



# CHC Chicago Foodways Roundtable

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Out and About,  
February, 2010

## Upcoming meetings:

### **Culinary Historians of Chicago:**

**February 20:** "The Bittersweet History of Chocolate in France" with Mark Seaman

**March 6:** At the Berghoff with Carlyn Berghoff

**April 17:** "Culinary History of New Zealand" with Julie Biuso

**May 22:** Andy Coe on Chop Suey

Find Culinary Historians of Chicago on Twitter as [CulinaryHistory](#) and on Facebook at <http://www.facebook.com/home.php#/group.php?gid=84660115589&ref=ts>

### **Chicago Foodways Roundtable:**

**February 27:**

**March 20:**

**April 10:**

**TBA:** Oh Canada!

### **Greater Midwest Foodways Alliance:**

[www.GreaterMidwestFoodways.com](http://www.GreaterMidwestFoodways.com), Twitter: MidwestFoodways, Facebook

**WBEZ's Chicago Amplified** partners with Culinary Historians by recording our programs and making them available for broadcast on demand at their website or downloadable to an iPod. Our most recent programs:

**The View from the Kitchen: An Upstairs-Downstairs Look at Frank Lloyd Wright's Most Famous House** with Suzanne Martinson and Linda Mitzel  
<http://www.chicagopublicradio.org/Content.aspx?audioID=39385>

### **WBEZ, Chicago Public Radio**

David Hammond, a writer living in Oak Park, IL, is a founder and moderator of [LTHForum.com](http://LTHForum.com), the Chicago culinary chat site, and a regular contributor of food-related articles for the Chicago Tribune, Chicago Sun-Times, and Chicago Reader. David was featured on "Good Morning, America," "Chicago, Tonight," and Nippon TV when he developed recipes for preparing cicadas, and he is a returning guest on WLS and WGN radio. He produces regular segments for WBEZ, Chicago Public Radio.

On WBEZ, I try to save the Deli by eating more corned beef at Manny's. Listen:  
<http://tinyurl.com/y98ywal>

Listen to the sounds of the French Market...and me eating a lot of stuff. Listen:  
<http://www.chicagopublicradio.org/Content.aspx?audioID=38673>

## **Culinary Historians of Ann Arbor**

**Sunday, Feb. 21, 2010, 4:00 - 6:00pm, Ann Arbor Senior Center, 1320 Baldwin Ave., Ann Arbor, Michigan**

Cynthia Furlong Reynolds, author of *"Jiffy: A Family Tradition, Mixing Business and Old-Fashioned Values"* (2008).

### **Sweet Saturdays**

**Saturday, February 6 and Saturday, February 13**

Hours: 11 am – 4 pm

Where: Garfield Conservatory,

Cost: \$3 suggested donation per person

Sweet Saturday's returns to the Garfield Park Conservatory on two consecutive Saturdays in February – the 6th and 13th from 11 a.m. to 4 p.m. The suggested donation for entry is \$3 per person. Sweet Saturdays will focus on plants that provide the key ingredients to some favorite sweet treats. The Garfield Park Conservatory, a veritable plant-based candy show, is home to many living sweets such as bananas, vanilla beans, cinnamon bark, and chocolate trees. Visitors of all ages can sample the facts, the flavors and the fun of some of the most tantalizing tropical treats. Experience the following sweet activities at each Sweet Saturday:

**Tropical Treat Stations:** Throughout the Conservatory visitors will learn a fact and sample a flavor.

**Learn:** Discover the process of making both vanilla and honey from special guests:

- February 6 - Enjoy honey tasting, brought to you by the Garfield Park Conservatory Volunteer Beekeepers, who care for the Conservatory's 12 hives
- February 13 - Enjoy vanilla tasting, brought to you by Nielsen-Massey Vanilla.

### **Wood Stove Cooking Class, Feb 20 @ Primrose Farm**

Wood Stove Cooking: Miss that down home cooking? Come out to Primrose Farm to learn the basics of wood stove cookery and combine farm-fresh ingredients with historic atmosphere. Everyone will participate in the preparation and everyone will help with cooking on the stove, it should be a really good time! Enjoy the fruits of your labor in a real, traditional dinner.

February 20, 2010 from 9 am to 12 pm

\$20.00 for residents of St. Charles

\$30.00 for non-residents

Registration is required and information can be found at:

<http://www.st-charlesparks.org/Programs...ration.asp>

Primrose Farm is located at 5N726 Crane Road in St. Charles, IL, 630-513-4370; (630) 587-6643

### **Garfield Conservatory: Beginning Beekeeping Classes**

Saturday: March 6, 2010

Cost: \$60 / \$50 GPCA members or volunteers

Spend the day with us learning the basics of beekeeping equipment, hive design and construction, bee biology and behavior, bee management and bee products.

Although being a GPCA volunteer is not a requirement for taking this class, first opportunity for sign-ups will be given to our volunteers.

For more information about the Beginning Beekeeping Classes, please contact Julio Tuma at 773-638-1766 x.24 or email [jtuma@garfieldpark.org](mailto:jtuma@garfieldpark.org).

### **McLean County Museum of History**

#### ***Come & Get It! The Way We Ate 1830 -2008.***

Now through August 6, 2011

200 North Main Street Bloomington, IL 61701, Tel: 309-827-0428

Monday-Saturday 10 a.m. - 5 p.m. Tuesdays 10 a.m. - 9 p.m. **Sunday: Closed**

Explore the eating habits, cooking equipment, methods and diverse food traditions of McLean residents since the early 1800s. Discover how dramatically our habits have changed over time. Investigate four kitchens, each representing a different era and illuminating how the kitchen has changed in the last 180 years. Use hands-on interactives to better understand where food has come from and how dramatically food sources have changed. Delve into the interpretive panels between kitchens to see social and economic changes that have shaped the way we ate from 1830 to 2008.

### **Culinary Historians of New York**

#### **Wine's Best Kept Secret: Authentic Sherry** with Linda Lawry DWS

The history of the Jerez region, its unique wine, and a tasting of fine sherries

Monday, February 8, 2010

International Wine Center

350 Seventh Ave., #1201, bet. 29th and 30th St.

New York, NY 10001

6:30 pm Check-in and reception | 7:00 pm Lecture

Myths surrounding Sherry abound. A few: It's all sweet and sticky. It's made in California, Australia, almost anywhere. It's best used for cooking. It's the drink for little old ladies!

All untrue! Authentic sherry has been made exclusively in the Jerez region of Andalucia, Spain, for over 2000 years and is unique. Its styles and flavors are more varied than those of any other wine in the world. As tapas restaurants are now winning fans in the United States, so fine quality sherry is also gaining respect.

We will discuss sherry's history, see where the grapes are grown and how it is made, cover the many styles, and taste a wide range of sherries, including a very rare vintage sherry, 1978 Gonzalez Byass Palo Cortado. Only 600 bottles produced!

Speaker Linda Lawry, Director of the International Wine Center, is an Official Sherry Educator, certified by the Consejo Regulador in Jerez.

Location:

International Wine Center. 350 Seventh Ave., #1201, bet. 29th and 30th St.

New York, NY 10001

Time:

6:30 pm Check-in and reception | 7:00 pm Lecture

Fee:

\$40 Non-Members and Guests | \$25 CHNY Members

For further information, see <http://www.culinaryhistoriansny.org/events.html>  
To buy tickets securely online, go to: <http://www.brownpapertickets.com/producer/7199>

SEATING IS LIMITED. YOU MUST REGISTER AND PAY IN ADVANCE.

If you plan to attend this program, you should register immediately. It will sell out.

If you register and find you cannot attend, please let us know no later than 5:00 pm on February 7 to receive a refund or credit toward a future program. Please let us know of cancellations as soon as possible so that we can give your spot to someone on the waiting list. Contact Events at <http://www.culinaryhistoriansny.org/events.html>

### **Joan Peterson's Eat Smart Tours**

Joan Peterson will lead two tours this year: one to Peru (September 14 - 23) and one to Turkey (September 27 - October 6). The exciting itineraries are now available for viewing and downloading from our tour webpage:

<http://www.eatsmartguides.com/tours.html> or call: 608-233-5488

Both tours are in September, a perfect time of the year for a visit, and a perfect time for you to get away and indulge yourself in an awesome experience!!

She'll lead the tour to Peru with Brook Soltvedt, co-author of "Eat Smart in Peru" and editor of the entire EAT SMART series. Please share this message with your family and friends.

### **Pumpkins and Squashes: Evolution in an American Family's Folk Food with Aggie Nehmzow**

Chilean Bean and Winter Squash Stew

Recipe adapted from *The Food Lover's Atlas of the World* by Martha Rose Shulman

\_ pound dried white beans  
\_ pound dried pinto beans  
2 quarts water  
1 medium onion chopped  
1 tablespoon sweet paprika  
3 large garlic cloves, finely chopped  
1 bay leaf  
1-1/2 pound fresh pumpkin or winter squash, peeled and cut into cubes  
4 medium tomatoes, peeled, seeded and chopped  
2 corn cobs, kernels removed  
2 tablespoon chopped fresh basil or parsley  
Salt and pepper, to taste

1. Soak dried beans in 3 times their volume of water for six hours or more. Drain.
2. In a large pot, pour in 2 quarts water and the soaked beans. Bring to a boil, then simmer for 45-60 minutes until tender. Add salt to taste and set aside.
3. In a large pan, heat oil over medium heat. Add onion cooking for 5 minutes or until just tender. Stir in paprika and cook for a few minutes. Add garlic, then stir until fragrant. After a minute, add cooked beans and their cooking liquid, except for one cup of beans. Add to the pot: bay leaf, squash, lima beans and tomatoes. Bring to a boil, then simmer with the cover on. Simmer for 30 minutes or until squash is tender. Add corn kernels and simmer for five minutes
4. Blend reserved beans, then stir into stew. Adjust salt and pepper to taste. Stir in basil or parsley. Once heated through, serve with cornbread.