

Culinary Historians of Ann Arbor

Volume 2 Winter/Spring 1988

Interested in Other Culinary Groups?

CHAA members who crave seconds — or even thirds or fourths — on culinary curiosities might want to sample the fare of similar groups and newsletters around the country. Culinary societies vary greatly in function, fees, and activity levels. Some limit membership to professionals, while others demand no more than a taste for food.

If you wish to find out more, we suggest you send a stamped, self-addressed envelope along with your request for information. If you know of an active and noteworthy group we missed, let us know.



Culinary Historians of Boston

268 Elm Street

Concord, Massachusetts 01742

A pioneer among culinary societies, the CHB is similar in function to CHAA. Newsletter and monthly meetings.

New York Culinary Historians

15 Prospect Street

Smithtown, New York 11787

Also similar to CHAA. Newsletter and monthly meetings.

Atlantic Area Culinary Historians Organization

Mary Morman

1802 Sanford Road

Silver Spring, Maryland 20902

A fledgling group similar to CHAA. AACHO needs support from D.C.-area residents. If you know anyone, pass the word.

San Francisco Professional Food Society

Blake Robertson

P.O. Box 410990

San Francisco, California 94141

Large professional society. Newsletter, extensive events calendar and membership roster.

American Institute of Wine and Food

846 California Street

San Francisco, California 94108

Founding parents include Julia Child and Robert Mondavi. Monthly newsletter. Sponsor of *Journal of Gastronomy* and conferences, including April meeting in New York on Mediterranean foods.

The James Beard Foundation

167 West 12th Street

New York, New York 10011

Open to anyone. Newsletter. Sponsors "Meet the Author" series as well as lunch and dinner meetings such as "The Great American Chef" series in New York.

The Galleys

Ellen Rolfes, Editor

c/o Wimmer Brothers

P.O. Box 18408

Memphis, Tennessee 38181-0408

Free newsletter published as a service to those publishing charity and community cookbooks. Stresses quality and regionalism in such cookbooks, holds publishing seminars.

Culinary Arts News

Box 153

Western Springs, Illinois 60558

Quarterly newsletter, "the worldwide guide to cooking schools and wine academies", features honest — and often scathing — reviews of programs worldwide. \$30/year.

see Other Groups, page 3

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"The Benevolent Bean"

A new role for the ancient legume

Marion Prince

Marion Prince, CHAA member and Washtenaw County Extension nutritionist, addressed the September, 1987, meeting on one of her favorite topics. She was kind enough to share with us this article, portions of which appeared in The Ann Arbor News.

Beans are sometimes called poor man's meat. But poor man's meat may soon become rich man's fare because they have a recently uncovered health benefit. They are recommended for sweeping cholesterol out of the body.

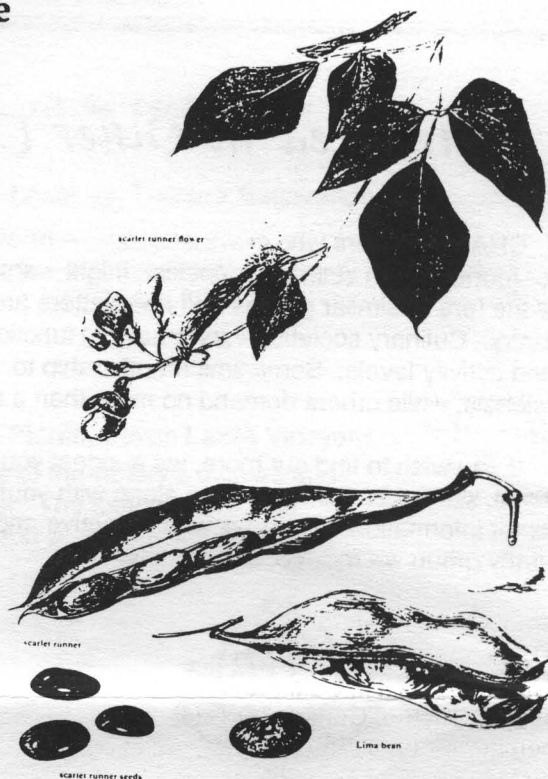
The health benefits of a diet rich in pectins and gums, the type of soluble fiber found in legumes, is now established. Careful human studies, performed by Dr. James Anderson of the University of Kentucky, have shown that pectins and gums are very effective for reducing serum cholesterol as well as reducing the amount of insulin required by certain diabetics. The oat bran diet, championed by Dr. Anderson, includes generous amounts of oat bran and legumes along with fat-modified foods.

Although the oat bran diet is a remedial regimen, eating more legumes can be recommended for almost everyone because of their nutritional, ecological, and economic benefits. Most Americans could happily expand their acquaintance with beans and include more kidney beans, chick peas (also called garbanzos), black-eyed peas, black beans, pinto beans, lima beans (also called butter beans), mung and soy beans as well as lentils and split peas.

Most of us are familiar with the common white bean (also called marrow or marrow-fat beans), which are found in three sizes: Great Northern (largest), navy or Yankee (mid-sized), and pea bean (smallest). Lentils are also available in several sizes.

Beans are part of the botanical family Leguminosae, which includes beans, lentils, peanuts, and peas. There are 10,000 species of legumes, and they include such diverse plants as the locust tree, clover, vetch, and wisteria, but only a few are suitable for the kitchen. In most cases the seeds are eaten, but the pod is also consumed in the case of string beans and Chinese pea pods.

The common pea has the longest history. Remains have been found in the "Garden of Eden", the valley between the Tigris and Euphrates rivers. Samples found in Turkey have been carbon-dated to 5,500 B.C. and samples from Switzerland to 4,500 B.C.



Legumes were raised in ancient times in Egypt and Greece, and it is rumored that the Egyptians had temples devoted to beans. Later, the Romans ate them and gambled with them.

But it was in North and South America that the true flowering of beans occurred. Along with maize and squash, they supported the Mezo-American civilization. Over 1,000 varieties were grown, and remains from 4,000 B.C. have been found in Mexico. Pre-Inca tombs in Peru contained beans and an ancient jar was found showing men and women holding maize and beans.

After the 1492 visit of Columbus, the culinary history of the world was altered. It is not surprising to find the spread of beans to all latitudes of Europe, Spain, and Africa because their many varieties are suited to every climate.

Haricot beans were described and sketched in Europe by 1542. Haricot is a term which includes many dried beans and string beans. Kidney beans were grown in the Middle East by 1570. String beans and limas were recorded in 17th century Spain at the same time that beans were cultivated in the East Indies with the arrival of Europeans.

see Beans, page 3

Other Groups, from page 1



International Association of Cooking Professionals

1001 Connecticut Avenue, N.W.

Suite 800

Washington, D.C. 20036

Composed of 1,200 food professionals worldwide. The IACP March convention in St. Louis was "The Physiology of Taste" and featured Virginia Johnson of Masters and Johnson speaking on "The Sensuality of Food." IACP's Cooking and Research Education Foundation last year awarded CHAA's Charles Solomon a scholarship to the Prue Leith School of Food and Wine in London (see Fall, 1987, CHAA Newsletter.)

Simple Cooking

Jack Daw Press

P.O. Box 622

Castine, Maine 00421

Delightful, provocative magazine makes readers think — even if they don't always agree. \$12/year or \$21/2 years.

Toronto Culinary Guild

Faye Clack

1454 Dundas St. East, Suite 107

Mississauga, Ontario, Canada L4X1H4

250-member group started in 1984. Most earn living in food profession, but some are amateur food enthusiasts. Educational and social meetings.



Chicago Culinary Guild

Jean True

690 Elm Street

Glen Ellyn, Illinois 60137

Women's culinary network limited to food professionals. Newsletter and educational programs. Jan Longone speaks to CCG in April on "The Cook Not Mad - Tales of Early American Cookbooks." CCG held its March meeting at recent CHAA guest speaker Rick Bayless' Frontera Grill.

Judy Goldwasser

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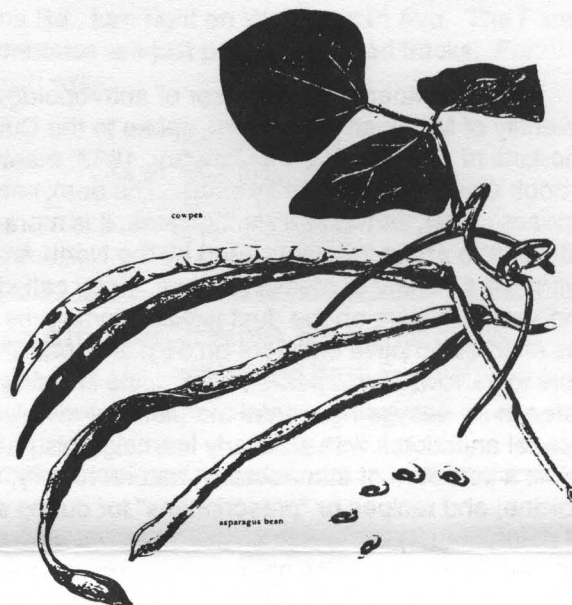
Don't miss the Second Annual Cathy's Mother's Picnic. See Calendar, page 6.

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Beans, from page 2

The nutritional advantages of beans are many. One cup of kidney beans furnishes about 30% of an adult's daily protein requirement. If combined with a cereal grain, such as rice or bread, the protein is equal to that in meat. The same cup of beans yields plentiful amounts of thiamin and iron. And they have no fat or sodium.

Beans make good sense ecologically because they return nitrogen to the soil and furnish protein to humans in a much more efficient manner than if used to feed animals that are later eaten for their protein.



Below we offer a short list of books on beans for those who would like to pursue the subject.

Bennett, Victor. *The Complete Bean Cookbook, Including an Homage to the Bean by Senator Everett M. Dirksen.* New York: Bonanza Books, 1967.

Blanchard, Marjorie Page. *The Sprouting Cookbook for Fast Kitchen Crops.* Charlotte, N.C.: Garden Way Publishing, 1978.

Gregory, Patricia. *Bean Banquets from Boston to Bombay: 200 International High-Fiber Vegetarian Recipes.* Santa Barbara: Woodbridge Press, 1984.

Heriteau, Jacqueline. *The Complete Book of Beans.* New York: Hawthorn Books, 1978.

Keys, Margaret and Ancel. *The Benevolent Bean.* Garden City: Doubleday, 1967.

Turney, Valerie. *Bean Feast -- An International Collection of Recipes.* San Francisco: 101 Productions, 1979.

White, Beverly. *Bean Cuisine -- A Culinary Guide for the Ecogourmet.* Boston: Beason Press, 1977.

Book Review

Geraniums for the Iroquois:

A Field Guide to American Indian Medicinal Plants. Daniel E. Moerman.

Reference Publications: Algonac, MI, 1982. Illustrations by Marie Cole.

Daniel Moerman, professor of anthropology at the University of Michigan - Dearborn, spoke to the Culinary Historians of Ann Arbor at the January, 1988, meeting on his book *Geraniums for the Iroquois*. The book serves two purposes. First, as the subtitle indicates, it is a practical field guide to about 75 plants used by the North American Indians for a variety of medicinal uses. Aptly called a handbook for hikers on the dust jacket, *Geraniums* contains short descriptive chapters on 50 plant species, from asters to yarrow, accompanied by delicate line drawings. Written in an easygoing, genial manner that mingles personal anecdotes with scholarly learning, this part of the book is a potpourri of ethnobotany, natural history, folk medicine, and recipes or "prescriptions" for curing aches and pains.



Natural Aspirin

For example, in the chapter on pussy willow, subtitled "Natural Aspirin", we learn how the willow plant is related to aspirin. The chemical precursor of aspirin (acetylsalicylic acid) is salicin, a natural substance found in the bark of the willow. We learn that willow bark tea and powdered willow bark are centuries-old remedies for ailments as varied as sore throats, rheumatism, and asthma. We learn that the willow's medicinal use dates back at least to the Romans. Finally, we get a recipe for making willow bark tea to use in place of aspirin. Like the other chapters, this one includes a fine pen-and-ink rendering of the plant in question. Here it is the pussy willow, chosen to represent the willow species because, as Moerman says, it is "both widespread and charming." Other chapters describe plants as well known as mint and mistletoe or as old-fashioned as burdock and four o'clocks.

To add to its utility as a field guide, *Geraniums* includes range maps for all the plants illustrated, a comprehensive index, and a brief glossary of the native American Indians mentioned, from Aleut to Zuni. There is no bibliography as such, but Moerman does provide suggestions for additional reading.

A Cultural and Historical Perspective

The second purpose of *Geraniums* is less practical and more scholarly. As a medical anthropologist, Moerman is interested in society's cultural and historical perceptions of medicine, drugs, illness, and disease. His field of study is North American Indians and the plants they used for medicinal purposes. In his introduction and elsewhere in the book, Moerman raises thought-provoking questions about how we perceive the efficacy of medicine and remedies like pills and ointments; why we no longer value plants for their medicinal properties as the earlier Indians did; why one kind of medicine "works" in one society and not in another; and why placebos are effective. I recommend the introduction particularly to medical students and anyone interested in the study of medicine in modern society.

see *Geraniums*, page 5

Fox Hill Farm Adds New Products and Farmhouse Sales Room

Marilyn Hampstead's Fox Hill Farm has branched out in all directions this year. In addition to their mail-order fresh herbs and plants, they are offering books, seeds, their own line of foods, a Basil festival Apron, and computer software. The new foods include three dry soup mixes, tea cakes with lemonherb glaze, herbed oils, and sauces. Marilyn calls her computer program, TAGPRINTER, "the gardener's write hand." Using MS-DOS and an IBM-compatible computer, you can create a database of all your plants, print lists, and even make plastic plant labels.

If you have never been to Fox Hill Farm, it is well worth the trip to Parma (just west of Jackson). This small, family-owned herb farm grows about 450 varieties of herbs and other plants. All the plants and other items are available by mail or in their new Fox Hill Farmhouse office and sales room, located in an old farmhouse the Hampsteads bought and renovated last year. Directly

across the road from the Farm, it is open year-round. The Farm hours are Wednesday through Saturday 9-5 and Sundays noon-5, April 15-October 15. From Detroit/Ann Arbor take I-94 west to Exit 130 (Parma Rd.). Head south on Parma Rd., turn right on W. Michigan Ave. The Farm and Farmhouse are just past the railroad tracks. For information write:

Fox Hill Farm
444 W. Michigan Ave., Box 9
Parma, MI 49269
(517) 531-3179

See **Announcements**, page 6, for details of
Fox Hill Farm's 1988 Basil Festival

Geraniums, from page 4

For those of us whose culinary interests predominate, *Geraniums* offers interesting reflections on the sometimes tenuous distinction between food and medicines. Appropriately, this subject was the focus of the author's talk before the Culinary Historians.

Context Determines Role of Food

The chapter on the elderberry, subtitled "Food and Medicine", explores the differences between food and drugs. According to Moerman, the same substance may be considered a food in one context but a drug in another context. As an example, he discusses chicken soup, which may be consumed either because it is good to eat or because it is known to relieve the stuffiness of head colds. What generations of mothers have known about the curative properties of chicken soup ("Jewish penicillin") has recently been confirmed by a controlled, scientific study in which hot water was used as the control substance. While such a discussion may seem far removed from the elderberry, Moerman has evidence to show that the elderberry has been used as both a food and a medicine at least since first-century Rome.

Another chapter that explores similar ideas is the one on cherries, plums, and peaches. As I sit here writing this review and sucking a cherry-flavored cough drop, this chapter reminds me that the choke cherry and wild black cherry were used as cough medicines and other remedies by native American tribes.



Moerman is also the author of a two-volume reference work *Medicinal Plants of Native America*, published in 1987 by the University of Michigan Museum of Anthropology in Ann Arbor. This work catalogues 17,000 medicinal uses of 21,000 North American plant species.

Geraniums for the Iroquois is available by special order from local bookstores. Hardcover costs \$19.95, paperback \$8.95.

Pat Cornett

Announcements

Jewish Foodways

Anyone interested in the study of Jewish foodways will want a copy of the special issue of the *Jewish Folklore and Ethnology Review* for 1987. We received a press release from the guest editor and Jewish food expert, Barbara Kirshenblatt-Gimblett, with the following tantalizing description:

"Jewish cookbooks are appearing in unprecedented numbers, Jewish restaurants of all kinds are flourishing, and food is as rich a medium as ever for expressing what it means to be Jewish. This issue of the *Jewish Folklore and Ethnology Review* suggests the wide range of research in the disciplines of folklore, anthropology, history, linguistics, and psychology. Three essays on Jewish foodways and a bibliography of Jewish charity cookbooks are followed by over thirty reports of research in progress."

Joelle Bahloul surveys anthropological studies from the late nineteenth century to the present. The culinary treasures in the *Language and Culture Atlas of Ashkenazic Jewry* at Columbia University are the subject of an article by Mikhl Herzog. The guest editor has contributed an article and bibliography of Jewish charity cookbooks.

The *Review* is the work of an impressive group of organizations: the Jewish Folklore and Ethnology Section of the American Folklore Society, the Max Weinreich Center for Advanced Jewish Studies of the Yivo Institute for Jewish Research, and the Center for Jewish Studies of the Graduate School and University Center of the City University of New York. For more information you may contact Jan Longone (313) 663-4894 or order the *Review* directly.

Jewish Folklore and Ethnology Review, 1987

Jewish Foodways Special Issue

Guest editor: Barbara Kirshenblatt-Gimblett

44 pages (8 1/2" x 11"), illustrated

\$7.00 plus \$1.00 for postage and handling

Make checks payable to *Jewish Folklore and Ethnology Review* and send to:

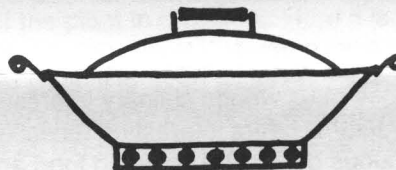
Dr. Shalom Staub, Editor
Jewish Folklore and Ethnology Review
 212 Montrose Street
 Harrisburg, Pennsylvania 17110

Mintzi Schramm, an observant Jew, will discuss Jewish dietary laws and Jewish cuisine at our April 17, 1988 meeting.

Chinese Cookbook Bibliography

We heard recently from Jacqueline M. Newman who is announcing the publication of her new bibliography, *Chinese Cookbooks — An Annotated English-Language Compendium/Bibliography*. Compiled for "culinary historians, folklorists, anthropologists, home economists, librarians, China scholars and everyone interested in food", the book contains 700 citations of books published in English since 1900. Entries give recipe categories, number of recipes, types of introductory material, and number and type of illustrations. Newman offers a capsule evaluation of each book. The bibliography is indexed by author, title, publisher, and illustrator.

Available by mail from Garland Publishing, 136 Madison Avenue, Dept. M.E.F., New York, N.Y. 10016. \$47 covers the cost of the book and mailing on prepaid orders (check or credit card accepted).



1988 Basil Festival

Marilyn Hampstead, owner of Fox Hill Farm in Parma, Michigan, and CHAA member, has announced the date for the 7th Annual Oh Boy, Basil! Festival. Mark your calendar on Sunday, August 7, for a full day's activities related to basil. Events include formal seminars, informal herb crafting, the Basil Buffet, music, garden tours, nature walks, and more. The Pesto Challenge, open only to amateur cooks, is a cooking contest to "find out who's the best pesto maker in the land."

Because attendance is limited, you must make reservations by July 15. Fees for the full day's activities are \$25 per person, \$20 for those over 65 and children 6-10 years. Entry fee for the Pesto Challenge is an additional \$12.50. For more information call (517) 531-3179. Send reservation requests to:

Basil Festival

Box 9
 Parma MI 49269-0009

Directions to Fox Hill Farm and more information about their offerings appear in the article on page 5.

Membership News

Elizabeth King Honored by Henry Ford Community College

Elizabeth Chiu King, CHAA member and author of *The 15-Minute Chinese Gourmet*, has received the 1987-88 Faculty Lectureship Award from Henry Ford Community College in Dearborn, Michigan.

Each year one faculty member of the college receives this award which includes a modest stipend. Liz King has been a librarian at Henry Ford Community College for almost 20 years. Her lecture, "The Importance of Food in Chinese Culture," will consider Chinese cuisine from anthropological, historical, and cultural perspectives. CHAA members may recall that Liz spoke before our group several years ago on Chinese culinary history.

The Faculty Lecture will be given at noon on Wednesday, May 11, 1988, in the Liberal Arts Building on the college campus in Dearborn. The lecture is open to the public, and Liz invites all CHAA members to attend.

News from the Coast

Marti Sousanis, who moved to San Francisco last summer, writes:

"I am currently writing restaurant reviews for San Francisco Magazine — a job I've frequently thought I deserved (since I'm a true expert in the field of eating and criticizing). It happened rather quickly — one of those at-the-right-time-at-the-right-place type of events. However, as I pride myself on my sense of fairness and justice, this is not an easy job (contrary to what many think). Trying to be critical, fair, and tactful at the same time is not as easy as people may think. Not complaining, however, I'm grateful to have this as a side-gig. Also, am waiting on a final decision from a Vermont publisher on whether or not I'll be writing a spice cookbook. Hope it comes through. Would be a lot of fun researching. Please give my regards to the group, and if I'm ever in Ann Arbor, I will definitely attend one of your meetings. Also, if any of you are here in San Francisco, please give me a call. Would love to hear from you.

"The newsletter looks great — it's a very good idea. Keep up the good work. Perhaps I will contribute an article...."

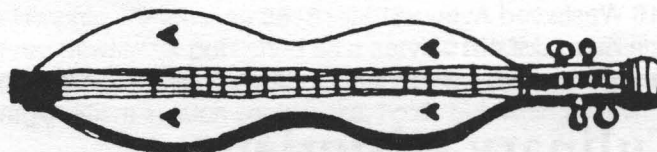
How about it, Marti? Something on spices for the next issue?

Herb David Featured by Ann Arbor Observer

What a surprise it was to open the January issue of the *Ann Arbor Observer* and find our own Herb David the subject of a feature article, "The Luthier on Liberty Street." Most of us knew there was a connection between Herb and the Herb David Guitar Studio, but had no idea he was one of the country's foremost instrument makers.

After doing graduate work at the University of Michigan, Herb learned to make lutes from an Armenian shoemaker. In the last 20 years he has made lutes, lyras, dulcimers, Chinese moon guitars, banjos, bouzoukis, and balalaikas, many of them with carving designed especially for the owner. During the 1960's he had a brush with celebrity, including appearances on NBC's "Today" show and "To Tell the Truth", but he prefers his quiet life as a luthier.

When he isn't busy in his studio, Herb told the *Observer*, he enjoys sports (he has competed in marathons and triathlons) and membership in the Culinary Historians. You can visit the Herb David Guitar Studio in the big, red house at the corner of Fifth and Liberty in Ann Arbor.



Culinary Historians of Ann Arbor

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Pat Cornett, **Associate Editor**
Judy Goldwasser, **Contributing Editor**

Membership: Individual - \$15.00/year, Family - \$20.00/year (both include newsletter subscription). Newsletter only - \$7.50/year (3 issues).

CHAA Spring and Summer Programs

Meetings are held the third Sunday of the month from 7 to 9 p.m. at the Washtenaw County Extension Service building, 4133 Washtenaw, Ann Arbor.

- April 17* **Orthodox Jewish Cooking**, Mintzi Schramm, an observant Jew
- May 15* **The Spice Box: Adventures in Indian Cooking**, Therese Bagavandoss
- June 19* We don't usually have a regular speaker, but may have a participatory meeting.
- July* No meeting
- August* **The Second Annual Cathy's Mother's Picnic**, Seven Lakes Vineyard, Fenton, Michigan. We will be the guests of the winery's owners and CHAA members Chris and Lillian Guest. The exact date will be announced at the last regular meeting, and invitations will be sent to all paid CHAA members.

CHAA Newsletter
c/o Susan Fussell
316 Westwood Avenue
Ann Arbor, MI 48103

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First Class