



THE  
**VINTAGE**  
**GENERATIONS**  
COOKBOOK





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COOKBOOK

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# FOREWORD

Dear Readers,

Thank you for picking up *The Vintage Generations Cookbook*. This cookbook began as a scholarship project for students from Chatham University, just up the hill from Vintage. The project was funded by the Council for Independent Colleges and AARP as part of an initiative called “Intergenerational Connections.” The goal of the program is to help universities jump start activities that bring senior adults and college students into mutually beneficial relationships.

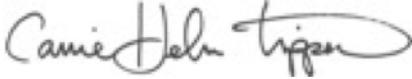
Our project is centered around food because my research and teaching as an English professor is also around food and the stories that we tell about it. We began with two goals in mind. First, we wanted to help the community at Vintage to make a cookbook with favorite recipes that represents the vitality, creativity, and diversity of the people who spend their time there. We didn’t just want recipes. We wanted the book to have lots of stories in it to really show off the people we met. The students acted like journalists, interviewing the contributors about their recipes and getting to know them well enough to write the stories you’ll read around the recipes. We also made audio recordings of these stories with the help of our friends at Chatham’s Center for Regional Agriculture, Food, and Transformation (CRAFT). These recordings will be archived in our library and available for researchers who want to study food in Pittsburgh.

The second thing we wanted to accomplish was perhaps more important: we wanted to make friends! “Intergenerational Connections” is not about community service or some kind of one-way information dump on seniors. We truly wanted to learn from the people we met. We saw very quickly that Vintage already has a thriving and vibrant community; you didn’t need us to give you a reason to be there! We knew this on the first day when we

had to wait for yoga class to finish before we could set up our first lunch. While the yogis were putting away their props, they sprang into action helping us to set up tables, find ice and cups, and generally showing us the ropes. Special thanks to Dorothy Bradshaw and Cathie Huber who hosted us with so much grace, and who whipped up so much excitement for the project in the Vintage hallways. We ate together, laughed together, and talked together. We attempted to do their recipes justice in a potluck lunch, and they continued to school us. They shared photographs, stories, and phone numbers. It has been our pleasure to text and talk with our contributors, even after the students went home for the summer.

And so we humbly present to you these recipes from our new friends. We thank our contributors for trusting us with their stories and recipes; we hope that we have done them justice here.

With sincerest thanks,

A handwritten signature in cursive script that reads "Carrie Helms Tippen". The signature is written in dark ink and is positioned above the printed name.

Carrie Helms Tippen  
Assistant Professor of English



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# VERNA ADAMS

Verna was born in Pittsburgh in 1955 and grew up in the East Liberty neighborhood of Pittsburgh. Verna remembers being surrounded by food and cooking throughout her life. Most of her family members were cooks who worked in various restaurants in the East Liberty area. Her father's side of the family was from Covington, Georgia and her mother's from Charlottesville, Virginia. Their southern cooking traditions were central to her family's history, and when she visited family in the southern states, there was sure to be an abundance of food at family and church events.

When Verna was a child, she would sit and watch her mother cook. Verna's mother was known for her homemade icing, cakes, pies, yeast rolls, and skillful cooking, which lacked measuring any ingredients. Her mother passed when Verna was young, but her traditions lived on through Verna's cooking. She mentioned that when she and her siblings regroup, they reminisce by making dishes that remind them of their mother, especially desserts. The morning after these get-togethers, they always ate dessert for breakfast to make sure everybody got their share, Verna equates a full belly with happiness and fond memories.

Today, Verna does not cook as often as she did, but she still enjoys doing so and is interested in looking for a job where she can continue to cook. In her own wise words, "food brings people together," so she wants to continue to bring others together with her cooking.



# VEGAN BEANS

Verna is a heart patient, and she enrolled in a health program that encouraged participants to eat no meat and limited fat to improve their health. Verna loves beans and substituted her original recipe with vegan substitutes in order to provide a healthier yet hearty dish that everyone can enjoy.

## INGREDIENTS

1 lb. dry beans of choice (rinsed)  
1 onion (large)  
4 pieces of fresh garlic  
2 cup shredded carrot  
1 14 oz. can crush tomatoes  
1 vegan beef bouillon cube  
1 vegan chicken bouillon cube  
1 vegan ham flavor concentrate cube  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 teaspoon cayenne  
1 cup of instant brown rice  
salt to season

## DIRECTIONS

Rinse beans. Add beans, onion, garlic, carrots, crush tomatoes, vegan bouillon and concentrate cubes, garlic powder, onion powder, and cayenne into a crockpot. Add enough water to cover the beans. Set the crockpot to high setting and let cook until beans are cooked. Add instant brown rice and let cook until rice is cooked. Add water as needed and rice cooks. Add salt to season and serve.

# GREEK YOGURT RANCH DIP

## INGREDIENTS

1 cup plain non-fat Greek yogurt  
2 tablespoons mayonnaise  
1 teaspoon garlic powder  
3/4 teaspoon onion powder  
3/4 teaspoon dried dill  
1/4 teaspoon kosher salt  
1/4 teaspoon Worcestershire sauce  
1/8 teaspoon cayenne pepper  
sprinkle of fresh or dried chives and parsley for garnish  
(optional)

## DIRECTIONS

In a medium bowl, stir together all of the ingredients: Greek yogurts, mayo, garlic, onion, dill, salt, Worcestershire, and cayenne. Garnish with dried chives and parsley and serve.



## **DOROTHY BRADSHAW**

Ms. Bradshaw came to every day of our cookbook project, recipe cards in hand and quick to assist us with getting ice and hand sanitizer when needed, instantly making her a part of the Vintage cookbook team! Passionate about doing more than just getting involved, she led with determination and was fantastic at bringing others in, convincing four other people to join the project as well. As we began cooking the recipes we were given, Ms. Bradshaw decided to cook as well and frequently brought some of her more famous recipes for us to try, including her savory tart and oxtail soup, both of which went so fast people were left looking for more.

To Ms. Bradshaw, the most important thing is legacy. Growing up in the Hill District of Pittsburgh, her grandmother Hezzie Mae Flewellen was the matriarch of her family and Ms. Bradshaw's earliest and fondest food memories were of learning to cook with her. The whole family came together for preparation. Since Ms. Bradshaw's mother was one of 15 children, it was mandatory for everyone to help prepare food and that tradition continued through the generations. On Fridays they would sit around snapping beans and listening to her mother or grandmother tell stories about how they were brought up. Then they would come together again to make collard greens, mashed potatoes, dumplings, potato salad, green beans and so much more for the big family meals on Saturdays. Dessert was usually pound cake and Jell-O. They never

had recipe cards or cookbooks as it was known that cooking without them was as much a needed skill as chopping up vegetables. It was thought to be an important part of building ones' confidence in the kitchen.

Passing on that legacy, she taught everything she knows to her son Darrell, a fantastic cook now on his own, but that wasn't enough for Ms. Bradshaw. She now also teaches small children from her church cooking basics so that she can continue to pass on the skills she learned from her family.



# COLLARD GREENS

When choosing what collard greens to purchase, Ms. Bradshaw was adamant that your greens can't be the ones pre-cleaned and in a bag. Only the freshest bunches at the bottom of the pile are acceptable. You'll know you have best by the sound: they have to have crunch. She has taken her family recipe and added a few tweaks like the addition of mushrooms for more texture.

## INGREDIENTS

3 lbs. collard greens  
1 whole celery bunch  
2 bell peppers (any color)  
2 red onions (med)  
1 whole bunch of scallions  
2 packs of smoked neck bones  
1 pack of mushrooms (shitake is her favorite)  
grape tomatoes  
1 bulb garlic  
Mix seasoning

## DIRECTIONS

Cut the stems off of the greens (they can be used for a veggie stock), then cut or tear them apart. Rinse in cold water. Place half the greens in enough water to cover them and boil for half an hour. Add the remaining greens and continue boiling. At this time, rinse your turkey neck bones in cold water before putting them in their own separate pan covered in water and boil them on medium heat for another half an hour, as the second half of the greens cook for the same amount of time. Add all additional ingredients, roughly cut, to the greens except the tomatoes and cook for another 1-1.5 hours. Add your now soft turkey neck bones into your greens, with what's left of the water and cook them together for an additional ten minutes. Taste and salt to your preference. Will keep frozen and always tastes better the next day. Serve it with the grape tomatoes sliced in half and hot sauce. Pairs perfectly with cheddar cornbread (recipe on page 11). Makes a lot of food.

# OXTAIL SOUP

“Oxtail is a gelatin-rich meat which is usually slow-cooked. Today it is cow tail, past history was oxen. Oxtail was a favorite dish of the poor and hard working class in times meat was scarce and no part of the animal went to waste. It was often given away for free or sold at a cut price as it was deemed “unsuitable.” Little did they know that it is one of the best tasting meat dishes anyone can make - hearty, rich, nourishing, and warming. It’s one of the world’s favorites.”

## INGREDIENTS

- 2 tablespoons of olive oil
- 2-3 lbs. oxtail cut into med pieces
- 1 onion chopped (med)
- 1 tablespoon minced garlic
- 2 teaspoons fresh chopped thyme
- 2 teaspoons fresh chopped rosemary
- 1 teaspoon smoked paprika
- 1 can stewed tomatoes
- 1 tablespoon ketchup or tomato paste
- 1 whole scotch bonnet pepper
- 2 green onions chopped
- 5-6 whole all-spice seeds (pimento)
- 1 tablespoon worcestershire sauce
- 1 teaspoon curry
- 1 lb. carrots
- 1 teaspoon bullion or cube
- 15 oz. can white italian kidney beans (cannellini) drained
- 2 large potatoes cut into chunks
- 1 cup red wine
- 2 teaspoons cajun pepper
- 15 shakes hot sauce (optional)
- 1 pack brown gravy mix (optional)
- 1 containers of beef broth (enough to cover the veggies)
- Salt to taste





## **OXTAIL SOUP, CONTINUED**

### **DIRECTIONS**

Wash the meat in clear water by hand. Allow the meat to sit in water for 10 minutes and then pat dry. Place your olive oil into a cast iron skillet and bring it to high heat before putting in your oxtails. Get a nice brown crust all over your meat and place the oxtails aside. In the same pan, add your garlic and onion and cook until translucent. Add a few splashes of wine to help loosen the flavor bits from the bottom of the pan. Return the oxtails back to the pan and add the bouillon cube, all your various seasonings, stewed tomatoes, and tomato paste. Heat this together on the stove until it boils with a lid. Allow this to simmer for 2-3 hours, checking the beef for tenderness. Add in your wine and gravy mix. In another pot, place your potatoes, carrots, and scallions in your beef broth and cook together until tender. Once tender, add this to your oxtails together and simmer up to another hour together. Salt and add hot sauce to taste. Makes approximately 4 servings and goes very fast.

# RICE CAKE

## INGREDIENTS

- 2 cups white rice
- 1 cup brown rice
- 1 cup jasmine rice
- 2 cans cream of mushroom soup
- 1 pound of shredded cheese (hot pepper, taco mix, and/or cheddar)
- 2 bell peppers (med)
- 1 red onion (med)
- 2 stalks of celery
- 1 stick of butter (melted)
- Any mix veggie fresh or canned (carrots, peas, etc.)
- 1 sleeve ritz crackers crushed (saltines to substitute)

## DIRECTIONS

Cook your rice by way of your favorite method. Once done, mix in the cream of mushroom soup, crushed crackers, half your butter, fresh veggies, and cheese (save a bit to put on top at the end) all together. Use the second half of the butter to grease your bunt cake pan. Spoon in your mix and then tap it soundly on your counter to get out the air bubbles. Place aluminum foil over it tucked but not tight. Bake it on 325 for 30 minutes then let it rest an hour. Use a butter knife around the edges to loosen the sides, dip the whole thing into warm water and then flip it onto a serving plate. Don't forget to decorate your rice bunt with something as simple as celery leaves or you can go all out with artificial flowers. Makes a lot of food.





# WALNUT & BLUE CHEESE TART WITH CRANBERRIES

## INGREDIENTS

- 1 stick of butter
- 1 red onion (large)
- 1 cups of dried cranberries
- 2 2.25 ounce package of walnuts
- 2 teaspoons of fresh thyme
- 2 eggs
- 2-3 oz. of crumbled blue cheese
- 1 tablespoon sugar
- 1 14 oz. can of heavy cream or sweetened condensed
- 1 16 oz. oreo cookie crust premade

## DIRECTIONS

Heat the oil to a medium temperature. Add your onion with a sprinkle of salt and saute until onion is tender and caramelized. Add the cran-raisens and sugar. Cook until it pops and then add the thyme and walnuts. Set it aside. In a separate bowl, combine the eggs and cream, whisking until smooth. Place the onion mixture into the pie crust. Crumble the blue cheese over it. Pour the egg and cream mixture over everything. Bake until golden and the custard is set, at least 20 minutes. Allow to cool for 15 minutes.

# CHEDDAR CHEESE CORNBREAD

## INGREDIENTS

2 boxes of Jiffy corn muffin mix  
2 eggs (3 if they are small)  
2/3 cup of milk  
1 16 oz. block of sharp cheddar  
1 stick of melted butter  
1 green bell pepper finely chopped (med)  
1 red bell pepper finely chopped (med)  
1 red onion finely chopped (med)

## DIRECTIONS

Whisk the eggs until frothy and then add the milk, half at a time. Pour this mixture over the corn bread mix and finally slowly fold the cheese in. Lastly add the butter and veggies. Bake at 350 and cook as the box instructs while being mindful it might take a little longer because of the veggies. Toothpick test or straw should be clean when done.

# SALMON PATTIES

## INGREDIENTS

1 16 oz. can pink salmon  
1 egg (2 if small)  
1 red onion chopped (med)  
1 green bell pepper (med)  
1 stalk celery  
1 small can black beans drained  
15 crushed crackers (half cup of flour and 1.5 teaspoon of baking powder if you don't have crackers)  
Cooking oil  
Salt to taste  
1 teaspoon of old bay, garlic salt, black pepper, and/or Ms. Dash with lemon

## DIRECTIONS

Drain the salmon but keep 2 teaspoons of the liquid. Clean the salmon and then flake with a fork. Separately, whisk the eggs and add into the salmon with the onion and peppers until sticky. Add the beans, crackers and the 2 teaspoons of liquid all into the mix. Place oil in your skillet and allow it to get hot. Place flour on your hands and make the mix into patties like making burgers. Fry patties on medium heat, 5 min on each side and set them on a paper towel to drain. Makes 4-6 depending on patty size.

# CRAB & SHRIMP SEAFOOD SALAD

## INGREDIENTS

1 can crab meat (imitation is ok)  
1 lb. bag medium shrimp (washed, deveined, and thawed)  
1 can black olives ring cut  
2 bell peppers of optional but contrasting color chopped  
1 red onion chopped (large)  
3 stalks of celery chopped  
1-3 green scallions  
1 pint grape tomatoes whole or sliced  
2 salad dressings - balsamic vinegrete and creamy Italian for moisture  
4 squirts lemon juice  
Sea salt, black pepper, and Ms. Dash lemon to taste

## DIRECTIONS

Clean your crab meat to remove any shells and then flake with a fork. Add shrimp and mix in with some dressing. Add all remaining ingredients (except for tomato), seasonings, and dressing to preferred moisture level. Add tomato. Refrigerate one hour before serving.



## **SHAWNA BRIDGETT**

In recent years, Shawna has been traveling more than ever before, visiting countless places and seeing some of the world's most beautiful places, as well as trying some of the best cuisines out there. She is a huge fan of the food in Paris. Due to this frequent travel, she's also been preparing simple, healthy options when she is at home. Her kale salad is an excellent choice as a meal prep, because all of the ingredients can be prepared separately in large batches and then combined whenever it's time to eat!

# KALE SALAD

## INGREDIENTS

1-2 bunches of kale

1 bunch broccoli

1 small container grape tomatoes

1 can of mandarin oranges in juice

Handful of walnut pieces, like those that come in a can from the store

Some dried cranberries

Dressing of choice (Shawna likes to use ranch)

Black pepper to taste (optional)

## DIRECTIONS

Rinse the kale, remove stems, and cut into small pieces under 2 inches or so. Cut the florets off the broccoli, chop the florets further and dispose of the stems. Toss all the ingredients together to serve at a party, or store the chopped veggies in the fridge and take a little bit and mix up individual servings at home when it's time for a salad.





## MARY BROWN

Mary grew up in Pittsburgh's Southside and Northside where she said that "everybody knew everyone." She comes from a family of seven children (four daughters and three sons--Mary is the second youngest), and the crew would often go to the museum and library in Oakland, also local concerts, or any other cultural events that helped them "learn about themselves." All seven children played instruments, leading Mary (who played the tenor saxophone) to describe her house growing up as a "mad-house" that was always busy with singing and music being played. Her large family was also full of great cooks. Mary's mother and father both taught her all they knew about cooking, passing down age-old recipes and techniques. Mary explains that her older siblings had to learn how to cook; however, she was able to cook just for the fun of it. Her favorite thing to make these days is wedding soup and pound cake.

After getting married and having three children, Mary took the job of cooking for her family. She taught her two daughters and her son how to cook. Today, Mary admits that she just doesn't care too much for the practice anymore. In her home in Penn Hills, she mainly prepares fish and meats ahead of time and then freezes them to eat throughout the week. Mary will still cook for the holidays, however. She spends her time volunteering, teaching an exercise class, and helping at the church. She has made Jesus a very important part of her life.

Mary's great-grandmother was the mind behind the Cold-Water Pound Cake recipe, and the recipe has been tenderly handed down throughout the generations. Mary's father would surprise his children with the cake all of the time. "It could be a Saturday afternoon or a Sunday evening after church – he would make that cake and we loved it," Mary says. The cake wasn't just delicious; it was incredibly special to the family and their history.

# COLD-WATER POUND CAKE

This cake is incredibly fluffy and satisfying, containing just the right amount of sweetness and lemony flavor. As Mary says, this cake is good to make and eat at any time. Try it with fruit, berries, whipped cream, and ice cream for an extra tasty dessert!

## INGREDIENTS

3 eggs room temperature  
1 ½ cup butter  
1 ½ cup sugar  
1 cup cold water  
2 cups flour  
2 teaspoons baking powder  
1 teaspoon vanilla extract  
1 ½ teaspoon lemon extract

## DIRECTIONS

Mix all ingredients except vanilla and lemon extracts into a bowl, mixing well. Next, gradually stir in vanilla and lemon extracts. Bake in a greased loaf pan at 350-degrees. Check for doneness every 20 minutes.



# MICHAEL BROWN

Michael Brown was born in West Palm Beach, FL. She has lived in Stanton Heights for fifteen years, and is a retired teacher who now spends time with her friends at Vintage. She grew up cooking with Thelma James, her Grandmother from Orlando, FL and her sister Nettie Henning. She remembers a fun childhood spent outside and setting down roots in Pittsburgh.

She remembers spending her early childhood in Florida. She remembers eating from the mango tree in the backyard, often having mango fruit salad as well as mango with meat. One day, the neighborhood boys dared her to jump off a roof, so she did, and landed on a board with a nail sticking out of it – her foot was “purple, blue, and ugly” and she was limping. Her grandma sent for a piece of bread, a water bug, and a copper penny to heal her foot. The next day, the swelling was gone, and she could walk on her foot again.

When Michael was nine, her mother first came to Pittsburgh, and settled in the Southside. Her family would later settle in the Hill District. After graduating high school, Michael worked as a Program Administrator for the city. Later, she decided she wanted to be a teacher and work with students. She retired from working with the city of Pittsburgh, she went back to school and received a Masters degree in Special Education. She became a fan of quick and easy meals when she began working as a teacher, because she was also a mother.

She remembers making chicken or turkey for her family on Sundays, a tradition passed down from her mother, who, every day, made a pot of rice. When her Mom came to live with her as she aged, she explained that the rice was a tradition passed on from her mother, who came from Florida and earlier, the Carribean.

One day, Michael’s daughters said to her, “Mom, we want real chicken.” They didn’t want frozen chicken from the store – they wanted a fresh chicken, which was available down the street at the time. They were disturbed at the process of killing and defeathering the “fresh” chicken, and would not eat it. They still owe Michael the money for the chicken.

# GRANDMA'S BREAD PUDDING

This bread pudding integrates both the warmth of a baked sugary dessert and tropical flavors from Florida. Michael's most-loved dish is one she doesn't try herself, because she doesn't like the texture of bread, but one she felt had to be shared.

## INGREDIENTS

### **Bread Pudding:**

6-8 cups of stale bread  
3 cups condensed milk  
1 ½ cups of sugar  
5 tablespoons melted butter  
4 eggs  
2 cups of half and half  
2 tablespoons of vanilla  
1 cup of dried cranberries  
1 cup of coconut  
1 cup of pecans  
1 teaspoon of cinnamon  
½ cup of crushed pineapple  
1 teaspoon of nutmeg

### **Custard Sauce:**

2 cups of milk  
4 eggs  
1 tablespoon of flour  
¾ cups sugar  
1 teaspoon vanilla

## DIRECTIONS

**Bread Pudding:** Combine all ingredients. The mixture should be very moist but not soupy. Pour into a buttered 9x14 inch baking dish. Place in a cold oven. Bake in oven at 350 degrees for about 1 hour and 15 minutes, or until top is golden brown, or when you insert a knife in the center it comes out clean. Serve with a custard sauce.

**Custard Sauce:** Cook all ingredients in a saucepan until they slightly thicken.



# LYNDA CHRISTOPHER

Lynda was born in Garfield in 1953. She is one of four children in her immediate family, but her extended family included 46 cousins when she was growing up. Her Nanny was a mother to 12 children including Lynda's mother during the Great Depression, but she always made do. She lived her life believing that anything could be handled with a pot of tea, and so the children were always fed and the bills got paid. Nobody left the house hungry, and Nanny's Irish soda bread was a staple for their family when there was little else to eat. When it got old and hard, they would crumble the bread and pour milk over it like cereal. Nanny was strong, and she never let anyone know when she was upset. Lynda says "she was an even keel." Her hair, when taken out of the bun, was long and grey aside from the red that was still left at the ends. She was short and crooked from having a lung removed due to tuberculosis, and she had a thick brogue accent.

When Nanny was 12, she left her family's farm in Ireland and came to the United States with only a 6-year-old boy whom she was instructed to deliver to his family in Homewood. Nanny immediately went to work in Homewood as house staff for a wealthy family. Her parents always remained in Ireland. When she got older, she met her husband at a dance at the Irish Center in Swissvale, which still remains today. He had a good job outside of the mills. He was Nanny's catch.

Of Lynda's 46 cousins, 35 lived within walking distance of Nanny's Garfield residence and would come to eat almost every day. She wasn't a great cook, but she could cook a few things well. Nanny never stopped making her Irish soda bread, adding caraway seeds and raisins when there was money to do so. When Lynda was a teenager, she followed Nanny around trying desperately to learn how to bake the bread. Nanny would use big mugs to measure, and when Lynda would ask how much she was putting in Nanny would respond "Oh I don't know, I just go by the feel." Lynda thinks that she does the bread justice having been the child who spent the most time trying to learn, but every cousin has a different version, and there aren't any uncles left to remember what it was really like. The most important ingredient though, which each grandchild has and could never forget, is the memory of Nanny, which makes everything sweeter.

# NANNY'S IRISH SODA BREAD

## INGREDIENTS

4-4 ½ cups of flour  
2 tbsp of sugar  
2 tsp of baking soda  
1 tsp of salt  
1 cup of raisins  
1 large egg, beaten  
4 tbsp of butter  
1 ¾ cups buttermilk  
1 ½ tablespoons caraway seeds (a MUST for Nanny's bread)

## DIRECTIONS

Heat oven to 350 or 375. Mix flour, sugar, salt, and baking soda. Melt the butter, but don't let it get hot. Add buttermilk and the beaten egg. Add caraway and raisins. Make an indentation in the middle of the flour mixture and pour in the butter mixture. Mix with your hands in a circular motion until it is evenly mixed and then stop. Don't mix it for too long. Once mixed, lightly knead it until the dough takes on a shaggy texture, and then stop. Do not over-knead. Shape dough into a round loaf, and cut an X into the top, about ¼ inch wide and as long as the top of the loaf. Nanny baked her's on a cookie sheet, but you can use an 8-9 inch round pan if you aren't as good at shaping the dough as Nanny was. Bake for 45-60 minutes, checking it often after 45 minutes have passed. Test if the bread is done with a long skewer. Tap the bottom of the bread with your thumb. If it's done, it will sound hollow. Serve slathered in Irish butter, and store leftovers in foil. Eat within two days.



## **NORMA DAWSON**

Norma Dawson was born in Pittsburgh in 1943. Norma spent most of her life in Pittsburgh but moved to Washington, D.C. for a few years when she was seventeen. She returned to Pittsburgh when she was twenty-one and was married within the next year.

Her husband was in the military, which required them to travel frequently. They moved to Virginia but soon found themselves in Italy, Panama, and Texas. During this time, Norma had four children and would become a single mom returning to Pittsburgh.

Norma emphasized that someone raising four children on a budget needs to be inventive out of economic necessity. This led Norma to be creative with hamburger. Desperate to increase her children's vegetable consumption, Norma would attempt to make new dishes like eggplant parmesan, which was unsuccessful with her children, and to this day, they joke with her about the eggplant parmesan. Because of that time in their lives, Norma admitted that hamburger is not one of her favorite foods now but remains a favorite of theirs.

Norma fondly remembers family dinners at her grandmother's house in Garfield. Her grandmother never measured her ingredients, which made it difficult for Norma to replicate, so she learned to cook on her own. Her mother was known for her homemade gravy and pies; Norma said she has not had as good a pie as her mother's.

Today, Norma lives in Lawrenceville and does not cook much for herself. She describes meals she cooks for herself now as convenient but absent of processed foods. She will, however, cook spaghetti and homemade meatballs when family or friends come to visit.

# EGGPLANT ZUCCHINI BAKE

Norma wanted to provide a healthy recipe that most people can enjoy. She found the recipe in a cookbook when she was looking for meals to increase vegetable consumption in her and her children's diets.

## INGREDIENTS

2 cups sliced zucchini  
2 cups sliced eggplant  
1 1/2 cups chopped tomato  
1/4 cup parmesan cheese  
1 tablespoon Italian seasoning  
2 teaspoons olive oil  
1/4 cup breadcrumbs  
Salt or oregano to taste

## DIRECTIONS

Mix zucchini, eggplant, and tomato in a large bowl. Add cheese, herbs, oil, and salt. Mix well. Add to 8x8" baking dish. Bake 20 minutes at 400 degrees. Remove from oven and stir well. Add bread crumbs. Return to oven and bake 30 minutes more. Makes 4 servings.



# LYDIA DOUGHERTY

Lydia grew up in a family that always cooked and never went out to eat. Her family grew a lot of their food including corn, green beans, rhubarb, and squash. They would also barter with their neighbors using the food that they grew. Since family was so important, Lydia grew up cooking with her mother and grandmother, who lived across the street. She also had three brothers, two older and one younger. Lydia learned how to cook without using measuring cups by feeling the ingredients in her hands, and she would rub spices between her fingers to smell them and learn what goes together. Cookbooks are also not something she uses because she is able to cook from memory. Her mom would often cook food on Sunday that was meant to last three to four days to fit with their busy schedules. She spoke often of “stretcher foods” that would make what they had last as long as possible. However, occasionally they would splurge and cook food like reubens. Now, she shares that love of cooking with her daughter and her friends. In addition to the recipe that she shared, there are many others that are exclusive to the family and are not to be shared with anyone.

# HALUSKI

## INGREDIENTS

1 pound of bacon  
1 sliced medium onion  
1 clove crushed garlic (to taste)  
1 chopped stalk celery  
1 pound large egg noodles  
1 head of cabbage  
1/2 stick butter  
Salt & pepper to taste  
Caraway seeds (sprinkled on top)  
Sliced tomatoes

## DIRECTIONS

Fry bacon. Remove bacon from pan. DO NOT DRAIN PAN. Coarsely chop bacon. Set aside. Place the sliced onion, garlic, and chopped celery in a pan, with drippings, over medium heat. Cook until tender. In separate pot, cook egg noodles. Drain and butter well, reserving 1/2 cup of water. Set aside.

Thinly slice the cabbage. Add to onion, garlic and celery. Add 1/4 cup water to pan. Cover until cabbage is tender (add water as needed). Add butter. Mix well. Add noodles. Mix well. Salt & pepper to taste. Add bacon. Mix well. Sprinkle with caraway seeds. Serve with sliced tomatoes.

Don't plan on leftovers. The size of the cabbage will determine the number of servings.

# FRESH BROCCOLI SOUP

This dish is great for an early-fall meal preparation, or for a shareable lunch. Broccoli soup pairs well with crusty bread or an arugula salad.

## INGREDIENTS

4 Cups (about 1 pound) broccoli stems cut very fine  
1 quart of chicken broth  
½ cup finely chopped onions  
4 to 6 chicken bouillon cubes  
¼ cup (1/2 stick) of butter  
¼ cup of all purpose flour  
1 cup of half and half  
1 ½ cups of finely cut broccoli florets  
¼ teaspoon of white pepper

## DIRECTIONS

Combine the broccoli stems, chicken broth, and onion in a saucepan. Bring to a boil and cook for 10 minutes. Add the bouillon cubes and cook 3 minutes longer. Strain, preserving the broth. Process the cooked broccoli stems and onion in a food processor. Return it to the broth.

In a separate saucepan melt the butter and add the flour. Cook and stir for 5 minutes over low heat, be careful not to brown. Stir until the mixture is thickened. Add the broccoli florets and white pepper. Let it simmer over low heat for 20 minutes, stirring constantly. Makes 4-8 servings.



## **SANDRA FOSTER- WATKINS**

Sandra Foster-Watkins was born in Pittsburgh to a devoted and religious family. Her family moved from Grove Street in the Hill District to Monticello Street in Homewood where she grew up surrounded by her grandparents, mother, and siblings. After traveling the world, visiting places such as Ghana, Saint Croix, Puerto Rico, and Guatemala, and after working as a fraud investigator for the FBI for 37 years, Sandra has joined the Vintage community.

# OLD-FASHIONED TEA CAKES

Sandra's original tea cake recipe originates from her grandmother, a woman she considers a major influence in her own life. Although Sandra does not recall watching her grandmother make the tea cakes, she remembers the light taste and the atmosphere surrounding them. They were especially loved treats on Sundays after church. Passed down verbally from her grandmother to her aunt and then to her own mother, the recipe was never officially written down. Sandra once attempted to watch her mother make the tea cakes, only to get lost in the process. Now, after scouring the internet for an approximation, Sandra has found a recipe that lives up to her memory. Adapted from a recipe by Lana Stuart of [lanascooking.com](https://www.lanascooking.com), these refreshingly simple sweets act as the perfect complement to a cup of coffee or tea.

**Adapted from:** <https://www.lanascooking.com/old-fashioned-southern-teacakes-and-a-lifetime-of-food-memories/>

## INGREDIENTS

- 2 sticks butter, softened
- 2 cups sugar
- 3 eggs, room temperature
- 2 tablespoon buttermilk
- 5 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- Additional sugar for sprinkling

## **OLD-FASHIONED TEA CAKES, CONTINUED**

### **DIRECTIONS**

Cream the butter. Slowly add the sugar, beating thoroughly. Add eggs one at a time, beating after each addition. Next, add the buttermilk and beat well. Combine the flour and soda. Mix slowly and gradually add the flour mixture into the creamed mixture. Stir in the vanilla. Shape the dough into a loaf, cover with plastic wrap and chill overnight.

Preheat oven to 400 degrees. Remove the dough from the fridge about 15 minutes before rolling. Working with 1/4 to 1/3 of the dough at a time, roll dough to 1/4 inch thickness on a lightly floured surface. Cut into rounds using a large biscuit cutter. Place the rounds 1 inch apart on lightly greased cookie sheets. Ensure the dough is at least 1/4 inch thick to give the teacakes a “cake-y” interior texture. Sprinkle lightly with additional sugar. Bake for 7-9 minutes or until the edges are very lightly browned. Remove the cookie sheet from the oven and allow teacakes to cool for several minutes before transferring to wire racks to cool completely. Makes about 2 ½ dozen.



## **CATHIE HUBER**

Cathie Huber, aka “the Pie Lady,” has had a passion for collecting recipes since she was in 5th grade. Clipping and experimenting with recipes quickly became a hobby of hers, and Cathie was always happy to try out new recipes on her family. When she returned home from her college dorm with recipes in hand, sometimes her father would “cringe” waiting to see what she would cook up next. However, Cathie’s creative spin on familiar recipes, mixing a variety of flavors and textures, does not disappoint.

Cathie was born in North Jersey and moved to Levittown, Pennsylvania when she was eleven. She attended Woodrow Wilson High School (now Harry S. Truman High) and later went to Penn State to receive her Bachelor’s in Education. Cathie ended up teaching 2nd grade at Miller School in the Hill District and fell in love with her students. She taught for many years and then became a stay-at-home mom after her first son was born in 1974, dedicating her time to caring for him and his younger brother. She lived in her home in Point Breeze for thirty-four years.

Nowadays, Cathie lives with her beloved cat, Delilah, in Swissvale and enjoys line-dancing, relaxing with coffee and newspaper in the mornings, and watching Jeopardy! religiously. Cathie’s favorite foods are peanut butter, eggs, and cheese, and she has a hatred for boxed milk as it always seems to ruin whatever she’s baking.

She still collects recipes but admits she doesn't cook as often as she did when she had two sons and a husband in the house who were hungry all of the time. Despite this, Cathie still has a reputation as a wonderful cook. Women at the Lady's Auxiliary knew her for her famous "Ham Barbeque" and she is referred to as the "Pie Lady" at Swissvale community dinners. She makes a variety of different delicious pies, one of which, the "Easy as Pie" Apple Crumb Pie, is listed in this book. Cathie uses careful techniques in her pies, ensuring that they turn out perfect, tasty, and leave people asking for seconds.

# "EASY AS PIE" APPLE CRUMB PIE

Cathie writes, "I like to make applesauce but was not thrilled with the white sugar/cinnamon/nutmeg variety. This last time, after peeling and grating the apples I just added a little brown sugar, nothing more, and I liked it a lot better. Also, I have used the technique of cooking the apple pie filling before turning it into the crust since I saw a recipe in a magazine a few years ago...you don't get that awful 'dome' when raw apples cook down."

## INGREDIENTS

14 whole ordinary graham crackers crushed to coarse crumbs  
1/3 cup sugar  
1 stick margarine  
4 lbs apples suitable for baking, peeled and chopped/  
sliced as you ordinarily would for pie  
1 cup packed brown sugar  
3 Tbsp. cornstarch

## DIRECTIONS

Preheat oven to 350 degrees. For the crust, melt margarine and combine with sugar and crumbs. Be sure to set 1/2 cup of crumbs aside for the topping. Press crumb mixture onto the bottom and sides of a 10" pie plate. Bake crust for 10 minutes. Put reserved 1/2 cup of crumbs into the oven in a separate pan to bake during the last 3 minutes. Let cool.

For the filling, mix together brown sugar and cornstarch. Gently stir the cornstarch/sugar mixture into sliced apples. Cover the bowl of apples with wax paper and cook in microwave on high setting for 5 minutes. Stir. Repeat twice more and let cool.

Turn filling into crust and top with reserved crumbs. Delicious cold or at room temperature, but scrumptious when served warm with a scoop of vanilla ice cream!

# SUPER EASY HAM BARBEQUE

Cathie writes, “I belonged to the Women’s Auxiliary and we had a food booth for the annual Regatta. This was the ham barbecue we sold. It was very easy, very tasty, and very popular. Of course, we made it up in much larger quantities, but every year we would sell out and had to send someone running to the store for additional ingredients.”

## INGREDIENTS

1 12 oz. can Coca Cola  
1 ½ lb. chipped (shaved) deli ham  
1 cup ketchup\*  
1 Tbsp. sweet relish\*  
1 Tbsp. finely chopped onion (optional)

**Alternate:** ½ cup ketchup, ½ cup bottled barbecue sauce, and add a little molasses to increase sweetness if desired

## DIRECTIONS

Separate slices of deli ham so they get thoroughly coated with sauce. Combine Coca Cola, ketchup, relish, and onion (or barbecue sauce and molasses) and mix well. Add ham to the sauce and heat through.

Makes 10 sandwiches.

# LIT'L SMOKIES APPETIZER

## INGREDIENTS

1 pkg. Lit'l Smokies (brand of little sausages)  
1 pkg. bacon  
Approx. 2 tbsp. brown sugar (or more to liking)  
Pineapple juice (optional)

## DIRECTIONS

Preheat oven to 350 degrees. Cut Bacon strips into thirds and wrap pieces around smokies. Put a toothpick through the bacon and smokies. (Optional) Sprinkle a little pineapple juice in 9"x13" pan. Put smokies in 9"x13" pan. Sprinkle brown sugar on top. Bake for about 30 minutes or until smokies and bacon are cooked tender crisp.

# CHEESE SOUP

## INGREDIENTS

6 slices of bacon  
1 onion (large)  
4 stalks of celery  
½ cup flour  
3 cups chicken broth  
3 cups milk  
Whole head of broccoli or cauliflower  
1 pkg. of Velveeta cheese

## DIRECTIONS

Cook cut-up bacon until done. Cook chopped onion and celery in bacon drippings for 5 min. Add flour; cook and stir 1 min. Add chicken broth and milk. Cook and stir until thick. Add vegetable and cook 6 to 30 min. as required. Turn off heat. Add cubed Velveeta. Stir in and let melt. Adjust with milk/flour to desired consistency if too thick or too thin. (Optional) Season with salt, pepper, Tabasco to taste.

# PINEAPPLE CAKE

## INGREDIENTS

1 package yellow cake mix  
20-ounce can crushed pineapple in juice  
3 eggs  
½ cup vegetable oil  
2 cups confectioner's sugar  
½ teaspoon vanilla

## DIRECTIONS

Drain ¼ cup juice from pineapple. Reserve. Combine juice from crushed pineapple (not reserved juice), the cake mix, eggs, and oil. Beat until thoroughly and evenly mixed. Stir in the crushed pineapple until evenly distributed. Grease the bottom of a 9"x13" baking pan. Pour in batter. Bake in preheated 350-degree oven 28 to 30 minutes. Cool. Combine reserved juice with confectioner's sugar and vanilla. Beat until smooth. Spread thin layer over top of cake. Enjoy! The cake is better the next day. It's very moist and the pineapple flavor comes through.

## How Do I Remove the Cakes from the Pan?

For a cake you will turn out of the pan, especially a Bundt shaped pan, try Cathie's Cake Release! Beat in an electric mixer equal parts of flour, vegetable oil, and shortening. 1/4 cup each should work. Paint the inside surfaces of the pan very liberally with this combination before pouring in your batter. Cathie says the cake will come out like a dream!

# FAT-FREE WHIMSICAL CAKE

## INGREDIENTS

### Cake

1 can (1lb., 14oz.) fruit cocktail  
2 cups sugar  
3 eggs  
3 cups sifted flour  
1 tablespoon baking soda  
1 teaspoon salt  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
¾ cup flaked coconut  
¾ cup chopped pecans  
1 ½ cup raisins  
2 ½ teaspoon vanilla

### Sauce

½ stick butter or margarine  
¾ cup sugar  
½ cup evaporated milk  
2 teaspoons vanilla

## DIRECTIONS

**Cake:** Put all cake ingredients (including syrup from fruit cocktail) into a large bowl. Stir until well blended. Pour into prepared Bundt or tube pan and bake at 325-degrees for 1 ¾ to 2 hours. Begin testing for doneness at 1 ½ hours. Don't overbake! Cool on rack for 5 minutes, then release cake with spatula, if necessary. Turn out onto cake rack and set cake rack on baking sheet.

**Sauce:** In a saucepan boil butter or margarine, sugar, and evaporated milk for 3 minutes. Add vanilla. Spoon over hot cake.





## ROZALIA JORDAN

Rozalia grew up in Homewood-Brushwood. Her grandmother was the first African American woman involved in the Electoral College in Pennsylvania. She has four brothers, two older and two younger. She is a retired educator and she enjoys knitting, sewing, crocheting, and baking. Growing up, she remembers a large garden with vegetables, fruits, flowers and chickens, where her family grew most things they needed to eat. She was raised to eat most everything from scratch.

Rozalia specifically remembers the white, red, and black seedless grapes that grew in their garden. She explains the only thing her family grew they could not eat were White Delicious apples from an apple tree, which did not taste good, though the tree was a good shade tree. She remembers making chicken and dumplings with no processed ingredients with her mother. She also remembers her mother's hot rolls—her family was known throughout the entire Brushwood area for having bread on the weekdays because her mother's recipe allowed them to rise even in the refrigerator. Her mother worked in the cottage industry, and she taught each family member to learn to sew to help with the family business of making chair covers. Her mother also taught every family member, brothers included, how to cook.

The first dish Rozalia cooked on her own, when she was five years old, came from a White Freestone peach tree her grandmother brought from Alabama. She made a peach pie in a "Suzy Homemaker" toy oven with a little light bulb. She had made her own crust and stuffing with the fresh peaches and cinnamon. It blew out all the fuses in the house, but it tasted delicious.

# CRANBERRY ORANGE NUT BREAD

This dish is best made with love. It is baked in a regular loaf pan, and given to couples when they are together because if you give it to one, the other person is not likely to see it. It doesn't have as many calories as it tastes like. It is a tangy and sweet dessert is good for the holiday season. Rozalia likes to eat it sliced, toasted, and smeared with cream cheese or butter. Serves two.

## INGREDIENTS

3/4 of a cup of orange juice  
1 Tablespoon of orange peel, ground in a food processor  
1 cup of sugar  
1 egg, beaten  
1/4 cup of melted butter  
3 1/2 cups of flour  
1 teaspoon of baking soda  
2 teaspoons of baking powder  
1 cup cranberries, halved  
3/4 cup of coarsely chopped English walnuts  
A pinch of salt

## DIRECTIONS

Preheat the oven to 375 degrees. Combine flour, baking powder, baking soda, and salt. Then, stir in cranberries and walnuts. In a separate bowl, mix together orange juice, orange zest, egg, and melted butter. Fold together like a muffin mix. Combine the ingredients then transfer into a buttered loaf pan. Bake 55 minutes in the oven at 375 degrees.



## **VERA MATTHEWS**

Vera is a mother and retired clerk. She lives in Penn Hills and takes the bus to the Vintage Senior Center, especially on Mondays for movie day and lunch.

Vera grew up in Pittsburgh's Hill District on LaPlace Street with her parents and two sisters, Alberta and Barbara. She and her sisters were active girls who swam in the local pool and rollerskated in shoe skates. They were very proud that they had high top boots with wooden wheels built in instead of the more common kind that kids put on over their shoes. They were part of a dance group at Herron Hill High School, choreographing unique routines that they performed on Valentine's Day and other holidays, complete with color-coordinated outfits, pompoms, and lights under their skates. Vera's family didn't have much money but they always found a lot to do. Teeny Harris photographed Vera and her sisters, along with much of the bustling Hill District community.

Vera's mother, Willa Vance, grew up in Lancaster, South Carolina. She moved near her brother in New York and worked as a second floor maid, also looking after the family's little girl, Barbara. She met Albert Thompson, son of Cherokee parents, and came to his hometown Pittsburgh where he worked for American Bridge marking the ships for the welders. He had excellent balance walking across those high beams. The family went to Wesley Center A.M.E. Zion Church where Vera served as a candle girl. A woman from the

NAACP offered a class there which provided Vera her first education in black history. Her high school offered clerical courses in which Vera learned shorthand and typing. After graduating in 1956, she worked as a secretary at a North Side car finance on Federal Street. Although she was the only black person working there, she felt no discomfort because her colleagues were friendly, often bringing flowers and candy.

Vera and her husband Roland named their son Roland Jr. and called him Chip, as in “chip off the old block.” Vera stayed home with Chip for his first nine years, starting out taking Chip in a stroller around Homewood Park across from home. On Saturday mornings when he was little, Vera took Chip to Chatham’s swimming program where he learned to dive. She loved to turn from the heavy Fifth Avenue traffic onto the green, quiet campus. The family eventually moved to Lincoln Park in Penn Hills. When Chip was around eight Vera became a cub scouts den mother, organizing activities with other scout moms, including an entire play the den put on together.

Soul food, to Vera, is what African Americans prepare to nourish their families. She strived to provide healthy food, so she didn’t add much salt. Vera wanted her son to be able to appreciate simple food and get along with people from humble means and different backgrounds, so her fare was intentionally mild. Although, on special occasions she would do a fish fry with lobster in beer and lots of Old Bay. Chip grew up to be open-minded and now eats a vegan diet. He teaches science courses in Arizona and she is very proud of him. Vera looks forward to visiting him in Arizona and cooking vegan dishes together.



# VERA'S SIMPLE GREENS

Use whatever greens are on sale or on hand: collard, turnip, mustard, or kale. Optional: add cabbage. Can adapt a similar dish replacing greens with fresh cut string beans. The ham hock and onion add enough flavor that salt isn't needed. Serves three people.

## INGREDIENTS

2 bunches of greens (collard, turnip, mustard, kale, or any combination of these)  
Ham hocks or pork bones, bacon ends or smoked turkey  
1 large onion

## DIRECTIONS

Spread each leaf on the cutting board and remove the stem. Cut the greens down to medium-sized pieces. Place the cut greens in a dish pan with water. Soak and swish around to wash. Boil ham hocks and onions in the pot with 2-3 cups water until any meat is soft and falling off the bone. Lower to medium heat, remove bones, add greens, cover. After greens are wilted down, stir uncovered until most of the liquid is gone.

# CHIP'S VEGAN GREENS

## INGREDIENTS

Large frying pan or saucepan  
8 cup bag of chopped greens (or 2 bunches) with stems removed  
1 large onion  
1x 16 oz mushrooms (baby bella)  
Grapeseed oil or Earth balance  
Small container cherry tomatoes  
Optional, to taste:  
Agave  
Apple cider

## DIRECTIONS

Add enough oil or Earth Balance to generously coat the bottom of the pan. Place over medium heat and add onions and mushrooms. Saute until everything is soft and the onions begin to become translucent. Add the kale and cover until wilted down, lifting the lid to stir every minute or so. Cut the cherry tomatoes into halves and stir in. Optional: add a teaspoon of vinegar and/or a half teaspoon of agave nectar (or either to taste) after adding the kale.





# VERA'S APPLE CAKE

Chip's friends would call around to ask him, "has your mom been baking recently?" If she had, they would come around to get some of this apple cake. Vera attributes its popularity among the boys to the fact that it's not a particularly sweet cake - it's tart. Vera prefers regular walnuts in this cake instead of black walnuts or any other nut.

## INGREDIENTS

- ½ cup butter or margarine
- 1 cup sugar
- 1 egg
- 1 cup flour
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- 1 tsp cinnamon
- 2 cups thinly sliced Granny Smith apples (other apples will be too moist for Vera's recipe)
- 2 tbs lemon juice over the cut apples if apples are sweet instead of green/sour
- ½ cup chopped walnuts
- Optional: Seedless raisins (Vera prefers golden raisins, but this cake is good with any raisin or none)
- Optional: sprinkle very lightly with powdered sugar - but cook one without this, first, as you won't need it to be sweet!

## **VERA'S APPLE CAKE, CONTINUED**

### **DIRECTIONS**

Preheat oven to 350 degrees. Grease 9" x 13" baking dish (will produce a 1.5-2" thick cake) with a thin layer of butter or margarine, then sprinkle with a layer of flour.

The hardest thing about this recipe is the nuts. Take care chopping the walnuts very small, perhaps even the day before.

To prep the apples, peel and then quarter each apple. Quarter again. Slice each of those sections very thinly. The thinner the apple slices are, the quicker the cake will cook up and the cake will not harden to the baking dish.

Combine everything except apple and nuts in a large mixing bowl. Mix until smooth, then add apples and nuts (and raisins, if including). Mixture will be stiff. Mix further to work the juice out of the apples and into the batter, as that is the only source of liquid in this recipe.

Pour mixture into the baking dish and bake at 350 degrees for 35-40 minutes or until a toothpick can be withdrawn without sticking. Cool before cutting.



# POPCORN IN A POT

One bag of corn went a long way. Vera used whatever corn was less expensive than Redenbacher.

## INGREDIENTS

1 bag of corn

Vegetable or grapeseed oil

Optional: Earth balance or nutritional yeast

## DIRECTIONS

Add any oil to a large pot - Vera always used vegetable oil. Chip says grapeseed oil is a healthy option. Heat the oil a little, but not so much that it pops, splashes or smokes. Alternately, it's safer to add the corn to the pot first. Put the lid on the pot right away. As soon as the corn starts popping, start shaking the pot to make sure the oil coats the kernels. Vera waited until she couldn't hear more popping and felt that the majority of the corn was popped. She usually didn't even use butter because once you start adding butter you never go back! Vera wanted popcorn to be a simple, healthy snack. These days Chip will add Earth Balance and nutritional yeast to his popcorn.



## NANCY PIT

Nancy has gotten to know many neighborhoods of Pittsburgh throughout her life, as her family's restaurant had more than one location when she was growing up. The restaurants were usually placed near mills since mill workers were their primary patrons, and they were always called Chris K's, after her father, or Baba, Chris Kastanias who was born in Greece. Chris and his sister Daphne came to the states on a boat when they were young, and with them came Greek culinary traditions like making wine and oil. The children called Daphne Theia which is a common Greek word for aunt. Theia wasn't very good at English when Nancy was growing up, and she recalls a time when she felt misunderstood by her. In a bout of frustration with her family, teenage Nancy who lived in Aspinwall at the time, had told her aunt to leave her alone. Somehow what she said was taken to mean "go back to Greece," which Nancy knows wasn't what she meant at all. She remembers going to work at the restaurant in Blawnox after school, and when her sisters caught word that their father was on his way to that restaurant, they got Nancy into a car and drove her to the restaurant in Lawrenceville, saying "We don't want you to cross paths with Baba, he thinks you told Theia to go back to Greece."

Despite the occasional hiccup as is normal in any family, Nancy has fond memories of Theia and her cooking, especially the Greek meatballs that she would make for Nancy and her brother while

they were still at home. The Keftedes were different from American meatballs because they are full of extraordinary flavors. Mint is very important to the recipe, and Nancy remembers that fennel was used in Theia's. Sometimes Theia would serve them with mashed potatoes, or more often she would serve with a simple tomato sauce.

# KEFTEDES

## INGREDIENTS

1 ½ pounds ground round steak or lamb, or combination  
2 eggs, lightly beaten  
2 medium onions, finely chopped  
½ cup fine, soft bread crumbs  
2 tablespoons chopped parsley  
1 tablespoon chopped mint  
¼ teaspoon cinnamon  
¼ teaspoon allspice  
Salt and freshly ground pepper to taste  
Oil for pan frying

## DIRECTIONS

Combine the ingredients, aside from oil, and mix thoroughly. Refrigerate the mixture for several hours. Shape into small, bite sized balls and fry in hot oil until brown. Serve hot with your favorite red sauce, or mashed potatoes.



## **DENISE SCOTT**

Denise volunteers at Vintage and has lived in Stanton Heights for over fifty years. She is a mother of sons, an eldest sister, and a retired school-teacher.

She learned to cook from her mother, who told her if she planned and executed one meal per week for her family, she could stay up and listen to her favorite radio show, *The Shadow*. She remembers helping with household chores alongside her mother and sisters.

After she graduated high school, she realized she did not have enough money to get to college, so she started out as a secretary. She then had her children, and would volunteer at their school, Sunnyside. Their teachers told Denise she would make a great teacher, so she took the CLEP exams and earned two years of credit. Then, she finished her teaching degree at the University of Pittsburgh.

She remembers an apartment on Stratford Avenue, with one oven, and then moving to her home in Stanton Heights which had double ovens. Her children grew up there, where they went to local schools and then the Art Institute. She was busy in her teaching occupation, though she was lucky to have four cooks in her family, as her husband and sons were good cooks as well.

She fondly remembers holiday meals with her mother and her family, who was a fan of dishes that could be prepared before the day of the festivities. Denise was always responsible for making candied sweet potatoes. She shared that potato dishes remind her of family dinners she always enjoyed.

# MARCELLA'S PARTY POTATO PUFFS

Denise shared with us that her Mom “was always finding ways to make ordinary dishes more festive.” For frugality’s sake, she always bought potatoes by the bulk, so Denise learned many different potato recipes growing up. The dish is a shared tradition with Denise and her son, though her mother would always bring it for Thanksgiving Dinner at Denise’s home.

## INGREDIENTS

1 5 lb. bag of Russet Potatoes  
2 to 3 tablespoons of butter  
1 cup milk  
Preferred seasoning  
Paprika

## DIRECTIONS

Boil potatoes until tender, not too soft. When ready to prepare the puff, add butter, milk, and seasoning. Denise uses cilantro and rosemary. Mash or whip the potatoes. Put the mixture in a shallow pie pan sprayed with cooking spray. After smashing the potatoes in the pan, sprinkle paprika on top. Bake at 350-375 degrees in oven for 45 minutes. The top should puff up, brown, and be crusty.



# HEN AND DOG

Denise's son was creative in the kitchen growing up, and he came up with this easy and efficient recipe. Various cheeses can be used. Denise recommends cleaning up as you cook, unlike her sons. These can be served with bread or fruit.

## INGREDIENTS

2 hot dogs, any kind (turkey are better than chicken)  
2 large eggs  
2 slices of cheddar or favorite cheese

## DIRECTIONS

Boil hot dogs for 8-10 minutes. Cut hot dogs almost in half and lightly fry both sides. Set hot dogs aside and scramble eggs, add seasonings to taste. Lay scrambled eggs in each hot dog. In pan or microwave lay cheese slices on top of hot dogs and heat to melt cheese.

# TOM STURGILL

Tom is the compassionate and involved director of Vintage. He was always busy taking care of Vintage while we were there, but always took the time to check in with us and find additional participants for the project. On one such occasion he mentioned in passing the foods he grew up on and we knew he needed to be a part of the project, not just on the sidelines!

He grew up in rural West Virginia eating what he calls Appalachian food and all these years later, he would rather have his mountain comfort food over fancy gourmet food any day. He was always a skinny kid and his grandmothers didn't teach him to cook, but took it upon themselves to make sure to really feed him when he'd get to see them.

He was surprised once he moved to Pittsburgh and learned that northern style cornbread was sweet like cake and made with yellow corn meal, and he did not like it. This prompted him to reach out to his mother and share her recipes for his favorite meal: soup beans and cornbread. There are a few family feuds over the right way to make cornbread, one grandmother always said with an egg, the other said without, but either way it comes out crunchy on the outside and fluffy on the inside.

# CORNBREAD

## INGREDIENTS

1 cup white corn meal  
1/2 cup self-rising flour  
1/2 tsp baking soda  
1/2 tsp salt  
1 cup buttermilk  
1 tbs oil

## DIRECTIONS

Combine dry ingredients then mix in buttermilk. Heat your oil in the skillet and then pour the oil into your batter and mix. Pour the batter into hot iron skillet and bake in hot oven [425-450 degree]. Bake about 15 minutes.

Once your corn bread and relish are completed, you just open up a can of pinto beans (what he calls soup beans), smash a few for a “gravy” and heat them up in a pan. Then add the cold pickle relish (mentioned above) and some room temp sweet onions chopped up. Season with salt and pepper to your liking and eat it together with the pickle relish and buttered corn bread. To Tom, there is no finer meal.

# SWEET PICKLE RELISH

## INGREDIENTS

4 cups chopped cucumbers  
2 cups chopped onions  
1 chopped green pepper  
1 chopped sweet red pepper  
1/4 cup salt  
3 1/2 cups sugar  
2 cups cider vinegar  
1 Tbs celery seed  
1 Tbs mustard seed

## DIRECTIONS

Combine cucumbers, onions, peppers in a large bowl, sprinkle with salt and cover with cold water. Let stand two hours. Drain thoroughly: press out excess liquid. Combine sugar, vinegar and spices, heat to boil. Add drained vegetables and simmer 10 minutes. Pack into hot half-pint jars, leaving 1/4 inch head space, adjust lids. Process 10 minutes in boiling water. Makes 8 half-pints.



## NAOMY TALLON

Naomy Tallon was born in Mars, PA in 1936, living on a small farm before moving with her family to Pittsburgh in 1948. Naomy served the U.S. Postal Service for years before becoming a restaurant owner. “Simply Banana,” formerly located on Saltsburg Road and later renamed “Charna’s Café,” was the project of Naomy and a dear friend, the titular Charna. The two graduated from CCAC with degrees in restaurant management in order to run their business as effectively as possible. Beginning as a spot dedicated to breakfast foods, the café quickly branched out, incorporating lunch, dinner, a brunch buffet, as well as special events, including a comedy and talent night. Now, Naomy volunteers her time at Vintage Senior Center and has offered to share her deliciously successful recipe with the world.

# BANANA NUT BREAD

Beginning as a home cooked treat, Naomi and her close friend, quickly realized they had a marketable and delicious product on their hands. After distributing it in their neighborhood for a time, Naomi and her friend decided to go into business together. This was the birth of “Simply Banana.” Even now, despite having moved to Florida, Naomi’s partner still regularly bakes their banana nut bread.

Naomy recommends experimenting with the recipe, adding different kinds of fruits or nuts, or perhaps even chocolate, to vary the taste of the bread. She also recommends pairing it with coffee.

## INGREDIENTS

3 over ripe bananas  
2 cups flour  
1 cup sugar  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 cup milk  
1 teaspoon lemon juice (optional)  
1 teaspoon vanilla  
1/2 stick butter  
1/2 cup of your nut of choice  
Pinch of salt

## DIRECTIONS

Preheat oven to 350 degrees. In a bowl, mix flour, baking soda, baking powder, nuts, salt and sugar. In a blender add milk, butter, vanilla, lemon juice and bananas. Blend until mixture is liquid. Add the blended mixture to dry ingredients and mix until batter is smooth. Pour into lightly greased loaf pan or muffin pan. Cook for 10 minutes or until knife comes out clean.



## VENISA WILKES

Venisa paints at Vintage and lives in the Hill District of Pittsburgh. She has lived in Pittsburgh her whole life and attended the same high school as playwright August Wilson. She enjoys baking for others in her community as well as healthy cooking.

She started baking in her teens, though she explains she did not really cook until she was married. She enjoys baking for the various clubs she participates in, such as the Birthday Club, and the Painting Club. She enjoys baking for parties her clubs organize.

Her grandmother, who lived to be ninety years old, was from Montgomery, AL. She believed “in doing the right thing, being good to people, and being kind.” When she was married, she moved from Alabama to Pittsburgh and came north. Her grandmother lived on Milwaukee Street in the Hill District in Pittsburgh, where Venisa grew up and still lives. She explains, “I love The Hill...this is where I went to school, and where my church is. It’s my home and I wouldn’t live anywhere else.”



# CREAM CHEESE POUND CAKE

Venisa shared this dessert recipe with us. Her grandmother from Alabama would always say “pound cake is like a letter from home.” This decadent dish is a great dessert to have at the table and to send guests off with.

## INGREDIENTS

1 ½ cups butter, softened  
1 (8-ounce) package cream cheese, softened  
3 cups sugar  
6 large eggs  
3 cups all-purpose flour  
Dash of salt  
1 ½ teaspoons vanilla extract

## DIRECTIONS

Preheat the oven to 325 degrees. Beat butter and cream cheese at medium speed of an electric mixer about 2 minutes or until creamy. Gradually add sugar, beating 5 to 7 minutes. Add eggs, one at a time, beating just until yellow disappears. Gradually add flour and salt, mixing at low speed just until blended; stir in vanilla. Pour into a greased and floured 10 inch tube pan.

Bake at 325 for 1 ½ hours or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes, remove from pan, and cool completely on a wire rack.

Makes one 10” cake.





## **ROSALYND "ROS" WILLIAMS**

Rosalyn “Ros” Williams is a Pittsburgh native who grew up in the projects on Burrows Street. She started developing her cooking skills as a kid when she and her mama Louise got up early to cook for the family: two brothers, five sisters, and her father, William “Babe” Johnson. Her mom was born Louise Anne Hamilton in Orangeburg, South Carolina where she was one of twelve siblings. Louise told Rose “You have to wait on the boys,” but also set an example of a powerful and assertive woman. When she cooked one big pot of food, if anyone didn’t eat what she had prepared then they simply didn’t eat. Louise understood the economy of scale; she couldn’t afford to buy and prepare five different things. When Babe returned home late, Louise would immediately ask him where he’d been. The kids would say, “Leave him alone, he just got home!” Louise’s definition of taking care of the boys might have been just as much about taking charge of them.

Louise wanted to get the family out of the projects and into the Lincoln Park neighborhood in Penn Hills, so they moved into a house there. It was a largely African American neighborhood and some folks in neighboring areas thought Lincoln Park would be a bad influence but it was a thriving community. Ros’ dad Babe emphasized a strong work ethic. He told the kids to not call off work or school. The emphasis on work ethic benefited the kids by encouraging them to work hard: all eight graduated high school.

Babe's hard work was hard on him, too. Ros carried those lessons with her into motherhood and her career.

When Ros wanted to advance in her career, she applied for a position as medical transporter. She was hired and became the first woman on the job. Sisterhood among women is important to Ros, and one place she's found it is among The Ladies of Homewood Church of Christ. She published her "Sweet Potato Soufflé" recipe in the church's community cookbook about 15 years ago, as a community activity with elderly sisters who had lifetimes of all cooking. They named their cookbook SiSta to SiSta: Cook for the Nourishment of the Body. Rosalynd comes to Vintage because the members are active and social - not at all the depressing cliché of a senior center. She chose to share this delicious recipe with Vintage because she has found sisterhood and community here, too.



# ROS' SWEET POTATO SOUFFLÉ

A little less sweet than candied yams, this sweet potato soufflé is a change of pace from the usual take on sweet potatoes. Ros usually doesn't use the pecans when baking for group events because nut allergies are common, and instead puts marshmallows on top. Ros' daughter keeps making this recipe because it's a family favorite. You'll see why when you make it.

## INGREDIENTS

3 cup cooked, mashed sweet potatoes  
1 cup sugar  
3 eggs  
1 tsp pure vanilla extract  
1/2 cup milk  
1 cup firmly packed brown sugar  
1/2 cup self-rising flour  
1/2 cup butter or margarine, softened  
1 cup chopped pecans  
Dash of salt

## DIRECTIONS

Preheat oven to 350 degrees. Boil the sweet potatoes until soft (about 30-45 min). Halve the sweet potatoes, slice the skin from tip to middle, and pull off the skins. Combine potatoes, sugar, eggs, vanilla, milk, 1/4 cup butter, and salt. Beat at medium speed with electric mixer until smooth. Spoon into a greased, shallow 2-quart (9" x 13") casserole dish. Combine brown sugar, flour, 1/4 cup butter, and pecans in a separate mixing bowl. Sprinkle over top of potato mixture. Bake for 35-40 minutes.

Yields 6-8 servings.



## **TONI YATES**

Toni was born and raised in Armstrong County, PA, a mostly rural community. She lived in Ford City her whole life until 2014 when she retired and moved to Pittsburgh to be closer to her daughter. During her visits to her daughter in Pittsburgh, she found she enjoyed city life and wanted to experience living in a different place. She loves Pittsburgh, and has met “so many wonderful and different people here.”

Toni currently volunteers at both Vintage and Union Project, a community center in Highland Park. She feels “welcome and good.” She is passionate about community service and engagement. She is the secretary for Vintage’s House Council. She enjoys writing and spending time with her big family. She has two daughters, and one grand-dog named Aria.



# GRANDMA IRENE'S CORNBREAD STUFFING

This is a recipe that reminds Toni of her mother Irene who passed in the summer of 2012. The first Thanksgiving without her, her family realized they may be without the dish that year. Luckily, a few years prior, Toni's daughter Andrea had contacted her grandmother and written it down. The next year, Toni tried the recipe. The first time she made the dish, she accidentally poured the eggs in to the sausage mixture too soon, which led to the eggs becoming scrambled. She's perfected the timing now, though. She writes, "Now I am the designated cornbread stuffing maker, and I have gotten much better at it. This past year, it got rave reviews."

Toni explains, "There are two ways to make the stuffing – one is gluten free. The other is not gluten free and can be made using a boxed cornbread mix or your own cornbread recipe. You could also use a gluten free boxed mix, which is

## INGREDIENTS

- 1 cup of milk
- 2 cups corn of flour
- 2 tablespoons of sugar
- 4 teaspoons of baking powder
- ½ teaspoon of salt
- 1/3 cups of oil
- 3 eggs, beaten

## **GRANDMA IRENE'S CORNBREAD STUFFING, CONTINUED**

### **DIRECTIONS**

Place in a 13x9 greased baking pan and make at 350 degrees for 15-20 minutes, or until tester comes out clean.

As the cornbread is baking, brown 1 pound of pork sausage (Toni's mom used Bob Evans brand) and 1 medium chopped onion in a frying pan. Chopped celery could also be added. Once sausage is cooked, stir in ½ teaspoons of salt and allow to cool. Mix together 2 beaten eggs and 1 to 1 ½ cups of chicken stock and add to the sausage in the pan.

Once the cornbread as cooled, cut it into cubes and combine with the sausage mixture. Place all into a baking dish, cover with foil, and bake at 350 degrees for one hour.



# PINEAPPLE CASSEROLE

For Christmas or Easter, best served with ham, this recipe from Toni's sister Elaine is a holiday hit. It's very simple and very tasty as a side dish or as a dessert.

## INGREDIENTS

½ cup of sugar  
3 tablespoons of flour  
3 eggs  
1 large can of crushed pineapple (in juice)  
4 slices of cubed bread  
1 stick of melted butter

## DIRECTIONS

Beat sugar, flour, and eggs with a spoon. Add pineapple and juice. Pour into buttered baking dish. Stir the melted butter into bread cubes till the bread is soaked with the butter. Sprinkle the bread on top of the casserole. Bake for one hour at 350 degrees.

# NINFA "NINA" YURCON

Ninfa "Nina" Yurcon shares her recipe for chili that got her and her growing family through frozen Montana winters. Temperatures in her Montana home could reach as much as sixty below, and this chili reminds her of the birth of her son, when it was so cold outside that the whole world was frozen. Perfect for warming up your home, this recipe may just hit the spot for seemingly unending Pittsburgh winters.



# CHILI

## INGREDIENTS

- 1 ½ can chili beans or 1 no. 2 can kidney beans
- 1 large onion, sliced
- 1 chopped green pepper
- 1 lb. ground beef
- 3 ½ cups of tomatoes
- 1 ½ tsp salt
- ⅛ tsp paprika
- ⅛ tsp cayenne pepper
- 3 whole cloves
- 1 bay leaf
- 1 tbs chili powder

## DIRECTIONS

Brown onion, green peppers, and meat in hot fat. Drain the fat before adding the tomatoes and seasonings. Simmer two hours, adding water if necessary. Add beans and heat thoroughly.

# CINDY BENNET MEATLOAF

## INGREDIENTS

1 lb ground meat  
2 eggs  
1 cup milk  
¼ cup ketchup  
1 tablespoon A1 Sauce  
1 medium onion  
1 medium green or red pepper  
½ cup breadcrumbs

## DIRECTIONS

Mix all well and bake at 350 degrees until well done.

# PEGGY GODLESKI

## GOOFY CAKE

Peggy writes, "When I was a young girl, my neighbor made this cake. I have treasured the recipe ever since (over 60 years)! My own children and now my grandchildren request it for their birthdays every year. It has become a tradition in our family!"

### INGREDIENTS

3 cups flour  
2 cups sugar  
1/3 cup plus 1 tablespoon unsweetened cocoa  
2 teaspoons baking soda  
1 teaspoon salt  
¼ cup vegetable oil  
2 tablespoons white vinegar  
2 teaspoons vanilla  
2 cups cold water

### DIRECTIONS

Preheat oven to 350 degrees. Grease a 9x13 inch pan. Sift together flour, sugar, cocoa, baking soda, and salt directly into greased pan. It will make a white chocolatey mixture. With a wooden spoon, make three holes in the dry ingredients. Pour vegetable oil in one hole, vanilla in one hole, and vinegar in the third hole. Pour cold water over all and mix with a wooden spoon right in the pan for 2 minutes or so, making sure all dry ingredients are moistened and incorporates into the batter. Bake for 35 minutes or until toothpick in the middle of the cake comes out clean.

Note: This rich, sweet cake can be frosted or simply dusted with confectioner's sugar.

# **SLOW COOKER KIELBASA WITH APPLES AND SAUERKRAUT**

This recipe has been handed down from Peggy's husband's Polish relatives. They serve it on New Year's day to bring good health and lots of wealth!

## **INGREDIENTS**

2 pounds kielbasa cut into 2 inch long pieces  
1 package (about 16 ounces) sauerkraut, drained  
2 packets (10  $\frac{3}{4}$  ounces each) Campbell's Condensed French Onion Soup  
3 medium apples, peeled and cut into quarters  
1 cup water or white wine  
2 tablespoons Dijon-style mustard

## **DIRECTIONS**

Stir the kielbasa, sauerkraut, soup, apples, water, and mustard in a 6 quart slow cooker. Cover and cook on high 4-5 hours or until apples are tender.

# WRITER BIOGRAPHIES

**Carrie Tippen** is Assistant Professor of English at Chatham University since 2015 where she teaches courses in American Literature and First Year Writing. Dr. Tippen's research focuses on contemporary cookbooks from the U.S. South as literature, not so different from novels and autobiographies. She is interested in how cookbook writers convince readers to use their cookbooks through storytelling and the ways that cookbook readers may interact with recipes through their imaginations or in their kitchens.

**Terra Teets** studies English, Creative Writing, and German at Chatham University. She grew up in Hardy County, West Virginia and currently lives in Bloomfield. She will graduate in December of 2019 and plans to pursue graduate study. She enjoys writing poetry and essays, reading, thrifting, hiking, and traveling. She's worked in food service since she was a teen, and is currently a barista. She is working on becoming a better cook.

**Avery Belenos** is a junior in Biochemistry with a minor in Science Policy, class of 2020. From Allentown in Eastern PA, Avery now lives in Swissvale. Their favorite food is tied between cheesecake and Thai curry. They began cooking for in their early teens and enjoy the craft and culture of food. Although Avery is a returning science student, they have a background in writing and community outreach. After assisting a retired health law professor with his memoirs, Avery jumped at another opportunity to connect with their storied elders through this project.

**Nora Tomer** is a born and bred Pittsburgher who currently attends Chatham University as a creative writing major and is scheduled to graduate in 2021. She loves dogs, comics, and anything vaguely fantastic. She hopes to make her writing inclusive, diverse, and honest by focusing on characters and lifestyles that are typically forgotten in mainstream literature. Nora can make salad dressing, toast, and occasionally the perfect cup of coffee. She

thanks her grandfather for passing down a robust appreciation for food in all its forms and thanks the Vintage community for their overwhelming kindness.

**Katie McClelland** is a political science and history double major with a minor in pre-law. She will be graduating in spring 2020. Katie's hometown is Stoneboro, PA, and she's lived there her entire life before arriving at Chatham. Prior to this project, Katie took an oral history class with Dr. Martin where they spoke with several different people from Homewood. This was a great experience for Katie, and she chose to work on this project with Vintage so that she could continue working on oral history.

**Shieli Paris** is from Ladisburg, PA and she enjoys the peace and quiet of living in the country. She studies psychology at Chatham University and aspires to become an occupational therapist as well as a rehabilitation engineer. Shieli states that she became interested in this project due to its targeted population and the interaction within it. When she has free time, Shieli enjoys researching, attending Bible studies and church groups, and enjoying nature. Eventually she hopes to land a job working as an occupational therapist while also conducting research studies as a rehabilitation engineer to develop and modify various devices.

**Skylar Houck** is from New Kensington, PA and takes great pride in her hometown, saying that it made her the person who she is today. She studies English and Political Science at Chatham University and became interested in this project due to its intergenerational outreach and journalistic appeal. In her free time, Skylar writes short stories, reads fiction novels, and listens to a wide variety of comedy podcasts. She hopes to get any job in which she can write or read for a living.

**Michaela Keating** is from Coudersport, PA and is a graduate from Chatham University, where she received her Bachelor of Arts in English and Psychology. She is passionate about reading, writing, making music, and being outdoors. Michaela's love of people and

of writing lead her to take on this cookbook project, which was a source of happiness and excitement for her during her last year as an undergraduate. In her free time, Michaela loves to hike and travel with her dog and her highschool sweetheart. She also loves to cook.

**Claire Rhode** is from Arlington, Virginia, and is a graduate of Chatham University, where she received her Bachelor of Arts in History and Creative Writing. She became interested in this project due to the oral history aspects as well as the chance to learn from another generation. In her spare time, she writes longform fiction and enjoys long, quiet walks with her dog.

**Rosie Benford** graduated from Chatham University with a major in Biology, a minor in Graphic Design, and a Women's Leadership Certificate. Rosie is serving with the National Health Corps before pursuing graduate studies. She hopes to become an epidemiologist and medical illustrator. Rosie believes that access to healthy food and the knowledge to prepare food will alleviate healthcare disparities, which encouraged her to join this project. In her free time, Rosie enjoys adventuring with her fiancé, creating art, reading, listening to music, and spending time in nature.

**Jill Behrmann** is a senior Sustainability major with a passion for all things food and cooking related. Jill will be graduating in December 2019 and pursuing a MFA in Creative Writing. Jill spends her free time trying every restaurant in the Pittsburgh area.

