

Canadian Food Inventions

Chewing gum? Clamato juice? Hawkins cheezies? Just a few culinary treats with Canadian origins!

Check out the list below!

- Butter tarts** – *Barrie* 1900
- Nanaimo Bars** – *Nanaimo* 1952
- Poutine** – *Warwick* 1957
- Hawkins Cheezies** – *Tweed* 1949
- Canola Oil** – *Sask./Manitoba* 1960's
- Pablum** – *Toronto* 1930
- Instant Mashed Potatoes** – *Ottawa* 1962
- Yukon Gold Potatoes** – *Guelph* 1960's
- Peanut Butter** – *Montreal* 1884
- California Rolls** – *Vancouver* 1971



- Cuban Lunch** – *Winnipeg* 1948
- Clamato Juice** – *Calgary* 1969
- McFlurry** – *Bathurst* 1995



- Beaver Tails** – *Killaloe* 1978
- The Caesar Drink** – *Calgary* 1969
- Hawaiian Pizza** – *Chatham* 1962
- Ginger Beef** – *Calgary* 1975
- Chewing Gum** – *Toronto* 1860's

- Green Onion Cakes** – **Edmonton** 1978
- Pizza Pops** – *Winnipeg* 1964
- Tourtiere** – *Quebec* 1796
- Rapure (Rappie Pie)** – *Nova Scotia* 1974



What is a GOOSEBERRY?



The gooseberry is native to Canada but almost unheard of in the United States. This is partly because gooseberries were banned when it was found that they carried a disease harmful to regional white pine trees. Though the ban was lifted in the 1960s, they are still hard to find in the U.S.



Unripe berries are green and add a sour tang to dishes. Ripe berries are sweet and sour, a perfect accompaniment to other berries like strawberries.

Hype Over HASKAPS

Haskaps, or honeyberries, were traditionally only found sporadically in the wild in Canada – growing on the edge of wetlands. But the head of the fruit



program at the University of Saskatchewan has been breeding Haskap berries for 15 years, and now has over two million of his plants growing across Canada.

The berry is native to northern Japan and Russia and has a raspberry, wild blueberry undertone with hints of black currant and grape. Berries are not as firm as blueberries, but are higher in antioxidants, making them a possible new superfood. Plants are known for being hardy and drought-resistant – perfect for our Alberta climate!

Need a good pie dough for all those berries?

Duchess Bakery in Edmonton has shared their recipe with us for the most flaky, buttery pie crust. Find it, and more Canadian recipes at the end of this newsletter!

Hollywood in the Rockies

'Marilyn Monroe Nearly Drowned,' read the headline, tucked away in the entertainment pages of the Calgary Herald for August 14th, 1953.

Monroe was on location in Jasper National Park for the filming of the 20th Century Fox blockbuster western, *River of No Return*, when she slipped and fell in the icy waters of the Maligne River. Although pulled to safety by her co-star Robert Mitchum – and a dozen other crew members who quickly rushed to her rescue – she suffered a badly sprained ankle.



The cast and crew had caused quite a stir when they first arrived in the tiny mountain town of Jasper on the 25th of July. Two thousand people, more than the population of the town itself, were on hand to greet the train when it arrived from Vancouver. Director Otto Preminger, when first arriving on location, made a complete circle, shook his head and said, "I guess it doesn't really matter where I point the camera. We are absolutely surrounded by scenery."



When production of *River of No Return* moved to Banff in August, Marilyn was again injured while working on the Bow River, tearing ligaments in her ankle which left her confined to a wheelchair for the week. It was said that the bellhops employed at the

Banff Springs Hotel would toss a coin to decide who would be lucky enough to wheel her around the corridors that day.

Client Connections

Our friend and most enthusiastically-themed lady **Linda** says hello and she misses you!



Wednesday client **Lynne** told us she worked in Banff for a year when she was just 16. For fun, Lynne and her friends would hang out with the boys that drove the Jasper-to-Banff tour busses, sometimes convincing them to share a beer...or two.



Imagine our surprise to learn that another client **Jim**, had lived in Jasper for a few years when he was a young man. And what do you think he did for work? That's right, drove tour busses! Is it possible these two crossed paths in the beautiful Rocky Mountains? We may never know.....



Remember When?



The Humble McIntosh

In the spring of 1811, John McIntosh was struggling to clear his farmland in the woods of Southeastern Ontario when he came upon a number of tiny seedlings in the bush. How they had come to be he did not know, but they must be hardy to be growing in the briars and tangles of the deep woods. He decided to transplant them in his garden but by the following year all but one had died. He carefully nursed it, and it slowly grew, eventually bearing red, round apples that were tart on the tongue. The McIntosh apple was born.



Every tree, and every McIntosh apple that has been eaten, baked in a pie or made into cider is a direct descendant of that tough little seedling from the Canadian bush. It was, when John McIntosh found it, the first and only one of its kind in the world. To this day no one is certain how it got there.

Today Macs are grown all over the world and account for more than half of the 17 million bushels of apples produced in Canada every year. While most come from Ontario, they also thrive in Quebec, Nova Scotia and British Columbia.

Just how popular is it? When Steve Jobs needed a name for his new computer company, he wanted something fresh and non-traditional.

Jobs was an advocate of natural foods, so when someone suggested "Apple", he jumped on it. Later, when creating an inexpensive, portable laptop computer, an Apple employee got permission to name it after his favourite apple – the McIntosh, or "Mac" for short.



In 2019, 20 million "Mac" computers were sold.



A Bumper Crop

Rossdale is one of Edmonton's oldest neighbourhoods, and was originally known as Ross Flats. It has a long history of First Nations use, and in 1802 two fur trading forts were built in the area of the present Rossdale Generating Station.

In 1876, Donald Ross purchased a large amount of land in the area and built a residence at the foot of McDougall Hill. Here he is with his vegetable crop in 1902!



Artists Corner

Staff has been exploring their artistic side with a multitude of creative projects.

Sarah Karesa, Pilgrim's Grief Counsellor recently painted these inspiring forest scenes. We can't wait to get back into Day Program to try them ourselves!

