

THE

ARGONAUT

SACRAMENTO LIVING HISTORY NEWSLETTER

FEBRUARY-MARCH 2024

PRESIDENTS AND FIRST LADIES PRESIDENTS DAY EVENT FEBRUARY 10TH, 2024



First Ladies

Abigail Filmore



Abigail Adams



Guests were greeted by a tea and cookie reception



Julia Grant

Lucy Hayes



Presidents

Rutherford
Hayes

Ulysses
Grant

James Monroe



Hi Living History!

I hope by now most of you have seen my email reminding you of the many committees in need of members and of the events on the horizon in need of volunteers.

Most importantly, it is time for new Sacramento Living History Leadership Team members! The Leadership Team works with Museum staff to help make the goals and dreams of the entire Living History volunteer membership happen. It is a minimum one-year commitment, with the option to extend to a two-year term, and you only have to have been an active Living History Member for one full year. Members meet once a month over Zoom on the Wednesday prior to the Sacramento Living History General Meetings. If you are interested in joining the Leadership Team, please let me know ASAP! This is your opportunity to help shape the future of Living History!

We will talk more about upcoming events at the in-person only meeting this Saturday, March 9th, but I wanted to give you all a heads up that the Hastings Annex has been rented in the afternoon following our meeting, so we will need to be out of there by noon. The following Saturday, March 16th, we will be participating in the Old Sacramento St. Patrick's Day Parade and Festival. The parade will kick-off at 1:00 pm, but I highly recommend getting to Old Sacramento by 12:00 pm for line-up as it can be very difficult to get into Old Sacramento during this event. Following the parade, Living History has been invited to have a booth at the Festival portion of the event for free. This is an excellent opportunity to get our name out there and recruit while doing demonstrations, games, and/or crafts. If you are interested in helping with the festival booth, please let me know, even if you can only volunteer for a portion of the time frame.

Best, Aly



UPCOMING

Sunday April 28th, 2024



MAY 11TH, 2024

12-4PM



FROM MISS WITHERSPOON'S KITCHEN

Dearest Reader,

I know St. Patrick's Day will soon arrive, and you will all make a splendid showing in the annual St. Patrick's day parade. To get us all in the spirit, I include for you receipts in honor of the March holiday. One is a very old, traditional, and yet not well known outside the "Emerald Isle" dish. While the other, though not at all Irish, I've chosen for its uniqueness and the fact that it is made from something green.

So, ~~beannachtá sa pháraig doíbh!~~ Blessings of St. Patrick upon you!

Most sincerely,

Miss Acadia Witherspoon

Boxty (bacstáí)

Boxty is a traditional potato bread made in Ireland. It was so revered in the countryside it was said that if a woman could not bake it, she would never get married.

"Boxty in the griddle, boxty in the pan,
If you can't make boxty, you'll never get a man."

The following is a receipt from a narrative in *The Irish Penny Journal* (1841)

"As boxty, however, is a description of a bread not generally known to our readers, we shall give them a sketch of the manner in which this Irish luxury is made. A basket of the best potatoes is got, which are washed and peeled raw; then is procured a tin grater, on which they are grated; the water is then shired [sic] off them, and the mass is put into a clean sheet, or table-cloth. This is caught at each end by two strong men, who twist it in opposite directions until the contortions drive up the substance into the middle of the sheet; this of course expels the water also; but lest the twisting should be insufficient for that purpose, it is placed like a cheese-cake, under heavy weight, until it is properly dried. They then knead it into cakes, and bake it on a pan or griddle; and eaten with butter, we can assure our readers that it is quite delicious,"

1 lb cooked mashed potatoes
1 lb raw potatoes, grated
1 lb flour
Salt and pepper
1/4 lb bacon fat



Put the grated potatoes in a cloth and wring out as much liquid as possible. Save the liquid in a separate bowl. In another bowl put the grated potato, mashed potatoes, flour, and salt and pepper. When the starch has sunk to the bottom of the bowl of liquid, pour off the liquid from the top and put the starch into the other ingredients. Add the melted bacon fat and combine thoroughly. Divide the mixture into four equal parts on a floured board and form them into flat round cakes. Place on a greased baking tray and bake in a moderate (325 °F), for 50 minutes. Serve hot.

1850s Pickled Limes

"In debt, Amy; what do you mean?" and Meg looked sober.

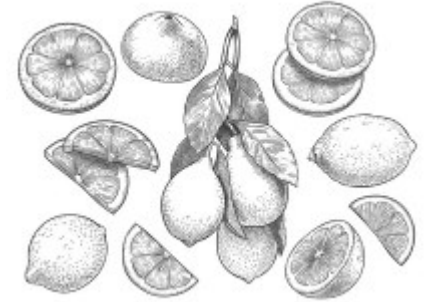
"Why, I owe at least a dozen pickled limes, and I can't pay them, you know, till I have money, for Marmee forbid me having anything charged at the shop."

"Tell me about it. Are limes the fashion now?"

"Why, you see, the girls are always buying them, and unless you want to be thought mean, you must do it too. It's nothing but limes now, for everyone is sucking them in their desks at school time, and trading them for pencils....at recess. They treat by turns; and I've had ever so many, but I haven't returned them, and I ought, for they are debts of honour, you know."

--*Little Women, Louisa May Alcott*

Why would anyone want to eat these? Was it a dare? Were they showing how tough they could be? Well, they really aren't bad! They are salty and sour and a bit tangy. Children in the 1860s ate them with sweet candy. Other taste testers have said they would go good with nuts and beer. This is an open receipt so you can pickle as many limes as you want. The spices should make up about 1/16 of the mixture.



Limes
Salt
50% vinegar to 50% water mixture (this is the pickle)
Garlic, chopped
Mustard seed
Cayenne pepper
Horseradish, shredded

Quarter the limes, leaving a bit so the 4 pieces stay connected. Place in a sanitized jar. Sprinkle the limes with the salt, cover and sit in a sunny spot until the rinds change color (can be anywhere from 3 hours to a week depending on sunlight.) Shake every day to coat the limes in juice.

Boil enough vinegar and water mixture to cover the limes. Mix the garlic, mustard seed, cayenne pepper, and horseradish together. In a sanitized jar, add the limes and seasonings in alternating layers. Carefully pour the hot vinegar over the limes. Let cool then cover and store in a cool place until the juice thickens.

PICKLED LIMES

Quarter the limes without separating them. Sprinkle them with salt and expose them to the sun until the rind changes color. Mix well together some horse-radish cut, some mustard seed, garlic and small West India peppers or Cayenne pepper. Lay a layer of limes at the bottom of a jar and then a layer of the spices and then another layer of limes and so on until the jar is full. Then fill up the jar with vinegar and cork it tightly. When the vinegar becomes thick, it is ready for use.

Debbie Colman, *Cook Book 1st Volume, vol. 1 (1855), 25*

Pickled limes or lemons.

Take fine sound fruit, and slit them half down in 4 quarters, but not through to the core; put as much salt as they will hold into the incisions, and expose them on a dish, in the sun, for 8 or 10 days, frequently turning them, and basting them with the liquor that runs out. Rub some powdered turmeric on the surface of each; put them, together with the juice that has exuded, and some whole capsicums, into a stone jar, and cover them with *Pickle No. 1*, boiling hot. Let them stand till cold, and then cover them over.

Theophilus Redwood. A supplement to the pharmacopeia; having a concern but a comprehensive dispensatory, and manual of facts and formulae, for the use of practitioners in medicine and pharmacy. (London Longman, 1857), 874



CALENDAR OF EVENTS

All events need a Chairperson

March 2024 Easter is Sunday, March 31st

9th-Living History Meeting 10am-11am Take it to the streets

16th-Patrick's Day Parade Arrive by noon, parade at 1pm

April 2024

13th-Living History Meeting 10am-11am

28th-Spring Festival **Sunday** 11am-3pm

May 2024 **HAPPY MOTHER'S DAY!**

11th-Living History Meeting 10am-11am

11th-Powder, Poker & Petticoats, 12pm-4pm

June 2024 **HAPPY FATHER'S DAY!**

8th-Living History Meeting 10am-11am

July 2024

4th of July

13th-Living History Meeting 10am-11am

August 2024

10th-Living History Meeting 10am-11am

10th-LH Showcase

September 2024

9th-Living History Meeting 10am-11am

9th-California Statehood Extravaganza

October 2024

12th-Living History Meeting 10am-11am

Ghost Tours

November 2024

9th-Living History Meeting 10am-11am

Holiday Potluck Decorating Party

December 2024

14th-Living History Meeting 10am-11am

Holiday Cheer



January 2025

HAPPY NEW YEAR!

February 2025

Presidents Day

CONTACTS

Meeting Location—Hastings Annex

1002 Second Street,
Old Sacramento, CA 95814

Hybrid Zoom & In-Person Meeting every

2nd Saturday

10am-11am

Mailing address

Sacramento History Museum
Attn: Living History 101 I Street
Sacramento, CA 95814

Living History Experience Manager

Alexandra Kowalski

akowalski@sachistorymuseum.org

(916)808-1946 –direct

(916)808-7059 –museum front desk

Submit articles & ideas to Aly
Deadline for submissions is the 10th of
the month.

Content compiled by Robbin Riggins



**SACRAMENTO
HISTORY ALLIANCE**
Connecting People Through History