

### Historic Yates Mill County Park

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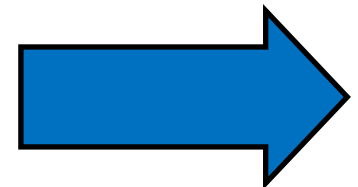
## FAMILY FUN



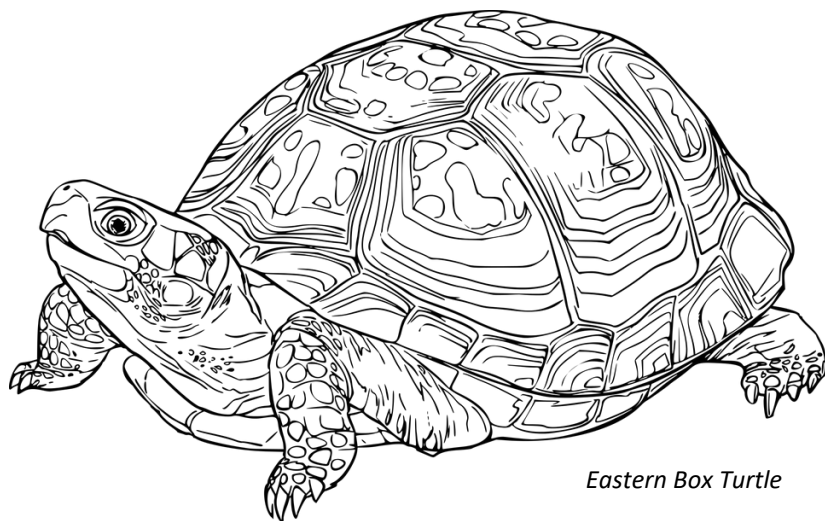
### An Activity Guide for Families With Children Ages 5-12



Welcome to Historic Yates Mill County Park. Look inside for fun activities you can do while exploring the park together!



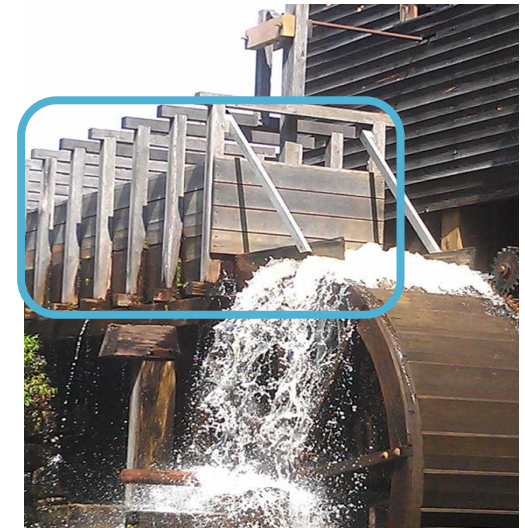
# This activity booklet belongs to:



*Eastern Box Turtle*

## Answer Key

1. In 1996 Hurricane Fran destroyed the dam, drained the mill pond, and caused the shed on the side of the mill to collapse. It took several years for all the damage to be repaired.
2. A millstone can weigh from 1,500 to 2,000 pounds!
3. The Yates Mill waterwheel is 12-feet tall and 4-feet wide. It is made out of wood.
4. Two examples made from wheat flour are bread and pancakes! Some examples of food made from cornmeal are corn bread and hushpuppies.
5. The forebay is located above the waterwheel.



# Answer Key

**HISTORIC YATES MILL**  
COUNTY PARK

## HISTORIC YATES MILL WORD SEARCH

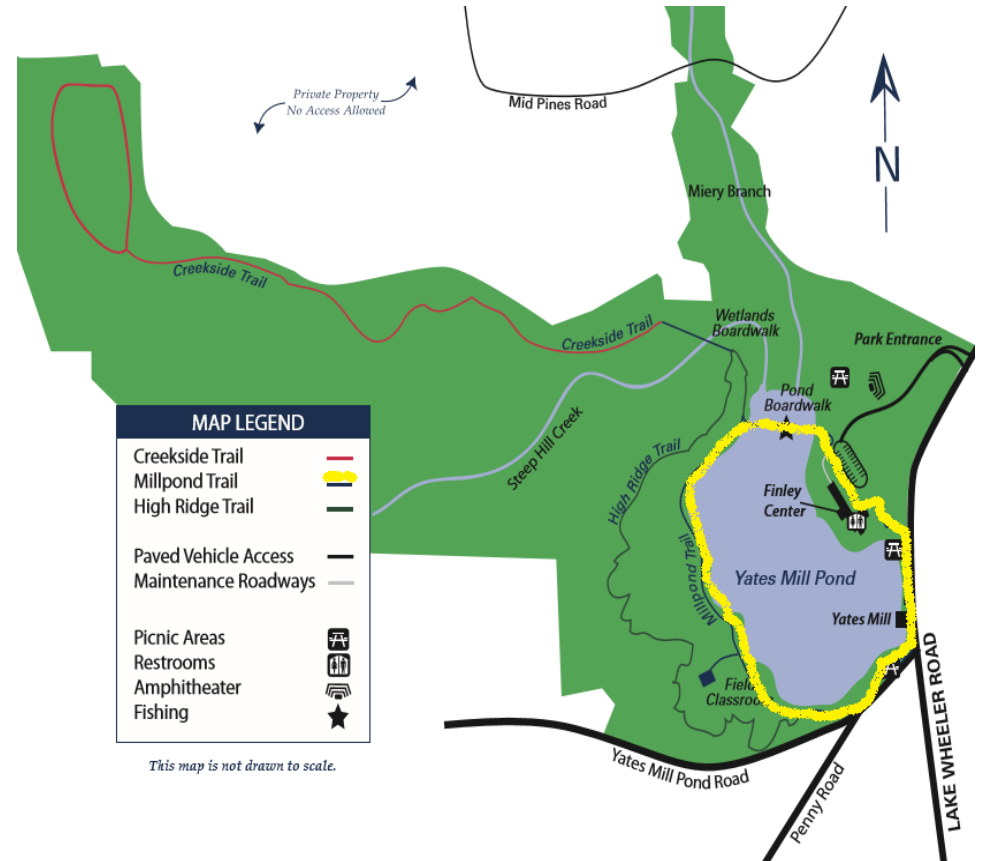
Words may appear vertically, horizontally, diagonally, or backwards. Have fun!

Word search grid with words highlighted:

- CORN
- CORNMEAL
- FARMER
- FISH
- FLOUR
- GRISTMILL
- HIKING
- MILLER
- MILLPOND
- MILLSTONE
- PARK
- TURTLE
- WATERWHEEL
- WETLANDS
- WHEAT

Created by [Puzzlemaker](#) at [DiscoveryEducation.com](#)

# Trail Map



We're using the Mill Pond Trail (highlighted in yellow) for this Family Fun Guide. This 1-mile trail is easy to moderate and includes an accessible gravel pathway to the mill, a stone ramp to a low bridge over the creek (which may be closed during flooding), stone steps to the old miller's residence area, and the pond boardwalk.



# A Quick History of Historic Yates Mill

Yates Mill was built in the mid-1700s. By the late 1800s there were 70 gristmills in Wake County, but most are now gone. In fact, Yates Mill is the last one in the county that still operates! Gristmills provided the important service of grinding corn and wheat into meal and flour, which were used to make bread and other staple foods. Millponds were also popular locations for fishing, swimming, and picnicking.

The mill owners that we know the most about were members of the Yates family, who owned the mill for 84 years.



*Portrait of Phares Yates. He and his descendants owned the mill from 1863 to 1947.*

Yates Mill Associates, Wake County, and NC State University have helped restore Yates Mill to its present condition.










Fact: A hurricane in 1996 destroyed the dam, drained the millpond, and caused the shed to collapse.

Do you or a family member know the name of that hurricane?

*Answer Key is near the end of this booklet.*

## Animal Count

Find a quiet spot at the park. Take a seat with your family and look around. How many animals do you see? Sit for 5 minutes and count how many birds, mammals, and insects you see. Write the number of times you see each in the squares below!

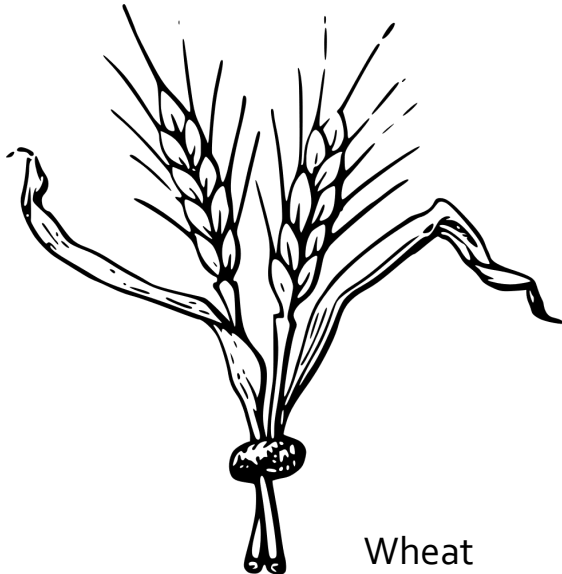
 Squirrel	 Spider	 Geese
 Butterfly	 Bird	 Snake
 Turtle	 Bee	 Duck

Total  
Animal Count:



## Grain Types in the Mill

Yates Mill historically ground 2 types of grain:  
Wheat and Corn.

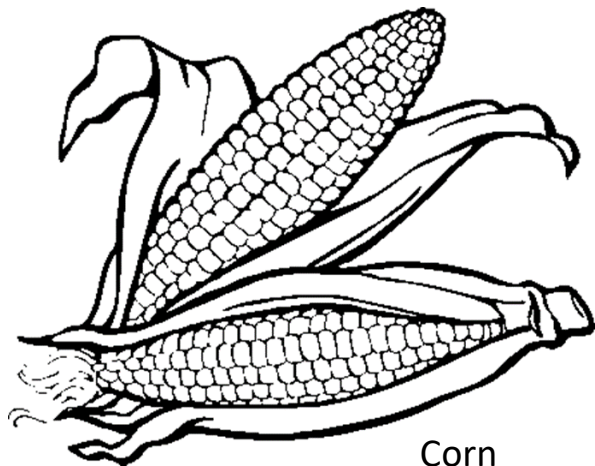


Wheat

Can you name 2  
foods that you  
like that are  
made with wheat  
flour?

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Corn

Can you name a  
food you like  
that is made of  
cornmeal?

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Examples are in the Answer Key near the end of this booklet.



## Old Wagon



As you follow the path from the parking lot toward the gristmill, you'll see an old wagon on your right. The wagon is in bad shape now, but in the 1800s wagons like this one were new and strong enough to carry loads of corn and wheat to the mill. Local farmers used these horse- and mule-drawn wagons to bring their crops to the mill and to bring home cornmeal and wheat flour.



Pictured below is a metal nameplate, covered in rust and mud, that was found here at the park. It is believed to have fallen off one of the wagons that traveled to the mill in the past. Can you



see "Hackney Wagon Co" on this nameplate? This company made farm wagons in the early 1900s.

How did your family travel to the park today? 

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# Millstones



You can see examples of millstones as you walk the path toward the mill. What are three words that describe how the stones look or feel?

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How much do you think the stones weigh? \_\_\_\_\_

Millstones like these were once used by millers all over the United States to grind grain. Can you sketch one of the stones below?



# Nature Detective



Let's play Nature Detective! Can you find all of these things in the park? Check them off as you find them.

☐

Wildflowers



What color are they? \_\_\_\_\_

☐

Tree with leaves on it

☐

Spider web

☐

Pine Needles

☐

Two things that are different shades of green.

What green things did you find? \_\_\_\_\_

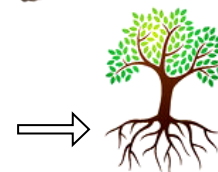
\_\_\_\_\_

☐

Pine Cone

☐

Tree Roots

☐

Water running



Where did you find water running? \_\_\_\_\_



## HISTORIC YATES MILL WORD SEARCH

Words may appear vertically, horizontally, diagonally, or backwards. Have fun!

M I L L P O N D I J F L D V T  
M J T L W H Q U D H H I F O A  
R K X P L E L Z X L I K S N E  
F G E X G I T R M J K W H H H  
M D K E T A M L B Q I Z E L W  
L E E H W R E T A W N Q N O R  
M I I F U R U L S N G W O T Z  
E Z R O U R A D J I D Y T N B  
J Q L E T E P P S D R S S L U  
O F S L M W T A I J Y G L H S  
T K E N J R J R M R E L L I M  
C O R N P Z A K C N Y X I P N  
Q O R Y T L A F U T Y K M Q T  
C T U E B J X H Q X I X J J G  
H X Y G P K P I P Z C F U X C



CORN  
CORNMEAL  
FARMER  
FISH  
FLOUR  
GRISTMILL  
HIKING  
MILLER

MILLPOND  
MILLSTONE  
PARK  
TURTLE  
WATERWHEEL  
WETLANDS  
WHEAT

Created by [Puzzlemaker](#) at [DiscoveryEducation.com](#)



Historic Yates Mill was a custom gristmill. (*Grist* is an old-fashioned word for grain.) Farmers brought their dried corn and wheat to the mill to have it ground for their families to eat. They paid the miller with the “miller’s toll”: 1/8 of their grain.

*Answer Key is near the end of this booklet.*

## Powering the Mill



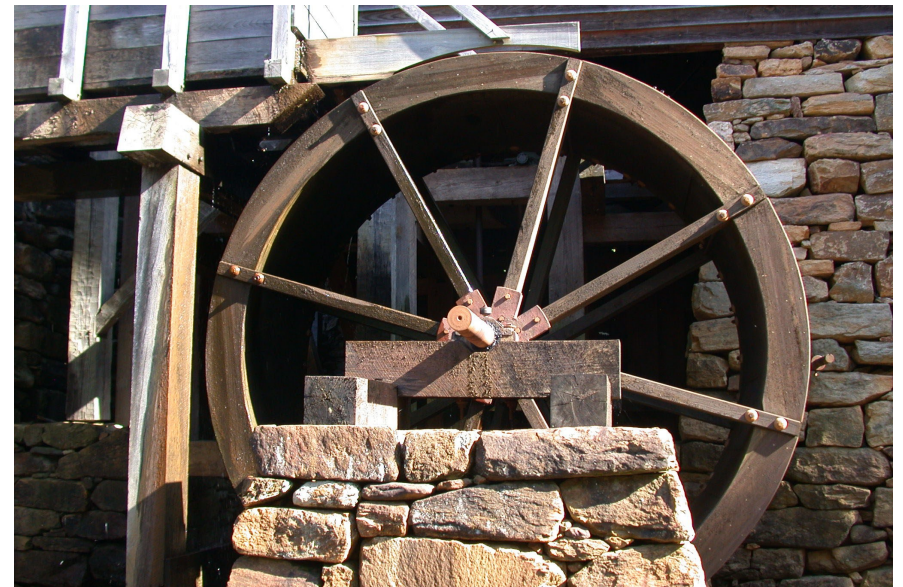
The gristmill, which was built sometime between 1763 and 1778, is powered by water! Standing on the overlook to the right of the mill, you can see our power source. Water flows from the millpond into the wooden forebay before it goes over the waterwheel.

Walk around the mill to see the waterwheel.

Can you guess how tall it is? \_\_\_\_\_

What is it made of? \_\_\_\_\_

*Answer Key is near the end of this booklet.*







## Spot the Differences!



In addition to farmers coming to the mill to have their wheat and corn ground, people also visited the mill to enjoy picnics, swim, fish, and exchange news. According to oral history, there were also a sawmill and a blacksmith shop nearby, where farmers could have trees sawn into lumber and tools repaired and horseshoes made.

People and places change over time. The photograph above shows Yates Mill around the 1890s. Circle or describe the differences you see between the mill in the picture and the mill today. Do you see any differences between how people dressed and traveled back then compared to people today?

Write your  
observation here

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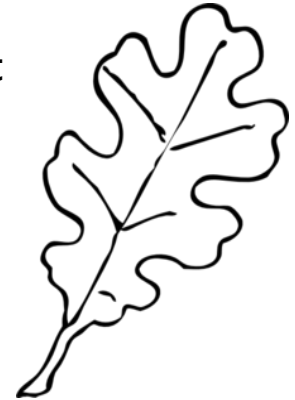
## Tree ID



As you can see, Historic Yates Mill County Park is home to many trees! Trees such as southern yellow pine and white oak were used to build the gristmill.

White oak was very important in building the Mill's **forebay**.\*

White oak trees are perfect for the job because their wood resists rot, holds water well, and is less likely to leak.



There are several white oak trees at Yates Mill. Try to find one! Use the leaf outline here to identify as many white oaks as you can.

**\*Forebay:** the structure that holds water to run the waterwheel.

*~Can you find the Yates Mill forebay?~*

*Answer Key is near the end of this booklet.*



# Try this Recipe at Home!

This recipe comes from Yates Mill Associates' Yates Mill Cornmeal Cookbook.



## Recipes

### Maple Pecan Corn Muffins

by Jeanne Robbins

#### Ingredients:

- |                              |                                    |
|------------------------------|------------------------------------|
| 1 cup cornmeal               | 1 egg, slightly beaten             |
| 1 cup all-purpose flour      | ¼ cup pure maple syrup             |
| 2 ½ tsp. baking powder       | 2 Tbs. butter or margarine, melted |
| ½ cup finely chopped pecans* | ¾ cup milk                         |

#### Procedure:

1. Preheat the oven to 400 degrees. Spray or line 12 muffin cups.
2. Mix dry ingredients, including the nuts.
3. Make a well in the center and add the remaining ingredients.
4. Mix just until combined.
5. Fill muffin cups ¾ full.
6. Bake 10-15 minutes.

Yield: 12 muffins



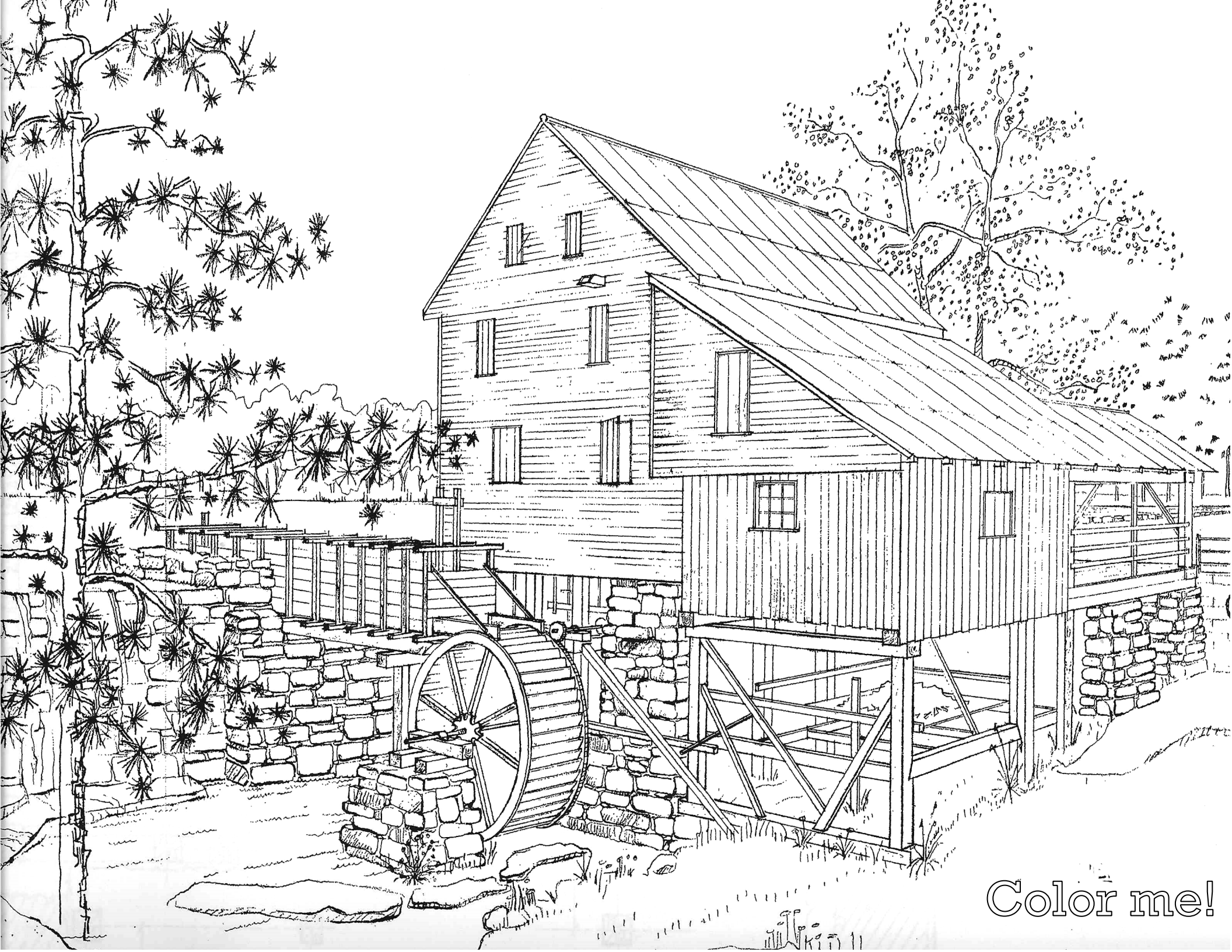
*\*Staff notes:* Don't be afraid to use substitutes if you don't have certain ingredients. The staff member who baked these muffins did not have pecans and used walnuts instead. You may also enjoy experimenting with flavors; the staff person who made these muffins added cinnamon for extra flavor.

This recipe comes from Yates Mill Associates' cookbook, Yates Mill Cornmeal Cookbook. This cookbook is offered for sale during Historic Yates Mill's corn grinding weekends. Check the park's website (<http://www.wakegov.com/parks/yatesmill/>) for dates of these special programs.

# ABC SCAVENGER HUNT HIKE

What can you find in the park?

<b>Acorn</b> 	<b>Bark</b> 	<b>Cloud</b> 	<b>Dirt</b> 	<b>Eating</b> 
<b>Frog</b> 	<b>Goose</b> 	<b>Holly</b> 	<b>Insects</b> 	<b>Jaybird</b> 
<b>Kids</b> 	<b>Leaf</b> 	<b>Mud</b> 	<b>Nest</b> 	<b>Oak</b> 
<b>Pond</b> 	<b>Quiet</b> 	<b>Rock</b> 	<b>Stick</b> 	<b>Tree</b> 
<b>Under</b> 	<b>Vine</b> 	<b>Water</b> 	<b>X-Shape</b> 	<b>Yates Mill</b> 
<b>Historic Yates Mill County Park</b>		<b>Zigzag</b> 	<b>ABC Nature Hike</b>	



Color me!