



# Guide to Dining and Points of Interest

Compiled by Yvonne J. Milspaw

with suggestions from the 2021 Annual Meeting Local Planning Committee

Harrisburg is divided into the East Shore (of the Susquehanna River), where Harrisburg, Steelton, Middletown, Hershey and Lancaster County are located, and the West Shore, where Camp Hill, Lemoyne, New Cumberland, Mechanicsburg, York and Gettysburg are located. There are several bridges to get across the river. You will need to travel by car to cross the river. The river is more than a mile wide at this point.

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## Restaurants to Walk To

The Harrisburg Hilton is located on Restaurant Row, the local name given to Second St. and the area around Market Square, just where our hotel is located. Because most of them are fine, we will especially recommend only a few of them. There are several excellent coffee shops very, very close by.

### Hilton Restaurants

Excellent fare, two restaurants, and a breakfast buffet. Varies in price; their buffets have been exceptionally good.

### The Food Court in Strawberry Square (attached to Harrisburg Hilton)

Strawberry Square is a shopping center attached by a covered walkway to the conference hotel. Restaurants in the Food Court tend to be fast food and inexpensive. Most are not open for breakfast. But

the marble roller clock at the center of Strawberry Square Atrium is totally mesmerizing. Find a list of current grab and go options at <https://www.strawberrysquare.com/grab-n-go-options/>

**El Sol Mexican Restaurant.** 18 South 3rd St. [www.elmexicanrestaurant.com](http://www.elmexicanrestaurant.com)

Authentic delicious food run by a family from central Mexico. Many of their children have become trained chefs and are part of the business. Moderately priced and a quick walk from the hotel.

**Passage to India.** 520 Race St. [www.passagetoindiaharrisburgpa.com](http://www.passagetoindiaharrisburgpa.com)

One of Harrisburg's favorites. Good lunch buffet, and extremely good meals. Moderately priced.

**2<sup>nd</sup> Street Shawarma.** 111 North 2<sup>nd</sup> St. [www.2ndstreetshawarma.com](http://www.2ndstreetshawarma.com)

Easy walking distance. Mediterranean cuisine.

**Bollywood.** 110 N 2<sup>nd</sup> St. 717-972-0708

Halal (Kosher) North Indian food. Good vegetarian choices.

**Home 231.** 231 North St. [www.home231.com](http://www.home231.com). 717-232-4665

Garden to table. Lavender Blueberry pancakes. Fine desserts. Strongly recommended.

**Vegetable Hunter and Brewery.** 614 N 2<sup>nd</sup> St. [www.thevegetablehunter.com](http://www.thevegetablehunter.com)

Kosher and vegan restaurant.

**Stocks on Second, Kokomo's Sports Bar, Fresco**

All along Restaurant Row. Particularly recommended.

**Tres Hermanos Mexican.** 712 South Cameron St. [www.treshermanosharrisburg.com](http://www.treshermanosharrisburg.com)

Good food and includes a shop for Mexican foods and items.

**The Millworks.** 340 Verbeke St. [www.millworksharrisburg.com](http://www.millworksharrisburg.com)

Local sustainable foods, brewery with rooftop biergarten. Artist's studios and gift shop. Next to the Broad Street Market.

## [Farther Afield](#)

You will need a car for these. Some will deliver via Grub Hub or Door Dash.

**Bangkok 56.** 1917 Paxton St., Harrisburg. 717-236-2931

Excellent Thai cuisine. Worth the trouble trying to find it (it is kind of hiding). Widely recommended. Try the "56 Fried Rice."

**Cedars of Lebanon.** 2153 Market St., Camp Hill. Harrisburg. [www.cedarslebanesecuisine.com](http://www.cedarslebanesecuisine.com)

A Harrisburg landmark restaurant and local favorite. Delicious kabobs and other Lebanese specialties. Belly Dancing on Saturday nights.

**Progress Grill.** 3526 Walnut St., Harrisburg. [www.progressgrill.com](http://www.progressgrill.com). 717-652-7348

Call for reservations. An upscale Harrisburg favorite. They have excellent crab cakes, steaks and Greek food.

**Brownstone Café.** 1 North Union St., Middletown. [www.brownstonecafe.tripod.com](http://www.brownstonecafe.tripod.com)

Local foods done well. Housed in an old bank, with the remains of a Masonic Lodge on the upper floors.

The restaurant of choice for most of the Penn State Harrisburg students and faculty. Strongly recommended.

**Kuppy's Diner**, 12 Brown St., Middletown, just off South Union Street. <https://kuppys-diner.business.site/>  
You will recognize the street because it has railroad tracks running down the middle of it. Very occasionally a train goes slowly by. Former favorite restaurant of many locals and Penn State Harrisburg faculty. Fifth generation of the Kupp family. Local foods. Excellent coffee. The servers are nice, but the cook is sometimes surly. Cash only.

**He (Chinese Restaurant)**. 460 North Union St., Middletown. 833-434-7687  
Delicious Chinese food, recipes reconstructed from historical sources and beautifully prepared. You get the history of the dish on the menu. The food is in the regional style of Xian. The restaurant's Georgian house was once called the Few house, and local legend asserts that the family had a son who NEVER left the house but stayed hidden in an attic room that was furnished with everything the teenaged boy could want — wall-to-wall carpeting and his own television set! Yvonne heard this in the mid-1950s.

**The Soda Jerk**. 403 E Main St., Hummelstown. [www.sodajerkdinerhershey.com](http://www.sodajerkdinerhershey.com). 717-566-7707  
Excellent local diner, 1950s themed, and despite being owned by a Greek family from Chios, their locally inspired foods are excellent. Baked oatmeal, chicken croquettes, chicken pot pie, ham loaf, chicken and waffles, chicken corn soup, pickled beets, corn fritters are good examples. The servers are nice, the chefs are nice, the owners are nice. Be sure to check out the Greek flag/glass blue eye good luck charm and the Holy Icon of "some Greek saint" just over the door to the kitchen. Strongly recommended.

**Simply Greek**. 23 Briarcrest Square, Hershey. [www.simplygreekhershey.com](http://www.simplygreekhershey.com). 717-298-6668  
Just across US 322 from the second entrance to the Medical Center, you should park in the back and walk into the outdoor mall to reach the restaurant. Excellent authentic Greek food, many choices. The desserts are spectacular, particularly the Baklava and Bougasta. Owned by the same family as the Soda Jerk, it also has good-luck glass blue eyes above the entrance to the kitchen.

**Rubber Soul Brewery**. 136 South Hanover St., Hummelstown. [www.rubbersoulbrewing.com](http://www.rubbersoulbrewing.com). 717-220-1741. A local brewery that serves food with a South American touch. Local favorites like soft pretzels or pierogies are served with unusual sauces like guava butter. They have Philly Cheese Steak sandwiches. They serve pizzas with toppings like figs or asparagus. Their Arancini, fried rice balls with mozzarella and mushroom sauce, are worth the trip. Strongly recommended by many.

**Hoageez**. 422 Walton Ave., Hummelstown/Hershey, or 1200 Market St., Lemoyne. [www.hoageez.com](http://www.hoageez.com)  
Order for takeout. It is entirely possible you think of these sandwiches as Subs, but in Central PA they are Hoagies. These are extremely generous and made-to-order.

**Troegs Brewery**. 200 Hersheypark Dr. [www.troegs.com](http://www.troegs.com)  
THE favorite local brewery. Hershey, PA. Next to Hersheypark and the Tanger Outlet malls. Nice restaurant and impressive flights of beers.

**Hotel Hershey Restaurants**. 100 Hotel Rd., Hershey. [www.thehotelhershey.com](http://www.thehotelhershey.com)  
The area's only 5-star hotel, with several restaurants. All are top quality, and all feature extremely inventive chocolate desserts. There is also a gorgeous Spa, which features chocolate treatments.

**Devon Seafood and Steak**. 27 W Chocolate Ave., Hershey. [www.devonseafood.com](http://www.devonseafood.com)

Right on the corner of Chocolate and Cocoa Avenues. Be sure to notice the interesting streetlights along the avenues. The restaurant is hidden a bit behind Houlihan's Pub. Extremely good food. Easy parking.

**Folklore.** Center Square, Elizabethtown (Lancaster County). [www.folklorecoffee.com](http://www.folklorecoffee.com)

Coffee shop with good sandwiches, which have names like "Pecos Bill" or "Davey Crockett." It is a pleasant atmosphere, and you know you want to go there. In the olden days it was Moose's Five and Dime. The basement housed a soda fountain where Yvonne occasionally stopped for a burger and a vanilla coke after school.

## Nepali and Bhutanese Food

The food of **Nepal and Bhutan** is a mix of Indian (curries) and Chinese (dumplings) foods with its own palate of spices. Chilis are in everything (tell your server the level of spiciness you prefer, though they tend to be very careful asking about that). The "proper" meal consists of *bhat* (rice or other grain), *Dal* (lentil soup) and *Tarkari* (vegetable curry), served with several other side dishes, especially fermented and dried mustard greens (delicious), lemons or limes, fresh chilis and *papad* (flat bread). You almost always get a choice of your side dishes. *Thukpa* is a lovely variation of chicken noodle soup. *MoMos*, dumplings, look like the Chinese kind, but the fillings and dipping sauces are entirely different. And yummy. The Bhutanese specialty dish is called *Ema Datshi*, and is a spicy stew of chilis and local cheese, served with a variety of side dishes.

**Bhojan Ghar.** 3867 Derry St., Harrisburg. [www.bhojanganhar3867.com](http://www.bhojanganhar3867.com). 717-558-3610.

Nepali/Indian cuisine. Delicious. Gracious service, nice people. Please try it, as Yvonne Milspaw really would like it to stay open.

**Yak N Yeti.** 213 3rd St., New Cumberland. 717-774-0333.

Nepalese and Bhutanese foods. Strongly recommended.

**Mom's MoMos and Deli.** 5550 Derry St., Harrisburg. 717-695-6847.

Nepali dumplings in a wide variety of flavors, and many freshly made vegetarian snacks (try the Onion Pakoda). Very casual dining, but wonderful food. Good for takeout.

**Important note:** Along this stretch of Derry Street, there are several Nepali and Vietnamese restaurants and markets in the row of strip malls. For example, to the right of Mom's MoMos is the Express Friendly Store, which sells Nepali groceries and things. To the left, 100 feet away is another Nepali grocery and more importantly there's:

**Kim's Pho.** 5490 Derry St., Harrisburg. [www.phokimsharrisburg.com](http://www.phokimsharrisburg.com). 717-836-7562.

Has an Asian market beside it. Recommended by local chef Ho Than Nguyen. Pho is the Vietnamese national dish. It is a bowl of hot broth with rice noodles and whatever veggies or meats you prefer. The beef pho is served with very thin slices of beef which you put right into the broth to cook. You get a plate of bean sprouts, fresh basil, and lime to add to the soup. Another fine dish is cooked noodles with chicken and ginger or lemon grass, served with spring rolls on top. Vietnamese iced coffee with condensed milk is the best.

**Little Saigon Restaurant** and market. 2800 Paxton St., Harrisburg. 717-561-1117.

Recommended by local chef Ho Than Nguyen.

## Lancaster County

Many buffets of traditional foods. We recommend three of them especially:

**Shady Maple Smorgasbord, Farm Market and Gift Shop.** 129 Toddy Drive, East Earl. [www.shady-maple.com](http://www.shady-maple.com)

The epitome of local food spreads. Noted for traditional foods and sheer volume. The place most locals consider “the best.” BUT it is way out in the country.

**Miller’s Smorgasbord.** 2811 Lincoln Highway E (Rt 30), Ronks. [www.millerssmorgasbord.com](http://www.millerssmorgasbord.com)

Good PA Dutch food and lots more. Established in 1929. Easy to reach, and strongly recommended.

**Dutch Haven.** 2857 Lincoln Highway E, Ronks. [www.dutchhaven.com](http://www.dutchhaven.com)

Shoo–fly pie and “Amish Souvenirs” gift shop.

**Onions Cafe.** 340 North Queen St., Lancaster. 717–396–8777.

A Korean diner with excellent food. Their Bibimbap is strongly recommended.

**Zoetropolis Cinema Stillhouse.** 112 North Water St., Lancaster. [www.zoetropolis.com](http://www.zoetropolis.com)

Movie theater and restaurant. Great ambience.

**Lititz.** A Moravian settlement which has been named one the best foodie towns in Pennsylvania. Totally worth a visit. Folklorist Cory Van Brookhoven has a fabulous website about Lititz at

[www.LititzHistoricalFoundation.com](http://www.LititzHistoricalFoundation.com)

For a full list of restaurants in the area, visit:

<https://www.visithersheyharrisburg.org/restaurants/where-to-eat-near-harrisburg/>

## Farmer’s Markets and Specialty Markets

Much of Pennsylvania’s economy depends on market gardening: fruits, vegetables, dairy, meats, baked goods, flowers, pickles and jams are sold at markets. It is the mainstay of many Amish and other Plain farmers. There are roadside stands everywhere, but most produce is bought and sold at farmer’s markets.

**Broad Street Market.** North 3rd and Verbeke Streets, Harrisburg. Th, Fr, Sat, 7 am–6 pm.

[www.broadstreetmarket.org](http://www.broadstreetmarket.org).

You can walk there in about 20–30 minutes. Just across the street from the MidTown Scholar’s Bookstore. The first building has small restaurants, including Jamaican, Spanish, African, Korean, Polish pierogies. The second building has produce, meat and baked goods. There are Amish vendors. Very strongly recommended by all of us.

**Outdoor Market at the Farm Show Parking Lot.** Cameron and Elmerston/HACC Drive. Tuesdays and Fridays. Local produce and whoopie pies.

**West Shore Farmers Market.** 900 Market St., Lemoyne. Tues, Fr, Sat, 9 am– 4 pm;

[www.westshorefarmersmarket.com](http://www.westshorefarmersmarket.com)

Lots of small shops and wonderful meat, produce and baked goods (the Amish baked oatmeal is a great treat). You should drive there, but it is only a few blocks once you cross the river.

**Asia Mall.** 1030 South 13 St. Open Daily.

A large Asian grocery store with a huge variety of groceries, fresh fish and produce. There are also several restaurants in the mall. Close, but don't walk there—busy streets, distracted drivers, few sidewalks.

**Strite's Orchard and Market.** 1000 Strites Rd., Harrisburg. 717-564-3130. Open daily.

[www.stritesorchard.com](http://www.stritesorchard.com). Fourth generation. Almost everything is grown on site. Famous for their apples, fresh cider and berries. They have pumpkins galore, in astounding shapes and sizes. Lots of locally made jams, apple butter, honey, maple syrup, pickles and chow-chow (a PA German favorite pickle mix), pot pie noodles, local sausages and cheeses. They have a bakery, some local crafts and candies.

**Schmidt's Sausage.** 1035 Eisenhower Blvd, Harrisburg. 717-939-0501. Tues-Fri, 9 am-6 pm, Sat 9 am-2 pm. [www.schmidtssausage.com](http://www.schmidtssausage.com). Local landmark. Fourth generation German-Hungarian sausage makers. 24 varieties of smoked and fresh sausage. They also sell homemade sauerkraut, pigs in blankets (stuffed cabbage), and local baked goods, including strudels and "pita," filled pastries a bit like jelly rolls.

**Root's Market.** 705 Graystone Rd, Manheim. Tuesdays only, all day. [www.rootsmarket.com](http://www.rootsmarket.com)

Huge market, full of Plain People including Amish. Lots of lovely local products, including funnel cakes (worth finding them), small shops, as well as produce and livestock auctions. A fabulous place to impress visitors. About a 30-minute drive.

**Green Dragon Farmer's Market.** 955 N State, Ephrata. Fridays only, all day. [www.greendragonmarket.com](http://www.greendragonmarket.com)

Huge and wonderful. You will see Amish and other Plain people. A 50-60-minute drive from Harrisburg.

**Lancaster Central Market.** 23 N Market St., Lancaster. Tues, F, Sat. [www.centralmarketlancaster.com](http://www.centralmarketlancaster.com).

The most iconic of local farmer's markets. A warning: it is extremely hard to park in that area.

## [Liquor, Wine, Beer, Hard Cider](#)

Per Pennsylvania's liquor laws, spirits and fine wines must be purchased at State Stores (the Commonwealth controls all liquor sales). Beer and hard ciders can be purchased at beer distributors, at breweries or cideries, sometimes at bars, and sometimes along with wines at some grocery stores. Fortunately, state stores and distributors are not hiding at all. There are many.

**Yuengling Brewery.** 420 Mahatango St., Pottsville, PA. [www.yuengling.com](http://www.yuengling.com)

America's oldest brewery, founded in 1829, and now run by the 6<sup>th</sup> generation of the Yuengling family. This is the beer against which all others are measured. In the heart of the Anthracite Coal region, and about a 60-70-minute drive from Harrisburg. Folklorist George Korson collected folksongs in this region. Tours available with reservations. They have a new Chocolate Porter, flavored with Hershey's chocolate.

**Local independent breweries** are legion. There are many breweries worth exploring. **Troegs** in Hershey is the most popular, but **Appalachian Brewing Company** (ABC) is close and walkable. 50 N Cameron St. [www.abcbrew.com](http://www.abcbrew.com).

**Wineries.** There are many. Taste before you buy.

**Big Hill Ciderworks.** 338 Georgetown Rd, Gardners. [www.bighillcider.com](http://www.bighillcider.com)

North of Gettysburg, near the Appalachian Trail. Apples all from their farm orchards. Open weekends.

**Ploughman Cider.** 14 Lincoln Square, Gettysburg. Taproom open Fri–Sun. [www.ploughmancider.com](http://www.ploughmancider.com)  
Strongly recommended.

**Hidden Still Spirits.** 505 W Chocolate Ave., Hershey. [www.hiddenstillspirits.com](http://www.hiddenstillspirits.com)  
They produce award winning bourbons. You can buy bottles at the Still or in most State Liquor stores.

## [Warning about College Football](#)

On Saturday, October 23, Penn State plays Illinois at home. It is a Central Pennsylvania ritual/obsession to watch the Penn State game and to have tailgate parties around it. All the bars will be crowded. Places to watch it are the Hilton Bar, Stocks on 2<sup>nd</sup> or Zemie’s Sports Tavern. If you are driving north on PA 322 or 99 to get home, there will be traffic jams. Just saying.

## [Important Local Place](#)

**Midtown Scholar Bookstore.** 1302 N 3rd St., Harrisburg. Daily 8am–9pm, 12noon on Sundays.  
[www.midtownscholar.com](http://www.midtownscholar.com)  
The best place ever. A 20–30–minute walk.

## [Local Attractions](#)

**The Pennsylvania State Capitol.** Third and State Streets. [www.pacapitol.com](http://www.pacapitol.com). 1–800–868–7672  
A National Historic Landmark, completed in 1906 and designated by architect Joseph Huston as a “Palace of Art.” The dome is a copy of Michelangelo’s dome for St Peter’s Basilica in the Vatican. The website gives an overview of the arts of the capitol, all by Pennsylvania artists, including murals outlining the role of government, state history, state industries, and celebrations of local artists. Look at the floor tiles, designed by Doylestown native Henry Chapman Mercer, a folklorist and folk–art collector, who based his tiles on traditional Pennsylvania Moravian ceramics. Book a tour to see it all. Easy walk from the hotel.

**State Museum of Pennsylvania.** 300 North St. [www.statemuseumpa.org](http://www.statemuseumpa.org). 717–787–4980  
Nice collections, and a gift shop. Easy walk from the hotel.

**Simon Cameron House.** 219 S Front St., Harrisburg. [www.dauphincountyhistory.org](http://www.dauphincountyhistory.org). 717–233–3462  
A National Historic Landmark home, with background information on the founding of Harrisburg. It is near the site of John Harris’s first log house and trading post, just across the street from the tiny cemetery where Harris is buried. Easy walk.

**Paxton (Paxtang) Church.** 3500 Sharon Drive, Harrisburg. [www.paxtonchurch.org](http://www.paxtonchurch.org). 717–561–0510  
The oldest Presbyterian church building in continuous use in Pennsylvania (second oldest in the US), founded about 1716. The log church was replaced by the present church building in 1740. The church is famous for Rev. John Elder, the “Fighting Parson,” who was appointed in 1738, and who led the congregation through the French and Indian Wars and the Revolutionary War. Despite preaching with a

loaded rifle next to the pulpit, he was not implicated in the revolt of the Paxton (Paxtang) Boys, a vigilante group who in 1736 ruthlessly exterminated a small group of peaceful Susquehannok Indians at Conewago village (near Millersville, Lancaster County) in the name of revenge for Indian raids. Later, the group marched on Philadelphia, horrifying the Quaker governor and upsetting Benjamin Franklin.

Abundant Indian captive narratives from this era recount "horrors" and the lives of captives, many of whom did not want to return. Possibly the most famous is Mary Jemison, "The White Woman of the Genesee," captured near Gettysburg and who died and was buried in western New York. Her life was first recounted by James Seaver, *A Narrative of the Life of Mrs. Mary Jemison* (1823; republished 1975), based on extensive interviews with the then elderly Jemison. Other books on her life are Lois Lenski, *Indian Captive* (1941, 1969. A Newberry Honors Book for YA) and Deborah Larsen, *The White* (2002). Another famous captive was John Butler, abducted from his home near Linglestown. His story is recounted in Conrad Richter, *The Light in the Forest* (1953; it is also a film by Disney). Richter wrote a companion novel, *A Country of Strangers* (1966), about the life of Stone Girl, a young girl captured near Sunbury. Another well-known Indian captive narrative is that of Regina Leininger, captured near Selinsgrove, whose dramatic return in the Carlisle Army Post is a favorite local legend. She remembered nothing of her former life except a fragment of a German hymn which her mother and sister sang to her; Regina's sister Barbara Leininger and neighbor Marie LeRoy were also captured in the same raid, but they escaped and returned early. Sally Keehn wrote *I am Regina* (1991) about the legend. Frederick Weiser and Claudia Hopf also authored and illustrated a pamphlet, *Regina*. And there are stories of Frances Slocum, "the Lost Sister of Wyoming," (Meginnes, 1891) captured near Wilkes-Barre. All are local heroes.

Where you find early Presbyterian churches in this area, you know that the first settlers were Scots and Scots Irish (from Northern Ireland). The earliest churches in this region are Presbyterian: Donegal, 1721 (still standing between Mt Joy and Maytown), Derry, 1724 (the old session house is still standing, in Hershey), Conewago, 1735 (now a field of rocks between Middletown and Elizabethtown), Hanover, 1736 (just the churchyard near Grantville; also, near the racetrack and casino). The next wave of churches built in the mid-18<sup>th</sup> century were Lutheran, Reformed or Union Churches ("fancy" churches) and Mennonite and Brethren meetinghouses ("Plain" churches; the Amish meet alternately in member's homes), sure signs of German settlement.

**HersheyPark.** [www.hersheypark.com](http://www.hersheypark.com)

Huge Amusement Park just off Rt 39 in Hershey. Founded in 1906 by Milton S. Hershey as a place for his employees to enjoy themselves, it is now a huge enterprise. More than 15 roller coasters, a carousel dating from 1908, and many acres of fun. Milton S. Hershey is a hero in this area. He was extremely wealthy, a philanthropist, who not only built a huge empire on chocolate, but also endowed a school for orphaned boys (eventually including girls), an amusement park, gardens, an exquisite hotel.

**Chocolate World.** 199 Park Blvd., Hershey. [www.hersheychocolateworld.com](http://www.hersheychocolateworld.com)

Free tour to see how chocolate bars and kisses are made. Huge marketplace with lots of souvenir choices, a mini rainforest and a shop for special chocolate products: 5-pound Hershey Bars, gigantic Hershey Kisses, unusual Hershey Kiss flavors. When I was small it was still possible to tour the actual chocolate plant and see the chocolate bars and kisses being made. I remember lines and lines of Plain ladies, with white net caps over their white net prayer coverings. Our favorite part of the tour was the conching room, a room full of huge vats of chocolate liquor being mixed by huge rollers that sloshed the chocolate back and forth. They looked like swimming pools of chocolate. Once a guy fell into one of these vats and was

squished to pieces before anyone could help. For some reason, the owners decided to use the chocolate anyway. After that, a friend of a friend of mine opened a Hershey bar and found an eyeball looking right at him! Gross! (Elizabethtown, PA 1955).

**Hershey Zoo.** 201 Park Ave., Hershey. [www.zooamerica.com](http://www.zooamerica.com)  
North American Wildlife Park. Small but beautiful. Very relaxing place to visit.

**Hershey Gardens and Butterfly House.** 170 Hotel Rd., Hershey. [www.hersheygardens.org](http://www.hersheygardens.org)  
A 23-acre botanical garden and arboretum, a gift from Milton S. Hershey in 1937 which he called “a nice rose garden.” It has a butterfly house, a children’s garden and many theme gardens. Inexpensive and gorgeous. A lovely retreat from reality.

**Indian Echo Caverns.** 368 Middletown Rd, Hummelstown. [www.indianechocaverns.com](http://www.indianechocaverns.com) 717-566-8131  
A small, lovely limestone cavern located along the Swatara Creek, it has a quiet park, picnic tables, and a nice souvenir shop. The landscape from Chambers Hill (Harrisburg) east through Hummelstown, Hershey and Palmyra is limestone, called a karst landscape, limestone which is prone to sinkholes and caves. People say it is possible to travel by underground caverns from Hummelstown to Palmyra. Every now and again, someone wakes up to their street caving in, their garage disappearing, their roads closed due to sinkholes. The sinkholes in front of the Medical Center are especially annoying. Hershey and Palmyra have had the worst luck, with buildings condemned and roads periodically closed. My favorite is the Sinkhole Tavern in Palmyra, named for its own personal sinkhole which reappears every few years.

**Mt Tabor AME Zion Church and Cemetery.** 13 Cedar St., Mt Holly Springs (West Shore).  
[www.mttaborpreservation.com](http://www.mttaborpreservation.com)  
AME means African Methodist Episcopal. National Register of Historic Places, and spiritual center of what was once a thriving African American community. It was built just after the Civil War by Elias Parker, a former enslaved person from Hagerstown, MD, who served in the U.S. Colored Troops during the Civil War. Parker was a Baptist preacher as well as a carpenter and mason. A unique piece of local history, it was “rediscovered” following oral history interviews with former congregants. The local community has saved this building and its history. There is a Confederate soldier buried in the cemetery.

**York County History Center.** 250 E Market St., York. [www.yorkhistorycenter.org](http://www.yorkhistorycenter.org)  
Excellent introduction to folk buildings and museums. About a 25-minute drive.

**York Barbell Hall of Fame.** 3300 Board Rd, York. [www.yorkbarbell.com](http://www.yorkbarbell.com). 800-358-9675  
Just off I-83 S, near York, PA.

**Amish farms:** Many Amish folks live east of Lancaster, though they have districts all around Central Pennsylvania. For Lancaster, take Rt 283 East, then Rt 30 East to the New Holland Pike (Rt 23), or go towards Intercourse, or around Ronks, or towards Strasburg. Amish generally don’t like to be photographed but are almost always willing to chat for a bit. Products for sale include baked or canned goods, woodworked items, like birdhouses or cutting boards, produce.

**Amish Farm and House.** 2395 Covered Bridge Drive, Lancaster. [www.amishfarmandhouse.com](http://www.amishfarmandhouse.com)  
A tourist site, but has some good information, including small bus tours.

**Landis Valley Village and Farm Museum.** 2451 Kissel Hill Rd., Lancaster. [www.landisvalleymuseum.org](http://www.landisvalleymuseum.org)  
A Pennsylvania Heritage Site, worth the visit. An open-air museum, with excellent collections and

exhibits. Right now, they are featuring Redware, including a rare SATOR plate (SATOR is a magical charm which prevents fire in your house, and generally protects from evil). They also house the Heritage Seed project, a successful effort to save heirloom seeds from the Pennsylvania German settlers of the area. Seeds are available for sale online every spring—mostly tomatoes, beans, peppers and corn. They also raise heritage breeds of horses, cattle, sheep, and chickens. Excellent gift shop, with many traditional Pennsylvania German arts and crafts.

**Ephrata Cloisters Museum.** 652 W Main St. Ephrata., [www.ephratacloister.org](http://www.ephratacloister.org)

A National Historic Landmark, and one of the first religious communities in America, founded in 1732 by Johann Conrad Beissel. They operated one of the first German language printing presses in the United States, and Beissel even wrote his own hymnal.

**Hans Herr House.** 1849 Hans Herr Drive, Willow St., south of Lancaster. [www.hansherr.org](http://www.hansherr.org)

A 1719 Germanic house, one of the oldest in the area. It is a registered Historic Landmark. There is also a reproduction of a native American longhouse on the property, acknowledging the 10,000–15,000–year presence of Native people on this land.

**Strasburg Railroad.** 301 Gap Rd, Ronks. [www.strasburgrailroad.com](http://www.strasburgrailroad.com)

Restored antique engines and cars, short line trips, picnic grove, museum. Thomas the Engine visits.

**Gettysburg National Military Park.** 1195 Baltimore Pike, Gettysburg. [www.nps.gov/gett](http://www.nps.gov/gett)

Gorgeous park, with hundreds of monuments and thousands of artifacts. Fabulous tours are available. Driving tours are my favorite, with stops to walk around important places. Site of Abraham Lincoln's Gettysburg Address, and the site of some fine ghost tours (the Haunted Civil War Ghost Tour is considered very good). Sometimes in the evening you can see ghostly forms huddled near Devil's Den, or still fighting at the scene of Pickett's Charge. At the Gettysburg Seminary it's said that sometimes when you take the elevator to the basement, the door opens on the Civil War hospital that once operated there. A doctor, amputating a leg looks up at you and asks for help. If you wish to prepare yourselves for the visit, Michael Sharra's book *The Killer Angels* (1974) and the 1993 film *Gettysburg* are great starts. The park includes the **Eisenhower National Historic Site**, the only home ever owned by President Dwight D. Eisenhower. About a 60–minute drive.

**Mercer Museum, Fonthill Castle and the Moravian Pottery and Tile Works.** 84 S Pine St., Doylestown.

[www.mercer museum.org](http://www.mercer museum.org)

A long drive (about 90 minutes), but so worth it. The buildings are all constructed of concrete that was hand poured in place. Mercer, a "gentleman anthropologist," was inspired by William Morris and the arts and crafts movement, collected "objects of everyday life" (folk arts), including reproducing tiles for floors (as in the Pennsylvania State Capitol), walls, stoves and so on. The museum, completed in 1916, is very old-fashioned, and his home, Fonthill Castle (just a mile away) is astounding. Amazing items are embedded in concrete walls and ceilings. Even the beds and chairs are concrete.

## [Places to Walk](#)

There are nature trails, bicycle paths, and State Parks just about everywhere, and they all will be happy to welcome you.

**Riverfront Park.** Front Street, along the river. You can walk on the upper path right along Front Street (with sculpture gardens and beautiful old houses) or the lower path, right along the river. If you take the Iron Bridge at Walnut Street, you can cross half the river to **City Island**, which has some nice walking paths along with the Harrisburg Senators AA Baseball Stadium (a farm team for the Washington Nationals) a soccer field, volleyball courts, river rides on The Pride of the Susquehanna, and picnic areas. The other half of the Walnut Street Bridge was swept off during a recent flood.

**Wildwood Lake.** In Wildwood Park. 100 Wildwood Way, Harrisburg. [www.wildwoodlake.org](http://www.wildwoodlake.org)  
Gorgeous walking trails around the lake, a great Nature Center, picnic areas, Art in the Wild Exhibit along the trails (all-natural materials), 150 species of birds sighted during migration, and a huge stand of American Lotus in the shallow lake. Directions: take Cameron Street north just past the Farm Show Building. At the light turn left on Elmerton Avenue/Industrial Road and go past Harrisburg Area Community College. Turn right onto Park Road.)

### **Capital Area Greenbelt**

Run by the Dauphin County Parks and Recreation Board, it is 20 miles of walking and bicycling paths that loop around Harrisburg. Riverfront Park and Wildwood Lake are parts of it. You can start on it anywhere, but its official start is on City Island. The northernmost part of the Greenbelt is **Ft. Hunter Park**, 5300 N. Front St., Harrisburg, [www.forthunter.org](http://www.forthunter.org), an early war fort, then an “exclusive private estate,” now a park and events site with some good traditional architecture. There is an African American former slave cemetery on the site, but it is incredibly difficult and dangerous to access.

### **Appalachian Trail**

The Appalachian Trail is marked with the letters AT and a white blaze. It wraps around Harrisburg. Three relatively easy points of access are:

- North of Harrisburg. Take Rte 22/322 north to the access just past Rt 325, Mountain Road. Hike north or cross the river to hike south.
- West of Harrisburg. Take I-81 south to Rt 233 south. Go to Pine Grove Furnace State Park. The AT runs through it.
- East of Harrisburg. Take I-81 north or US 22 east to the Indiantown Gap exit. Take 934 north to 443 east to Swatara State Park. The AT goes through it. Recommended.

**Susquehanna Outfitters.** 333 Front St., Wormleysburg (West Shore). [www.susquehannaoutfitters.com](http://www.susquehannaoutfitters.com)  
River floats, kayaks, guided water tours and more.

**Ancient Box Huckleberry.** 1,300-year-old Box Huckleberry (*Gaylussacia brachycera*), a low rambling bush, spread out along the mountain side just south of New Bloomfield, (Perry County, West Shore). To get there, cross the river, take 11/15 north to Duncannon, then take Rt 274 N (or W), merge with Rt 34 N (or W) to New Bloomfield. The Box Huckleberry is located on the left side of the road, a few miles before you get to New Bloomfield. Watch carefully for the tombstone-like marker for it. It is a Registered Natural Landmark with an easy quarter mile trail. You will probably have to park along the road with your 4-way blinkers on.

**Hawk Mountain/Appalachian Flyway.** Orwigsburg (Berks/Schuylkill Counties).

A National Natural Landmark. One of the best places in the country to view migrating raptors. A nature

center, a short 1–mile trail. October is an excellent time for hawk migrations. About a 60–minute drive east on Rt I-81 N then to I-78E.

## Local Food Worth Trying

**Chicken (or beef or ham) pot pie.** Thick boiled meat and vegetable stew with big, fat, square (hopefully hand rolled) noodles. With parsley.

**Chicken corn soup with rivels.** Shredded chicken with corn and rivels, little handmade egg dumplings. Some people substitute egg noodles, but it is not nearly as good.

**Snitz and knepp.** Boiled ham with dried apples (snitz) and plump dumplings (knepp). Sadly, it's not easy to find in restaurants.

**Hog maw or sei maw.** Sausage and potato stuffed and roasted pig stomach. Delicious despite its name.

**Pork and sauerkraut.** Served with mashed potatoes.

**Ham loaf.** Like meatloaf, but made with cured ground ham, baked in a loaf, and served with mashed potatoes and a sweet fruit topping, often pineapple.

**Chicken croquettes.** Ground cooked chicken mixture, made into small cones, cooked and served with mashed potatoes. And gravy.

**Chicken and waffles.** Shredded roasted chicken in savory gravy over waffles. A favorite Sunday evening supper. If there were leftovers from a roasted chicken on Sunday, it was used for the chicken and waffles. No syrup in sight.

**Sarma, stuffed cabbage leaves, pigs in blankets.** Ground meat and rice wrapped in cabbage leaves, covered with tomato sauce and baked. Delicious.

**Haluski.** Soft noodles or dumplings made with grated potatoes and flour, then shredded and dropped into boiling broth. Added to fried cabbage and onions in a delicious stew. Fabulous, but hard to find in restaurants.

**Pierogies with multiple kinds of stuffing.** Potato and cheese pierogies are a favorite, but there are other delicious ones. Usually boiled, then browned in butter with a bit of chopped onion.

**Baked oatmeal.** Often has fruit baked into it. Pour warmed milk and brown sugar over it.

**Scrapple.** Hog bits, including organ meats, head and other leftovers from butchering. It is cooked, spiced, ground up, then thickened with corn meal and molded into a loaf. The loaf is cooled, sliced, pan fried and served with syrup for breakfast. A variation called *paunhaus* has less cornmeal and can be used as a topping for the scrapple.

**Lebanon bologna.** Beef bologna, slightly fermented and smoked. Comes in regular or sweet. Absolute favorite of Pennsylvania Dutch folks. Delicious in sandwiches or when rolled up with a cream cheese or peanut butter filling.

**Baked corn.** Corn, dried corn or cornmeal baked with milk and eggs. Part of most holiday meals.

**Corn pie.** A double crusted pie filled with corn, crackers, milk and butter. A whole meal.

**Chow-chow.** End-of-the-garden mixed pickle. Warning: it has lima beans.

**Red beet eggs (pickled eggs).** Hard boiled eggs marinated for a few days with red beets and a beet juice sweet-sour marinade. The prettiest eggs ever.

**Funnel cakes.** Sweet pancake-like batter poured into hot oil and cooked on both sides. Powdered sugar is a usual topping, but others are also used. One funnel cake can easily serve two or three people. Best eaten fresh at farmer's markets or local agricultural fairs.

**Soft pretzels.** Usually just topped with salt, but other toppings are possible. Auntie Anne's Pretzels is a Pennsylvania Dutch food franchise.

**Shoo-fly pie.** Molasses "wet bottom" and a cake like top layer. Found at almost all tourist restaurants.

**Lemon sponge pie.** Delicious. The best.

**Cherry pudding (or cherry cake).** A dessert halfway between a cake and a pudding. Fresh sour cherries baked with a thick egg-milk-flour mixture and served with cherry sauce. Very traditional and delicious.

**Whoopie pies.** The sweet "sandwich" is made of two large soft cookies with an icing filling. There are many claims to the ownership and origin of whoopie pies; Central Pennsylvania claims them, too.

**Sticky buns.** Raised cinnamon rolls topped with extra gooey caramelized glaze. Even better with pecans on top. Because there are not nearly enough calories in them, serve them warm with butter.

**Apple butter.** A Pennsylvania Dutch special jam. Apples, sugar and spices are cooked for hours and hours until it becomes brown and delicious. Looks like brown applesauce. Absolutely delicious on toast, in sandwiches, or on a cottage cheese called *schmierkase*.

Good essays on Pennsylvania German foods include Yvonne J Milspaw's "Food and Cooking," in *Pennsylvania Germans: An Interpretive Encyclopedia*. 2017. Ed Simon J Bronner and Joshua R Brown. Baltimore: Johns Hopkins Press. Pp. 311-340. Any of the cookery books by William Woys Weaver, such as *Sauerkraut Yankees* (1983), *Pennsylvania Dutch Country Cooking* (1993), *Country Scrapple* (2003) or *As American as Shoofly Pie* (2013) are also excellent. Weaver was a close friend and associate of Don Yoder.

## Legend Trips

**Moonshine Church and the Blue-Eyed Six.** 701 Moonshine Rd. (Rt 934 N) Jonestown. [www.moonshineuzc.org](http://www.moonshineuzc.org)  
Very close to the Army Base, Ft Indiantown Gap (an extremely noisy place where soldiers test and train in heavy artillery), and to the Boy Scout camp, Camp Bashore. It is a favorite legend trip for young people from the area. Artillery and kids add to the ghostly part of the legend. About a 60-minute drive.

In December 1876, six local men took out a life insurance policy on one Joseph Raber, then murdered him not far from the church. All six of the murderers were caught and hung. What they had in common was that all six of them had blue eyes, hence they were nicknamed "The Blue-Eyed Six." Raber was buried at

Moonshine Church. (His tombstone clearly states he was murdered by the Blue-Eyed Six). At night if you go to the church, you can see floating blue lights along the road and the graveyard. Some say the Blue-Eyed Six are also buried there (not true, but compelling), and you are seeing their ghosts. Others say the Blue-Eyed Six were hung there, and the lights are their souls still wandering the earth. Some say that if you look through the windows of the church, you can “see dead people,” or the ghosts of people and soldiers wandering around there. Another legend says that the Church used to be a Murder House, and if you walk around in the woods at night, you might never find the church again. (Collected from Wesley Evans, Hummelstown, PA).

**Hex House.** Rehmeier’s Hollow Rd., Stewartstown (or maybe Shrewsbury).

Once the home of Nelson Rehmeier, a local Powwow doctor who was murdered in 1928 by three men who believed Rehmeier had hexed (bewitched) them with mental illness and bad luck. Powwow is the English name for *Braucherei* (healing) or *Hexerei* (bewitching). More often called “trying,” it is a time-honored Pennsylvania German practice and belief that illness can be caused by and cured by magical healing through prayers, charms and rituals. Those who owned the charms and rituals were sometimes called “Powwow Doctors,” or obliquely referenced as just “people who could try for those things.” It was and still is an extremely secretive practice. The murderers went to Rehmeier to get him to remove the curse, and to steal and burn his “magic” book, called *The Long-Lost Friend*. The book is a compilation of charms and practices, was first published in 1823, and is still in print. Instead, they murdered him and tried to burn down his house.

This is a favorite legend trip for young people from York County, who go there at midnight and look for ghosts. Especially at Halloween. It is said that there are still bloodstains on the floor of the house, and sometimes ghosts reenact the murder.

About a 60-minute drive. To get there, take I-83 south toward York. Take Exit 4, then go east on Highway 852/Forrest Ave for about 1 mile. Take the 2<sup>nd</sup> left onto Deller Rd, then an immediate left onto Bowman School Drive (which will soon become Mt Olivet Rd). Go about 2 miles, and take the Third left onto Rehmeier’s Hollow Road. The house is along the road.

Arthur H. Lewis, *Hex: A Spell-Binding Account of Witchcraft and Murder in Pennsylvania* (1969) is the best account of the story. Lewis, a Philadelphia journalist, did a great deal of careful research for this book. It was also turned into a documentary *Hex Hollow: Witchcraft and Murder in Pennsylvania* (2015). Best of all, though, is the 1988 cult classic (and kind of awful) film, *Apprentice to Murder*, starring Donald Sutherland, where the mountains in Norway stand in for the hills of Pennsylvania.

**Hershey Cemetery.** Hershey, PA.

If you go to the cemetery at night, especially during October and better yet, during a bright moon, and sit on the tombstone that’s shaped like a chair, you will die a horrible death in the very near future.

This is no longer a legend trip because the tombstone-chair has been “disappeared.” BUT when Yvonne was a Girl Scout in high school in the early 1960s, this was the favorite scare-you-to-death legend trip. After a scout meeting one night we all drove there and stood around the chair and dared each other to sit on it. Finally, one girl did (not me). But as far as I know, she’s still alive and well and living in Florida. So much for that legend.