

the digest

A Newsletter for the Interdisciplinary Study of Food

Wasting Away Again in Margaritaville: The Cult of Nachismo and the New American Cuisine

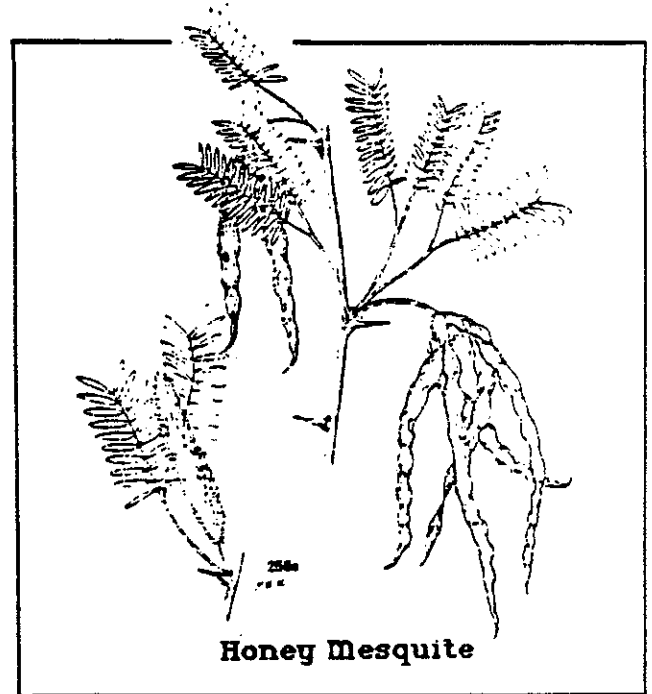
by Rayna Green

If you've recently smoked your sirloin with mesquite chips and washed it down with Dos Equis, as sister folklorist Dorothy Lee says, you eat yuppie chow. At the least, you eat that form of yuppie chow known as the new Southwestern cuisine. Welcome to mesquite chic, podner, where Joe Bill and Jim Bob are laughing all the way to the bank with the profits from your latest passion.

So shove your yogurt to the back of the fridge, Chip. You and Muffy have got some nutritional contradictions to resolve. Meanwhile, me and the Gang of Petit-Fours, Larry, Paul, Alice, and Wolfgang got to test out a blackened jicama pizza baked in a mesquite-fired oven. Pass the prickly pear chutney, son, mama's gonna contribute to the gross national product.

* * *

I could not have predicted the nachoification of America in 1968, when I was dousing all my meals of



Honey Mesquite

midwestern library paste with Texas Pete (Louisiana Red, etc.) and transporting poblano chiles and tostado chips across state lines to Bloomington, Indiana. And surely, I wouldn't have wanted to predict the appearance of mesquite-flavored oil on my grocery store shelves. Who knew then that bully-beef city would turn into salsaworld or that Navajo tacos and blue-corn tortillas would appear as Gourmet's center-

(continued on p.25)

September 1985

This summer has been a particularly revitalizing time, for The Digest and its editors (we hope the same is true for its readers). It is with that spirit of renewal and regeneration that we wish to begin volume 6.

Like a lingering waft of barbecue at the end of summer, our lead article is meant to stir the senses and the imagination. We bumped into the newspaper article "Mesquite Chic" by accident this summer but immediately recognized interviewee Rayna Green's name and style of expression. So while the article was appearing in papers around the country, and its author Rick Horowitz was being contacted by the Mesquite Growers of America for rebuttal time, we were asking Rayna to expand on her ideas about the new American Cuisine for The Digest. Wasting Away Again in Margaritaville is the result.

Commentary on American diet and eating habits has been almost de rigueur this summer. The same week in August that Time magazine was reporting on "The Fun of American Food," Newsweek was revealing that "America's Sweet Tooth May Be Hazardous to Its Health." Beside the obvious irony, there were others. Time celebrated the new "updated versions of regional foods with native ingredients" that are allowing "style-conscious eaters" to "trust their own chefs" alongside of reports of the woes of the fishing industry and the intensifying farm crisis.

At the same time, based on a report of the National Restaurant Association, we are told that "dining out is often less a culinary experience than a social one." Confirming the increase in Americans' passion for sweetness--Newsweek places the average at 126.8 lbs. of sugar and 15.8 lbs of sugar substitutes per person-- Other findings in this survey: in the first three months of 1985, 50 million Americans visited ice cream parlors between January and March. This obsession with sugar, in the restaurants, the literature, and the American diet makes Sidney Mintz's new book, Sweetness and Power, even more compelling--we are particularly glad to be able to reprint Jack Goody's review of this from The New York Times (page 12).

The other message which we are receiving from the media is that ethnic is indeed in. According, again, to the poll, 63 million people ate American regional cuisine during the three months period. Wilbur Zelinsky's very interesting article--for which we have an abstract, page 11-- on American ethnic restaurants more than confirms this.

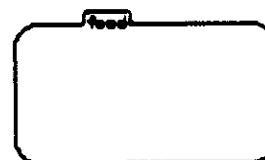
The relationships between food and health, economy, social patterns, and human and natural ecology are clearly there. The Digest looks forward to a new year of reporting on the connections that are being made and the implications that are being drawn.

Kathy Neustadt

the digest

Volume 6, No. 1 □ Fall 1985

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Erratum: in our anticipation of future Digests, we incorrectly listed the spring 1985 issue as volume 6, no. 3--it was, in fact, volume 5, no. 3.

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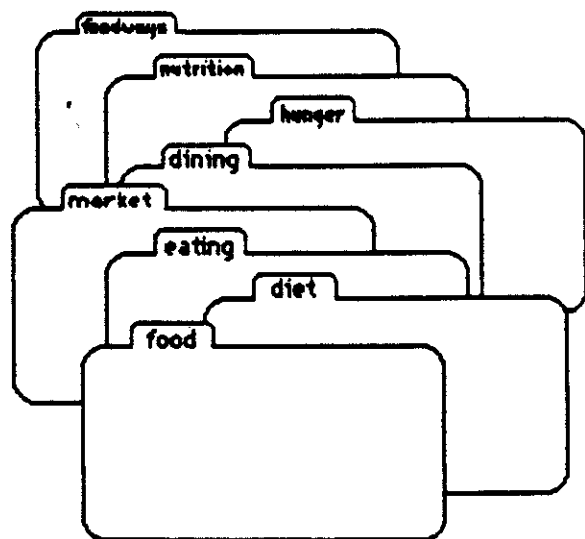
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This article is the first in a series of three designed to provide information and guidance about reference sources for foodways research. The first installment presents general works, focusing mainly on periodical indexes. The next two installments will become increasingly specific, delving into individual disciplines and sources.

An Introduction to Research in Foodways: Periodical Indexes

by Janice Gadaire

When using reference sources, certain things are worth keeping in mind. It is useful to think broadly and to be creative when looking up subject headings, especially if there are no cross-references ("see also..."). The Library of Congress subject headings used in card catalogues provide some useful suggestions. Under the subject heading "Food" are listed many other topics: "cooking," "diet," "dietaries," "digestion," "dinners and dining," "gastronomy," "home economics," "nutrition," and "table." Other possible headings are "Food (in folklore and religion)" and "Eating," with cross-references to "Food Habits" and "Ingestion."



Some sources have periodical cumulative indexes, but if not, it is necessary to consult volumes year by year to locate all the relevant citations it contains. Some-

times there are separate subject, author, and title indexes. Detail information, such as keys to abbreviations and symbols and lists of periodicals indexed, is generally included in the front or back of the work. Information on use is generally given, as well as a sample search.

In this highly computerized age, every researcher should be aware of the possibility of doing an Online search. Major colleges, universities, and public libraries usually have Online, which is a system comprised of various databases and which, in effect, can search indexes and other sources that are not physically available to the researcher.

Online is particularly useful and efficient as a research tool, since it is able to look up the intersection of ideas, such as "food--habits--New Guinea." This eliminates the necessity of checking many volumes of various works under several subject headings. However, not all runs of sources are as complete as they should be. In addition, because Online is a commercial system, there is usually a charge for using it, the cost varying with the policies of each institution.

Another computerized search method is RLIN, a database built on the collections of a consortium of research libraries called the Research Libraries Group. It is a catalogue, acquisition, and location system which allows accessing by key words, for example "food habits"--"bibliographies." It does not go back very far, however, and currently is not widely available.

Below, general reference sources are discussed, and sample searches are shown.

Reader's Guide to Periodical Literature. Jean H. Marra., ed. New York: The H.W. Wilson Co. Issue(s) used: March 1983-Feb.1984, copyright 1984. Available Online.

The Reader's Guide, which began in 1900, is an author and subject index of general interest and news magazines. Entries are arranged in one alphabet with a separate list of citations to book reviews. There is a key to periodical abbreviations in the front. Citations were found under both the subject headings "Food" and "Eating" with comprehensive cross-references. Many entries were found under each heading.

SAMPLE: Under "Food" was found the more specific "Food habits," with a further breakdown to "History." The following citation was among those listed:

Movable Feasts [conference at Oxford entitled Food in Motion: The migration of foodstuffs and cookery techniques]

R. Sokolov. *il Nat Hist* 92:100-2+ O '83.

This is an illustrated article in Natural History.

Popular Periodical Index Robert M. Bottorff. Issue(s) used: July-Dec., 1984, copyright 1985. Not available Online.

This index is published twice a year, in September and March. Entries by subject and author, including book reviews, are arranged in one alphabet. A few citations under the subject heading "Food" were found, with a small cross-reference list.

SAMPLE: Under "Food" was the cross-reference "Connecticut," with a further breakdown of "Shops and Shopping." The following citation was found:

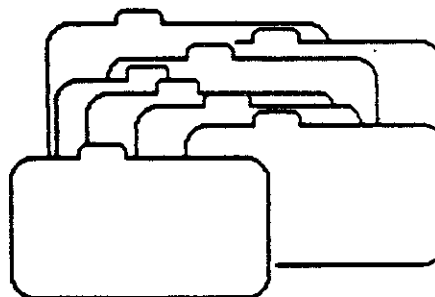
Guide to: tailgate parties. Edith Tarbesou. *Ct* 47: Oc 84 p. 448.

The magazine is Connecticut Magazine.

Essay and General Literature Index New York: The H.W. Wilson Co. Issue(s) used: June and December, 1985.

This is an index to essays and articles in volumes of collections of essays and miscellaneous works. The entries are arranged in one alphabet which includes all author, subject, and title entries which are considered necessary. There are not many food listings, and there are no separate category or subject groupings to aid in

cross-referencing. The books which are indexed are listed on the back with full bibliographic information. The number of books indexed varies with each volume. Under "Food," only one citation was found in the Dec. issue under "Food supply." In the June issue, looking under "Food" yielded "Food supply" and "Food Relief," which had a reference to "Moral and ethical aspects."



SAMPLE: The following citation was found under "Food Relief":

Gewirth, A. Starvation and Human Rights. In Gewirth, A. Human Rights p. 197-217.

The full bibliographic citation is: Gewirth, Alan. Human Rights: Essays on Justifications and Applications. Chicago: U. of Chicago Press, 1982. 366 p.

Social Sciences and Humanities Index

This index was begun in 1907 as an index to scholarly American and English journals. After volume 27 (March 1974), they split into two indexes treating separately journals in the social sciences and the humanities. The separate indexes are discussed fully below:

•**Humanities Index** New York: The H.W. Wilson Co. Issue(s) used: volume 12:1, June 1985, copyright 1985. Available Online.

The Humanities Index is published four times a year, in March, June, September, and December, with a bound annual cumulation. It indexes periodical articles by author and subject with cross-references. Entries are arranged in one alphabet with a separate list of citations to book reviews. The following subject fields are included: archaeology, classical studies, area studies, folklore, history, language and literature, performing arts, philosophy, and religion and theology. (There were few foodways citations found in this index.)

SAMPLE: The following citation was found by looking up "Food" and being directed to the more specific "Food habits."

You often eat what others think you are: food as an index of others' conception of who one is. R.A. Georges.
West Folklore 43:249-56 O'84.

The journal is Western Folklore.

***Social Science Index** New York: The H.W. Wilson Co. Issue(s) used: vol. 12:1, June 1985, copyright 1985. Available Online.

This index is also published quarterly, with a bound annual cumulation. It follows the organization of the Humanities Index. The following subjects are included: anthropology, economics, environmental sciences, geography, law and criminology, planning and public administration, political science, psychology, social aspects of medicine, and sociology.

SAMPLE: Consulting "Food" produced the following citation under the more specific "Food Preferences."

Factors influencing the willingness to taste unusual foods. L.P. Otis.

Bibl. Psychol Rep 54:739-45 Je '84

The journal is Psychological Reports and the article includes a bibliography.

Arts and Humanities Citation Index
Philadelphia: Institute for Scientific Information. Issue(s) used: vol. 1, 1984, copyright 1985. Available Online.

This is a multidisciplinary index to the literature of the arts and humanities. Items from more than 6,900 of the world's leading journals are included; approximately 1,300 journals are fully covered, while 5,600 are selectively covered. It provides a list of the works indexed for a particular issue which have cited a particular work in bibliographies of articles or in footnotes. The following subject areas are included: archaeology, architecture, art, classics, dance, film, TV and radio, folklore, history, language and linguistics, literature, music, oriental studies, philosophy, theater, theology, and religious studies.

Each volume includes a separate citation, perm-term, subject, and source/ corporate index. There are different ways to access information in these works, two of which are described below.

1-Citation search

This is best used when you know a key work in the topic area. Look up the work by author in the citation index. Below it are listed articles which have cited it. Refer to the source index, using the authors listed, for a

complete bibliographic description of the included under this will be all the reference this particular item cites. (For a sample of a search, see the Social Sciences Index section.)

2. Subject search

Look up the subject of interest in the Per Subject Index. One key term may be used for a search or a pair of terms can be used to be specific. Citations will be listed and can be locate, by author, the bibliographic description source index.

SAMPLE: Under the term "Foodway," the following was found:

Chili -> Mishler C.

Cook-off "

Emergent "

Festival "

Texas "

All of these words were paired with the term "foodway" by this author.

The Source Index, under "Mishler C." provides the following information:

The Texas Chili Cook-off. An Emergent Foodway Festival. J Pop Cult 17(3):22-31 83 11R Alaska Dept Nat Resources Anchorage, AK

11R means that there are 11 references in the source all are listed below the citation. The source is Journal of Popular Culture. Listed underneath reference is the organizational affiliation of the author.

Searches by author can also be done, using Source Index to find a person's publications, as well by region or organization, using the corporate index.

Social Sciences Citation Index
Philadelphia: Institute for Scientific Information, Inc. Issue(s) used: 1 annual, copyright 1985. Available Online.

This is a calendar-year index published triannually, with annual cumulations. Over 4 journals are covered, 1,400 fully covered and 1, selectively covered. A limited number of monograph series are also indexed. The following disciplines included: anthropology, archaeology, area studies, business and finance, communication, community health, criminology and penology, demography, economics, educational research, ethnic group studies, geography, history, information and library sciences, international relations, law, linguistics, management, marketing, philosophy, political science, psychiatry, psychology, sociology, statistics, and urban planning.

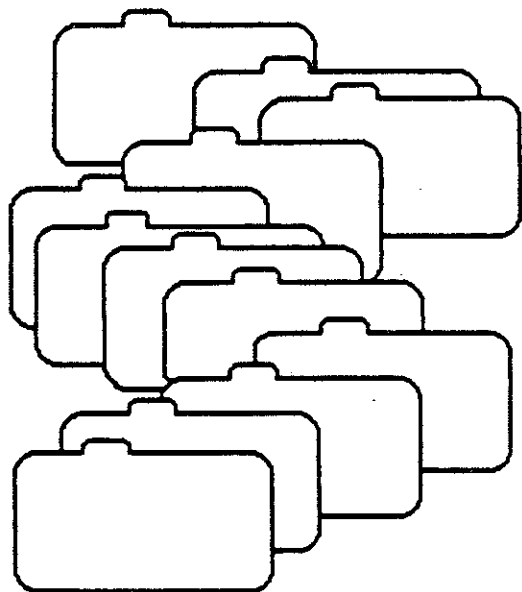
This index works in the same way as the Arts and Humanities Citation Index. Below is a sample of citation search.

SAMPLE: I obtained the citation, Magnus Pyke, Men and Food, from an old issue of The Digest and looked up the author's last name in the Citation Index. The following work was cited:

Grantham G.W. J Econ Hist 38 311 78

The Source Index provided the following information:

Grantham G.W. "Diffusion of New Husbandry in Northern France, 1815-1840." Journal of Economic History, 38(2): 311-337. McGill Univ., Montreal H3C 3G1 Quebec, Canada.



Public Affairs Information Service Bulletin. Lawrence J. Woods, ed. New York: Pais Inc., 1984. Issue(s) used: vol. 70, Oct. '83-Sept. '84, copyright 1984.

This bulletin was begun in 1915 and is issued semi-monthly. There are three quarterly cumulations, plus an annual bound volume with an author index. It is a subject index with each entry under one-to-four subject headings in alphabetical order. There are cross-references. It includes library materials printed in English in all formats in the field of public affairs and public policy.

SAMPLE: Under "Food" was found the more specific "Food Consumption," where the following citation was found.

Shah, C.H. Food Preference, Poverty, and the Nutrition Gap [the role of food preferences in Food Consumption and Nutrition: Based on a Study of Kerala, India]. tables Econ Development and Cultural Change: 32:121-48 0 '83.

This is an article with tables located in the journal Economic Development and Cultural Change.

Public Affairs Information Service Foreign Language Index. Lawrence J. Woods, ed. New York: Pais Inc. Issue(s) used: vol. 14, 1984, copyright 1985. Available Online (combined with Pais Bulletin).

This index has been published quarterly since 1972. It includes three quarterly cumulative issues and an annual bound volume, all with author indexes. It indexes materials in French, German, Italian, Portuguese, and Spanish in the fields of economics and public affairs. Printed materials in all formats are included. It is organized in the same manner as the English-language version.

SAMPLE: A cross-reference under "Food" for "Daily Industry" led to the following citation under "Canada":

Le Borgne, Charles. Beurre Contre Margarin: La Bataille Se Fait à coup de Publicité. il table charts R Commer 85:16+ no 6 '83

This is an illustrated article with tables and charts located in Revue Commerce.

Comprehensive Dissertation Index. Ann Arbor: University Microfilms International. Issue(s) used: 1983 Supplement, copyright 1984. Available Online.

This indexes doctoral dissertations accepted in North America since 1861. There is a five-year cumulation of the volumes for the years 1973-1977 and a ten-year one for 1973-1982, which supercedes the five- and ten-year annual supplements. The volumes are arranged by discipline, with broad subject headings and entries with a keyword within each discipline grouping. There are cross-references for subject headings, as well as a separate author index. Citations can then be looked up in Dissertation Abstracts International to consult an abstract; the citation also provides information for ordering the dissertation from DAI.

SAMPLE: In the Language and Literature heading where folklore materials are located, the following citation was found under "Food":

An Ethnographic Study: comparison of conflict resolution communication in the Woodstock food cooperative and Sigma Tau Omega fraternity. Schnell, James Alan (PhD 1982 Ohio

(continued on p.25)

conference reviews

Conference of the Culinary Historians of Boston, Cambridge, Mass., June 14-16, 1985



The first American conference on culinary history was held at Radcliffe College. Co-sponsored by the Culinary Historians of Boston and the Schlesinger Library, its purpose was to provide a forum for presenting current research on food history. In addition, the meeting gave scholars an opportunity to exchange ideas and form networks with like-minded individuals. The conference attracted more than 180 people from the U.S. and Great Britain.

The Culinary History conference began Friday morning with a tour of the Schlesinger Library's Culinary Collection conducted by Barbara Haber, Curator of Printed Books. In the afternoon, a select 50 were taken by bus to Plimoth Plantation, where they were invited to participate in the preparation and eating of a 17th-century supper devised by James Baker, the plantation's historian.

The meal consisted of two courses. In typical 17th-century style, the courses consisted of six dishes each. The guests, served by "17th-century" householders, ate

such items as oyster pottage, pork and veal pie, foole, Turkish meat, boiled rabbit, and ravelled bread.

The formal portion of the conference took place on Saturday. The morning began with a keynote address by Alan Davidson, noted culinary historian and author from England. His talk was followed by formal papers given by such scholars as Reynaldo Alejandro, Darra Goldstein, Rudolf Grewe, Karen Hess, George Armelagos, Anne Pascarelli, James Baker, David Miller, and William Woys Weaver.

The afternoon was devoted to informal workshops. Topics included "American Vernacular Cuisine," conducted by Jane and Michael Stern, "The Computer as a Research Tool" by Barbara Wheaton, "Women and Cooking" by Laura Shapiro, and "Ethnic Roots and American Regional Foods" by William and Yvonne Lockwood. Lively discussion was often stimulated. The Sterns' examination of foods eaten by "ordinary" people in America's heartland, in particular, served to challenge gourmet notions of what is eaten and enjoyed in this country on a daily basis.

The final portion of the conference consisted of a cooking demonstration presented by Sheryl Julian and Corby Kummer. Conducted at the Hotel Meridien, Boston, on Sunday morning, it traced the use of cornmeal throughout three centuries of cooking.

The first American conference on culinary history was a very successful

The Culinary Historians of Boston hope to publish the proceedings of the conference in the near future, pending necessary funding. In the meantime, a 278-page bibliography of culinary history materials in the Schlesinger and Harvard University Libraries has been prepared by Barbara Ketchum Wheaton and Patricia M. Kelly. It is available to the public for \$15, plus \$2 for mailing. A check for \$17, payable to Schlesinger Library, should be sent to Elizabeth Shenton, Schlesinger Library, Radcliffe College, 10 Garden Street, Cambridge, Mass. 02138. (It will be reviewed as a reference source in the next issue.)

endeavor. Several very scholarly papers were presented. In addition, researchers had an opportunity to exchange resource information, establish contacts for future collaboration, and create a network of communication. The only criticism which could be levelled is that too many papers and workshops were scheduled for the same time slots: participants expressed frustration at not being able to attend as many of the meetings as they wished. It is hoped that this problem will be ironed out when the next conference is planned.

--Nancy Klavans

"Folklore Through Foodways" Philadelphia, Pennsylvania, June 21-23, 1985

The Food and Nutrition Section of the American Home Economics Association (AHEA) sponsored a special session on "Folklore through Foodways," June 21-23, 1985, during their annual meeting, which was held in Philadelphia. Jacqueline Newman of the Home Ec. Dept., Queens College organized and chaired the program, which addressed the issue of how folklore affects food habits, behaviors, and nutrition.

Jacqueline Newman introduced Friday evening's keynote speakers by stressing the need for interdisciplinary investigations of folklore and foodways. Leslie Prosterman, folklorist and assistant professor at Georgetown University, spoke first and highlighted the strengths of a folkloristic approach to the study of food and culture. She cited the recognition of the context of foodways and its dynamic nature as being particularly valuable.

In addition, Prosterman urged consideration of health and nutrition as a social and cultural phenomenon, and raised questions concerning the kind of intervention which aims solely at the manipulation of physical considerations.

The second keynote speaker was Judith Goode, chairperson of the anthropology department at Temple University, who spoke about the value of anthropological methodology for the study of foodways. The focus on social process and settings and the study of food habits over time, in particular, have yielded valuable insights. To illustrate this, Goode referred to her research on the food use of Italian-Americans in Philadelphia, pointing out that shared socioeconomic rules proved to be as important as shared ethnic identity.

Saturday morning, Anne Hertzler of Virginia Polytechnic Institute's College of Human Resources spoke to a small and enthusiastic audience on "Culture: A prediction of foodways?" In line with Prosterman's discussion of cultural awareness, Hertzler proposed an understanding of foodways variability as a valuable tool for working more effectively with different cultural groups.

Charles Camp, the Maryland State folklorist, followed with a descriptive portrait of "Maxine's," a restaurant in which the social order of the larger culture affects the events and "social texts" which take place there. American restaurants, according to Camp, do not wholly give up the sense of private space which the domestic dining room entails, and this private-public interplay is only one of the many elements open to analysis.

"Patterns of infant feeding" was the topic addressed by Barbara Ivens, Nutrition Communication Specialist for Gerber Products. This was followed by three presentations involving research and publishing ideas for foodways writers. Elaine Douglas Cahn, editor of Foodtalk, discussed the scarcity of foodways publications, both from the point of view of doing research and publishing in the field.

Carole Counihan, assistant editor of the long-awaited Food and Foodways (due out in September, she said) spoke about the scope and focus of that scholarly journal, giving guidelines and suggestions for submissions. Nancy Backus, food editor of Restaurants and Institutions, a journal available only to the trade, discussed changes in American eating habits, including the national trend toward ethnic and regional food consumption.

"The impact of cultural factors on food habits and the design of effective nutrition methods" was the first talk on Sunday morning, given by Lynette Mensah, an Extension Home Economist from Rutgers University. She was followed by Patricia Hammerschmidt, an Extension Associate from Michigan State University, who spoke about the 4-H Folklife Project on foodways (for more, see p.16).

"In the eye of the potato: An exploration of American garden-variety vegetables in folklore, fact, and fallacy" was presented by Jody Kolodzey, a grad student in Folklore/Folklife at the U. of Pa. (see p.11). Alice Ross, doctoral candidate in history at Stonybrook, discussed the late 19th century recipe-gathering of one Ella Smith as an embodiment of social history, displaying the cementing of social relationships that food often involves.

"Blood building foods in contemporary Chinese populations" was presented by Elaine Kris Ludman, Jacqueline Newman, and Lois Lynn, all of Queens College. This was followed, crossing miles and cultures, by Terri Kachele's paper on "Food and folklore of Malta." Donna Haverstock, from Campbell's Soup Company, concluded with a slide presentation on "American food preferences."

Made up primarily of AHEA members, the audience also included some anthro-

pologists, historians, and folklorists, and the program appealed to a variety of interests. The differences in the approach of the presenters, in terms of methodology and purpose alone, suggests that interdisciplinary work is not only needed but potentially fruitful.

--K.N.

The Annual Meeting of the Middle Eastern Studies Association of North America (MESA), San Francisco, California, November 28-December 1, 1984

The 1984 MESA meeting included several papers and a complete panel devoted to foodways topics. The panel, entitled "Significance of Food Preparation in the Middle East and Islamic World," was chaired by Mohammad R. Ghanoonparvar (U. of Va.); he also gave a paper on "Culinary Arts in the Safavid Period". Shireen Mahdavi (U. of Utah) spoke on "Persian Cuisine: The Fruit of the Unoccupied Female Mind"; Christopher P.H. Murphy (Augusta College) spoke on "Haram and Halal: Moral Categories in the Muslim Food System"; and Ellen Fairbanks Bodman (U. of N.C.) and Marilyn Waldman (Ohio State U.) were discussants.

Individual papers on foodways were also delivered. Elizabeth Fernea (U. of Texas) gave a paper on "Food as Cultural Text" on a panel entitled "The Insider's View--An Interpretation of Culture via Text"; and on the panel "Technology and Geography," Angela Little (U. of Cal./Berkeley) discussed "The Far-Reaching Influence on Early Islamic Food, Health and Dietary Practices."

There is a sizable group of MESA participants involved with food research, and it is anticipated that there will be other papers and panels on the subject this year and at future meetings. For more on the 1985 MESA meeting, see p.23.

"The Roving Palate: North America's Ethnic Restaurant Cuisines." By Wilbur Zelinsky (Dept. of Geography, Penn State University, University Park, Pa. 16802). *Geoforum*, vol. 16, no. 1 (1985), pp. 51-72.

Although patterns of food consumption, and foodways in general, have profound social, cultural and economic implications, geographers and other social scientists have accorded the topic minimal attention. By examining the identity, number and location of restaurants in the United States and Canada offering self-consciously 'ethnic' and regional cuisines, i.e. a form of gastronomic tourism, we can begin to explore the shifting connotations of ethnicity and the general transnationalization of culture in recent years, as well as changing food preferences.

The information available in classified phone directories for 271 metropolitan areas (the SMSAs of the U.S. and their Canadian equivalents) enables us to chart the larger outlines of the North American ethnic restaurant scene ca. 1980. Analysis of all recent Pennsylvania directories and those of Philadelphia over the period 1920-1980 provides insight into the nonmetropolitan and historical dimensions of the phenomenon.

Ethnic restaurant cuisines are now both quite numerous and widespread throughout the continent, and contain dietary items from virtually all the many immigrant groups present, be they major or minor. But the incidence of the cuisines relative to total number of inhabitants or restaurants varies greatly among regions and by category of metropolis. Furthermore, there is usually at best only a weak relationship between the geographic pattern of a given cuisine and that of the related immigrant stock.

On the other hand, socioeconomic class, regional culture and volume of affluent visitors seem to be significant determinants. Of special interest are the patterns for the three dominant cuisines, Chinese, Italian and Mexican, and their variants, and the two most important elite cuisines, the French and Japanese.

"Into the Eye of the Potato: An Exploration of American Garden-Variety Vegetables in Folklore, Fact and Fallacy." By Jody Kolodzey (Dept. of Folklore and Folklife, U. of Pa., Phila., Pa. 19104). Given at the "Folklore Through Foodways" program of the American Home Economics Assoc. annual meeting, June 21-23, 1985, in Philadelphia.

In the history of western society, certain vegetables have been periodically shunned as poisonous. In 18th century New England, for example, eating a tomato was feared to have lethal consequences, but in that same region today, the tomato is the most popular home garden crop.

While many vegetable-related beliefs and taboos may appear to be unfounded superstitions, others owe their existence to simple scientific explanations. In the case of the tomato, it has been suggested that its fruits were confused with those of a similar-looking member of the same genus, the nightshades. Potatoes are fraught with misconceptions of their own.

This paper examines traditional and popular sanctions against the eating of common American garden vegetables such as the tomato, potato, rhubarb, beans, cucumbers, squash, lettuce, cabbage, etc. These beliefs, gleaned from early cookbooks and other contemporaneous sources, will be weighed against modern nutritional and agricultural data as reported in current scientific journals.

Sweetness and Power: The Place of Sugar in Modern History. By Sidney W. Mintz. New York: Elisabeth Sifton Books/Viking, 1985. Illustrated. 274 pp. \$20.00.

by Jack Goody

..."Sweetness and Power" is not a book about diet as such but about the social history of the impact of a single tropical product, one that became central to Euro-

pean diets, not simply as a sweetener for the wealthy but as a source of energy for the working class. Sidney W. Mintz, a professor of anthropology at the Johns Hopkins University, sets out the links between the production of sugar in the West Indies (introduced there by European colonists and cultivated by African slaves) and its massive consumption in Europe and North America. It is a story told with learning and insight by a scholar who has long studied

sugar plantations in the Caribbean (his books include "Worker in the Cane" and "Caribbean Transformations") and became fascinated with some of the wider dimensions of the trade in sugar--the slave trade, the history of the consumption of sugar (particularly in England) as well as its production and the use of sugar to power the workers in England's dark, satanic mills.

Beginning with its use in England as a spice during the 11th century, sugar gradually became a luxury item, then a commodity (and a necessity). Probably

domesticated in New Guinea around 8000 B.C., sugar cane was carried to India, the Philippines and possibly Indonesia some 2,000 years later. The making of sugar itself--that is, the crystallized juice of sugar cane--was a development of the Indian subcontinent during the first few centuries of the Christian era. Only after the eighth century do we find a definite reference to sugar in Europe, by which time the cane was being grown and processed in the eastern Mediterranean region....



This engraving by William Blake, *Europe Supported by Africa and America*, was commissioned by J. G. Stedman for the final page of his book *Narrative of a five years' expedition, against the Revolted Negroes of Surinam* (London: J. Johnson & J. Edwards, 1796).
frontispiece (Photo courtesy of Richard and Sally Price)

The history of the consumption of food is a much neglected but revealing aspect of the development of the modern world. It helps to modify economic history based largely on domestic production. But even the history of production needs modifying, for in the sugar plantations in the British West Indies (and presumably also in Brazil), Mr. Mintz finds agro-industrial enterprises of a capitalistic kind, although based on slave labor rather than the

labor of free workers. The expanding world economy had spawned a colonial capitalism before a metropolitan one." As the first exotic luxury transformed into a proletarian necessity," Mr. Mintz writes, "sugar was among the first imports to take on a new and different political and military importance to the broadening capitalistic classes in the metropolis. [It] and other drug foods, by provisioning, sating--and, indeed, drugging--...workers, sharply reduced the overall cost of creating and reproducing the metropolitan proleta-

riat....Tobacco, sugar, and tea were the first objects within capitalism that conveyed with their use the complex idea that one could become different by consuming differently. This idea...is closely connected to England's fundamental transformation to a social-democratic, capitalist, and industrial society."

"Sweetness and Power" is a fine book. It not only tells a fascinating story, it is also something of an antidote to the static quality of much anthropological writing.

A social anthropologist at Cambridge University, Jack Goody is the author of Cooking, Cuisine and Class and The Development of the Family and Marriage in Europe.

Excerpted and reprinted, with permission, from The New York Times Book Review, July 28, 1985.

Aesthetics and Ritual in the United Arab Emirates: The Anthropology of Food and Personal Adornment among Arabian Women. By Aida Sami Kanafani. Beirut, Lebanon: American University of Beirut, 1983. 119 pp., map, numerous photos and drawings, two appendices, bibliography.

By Dwight Reynolds

Aesthetics and Ritual in the United Arab Emirates is an ethnography unlike most, for it is an exploration of the expression and ritualization of the sense of smell, touch, and taste in women's culture. Kanafani's fieldwork was conducted from 1977 to 1978 among women of the United Arab Emirates, the seven small states located on the eastern side of the Arabian peninsula next to Saudi Arabia.

Her work provides concise descriptions of the mixing of perfumes, the preparation of incense, many aspects of foodways (with special attention to spices and food textures), clothing, jewelry, face masks, the

removal of body hair, and rituals of purification. All of these are presented in a framework which highlights how the smells, tastes, and textures of food and body adornment are experienced and evaluated by the women of the U.A.E. as an essential complement to, and even superior to, the visual aesthetic:

...in the U.A.E. the olfactory, gustatory, tactile and visual experience is symbolic of a value system and cultural patterns which emphasize the ritualization of the experience of the senses...Women talk about the odors of perfumes and spices and evaluate the degree of refinement of a woman's good taste, who composed a scent or spiced a dish. Her skill in odor composition has an immediate impact on her prestige. (p. 3)

The focus of the first half of the book is on the fualah, a common ritual which constitutes a formal visit between female friends or acquaintances. A hostess incenses the living and sleeping sections of the house with rosewater, aloewood, and ambergris. She then prepares perfumes to offer her guests after they have eaten. She wears scented clothes and accentuates the effect with various body oils, as well as with henna and kohl.

The food, served on a single round tray, represents a careful balance between different spices and tastes. Coffee is served, and the previously prepared scents are offered round to the guests. Finally a censer is brought, and the guests pass it under their sleeves, kerchiefs, and skirts to scent their clothing before departing.

The latter portion of the book deals with body rituals and aesthetic purification. The chapter on face masks shows none of the Western fascination with veils; instead we are given an account of how

women of the U.A.E. who make their own face masks choose patterns, shapes, and materials. Kanafani makes abundant reference to the evaluations of the women themselves about good taste, the character of different scents, spices and textures, as well as the proper balance to be sought among them. Foodways scholars will find a myriad of details on the preparation and serving of food, eating etiquette, and even the methods of selecting raw materials in the marketplace.

Aesthetics and Ritual is an important book, however, not only because of the data it offers us about women in the U.A.E., but also because of the questions it poses about aesthetics and foodways, about aesthetics and women's culture.

Two contributions seem clear here: first, Kanafani has not tied her work to the standard anthropological literature on Middle East ethnography, nor to a frame-

work deriving from studies of women's culture. Rather, she frames her analysis with Western writings on aesthetic theory. She points out that Western aesthetics are bound so strongly to the visual and aural as 'art,' that the sense of smell, taste, and touch remain unstudied in our own culture and in the cultures studied by Western social scientists.

Second, though not overtly stated in this book, one of the strongest implications of Kanafani's work is the importance of the role of these 'less formalised' senses in women's culture in many parts of the world. After reading this book, it becomes much less obvious why our culture is marked by an "absence of taste-symphonies and smell-sonatas" (p. 7).

Dwight Reynolds is a graduate student in Folklore and Folklife at the University of Pennsylvania, interested in the Middle East.

films



"Plowing Up a Storm"

Directed by Michael Farrell, produced by the Nebraska ETV Network, 1985

On Wednesday, June 19, "Plowing Up A Storm: The History of Midwestern Farm Activism" was broadcast nationally by the Public Broadcasting Service. "Plowing Up A Storm" is the history of the various farm movements since the Civil War, from the Grange of the 1860s, the Farmers Alliance in the 1880s, and the People's Party in the 1890s through the Farmers' Holiday Association of the 1930s and the volatile farm situation of today.

The 90-minute program combines archival film, photographs, and newspaper accounts with

interviews with participants and their descendants. An illustrated discussion guide for viewers, which includes essays by 4 historians and author/columnist Richard Reeves, is available through the Nebraska ETV Network, P.O. Box 83111, Lincoln, Neb. 68501 for \$3.00. Check with your local public television stations about future air dates.

publications

This is a new category of listings, and very promising. If you are aware of other kinds of publications related to food and foodways, please be sure to let us know.

Twelve Times a Year, is a chatty and charming little magazine, with information and opinions, reveries and ramblings about food, cooking, cookbooks, and eating. The May/June 1985 issue includes an article on olive oil, a local farmhouse, a late 18th-century house accounts book, and a variety of recipes, including those for a "posset." Published by Tom Jaine, Allaleigh House, Blackawton, Totnes, Devon, ENGLAND. Printed at two-monthly intervals, subscription to the United States is \$10 for surface mailing.

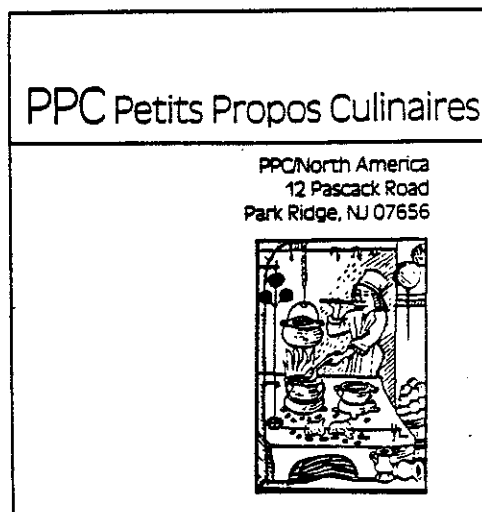
The Jewish Language Review, published annually by the Association for the Study of Jewish Languages, contains information about Jewish foodways and Jewish food terminology. A 38-page article on the Jewish-English culinary term porge was published in volume 3 (1983), and a 19-page study of the English breadname pita appeared in volume 4 (1984). The JLR also contains information on beliefs and customs connected with food and occasionally publishes recipes (volumes 4 and 5, for example, give recipes for the Hungarian Jewish pastry known in Yiddish as delkelekh or deltelekh).

The editors are interested in considering articles or notes of Jewish culinary interest with a linguistic, literary, or, broadly speaking, communicational slant ("food as communication").

Each of the first three volumes is available for \$15 to individuals or \$20 to institutions. Volumes 4 and 5 are \$18 (individuals), \$24 (institutions). Contact: Association for the Study of Jewish

Languages, 1610 Eshkol Tower, University of Haifa, Mount Carmel, Haifa 31 999, ISRAEL.

Petits Propos Culinaires, published in England three times a year and mailed to American subscribers in April, August, and December. Contains essays and notes on food, cookery, and cookery books. Illus-



trated, with recipes, book reviews, notes and queries. It usually runs 68-76 pages, without advertisement, and is authored by professional and amateur writers.

First report on books being published by its parent organization, Prospect Books, which reprints old and new cookbooks and is currently putting out a series of bibliographies of cookery books in English. A one-year subscription is \$18.00; contact Barbara Beaumont, PPC/North America, 12 Pascack Road, Park Ridge, NJ 07656.

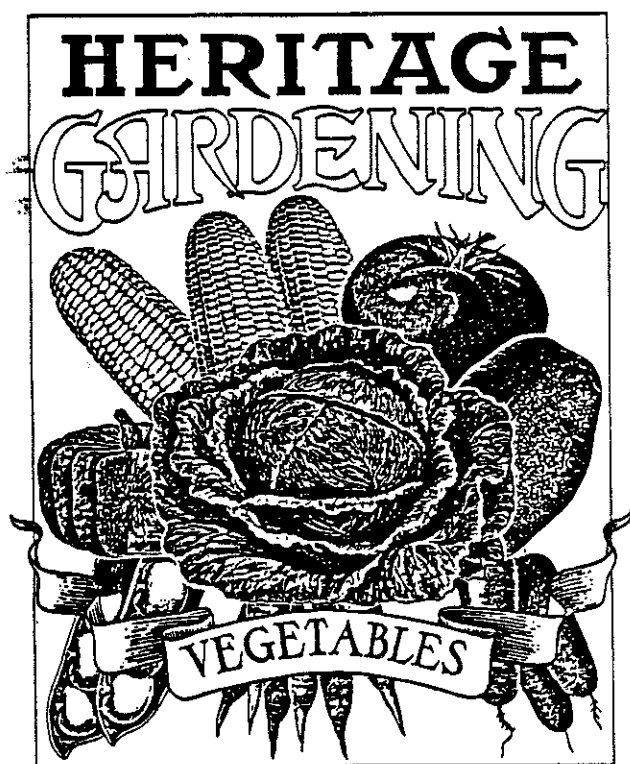
Available by mail order from the **Library of Congress**, Information Office, Box A, Washington, DC 20540:

Cranberries, 32 pp., 7 x 7 inch booklet, with envelope, \$5.00. Combines color cover and illustrations with traditional recipes to provide a glimpse of cranberry cultivation and use in the Pine Barrens of

New Jersey. The book grew out of the Pinelands Folklife Project, and the recipes were collected from residents of the region.

Watermelon by Ellen Ficklen, 64 pp., 7 x 7 inch booklet, with envelope, \$10.00. For watermelon lovers everywhere, the booklet includes historical and dietary facts, humorous observations, poetry, and a touch of serendipity to capture some of the good-time feelings that watermelons seem to produce. Amply illustrated in color and duotone. Contains recipes and thoughts on the subject of watermelon consumption.

Please include \$1.00 postage and handling for single orders, and \$2.00 postage and handling for multiple orders. (These booklets are also available at the sales counter in the Jefferson and Madison building of the Library of Congress.)



Foodways, A 4-H FOLKPATTERNS Project is part of a project designed by the Michigan 4-H Youth Programs and Folk Arts Division of the Michigan State University Museum.

Foodways introduces group leaders and their group to folklore in general and foodways in particular, through games, historical inquiry, examining language, and by suggesting collecting projects in the community. Food gathering, storage, preservation, presentation, marketing, and food events are also discussed.

The 25-page teaching guide is accompanied by a set of 32 activity sheets, which are to be used to explore further the information given in the guide. Some of the activities include: "Herbs and Spices Folklore," "Kitchen Cosmetics," "Setting the Table," and "Thanksgiving Foodways."

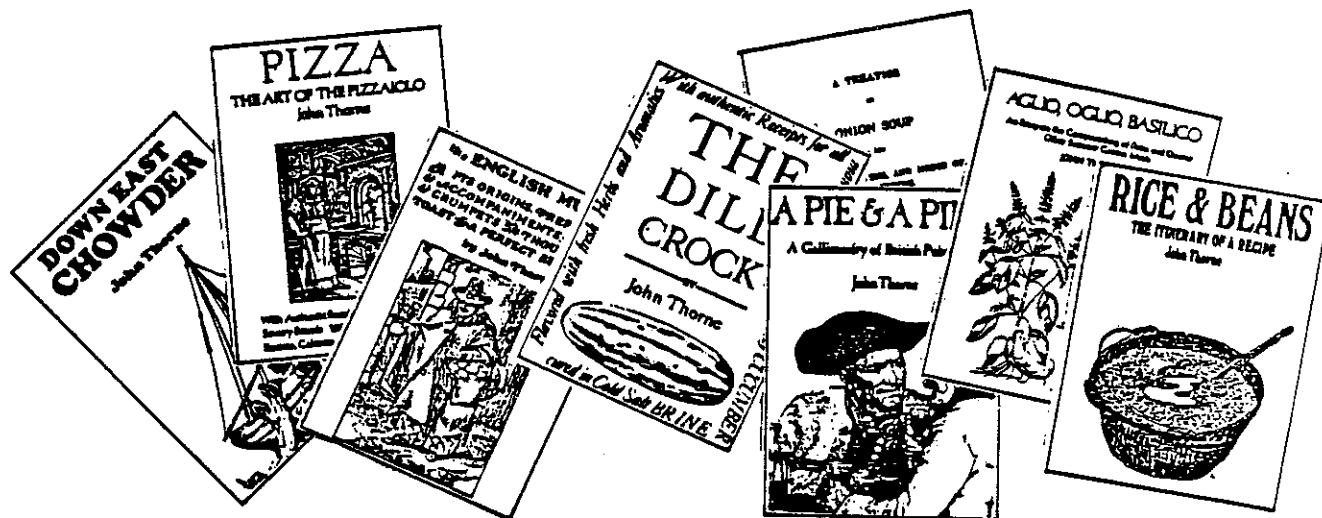
Foodways: A 4-H FOLKPATTERNS Project (4-H 1329) sells for \$3.00 per copy. Send requests to the MSU Bulletin Office, P.O. Box 231, East Lansing, MI 48824-0231. Checks should be made out to Michigan State University. (There is a 10% discount for orders over \$100.00.)

Another publication of possible interest is Heritage Gardening--Vegetables (4-H 1279), which includes sections on comparing old and new gardens, different kinds of planting techniques, methods of saving seeds, and garden lore. This publication is available through the MSU Cooperative Extension Service, MSU, East Lansing, MI 48824.

A Sampler of Recipes 1796 to 1908: An Invaluable Collection of Original Recipes Together with Observations and Advice for Cooks, Historians, and All Those with an Interest in the Culinary Arts of a Bygone Era, compiled by Marcia Byrom Hartwell, Food Historian. 1984. Copies are available from Marcia Byrom Hartwell, 171 Federal Street, Northampton, Mass. 01060. Illustrated with original graphics. 80 pp. Retail \$6.95; postage \$1.25.

Symposium on German American Agriculture and Folk Culture, special issue of Journal of the NAL Associate, eds. Alan E. and Donna Jean Fusonie, January/December 1984. 46 pp. \$20.00 per copy. On the contributions and successes in agriculture of German immigrants through-

out America, including articles on: German architecture on the Missouri frontier, the Pelster Housebarn, and a summary view of a symposium on agriculture and folk culture. To order, write: Associates NAL, Inc., 10301 Baltimore Blvd., Room 203, Beltsville, MD 20705.



Simple Cooking is a quarterly 8-page "letter" on food and cooking, committed to personal cuisine, "the cooking we do this side of recipes." Published as a part of the Simple Cooking Series, a year's subscription, at a cost of \$12.00, includes a free copy of the year's featured pamphlet (the 1985 pamphlet is Just Another Bowl of Texas Red). The series of "handcrafted pamphlets" are \$3.00 each. All written by John Thorne, the cooking letter and the pamphlets can be ordered from: Simple Cooking Series, The Jackdaw Press, P.O. Box 371 - Essex Station, Boston, MA 02112.

The titles of the pamphlets are:

A Treatise on Onion Soup: Its History, Power, and Modes of Proceeding, 16 pp.

Pizza: The Art of the Pizzaiolo, 24 pp.

Aglio, Oglio, Basilico: An Essay on the Compounding of Pesto and Diverse Other Summer Meals, 16 pp.

Downeast Chowder, 24 pp.

A Pie and a Pint: A Gallimaufry of Pub Grub, 28 pp.

The English Muffin: Its Origins, Preparations, and Accompaniments--Scones and Crumpets--Thoughts on Toast--A Perfect Breakfast, 20 pp.

Rice and Beans: The Itinerary of a Recipe, 24 pp.

The Dill Crock, 24 pp.

books in print

In an attempt to catch up with the materials that have been published during The absence, we are running this list of books on foodways with all the information available to us. In the next issues, we hope to review some of these, as well as keep date on other new books. Readers are encouraged to share book information and about new items that we have failed to notice or old ones that we should know about.

A Facsimile of American Cookery: The First American Cookbook. By Simmons. New York: Dover Publications, Inc., 1984.

An American Folklife Cookbook. By Joan Nathan. New York: Schocken Books, 336 pp. \$18.95.

The Analysis of Prehistoric Diets. Robert I. Gilbert Jr. and James H. Mielke. Orlando, Fla: Academic Press, 1985. 450 pp. \$65.00 (cloth).

Cooking, Cuisine and Class: A Study of Comparative Sociology. By Jack New York: Cambridge University Press, 1982.

Cotton Fields No More: Southern Agriculture, 1865-1980. By Gilbert C. Lexington, Ky.: University Press of Kentucky, 1984. 288 pp. \$28.00 cloth; \$10.00 paper.

Cultural Feast: An Introduction to Food and Society. Carol A. Bryant et al. St. Mn.: West Publishing, 1985. 492 pp.

Directory of Culinary and Gastronomic Studies. By Stephen Mennell. London: Prospect Books, Ltd. and The Western European Centre, 1982.

Ethnic and Regional Foodways in the United States: The Performance of Identity. By Linda Keller Brown and Kay Mussell, eds. Knoxville, Tenn.: The University of Tennessee Press, 1984. 271 pp.

Food in the Social Order: Studies of Food and Festivities in Three American Communities. Edited by Mary Douglas. New York: Russell Sage Foundation, (Distributed by Basic Books.) 304 pp. \$27.50.

Foodways and Eating Habits: Directions for Research. By Michael Owen, Bruce Giuliano, and Roberta Krell, eds. Los Angeles: The California Folklore Society, \$8.95.

Foodways in the Northeast. By Peter Benes. Boston: Boston University, 1984. (Dublin Seminar for New England Folklife Annual Proceedings.)

Hunger and History: The Impact of Changing Food Production and Consumption Patterns on Society. Robert I. Rotberg and Theodore K. Rabb.

Cambridge: Cambridge University Press, 1983. 344 pp. \$34.50 (cloth), \$11.95 (paper).

Maidens, Meal and Money: Capitalism and the Domestic Community. By Claude Meillassoux. New York: Cambridge University Press, 1981. (First published in French, Paris: Librairie François Maspero, 1975).

More Than Moonshine: Appalachian Recipes and Recollections. By Sidney Saylor Farr. Pittsburgh, Pa.: University of Pittsburgh Press, 1983. Illustrated. 230 pp. \$14.95 hardback; \$6.95 paperback.

Nutrition, The Aged, and Society. By Cary S. Kart and Seamus P. Metress. Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1984.

Of Plants and People. Charles B. Heiser, Jr. Norman: University of Oklahoma Press, 1985. 252 pp. \$24.95 (cloth).

On Food and Cooking--The Science and Lore of the Kitchen. By Harold McGee. New York: Charles Scribner's Sons, 1984.

Only Mothers Know: Patterns of Infant Feeding in Traditional Cultures. Dana Raphael and Flora Davis. Contributions in Women's Studies, No. 54. Westport, Ct.: Greenwood Press, 1985. 178 pp. \$25.00 (cloth).

Social Adaptation to Food Stress: A Prehistoric Southwestern Example. Paul E. Minnis. Chicago: University of Chicago Press, 1985. 250 pp. \$20.00 (cloth), \$8.00 (paper).

Sweetness and Power: The Place of Sugar in Modern History. By Sidney W. Mintz. New York: Elisabeth Sifton Books/Viking. Illustrated. 274 pp. \$20.

The Cultural Feast: An Introduction to Food and Society. By Carol A. Bryant, Anita Courtney, Barbara A. Markesbery, and Kathleen M. Dewalt. St. Paul, Minn.: West Publishing Co., 1985.

The Dictionary of American Food and Drink. By John F. Mariani. Ticknor & Fields, 1983. \$19.95.

The Hungry Self: Women, Eating, and Identity. By Kim Chernin. New York: Times Books, 1985. 213 pp. \$15.95.

The Sociology of Food and Eating. By Anne Murcott. Brookfield, England: Gower Publishing Co., 1983.

Wives and Midwives: Childbirth and Nutrition in Rural Malaysia. By Carol Laderman. Los Angeles: University of California Press, 1983. 267 pp.

Prospect Books, distributed in North America by The University Press of Virginia (Box 3608, University Station, Charlottesville, Va. 22903), publishes a number of books of interest to Digest readers. The following is but a sample. (Prospect Books is also the publisher of the journal Petits Propos Culinaires, which is discussed on p.15.)

A Short-Title Catalogue of Household Cookery Books Published in the English Tongue, 1701-1800. By Virginia Maclean. 20 full-page illustrations, full indexes, 200 pp. Bound in cherry buckram. \$40.00. The first systematically compiled work in its field. Includes over 100 items which have not been previously recorded.

Food in Tibetan Life. By Rinjing Dorje. Illustrations based on drawings by the author, 120 pp. \$15.95 hard cover; \$10.95 paperback. The author spent some years cooking in a Tibetan monastery and collected recipes in order to preserve the culture. Much on Tibetan food habits.

Oxford Symposium: Documents, 1983. Subject: "Food in Motion--The Migration of Foodstuffs and Cookery Techniques." Word processed. Paper covers. 274 pp. \$30.00.

Proceedings are in 2 volumes, containing all papers contributed to the Symposium, and a summary of the discussions and results.

Traditional Recipes of Laos. By Phia Sing. Drawings by Soun, 318 pp. \$21.00 hardcover; \$10.95 paper, timelimited price. A collection of 124 recipes by the late royal chef at Luang Prabang, reproduced from his ms. notebooks in Lao script and translated into English. Much about ingredients and Lao ways of eating.

Le Cuisinier François. By La Varenne with other 17th century French cookery texts; ed. Professor Jean-Louis Flandrin and Philip and Mary Hyman. In addition to the texts themselves, already a delight for scholars, a hundred pages of introduction on French cookery and the cookbooks of the time. 544 pp. Paperback. \$17.50.

call for papers

Association for Social Anthropology in Oceania, New Harmony, Indiana, March 1986

Several of the participants from the working session on "The Fresh and the Tinned: Food Choices and Pacific Development" held at the 1985 meetings in Salem, Mass., are planning a formal symposium for the 1986 conference. Papers should address the following issues: documentations of choices Pacific Islanders are making in regard to food production and consumption; reasons for these choices; consequences, whether nutritional, ecological,

economic, social, political, etc.; ramifications in terms of dependency issues; suggestions for moving away from dependency and moving toward greater health, economic self-sufficiency, cultural integrity, etc.

Papers should be oriented in an applied direction. Methodology sections should be made explicit. Deadline for circulation of completed papers, **November 15, 1985**. Please send communication to both organizers: Lorraine Sexton, Dept. of Anthropology and Sociology, Lafayette College, Easton, Pa. 18042 and Miriam Kahn, 218 Delmont Ave., Ardmore, Pa. 19003.

exhibitions

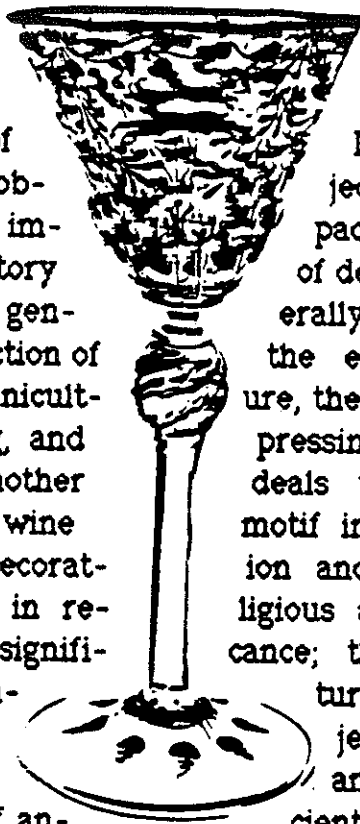
"Wine: Celebration & Ceremony" at the Cooper-Hewitt Museum, 2 East 91st Street, New York, N.Y., (212) 860-6868. Through October 13, 1985.

A major exhibition at the Cooper-Hewitt Museum, Smithsonian Institution's Museum of Design, of 350 plus objects, documents the impact of wine on the history of culture generally.

One section of the exhibition covers viniculture, the growing, harvesting, and pressing of the grapes; another deals with the motif in the history of decorative and religious and mythological significance; the third section features an array of objects, from wine jars and drinking cups of ancient Greece and Rome to more contemporary wine paraphernalia.

A catalogue of the exhibit containing three essays provides a profile of the history of wine: David McFadden, Curator of Decorative Arts at Cooper-Hewitt Museum, explores the design history of wine and wine-drinking; historian Hugh Johnson surveys the cultural history of viniculture and wines; and art historian Dora Jane Janson summarizes the symbolic history of wine and grapes.

The catalogue, which also includes 160 photographs (25 in color), is available from the Cooper-Hewitt Museum Shop for \$15.95, plus \$2.50 for shipping and handling. Telephone orders will be taken for American Express, Mastercard, and Visa charges at (212) 860-6878.



The exhibition includes the history of wine, the growing, pressing of the grapes, the motif in the history of decorative and religious and mythological significance; the third section features an array of objects, from wine jars and drinking cups of ancient Greece and Rome to more contemporary wine paraphernalia.

"The Art of Gardening: Maryland Landscapes and the American Garden Aesthetic, 1730-1930" at the Museum of the Historical Society of Talbot County, 25 S. Washington St., Easton, Md., (301) 822-0773. Through October 15, 1985.

This exhibit celebrates the role of gardening as a cultural force in the history of Maryland and America. In addition to exhibiting some of the earliest gardening books published in America, the show incorporates a collection of historical gardening tools. More than 150 items--some on loan from The Smithsonian Institution, Dumbarton Oaks, The Library of Congress, and several other museums and historical societies--are contained in the exhibition.

The exhibit is open Tuesday through Saturday, 10 a.m. to 4 p.m., and Sunday, 1 to 4 p.m. The admission fee, which includes a copy of the Art of Gardening exhibit catalogue, is \$2.00 for adults, \$.50 for children. For further information, contact Georgia Adler, Assistant Managing Director, at the above address.

(The Society's next exhibition begins November 8-10, with the Waterfowl Festival, and runs through November 29th and features the Ward Foundation's collection of world championship decorative decoy pairs carvings.)



The wine glass with stag, above, left: blown glass with enamel decoration, Salvati & Company, Venice, Italy; c.1920. Permanent collection of the Cooper Hewitt Museum.

Newspaper advertisement, left, from the Easton Ledger, May 28, 1885. Historical Society of Talbot County.

October 16-20, 1985

American Folklore Society's Annual Meeting, Omni Netherlands Plaza, 35 West Fifth Street, Cincinnati, Ohio

Two sessions devoted completely to foodways are on the roster of the 1985 American Folklore Society meetings, both of them sponsored by the Foodways Section of the AFS. The first is a symposium on "Studying Food Systems: Choosing Complementary Strategies for a Complex Menu," to be held on Thursday, October 17, from 10:30 a.m. to 12:30 p.m. Chaired by Sue Samuelson, the session will feature Judith Goode (Temple U.), with discussants Shalom Staub and Janet Theophano.

On Friday, October 18, from 8:30-10:15 a.m., there will be a paper session entitled "Urban and Ethnic Foodways," which will be chaired by Kathy Neustadt, with papers to be given by Judith Gussler, Anne Kaplan, Lisa Lunge-Larsen, and Susan Kalcik; Don Yoder (U. of Pa.) will be the discussant.

The meeting of the Foodways Section will be announced.

October 24-27, 1985

The American Institute of Wine and Food Conference on Gastronomy, The Copley Plaza, Boston, Mass.

First in a series of three AIWF conferences, the Boston program will explore a variety of contemporary issues in food, wine, and related fields. The conference will feature memorable meals and tastings planned to provide gastronomic experiences which will reflect conference issues.

The speakers, drawn from the Institute's constituency of professionals, scholars, journalists, and serious enthusiasts, include: William Maguire, Wall Street food industry analyst; Sidney Mintz, Johns Hopkins anthropologist and author of Sweetness and Power: The Place of Sugar in Modern History (for a book review, see p. 12); Jancis Robinson, wine correspondent for London's The Sunday Times and writer-presenter of Britain's first television series on wine; Jane and Michael Stern, food correspondents for CBS Morning News and authors of Good Food, Road Food, and Square Meals; and Harold McGee, author of On Food and Cooking--The Science and Lore of the Kitchen (Charles Scribner's Sons, 1984).

The conference is limited to 350 participants and is expected to sell out quickly. The cost for the four-day event is \$375 for AIWF members and \$475 for non-members (this rate includes a year's

AIWF CONFERENCE SCHEDULE

Thursday, October 24

2:00 pm-10:00 pm Registration
6:30 pm-8:00 pm Reception

Friday, October 25

8:30 am-12:30 pm GENERAL SESSION:
"Food in American Culture"
12:30 pm-2:00 pm Lunch, prepared by guest chef
2:00 pm-4:30 pm SEMINARS:
1. "Vermont and the Cottage Food Industry"
2. "Food as Metaphor"
7:00 pm-8:30 pm Reception—
Isabella Stewart Gardner Museum
8:30 pm Dinner, at seven leading Boston restaurants

Saturday, October 26

8:30 am-11:45 am SEMINARS:
1. "Future Foods:
Advances in Food Science and Technology"
2. "Food and Food Package Design"
12:00 pm-1:30 pm Lunch, prepared by guest chef
1:30 pm-5:00 pm GENERAL SESSION:
"The Outlook for Quality in American Processed Food"
6:30 pm-8:00 pm GENERAL SESSION:
"The Phenomenon of the Trained Palate—Wine and Sensation"
8:00 pm Banquet, prepared by guest chef (optional)

Sunday, October 27

8:30 am-12:30 pm GENERAL SESSION:
"Case Studies in Food and Wine —
The Innovators and Entrepreneurs"

membership to AIWF); reservations for The Copley Plaza Hotel have to be made directly through the hotel. For further information, contact the AIWF at 655 Sutter, Suite 402, San Francisco, CA 94102, or call (415) 474-0407.

(The next two AIWF conferences will be in San Diego, January 23-26, and Dallas, April 17-20, 1986.)

October 28-31, 1985.

The First International Congress on Food and Health, Salsomaggiore Terme, ITALY

The purpose of the Congress is to "make a critical examination of both new and traditional foodstuffs, of their virtues and their defects, of what should be kept and what should be changed, of what is helpful and what is harmful. The fields covered include chemistry, dietology, toxicology, microbiology, pharmacology, general and medical pathology, but above all gastronomy in its various aspects."

The Congress is organized by the Institute of Pharmacology, University of Pisa. For more information, write ALM s.r.l.--Via Lattuada, 26-20135 Milan, Italy, or telex 313063 HOTALM I.

(The official language of the Congress will be English.)

November 6, 1985

Bicentennial Forum of the Philadelphia Society for Promoting Agriculture, Philadelphia, Pa.

The Society was organized in 1785 by a group of 23 influential Philadelphia farmers, merchants, and professional people, as a non-profit society to establish a communication link with other regional societies and with foreign agricultural leaders. Through the years, the Society has kept abreast of agricultural matters on the local, national, and international levels.

A large general audience as well as leaders from government, industry, academia, and farm organizations concerned with national and international food production problems will be in attendance. For further information regarding the forum, write: Philadelphia Society for Promoting Agriculture, 325 Walnut Street, Philadelphia, Pa. 19106.

November 7-9, 1985

Annual meeting of the Midwest Open Air Museums Coordinating Council, Lawson, Missouri

The theme of the conference will be 19th century technology and how its development affected consumers in a wide range of areas, including transportation, cooking, farm machinery, food availability, and textile production. The program will be held at the Watkins Woolen Mill State Historic Site and will include tours and hands-on workshops.

For more information, contact: Ann M. Matthews, Site Administrator, Watkins Woolen Mill State Historic Site, R.R. 2, Box 270 M, Lawson, Missouri 64062; phone (816) 296-3377.

November 22-27

Middle Eastern Studies Association of North America, Hyatt Regency, New Orleans, La.

(See p. 10 for a listing of food-related papers given at last year's meeting.)

November 23

Culinary Historians of New York (time and place to be announced)

Following two organizational meetings spearheaded by Jacqueline M. Newman and Alice Ross of Queens College, the Dept. of Home Economics, the Culinary Historians of New York has been formed and has

scheduled three initial meetings.

The first, on Saturday, November 23, will feature Anne Pascarelli, culinary librarian at the New York Academy of Medicine, and Reynaldo Alejandro, culinary librarian with the New York City Public Library, who will speak on the New York library resources for culinary history.

On Thursday, January 9, 1986, Barbara Wheaton, co-founder of the Culinary Historians of Boston, will speak on the ins and outs of doing culinary research, using her book on French culinary literature, Savoring the Past, as her example.

On the first or second Saturday of March, Jacqueline Newman will discuss "Asian Markets: Marketing Asian," a slide presentation of early and current markets in Asia and Asian foods here and there. This lecture will take place in Chinatown, and there will be a tour afterwards.

For more information on times, dates, and places, contact Jacqueline Newman at Queens College, Dept. of Home Ec., Flushing, N.Y. 11367, (718) 520-7219. Membership dues are \$20 for the year.

December 4-8

84th American Anthropological Association Annual Meeting, Washington Hilton Hotel, Washington, D.C.

Several sessions are of obvious interest: Wednesday afternoon, Dec. 4, 2:00-4:00 p.m., an invited session on "African Food Crises and Disaster Relief"; Thursday

morning, Dec. 5, 10:00-12:00, another invited session on "Ecological and Nutritional Monitoring: Traditional and Contemporary Approaches." Thursday afternoon: at 1:00, a film entitled "One on Every Corner: Manhattan's Greek-owned Coffee Shops," by Doreen Moses; from 5:30-7:00, the business meeting of the Council on Nutritional Anthropology. Friday morning, Dec. 6, 8:00-10:30 a.m., "Perceptions and Realities: Patterns of Reporting in Dietary Surveys (An NFCS Case Study)." Saturday morning, Dec. 7, from 9:45-12:00, "Modern Hunting and Fishing Adaptations in Northern North America, Part I," with "Part II" from 1:30-3:45 p.m. From 1:30-4:15 p.m. Saturday afternoon, "International Perspectives on Nutrition"; from 3:45-5:15, "The Ethnography of Critical Issues Facing U.S. Farmers," while from 4:00-5:15, a panel "Subsistence and Community." Sunday morning, Dec. 8, "Small-Scale Fisheries I: Local and Regional Contexts," followed by Part II, "Perspectives on Widespread Issues and Questions" from 1:30-4:00 p.m. Also Sunday morning, "Socionatural Regions, Systems Levels and Linkages, and Food Production: Part I," 9:45-12:00, with Part II in the afternoon, 1:30-3:30. In addition, "The Biology of Diet, Nutrition and Agricultural Practices," 2:00-5:00 p.m.

For more information, contact the AAA, 1703 New Hampshire Ave. NW, Washington, D.C. 20009.

funding

Overview of Endowment Programs 1985-86, available at no cost from the National Endowment for the Humanities' Public Affairs Office, Rm. 409, 1100 Pennsylvania Avenue, N.W., Washington, D.C. 20506. An introduction to the National Endowment for the Humanities' Programs, this book includes a list of state humanities councils, descriptions of special NEH initiatives and events, and a list of free NEH publications, as well as information on application procedures, requirements, and application deadlines.

(continued from p.4)

University) 382 p. 43/08 A. p. 2496

DEP 83-00029 (ordering info.).

In the anthropology grouping, under "Food," the following was located under the more specific "Foodways":

Foodways and Cajun Identity (Louisiana) Gutierrez, Charlotte Paige
(PhD 1983 The University of North Carolina at Chapel Hill 345 p.44/04A.
p. 1140 DEP83-16612.

Dissertation Abstracts International.
Ann Arbor: University Microfilms International. Issue(s) used: vol. 45:3, Sept. 1984.
A--The Humanities and Social Sciences.
Available Online.

This is a monthly publication which began in 1938 as Microfilm Abstracts. It was enlarged with vol. 30:1 to include European universities. There are approximately 450 cooperating institutions; they are listed in the work. The work is divided into humanities and sciences. Each has five main headings, and the subjects included in these are listed in the front. There are keyword, title, and author indexes. Many of the dissertations are published on microfilm, and ordering information is included with the citation. Abstracts are available on microfilm or as xerographic reproductions.

SAMPLE: In the keyword index under "Food," the following citation was listed:

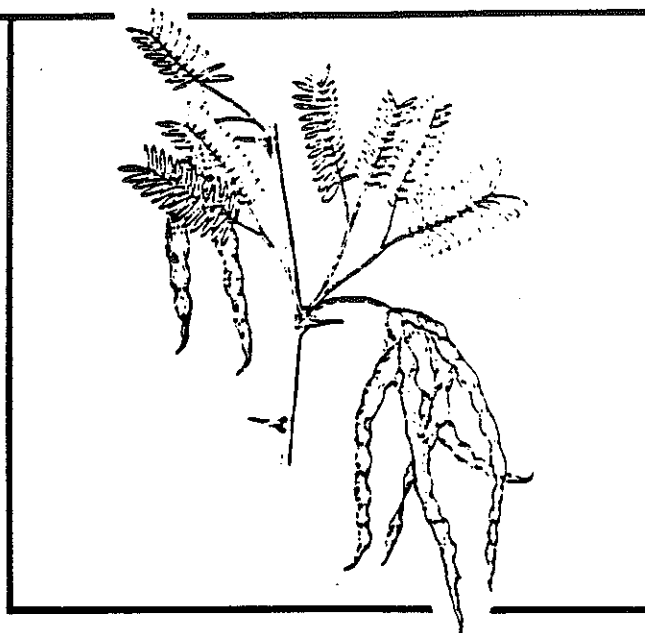
Food Habits and Meal Planning Strategies in a Rural Community in the Arkansas Ozarks (Anthropology. Cultural).
Binam, Jenis Yvonne, p. 878-A.

In the abstract section was found, with a four-paragraph abstract below, the following information:

Binam, Jenis Yvonne, PhD. University of California, Riverside, 1984.
329 pp. Chairperson: Professor David Kronenfeld.

If you have been mining other research sources successfully, please drop us a note at The Digest and we will be sure to pass the information on.

Development of this article was greatly aided by a first-year course on research skills, taught by Folklore professor Tom Burns and aided by reference librarian Julie Miller. Reference librarian Ellen De Marinis, an anthropology graduate student with interests in foodways, also provided helpful suggestions and much-appreciated guidance.



(continued from p.1)

fold? You can bet your Tony Lamas that no nachos were found in bars, airports, or sports arenas east of the Sabine River.

For that matter, where could anyone see a Tony Lama in broccoliland? Creeping L.L. Beanism had not yet even made the giant wafflestomper the footgear of choice for anybody but turnip farmers in Maine. Cowboy boots, the Cotton-eyed Joe, and Texas tea were not even gleams in exile eyes. We just assumed you could go home again and wallow in a chicken-fried steak heaven sopped in cream-gravy and fried okra, only to return to that lean roastbistro called "The East" and starve until another journey home.

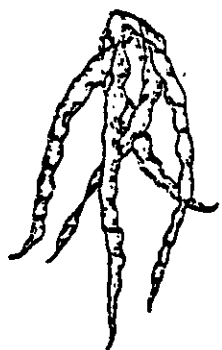
In the late 70s, all of that deprivation ended, however, and the nachoification of America began. Preceded by a prolonged vegetarian hysteria, a Sinophiliac fit, and yet another tedious homage au great chefs de Europe, Southwest--or mesquite--chic was clearly a culinary reaction against health food and nouvelle austerity.

Still again, it took something from trends of the preceding two decades and spiced up the mixture.

But as with all culinary trends, something gained is something lost. The current passion for things putatively Mexican, Cajun, or Southwestern--mesquite grilling, blue corn meal, cilantro, Dos Equis, salsa, blackened, or red-peppered anything--come full blown with confusions, perversions, and silliness. And worse, some versions don't taste so good.

Nachitos con Cheese Whiz and nachos con microwaved salad and kidney bean soup dishonor the pristine tostado chip with cheese and jalapeño. And too much mesquite can truly spoil the broil. But nachos and mesquite grilling, nevertheless, point the way to trendiness and trashiness in the new American cuisine.

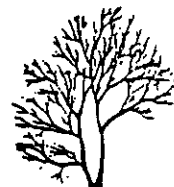
Culinarily, the United States has always been confused. As if instant heterogeneity were not enough to



sweeten the swill, constant immigration fueled by international distress made things even worse. Ironical, you say, that war in El Salvador, genocide in Thailand, and famine in Africa produce trendy restaurants in L.A.? Well,

that's America, sorry, and don't you forget it. This World loss is our gain, so to speak. And yuppie chow has put the pounds back on an America urged to anorexia by the nouvelle bean sprout bunch from years before.

But yuppie chow is the ultimate contradiction. If carcinogenic smoke and blackening don't get you, your weight gain will with an indigenous complex-carbohydrate fix of haute pizza and bas couscous. When the skinnies beg for fry bread, the fat's in the fire. Still, what the pound cake puts on, aerobics can take off. It's the best of all possible worlds.



Because of hungry exiles and flush yuppies, guppies, and frumpies (formerly radical, upwardly mobile professionals, says Tom Hayden, the ultimate frump himself), we've gotten America to get serious about its heterogeneity. Now we're talking patriotism. It's got something for your rightist Attila and the Rambos, for your running dog lackeys of the Big Chill, and for your knee-jerk, pink lefties (I mean, like, you know, pink is really in).

Sop 'til you drop, Mousseketeers, America has come home. We'll never have to craven up to Coquilles St. Jacques or any other foreign girl again. We've converted the aliens to the democratic mean. In fact, France has come home to Lady Liberty, where all God's chillun open four-star restaurants. I mean, like L.A. even has good food now.

We've got region and ethnicity out of the cabanas, boys. Forget just ripping off the Indians for succotash, man; corn, bean, and squash are the least of it. If it don't have chiles, walk away. For the first time in my life, I can talk about salsa to a New Yorker and they don't think I mean

Puerto Rican music. The nachoification of America is made complete. We eat it all and look for new ways to combine it.

Take America's latest flirtation with Japan, in food and design, for example, as a case study of how serious folks have gotten over things culinary. "Desperately Seeking Sushi," as one D.C. sushi bar's T-shirt advertises, and so we are. But the California roll and the New York roll (avocado in seaweed wrap and lox in the other) show that even sushi is looking for new ways to mutate genuinely American delight.

But as for the rest of it, we are red, white, and bleu. If you don't like designer vegetables or jalapeño sorbet ("jot as jell," as they say in Baja Oklahoma), it's now chic to grub up some plain old American food and pork out. Meat loaf is back. Chicken à la king is back. Take my Chevy to the levee, and whip up some of my grandmother's barbecued matzoh balls. Mix 'n' Match is what this country's all about.

Of course, those good old boys, Joe Bill and Jim Bob, are having their little game with us, because in Texas they all think mesquite's a noxious weed, a pest. It's the bush (please, not a tree) ranchers and farmers love to hate--and P.S., 2-4-6-8 the one they love to eradicate. Ranchers spend thousands each year firing up giant tractors with pincer noses, trying to root out the loathed

mesquite, and here you all are, paying \$3 a bag for a bunch of chips. Five years ago, you could have semi-loads for free. 'Course, now it'll cost you.

Down in Texas they've been cooking with mesquite for years. It's available, it's free. When you need to make a fire out on the range, there's always plenty of dead, dry mesquite. Who the hell would use the scarcer trees like oak or hickory for a little pick-up cook fire? You save your oak and hickory for really good slow-cooking, pit barbecue. That's good flavor. Nobody would consciously choose mesquite to cook with.

The idea to do so, since it's unnatural, must have come to Jim Bob as he or some other smart sumbitch got the idea to solve two problems at once. That bag of chips you pay through the honker for in the local gourmeteria is one less unwanted bush Texas has to worry over.

I've had Joe Bill's crop as a flavoring for fish, red meat, gospel bird, shellfish, red peppers, of course, and even for papayas and bananas, in the latest incarnation. But I think I'll draw the line when they bring me foetal bean sprouts (snatched untimely from they mama's womb) with mesquite grill marks on them. Whoa, Bubba, you've gone too far.

(I suppose it won't really matter,



since the taste of mesquite covers up every other taste. We should all simply admit it's the smoke we like and go to licking the grill. A side order of carcinogens, please, waiter.)

* * *

Mesquite chic illustrates, I guess, the old dilemma all us regional foodos have. I'm happy not to have CARE packages shipped from Texas now, but I did love it when it was covert and hard to get. Shared so profusely with Yankees--who never liked to eat before --the thrill may be scarcer, if not entirely gone. Louisiana is having a redfish and crawdad depression since New York started chowing down.

Still, it's nice to see those folks appreciate an American-made

dinner. Next thing, we'll get protectionist and refuse to import cheaper Japanese nachos, or worse, insist that Japan buy ours.

Nachosushi, please, chef san, for starters, and I'll have the mixed message meal. A kiwi margarita with a slice of kudzu and chorizo pizza and a helping of blackened trashfish and Vidalia onion tortillas. And, yes, a cappuchino spritzer. Make it--and me--ethnic (but skinny), slightly toxic, and too, too hip.

Rayne Green, consultant to the Smithsonian Institution's National Museum of American History, American Indian Program, is also President of the American Folklore Society. The author of both scholarly and popular works, she claims that her true calling is to open Bubba Sue's Bar and Grill, where, presumably, quiche will not be served.

The Digest

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