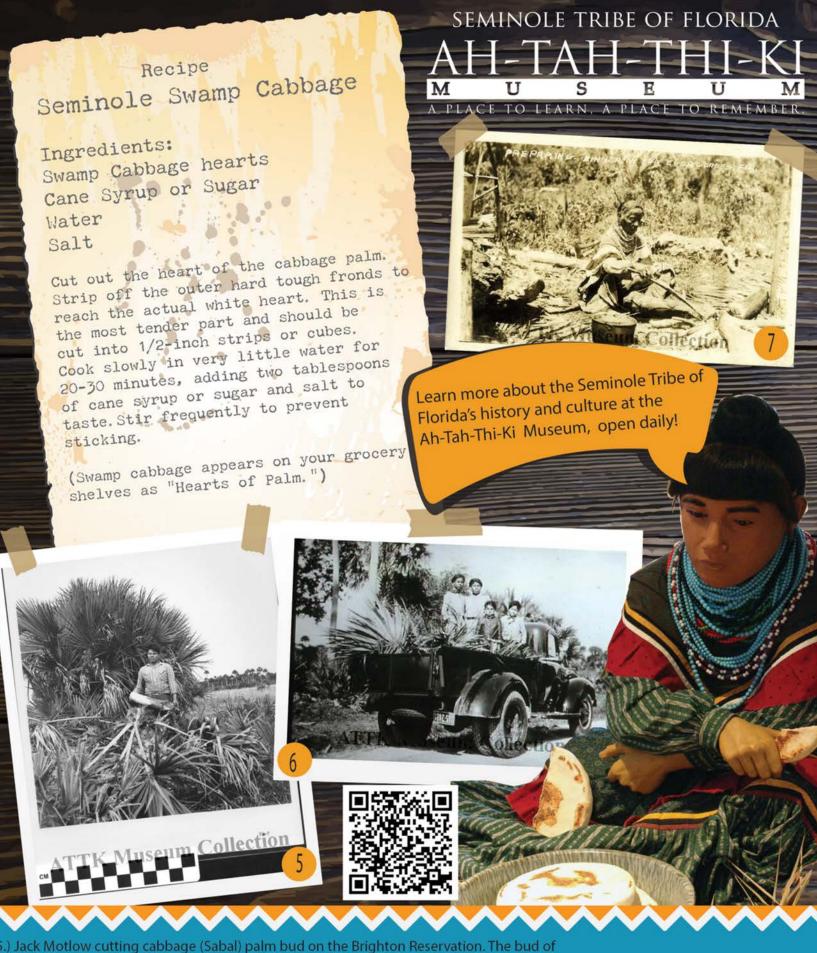


FK Museum Collecti

M-214 SEMINOLE SQUAW COOKING DINNER

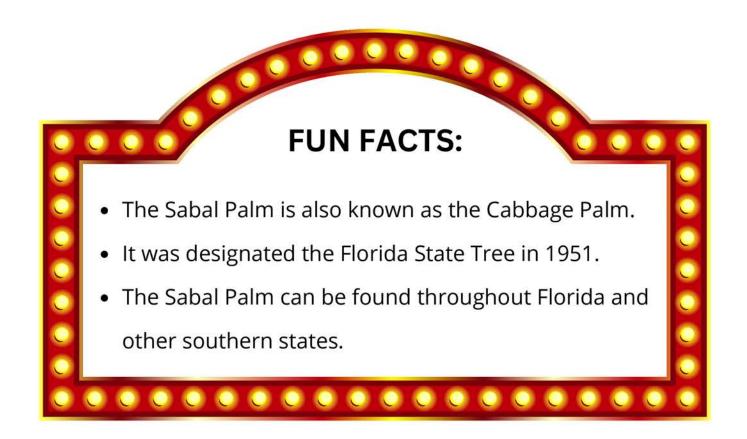
1.) Newspaper article from The Okeechobee News; Thursday, May 2, 1963. 2.) Seminole family cooking around a fire; there is a woman, a man, and a baby. They are seated under a chickee. 3.) "A Seminole Kitchen" family cooking under chickee, circa 1900.

4.) "Seminole Indian Cooks Dinner at Native Hut in Florida"; young lady cooks with child in her arms; traditional fire pit.



5.) Jack Motlow cutting cabbage (Sabal) palm bud on the Brighton Reservation. The bud of this palm makes a good salad or is cooked and seasoned with meat to make "swamp cabbage." 6.) Black and white slide of Harry Tommie, Jack Micco, Casey Bowers, and Storeman Osceola in the back of a truck with a load of cabbage palms, circa 1940).
7.) "Preparing Dinner in the Everglades; Fla"; woman at fire, B&W real photopost card.







LaBelle Middle School students come grow with us and join the Jr. Swamp Cabbage & SWAT clubs!



Hendry County Cattlemen's Association

Presents:

15th Annual Swamp Cabbage 0 ÷ 10

LaBelle Rodeo Grounds

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Team sponsors will be members in good standing with their county cattlemen's association.

*Youth Ranch Rodeo Friday night

(Trailer Loading, Calf Branding, Team Branding, Team Sorting *\$200 entry fee)

Adults: \$10 Young'ens Under 10: FREE

For more information contact: (863)674-4092



Matrasa Lynn

NASHVILLE RECORDING ARTIST



From an early age, Matrasa Lynn set out to become a performer and professional Country Singer. Natural ability will only take a talented artist so far, but a strong will and determination has helped push this artist forward and continues to drive her development and success.

Check out her newest productions below, and get in touch with any questions about Matrasa Lynn.

BOOK NOW: 239-322-7930



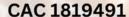
Follow on social media @matrasalynn













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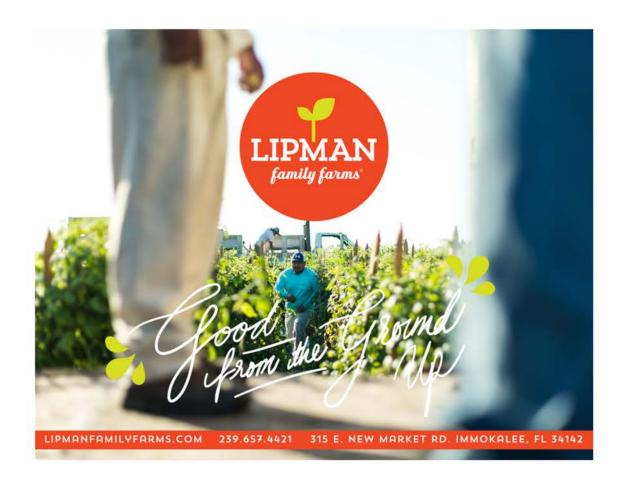
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Country Rhythm Cloggers



The Country Rhythm Cloggers are a group of talented girls in ages from 3 years to adult, at different skill levels from beginners to advanced. Each summer they perform at different theme parks in Florida, Georgia and Virginia and at many local festivals.

The cloggers work hard all year, with many attending clogging clinics, to learn new dances and clogging steps. They are under the direction of Pat Bedingfield, Assistant Instructors/Directors are, Jesse Whitman and Renee Plamondon. Classes are held at the Angel Center, Jaycee Lions Drive in LaBelle.

We are a non profit club and instructors volunteer their time and talents to teach clogging and help during performances. Our goal is to teach clogging, learn to perform in front of an audience, build confidence and have fun while building teamwork.

To learn more about this talented group call or text 863-673-5054, you can also see us on Facebook under Country Rhythm Cloggers.













(863) 675-2481

1378 FL-29 LaBelle, FL 33935

FIRST BAPTIST CHURCH

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9:45 AM Sunday School
11:00 AM Mid-Morning Worship
1:00 PM Agape Baptist (Spanish)
5:00 PM Evening Worship

Church: (863) 675-2171
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Web-site: www.fbclabelle.org
Email: church@fbclabelle.org



Charlie Pace

Music has the power to transport us to another time and place. She loves to harness that power with a broad audience of fellow music lovers and passionate musicians alike. Ever since a young age, Charlie has found great joy and satisfaction by being involved in the creative music process. Take a look around her website to get to know more about her.



charliepacemusic.com

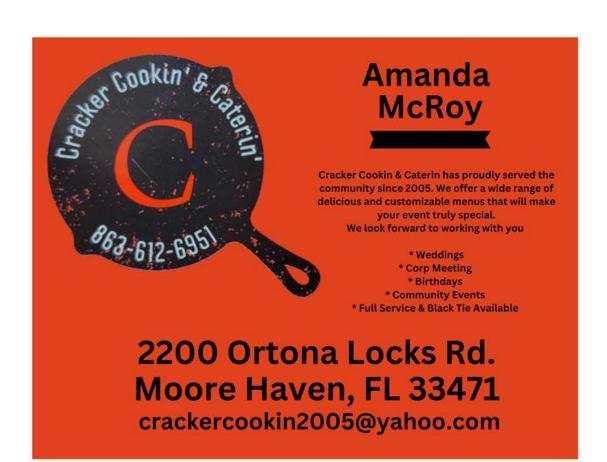


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Physique Fitness & Dance Instructor/Director/Performer: Debra White & Asst. Lynnette White

LaBelle, Florida 863-673-8943



Top: Debra White, Top Left-Braelynn White, Top Right-Serenity Watson,
Bottom Left to Right- Asst. Lynnette White, Chloe Lederer, Ryley Bourdeau,
Center- Teagan Dobson, Brooke Murray, Marilyn Hollingsworth, Sharon Miller.
The Showtime Cloggers have been together for over 15 years, entertaining at festivals,
parades and events throughout Florida. They are under the direction of Debra White,
former instructor and performer with the Sidekick Cloggers with over 30 years
experience. Debra is the owner operator of Physique Fitness and Dance, home of the
Showtime Cloggers. Also, an instructor with the Florida Clogging Council. Debra and
her daughter Lynnette choreograph their own routines. They enjoy passing on their
dance skills, performing abilities and entertaining experiences to a new generation.
Entertaining audiences at "Dollywood" in Pigeon Forge, Tennessee,
"Silver Dollar City" in Branson, Missouri, Florida's Walt Disney World,
and Florida Strawberry Festival in Plant City, Florida and of course their hometown,

The Showtime Cloggers range from ages 7 through adult.

Performing contemporary and traditional percussive show routine's
the Showtime Cloggers enjoy entertaining. They take pride in their dancing
and it ultimately comes out in their performances. High stepping, spirited and fun is
what you get when you come to a Showtime Clogger show!

Swamp Cabbage Festival in LaBelle.

We would like to bring our show to you!

Performances

Florida Seafood Festival, Florida Strawberry Festival-Plant City FL, Florida Blueberry Festival-Brooksville FL, Chalonitka Festival-Moore Haven, FL, Immokalee Harvest Festival, Lehigh Acres-Spring Festival, Edison Pageant of Light Parade-Ft. Myers FL, Sugar Festival-Clewiston, FL, Ortona Cane Grinding Festival, Swamp Cabbage Festival-LaBelle, FL, Seafood Festival Parade-Ft. Myers Beach, Dollywood-Pigeon Forge Tennessee, Silver Dollar City-Branson Missouri.



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FUN FACTS:

- The fronds of the cabbage palm are often used as a roofing material.
- LaBelle's Barron Library was built on the site of the Everett Hotel which had housed LaBelle's first lending library.
- The Hendry County Courthouse once housed a bell until the county donated it to the Felda Baptist Church in the 1950's.

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PUTTING UNITY BACK IN OUR COMMUNITY!

SATURDAY, FEBRUARY 24, 2024, 8AM;
SET UP IS BETWEEN 6:30AM-8AM ON NORTH LEE STREET, BETWEEN
E FT THOMPSON AVE AND OKLAHOMA AVE.

IT'S A BLOCK PARTY FEATURING JEEPS WITH A SHOW AND SHINE CONTEST, MUSIC, GAMES, FOOD AND DRINKS.

THERE WILL BE FOOD TRUCKS AND VENDORS BUT YOU ARE ENCOURAGED TO BRING YOUR OWN FOOD AND DRINKS, TOO. THINK OF IT AS AN OLD NEIGHBORHOOD GATHERING: GRILLING WITH FRIENDS, PLAYING GAMES, ENJOYING AN ICE COLD BEVERAGE OF YOUR CHOICE.

WE WERE INVITED BY THE FESTIVAL COMMITEE TO SET UP A JEEP SHOW ON BOTH SIDES OF THE ROAD. THERE WILL BE A SHOW AND SHINE WHERE SWAMP CABBAGE TROPHIES WILL BE GIVEN TO THE 1ST, 2ND AND 3RD PLACE WINNERS, INCLUDING A "PEOPLE'S CHOICE" AWARD.

Lester Beleau



Lester Beleau is one of Southwest Florida's most versatile and entertaining bands and hail from Labelle Florida. Lester Beleau plays "Music for the Seasons of Your Life". Classic and modern Country, Classic and Southern Rock, and Dance Music which is sure to keep the energy level up at your next party, club, or wedding event. Group members include Michael Smith on Keyboards, Guitar, and Harmonica from Rome Georgia. Michael is a very dynamic entertainer and has played professionally for many years all over the globe. John McDonnell on Bass Guitar and vocals from Philadelphia Pa. John worked as a journeyman for many national acts and was on the Urban Cowboy tour with Mickey Gilley and Johnny Lee. He also played in Johnny Rogers History of Rock n Roll show before joining the band. Mark Henderson on Guitar and vocals from Winchester Kentucky. Mark is the founder of the band and is a former Florida CMA instrumentalist and

Entertainer of the Year. Terry "Dawg" Griffitt on Pedal Steel Guitar from Talladega Alabama.

Terry is a multi- instrumentalist and one of the finest musicians in South Florida. Paolo Maresca on Drums and vocals from Milano Italy. Paul is a powerful drummer who drives the band's energy. Paul performed with Shadow of Night and Jose Feliciano. The newest member of the band is vocalist Dewayne

"Hambone" Hammock from Arcadia, He excels at many genres of music and is a welcome addition to the band's overall sound. Don't miss the opportunity to see one of Southwest Florida's premier bands Live.





Eat A Tree Last Full Weekend of February LaBelle, Florida

Two locations event weekend

East side of the Main Pavilion Barron Park

- 2024 Merchandise
- Cooked Swamp Cabbage

Yellow two-story Auction Building adjacent to Barron Park

> Previous years' merchandise

Open at both locations during Festival weekend!

Aydin Holt



A LaBelle native, he found his first guitar on a trash trailer which inspired him to learn music. Becoming his new passion he was soon pickin' and singin'.

His dream is to be a success with his music and to make his Uncle, Granny, & entire family proud.

BOOK NOW: 863-673-6695







Unforgiven was established in 2013 and consist of 6 very talented musicians from all over the United States.

The band brings an energetic Country Rock show to the stage every time they perform giving older country music songs a twist to make it their own.

They have opened up for some top known country artists such as Rhett Akins, Chad Brock, Montgomery Gentry, Locash, Justin Moore, Casey Donahue, Hardy and, the late great Daryl Singletary to name a few.

Unforgiven has also been a part of The March Of Dimes Biker's For Babies, Salute To The Brave Hero Project, and St. Jude's Cancer Research For Kids raising money with each organization to help those in need.

Most recently Unforgiven was chosen 1 of 3 bands from over 400 videos sent in to Opry Entertainment to perform at Blake Shelton's OLE RED in Orlando.

Our Band Members Include:

Michelle - Drummer & Founder of UNFORGIVEN
George - Lead Guitar Picker
James- Lead Singer & Acoustic Guitar
Dennis - Pedal Steel Guitar
Curt- Bass Guitar and Back Up Vocals
Chris - Lead Guitar /vocals



INGREDIENTS

- 2 swamp cabbage hearts
- water
- salt
- pepper
- · 1 stick of butter

METHOD

- In a large sauce pan, add swamp cabbages cut into medium strips and add enough water to barely cover.
- 2. Bring to a boil and reduce to simmering for ten to fifteen minutes.
- 3. Drain water, add butter and reheat, salt and pepper to taste.
- 4. Serve with any meat dish.

Note: If you don't have swamp cabbages on hand you can substitute canned Hearts of Palm. To make a vegan friendly dish substitute your favorite cooking oil in place of the butter.

Nutrition Content of Swamp Cabbage

The composition of cooked swamp cabbage per cup (100 gram) is:

21 kilo calories

2.2 grams protein

0.2 grams fat

3.9 grams carbohydrates

55 milligrams calcium

1.5 milligrams iron

5200 international units Vitamin A

0.050 mg thiamine

0.080 mg riboflavin

16 mg vitamin C

Swamp Cabbage Patties

Servings: 4

Prep time: 10 min

Cook time: 10 min

INGREDIENTS

2 cups cooked & well drained
swamp cabbage

1 1/2 cups chopped onions
2 eggs
3/4 cup all purpose flour
1 can sliced water chestnuts
salt & pepper to taste

DIRECTIONS

- 1. Mix all ingredients well
- Drop by teaspoons into hot oil or shortening and fry until golden brown.
- Serve hot, salt and pepper to taste

Swamp Cabbage Casserole

Servings: 6-8

Prep time: 10 min

Cook time: 40 min

INGREDIENTS

4 cups cooked swamp cabbage

1 can cream of chicken or cream

of mushroom soup

1 cups bread crumbs

2 eggs

1/2 cup grated cheese

1/2 cup fried bacon (drained)

salt & pepper to taste

DIRECTIONS

- I. Mix swamp cabbage, cream of soup, bread crumbs, eggs and bacon in a bowl, pour into a casserole dish
- 2. Cover top with grated cheese
- 3. Bake at 350 degrees for forty minutes
- 4. Remove from oven, salt & pepper to taste







SWAMP CABBAGE FESTIVAL CORN HOLE TOURNAMENT

Saturday February 24th & Sunday February 25th





THE WINNER WILL WALK AWAY WITH \$500.00 CASH PRIZE, A 2024 SWAMP CABBAGE FESTIVAL CORN HOLE TROPHY, AND BRAGGING RIGHTS AS THE TITLE WINNER.



REGISTRATION WILL BE FRIDAY FEBRUARY 23RD AT 8:00AM - 12PM AND THEN 3:00PM - 7PM. IN BARRON PARK AT THE PAVILION



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FOR MORE INFORMATION PLEASE CONTACT:

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ABOUT US

Trademark Metals Recycling is Florida's largest scrap metal recycler with a network of 27 locations. Here in Southwest Florida, we have locations in La Belle, Fort Myers, Naples, and Punta Gorda. These locations competitively purchase a wide range of commodities from the public while offering an educational and safe experience at the yard.

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- Insulated Copper
- Wire Stainless Steel
- Brass
- Irony Aluminum

WE PAY CASH FOR YOUR SCRAP!

DOES YOUR COMPANY PRODUCE SCRAP?

We have partnered with thousands of companies throughout the state servicing their scrap metal recycling needs. With our roll off fleet of 10, 20, 30 & 40 YD containers as well as flat beds, gondola's, and dumper trailers, we have the flexibility to handle any size or type of scrap.

QUESTIONS?

FOR INFORMATION 239.337.5865

ADDITIONAL CALL

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