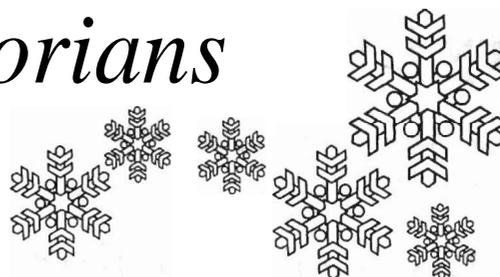


The Culinary Historians of Ontario

Winter 2002 Number 31



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.

ANNUAL GENERAL MEETING

The Culinary Historians of Ontario held it's Annual General Meeting for 2001 on November 4th at Montgomery's Inn in the west end of Toronto.

Lively Discussion

The afternoon was spent in lively discussion. The topics veered back and forth between programming and membership initiatives, as these are inextricably linked. Many new ideas were suggested to clarify our procedures and focus our committees, improve our newsletter and expand our programming and membership. All agreed that if CHO is to thrive we need to undertake a **major membership drive** and to **increase fees** to improve the financial situation. If CHO is to attract new **members**, and keep the current membership interested and active, it needs a better newsletter, more social events and an improved social nature within the offered programmes themselves. Key to attracting new members will be the ability to advertise the CHO experience and to show that CHO has a lot to offer a potential member. Planning and co-ordinating the newsletters and programmes a full year in advance will help to achieve this. Likewise, if CHO gives members more notice of newsletter themes and upcoming events, this will encourage members to submit articles and attend events.

CHO Committees

It was agreed that the three current committees, Newspaper, Programming and Membership, are still suitable and that Bridget Wranich, Fiona Lucas and Christine Ritsma, respectively, will continue to chair them. However, the committees need to communicate and co-ordinate better to map each year. Each committee met separately to plan 2002 and then met to integrate plans.

Newsletter Committee

Bridget's report from the Newsletter Committee, newsletter updates and initiatives that came out of the AGM can be found on page six of this newsletter.

Membership Committee

Unfortunately, due to a family emergency, chair Christine was unable to attend the AGM at the last minute. As no other Membership volunteers were able to attend either, there is, no update from the Membership Committee. However, as there is a real need to increase membership, some "in the mean time" ideas raised at the AGM are being put in place for the first few months of 2002. See page four. CHO needs to recruit additional volunteers for this committee, particularly **from** the Toronto area. Anyone interested should contact Fiona or Christine.

Programming Committee:

In 2001 Fiona lead Liz Driver, Eva **MacDonald**, and Elizabeth Nelson-Raffaele on the Programming Committee. They too are committed to continue for another year. Patricia Humphreys and Anna Kennedy have added their names for 2002. Get out your date book and turn to page 5 for CHO programme details for 2002.

After meeting independently, a collective Committee meeting was held at Fort York on Sun. Jan. 13th to confirm programs and events, co-ordinate newsletter themes and deadlines.

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Cookery Collection

Here is a taste from *Mary Williamson's* presentation of *Course There's More to Cooking Canadian than Butter Tarts* hosted on January 17th by CHO.

"As Upper Canadian as dried apple pie"

Writing from the Peterborough area in the 1840s and 50s, Catharine Parr Traill, Susanna Moodie, Samuel Strickland and Anne Langton all have quite a lot to say about dried apples, and about other dried fruits which were popular for pies in Upper Canada. Making apple pies from the concentrated fruit of dried apples makes sense out of season when cooking apples have lost much of their flavour and tartness. This is Sam speaking:

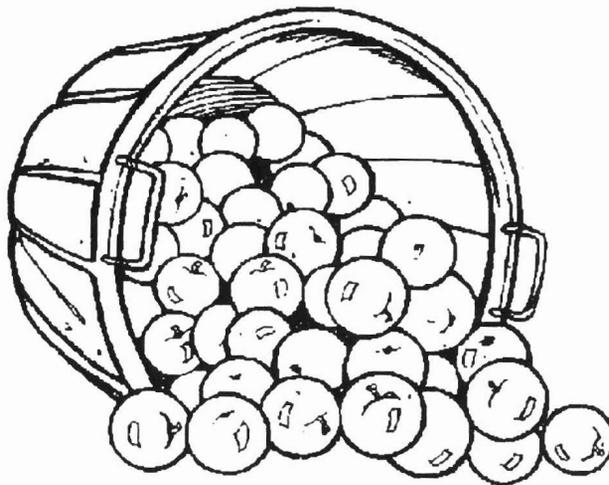
"The ladies sometimes call a bee for paring apples for tarts and sauce for winter use... The apples are peeled, cored, and strung up from the ceilings of the attics to dry. When they are wanted for pies, puddings and tarts, they are boiled with sugar and prove very good for those purposes... Plums, raspberries and strawberries are boiled with a small quantity of sugar, and spread, about half an inch thick, on sheets of paper, to dry in the sun. This will be accomplished in a few days, after which the papers are rolled up, tied, and hung up in a dry place for use. When wanted for tarts, these dried fruits are taken from the paper, and boiled with a little more sugar, which restores the fruit to its former size and shape."

Samuel Strickland. *Twenty-years in Canada West*, (London: 1853) pp. 296-7.

The recipes editor for the *Canadian Agriculturist* (Toronto) in September, 1855 offers explicit instructions for Dried Apple Pie which I have found easy to follow. The tips about what to avoid are worth observing:

"Wash the apples in two or three waters, and put them to soak in rather more water than will cover them, as they absorb a great deal. After soaking an hour or two, put them into a preserving kettle with the same water, and with the peel of one or two lemons, chopped fine. Boil tender; when they rise, press them down, but do not stir them. When tender, add sugar, and boil fifteen or twenty minutes longer. Dried apples soaked overnight, are made tasteless, and are mashed up by being stirred. When cooked, stir in butter, nutmeg or cloves."

Susanna Moodie must have the last word: *'Cheese is invariably offered to you with apple pie.'*



See page 4 for more on the January 17th event.

FIONA'S MUSINGS: Transformative Food Experiences

I have 3 “transformative food experiences” in my life. This came to me during the Teaching and Writing Food History Conference at Williams College, which I wrote about in my last *Musings*.

Some biographical background first. From London, baby me immigrated to Toronto with my parents, arriving Labour Day weekend 1957. My Mum brought 2 cookery books, which I now have: *The Art of Home Cooking* (Stork Margarine Cookery Service, London: 1954) and *Cassell's Cooking Dictionary* (London: 1953). Very English they are, full of roasted meats, sultana cakes, suet puddings and cream sauces. I recall steamed cornstarch and suet puddings with light spongy interiors and crispy exteriors under golden syrup sauce, and chunks of Yorkshire Pudding drenched in thick giblet gravy, and oniony minced-beef paired with mashed potatoes to make the world's best baked Shepherd's Pie. I also recall Mum embracing the new foreign wok and resorting to a crockpot once she returned to the paid workforce. Both the St. Lawrence Market and the long-gone Deer Park Dominion are significant memories. Mum was a good English cook with a Canadian gloss: roast turkey for Thanksgiving, zucchini in the casseroles, and sour cream as a topping for canned fruit.

My first transformative food experience is associated with our 1969 move to the Town of Dundas, beside Hamilton, when Edna **Staebler's** *Food That Really Schmecks, Mennonite Country Cooking* (Toronto: 1968) arrived in our house. Schnippled Bean Salad, Onion Bread, Upsa-Daisy Cake with Prunes (sherry omitted by my teetotaler Mum), Meat Balls simmered in Tomato Sauce, Warm Potato Salad Oh, other people eat differently than us! That was my introduction to other foods. When it was my turn to cater to my first food group – 5 other teenagers who remain my friends, including one Jewish, another Japanese – I prepared Mennonite food.

Through my 20s my interest in food was minimized by other concerns. Then I turned 30, quit therapy, met a new man (long dismissed), lost my job, and found myself a new one, a new career in fact, all within 4 months. That new job was as a Domestic Interpreter in the 1820s/30s Officers' Mess kitchens at Historic Fort York, where I used my dormant museum and cooking skills to animate down hearth cooking. This was my second culinary moment. Within weeks I was an avid reader of food history, of

old and new cookbooks. It would be several years before I dared presume call myself a culinary historian, since it seemed too grand a perch for me. (I got over it.) I became fascinated with the science of recipe experimentation, with the historical background of foodstuffs, dishes and cuisines, with the technology of pre-electric cooking and baking, with the layered nuances of cultural meanings of food, and with the lives of servants. I read widely, both primary and secondary, soaking it in. I really enjoyed sharing all the info with visitors to Fort York, especially in the children's cooking workshops and adult cooking classes. From this emerged Culinary Historians of Ontario, in partnership with Bridget Wranich and Christine Ritsma (then Lupton). All this carried me through my 30s.

Then I met Peter. Our 6 years have included a wonderful exploration of food. Before him, I realized about a year ago during a difficult family time, I lacked a personalized intensity about food, however **knowledgeable** I was. His interest in preparing a good meal, in tasting flavour and texture, in appreciating good ingredients and wines, has inspired me. We have cooked some fine meals (salut Julia Child), and consumed some splendid chefs meals in Toronto (Suzur, Stadlander, Kennedy), Victoria (Sooke Harbour) and Paris. Our best meal was the simplest: a mid 18th century noon meal at Fortress Louisbourg on Cape Breton – fresh cod and carrots, redolent of saltwater and salty earth. No one else has helped me experience food so well. One Christmas I gave Peter a reproduction tin kitchen for roasting meats before an open fire, which we do at his living room fireplace just like I once did at Fort York. I'll never be so spot-on with a gift again!

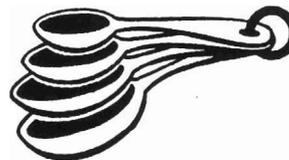
So, my first transformative food experience taught me that others cook differently, my second that there's history in what I'm eating, and my third that food is personal and a source of joyful sharing. I hope I have more such self-defining culinary moments awaiting me.

Those were my transformative food experiences. What were yours? Email me at lucasf@sympatico.ca and I'll write about them next time.

Fiona Lucas is co-founder of Culinary Historians of Ontario

COOK NOTES

By Joyce Lewis



. Have you a query? Send it along to Cook Notes and we will try to find and publish the answer.

Liz Driver has a neighbour who asks about the origin of "Cheese Dreams" - usually bread topped with cheese and bacon strips before being grilled. A *Century of Cooking* (1992) calls it a 40's recipe (106) and Kate Aitken's *Canadian Cook Book* (1945) features it. (7). *The America's Cook Book* (1938) has a recipe by this name including peanut butter (743) and called the version we know "Cheese and Bacon Triangles" (742). Finally, the first edition of *The Boston Cooking School Cook Book* (1896) has a similar recipe without the bacon listed as "Cheese Canapé I" (461). The idea has been around for a century at least, but when was it christened "Cheese Dreams"? Send the answer, or further queries to: Joyce Lewis, c/o CHO, or e-mail: pjandjoyce@sympatico.ca

If you would like to receive occasional notices from CHO and other organizations about culinary history events, please send an e-mail to Ed Lyons at lyons@idirect.ca. Ed will include you in the new CHO e-mail database.

FOOD AS SYMBOL OF TRANSFORMATION IN CANADIAN LITERATURE

Nathalie Cooke spoke at the Northern District Library

NATHALIE COOKE, Associate Professor in the Department of English at McGill University, held the rapt attention of the largest-ever CHO audience at the Northern District Library on Thursday, January 17th as she explored food in literature as a symbol of transformation. Rather than present a "book report" on Nathalie's lecture, we offer this passage from Carol Shields' *The Stone Diaries* with which Nathalie concluded the evening, to illustrate the power of food in literature. The novel begins:

My mother's name was Mercy Stone Goodwill. She was only thirty years old when she took sick, a boiling hot day, standing there in her back kitchen, making a Malvern pudding for her husband's supper. A cookery book lay open on the table: "Take some slices of stale bread," the recipe said, "and one pint of currants; half a pint of raspberries; four ounces of sugar; some sweet cream if available." Of course she's divided the recipe in half, there being just two of them, and what with the scarcity of currants, and Cuyler (my father) being a dainty eater. A pick-and-nibble fellow, she calls him, able to take his food or leave it.

It shames her how little the man eats, diddling his spoon around the dish, perhaps raising his eyes once or twice to send her one of his shy, appreciative glances across the table, but never taking a second helping, just leaving it all for her to finish up – pulling his hand through the air with that dreamy gesture of his that urges her on. And smiling all the while, his daft tender-faced look.

What did food mean to a working man like himself? A bother, a distraction, perhaps even a kind of price that had to be paid in order to remain upright and breathing.

Well, it was a different story for her, for my mother. Eating was as close to heaven as my mother ever came. (In our day we have a name for a passion as disordered as hers.)

And almost as heavenly as eating was the making – how she gloried in it! Every last body on this earth has a particular notion of paradise, and this was hers, standing in the murderously hot back kitchen of her own house, concocting and contriving, leaning forward and squinting at the fine print of the cookery book, a clean wooden spoon in hand.

It's something to see, the way she concentrates, her hot, busy face, the way she thrills to see the dish take form as she pours the stewed fruit into the fancy mold, pressing the thickly cut bread down over the oozing juices, feeling it soften and absorb bit by bit a raspberry redness. Malvern pudding; she loves the words too, and feels them dissolve on her tongue like a sugary wafer, her tongue itself grown waferlike and sweet. Like an artist – years later this form of artistry is perfectly clear to me – she stirs and arranges and draws up her brooding lower lip. Such a dish this will be. A warm sponge soaking up colour.

Carol Shields, *The Stone Diaries*. Vintage Books, 1993

REPORT FROM THE PROGRAMMING COMMITTEE

Fiona Lucas, (chair) Liz Driver, Eva MacDonald, Elizabeth Nelson-Raffaele Patricia Humphrey and Anna Kennedy.

A REVIEW OF CHO'S EVENTS IN 2001

by Eva MacDonald

CHO's Programming Committee was formed in 2000 to respond to the call for volunteers to help keep CHO focused on its goals to research, interpret, preserve and celebrate Ontario's culinary heritage. We sponsored our first event on February 24, 2001, which featured an informative session on Canadian cookbooks with noted bibliographer Elizabeth Driver. Participants were encouraged to bring a potluck dish prepared from a favourite pre-1950 Canadian cookbook. Liz commented at the time that it was wonderful to see the cookbooks that she has been researching "come to life," as 18 people showed up with a wealth of food to share. In March 10 members got together to enjoy a screening of *Babette's*

Feast and a social hour hosted by Mary Williamson and Susan Houston. Finally, the committee organized a successful public lecture on November 15 by Margaret Fraser, co-author of the classic *A Century of Canadian Home Cooking 1900s to 1990s*. Attendees were treated to Marg's personable style as she recounted how she and Carol Ferguson researched the book, as well as "period" refreshments like 1970s Mini Quiches and 1950s Frypan Cookies.

We hope you enjoyed the programmes presented in 2001, and extend an invitation to join us in 2002. If you would like to help the committee, or have programming ideas to share, please contact us at lucasf@sympatico.ca.

CHO EVENTS AND PROGRAMMES FOR 2002

Reserve these dates! We'll provide details in the newsletter that precedes each event.

☞ **MARCH - Friday 1st: Movie Night: *Vatel*** - see details in box on page 8

- **Saturday 16th: 10:15-11:45 am.** Christine Ritsma, Thelma Barer-Stein, Mary Williamson and Fiona Lucas, all members of CHO, will present a 1.5-hour seminar called "The Future of Repast: Food and History" at "The Future of the Past", a 3-day conference (15, 16, 17 March) at the University of Western Ontario in London. See Culinary Calendar on page 8 for details.

☞ **MAY - Friday, 3rd: Good Food Festival** informal social event

We will meet at 6:00 pm, at front door of the Automotive Building, located immediately southwest of Princes' Gates at the Exhibition Grounds, Toronto. **No** RSVP, just show up at rendez-vous to join the group.

☞ **JUNE - Wednesday 26th: Strawberry Social** -

Details are still to be arranged, but the Social is at St. John's Anglican Church in Peterborough. We will likely include a visit to Lang Village or Hutchinson House.

☞ **SEPTEMBER - Sunday 8th: First Chinatown: Culinary New Quarters** - 10 to 1:30 pm

Join CHO and Shirley Lum of Taste of Toronto Walking Tours, on a fascinating food-, fact- and history-filled walk through Toronto's first Chinatown around bundas and Spadina. Maximum 12 people, \$33 per person (food and beverages included), prepaid tickets required.

- **Sunday 15th: CHO Annual General Meeting** - Montgomery's Inn, 1:00 to 4:30 pm

- **Saturday 28th: Heritage Apples** with Bob Wildfong, President of Seeds of Diversity

Following a morning visit to the Galt Farmer's Market, we'll go to nearby Pomona Orchard, where, under the guidance of connoisseur Bob Wildfong, we will taste and smell a wide variety of old and mostly unfamiliar apples.

☞ **OCTOBER - Friday 4th - Tuesday 8th: Northern Bounty V** at the University of Guelph

Cuisine Canada will once again host this exciting biennial national conference that celebrates the diversity of Canada's foods and food people. The theme this year is *Canada's Many Faces and Flavours*. CHO is participating by presenting a couple of roundtable discussions and possibly a table at the Marketplace.

☞ **NOVEMBER - Wednesday 13th: Royal Winter Fair** - informal social event

We will meet 6:00 pm, at the front door of the Toronto Convention Centre on CNE grounds. **No** RSVP, just show up at rendezvous to join the group. period

- **Date TBA** (end of the month): Joint meeting with The Toronto Home Economists Association (THEA).

☞ **DECEMBER - Sunday 1st: - Christmas Cookie Exchange** - Todmorden Mills, Toronto

Back by popular demand! Before the cookies are exchanged 3 speakers will talk about the history of gingerbread houses, sugarplums and Italian Christmas cookies. \$5.00, 10:00 am - 12:00 noon.

REPORT FROM THE NEWSLETTER COMMITTEE

Bridget Wranich (chair), Carrie Herzog, Ed Lyons, Melanie Garrison, Amy Scott

The Newsletter Committee reported to CHO members at the Annual General Meeting that the responsibility during the first year for the quarterly newsletter was indeed a learning experience. We hope to put what we learned in 2001 to good use in 2002. At our December meeting the Committee agreed on the following proposals:

First, in order to encourage more members to contribute to the newsletter we are announcing - well in advance - the general themes for the upcoming 2002 issues. (Please see below) We hope this will encourage and make it easier for more members to make contributions. We are grateful to those who have submitted in the past and look forward to hearing from them and some new contributors too! Please note the "Writers Guidelines" below for details and incentives.

Second, we propose a fresh new look for our 32nd issue / April 2002. Along with this new look is the call for more regular columnists to supplement the existing *Musings* (Fiona Lucas) and *Family Fare* (Ed Lyons). We welcome anyone willing to take on this responsibility. Some of the possible topics for columns include **Book/Movie/Restaurant** Reviews, Culinary Words or Phrases, Exploration of Culinary Equipment etc. We were fortunate to have Joyce Lewis come forward and offer to be our regular queries (see Cook Notes p. 4) columnist. Welcome to the team Joyce!

COMING SOON

A NEW LOOK
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Newsletter Themes for 2002

Attention Members All you potential writers take note! Here are the themes for the next 4 issues of the CHO newsletter. This is YOUR opportunity to contribute! We need your input! New Premiums Awarded for Your Submissions!

April 2002	July 2002	October 2002	January 2003
Fasting & Feasting	Outdoor Eating From Picnics to Barbecues	Middle Eastern Foods	Snow and Ice
DEADLINE March 15,2002	DEADLINE June 15,2002	DEADLINE Sept. 15,2002	DEADLINE Dec. 15,2002

Writers' Guidelines for the Culinary Historians of Ontario Newsletter

Please send your contributions to:

Bridget Wranich, 431 Main St., East York, Ont., M4C 4Y1 Or by **email** to: malagonto@look.ca.

Each contribution should be typed double-spaced on 8" x 11" page. It can be sent as e-mail, on a disk or hard copy. Please make two copies. Keep one for **yourself** as we will not return your submission. Accompanying illustrations are encouraged and excellent scans or photocopies are necessary for good reproduction in the newsletter.

<p>FEATURE ARTICLE SUBMISSION Size: 800 – 1000 words Premium: 1 year free membership!</p>	<p>CRITIQUE OR ONE COLUMN SUBMISSION Size: 250 – 300 words Premium: voucher for FREE ADMISSION to a CHO event/lecture (a \$5-\$10 value)</p>
<p>RECIPE SUBMISSION</p> <p>Please Include: Bibliographic information (where does the recipe originate. etc.) Original Text of Recipe (from primary source) Modern Equivalents version of Recipe Explanation of methods used or any changes you have made to the original recipe Findings or results Historical Notes And please indicate if the recipe has actually been tested or not.</p>	<p>Ed Lyons' FAMILY FARE submission</p> <p>Criteria: recipes used in the family (yours, or someone you know) for 2 or more generations. Please include Original Text and Source of the Recipe, Modern equivalents, if any and the family story behind the recipe.</p> <p>Send FAMILY FARE submissions to: Email: lyons@idirect.com Or Snail mail: Ed Lyons P.O. Box 431, Station F, Toronto, Ont. M4Y 2L8 OR fax to 416-883-9100 PAUSE PAUSE 1140</p>

FAMILY FARE by Ed Lyons

This is a column for CHO readers to share their family recipes.

Here is a corker from Christine Ritsma, a CHO founding member.

I received my Grandmother's recipe book about ten years ago after she had died from cancer. When my family were going through her house after her death, this broken old cookbook was going to be shipped off to the landfill site when my mother thought I might have some use for it.

My Grandmother really had only one cookbook. It was a plastic spiral-bound paper cookbook produced by the Oxford North District Women's Institute in 1980 in commemoration of their 75th Anniversary. It was jam packed with recipes and newspaper clippings of her favourite country and western singer. It's been some time since I journeyed into this book, but now as I leaf through the fragile and food stained pages, I am overcome with strong memories of my childhood and, of course, of my Grandma.

She was indeed a tough cracker! Born and raised in a small southwestern Ontario city at the turn of the century, she married a poor but ambitious country boy, and she raised four children during the Depression years. This couldn't have been an easy life. Yet, these recipe pages tell of a different side of this woman that maybe I have been too quick to forget. This was a woman who dearly loved her sweets. She loved her maple syrup tarts, her apple raisin walnut cakes, her shortbread cookies, her rock road candy and the list goes on and on.



Funny, although the recipe book has sections on meats, appetizers and breads, one really does not notice them because in most cases, along the sides of these sections, are recipes for desserts.

Towards the end of the cookbook, there is a final section entitled "Oriental Cooking", in which small sheets of paper with her handwriting are tucked away. While I expected to see the usual accompaniments of dessert recipes I was surprised to find instructions on how to make beet, **eldberrie** (sic) and grape wine. Shock overwhelms me. Grandma was a drinker? It can't be? Was she not the woman who often spoke these words: "Lips that touch liquor shall never touch mine?"

I quietly chuckle to myself and shake my head with approval. Isn't it ironic how something as odd as a cookbook can continue to breathe such remarkable stories about past lives and experiences.

Incidentally, these wine recipes were written on the back of donation receipts she had given to the Billy Graham Crusade.

'Eldberrie' Wine

*4 quarts berries 1 Pound of Brown Sugar
2 quarts of water 1 Pound of White Sugar*

Smash berries and put in crock. Add 2 qts. water. Let stand 3 days and 3 nights. Then press mixture through a bag (cheesecloth). Put juice in a crock. Add 1 qt. of brown sugar. Stir well. Let stand 2 weeks. Skim every day. Do not stir. Strain through a cheesecloth bag. Then add 1 lb. of white sugar to every quart of wine. Stir well. Let stand 2 days. Then bottle. Cork loosely.

E-mail: lvons@idirect.com

Fax: 416-883-9100 PAUSE PAUSE 1140

Snail mail: P.O. Box 431, Station F, Toronto, ON M4Y 2L8

Ed spends part of his retirement time volunteering as an historic cook at Spadina Museum in Toronto.

Culinary Calendar

Please send CHO information about your upcoming food history or related events. We are pleased to include them in the newsletter. Events hosted by CHO are represented in calendar by v .

February

Elegant Edwardian Dining
Spadina Historic House & Gardens 416-392-6910 ext 305
Saturdays, Feb. 23 **or** Mar. 9 or Mar. 23 **11 am - 4 pm**
Explore what constituted a fine dining experience *à la Russe* in a wealthy Edwardian home by looking at period illustrations and **fine** china and silver, discussing formal dining etiquette, making and consuming abbreviated elegant meal. All supplies, ingredients and recipe packages supplied. Pre-registration and pre-payment required. \$45 plus GST.

March

 CHO Movie Night
Friday, March 1 **7 - 11 pm**
Featuring Vatel starring Gerrard Depardieu and Uma Thurman and CTV's Talk Television starring CHO members Liz Driver, Mary Williamson and Fiona Lucas.
A member has kindly offered to host movie night. Great foodie evening with potluck snacks to share with good company. RSVP to Fiona 416-534-1405. Seating limited.


David Gibson's Favourites
Gibson House Museum 416-395-7432
Saturday, March 9 **10 am - 2 pm**
A Level II Adult Hearth Cooking Workshop for experienced participants. Create and enjoy delicious meal using 19th century receipts in historic kitchen. Intensive, hands-on hearth cooking experience with roast beef and apple pie. Pre-registration and pre-payment required. \$40.

The Future of Repast: Food and History
University of Western Ontario
Saturday, March 16 **10:15 - 11:45 am**
On the Saturday of the 3-day *The Future of the Past* conference, members of **CHO** will present a 1.5-hour seminar: Thelma Barer-Stein, moderator. Fiona Lucas: *Encountering Today's Relevance in Yesterday's Kitchens*; Christine Ritsma: *Food History in the Classroom from Speakeasies to TV Dinners*; Mary Williamson: *Culinary History and the Universities*

Easter Traditions
Colborne Lodge 416-392-6916
Saturdays, March 16, 17, 23, 30, 31
12 - 4 pm
Taste traditional recipe in historic kitchen during house tour. Children dye their own Easter egg using natural vegetable dyes.



Seedy Saturdays in Ontario
Seeds of Diversity - various locations
Saturday, March 2 **10:30 am - 3 pm**
Scadding Court Community Centre,
707 Dundas St W., Toronto
Saturday, March 2 10 am - 4 pm
Glebe Community Centre,
690 Lyon St., Ottawa

April

Introduction to Hearth Cooking
Gibson House Museum 416-395-7432
April 27 **10 am - 2 pm**
Unique kitchen experience preparing and sampling variety of dishes from 19th century recipes. For both novice and experienced cooks. Pre-registration and pre-payment required. \$25.

Culinary Credits

Co - Founders:

Fiona Lucas	(416) 534-1405	lucasf@sympatico.ca
Christine Ritsma	(519) 272-1949	critsma@orc.ca
Bridget Wranich	(416) 690-7062	malagonto@look.ca

Newsletter Committee:

Amy Scott, Ed Lyons, Carrie Herzog, Melanie Garrison, Bridget Wranich

Thanks for this issue to: Mary Williamson. Eva MacDonald

Our address is: c/o C. Ritsma
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N5A 3K7

\$12 (Cdn.) annual subscription (until Sept when it becomes \$20)

Deadlines for entries for April 2002 issue — March 15, 2002

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