CANADIAN FOOD AND CULINARY HISTORY
An Evolving Bibliography of Secondary Sources

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Revised and considerably enlarged
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INTRODUCTION

It isn’t always obvious what is a lasting cultural shift and what is a fad, yet, … cuisine is influenced by far more than the whims of fashion. It is a conversation between a land and its people, and like a conversation the intricacies and complexities of cuisine change over time.¹

This is a bibliography of Canadian content only. While aiming to be comprehensive, it does not begin to be exhaustive. Food and culinary history has in recent years emerged as a popular subject of study, so the quantity and quality of secondary material has increased substantially, but many possible secondary items from past years remain to be unearthed.

By looking at the entries included so far, researchers can see which areas have considerable research and thought, and which areas are lacking. For example, surprisingly few studies have been written about individual foodstuffs in Canada. In contrast, one area that has seen an amazing amount of analysis is the history of fishing rights. Also lacking is a close look at the cookbooks, with the monumental and unequalled exception of Liz Driver’s *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825 to 1949*, which is the largest research project to date. Many more topics require broad and intimate synthesis and analysis in the Canadian context.

This evolving and ever-growing bibliography starts to record what has been written on the history of Canada’s foods, beverages, cookbooks, food-related businesses, and domestic material culture. Further suggestions on books, book chapters, websites, blogs, newspaper articles, and journal essays are welcomed, including those in other languages. To avoid fly-by-night websites, only those produced by enduring reputable institutions or historians are included. Unless a source has a substantial section about a particular topic, such as a whole chapter in a book, it is not included in this bibliography. Also, many of Canada’s culinary authors, notably Anita Stewart and Rose Murray in Ontario and Julian Armstrong in Quebec, routinely include historic info and so are included in general topics, rather than specific topics.

I began this bibliography for my own use about fifteen years ago. Gradually, I expanded and diversified the categories as I undertook my historical research projects, read newly published materials and added items from the bibliographies of those materials. One source I want to
acknowledge is the British Columbia Food History Network (http://www.bcfoodhistory.ca/) for their Annotated Food History Content of BC Journals. If anyone is aware of other such sources, I’d be happy to incorporate the entries and similarly acknowledge.

Back in spring 1979, English culinary author and historian Alan Davidson wrote an article called “Possible Future Bibliographies” for the very first Petits Propos Culinaires: Essays and Notes on Food, Cookery and Cookery Books.\(^2\) He discussed the need for specialized bibliographies and what details they could contain beyond the mere facts of titles and publication dates, such as what he called value judgements. His company, Prospect Books, then went on to sponsor several, and other scholars have produced some, but more bibliographies on specific topics would be useful to the growing field of culinary history and food studies. This document from the Culinary Historians of Canada is one of those needed specialized bibliographies.

2 Davidson, Alan, PPC 1, 1979, 68–69.

Notes on how this bibliography is arranged:

- The first section of each thematic grouping is the general books, followed by the specific books under the relevant sub-heading.

- Some titles appear in more than one section if they fit into more than one subject area.

- Most entries are in English. Other languages are included if known. The French resources need expansion.

- For journal and newsletter entries, the year comes first, then the volume number, followed by the issue number in brackets, and page numbers after the colon.

All additions and corrections towards a third edition are welcome and encouraged. Please contact Fiona Lucas at fiona@culinaryhistorians.ca.

Fiona Lucas is co-founder of the Culinary Historians of Canada (1994) and the Volunteer Historic Cooking Group of the City of Toronto Museums (1996). Her first book was Hearth and Home: Women and the Art of Open Hearth Cooking (2006) and her second, with co-editor Nathalie Cooke, was Catharine Parr Traill’s Female Emigrant’s Guide: Cooking with a Canadian Classic (2017). She is now a freelance culinary historian and consultant at “Fiona’s Food: Exploring and Eating History” and can be reached at fionasfood62@gmail.com.
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James, Charles C. History of Farming in Ontario: The Land and the People. 1914.


**Prairies**


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**Agriculture and Horticulture – Journalism**


**Agriculture and Horticulture – Market Gardens**


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**Beverages – Beer**


Wright, Bill and Dave Craig. *300 Years of Beer: An Illustrated History of Brewing in Manitoba*. Winnipeg: Great Plains, 2013.


**Beverages – Cocktails**

Gligorijevic, Katarina, “A Drink So Great They Named a City after It” in *The Edible City: Toronto’s
Food from Farm to Fork, Christina Palassio and Alana Wilcox, eds., Toronto: Coach House Press, 2009, 72–75.

Beverages – Coffee


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Business – Becker’s


Business – Bick’s Pickles


Business – Borden’s Dairy

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Business – Brick Brewing Company Ltd


Business – Catelli’s


Business – Covered Bridge Potato Chips

Business – Dare Foods


Business – Dickie Dee Ice Cream


Business – Dow Brewery


Business – E.D. Smith and Sons


Business – Empire Marketing Board


Business – Ganong Chocolates


Business – Gattuso Food Corporation

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Business – Gooderham and Worts Distillery


Business – Goudas Food Products


Business – Hardbite Potato Chips


Business – Harvey’s


Business – Hiram Walker and Sons


Business – Jackson-Triggs Vintners


Business – James Inglis Reid Limited.


Business – John Labatt Ltd.


**Business – Kraft Foods**


**Business – Laura Secord Chocolates**


**Business – Lilydale Eggs**


**Business – Loblaws Companies Ltd.**


**Business – Loeb Ltd.**


**Business – Massey-Harris**


Business – McCain Foods


Business – Miss Vicky’s Potato Chips


Business – Moir Chocolates


Business – Molson Brewery


Business – Neilson see William Neilson

Business – Noxons


Business – Ogilvie Flour Mills Ltd

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Business – Old Dutch Potato Chips


Business – Paulin Chocolates


Business – Purdy’s Chocolates


Business – Redpath Sugars


Business – Schneider Foods


Business – Seagram Distillery / Seagram Spirits and Wines


**Business – Seaman’s Beverages**


**Business – Sleeman’s Brewery**


**Business – Sobeys**


**Business – Steinberg Inc.**


**Business – Strub’s Pickles**


**Business – Sun-Rype**


**Business – Uncle Ben’s Brewery**


**Business – Vachon Cakes**


**Business – Vintners Quality Alliance (VQA)**


**Business – W.T. Hawkins**


**Business – Weston**


**Business – William Neilson Ltd**


**Business – Women’s Bakery**


**Business – Yves Veggie Cuisine**


**CANADIAN CUISINE** see **FOODWAYS**

**CHILDREN, YOUTH, AND FOOD**


**CLOTHING AND FOOD** see **KITCHENS AND DINING ROOMS: Clothing**

**CONSUMERISM AND CONSUMPTION**


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Cookbook Studies – La Cuisinière Canadienne, 1840


Cookbook Studies – Practice of Cookery, 1829

Cookbook Studies – Purity Cook Book / Livre de Recettes Farine Purity, 1925

**COOKBOOK WEBSITES**


“Canadian Cookbooks Online,” Culinary Historians of Canada, only online at [www.culinaryhistorians.ca](http://www.culinaryhistorians.ca)

Cookbook Websites – Nova Scotia
Nova Scotia Archives Library website has bibliographic records for all the cookbooks and cookery-related items they hold: [https://novascotia.ca/archives/cooking/results.asp?Search=&SearchList1=1](https://novascotia.ca/archives/cooking/results.asp?Search=&SearchList1=1)

CULTURAL, ETHNIC AND RELIGIOUS GROUPS


Cultural, Ethnic and Religious Groups – Acadian


Cultural, Ethnic and Religious Groups – African-Canadian


Cultural, Ethnic and Religious Groups – Arab-Canadian


Cultural, Ethnic and Religious Groups – Asian-Canadian


**Cultural, Ethnic and Religious Groups – Caribbean-Canadian**


**Cultural, Ethnic and Religious Groups – Chinese-Canadian**


**Cultural, Ethnic and Religious Groups – First Nations** see *FIRST NATIONS FOODWAYS*

**Cultural, Ethnic and Religious Groups – Icelandic-Canadian**


**Cultural, Ethnic and Religious Groups – Italian-Canadian**


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First Nations – Aquaculture


**First Nations – Beverages**


**First Nations – Nations**

**Cree**


**Haida**


**Huron**


**Iroquois**


**Kwakiutl**


**Nuxalk**


**Witsuwen**


**First Nations – Nutrition**


**First Nations – Provinces**

**British Columbia**


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Manitoba


Northwest Territories


Ontario

Prairies


Quebec


First Nations – Restaurants


FOOD INDUSTRIES

Food Industries – Candy and Confectionary


Food Industries – Canning


**Food Industries – Dairy**


**Dairy Industry – British Columbia**


**Dairy Industry – New Brunswick**


**Dairy Industry – Ontario**


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Dairy Industry - Saskatchewan


Food Industries – Fast Foods


Food Industries – Fisheries


Food Industries – Flour Mills


Food Industries – Labels


Food Industries – Snacks


Food Industries – Sugars, Sweeteners and Syrups


FOOD PROFESSIONS AND ORGANIZATIONS

Caterers and Restauranteurs


Chefs and Professional Cooks


Home Economists and Domestic Scientists


**Nutritionists and Dieticians** see also NUTRITION


**Vegetarian Societies** see also POLITICS AND FOOD: Vegetarianism


**FOOD STUDIES / CULINARY CULTURE STUDIES**


FOODSTUFFS AND INGREDIENTS

Foods – Additives


Foods – Apple


Foods – Beef


Foods – Blueberry Bun

Goodman, Matthew, “Behind the Baking of the Blueberry Bun, the Bagel of Toronto” in Forward, April 27, 2001: 23.


Foods – Bread


Foods – Butter


**Foods – Butter Tarts**


**Foods – Candy**


**Foods – Celery**


**Foods – Cheese**


Foods – Cheezies


Foods - Cherry


Foods – Chocolate


Foods – Chowder


Foods – Cod


Foods – Cranberries

Foods – Dairy  
see also BEVERAGES: Milk; FOODS: Butter, Cheese, Ice Cream


Foods – Dim Sum


Foods - Donuts


Foods – Eggs


Foods – Fish and Seafood  
see also Cod, Oyster, Salmon


Foods – Flavourings

Foods – Fruit  see also Apple, Blueberry, Grapes, Melon


Foods – Garlic


Foods – Grains and Grasses see also Wheat


Foods – Granola


**Foods – Grapes**


**Foods – Haggis**


**Foods – Honey**


**Foods – Ice Cream**


**Foods – Lamb**


**Foods – Maple Products**


**Foods – Margarine**


**Foods – Meats** see Beef, Lamb, Pork, Wild Foods

**Foods – Melon**


**Foods – Milk** see BEVERAGES: Milk

**Foods – Molasses**


**Foods – Mustard**


**Foods – Nanaimo Bar**

Foods – Oolichan / Oolachan / Ooligan


Foods - Orange


Food – Peas


Foods – Pork


Foods – Potato


Foods – Potato Chips


Foods – Poutine


Foods – Preserves / Preservation  


Foods – Roti


Foods – Salmon


Foods – Schnitzel


Foods – Snacks

Foods – Strawberries

Foods – Sugar see also FOODS: Maple Products, Molasses


Foods – Tomato

Sanchini, Laura, “I’ve Been to Italy and They Don’t Do This” in *Digest: a Journal of Foodways and Culture*, American Folklore Society, 2014, 3(2); also online at http://digest.champlain.edu/article3_2_2.html

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Foods – Wild Foods


Foods – Wild Rice


**FOODWAYS**


**GENDER STUDIES AND FOOD**


**HOUSEWIVES AND HOUSEWIFERY**


INVALID (SICKROOM) COOKING see NUTRITION and HEALTH

KITCHENS AND DINING ROOMS


Kitchens and Dining Rooms – Aesthetics and Interior Design


Kitchens and Dining Rooms – Clothing


Kitchens and Dining Rooms – Dining Etiquette


Kitchens and Dining Rooms – Hearths, Ovens and Stoves


**Kitchens and Dining Rooms – Provinces**

**British Columbia**


**Ontario**


**Quebec**


**Kitchens and Dining Rooms – Sinks and Dishwashing**


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**Kitchens and Dining Rooms – Small Appliances, Utensils, Vessels**


Kitchens and Dining Rooms – Tablewares


Kitchens and Dining Rooms – Technology


LANGUAGE AND FOOD


LAW AND FOOD


LITERATURE AND FOOD


MEALS


Meals – Tea


MEDIA AND FOOD


MILITARY AND FOOD


First World War


Second World War


MUSEUMS AND FOOD including Exhibits


MUSIC AND FOOD

NUTRITION AND HEALTH see also FOOD PROFESSIONS AND ORGANIZATIONS


Nutrition and Health – First Nations see FIRST NATIONS FOODWAYS

Nutrition and Health – Provinces

Nutrition – British Columbia


Nutrition – Newfoundland and Labrador


Nutrition – Nova Scotia


Nutrition – Ontario


Nutrition – Quebec


Nutrition – Yukon and North West Territories


PERIODICALS OF FOOD AND CULINARY HISTORY


POLITICS, POLICIES AND FOOD


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British Columbia


Ontario


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PROVINCES AND FOOD

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Alberta - Edmonton


Provinces – Atlantic Provinces


Provinces – British Columbia


British Columbia – Chilliwack


British Columbia – Fraser Valley


British Columbia – Grand Forks Valley


British Columbia – Mission


British Columbia – Nanaimo


British Columbia – Okanagan Valley


British Columbia – Victoria

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Provinces – New Brunswick


New Brunswick – Saint John


Provinces – Newfoundland and Labrador


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Nova Scotia – Halifax


Provinces – Ontario (Upper Canada, Canada West)


Ontario – Grimsby


Ontario – Hamilton


Ontario – Ingersoll


Ontario – Kitchener Area


Ontario – Melbourne


Ontario – Niagara Area


Ontario – North Bay


Ontario – Ottawa


Ontario – Peterborough Area


Ontario – Prince Edward County


Ontario – Sault Sainte-Marie

Ontario – Stratford


Ontario – Toronto


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**Provinces – Prairie Provinces** see also Alberta, Manitoba, Saskatchewan


**Provinces – Prince Edward Island**


**Provinces – Quebec (New France, Lower Canada, Canada East)**


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Quebec – Quebec City


Provinces – Saskatchewan


Provinces – Yukon and Northern Territories


RECIPES, HISTORICAL see also COOKBOOK REPRINTS


RELIGION AND FOOD


RESTAURANTS: CULTURAL, ETHNIC AND RELIGIOUS GROUPS

Restaurants – Chinese-Canadian


First Nations Restaurants see FIRST NATIONS

RESTAURANTS: PROVINCES


Restaurants – Manitoba


Restaurants – Ontario (Upper Canada, Canada West)

Ontario – Toronto


Restaurants – Quebec


Quebec – Montreal


Quebec – Quebec City


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**SCIENCE AND FOOD**


**SICKROOM (INVALID) COOKING** see NUTRITION and HEALTH

**SHOPPING AND FOOD** see CONSUMERISM AND CONSUMPTION

**TIME PERIODS AND FOOD**

**Seventeenth Century**


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Early Nineteenth Century, 1800–1830s


Early Victorian, c.1837–early 1850s


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**Twentieth Century**


**Early Twentieth Century, 1900–mid-1930s**


**Edwardian, 1901–1914**


**First World War, 1914–1918**


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**Depression Years, 1930s**


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1940s

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1960s


Centennial Year, 1967


1970s

1980s


1990s


Twenty-First Century


TRAVEL AND FOOD


WOMEN’S HISTORY see GENDER STUDIES