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Custer, Jay

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This overview of prehistoric coastal adaptations geographically spans from the Hudson Estuary in New York to the Dismal Swamp at the Virginia-North Carolina border. Regional variation is summarized for the period from ca. 3000 B.C. to 1000 A.D. (the Mid-Holocene), which was typified by increasingly stable environments leading to the development of shellfish. By the Middle Woodland time period, a reduction in the variety of species led to a heavy focus on oysters in the Chesapeake Bay region (p. 130). The author concludes that one of two evolutionary processes occurred throughout the time period in the coastal Middle Atlantic: while some highly productive areas saw an early and rapid flowering of social complexity that was relatively short lived, other areas witnessed a slower, long-term growth of social complexity that ultimately led to the development of agriculture and increased cultural stability (pp. 131-132).