

2008 Master Gardener Series

January 24, 2008

HISTORY OF PIES & TARTS

Marlborough Pudding - Take 12 spoons of ftewed apples, 12 of wine, 12 of fugar, 12 of melted buttter, and 12 of beaten eggs, a little cream, fpice to your taftte; lay in pafte No. 3, in a deep difh; bake one hour and a quarter.

Recipe by Amelia Simmons, America Cookery, The First American Cookbook

Note: Marlborough Pudding is an old English term for Apple Pie

1381 - 14th century pies were very different from today's pie, as they didn't contain sugar and the pastry (coffins) generally were not meant to be eaten. The coffins were meant to be used as a container only. Sugar during the 14th century was available, but was very scarce and extremely expensive. By the 16th Century, sugar was more readily available and the pastry, or paste, was intended to be eaten with the pie. Mince meat pies could weigh up to 200 pounds as entire animals were sometimes encased in the paste!¹²

¹Project Gutenberg.
<http://www.pbm.com/~lindahl/foc/8cury11.txt>.
A Roll of Cury, 1390.

An Apple Tart Receipt from 14th Century England

For To Make Tartys in Applis Tak gode Applys and gode Spryeis and Figys and reyfons and Perys and wan they are wel ybrayed co-lourd wyth Safron wel and do yt in a cofyn and do yt forth to bake well.



Sampler Menu

Apple Pie
Peach Pie
Pizza Pie

Pie

Squash Pie

Trivia: January 23 is National Pie Day according to the American Pie Council. National Pie Day was created by the American Pie Council. The American Pie Celebration began in 1986 to commemorate Crisco's 75th anniversary of "serving foods to families everywhere."

"Facts for Fancy Fruit"

This fruit information newsletter from Purdue University is available at this link: <http://www.hort.purdue.edu/fff/FFF07/FFF07-10.pdf>

² <http://www.foodtimeline.org/foodpies.html>

Naturally-occurring apple compounds reduce risk of pancreatic cancer³:

Eating flavonol rich foods like apples may help reduce the risk of pancreatic cancer, says a team of international researchers. Quercetin, found naturally in apples and onions, has been identified as one of the most beneficial flavonols in preventing and reducing the risk of pancreatic cancer. Although the overall risk was reduced among the study participants, smokers who consumed foods rich in flavonols had a significantly greater risk reduction. This study, published in the October 15 issue of the *American Journal of Epidemiology*, is the first of its kind to evaluate the effect of flavonols – compounds found specifically in plants – on developing pancreatic cancer. According to the research paper, "only a few prospective studies have investigated flavonols as risk factors for cancer, none of which has included pancreatic cancer." *Source: U. Noethlings, S.P. Murphy, L.R. Wilkens, B.E. Henderson and L.N. Kolonel. American Journal of Epidemiology, Volume 166, Issue 8, Pages 924-931; doi: 10.1093/aje/kwm172 "Flavonols and Pancreatic Cancer Risk- The Multiethnic Cohort Study."*

See the Purdue Extension Handouts in the book for instructions on pruning various fruits and berries.

³ www.usapple.org. News Release, 3 Oct 2007.