



SHOW YOU KNOW!

Activity Sheet

- What does your kitchen at home look like? ***Draw*** a picture of your kitchen then ***describe*** what things are in your kitchen below the picture you drew.

- What did you see in the Polk's kitchen today that was *different* from your kitchen? ***Draw*** a picture of the kitchen you saw in the video then ***describe*** what is different from your kitchen.

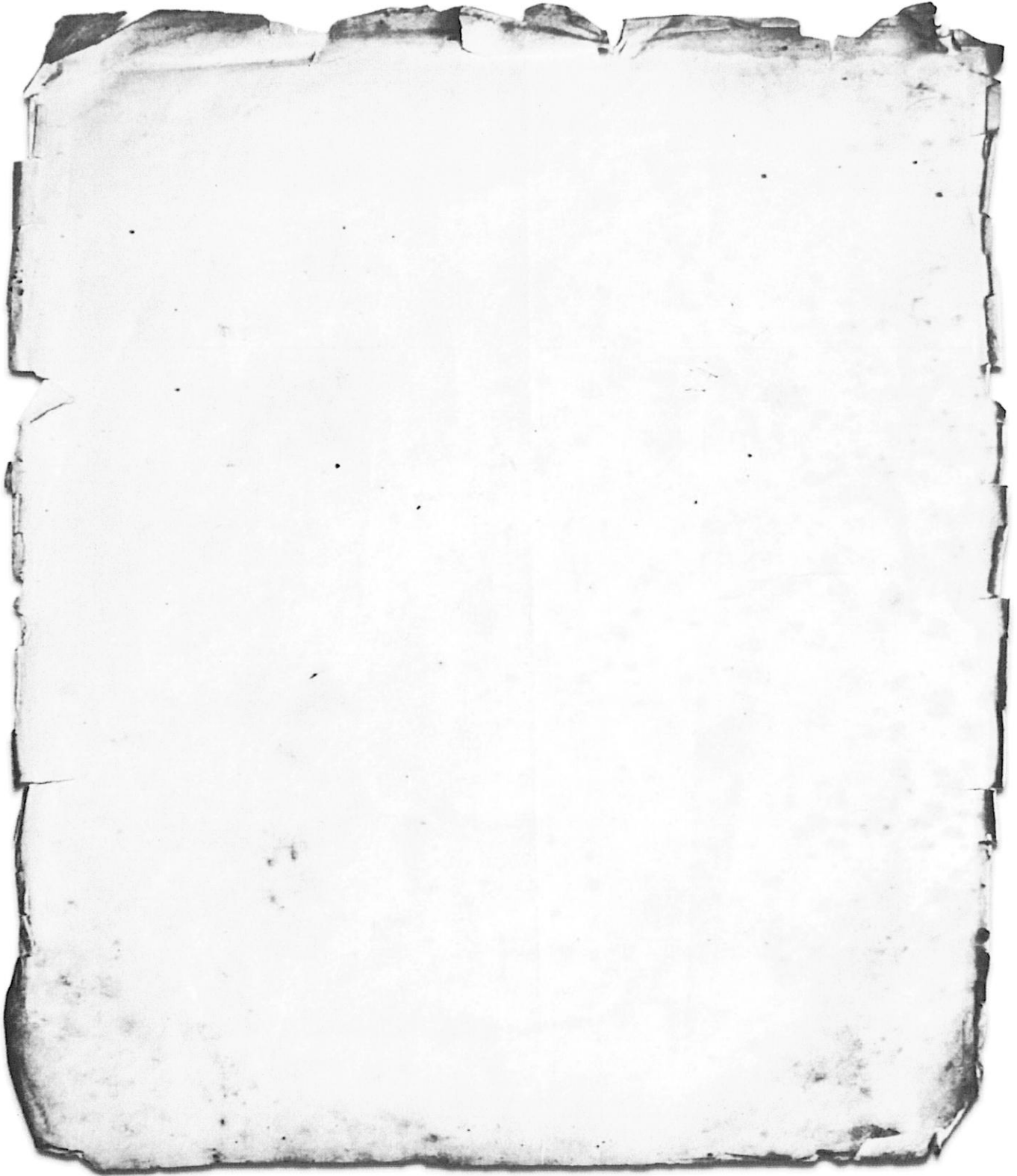


- What *tools* do you use in your kitchen to prepare and cook food? **List** some of the tools in your kitchen.

- What *tools* did they use in the Polk's kitchen that are *different* from the ones you use in your kitchen? **Describe** the *tools* from the Polk's kitchen and **Explain** how they are different from the list of tools in your kitchen.

- Where did the Polk's vegetables come from? Did they buy them at the store? Where do you get your vegetables?

Imagine you went back in time and spent one day as a little kid when President Polk was a little boy. Back then, if you wanted to send someone a message you had to **write** them a letter! Use the old paper below to **write** a letter to one of your friends or family members **describing** what your day was like. Did you help cook some food? Did you do any other chores? What did you do for fun?





HISTORIC COOKING AND KITCHEN GARDENS

Listed below are a collection of resources for teachers and students that can be accessed online at no charge. Both secondary and primary sources are included. A complimentary activity sheet can also be downloaded from our website.

The included sources span a wide range of time and geographic locations. In general, most are from 18th or 19th century Britain and the United States. Details about each book and its author can be located on the source's website or by doing a web search. Foreign Language teachers may consider searching for historic cookbooks in other languages as a means of incorporating primary source documents in the classroom as well!

While all included links are active as of the time of this guide's creation, you may find they have changed or are no longer accessible in the future. If this is the case, simply try searching the web for the title of the resource and see what new access points are available.

PRIMARY SOURCES

Historic "receipts," cook books, and domestic guides

Glasse, Hannah. *The Art of Cookery, Made Plain and Easy; Which Far Exceeds Any Thing of the Kind yet Published... To Which Are Added, One Hundred and Fifty New and Useful Receipts. And Also Fifty Receipts for Different Articles of Perfumery. With a Copious Index. A New Ed. With All the Modern Improvements: And Also the Order of a Bill of Fare for Each Month, in the Manner Dishes Are to Be Placed upon Table, in the Present Taste. By a Lady [Mrs. H. Glasse].* London : J. Rivington and sons [etc., etc.], 1788. <http://archive.org/details/b28757075>.

Holland, Mary, and University of Leeds. Library. *The Complete Economical Cook and Frugal Housewife : An Entire New System of Domestic Cookery, Containing Approved Directions for Purchasing, Preserving, and Cooking ... With Directions for Pastry and Confectionary. Likewise the Art of Making British Wines, Brewing, Baking, Gardening, &c.* London : Printed for Thomas Tegg ... [et al.], 1825. <http://archive.org/details/b21533969>.

Lincoln, Waldo, and Eleanor Lowenstein. *American Cookery Books, 1742-1860.* Worcester, Mass., American Antiquarian Society, 1954. <http://archive.org/details/amercook00linc>.

Soyer, Alexis, and University of Leeds. Library. *The Modern Housewife or Ménagère : Comprising Nearly One Thousand Receipts for the Economic and Judicious Preparation of Every Meal of the Day, with Those of the Nursery and Sick Room, and Minute Directions for Family Management in All Its Branches ...* London : Simpkin, Marshall, 1861. <http://archive.org/details/b21531985>.

The Housewives Companion, and the Husbandman's Guide, Or, The New Art of Cookery. Exactly Shewing .. Tho. Passinger, at the three bibles on the middle of London-Bridge, 1674. http://archive.org/details/bub_gb_x0134DZdg00C.



Cookbooks and domestic guides authored by African-Americans

Fisher, Abby. *What Mrs. Fisher Knows about Old Southern Cooking, Soups, Pickles, Preserves, Etc.* .. San Francisco : Women's co-operative printing office, 1881.

<http://archive.org/details/whatmrsfisherkno00fishrich>.

“Hotel Keepers, Head Waiters, and Housekeepers’ Guide, by Tunis G. Campbell | The Online Books Page.” Accessed January 10, 2018.

<http://onlinebooks.library.upenn.edu/webbin/book/lookupid?key=olbp44377>.

Roberts, Robert. *The House Servant's Directory, or, A Monitor for Private Families: Comprising Hints on the Arrangement and Performance of Servants' Work ... and Upwards of 100 Various and Useful Receipts, Chiefly Compiled for the Use of House Servants* .. Boston, Munroe and Francis; New York, ; C.S. Francis, 1828. <http://archive.org/details/houseservantsdir00robe>.

Russell, Malinda. *A Domestic Cook Book :Containing a Careful Selection of Useful Receipts for the Kitchen by Malinda Russell, an Experienced Cook, Paw Paw, Michigan, 1866 : A Facsimile of the First Known Cookbook by an African American.* Ann Arbor, Mich. :, c2007.

<http://hdl.handle.net/2027/mdp.39015073926647>.

Kitchen Gardens

G. Thorburn & Son, and Henry G. Gilbert Nursery and Seed Trade Catalog Collection. *Catalogue of Kitchen Garden, Herb, Tree, Flower, and Grass Seeds, Bulbous Flower Roots, &c. &c. &c.* New York, N.Y. : G. Thorburn & Son, 1827. <http://archive.org/details/catalogueofkitch1827gtho>.

Miller, Philip. *The Gardeners Dictionary: Containing the Methods of Cultivating and Improving the Kitchen, Fruit and Flower Garden, as Also the Physick Garden, Wilderness, Conservatory, and Vineyard.* London, Printed for the Author, 1735.

<http://archive.org/details/gardenersdiction02mill>.

———. *The Gardeners Dictionary: Containing the Methods of Cultivating and Improving the Kitchen, Fruit and Flower Garden, as Also the Physick Garden, Wilderness, Conservatory, and Vineyard.* London, Printed for the Author, 1735.

<http://archive.org/details/gardenersdiction01mill>.

Neill, Patrick. *The Fruit, Flower, and Kitchen Garden.* Philadelphia, H. C. Baird, 1851.

<http://archive.org/details/fruitflowerkitch00neil>.

Switzer, Stephen. *The Practical Kitchen Gardiner: Or, A New and Entire System of Directions for His Employment in the Melonry, Kitchen-Garden, and Potagery, in the Several Seasons of the Year* ..

London, Printed for T. Woodward, 1727. <http://archive.org/details/practicalkitchen00swit>.

Guides including both gardening, cooking, and other domestic tasks



Collingwood, Francis, John Woollams, Richard Johnson, and University of Leeds. Library. *The Universal Cook, and City and Country Housekeeper : Containing All the Various Branches of Cookery ... Together with Directions for Baking Bread, the Management of Poultry and the Dairy, and the Kitchen and Fruit Garden; with a Catalogue of the Various Articles in Season in the Different Months of the Year. Besides a Variety of Useful and Interesting Tables ...* London : Printed by R. Noble, for J. Scatcherd and J. Whitaker, 1792.
<http://archive.org/details/b2152970x>.

SECONDARY SOURCES

Many articles, blogs, websites, and books about historic foodways are available in both digital and hard-copy. The sources listed below are just a small selection of the materials available online. Do some more digital digging and you will find many more historians, interpreters, chefs, and foodies who are interested in learning about how we cooked in the past, what we ate, and how historic foodways have influenced modern food.

General information on historic foodways

Colonial Williamsburg. "Foodways." The Colonial Williamsburg Official History & Citizenship Site. Accessed January 10, 2018. <http://www.history.org/Almanack/life/trades/tradefood.cfm>.

Colonial Williamsburg Historic Foodways. "History Is Served." History is Served: presented by Colonial Williamsburg Historic Foodways. Accessed January 10, 2018.
<http://recipes.history.org/>.

National Park Service, and Fort Scott National Historic Site Kansas. "Cooking - Open Hearth." Fort Scott National Historic Site - Virtual Resource Center. Accessed January 10, 2018.
<https://www.nps.gov/fosc/learn/education/cookhearth.htm>.

Information specifically about African-American foodways

Gordon, Tammy, and the North Carolina State University Public History Program. "Foodways in African American History From the Slave Trade to the Civil Rights Movement (Bibliography)." Department of Cultural References. Accessed January 10, 2018.
<http://tammysgordon.org/DCR/items/show/58>.

Schlager, Noah. "Preserving African American Foodways." *The Sierra Club's Green Lifestyle* (blog), May 17, 2016. <https://www.sierraclub.org/sierra/2016-3-may-june/green-life/preserving-african-american-foodways>.

North Carolina specific information

"Carolina Cooks, Carolina Eats – Documenting the Voices of North Carolina Foodways." Accessed January 10, 2018. <http://carolinacooks.web.unc.edu/>.



“Food and Faith | NCpedia.” Accessed January 10, 2018. <https://www.ncpedia.org/culture/food/food-and-faith>.

“Foodways | NCpedia.” Accessed January 10, 2018. <https://www.ncpedia.org/culture/food/foodways>.

“History of Food | NCpedia.” Accessed January 10, 2018. <https://www.ncpedia.org/culture/food/history-of-food>.

“North Carolina | Southern Foodways Alliance.” Accessed January 10, 2018. <https://www.southernfoodways.org/tag/north-carolina/>.

Information about kitchen gardens

Colonial Williamsburg. “Teaching Strategy: A Colonial Kitchen Garden.” Colonial Williamsburg Teacher Resources: Teaching Strategy. Accessed January 10, 2018. <http://www.history.org/history/teaching/enewsletter/volume5/june07/teachstrategy.cfm>.

Hatch, Peter J., and Director of Gardens and Grounds at Thomas Jefferson’s Monticello. “African-American Gardens at Monticello.” Twinleaf Journal Online, January 2001. <https://www.monticello.org/site/house-and-gardens/african-american-gardens-monticello>.

National Park Service, Mailing Address: 282 North Main Street. “Colonial Kitchen Garden.” Roger Williams National Memorial Rhode Island. Accessed January 10, 2018. <https://www.nps.gov/rowi/learn/historyculture/colonial-kitchen-garden.htm>.

Audio and Visual Resources

Colonial Williamsburg. *A Talking Kitchen: History Speaks at the Wythe House*. Past & Present Podcasts. Wythe House, Colonial Williamsburg, 2014. <http://podcast.history.org/2014/04/28/a-talking-kitchen-history-speaks-at-the-wythe-house/>.

Homestead Dreamers. *Tour of Organic Herb, Vegetable and Flower Gardens in Colonial Williamsburg*. Accessed January 10, 2018. <https://www.youtube.com/watch?v=Yd0XYa5Jm4I>.

Jas. Townsend and Son. *A Tour Of A Medicinal Garden*. Accessed January 10, 2018. <https://www.youtube.com/watch?v=HRtCOIbovWw>.

———. *Historic Kitchens vs. Modern Kitchens*. Accessed January 10, 2018. <https://www.youtube.com/watch?v=axFFUdQdyJg>.

———. *Planting an Herb Garden with Centuries-Old Favorites*. Accessed January 10, 2018. <https://www.youtube.com/watch?v=jP96AP3Ejpg>.



THE PRESIDENT JAMES K. POLK STATE HISTORIC SITE

Digital Resources

North Carolina Digital History, and LEARN NC. *Colonial Cooking and Foodways - North Carolina Digital History*, 2008.

<http://web.archive.org/web/20170318113607/http://www.learnnc.org/lp/multimedia/13300/>.

Pioneer Public TV. *Growing Vegetables in the 1800s*. Prairie Yard & Garden: Accessed January 10, 2018. <https://www.youtube.com/watch?v=0UhB4iOI-PA>.

Virginia Farm Bureau. *Food Preservation in Early Virginia*. Accessed January 10, 2018.

<https://www.youtube.com/watch?v=JwK5PKsmwyw>.