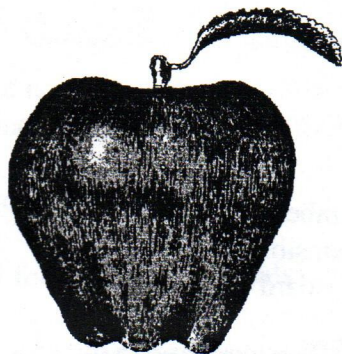


## A Fall Apple Tasting

By Bob Wildfang



It is a chilly autumn evening. Ten guests arrive, hungry, eager for whatever surprises await. The guests are seated, water glasses are filled. A silver tray is produced, and on it an assortment of apples of every colour and shape. Do you like your apples sour or sweet? Do you prefer them crunchy or soft? The fermented grape offers a greater range of flavours, but no fruit has the diverse array of colours, shapes, sizes, textures, acids and sugars as the apple. Some taste like citrus, some are like candy. The connoisseur can detect notes of strawberry, pear, banana, and walnut.

The host teases the group by asking how many apples they can name. After a minute they arrive at a list of fifteen. There are twenty-five varieties on the tray. Surprises await indeed!

Several years ago, at a wine tasting, I had the idea that the same format could be applied to a tasting of apples. I gradually developed a program that included history, cultivation and the various uses of Canada's favourite fruit, and based it on varieties that could be found reasonably easily in Southern Ontario. The program features the apples that are of historical importance in Ontario, but most of them were significant in other parts of Canada and the USA.

### What you need for an Apple Tasting Evening:

- Enthusiastic guests
- A knife and cutting board
- A volunteer to cut the apples (ten slices per apple) and distribute slices
- Glasses of water
- Paper and pencils for those who wish to take notes
- One apple of each variety for every ten tasters
- Cider to enjoy afterward
- Silver tray optional

Do you like sweet apples? Tart apples? Crisp or soft apples? You probably know what you prefer, but when was the last time you thought about these preferences with other kinds of fruit? You don't get the same choices with oranges, pineapples, bananas or peaches. Most people don't recognize other fruit by variety names, but everyone knows several different kinds of apples. Of all fruit, apples have the most variety of shapes, colours, flavours and textures. Some are suited for baking, some for sauce, some for cider, and some for just eating raw. With such a range of qualities and uses, there are more named varieties of apples than of any other fruit. How many can you name? Most people can name five or ten varieties, and about fifteen are grown for large-scale marketing in Ontario.

*Continued on page 4*

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# Culinary Historians of Ontario's Annual Meeting

September 15 2002 1:00 to 4:30

Montgomery's Inn, 4709 Dundas Street West, Etobicoke

## Proposed Agenda

- \* Financial Report
- \* Committee Reports: Programming, Newsletter, Membership
- \* Committee renewals, adjustments, and areas of responsibility
- \* Should CHO have a formal Steering Committee? A Board of Directors?
- \* Request for help as representatives of CHO at Northern Bount V's marketplace
- \* ACA Conference *see below*
- \* Suggestions for programming ideas in upcoming year
- \* Expanding our membership
- \* Creating a membership brochure
- \* Creating a web site
- \* Creating partnerships
- \* Should CHO become an affiliate of the Ontario Historical Society?

Montgomery's Inn is located at the southwest corner of Dundas West and Islington (just north of where Dundas bisects Bloor) in Etobicoke. Free parking. Please call or email Elizabeth Nelson-Raffaele to RSVP. If you decide at the last minute to attend, but haven't contacted Elizabeth -- come anyway! (416) 406-0146 or [elizabeth.nelson@sympatico.ca](mailto:elizabeth.nelson@sympatico.ca)

## Call for Papers...



### WHAT'S HISTORY GOT TO DO WITH IT?

#### 2003 Conference of the Association of Canadian Archivists (ACA)

The ACA Conference, June 10 – 14, 2003 in Toronto, will offer archivists, historians, teachers and others an opportunity to explore the relationship between history and archives from a number of perspectives. CHO would like to present a session (or more than one) at this conference. Here are some ideas on how we culinary historians could contribute:

- The proper place of history in the education and ongoing training of the archivist.
- The historical, literary or postmodern turn in all fields of study looking anew at history, "the archive", and context, memory and representation.
- New fields and methodologies of history, and historians as an important client group served by archivists.
- The "history of the record" and record keeping practices.

The deadline for submitting fully developed proposals and speakers to CHO is 31 August, because the deadline for ACA is 21 September. If you are interested, please contact: Fiona Lucas (416) 534-1405, [lucasf@sympatico.ca](mailto:lucasf@sympatico.ca)

CHO's involvement with ACA's conference will be discussed at the AGM on September 15, 2002.



# FIONA'S MUSINGS: more research topics

Further to my (long but not long enough) list of topics that we Canadians interested in our culinary past must research (one day), here are 6 suggestions from Dean Tudor, Professor Emeritus of Journalism at Ryerson University. He is also a member of the Wine Writers' Circle of Canada. My thanks to Professor Tudor for these additional research suggestions, to which I've added my 10 cents.

We need national or provincial overviews of:

- The use of wild foods (plants, animals) in the urbanized Canadian 20<sup>th</sup> century.
- The growth and decline of the Canadian farm. Over the past several years I've read 2 books on farm life that I found fascinating and informative, since I did not grow up on a farm. I recommend these: *Home Farm: One Family's Life on the Land* by Michael Webster (1989) and *Fields of Vision: A Journey to Canada's Family Farms* by Phil Jenkins and Ken Ginn (1991). In writing about the growth and decline of the Canadian farm, if someone ever does it in a fully comprehensive way, I hope that women's contributions are included. I wrote a historiographic paper (called "Writing Women into Ontario's 19<sup>th</sup> Century Farm Economy") for one of my MA courses on how farm women have been ignored by scholars of agriculture, including the best of them, like Vernon Fowke, Harold Innis and Robert Leslie Jones. I realized how thoroughly women's vital participation in the farm economy has been neglected.
- The impact of organic farming on our Canadian urban and suburban culinary sensibilities. How many of you buy organic now, at least sometimes?
- The history of the Canadian supermarket, from both the corporate and consumer points of view. A history of Loblaws and another of Laura Secord Chocolates would make for fascinating reading à la Paul Waldie's *A House Divided: The Untold Story of the McCain Family* (2<sup>nd</sup> ed, 1997), as in the McCain foods which fill our freezers with frozen french fries and countless other products. It's a ripping good read.
- The growth and maturation of the Canadian restaurant industry, including restaurant reviewing. James Chatto touched on this in his compelling book *The Man Who Ate Toronto: Memoirs of a Restaurant Lover* (1998)
- The whole matter of Canadian wine, beer and spirits (history, consumption, socializing, recipes, the evolution of cocktail parties, wine and cheese parties). Pamela Van Dyke wrote a fascinating history book entitled *The Penguin Book of Spirits and Liqueurs* (1979). A Canadian version would be really cool!

Fiona Lucas is co-founder of *Culinary Historians of Ontario*.

## READ ANY GOOD LETTERS LATELY?

Writer **CHARLOTTE GRAY** is compiling an anthology of letters written by Canadians between 1800 and 2000, to be published in 2003 by Doubleday Canada. Charlotte is the author of the best-seller *Sisters in the Wilderness: The Lives of Susanna Moodie and Catharine Parr Traill* and *Mrs. King: The Life and Times of Isabel Mackenzie King*. She is particularly interested in letters that reveal the texture of day-to-day life. What could be more appropriate than the kind of letter many of us have exchanged in our own lives, enclosing a recipe for a favourite dish? If you have come across such a letter in your researches (or even have one tucked into one of your own cookbooks), would you be prepared to share it with Charlotte?

Contact Charlotte at [grayand@cyberus.ca](mailto:grayand@cyberus.ca), or 183 Mackay Street, Ottawa ON K1M 2B5, or (613) 742-1417. To find out more about her project go to <http://www.randomhouse.ca/letters>.



## Apple Tasting cont. from page one

But it is estimated that there are about 650 varieties cultivated in Ontario and thousands more around the world. According to the North American Fruit Explorers, 7000 named apple cultivars were known in North America a century ago. Today, only about 1000 of those historic varieties still exist.

Apples have a complex flavour, composed of various combinations of acids and sugars, which spans the range from very tart to very sweet. Apple flavours can be described as floral, nutty, delicate, sharp, and can even mimic other flavours of pear, strawberry, banana, or grape. Cider connoisseurs are no less skilled in their art than are wine connoisseurs, although true cider is seldom seen in Canada.

As you taste the apples, take the time to really taste them. Pay attention to the flavour, the balance of acid and sugar, and the aftertaste. Sniff them before you taste, and think about the fragrance that you detect. Notice the texture, the thickness of the skin, and the juiciness of the flesh. You will notice a vast difference among the varieties, which you might not have noticed before.

You can find many fascinating apples at farmers' markets if you look for them. Look for smaller orchard growers, or farmers who sell a range of produce. They often have a few unusual apple trees on the farm, and bring a basket or two for the discerning customer.

### The Popular Family

#### McIntosh - Red Delicious - Empire

I always begin with a few varieties that everyone already knows. This is an opportunity to taste those varieties carefully, to take a moment to really notice the qualities of the fruit. While the participants savour the sweet juice of the Red Delicious, and the fine texture of the McIntosh, perhaps really noticing them for the first time, I tell their histories.

#### McIntosh

- c1796 John McIntosh settled in Dundela, Dundas Co. Ontario. Son of a Scottish Highland family who had emigrated to New York State. John moved to Canada after a family disagreement.
- c1811 John discovered a seedling tree growing on his land. It came to be well known in the area. The tree is believed to have been a seedling from Snow or possibly St. Lawrence.
- c1835 The McIntosh apple began to be propagated, but only locally. Dundela was eventually named McIntosh Corners.
- c1870 John's son Allan began to distribute the apple trees more widely. Most nursery catalogues do not list McIntosh before this date.
- 1908 The original tree died. A monument now stands in its place.



By the early 1900's McIntosh was a widely commercialized apple throughout the colder apple-growing areas such as Canada, northern USA and northern Europe. It does not grow well in warmer climates because it needs cool nights to mature properly. Many strains of McIntosh have been selected and commercially propagated.

#### Red Delicious

- c1870 Discovered by Jesse Hiatt on his farm near Peru, Iowa. The tree had been grafted but the scion failed to hold and the seedling rootstock grew instead. First named Hawkeye, sold locally.
- 1893 Entered in fruit show sponsored by Stark Bros. fruit company of Missouri, and won a prize. C.M. Stark is quoted as saying, when he tasted it, "My that's delicious, and that's the name for it!"
- 1895 Stark Bros introduced the Delicious apple to the commercial market and spent \$750,000.00 advertising it (the equivalent of a multi-million dollar campaign today). It proved to be the ideal display apple, since the fruit could be displayed in stores for a long time without losing its shiny, red appearance.
- 1940 Original tree was killed to the ground by a hard winter, but a sprout returned from the root.
- 1993 The tree was still standing, protected by a fence.

Delicious is one of the most widely-grown varieties in the world, and the second most widely grown in Ontario. It cannot be grown where summers are cool, but it does well throughout Canada, mid to northern USA and Europe. Over 100 strains have been selected, which accounts for the differences in colour, shape and texture that can be easily seen among different crops of this apple.

#### Empire

- 1945 Owing to the popularity of McIntosh and Delicious, R.D. Way of the New York State Agricultural Experiment Station, Geneva NY, crossed these two varieties. Since apples are always hybrids, a cross of two varieties always produces an unpredictable result. One particular cross of McIntosh x Delicious was chosen for its flavour and storage qualities.
- 1966 The new variety, named Empire after New York the "Empire State", was introduced commercially.

Empire has the crisp flavour of McIntosh but has better storage qualities, which it receives from its Red Delicious parent. Today it is grown mainly in Canada, New York and Michigan.

It is interesting to note that an apple variety cannot be propagated by seed. If you plant a seed from a McIntosh apple you will not get a McIntosh tree. The reason is that apples are self-infertile: they require pollen from a different variety to set fruit. This is well known by apple growers, who must always plant more than one kind of tree.

All named apple trees are propagated by grafting. A bit of twig is taken from a tree, say a McIntosh, and grafted low on the trunk of another apple "rootstock" sapling. As the grafted twig grows, the original sapling is cut back, allowing the McIntosh



twig to become the new trunk. The wood above the graft is all McIntosh with 100% McIntosh fruit. The wood below the graft is the rootstock, which nourishes the McIntosh.

Every McIntosh tree in the world is a cutting from John McIntosh's original seedling.

The fact that apple seeds always produce different offspring than their parents is the reason that we have so many kinds of apples. "Seedling trees" like the original McIntosh and Red Delicious are trees that came from a seed, either planted intentionally or accidentally. They are rarely of good quality, but sometimes a wonderful new discovery grows from an apple core discarded along a fence row. Many of our favourite apples are seedling trees, as you will discover here.

This also explains why there were as many as 7000 different kinds of apples 100 years ago. Many people planted apple trees by seed, thus producing a novel variety in each new tree. But why were they planting seedling trees?

#### The Royal Family

Golden Delicious - Cox's Orange Pippin - Gala

Now that our guests know how to taste an apple, let's give them a really interesting flavour. The Cox's Orange is among the most popular apples in the U.K., but it does not grow reliably in most parts of North America due to our colder winters and/or hotter summers. Nevertheless, it is so delectable that many people do grow a few trees, and I am usually able to find a basket or two at farmers markets.

As in the previous set, here we have two "discovered" seedling varieties, and a hybrid. I usually use either Gala or Royal Gala, but you can offer both to show the difference in colour.

#### Golden Delicious

- c1890 Grown from a Grimes Golden seed by A.H. Mullins of Clay Co. West Virginia. Originally known as Mullins' Yellow Seedling
- 1914 Mullins sent fruit to Stark Bros, noting its excellent keeping qualities and heavy crops. Paul Stark was so impressed that he bought the tree for \$5000, had a cage built around it to prevent others from taking grafts, and paid \$100/year for the tree's maintenance.
- 1916 Introduced by Stark Bros as Golden Delicious, a companion to Delicious (thereafter specifically called Red Delicious).
- 1958 Original tree died

Golden Delicious has a very light flavour, which increases as the fruit is left to ripen on the tree until it develops a slight pink blush. Many strains have been selected. Grown in every apple-producing country in the world. Note that although it has many similarities to the Red Delicious, both are the products of unrelated seedling discoveries!

#### Cox's Orange Pippin

- c1825 Found by Richard Cox, retired brewer, on his property in England. Possibly a Ribston Pippin seedling. "Pippin" is a term for a seedling apple since it grew from a "pip" or seed.
- c1850 Propagated and introduced by Smales and Son of Colnbrook
- 1856 First exhibited at the Royal Pomological Society by W. Ingram, head gardener to Queen Victoria.

- 1862 Began to be grown commercially by market gardeners near London.
- 1883 Voted best dessert apple in south England at a fruit Congress.
- 1895 Royal Horticultural Society named it the best late-season apple.

Cox's Orange, the "Queen of Apples" is still the main dessert apple in the U.K. Also grown in Belgium, Germany and New Zealand. Fairly easy to find in Ontario if you look for it. Its spicy, complex flavour has made it an important parent of many newer varieties.

#### Gala/Royal Gala

- c1924 New Zealand fruit farmer and amateur apple breeder James Hutton Kidd crossed Cox's Orange Pippin x Red Delicious to produce Kidd's Orange Red, a highly fragrant red apple. His aim was to combine the best flavour of English apples with the colour of American apples. Although Kidd's Orange Red achieves this, it has not become well known.
- c1934 J.H. Kidd crossed Kidd's Orange Red with Golden Delicious. The result was a fragrant yellow-red apple which he called Gala and introduced to the New Zealand market.
- c1960s Queen Elizabeth was presented with a box of Gala during a visit to New Zealand. She liked them so much that she requested more. England has produced the most prized apple varieties in the world, so a compliment from the Queen is high praise. Dr. D.W. McKenzie, who was developing a selection of Gala with a deeper red colour, named his selection Royal Gala in the Queen's honour.

Gala and Royal Gala are now grown in New Zealand, Canada, northwest USA, Brazil, South Africa, Italy, France and to a small extent in England. Royal Gala is planted more than the lighter coloured Gala. Note the floral fragrance in the Gala - this is one of the most well-flavoured apples that can be found in supermarkets in Ontario, owing mainly to its Cox's Orange parentage.

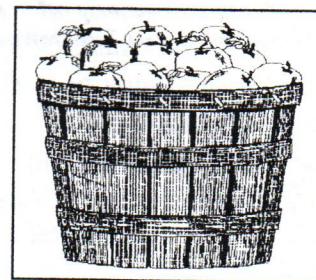
This excerpt gives a taste of the intriguing characteristics of historic apples, and the often surprising stories of how they came to be, and how old some of our common commercial varieties are. The whole presentation can fill an hour and a half, and a small slice of each of twenty-five apples can fill anyone's hunger for this lovely fruit. Most people have no room for dessert afterward!

I regret that I do not have space for the whole program here, but I would be pleased to share it with anyone who is interested. Feel free to contact me any time.

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bob@seeds.ca

Bob Wildfang is President of  
Seeds of Diversity.

Photo credit page 4:  
McIntosh Apples,  
Seeds of Diversity



CHO is pleased to note that this is the 2<sup>nd</sup> article being printed in both our newsletter & Food History News.. FHN comes out of Maine under the editorship of Sandra Oliver. Subscription is \$20 US or 34\$ for 2 yrs. Mailing address : 1061 Main Rd, Islesboro, Maine 04848.



# UPCOMING EVENTS - R.S.V.P. SOON!

## "First Chinatown:

### Culinary New Quarters"

Sunday 8 September, 2002

10:00 am to 1:30 pm

You are cordially invited to join CHO on a fascinating food-, fact- and history-filled culinary walk through Toronto's first Chinatown, around Dundas and Spadina, with SHIRLEY LUM.

This grand foodies' tour will feature equal portions of food and fact! At Tung Hing Bakery we'll sample traditional and new Chinese and Vietnamese pastries, plus Moon Cakes, since the Harvest Moon Festival will be around the corner. Then we'll explore ways to cook with tea and herbs at Po Chi Tong Natural Chinese Herbs, and demystify the Chinese cleaver and other Asian cooking utensils at Tap Phong Trading Company. We'll end with Shirley hosting us to Dim Sum at the Bright Pearl Seafood Restaurant. During lunch we'll sample 2 types of tea, learn about their differing benefits and the etiquette of chopsticks, and hear a history of Dim Sum.

Maximum 12 people. \$35, all foods, beverages and taxes included. Food allergies & vegetarians CAN be accommodated, provided specifics known at time of booking. Call Eva MacDonald (416) 534-9384 to RSVP by Tues 6 Aug; if place available, Eva must receive payment by Mon 12 Aug at 246 Sterling Ave, Toronto, M6R 2B9. Cheque made out to Culinary Historians of Ontario.

Check in with Shirley on front steps of Art Gallery of Ontario (317 Dundas West, at McCaul) at 9:45. She'll be wearing a red golf shirt and carrying a blue umbrella with a map of the world printed on it and a sign saying "First Chinatown: Culinary New Quarters".

*Shirley Lum founded Taste of Toronto Walking Tours in 1993. Her company specializes in culinary, literary and ghost walks around Toronto's diverse neighbourhoods. To quote Marcel Proust: "The real voyage of discovery consists not in seeking new lands, but in seeing with new eyes." [www.TorontoWalksBikes.com](http://www.TorontoWalksBikes.com).*

## Heritage Apples

with Bob Wildfong, President, Seeds of Diversity

Saturday, September 28, 2002

September is harvest time in Ontario. Join CHO for a morning visit to one of the oldest and best farmers' markets that the province has to offer. Meet at Ainslie and Dickson Streets in downtown Cambridge. Bring a cooler and purchase provisions for an outdoor picnic lunch.

At 1 PM we will rendezvous at Beverly Orchard, near Rockton where we will meet Bob Wildfong, President of Seeds of Diversity Canada, and an expert on heritage apple varieties. The highlight of the afternoon will be an apple tasting, at which we will learn the secrets of selecting distinctive heritage varieties for eating and storing. Apples available for purchase at the farm gate.

Cost \$5.00 per person. Transportation not provided. Telephone Fiona Lucas by September 21 to RSVP and arrange carpools (416) 534-1405.

## Northern Bounty V: The Many Faces And Flavours Of Canada

October 4, 5 & 6, 2002

Canada's diversity of food products and traditions will be the subject of Cuisine Canada's 3-day conference in Guelph, ON. Subtitled "The Many Faces and Flavours of Canada," Northern Bounty V will bring together some leaders among Canada's food professionals to address topics of vital concern to those with a professional commitment to food or those who consider food a major avocation. Chaired by Dorothy Duncan, past Executive Director of the Ontario Historical Society, the conference is being organized by Cuisine Canada, our national organization of culinary professionals. The Culinary Historians of Ontario are sponsoring 4 sessions.

1. "How Have New Immigrants Influenced Canadian Cooking?" Panelists include educator and publisher Thelma Barer-Stein, author and publisher Micheline Mongrain-Dontigny, Joan Moore, owner of Fine Foods and Moore, and Shirley Lum of A Taste of the World Tours.
2. Fiona Lucas, co-founder of CHO, will chair a panel consisting of Richard Feltoe of the Redpath Sugar Museum, Mary Williamson, Senior Scholar at York University, and food author Madeleine Greey debating "When Does an Imported Ingredient Become a Canadian Ingredient?"
3. Those attending the conference are asked to bring an old cookbook for assessment at the "Antique Cookbook Clinic" where Canada's cookbook expert Elizabeth Driver will comment on its historic value.
4. Elizabeth Driver, along with author Margaret Fraser and Pamela O'Reilly, archivist at the University of Guelph Library will discuss "cooks and their books" in the



University of Guelph library where the Canadian Cookery Book Collection will be showcased.

As you might expect with a gathering of food people, the meals will offer both culinary and intellectual treats. Saturday night's dinner will be a culinary time machine designed to transport guests through many centuries of Canada's rich culinary heritage, prepared by the talented "Young Lions," up and coming Canadian chefs. Sunday's lunch will showcase a few of the foods developed and enhanced by work at the University of Guelph, from arctic char raised for the domestic marketplace, fall fruit grown on "designer" trees, and barley malted for beer.

Another conference feature will be the 2002 Cuisine Canada Culinary Book Awards, to be conferred at the

gala dinner on Sunday evening. The "Best of the Best" is the evening's menu, using recipes taken from each of last year's winning cookbooks, matched with some of Canada's finest wines. Michael Olson, celebrity chef, who with Anna Olson wrote the prize winning "Inn on the Twenty Cookbook," will be on hand to oversee the preparation of each of the six courses.

Cuisine Canada is a national alliance of Canadian culinary professionals who share a common desire to encourage the development, use and recognition of fine Canadian food and beverages. Providing a forum for communication and interaction, their conference, Northern Bounty, is held every two years in different locations across Canada. A complete listing of this year's program can be found at [www.cuisinecanada.ca](http://www.cuisinecanada.ca).

## FAMILY FARE *edited by Ed Lyons*

When I introduced this column in the Autumn '00 edition, I asked for contributions. I was looking for old family recipes, along with a history of its connection with the family.

To start things off, I wrote about my family's sojourns from the Ukraine to Hamilton. We've also heard from Margaret Lupton who wrote about her Grandmother, born on the Isle of Wight and fortunate not to sail on the Titanic. Peter Iveson told us about his Great, Great Grandmother Maley and how she pioneered the west. Christine Ritsma told us how her Grandmother's cookbook had been rescued from the landfill. Mary Williamson had a nice story about her prize-winning aunts and Robin Hood flour.

You may have liked the recipes, but almost all of them can be found in cookbooks or on the internet. It's not so much that these recipes are so important, it's the family history that's important! When I think of the history of immigrants to this country, I think of diversity, of strength in the face of adversity, of perseverance to create a country and to make a better place for their children. Where are your family's stories?

One of the standard Jewish foods that many of you have heard of is potato latkes or pancakes. These may be eaten at any time, but are often associated with the Channukah festival. Now this is interesting, since potatoes were not around in Israel all those years ago when the Temple in Jerusalem had been defiled.

*The traditional foods consumed during the Hanukkah holiday are symbolic of the events being celebrated. Most are fried in oil, symbolic of the oil that lasted eight days. Pancakes are a traditional dish, serving as a reminder of the food hurriedly prepared for the Maccabees as they went into battle, along with the oil they are fried in as a reminder of the miraculous oil. Latkes were originally symbolic of the cheesecakes served by the widow Judith, and later evolved to the potato/vegetable fried latkes most known today.*  
from <http://www.theholidayspot.com/hanukkah/history.htm>

### *Aunt Anna's Recipe For Potato Latkes*

2 lbs. potatoes – about 6 medium  
1 medium onion  
2 eggs  
¼ cup flour  
½ tsp salt  
¼ tsp ground cinnamon

Peel & grate potatoes. Squeeze out liquid. Peel & grate onion into potatoes. Add eggs, flour, salt, cinnamon & stir to smooth batter. Heat frying pan to very hot. Add schmaltz (see CHO Newsletter, Winter '01) or cooking oil to about 1/16". Drop pancake mix to make 2" pancakes. When brown, turn over & brown other side. Drain on paper towels. Serve hot: 4 – 6 servings.

Please send your family recipes to : E-mail: [lyons@idirect.com](mailto:lyons@idirect.com) , or Box 431, Station F, Toronto, ON M4Y 2L8



# CULINARY CALENDAR

Please send CHO Information about ANY upcoming food history or related events.

We are pleased to include them in the newsletter. Events hosted by CHO are represented in the calendar by ♥♥♥.

## AUGUST

### Simcoe Day

Gibson House (416) 395-7432

5172 Yonge Street, Toronto

**Monday August 5 12 to 5 pm**

Relax in a country home in a city setting. Enjoy tastes of homemade ice cream, sample some 19th century cookery. Children will enjoy the many activities. Free Admission

### Toronto's Festival of Beer

(special ticketed event) at *Historic Fort York*

100 Garrison Road, Toronto (416) 392-6907

**August 9, 10 & 11**

Over 30 different brewers offer over 100 types of beer while local restaurants serve gourmet fare. Cooking demonstrations and lectures on the history of beer. Tickets through Ticket Master or buy at door. Information **416-635-9889**.

### Summer on the Farm Weekends

Gibson House (416) 395-7432

5172 Yonge Street, Toronto

**Weekends in August 12 to 5 pm**

Kitchen staff use seasonal produce from the garden to explore a variety of preserving techniques. Fruits & vegetables will be pickled, dried or made into jams & jellies. Meat & fish will be dried & salted in preparation for winter. Enjoy a tour of the historic house & samples of the day's cooking.

## SEPTEMBER

### 8th Annual Community Corn Roast

Montgomery's Inn (416) 394-8113

4709 Dundas Street West, Etobicoke

**Thursday September 5 5 to 8 pm**

This year we are going organic to celebrate fall harvest! Bring a lawn chair and an appetite! Enjoy organic corn on the cob, heritage varieties of apples, organic cider & hot dogs. Donations to the museum are appreciated.

### Organic Food and Gardening Lecture

Montgomery's Inn (416) 394-8113

**Tuesday September 10 7 to 9 pm**

Learn about what you ate at Corn Roast with established Prince Edward County organic farmer, Phil Mathewson. Presented with Gardening Network. Learn more at [www.thegardeningnetwork.com](http://www.thegardeningnetwork.com). Call for ticket info.

### Open Hearth Cooking Workshop

Jordan Historical Museum (905) 562-5242

**Saturday September 21 1 to 4 pm**

Hands-on workshop gives participants an opportunity to work over an open hearth in a historic kitchen preparing authentic Pennsylvania German recipes. \$30. Pre-registration required.

### Harvest Festival

Todmorden Mills Heritage Museum & Arts Centre

Pottery Rd, East of Bayview Ave (416) 396-2819

**September 22 12 to 5 pm**

Enjoy music, entertainment, arts, crafts, bake sale & picnic fare. Explore 19th century baking and preserving.

## OCTOBER

### Preserve the Harvest Contest

Colborne Lodge, High Park (416) 392-6916

**Sunday October 6 12 to 4 pm**

Calling all cooks and preservationists to an old fashioned preserving contest! Categories: Savoury Pickles and Sweet Preserves. Great prizes! \$3 fee. Pre-registration required.

### Edwardian Tea

Spadina Historic House, Toronto (416) 392-6910

**Sundays October 20, 27, November 3 12:30, 2:00 or 3:30**

Experience an authentic Edwardian Afternoon Tea set in Spadina's delightful sunroom. \$15. Pre-registration required.

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

#### Co: Founders:

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#### Newsletter Committee:

Ed Lyons, Carrie Herzog, Melanie Garrison, Bridget Wranich  
\$12 (Cdn.) annual subscription (until Sept when it becomes \$20)  
Deadlines for entries for October 2002 issue — September 15, 2002

Our NEW address is c/o C. Ritsma, R. R. # 1 Embro, Ontario, Canada. NOJ 1J0

Thanks for this issue to Bob Wildfong

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