

# The Friends' Quarterly

A Newsletter from the Enfield Shaker Museum

Volume XVII/No.3

Summer 2007

## Enfield Shaker Meals

by Galen Beale, Author and Chair of Enfield Shaker Artifacts and Archives Committee

In his autobiography, *15 Years in the Senior Order of Shakers*, Hervey Elkins recalls his life with the Enfield Shakers in the middle of the 19th century. Mealtimes in the Great Stone Dwelling are aptly described.

*Breakfast is invariably one and a half hours after rising, in the summer at six, in the winter at seven; dinner always at twelve; supper at six. These rules are, however, slightly modified upon the Sabbath. They rise and breakfast on this day half an hour later, dine lightly at twelve, and sup at four.... No talking, laughing, whispering or blinking are allowed while thus partaking of God's blessings. ... At the tables, each four have all the varieties of food served for themselves, which precludes the necessity of continual passing and reaching... After eating, all rise together at the signal of the first elder, kneel as before, and gently retire to their places of vocation, without stopping in the dining hall, loitering in the corridors and vestibules, or lounging upon the balustrades, doorways or stairs.<sup>1</sup>*

Elkins came to chafe at the Shaker's strict rules, but to no avail, for many of these dining ordinances had been given by revelation at the establishment of the Church Order.<sup>2</sup> Sunday was the strictest day, with no cooking allowed; any cooking was to be completed on Saturday. All the fruit to be eaten on the Sabbath had to be carried to the Dwelling House on Saturday. Rules on equal proportions were scrupulously observed, as the Shakers used food as an opportunity to reinforce the qualities of good leadership:

*The Trustees divide every fruit of extra and rare properties among the elders, trustees and common members, male and female with rigorous exactness. None, by reason of care and trust in them reposed, seek for anything more agreeable to eat, drink, or wear, than those have, to whom they stand as leaders.<sup>3</sup>*

Making matters worse for Elkins was the fact that he was in the community at a time when foreign teas and coffee, cider, ardent spirits, tobacco in any form, and the flesh and fat of swine, were utterly forbidden to be used by the picked and chosen ones of the Church Family.<sup>4</sup> This prohibition must have made meal times even less interesting.

Picnics were part of the Enfield Shaker seasonal rituals. The Shakers' agricultural lifestyle meant that the Believers often found themselves far from home in the middle of the



A 20th Century Shaker Picnic with the World's People, (Smith Collection).

day, so the Kitchen Sisters would pack their lunches. These picnics were a welcome break from the other ritualized meals.

It is easy to sympathize with Elkins in his joyful account of his days as a young boy working on the Shaker farm, and to feel the camaraderie he experienced with his companions. The almost daily picnics in the fields cemented those relationships. These were times when the young boys felt the most free from Shaker regulations:

*Thus glided the summer; the most of the days spent upon the mountain clearing burnt land, moving rocks and building a shed contiguous to a barn. We carried our dinners in wooden pails and drank with a vessel the waters which gushed from the earth.<sup>5</sup>*

In the late fall, the farmers would harvest the potatoes they had been planted on the mountain farms out of sight of the village. When they arrived at the fields, they would first gather wood for their noontime fire. Elkins describes the best part of the day to come - the picnic:

*When the village bell rings for noon, we rush to recruit the fire. We kneel on the cold earth in thankfulness, open our large wooden pails, take there from cold beef, brown bread, white bread, with alternate strata of butter, sweet bread, applesauce and pies. The food is palatable and sweet, but not highly seasoned or rich. We eat on such occasions from wooden or pewter plates. But away from home, we are considered by the sisters who prepare for us viands of greater variety than are to be found on the table at the mansion. Some of the youth bury beneath the heated embers a few potatoes, and half raw and half burned, devour them dripping with butter or beef's gravy. After eating and nicely depositing the fragments and dishes in the pails, we kneel. We then draw for the our fruit and kindly bestow to such as have none, for we love our companions; and "Mine is thine and thine is mine". "We culled this fruit from your orchard and from my orchard and we in all things are one."<sup>6</sup>*

1. Elkins, J. Hervey, *15 Years in the Senior Order of Shakers*, (Hanover, N.H. Dartmouth Press, 1858), pp 3-4.

2. *Ibid.*, 23-24.

3. *Ibid.*, 29.

4. *Ibid.*, 29.

5. *Ibid.*, 45.

6. *Ibid.*, 47.



## Sage Thoughts

### Kitchen Herbs – from the Garden to the Table

With the end of summer now here, gardeners are busy harvesting, preserving and enjoying the bountiful harvest that has resulted from all their work since digging up that first shovel of soil last spring. Herbs have also been gathered, and either dried for later use or for use right away. Here are some suggestions on how to maintain and use some of the more familiar herbs.

**Basil** - For the last 20 years this popular herb has reintroduced itself in many different flavors. They range from lime, lemon, Thai, Italian, cinnamon, purple and mammoth leaf to name a few. Basil's flavor blends well with thyme, parsley, chives and garlic. Continue to harvest the leaves and pinch out the growing tips and flowers. Once night time temperatures begin to drop below 45° the leaves become bitter and not as sweet and spicy.

**Dill** - The fern-like leaves can be cut off at any time during the growing season, and the yellow blossoms can be chopped up and used wherever you would use the leaves. Dill pickles are flavored with the seeds. Planting dill seeds several times during the summer will produce a continuous supply of the sprigs. Eggs, beets, carrots, potatoes, fish, and chicken are enhanced with the flavor of dill.

**Lovage** - All parts of this herb have the flavor of celery. The Shakers used the roots to minimize the strong taste of some of their medicinal herbs. The hollow stem can be cut off at either end and used as a straw to sip a tomato drink, and these stalks cut be cut into ringlets and added to macaroni or potato salad. The leaves are a wonderful addition to soups, stews, cheese dishes and anywhere the celery flavor is wanted. Even the seeds can be dried and used as a substitute for celery seed.

**Parsley** - Two kinds of parsley, curly and Italian (flat) are both used in cooking. The flat has a stronger flavor. The foliage of parsley is rich in iron and vitamins and should be harvested continuously during the growing season.

**Rosemary** - The pungent aromatic fragrance of rosemary is a flavor no good cook should be without. It is unbeatable with lamb, pork and poultry and makes a wonderful addition in herb breads. Rosemary loves a sunny location in the garden and must be brought inside once night temperatures drop below 25°. It is not hardy here in New England. Soil conditions should be well drained and alkaline and should never be allowed to dry out otherwise the roots will dehydrate and the plant will die.

**Sage** - Fresh sage has a milder flavor than dried and is a long lasting herb in the garden. Long considered a medicinal herb that helps with digestion, sage seems to cut through the richness of fats which is why it is added to sausages and stuffing mixtures. You can harvest leaves individually right up to the first snow and the longest of the woody branches make flavorful skewers for the grill. Don't cut sage back in the fall since new growth will not have time to mature and plants will be more susceptible to winter damage.

Continued on page 5.



*The Museum's Herb Garden gets a helping hand this summer from ESM trustee Dolores Struckhoff and volunteer Inge Hilberg under the guidance of the Museum Head Gardener Heather Hough.*

## Food for Thought: Greetings from the Executive Director

I have the privilege of enjoying each beautiful season here and working with talented people committed to preserving this site. As members, you also have this privilege, and we invite you to visit the Museum virtually any time, year-round.

As you read this newsletter, I hope you will learn more about the history of the Enfield Shakers, and how fresh air, sunlight and nutritious food were key to their belief system. These issues are important to us today. Take a look at Galen Beale's cover story about Shaker meals and Happy Griffiths' "Sage Thoughts" on culinary herbs. Select a workshop on herbs from the garden and "de-stress" teas for the holidays. Bring your friends and family to the annual Harvest Festival to celebrate the Shakers' bounty. Join us for three distinctive dinners in the Shaker tradition. Celebrate the modern culinary traditions of our area in our Taste of the Upper Valley. Feast on our new products in the Museum Store.

As did the Enfield Shakers themselves, the Museum is constantly moving forward to meet changing needs in the world. Beverly Sheppard, former Executive Director of Old Sturbridge Village and current President of the Institute of Learning Innovation, will speak on that topic at the annual meeting on November 4th. She will put Enfield Shaker Museum in the context of successful models in the field.

While we look to the future, we must never forget the past. Preservation is a primary goal, and I hope you will appreciate the strides we have made in that area as well.

As we approach the end of the fiscal year, we have many more challenges to face. As I see the resourcefulness and commitment of our members, trustees, volunteers, staff and donors, I am confident the Museum will continue to soar. Please contact us, become involved and join us as we make this journey.

*Mary Boswell*, Executive Director



## Upcoming Programs and Events

### SHAKER DINNERS

#### Shaker Harvest Dinner

Saturday, September 15  
6:30pm

Celebrate the harvest with a festive dinner in the elegant Great Stone Dwelling. Museum Executive Chef Betsy Oppenneer will serve a traditional Shaker meal, full of color, textures and healthful fresh produce: tomato dill soup; fried green tomato salad; Shaker string beans; corn & Cheddar cheese pudding; country fried chicken with herbed cream gravy; Sister Lottie's Shaker gems with butter; Shaker cider pie. Oppenneer is a culinary consultant with clients across the U.S. TV appearances include CBS This Morning and Cookin' USA. \$30/member or \$35/non-member includes a complimentary glass of wine. Please reserve by September 12.



Executive Chef Betsy Oppenneer

#### "Who Shot Enfield Shaker Trustee Caleb Dyer?"

Shaker Supper & Program  
Saturday, October 27  
6:30 pm

Enjoy an entertaining program about Shaker Trustee Caleb Dyer and dine in the elegant Great Stone Dwelling. Museum Executive Chef Betsy Oppenneer's delicious menu includes onion & new potato cream soup; corn & blueberry salad; Hancock Shaker green & red cabbage; mashed potatoes with scallions & Parmesan cheese; cider baked ham with raisin sauce; Sister Sallie's sour cream corn bread; lemon pie. \$30/member or \$35/non-member includes a complimentary glass of wine. Please reserve by October 24.

#### Holiday Dinner by Candlelight

Saturday, December 1  
6:30 pm

Enjoy Executive Chef Betsy Oppenneer's holiday dinner at the Great Stone Dwelling by candlelight: Christmas Salad; Shaker Asparagus; Sweet Potato Puree; Roast Leg of Lamb; Sister Marie's Graham Bread; Christmas Pudding. \$30/member or \$35/non-member includes a complimentary glass of wine. Please reserve by November 28.

### WORKSHOPS

#### Rug Braiding Workshop

Tuesdays, September 4 – October 2 and October 23  
6:30 – 9:00 pm

Learn how to make chair pads or a small oval rug with artisan Kathy Ford. Bring your tools and materials or purchase them for up to \$50. Limited to six people. \$125/member; \$175/non-member.

#### Rug Hooking Workshop

Mondays, September 10 – October 1  
10:00 am – 2:00 pm

Sue Hammond, an instructor at the Shelburne Museum, will teach you how to hook a rug. A fee of \$200 covers four half-day classes, follow-up visits with the instructor and a kit with wool, pattern and tools. Register by September 4.

#### Estate Planning Workshop

Thursday, September 20  
2:00 pm

Attorney Melissa A. Martin, a director of the firm Martin, Lord & Osman, P.A. since 1988, will discuss estate planning, including wills, trusts, tax and charitable issues and advanced directives. Her areas of expertise are elder law services, estate planning, trusts, probate, small business and non-profit organizations. Free admission to members. \$10 admission for non-members.

#### Stress-Free Teas for the Holidays Workshop

Sunday, November 18  
1:00 – 3:00 pm

Galen Beale, former Herbalist at Canterbury Shaker Village, will lead this workshop, with simple instructions on how to make teas from the garden. Enjoy the aromas and tastes of a variety of locally grown herbs. Make your own mixture of stress-free teas for the upcoming holidays. Take home your special blend and tea ball. \$30/member; \$35/non-member.

#### Shaker Chair Weaving Workshop

Saturday, October 20  
10:00 am – 1:00 pm

Barbara Brady will teach you how to tape a chair with Shaker fabric tape. The tape, in a beautiful array of colors, is for sale in the Museum Store. Registration is limited, so sign up now! \$35/member; \$40/non-member. Reserve by October 17.

#### Herbal Gifts from the Garden & Kitchen

Sunday, November 11  
1:00 – 4:00 pm

Herbalist Happy Griffiths will demonstrate how to make gifts from the garden and kitchen: herbal vinegars, herb and tea mixes, pestos and sauces, bath blends, a lip conditioner, an exquisite face cream and more! Take home samples, recipes and data sheets. \$40/member; \$45/non-member.

### SPECIAL EVENTS

#### Shaker Day at Enfield's Farmers' Market

Wednesday, September 26  
3:00 pm – 6:00 pm

Enfield Shaker Museum will offer products from the Herb and Flower Garden and much more! Come support the Museum and other local producers of vegetables, flowers, baked goods, and more! Call the Museum at 603-632-4346 for directions.

(Continued on page 4)



Upcoming Programs and Events

Harvest Festival

Saturday, October 6  
11:00 am -4:00 pm



Enjoy hands-on activities for the whole family. Take a horse-drawn carriage ride. Make your own cider, butter and ice cream! Create cornhusk dolls and pinecone feeders. Dip hand-made candles. Blend your favorite potpourri. Try Eldress Bertha's Rosewater Apple Pie. Sign up for an applesauce com-

petition! Tour the Museum and gardens. Free to Museum members. Non-Members: Adults: \$5. Children ages 6-18: \$2.

Enfield Shaker Museum Annual Meeting

Sunday, November 4  
2:00 pm

Executive Director Mary Boswell and Board President Karen Hambleton will review past achievements and give highlights for the coming year. Our keynote speaker will be Beverly K. Sheppard, President of the Institute for Learning Innovation and former President of Old Sturbridge Village. Her book, *Thriving in a Knowledge Age: New Business Models for Museums and Other Cultural Institutions* (Altamira Press, 2006) will be the basis for her talk on how history museums create public value. She will discuss new business models of successful museums in today's economy and how to maintain a meaningful dialogue with communities and visitors. All Museum members are encouraged to attend.

Taste of the Upper Valley

Friday, November 9  
6:30 pm

Join us for an evening of food, fun and festivities! The Upper Valley's top purveyors of fine foods will offer sample culinary works of art - "signature" appetizers, entrees and desserts. Complimentary wines and non-alcoholic beverages will be served. Sybil and Peter Williamson are co-chairing this event with a Live Auction, featuring tempting goods and services from our region. Tickets are \$50 per person to support the Museum's operations.

Cookie Fair

Sunday, December 16  
Starts at 1:00pm

Take advantage of our easy holiday shopping - select from 100 varieties of homemade cookies festively arranged for the season! Sold by the pound. Browse through a vast array of specialty items in the Museum Store. Free admission.



Ring in the New Year

Monday, December 31  
11:30pm

Ring in the New Year at the historic Great Stone Dwelling. Individuals may take turns ringing the bell, cast by George Holbrook, an apprentice to Paul Revere. Holiday refreshments will be served.

Capital Campaign Projects Begin

Your donations to Enfield Shaker Museum's \$1.1 million campaign to address mechanical and aesthetic needs of the Great Stone Dwelling are beginning to show results! We have formed a Preservation Planning Committee, comprised of members of our Facilities Committee and nationally recognized historic preservationists, to review our fundraising goals for the Great Stone Dwelling. We refurbished the kitchen this summer. Our first public meal using this "new" kitchen will be held on September 15th, when Museum Executive Chef Betsy Oppeneer will present a Shaker Harvest Dinner. (See details inside this newsletter.) Plans are also being made to upgrade the heating system to prepare the building for the cold winter months.

The Museum still needs to raise approximately \$450,000 to reach its fundraising goal. If you haven't already supported this campaign, please sign up now:

Yes! I (We) wish to make a gift to the Enfield Shaker Museum to help preserve this magnificent and historic structure.

- ☐ \$100
- ☐ \$250
- ☐ \$500
- ☐ \$1,000
- ☐ \$5,000
- ☐ Other \$ \_\_\_\_\_
- ☐ Donation enclosed.
- ☐ Please consider this a pledge, to be paid in the following installments: \_\_\_\_\_

Credit Card No. \_\_\_\_\_  
Expiration Date \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_  
Signature \_\_\_\_\_



## Invest in the Museum's Future

It is possible to help the Museum without spending a lot of time or cash. Many avenues allow you to make a lasting gift that can also help you at tax time, earn you money and give you piece of mind. A bequest can reduce the estate taxes imposed on your survivors and at the same time help the Museum. A gift of life insurance is another painless way to help the Museum; simply name Enfield Shaker Museum as a beneficiary. However, posthumous giving isn't the only alternative to writing out a check. Other options related to planned giving offer you opportunities to see your gift at work, such as:

**Gift annuity:** An investment instrument that will generate income for you while you need it, and then benefit Enfield Shaker Museum once you don't.

**Charitable remainder trust:** An irrevocable trust funded by you with cash or other assets. The trust generates an income tax charitable deduction and an income stream for you. Upon your death and the death of any other named beneficiaries, the remainder of the trust goes to the charity.

**Gifts of annuities:** These can provide an income for a loved one as well as help the Museum.

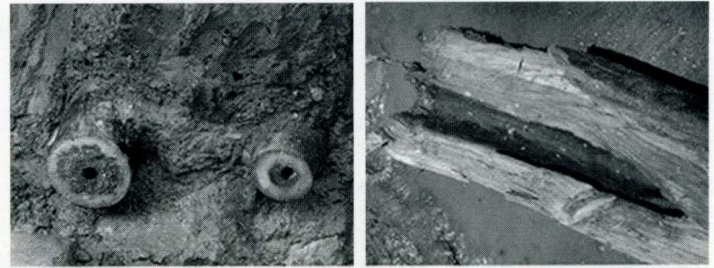
**Gifts of appreciated stock:** These may be outright or to a Charitable Trust and allow the donor a charitable income tax deduction while avoiding the capital gains taxes that would result if the donor sold the stock him/herself.

Deb Coffin, former volunteer and staff member, has remembered the Museum in her estate plan. "I feel strongly that the Enfield Shakers are not only an important part of our local history, but they also have made unique contributions nationally and world-wide," she said in a recent conversation with the Museum's Executive Director Mary Boswell. "We must pass the Shaker legacy to future generations. It would be a tragedy to lose it. We must keep it alive. It wouldn't hurt any of us to make this commitment," Deb added.

## Enfield Shaker Museum Annual Meeting

Executive Director Mary Boswell and Board President Karen Hambleton will review past achievements and give highlights for next year at the Annual Meeting scheduled for Sunday, November 4 at 2:00 pm. Keynote speaker will be Beverly K. Sheppard, President of the Institute for Learning Innovation and former President of Old Sturbridge Village. Her book, *Thriving in a Knowledge Age: New Business Models for Museums and Other Cultural Institutions* (Altamira Press, 2006) will be the basis for her talk on how history museums create public value. She will discuss new business models of successful museums in today's economy and how to maintain a meaningful dialogue with communities and visitors.

All Enfield Shaker Museum members are invited to attend, mark your calendar today.



Wooden water pipe found in the vicinity of the South Family and donated to the Enfield Shaker Museum.

## Wooden Water Pipe Found on Site

On July 16, Kathleen Wheeler, Archaeologist for Independent Archaeological Consulting, LLL, under the direction of State Archaeologist Richard Boisvert, called the Museum to say that Pike Industries, who is working on Route 4A, had unearthed a wooden water pipe in the vicinity of the South Family.

Galen Beale, who chairs the Museum Artifacts Committee, volunteer Barbara Woods, and Interpreter Arthur Gagnon viewed the excavation area. Buried four feet below and packed in clay were two wooden logs with 1.5-inch holes drilled through the middle of each. The pipes appeared to be made of pine. Water continued to drip from the holes. Wheeler had expected to find foundations, not water pipes. The adjacent property owner was unaware of this piping system running under his land.

A Pike Industries employee had talked to a local business owner who said he had used the water from the pipes until the 1980s when he had to drill a well. He also said the water was used by many camps on the lake.

The Pike crew removed both ends of the pipe. The ad hoc committee examined the remaining pieces of water pipe and concluded that one end of a log was tapered and then pressure-fit into the next log. On one pipe was a metal band, which gave rise to the speculation that this pipe had failed, and the second pipe was a replacement.

Pike Industries employees delivered the pipes to the Museum, where they will be stored until they can be properly displayed. *Galen Beale*, ESM Artifacts Committee

## Sage Thoughts (continued)

**Tarragon** – There are two types of tarragon, French and Russian and they are often mislabeled. It is a hardy perennial and likes a fairly dry soil and because it doesn't flower and set seeds, it must be propagated by cuttings or root division. The flavor of the French is the culinary herb of choice with its predominant flavor being that of anise. The chopped leaves are added to seafood, cheese and egg dishes and it is the predominant flavor in béarnaise sauce. Try adding it to salads, peaches and chocolate.

These are just a few of the culinary herbs that you may have in your garden. Happy harvesting!

*Happy Griffiths*, Herbalist





Julie Slack, enrolled in the Master of Education in Heritage Studies at Plymouth State University, has been hired as the Museum's new Store Manager and Administrative Assistant. Julie is a resident of Springfield and is passionate about history and museum work. She is curator of her local historical society and a town library trustee. Since 2002, her work in the financial industry gave her managerial experience.

In addition to bringing a new vision to the Museum Store, she is helping organize and centralize the office management. Members and friends are encouraged to visit the Museum Store and see the results of Julie's efforts.

Enfield Shaker Museum is deeply grateful to Trustee Barbara Brady, who has managed the Museum Store successfully for the past year as a gift to the organization.

## What's New at the Museum Store?

The Museum Store has many items to help kick off the fall season. We have a new line of teas and tea accessories to keep you warm; mulled cider spices as well as dried apples and cinnamon to keep your home filled with the comforting aromas of harvest time. Shaker folk designs by David Harden, Karen Cruden, Diane Ulmer Pedersen and others are available in a line of coasters, recipe boxes, and greeting cards. They make great gifts for the holidays, or they can add a touch of Shaker to your own home. Why not pick up a Cat's Meow of the Great Stone Dwelling, the Stone Mill or

the Mary Keane Chapel for that person on your holiday list who already has everything?

When you are doing your baking this fall remember we have a wonderful selection of herbs packed fresh from the Sabbathday Lake Shakers. Forget fighting the traffic and stop here instead! Here is a sampling of what we have:

- Rosemary
  - Poultry Seasoning
    - Oregano
      - Tarragon
        - Dill

...and many more!

*Julie Slack*, Store Manager

P.S. Members always receive a 10% discount in the store—and it's never too late to become a member!

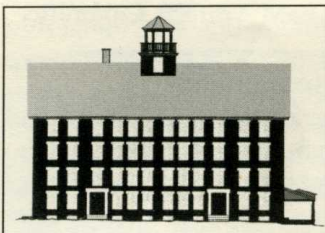
*The Friends' Quarterly* is a publication of  
the Enfield Shaker Museum  
447 NH Rt 4A  
Enfield, NH 03748  
[www.shakermuseum.org](http://www.shakermuseum.org)  
[chosen.vale@valley.net](mailto:chosen.vale@valley.net)  
(603) 632-4346

**Board of Trustees:**

Seymour Bortz	Jim Kelleher
Barbara Brady	Keith Oppenneer
Sheila Brown	Aaron Simpson
Donna Butler	Allen W. Smith
Charles DePuy	Carolyn A. Smith
Karen Hambleton	Douglas A. Smith
John Hilberg	Dolores Struckhoff

**Museum Staff:**

Mary Boswell, Executive Director  
Tom Boswell, Properties Manager  
Arthur Gagnon, Interpreter  
Heather Hough, Head Gardener  
Julie Slack, Museum Store Manager



**Enfield Shaker Museum**  
447 NH Rt 4A  
Enfield, New Hampshire 03748  
(603) 632-4346

Nonprofit Org.  
U.S. POSTAGE  
**PAID**  
Enfield, NH  
Permit No. 1

