



The Food Journal

The Culinary Historians of Southern California Vol. 5 no 1 Winter 2005

Dedicated to pursuing food history and supporting culinary collections at Los Angeles Public Library

Program Notes

by Nancy Zaslavsky

Some big changes are in store for CHSC. Accountant Donna Cheney, attorney Lynn Olsen, and library liaison Billie Connor-Dominguez are working to make us an official Friend of LAPL. We will soon be completely legitimate to plan fundraising events to beef up LAPL's culinary collection and be able to offer significant CHSC programming opportunities. If you are interested in being part of the important fundraising committee, please contact me.

We continue to make inroads for our members to bequest personal culinary collections to LAPL through the Culinary Historians. Whether your books are best served in the August used cookbook fundraising sale, in Special Collections or even Rare Books, please consider making this important donation as soon as the proper forms are available.

The past months of programs have been stellar, beginning with our summer picnic dinner in the imagined style of the Kewen family circa 1860-1880 at The Old Mill in San Marino. Chairs Jackie Knowles and Fran Garbaccio, with assists from Dan Strehl and Charles Perry, produced a keepsake booklet of 19th-century California recipes. August's used cookbook sale was its usual success. Vincent Moses led us through the golden age of Southern California's citrus empire. The ever-popular Andrew Smith returned in October to introduce his new Oxford Encyclopedia of Food and Drink in America and chat with Charles and Dan about entries in the 2-volume tome. Anne Willan and Mark Cherniavsky delighted us with a special evening dedicated to antiquarian cookbook collecting, followed by wine and hors d'oeuvres (donated by some of L.A.'s top restaurants) on the balmy patio. Organized jointly with Slow Food LA and the International Association of Culinary Professionals, the event raised over \$1000 for CHSC for cookbook restoration in Julia Child's name through IACP's "Endangered Treasures" cookbook preservation project. Dan Strehl spoke in November about LAPL's impressive Ibero-Mexican culinary collection, one he had a major influence developing during his 30 year tenure as an LAPL librarian. Special thanks to Judy Cohn for hosting our '50s holiday brunch. Happy New Year to all!

Going Medieval at the Press Club

by Charles Perry

The Middle East Institute has held an annual conference in Washington every year of its 58-year history. Amazingly, it never served medieval Middle Eastern food until this year. When they decided to rectify this omission, they called on me to develop a menu, since I published a translation of a 13th-century Arabic cookbook three years ago. Here's my menu:

1. *Bazmaward*—a sort of canape of chopped roasted lamb, ground walnuts, mint and pickled lemons on bread. For simplicity, I suggested rolling up the ingredients in flat lavash bread, though technically this has another name, *ausat*.
2. *Samak munazzal*—fish rubbed with garlic and ground caraway (a spice that has just about disappeared from Middle Eastern cooking), then fried, then tossed in the pan with mint, parsley, oil and vinegar. The result is a sort of salad with very slightly wilted greens.
3. *Fakhitiyya*—lamb stewed with ground walnuts, sumac berries and yogurt. It develops a purplish color that resembles the throat patch of the wood dove (*fakhita*).
4. *Dujaj mutajjan*—chicken stewed with soy sauce, lemon juice and spices.
5. *Rutabiyya*—lamb stew again, this time with dates, honey and saffron.

Since the Middle East Institute is housed in a quite small building near Dupont Circle, the banquet was held in the dining room of the National Press Club, a block from the White House. On the banquet night, October 6, it looked to me as if at least 200 people were in attendance, a number of tables being sponsored by Middle Eastern embassies or companies doing business in the Middle East. There were a whole lot of academics and retired Foreign Service people.

We're talking *way* inside the Beltway here. Madeleine Albright was said to be present (I spotted at least three women her age with the same shade of hair, but I couldn't be sure which one she was). The after-dinner speech was by former Navy Secretary John Lehman, who described how the 9/11 Commission evolved from partisan beginnings to unexpected unanimity by the time it released its

findings. About eight people stood up afterward to ask questions, usually citing their own writings and those of others present at the banquet in the process. (*Way* inside the Beltway. *Ultra* policy-wonk.)

But what of the dinner? It taught me a lesson I've actually learned a couple of times before: If you give a restaurant chef medieval recipes, they'll come out Nouvelle. Chefs just can't help themselves. The canape was deconstructed into a sandwich between triangles of toasted lavash; the sauces were scrupulously drained from most of the dishes, giving a pure, pristine, utterly non-medieval effect; the dates had apparently been removed from the *rutabiyya*, leaving only a subtle datiness; everybody got no more than one sprig of parsley with the fish.

It all tasted pretty good, though, and I acknowledged a hearty round of applause, though I deserved it only in a remote sense. (Well, this was Washington. When in Rome)

Query Corner

From Chris Nichols: I'm working on a book about the architect Wayne McAllister, who did many of the classic L.A. drive-ins, restaurants and nightclubs of the 30s, 40s and 50s (Bob's, Simons, Hody's, Melody Lane, Mike Lyman's, Lawry's, etc). If you are a collector of restaurant photos and ephemera, I'd love to hear from you. cnichols@lamag.com

From Kristen St. John: I'm looking for information on pre-1930 street food vending in Los Angeles. I'm particularly interested in knowing who was doing the vending, what they were selling, and the city's regulatory efforts. I'd prefer to focus on prepared foods rather than on fruit, vegetable, meat or fish peddlers. Kristen_stjohn@yahoo.com, (310) 486-1664

News and Notes

Glenous Absmeier was featured in the November 2004 issues of *Peninsula People*—"Creative Dynamo"—and *Peninsula Business Journal*

Cheryl Jones has published her first story (under her Amina pen name) in *Aunties: Thirty-Five Writers Celebrate Their Other Mothers*, edited by Ingrid Sturgis (Ballantine Books, 2004).

New **Slow Food Pasadena** Convivium is up and running. For more information contact: Nicole Corbin (626) 583-2737

Check out librarian Lynne Olver's fact-filled websites **The Food Timeline** www.gti.net/moclib1/kid/food.html and **The Culinary History Timeline** www.gti.net/moclib1/kid/food1.html

www.scholar.google.com has just launched! Another research resource for culinary historians.

A Letter from the Editor

Dear Fellow Historians,

I'm delighted to report that culinary historian Andy Smith has chosen *The Food Journal* to debut his first piece on his most current subject interest, the effects of the Civil War on American food. That's right, you saw it here first in our centerfold spread!

This issue is also filled with remembrances. Librarian Helen Haskell chose "cookies" for her "Check It Out" column in honor of her friend Ken Jones, and several CHSC members, including yours truly, reminisce about Julia Child.

Nancy Zaslavsky, our own resident expert on southern Mexican cuisine, pens the "In Store" column on authentic Mexican ingredients. And, we've got two burning questions in our "Query Corner" for you to ponder that should take you down memory lane.

Bon Appétit,

Amelia Saltsman

The Culinary Historians of Southern California
Los Angeles Public Library
dstrehl@lapl.org

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VP-Hospitality	Ricki de Kramer
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Library Liaison	Billie Connor-Dominguez
Editor	Amelia Saltsman
Art Director	Rodolfo Buonocore

Upcoming Dates

January 8

Charles Perry, "Bluebird Cafeteria and Pink Rat Cafe: L.A. Dining in the 1920s"

January 12

Members-only dinner at Tam O'Shanter

January 29

Marc Meltonville and Richard Fitch, Kitchens of Hampton Court Palace

February 12

"From Our Valentine, See's: A Sweet Success Since 1921"

February 26

"Mildred Pierce" Screening, Pie Raffle, and Talk by Charles Perry, Alex Theatre

March 12

Justin M. Jennings, "Beer, Alcohol Recipes and Feasting in the Ancient World"

April 9

Jerry Baldwin, History of Starbucks and Peet's Coffee

May 14

Patricia Rain, "Vanilla: Cultural History of the World's Favorite Flavor and Fragrance"

June 11

Tom Apostol and Akrevoe Emmouliades, Greek program

June

Members-only dinner at Papadakis Taverna, San Pedro

July

Members-only Greek picnic

August

Used Cookbook Sale, Hollywood Farmers' Market

Does your internet provider think CHSC mass communications e-mails are spam? If so, you could be missing important announcements! Contact your provider to let them know our secretary Denise Resetar's address, denise@stellarevents.com, is A-OK.

Don't Miss Out:

Make sure Membership Chair Susanna Erdos has your correct contact information, including e-mail address. We need to keep postage costs to a minimum by sending more e-mail announcements and less snail mail! \$5 dues mailing cost surcharge to members wishing to receive all CHSC correspondence by US mail.

CHSC membership dues are due January of each year. Checks must be in by February 1 for you to be included in the March directory. Please direct all questions to Susanna Erdos, Membership Chair, at serdos@aol.com or (323)-663-5407

Join the Hospitality Committee!

Volunteers are needed to help out at the receptions after our Saturday morning lecture series. Contact Co-chairs Ricki de Kramer (626) 799-5314 and Fran Garbaccio (626) 355-6536 or fgarbaccio@aol.com

Down by the Old Mill

by Jackie Knowles

To strains of strolling mandolinists, we nibbled and dined our way into a moment of early California hospitality at CHSC's ninth annual summer event, July 11, at the historic Old Mill in San Marino.

The menu reflected what the Col. E.J.C. Kewen family, "immigrants" from the South and East, might have served at their Old Mill home, a center of hospitality in the mid-1800s. Dishes represented California's diversity—rancho cookery, Mexican influences, Southern foods, and European roots—reflected in 19th-century California cookbooks.

Jack Stumpf and Andrea Jones deserve medals for valiant efforts to whack beaten biscuits into more than hardtack. Glenous Absmeier, Fran Garbaccio, Mariette Fay, Ricki deKramer, Janet Jarvits and Eve Otaola interpreted recipes. Helen Allen, Tom and Jane Apostol, Janet Fahey, and Denise Resetar also warrant special recognition.

The event raised \$1,300 to benefit LAPL's culinary collections, principally from the raffle and silent auction chaired by Glenous Absmeier. Special thanks to generous donations by Starbucks, Guittard Chocolate Company, Lee & Associates, Doug Arango's Restaurant, Parkway Grill, Traxx, La Cachette, Tivoli/Pane Fresca/Hot Oven, Beckham Grill, La Brea Bakery, Whole Foods, Wendy Oxman, See Canyon Farm, Heritage Wine Co., and Eunice Oshiro.

To order recipe booklets (\$3.00) call Jackie Knowles: 626-355-6781.



Hendrik Van Leuven and picnic chair Jackie Knowles enjoy old-time hospitality.
Photo credit: Fin Cotton

Check It Out: Cookies

By Helen Haskell

You might think my subject choice this issue was inspired by the recent holidays, but actually it's motivated by thoughts of my friend and colleague, Kenneth W. Jones, the Acting Senior Librarian at the John Muir Branch of the Los Angeles Public Library, who recently died unexpectedly. Ken loved cookies, particularly iced circus animals. He always packed cookies when he made his lunch for work and was the world's most polite Cookie Monster—he shared.

So, what is a cookie? According to **The Oxford Companion to Food**, it was the name used in North America for a small, sweet confection, similar to Britain's sweet biscuits but softer and chewy. Although cookies appeared much earlier, **The Oxford Encyclopedia of Food and Drink in America** (OEFDA) states, the word appeared in print by the early 1700s, from the anglicized version of the Dutch *koekjes* (little cakes). The Dutch tradition of New Year's cookies carried to the original Dutch colony, New Amsterdam (later New York City), where visitors to the country's first capital after the American Revolution became familiar with the treat.

William Woys Weaver, in **The Encyclopedia of Food and Culture**, states that ornamented, stamped cookies were part of fashionable New York's January 1 celebrations. Other settlers contributed to this array of baked goods especially during holidays and feasts.

Cookie recipes show up in Amelia Simmons' **American Cookery** (1796). [Many recipes for "jumbles," an early favorite, show up in early California cookbooks.—*ed.*] Toll House cookie recipes appeared in print by the 1930's. They are generally attributed to Mrs. Ruth Wakefield, owner of the Toll House Inn in Whitman, Massachusetts. From OEFDA, I learned that my friend Ken's iced circus animal crackers had their genesis in 1898 with the introduction of Barnum's Animals in the familiar circus packaging by the National Biscuit Company.

Type *cookies* in *subject browse* of the LAPL website; more than 200 titles appear including Carole Walter's **Great Cookies: Secrets to Sensational Sweets** (641.8654 W231) with recipes for chocolate chip cookies, biscotti, raspberry linzer bars, kurabia and hamantaschen. **Sugarbakers Cookies** (641.71 B989), by Diana Collingwood Butts focuses on decorating techniques with icings and includes dog treats and whole-wheat teething biscuits. The diet-conscious will like Julie Van Rosendaal's **One Smart Cookie** (641.8654 R813) with its low-fat recipes. **Cookies Unlimited** (641.8654 M248), by Nick Malgieri, is divided into types of cookies: piped, fried, wafers, etc. They range from familiar chewy peanut butter cookies to *mostaccioli Baresi*—spice cookies from Bari. Two of my favorite sources are the fundamental **Joy of Cooking** and **The Fannie Farmer Cookbook**.

Plain or fancy, festive or everyday favorites, baking and giving cookies is a sign of warmth and hospitality. As my friend Ken Jones did, enjoy and share with friends.

Special Program Added!

The Kitchen Palace Boys
Marc Meltonville and Richard Fitch

"Reconstructing the Kitchens of Hampton Court Palace: Experimenting with a Tudor Kitchen"

Saturday, January 29, 2005

**10:30 am, Mark Taper Auditorium
Central Library**

Alex Film Society and Glendale Historical Society
present

"Mildred Pierce"

Saturday, February 26, 2005

2pm and 8pm

With a food history talk by Charles Perry at 2pm screening

Alex Theatre
216 N. Brand Blvd., Glendale

General admission: \$9.50, Children and Seniors:
\$8.00

Purchase tickets at Alex box office: (818) 243-2539
or online: www.alexfilmsociety.org

If you bake great pies, you need to participate in the....

"Mildred Pierce" Pie Raffle

benefiting CHSC and Glendale Historical Society
Saturday, February 26, 2005, 2:00 pm at the Alex
Contact Ricki deKramer: (626)799-5314 or
Fran Garbaccio (626)355-6536, fgarbaccio@aol.com
to bake or volunteer at the event

Story ideas or member news for summer 2005 issue of *The Food Journal*? Contact Amelia at amelia@ameliassaltsman.com for assignment.
Contribution deadline: May 15, 2005
by electronic submission.

In Store: Mexican Markets

By Nancy Zaslavsky

Nowhere else in the US will you find such a superb selection of Hispanic regional goods, simply by crossing the street. Two supermarkets at the intersection of Alvarado and Pico are jam-packed with Mexican, Central and South American and Caribbean products.

Liborio Market's entrance is dominated by Cuban fried foods and the steamy scent of Salvadorian, Guatemalan and Mexican tamales. An enormous meat counter is stocked with every beef and pork part imaginable, seven types of chorizo, venison, and fresh quail. You'll find frozen tropical fruit purées such as *curuba*, *guanábana*, *lucuma*, *mamey*, mango, *nance*, papaya, *pitahaya*, and *zapote* ready for *aguas* and sorbets. The hot bakery offers Salvadorian *quesadillas* (flat, cheese-enriched cakes), Dominican Republic *casaba* bread and gooey celebration cakes.

Across the street, the aroma of ripe papayas, Mexican limes and pineapple from **Numero Uno's** outdoor produce bins beckons. In this spotless store, you'll find avocados, corn, chiles, fresh banana leaves and fragrant Hispanic herbs at rock bottom prices, and various squash and blossoms, peeled sugar cane, cactus pears and paddles, yucca, yams, and pretty *piñatas*. Don't leave without a container of *requeson* (fresh ricotta) from the cheese/meat counter.

A few blocks west, **Huicho's** offers an eye-popping selection of *pan dulces* ready to dunk into hot chocolate. Packaged corn tortillas are hot off the press, and thick Salvadorian-style tortillas to stuff for *pupusas* are patted-out by hand. Huicho's sells fresh masa without lard for tortillas, and with lard for tamales.

Liborio Market (multiple locations)

2021 W. Pico Blvd., L.A.

(213) 389-4444

Hours: 7AM-10PM, 7 days

Numero Uno Market (multiple locations)

1309 Alvarado Blvd, L.A.

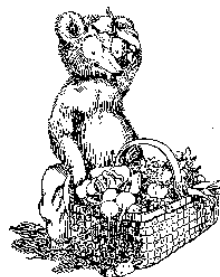
Open 7 days

Huicho's Panaderia

1250 S. Vermont Blvd. (at Pico)

(213) 385-3957

Hours: 6AM-9PM, 7 days



Orange Trifle

How We Cook in Los Angeles, Simpson Methodist Episcopal Church Ladies Social Circle, 1894 (adapted for contemporary cooks and kitchens by Amelia Saltsman)

1 packet unflavored gelatin
1/2 cup water
Zest of 2 oranges
2 cups fresh orange juice (4-6 oranges)
1/2 lemon, juiced
1 cup sugar
3 egg yolk, slightly beaten
1 pint cream, whipped to soft peaks
1 package ladyfingers

Sprinkle gelatin over 1/2 cup water and set aside to soften. In medium saucepan, stir together orange and lemon juices, zest and sugar, and cook over medium heat until sugar dissolves, about 2 minutes. Remove from heat. In a bowl, whisk yolks until well blended. Whisking constantly, pour a small amount of hot juice mixture into yolks. Whisk this mixture back into the pot with remaining hot juice. Cook egg-juice mixture, stirring constantly, in bain-marie or double boiler until slightly thickened. Remove from heat and strain through a fine-mesh strainer into mixing bowl. Stir in softened gelatin and mix until gelatin is completely dissolved. Set this bowl into larger bowl filled with ice and whisk until mixture is consistency of thick cream.

In a separate bowl, whip the cream until peaks form. Fold whipped cream into orange mixture 1/4 at a time. Line sides of 8-inch spring form pan with ladyfingers. Pour in the orange mixture. Cover and chill until set, several hours or overnight. To serve, unmold onto serving platter and garnish with additional orange zest or candied orange slices. Makes 16 servings.



Orange Trifle. Photo credit: Amelia Saltsman

Remembering Julia

by Amelia Saltsman

When I think about Julia Child, I'm reminded of Cavalier poet Robert Herrick's adoration of *his* Julia. But I think not "how sweetly flows the liquefaction of her clothes," rather how sweetly flowed *our* Julia's teaching. With seeming effortlessness, Julia taught us to cook with grace and humor, and she touched the lives of many CHSC members.

"She never forgot a friend," says Jane Matyas, former *Bon Appétit Magazine* associate food editor, who treasures the memory of Julia's 1980 Christmas Eve visit to see her kitchen remodel. Jane recalls, "The floors were in and the walls plastered, but you had to visualize the rest. As we entered, Julia pulled herself up to her full 6-foot height and declared 'Now this is a kitchen!' I was inspired to ask if she'd ever blessed a kitchen, and she replied, 'Noooo.' 'Well you're going to bless this one' I said and handed her the only thing I could find, a workman's felt-tipped pen. Julia wrote 'Bless all the bon appétits in this kitchen. Julia Child, Christmas 1980.' I see that inscription every day."

Jack Stumpf, farmers' market forager for Campanile, got a life lesson when he enjoyed a tableside chat with Julia and Jacques Pepin at the restaurant in 1999. "They were on book tour, and I asked the publicist how she was holding up. He said they tried to limit her schedule so she'd have time to rest, but she'd schedule additional visits, people to see, etc. So much for being old. She always seemed to have the vitality of someone half her age."

For some, Julia's books were the equivalent of culinary school. Says cookbook author Nancy Zaslavsky, "After my mother, Julia was my teacher. I found my way into serious cooking by cooking my way through *The French Chef Cookbook* and both volumes of *Mastering [the Art of French Cooking]*. I'd race home after work to watch Julia on television. This was in the late 60s, early 70s." As a food professional, Nancy experienced Julia's graciousness firsthand, breaking bread together at various events, and realizing a lifelong dream—Julia signed Nancy's "battered, splattered" copy of *The French Chef*. "She always had a moment for whoever approached her."

I first met Julia in 1982 at what became an impromptu "private" cooking lesson. I was new in the food biz and assisting at the Planned Parenthood Gourmet Gala (in those days it was a 3-day cooking class extravaganza). The refrigerator was stocked with Julia's favorite foods for après-class meals—calves' brains, beef chuck for hamburgers. Students lined up to speak to Julia as I busied the demo area. Julia asked me to grind the chuck. Then she asked me how I thought we should season the meat. Thus it was that Julia and I cooked together under the students' watchful gaze, seasoning the meat with thyme (her gentle suggestion) and sautéing the burgers in butter.

Twenty years later, Julia was honorary chair of the cookbook preservation benefit I co-chaired in Los Angeles. She was passionate about old cookbooks as historical documents and traveled from Santa Barbara to speak at the event. Her good friend Barbara Haber was keynote speaker. The next day, Nancy Zaslavsky, Barbara and I drove to Santa Barbara with a picnic lunch from AOC (I wanted

Julia to know someone dared make *tête de veau* in L.A.). "It was the ultimate," Nancy remembers, "being in her living room, looking at Paul [Child]'s paintings on the wall, enjoying the *agua* Stephanie [Hersh, Julia's assistant] made from the blackberries growing outside."

The fundraiser was Julia's last public appearance, and for Nancy, Barbara and me, it was our last private encounter with a great teacher.



Lunch at Julia's. Clockwise from left: Barbara Haber, Nancy Zaslavsky, Amelia Saltsman, Julia Child



The California Bear-Chef first appeared in the *Pan-Pacific* cookbook, 1915.

The Civil War and American Food

or How Nationalized, Industrialized American Cookery Got Its Start

by Andrew F. Smith

Food plays an important role during most wars. Well-fed armies usually defeat hungry ones, and wars may greatly alter eating habits by introducing new foods and processes and by creating new uses for familiar foods. The relationship between war and food is particularly well-illustrated by examples from the American Civil War (1861-65).

When the Civil War broke out in April, 1861, President Lincoln established a naval blockade of the Southern states. One consequence of the blockade was that the Southern states were cut off from the importation of food. At first this just affected only luxury items, such as coffee, tea and chocolate, which quickly disappeared from the Southern table. Later, basic food stuffs also became unavailable.

Just as important was the fact that the South had no major deposits of salt. While drying salt from seawater was possible along the coast, the Union navy could just as easily destroy such salt-making installations. Salt was necessary for preserving foods and for making salt peter, a necessary component of gun powder.

As food became scarce in the South, Southerners began to alter their eating habits. Substitutes were found or devised for foods that could no longer be imported. Ersatz chocolate and coffee, for instance,

were made from peanuts. Teas were made from herbs. Few books were published in the South during the war, but two of them were related to food. *The Confederate Receipt Book*—the only cookbook published in the South during the Civil War—focused on how to substitute available items for unobtainable ingredients. The second book was Francis Porcher's *Resources of the Southern Fields and Forests*, which encouraged Southerners to forage in the wild for food. As the war progressed, basic food stuffs became expensive where they could be obtained at all, and the Confederate Army suffered from the lack of food by the war's end, thus hastening its defeat.

Food played just as significant a role in the North for exactly the opposite reason. Throughout the war, Northern farmers produced enough grain to feed a million-man army and the civilian population, to such an extent that there was no rationing in the Union states during the Civil War. Just as important, the North was able to export grain to Europe, thus keeping England and France from recognizing the Confederacy.

The Civil War was the first war fought with railroads, which permitted rapid movement of troops. The railroads also helped supply the Union army when it was spread over thousands of miles. To feed the army, contracts were let to food canners, whose goods were shipped by train to distant outposts. For many troops, this was their first exposure to canned goods. By the time the war ended, the large canning factories that had been constructed in the North were producing ready-to-eat and low-cost foods, and many

soldiers were familiar with their benefits. The Trans-continental railroad, which was begun during the war, connected the East coast with the West, and foods from California were first shipped east shortly after its completion in 1869. After the invention of the refrigerated railroad car, seafood was easily transported to inland cities hundreds of miles from the ocean, and beef was easily brought from the Midwestern stockyards to cities all over America.

When Northern soldiers occupied the South, Yankee farm boys were exposed to Southern cookery and new culinary ingredients. When the soldiers returned home, they wanted the foods they'd grown fond of, and Southern foods began to be exported to the North. But it wasn't just the foods themselves. In the ante-bellum plantation South, an elaborate and complex cookery developed based on slave labor, and it was the slaves who mainly grew and prepared the food. Emancipation made it possible for former slaves to migrate north and west. Many African-Americans became professional cooks, and one observer claims that America's "national cookery came from them."

A few months before his death in 1885, Ulysses S. Grant wrote in his *Personal Memoirs* that the Civil War had changed everything in America. Although Grant did not mention it specifically, nowhere is his observation about change more accurate than as it relates to American food and eating habits. Prior to the war, food was generally local or regional. Most Americans grew or raised their own food on their own farms or in their own gardens; small surpluses were traded

locally. After the war, American food was on the road to be nationalized and industrialized.

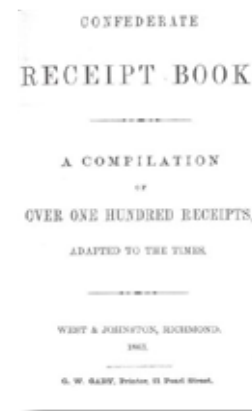
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Porcher, Francis Peyre. *Resources of the Southern Fields and Forests, Medical, Economical and Agricultural*. Charleston: Evans & Cogswell, 1863. Reprinted with a Biographical Introduction by Ira M. Rutkow. San Francisco: Norman Publishing, 1991.



Confederate Receipt Book, 1863



Resources of the Southern Fields and Forests by Francis Porcher, 1863

Andrew Smith is Editor-in-chief of the Oxford Encyclopedia of Food and Drink in America and has written several food "biographies" including The Tomato in America, Popped Culture, Peanuts, and Souper Tomatoes.