



Canadians at Table: Food, Fellowship, and Folklore: A Culinary History of Canada

Dorothy Duncan

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Here is one of the most unique and fascinating food histories in the world, exploring the diverse culinary history of Canada.

Winner of the 2007 Canadian Culinary Book Award for Canadian Food Culture

In *Canadians at Table* we learn about lessons of survival from the First Nations, the foods that fuelled fur traders, and the adaptability of early settlers to their new environment. As communities developed and transportation improved, waves of newcomers arrived, bringing memories of foods, beverages, and traditions they had known, which were almost impossible to implement in their new homeland. They discovered instead how to use native plants for many of their needs. Community events and institutions developed to serve religious, social, and economic needs from agricultural and temperance societies to Womens Institutes, from markets and fairs to community meals and celebrations.

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