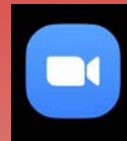


September 2020 update for members during the COVID -19 pandemic.



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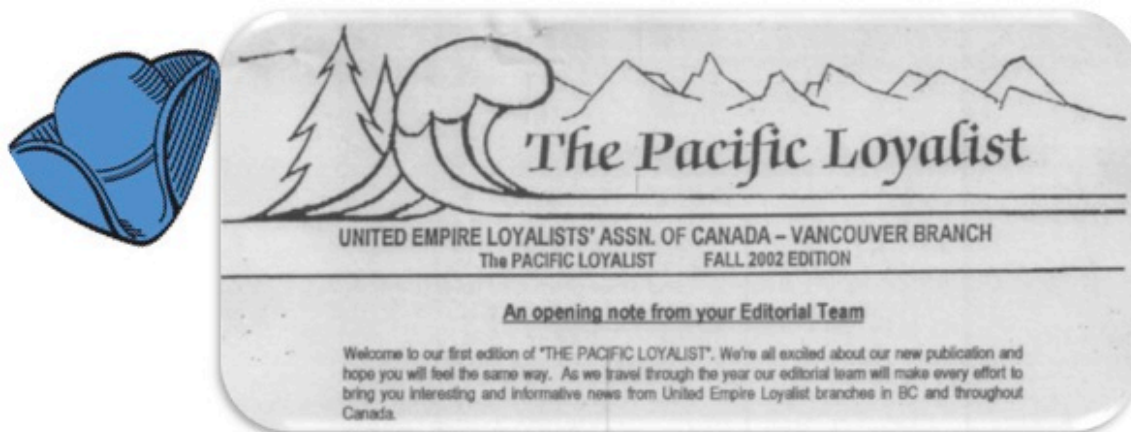
Keeping Connected.
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***Save the date.* Tuesday evening September 15, 2020 at 6:30 pm PDT - Branch meeting via ZOOM.**

COVID-19 has been a disruptive force in Canada and around the world. Other organizations including strata homes and churches have found that meetings via Zoom have been well attended, attracting several members who would not have been able to attend face-to-face meetings. All members are encouraged to attend, especially those who are (for whatever reasons) not usually able to attend in person meetings and events.

The Dominion office has made it possible for branches to use Zoom Pro to ensure that we have a way of staying safe while staying connected. Everyone will be sent an email with the link to the Zoom meeting. The window of time we have for this meeting should give us time to enjoy a virtual visit from a Vancouver Heritage Fair student.

Expect to have fun and meet members from across the country!



Over the years newsletters have been very important for UELAC Vancouver Branch communication. It is time consuming work and social media has filled the gap in times where an editor was not available.

Have a look at the first issue using the name "*The Pacific Loyalist*". It is from 2002 and can be found at this URL:

<http://www.uelac.org/Vancouver/newsletter.php>

Our permanent archive at the **City of Vancouver Archives** is likely to hold newsletter issues prior to 2002. We are grateful to Carl W. Stymiest UE for his attention to archiving important documents for our Branch and for all Branches in his role as UELAC Dominion Archivist.

The journey to 2021 begins NOW!

Members of the Bridge-Annex UELAC 2021 Conference planning committee are busy planning a unique UELAC conference experience for all of us to be held in Cornwall, Ontario.

Mark the dates on your calendar. May 27 – 31, 2021





Kitchen Pepper
a feature article by
Coco Aders-Weremczuk



British Columbia's Provincial Health Officer, Bonnie Henry suggested we work from home in order to keep down the spread of Covid-19. Being trapped in self quarantine, I've had time to think about my fifth Great Grandmother, Dorcas **Freeman** Burley Rose. She too lived through a pandemic and a revolution. Her brother John Freeman, of the famous First Battle of Saratoga (AKA the Battle of Freeman's Farm) lost his entire family, save 3, to Smallpox. So, here we sit, that poor country is going through another pandemic, now named Covid-19, and another revolution, of sorts. I guess it's true what Les Guêpes, said in July of 1848 "plus ça change, plus c'est la même chose", the more things change, the more they remain the same. And of course we can't forget the old Chinese curse, "May you live in interesting times"!

Over the years I've sought plant varieties that would have grown in Grandmother Dorie's garden and then researched how she might have prepared them. Some of the dishes turned out well and other's, rather bland for our sophisticated 21st century palates.

While my family sat reading the morning newspaper, I turned on my computer and up popped a message from Jas. Townsend & Son Inc. He shared a video on making something called "Kitchen Pepper". Intrigued, I pulled my copy of "*The Lady's Assistant for Regulating and Supplying the Table, Being a Complete System of Cookery ... Including the Fullest and Choicest Receipts of Various Kinds*" ...written by Charlotte Mason and published in 1787. (I think the book title should have been saved for a doctoral dissertation. Wouldn't you agree?! Haha!) In there I found a recipe for Kitchen Pepper.

***"Kitchen Pepper. ONE ounce of ginger; pepper, cinnamon, cloves,
and nut meg, half an ounce each ; six ounces of salt : mix this well,
keep it dry. It is a great addition to all brown fauces."***

Don't you just love those old S's? Here's an easier to read copy of the recipe.

Kitchen Pepper

- 1 oz ginger
- ½ oz pepper
- ½ oz cinnamon
- ½ oz cloves
- ½ oz nutmeg
- 6 oz salt

As recipes are really formulas/proportions/percentages, I exchanged teaspoon for ounce.

With pepper being an expensive commodity in the seventeen hundreds, people were constantly looking for ways to extend it.

Salt was cheap, a preservative, a flavour enhancer and an electrolyte replacement in the body when physical exertion caused the sweat glands to excrete too much salt. Everyone had it in abundance. Ginger was also cheap, hence the full oz. Many of you know one of my culinary hobbies is to find recipes that are cheap to make, tasty and nutritious, so before breakfast I pulled out my spice bottles and whipped up a batch.

The weather in June, beginning of July, was darn cold and while a thunderstorm rolled over us, the kitchen was filled with the heady smell of kitchen pepper. If you were to replace the pepper with Allspice you would have a version of pumpkin spice. Nutmeg was as expensive as pepper so many women replaced the nutmeg with allspice. That mixture was known as Jamaica Spice.

That evening I sprinkled a little of ‘the recipe’ on our Brussel sprouts. I should have sprinkled more. It was good. Upon returning to Vancouver I made another batch but this time it was too salty. Altitude and humidity can affect recipes, but this is a powder. I can only think my nutmeg, a gift from a tenant not wanting to move his entire spice collection across the country, may not have been the freshest. I’ve altered the Vancouver recipe and it is now a delightful spice rub on baked chicken or pork chops and adds a little something special when sprinkled on the leafy green vegetables we have growing in abundance in our potager (kitchen) gardens. I can now understand the recommendation of using it to season sauces and gravies as it does add a complexity of flavour.

Our revolutionary ancestors had root cellars where they stored fruits, vegetables and meats. They were not as good as our modern-day fridges and freezers, but that underground room did afford them the ability to defer the rotting process. For the crops that were difficult or impossible to store, they went crazy using them before they were rendered inedible. Many of the leafy greens tend to bolt when the weather becomes hot, and then go to seed. A very old recipe I like to use when the greens have gone past their prime, are bolting or are becoming a little bitter, is Sautéed Lettuce. The bitterness does

decrease somewhat through the cooking process. I love it because any green can be used - lettuce, endive, beet tops, carrot tops, turnip greens etc. In many cases the entire plant can now be consumed.



Photo shows chicken with Kitchen Pepper rub & sautéed lettuce.

Recipe follows on page 5.

Coco's Sautéed Lettuce

Serves 4

INGREDIENTS:

1 large head lettuce (about 1 lb), or any green leafy vegetable

3 cloves garlic, chopped

1 small bunch fresh chives or green onions

1 tablespoons olive oil

3 tablespoons strong stock (vegetable or chicken)

Small bunch of lemon balm leaves (about 10) or mint leaves, basil, etc. Optional.

DIRECTIONS

While the pan heats,

Cut the leaves and onions in 1" slices. (Include the stems unless they have gone very woody.)

Place oil in the pan and when hot, sauté garlic until limp.

Add the leaves, stock, and chives.

The leaves will wilt very quickly.

If you have thrown in the stems, cover the pan with a lid and steam until tender.

Turn with tongs to ensure the vegetable is evenly coated with the flavoured stock.

Serve immediately.

I hope you try and enjoy both of these very old recipes.

Please stay safe in these uncertain times,
Coco Aders-Weremczuk,
1st Vice-President UELAC Vancouver Branch



*Lemon balm
leaves*

As editor of this series of "pandemic" newsletters I want to express my thanks to Coco for her willingness to write the article Kitchen Pepper. Coco is working hard for our Branch right now in her role as one of the co-chairs of the 2023 Conference Committee. She is our 1st Vice President and in the past couple of years has taken the lead for the Branch's involvement in the BC Heritage Fair judging we did prior to the lockdown. Coco has her MA in Communications and Media Technology - Modern Languages. She is also a past president of the Federation of BC Writers. She divides her time between her home in Vancouver and in Kamloops.

Linda Nygard, Donna Little and Kirra Little have each contributed to past issues. **Would you like to be next?** I will plan an issue for early October and would love to fill one, two or even three pages with your contribution. Reach out and let me know. My email address is on page 6.

I don't mind expanding the newsletter to as many pages as needed!

Christine.

We'd love to
hear from
you



UELAC Vancouver Branch

Please ask to join the Private * Facebook page if you would like to. There are 3 “admin” people who vet the requests to join. There are questions to answer. These allow us to decline the request of people who are looking for a platform to sell something or are just looking to increase the number of groups they belong to. Currently only 30 of over 150 people on the Facebook site are paid up members of the UELAC Vancouver Branch. Others are friends from across the UE community.

* Only members can see who’s in the group and what they post.



Every Sunday morning the faithful editor of Loyalist Trails, Doug Grant UE, sends this e-newsletter to your Inbox if you are subscribed. As a student of the American Revolution, the Revolutionary War and the migration and settlement of the Loyalists I learn so much from the articles and links.

Link [here](#) or copy this URL to subscribe

<http://www.uelac.org/Loyalist-Trails/Loyalist-Trails-subscribe.php>



Here is a suggestion for those quiet moments when you just want to listen. Search for **Ben Franklin’s World** - a podcast for people who love history and want to know more about the early American past.

The Branch has a quantity of these quality pins to sell.



Add one to your Loyalist Tricorn hat or gift them to family members.

Sale of these pins helps provide funds for our monthly storage rental fee.

Suggested donation:
\$5.00 per pin.

\$6.00 if mailing is required.

Email Christine if interested.

cemanzer@mac.com