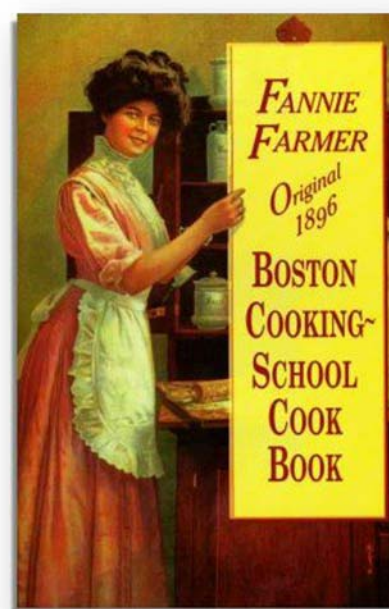


# holidays

**Tis the season!** This time of year often provides us the opportunity to visit and break bread with family and friends. The smell of the turkey roasting! The aroma of the pies! What memories it brings back for many of us! This month we profile some of the women who have made possible those wonderful memories of safe and delicious food: Fannie Farmer, Mary Engle Pennington, Julia Child, Joyce Chen, and Alice Waters.

**Fannie Farmer**, who grew up in Boston, developed a flair and fondness for cooking after suffering a stroke while she was in high school. She enrolled in the Boston Cooking School and was asked to stay as assistant director after she graduated in 1889. In

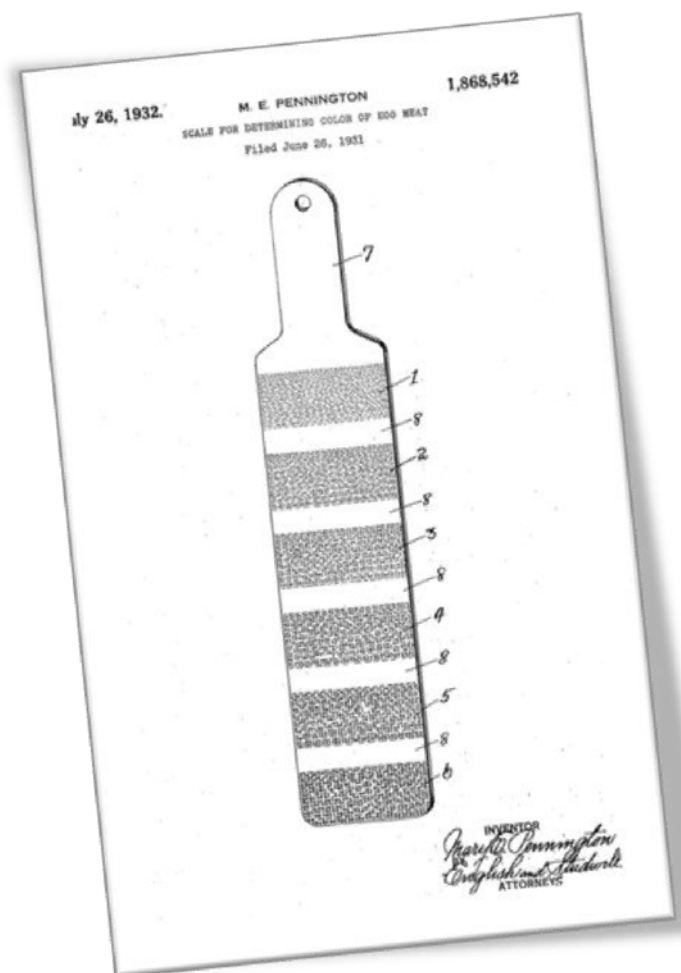


1894, she became the head of the school. Farmer revolutionized cooking by introducing standardized level measurements in recipes. In addition, she published the Boston Cooking School Cookbook. Originally published in 1896, the cookbook is still a best seller in its modernized version.

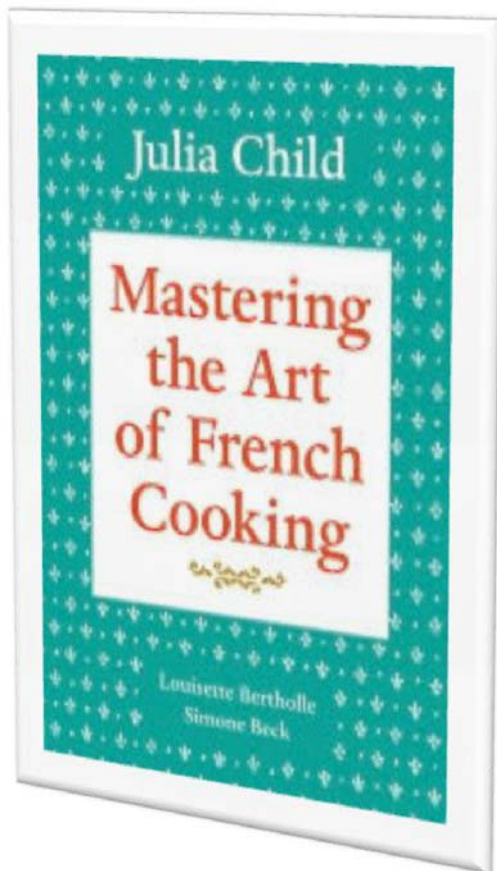
Farmer's cookbook included recipes for both every day and classic dishes. This is accompanied by sections on formal entertaining, proper management of the home and service staff, use of kitchen equipment, and etiquette. She also believed that knowledge of the principles of diet should be an essential part of one's education. If people would 'eat to live', Farmer felt, they would be able to do better mental and physical work and disease would be less frequent. Fannie Farmer's recipes were all personally tested and easy to follow, as the measurements were accurate.

As a bacteriological chemist, **Mary Engle Pennington's** concerns with food were very different from Fannie Farmer's. Pennington wanted to be sure that food was safely stored and transported, so that it would stay fresh and people would not be afraid to eat it. She developed methods of slaughtering poultry that kept them fresh longer, discovered ways to keep milk products from spoiling, and determined how to best freeze fruits and vegetables. Known as the "Ice Lady", Mary Engle Pennington was able to convince farmers, manufacturers, and vendors to adopt her techniques. She received six patents related to the safe handling and refrigeration of fish, poultry, eggs, and milk. The first female member of the American Society of Refrigerating Engineers, she was also inducted into the Poultry Society Hall of Fame and the National Women's Hall of Fame.

Through her cookbook, *Mastering the Art of French Cooking*, **Julia Child** brought her love of cooking – and good food – to the American public. Known to television audiences through her cooking program, *The French Chef*, Child provided clear and simple instruction that demystified the art of fine cooking. Her hearty, vivacious and expert approach to her work, as well as her willingness to deal with the mishaps along the way, endeared her to the audience. She was later parodied on *Saturday Night Live* but idolized by the film, *Julie and*



Julia. Child's kitchen set is now on display at the National Museum of American History. She has been inducted into the National Women's Hall of Fame.



From Julia Child making French food readily understandable to Americans, we move to Joyce Chen, who wanted to make Chinese food accessible to the American public. Cooking had always been her first love and she often dazzled her friends at home with her delicious and unique dishes. With the encouragement of friends and neighbors, she opened The Joyce Chen Restaurant in 1958. She also wrote her first Joyce Chen Cook Book in 1964. In 1968, she starred in her own cooking show on PBS called Joyce Chen Cooks. The show was filmed on the same set as The French Chef with Julia Child in Boston. Chen later introduced a line of Chinese cooking utensils. She is credited with popularizing the Mandarin style of Chinese cooking in the U.S. Today, cooking utensils are sold through the company that bears her name. Chen has been inducted into the James Beard Foundation Hall of Fame.

**Chef Alice Waters** pioneered the culinary philosophy that maintains that cooking should be based on the finest and freshest seasonal ingredients that are produced sustainably and locally. She is a passionate advocate for a food economy that is “good, clean, and fair.” Over the course of nearly forty years, her award-winning restaurant Chez Panisse has helped create a community of scores of local farmers and ranchers whose dedication to sustainable agriculture assures the restaurant a steady supply of fresh and pure ingredients. Also an author, Waters has written eight books, including *The Art of Simple Food: Notes and Recipes from a Delicious Revolution*.

In 1996, Waters' commitment to education led to the creation of The Edible Schoolyard at Berkeley's Martin Luther King, Jr., Middle School: a one-acre garden, an adjacent kitchen-classroom, and an “eco-gastronomic” curriculum. By actively involving a thousand students in all aspects of the food cycle, The Edible Schoolyard is a model public education program that instills the knowledge and values we need to build a humane and sustainable future. The program is nationally recognized for its efforts to integrate gardening, cooking, and healthy school lunches into the core academic curriculum. Waters established the Chez Panisse Foundation in 1996 to support the Schoolyard and encourage similar programs that use food traditions to teach, nurture, and empower young people. The success of The Edible Schoolyard



led to the School Lunch Initiative, whose national agenda integrates a nutritious daily lunch and gardening experience into the academic curriculum of all public schools in the United States.

As you enjoy holiday meals with family and friends, we encourage you to lift a glass, or say a few words to your assembled groups about the stories of these remarkable women on whose shoulders we stand. They all in some way helped to make our twenty-first century meals possible—safe, tasty, nutritious and interesting.



**Charlotte S. Waisman**, PhD, co-author of *Her Story: A Timeline of the Women Who Changed America* (HarperCollins), is a national champion and advocate for women as a professor and keynote speaker. As an executive coach, Waisman coauthored *50 Activities for Developing Leaders* and *The Leadership Training Activity Book*. She is a principal with a consulting company specializing in leadership and workforce excellence initiatives.

**Jill S. Tietjen**, PE, co-author of *Her Story: A Timeline of the Women Who Changed America* (HarperCollins), is an author, speaker and electrical engineer. Her other books include the *Setting the Record Straight* series. Tietjen is a top historian on scientific and technical women. She is President/CEO of *Technically Speaking*, a consulting company that specializes in improving career opportunities for women in technology.

Sign up for our ENewsletter at [www.herstoryatimeline.com](http://www.herstoryatimeline.com)