

Cooking:

Then &

Now

Introduction:

This project is about the difference between how food was prepared a long time ago when people first settled in New Ross! This project will tell you popular ingredients, how they got our food, how it was prepared, what they ate in different seasons, and more.

Why did we pick this topic?

We picked this topic because we were very interested in how they prepared/made food and how much everything has changed over the years. Another thing was we wanted to bake some cookies using an old recipe we got from the Ross Farm.

How did they make/prepare food?

The meals were usually made by the mother or wife of the family, regularly with the help of the older daughters. They cooked the food on an open hearth stove or in later years a wood stove, the food would be cooked in cast iron pots that could withstand the

heat and constant use. The recipes and methods they would use got passed down from one generation to the next.

Nowadays people make and prepare food by using modern stoves, ovens, microwaves, fridges, etc. We put our food in pots, pans, plastic/glass containers, etc. To keep food cold and to freeze it you would put it in the fridge or freezer. Some people buy already made/cooked food from the grocery store.

Some people still have old recipes that have been passed down from older generations. But usually people will buy recipe books from stores or google them.

Where/ how did they get the ingredients for what they were making?

The people who had settled in our community were only given their supplies for a few years. In the first years they depended heavily on the Natives to teach them how to provide food by fishing, hunting,

trapping and what berries and plants were edible. After about three years they were expected to become more independent by clearing the land to grow crops and raise their own livestock.

Chester was about a four or five hour walk, but supplies could be bought there that they couldn't make themselves (for example tea, coffee, molasses, etc.) Eventually Edward Ross started selling flour, molasses, spices, china, pots, and more from Rosebank cottage.

What were some of the common ingredients used?

Potatoes were one of the major food crops. The Ross family alone grew over 400 bushels in one year. Potatoes along with bread would usually be eaten at all three meals of the day. Turnip, cabbage, and carrots were grown also. They got meat from hunting in the area (moose, fowl, etc.) or fished (salmon, eels, etc.) or rose on the farm (sheep, beef,

hogs, etc.). The grains they grew were milled into flour, which was also an important ingredient. Imported molasses was a popular sweetener for baking or spread on bread.

Now some of the common ingredients are oils, starches, spices and more. Some of the most common foods are bacon, potatoes, eggs, etc.

What were the most common things they would drink?

Water with apple cider from their orchard apples in autumn was always a nice treat. They also drank grog, which was a popular alcoholic beverage. Another drink was milk.

Water, milk, and alcoholic beverages are very popular now; they're almost all the same from back then to now.

What were some of the strangest things they would eat?

They would eat pig feet and ground up pig heart, liver, tongue, and meat from the head put in the intestine and then cooked to eat. Which may seem strange now, but all parts of the hog were used.

Spring:

Spring was the time for gardening; they would start planting their vegetables they would eat next year. Early spring brings the end of the white fish season. Gooseberries were best for jams, bottling, and wine.

Summer:

They would make cheese or clotted cream that they would eat with different kinds of fruit. Fish would be eaten with lettuce, cucumbers, peppers, and other vegetables.

Autumn:

During this season they would eat a lot of vegetables, make jams, and butter and cheese. In mid-autumn they would eat fruit and make some of their best tasting wine.

Winter:

They checked their stored vegetables to get rid of the bad ones. They made and ate warm things trying to keep the cold away.

Conclusion:

During this project we learned multiple things about how people used to prepare and make food, we now understand how different and difficult it must have been. After reading and looking at this project I hope you understand more about how they would prepare food compared to now.

Sources:

-Monique Veinotte

-<https://rossfarm.novascotia.ca/>

-The Country Kitchen by Focasta Innes