

les
HISTORIENS CULINAIRE
DU CANADA



CULINARY HISTORIANS
OF CANADA

JUST A BITE



Summer Food Memories from Ontario Seniors

Questions that Activate Memories!

Summer 2021

Sponsored by

Funded by the Government of
Canada's New Horizons for
Seniors Program

Canada

JUST A BITE

Summer Food Memories from Ontario Seniors

Summoning all seniors! Share your summer food memories!

The Culinary Historians of Canada (CHC) invites Ontario seniors to share your youthful memories of foods and meals eaten in summers long past. This is a project to preserve and share memories from the months between the summer and fall equinoxes. What funny and fond memories do you have of:

- Feasts, banquets, picnics, buffets, snacks, suppers eaten?
- Gardens harvested?
- Festivals, Pow Wows celebrated?
- Community cookbooks written?
- Farms, historic sites, family members, towns, food shops visited?
- Recipes and cooking skills shared (between generations)?
- Fairs, family reunions, beach parties, wiener roasts, sports events, plowing matches, country fairs, weddings attended?

We hope to hear from as many individuals and geographical areas as possible around Ontario.

While its final forms are still undetermined (booklet? website? recipe box? recurring program?), the collection is to be a repository of historical memories for future researchers.

Questions that Activate Memories!

The questions in this booklet are designed to elicit your memories. They can be short stories, anecdotes, jokes, artwork, poems, recipes, and/or photographs with captions.

This booklet is in both paper and electronic formats, depending on who is filling it out. Over the summer of 2021, it will be shared widely among seniors' groups, cultural groups, clubs, institutions, associations, and service organizations. You are welcome to share it with friends.

To request a copy or copies of the workbook, please see the back page. There is no fee to participate.

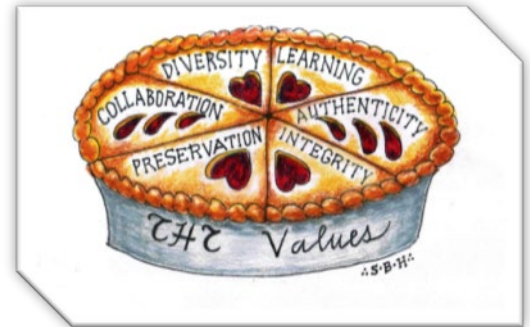
We look forward to *Just a Bite* being a CHC legacy project with your help!

Culinary Historians of Canada

The mission of the Culinary Historians of Canada is to inspire appreciation and advance knowledge of Canada's food history. CHC researches, interprets, preserves, and celebrates Canada's culinary heritage, which has been shaped by the food traditions of the Indigenous Peoples and generations of immigrants from all parts of the world. Through programs, events, and publications, CHC educates its members and the public about the foods and beverages of Canada's past. Founded as the Culinary Historians of Ontario in 1994, CHC welcomes new members wherever they live.

CHC embraces:

- ✓ DIVERSITY by exploring all the culinary histories of Canada.
- ✓ LEARNING by producing innovative and engaging programs.
- ✓ COLLABORATION by nurturing fertile partnerships among members and the culinary history community.
- ✓ AUTHENTICITY by valuing accurate research while remaining open to fresh interpretations of the past.
- ✓ PRESERVATION by supporting the promulgation of Canadian culinary history.
- ✓ INTEGRITY by demonstrating responsible stewardship.



CHC Programs: Every year we hold a range of events, from lectures and workshops to historic meals, behind-the-scenes tours, and field trips that explore food history.

Contact us: justabite@culinaryhistorians.ca

Website: www.culinaryhistorians.ca

New Horizons for Seniors Program

Just a Bite: Summer Food Memories from Ontario Seniors is sponsored by a grant from the New Horizons for Seniors Program within Employment and Social Development Department, Government of Canada.



Foraging for chanterelle mushrooms, August 2007.
(Courtesy of Fiona Lucas)

Participant's Profile

Your Name: _____

Your Address: _____

Your Phone: _____

Your Email: _____

How long have you lived at your current Ontario address? _____

Have you lived elsewhere in Ontario? If so, where, and approximately when? Were you a child or adult?

1. _____

2. _____

Have you lived outside of Ontario? If so, where, and approximately when? Were you a child or adult?

1. _____

2. _____

Participant's Permission to Print

All submissions to *Just a Bite: Summer Food Memories of Ontario Seniors* will be retained for the use of current and future historians, but not all submissions will be selected for publication. Submissions chosen for publication will be verified for accuracy and may be edited for clarity and brevity. Each edited submission will be returned to the participant for approval before CHC publishes it. In March 2022, all participants (published or not) will receive a paper copy of the final publication(s) as a thank you for participating.

Photographs must be identified by place and approximate year. Names of the people in the photograph are optional but desirable.

Your signature provides the Culinary Historians of Canada with permission to use your verified and edited submission in all *Just a Bite: Summer Food Memories of Ontario Seniors* publications.

Your Signature: _____ Date: _____

Memories of Summer Foods in Ontario

FAVOURITE FOODS

When you think of past summers, what favourite food(s) come to mind?

What was your favourite summer fruit as a younger person? Vegetable? Salad? Meat? Are they still your favourites or have your tastes changed?

When you think of past summers, what food(s) did you dislike most? Do you still dislike it or them?

Mrs Gladys Salisbury enjoying fresh strawberry shortcake at an afternoon church social, circa 1974.
(Courtesy of her niece, Carolyn Crawford)



FAMILY FOODS

Do you recall any fun activities or events from summers long ago with your family that featured food (i.e., picnics, BBQs, cookouts, camping, in the field on the farm, sporting events, perhaps a wedding)?

Did someone special in your family (parent/grandparent) teach you to make a special summer food?

Did your family have an allotment, backyard vegetable patch or fruit trees during your youth? What fruits and vegetables did you grow? Were they different or the same each year? Anything unusual?

In growing your own fruits and vegetables was there a schedule your family followed?

What did your family do with the summer harvest (i.e., share with friends and family, freeze, preserve)?

Where did your family get the seeds or cuttings from? Do you remember seed catalogues arriving? Did you save your seeds in little jars?

Do you have family memories of road trips, such as to Niagara or the Holland Marsh, to get fresh produce, or to pick your own sweet strawberries or apples?

Did your family like to barbecue during the summer? Who did the barbecuing? Was it a family specialty?

FOOD FROM THE FAMILY FARM

Did you grow up on a family farm? What kind (dairy, winery, beef, market garden)? How big was it?

Did you grow root vegetables like turnips? Field fruits like strawberries? Orchard fruits like apples or pears?

Did your farm raise food animals (i.e., cows, goats, rabbits, chickens)? Did any become pets? Were you ever chased by one of the animals?

Were you expected to help with food-related activities and chores before or after school?

Did you or a family member enter any food competitions at long ago fairs (i.e., pies, preserves, best animal, biggest produce)? Just once or each year? Did you win a prize? For what? Do you still enter food contests?

What foods and beverages refreshed you during such fieldwork as haying, threshing or barn raising?

If you weren't raised on a farm, did you ever work on a farm during summer break? Was it a neighbour's farm or one outside of your community?

Did your family keep bees? Did you grow any special crops for them? Was it a hobby or for profit?

FOOD FESTIVALS

Did you sometimes go to summer food festivals (i.e., Pow Wow, Strawberry Festival, Bread and Honey Festival, Ribfest)? Do you still like to attend?

Did you go to early fall fairs in September (i.e., Canadian National Exhibition, plowing match, local fair)?

Did you attend summer attractions (i.e., Canada's Wonderland, Santa's Village, Dragon Boat Festival, Centre Island)? What foods did you enjoy (i.e., funnel cake, ice cream, fresh donuts)? Do you still like to attend?

Did you celebrate any full moon festivals, Caribana, Rosh Hashana, thanksgiving, or cultural celebrations?

FOOD FORAGING

Have you ever foraged for wild fruits and vegetables (i.e., mushrooms, berries, fiddleheads, wild rice, honey)? Who taught you to forage safely and successfully? Do you still forage?

How did/do you like to prepare or cook these foraged fruits and vegetable?

Have you ever harvested any wild animals during the summer (i.e., waterfowl, rabbit, perch, trout)? Who taught you to hunt or fish safely and successfully? Do you still hunt and fish?

How did/do you like to cook this meat?

Memories of Summer Foods Before Ontario

If you have lived outside of Ontario, did you bring any summer food traditions with you that you still like?

Where are these summer food traditions from? Another province? Another country?

Did you have to adapt any of those food traditions here in Ontario, such as substituting local ingredients?

Did any of your local adaptations change over time because you discovered grocery stores specializing in international ingredients and foods?

Did you participate in any summertime religious or traditional celebrations (i.e., Pow Wows, saint days, potlaches)?

Have you taught friends and younger family members about your family’s hereditary food traditions?

Have you picked up new food traditions here in Ontario? What were they? Where did you learn them from (friends, neighbours, co-workers, magazines)?



Macrina Rafanan Meyer (centre),
picnicking with friends from Soldiers
Memorial Hospital, Orillia, in summer
1968.
(Courtesy of her daughter, Jennifer
Meyer)

More Space for More Stories

Do you aspire to write more memories about your summer food experiences? Are there any questions you wish we'd asked?

[illegible]

[illegible]

Captions for Photographs or Artworks

If you are contributing something visual, please write a descriptive caption. Identify the digital or original image with the same title used here so that CHC can match them correctly.

Photograph: Where and when was it taken? By whom? Who's in the photo? Are you included? (Names are optional but desirable.) What memory does it evoke?

Artwork: Is this your art? Or a friend's? What's the medium? Where and when was it done? What memory does it evoke?

Title: _____

Caption: _____

Title: _____

Caption: _____

Title: _____

Caption: _____

Title: _____

Caption: _____

Recipes

Do you have a favourite recipe to share with us? What is it called? Do you remember where it came from, its source (i.e., grandmother, neighbour, cookbook)? You can write it out or attach a photocopy with tape or staples on this page. A digital image should be identified with the same title.

Title: _____

Source: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

JUST A BITE

Summer Food Memories from Ontario Seniors

This workbook of questions is available in both paper and digital formats. You can request up to ten paper workbooks. You are welcome to give them to friends. There is no fee to participate.

How to Request a Workbook

To request either format:

Via email: justabite@culinaryhistorians.ca

Via phone: Samantha George
(289) 928-2660

Deadline: 15 September 2021

How to Return a Workbook

To return a filled workbook or submit an item:

Via email: justabite@culinaryhistorians.ca

Via post to: Culinary Historians of Canada
Box 149, 260 Adelaide Street East
Toronto, ON M5A 1N1

Deadline: 30 September 2021

Social Media



www.facebook.com/CulinaryHistoriansCanada



@CulHistCan



@culhistcanada



YouTube

Culinary Historians of Canada

Acknowledgements

CHC lead team: Carolyn Crawford, Samantha George, Fiona Lucas, Jennifer Meyer, Sherry Murphy

© Copyright the Culinary Historians of Canada.

Front cover photo: Fresh fish for dinner for three generations of the Vasey family, Markdale, circa 1940.
(Courtesy of Samantha George)



Inspiring an appreciation of Canadian food history
Inspire une appréciation de l'histoire canadienne de l'alimentation