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Digestible Bits and Bites #15 - July 2014

Below: A Little Gingerbread Cake from "Young Ladies' Guide in the Art of Cookery" by Elizabeth Marshall (1777)

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# Digestible Bits and Bites

The monthly newsletter of the

[Culinary Historians of Canada](#)

Number 15, July 2014

## Upcoming CHC Events

**Sunday, August 24, noon onwards**

**Potluck Picnic in the County**

**Prince Edward County, Ontario**

CHC members will enjoy a potluck lunch (wine and non-alcoholic beverages provided) at a 100-acre Cultural Heritage Landscape farm property in beautiful Prince Edward County with an 1860 brick farmhouse, early barn and other outbuildings. New features since the last CHC visit are a 1905 Royal Jewel wood-fired cookstove and a new extension with modern waterworks to augment the traditional outhouse!

*Free with a contribution to the potluck. RSVP to Liz Driver at*

*[liz.driver@sympatico.ca](mailto:liz.driver@sympatico.ca), letting her know what you will be contributing to the*

*meal; she will reply with a map and driving directions.*

**Sunday, October 5, 1 to 3 p.m.**

## **Cookery of the Great War**

**Eldon House (481 Ridout Street N, London, Ontario, 519-661-5169)**

While more than 600,000 Canadian troops were mobilized and sent overseas during the First World War, those left behind wanted to do their duty too. Women were asked to work in factories, help out on farms and raise funds to help supply soldiers with both necessities such as socks and luxuries such as chocolate. They often held fundraising teas. In the Eldon House kitchen, chef and culinary historian Angel Commins will demonstrate several WWI-era recipes that would have been served at such an event 100 years ago.

*\$15+HST per person. Registration: 519-661-5169*

## **July 2014 News & Events**

### **Canadian Food Studies Has Launched!**

The first issue of the new bilingual journal *Canadian Food Studies/La Revue canadienne des études sur l'alimentation* has been published online at [canadianfoodstudies.ca](http://canadianfoodstudies.ca). Among the contents are such essays as "Notes from the Nanaimo bar trail" by Lenore Lauri Newman; "Against the Odds: The Survival of Traditional Food Knowledge in a Rural Alberta Community" by Jennifer Braun and Mary Beckie, and "The spaces for farmers in the city: A case study comparison of Direct Selling Alternative Food Networks in Toronto, Canada and Belo Horizonte, Brazil" by Erin Maureen Pratley and Belinda Dodson.

Text submissions are welcome, including essays, field reports and reviews. Short-format pieces may be 800-1,000 words, while long essays may run as high as 8,000 words. Audio, video and graphic content is also welcome. Detailed submission guidelines are posted on the journal site.

### **CuiZine 5.1 Launch in Italy**

In late May, the latest issue of *CuiZine*, on the theme of Sustaining Foods and Food Traditions, was launched in Bertinoro, Italy as part of the First International Conference on Food and Culture in Translation. The text is available online at [www.erudit.org/revue/cuizine](http://www.erudit.org/revue/cuizine). The issue contains, among other articles, a review by Fiona Lucas of the book *French Taste in Atlantic Canada, 1604-1758, A Gastronomic History / Le goût français au Canada atlantique, 1604-1758, Une histoire gastronomique* by Anne Marie Lane Jonah and Chantal Véchambre (Cape Breton University Press, 2012).

Montreal-based editor Nathalie Cooke writes: "When CuiZine was conceptualized in 2008, our primary goal was to provide a venue to showcase excellent scholarship on Canadian foodways and bring that scholarship to a broad reading public. At the heart of each issue are peer-reviewed articles that offer original insights into Canada's diverse food practices. In 2009, the journal's first full year of production, more than 6,800 readers browsed our articles. By 2013, annual readership reached 12,260, drawing audiences from more than 114 countries."

Follow CuiZine on Twitter: @CuiZineCanada.

### **Fruit, Fools and Compotes Historic Cooking Class**

Register now for this unique class, to be held on Sunday, August 17 from 10:30 a.m. to 3:30 p.m. in the 1826 Officers' Mess Kitchen at Fort York National Historic Site in Toronto. Using seasonal fruit and 18th- and early 19th-century recipes and techniques, participants will prepare (and sample!) a variety of delicious dishes such as fruit fools, creams, tarts, pies, waters, ice creams or compotes. A salmagundi will also be prepared and served for lunch.

Admission: \$75+HST (lunch & recipe package included). Pre-registration and payment required. For further information about the class, call Bridget Wranich at 416-392-6907, extension 225 or email [fortyork@toronto.ca](mailto:fortyork@toronto.ca). To register, call 416-392-6907, extension 221.

### **EVENTS**



- **To Sunday, October 5: Collecting Culinarium (Calgary).** Historic [Lougheed House](#) presents an exhibition on prairie recipes, cookbooks and domestic manuals from the Victorian era to the 1970s. The items on display are chosen from the 3,000-strong holdings of the Linda Miron Distad Culinarium collection at University of Alberta in Edmonton. 403-244-6333. View the fascinating companion piece, an online exhibit titled "Culinarium: A Taste of

Food History on the Prairies" at [omeka.library.ualberta.ca/exhibits](http://omeka.library.ualberta.ca/exhibits). It's replete with facsimiles of the holdings, like the Ukrainian-English cookbook and the CPR-Ministry of Natural Resources brochure pictured above.

- **To December 2014: Bon Voyage / Bon Appétit (Vancouver).** The University of British Columbia's [Rare Books and Special Collections](#) and historian Larry Wong are presenting an exhibit of menus from the Canadian Pacific Railway Company's ships, trains, planes and hotels, curated from UBC Library's Chung Collection of more than 1,000 menus from the 1890s to the 1980s. Most are in English, but some are in Chinese, Japanese, French or German. 604-822-2521
- **Tuesday, July 1: Canada Day at Fort York, 10 a.m. to 5 p.m. (Toronto).** The 1826 Officers' Mess Kitchen at [Fort York](#) will be animated during the celebrations of Canada's birthday, with costumed interpreters demonstrating hearth and oven cooking. Free admission. 416-392-6907
- **Tuesday, July 1: Canada Day Tea, 1 to 4 p.m. (Etobicoke, Ontario).** [Montgomery's Inn](#) offers guided tours, Inn-made strawberry ice cream in the historic kitchen and strawberry-rhubarb compote in the tea room on shortcake with whipped cream! Admission: \$10+HST. 416-394-8113
- **Sunday, July 20: Ice Cream Festival (Ottawa).** [Canada Agriculture and Food Museum](#) invites visitors to explore the journey from cow to cone on National Ice Cream Day and get the scoop on ice cream and dairying. 613-991-3044, 1-866-442-4416
- **Thursday, July 31: Thirsty Thursday Tavern Night, 7 to 10 p.m. (Etobicoke, Ontario).** On the last Thursday of every month, [Montgomery's Inn](#) holds a Thirsty Thursday Tavern Night. Enjoy beer, wine, or a Thomas Montgomery speciality in the restored 1847 barroom, along with Irish stew cooked on the hearth, fresh baked bread and live traditional music. Free admission, cash bar, \$5. for a bowl of stew, while supplies last. 416-394-8113

## Canadian Conferences

**July 19-20, 2014 (Toronto, Ontario)**

**SAVORY SAGAS - HERBS FOR LIFE**

Foodies, herbalists, gardeners, cooks, environmentalists and anyone else who wants to share and learn about herbs are welcome to join the International Herb Association's Educational Conference and Meeting of Members, which takes place at the [Eaton Chelsea Hotel](#) (33 Gerrard St. W.) The featured speaker is Yukon author Beverley Gray, author of *The Boreal Herbal*. Other highlights include an optional pre-event tour of the herbs of the Niagara region on Friday, a free Herbal Marketplace with informative demos all weekend long, and an optional field trip to



the renowned Richter's Herbs on Monday. Online registration is available at [Herbsforlife2014.com](http://Herbsforlife2014.com).

## International Conferences

**July 11-13, 2014 (St Catherine's College, Oxford UK)**

**FOOD & MARKETS: OXFORD SYMPOSIUM ON FOOD AND COOKERY**

Highlights include the Jane Grigson Memorial Lecture, to be delivered by Darina Allen of Ballymaloe; a talk by Anya von Bremzen (author of *Mastering the Art of Soviet Cooking*) on "The Double Market in Soviet Russia" (provisional title); a celebration of Tom Jaine's revised edition of Alan Davidson's *Oxford Companion to Food*; Janet Beizer, Harvard Professor of Romance Languages and Literatures speaking on "The Emperor's Plate: Marketing Leftovers", and numerous special meals. [oxfordsymposium.org.uk](http://oxfordsymposium.org.uk)

**September 18-19, 2014 (Hampton & Norfolk, Virginia USA)**

**1619: MAKING OF AMERICA**

The Joseph Jenkins Roberts Center of Norfolk State University & Hampton University present a conference on Early American foodways.

[1619makingofamerica.com](http://1619makingofamerica.com)

**October 30 to November 1, 2014 (Moscow)**

**HISTORY OF FOOD AND NATIONAL FOOD CULTURE**

Lomonosov Moscow State University's Center of National Intellectual Reserve and the Academy of Gastronomic Knowledge and Culture jointly present the first research and practice symposium in Russia focused exclusively on the history of food and eating traditions of different nations. [symposium@gastac.ru](mailto:symposium@gastac.ru)

**November 20-23, 2014 (Baltimore, USA)**

**WHAT PERFORMS? (ASTR / TLA CONFERENCE)**

The 2014 American Society for Theatre Research / Theatre Library Association Conference explores the everyday meaning of the performative acts of cooking and eating and questions how theatre and performance studies can help us understand the daily shape of eating on a dying planet. [astr.org](http://astr.org)



## Food for Thought

*The Boreal Feast, A Culinary Journey through the North* by Michele Genest  
(Harbour Publishing, June 2014)

From the Yukon-based author of *The Boreal Gourmet* (pictured above) comes another irresistible tribute to foods of the North. Part travelogue, the book includes stories of hunting for cloudberries on the Dempster Highway, throwing a birthday party on the Kaskawulsh Glacier, and harvesting trumpet chanterelles in Nordland. Featuring prized northern ingredients, like morel mushrooms, birch syrup, coho salmon, spruce tips and blueberries, *The Boreal Feast* is a celebration of boreal food and forest.

*The Food History Reader* by Ken Albala  
(Bloomsbury Academic, July 2014)

With the proliferation of food history courses and avid interest among scholars and the general public, the need for a solid comprehensive collection of key primary texts about food of the past is urgent. This collection spans the globe from classical antiquity to the present, offering substantive selections from cookbooks, fiction, gastronomic and dietary treatises and a wide range of food writing. Offering a solid introduction to each period

with extensive commentary and suggestions for interpretive strategies, this reader provides extracts undigested, for the student who needs immediate and direct contact with the ideas of the past.

*Food and Material Culture: Proceedings of the Oxford Symposium on Food & Cookery 2013*

**(Prospect Books, July 2014)**

The 32nd Oxford Symposium on Food and Cookery discussed food and material culture from every possible angle, and from every possible geographical perspective. Among the topics covered:

- Why kitchen utensils matter
- Cooking under fire, 1914–1918
- Mongolian milk spoons
- Perfuming the table in old Baghdad
- Utensils in the classical Greek world
- The rise of the picnic hamper

*Surplus People From Wicklow to Canada* by **Jim Rees**

**(The Collins Press, June 1014)**

The Great Famine in Ireland was a catastrophe of immense proportions. Landlords, eager to dispose of "surplus" tenants, engaged in "assisted passages", whereby tenants were given financial incentives to emigrate. From 1847 to 1856, Lord Fitzwilliam removed 6,000 men, women and children from the Coolattin Estate in County Wicklow and arranged passage to Canada on emigrant ships. Jim Rees explores this tragedy, from why the clearances occurred to who went where and how some families fared in Canada.

***(Descriptions based on information provided by the publishers)***

*Across the far-flung regions of Canada, a lot is happening in the fields of food and history. This monthly digest is a forum for Canadian culinary historians and enthusiasts to tell each other about their many activities. This is a place for networking and conversation about Canadian culinary history happenings. Each month, Digestible Bits and Bites is shared with members of the Culinary Historians of Canada and other interested persons who request to be on the distribution list. Everyone is welcome to submit items for publication, as long as the information arrives in the editor's inbox at [cadmus@interlog.com](mailto:cadmus@interlog.com) by the 25th of the previous month.*

**The Culinary Historians of Canada would like to share this digest with a wide audience. You are encouraged to post or forward this information.**

## Administrivia

- Submissions to *Digestible Bits and Bites* are welcome at [cadmus@interlog.com](mailto:cadmus@interlog.com), although inclusion is at the editor's discretion. Links to relevant websites are appreciated but not essential.
- Past issues of *Digestible Bits and Bites* are posted on the [Culinary Historians of Canada website](#).

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