



Star Island and the Portsmouth Athenæum Present

Hearth & Home: The New England Palate

New England Heritage Program 2015

August 29 to September 1 or 5 (3 or 7 nights)

Visit starisland.org/newenglandheritage

Email newenglandheritage@comcast.net

Enjoy exploring the historic foodways of New England at the New England Heritage Program on Star Island, Isles of Shoals. A description of the activities, speakers and workshops planned are below. The exhilarating sea vista and the rocking chairs on the porch of the Oceanic Hotel await your arrival. Those who attend the New England Heritage conference in 2015 will automatically become “Friends” of the Portsmouth Athenæum and will receive the Athenæum’s newsletter and invitations to Athenæum events.

New England Heritage Program Highlights: August 29 to September 1

“Saltwater Foodways” with Sandra Oliver

Contrast 19th century saltwater farm open hearth cooking with the stove cookery of prosperous ship builders, merchants, and captain's families of New England's seaport towns. Learn about New England's favorite fish in the 1800s and how they were prepared, tracing changes in preference from halibut napes and cod shoulders to haddock fillets and beyond.

“Historic Shipboard Cookery” with Sandra Oliver

The fishermen of the New England fleet were famous for their hearty appetites, well-laid mess-tables, and hard-working cooks. Explore the strikingly different menus and eating habits of fo'cs'le and cabin aboard the deep water merchant and whaling ships of the 19th century. Learn of the new and strange food encountered by seafarers at sea and in foreign ports.

Sandy Oliver is a pioneering food historian who writes regularly for the Bangor Daily News and other publications. She is the publisher and editor of Food History News and the author of several books, including the award-winning *Saltwater Foodways: New Englanders and Their Foods at Sea and Ashore in the 19th Century* and *Maine Home Cooking*. www.foodhistorynews.com

“The 18th Century Home of the Hearth” with Joe Mulqueen

Delve into the pioneer experience in the woodlands of the northeast. Consider the dwellings and conditions where hearth cooking took place around the time of the Revolutionary War. Learn about housing in our region for all levels of society, including Native American wigwams and longhouses.

**New England Heritage Program Highlights:
August 29 to September 1 (continued)**

“Women’s Work at the Hearth” with Joe Mulqueen

Learn about daily life in the 18th century. Investigate what the lives of women were like, including the work that “was never done.” Find out what the diet was like for a ‘typical’ family in New England in the late 1700’s and how meals were prepared at the hearth.

Hearth Cooking Demonstration with Joe Mulqueen

The fire will be going and food will be cooking at this demonstration of period ‘receipts’ and methods. During this 90 minute session, join a discussion of the hearth cooking process, along with the associated concerns of food sources, seasonality, preservation, and preparation - then partake in the historical repast.

Joe Mulqueen has had a lifelong interest in maritime history and has been researching and making ship models since childhood. He has been a docent and museum teacher at Strawberry Banke Museum in Portsmouth, NH for over a decade. Joe leads hearth cooking and cookstove workshops and demonstrates open hearth cooking in the museum’s 1780 Wheelwright House kitchen.

“The Isles of Shoals through Time” with Ann Beattie

Explore four centuries of life on the nine stark and hauntingly beautiful Isles of Shoals through a series of fascinating historical images. Investigate the role the Isles played in the worldwide fishing trade of the 17th and 18th centuries and the resort industry in the 19th century. Discover the natural and cultural wonders of the Isles of Shoals today.

Ann Beattie is an educator with a fascination for the Isles of Shoals. She is a former president of the Isles of Shoals Historical and Research Association. Ann leads tours of Appledore and Star Islands, spends a week each summer as a Steward on Smuttynose Island and hosts a variety of history programs on Star Island.

**New England Heritage Program Highlights:
September 1 to September 5**

“Baked Beans and Fried Clams: How Food Defines a Region” with Edie Clark

Discover how New England food traditions developed and how they became part of the culture of our region. Consider some of the beloved foods distinctive to New England - baked beans, fried clams, fish chowder and Indian pudding. Examine how contemporary life has distanced us from these classics. Why were they so special and how did they define our region?

Edie Clark has written and traveled for Yankee Magazine for over thirty years, acting as a senior editor and writer and publishing a regular column. She is the author of a number of books, including *Saturday Beans & Sunday Suppers: Kitchen Stories from Mary’s Farm* and *What There Was Not To Tell*. www.edieclark.com

**New England Heritage Program Highlights:
September 1 to September 5 (continued)**

“Indigenous Food of the New England Region” with Paul Pouliot

Investigate the plant, animal, and marine resources of traditional and contemporary Abenaki foodways and examine artifacts related to hunting, fishing, and cooking technologies over time. Learn of the seasonal lifestyle of crop planting, fishing and foraging. Delve into garden planning with tall-growing corn entwined with climbing beans and deer-repelling prickly squash.

Paul W. Pouliot is the "Sag8mo" or Chief Speaker for the Cowasuck Band of the Pennacook and Abenaki People and President of COWASS North America. He was employed as a senior mechanical engineer until his retirement.

“Potted & Pickled: Historic Food Preservation” with Sarah O’Connor

Before refrigeration, New Englanders had many creative ways to preserve food to last throughout the year. From fermentation to smoking, many of these traditions are experiencing a rebirth in the modern slow food movement. Delve into a variety of historical preservation techniques and discover what housewives of centuries past might have been serving for dinner.

Sarah O’Connor travels throughout New England and Canada as a maritime historical reenactor aboard a reproduction gunboat. She served as the curator of Vaughn Cottage Museum on Star Island for five years and has a MA in Atlantic History and Museum Studies.

“A Shock to the System: New World Food & Drink” with Tom Coleman

Contrast the traditional meals of the swells with those of the common folk in our European ancestors and learn how those translated into the dining habits of New World settlers. Uncover some of our classic dishes that have been lost over time. Learn of the drinking habits of New Englanders and Shoalers, exploring who drank what and why.

Tom Coleman is an independent scholar who studies the foodways of the past and delights in introducing those on the Isles of Shoals to historic food and beverage. He has been an educator as an historic reenactor and is a talented blacksmith.

Other Events & Activities

In addition to the highlights described above, enjoy a history tour of Star Island, a salt-cod cooking demonstration, a ghosts & graveyard tour of the island, a painting workshop with historically-designed recipe cards, a geology walk, a traditional candle-lit chapel service, a scenic photography opportunity walk, a behind-the-scenes tour, a bird walk, an ice-cream social, a botany walk, a low tide walk with tidepooling, the opportunity to enact or enjoy an historical play and afternoon social hours.

While every attempt will be made to offer these programs as described during the conference, weather and boat transportation, etc. may prevent the schedule from occurring as planned.