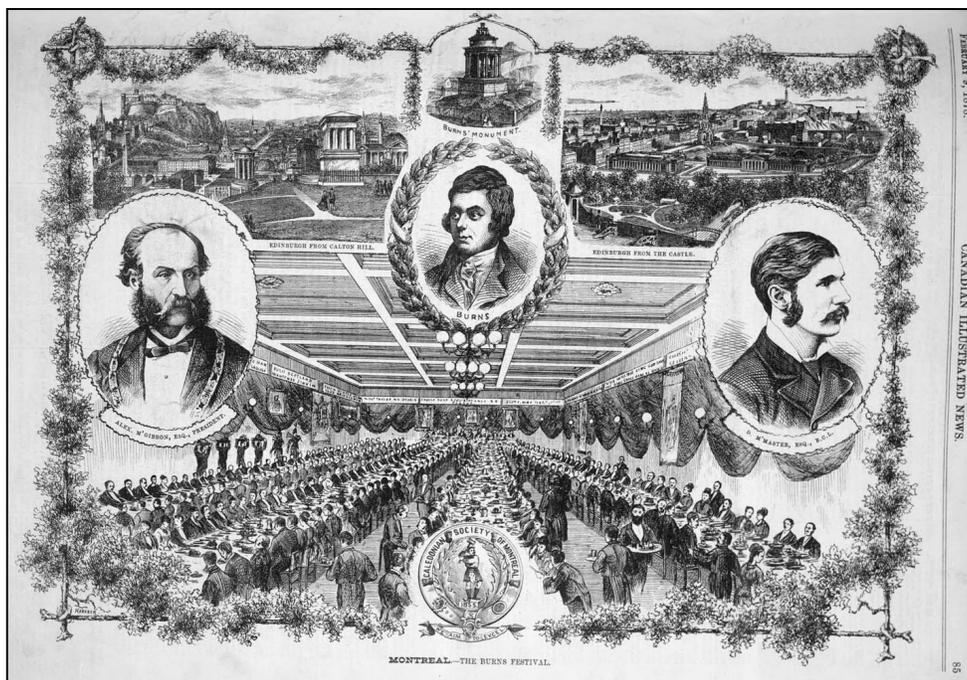


Culinary Chronicles

THE NEWSLETTER OF THE CULINARY HISTORIANS OF ONTARIO

WINTER 2009

NUMBER 59



In honour of the 250th centenary of Robbie Burns' birth, here's an image of "The Burns Festival" put on by The Caledonian Society in Montreal, from the *Canadian Illustrated News*, February 9, 1878. Burns is in the centre, flanked by Alex. McGibbon, Esq., President, and D. M'Master, Esq.

(Courtesy of Mary F. Williamson)

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President's Message

Internationally, the study of food and culinary history has exploded in the past decade. I'm sure you've noticed the growth in the number of books, magazine articles, discussions and dissertations, events and organizations that are dedicated to the many aspects of this fascinating area of cultural study. Of course, as I always tell my students and Volunteer Historic Cooks, food is intertwined with every other possible topic you can imagine. It may not be obvious at first, but absolutely everything else has a link to food. It is the grand nexus of topics (to paraphrase from a long-ago comment in Sandy Oliver's *Food History News*).

I'm pleased to say that the Culinary Historians of Ontario has played a small part in this explosion by promoting research into Canada's own food and culinary history through our regular programs, our quarterly newsletter, our website, our contributions to other publications, our partnerships with historic sites with active kitchens, and our conversations with many members and non-members. Our next big contribution to this ongoing discussion will be "CULINARY LANDMARKS, A Conference to Celebrate the Publication of Elizabeth Driver's *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825-1949*." The overarching theme is: What are the unanswered questions about Canadian cookbooks? As you can see from the registration material included in this Winter 2009 newsletter, there will be a fascinating assembly of answers. Please join us in Toronto on May 1-3, 2009 to further these investigations.

CHO has agreements with several organizations: the **Ontario Historical Society** to assist each other in fundraising through partnering on two events. This past autumn, for the fifth year, we helped the OHS raise funds by running the tearoom during Cookbook Caper, which, between scones, cakes, tea, and book sales raised over \$1000 for the OHS. In exchange for this assistance, each spring the OHS doesn't charge us rent for holding our annual spring lecture at their headquarters in Willowdale. Other agreements are with **Montgomery's Inn Museum** in Etobicoke, **Campbell House Museum** in downtown Toronto, and **Dundurn Castle National Historic Site** in Hamilton. Others are pending. Whenever we hold mutual events at these historic sites, we split the planning, expenses and profits in pre-arranged ways.

CALL FOR VOLUNTEERS – CHO needs:

- **A new Chair of the Electronic Resources Committee.** This person maintains our relationship with the webmaster at the Special Collections at the University of Guelph, which hosts our website, by passing on the quarterly updates of upcoming programs, reviews of recent programs, bibliographic entries, and images used on the front page. The images themselves are selected by Mary Williamson from her vast collection. Co-ordinating this work is not a time-consuming task, but it is an important one for CHO's ongoing public presence on the internet.
- **An electronically literate (young?) person to drag CHO's electronically challenged Board Members into the electronic 21st century.** CHO Board's is interested in the possibilities of Flickr, Facebook, YouTube, MySpace, and Wikipedia. This person would be a member of the Electronic Resources Committee.
- **"Mad for Marmalade, Crazy for Citron" assistance:** two people at the morning registration table and two other people at the afternoon marketplace table. In both cases the primary responsibility is to collect and count money.

NEWSLETTER – Wearing my Editor's hat now ... The newsletter needs:

- **A reviewer for "Mad for Marmalade, Crazy for Citron."** February 21, Fort York, Toronto.
- **A reviewer for "An Afternoon at Whitehern."** February 28, Whitehern, Hamilton.

In exchange for writing a summary of the event, you will get complimentary entrance.

If you can help as a volunteer or reviewer, please contact me – 416 781-8153 or fionalucas@rogers.com.

Fiona Lucas, President of CHO, and Editor of *Culinary Chronicles*

Reflections on Teaching about Food and Culture

Carrie Herzog

Carrie teaches at the University of Guelph, Ontario.

Many of us who read *Culinary Chronicles* are “foodies”¹ – either self-proclaimed or culturally defined. We love and honour food not only through its preparation and consumption but also through the investigation and discussion of what we individually or as a society consume. Our pursuit of knowledge often leads us to “foreign” cultures and encourages us to seek out educational opportunities in our own home (i.e. watching the Food Network), community (i.e. attending events run by the CHO), country or abroad (i.e. visiting cookbook stores or destination restaurants). Through our actions, we can be labeled as “culinary tourists”² as our primary motivation is to learn and experience more about food and the culture it reflects. We can soak up so much from these experiences but may find it difficult to keep our objectivity when encountering a food or dish that we neither like nor understand. When this happens, we must reflect upon a famous quote by Turkish literary figure Abdulkhak Sinasi: “Do not dismiss the dish saying that it is just, simple food. The blessing thing is an entire civilization in itself” (<http://www.travelsouk.com/dest/turkey/sites/cuisine.htm>). Sinasi reminds us that a food or dish represents a culture or civilization and must be explored within its own unique context. The burgeoning scholarship in the area of food history can therefore provide great value to those of us wishing to understand more about food and culture.

History, in a generic sense, is the key to understanding who we are today as much as it

will centuries from now. As author Mark Kurlansky so aptly describes, “if future historians want to look at what life was like in the early 21st century – the technological and information revolutions, the blessings and dangers of globalization, the challenges to the survival of the healthy planet – they would do well to look at our food (43).”³ Studying or teaching food therefore is as much about history as it is about agriculture, geography, anthropology, sociology or business.

This idea has been a constant for me over my academic career as both a student and lecturer. As a history student, it was obvious about the importance of space, place and time. Now, as an instructor of “Cultural Aspects of Food” at the University of Guelph, I am continuously reminded how much history is required to understand cultures in their present form. In the course, I take students on a journey over centuries and across cultures to help them understand food is culture and culture reflects history. While this can be overwhelming for students, it is quintessential and reflects centuries of food writing including more recent food scholarship such as Linda Civitello’s *Cuisine and Culture: A History of Food and People* (2004).

The crux of my reflection and insight on teaching about food and culture is summarized well by Italian cookbook author and teacher Giuliano Bugialli. Bugialli encourages us to always remember that food is history, and stresses that only two questions really matter when looking at food – is it good and is it authentic?⁴ Without history, we have only one part of the story. It is our hunger to know more as foodies and culinary tourists that will allow us to come that much closer to understanding the food of the past, present and future. Bon appétit.

¹ This term became popular in the 1980s after publication of *The Official Foodie Handbook* in 1984 by authors Paul Levy and Ann Barr. A “foodie” is an amateur food lover who seeks out activities and opportunities related to any aspect of food.

² A “culinary tourist” is an individual who looks for unique and memorable food experiences and, by doing so, experiences unknown cultures. Folklorist Lucy Long, who coined the term in 1998, suggests that a person can experience an unknown culture in a variety of places, for example, by watching television in their own home, by visiting an ethnic food market in their own community, or by visiting another country and eating at a restaurant. See the work edited by Lucy Long *Culinary Tourism* (2004).

³ Mark Kurlansky, “The Food Chains That Link Us All,” *Time [Canadian Edition]*, July 30–August 6, 2007, 41–43.

⁴ The complete quote is: “There are only two questions to ask about food. Is it good? And is it authentic? We are open to new ideas, but not if it means destroying our history. And food is history.” (<http://everything2.com/e2node/Giuliano%2520Bugialli>).

Torontonian studying at University of Adelaide

Wendy Blackwood

Wendy is completing her dissertation on foods and menus on the Canadian Pacific Railway Dining Cars in the early part of the 20th century.

I remember well my introduction to the University of Adelaide's graduate program in Gastronomy. Along with hundreds of Australians and tourists, I was celebrating Christmas Day 2004 at the Sydney Fish Market, savouring plates of Tasmanian oysters and freshly steamed prawns, cold beer, and 30 degree temperatures. In the brochure for the Sydney Fish Market Cooking School, I first read about the new (2002) Adelaide/Cordon Bleu Gastronomy program, and some of its graduates.

Two years later, on a three-month leave of absence from my job as Manager of Loblaw's Cooking Schools, I was an Adelaide resident, enrolled in Principles of Gastronomy, the introductory course for an MA in Gastronomy. Few academic programs exist, and Adelaide alone offers the opportunity to study on campus or online or, in my case, to combine both.



Wendy, at right, with fellow students at a potluck dinner

(Photograph courtesy of Wendy Blackwood)

Twenty years as a hands-on professional cook, teacher, and manager, most recently at a corporate supermarket, left me curious and eager to explore the cultural and historical meanings of food and drink. Adelaide and the celebrated Bourassa Valley wine region nearby offered unique food study, cooking, and eating opportunities.

The Adelaide program consists of three core courses (Principles in Gastronomy, Contemporary Issues, Gastronomy and Communication), an elective, and a supervised dissertation. Coursework includes interdisciplinary readings, written assignments, tutorials, and final essays. A comprehensive bibliography accompanies each course and a gastronomy resource librarian provides extensive on-campus and online consultation. Important for students like me, whose undergraduate work predated the Internet and personal computers, courses in computer use, research methods and sources, and essay and dissertation writing are available on campus and online. The curriculum, developed in conjunction with Cordon Bleu Australia, was designed by Dr Barbara Santich, a Humanities and Social Science professor, Australian culinary historian, and internationally published author of books and articles on contemporary and historical food culture.

Principles in Gastronomy introduces the origins of gastronomy; examines traditions and the meaning of foodways; explores the psychology of taste; establishes a multidisciplinary approach to the study of cultural and social food preparation and consumption; and charts the evolution of cuisines, restaurants, and gastronomic writing. Contemporary Issues investigates the growth and significance of current gastronomic issues, including globalism, food politics, supply and security; movements, including Slow Food, organics, nutrition, and vegetarianism; and contemporary trends in cooking styles and collective taste. Gastronomy and Communication continues the study of the gastronomic lexicon; emphasizes popular writing and evaluation skills; and examines the function of food and drink in contemporary literature, film, food television, and other art forms. There is opportunity for the aspiring food writer or critic to begin to develop a "voice."

My elective course, Gastronomic Tourism, explores issues of authenticity, diversity, development, branding and marketing in the growing culture of international food and wine travel and promotion.

Academic investigation into why, when, where, how, and what we eat (or do not eat) is the focus of all courses. Food, eating, and taste are idiosyncratic, so students are expected to integrate personal observation into assignments. My Chinese, Japanese, Australian, Equadorian, American, and Puerto Rican classmates in Adelaide, and subsequent online study colleagues from Germany, New Zealand, and Australia have wide academic qualifications, work experience, and personal interests. Professions included print and television journalism, hotel management, translation services, restaurant chef, hospitality teaching, and museum management, as well as recent BA graduates. Each contributes unique insights to our mutual studies.

I am now working on my dissertation, about the gastronomic heritage of the CPR dining cars, menus, and food during the early 20th century, under the direction of Mary Williamson, one of CHO's long-time members and a frequent

contributor to this newsletter. My coursework final essays have included "Potluck: Real and False Memories of Homemade," "Indigenous Foods and the Authenticity of National Cuisines," and "The Cocktail as Foodway, a Symbolic Distillation of Twentieth Century Society." Dissertation titles on the Adelaide website (<http://www.gastronomy.adelaide.edu.au/>) include "Food Fights: A History of the Soil Association of South Australia"; "Demythologising the History of Coffee in Lipa, Batangas in the XIX century"; "The Baking of an American Icon: How Girl Scout Cookies Became a Cultural Phenomenon"; and the provocative "God is Not A Vegetarian." They highlight the fluidity and diversity of interests and approach to the subject matter.

The unique program offered by the University of Adelaide offers the opportunity to study in depth a subject that informs seemingly everyday acts of choosing, preparing, cooking, and consuming food with complex historical, cultural, symbolic, and social meanings. In our current food-obsessed culture, it offers insight and depth, and a broad perspective from which to explore and experience life's culinary pleasures.

Members' News

From Dean Tudor:

Here's some news about my co-member wife, Ann Tudor, in a food context: One, she has created TWO food alphabet books (illustrated) for children, one entitled "Yum" for the good food, and one entitled "Yuck" for the bad food – depending on your perspective as a child, adult or nutritionist. They are FREE PDFs. Two, she has created her fifth spoken word CD, her second on food: "I Love Pie" (Molten Gold MG 05) – an opinionated hands-on how-to for making pie crust, biscuit dough, and more. Written and narrated by Ann, it covers her recipes in an engaging manner. There's a track on how to make your own lard. It retails for \$10 plus \$3 for shipping. More details at www.anntudor.ca.

From Nathalie Cooke and Lara Rabinovitch:

Cuizine: The Journal of Canadian Food Cultures / Revue des cultures culinaires au Canada nourishes intellectual exchanges on the subject of food in Canada from multicultural perspectives. An integral aspect of ethnic identity and cultural production, food acts as a window into multiple cultural publics and thus lends itself to various interrogations through, for example, ethnography, history, material culture, literary studies, sociology, anthropology, religious studies, art history, communications, and environmental studies.



A peer-reviewed e-journal published by McGill Library, *Cuizine* accepts and publishes entries in English and French.

To read the first issue, please go to:
<http://www.erudit.org/revue/cuizine/2008/v1/n1/index.html>.

A Sample of Courses in Canada

British Columbia

UNIVERSITY OF VICTORIA, Victoria: Social and Political History of Food in North America

Instructor: **Dr Penny Bryden**

“This is a seminar course about eating, and how the need to eat has shaped our society in North America. We will examine not only the institutional implications of eating, like trading relations, but also the social implications, like the division of labour in the home. Because of its thematic approach to understanding the past, it employs a variety of different historical methods: over the course of the term, we will use the tools of the political, economical, social, quantitative, gender, and business and diplomatic historians, as well as approaches more commonly used in political science, sociology and anthropology.”

UNIVERSITY OF VICTORIA, Victoria: Drink and Social Control in Canada, 1828–1928

Instructor: **Georgia Sitara**

“While surveying the attitudes toward drink, this course will examine a number of themes. These will include Frontier life and attitudes toward drink, First Nations, ethnicity and class, federal-provincial relations and regulation of drink, industrialization / urbanization, the working class, gender and the role of women in the Women’s Christian Temperance Movement, and prohibition and enforcement.”

Ontario

CARLETON UNIVERSITY, OTTAWA: The Cultural History of Food

“Food in its agrarian, economic and cultural context from late antiquity to the nineteenth century; production, distribution, and consumption; health, diet and manners; the religious significance of food; food in art; the rise of the restaurant; the birth of gastronomy.”

GEORGE BROWN COLLEGE, TORONTO: Applied Food History: A Toronto Museum Experience

Instructor: **Elizabeth Driver**, Campbell House Museum, Curator; Past President, CHO

Course is a required history credit for the two-year Culinary Management (Integrated Learning) Program.

“Usually, we learn about the history of food through secondary sources, such as history texts, or perhaps by preparing a dish following a modern version of an older recipe. This course offers students the rare opportunity to cook in a period kitchen using period utensils and following recipes from original cookbooks and manuscripts of the time. The course is based at Montgomery’s Inn Museum, a 19th-century hotel and tavern that offered hospitality to travellers and the local farming community. The Inn’s 1838 open-hearth kitchen, adjacent dining room and bar room, and historic kitchen garden, are the laboratory, and students take field trips to working kitchens in other City of Toronto museums, representing different times. The course traces the evolution of Canadian food history from 1800 to 1967 and explores, through hands-on experience, how such factors as new kitchen technologies, advancements in industry and agriculture, the seasons, social class, and cultural traditions influence the food we eat.”

GEORGE BROWN COLLEGE, TORONTO: Anthropology of Food

“Civilization cannot begin until a food supply is assured; in reality, food motivates both history and culture. This study, across half a million years, has recently become a dynamic sub-discipline with vast amounts of illuminating material becoming available in the form of published research. Ranging from the eating habits of our prehistoric ancestors to policy issues we face today, students will explore key foods that have been hunted, gathered, cultivated and domesticated; and their impact on human populations.”
Textbook: Reay Tannahill, *Food in History*, 2nd ed, 1995, and selected readings from reference works and the internet. Fieldwork: Royal Ontario Museum.”

NIPISSING UNIVERSITY, NORTH BAY: Food, Land and Subsistence in Human History

Instructor: Professor **James Murton**

“This course will contextualize current worries about the environmental, supply, and health problems of the world food system by exploring the cultural and environmental history of food. The focus will be on food as a product human-environment interaction through agriculture, humanity’s main source of food and central form of interaction between humans and the rest of nature. Topics will include the origins of agriculture and food in the ancient and medieval world, but the course will focus on the development of a world food system in the 19th and 20th centuries.”

UNIVERSITY OF TORONTO SCARBOROUGH: Edible History: History of Global Foodways

Instructor: Professor **Daniel Bender, Canada Research Chair of Urban History**

“An exploration of how eating traditions around the world have been affected by economic and social changes, including imperialism, migration, the rise of a global economy, and urbanization. Topics include: immigrant cuisines, commodity exchanges, and the rise of the restaurant. Lectures will be supplemented by cooking demonstrations.”

UNIVERSITY OF WATERLOO, CONRAD GREBEL UNIVERSITY COLLEGE: Food, Culture and History

Instructor: **Professor Marlene Epp**, History and Peace & Conflict Studies

“This course will examine the role of foodstuffs and foodways in world history, with an emphasis on Canada in the 20th century. Themes such as colonialism, immigration, ethnic identity, religion, gender, famine, and political policy will be examined to explore how food, and its associated habits and customs, has been central to the evolution of cultural patterns of the past.”

New Brunswick

MOUNT ALLISON UNIVERSITY, Sackville: A Social and Political History of Food in North American History

“This course will examine the way in which the need to eat has shaped the political and social environment in North America over the course of the last one thousand years. The general focus will be on changing patterns of food acquisition and the changing rituals of consumption. Particular attention will be paid to how changing technologies, demographic change and crises such as war have influenced the North American diet and the cultural significance of various types of foods.”

Nova Scotia

DALHOUSIE UNIVERSITY, HALIFAX: Food for Thought: History and the Culinary Cultures of the Islamic World

Instructor: **Dr Amal Ghazal**

“The symbol and meaning of food transcend pleasure and necessity. This course explores aspects of Islamic history through the lenses of the culinary cultures in Muslim societies. It treats food as an essential factor in creating and shaping identities, social space and political discourses.”

CAPE BRETON UNIVERSITY, Sydney: Food and Culture

“An examination of the role food plays in traditional and contemporary culture. Topics include food as material culture, food and economy, food and the environment, food and drink in ritual and custom, food and dietary taboo, culinary tourism, and traditional foodways in contemporary culture. Fieldwork and/or archival work required.”

A Sample of International Courses

UNIVERSITY OF ADELAIDE, AUSTRALIA: Le Cordon Bleu Graduate Program in Gastronomy

“This is a unique program for people with a passion for food and drink and a desire to understand the history and culture of food and drink. This program adopts a multidisciplinary approach to the study of gastronomy, which encompasses history, anthropology, sociology, geography and many other disciplines within the general area of humanities and social sciences, as well as economics, nutrition, agriculture and wine studies.” (See Wendy Blackwood’s personal experience described on pages 8 and 9.)

➤ <http://www.gastronomy.adelaide.edu.au/>

BOSTON UNIVERSITY, MASSACHUSETTS: Masters of Liberal Arts in Gastronomy

“... encompasses the arts, the humanities, and the natural and social sciences. As the study of food, food science, and nutrition has grown, a consensus has developed that the study of food and wine, under the category of gastronomy, requires a multidisciplinary approach. Our understanding of the role of food in historical and contemporary societies and its impact on world civilization is a serious and important pursuit, especially when undertaken within specific, well-defined fields of study such as culinary history, anthropology, archaeology, economics, and nutrition. Students are encouraged to take advantage of the resources and expertise of various Boston University faculty members and departments, as well as industry professionals.”

➤ http://www.bu.edu/met/adult_college_programs/graduate_school_program/post_graduate_degree/food_science_degree/index.html

NEW COLLEGE CULINARY ARTS PROGRAM, NEW YORK CITY: The Food Studies Program

“Program draws on a range of disciplines to explore the connections between food and the environment, politics, history, and culture. Our faculty of culinary historians, policy activists, entrepreneurs, and scientists provide students with the theoretical and practical tools they need to engage in the burgeoning conversation on food production, distribution, quality, and taste, and to effect positive change in their own food environments.”

➤ <http://www.newschool.edu/generalstudies/foodstudies.aspx>

The food history courses offered in Spring 2009:

- Food and the Literary Imagination
- Contemporary Food Controversies: What We Eat and Why
- A History of American Farming and Agricultural Production
- Revolutionizing Institutional Food: From Nuggets to Nourishment
- A Cultural History of Nutrition and Dieting
- **American Culinary History: From the Erie Canal to the Food Network**

Instructor: Andrew F. Smith

“What does the Erie Canal have to do with Wonderbread? Which American war gave us condensed soup? Why did American farmers turn away from organic farming in the first place? This course examines the historical, cultural, social, technological, and economic events that have influenced what Americans eat today. It is action-packed history, filled with home economists and fancy restaurateurs, family farmers and corporate giants, street vendors and captains of industry, mom-and-pop grocers and massive food conglomerates, burger barons and vegetarians, the hungry and the affluent, hard-hitting advertisers and health food advocates – all contributors to the contentious American foodscape of the 21st century.”

On Members of the House of Assembly Being Corrupted by Official Dinners

From the December 13, 1827, editorial in the *Canadian Freeman*, Upper Canada, Francis Collins, Editor

Next to the official characters themselves, we would caution the people of Upper Canada against the *gourmands* or a set of hungry country sycophants, who, having been intrusted with the guardianship of the people's rights, spend their time during the session, not in the discharge of their legislative duties, but in bowing and cringing about the official tables of *little York* – where they sell their own birth-rights and the interests of the country for a *mess of pottage!* – *Little York* has long been regarded as the *Sodom or Gemorra* of Upper Canada – its official abominations have long been proverbial about the colony. – How have these corruptions been mainly screened and supported? By *official dinners!* – Yes, strange as it may appear to the simple unsuspecting farmer, we can assure him that *dinners – dinners – Little York official dinners* – have done more to mollify and compromise the integrity of our House of Assembly – and consequently, more to undermine and destroy the real interests of the country, than all the other means that have ever been resorted to by the active and well-paid agents of official corruptions in this Province. – So confident are they of succeeding in this way, that it is their first expedient and dernier resource. – Indeed a large portion of the immense increase of our official (we say *immense* incomes, according to the means of the country) is spent in this manner, and with such certain effect, that we never know a member who attended the *York official dinner parties* during the session, that did not sell the interests of his constituents, in some way or other, before its close! How could a mealy mouthed ignoramus who never, before he was a member, sat at a gentleman's table, who was born without patriotism and never had the interest of his country at heart – refuse any thing to an official gentlemen of 15 or £1600 a year, that has been so kind to him as to place him on his right hand, once or twice a week during session, at a dinner-table, the very sight of which bewilders his senses? Impossible – the debt of gratitude to his

official patron, for such pure *disinterested* kindness – besides the pride of writing home to his country cronies that he “had the honor to dine with the Hon — in company with —” is too much for a mock patriot, with weak head and corrupt heart, to bear. – The official patron, now having his prey secure at his elbow, proceeds cautiously – he lets the *roast beef and plumb pudding* go round – afterwards, the *Madera!* – When he sees the *gourmands* sufficiently mollified – the *canvassing* commences, and away goes patriotism – away goes all consideration about the rights of the people – away go the dearest interests of Upper Canada! Yes, we say it without fear of contradiction, that at the *official dinners* in *York* have all questions been determined that ever militated against the interests of the people since the first foundation of the colony – they are the commerce mart for the sale and purchase of political integrity, that no patriot could be prevailed on to attend. – We have often known men that passed in the sight of the country for *patriots* – men whose speeches in the debates were soft and sweet as *Italian song* to the public ear, to attend this mart of corruption in the evening, and the next morning rise on the floor of the House with enervated nerves, faltering tongues, and heads reeling with recent debauch, to deliver into the hands of a few corrupt tools of power the previous evening's purchase – at the expense of their own integrity – at the expense of the rights and privileges of the people – at the expense of the general interests of the Province at large. Is it not high time to check such monstrous iniquity. Is it not time for the finger of scorn to point out these marts of political prostitution, and mark with public odium, the besotted venders of their country's liberty who attend them? Will not the honest yeomanry of the country demand a *pledge* at the hustings from the men they send here to protect their rights, *that they will avoid official dinner parties as they would a nest of rattlesnakes?* We

Continued on page 14

Honorary Membership Awarded to Mya Sangster

This modified text accompanied the slides Fiona Lucas showed at the September 2008 AGM.

The CHO Board is pleased to present a valued behind-the-scenes person with an Honorary Membership. Many of you know Mya Sangster, but those who don't may be surprised at how she's contributed to the tasty success of our museum-based programs. CHO's constitution states that an honorary membership "can be granted ... in recognition of exemplary service to CHO or for excellence in the field of culinary history." Mya is being awarded for both reasons.

Mya's commitment to culinary history, especially authentic down-hearth cooking, and her fervour for historical accuracy; her knowledge of the old cookbooks, techniques and ingredients; and her willingness to bake many historical refreshments have become legendary. Several recent programs were her idea and happened due to her planning.

The genesis of her interest occurred about 20 years ago. I was Senior Domestic Interpreter at Historic Fort York and Mya was a grade eight teacher whose students visited the 1826 kitchen, where they made a lunch of Mulaga-Tawny Soup (*Cook's Oracle*, 1818). Mya was fascinated. She returned in subsequent years and even introduced food history into her curriculum. Then in fall 1994, she attended CHO's inaugural meeting, one of the very few who can say she's been a member since the beginning.



When I created the Volunteer Historic Cooking Group (VHCG) for the Toronto Museums with the help of Rosemary Kovac (who has become Mya's great

**Mya Sangster,
September 1994, at
CHO inaugural
meeting**

(Photograph courtesy
of Fiona Lucas)

friend and occasional collaborator), Mya became a Volunteer Historic Cook at Fort York under the direction of Bridget Wranich, the new staff cook. She learned, absorbed, got her hands dirty, got her first costume, and began to become the future expert hearth cook.

Then! Mya retired from teaching in June 1999 – suddenly lots of available time! And what did she fill it with? Down-hearth cooking at Fort York. Alongside Bridget and other historic cooks, she honed her skills in front of the public by demonstrating, researching, talking, explaining, experimenting with old recipes, and familiarizing herself with the early cookbooks. As a natural teacher, she took to mentoring new cooks. Visitors to the 1826 officers' mess were delighted because she was able to devote more time than staff to being physically present in the historic kitchen.

All this building of expertise was a prelude to serious volunteering for CHO. Mya started small: for example, in January 2002, she baked a selection of butter tarts for a talk by Mary Williamson called "Of Course There's More to Cooking Canadian than Butter Tarts," and two years later, with Bridget, she prepared CHO's tenth anniversary great plum cake (*Frugal Housewife's Manual*, 1840). Our program refreshments often come from Mya.

Over the past two years, Mya's abilities have blossomed. She's orchestrated the refreshments for several major programs. August 2006: "Picnic on the Grand" at Ruthven National Historic Site in Cayuga, motivated by a 1916 letter. November 2007: a spectacular Georgian-inspired dinner for the dozen lucky people who attended Barbara Wheaton's "Reading Cookbooks as Social History" seminar. February 2008: the first "Mad for Marmalade, Crazy for Citron" day, for which she provided the bitter oranges from her own greenhouse. April 2008: the "Hannah Glasse Tribute," a hearth demo day and lunch for all things Glasse, the most famous 18th-century English cookbook author.



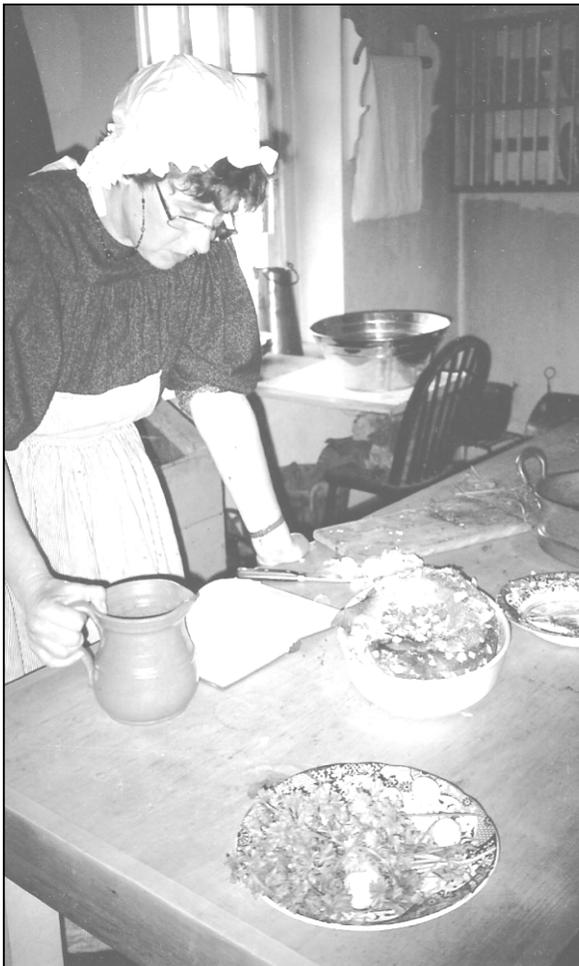
Two dishes prepared over the hearth for the Hannah Glasse Tribute day in Spring 2008.



(Photographs courtesy of Mary F. Williamson)

These are only CHO examples. As I said, this award is for “excellence in the field of culinary history.” Mya is a mainstay of the Volunteer Historic Cooking Group for the Toronto Museums, for whom she mentors incoming cooks and teaches cooking classes. At Fort York, her enthusiasm for testing period recipes and recreating historic meals is indispensable to staff mounting the annual elegant Georgian Dinner (150 guests) and Queen Charlotte’s Ball (80 guests). For the Association for Living History, Farms and Agricultural Museums, she and Rosemary have partnered on several workshops, most recently “400 Years of Puddings” for the 2008 annual meeting in Ottawa, for which they also provided historical

baked goods for four breaks, sponsored by the Fort, but linked in ALHFAMers’ minds to CHO. Mya has developed friendships with Past Masters of Pennsylvania, and taken the gospel of historically accurate refreshments to the Toronto meetings of the Jane Austen Society of North America. Her interest has also taken her to Ivan Day’s amazing workshops in England. If you don’t know about Ivan Day, he’s an historian who teaches period cooking classes in his old house in the Lake District. That is the level that Mya aspires to.



All this tells you that Mya is a wonderful, even if effacing, ambassador for what we’re doing in Ontario in the realm of authentic practice of hands-on historical cooking and for well-researched history and for CHO. Her current quest is to understand how to use pig bladders as a cover for preserving jars – so she has developed a relationship with an accommodating butcher who provides her with such unusual things as calves’ feet and pigs’ bladders. Mya Sangster deserves recognition for what she has accomplished in her field – our field – and I am happy to offer this honorary membership to her on behalf of CHO.

My favourite photo of Mya in the historic kitchen

(Photograph courtesy of Fiona Lucas)

CHO Program Review: *Right to Your Front Door*

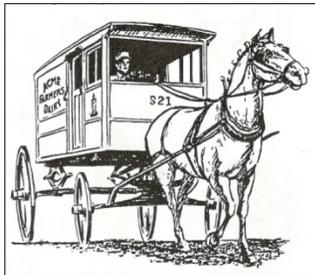
Maggie Newell

Maggie is CHO's Secretary, and she often writes program reports for the newsletter.

On October 9, 2008, Herb Kingston came to Montgomery's Inn to present a slide show on the history of home delivery in Toronto. In the days before refrigerators and two-car households, the housewife relied on home delivery of perishables such as milk, bread, eggs, and meat, and of ice for the icebox to keep them cold. In his talk, Herb placed a special emphasis on milk delivery.

Herb began his working life as a driver for Blantyre Dairy, following in his father's and uncle's footsteps to become a milkman. As children, Herb and his sister hitched rides on their horse-drawn delivery wagons. A delivery man had to be part stable hand in those days. Old maps of Toronto show stables for delivery horses scattered around the City, often behind the houses that faced onto major streets.

Delivery men took pride in the appearance of their horses; a special category at the Canadian National Exhibition horse show featured delivery horses. Horses and wagons were travelling billboards for companies, so it was important to look smart. Particular breeds or colours of horses were selected by different companies to create a corporate brand. Eaton's wagons were pulled by chestnut horses and Simpsons by greys. Herb observed that Percherons were excellent wagon horses because their placidity made them good



with children and traffic. A first-rate horse knew the route and could be trained to move along the street while the milkman was off the truck making deliveries to the door. Children, traffic, and dogs were all part of a milkman's route. Herb showed a picture of a dog that accompanied one milkman on his rounds for five years without him ever discovering who owned it. Rosemary Kovac, in the audience, recalled children in her neighbourhood helping the milkman make his deliveries.

Of course weather could be a significant obstacle for horse-drawn wagon deliveries; in winter, sleigh runners might replace wagon wheels. Herb showed images of horse-drawn sleighs on the streets of Toronto and Toronto Island. Weather challenges could begin with the farm-gate milk collection. He showed some amazing images of snowstorms in 1944 and 1947 with drivers travelling in convoys on the rural roads. Drivers from rival dairies had collections on the same roads, so it says something about their characters that they helped dig out competitors stuck in the deep snow. Before pasteurization and refrigeration, this milk system was a constant race against spoilage — and it did not happen at 21st-century speed. A slow local train is still called a “milk run,” a hold-over from the practice of gathering the milk cans that farmers left at train stations throughout the countryside.

With the encouragement of Dr Hastings, the Medical Examiner of Toronto, City Council passed a pasteurization law in 1915. The Province of Ontario caught up in 1938. Prior to regulated pasteurization, and as early as the 1890s, Toronto dairies advertised “certified”



milk heated to kill impurities. The City Dairy and Walter Massey were notable promoters of certified milk. For example, Massey established a

model farm, called Dentonia, that set the standard for safe and scientific dairying practices.

In the mid-1950s, when tankers replaced cans for transporting milk from the farm, drivers collecting raw milk received training at the University of Guelph on testing for spoilage. Under the milk can system, if one can was found to be spoiled, only that milk was destroyed. A tanker with “just a little” bad milk meant a whole

CHO Program Review: *Apple-icious!*

Fiona Lucas

Fiona is CHO's President and newsletter editor.



(Photographs courtesy of Susanne Long)

On September 13, following CHO's morning AGM in the community room, apples invaded the tearoom, historic kitchen and tavern of Montgomery's Inn. In the tearoom, generous portions of warm apple pudding made by the Inn's Volunteer Historic Cooks were served with custard, and cookies made with dried apples were baked in the newly restored bake oven. The Cooks demonstrated apple drying by dipping sliced apples in salted hot water to prevent browning, a task once necessary for farm families' winter pantries.

The afternoon's main feature was a thrice-repeated tutored tasting of eleven heritage apples led by CHO's Treasurer, Bob Wildfong, who is also Executive Director of Seeds of Diversity. Bob is a heritage apple expert. My favourite of the day was the Roxbury Russet, originally from

Roxbury, Massachusetts, in the early 1600s. Interestingly, my favourite apple of all has always been the Ontario russet, available for a few weeks in the autumn only. Bob informed us that "russet" refers to the skin type, just as it does in russet potatoes. We also learned that the earlier the harvest, the softer the flesh. Other varieties we tasted were the familiar MacIntosh, as a reminder to consider it a heritage variety since it dates to Ontario circa 1811, and two 20th-century choices, the Tydeman Red, from Kent, England, and the Carola, from Germany.

One family, who'd not been to the Inn before because they had recently moved into the neighbourhood, stayed for the whole afternoon. When leaving, the eight-year old girl exclaimed, "Thanks! I had a good time." So did I.

Right to Your Front Door *continued from page 12*

shipment was spoiled. Today, dairy farmers are expected to configure their farms so the tanker can drive in, pump out the milk, and drive out to the road without having to back up.

In the 1960s, home delivery of milk was undercut by convenience store chains, such as Beckers, where a three-quart jug cost the same as a two-quart jug delivered. Going to Beckers to buy milk was one of my childhood chores, generally combined with walking the dog. I would have taken a horse if that had been an option.

Herb observed that the home delivery business is experiencing a rebirth in our computer age, since everything from books to groceries is available online.

Dean Tudor's Book Reviews

CHO member Dean Tudor is Journalism Professor Emeritus at Ryerson University; his wine and food reviews can be accessed at <www.deantudor.com>.

NOVA SCOTIA DRINK-O-PEDIA (Nimbus Publishing, 2008, 236 pages, ISBN 978-1-55109-652-0, \$16.95 Cdn, soft covers) is by Graham Pilsworth, an editorial cartoonist and graphic artist now living in Halifax. This is a basic guide to drinks in Nova Scotia. It has been arranged by type: separate chapters appear on rum, beer, wine, whisky and moonshine, tea and coffee, soda and water. The alcoholic beverages are the more interesting sections. There are the usual trivia and "little known" facts, but while Pilsworth has some book sources noted, there is no index to pull everything together. This is the kind of book that you read in the bathroom, on a pickup basis. It is mostly historical, with stuff about women run-running, Alex Keith's business empire, coffee in Nova Scotia, and the like. There are jokes, bits of songs, and quotes. I don't think he left anything out, but it does need to be tidied up. The chapter on wine was interesting; certainly, it gave me some deep background about the Nova Scotia wine industry. In the whisky chapter you'll find a nice summary about the Glenora Distillery.

Audience and level of use: Maritimers, drinkers.
Some interesting or unusual recipes/facts: there is a flame test for determining the quality of moonshine (quality meaning whether it will kill you or not).

The downside to this book: needs an index or some retrieval device.

The upside to this book: unique.

LAST CANADIAN BEER: The Moosehead story (Nimbus Publishing, 2008, 178 pages, ISBN N978-1-55109-691-9, \$29.95 Cdn, hard covers) is by Harvey Sawler, a Maritime writer who has often written about New Brunswick businesses. Here he has conducted interviews with family members and the company's communications area, and he was given access to the corporate archives. His book is a straightforward business history, and like all private family ownerships, there are the inevitable disputes over money and direction. The current leader of the firm is sixth generation Andrew Oland, born in 1967, one hundred years after the firm was founded. He currently makes 13 different beers, some for different markets. While other beer labels have been sold to American and European interests, Moosehead remains independent. Sawler has come up with lots of historical or archival photos, mostly black and white. He has colour plates of labels and their changes over the years.

Audience and level of use: beer lovers, history buffs, culinary historians.

Some interesting or unusual recipes/facts: The appendices identify the names of the family members through six generations, and list their awards since 1950, their markets for beers, and some advertising slogans.

The downside to this book: no index, which is a shame.

The upside to this book: good contribution to Canadian corporate business history, and to beer marketing.

On Being Corrupted by Official Dinners *continued from page 9*

hope they will, and we can assure them, if they do not they will neglect a most essential part of their duty to themselves and the country. What right have country members to skulk about the tables of the very men, against whose machinations they have chiefly been sent here to protect their constituents? Have they not \$14 a week each to pay for board which they get for \$3? Yes, and we have always remarked that the honestest members of our provincial Assembly who have clubbed together, living soberly by themselves and attending to the interests of the country, as well in their lodgings as in the House, without attending dinner parties of any kind, save those of the Speaker.

Courtesy of Chris Raible

Book Review: *Citrus, A History*

Donna Penrose

Donna is a long-time gardener and preserves maker, former molecular biologist, and now a culinary enthusiast.

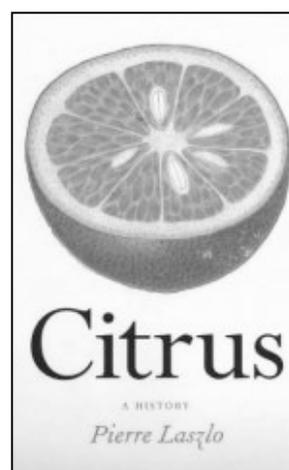
Pierre Laszlo. *Citrus, A History*. Chicago and London, The University of Chicago Press, 2007, 261 pp, \$17.50, ISBN-13: 978-0-226-47028-3.

It is obvious in *Citrus, A History* that the author, Pierre Laszlo, is passionate about citrus fruit. His own history is intertwined with that of citrus: Just as citrus moved westward — from Asia, where it originated, to the Middle East, Western Europe, the Americas, and then to New Zealand — so too has the author — from France to Brazil and then the United States. In each of these locations, citrus influenced his life — the beauty of the Orangerie at Versailles, the overwhelming cornucopia of the fruit in Rio de Janeiro, and the heady growth of the citrus industry in California. Laszlo's enthusiasm suffuses the book and he uses his skills, developed as a chemistry professor and science writer, to explore and shed light on virtually every aspect of citrus.

Laszlo divides his book into three sections. The first, "Domestication of Exotic Species," includes a description of the characteristics of citrus, its transplantation around the world and its cultivation. Religion and economics have influenced the movement of citrus plants; for example, citrons were introduced to Mediterranean countries as early as the first century since they were required for the Jewish Feast of the Tabernacles. The migration of citrus to colder climates required new methods of cultivation; in Renaissance Italy, growers constructed buildings known as *limonaie* around their trees to shield them from the cold.

"Mining Value from Citrus," the second section, details the growth of citrus-based commerce. The success of citrus agribusiness in California has an interesting Ontario connection: George

Chaffey, an engineer and visionary from Kingston, Ontario, devised a system of canals for irrigating the otherwise arid region of Southern California, allowing orange groves to flourish there. The U.S. federal government honoured Chaffey by naming the city of Ontario, California, which he established in the late



1900s, as a model for American Irrigation Colonies. In part three, "Symbolic Extractions," Laszlo traces the history of citrus in art from the 16th century still lifes and tapestries to the 20th century labels affixed to orange crates shipped across North America. He describes many works of art in this

section, but does not provide enough illustrations to make it as comprehensive as it might be.

I thoroughly enjoyed reading this book but I found the discussion of symbolic meanings and images of citrus in prose and poetry less compelling. However, I loved the chapter about preserving, which includes recipes for Seville orange marmalade, lime chutney, orange wine — even a 16th century recipe for candying oranges or citrons, and I look forward to trying Laszlo's recipe for citrus sabayon, which, by his account, is the epitome of citrus delights.

Professor Laszlo gave a talk on the history of orange juice for CHO back in June 2004 and when he returned to Toronto in May 2006, he presented a talk on "Foods of a French Village," based on his home town of Sénergues, France. He is CHO's only European member!

Exhibition Review: *Local Flavour: Eating in Toronto, 1830–1955*

Felicity Pope

Felicity, who cooks and lives in Cobourg, Ontario, works as a freelance curator specializing in the history of health care.

October 2, 2008 – January 11, 2009, TD Gallery, Toronto Reference Library

This delightful exhibition amply repaid the visitor's close attention. This subtle presentation of some 140 items – ephemera, works of art, photographs, books and artifacts – provided insight into aspects of eating in Toronto.

Where did people shop? What did the markets look like? What kind of stoves could they cook on? How did World War I affect eating? What types of convenience foods were available? What was on restaurant menus in Toronto? These and many more food-related subjects were presented.



© Toronto Public Library. Mrs Margaret Chambers, fishmonger, Danforth Ave, S.E. cor. Bowden St, Toronto, c1910. Reproduced from the TPL website (<http://www.tpl.toronto.on.ca>).

The genesis of this exhibition came when the Toronto Reference Library received a grant from the Culinary Trust to restore cookbooks in the Library's collection. Three of them were among the 23 cookbooks on display, though interestingly, these were only a small part of the show. Pride of place must be the ephemera, the advertising trade cards, the brochures, the colour lithography on canned food labels and the advertisement for "Jell-o: Canada's most Famous Dessert."

Complementing the exhibition is a virtual exhibition at <http://ve.torontopubliclibrary>.

[ca/local_flavour/](http://www.tpl.toronto.on.ca/local_flavour/). Here the virtues of the virtual shine as visitors "turn the pages" of seven of the cookbooks on display. Online visitors can also take a close look at items like the astonishing WWI "Food Service Pledge," designed to hang on the dining room wall as a reminder that the householder had promised to obey the "Food Controller's" directions. The ability to so powerfully capture the flavour of the past using ephemera demonstrates the value of collecting these disposable documents.

We learned from the exhibition how earlier generations made do during periods of privation and also, sadly, what we've lost due to the global economy. No more seed catalogues with lengthy lists of varieties of pea, beets and beans, although today's interest in heritage vegetables offers some redress, but, unfortunately, little home delivery of foodstuffs.

While possibly lacking the design resources of a museum, the library, nonetheless, effectively supported the subject matter in a shades-of-green setting within a high-gloss gallery. Lighting, kept at appropriate conservation levels, could have been adjusted to prevent the viewer's shadow from further darkening the case of 19th-century cookbooks.



© Toronto Public Library. Painting by Augusta Helene Carter, Toronto, in *Cowan's Cocoa Recipes*, 1921. Reproduced from the TPL website (<http://www.tpl.toronto.on.ca>).

Continued on page 19

Winners of Canadian Culinary Book Awards Announced

November 7, 2008 – (GUELPH, ON) Some of Canada's top food professionals spent their summer at their stoves testing recipes and evaluating culinary books from more than 50 entrants and now Cuisine Canada and the University of Guelph are proud to announce the winners of the 11th annual Canadian Culinary Book Awards.

Winners in the **English Cookbook Category** are:

- **Gold:** *Fresh: seasonal recipes made with local foods* by John Bishop and Dennis Green (Douglas & McIntyre, Vancouver)
- **Silver:** *Dish entertains: everyday simple to special occasions* by Trish Magwood (HarperCollins Publishers Ltd., Toronto)

Winners in the **English Special Interest Category**, books about food, but not cookbooks, are:

- **Gold:** *Ultimate foods for ultimate health . . . and don't forget the chocolate!* by Liz Pearson and Mairlyn Smith (Whitecap Books Ltd., North Vancouver)
- **Silver:** *The 100-mile diet: a year of local eating* by Alisa Smith and J.R. MacKinnon (Random House Canada, Toronto)

Winners for the **English Canadian Food Culture Category**, books that best illustrate Canada's rich culinary heritage and food culture are:

- **Gold:** *A year at Les Fougères* by Charles Part and Jennifer Warren-Part (Chelsea Books, Chelsea, Quebec)
- **Silver:** *Menus from an orchard table: celebrating the food and wine of the Okanagan* by Heidi Noble (Whitecap Books Ltd., North Vancouver)

Winners in the **French Cookbook Category** are:

- **Gold:** *Stefano Faita, entre cuisine et quincaillerie* by Stefano Faita (Editions du Trécarré -Groupe Librex, Montréal)
- **Silver:** *Serge Bruyère: ses recettes originales et revisitées* by Project Coordinator and Author Anne L. Desjardins, (Les Éditions La Presse, Montréal)

Winners in the **French Special Interest Category**, books about food, but not cookbooks, are:

- **Gold:** *La chimie des desserts: tout comprendre pour mieux les réussir* by Christina Blais and Ricardo (Les Éditions La Presse, Montréal)
- **Silver:** *Les vins du nouveau monde, tome 1* by Jacques Orhon (Les Éditions de l'Homme, Montréal)

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. The University of Guelph has for more than 140 years contributed to Canadian cuisine in its programs in agriculture, food science, hospitality and tourism management, and is the home of one of Canada's best cookbook collections. For more information about the awards visit: <http://www.cuisinecanada.ca/>

The Canadian Culinary Book awards are sponsored by: The Agricultural Adaptation Council, The Ancaster Old Mill, Beef Information Centre, Borealis Grille, CanolaInfo, Chicken Farmers of Canada, Delta Chelsea, Dufflet Pastries, Egg Farmers of Ontario, Fairmont Hotels, George Brown College, Harbinger Communications, Liaison College, Niagara College, Niagara College Teaching Winery, Ontario Farm Fresh, Parmalat Canada, Rootham Gourmet Preserves, Royal Winter Fair, Sleeman Breweries Ltd. and Stratford Chefs School.

Cuisine Canada, University of Guelph Library, 519-824-4120 x55021, cuisinecanada@uoguelph.ca .

CHO Upcoming Events

MARK THESE 2008 EVENTS IN YOUR DIARY NOW!!

February 2009

CHO in partnership with Fort York National Historic Site

MAD FOR MARMALADE, CRAZY FOR CITRON! – Second Annual

Fort York National Historic Site

100 Garrison Road, Toronto
(off Fleet Street, east of Strachan Ave, west of Bathurst Street)

416 392-6907, fortyork@toronto.ca

Saturday, February 21, 10 am–3:30 pm

Three kitchens, three marmalades: Seville Orange Marmalade (1796), Pear Marmalade (1824) and Citron Preserves (1877). Try your hand at making these delicious spreads; savour Marmalade Chicken (1796) and more at lunch; check out the Marmalade Marketplace. Hear a fascinating illustrated talk with guest speaker Elizabeth Field, from Providence, Rhode Island, called “Marmalade: Comfort in a Jar.”

Marmalade Competition: All welcome to enter. Two categories: Pure Seville Orange Marmalade or Other Fruit Marmalade. \$5 entrance fee per person. Please call Fiona Lucas at 416 781-8153 for more information or to register.

\$25 members, \$27 non-members, plus entrance to Fort York (\$7.62 adults, \$3.81 seniors and youths, \$2.86 children, plus GST). Pre-registration is advised. Cash at door.

In partnership with Whitehern Historic House

A talk with curator Sonia Mrva AN AFTERNOON AT WHITEHERN

41 Jackson St. West, Hamilton
905-546-2018, smrva@hamilton.ca

Saturday, 28 February, 7 pm

Explore the intriguing history of the restoration of this urban estate spanning three generations of the McQuesten family. Learn about Anne Valessi, the family’s long time cook, and daughter Hilda’s cookbook. Take a guided tour of the principal rooms, including the depression era kitchen and bathrooms.

Limited to 30 participants. \$10 CHO members, \$12 non- members. Light refreshments.

May 2009

CULINARY LANDMARKS: A conference to celebrate the publication of Elizabeth Driver’s *Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825–1949*

University of Toronto campus, various locations
416 781-8153, fionalucas@rogers.com

In *Culinary Landmarks* (U of T Press, 2008), Elizabeth Driver’s purpose was “to map the publishing history of [Canadian cookbooks] and to identify the most significant works.” What are the unanswered questions about Canadian cookbooks? All are invited to participate in the discussion!

Friday, May 1, 5–7 pm: An evening reception at Massey College

Saturday, May 2, 9:30 am–5 pm: Topics about Canadian cookbooks at the Faculty of Information Studies, University of Toronto; Keynote Speaker: Liz Driver

Saturday, May 2, 5:30–8:30 pm: French Canadian Dinner at Gallery Grill, Hart House

Sunday, May 3, 9:30 am–12 pm: A 19th-century breakfast prepared on the hearth of Campbell House Museum

Sunday, May 3, afternoon: optional outings to Toronto historic kitchens

Please see registration material in this newsletter.

June 2009

CHO’s annual spring lecture, in partnership with the Ontario Historical Society:

A lecture with Rhona Richman Kenneally: FOODS AT EXPO 67 IN MONTREAL

Ontario Historical Society

John McKenzie House

Date TBA, 7 pm

Details in the spring newsletter.

July 2009

For CHO members only:

SUMMER PICNIC IN PRINCE EDWARD COUNTY – Second Annual

Liz Driver's 1860 farm near Milford

Address and directions to be provided

Saturday, July 25, 11 am, for lunch at 12:30

CHO members and their partners (and children) are invited to the Second Annual CHO Summer Picnic in the County! Join fellow culinary historians for a potluck picnic, beverages provided. Enjoy the food and a summer afternoon exploring the 100-acre farm, barn, and outbuildings, about 2 hrs 45 mins east of Toronto. Consider stopping overnight (at a local B&B or camping at the farm) and visiting other favourite or undiscovered sites: Black River Cheese Factory, wineries, Sand Banks Provincial Park, local "secret" beaches, antique shops ... RSVP to Liz by 18 July: 416 691-4877 or liz.driver@sympatico.ca, indicating number attending and your potluck contribution.

September 2009

CHO's AGM

Saturday, September 12

Details in the spring newsletter.

October 2009

CHO in partnership with the Museums of Prince Edward County

TASTE THE HISTORY!

McCauley House, and other PEC historic sites

416 691-4877

Saturday, October 3, time TBA

Details in the spring newsletter.

Toronto Flavour *continued from page 16*

The timing of this show, falling over the harvest and holiday seasons when eating as feasting is indulged, couldn't have been better. The Toronto Reference Library and its curator, Sheila Carleton, the custodian of 19th-century books and ephemera, are to be congratulated on this enjoyable exhibition showcasing the Library's superb collections.

Also of Interest to CHO Members

News from the Longone Center for American Culinary Research, January 2009:

"The 2009 *Third Biennial Symposium on American Culinary History: Chefs, Restaurants and Menus*, scheduled to be held in May 2009, has been postponed. We are sorry for any inconvenience that this may cause and will notify you of the new date as soon as the information is available. However, we are very pleased to announce that there *will* be a culinary exhibit: *500 Years of Grapes and Wine in America: A Remarkable Story*, curated by Prof. Dan Longone and Jan Longone, February 16–May 29, 2009, at the Clements Library, University of Michigan. It's open to the public, free of charge, Mon–Fri, 1–5 pm."

Lecture on the exhibition: Sunday May 10, 3–5pm, Dan Longone and Jan Longone, co-sponsored by the Culinary Historians of Ann Arbor.

COOKING CLASSES AT DUNDURN CASTLE

Dundurn National Historic Site

610 York Blvd, Hamilton

905-546-2872, dundurn@hamilton.ca

The Provocative Cook:

A Victorian Cooking Workshop

Saturday, February 14, 9 am–12 pm

Turn up the heat in our historic kitchen for a delightful and stimulating look at the history of libido-enhancing foods. Arouse the senses preparing tasty Victorian recipes while discovering the folklore of their amorous powers. Adults. \$45. Reservations required.

How Sweet It Is:

A Victorian Cooking Workshop

Saturday, April 18, 9 am–12 pm

Learn the history of maple sugaring and how this 19th-century staple became a luxury. Participants will both learn about and make delectable maple recipes while discovering the versatility of this sweet tasting food.

Adults. \$45. Reservations required.

www.culinaryhistorians.ca

On our website you will find a bibliography of Canadian food history, back issues of *Culinary Chronicles*, and links to culinary sites and to cookbook collections. Also posted are CHO's Constitution, reviews of recent CHO events, notices of upcoming events, a membership form for downloading, and much more. Our home page features changing illustrations, courtesy of Mary F. Williamson. CHO thanks the University of Guelph for maintaining our website.

ABOUT *CULINARY CHRONICLES*

Submissions: We welcome items for the newsletter; however, their acceptance depends on appropriateness of subject matter, quality of writing, and space. All submissions should reflect current research on Canadian themes. The Editor reserves the right to accept or reject submissions and to edit them. The Editor's contact information is 416 781-8153 or fionalucas@rogers.com.

Upcoming themes:	Spring 2009, Number 60	– The Challenges of Historical Cooking in Period and Modern Kitchens	Publication Date: April 15
	Summer 2009, Number 61	– Canadian Prairie Cuisine	Publication Date: August 1
	Autumn 2009, Number 62	– Vegetarianism in Canada	Publication Date: November 1
	Winter 2010, Number 63	– Kitchen and Community Gardens in Canada	Publication Date: February 1
	Spring 2010, Number 64	– Kitchen Collectibles	Publication Date: May 1
	Summer 2010, Number 65	– Foodways of Canada's Atlantic Provinces	Publication Date: August 1

Please contact the Editor if you wish to write on an upcoming theme, or to propose another. Deadline for copy is six weeks prior to publication.

Newsletter Committee: Fiona Lucas, Ed Lyons, Eleanor Gasparik. For contributing to this issue, the Newsletter Committee thanks Wendy Blackwood, Carrie Herzog, Suzanne Long, Maggie Newell, Donna Penrose, Felicity Pope, Dean Tudor and Mary F. Williamson.

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MISSION STATEMENT

The Culinary Historians of Ontario is an organization that researches, interprets, preserves and celebrates Canada's and Ontario's culinary heritage, which has been shaped by the food traditions of the First Nations peoples and generations of immigrants from all parts of the world. Through programs, events and publications, CHO educates its members and the public about the foods and beverages of Canada's past. Founded in Ontario in 1994, CHO welcomes new members wherever they live.

MEMBERSHIP INFORMATION

Members enjoy the quarterly newsletter, *Culinary Chronicles*, may attend CHO events at special member's rates, and receive information on food-history happenings. Members join a network of people dedicated to Ontario's culinary history.

Membership fees:

\$30 Cdn for One-Year Individual, Household and Institution

\$55 Cdn for Two-Year Individual, Household and Institution

American and international members may pay in American dollars.

Membership year: January 1 to December 31

Website: www.culinaryhistorians.ca

Email: culinaryhistorians@uoguelph.ca

Webmaster: University of Guelph

Mailing address: Culinary Historians of Ontario, 260 Adelaide Street East, Box 149, Toronto, Ontario, Canada M5A 1N1

2007–2009 Board: President: Fiona Lucas; Vice President: Amy Scott; Past President: Liz Driver; Secretary: Marguerite Newell; Treasurer: Bob Wildfong; Programme Chair: Liz Driver; Newsletter Chair: Fiona Lucas; Membership Chair: Joan Moore; Electronic Resources Chair: Liz Driver; Outreach and Education Chair: Amy Scott.