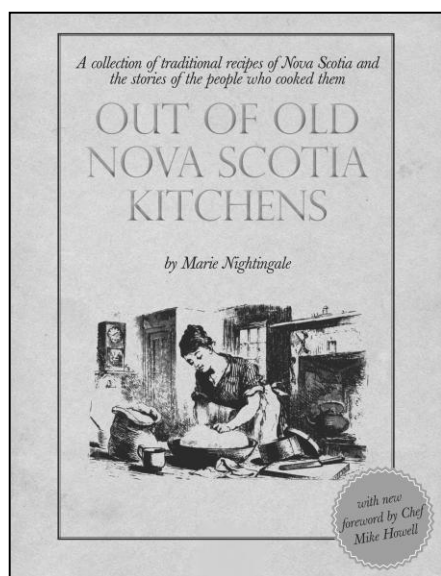


Culinary Chronicles

THE NEWSLETTER OF THE CULINARY HISTORIANS OF ONTARIO

SUMMER 2010 NUMBER 65

Marie Nightingale's classic cookbook, *Old of Old Nova Scotia Kitchens*, will enjoy a fortieth anniversary reprinting in October by Nimbus Publishing in Halifax. Included will be a new introduction from Marie, some new recipes, and a forward from Chef Michael Howell of Tempest Restaurant in Wolfville, Nova Scotia. Marie and Michael both contribute to this issue of *Culinary Chronicles* too.



The original hard cover edition of 1970 will be replicated for the fortieth anniversary edition.

(Image courtesy of Nimbus Publishing)

Cover of the ninth printing, August 1976, with drawings by Morna MacLennan Anderson.

(Image courtesy of Fiona Lucas)



Contents

President's Message	2	CHO Members News	10
Newsletter News	2	Tribute: Margo Oliver Morgan, 1923–2010 Helen Hatton	11–13
It's Only Too Late If You Don't Start Now: A Profile of Marie Nightingale		Book Reviews:	
Mary Elizabeth Stewart	3, 10	<i>Atlantic Seafood</i> Janet Kronick	14
Celebrating the Fortieth Anniversary Of Marie Nightingale's <i>Out of Old Nova Scotia Kitchens</i> Michael Howell	4–5	<i>The Edible City</i> Karen Burson	15
260 Years of the Halifax Farmers Market Marie Nightingale	6–7	CHO Program Reviews:	
Dean Tudor's Book Review: <i>South Shore Tastes</i>	7	<i>Talking Food</i> Janet Kronick	16, 19
Speaking of Food, No. 1: Bakeapples and Brewis in Newfoundland Gary Draper	8–9	<i>Apron-Mania</i> Amy Scott	17
		Two Resources for Canadian Culinary History:	
		<i>Back Issues of Culinary Chronicles</i>	
		<i>A Selected Bibliography</i>	18
		CHO Upcoming Events	19
		About CHO	20

President's Message

Summer is a time for fresh local fruits and vegetables, farmers' markets, lazy patio meals, and picnics. A great time for exploring food history, because so much of it comes alive at this time of year.

Just a reminder, between the heritage tomatoes and the pink lemonade (you make that with red currant juice, an old-fashioned substitute for expensive lemons, which is the reason that we colour our lemonade pink nowadays), that our Annual General Meeting will feature a special vote on whether Culinary Historians of Ontario should change its name to Culinary Historians of Canada.

You should have received a ballot in the mail during the last week of July. For a decision of this magnitude, members present at last year's AGM ordered that the decision be put to a ballot vote so that all members could have a say. If you did not receive your ballot, please contact me and I will send you one.

Our ballot process is open, just like a show of hands at a meeting, so we ask that you write your name and address on the ballot. This assures everybody that no one voted more than once. Ballot envelopes will be kept by our Treasurer, unopened and uncounted until the AGM. Members in attendance at the meeting will discuss the resolutions, and those who have not yet submitted a ballot will be able to do so then. All completed ballots will be counted by our Secretary and Treasurer, and the result will be announced at the

meeting and reported in the next issue of *Culinary Chronicles*.

If you have any questions about the process, I would be very glad to discuss it with you by phone or email. Please contact me at bob@culinaryhistorians.ca or 519-505-7814.

Vote carefully, and send your ballot in right away. Thank you.

**Bob Wildfong,
President of CHO**

Annual General Meeting

**Sunday, September 19, 2010 at 1:00 pm
Dundurn National Historic Site
610 York Blvd, Hamilton, ON**

CHO's members will meet at Dundurn Castle on Sunday, September 19, 2010, at 1:00 pm for our Annual General Meeting.

The following motions will be presented:

- the organization's name will be changed to *The Culinary Historians of Canada*
- the organization's Mission Statement will be revised to reflect this name change

The afternoon will include a tour and special programs offered by CHO and Dundurn Castle.

Newsletter News

We welcome a new columnist! In "Speaking of Food" Gary Draper will be exploring the origins of familiar and unusual culinary words related to each issue's theme.

Wanted:

- A columnist on culinary history websites.
- Columnists from regions across Canada.
- Someone to compile Members News from across Canada and maintain the CHO program calendar for the back page.
- Review writers for books, exhibits, programs: contact Janet Kronick, Reviews Editor, at 905-526-6414 or janetkronick@yahoo.ca.
- Contributors to future issues. Themes are listed on the back page.

Fiona Lucas, Editor of *Culinary Chronicles*, 416-781-8153 or fionalucas@rogers.com.

It's Only Too Late If You Don't Start Now: A Profile of Marie Nightingale

Mary Elizabeth Stewart

At the time she wrote this profile, Mary Elizabeth was Atlantic Promotion Manager for the Canadian Beef Information Centre.

This article was originally published in the January 2001 issue of Chimo!, the newsletter about regional food and beverages in Canada published by Cuisine Canada, the national culinary alliance.



Marie Nightingale

(Photograph by Perry Jackson, courtesy of Heather White, editor of *Saltscapes* magazine)

There's a new book in the self-help section of bookstores these days called *It's Only Too Late if You Don't Start Now – creating a second life after 40*. Surprisingly, it wasn't written by Marie Nightingale, because, by age 40 Marie had already had two lives.

Today we know Marie as a charter member of Cuisine Canada, winner of the Edna Staebler Award in 1998, and well known Atlantic Canadian food writer. But this quietly determined lady began her public career in a pretty flashy way. While still in high school she was offered a job as a radio host of a "lady's show" at a small Windsor, NS, radio station, and in spite of her grandmother's objections, she jumped at the opportunity.

According to Marie, the daily recipe segment of the show was the spark that awakened her

interest in food – an interest that didn't manifest itself professionally for a couple of decades.

With the arrival of the first of her three sons, Marie began her second "life" as a full-time wife and mother. Many women of Marie's generation felt they had no choice but to stay home once they had children, but Marie enthusiastically embraced this role. In fact, when offered a tantalizing job in public relations at the local children's hospital during those years, her firm response to the plea of the hospital official that "Marie – the children need you!" was "No, thank you, my children need me!"

Those family years were anything but idle. Marie was heavily involved in community and charity work. As Canada's Centennial approached she realized that people were reflecting on, and recording, their cultural and culinary histories. But no one was writing about the foods that sustained Nova Scotia communities, and Marie moved to fill that gap herself.

After four years of research, *Out of Old Nova Scotia Kitchens* was published in 1970. Thirty years later, it continues to be the definitive resource on the culinary history of the province, and continues to sell well to locals and tourists alike. Long before the alliances between charitable health organizations and cookbook efforts were the norm, *Out of Old Nova Scotia Kitchens* was one of the earliest partnership efforts between a cookbook author and a charitable organization.

Marie's experience with volunteer charity work led her to develop a relationship with the NS chapter of the Cystic Fibrosis Foundation and the

Continued on page 10

Celebrating the Fortieth Anniversary of Marie Nightingale's *Out of Old Nova Scotia Kitchens*

Michael Howell

Michael is Chef / Proprietor of Tempest Restaurant in Wolfville, Nova Scotia. He is the author of Atlantic Seafood: Recipes from Chef Michael Howell, reviewed on page 14.

C  ad mile f  ilte (a thousand welcomes)!

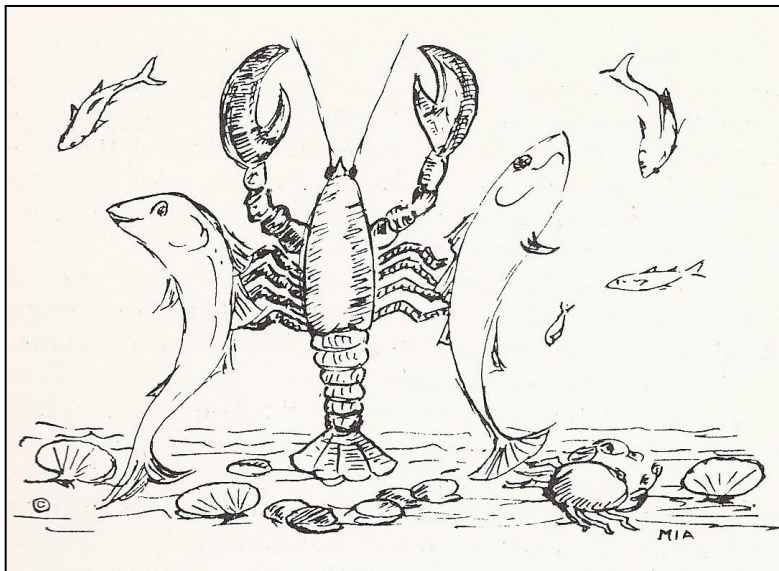
If you were to casually glance through the pantry or at the bookshelves of most Nova Scotian homes, you are quite likely to espy a copy of Marie Nightingale's classic cookbook, *Out of Old Nova Scotia Kitchens*, now over 40 years old and being reprinted again this year with updates and inclusions. Indeed, as I sit here, my own 25-year-old copy rests beside me – cover long gone and broken spine barely holding the treasured pages together, a gift from my mother when it became apparent that I would become a chef and might enjoy a reference for many classic Maritime dishes.

Over 200,000 copies of *Kitchens* have been printed in its multi-year history. Author Marie Nightingale is now the proverbial grande dame of Nova Scotia cuisine, a Canadian Julia Child. Decades as the food columnist for the *Halifax Chronicle Herald* and then food editor for *Saltscapes* magazine have kept her at the forefront of culinaria in Eastern Canada. The beauty of *Kitchens* is that, while it is an esteemed and concise cookbook with many well-

conceived recipes, it also offers a unique perspective on Nova Scotia, a rich and diligently researched history of this province that focuses on the cultural gastronomy of settlement. It explores the early pre-western history when the Mi'kmaq were blessed with now unheard of wild riches – sturgeon so thick in the Bay of Fundy you could walk across the water on their backs; clams in abundance, often consumed in soup at the Feast of St Aspinquid; fish like gaspereau and shad, which teemed in smaller rivers around the province seasonally and were roasted on split sticks; service berries that were eaten fresh, while huckleberries, blueberries, and cranberries were dried and formed into cakes.

The book follows the inexorable march of colonization, beginning with the French settlements of Port Royal led by Samuel de Champlain and Sieur de Monts. They established the first culinary club in North America, the Order of Good Cheer, where the settlers prepared a multi-course feast each week, in order to fight off the ennui and malaise of surviving a frigid Nova Scotian winter in the early 1600s. Marie later describes accurately how apples became a

ubiquitous crop here and apple cider found its way onto the tables of the Acadians, and the developments that led to the production of maple syrup.



Drawing by Morna MacLellan Anderson at the start of the Fish chapter in *Out of Old Nova Scotia Kitchens*.

Successive migrations included the English, who eventually ended up dominating the region; the New England Loyalists and Black slaves who fled or escaped America during the Revolution; the Germans who settled on the South Shore during the 1800s; the Irish escaping the potato famine; and eventually the Scots, whose profound effect upon Cape Breton and its gastronomic development included a cuisine of marginality based on the frugal agricultural offerings of that island.

The recipes in *Kitchens* are a colourful montage of this original melting-pot culture: Poutine a Trou, Blueberry Grunt, Finnan Haddie, Colcannon, Kedgeree, Hodge Podge, Scotch Forach, Bannock, Fanikaneekins, Brewis, Pikelets, Pate a la Rapure, Lunenburg Sausage, and the list goes on. Many of the recipes are born of the natural hardships that early settlers had to face – overwintered root vegetables and dried or preserved meats and fish gave rise to many fascinating interpretations to increase palatability. Plentiful produce and needing to preserve meat for the winter months resulted in dishes like Green Tomato Chow Chow and Potted Beef. Marie also includes great anecdotal

references alongside the recipes to give them poignancy – “Dandelions were considered a natural tonic and were dug up in the spring before the buds had opened” or “In Lunenburg County, raised donuts were called Fasnaks. The name derived from the custom of making them on Shrove Tuesday, the German word for which is Fasnakdei.”

As the chef of a restaurant that showcases Nova Scotia products and tries to include a measure of regional culinary authenticity in my menus, *Kitchens* has proven an invaluable tool for my cooks and me. One of my favourite dishes is Finnan Haddie (Smoked Haddock), a variation of which is a perennial favourite at my restaurant. Recently, at a well-heeled dinner at the Roosevelt Hotel in New York City, I prepared a multi-course meal that celebrated lobster in several different forms. At the end of the meal I wanted an authentic Nova Scotia dessert that was both simple and delicious. Blueberry Grunt always fills the bill.

BAKED FINNAN HADDIE

¼ cup butter
2 tablespoons flour
2 cups milk
Salt and Pepper
2 pounds finnan haddie
½ cup bread crumbs
3 tablespoons melted butter
Slices of lemon
Parsley

Make a thin white sauce by combining the butter, flour, milk and salt and pepper in the top of a double boiler. Place the fish in a greased pan and pour the white sauce over it. Cover and simmer very gently for a half hour, basting as is necessary. Sprinkle with the bread crumbs which have been mixed with the melted butter. Bake in a hot oven for 15 minutes. Remove to a hot platter and garnish with parsley and lemon. Serves 6.

BLUEBERRY GRUNT

1 quart blueberries
½ cup sugar (or more)
½ cup water

Put berries, sugar and water in a pot, cover and boil gently until there is plenty of juice.

Dumplings:

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
1 teaspoon sugar
1 tablespoon butter
1 tablespoon shortening
¼–½ cup milk

Sift flour, baking powder, salt and sugar into a bowl. Cut in the butter and shortening and add enough milk to make a soft biscuit dough. Drop by spoonfuls into the hot berries. Cover closely and do not peek for 15 minutes. Serve hot.

Céad mile fáilte (a thousand welcomes)!

260 Years of the Halifax Farmers Market

Marie Nightingale

Marie is known across Canada for her classic cookbook, Out of Old Nova Scotia Kitchens. She was (and still is) and the founding Food Editor of Saltscapes, Canada's East Coast Magazine, launched in Halifax in 2000. Claiming she was born, bred and buttered in Halifax, she is especially passionate about Nova Scotia and the sister provinces of Atlantic Canada, particularly from a culinary point of view.

The oldest continuously operating farmers market in North America is writing another chapter in a history dating back to 1750, just a year after its hometown of Halifax was founded. After a colourful 260 years of operation, the old green market turned city market turned farmers market has a brand new moniker and location. In September of this year, it officially becomes the Halifax Seaport Farmers Market, situated in a newly restored Pier 20 on the Halifax Harbour waterfront, within a few feet of visiting cruise ships. What a view this new location offers, not only to its 100-plus vendors, many of whom are descendants of earlier market people, but to those who have faithfully followed its nomadic transitions over the years.

The market was first established to supply food for the townsfolk who lived on land too rocky to farm, and thus could not provide for themselves. At that time, nine men, some important enough to have Halifax streets named after them, were appointed commissioners for “designing, erecting, ordering and building a market house,” and for arranging a lottery to raise the funds to do it. In those early days the market, which included separate buildings for meat and fish, was open on weekdays from sunrise until 10 p.m., and on Saturdays from sunrise to 1 p.m. It would eventually become a Saturday morning affair.

Acadians from the Annapolis Valley, some 50 or more miles away, would drive their sheep and cattle to the town to be butchered and sold. Others, including those from the Dartmouth side of the harbour, filled their carts with or carried on their backs the fresh produce from their gardens and orchards.

For over 40 years the market operated at its original location on George Street, just up from the ferry dock, but by 1799 the need for a new building was painfully obvious. A year later, the

meat market moved into new premises across the street and the green market found a home in a small building a little further south on Bedford Row. A newspaper objected: “We cannot understand why the building which was designed for a Green Market should be occupied almost wholly by resident butchers. The butchers possess a great deal of wealth, and are quite able to put up a building of their own.” Apparently, it was at this time that the tradition of selling goods outdoors became established. “There being no convenient accommodation for the vegetable market, the country people were permitted to sell in the streets and the square in front of the Market House.” Perhaps this was the market's most colourful period.

Without television or cinemas, the market was often the town's entertainment centre. Having vigorously hawked their produce since early morning, vendors would be pretty much sold out by noon, so, leaving “the good wife” in charge to sell to any stragglers, the men set out for Keith's Brewery. There, with a mug in hand, they would exchange views on important issues: the need for a new market house, its location, the state of the roads, the latest improvements in agricultural ways, and anything else that affected their way of life. With a second mug downed, and perhaps a third, the men would then have their gallon or five-gallon jugs filled with ale to take with them. Some of it reached home, to be carefully doled out through the week, but in many cases, much of the brew was tapped and tipped as the trip home became merrier, and sometimes even boisterous.

By 1888, local newspapers were simultaneously arguing the need for a new building, while applauding the street market's quaintness: “Visitors ... admit that the scene in the square on Saturdays is a most picturesque, prodigal and enlivening one.”

An article on the Halifax green market appeared in the *Boston Traveller*, and also rated space in *The Dominion Illustrated News* of March 7, 1891. Reported the latter: “In the streets stand the country carts – lumbering primitive contrivances drawn by long-haired horses – or perhaps a solitary ox chews its cud, and the matronly driver calmly continues her knitting while her 'good man' hawks about his wares, bricks and cones of new maple sugar or tempting barks of maple candy.”

But the days of the outdoor market were numbered. Property had been purchased on Brunswick and Albemarle streets, and a large new market building was opened on July 15, 1916. *The Acadian Recorder* suggested that the market people were not entirely happy with the new location: “For the first time in over half a century the Green Market was unused this morning by country people selling their vegetables and other products of their farms.” Many of the vendors would not come to the building and drove around the city streets to sell their goods. The main concern with the new site appeared to be “the getting there.” The horses had difficulty, some said, making their way up the steep, cobble stoned hills.

In retrospect, the pros appeared to have outweighed the cons. There was now space for more than 200 tables. Washroom facilities were a vast improvement, and even a restaurant was operated in the building for the first decade.

The market remained in this location for 53 years, until the building was demolished (in 1969) to make room for the Scotia Square complex. For the next several years it was on the move to various venues, most of them unsatisfactory. Finally, in 1983, the market took up its 25-year residency in Keith's Brewery, a multi-level granite and brick building with a long history of its own. With each move, some of the discouraged vendors tossed in the towel. But, hopeful of better days, there were always new ones willing to take their places. Now, with the expected opening of the Halifax Seaport Farmers Market, it seems patience will finally be rewarded. Already being called the greenest market in North America, the 4,000 square metre facility will be topped with a huge roof garden supporting some 46,000 plants, to serve as a natural air conditioner. As well, there will be a natural water collection system, four windmills will generate electricity, and four rectangular glass towers will provide sufficient lighting. The market will be open year-round from 8 a.m. to 4 p.m. on Saturdays, Sundays, and Wednesdays.

First, last, and foremost, the Halifax Farmers Market continuously lives on without a break. But no longer do customers take home farm-fresh eggs at 15 cents a dozen. Freshness still prevails, of course, but, in keeping with the times, at much higher prices. Best of all, the camaraderie between customer and vendor remains priceless.

Dean Tudor's Book Review

CHO member Dean Tudor is Journalism Professor Emeritus at Ryerson University; his wine and food reviews can be accessed at <www.deantudor.com>. He is a member of CHO's Advisory Committee.

South Shore Tastes: recipes from the best restaurants on Nova Scotia's South Shore
Liz Feltham, Halifax: Nimbus Publishing, 2010, 74 pp, ISBN 978-1-55109-751-0, \$22.95.

Food critic and writer Feltham has collected recipes from two dozen restos from Peggy's Cove to Liverpool and Yarmouth. These are all local dishes featuring local foods. It's a bit of a tourist guide as well since there are photos of both plated foods and the surrounding landscape-seascape. Other books in the series cover PEI, Annapolis Valley, and Cape Breton. Preparations have their ingredients listed in avoiddupois measurements, but there is no metric table of equivalents. There's no index, but there is a table of contents for quick access. Naturally, seafood forms the basis of the collection, but all courses are represented. There's a map with locations, and directory of addresses. All of the restos except one are located on the scenic Lighthouse Route. Farmers' markets and wineries plus bakeries are also listed. A good souvenir of Nova Scotia.

Speaking of Food, No. 1: Bakeapples and Brewis in Newfoundland

Gary Draper

Gary has been a university professor, a librarian, a book-reviewer, and an editor. In his retirement, he continues to enjoy reading, eating, and reading about eating. He is a member of CHO's Advisory Committee.

Tho' Newfoundland is changing fast, some things we must not lose:
May we always have our flipper pie, and
codfish for our brewis.

"A Noble Fleet of Sealers,"
Canada's Story in Song (1960)

For our what? Brewis: pronounced, as the song makes clear, to rhyme with "lose." As most of us know from travelling, or reading, or listening, Canada has a rich diversity of regional foodways. What may be less apparent is that we also have some interesting variation in food-words. This is nowhere more evident than in the cookbooks of Newfoundland.

What follows is predicated on the unfamiliarity, to most mainlanders, of certain words associated with the cuisine of Newfoundland. And who do I mean when I say "most mainlanders"? Well, me. I haven't done a survey and I haven't come across an article on the degree of familiarity of Canadians in other parts of Canada with Newfoundland vocabulary. So I'll apologize, in advance, to those mainlanders who grew up knowing all about brewis and bakeapples. I did not.

"Bakeapple" is a word for a fruit, not a recipe – an ingredient, not a dish. In both the *Oxford English Dictionary* (OED) and the *Dictionary of Newfoundland English* (DNE), the earliest source cited for its use is George Cartwright's three-volume *Journal of Transactions and Events During a Residence of Nearly Sixteen Years on the Coast of Newfoundland* (1792). In the first-volume glossary, Cartwright defines the bakeapple as "The fruit of a plant so called, from the similarity of taste to that of the pulp of a roasted apple." He's describing what is more familiarly known as the cloudberry (*Rubus chamaemorus*). Cartwright's etymological guess, based on the assumed likeness between the berry's taste and that of a roasted

apple, is a good one. But it seems more likely that the word's first element was borrowed and modified in Labrador from an Eskimo word for the cloudberry, "appik" or "akbik" (DNE, 2nd ed), which was then coupled with the English word "apple" to signify that it is a kind of fruit. Evidence that the word is found outside Newfoundland comes from Thomas Chandler Haliburton, the Nova Scotia author best known for *The Sayings and Doings of Sam Slick*. He writes in his *Historical and Statistical Account of Nova Scotia* (1829): "The berry being nearly of the size and appearance of the yellow Antwerp raspberry ... is termed by the residents, 'bake-apple'."

Unlike bakeapple, brewis is a prepared dish; it is also perhaps the most heavily freighted of Newfoundland food-words, as its presence in the song above suggests. It stands for Newfoundland distinctiveness, and as such can be tourist kitsch or rallying cry. But if we strip away the barnacles of culture, what is it? The DNE says it is "Sea-biscuit or 'hard tack' soaked in water and then boiled," or "such a dish cooked with salt cod and fat pork."

Is "brewis" unique to Newfoundland? The OED says the word is from Middle English, and evolved from an Old French word, *brouetz*, a soup made with the broth of meat. The earliest citation offered is from before 1300 (though the spelling is "broys"), well before English was spoken on The Rock. This is not surprising, nor does it affect the special value in Canada of this Newfoundland term. The fact is that much of the rich Newfoundland vocabulary that rings strange in the ears of mainland Canadians has its origins across the ocean. *The Oxford Companion to the English Language* (1992) calls Newfoundland English "the oldest variety in the Americas," and says that it "derives primarily from the English West Country and later Ireland." According to the DNE, Newfoundland's earliest English visitors and settlers came from London and Bristol, and also

from the coastal and inland villages of Devon, Dorset, Somerset, Hampshire, and Wiltshire. Linguistic evolution has some biological and botanical parallels: Newfoundland's isolation allowed some of these ancient words to flourish long after they had died away in the land of their origin.

Interestingly, the word also occurs in *The Dictionary of American Regional English* (1985), defined as a New England word for porridge made of bread, milk, and molasses: a sweet, then, not a savoury like its Newfoundland cousin. But there is an essential link between the two dishes: the soaking of bread in a liquid.

Brewis and bakeapple may be emblematic Newfoundland food-terms, but there are several other words I found in the cookbooks of that province that were never heard in the kitchens of my Ontario childhood. I'm thinking of colcannon, for example, and toutins, and figgy duff.

Colcannon, I discovered, is "a mixture or hash of various vegetables, and sometimes meat, eaten on Hallowe'en" (DNE). The OED omits mention of a Hallowe'en connection, but it does indicate that cabbage is a primary ingredient. By the way, we still hear the connection between cabbage and cole, an older Middle English word for the same vegetable (and for kale), when we make coleslaw.

Flour is a primary ingredient in the next two recipes. For starters, a toutin (or, if you prefer, toutan, touten, touton, or towtent) is a piece of bread dough fried in fat. If fried on the aperture-cover of a woodstove, you may – I am happy to report – call it a "damper dog." A toutin may also be a bun made with flour, molasses, and bits of pork. In the DNE, the former definition comes with a slightly earlier citation (1891, just five years before the first citation of the pork cake in 1896). I wonder if this is an entirely homegrown Newfoundland word. I could not locate it in any other dictionary. The *Dictionary of American English on Historical Principles* (1938–1944) indicates that a similar concoction may be called a dough cake in the U.S. But its roots in Newfoundland are well illustrated in a quotation from Wayne Johnston's *The Time of Their Lives*, where the narrator is describing his Aunt May and Uncle Raymond:

She loved toutons, balls of fried dough. I remember her making toutons for herself, grabbing out handful after handful of dough from a big bread pan. "Dere'll be no bread if ya keeps makin' toutons, May," Raymond would say, but May would go on making them, smearing them with jam and cream.

"Figgy Duff" may be a phrase that resonates for some mainlanders of a certain age, for this was the name of a splendid Newfoundland folk rock group of the 1970s and '80s. But the musicians took their name from that of a boiled pudding containing raisins. "Figgy" means that whatever follows has raisins in it. The DNE offers such combinations as figgy bread, figgy bun, figgy cake, figgy loaf, figgy pudding, and – my favourite – figgy tit ("raisins wrapped in a thin cloth and given to older babies to suck."). That the word is of English origin will come as no surprise to anyone who has ever sung, and sung again, those immortal lines at Christmas, "Now bring us some figgy pudding." "Duff" is simply a phonetic rendering of the Northern English pronunciation of the word dough, a pronunciation that survives in words like tough and enough. In *The Sailor's Word-Book* (1867), what sounds like the same dish ("West Country pudding made with raisins and much in vogue at sea among Cornish and Devon men") appears under the delicious name of "figgie-dowdie."

Finally, in the *United Church Girls' Club Cook Book*, from Corner Brook, published in 1948, is this very brief recipe, submitted by Mrs B. Butler:

Brown onions in roast beef dripping. Then cut medium sized potatoes in two. Put enough boiling water to steam till cooked and dry.

Its name? "Stovies." I didn't find this word in the *Dictionary of Newfoundland English* or any of the other English dictionaries I consulted, and was excited by the notion that it might be a very local coinage. Turns out it's a Scottish word, as I discovered when I finally tried *A Dictionary of the Older Scottish Tongue* (2001). "To stove" is to cook by stewing in very little water and "stovies" (or "stoves") is a dish so prepared. And surely "stovies" is a grand wee word to welcome into our own culinary heritage. The moral? Words, like foods, are no respecters of national boundaries.

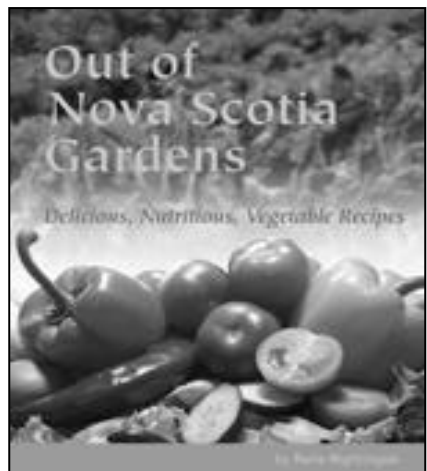
Marie Nightingale *Continued from page 3*

cookbook was sold as a fundraiser for that organization. Marie seems to instinctively work on a four-year cycle, and with her cookbook launched she was ready for a new challenge.

During the next four years she became the volunteer founder and chairman of the Joseph Howe Festival – a wonderful cultural festival in the city of Halifax. Of all she's done, Marie speaks of the festival with the most enthusiasm and pride. Again, she jumped in with both feet, suggesting bold and ambitious festival activities like inviting foreign navy vessels to come to the port – a forerunner to the Tall Ships Visit held in the summer of 2000. Her belief is that because she didn't know what she was doing, she did things right – when you're not scared to ask for something, you never know what you'll get!

Mayors, premiers and even admirals bowed to her success at the festival, and there is no doubt that when she says she "owned this city [Halifax]!", it was most likely an understatement. Marie's freelance writing led to a position in 1982 as weekly food columnist with the *Halifax Chronicle-Herald*, the region's largest daily newspaper. She continues to hold that position, despite her insistence that she retired in 1993.

The year 1993 also saw the long awaited publication of Marie's second cookbook, *Marie Nightingale's Favourite Recipes*, a heart-warming collection of recipes and memories of family life in the '50s and '60s. Nostalgic though it might be, it is also the book I turn to for those "don't worry – this will work" dishes that are the



staple of family life even now. *Out of Old Nova Scotia Gardens*, Marie's personal favourite of her books, was published in 1997.

With all these accomplishments you would expect Marie to be "slowing down" and enjoying retirement. But she's just become food editor for a new regional lifestyle magazine, *Saltscapes*, which hit the news stand this year. According to Marie, there's just too much to do to slow down. For Marie, turning 40 was the start not just of a second life, but a third, fourth, and fifth with more to come. When asked how she has managed to do so many different things with her life, Marie contends that you need two things – instinct and enthusiasm. "Instinct gets you going in the right direction, and enthusiasm keeps you going that way!"

With seemingly limitless amounts of both, we can only imagine what new and exciting challenge Marie will accept next!

Ten and a half years later:

Although ostensibly retired, Marie Nightingale continues to write about Canada's food. Her latest accolade was to be nominated in early 2010 for one of the new Governor General Awards, "The Nation's Table." Although she did not win, the founding editors of *Saltscapes* did, in the Education and Awareness category, and in his acceptance James Gourlay paid homage to Marie.

CHO Members News

Fiona Lucas and **Mary Williamson** contributed "Frolics with Food: *The Frugal Housewife's Manual* by A.B. of Grimsby, 1840" to *Covering Niagara: Studies In Local Popular Culture*, Sir Wilfrid Laurier University Press, June 2010.

Volume 2, number 1 of *Cuizine: The Journal of Canadian Food Cultures / Cuizine : revue des cultures culinaires au Canada*, edited by McGill professor **Nathalie Cooke**, is now online at www.erudit.org/revue/cuizine. One excellent essay is by Ryerson professor **Hersch Jacobs**: "Structural Elements in Canadian Cuisine."

Mya Sangster, along with **Bridget Wranich**, was featured prominently in the July 2nd article of Ian Brown's current *Globe and Mail* series on his cross-country culinary journey. **Elizabeth Baird** and **John Hammond** were also mentioned.

Tribute: Margo Oliver Morgan, 1923–2010

Helen Hatton

Home Economist Helen Hatton writes the Gourmet Recipe column for www.tonyaspler.com.

As a tribute to the late Margo Oliver, we reprint this article with permission from the Hall of Fame page on the Ontario Home Economists in Business (OHEIB) website, <http://www.oheib.org>. OHEIB's Hall of Fame was first established in 1989 to honour senior members of the home economics profession, "those who were first." Margo Oliver was awarded this honour in 1993.

Truly a household word since 1959, home economist, food editor, cookbook author and now avid amateur gardener, Margo Oliver began her illustrious career as a parcel girl at Eaton's in her home town of Winnipeg. Quickly realizing that this position lacked creativity, Margo went on to business college and became a legal secretary. This wasn't for her, either.

Fortunately, Margo had developed an early interest in food when, as a young girl, she happily took over the job of baking in the family home. Unlike the hobby breads of today that we may turn out, families then expected fresh, home-baked bread every day. Margo's mother was only too happy to lose this time-consuming job, and quickly helped her daughter learn to make a delicious product. So, in 1950, a wiser Margo earned an undergraduate degree in Home Economics at the University of Manitoba and after a year of graduate work at the University of Minnesota, went to work for General Mills in the Betty Crocker kitchens in Minneapolis. Today, of course, the kitchens employ home economists literally from around the world to lend authenticity to the recipes and food products, but back then, Margo was the first non-American they hired. She was always a stop on the kitchen tours when the group leader would proudly point and exclaim, "There's our foreigner!"

When General Mills decided to expand into Canada, they recruited Margo who became our first "Betty Crocker." Margo spent four years crisscrossing the country appearing on radio and television, speaking to groups and giving the usual demonstrations that so many of us now know and love.

Mary Adams recalled, "Back in those days, General Mills had no milling facilities here, so Maple Leaf Mills was under contract to produce flour for them. I had just started at Maple Leaf, and Margo, over at General Mills, was really the competition. I was the new kid on the block, and even though we were in competition, Margo really did extend herself. She was always so kind and helpful to me."



Margo Oliver, from inside back jacket of *Margo Oliver's Stew & Casserole Book*, 1975

I asked Mary if she remembered any funny anecdotes, and anything juicy, or ... disasters, and Mary said, rather seriously, "I can't think of a thing. You know, Margo Oliver was so together I don't think she ever had any failures. She wasn't like the rest of us all kind of flopping around. She was perfect!"

Nevertheless ...

Margo had one of the very first microwave ovens in her Betty Crocker Canada kitchens, and was just learning to operate it. A tour group came through, and on one of her very first demonstrations, she proudly showed off this space-age appliance by cooking eggs. Margo admitted that

the group was still picking bits of cooked egg and shells out of their little pillbox hats when they left.

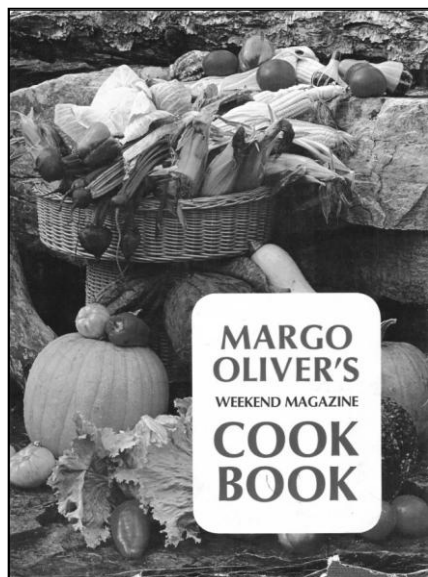
Margo Fraser worked with Margo for three to four weeks when Margo was moving from General Mills to Montreal with *Weekend Magazine*. Margo worked part-time only, doing some interim recipe testing and answering the test kitchen telephone during the transition. "Oh, she was glamorous", related Margo. "She always had beautiful clothes and could wear this big, chunky jewelery. In those days no-one really felt completely dressed unless we wore a stupid little hat, but somehow Margo never had to."

Marg Fraser's further memories included the CNE. She said, "Margo was a great ham in the kitchen and her demos with various celebrity chefs were huge hits. When the audiences were dull, Margo just flirted a bit, and the shows always took off. And you know, she always had such good ideas with food and could ice a cake in jig time. Those demos were just terrific!"

Marjorie Flint commented that Margo Oliver always had flair, and great presentation ideas.

M-A-R-G-O is not the usual spelling, and indeed some of you undoubtedly remember her as Marg. The additional "O" came out of signing her name Marg followed by a capital "O" obviously for "Oliver," and Marg-o just naturally evolved.

At General Mills, Margo regularly submitted reports to the various grain mills, and soon just



signed her letters with her initials "M.O."

Years later, she found out that the men in the field referred to our Margo – who is tall – as Big Mo ... short for Battleship Missouri.

Canada's first Betty Crocker really come into her own as the popular food editor for *Weekend* and then *Today* magazines. Based in Montreal, she took over the job at *Weekend* from writer Helen Gougeon.

Helen, who was Women's Editor for the *Montreal Standard* from 1950 to 1958, had been doing articles on fashion and make-up. In that period, someone senior realized that food companies were buying advertising space, and management suddenly announced that there had to be a regular column with recipes ... period! Helen said, "I was not a home economist, but loved food and cooked well, and had access to chefs in Montreal who were happy to help. When I decided to leave the paper, I suggested Margo Oliver apply for the job." Margo told Helen that she'd love to, but really only knew about baking, not pickles and jam and such, wherein Helen replied, "Don't worry, dear, you'll learn."

Helen had been testing recipes in her own kitchen at home, but Margo charmed management into building a proper test kitchen. It paid off handsomely. Beginning in late 1959, Margo Oliver produced for the magazines a minimum of six and sometimes as many as 10 recipes until her retirement in August 1982.

I did some math: Twenty-three years, two months is approximately 1,205 weeks. An average of eight recipes each week gives you a total of 9,640 recipes, give or take a few. And each week the photography was done in-house, in a studio next to the test kitchen. Margo accomplished all this with one and occasionally two helpers, plus a secretary who also pitched in.

Helen Gagen Magee said, "You know, Margo never seemed to make a terrific effort. She was always so relaxed, yet she always had the most amazing results with her food. The more she relaxed, the more things got done!"

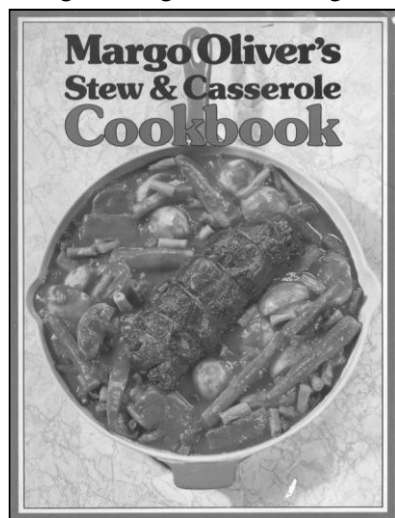
I asked Margo about producing all those recipes week after week. "Well", she replied, "I kept an eye on styles and changes in attitudes and paid attention to what people were asking about."

Kay Spicer said of Margo, "While she was food editor with *Weekend Magazine*, I had something

to look forward to in the publication every week, and I'm sure most of the readers felt the same way."

Elaine Collett did enjoy food editors' conventions and trips with Margo. "She would always go out of her way to get good stories and ideas. We were once in California with Sunkist and I seem to remember that Margo and I spend a lot of time climbing up and down orange trees when no-one else would."

While at *Weekend*, Margo met and married Englishman Victor Morgan. They had a wonderful relationship for 12 years. Marg Fraser commented, "You know, when she was single, Margo managed an amazing social life, but her



marriage was the best date she ever had."

During her career, Margo has produced seven cookbooks – all best sellers. The titles range from *Margo Oliver's Most Treasured Recipes* and her *Weekend*

Magazine Cookbook to the current *Good Food for Seniors* and *Good Food for One*. Several of her cookbooks were printed in French as well.

Alison Fryer of The Cookbook Store commented, "Margo Oliver's books are very practical with wide appeal. She has struck a chord with people and we've found that once they are introduced to her books, they want more. Her latest books, *Good Food for Seniors* and *Good Food for One* sell very well, and we still get requests for her original books. I wouldn't be surprised to see them back in print one day."

I asked Margo what she liked to cook today. And the emphatic answer was "simple." But I also listened, drooling, to her loving description of fresh pears in apple juice – not sugar – that she "puts by" every year, and the freezer stocked with

perfect peaches, raspberries and fresh-picked peas. I was tickled to hear Stephen, her gardener and handyman, state seriously, "I may get married someday, but I don't want anyone cooking for me but Margo Oliver!"

Mary McGrath, the food and fashion writer at the *Toronto Star* said, "Margo Oliver set a standard of excellence for the rest of us; she never compromised; she was really well ahead of her time in so many ways. Margo was promoting Canadian recipes and foods long before everyone else got on that bandwagon. The *Star* ran her column for a number of years, and we still get readers bugging us if they've lost one of her recipes that they had clipped. And, Margo was always extremely gracious and a fabulous role model."

Cynthia David, food editor at the *Toronto Sun*, added that she got interested in food and food writing because of Margo's columns and cookbooks.

I think Lyn Cook's nomination of Margo for the Hall of Fame beautifully sums up our admiration and respect. Lyn says "Margo worked in the Montreal area for the greater part of her career. I first became aware of her through her articles and recipes in the weekend magazines of the newspapers – the *Telegram* and the *Star*. She was the lady who inspired me to learn about food, consumerism and presentation of information to the interested public. She inspired me to enter the profession of Home Economics. Margo has written some wonderful cookbooks. I often refer to them because I know the recipes work. This nomination is my way of saying "Thank you, Margo" for leading me into my Home Economics career."

And at that, I think the next sentence is simply "Thank you, Margo, and warmest congratulations from all of us."

For an interview with Margo Oliver, see *Culinary Chronicles*, Winter 2005, number 43.

Margo Oliver Morgan died on Friday, June 4, 2010, in Fergus, Ontario.

Book Review: *Atlantic Seafood*

Janet Kronick

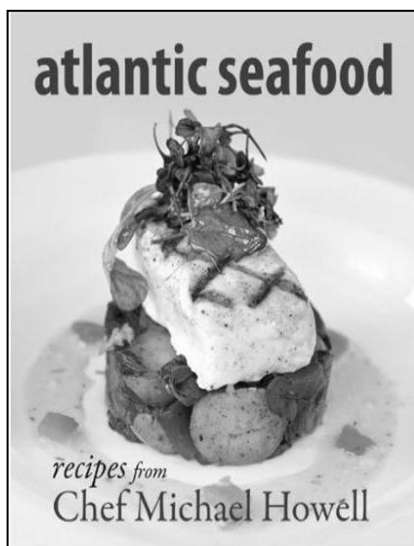
Janet is Historic Kitchen Co-ordinator at Dundurn National Historic Site in Hamilton, Ontario, and CHO's Hamilton Program Co-ordinator.

Atlantic Seafood: Recipes from Chef Michael Howell

Halifax, NS: Nimbus Publishing Limited, 2009, 133 pp, ISBN 978-1-55109-728-2, \$24.95.

How we cook and what we like to taste is influenced, both in and outside the kitchen, by elements such as family, local culture, what we read, where we travel. *Atlantic Seafood: Recipes from Chef Michael Howell* is a simple and lovely cookbook that encourages us to consider what we want to experience through our food and then imaginatively shares approaches on how to prepare and reflect on these desires. Born in Chester, Nova Scotia, Howell returned to his roots after a 20-year culinary journey, cooking in Chicago, Staten Island, Boston, and the Bahamas. He and his wife opened Tempest Restaurant in Wolfville, embracing a thread that binds all his cooking, "that a well-prepared meal can convey you to a place you cherish in memory ... that flavours and aromas can evoke strong memories or provide solace..." (2, 3).

Howell is director of the board of Slow Food Nova Scotia, which promotes alternatives to the fast food lifestyle by emphasizing the importance of local, organic, and sustainable products. Drawing inspiration from the heart of the rich agricultural Nova Scotian Annapolis Valley and from his passion for sustainable living Howell's support of the local fishermen and farmers is conspicuous. He encourages us to learn the provenance of the fish we buy to ensure it has been sustainably caught and harvested, reminding us that food travelling halfway around the world to get to us has "a lot of ethical baggage and leaves a large carbon footprint" (5). Throughout this cookbook, Howell often demonstrates that he fully embraces this paradigm shift about what we eat from the sea, like a gastronome should.



Atlantic Seafood features excellent, easy-to-follow fish and seafood recipes, complemented by stunning culinary photography and peppered with charming maritime images. The book is organized by seafood type – 22 sections, including several on stocks and sauces – making it simple to find the recipe you may need. There are delectable local maritime dishes like – a savoury personal memory of mine – fried clam strips, as well as clam chowder, haddock fish and chips, salt cod dishes and a solid nod to native

methods of smoking fish with some incredible smoked seafood recipes. I tried Howell's chowder twist with Smoked Fish and Chorizo (96). I was superbly overwhelmed by the smokey and spicy flavours and Chef Howell was right: it was even better the next day. I was drawn in by his suggestion of using rosewater with haddock and pureed Jerusalem artichokes with smoked scallops. His international flare is intriguing – Falafel Crusted Sturgeon, Tandoori

Monkfish, Smoked Eel Ravioli, and a luxurious pan-seared tuna with miso.

Howell never chastises readers; rather, he includes short and to-the-point "Ethical Eating Notes" that gently persuade you to buy food that is sustainably caught or farmed, and provides optional fish suggestions, making the recipes versatile and allowing readers to use what is seasonal and local. This is a fabulous and affectionate eastern Canadian seafood cookbook. I'm going fishin'! Then kicking back with some Oyster Shooters!

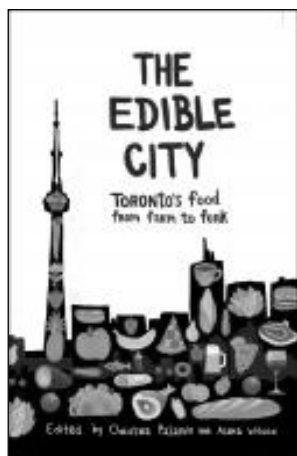
Book Review: *The Edible City*

Karen Burson

Karen Burson is the Project Manager for Hamilton Eat Local (an initiative of Environment Hamilton) and was the founder of the award-winning Bread & Roses Cafe at the Sky Dragon Community Development Cooperative in downtown Hamilton, Ontario.

The Edible City: Toronto's Food from Farm to Fork.

Christina Palassio and Alana Wilcox, eds. Toronto: Coach House Books, 2009, 312 pp, ISBN-10: 1552452190, \$24.95.



I should mention that I don't live in Toronto. But, I do live in a neighbouring city, and I've watched with envy as the food movement flourished there in a way it hasn't in Hamilton. I've wanted to read *The Edible City* by Christina Palassio and Alana Wilcox ever since I heard about it.

This lively collection of essays is enjoyable. The sections read like courses in an elaborate Italian meal: *antipasto, primo, secondo* ... no shortage of food metaphors here! The powerful "everything old is new again" theme of the book suggests that Toronto's rich food history is nothing recent; the resurgence of the city's traditions of community gardens, urban greenhouses, and farmers markets isn't as "hip" and "new" as some folks might think.

Chapters function as practical guides to the city's current maturing food culture. Coffee, bread, street foods, and craft brewing receive the "best place to get it" treatment, and specialty culinary items get historical and cultural perspectives. Writer, artist, and filmmaker Rea Macnamara, for example, puts Trinidadian *roti* on Toronto's culinary map, while another writer goes on a seemingly obsessive search for the story behind an obscure cocktail called "The Toronto" and its odd collection of ingredients. There are pieces on growing figs in our cold climate and on finding exotic ingredients called "Not Your Grandmother's Pantry." Of note is the article by CHO member Mary F. Williamson, "From wedding *déjeuners* to *recherché* repasts: The Webb family bakers, confectioners, caterers and restaurateurs, by

appointment to Victorian Toronto."

Several items are prescriptive in nature, such as the contribution from chef/activist Joshna Maharaj called "Cooking for a change: the role of chefs in grassroots and global communities." It reads like a food manifesto, calling for an expert-led food revolution meant to inspire bored home cooks and usually politically detached chefs alike. She describes how her experiences as a chef at The Stop Community Food Centre helped form her activism, and we learn more about this former food bank as well as Toronto FoodShare. Jason McBride's article about how these respected and influential food security organizations are true pioneers in this growing field of social activism made obvious the need for communities such as mine to develop community food centres. Some pieces were informative (such as the mysterious Ontario Food Terminal); others were about emerging responses to the wide range of challenges facing community food security.

To be fair, a collection of essays that attempts to offer a variety of perspectives and writing styles will inevitably include a few that are less appealing to some readers. I found one piece irritating (perhaps because I can't afford to go to any of the restaurants mentioned?) and another unreadable (I skipped it). However, I was delighted by the final chapter, written by globally known Toronto food hero Dr Wayne Roberts, the recently retired Manager of the Toronto Food Policy Council (known by some as Canada's Michael Pollan). In the playfully entitled "How Toronto found its food groove," Roberts states it shouldn't surprise anyone that a culturally diverse and politically liberal city that is surrounded by agricultural lands should enjoy such a thriving food sector. *The Edible City* truly has plenty to chew upon.

CHO Program Review: Talking Food: The Importance of Symposia for Food Culture

Janet Kronick

Janet is the Historic Kitchen Coordinator at Dundurn National Historic Site in Hamilton, Ontario, and CHO's Hamilton Program Chair.

CHO'S annual spring lecture, in partnership with Campbell House Museum, featured gastronome and culinary activist Anita Stewart on the creation of a dynamic food culture. She shared her insights into the role of food symposia in Canada and around the world.

Anita Stewart began with a description of *gastronomy*, deferring to historic communicators of the philosophy of French classic cuisine, such as Jean Brillat-Savarin (Mr “tell me what you eat and I shall tell you who you are,” an apt representation of the topic for the evening, and conceivably for CHO). These communicators strove to liberate taste from the aristocracy, claiming it was compatible with simple reason and enlightenment, and ascribed the virtues of reflective eating with wit and humanity. Stewart paraphrased these philosophers, saying that reflective eating would deliver good friendship through food. She advises that today’s no-cook, fast-food culture, unrestrained by seasons or locality, and heavily promoting eat anything at anytime, would do better to heed the messages of our gastronomic forebears.

It is perhaps in this vein that food symposia can serve as agents of change in varied ways. Whether they delve into “food history” or “gastronomy,” they offer an exploration of foodways, forwarding cuisine in lecture (as was the case on this June 7 at Campbell House Museum). Stewart believes that communication in general is key to inspiring us to think about where our food comes from. She feels that there has been such a growth in the discussion and writing of food culture that the impact, though at times great, can also be diluted. She investigated various countries and their diverse journeys into food conferencing. In comparing Britain and Australia, the latter serves its rich contemporary food culture spurred by a climate that can grow anything, and the former explores its food history rather than promoting British cuisine. The now internationally popular Slow Food movement (Italy was the birthplace) and Canada’s own “Northern Bounty”

conferences and “Feast of Fields” in British Columbia are examples of events that furthered the cause of raising consciousness about regional foods of our nation. Stewart identified how regional food has grown as a point of pride and identity creation. The result, she says, is a growth in food history studies, in culinary and agricultural tourism, and in farmers markets.



Anita Stewart

(Photograph courtesy of Janet Kronick)

Stewart turned to various audience members for inspiration to further enlighten the subject. Mary Williamson felt that symposia allows many different groups in the food industry to come together, share and learn, and then return to their respective realms of the industry and filter the information through their own spheres. Michael McMillan, from The Food Network, spoke to the commonality of food as being so powerful an influence that the network, originally believed to be a “stupid” idea, now flourishes. Despite the allure of reality themes and food game shows, it

Continued on page 19

CHO Program Review: Apron-Mania

Amy Scott

Amy is CHO's new Treasurer. She works at Black Creek Pioneer Village and volunteers as an Historic Cook at Mackenzie House in Toronto.

On May 8, members of CHO and the general public gathered at Campbell House Museum in Toronto to learn about and view a rainbow of aprons from many different time periods, and to enjoy delicious refreshments. The main speaker was Maggie Newell, CHO's secretary, who gave an overview of the history of the apron, beginning as protective clothing for many different trades, including domestic servants (for whom it eventually became a badge of office), and becoming, by the mid-20th century, a fashion accessory and a collectable.

The original purpose of the apron was to protect workers and their clothes from the hazards of their jobs, such as fire, water, dirt, and abrasion. Different trades had different types of apron: fishmongers had ones made of oilskin; blacksmiths, of leather. While male servants of the upper classes were given livery to wear, female servants had to provide their own clothing. For them, the apron and cap were a way of distinguishing the servants from the lady and daughters of the house.

For housewives and farm wives who did their own work in the 19th and early 20th centuries, the apron was a practical item of clothing. However, the urban, middle-class housewife of the 1950s had a reduced workload, and her apron became a symbol of domesticity – think of June Cleaver vacuuming in pearls and a dainty apron. Highly decorative (and impractical) “hostess” aprons were de rigueur for dinner parties.

An apron was the quintessential 20th-century “home ec” sewing project – many attendees could recall making one – because it used a small amount of fabric, was easy to fit, and used a variety of techniques. But as cheap, mass-

produced clothing and washing machines became more available, the need to wear aprons while cooking declined. In turn they have become collectable items, either commemorative or marketing tools.



Part of Daphne Hart's colourful collection of aprons on display at Apron-Mania.

(Photograph courtesy of Amy Scott)

Other presenters at this event included Diane Reid and Sarah Walker of Fashion History Productions, who attended in 19th- and 18th-century costume (including aprons) respectively. Several CHO members brought their apron collections or a couple of special aprons that they own, for display and discussion. Notable was Daphne Hart's extensive collection, and examples with commentary by Ralph Eades, Linda Kenny, and others.

We left with a new knowledge and appreciation of the apron.

Two Resources for Canadian Culinary History

***Culinary Chronicles* Back Issues**

If you would like to fill in gaps, these back issues are available for \$3 each or any four for \$10, including postage. Please contact Amy Scott at 416-421-3363 or amy.a.scott@sympatico.ca.

#	Season	Year	Theme
36	Spring	2003	General
37	Summer	2003	General
38	Autumn	2003	General
39	Winter	2004	General
40	Spring	2004	Kate Aitken
41	Summer	2004	Kitchen Sinks
42	Autumn	2004	Banquets
43	Winter	2005	Kitchen Stoves
44	Spring	2005	Japanese Canadian Cooking
45	Summer	2005	General
46	Autumn	2005	Culinary History of Peterborough
47	Winter	2006	General
48	Spring	2006	General
49	Summer	2006	Camp Foods
50	Autumn	2006	General
51	Winter	2007	Chocolate and Candy
52	Spring	2007	Kitchens
53	Summer	2007	Canadian Cookbooks
54	Autumn	2007	General
55	Winter	2008	Canadian Dairying
56	Spring	2008	Children's Foods in Canada
57	Summer	2008	Tributes to Liz Driver upon publication of her <i>Culinary Landmarks</i> Bibliography
58	Autumn	2008	Second World War Rationing in Canada
59	Winter	2009	Teaching Food History
60	Spring	2009	Challenges of Historic Cooking
61	Summer	2009	Canadian Prairie Cuisine
62	Autumn	2009	General
63	Winter	2010	Jewish Foods in Canada

Canadian Culinary History Sources: A Selected Bibliography

A revised and updated version of CHO's bibliography of Canadian culinary history is now up on our website, www.culinaryhistorians.ca. If you have additions to suggest, please contact Fiona Lucas at 416-781-8153 or fionalucas@rogers.com.

Categories:

Aboriginal Cuisine
 Agriculture and Horticulture
 Beverages
 Bibliographies
 Biographies / Autobiographies
 Canadian Cookbooks
 Canadian Cuisine
 Centuries
 Cities
 Cookbook Reprints
 Company Histories
 Culinary Consumerism
 Culinary Material Culture
 Cultural and Ethnic Groups
 Festivals
 Foodstuffs
 Food Studies
 Kitchens
 Housewifery
 Military Foods
 Music and Food
 Nutrition
 Provinces
 Recipes, Historical
 Restaurants and Food / Kitchen Shops
 Servants

CHO Upcoming Events

September 2010

CHO'S AGM

Dundurn Castle, Hamilton

Sunday, September 19, 1 – 4 pm

The afternoon will include a tour and special programmes offered by CHO and Dundurn Castle. See announcement on page 2.

CHO in partnership with Macaulay Heritage Park

TASTE THE HERITAGE

Macaulay Heritage Park

35 Church Street, Picton, Prince Edward County

613-476-2148, museums@pecountry.on.ca

Sunday, September 26, 1:30 pm

Talk and tasting: Mya Sangster (Lead Volunteer Historic Cook at Fort York National Historic Site) shares recipes and demonstrates the preparation of Loyalist-era cakes in our historic kitchen.

Dr Dorothy Duncan, acclaimed historian and author, discusses the past and examines the idea of eating local in her lecture "From Forests to Farmsteads to Fields to a Neighbourhood Garden: Our Ancestors' One Mile Diet." Her books *Nothing More Comforting: Canada's Heritage Food* and *Canadians at Table: Food, Fellowship and Folklore* will also be available for sale and signing.

Brought to you by CHO, From the Farm Cooking School, and Museums of Prince Edward County.

Refreshments included. \$20. Please register by Friday, September 24 at 613-476-2148 or museums@pecountry.on.ca.

November 2010

CHO in partnership with the Tool Group of Canada

KITCHEN TOOL MAGIC

The Victoria Square Community Center

2929 Elgin Mills Road East, Markham

Saturday, November 13, 8:30 am – noon

Arrive at 8:30 am to view and to trade or sell kitchen utensils, and to enjoy homemade

refreshments. See collections of meat-grinders, butter pats, corkscrews, cast iron cookware and more. Antique cookbooks for sale by CHO. Meeting begins at 10:00 am, with talks about kitchen tools and fun sessions of "Show and Tell," "What's It?" and "No Tool Fool!"

Free admission and refreshments. To offer or request carpooling to this event, please contact Liz Driver: 416-691-4877, liz.driver@sympatico.ca.

February 2010

CHO in partnership with Fort York National Historic Site

MAD FOR MARMALADE, CRAZY FOR CITRUS! – Fourth Annual

Fort York National Historic Site

100 Garrison Road, Toronto

off Fleet St., east of Strachan Ave, west of Bathurst
416-392-6907, fortYork@toronto.ca

Saturday, February 19, time TBA

Plan to join the fourth annual celebration of citrus in winter! Workshops, tastings, marketplace, competition, demonstrations – lots to do!

Anita Stewart *Continued from page 16*

it provides more relevant and inclusive messaging. Elizabeth Baird shared her belief that since food was likely the beginning of the development of society, media messages should begin to celebrate local food and actual cooking and not repeatedly try to reinvent the wheel. Through her years in *Canadian Living* magazine's test kitchens Baird hoped the magazine would develop a single focus of food. She felt that the readership was definitely interested but that advertisers were not supportive. The magazine eventually diversified with home décor, etc.

We thank Anita Stewart for presenting her perspectives to us that night. And we share her passion to celebrate Canada's foodscape and culinary history. She was pleased to tell us that the All Butter Oatmeal cookies offered for refreshment were a favourite of hers!

www.culinaryhistorians.ca

On our website you will find a bibliography of Canadian food history, back issues of *Culinary Chronicles*, and links to culinary sites and to cookbook collections. Also posted are CHO's Constitution, reviews of recent CHO events, notices of upcoming events, a membership form for downloading, and much more. Our home page features changing illustrations, courtesy of Mary F. Williamson. CHO thanks the University of Guelph for maintaining our website.

ABOUT CULINARY CHRONICLES

Submissions: We welcome items for the newsletter; however, their acceptance depends on appropriateness of subject matter, quality of writing, and space. All submissions should reflect current research on Canadian themes. The Editor reserves the right to accept or reject submissions and to edit them. The Editor's contact information is 416 781-8153 or fionalucas@rogers.com.

Upcoming themes:	Autumn 2010, Number 66	– Foodways of Canada's First Nations	Publication Date: December 1
	Winter 2011, Number 67	– Québec's Historical Foodways	Publication Date: February 1
	Spring 2011, Number 68	– Canadian Food and Folklore	Publication Date: May 1
	Summer 2011, Number 69	– Canadian Cookbooks and Gender	Publication Date: August 1
	Autum 2011, Number 70	– Asian Foodways in Canada	Publication Date: November 1
	Winter 2012, Number 71	– Kitchen Collectibles in Canada	Publication Date: February 1

Please contact the General Editor if you wish to write on an upcoming theme, or to propose another. Deadline for copy is six weeks prior to publication.

Newsletter Committee: Fiona Lucas (General Editor), Ed Lyons (layout), Eleanor Gasparik (copy editing), Janet Kronick (reviews). For contributing to this issue, the Newsletter Committee thanks Karen Burson, Gary Draper, Helen Hatton, Michael Howell, Marie Nightingale, Diane Faulkner of Nimbus Publishing Company, Ontario Home Economists in Business, Heather White of *Saltscapes*, Amy Scott, Mary Elizabeth Stewart, and Dean Tudor.

ISSN 1713-8566. All rights reserved. Written permission is required to reprint articles.

MISSION STATEMENT

The Culinary Historians of Ontario is an organization that researches, interprets, preserves and celebrates Canada's and Ontario's culinary heritage, which has been shaped by the food traditions of the First Nations peoples and generations of immigrants from all parts of the world. Through programs, events and publications, CHO educates its members and the public about the foods and beverages of Canada's past. Founded in Ontario in 1994, CHO welcomes new members wherever they live.

MEMBERSHIP INFORMATION

Members enjoy the quarterly newsletter, *Culinary Chronicles*, may attend CHO events at special member's rates, and receive information on food-history happenings. Members join a network of people dedicated to Ontario's culinary history.

Membership fees:

\$30 Cdn for One-Year Individual, Household and Institution

\$55 Cdn for Two-Year Individual, Household and Institution

American and international members may pay in American dollars.

Membership year: January 1 to December 31

Website: www.culinaryhistorians.ca

Email: culinaryhistorians@uoguelph.ca

Webmaster: University of Guelph

Mailing address: Culinary Historians of Ontario, 260 Adelaide Street East, Box 149, Toronto, Ontario, Canada M5A 1N1

2009–2011 Executive: President: Bob Wildfong; Vice President: Liz Driver; Past President: Fiona Lucas; Secretary: Marguerite Newell; Treasurer: Amy Scott.

Committees: Program Chair: Liz Driver; Newsletter Chair: Fiona Lucas; Membership Chair: Amy Scott; Electronic Resources Chair: Angie McKaig; Outreach and Education Chair: vacant; Hamilton Program Co-ordinator: Janet Kronick.