



Planting a Melodious Vegetable Garden

Where the History of Food & Drink Meets a Musical Composition

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Acquisitions and Processing Archivist
(& Unofficial History of Food & Drink Archivist!)
Special Collections, Virginia Tech

MARAC Fall 2013
November 8, 2013





The History of Food & Drink Collection @ Virginia Tech

- Established in 1999-2000
- Currently contains more than 4,200+ publications
- 2,800+ of these are housed in Special Collections
- 50+ manuscript collections
 - Handwritten receipt (recipe) and home remedy books, household account ledgers, faculty papers, pamphlets, and culinary/cocktail ephemera

Core Collecting Areas

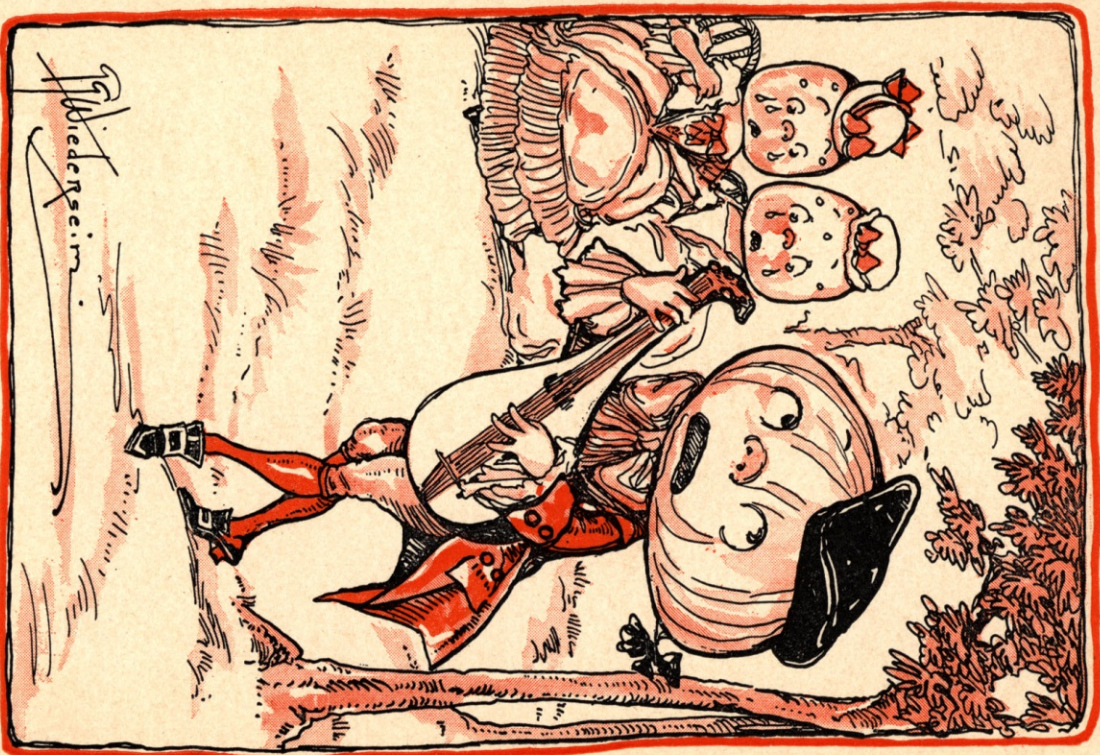
- Regional cookbooks & early American imprints
- Community cookbooks (Virginia and Appalachia)
- Brand-name/advertising pamphlets & publications
- Menus, nutrition education, & kitchen planning
- Social, domestic, & economic history; changes in food behavior, food processing, & technology
- Papers from regional faculty, dieticians, extension/home demonstration agents, chefs
- Manuscript receipt/recipe books
- Children's cookbooks and nutrition literature
- American cocktail history

The Book



*Vegetable Verselets for
Humorous Vegetarians*
by Margaret G. Hays; with
illustrations by Grace G.
Wiederseim.
Philadelphia; London: J. B.
Lippincott, 1911.

(Yes, it out of copyright and available in its
entirety online!)



SPANISH ONION MINSTREL

Page 80

Vegetable Verselets

For Humorous Vegetarians

BY

MARGARET G. HAYS

WITH ILLUSTRATIONS BY

GRACE G. WIEDERSEIM

"I'll Give you Food for Thought"



PHILADELPHIA AND LONDON

J. B. LIPPINCOTT COMPANY

1911



WELL!

"I say you *shall*!"

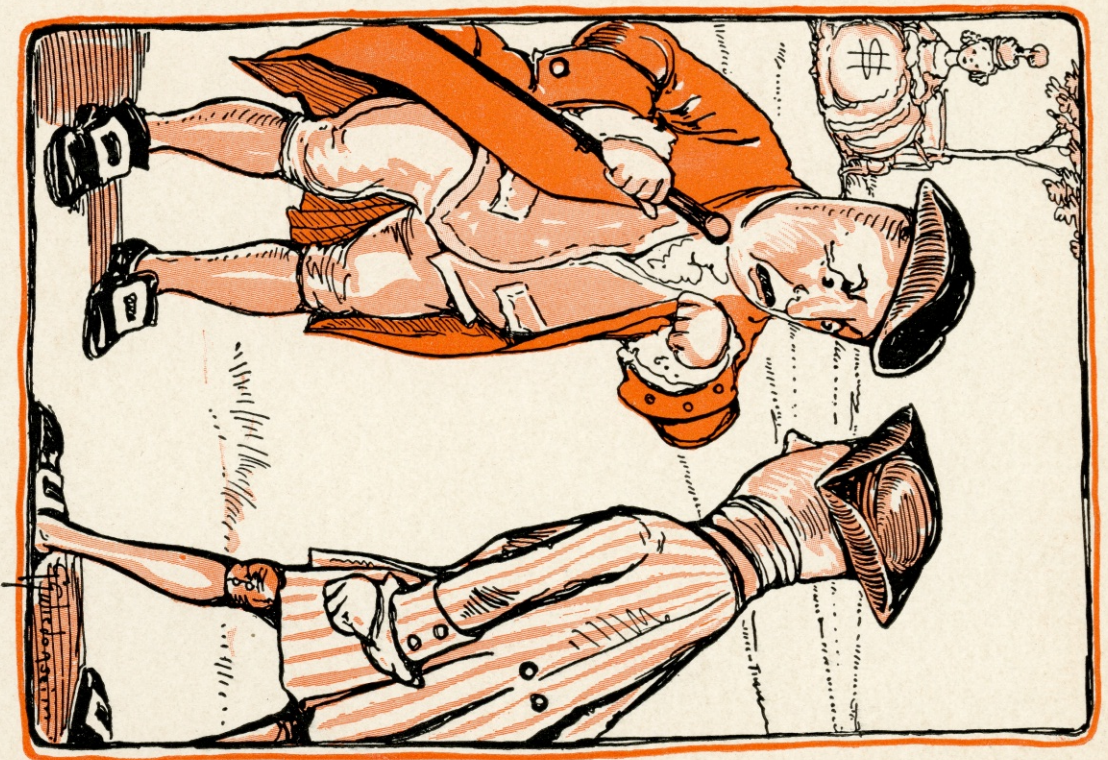
"I say I shan't!"

Thus argued papa Oyster Plant
Trying to force his gay son Ned
A wealthy heiress for to wed.

"I say you shall!"

"I say I shan't!"

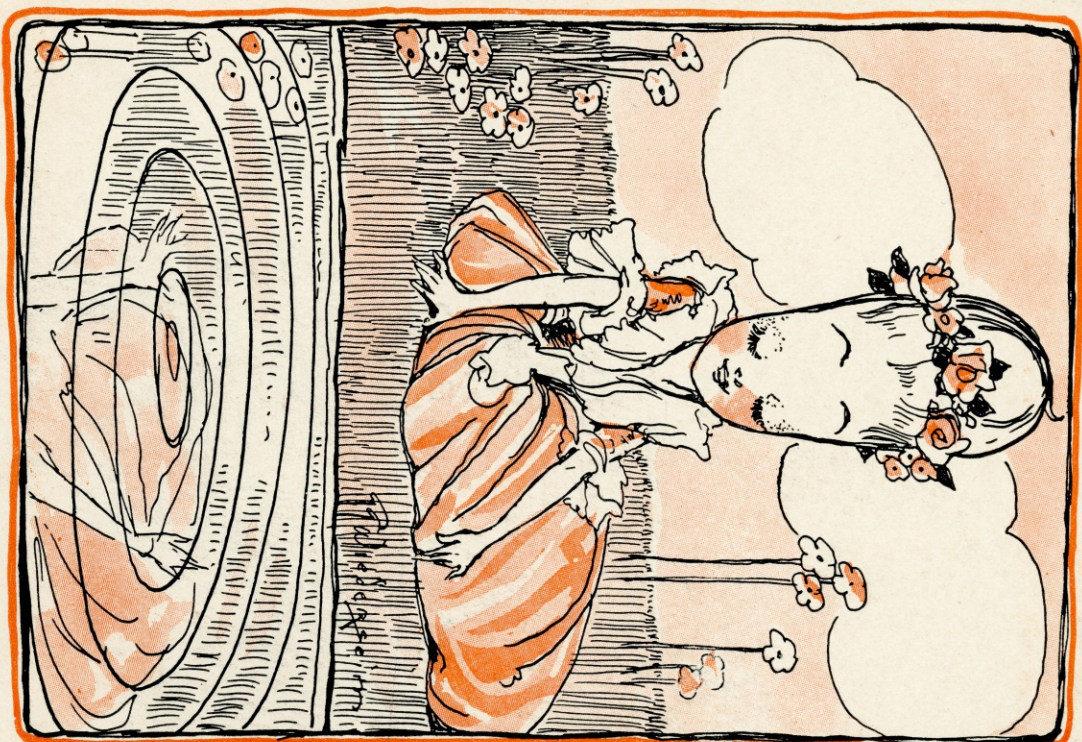
Oh what a naughty Oyster Plant!
Have you thought, Ned,
Where you might go
For disobeying papa so?



NED OYSTER PLANT

NARCISSUS CUCUMBER

Oh, once there was a Cucumber,
A dainty green young lass;
She saw herself reflected in
The brook's clear looking-glass.
"Is *that* me?" cried the damsel gay.
"I wish a prince would pass this way;
I am not rich, or great, or witty,
But goodness, gracious me!
I'm pretty!"



PRETTY CUCUMBER

ANOTHER HUMPTY

Over the garden wall,
Stony and grey and tall,
A lover Gourd was climbing
To see his sweetheart small.
She lived on the other side,
In riches, pomp and pride,
While he was poor, but honest,
And his parents, all had died.
Alas, alas, alack!
Why did he not turn back?
For now his little Sweetheart
Will have to dress in black.
He climbed that cru-el wall,
So cold and grim and tall,
But his "stem" broke when he reached the top,
And goodness—what a fall!
It is a shame to smile, a perfect shame and sin,
But the "mess" that Humpty Dumpty made
Was "*nothing*" next to "*him*."

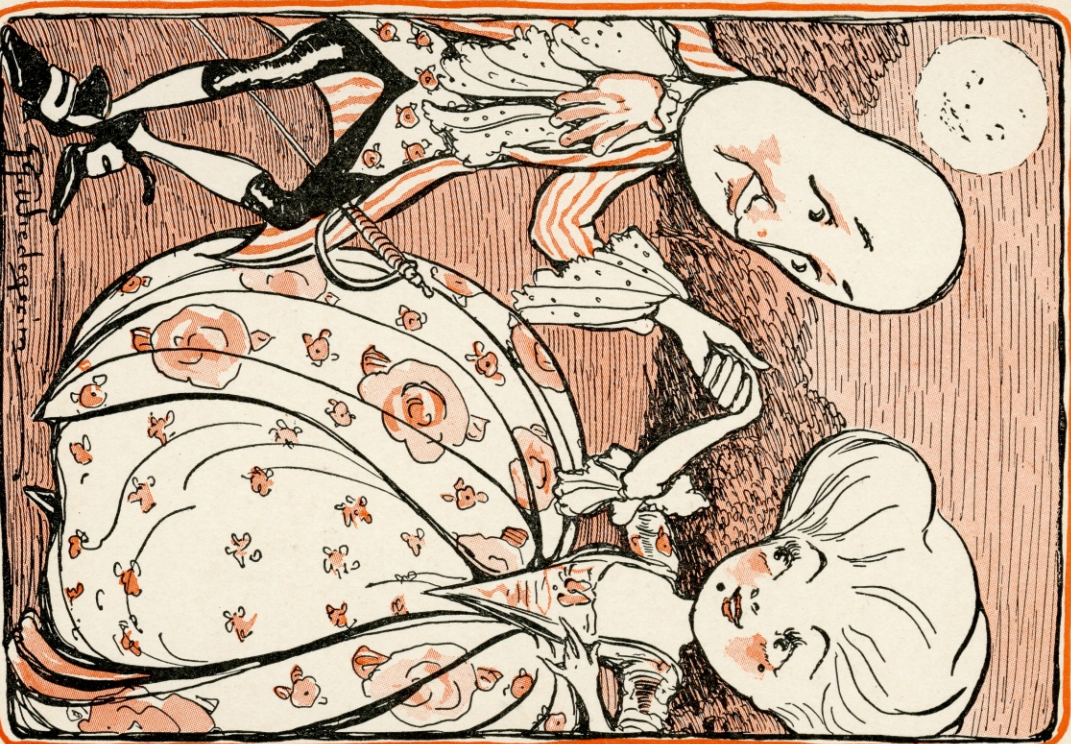


THE LOVER GOURD



THE MINUET

In the garden late one night
Some one saw a pretty sight,
In the lights and shadows playing
Were the sil'ry moonbeams straying
Made strange pictures round one, left and right.
Lady Lettuce—young and green—
Wore a spreading crinoline.
Quite entrancing was her dancing
With the courtly Lima Bean;
Tall was he and slim and stately;
Oh, they bowed and stepped sedately,
Curts'ing lowly—rising slowly;
While above them, calm and holy,
White the moon shone in the night.
Oh, the sight filled one with pleasure
While the breezes played a measure
All the little leaves were clapping—
Whisp'ring—clapping with delight.



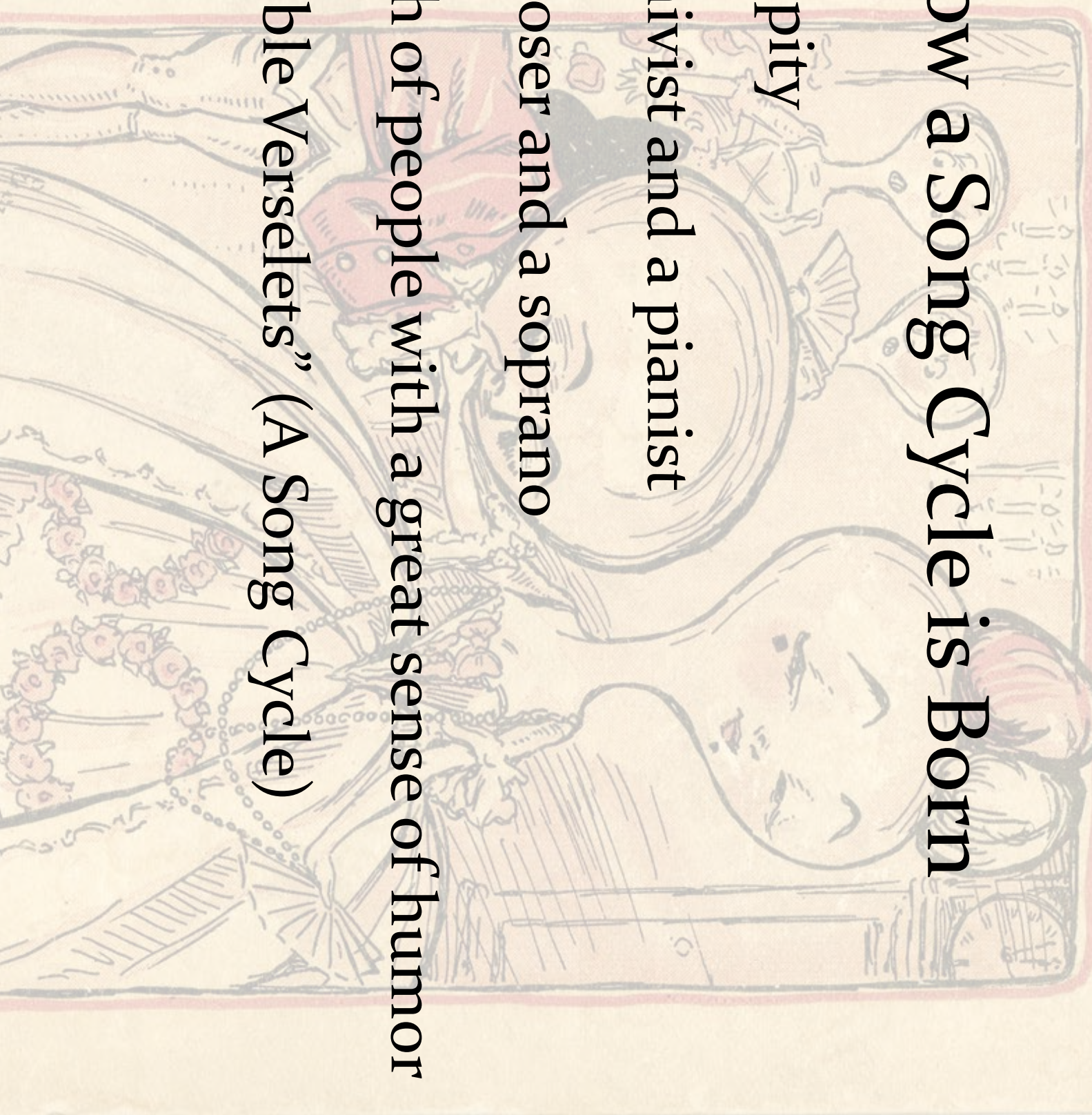
THE MINUET

Illustration by
J. H. R. S. S.

How a Song Cycle is Born

Serendipity

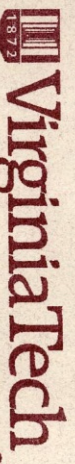
- + An archivist and a pianist
 - + A composer and a soprano
 - + A bunch of people with a great sense of humor
- = “Vegetable Verselets” (A Song Cycle)



The background of the slide features a faint, artistic illustration of a woman. She is wearing a crown and a long, flowing dress adorned with a large, ornate floral garland. The illustration is rendered in a sketchy, hand-drawn style with soft colors, primarily in shades of pink, red, and yellow, which blend into the overall background color of the slide. The woman's face is partially visible, looking towards the viewer with a gentle expression.

The Results

- Outreach opportunities for Special Collections, the University Libraries, and the Department of Music
- A month long display in our exhibit cases
- A lovely afternoon concert with many laughs
- A catered reception
- An afternoon “hands-on” exhibit
- An amazing song cycle



VirginiaTech®
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College of Liberal Arts and Human Sciences
School of Performing Arts & Cinema | Department of Music

FACULTY/GUEST ARTIST RECITAL
Vegetable Verselets

Caroline Worra, soprano
Tracy Cowden, piano

featuring
Daron Aric Hagen, composer

World Premiere of
Vegetable Verselets

The one hundred thirteenth program of the
2011-2012 SEASON
Sunday, April 29
8:00 p.m.
Squires Recital Salon

www.music.vt.edu

program

GUEST ARTIST RECITAL
Vegetable Verselets
 Caroline Morra, soprano

Tracy Cowden, piano

6:00 p.m. *Aperitif*
HENRY PURCELL *If Music be the Food of Love*
 (1659-1695)
 poet, Colonel Henry Heveningham

7:00 p.m. *Dinner Party*
LEONARD BERNSTEIN *La Bonne Cuisine*
 (1918-1990) *Plum Pudding*
 poet, Émile Dumont *Ox-Tails*
Tavouk Geuenksis
Rabbit at Top Speed

9:00 p.m. *After-Dinner Drinks*
CYRIL SCOTT *Drink to Me Only with Thine Eyes*
 (1879-1970)

BYRON MOTLEY *Mae's Rent Party*
 arranged by Barbara Sherrill

10:30 p.m. *Bedtime*
SIR RICHARD RODNEY BENNETT *Twinkle, twinkle, little star*
 (b. 1936)
 poet, June Taylor

2:00 a.m. *Night*
EDWIN PENHORWOOD *The Night*
 (b. 1939)
 poet, Francis William Bourdillon

PENHORWOOD *Wild Nights!*
 poet, Emily Dickinson

Intermission

program

7:00 a.m. *Breakfast*
NED ROREM *Early in the Morning*
 (b. 1923)
 poet, Robert Hillier

WILLIAM BOLCOM *Toothbrush Time*
 (b. 1938)
 poet, Arnold Weinstein

11:00 a.m. *Lunch*
JOHN MUSTO *Viva Sweet Love*
 (b. 1954) *Rome: In the Café*
 poet, James Laughlin *Crystal Palace Market*

2:00 p.m. *Mid-afternoon Snack*
IVOR GURNEY *Bread and Cherries*
 (1890-1937)
 poet, Walter de la Mare

DARON ARIC HAGEN *Figments*
 (b. 1961) *The Poetry of Sausages: Morcilla*
 poet, Alice Wirth Gray

6:00 p.m. *Supper time*
HAGEN *Vegetable Verselets*
 (world premiere)
 poet, Margaret G. Hayes *Narcissus Cucumber*

The Regiment
Well!
The Elopement
Boston Bean
The Opera
Practical Peg
Nautical Language

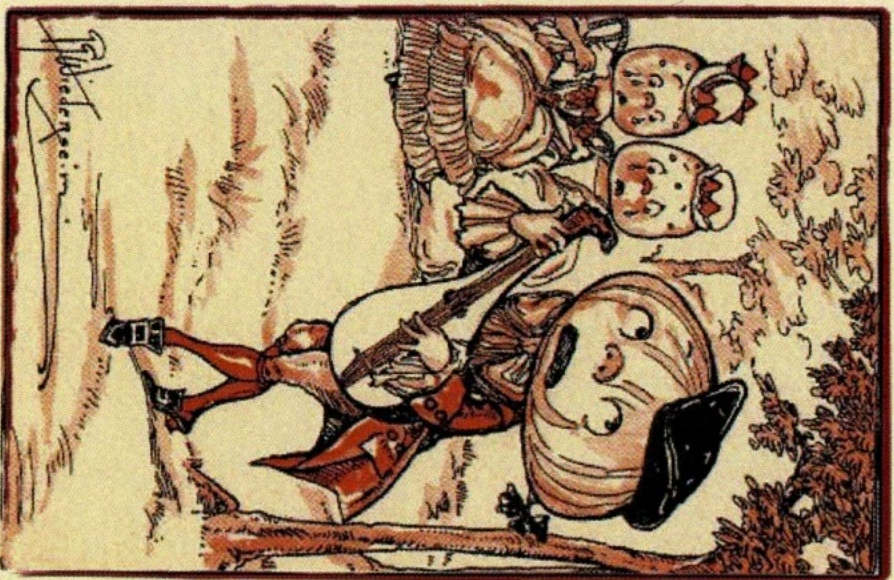
Please silence cell phones and other audible electronic devices.

“The Regiment”

Please note: the original version of this presentation included a link to an audio clip from the concert recording. For copyright reasons, it was removed by the presenter.

THE REGIMENT

The Cornstalks march in rows,
They have no fear of foes,
For each Corn soldier knows
The flag that o'er him blows—
So boom-ta-ra-ra, gay,
The Fife and Drum Corps play,
Sweethearts, alack-a-day,
Weep as they march away.
Grieve not, oh damsels fair,
Ev'ry Corn soldier there,
Although he loves your beauty,
Is bound to do his duty—
No time for sentiment
In the Cornstalk Regiment.



Vegetable Verselets


Culinary-inspired art songs by Bernstein, Rorem, Bolcom, and others, featuring the premiere of *Vegetable Verselets* by Daron Hagen

Sunday, April 29, 2012 at 3pm
Squires Recital Salon

Caroline Morra, soprano
Tracy Cowden, piano

\$15 adults, \$10 seniors, \$5 students
www.music.vt.edu

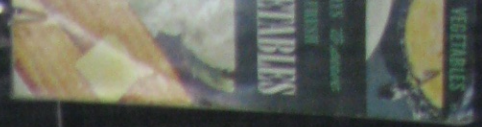
Co-sponsored by the
Center for the Arts at Virginia Tech

 **VirginiaTech**

Invent the Future
UNIVERSITY OF VIRGINIA
Office of the Vice President for the Arts

Vegetable Verslets/History of Food & Drink Collection Exhibit





VEGETARIAN COOKERY.

BY
J. H. COLEMAN.

WITH AN INTRODUCTION
BY THE REV. J. H. COLEMAN.

THE VEGETARIAN SOCIETY OF LONDON.

THE VEGETARIAN SOCIETY OF LONDON.
1879. PUBLISHED BY THE SOCIETY, 1, BLOOMSBURY PLACE, LONDON.

Vegetable Verses

BY
J. H. COLEMAN.

THE VEGETARIAN SOCIETY OF LONDON.

Vegetable Verses

BY
J. H. COLEMAN.

THE VEGETARIAN SOCIETY OF LONDON.

"Vegetable Verses": A Book of Poetry Meets a Song Cycle

On April 29th "Vegetable Verses: A Vegetarian Song Cycle" will premiere at Virginia Tech. Inspired by poems from Margaret Hayes' 1911 Vegetarianism: Vegetarianism is a book of poetry and song. The book is a collection of poems and songs that are all about vegetables. The book is a collection of poems and songs that are all about vegetables. The book is a collection of poems and songs that are all about vegetables.

Vegetable Verses

BY
J. H. COLEMAN.

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A new addition to the collection, the Vegetarian the City of David (now Mary's City of David) Harbor, Michigan. The organization includes cookbooks and a series of professional booklets.



Colorful Salads for Vitamins and Variety

Salads are a delicious way to get your daily dose of vitamins and minerals. They are also a great way to add variety to your diet. Here are some ideas for colorful salads that are both healthy and delicious.

BEAN VEGETABLE SALAD

1. Wash and chop 1 cup of beans, 1 cup of vegetables, and 1 cup of salad greens.

2. In a large bowl, combine the beans, vegetables, and greens.

3. Add 1/2 cup of dressing and 1/2 cup of cheese.

4. Toss well and serve.

CRISP PEAS AND SOY

1. Wash and chop 1 cup of peas and 1 cup of soybeans.

2. In a large bowl, combine the peas and soybeans.

3. Add 1/2 cup of dressing and 1/2 cup of cheese.

4. Toss well and serve.

SPINACH POTATO SALAD

1. Wash and chop 1 cup of spinach and 1 cup of potatoes.

2. In a large bowl, combine the spinach and potatoes.

3. Add 1/2 cup of dressing and 1/2 cup of cheese.

4. Toss well and serve.

Colorful Salads for Vitamins and Variety

For the greatest benefit, eat your vegetables raw. They are the best source of vitamins and minerals. If you must cook them, use the following methods to preserve their nutrients.

Leafy Greens: Wash and chop. Add to a salad or use in a sandwich.

Cruciferous: Wash and chop. Add to a salad or use in a sandwich.

Roots: Wash and chop. Add to a salad or use in a sandwich.

Beans: Wash and chop. Add to a salad or use in a sandwich.

Peas: Wash and chop. Add to a salad or use in a sandwich.

Spinach: Wash and chop. Add to a salad or use in a sandwich.

Tomatoes: Wash and chop. Add to a salad or use in a sandwich.

Cucumbers: Wash and chop. Add to a salad or use in a sandwich.

Onions: Wash and chop. Add to a salad or use in a sandwich.

Garlic: Wash and chop. Add to a salad or use in a sandwich.

Herbs: Wash and chop. Add to a salad or use in a sandwich.

Fruit: Wash and chop. Add to a salad or use in a sandwich.

Nuts: Wash and chop. Add to a salad or use in a sandwich.

Seeds: Wash and chop. Add to a salad or use in a sandwich.

Oil: Use a healthy oil like olive oil.

Vinegar: Use a healthy vinegar like apple cider vinegar.

Salt: Use a healthy salt like sea salt.

Pepper: Use a healthy pepper like black pepper.

Other: Use a healthy other like lemon juice.



The Clown

Virginia Cooperative Extension
Agricultural Experiment Station
College of Agriculture
University of Maryland
P.O. Box 345
College Park, Maryland 20742
Phone: (301) 405-4500
Fax: (301) 405-4501
E-mail: vce@um.edu

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4. Toss well and serve.

A new addition to the collection, the *Vegetarian Cookbook* was published in 1915 by the City of Basel, Switzerland. The organization included a restaurant (which inspired the cookbook) and a small professional horticultural team.

Buying, Using and Storing Vegetables

Vegetable	Best time to buy*	Cooking
Asparagus	1 1/2 cup, 4-5	steamed or boiled 3-5 minutes
Beans, green	1/2 cup, 4-5	steamed or boiled 4-7 minutes
Beans, lima	1/2 cup, 4	boiled 10-15 minutes
Beets	1/2 cup, 4	steamed or boiled 3-7 minutes
Broccoli	1/2 cup, 4	steamed or boiled 5-10 minutes
Cauliflower	1/2 cup, 4	steamed or boiled 5-10 minutes
Corn	1/2 cup, 4	steamed or boiled 5-10 minutes
Cucumbers	1/2 cup, 4	steamed or boiled 5-10 minutes
Eggplant	1/2 cup, 4	steamed or boiled 5-10 minutes
Kale	1/2 cup, 4	steamed or boiled 5-10 minutes
Leeks	1/2 cup, 4	steamed or boiled 5-10 minutes
Onions	1/2 cup, 4	steamed or boiled 5-10 minutes
Potatoes	1/2 cup, 4	steamed or boiled 5-10 minutes
Spinach	1/2 cup, 4	steamed or boiled 5-10 minutes
Sweet corn	1/2 cup, 4	steamed or boiled 5-10 minutes
Tomatoes	1/2 cup, 4	steamed or boiled 5-10 minutes
Turnips	1/2 cup, 4	steamed or boiled 5-10 minutes
Zucchini	1/2 cup, 4	steamed or boiled 5-10 minutes

*Consult the Virginia Cooperative Extension Office in your local area for information on the best time to buy vegetables grown in your area.

This is one of many Virginia Cooperative Extension publications. In addition to these, there are pamphlets on nutrition, vitamins and minerals, and exercise.

Virginia Cooperative Extension
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P.O. Box 345
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Fax: (301) 405-4501
E-mail: vce@um.edu

Knoxville, Tennessee

During the summer months, the church is open on fresh corn bread, and the garden is full of lovely flowers. The church is open on fresh corn bread, and the garden is full of lovely flowers. The church is open on fresh corn bread, and the garden is full of lovely flowers.

AFTER APPLE
My long two-pointed ladder's sticking through
a tree

a tree
 Toward heaven still.
 And there's a heart that I didn't fill
 Beside I didn't pick upon my leech.
 Apple I can dance with apple upon now.
 Essence of winter apple is on the night.
 The scent of apple and the strangeness from my
 I cannot rob the strangeness from a glass
 slightly looking through a pane of glass
 I got them this morning from the drinking
 I shinned this morning from the heavy glass
 through
 And held against the wall and break.

D is for the DELICIOUS
Vegetables we eat:
The corn and the celery,
The cabbage and the beet.



NORTH OF BOSTON

What form my dreaming was about to take.

Stem end and blossom end.

And every arch not only keeps the arch
My instep arch not only keeps the arch

It keeps the pressure on a lower level. I feel the ladder sway as the boughs

And I keep hearing from the cellar

The rumbling sound
Of load on load of apples coming in

For I have had too much

Of apple-picking: I am over-reckless
Of the great harvest I myself desire.

There were ten thousand thou-

touch, head life down.

Cherish in hand, we

For all

That struck the earth,

No matter if not discussed

Went surely to the cider-app
store,

'As of no worth.

One can see what will trou

This sleep of mine, what's

Downloaded At: 11:53 11 September 2009

...all. I learned that I didn't fit in there any more. The other three girls began making some sort of joke about my weight, with giggles in the night, and I began to dream of all the assignments I had to complete through a series of glass doors. I was sure that I was entering them, that everything was to fall apart. I was sure that I was to fall apart.

[illegible]

How I have bled,
 Of the great harvest I myself desired
 There were ten thousand thousand fruits
 That I have lost
 Chatter fell to hand, to down, and not to
 For all
 That arm the air,
 And still
 As it were
 Went surely to the other-world
 As of no account will trouble
 This sleep of mine, whatever sleep it be

A colorful illustration of various vegetables. In the center is a white plate with two purple tomatoes. Surrounding the plate are several other vegetables: two red radishes with green leaves, a green cucumber, a yellow squash, a green bean, a corn cob, and two raspberries. The entire scene is set against a light green background.

From Vegetable Soup: The Nutritional ABC's. This book is an alphabet book geared toward children about the importance of vegetables in a healthy diet. If you turned to the back cover and toward the book 180 degrees, there is an alphabet poem about fruit!

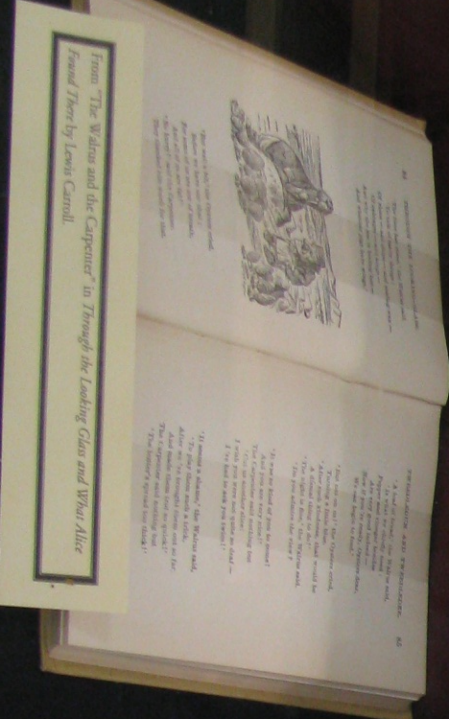
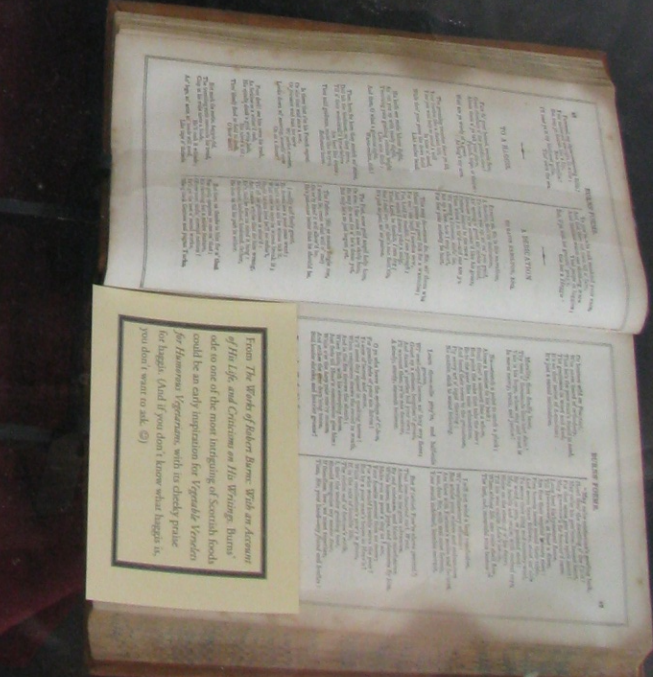
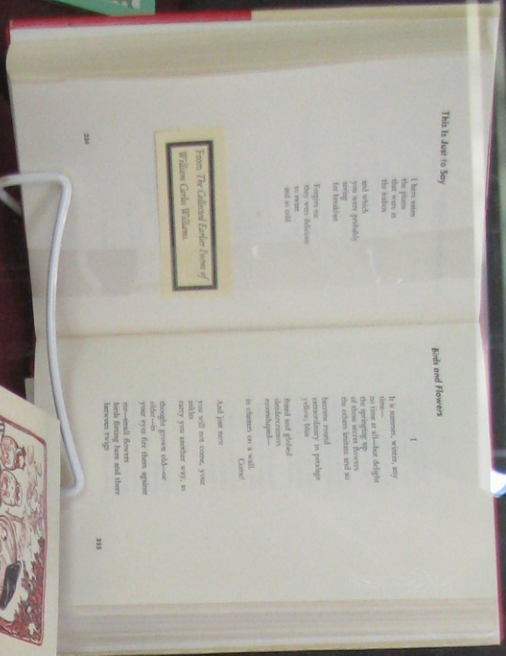
In honor of the "Vegetable Verses: A Vegetation Song Cycle" event on April 29th, this case includes poems from our Rare Book Collection, "Vegetable Verses" was inspired by an item in our Culinary History Collection, "Vegetable Verses for *Humana Vegetarians* by Margaret Hayes. Using the "food" theme, this display contains poems about food and poems that use food imagery. Since Hayes' poems are the root (pun intended) of everything, there are some images from her book, as well.

100

It's time
to change
the way we
do things.
The way of
the future.
Because
we're
different.
Different
people.
Different
ideas.

And you
can't
change
any more.

thoughtful
about it—
your eyes
are open
between



Vegetable Versellets Reception, April 29, 2013





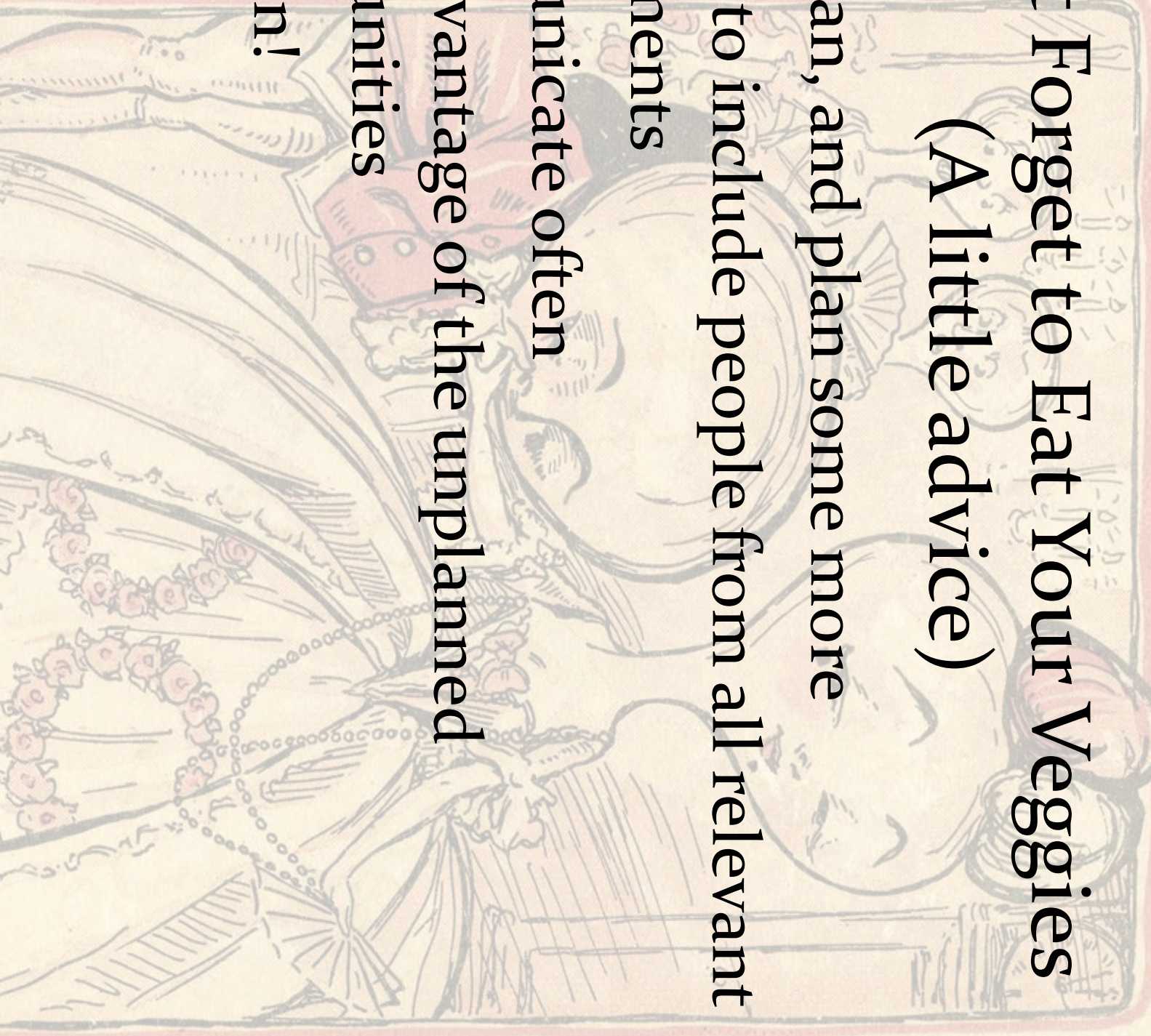






Don't Forget to Eat Your Veggies (A little advice)

- Plan, plan, and plan some more
- Be sure to include people from all relevant departments
- Communicate often
- Take advantage of the unplanned opportunities
- Have fun!

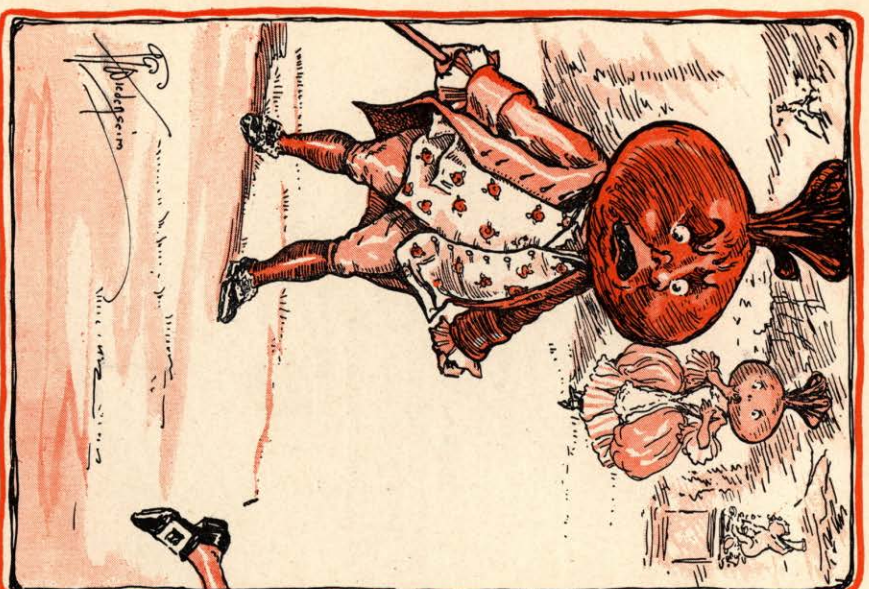




HEART-BEETS

"Wilt thou be mine, Oh, Rosy One;
Thou'rt sweet enough to eat."
Thus spoke an am'rous tuber
To his sweetheart, shy Miss Beet.
When Miss Beet heard her lover's plea
She coyly whispered, "Yes;
But you'd better ask Papa,
Before we wed, I guess."
Paterfamilias heard the swain—
His answer—why repeat it?
The meaning was quite clear and so
The lover wisely—"Beet it."

34



THE LOVER WISELY—"BEET IT"

Kira A. Dietz

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<http://about.me/kiradietz>