



CULINARY HISTORIANS
OF CANADA
les
HISTORIENS CULINAIRE
DU CANADA

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

CANADIAN FOOD AND CULINARY HISTORY

A Bibliography of Secondary Sources

FIONA LUCAS

Third Edition
November 2023

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- Printed from the website of Culinary Historians of Canada, www.culinaryhistorians.ca.
- This is a work in progress. If you wish to suggest more titles for this resource or offer corrections, please write to fiona@culinaryhistorians.ca.
- The symbol ♦ indicates entries added to this third edition.

INTRODUCTION

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

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

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

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

I began this bibliography for my own use about fifteen years ago. Gradually, I expanded and

diversified the categories as I undertook my own historical research projects, read newly published materials and added items from the bibliographies of those materials. One source I want to acknowledge is the [British Columbia Food History Network](#) for their Annotated Food History Content of BC Journals. If anyone is aware of other such sources, I'd be happy to incorporate the entries and similarly acknowledge.

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

¹ Lenore Newman, *Speaking in Cod Tongues: A Canadian Culinary Journey*, 2017, 220.

² Davidson, Alan, *PPC* 1, 1979, 68–69.

Notes on how this bibliography is arranged:

- The first section of each thematic grouping is the general books, followed by the specific books under the relevant sub-heading.
- Some titles appear in more than one section if they fit into more than one subject area.
- Most entries are in English. Other languages are included if known. The French resources need expansion.
- For journal and newsletter entries, the year comes first, then the volume number, followed by the issue number in brackets, and page numbers after the colon.
 - Example: "1998, 8(3): 14–21," means year 1998, volume 8, issue 3, pages 14 to 21.
 - Example: "1998, 8: 14–21," means year 1998, number 8, pages 14 to 21.

Shortforms

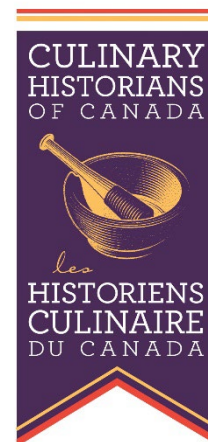
<i>BC History Q</i>	<i>British Columbia History Quarterly</i>
<i>BC Studies</i>	<i>BC Studies: The British Columbia Quarterly</i>
<i>CuiZine</i>	<i>CuiZine: The Journal of Canadian Food Cultures / CuiZine: revue des cultures culinaires au Canada</i>
<i>Culinary Biographies</i>	<i>Culinary Biographies: A Dictionary of the World's Great Cookbook Authors and Collectors, Farmers, Gourmets, Home Economists, Nutritionists, Restaurateurs, Philosophers, Physicians, Scientists, Writers, and Others, Who Influenced the Way We Eat Today</i>
<i>Culinary Chronicles: CHO</i>	Newsletter of Culinary Historians of Ontario after it gained a title in 2004 – from number 40, Spring 2004, to number 65, Summer 2010

<i>Culinary Chronicles: CHC</i>	Newsletter of Culinary Historians of Canada from number 66, Autumn 2010, to number 71, November 2012, the last one
<i>Culinary Chronicles 1, New Series</i>	<i>Culinary Chronicles 1 (2, 3 etc): Occasional Papers of the Culinary Historians of Canada, New Series</i> (started in fall 2021)
<i>Gastronomica</i>	<i>Gastronomica: The Journal for Food Studies</i>
<i>Food, Culture and Society</i>	<i>Food, Culture and Society: An International Journal of Multidisciplinary Research</i>
<i>I Know That Name!</i>	<i>I Know That Name! The People Behind Canada's Best Known Brand Names from Elizabeth Arden to Walter Zeller</i> , Toronto: Dundurn Press, 2002
<i>Newsletter of CHO</i>	Newsletter of the Culinary Historians of Ontario from number 1, Spring 1994, to number 39, Winter 2004
<i>Petits Propos Culinaires</i>	<i>Petits Propos Culinaires: Essays and Notes on Food, Cookery and Cookery Books</i>
<i>Proceedings of ALHFAM</i>	<i>Proceedings of Association of Living History Farms and Agricultural Museums</i>
<i>Proceedings of OSFC</i>	<i>Proceedings of the Oxford Symposium on Food and Cookery</i>

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

Fiona Lucas is co-founder of the Culinary Historians of Canada (1994) and the Volunteer Historic Cooking Group of the City of Toronto Museums (1996). Her first book was *Hearth and Home: Women and the Art of Open Hearth Cooking* (2006) and her second, with co-editor Nathalie Cooke, was *Catharine Parr Traill's Female Emigrant's Guide: Cooking with a Canadian Classic* (2017). She is now a freelance culinary historian and consultant and can be reached at fionasfood62@gmail.com.

Culinary Historians of Canada (CHC) is an organization that researches, interprets, preserves, and celebrates Canada's culinary heritage, which has been shaped by the food traditions of the Indigenous peoples and generations of other people who have arrived from all parts of the world. Through programmes, 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. www.culinaryhistorians.ca



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- 1989 *Secrets of the Sea: The Fresh Appeal of Frozen Fish*, Toronto
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- 1993 *Cellar and Silver*, with Tony Aspler, Toronto
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1975 *Stew and Casserole Cook Book*, Montreal
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