Survey of the History and Changes in Food as It Relates to Candy...with Tasting

Speaker: Susan Benjamin
Sunday, November 12, 2:00 to 4:00 p.m.
Bethesda-Chevy Chase Services Center
4805 Edgemoor Lane, Bethesda, MD 20814

Discover the little-known history of sugars and sweets and how they shaped the nation. In this presentation by CHoW member Susan Benjamin, we’ll start with the Native Americans and move through enslavement, the Industrial Revolution, war rations and today’s favorites.

We’ll also discuss our mixed emotions about candy including love, hate, guilt, and nostalgia...originating in the mid-1800s. A lifelong entrepreneur, Ms. Benjamin now devotes her attention to researching the history of sugars and sweets. You’ll sample the candy as we go from roots and resins to such “retro” classics as the Pixy Stix.

Susan Benjamin is the founder of True Treats Historic Candy, based in Harpers Ferry, West Virginia, the nation’s only research-based candy company, listed by Food Network Magazine, delish.com and Holiday Lettings, Trip Advisor’s international arm, as one of the nation’s top 50 “Sweet Spots.”

Benjamin has researched communications and the history of culture for almost 40 years. The author of ten books, she was a journalist, college professor and communications strategist for Fortune 500s and other large organizations, including a Clinton and later George W. Bush White House initiative. She gives presentations at museums, historical societies and other venues nation-wide, including the Smithsonian Museum of American History.

Her tenth book, Sweet as Sin: The Unwrapped Story of How Candy Became America’s Favorite Pleasure (Prometheus, 2016) made the Smithsonian’s “Best of Books about Food for 2016.” Her articles and op-eds were distributed by Knight-Rider/McClatchy, and have appeared in such places as the Chicago Tribune and Miami Herald, as well as other newspapers, magazines, and online publications.

As a guest, she has appeared on programs via National Public Radio, Fox News, NBC News, Voice of America, ABC News Hour Radio, CNN and many more. Articles featuring Ms. Benjamin have appeared in such places as Salon.com, the Pittsburgh Post-Gazette, Vice/Munchies.com, the Arizona Republic, The Sacramento Bee, Woman’s Day, Bon Appetít, and others. She belongs to CHoW and the National Press Club.
What Happened at the October 8, 2017, CHoW Meeting?

President Barbara Karth called the meeting to order at 2:10 p.m. Thirty CHoW members and one visitor were present.

ANNOUNCEMENTS:

1. Barbara Karth announced that The Washington Post would no longer be publishing CHoW meeting announcements since it is discontinuing the community calendar and “Going Out Guide” in its weekly Local Living section. We will be seeking other resources in which to post meeting announcements.

2. Shirley Cherkasky read the following excerpt from Daria Wingreen-Mason’s letter about the CHoW/DC Culinary History Collection. Daria is the branch librarian at the Smithsonian Libraries Research Annex where the CHoW Collection is shelved.
   “It is a very popular collection with SI staff, and there is a good amount of interest from beyond the Smithsonian through interlibrary loan. Because of its popularity and its ties with ongoing research at the Smithsonian, the Smithsonian Libraries is also considering featuring the CHoW collection in our 50th anniversary exhibition next spring. So having some background would be helpful to the exhibition curators.”

3. Barbara Karth announced two upcoming food-related DC area events. The Smithsonian is hosting its Food History Weekend Festival at the end of October. The Spanish Embassy is hosting “Eat Spain Up!” a month-long program of activities that explores Spain and its regions through its foods and traditional cuisine.

4. Francine Berkowitz wished Shirley Cherkasky a happy birthday.

WHATZITS:
No whatzits were brought to the meeting.

PROGRAM:

CiCi Williamson introduced this month’s speaker, Andrew Coe, speaking on his book, A Square Meal, A Culinary History of the Great Depression. (see talk summary, page 7)

REFRESHMENTS:

Francine Berkowitz – Danish pumpkin kringle
Beverly Firme – Eleanor Roosevelt’s pear bread
Amy Snyder – Reese’s peanut butter pumpkin candies

DOOR PRIZES:

Thank you to CiCi Williamson for donating the books for this month’s drawing.

The meeting was adjourned at 3:29 p.m.

Respectfully submitted,
Sharon Shepard, Recording Secretary

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CHoW Programs 2017-2018

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How to Post to the CHoW Google Group

The CHoW-DC Google Groups is for communicating culinary history matters ONLY. It is not intended to be an open forum.

You must be a member of CHoW, and your email address must be in the CHoW database.

It’s important to remember that if you change your email address, you need to inform the CHoW Membership Director so that it can be updated and you will continue to receive messages and newsletters.

The easiest way to post a message to the Group is simply through an email. Here’s how.

• Open a new email
• In the address line or “To” box, enter chow-dc@googlegroups.com
• Enter a subject in the subject box
• Enter the text of your message
• Please sign your message as a courtesy to everyone.
• Add your email address for replies.
• Send the message! DONE!

o NOTE: If you are announcing an event, please make sure you include all relevant information, plus a website or phone number for additional information.

• Please sign your message as a courtesy to everyone.
• Add your email address for replies.
• Send the message! DONE!
Upcoming Events

**Vermeer and the Masters of Genre Painting Exhibit**
National Gallery of Art West Building
October 22, 2017 - January 21, 2018

The National Gallery of Art Garden Café gives guests the opportunity to taste the flavors of “Vermeer and the Masters of Genre Painting.” Vermeer-inspired dishes are available during the Garden Café’s weekday hours as well as during its recently launched brunch buffet.

The Garden Café is located on the Ground Floor of the West Building, near the 6th Street and Constitution Avenue NW entrance. Some of the several offerings are a Vermeer Cheese Sampler, a Dutch Appetizer Platter, Dutch Hussar Potato Salad, and glorious-sounding desserts.

[www.nga.gov/press/exh/3799/shoppingdining.html](http://www.nga.gov/press/exh/3799/shoppingdining.html)

**Carrie Mae Weems: Kitchen Table Series**
National Gallery of Art, East Building Mezzanine
September 12, 2017 – May 18, 2018

“Carrie Mae Weems’s Kitchen Table Series established her as one of the leading artists of her generation. The series, consisting of 20 carefully staged photographs depicting Weems herself sitting at a kitchen table under a lamp, remains one of the key pieces of late 20th- and early 21st-century art. Weems’s powerful meditation on domesticity and relationships tells the story of one woman’s life as seen through the intimate space of the kitchen, the traditional sphere of women.” [www.nga.gov/exhibitions/special/weems-kitchen-table-series.html](http://www.nga.gov/exhibitions/special/weems-kitchen-table-series.html)

**Scandinavian Bazaars in the D.C. metro area**
November and December, various dates and locations

The wonderful Scandinavian holiday bazaars in November and December are your chances to enjoy terrific food, learn regional history, and purchase the perfect gifts. The online link to the American Scandinavian Association will connect to dates, locations, festival flyers, and menu offerings of the Danish, Norwegian, Icelandic, Finnish, and Swedish bazaars. [http://scandinavian-dc.org/Contacts-4.htm](http://scandinavian-dc.org/Contacts-4.htm)

**Holidays Through History**
December 2, 5:30 p.m. - 8:30 p.m.
Dumbarton House (2715 Q Street NW, Washington D.C), Woodrow Wilson House, Anderson House. Fee: $15

Explore three festively decorated historic mansions, Anderson House, Dumbarton House, and Woodrow Wilson House, to celebrate the holidays through history. Enjoy activities, tours, light refreshments and historic cocktails unique to each site. [http://dumbartonhouse.org/event/holidays-through-history](http://dumbartonhouse.org/event/holidays-through-history)

**Vinegar Making**
Monticello, 931 Thomas Jefferson Parkway
Charlottesville, VA 22902
November 18, 10:00 a.m. - 12:00 p.m. Fee $24

Vinegar was an integral ingredient in various Jefferson-family recipes, and there’s more to vinegar, translated literally as “sour wine,” than salad dressing. Most people are unaware of the rich traditions of using vinegar in cooking, as a food preservative, and even as a wholesome beverage. Join winemaker and master-chef Gabriele Rausse in reviewing the basic principles of vinegar-making, and then learn how to use it in preparing vegetables and meat and in concocting delicious aromatized dressings.

[www.virginia.org/listings/Events/VinegarMaking](http://www.virginia.org/listings/Events/VinegarMaking)

Pepper Vinegar, the original recipe from Mary Randolph

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**Carrie Mae Weems, Untitled (Woman and daughter with makeup)** from the *Kitchen Table Series*, 1990, printed 2003, platinum print, National Gallery of Art, Washington, Gift of the Collectors Committee, and Robert B. Menschel and the Vital Projects Fund
Compiled by Dianne Hennessy King

**Civil Eats** [www.CivilEats.com](http://www.CivilEats.com). The website and Twitter and Facebook pages feature in-depth cultural articles such as the one below on the current challenges to Syrian bakers, both in Syria and as Syrian refugees around the world. [https://civileats.com/2017/10/16/syrian-bakers-fight-to-maintain-a-tradition-of-excellence/](https://civileats.com/2017/10/16/syrian-bakers-fight-to-maintain-a-tradition-of-excellence/)

Civil Eats also sponsors other projects such as a new film on food waste, released online and in theaters October 13. Watch a trailer at: [https://civileats.com/2017/10/13/anthony-bourdain-wants-you-to-waste-less-food/](https://civileats.com/2017/10/13/anthony-bourdain-wants-you-to-waste-less-food/) or go to [www.Wastedfilm.com](http://www.Wastedfilm.com) for more information.

**Washington City Paper.** “14 Years of Hospitality on 14th Street” by Laura Hayes, October 19. An interesting newspaper article that is a history of restaurant places and personalities of 14th Street, Washington, D.C. The Washington City Paper is currently for sale. We hope they find a way to continue. [www.washingtoncitypaper.com/food/young-hungry/article/20979808/14-years-of-hospitality-history-on-14th-street](http://www.washingtoncitypaper.com/food/young-hungry/article/20979808/14-years-of-hospitality-history-on-14th-street)

“Recipes with Roots: The True Meaning of Turkey,” by Francis Lam in *Cooking Light*. This 2017 James Beard Humor Award winner reminds us of a child’s struggle to fit into his surroundings and a later appreciation of his parents’ attempts to satisfy the child’s wishes at Thanksgiving dinner. [www.cookinglight.com/entertaining/holidays-occasions/chinese-american-thanksgiving](http://www.cookinglight.com/entertaining/holidays-occasions/chinese-american-thanksgiving)

**Saveur Magazine’s Best Blog Awards**

Blog of the Year and Best Travel Blog: *StrangerTalk* by Leigh Griffiths and Eloise Basuki from Sydney, Australia. StrangerTalk, begun in 2017, is a photo journal that “aims to tell the travel stories that aren’t being told—the stories of locals passionately fostering their history and traditions, of recipes and crafts being passed down from generation to generation, and capturing the day-to-day moments that exist within any community.” [www.strangertalk.co/?loc=contentwell&lnk=IMG&d](http://www.strangertalk.co/?loc=contentwell&lnk=IMG&d)

Editors’ Choice for Best Food Video: “Peoples Republic of Fermentation,” by Sandor Katz (Sandorkraut). [www.youtube.com/channel/UCgwTc9R3LI-KO](http://www.youtube.com/channel/UCgwTc9R3LI-KO)

*The Nation* special issue on “The Future of Food” with several guest authors and with guest editor Anna Lappé, a founder of the Small Planet Institute and director of Real Food Media

New York, NY — *The Nation* takes on the future of food today in a special issue on how to build a more just and equitable food system, and the technology that will help or hinder this mission.

“It’s a time of deep uncertainty at every link in the global food chain,” explains *The Nation’s* Zoe Carpenter in her introduction to the issue. “And our social and political anxieties spill over at the dinner table. But to say that the future of food will be high-tech tells us little about the values of the food system we’re building for future generations.”


“Can Local Food Help Appalachia Build a Post-Coal Future?” by Sarah Jones: “From shucky beans to kilt lettuce, the region’s cuisine reflects a dual reality of poverty and ingenuity.”

**Television**

**Check, Please! DC**

There’s a new PBS program on WETA that reviews restaurants in Maryland, Virginia, and D.C. Three guest reviewers each choose a favorite restaurant which they describe and recommend to two other reviewers. All three reviewers separately visit all three of the restaurants and then describe the food they enjoyed. In fact, you can apply to be an on-camera guest reviewer. For general information, schedule, (Wednesday evening, 8 p.m. and other times), or to apply to be a reviewer, go to [https://weta.org/tv/program/check-please-dc](https://weta.org/tv/program/check-please-dc)

You can watch one of the 30-minute programs at this link: [www.pbs.org/video/check-please-dc-101-7njp2r/](http://www.pbs.org/video/check-please-dc-101-7njp2r/)

This particular program reviewed D.C. restaurants Espita Mezcaleria, with Oaxacan food; Smith Commons Restaurant & Public House, with a diverse menu; and Queen Amannisa, with Uyghur food. CHoW’s dining group enjoyed a terrific meal at Queen Amannisa about a year ago, organized by Beverly Firme.

The Check, Please! format for local television is expanding to other geographic areas. For example, there is a Check, Please! Arizona series.

BOOK REVIEW
Fasting and Feasting, The Life of Visionary Food Writer Patience Gray
by Adam Federman, Chelsea Green Publishing 2017, Hardback, $25.00, 371 pages

By Claudia Kousoulas

You could use Patience Gray as a foodie litmus test. Everyone’s heard of Julia Child, some people know Elizabeth David, but have you heard of Gray and do you love Honey from a Weed?

Described as a modern witch, Gray pursued her life with little regard for convention and anchored herself in nature, folkways, and the pursuit of art. She was born into a British family that pursued artistic interests and had little economic success. Unlike many young women of her era, she undertook serious studies at the London School of Economics and travelled on her own and with friends and family. During WW2, she evacuated to West Sussex, living in a cottage with no electricity or hot water, and almost no plumbing. Inspired by necessity she learned to forage, beginning with mushrooms and fungi, which gained importance as food and as bacteriostatic agents—precursors to penicillin. It was an austere and focused life that was also a precursor to her later travels around the Mediterranean.

After the war, she moved to Hampstead into a circle of artists and intellectuals who were erasing the division between fine art and commercial art. It was her work on The Festival of Britain that gave her entrée into her own work—in the French sense of métier, writes Federman. And though she had studied economics, she had also been inspired by Nikolaus Pevsner’s talks on architecture. She began to write about the applied arts and eventually became a designer herself, of wallpapers.

She also wrote, with Primrose Boyd, Plats Du Jour, an elegant book of international, single-dish recipes meant for sophisticated eaters eager to enjoy a more generous and adventurous post-war cuisine. It reflected the way Patience herself entertained in her Hampstead home—from an open kitchen, on unmatched but carefully chosen dishes, simple recipes followed by a salad and cheese. Published in 1957, it sold well and became “a necessary possession,” wrote one admirer.

Gray made her own way in the world; she described it as a “peculiar life.” She never married her children’s father and raised them by herself (though with help from her mother and boarding schools). She traveled for inspiration and adventure. She had lovers and friends from among a generally leftist group of artists and writers. She bought property in London, and established herself in business, working as what we might call a stylist, but also as a cookbook writer and journalist. She tested society’s line between sinful and strong-willed.

Her greatest step was abandoning England for the Mediterranean, moving with her partner, Belgian sculptor Norman Mommens, from quarry to island in search of stone. They would spend the 1960s and 1970s between London, which Patience wrote, “When we were away it seemed to send out a gleam of eccentricity and idealism, when we are in it, it reeks of custard powder and premium bond,” and temporary homes in Carrara, Catalonia, and Naxos, finally settling in Puglia, on the heel of Italy, where she described their life as “camping indoors.”

They struggled, seeking patrons, “scrambling for commissions and freelance work.” Gray made jewelry and continued with freelance writing, editing and compiling a friend’s notes into a book called A Catalan Cookery Book: A Collection of Impossible Recipes. In the introduction she described it as “not so much a collection of culinary admonitions as the distilled essence of a fast vanishing way of life.”

Those words could easily describe her own masterwork, Honey From a Weed, built from her knowledge of plants, her eye for symbolism and design, and her skills as a writer and observer. It took 15 years to find a publisher, many of whom thought it was too far from mainstream tastes. But she was not interested in food for its own sake; she pursued the meaning and source of culinary traditions. Alan Davidson, publisher of Petits Propos Culinaires, would eventually tame her peasant approach with his “data processing mentality,” and the book would become a lodestar for food writers.

Federman’s book takes you into Gray’s world, illuminating the ways her work mirrors her unorthodox life, on “the margin of the fashionable world of cookery,” where she lived and wrote with few concessions to convention.

Hear a discussion of Patience Gray on BBC Radio 4, Food Programme: http://www.bbc.co.uk/programmes/b08zzx4g

Claudia Kousoulas is an editor, writer, and educator whose topics include architecture, urbanism, and culinary history.
Her blog is appetiteforbooks.wordpress.com
Wild turkeys were served at the Pilgrims’ first Thanksgiving—shared with the Indians—in 1621. Serving turkey at Thanksgiving is historically appropriate, and nearly 88 percent of Americans surveyed by the National Turkey Federation eat turkey at Thanksgiving. Here are some facts about turkey to share around your Thanksgiving table.

- **You’re an Old Bird.** Scientists have found turkey fossils that are 10 million years old. (From Science News) There are two species of wild turkey in North America: *Meleagris gallopavo*, which lives throughout the United States and in parts of Mexico, and the ocellated (means it has eyes on its feathers like peacocks) *M. ocellata*, a smaller species that lives only on Mexico’s Yucatan Peninsula.

- **For Plumes not Plates.** “Before Europeans arrived in the New World, the wild turkey had been domesticated… but was probably valued first for its feathers,” according to a 2010 study in the Proceedings of the National Academy of Sciences.

- **No Whoop in their Wattle.** Domestic turkeys have been bred to have the giant breasts that consumers prefer. Because of this, turkeys cannot meet to mate and nearly 100% of commercial domestic turkeys are artificially inseminated.

- **Anatomically speaking,** turkeys have an estimated 3,500 feathers and 200 bones at maturity.

- **Vocally,** only Tom turkeys gobble. Hen turkeys make a clicking noise.

- **Airborne?** Domesticated turkeys cannot fly. Wild turkeys can fly for short distances up to 55 miles per hour and can run 20 miles per hour.

- **Moonstruck.** When astronauts Neil Armstrong and Edwin Aldrin sat down to eat their first meal on the moon, their foil food packets contained roasted turkey and all of the trimmings.

- **Busted!**
  - **Ready for a nap?** Many people report drowsiness after eating Thanksgiving dinner. While turkey often receives the blame due to an amino acid called tryptophan, the amount in turkey is comparable to that found in chicken, beef, and other meats. Recent studies suggest that the unusually large, multi-coursed, carbohydrate-rich meal most people eat on Thanksgiving is more likely the cause.
  - **Gurgle, gurgle.** That turkeys are so stupid they’ll drown in the rain is just a myth.

**2016 Turkey Stats**
- More than 219 million turkeys were eaten in the U.S.
- An estimated 44 million of those turkeys were enjoyed at Thanksgiving with an average weight of 16 pounds, so 700+ million pounds of turkey were consumed last Thanksgiving. As a comparison, 22 million turkeys were eaten at Christmas and 19 million at Easter.
- Turkey consumption has nearly doubled over the past 25 years to 16.6 pounds, compared to 8.3 pounds in 1975.

**To the Table**
- There’s no difference in tenderness in Toms or Hens. Both are about 4 to 5 months old when slaughtered.
- When buying a raw turkey, allow 1 to 1-1/4 pounds per person. The meat yield of a whole turkey is about 50% of its purchased weight due to loss of skin, bones, and juices.
- A turkey typically has about 70 percent white meat and 30 percent dark meat.
- Pink turkey meat doesn’t mean it’s not safe. Turkey can remain pink even after safe cooking, and the meat of smoked turkey is always pink. Only by using a food thermometer can one accurately determine that poultry has reached a safe minimum internal temperature of 165 °F throughout the product.


I wrote the vast majority of the fact sheets found there when I worked for the USDA Meat and Poultry Hotline for 26 years. To talk to a food safety specialist, call

1-888-MPHotline (1-888-674-6854)  
Monday through Friday from 10:00 a.m. to 6:00 p.m.  
(8:00 a.m. to 2:00 p.m. on Thanksgiving Day.)
Thank you, Bob Dylan. You have opened a door that was never open before. Yes, a Nobel Prize for a common-man’s troubadour has opened a whole new world. [NOTE: Bob Dylan is the first songwriter to win a Nobel Prize—in literature.]

Why do I say this? Well, it’s only a hop, skip, and a jump from a “Jingle Jangle Morning” to “Separate two eggs and whip the whites to soft peaks.” No, really. I may jest, but the best jokes are the ones with an element of truth.

Yes, the James Beard award is prestigious in its own right. But a Nobel Prize for a cookbook author is now within reach. I wonder who might be the first?

Julia Child is an obvious choice. It would have to be awarded posthumously, but nobody would question the decision. Her works are on almost every bookshelf, and she even has her own movie starring Meryl Streep. Yes, Meryl Streep! I dare say that it doesn’t get any better than that. As an author and TV personality, Julia brought high-end cuisine to the common man. Sounds a bit like Bob Dylan, eh?

Maybe the Nobel committee wants to award the prize to a living cookbook author. Politics are politics, after all. Whom shall we choose? It has to be somebody with a long career and influence over a large population. For that you have to go beyond the written word and look at television.

You have your TV bad boys like Gordon Ramsay and Anthony Bourdain. Yet is the Nobel committee interested in someone whose primary ingredient is expletives? Probably not.

There are the warm, home-cooking specialists such as Giada De Laurentiis, Lidia Bastianich, and Rachel Ray. They touch the lives of millions, but is that enough to impress the Nobel committee? Again, probably not.

Then there are the competitive cooks like Bobby Flay and Alton Brown. While I loved them both in their early cooking shows, their newer, contrived competitions have led them down the path to circus performers. Too bad, no Nobel for you.

No, I think the Nobel Prize for cooking is still up for grabs. But if the Nobel committee is looking for a humor writer for culinary history, I stand at the ready. And thanks be to Bob. — Cheers! TW
Filoli’s Heirloom Fruit Orchards

Culinary Byways

By CiCi Williamson

Filoli (sunken gardens pictured above)
86 Cañada Road, Woodside, CA 94062, (650) 364-8300
www.filoli.org
Open Tues. to Sun. 10 a.m. to 5 p.m.
Admission $20 ($17 for seniors) includes a two-hour tour of the mansion and gardens; leisure walking trails.

As a supporter of the National Trust for Historic Preservation (NTHP), I receive their quarterly magazine, Preservation. The fall 2017 issue has a fascinating article related to culinary history from which I got permission to quote.

In Jason Wilson’s fine article, “California’s Century-Old Orchards Provide a Link to the Vanishing Past,” he tells of visiting “277 varieties of apples, 59 varieties of pears, and dozens of even rarer specimens of pome and stone fruit” lovingly maintained by horticulturists and docents. About 114 of the 600 trees date to 1918, “when they were planted by the original owner, prominent San Francisco entrepreneur William Bowers Bourn II.”

Lurline Matson Roth (1890–1985), an American heiress, equestrian, and philanthropist from San Francisco, California, purchased Filoli from the Bourn estate in 1937. Her father, shipping magnate William Matson, named two ships after his daughter. Coincidentally, the ship that took four-year old John Kelly (my husband) and his family to live in Hawaii after World War II, was the Lurline built in 1932. My husband said the ship was still painted in camouflage per its use as a troop carrier.

As author Jason Wilson toured the orchard, a Wolf River apple was pointed out to him. The guide said, “This ripens in August, and it’s enormous. The only reason people ever grew it was to win first prize at the county fair for biggest apple.”

As they tasted a Newtown Pippin (also known as Albemarle Pippin) the guide said, “This was George Washington’s favorite apple. It was a big hit in the 1780s.”

**ALBEMARLE PIPPIN**, the most famous of Virginia apples, originated in 1700 near the village of Newtown on Long Island, New York. It was grown widely in Virginia by the end of the 18th century by agriculturists, including George Washington, John Hartwell Cocke, and Thomas Jefferson. The crisp, juicy, firm flesh and very distinctive taste, along with its excellent keeping qualities, made the Pippin the most prized of American dessert apples from the early 18th century. It grows especially well in the Virginia Piedmont.

They passed a San Juan Bautista Mission pear tree, planted in 1810. “These aren’t gourmet pears,” the guide says. “But it’s a link to the Padres,” the Spanish missionaries who settled in California.

The horticulturist and his staff are the ones who prune in January, fight disease and pests, thin the fruit in the spring, battle varmints such as gophers and deer, and harvest the fruit over eight weeks in late summer and fall. “Orchards are a ton of work. You can spend endless time in there,” he says. “When orchards are in fruit they’re very exciting. But for the rest of the year, they’re not as sexy as flowers or the rest of the gardens.”

Fortunately, America has numerous heirloom orchards that are preserving culinary history of fruits grown in America. You can find scores of them on the Internet.

Filoli (sunken gardens pictured above)
86 Cañada Road, Woodside, CA 94062, (650) 364-8300
www.filoli.org Open Tues. to Sun. 10 a.m. to 5 p.m.
Admission $20 ($17 for seniors) includes a two-hour tour of the mansion and gardens; leisure walking trails.

Story: [https://savingplaces.org/stories](https://savingplaces.org/stories) (click on group 2)
DIRECTIONS TO THE MEETING
CHoW/DC usually meets on the second Sunday of each month, September through May, from 2:00-4:00 p.m. at the Bethesda-Chevy Chase Services Center, 4805 Edgemoor Lane, Bethesda, Maryland 20814.

DIRECTIONS: Bethesda-Chevy Chase Services Center is located at 4805 Edgemoor Lane in downtown Bethesda, Maryland, in the two-story County office building on the plaza level of the Metropolitan complex, above a County parking garage. The building is across the street from the Bethesda Metro station.

From the **Metro Station**, take the escalator from the bus bay to the plaza level, turn left, walk past the clock tower and across to the Metropolitan plaza using the pedestrian bridge. The Center’s street entrance at 4805 Edgemoor Lane (corner of Old Georgetown and Edgemoor) is marked with American and Montgomery County flags. Take the elevator to Level Two for meeting rooms.

If you are coming **south on Old Georgetown Road** (from the Beltway use exit 36) turn right on Woodmont Avenue - the entrance is the second driveway on the left.

If you are coming **south on Wisconsin Avenue/Rockville Pike**, turn right onto Woodmont Avenue, go south for approximately one mile, cross over Old Georgetown Road, and the parking garage entrance is the second driveway on your left.

Coming **north on Wisconsin or west on Rt. 410**, take Old Georgetown Road north, turn left at the second traffic light (Woodmont Ave.) and the garage entrance will be on your left. Take the elevators from the parking garage to the plaza level (P). The building is located at the center of the plaza. The American flag, Montgomery County flag, and the County seal mark the entrance to the building.

**PARKING:** Parking is free on weekends in the county parking garage. The entrance to the parking garage is marked with a large blue Bethesda Center parking sign.