

# Digestible Bits and Bites

► FOR PEOPLE INTERESTED IN CANADA'S CULINARY HISTORY

The Culinary Historians of Canada ► [www.culinaryhistorians.ca](http://www.culinaryhistorians.ca)

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*Across the far-flung regions of Canada, a lot is happening in the fields of food and history that others aren't aware of. 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.*

*At the start of each month, **Digestible Bits and Bites** is shared with members of the Culinary Historians of Canada and any other interested person who requests to be on the distribution list. Everyone is welcome to submit items for publication, as long as the information arrives in the Editor's in-box ([fiona@culinaryhistorians.ca](mailto:fiona@culinaryhistorians.ca)) by the 25<sup>th</sup> of the previous month. Submission and communication information is in the Administrivia section below. It is also attached as a PDF.*

**[CHC]** indicates a person, program, resource or event in some way connected to The Culinary Historians of Canada.

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

## CANADIAN CONFERENCES

### **THUNDER BAY: Revitalizing Connections: Food – Culture - Professional Practice – Science - Traditional Knowledge**

The second Gathering hosted by the Aboriginal Nutrition Network (ANN) will take place from May 13 to 14. This year's opening keynote will be by Ian Mosby, PhD, on the history and ethics of conducting nutrition research in Aboriginal communities. Mosby [a **CHC** member] is a historian of food, health and nutrition and is currently a SSHRC Postdoctoral Fellow at the University of Guelph. In May 2013, his article "Administering Colonial Science: Nutrition Research and Human Biomedical Experimentation in Aboriginal Communities and Residential Schools, 1942–1952" became the subject of national media attention. In addition to studying nutrition experiments that occurred in Aboriginal communities, his research explores the ways in which colonial administrators and scientists attempted to 'modernize' indigenous diets using tools such as the provision of in-kind family allowances, the development of Aboriginal-focused nutrition education programs, and the creation and distribution of novel food technologies like fortified bannock mix, nutritionally enhanced biscuits and other experimental products.

► [ann.2001@hotmail.com](mailto:ann.2001@hotmail.com)

## CANADIAN WORKSHOPS and PROGRAMS

### **[CHC] TORONTO: 7<sup>th</sup> Annual "Mad for Marmalade, Crazy for Citrus"**

Saturday, February 22; 10am–4pm. Fort York National Historic Site in partnership with the Culinary Historians of Canada. Marmalade Competition. Marmalade- and citrus-themed

workshops. Moroccan-inspired lunch. Kathy Wazana, "Citrus in Moroccan Cuisine." Keynote speaker: Jennifer McLagan: "Bitterness: The bitterness of citrus and marmalade depend not only on the fruit, but also on our culture, the spoon we use, and the music we listen to. An explication of an under-appreciated taste, its history, how we perceive it and why it should be celebrated." Tastings of Georgian Era Cremes. Marmalade Marketplace featuring fine products from Alchemy Pickle Company, Eat Your Words, Henderson Farms, Laura Slack Chocolates, Manning Canning, Sew It Was, Sloane Fine Tea Merchants, and The Canteen. \$45 + HST (until Feb 7); \$50 + HST (after Feb 7). Pre-registration required: 416-392-6907 ext 221.

► [www.culinaryhistorians.ca](http://www.culinaryhistorians.ca)

► [www.toronto.ca/fortyork](http://www.toronto.ca/fortyork)

### **TORONTO: Cooking Classes at Fort York National Historic Site**

**Georgian Desserts:** Join us in our 1826 Officers' Mess Kitchen and discover what 'desserts' were served, and when, in a Georgian dinner. Make delicious sweetmeats and creams.

February 9, 10:30–3:30pm. **Roast Meats and Made Dishes:** Learn techniques for roasting various types of meat in front of an open wood fire as well as making fricasees, ragoos and other delicious made dishes. March 23, 10:30–3:30pm. Lunch and recipe package included. \$75 + HST each class. Pre-registration and payment required. To register call 416-392-6907 ext. 221.

For more information call: Bridget Wranich [**CHC** co-founder] at 416 392 6907 ext. 225, or email:

► [fortyork@toronto.ca](mailto:fortyork@toronto.ca)

### **[CHC] KLEINBURG, ONTARIO: "Artistically Delicious"**

Saturday, March 8, 11am–12:30pm. "Artistically Delicious – Mary Pratt at the McMichael Canadian Art Collection." Celebrating International Women's Day, the McMichael and the Culinary Historians of Canada take a closer look at Mary Pratt's paintings and explore the themes of food and kitchen work in her art. Speakers: Elizabeth Baird, Liz Driver, and Ruth Sandwell. Included with gallery admission. Reservations not required.

► [www.mcmichael.com](http://www.mcmichael.com) (go in through "What's On" page)

► <http://www.mcmichael.com/visit/>

### **TORONTO: Launch of "Regency Supper Club"**

Social historian Karen Millyard [and **CHC** member] has long worked with and been fascinated by historical food, and incorporates it into her Regency-themed events whenever possible. The Regency Supper Club meetings, to be held at various historical sites around the city, will explore the oddities and delights of this Georgian meal. The meetings will vary in format and cost, but will always include a Regency supper and workshop or talk on one aspect of Georgian food, whether recipe reconstruction, specific information sources, research methods, social context or new projects. Some meetings will include hands-on cooking workshops. Menus will be posted to the website. Friday, February 21: We will begin with an introduction to the social context of the Regency Supper, enjoy a thoroughly researched, beautifully presented and delicious supper by the historical cooks at Montgomery's Inn Museum, and finish the evening with cards and music by the fire. Dress code: historical clothing is encouraged, but completely optional. 6 to 10pm. \$35 (\$30 students and seniors); deadline: February 14. Limited space. Registration forms can be found on website. Karen Millyard, (416) 578-1031.

► [www.JaneAustenDancing.ca](http://www.JaneAustenDancing.ca)

► [YorkRegencySociety@gmail.com](mailto:YorkRegencySociety@gmail.com)

## **CANADIAN NEW BOOKS**

### **EDMONTON: Collecting Culinaria**

*Collecting Culinaria, Cookbooks and Domestic Manuals Mainly from the Linda Miron Distad*

*Collection.* Merrill Distad and Caroline Lieffers, co-authors. The Linda Miron Distad Culinarium Collection, housed at the University of Alberta Libraries, currently consists of more than 3,000 food-related texts from around the world, spanning several centuries. *Collecting Culinarium* accompanies an exhibit at the Bruce Peel Special Collections Library featuring cookbooks and household guides from the collection, as well as other selected items from the Library's holdings. The catalogue highlights some of the collection's most intriguing texts and their themes, including manuscript cookbooks, dietetics and health, and celebrity chefs. *Collecting Culinarium* draws from and celebrates this vast trove of social, cultural, and gastronomic history. The illustrated catalogue for the exhibit "Cookbooks and Domestic Manuals mainly from the Linda Miron Distad Collection" (October 25, 2013 to February 7, 2014), can now be purchased from the University of Alberta Press, \$39.95.

▶ [www.uap.ualberta.ca/](http://www.uap.ualberta.ca/)

▶ <http://www.uap.ualberta.ca/UAP.asp?lid=41&bookid=1538>

## CANADIAN BLOGS AND WEBSITES

### **[CHC] Culinary Historians of Canada**

CHC has joined several social media sites. Please follow us!

▶ Facebook <https://www.facebook.com/groups/610559355646201/>

▶ LinkedIn <http://www.linkedin.com/groups/Culinary-Historians-Canada>

▶ Twitter @CulHistCan

### **BLOG: *The New Galt Cook Book***

In 2012, Carolyn Blackstock successfully completed a challenge to cook every day from the 1906 *Berlin Cook Book*. However, she missed the challenge and so decided to complete the same sort of project with another local historic cook book – *The New Galt Cook Book*. "I selected it for a number of reasons. It will be interesting to compare two community cookbooks from the same county published just eight years apart. I'm already somewhat familiar with this cook book. I've worked in museums and living history sites in Ontario for over twenty-five years and developed an interest in culinary history. Eventually I learned to prepare meals using wood fired cook stoves, open hearths, and bake ovens. So, like the editors Margaret Taylor and Frances McNaught say in their introduction to this edition, I 'launch [this blog] . . . upon the literary waters, hoping for the continued appreciation of a discerning public.'"

▶ <http://thegaltcookbook.wordpress.com/>

▶ <http://366dayswiththeberlincookbook.wordpress.com/>

## CANADIAN EXHIBITS

### **TWO VIRTUAL EXHIBITIONS AT UNIVERSITY OF ALBERTA:**

1. "Culinarium: A Taste of Food History of the Prairies": This virtual exhibit features only prairie cookbooks (primarily of the "community cookbooks" genre) and will be permanently available at:

▶ <http://omeka.library.ualberta.ca/exhibits/show/culinarium/intro>

2. Scanned cookbooks and ephemera: Currently 73 titles are available in this collection with about three pages scanned for each of the featured titles. The collection can be browsed at:

▶ <http://omeka.library.ualberta.ca/items/browse?collection=14>

Clarification: the University of Alberta exhibit that closes on Feb 7 (as mentioned in the November newsletter – see Canadian New Books, above) is quite separate from the virtual exhibition which continues in perpetuity.

## CANADIAN JOB POSTINGS

### **SCARBOROUGH, ON: Historical & Cultural Studies, UTSC**

Food History / Studies. Professor – 1302018. Closing Date: February 18, 2014. Applicants must have a Ph.D. in History or Food Studies and demonstrate excellence in research and teaching. Special consideration will be given to applicants whose teaching and research methods engage with a multidisciplinary department that includes historians, women's and gender studies scholars, and area studies specialists. The successful candidate will expand the department's present strengths in the study of food and foodways as it relates to transnational histories, ethnicity, gender, and urban studies. For details on these and other career opportunities, visit: ► <http://www.uoftcareers.utoronto.ca>

## CANADIAN CALLS FOR RESEARCH HELP

### **TORONTO: “History of Garlic in Toronto”**

Garlic grower (and founder of the Toronto Garlic Festival) Peter McClusky is researching and writing a book for History Press about the history of garlic in Toronto. Publication: Fall, 2014. Among the many garlic related topics, including a description of the flavor profile of the different garlic varieties and recipes from local chefs, the book will cover the first people to use garlic in the Toronto area (and southern Ontario) and why garlic has garnered so much interest in recent years. Cultural traditions and garlic use from the first settlers to present day will be featured. Peter invites comments and information including old family recipes, stories and anecdotes about your use of garlic for cooking or medicinal use and, importantly, that shed light on the shifting attitudes to garlic in Toronto. 416-888-7829.

► [peterm@torontogarlicfestival.com](mailto:peterm@torontogarlicfestival.com)

## CANADIAN CALLS FOR PAPERS

### **MONTREAL: Eating Innovation: The Art, Culture, Science & Business of Entomophagy**

August 26–28 2014. The Future Food Salon Group, in collaboration with the Montréal Space for Life's Insectarium, announces the Call for Papers for the first interdisciplinary congress of its kind in North America. This Conference will bring together academics, entrepreneurs, investors, artists, chefs, farmers and food producers to innovate the edible insects market. The emphasis is on practices of entomophagy and forms of innovations that brings insects to the table at mealtime. We invite papers on human insect consumption, such as: food security • insect farming • nutrition • sustainability & organics • traditional insect eating • taboo & insect eating • innovation in food & drink • cultural history of insect consumption • ethno-entomology • legal & regulatory issues importing / exporting insects • food-grade standards & transparency / traceability • marketing insects as food • insect cookery • novel food? ancient food? • ancillary products • industrial production / homespun production. More info: Dr. Aruna Antonella Handa (416) 606-0799. Submissions deadline: February 28, 2014.

► [www.eatinginnovation.com](http://www.eatinginnovation.com)

► [aruna@alimentaryinitiatives.com](mailto:aruna@alimentaryinitiatives.com)

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## INTERNATIONAL CALLS FOR PAPERS

### **COPENHAGEN: 2014 ToRS International Food Workshop – “Food, Identity and Social Change”**

25 to 26 September 2014, Department of Cross-cultural and Regional Studies, University of

Copenhagen, Denmark – Food draws people into the web of life and touches upon everything that matters: it expresses personhood, marks membership (or non-membership) in practically any kind of social grouping, draws lines of where morality begins and ends as well as functions in social allocations, in terms of ethnicity, nationality, individuality, class and gender. Yet, food can also signify very different things from place to place, from kitchen to kitchen and from one time period to another. The organizers of the workshop welcome contributions on food, identity and social change: Why do we eat what we eat and why have different cultures and societies at different times and different places eaten other things? What fosters social change to affect dietary patterns and changing identities? How can food offer the lens to understand the cultural and social affinities in moments of change and transformation? The topic offers an opportunity to excavate the past, to examine the present and to project into the future.

- ▶ Cynthia Chou, [cynchou@hum.ku.dk](mailto:cynchou@hum.ku.dk)
- ▶ Susanne Kerner, [kerner@hum.ku.dk](mailto:kerner@hum.ku.dk)
- ▶ <http://calendar.world-eats.org/blog/2014-tors-international-food-workshop-food-identity-and-social-change/>

## **INTERNATIONAL AWARDS & CONTESTS**

### **Agriculture, Food and Human Values Society (AFHVS)**

**2014 STUDENT RESEARCH PAPER AWARDS** – DEADLINE: March 14, 2014. To encourage participation by undergraduate and graduate students and to recognize scholarly excellence, the AFHVS invites submissions to the AFHVS Student Research Paper Awards in two categories: graduate and undergraduate. For more information please:

- ▶ Agriculture, Food and Human Values Society: [www.afhvs.org](http://www.afhvs.org)
- ▶ 2014 Conference: <http://www.uvm.edu/conferences/foodsystems/>
- ▶ *Agriculture and Human Values*: <http://link.springer.com/journal/10460>

## **INTERNATIONAL CONFERENCES OF INTERES**

### **NEW YORK CITY: From Flint Knives to Cloned Meat: Our Ambiguous Love, Hate, and Fear of Food Technologies**

April 3–5, 2014. Roger Smith Hotel, New York City. This year's conference focuses on the interrelationships of food, technology, and culture. Approximately 100 presenters will participate in 30 panel sessions and five workshops, covering topics from Industrial Farming and GMOs and the Technology of Chocolate Cake to 3D Printing and Artisanal Production. As befits a food conference, excellent fare will be served at nightly receptions and daily lunches – all included in the registration fee. The story of food technologies through the ages is one of constant change in every aspect of producing, processing, cooking, and talking about the things people eat. Food technology is any imaginable means of using and manipulating food, from cracking nuts with a rock to molecular gastronomy. Indeed, the very act of deciding what is or isn't food is intrinsically bound up with technology.

- ▶ [foodconferences@gmail.com](mailto:foodconferences@gmail.com)
- ▶ <http://thefoodconference.com>

### **DUBLIN: 2nd Biennial Dublin Gastronomy Symposium**

We are delighted to announce that the DGS will take place in the School of Culinary Arts & Food Technology, Dublin Institute of Technology, Cathal Brugha Street on the 3th and 4th June 2014. The theme is 'Cravings / Desire'. This theme can be interpreted in the widest possible manner ranging from craving or desire for better food and wines, more knowledge about food and beverages, fast food, street food, food in pregnancy, authenticity, novelty, health properties, body image, aphrodisiac, food porn, food as hobby or past time, food for profit, cultural capital,

economic and social status etc. Details of the call for papers are posted on the DGS website. Participants can expect Irish hospitality, lively discussion, great food and a collegial environment to share their passion for gastronomy with an international collection of like-minded individuals. If the inaugural event in 2012 is anything to go by, it will be great fun!!!

► <http://arrow.dit.ie/dgs/>

## INTERNATIONAL NEWS OF INTEREST

### **SALEM, NORTH CAROLINA – Bake Oven Workshop**

Old Salem Museum is offering an immersive bake oven workshop on April 4 and 5 in their historic kitchens to create baked goods the way the Moravians did 200 years ago. Working with Old Salem's staff, each participant will bake a mini-loaf of bread to travel home with them along with a variety of sweets from 18<sup>th</sup> and 19<sup>th</sup> century receipts to share at the end of the workshop. Registration is due before March 21.

► [www.oldsalem.org/assets/files/BakeOvenBrochure\\_web.pdf](http://www.oldsalem.org/assets/files/BakeOvenBrochure_web.pdf)

► [www.oldsalem.org/assets/files/BakeOvenBrochureForm.pdf](http://www.oldsalem.org/assets/files/BakeOvenBrochureForm.pdf)

### **ADMINISTRIVIA**

**Submissions** to *Digestible Bits and Bites* are welcome, although inclusion is at the Editor's discretion. Links to relevant websites are appreciated but not essential.

**Communications** with *Digestible Bits and Bites* are via email to [fiona@culinaryhistorians.ca](mailto:fiona@culinaryhistorians.ca) or phone at 416-781-8153.

**Past issues** of *Digestible Bits and Bites* are stored on the Culinary Historians of Canada's website at [www.culinaryhistorians.ca](http://www.culinaryhistorians.ca).