

Gimme the Good Cuts: Exploring Procurement Strategies of

> Enslaved Individuals in the Mid-Atlantic

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> Based on the writings of Frederick Douglass and others, there is a

> traditional and commonly held belief that enslaved individuals in the

> Mid-Atlantic region of the country procured goods from an owner

> through a centralized system of distribution. However, recent

> preliminary analyses of the Best Farm Slave Village at L¹Hermitage may

> paint a different picture. A review of archaeological evidence as

> well as comparisons with other documented plantations suggests the

> possibility that the enslaved population at this particular site had

> access to alternative, non-centralized means of procurement and

> subsistence.