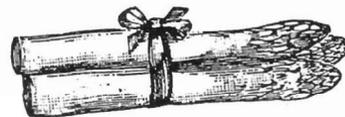


Culinary Historians of Ontario

Spring 1998 Number 16



The Culinary Historians of Ontario is an information network for foodways research in Ontario. It is an organization for anyone interested in Ontario's historic foods and beverages, from those of the First Nations to recent immigrants. We research, interpret, preserve and celebrate Ontario's culinary heritage.

Spring Writing Contest

It's not an exaggeration to say that spring is one of the most eagerly anticipated seasons of the year.

It's a time to re-introduce yourself to your gardens; a time to enjoy the longer hours of daylight; and it's a time of shedding those winter woollies for those lighter cottons.

CHO is hoping to tap some of this unbridled energy by organizing a *Writing Contest* for our talented members. We hope that people will take see this as a opportunity to shake off those winter cobwebs by putting down on paper or computer, one's first or fondest memories concerning food.

We imagine that there has to be some great stories amongst our membership and we'd like to not only hear them, but share these in our next newsletter. These memories could be of your first attempt at cooking, planning a dinner party, attempting a recipe for the first time, or another memorable food experience.

Essays should be about a page in length

(about 360 words) and deadline for submission is *July 1, 1998*. And, to make the contest more interesting, we will be presenting *three prizes* for the most unique compositions. Winners will have a choice of either attending a cooking class at Chez Soleil in Stratford or The Gibson House Museum in North York; or instead, members can select a cookbook of their choice as a prize.

Members should send their submissions to:
C. Ritsma at 207 Albert St.,
Stratford, ON, N5A 3K7

As with spring, we eagerly await members' submissions; *so... get ready... get set... Get Writing!*



Inside This Issue

Spring Asparagus
More Adventures in Mockland
Book Reviews and Recommended Reading
ALHFAM Announcement
Supermarket French
Culinary Calendar

COOKERY COLLECTION

ASPARAGUS: "The Queen of Vegetables"

20,000 BC: Egyptians cultivate asparagus

c 100 BC: in Rome, Apicius includes asparagus in his cook book

c 1000: English word *asparagus* appears, from Greek *asparagus*

early 16th century: "Violet Dutch" is first domesticated European variety to arrive in Britain, where wild asparagus grew plentifully

1615: Gervase Markham, in *The Good Hus-wife*, serves boiled asparagus with an olive oil, vinegar & pepper dressing

1643: Louis XIV eats his first asparagus dinner

1667: Samuel Pepys buys asparagus for first time

1792: Elizabeth Simcoe sends seeds of wild Ontario asparagus to England

1806: Willam Claus grows asparagus in Niagara

1808: Quetton St. George, prominent merchant of York, Upper Canada, sells asparagus seeds

1839: John George Howard grows asparagus at Colborne Lodge in Toronto

1840: Canada's first indigenous cookery book, *The Frugal Housewife's Manual*, includes detailed cultivation notes for asparagus for Ontario gardeners

1874: 100 asparagus roots costs 75¢ in Toronto

early 1900s: 3,000 farmers in Niagara each grow 1 acre or less of asparagus for marketing; they form *Ontario Asparagus Growers Co-operative*

1930: France cultivates 37,000 acres of asparagus

1930s: Essex County becomes Ontario's leading producer of asparagus

1933: USA cultivates 116,500 acres of asparagus

1938: *Asparagus Growers' Co-operative* becomes first *Marketing Board* in Ontario

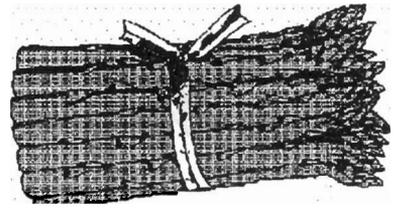
1940s: 90% of Ontario-grown asparagus is canned, rather than eaten fresh

1980: *Ontario Asparagus Planting Incentive Programme* starts

1985: 310 farmers in Ontario grow asparagus on 3811 acres, but only satisfies 25% of fresh local market; 75% is imported

1986: Ontario grows 5700 lbs of asparagus, but imports 6 million lbs

1997: charred asparagus is new restaurant dish



Asparagus has been cultivated for thousands of years, but it's never been as popular as now. We in Canada ate 18 tons of it last year. Asparagus used to mean the sure arrival of spring, but now that our growing seasons are so blurred, it's available year round, especially from Mexico.

Ontario gardeners have planted asparagus for almost 200 years. Mrs. Simcoe recognized its wild counterpart in the 1790s and sent seeds home to her friend Mrs. Hunt in England. It still grows wild along the Quinte roadsides.

Asparagus is a perennial and part of the lily family. First harvest is best after its 3rd year, although it continues to flourish for many years. Cutting season varies from 2 to 12 weeks, depending on age and the growing conditions. It needs sandy, light soil; clay is the worst. The spears may grow as much as 2.5 cm per day and reach a height of 2 m, by which time they're covered with feathery leaves. There are over 300 varieties, including ornamental ones, like the African asparagus fern that many of us have in our living rooms.

Wrote John Evelyn in *Acetaria: A Discourse on Sallets* (1699): "Next to flesh, nothing is so nourishing as asparagus." It's been recognized as a diuretic for centuries.

Asparagus lends itself to the simplest of presentations, such as lemon butter, but also marries well with sophisticated garnishes, like Hollandaise Sauce. Here is a fine receipt for soup.

ASPARAGUS SOUP

Smiley's New and Complete Guide for Housekeepers.
Toronto Star edition, 1904.

"Break half of all that is tender from a bundle of fresh, green asparagus and put this in a large pan, with a large handful of freshly gathered spinach, 1 of parsley, and the same of spring onions. Wash in two waters and drain in a sieve; then boil in 2 quarts of water, with a bit of butter and a little salt. As soon as the asparagus is done, rub all through a fine colander and return to the pot; then add a piece of butter the size of a small egg (cut in bits and rolled in flour), a teaspoon of sugar, and a sprinkle of pepper. Serve with croutons. *Time*, ½ hour."

by Fiona Lucas

More Adventures in “Mock”land

Carolyn Blackstock's romp through "Mock" land last spring (issue no. 12) reveals an unimaginable number of mock dishes littering the 19th century culinary landscape, and it sent me to my cookbooks looking for half-remembered early references. "Mock Duck", a steak with stuffing, actually appears in Canadian cookbooks as early as 1848 in *The Skillful Housewife's Guide* published in Montreal that year. The same source publishes "Mock Brawn", a dish based on boar that was familiar to our ancestors, but using a hog's head. The anonymous authors of the *The Canadian Housekeeper's Manual of Cookery* (Hamilton, 1861) shamelessly reproduce without credit Mrs. Rundell's recipe for "Mock Brawn" from her *New System of Domestic Cookery*, [first published in 1806] published in England in 1851, and available here in Ontario for sale that year.

At least one recipe for "Mock Turtle Soup" was available to Torontonians earlier than the 1839 cookbook cited by Carolyn. In 1837 Lesslie's bookstore in Toronto was advertising Dr. Kitchiner's *The Cook's Oracle* (1831) [first published in 1817] which devotes several pages to the soup. In an aside, which must be one of the earliest published references to take-out food, the author instructs readers on how to heat up the exemplary mock turtle soup "not poisoned with Cayenne Pepper" made by Birch's of Cornhill. Kitchiner actually prefers a calf's head to real turtle for the soup. In *La Cuisiniere Canadienne*,

published in Montreal in 1845, a recipe for a soup made from a calf's head is titled "Soup 'a la tortue", i.e. "Turtle Soup", as though French-Canadians didn't need to be told this was "mock."

Carolyn mentions the substitution of crackers in mock recipes. Crackers are substituted for the real thing in "Mock Macaroni" which is found in *The Virginia Housewife* by Mary Randolph, a classic of American cookery listed in Lesslie's 1837 catalogue. In 1848 Toronto bookseller Henry Rowsell offered his customers Margaret Dods' *Cook and Housewife's Manual*, (1826) published in the 1829 edition with a version of "Mock Caviare" concocted from anchovies.



Perhaps by 1881 the "mock" fashion was already in decline; witness this variation on Carolyn's "Mock Cream" recipes. A recipe contributed by Mme. Cruchet of Montreal to *The Canadian Economist*, published that year by the ladies of Ottawa's Bank Street church, employs a pint of "sweet cream" for "Real Cream Pie," begging the question: what was

"Cream Pie?" Mme Cruchet's recipe is surrounded by other contributions entitled "Cream Pie" which involve eggs, sugar, flour, water (and sometimes cream of tartar or soda), but never cream. But then according to James Beard, who is quoted in *The Taste of America* by John and Karen Hess, until the late 19th century cream pies were really cakes!

Submitted by Mary Williamson, Toronto.

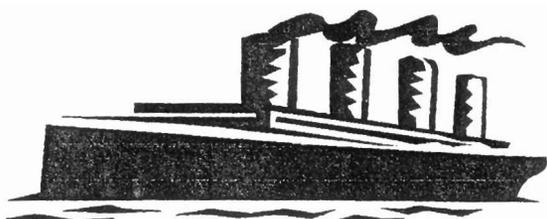
Book Reviews

Last Dinner on the Titanic: Menus and Recipes from the Great Liner

Rick Archbold and Dana McCauley

(New York: Hyperion/Madison Press, 1997)

If you have to go, you may as well have an 11 course meal first. This was the fate and fare of many first-class Titanic passengers on April 14, 1912. Evidently, on this date every year, Titanic sentimentalists recreate meals from menus found tucked in coat pockets of survivors, and pockets of not so lucky, from the ill-fated luxury ship. In my opinion, a somewhat ghoulish memorial (but this is because I like my meals to be completely joyous occasions). Aside from whether or not one would like a "last dinner," this is an excellent book for historians to keep on their bookshelves as a reference for the Edwardian era.



The research is meticulous. The authors (both Canadians) have combed the files and the remains of the Titanic and have found menu cards, remembrances of meals, diaries and letters, and have studied sister ships and recipes of the times as a basis for their book. The menus for the last meals have been identified for all but the 'a la carte restaurant, the Ritz, the most luxurious restaurant on the liner. No recipes were found and the authors used Edwardian recipe sources, Auguste Escoffier's *Le Guide Culinaire* (1903) in particular. The recipes were tested and updated if necessary. Usually the authors mentioned if they had made changes to the original recipe of the period. Most are French classic preparations, a few found occasionally in restaurants and cookbooks today: examples are Poached Salmon with Mousseline Sauce, Minted Green Pea Timbales, Parmentier Potatoes, and Peaches in Chartreuse Jelly. I'd like to see Escoffier's Punch Romaine revived - it's an alcoholic ice made with champagne, orange and lemon juice and white rum.

The menus from the Titanic remind us how the rich expected to dine: 11 courses for first class, three for second and a well-prepared, but rather heavy dinner for steerage. It is a microcosm of Edwardian society.

First class had French ice cream, second class, American ice cream, and below deck, no ice cream that last evening. Out of curiosity, I compared the menu items with 2 Canadian cookbooks published in 1910, one from Vancouver and the other from Hamilton, Ontario. The latter definitely were steerage class! Of interest to me was the loss of vegetable marrow during this century. I've only seen it at farmers' markets, but it appeared on the first-class menu and in both cookbooks I looked at. Vegetable marrow is a member of the squash family and is delicious.

While there is a short reference list at the back of the book, I would have desired a much longer one. I'd like to know the origins of each recipe as they did for the photo credits. This would be extremely helpful to culinary researchers.

One last note. Some of the 600 plus crew abandoned the ship. The baker leaped into a lifeboat crying "sautez" [jump] to the chef. Unfortunately, the chef was too fat to jump and that was the last seen of him! I look forward to Dana's next book about dining with the Kennedys in the White House.

By Jo Mane Powers, Adjunct Professor,
University of Guelph

Good for What Ails You: Self-help Remedies from 19th Century Canada

Jim Cameron

(Burnstown, Ontario: General Store Publishing House, 1995)

Breadpoultices applied to an infection; plantain for bites and stings; geranium leaves for sores and cuts..... Amusing remedies from a by-gone age? Interestingly, no. These "sure cures" for minor ailments were shared with me by friends and family as I was reading this little known jewel.

Often in my search for historic recipes, I have simply ignored or neglected the "cooking for the sick" or "invalid cookery" section of a historic manuscript. For many women of this time period (as is still true today), a considerable amount of their energy was spent caring and cooking for ill family members. In 19th century Canada, this meant using native cures, folk medicine, patent medicines and other remedies that had been passed down from one generation to the next.

In this book, Cameron attempts to comment on the variety of different treatments for **sickness**, using historic documents and oral history. In the prologue he sets the stage for his commentary, by providing anecdotal excerpts from period diaries describing particular ailments and diseases.



The rest of the book examines the different social and medical views and values of the time. We are given remedies for complaints such as whooping cough, scarlet fever, gripe, summer complaints (diarrhoea), and a host of other common ailments. Unfortunately, Cameron does not footnote the source of each remedy in this section. He does introduce the chapter by mentioning that these cures came from 3 period books (i.e. *The Household Guide, 1894*), but this is disappointing especially if the reader would care to interpret the remedy in an historical setting.

One particular chapter that I found **surprising** described a unique West Indian root and herb doctor who practiced in **Innerkip**, Ontario during the late 1800's. Dr. John Taylor is interesting for he was an outspoken critic of the established medical community. As Cameron comments, Taylor's story illustrates the "varied ways people dealt with self-help medicine".

I'd recommend this book for readers interested in the roots of self-help and folk medicine. Museum folk may also be encouraged to diversify their kitchen interpretation by preparing some of these remedies.

by Christine Ritsma, CHO editor

The Sherlock Holmes Victorian Cook Book: Favourite Recipes of The Great Detective & Dr Watson

**William Bonnell and Willy Brand
(Toronto: Macmillan Canada, 1997)**

Holmes and Watson didn't visit Toronto, but they are popular here. An active Sherlock Holmes Society meets regularly. *The Sherlock Holmes Victorian Cook Book* may satisfy his fans, but it didn't completely satisfy this culinary historian. The authors include some good history and original Holmes illustrations, and present recipes that claim to be "representative of the era" but "adapted for modern tastes". I have 3 main arguments with this book.

1. Why do so many cook books claiming to be based on period receipts fail to identify their original sources and exclude original **texts**? For example, I could find

no **Lemon Beetroot Tops** in my 19th century sources. What was Brand's source for his adapted recipe? When recipes are "adaptations" or "variations of" I am immediately suspicious -- I want to know how they were adapted and why? By supplying the original texts the reader has a position from which to agree or disagree with the adaptations. Did the original receipt for "**Naval Treaty Chicken Curry**" really call for unsweetened coconut milk?

2. Since he's dealing with fiction, Bonnell makes assumptions. The constant use of imprecise phrases like "probably would have" and words like "maybe" are profoundly irritating. I was frequently puzzled by the connection between lines quoted from the Holmes' stories and the recipes chosen to represent those lines. From "The Adventure of the Yellow Face" comes this short quote: "The sticky spear-heads of the chestnuts were just beginning to burst into their five-fold leaves". For which the recipe is **Chestnut Cake with Drambuie Icing**. This is its introduction: "This chestnut cake is a Christmas offering that may have been passed down through the generations of Holmes's Gallic ancestors to his childhood. Perhaps he introduced it to Mrs. Hudson [his housekeeper] although she may have already known of it via some of the French influences on Scottish cuisine that date back to the 16th century." This seems like a highly unlikely Victorian cake to me. It's possible I'll be corrected, that indeed such a cake was made in the late 19th century, but I want **proof!** Give us the readers the original receipt text!

3. Bonnell obviously did his research, but he makes some mistakes. Plum was a generic word for dried fruit; it didn't literally mean fresh plums as an ingredient in **Six Napoleons Plum Pudding** (unless his original receipt did). **Bubble and Squeak**, "a famous Cockney dish" appears in the Scottish cookery book **Cook and Housewife's Manual** by Meg Dods, 1833 edition. Prince Albert contributed to the **popularization** of Christmas trees in England, but the custom had arrived before him.

The Sherlock Holmes Victorian Cook Book is not a good example of how to **write** an historical cook book, in my opinion.

by Fiona Lucas, CHO co-editor



Recommended Reading :

The following books are recommended by CHO.

CR = Christine Ritsma FL = Fiona Lucas



Cupboard Love, A Dictionary of Culinary Curiosities

Mark Morton,

(Winnipeg: *Bain & Cox Publishers, 1996*).

A highly readable and entertaining little book that answers some of those tough questions concerning the origins of food that have left some cooks rather perplexed. For example, in 17th century Poland, bagels were often given as presents to women who had just given birth. In Yiddish, **beygel** (bagel) also means bracelet. **CR**

The Earth Shall Blossom, Shaker Herbs and Gardening

Galen Beale and Mary Rose Boswell

(Woodstock, Vermont: *The Countryman Press, Inc., 1991*).

This thoroughly researched book explores the Shaker's herb gardening heritage from the late 1700's to the present. **CR**

Pure Ketchup, A History of America's National Condiment

Andrew Smith,

(Columbia: *South Carolina: University of South Carolina Press, 1996*).

A must-read for any culinary enthusiast! Smith attacks the myths concerning the introduction of this popular condiment to North America and further chapters explore the evolution of homemade and commercial ketchup. Part II of the book offers readers an extensive selection of historic ketchup recipes. Well done! **CR**

CHATELAINE: A Woman's Place. 70 Years in the Lives of Women,

Sylvia Fraser, ed.,

(Toronto: *Key Porter Books, 1997*).

A great read (even the 1930s advice on how to keep your marriage alive). Fraser has culled many articles and illustrations from *Chatelaine*, Canada's leading women's magazine for 70 years. The chapter on Food and Entertaining sums up the changes in culinary attitudes and technology from the 1920s (the debut of

junk food and "new electrical servants") to the 1990s (health conscious mania and microwave ovens), as reflected in this quintessential Canadian publication. **FL**

Reap Without Sowing: Wild Food from Nature's Cornucopia,

Erika E. Gaertner

(Burnstown, Ont.: *General Store Publishing House, 1995*)

A treat for all those who understand edibles don't necessarily come in plastic packages. Gaertner covers Ontario's mushrooms to berries to violets to "denizens of shore and river", as in beaver for Beaver Cocktail Balls. Nice recipes, with appropriate warnings about licenses and poisons. A few historical notes are included. (Follows the earlier *Harvest without Planting*.) **FL**

Much to be Done: Private Life in Ontario from Victorian Diaries

Frances Hoffman and Ryan Taylor

(Toronto: *Natural Heritage/Natural History Inc, 1996*)

An excellent read and a useful resource for collectors of Ontario social history. Food references are found throughout the diary extracts, in addition to specific chapters entitled "Cooking", "Servants" and "Tea". Both authors are long-time librarians with a special interest in oral history. **FL**

ATTENTION!!!

CHO will not be presenting "An Apple a Day...: Culinary Treatment of the Sick in Late 19th Century Ontario" at the ALHFAM conference in Kitchener-Waterloo, June 21 - 26. This is due to circumstances beyond our control.

CHO will be presenting, as included in ALHFAM's line up, 2 culinary events:

A Sunday Herbal,

June 21, 9:30 - 3:30, Steckle Homestead, Kitchener

Sweet, Savoury and Sour: Seated at **Ontario's**

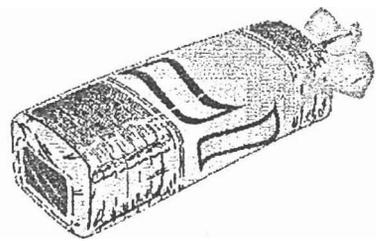
Dinner Table, June 21, University of Waterloo. This

is a chronological look at 20th century dishes popular in Ontario included as part of the first evening dinner.

For information: (519) 272-1949 or (416) 690-7062

For ALHFAM pkg. (519) 748-1914

Supermarket French



When I first moved to Toronto in 1995, I found I was spending about twice as long as normal in the grocery store. Converting Canadian dollars to U.S. dollars and kilograms to ounces for price and size comparisons taxed my mental arithmetic skills. The crowded aisles and check-out lines common to urban areas also delayed me. But once the conversions became second nature and I adjusted to the crowds, I realized that it was the bilingual packaging and the allure of French that was extending my supermarket time.

Consider Pepperidge Farm's Chantilly cookies, advertised as "raspberry *confiture* sandwiched between hazelnut biscuits". The French side of the package read: "gelée de framboises entre deux biscittis aus noisettes". Why would *confiture* be translated as *gelée*? *Confiture* was probably chosen to replace the word "jam" because it sounds more gourmet. But for the translation, why change it to the French word for jelly, which sounds less appealing? And why was it necessary to specify the number of biscuits in the French version? (By the way, the English version's use of the word "biscuits" instead of "cookies" relates to the strong influence of Great Britain in Canadian food products. Down at the bottom, in case there's any doubt, the bag explains "cookies".)

As I shop the aisles, I ponder such questions as: Why is the cleaner Mr. Clean translated as *M. Net*? (I'm sure I remember hearing singsong commercials for

Monsiezzr Propre on Swiss TV in the early 70s.) And isn't there a better translation for cereal bars than the Literal barrcs dc *céréales*? I'm happy to learn the mots *justes* for favourite North American foods like cranberries, which I was never sure the European French/English dictionaries had right. For example, my old Larousse gives *airelles* (which are goodness-knows-what type of berry) instead of *canne-herges*.

Often I wonder if the advertising world misleads me in its translations of other culinary terms. I searched the shelves etidlessly for rolled oats, looking for the familiar paperboard cylindrical packages. I then mistrusted the "large flake" (*gros flocons*) oats I found in a paper bag. Similarly I couldn't find brown sugar at the first try. The word *cassonade* took visual prominence on the plastic bag, due to the sugar being refined in Montréal. Both products are exactly what I was looking for and combine beautifully for apple crisp made with Northern Spies (*espions*) -- the quintessential baking apple impossible to find in Indiana.

While in the produce department, I wondered "wliat are *clémentines*?" when I first saw the sign. Now I know what the excitement is all about when I see the wooden mini-crates from Morocco arriving before Christmas. These are delectable little citrus fruits that make tangerines seems oversized. They were named after Monsieur Clémentine, presumably a Luther

Burbank type.

My favourite brand of dairy products (Lactancia from Quebec) produces a butter that claims to have a "Swiss flavour". Reading the package for an explanation, it states: "this butter is delicately cultured for a slightly nutty European flavour". Of course the French side leaves out any mention of Continental nuttiness. Is it taken for granted? In Canada, it's not easy to find butter in the convenient quarter pound sticks (*bâtons*), and you certainly pay more for the American way.

Shopping in another country's stores can often be an interesting cultural experience, and I'm delighted that the interest level is higher than I anticipated in Anglo Canada. I just wish I could adopt tunnel vision while in the supermarket aisles, thereby avoiding the distracting French when I'm short on time.

Mary Ellen Gadski came to Toronto in 1995 from Indiana, and has recently returned there.

<p>CULINARY CLUB</p> <p><i>Individuals:</i></p> <p>Amy Jones, St. George Charlotte Martin, Kitchener Dana Mc Cauley, Richmond Hill Carol Sutton, Willowdale Deanna Voitel, Burlington Susan Wade, Mississauga</p> <p><i>Museums:</i></p> <p>Benares Historic House, Mississauga Bradley Museum, Mississauga Culinary Historians of Washington, D.C.</p>

Culinary Calendar

Please send CHO information about your upcoming food history or related events. We are pleased to include them in the newsletter.

MAY

How Does Your Garden Grow?

Ontario Historical Society

(416) 226-9011

34 Parkview Ave., Willowdale, ON

May 8 10:00 - 8:00 pm

Gardening tips, plant sale & more.



Dinner at the Gibsons

The Gibson House Museum (416) 395-7432

5172 Yonge St., Toronto, Ont.

May 9 10:00 - 1:30 pm

Enjoy this hearth cooking workshop on creating an authentic 19th century meal.

Cost \$25. Preregistration required.

Planning your Herb Garden

*The Herbal Touch Gardens and Gift Shop**

30 Dover St. Otterville, Ont. (519) 879-6812

May 9 2:30 pm

Learn how to plan a herb garden and enjoy the herb gardens and gift shop.

* Proprietor Marilyn Edmison-Driedger is part of "A Sunday Herbal." See flyer included.

Queen Victoria's Birthday

The Gibson House Museum (416) 395-7432

May 18 12:00 - 5:00 pm

Celebrate this holiday with stories and sweets.

JUNE

A Day In The Life... Living History of the Everyday

ALHFAM (519) 748-1914

27th Annual Meeting and Conference

Waterloo, ON

June 21 - 25

Pre-registration required.

15th Annual Open House

The Herbal Touch Gardens and Gift Shop

(519) 879-6812

June 6 10:00 - 5:00 pm

June 7 1:00 - 5:00 pm

Enjoy herbal refreshments & herbal talk at 2:30 each day.

The Canadian Coffee Expo '98

Canada's Premiere Coffee and Tea Trade Show

Sponsored by Coffee Culture Magazine

Toronto Congress Centre (416) 703-6099

June 14 - 16

Includes exhibits, seminars, chef demonstrations.

Pre-registration required.

Web site: www.globalserve.net/~coffeeculture

Strawberry

Social

Heritage

Toronto, Spadina

285 Spadina Rd., Toronto (416) 392-6910

June 21 12:W - 4:00 pm

Strawberry Shrub (1906) in historic kitchen; Strawberry Shortcake (1896) and Edwardian sandwiches under tent; Strawberry Jam (1898), Strawberry Pies and Tarts and Strawberry Truffles (1998) in gift shop. Plus music, house & garden tours, Father's Day prizes and much more.

Admission \$2.00, food extra.

JULY

Herbal Tea Party

The Herbal Touch Gardens and Gift Shop

(519) 879-6812

July 4 1:00 - 5:00 pm

Come and enjoy the sophistication of an afternoon of herbal delights.

Summer on a Farm

The Gibson House Museum (416) 395-7432

Weekends in July 12:00 - 5:00 pm

July 4 & 5 Preserves: Berries

July 11 & 12 Flowers: Potpourri & Posies

July 18 & 19 Cooking with Herbs & Flowers

July 25 & 26 Summer Fruit Preserves



Culinary Credits

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Thanks for this issue to Jo Marie Powers, Mary Williamson & Mary Ellen Gadski

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