

# CHoW Line

Culinary Historians of Washington, D.C.

March 2009

Volume XIII, Number 6

## Cooperative Supper April 5

CHoW will be holding its annual Cooperative Supper on Sunday afternoon, April 5.

We will vote on a dining theme based on a topic in culinary history at the March 8 meeting. Please see page 4 for the proposed topics.

Then, on April 5, everyone brings a "covered dish" to share that is somehow related to our chosen theme.

## Inclement Weather Advisory

Call any Board member for possible program cancellations due to weather. Any decision to cancel would be made the night before, if possible, or no later than 10 a.m. on the day of the meeting.

## Keep Those Refreshments Coming!



## "Wine in Virginia"

Speaker: Patrick Evans-Hylton

Sunday, March 8, 2009  
2:30 p.m. to 4:30 p.m.

Bethesda-Chevy Chase Services Center,  
4805 Edgemoor Lane, Bethesda, Maryland

Patrick Evans-Hylton is a chef, food journalist, food educator and food historian. A native of Atlanta, he has called Norfolk-Virginia Beach, Va. home since 1991. Following a 13-year career in banking and finance, Evans-Hylton attended the (now closed) Norfolk campus of Johnson & Wales University.



Since 1995, he has been writing and teaching about food. He is senior editor for food and wine at *Hampton Roads Magazine* ([www.hamptonroadsmagazine.com](http://www.hamptonroadsmagazine.com)), as well as the executive editor for *Virginia Wine Lover* magazine ([www.virginiawinelover.com](http://www.virginiawinelover.com)), a statewide wine and food magazine. Evans-Hylton also contributes to *Edible Chesapeake* magazine, and is co-host the first Friday of each month on Food Friday (topical food news/people) on "HearSay" with Cathy Lewis on WHRV, public radio in Norfolk.

*(continued on page 4) Also, see Virginia Wine Region Map on page 6.*

## Calendar of CHoW Meetings

- September 14** John Martin Taylor, "Food and History in the Carolina Lowcountry"  
**October 12** Bee Wilson, "Swindled: The Dark History of Food Fraud from Poisoned Candy to Counterfeit Coffee"  
**November 16** Andrew Smith, "Hamburger: A Global History" (Note: third Sunday)  
**December 14** "Festive Food" Panel composed of CHoW members who will speak about celebratory and symbolic foods from around the world.  
**January 11** Michael Twitty, "Afro-American Foodways of the Historic Chesapeake Region"  
**February 8** CiCi Williamson, "The ZIP Codes of Our Food: A Quick History of Global Cuisines"  
**March 8** Patrick Evans-Hylton, "Wine in Virginia"  
**April 5** Cooperative Supper (Note: first Sunday and time change 4:00 to 6:00 p.m.)  
**May 3** Ann Chandonnet, "How Argonauts Ate: Details from Gold Rush Diaries" (Note: first Sunday)

Culinary Historians of Washington, D.C. (CHoW/DC)

founded in 1996, is an informal, nonprofit, educational organization dedicated to the study of the history of foodstuffs, cuisines, and culinary customs, both historical and contemporary, from all parts of the world.

[www.chowdc.org](http://www.chowdc.org)

# What Happened at the February 8 Meeting?

## GENERAL MEETING MINUTES

In the absence of **Laura Gilliam**, President, Vice-President **Randy Clarke** presided.

Those present identified themselves and five whatzits were passed around for identification.

 **Katherine Livingston** as treasurer reported a bank balance of \$5221.66, a net increase of \$60 over last month.

Randy reminded the group of topics that have been suggested for the April community supper. These as listed in CHoW Line for February were:

- Presidential and inaugural dinners;
- Lincoln's inaugural dinner;
- presidential favorites;
- food with "funny" names;
- food named for a geographical location or person.

Randy's list also included Victorian food and potatoes. In the course of the meeting two further suggestions were made, canned foods and foods produced in our vicinity (within 100 miles of the meeting site). Possibilities are to be discussed in more detail and voted on at the March meeting.

Attendees were reminded of the upcoming symposiums on chocolate (March 7; chocolate.symposium@effem.com) and sustainable seafood (March 20-21) at the Smithsonian. Some events associated with the latter are booked up, but thanks to Francine Berkowitz CHoW members can get a discount for the symposium itself; make reservations by telephone, 202-633-3030.

 **Whatzits**  
Zina Pisarko brought a three-part combination of ceramic grater, ridged ceramic mortar, and wooden pestle designed (it was surmised) to grate ginger and then extract the juice, and (not identified by anyone else) one of a set of five small teapots meant to enable mah jong players to sip through the spouts without revealing the cards in their hands.

Tom Weiland brought older implements, a potato and turnip masher acquired in eastern Pennsylvania, a potato slicer, and a knife with a curved, serrated blade about 6 inches long, speculated to be a tomato knife.

 **Refreshments**  
Zina Pisarko brought so-called Spanish rice (reporting that Spanish students in the dining hall where she first encountered it had been appalled by it). Francine Berkowitz, who had attended a class at Heller's bakery, brought sugar cookies she had made there. The Program was a PowerPoint presentation with commentary by **CiCi Williamson** on the subject "The ZIP



**Codes of Our Food: A Quick History of Global Cuisines.**  
The idea that people should eat only foods that had been produced within their own ZIP codes was a concept suggested by *Baltimore Sun* food columnist Rob Kasper, a goal CiCi noted would not be realizable in Washington, D.C., where there are no farms. The presentation showed 57 food photographs CiCi has taken in various countries.



A multiple-choice questionnaire about the origins of various foodstuffs she had circulated provided an introduction to the talk. A prize for the most correct answers went to Francine Berkowitz. A main point of the talk was that foods often did not originate in the countries with which they are now associated. For example, rice is not native to China and sushi was not a Japanese invention. The quiz is included on page 3.

Respectfully submitted, **Katherine Livingston** for **Clara Raju**, Recording Secretary.

## Board Meeting, January 11, 2009

Condensed Minutes

**Present:** Laura Gilliam: President, Randy Clarke: Vice-President, Katherine Livingston: Treasurer, Dianne Hennessy King: Newsletter Editor, Felice Caspar: Membership Secretary, Clara Raju: Recording Secretary, David Bender: Director

**Recording Secretary:** February's minutes were approved.

**Treasurer's Report:** As of January 11, 2009 the Bank balance is \$5061.66.

**Programs:** Laura will request that two or three CHoW members agree to take turns bringing and operating their Powerpoint projectors during the occasional meeting when a projector has been requested by a guest speaker.

**April Cooperative Supper:** We will ask for suggestions for themes at the January and February meetings. We will ask people to explain the historical significance of their suggested theme before we vote at the March meeting. Themes should have research sources easily available to people.

**CHoWLine:** We will scan older issues of CHoWLine onto the Web site— for which we need a high speed scanner, again, the use of which hopefully will be donated by a

*(continued on page 3)*



## “The ZIP Codes of Our Foods: A Quick History of Global Cuisines”



Copyright (C) CiCi Williamson  
Ciciwmsn@aol.com

Take this quiz from CiCi’s talk. The answers are on page 4.

- Which came first, the chicken or the egg? a. Chicken \_\_\_\_; b. Egg \_\_\_\_.
- Other than water, what is the world’s oldest human-produced beverage?  
a. Carrot juice \_\_\_\_; b. Beer \_\_\_\_; c. Orange juice \_\_\_\_; d. Wine \_\_\_\_.
- In what country did wine originate: a. France \_\_\_\_; b. Egypt \_\_\_\_; c. Iran \_\_\_\_; d. Italy \_\_\_\_
- What’s the most consumed meat in the world? a. Chicken; \_\_\_\_; b. Beef \_\_\_\_; c. Pork \_\_\_\_; d. Lamb \_\_\_\_.
- Which of these foods did NOT originate in Africa?  
a. Okra; \_\_\_\_; b. Peanuts \_\_\_\_; c. Sorghum \_\_\_\_; d. Watermelon \_\_\_\_.
- Where did pasta originate? a. Italy \_\_\_\_; b. China \_\_\_\_; c. Arabia \_\_\_\_; d. Africa \_\_\_\_.
- French fries came from: a. France \_\_\_\_; b. Belgium \_\_\_\_; c. Virginia \_\_\_\_; d. U.S. Military \_\_\_\_.
- Which country produces the most peaches? a. Spain \_\_\_\_; b. U.S.A. \_\_\_\_; c. China \_\_\_\_; d. Italy \_\_\_\_.
- Where did the pineapple originate? a. Hawaii \_\_\_\_; b. South America \_\_\_\_; Southeast Asia \_\_\_\_; Australia \_\_\_\_.
- Excluding pizza, what’s the most popular ethnic cuisine of American restaurants?  
a. Italian \_\_\_\_; b. French \_\_\_\_; c. Chinese \_\_\_\_; d. Mexican \_\_\_\_.
- Which of these foods served in China today originated there?  
a. Rice \_\_\_\_; b. Hot chilies \_\_\_\_; c. Cashews \_\_\_\_; d. Mung beans \_\_\_\_; e. None \_\_\_\_
- Which of these Mexican dishes or foods is authentic to Mexico?  
a. Chili con queso \_\_\_\_; b. Beef enchiladas \_\_\_\_; c. Beans and rice \_\_\_\_; d. Tortillas \_\_\_\_; e. Guacamole \_\_\_\_.
- Where did sauerkraut originate? a. Germany \_\_\_\_; b. Korea \_\_\_\_; c. Poland \_\_\_\_; d. China \_\_\_\_.
- What’s the oldest soft drink in America? a. Coca Cola \_\_\_\_; b. Root Beer \_\_\_\_; c. Dr. Pepper \_\_\_\_; d. 7-Up \_\_\_\_.
- Which farm crop is Virginia’s top income producer?  
a. Peanuts \_\_\_\_; b. Tomatoes \_\_\_\_; c. Tobacco \_\_\_\_; d. Greenhouse/nursery plants \_\_\_\_.

### Board Meeting Minutes (continued from page 2)

CHoW member. The Board agreed to post online newsletters one year after the newsletters have been published for current CHoW members. Until now, we have waited until the lecture year ends in May before posting any of the previous year’s newsletters. We should have a notation stating that the newsletters now are added on monthly.

**Meeting Facilities:** David said that the Center will lock doors one hour after the beginning of the monthly meeting. There are intercom receivers in Rooms A and B which can be buzzed from the Plaza entrance doors and someone can answer and open the door.

**Job Descriptions:** Job descriptions of the executive board were read. This information will be kept by the Secretary and available to people interested in these positions.

**By-Laws:** The Board discussed the budget and approval of expenses according to CHoW By-laws.

Respectfully submitted,  
Clara Raju, Recording Secretary



### Nominating Committee Formed Volunteer to Serve!

The Nominating Committee for election of 2009-2010 CHoW officers consists of **Shirley Cherkasky** ([shircher@cs.com](mailto:shircher@cs.com)), **Felice Caspar** ([fcaspar@bnaibrith.org](mailto:fcaspar@bnaibrith.org)), and **Amy Snyder** ([tante\\_amy2@yahoo.com](mailto:tante_amy2@yahoo.com)). Please contact one of them soon if you are interested in any Board position. Slate report is in April and elections are in May.

## Vote for a Culinary History Theme for Our Cooperative Supper

### Which One Is Your Favorite?

April 5, 2009  
4 p.m. to 6 p.m.  
Old Town Alexandria

We will have a discussion of the culinary historical relevance and resource availability of all the following suggestions at the March meeting. However, if you know you will be unable to attend in March, prior to the meeting you may send your vote to the newsletter editor

Directions to the Supper's location at **Shirley Cherkasky's** Alexandria apartment building will be in next month's newsletter.

1. All Presidential Inaugural Dinners
2. Lincoln's Inaugural Dinner
3. Food Abraham Lincoln Liked
4. Victorian Era
5. Potato (Year of the Potato)
6. Food Named for a Geographic Location or a Person
7. Food with "Funny Names" (Bubble and Squeak)
8. James Beard
9. Canned Food
10. Hotel, Bed and Breakfast or Inn Menus
11. Food Grown, Raised, Caught or Produced within 100 miles of CHoW's meeting site
12. Presidential Favorites

### Patrick Evans- Hylton bio (continued from page 1)

Evans-Hylton has written two food history books - one on Smithfield ham and the other on Virginia peanuts - as well as the book Popcorn. Having founded the Hampton Roads chapter of Slow Food USA, he volunteers time promoting local foods and foodways, with an emphasis on regional and state food history. Evans-Hylton is on the advisory board for the culinary program at Tidewater Community College in Norfolk, as well as the advisory board at Culinary Institute of Virginia, where he is an adjunct professor.

Evans-Hylton also serves on the board of Hampton Roads chapter of Careers through Culinary Arts Program (C-CAP), which includes time mentoring at-risk youth interested in culinary arts as a profession; coordinates the student dining out club at Culinary Institute of Virginia; serves on the board of the March of Dimes of Southeastern Virginia Signature Chef Auction; is chairman of Chow! Hampton Roads which promotes local foods and foodways as well as raising funds for the Samaritan House; and is a member of the Southern Foodway Alliance (SFA) and International Association of Culinary Professionals (IACP). The chef blogs at: [www.patrickevanshylton.com](http://www.patrickevanshylton.com)

## Environmental Film Festival

in the Nation's Capital, March 11-22

On Friday, March 20, there are four films about *Solar Cookers*, screened at various times and venues around town. Solar cooking was the subject of a September 2004 CHoW presentation by Dar Curtis.

Also on March 20, noon, at National Museum of Natural History is a free film, *Who Killed Crassostrea Virginica: The Fall and Rise of the Chesapeake Oyster* (USA, 2009, 60 minutes), Washington DC premiere. Discussion with filmmaker Michael W. Fincham follows screening.

On Sunday, March 22, 7:30 p.m., another free film, *Blue Gold: World Water Wars* (Canada, 2008, 90 minutes) Washington DC premiere, is at the Carnegie Institution for Science, 1530 P Street NW. Discussion with filmmaker Sam Bozzo follows screening. For more information about all films available, go to the Film Festival Web site, [www.dcenvironmentalfilmfest.org](http://www.dcenvironmentalfilmfest.org) or phone 202-342-2564.

## The ZIP Codes of Our Foods: A Quick History of Global Cuisines"

### Quiz Answers

1. b. Egg
2. b. Beer
3. c. Iran
4. c. Pork
5. b. Peanuts
6. c. Arabia
7. b. Belgium
8. c. China
9. b. South America
10. a. Italian
11. e. None
12. d. Tortillas and e. Guacamole
13. d. China
14. c. Dr. Pepper
15. d. Greenhouse/nursery plants



## Welcome, New Members!

**Debbie Amster**  
Interests: Cooking,  
organic/local, ethnic

**Tom and Susan Costa**  
Interests: 18th century/  
colonial

**Linda Hertz**

**Angela Fox**

**Julie Mendoza**

# Upcoming Events

## Food Fight by Chris Taylor

\$10, part of DC Independent Film Festival  
Saturday, March 7, 2009, 7:00 p.m.

Phoenix Cinema (Union Station lower level at food court)

**Synopsis:** *Food Fight* is a fascinating look at how American agricultural policy and food culture developed in the 20th century and how the California food movement rebelled against big agribusiness to launch the local organic food movement.

[www.foodfightthedoc.com](http://www.foodfightthedoc.com).

The co-producer/director will be at the screening. The film is an 83-minute food documentary. USA /

Premiere Status: World / 2008

If interested in tickets, send Marsha Weiner an e-mail at [Marsha@FoodMuseMedia.com](mailto:Marsha@FoodMuseMedia.com) or contact [www.dciiff.org](http://www.dciiff.org).

**FOOD FIGHT**  
Revolution never tasted so good



A Documentary by CHRIS TAYLOR  
in Association with November Films

## A Taste of the Arab World

Feb 28 - Mar 14, 2009

Kennedy Center, South Opera Tier Lounge

5 hours

\$100.00 - \$240.00

This three-part mini-immersion takes you on a culinary journey into the various regions of the Arab world, learning about the food, land, the people, and the culture of each region.



### About the Program

A Unique Series Over Three Saturdays:  
February 28, March 7; and March 14

Each Saturday of the "ARABESQUE: Arts of the Arab World" festival, this mini-immersion takes you on a culinary journey into the cultures of Egypt, Lebanon, Morocco, Saudi Arabia, Syria, and Yemen. Your journey begins at the Kennedy Center with a lecture about the land, the people, and the culture of each region. Next, visit embassies and Ambassador's residences where you will hear the music, taste the cuisine, and explore the arts of each of the featured countries.

· **Session 1, Feb. 28:** First course at the Residence of H.E. Antoine Chedid, Ambassador of the Republic of Lebanon; second course at the Residence of H.E. Imad Moustapha, Ambassador of the Syrian Arab Republic.

· **Session 2, Mar. 7:** First course at the Residence of H.E. Aziz Mekouar, Ambassador of the Kingdom of Morocco; second course at the Embassy of the Arab Republic of Egypt.

· **Session 3, Mar. 14:** First course at the Embassy of the Kingdom of Saudi Arabia; second course at the Residence of H.E. Abdulwahab Abdulla Al-Hajjri, Ambassador of the Republic of Yemen.

Event timing: Approximately 5 hours. Please note: Transportation will be provided to and from each event.

Patrons may purchase the complete three-part series at a discounted price, or any individual Saturday session at single ticket prices. Series is not available online; please call Instant Charge at (202) 467-4600 or (800) 444-1324 or go to the Box Office to purchase the series.

## CULINARY TOURS

**Shirley Cherkasky** sent us a notice of two Culinary tours given by Joan Peterson, food and travel author and publisher and member of CHEW, Culinary History Enthusiasts of Wisconsin:

**Turkey** (August 7-16)



**Sicily** (September 29-October 9)

[www.eatsmartguides.com/tours.html](http://www.eatsmartguides.com/tours.html)



## The Land of Virginia Winegrowing



The landscape and climate of Virginia offers countless choice sites for vineyards. Each of the state's five main land regions – the **Appalachian Plateau**, the **Appalachian Ridge and Valley Region**, the **Blue Ridge**, the **Piedmont**, and the **Atlantic Coastal Plain** – boasts vineyards and wineries. Granite-based soils in western areas of the state and sandy loam soil in the eastern

both offer prime grape-growing ground. And good drainage can be found on all landscapes at all elevations

### Virginia's Climate Regions

Virginia's five distinct climate regions – the Tidewater, Piedmont, Northern Virginia, Western Mountain and Southwestern Mountain – provide a temperate climate that's not too hot or cold for extended periods. Virginia's varying weather patterns see the mountainous southwest and Shenandoah Valley average a 160-day growing season; and east of the Blue Ridge, an average of 200 days.

### American Viticultural Areas

Six of the United States' 187 American Viticultural Areas, or AVAs – grape-growing regions defined by geographic features that influence the wines they produce – are in Virginia: **Eastern Shore**, **Monticello Northern Neck**, **North Fork of Roanoke**, **Rocky Knob**, and **Shenandoah Valley**. Given Virginia's preponderance of well-situated grape-growing sites with ideal soil conditions, fine wines now come from all over the state.



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## CHoW Shop: Now Open for Business 24/7 at [www.chowdc.org](http://www.chowdc.org)

We are all proud CHoW members and now we can display that pride. Our wonderful CHoW dome logo can be found on mugs, aprons, fridge magnets, and notebooks at CHoW's new online shop.

CafePress allows anyone to make customized products on demand. Many groups and individuals use it to promote causes or just to make personal gifts. For example, the Southern Foodways Alliance sells its T-shirts and bumper stickers through a CafePress shop. We hope you'll use these CHoW products to enjoy our group even more and spread the word about what a great resource it is.

The CHoW CafePress basic shop won't cost us a penny, and we've put a minimal mark-up on the products, just about one dollar over the base price, so it will also be a gentle fundraiser, helping us keep our dues low. You can find the shop directly from the link on our website. Go to [www.chowdc.org](http://www.chowdc.org) and click on CHoW Shop.

And you should know, these are quality products. The next time you go to a conference, bring your CHoW notebook. It has a heavy cover, sturdy wire binding, and thick paper. The mug has a bright, glaze and clear colors. I've run mine through the dishwasher plenty of times and it still looks great.

Use the tote bag in place of paper or plastic grocery bags. We took one to the apple orchard and found it can hold 17 pounds of apples. If you're looking for unique gifts for foodie friends or for a conversation starter on the Metro, shop CHoW! --by *Claudia Kousoulas*