

# CHoW Goes To Market

By **Barbara Karth**

It was May 15, one of those very special spring days when our CHoW contingent journeyed out to the Olney Farmers and Artists Market where they were greeted by CHoW members **Judith** and **Barry Newton**. Judith is Chef Liaison and Blogger for the market and Barry is a fellow volunteer and facilitator for the Guest Chef Program.

Under the enthusiastic guidance and leadership of **Beverly Firme** (below right), members (from left) **Mark Collins**, **Laura Roler**, and **Barbara Karth** set forth to spur interest in food juxtaposed with history, while emphasizing cookbook authors and their lives and times.



This first presentation took place just as salad greens were at their peak. Preparations involved a salad from *The Virginia Housewife: Or, Methodical Cook* by Mary Randolph (1762-1828). The dressing was made from vinegar and hard-cooked egg yolk and topped with the egg whites. Another preparation was from Elizabeth Ellicott Lea (1793-1858), who self-published the first edition of *A Quaker Woman's Cookbook – The Domestic Cookery of Elizabeth Ellicott Lea*. She dressed her greens with simple vinaigrette and hard eggs,



chopped. Then followed a watercress salad from *The Taste of Country Cooking* by Edna Lewis (1916-2006), an author and cook who gained renown in New York after growing up in Freetown, Virginia, in a settlement founded by freed slaves.



On June 12, CHoW went back to Olney as berries came into season. This time, demonstrations revolved around the books of Isabella Beeton and, again, Mary Randolph, along with a recipe from Williamsburg on Syllabub.

Beverly chose a bowl of mixed summer fruit, layers of berries with mint and basil leaves between layers, emphasizing that the author advocated using what was available. It was a lovely presentation, one that emphasized Beeton's emphasis on, not just cooking, but total presentation as the title of her book promotes, *The Book of Household Management*.

Mary Randolph's recipe for Raspberry Puree took advantage of the prevalence of raspberries put through a sieve, sugar added (the recipe called for crème de cassis, but since it was not allowed, lemon juice proved an adequate substitute) and served over



**Mark Collins and Barbara Karth** demo



*Laura Roler, Mark Collins, Barbara Karth and Beverly Firme*

fresh strawberries. Syllabub from Colonial Williamsburg's *Department of Historic Foodways* proved to be a most interesting choice of recipes, a mixture of whipping cream, apple juice, lemon juice and sugar, shaken (not stirred) and poured into cups where it separated. Again, our venue required a non-alcoholic version.



*Barbara Karth and Beverly Firme*

Both days were fun and successful, as several guests showed interest in CHoW, stayed to chat, and left with brochures.

CHoW Goes to Market next on September 18 at Dupont Circle, 20th and Massachusetts Avenue, N.W., Washington, D.C. The CHoW team, along with **Shirley Cherkasky** and her extensive collection of political cookbooks, will highlight food inspired by political fundraising cookbooks.

Market hours are 8:30 a.m. to 1:30 p.m. with the CHoW demo from 11:00 a.m. until noon. Hope to see you there. It is interesting to check out markets in different neighborhoods throughout the area.

**All photos by Judy Newton**