

The Pickle Project

By Susan Luczu

On a beautiful fall day, we met at the Ukrainian Historical and Educational Center of NJ. We entered through a two-story atrium foyer and met in the Library for our program, followed by a sampling of traditional Ukrainian foods, made and served by the staff and volunteers of the Center. Linda Norris, (cofounder of "The Pickle Project" with Sarah Crow), narrated a beautiful photo presentation of her trips to the Ukraine and explained the foods we saw and tasted.

The Project is a food-centered study of Ukrainian culture, history and traditional values of using locally grown and/or locally foraged foods in everyday life. The lifestyle is based primarily on their ability to grow, preserve and store local foods, which ensures their food supply. Ukrainian households continue to maintain a root cellar for their preserved foods, and many of these were built partially below ground level to maintain cool or moderate temperatures throughout the year.

Many of the foods available to the Ukraine region are those that we as Americans are very familiar with: berries (raspberries, gooseberries, strawberries, blueberries, currants); herbs (Rosemary, chamomile, dill & others); staple foods we also eat - grains, cabbage, beets, potatoes, parsnips, carrots, mushrooms, garlic & onions, peppers and of course - meats (pork, rabbit, quail & other birds) - and a variety of dairy products from both cows and goats (cheese, butter, & sour cream). Some other items that are readily available include smoked cheeses and locally produced honey of many varieties. Meats and grains are both used to produce sausages that can be stored for later use.

The "average" Ukrainian (in the villages outside the major metropolitan areas) spends 3-4 hours per day in the forest, foraging berries, herbs, mushrooms, and other fruits for drying. Women are more commonly the farmer for the household, and even if she works outside the home, she maintains the family garden. Also, many of the vendors in the community farmers' markets are women and they sell what they produce locally.

While they live and practice a "nose to tail" culinary practice, they rely more heavily on vegetables, grains, fruits, berries, etc. than "our" American diet. Linda also shared that while the mother and grandmother generations keep up the traditional ways, the younger generations have more interest in international foods and trying things outside of their food culture.

Linda gave details of several local meals they were invited to share, which included some interesting items (the items listed were NOT all served at the same meal): Horseradish infused Vodka, (also, honey infused, raspberry

infused and blueberry infused Vodka); Varenyky (or Pyrohy), a pastry-type dumpling which is filled and boiled (both savory - filled with meat and potatoes - and a dessert-type filled with fresh cherries), breads and cake.

Lastly, food preservation via "pickling" is a major focus for storing foods to last throughout the fall, winter and early spring. Items which they pickle include cabbage, carrots, beets, apples, tomatoes, and cucumbers for pickles (pickles are also made from watermelon). Ukrainian pickles are salt-based, unlike the vinegar base we may be familiar with in America.

The program wrapped up with a 'tasting' of a sampling of Ukrainian foods, bread and desserts, followed by viewing a display of the Center's current exhibit and a beautiful display of Pasanky eggs and Ukrainian decorated linens.



Education at its best.....



Serious field work

Photos courtesy of Michael Andrec – Archivist, Ukrainian Historical and Educational Center

Member Corner

- Showers of gratitude from the Society to **Dan Macey** for his time as editor of this newsletter. Each edition was truly a masterpiece, and we thank him for sharing his time and talents.
- **Cheryl Trozzi** is currently the editor of **The Hearth Reader**. Please send any articles, notices, book reviews or information you would like to see included in the newsletter to cheryl@trozzi.com. Many thanks to those who so kindly contributed to this edition. Deadline dates for the next edition is Feb. 1, 2014.
- Hurry out to buy the December 2013 edition of **Early American Life**. It features (once again) our very own **Mercy Ingraham**, making sausage this time at The Farmer's Museum in Cooperstown, New York. Half of the participants are our members!

Monthly **Tidbits** information should be sent to Lisa Price and website information should be sent to Kim Costa (info@historicfoodways.org)

The Pickle Project

From the Ukrainian Historical and Educational Center Newsletter

When Linda Norris was awarded a Fulbright Fellowship to travel to Ukraine as a museum studies consultant at the Kyiv-Mohyla Academy, she didn't know that Ukrainian food would become a major part of her life. However, during her stay, she became fascinated by Ukrainian home cooking, the complexity of regional Ukrainian foodways, and how the difficulties of 20th century Ukrainian history have impacted how people eat in Ukraine today.

Since then, she has travelled throughout Ukraine, from the Carpathians in the west, to the coal mines and metal factories of Donbas in the east, to ethnic Greek villages near Mariupol in the south, and to the homes of Tartars who have returned to the Crimea after being expelled by Stalin on one fateful day in May 1944. She has written about her experiences and observations in [her blog](#), “The Pickle Project”.

On September 15th, 2013, Linda came to the Ukrainian Historical and Educational Center in Somerset, NJ to speak about her travels and experiences in an event co-sponsored by the [Historic Foodways Society of the Delaware Valley](#), an organization of American food enthusiasts interested in historical and traditional ways of cooking and eating.

Linda began with a brief but cogent summary of the complex and often less-than-pleasant history of the Ukraine in the 20th century, including revolution in the 1910s, the Holodomor of the 1930s, war in the 1940s, and shortages and food lines during Communist rule in the subsequent decades. She then described the resiliency of Ukrainians in the face of these hardships, and how their responses have shaped current Ukrainian foodways. In particular, she emphasized how cultural memory of these experiences has created a lifestyle that subconsciously assumes that while things may be fine today, they may be terrible tomorrow. This is reflected in the tremendous emphasis on self-sufficiency in contemporary Ukrainian food culture, as can be seen in the ubiquity of gardening, gathering, foraging, drying, and pickling. She illustrated this with examples of an older woman gardening on a tiny plot within a stone's-throw of a major Donbas metallurgical plant, and a relatively well-off office worker who nonetheless spends most weekends gardening at her “dacha” and supplying her extended family with fresh fruits and vegetables.

She also spoke about the economics of food production in contemporary Ukraine, which is still surprisingly dominated by local markets and the “market ladies” who sell produce that they have grown or gathered themselves. She surveyed the wide variety of food products that are commonly eaten in Ukraine today, including vegetables, fruits, mushrooms, and other produce (in fresh, dried, preserved, and pickled forms), meats (including the famous, or infamous, [salo](#)), [varennnyky](#), locally-produced honey, and beverages

(such as the diversity of infused vodkas). She also told a fascinating tale of her visit to a livestock herder's and cheese-maker's hut in the Carpathian Mountains.

Of course, the survival of these traditional foodways is under threat both from apathy (“I’m not going to bother to learn how to pickle, because that’s what my mom and grandma do”) and from the inexorable advance of western-style “fast food”. Linda and her associates [have already raised more than \\$5,000 on Kickstarter](#), and are currently working on incorporating The Pickle Project as a non-profit organization with the goal of engaging multiple generations of individuals in the Ukraine and elsewhere in conversations about food, sustainability, and community.

After the talk, the participants had a chance to sample some of the foods that they had just heard about. The buffet included not only homemade pickled vegetables (cucumbers, tomatoes, mushrooms, and cabbage), but also meats, herring, “vinihret” (beet salad), and an example of one of the many varieties of “mayonnaise salad” so beloved by contemporary Ukrainians.

In conjunction with the talk, the Historical and Educational Center devoted some of its [temporary gallery space](#) to a presentation of food-related artwork and archival materials from its collections. On display was a selection of 24 linocuts by the Ukrainian graphic artist Mykola Bondarenko from his 80 print cycle entitled [“Ukraine 1933: A Cookbook”](#). They depict the unbelievable “menu” of weeds, corn husks, and other barely edible materials on which survivors of the Holodomor subsisted. The exhibit also depicted the food shortages faced by post-war refugees in German displaced persons camps through archival documents such as meal coupons and “doctor’s orders” for additional food rations. Another aspect of Ukrainian food could be seen in photographs and botanical drawings from the archival collection of Kira Arkhimovych, a biologist and plant breeder who worked on developing new strains of tomatoes in Ukraine, Germany, Spain, and the United States.

Notes from the President

Greetings,

Because of various other personal commitments, some of your elected officers were unable to continue to serve. Consequently, the board recently appointed me as president, Connie Unangst as vice president and Lisa Price as program secretary.

Your Board is looking forward to working with you to re-energize the HFSDV. We hope that the newsletter will be published in a timely manner in the future and that the website will be available to provide you with updated information at all times. Cheryl Trozzi has offered to be our new newsletter editor. We also plan to e-mail monthly updates to you.

Some of the things that you can do to help with this revitalization include attending our meetings, bringing a friend each time, encouraging others to join, writing newsletter articles, suggesting programs and sharing information regarding activities of interest to our members. We thank those of you who filled out the membership survey – we hope to be able to incorporate some of your many suggestions as we plan future events for you.

We invite you to contact us at any time with your comments and ideas. Thanks for your continued interest and support of HFSDV! Hilary Heckman

America's First School of Cooking

By Cheryl Trozzi

Mrs. Elizabeth Goodfellow was a rather extraordinary woman of her time. Born in 1768, little is known of her early life or how she became a pastry cook. Eventually, she not only ran a successful pastry and confectionary shop on Dock Street in Philadelphia, but she also created and taught in a cooking school, thought to be the first such school in America. Her shop was a very popular place and her reputation for fine quality was rewarded by the people of the city. Philadelphia had long been a vibrant city, often referred to as the “Athens of America,” and was considered more metropolitan even than New York. As a major port city with large outdoor markets, it was a treasure chest of imported goods and exotic spices and foods, along with an excellent supply of local products. It also had a good population of prominent families of sufficient wealth to support her many business ventures. By 1801 she is listed in the Philadelphia city directory as a pastry cook, a rare accomplishment for a woman. Married and widowed three times, she may have been a partner with one husband who was also a pastry cook. It was not uncommon for Quaker wives to work as partners with their husbands, or for a woman to take over the running of their deceased husband’s business. She is also credited with the creation of the lemon meringue pie as an outcome of not wanting to waste the leftover egg whites from another recipe.

Author, Becky Diamond highlighted the many contributions which make Elizabeth a major link in culinary history. Most notably, she was an advocate for the use of American ingredients that were fresh, of the best quality and locally grown or native to the country. Items like blueberries and Indian meal we know as cornmeal melded into more traditional British cookery. Even Mrs. Goodfellow’s listing of required ingredients signaled the format for modern cookbooks. While she never published a cookbook of her own, the manuscripts, student notebooks and cookbooks of her students give insights into her recipes, cooking methods, teaching content and personal discipline. Eliza Leslie’s published notebook, “Seventy-five Receipts for Pastry, Cakes and Sweetmeats”, is an excellent example. She took at least two courses of training at Mrs. Goodfellow’s school and had the highest praise for her in the years that followed.

The school was attended by young women from affluent families. While few of them would ever be required to cook, they did need to understand these things in order to run a proper household when they married. Therefore, the cooking and recipes tended to be of a more elite nature. A pastry cook was in the “high end” of the market due to the more extensive use of expensive sugar. Students learned how to properly set a table according to the type of meal to be served, how to use the sideboard as a serving station, what type of centerpiece was required, how to lay out the various courses of food, even to the arranging of bread slices on a plate. All of this attention to detail would ultimately identify her as a gifted hostess. Mrs. Goodfellow considered her training to be on par with academic training. She was highly respected in America and received high praise in an 1851 French article that called her equal to the “immortal Vatel,” the famous 17th century French chef.

Indian Pound Cake

Featured in *Mrs. Goodfellow: The Story of America's First Cooking School* by Becky Diamond

(Makes one 10-inch Bundt cake or two 9-inch loaf cakes, 12 to 16 servings)

The original version of this recipe comes from Mrs. Elizabeth Goodfellow, who ran a renowned cooking school in Philadelphia in the early 1800s. Her student, Eliza Leslie, published it in her first cookbook, *Seventy-Five Receipts* (1828). Food historian William Woys Weaver reproduced Mrs. Goodfellow's recipe as she taught it, and Greg Patent adapted it for his 2002 cookbook *Baking in America*.

This cake is unusual not only in its use of cornmeal, but also in the addition of brandy and rose-water. These ingredients tenderize the cake and give it a delicious flavor. It is essential to use a fine-textured cornmeal or corn flour, or you can process cornmeal in the food processor. Make the cake a day before serving, since its texture improves on standing.

2 cups fine yellow cornmeal or white corn flour
1 cup sifted cake flour
½ teaspoon salt
1 whole nutmeg, grated (2-2 ½ teaspoons)
1 teaspoon ground cinnamon
1 cup (2 sticks) unsalted butter, at room temperature
2 cups sugar
7 large eggs
2 tablespoons rose-water
2 tablespoons brandy

1. Adjust an oven rack to the lower third position and preheat the oven to 350° F. Butter a Bundt pan (or loaf pans), or coat with cooking spray, and dust the inside, including the tube, with fine dry bread crumbs. Knock out the excess crumbs and set aside.
2. Sift the cornmeal or corn flour, cake flour, salt, nutmeg, and cinnamon together; set aside.
3. Beat the butter in a large bowl with an electric mixer on medium speed until smooth and creamy, about 1 minute. On medium-high speed, beat in the sugar about ¼ cup at a time, beating for 20 to 30 seconds after each addition. Beat for 5 minutes. Beat in the eggs one at a time, beating well after each. Scrape the bowl and beaters.
4. Combine the rose-water and brandy in a measuring cup. On low speed, add the flour mixture to the butter in 3 additions, alternating with the liquid, beginning and ending with the flour, and beating after each addition only until incorporated. Scrape the batter into the prepared pan and smooth the top.
5. Bake for 50 to 60 minutes, until the cake is well browned and a toothpick inserted into the thickest part comes out clean. Cool in the pan on a rack for 10 minutes. Run a thin-bladed knife around the central tube to release the cake, cover with a wire rack, and invert the two. Carefully lift off the pan and let the cake cool completely.
6. Wrap the cake airtight with plastic wrap and let stand overnight before serving. Cut into thin slices with a serrated knife.

Source: *Baking in America: Traditional and Contemporary Favorites from the Past 200 Years* by Greg Patent, 2002

THE DAY THE KING GOT HIS FORK BACK

Reconstructing the Royal Kitchens of Kew Palace

By Marc Meltonville, Historic Kitchens Team, Historic Royal Palaces of England

Summary by Nancy Webster

The Royal Kitchens at Kew Palace, located within the world famous Kew Gardens, will open to the public this May [2013] after two and a half years of intensive research and documentation. The Gardens have been open since 1861.

There were a number of buildings, not all now standing, that were part of the Royal complex on this site. The most prominent now is probably the formal brick “Dutch House,” built 1631, renovated in the 1720s, and incorporated into the main palace (aka “White House”) which was dismantled at the end of the 18th century. But it is not the buildings which hold the greatest significance of the site. This Royal complex is the site of George III’s (aka “Farmer George”) extensive farm, where both he and his spouse, Queen Charlotte, experimented with different grains, apples, fertilizers, pruning methods, etc. This site had long been his favorite retreat and the King’s “madness” was finally cured here at Kew.

The kitchen reconstruction plans focus around a specific date, Feb. 6, 1789, when “the King got his fork back.” In other words, when he was cured enough to resume eating in the dining room as a gentleman, and not fed as a child or invalid. To the great surprise of the team, what was thought to be an agricultural outbuilding was found to be the original kitchens, long ago revamped into random store rooms.

Research was greatly aided by the existence of detailed period sources, including room-by-room documentation from a fire insurance document (the original plaque is still on the Palace), the daily Kew Ledgers (1788-1797, listing all meals and removes served and to whom), the Mencil Book (listing all ingredients coming into the royal kitchens), archaeological findings (a dig from 1910 and many artifacts not yet cleaned or sorted) and other primary source material which enables a very precise knowledge and interpretation of the Kew Palace kitchens. Most other sites have nowhere near this amount of primary detail and the audience was envious!

There are, however, many aspects of the site that the researchers are still puzzling out. The insurance papers refer to one room as a “German Kitchen,” but what makes it German is undetermined as yet. The “Great Kitchen” was easily identified by its four stew holes/hearths and the Bakery by two bread ovens and water boilers. The building’s original window frames and some deal tables are extant, showing the blue paint that was used as a bug repellent in the late 18th century.

Smaller extant rooms are the “Wet Larder” with its forged ceiling hooks and fireplace (where oysters, fish and meat were kept for 24 hours only, like a fridge), the “Scullery” with its original large prep table and

shelf, the “Silver Sculler,” and a central service corridor which is wood lined with narrow service tables on each side. All of this work area is on the ground floor, in English basement style (partially below grade). The upstairs (“1st floor”) rooms all have multiple uses and has a large servants’ hall where the domestics would have eaten and worked. The wall colors throughout are matt finished, so all painting had to be hand-sanded down from the original gloss.

Enough original equipment is still extant, so that Marc could research design reproductions of items like a wooden salt box and a mahogany serving tray. Some of the beaten copper pots remain, stored upside down and showing years of charcoal dust, and that are being replicated in the same town in Northern France where the originals were fabricated. Salt glaze stoneware (such as beer jugs and pickle jars) and pewter (by English pewterers who still have the 18th century molds) are being made for use when the Kew Kitchens open. The tinware replicas are being made in Old Sturbridge Village, as there are no appropriate craftsmen in the UK. Most of the original pieces that have been found cannot be used for interpretation, as they are unique, so the team is having to seek widely for artisans to make reproductions. It is unclear whether or not any duplicates would be available for sale, although the audience urged Marc to consider this possibility.

Masonry evidence made it clear that there were originally stew tables, each with four holes/hearths, on each side of the kitchen. Only one side is extant, so a reproduction side could be made and used by current cooks. The fire was lit in them on May 8, 2012 - the first time the kitchen was lit since 1818, when Queen Charlotte died. The large tile counter and back splash has also been carefully reconstructed. There are problems then and now with carbon monoxide when cooking with charcoal, so the modern ventilation has improved on the original.

The roasting range has been rehabilitated, with five layers for rotisserie use and built shallow so as to take coal. There are several original spits and the adjustable “cheeks” on the fire area, which Marc says were the precursors of early iron ranges. The smoke jack is also intact with its gears and elm spindles hardly worn. It was run by a fan in the chimney, using recycled fireplace heat. Also original to the kitchen are split forks (to store splits) and an ingenious wall clamp which allowed one person to load heavy joints onto a long spit.

The plan is to cook in one half of the room and leave the other half as it was found non-functioning. A clever film called “The Ballet of the Table” has been made that will be projected onto the unused table with period artisans doing various activities such as larding rabbits, stuffing fish and so forth, so that visitors can visualize the appropriate uses.

Upstairs the reconstruction is still in progress but the Office and living space of the Clerk of the Kitchens has been finished. Marc showed many of the rooms’ details including glass bottles blown by the Jamestown Glass Works and reproduction air twist glasses blown by the same bloomery in Christchurch which made the originals. Part office and part reception room for vendors and other business contacts for the

kitchen, the Clerk's domain is handsomely furnished with many verified details such as the "trompe d'oeil" letter rack over his desk.

Under development is the large Dry Larder, with its grilled air vent along the top of the interior wall (like that at the 1704 Brinton House in PA) and its internal spice cabinet. Future rooms and buildings to be reconstructed for active use are the brew house, the still room and the housekeeper's house.

The ice house at Kew Palace is extant, and plans are to rehabilitate and interpret it some years hence. River ice was harvested for cooling only, NOT for eating. There were/are several ice chests in the West Larder and the landscape has several shallow ice ponds (approximately 20 x 40 feet), where the river would be diverted to freeze and provide a constant availability of ice.

Marc shared several 18th century cartoons of the Royals, one frying sprats and another toasting muffins, indicating that perhaps George and Charlotte did some of their own snack preparation. It was widely believed that George III was a miserly spender and ate very frugally, and these cartoons highlighted those facts. A typical Royal dinner was served on Feb. 6, 1789 and consisted of barley soup, 4 roast chickens, 3 pullets minced and broiled, 2 salmi of duck (a vinegar-based ragout), spritzen (like funnel cake), and crayfish à la crème. It was the custom then, and now, for the Queen to eat one spoonful of each dish, to be courteous but to avoid getting fat! This "typical" dinner is the one where "the King got his fork back," i.e. was considered sane enough to sit at table and handle sharp utensils.

Kew is the only royal Palace where food was grown, not just brought in and the research team hopes to eventually be able to interpret this as well. All pastries were bought, but beer and bread were made on site. The royal household averaged between 30 and 40 persons, so it was much smaller than the other sites such as Hampton Court, where 600 had to be fed twice daily. Kew has some plantings still producing, such as a 1689 black burgundy grape vine, known to have produced about 1,000 bunches a year and controlled so as to produce grapes at Christmastime. The Royal cooks were most interested in producing fruits and vegetables out of season, so as to provide a lavish and interesting menu. They had a hot bed, what Marc called "lots of dung and hope." This led to a question of what was considered a "hot" temperature for food at Kew. Some of the extant pewter includes hot water heated dishes, and Marc pointed out that many considered that it was healthier for food to be eaten lukewarm. The audience questioned whether this would have been intentional or just accepting conditions.

Lastly, Marc shared a research challenge to us. Stuffed up one of the kitchen chimneys was a worn oval item, 5 feet long, 3 feet wide and 4 feet high at one end, made of small sheets of tin. It greatly resembles period picture of a bath tub with lid, such as seen in David's painting "The Death of Murat." Is this King George III's famous bath tub? While at Kew, the King was prescribed three hot salt baths a day, and records reveal that he took them in the kitchen!

Monthly Food Facts

Down Jersey Cooking Celebrating our Heritage from Past to Present by Joe Colanero

Is there any food new under the sun? Native American Lenni-Lenape people probably thought of drying cranberries long before Oceanspray. Today Craisins, a dried and sweetened version of fresh cranberries, bring a sappy and colorful new healthy ingredient to be used in snacks and a variety of baked goods and salads.

Cranberry Industry Bus Tours. View a modern wet harvest and learn about the history and cultivation of cranberries in NJ. Call for dates and times. Space is very Limited. Tel: 609 893 4646 or email

WhitesbogPreservationTrust@comcast.net

What's in Season from the Garden State: What's Behind that Tomato Name?

August 25, 2013 By [Office of Communications](#)



Sales from these tomato plants helped a truck mechanic pay off his \$6,000 mortgage in the 1940s.

Mortgage Lifter, Brandywine, Ramapo, Supersonic, Cherokee Purple. How do tomato varieties get these unique and sometimes odd names? There may not be as many colorful stories as there are intriguing names,

but some stand out, as in the case of the heirloom tomato, Mortgage Lifter. The story goes that in the 1930s a West Virginia mechanic who repaired truck radiators, M.C. “Radiator Charlie” Byles crossed the largest tomatoes he could find with the German Johnson tomato. His huge tasty tomatoes were a hit and by the 1940s he was selling the seedlings of his new tomato for one dollar each and people drove from miles around to get them. From these sales, Radiator Charlie was able to pay off the \$6,000 mortgage on his home, and hence the tomato was named ‘Mortgage Lifter’.

Professional plant breeders may not have as colorful a backstory but are challenged nonetheless with creating appealing names for plant varieties that they’ve spent years developing. Bernard L. Pollack, Rutgers professor emeritus of plant breeding and genetics and breeder of the Ramapo tomato, explains what is involved in naming a new variety: “Every plant breeder tries to use a name for a new introduction that relates significantly to the local area, state, or institution. The name may be of historical importance but not always. It can be a unique color, time of ripening, or in some cases just a number. Hopefully, the name is unique enough to help sell the release, at least until the new variety stands or falls on its own merits.”

Do any of the Jersey tomato varieties have a bit of intrigue behind the names? The *Rediscover the Jersey Tomato* project at Rutgers New Jersey Agricultural Experiment Station has been looking at the old time varieties grown by Jersey tomato farmers and on our [website](#) we’ve highlighted four of the many varieties grown between the 1930s-70s: Ramapo, Moreton, KC-146 and Rutgers tomatoes. What’s behind their names?



The Ramapo tomato was named for a Native American tribe that lived in northern New Jersey. Artifacts were found at the Rutgers Vegetable Research Farm when fields were prepared for planting.

The Ramapo tomato was released in 1968. Dr. Pollack reveals the story behind its name: “I named it for a very important Native American tribe located in New Jersey. The Ramapo’s must have camped in the area that was the Rutgers Vegetable Research Farm, because after fitting the field for planting we always found Indian artifacts. Ramapo was a good name for a new tomato hybrid with all the good qualities it exhibited.”

Dr. Pollack continues, “The Vegetable Research farm was adjacent to the Flower and Ornamental Farm, just south of the intersection of Route 1 and Ryders Lane in East Brunswick, NJ. The two farms are separated by Westons Mill Pond and that extends all the way to the Raritan River. It is believed that the Ramapo came down the Raritan River, entered the Mill Pond and camped on both shores of the pond. Artifacts were found on both farms.” This information was relayed to Dr. Pollack via the foreman of the Rutgers Vegetable Research Farm whose family lived in the area for several generations and passed down the knowledge. Perhaps Dr. Pollack’s astuteness as a vegetable breeder forged the connection to the past through the unearthed artifacts. New seeds bearing the name Ramapo went back into the same land that bore relics of the native tribe.

The Moreton tomato’s name comes from Harris Seeds founder Joseph Harris’ boyhood home in Moreton Corbett, Shropshire, England.



It was another connection to the land that led to the naming of the Moreton Hybrid tomato, developed by the Joseph Harris Seed Company, Inc. This early season variety was grown by Jersey tomato growers in the late 1950s. The connection, however, was to a land across the sea. Joseph Harris was born in 1828 in Moreton Corbett, Shropshire, England and immigrated to the Genesee Valley near Rochester, NY, where he bought a farm and named it Moreton Farm after his boyhood home in England. In 1879, Harris opened the Joseph Harris Seed Company, Inc. at Moreton Farm. The seed company was later taken over by the next generation of the Harris family and made it successfully through the turbulent eras of the World Wars and the Depression, producing its own seed on the farm.

In 1949, Joseph Harris, grandson of the founder, became president of the company. He grew up in the old family homestead on Moreton Farm. Under Harris' direction, the company entered into plant breeding and developed exclusive varieties of vegetables and flowers. A large staff of vegetable and flower plant breeders, plant pathologists and research technicians developed new varieties and improved existing ones. In 1953, the Moreton tomato was Joseph Harris Seed Co., Inc.'s first F-1 hybrid release. This early tomato soon became a favorite of up-state New Yorkers for their short growing season, and New Jersey growers adopted it as their early season variety to supply tomatoes by the Fourth of July.



The Rutgers tomato's name belies the tomato's origins; the parent varieties were both leading Campbell's Soup varieties.

The next tomato on our list is a no-brainer, the Rutgers tomato. Introduced in 1934 by Rutgers vegetable breeder Lyman Schermerhorn, the variety was obviously named for the university where it was developed. Dr. Schermerhorn selected the best plants from the Campbell's cross and for the next six years conducted field tests and made further selections until in 1934 the most superior selection was released as the 'Rutgers' tomato.

And finally, the *Rediscover the Jersey Tomato* program recently focused on the KC-146 tomato, also known as 'Campbell's 146'. This tomato was developed by Campbell's breeder George B. Reynard and released in 1956. This variety was better flavored than other processing types. KC-146 was the predominant variety grown by Campbell's contract growers for a few years, along with another variety with good color, KC-135. As mentioned by Dr. Pollack, in some cases just a number is given as a tomato name. This is more common in releases that are commercial varieties, and in the case of the Campbell's tomatoes, these were processing varieties. One of the parent strains of the Ramapo tomato was KCA, also derived from Campbell's soup. What does the 'KC' stand for? We don't know. We've asked around but haven't yet cracked the old Campbell's nomenclature code. So, for KC-146, we'll confess we don't know what's behind the name.

KC-146 is also known as Campbell's 146.



The *Rediscover the Jersey Tomato* project has available the seeds of Ramapo, Moreton and KC-146 tomatoes. Find out more about the program at: <http://www.njfarmfresh.rutgers.edu/JerseyTomato.html>

Calendar of Events

From 9:00 am-4:00 pm on November 4, 2013, BELAIR MANSION at Bowie MD will hold its Annual History Day; **Sugar, Spice, Isinglass and Cakes – Great and Small!!!** The four talks are – “Sugar: From Harvested Cane to the Table (Deborah Peterson), “Blessed be he that invented Pudding...” (Dr. Clarissa Dillon), “A History of Spice: Its Cultivation, Combination and Magic!” (Mercy Ingraham) and “Cakes...Great and Small” (Cate Crown.)

Cost for the day, including a buffet lunch & coffee is \$75, checks payable to F.O.B.E. and mailed to History Day at Belair Mansion, 12207 Tulip Grove Dr., Bowie, MD 20715. Credit cards accepted by phone. **Register by October 30** giving name, address, phone & email.

Belair’s Museum Shop will be open (with a 20% discount on purchases) and Dobyms and Martin, Grocers, will be on hand to supply your 18th century grocery needs.

Note that this is essentially the same conference which Deborah Peterson held at Fort Lee, NJ about a year ago. Questions - call (301) 809-3089 or email pwilliams@cityofbowie.org

The Traditional Winter Garden: Fresh Food from December to March

Saturday November 9, 2013 9:30 AM to 3:30 PM

William Woys Weaver and co-instructor Josiah Taylor, former farm manager for Colby College, will explore old-time as well as cutting edge techniques for using your traditional kitchen garden throughout the winter. The newly reconstructed kitchen garden of the historic Sharadin Farmhouse will be used as a class room for demonstrating innovative ways to plant ahead using heirlooms that were developed for cold tolerance.

Workshop Limited to 30. \$75.00 per person. Brown Bag Lunch, beverage and table setups will be provided. Part of the proceeds will be given to the Heritage Center for the maintenance of the recently reconstructed Kitchen Garden.

Make checks payable to Kutztown University.

Mail to the attention of:

Amanda Richardson, Public Relations and Events Coordinator

Pennsylvania German Cultural Heritage Center

22 Luckenbill Road

Kutztown, Pennsylvania 19530

Email contact: arichard@kutztown.edu

HFSDV 2013 Annual Meeting: "What's for Dinner, Martha?"

Saturday, November 9, 2013

Noon – approx. 3:00 p.m. (*registration begins at 11:30*)

Atrium Room, Normandy Farm Hotel and Conference Center

1401 Morris Road

Blue Bell, Pa 19422

<http://normandyfarm.com/us/location/>

Valley Forge. The name brings to our collective national memory thoughts of the harsh winter encampment of 1777-78. Our speaker, Nancy Loane, will expand our knowledge of this famous event in her talk, *What's for Dinner, Martha?* Based on research for her book-in-progress, she will share with us what she has learned about what the soldiers ate, as well as what was served at Headquarters. An award-winning author and popular speaker, Dr. Loane is a recognized authority on the women at the Valley Forge encampment. She formerly worked as a seasonal park ranger and has participated in four archaeological digs at Valley Forge National Historical Park. Copies of her previous book, *Following the Drum: Women at the Valley Forge Encampment* will be available to us at the discounted price of \$25.

Before her talk we will share a hot luncheon buffet at Normandy Farm Conference Center. The known history of this property dates to 1730, when it was purchased by Jacob Levering. In 1834, he built an inn which is believed to be the core of the main house that sits on Morris Road. It served as a popular restaurant and lodging house for travellers on the then-new state road between Norristown and Doylestown until 1873, when the property was sold to William Singerly, a prominent Philadelphia businessman. In 1875, Singerly built what was then the largest barn in the United States, at over 200 feet long and nearly 50 feet wide. After his death in 1898, the property was gradually sold off first to local farmers, and eventually further divided among several developers. Upon acquiring the land surrounding the barn and other structures, the current owners recognized their historical value and incorporated them into their new facilities. Our meeting will be in the Atrium, which is part of the hayloft of the original barn.

Registration for 2013 Annual Meeting: *What's for Dinner, Martha?*

DUE BY: October 28, 2013

\$35.00 Members/\$40.00 Guests

To register, send this completed form and your check made out to HFSDV to:

Lisa Price

HFSDV Program Secretary

210 Elmer Avenue

Runnemede, NJ 08078

Member Name(s): _____

Guest Name(s): _____

Phone Number _____ E-mail address: _____

Total Enclosed: _____

Please include a note in the Memo area of your check that this is for 2013 Annual Meeting.

Thanks!

Registration fees are not refundable.

Books to Ponder

As American as Shoofly Pie: The Foodlore and Fakelore of Pennsylvania Dutch Cuisine

By William Woys Weaver (April 2013)

Another wonderfully researched and informative masterpiece which strips the layers of touristy misinformation that has grown around, and sometimes totally smothers the authentic foodways of this group of people. A must have!

Chocolate Wars by Deborah Cadbury: Published by Public Affairs, Jan.1, 2010

This is a fascinating walk through time and history on multiple levels all the way into the 21st century. Learn the history of chocolate through the lives of two brothers of the Cadbury family as they work diligently to create a saleable product. Follow the business side of all the major chocolate manufacturers, English, Swiss, Dutch and American, as they compete on a world stage enduring long years of research, equipment inventions and shifting business attitudes. The Cadbury family and several other English manufacturers were Quakers, adding another layer of social history. Fair warning: this requires a good supply of chocolate near at hand as you read! Cheryl Trozzi

Eating Architecture, edited by James Honwitz and Paulette Singley: Published by MIT Press, 2004

This is a book of essays about the relationships between the production, preparation and consumption of food and the environments in which these are done. Hilary Heckman

