

WESTPORT HISTORICAL SOCIETY



July 2019

Aunt Minerva's Kitchen

Favorite Damson Plum Jam.

Aunt Minerva said that once you have eaten jam made from Damson Plums, you will never, ever use another kind. Below is her favorite recipe:

- 5 cups coarsely chopped Damson Plums (about 2 pounds)
- 3 cups of White Sugar
- $\frac{3}{4}$ cup water



Combine all ingredients into a large sauce pot. Slowly, bring to a boil, stirring until the sugar dissolves. Cook rapidly to a rolling boil. As the mixture thickens, continuing stirring to prevent sticking to the pot. Remove from heat. Skim foam as necessary. Ladle hot jam into hot jars. Leave about $\frac{1}{4}$ inch headspace. Adjust a tight-fitting cap. Process 5 minutes in a boiling-water bath or canner. Cool and enjoy.



The Board of Directors of the Westport Historical Society and the Staff of the 1855 Harris-Kearney House Museum wish you, your family, and friends a safe and Happy Fourth of July Holiday.

July Holidays

July 4th Independence Day USA

July 28th Parent's Day

July: National Ice Cream Month

Historical Tidbit

On July 2, 1776, the Continental Congress voted for Independence of the 13 original colonies from Great Britain. The Declaration of Independence, drafted by Thomas Jefferson, was adopted by the colonies on July 4th, 1776. Because the vote for independence occurred on July 2nd, John Adams (second President to US and a founding father) believed that July 2nd should be the day of annual celebration instead of July 4th.

The Fourth of July aka Independence Day was declared a federal holiday in 1870, but it was not until 1941 that the day became a paid federal holiday for workers.

(Source: History.com)

Special Doll Exhibit



The Westport Historical Society and the 1855 Harris-Kearney House are pleased to announce a special doll exhibit in July and ongoing through August. The exhibit is DOLLS ACROSS THE AGES. We are delighted that our special exhibitor will be Ms. Judy Porter, award winning doll designer and maker.

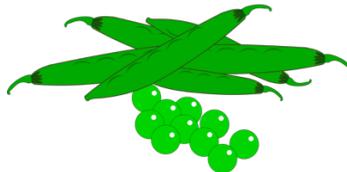
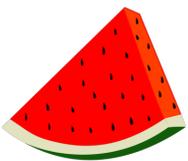
Ms. Porter's dolls are resin ball jointed, childlike dolls with lots of personality. She calls them "little kids doing what little kids do." She sculpts the dolls in her studio and does not use molds. The sculptures are then cast in resin and a polymer clay using a clay designed oven. Ms. Porter then dresses the dolls in commissioned outfits. She states that she truly loves to share her knowledge of creating dolls.

To enhance the special doll exhibit, special programs and presentations will be offered throughout the run of the exhibit. This is a chance to see many treasured dolls from the 19th, 20th and 21st centuries as well as explore the history of the exhibited dolls. A special showing by Mrs. Porter and a wine and cheese reception will be held on Friday, July 19 from 5:00 pm to 7:00pm.

There is no charge for the exhibit with a paid admission to the Mansion House. For more information or to schedule a group tour, please send an email to westporthistorical@gmail.com and check the website at www.westporthistorical.com for a list of program dates and times.

We hope that you will visit the 1855 Harris-Kearney House and enjoy the special doll exhibit and programs.

Get 'em Now!



July is high summer, and the racks at the markets are bursting with apricots, blackberries, blueberries, cabbage, cantaloupe, corn, cucumbers, green beans, okra, peaches, peppers, plums, strawberries, summer squash, swiss chard, tomatoes, watermelon, and zucchini. If you are not growing these tasty fruits and vegetables in your own garden, visit a farmer's market in your hometown for the freshest produce and enjoy summer's bounty.

Our Business Partners:



Summer Vegetable: Cabbage



Inexpensive, abundant, and oh so healthy! Rich in dietary fiber and vitamin C, cabbage contains “indoles” a food element that has been shown to inhibit the formation and growth of cancer cells.

Along with broccoli and Brussels sprouts, cabbage may reduce the risk of cancer in the colon, stomach, and esophagus and slow down cancer’s spread. So, putting cabbage, or it’s cousins, on the menu a few times a week makes good sense. Cabbage contains only eight calories per half-cup serving and for a cost of a few cents a pound, it is a bargain with a bonus!

It is not surprising that throughout history, cabbage has been valued for its medical qualities. Ancient Greeks and Romans believed it could cure most any disease. Also, the Romans ate cabbage before a night of heavy drinking as they believed this green vegetable would diminish the effects of alcohol. Centuries later, ship captains demanded that cabbage be carried on ships as the high vitamin C content proved helpful in the prevention of scurvy, and when used as a poultice, it prevented gangrene.

Today, many Americans can’t imagine a world without cabbage, but not for medical purposes, but to eat and enjoy. Think about it: a hot dog or a Reuben would be nothing without sauerkraut, except dull and boring. It is interesting to note that as much as Americans love their cabbage, Russians love it more. Each year, Russians devour seven times more cabbage than people in the United States. They love it so much that it has been named the national vegetable of Russia.

Summer Flowers

Few plants can brighten a tired corner like hardy perennials. They thrive through summer and bloom nearly nonstop into fall if you keep the spent flowers picked. Check your local nursery for availability of the flowers and the best time of year to plant for best results. Some of the most favorite of these beauties are:

- Asters—Daisy-like in colors of purple, pink, or white (pic right)
- Gloriosa daisy-- Deep golden petals radiate from chocolate centers
- Coreopsis--Fluffy, golden yellow blooms atop tall stems
- Dahlia--Bold blooms in a range of vibrant colors
- Purple coneflower--Daisy flowers of rosy purple with knobby orange-brown centers, which resemble small beehives
- Purple fountain grass--Feathery, rose-colored plumes fade to beige atop clumps of reddish-brown foliage
- Moonshine yarrow--Tight clusters of deep yellow flowers on 2-foot tall plants

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The Corner Restaurant



Stretch That Food Dollar \$



It does not take much to spend a hundred dollars or more at the grocery store each week. On top of that, how often do you find that your purchased supplies don't even last a week until the next trip to the store?

These days, cutting coupons doesn't save enough to pay for the gas to travel to the store. In order to waste less food and spend less money, try following the 10 ways to stretch your food dollar which are listed below:

1. Shop at your local farmer's market on a regular basis and purchase only what you can use or eat within five days.
 2. Buy those fruits and vegetables which are in season. Unseasonable items cost growers and suppliers more and those costs are passed on to the consumer.
 3. To ensure a steady supply of fresh fruits and vegetables that will cost you very little, plant and harvest your own garden or become a member of a community garden.
 4. Save money by checking the price per ounce, pound, roll or can. Just because something is "on sale," it is not necessarily a bargain.
 5. Buy dry goods in bulk whenever possible as it costs less for the supplier to package in a few large boxes or bags rather than lots of small ones.
 6. Shop sales and buy store brands for the best savings.
 7. Make menu plans and grocery lists before going to the store so that you buy only what you need. This will slow your impulse buying.
 8. Join a Community Supported Agriculture Program or Food Co-ops which offer great discounts.
 9. Share large purchases such as a side of beef if you all have the freezer space.
 10. As a nation, we waste up to 40% of the food we buy. Don't leave previously prepared food in the refrigerator to spoil because no one is interested in eating it again. Instead, leftovers can become soups, stews, casseroles, pasta dishes, stuffing for birds, or fillings for pies.
- (compiled by Marianne Baner)



Questions or Comments?

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The Westport Historical Society is looking for:

-Board Members

-Volunteers

If interested or would like more information,
please email Alana Smith
westporthistorical@gmail.com
or call (913) 648-0952