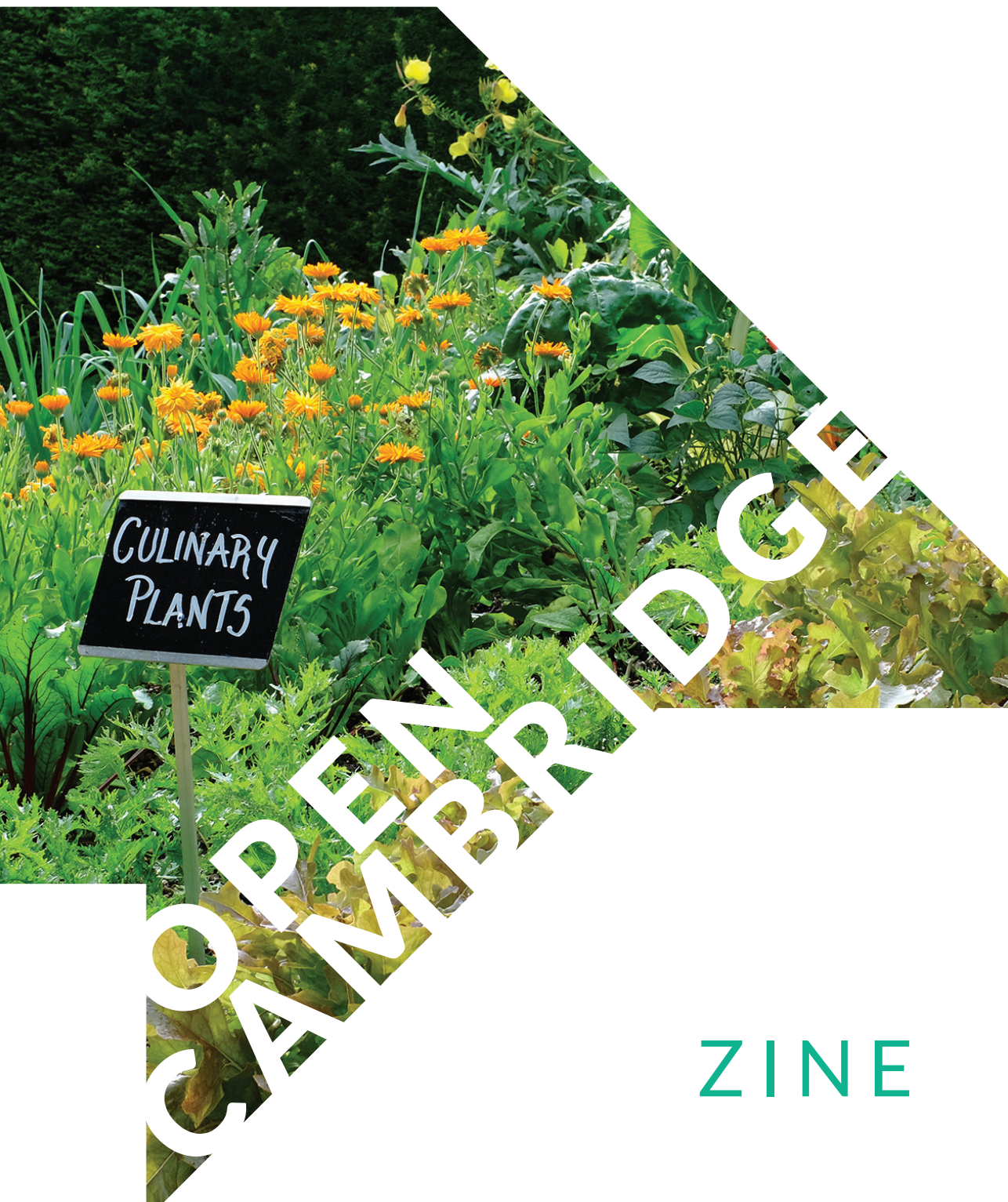




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WELCOME TO THE OPEN CAMBRIDGE 2021 ZINE!

Our very own magazine is full of food, sustainability goals and the best teeth in the Sedgwick Museum!

Open Cambridge, which is run in conjunction with Heritage Open Days, will be held from 10 to 19 September. The theme is Edible England.

From bug hunts to exhibitions to exploring the feasts of the past, there is something for everyone.

Open Cambridge is co-ordinated by the Public Engagement team at the University of Cambridge, which works across the University and Colleges to support public research discussion and community outreach work.

We hope you enjoy this Zine and the events in Open Cambridge.



Sue Long
Public Engagement and Festivals Officer

W opencambridge.cam.ac.uk  [@camunifestivals](https://twitter.com/camunifestivals)  [@OpenCambridgeUK](https://www.instagram.com/OpenCambridgeUK)



GLOBAL FOOD SECURITY

10 THINGS WE'VE LEARNT AT (ONLINE) PUBLIC EVENTS AT CAMBRIDGE GLOBAL FOOD SECURITY IRC IN THE LAST 12 MONTHS...

Despite the Pandemic, Cambridge Global Food Security Interdisciplinary Research Centre has continued to offer free public events open to all, especially Cambridge residents.

What is Cambridge Global Food Security Interdisciplinary Research Centre?

It is a virtual network of researchers across the University of Cambridge, from plant scientists and engineers to specialists in policy, economics and public health, all of whose work in some way addresses the challenges of feeding the world's growing population in a sustainable way. It promotes interaction and knowledge sharing, and supports collaborative research at local, national and international scales.

What sort of public events do we run?

In the last year, although we couldn't run in-person events, we have run a series of on-line panel events on topics ranging from the importance of bees to food security, to food-poverty in children and the uses of algae. We've attracted large and lively audiences with no shortage of questions to put to our amazing expert panels.

Here are just a few of the facts and opinions heard at events in the last 12 months:

1. Although plants contain lower levels of key micronutrients than animal foods, it is possible to obtain all of these nutrients by eating a varied vegan diet.
2. While many grain crops are wind-pollinated, a lot of fruit and veg isn't, so we need pollinators if we want to eat a varied and healthy diet; if we only ate doughnuts fried in lard, we wouldn't need pollinators at all!
3. Helping bees starts in our own back gardens by providing more bee-friendly plants and being a bit messier.
4. Packaging prevents food waste, itself the cause of more carbon emissions than plastic packaging; shorter food chains (eating locally-produced food) could be one way to reduce packaging.

- 
5. Algae may help provide more sustainable food sources in the future.
 6. Retailers chase consumer demand by offering a huge range of products at artificially low prices, resulting in more food in the shops than we can eat. A solution could be to move towards a more community-orientated, wellbeing-focussed style of retail.
 7. Body weight is not a choice. Research shows some people's genes predispose them to obesity. If that's the case, and you are on a low income, a food environment where unhealthy food is the easier and cheaper choice means that you are more likely to be obese or suffer from diet-related disease.
 8. In affluent areas of the UK around 24% of kids aged 11 are overweight or obese, as compared with 42% in the least affluent areas. Fast and ultra-processed food are more available in areas of lower socio-economic class.
 9. In 2018 Cambridge topped the Centre for Cities league as Britain's most unequal city.
 10. Washing and squashing your recycling (and putting it in the right bin) really does make it easier to recycle!

WHAT'S NEXT?

We'd love to hear your views too! Find out about our future events at www.globalfood.cam.ac.uk

Through the Laboratory Keyhole, Thursday 16th September 18:00 GMT is our next event. It's part of Open Cambridge and is a sneaky online peek into labs and research facilities that the public cannot enter. Find out more at the Open Cambridge website.

Recordings of most Cambridge Global Food Security IRC events are available to view online at www.globalfood.cam.ac.uk

With thanks to all of the excellent speakers, chairs and of course audience members who have taken part in our events over the last 12 months.





Sedgwick Museum
of Earth Sciences

NINE GNASHERS

AT THE SEDGWICK MUSEUM

1) 510 MILLION YEAR OLD PREDATOR

Growing to a metre long, *Anomalocaris* was one of the first large predators of the world's oceans. Like something from space, this creature had long pincer-like arms which grabbed and stuffed prey into its mouth, and sharp plates to crunch the victim up.

2) FIRST 'FOUR LEGGER'

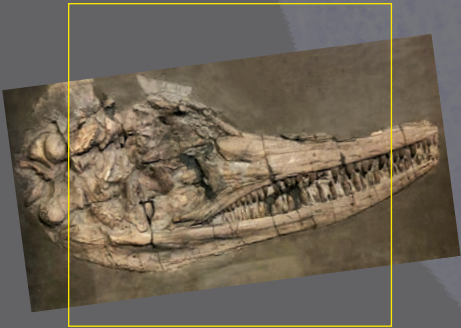
360 million years ago, estuaries, rivers and lakes were full of animals looking for food. Amongst them were some of the first four-legged creatures. This *Acanthostega* used its legs to move through shallow water, searching for food that fish could not reach. With its wide mouth and numerous teeth it would snap up any unwary prey.

3) THE TEETH THAT MARY FOUND

In 1811, long before dinosaurs were discovered, a 12 year-old girl called Mary Anning from Lyme Regis in Dorset found some of the first known remains of giant marine reptiles. With jaws full of sharp conical teeth, they were fast-swimming hunters that chased fish and squid-like belemnites.

4) JURASSIC JAWS

These are tiny teeth belonging to one of the earliest mammals, who lived in southern England around 143 million years ago alongside dinosaurs. The rat-sized *Trioracodon* had sharp canines for capturing and killing insect prey and molars for chopping and chewing.





5) THE HOLE THE VERY HUNGRY SNAIL MADE

Snails have a simple but effective way to overcome the problem of finding dinner. They use a combination of acid and a hard toothlike radula to bore a hole through the victim's shell, and then eat the victim's flesh through the hole.



6) THE DINOSAUR WITH TEETH LIKE AN IGUANA

The strange shape of these fossil teeth puzzled their finder Dr Gideon Mantell when they were found in Sussex in the 1820s. That was until he saw a pickled museum specimen of a marine iguana with leaf-shaped teeth from the West Indies. Mantell thought his fossil was a giant land-living animal similar to an Iguana, which he called Iguanodon – meaning 'iguana tooth'.



7) SEA URCHINS HAVE TEETH

Sea urchins have five sets of tooth-like blades in a structure called an Aristotle's lantern. They can grab and cut bits of seaweed or grind algae from rock surfaces, and some can also deliver a poisonous bite.



8) MAMMOTH GRINDERS

Weighing up to 2kg, the teeth of extinct mammoths of the Ice Age are so massive that they survive weathering and erosion remarkably well. These giant plant eaters use the rasping file-like surfaces of the teeth to grind coarse plant material into digestible food.



9) ICE AGE VEGETARIAN

Around 125,000 years ago the rivers around Cambridge were full of hippopotamus. Although they are plant eaters, hippos weigh well over a tonne and can be very aggressive. Their huge curved canine teeth not only cut tough aquatic plants but are also used as defensive weapons.

Visit [The Sedgwick Museum](#) to view these (and lots more!) teeth. And check out our online exhibition ['We need more teeth!'](#)

David PARR

HOUSE

THE BRAMLEY APPLE TREE AT DAVID PARR HOUSE, GWYDIR STREET, CAMBRIDGE



The Bramley apple tree plays a surprisingly important role at the David Parr House, both in terms of the tree's physical presence in the back garden and how the fruits of the tree were used as gifts for neighbours and the wider community.

The David Parr House is an ordinary terraced house which contains an extraordinary hand painted interior. Painted by David Parr between 1886 and 1927, the fruits of his labour were preserved by his granddaughter, Elsie, who moved in to be a companion to her grandmother after his death. Elsie was just twelve at the time and stayed for the next 85 years until her death in 2013. Elsie married Alfred Palmer in 1945 and they raised their two daughters, Ann and Rosemary, in 186 Gwydir Street, and were careful custodians of David's work.

We don't know the date that Alfred planted the apple tree, but we do know from Rosemary and Ann that he had no idea that

it would grow so quickly and dominate the central area of the back garden. The family spent a lot of time in the shade of the tree, relaxing and entertaining friends and family as the tree grew with them. After Alfred's death the tree continued to flourish and grow. Now it has a thick trunk that supports a spreading canopy of branches that dangle over the neighbouring gardens on each side.

In the autumn the Palmer family would pick and store the apples for later use. Known as the king of cooking apples, its tart flavour and soft, golden flesh when cooked makes it ideal for pies, tarts, cakes and puddings. Elsie often made an apple pie or stewed the apples and served them with custard. The tree was such a prolific fruiter, that it provided many more apples than Elsie needed, so she often gave fruit away as gifts. A quiet, independent and private woman, Elsie showed her neighbourliness and thoughtfulness through her gifts of Bramley apples. We have been fortunate to record the audio memories of three neighbours who fondly remember receiving such gifts. These can be heard on our website - www.davidparrhouse.org/discover Ros, who still lives a few doors down and

ABOVE: The back garden before the apple tree was planted. © David Parr House



guides at the house, remembers Elsie bringing, 'apples as a gift, beautifully done up with old fashioned twine, I used it keep it, it was so special, the twine'. Elsie's direct neighbour, Joan, who lived at 184, told us about the flat bush 'cut level like a table' that used to separate the two properties and was used to exchange gifts of food. Elsie would leave apples and Joan would leave buns and soup in return. In our most poignant recording, neighbour Janet, tells of how kind Elsie was to her when she arrived to live on Gwydir Street from India. Elsie welcomed Janet with a bouquet of cornflowers (particularly apt as these were Janet's grandmother's favourite flowers) and went on to regularly gift her apples.

Elsie also routinely took apples to the Salvation Army Lunch Club on Mill Road for them to use in their kitchens. In her 80s and 90s Elsie also had her lunch there most weeks and Rosemary and Ann remember going with her sometimes. The excess apples were put into a wooden crate and placed on the front wall of the house so that passers-by could help themselves to free fruit. Continuing the tradition there will be a crate of apples available on the wall this autumn filled with this year's crop. To honour Elsie's kindness, we have

compiled a delicious collection of apple recipes from our team of volunteer house guides. You can access the recipe collection on the resources page of our website – www.davidparrhouse.org/outreach



TOP: Elsie in the shade of the tree with Alfred's onions drying on the path. © David Parr House

BOTTOM: Rosemary and Ann in front of the apple tree in 2021 ©David Parr House

THE FOOD ACCELERATOR NETWORK PROGRAMME

THE FOOD ACCELERATOR NETWORK PROGRAMME IS SUPPORTED BY EIT FOOD, EUROPE'S LEADING FOOD INNOVATION INITIATIVE, FUNDED BY THE EUROPEAN UNION.

As one of six hubs across Europe, we at Cambridge, with our partners at the University of Reading, PepsiCo and Agrimetrics, support ten of the most promising and innovative agri-food and tech start-ups every year to accelerate their development, solve issues in the food system and scale up their businesses.

Here are just four of our recent success stories:

SMART BELL

Smartbell is a Cambridge-based start-up that has developed an 'internet of cows', to improve animal welfare and make rearing cows more environmentally friendly.

Using electronic ear-tags their system monitors calves' health and gives early warning of illness before symptoms emerge. The information is relayed to a farmer's phone, or laptop, providing real time insights into the health of every animal in a herd. Early treatment means reduced suffering for the calf, as well as far fewer antibiotics, and less food and water, minimising the animal's carbon footprint.

Smartbell has already been awarded research funding by Innovate UK, a government agency which promotes research, as well as a Commendation Award for Innovation at The Cream Awards 2021, a prestigious British industry trade award.



HIGHER STEAKS

Cambridge-based Higher Steaks' mission is to provide healthy, sustainable meat without the consumer having to sacrifice on taste. Using state-of-the-art cell-culture techniques they produce a product that tastes like conventional meat, but without the environmental or animal welfare concerns.

Cells are taken painlessly from a live animal and fed a rich and animal-free growth media. As they grow they are guided to become muscle, fat and other types of tissue in order to form the desired meat product.

The meat produced doesn't contain antibiotics, is sustainable and does not require animal slaughter. Their prototype laboratory-grown bacon rashers and pork belly prove that new techniques could help meet the global demand for pork products.

DEEP BRANCH

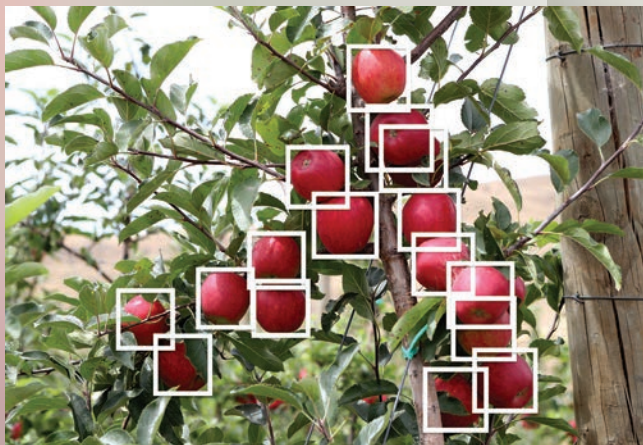
Founded in 2018, Deep Branch is a fast-growing start-up operating in the UK and the Netherlands that uses microorganisms to convert CO₂ from industrial emissions into a sustainable and cost-effective protein ingredient for animal feed.

Although they recognise that to make our diets more climate-friendly we need to eat less meat, they know due to population growth and income increase, global meat consumption is set to rise. So perhaps the next best solution is to reduce the environmental impact of consuming meat.

Deep Branch's first product is Proton™, a single-cell protein optimised for animal nutrition. Thanks to their proprietary CO₂-to-protein fermentation technology, Proton™ can be produced all year round anywhere from locally sourced ingredients. Unlike conventional protein sources like fishmeal and soy, which are often shipped from the Americas, Proton™-based feeds can be produced with 90% less carbon intensity.

OUTFIELD

Outfield is an agri-tech start-up based in Cambridge, building systems to help fruit growers be more productive, more sustainable and more environmentally friendly.



Where a farmer can manually inspect only a small proportion of the trees on a farm to estimate their yield, Outfield's drones can survey 10,000 trees in a matter of minutes. AI systems count the fruit or blossoms on each tree, resulting in better harvest yield estimates and reduced need for chemical treatments.

As weather patterns become less predictable due to climate change, having up-to-date information on the condition of crops becomes ever more important. Outfield provides growers with the surveying and management tools needed in an uncertain world to help them to continue to grow enough fruit for all of us to enjoy.

Further information about the University of Cambridge's involvement in FAN is available here:

www.eitfan.eu/cambridge



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200 YEARS OF CURRYING FAVOUR

HOW THE BRITISH LIKING FOR INDIAN CUISINE HAS SPICED UP OUR CHOICE OF RESTAURANTS

BY SHAHIDA RAHMAN

One would expect the favoured British dish of the day to be good old fish and chips, but apparently the food of choice that gets the British palate salivating most often is the culinary delight of chicken tikka masala.

Britain's relationship with Indian cuisine has a long history, dating back over 400 years to the 1600s. It all began with the British Raj and the UK's colonisation of India. At this time, a few Indian restaurants sprang up in the wealthier quarters of London, to accommodate British officers on their return from India.

Although Indian cuisine was available, it was fashionably reserved for those of a higher station. Many of the early roadside eating establishments where Indian cuisine was on offer to the everyday person were places where Lascars themselves would get together and exchange stories of travels and woes. Some had been chefs on ships of which they had travelled on and hoped to gain employment within London's growing restaurant community.

Other Asians came into Britain on the backs of agents from the East India Company, as servants and some accompanied British families travelling to and from India, as nannies or nurses. The first known Indian restaurant, the Hindoostanee Coffee House which was located on George Street, Central London, opened in 1810, by a Bengali immigrant, Sake Dean Mahomet. This venture, however, was unsuccessful. The oldest surviving Indian restaurant in the UK is The Veeraswamy's founded in 1926 in Regent Street, London by an Indian Princess and the great grandson of an English General.

In the years between WWI and WWII, the Indian restaurant community started to expand beyond London. It was during the 1950s and 60s when a large influx of South Asians and Africans migrated to Britain that the Indian restaurant

concept started to spread even further throughout the UK, which now boasted around 500 Indian cuisine eating establishments. Businesses began appearing in Birmingham, Manchester and even spread their wings as far North as Glasgow.

My late father, Abdul Karim, established the New Bengal Restaurant at 43 Regent Street, Cambridge. He

came from East Pakistan, arriving in Cambridge in 1957, when a thousand international jobseekers' passports were issued to East Pakistani men who wished to travel here to work. Those that settled in Cambridge at that time, set up restaurants. The oldest Indian restaurant in Cambridge is probably the Kohinoor, on Mill Road, which opened in 1943 and was staffed by ex-seamen, who worked as cooks onboard British steamships.

Twenty years ago, the number of Indian restaurants in Cambridge had risen dramatically. Most Indian restaurants were actually Bangladeshi. Most small towns in the UK boasted a curry house of some description, be it balti, curry or tandoori and much of the original Indian cuisine has been adapted over the years to suit the English palate. Due to the growing demand of India's own internal booming economy and stricter criteria surrounding immigration, there is cause for concern that the estimated 27,500 employees needed within the industry is now in decline. The industry is now in crisis, fuelled by the pandemic, with nearly 3000 closing in the last year.

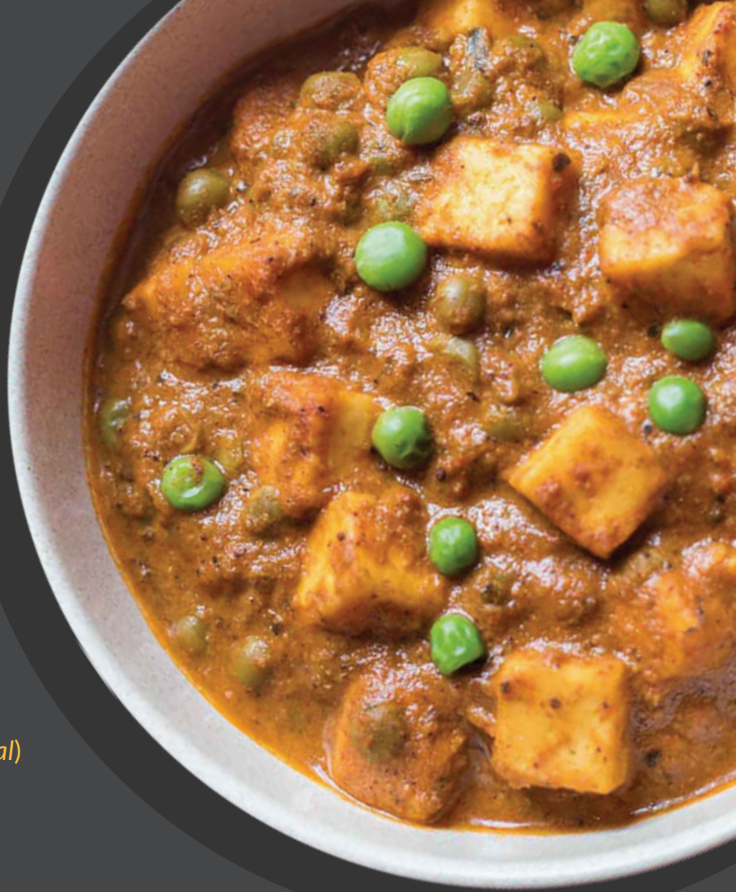


RECIPE:

MUTAR PANEER

BY HANNAH JACKSON

200g paneer cheese, soak in hot water for 5 to 10 minutes
150g green peas (*fresh or frozen*)
1 onion, roughly chopped
4 garlic cloves, finely chopped
2-inch ginger, finely chopped
2 tomatoes, quartered
1 – 2 green finger chilli (*optional*)
1 black cardamom (*or 2 green*)
2 – 3 bay leaves
1.5 tsp cumin seeds
1.5 tsp red chilli powder (*Kashmiri*)
2 tsp coriander powder
0.5 tsp turmeric powder
1 tsp garam masala
A handful of chopped coriander (*optional*)
Salt to taste



METHOD

Step 1

Remove softened paneer from the hot water, cut into *roughly* 2cm cubes. Heat a large frying pan on a medium flame and fry the cubed paneer until slightly browned and set aside.

Step 2

Using the same pan, heat 1.5 tbsp oil over a medium flame, crush the cardamom pods with the edge of your knife. Add in the whole spices (cardamom, bay leaves and cumin seeds) fry until they become aromatic but be careful not to burn them.

Step 3

Add in onion and fry for 3 to 4 minutes until it starts to brown. Add in the chilli, ginger and garlic and fry for a few more minutes. Then add chopped tomatoes, 1 tsp salt and fry until soft. Once soft start to mash the mixture with your wooden spoon, if you want to you can blend this now for a smoother paste.

Step 4

Add chilli powder, coriander powder and turmeric powder. Mix well until all the spices are blended with the sauce, cover and simmer for 3 to 4 minutes. Uncover the pan and cook on a high flame for 8 to 10 minutes, mixing regularly. You want the sauce to reduce to a thick paste.

Step 5

Once your sauce mixture has reduced to almost half and you can see oil starting to separate, add 1.5 cup of water, green peas and salt to taste. Cover the pan and simmer for 8 minutes on a low flame. Add the fried paneer, mix well and simmer for a further 8 to 10 minutes on medium/low or until it has reached desired consistency.

Step 6

Add the garam masala and chopped coriander *if using*, mix well and simmer for a few more minutes. Serve with basmati rice and/or your choice of bread.



MAMIE OLLIVER: A JAM-PACKED LIFE

Whilst researching new exhibitions for **Cambridge Museum of Technology**, we came across the little-known story of Mamie Olliver. Mamie was a food scientist at Chivers and Sons, a company based at Histon, just outside Cambridge, and Britain's leading producer of jam. Her research into blackcurrants was used to keep children and soldiers healthy during the Second World War.

Mamie Olliver was born in Coventry in 1905 and grew up at a time when women faced many obstacles to attending university. Her dream was to study chemistry but instead she took a course in Household and Social Science, considered a suitable subject for young women. Eventually her perseverance paid off and she went on to earn two more degrees, this time in Chemistry.

After graduating, Mamie started working for Chivers and was soon promoted to chief chemist, the first woman to hold that post. She made many important nutrition-related discoveries, including the high vitamin C content of blackcurrants. Vitamin C

is essential in keeping the body healthy, so when there were food shortages during the Second World War, Chivers increased its production of blackcurrants. The government gave this nutritious puree to children and babies.

During her career, Mamie also developed a way to prevent the contents of jars and cans from rotting. In addition, she coordinated the opening of a new laboratory, and published 13 papers on the properties of different foods.

Outside of work, Mamie encouraged other women to study chemistry and became the first female Vice President of the Royal Institute of Chemistry. She retired in 1965 at the age of 60 and remained an active member of the community until her death in 1995.



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EDIBLE ENGLAND AT THE FITZWILLIAM MUSEUM:

SUGAR STORIES

Visit the Fitz's Lower Marlay Gallery to see two spectacular reconstructions by renowned food historian Ivan Day that show how sugar was used in English food in the 1600s and 1700s. Ivan Day's recreations help us to understand the beauty and artistry associated with food production and consumption in early modern England, but also remind us that the lavish treats arrayed on English banqueting tables and in confectioners' shop windows relied on the systems of Empire, Colonialism and exploitation through enslavement. 'Eating right' in early modern Europe was as treacherous and complex an issue as making these food choices now.



1. RECREATION OF A SUGAR BANQUET FOR AN ENGLISH WEDDING, C.1600

Some of the most magnificent meals ever consumed in England were 'banquets' served at the end of élite feasts, often in specially designed banqueting houses, consisting entirely of glittering displays of sugar in different forms: sweetmeats, preserves, ornamental marzipans, sugar sculptures, and edible jokes such as a trompe l'oeil gloves, playing cards, and even a plate of bacon and eggs, all made out of sugar. Appropriately, given the Fitzwilliam Museum's location in the heart of East Anglia, our edible sugar architectural centrepiece is a miniature version of the banqueting house at Melford Hall in Long Melford, Suffolk.

The use of sugar as medicine, preservative, sweetener and modelling material spread from the Islamic world into Europe via Italy during the Medieval period. Sugary foods, thought to aid digestion, were eaten with

sweet spiced wine after formal dinners. Such 'sugar banquets' were designed to delight, inspire wonder, amuse and deceive. In the Museum's recreation, wedding traditions are alluded to through the 'comfits' (the original confetti), 'bride cup' with gilt rosemary tied with lovers' knots, gloves (given as wedding favours) and 'bride knives' (gifted by groom to bride).

Sugar banquets also reflect the impact of colonialism and empire. Until 1500, most sugar consumed in Britain was imported from Crete and Cyprus via Venice. With the establishment of French, Dutch, Portuguese and British sugar plantations in their Caribbean colonies, enslaved Africans were brought across the Atlantic to work in horrific conditions. This exploitative production broke the Venetian monopoly, and sugar became a more affordable luxury for Europeans.



2. RECREATION OF AN ENGLISH CONFECTIONER'S SHOP WINDOW, C.1775

Proprietors of confectionery shops mainly created luxury provisions for the wealthy. London-based confectioners produced an extraordinary array of sweet goods, including exotic ices and a vast range of Italian and French sugar-based delicacies to dress out the elaborate dessert tables of the rich. Many confectionery shops were run like cafés where customers could drop in and enjoy a syllabub, some fresh strawberries, or a paper cone of sugar plums at the counter, but they also sold or hired out porcelain tableware and glassware to create 'furnished entertainments' – the height of conspicuous consumption and frivolous fashion.

Rising demand by Europeans for cane sugar drove production, increased imports and lowered prices, making it more affordable. In Britain alone, annual sugar consumption rose, between 1709 and the 1790s, from 4lbs to 13lbs per person. Increasing demand can be linked, in part, to the fashion for new hot drinks (coffee, chocolate and tea) that required sweetening, and alcoholic beverages (posset and punch) made with sugar. From the 1770s, British- and French-owned plantations in the West Indies, worked by enslaved Africans, produced 80% of the sugar consumed in Britain.

The recreations can be seen in the Lower Marlay Gallery at the Fitzwilliam Museum – please remember to book a free timed-entrance ticket at <https://tickets.museums.cam.ac.uk/overview/generaladmission>

The Fitzwilliam Museum's free Family First Saturday activities for September will be themed around food – check the Museum website to book a ticket or discover inspiring activities to do at home.

Dr Victoria Avery FSA, Keeper, Applied Arts Department, Fitzwilliam Museum, Cambridge

Churchill Archives Centre in Churchill College, Cambridge, looks after the archives of prominent political, military and scientific figures from the 20th century onwards. We have more than 570 collections of personal papers, and because these collections were gathered together during an individual's lifetime they include all kinds of records relating to people's personal lives as well as work.

Some of the more unusual items contained in the archives are recipes. In June 2021 we took part in the Great Archive Bake Off started by Cambridgeshire Archives. The idea was to find recipes in our collections, follow them, and post the results on social media (you can see the results by searching #GreatArchiveBakeOff on Twitter and Instagram).

During June we recreated Adeline Hankey's shortbread and pumpkin pie, Mary Soames's crunchy lemon flan, Neil Kinnock's rum truffles, Lord Hailsham's "Bisque au Grand Chancelier", and Cynthia Gladwyn's chocolate mousse and drop scones.



MAURICE AND ADELINE ENJOY A PICNIC [BEFORE 1914]



Here we are sharing two of Adeline Hankey's recipes. One of which we tried making as part of the #GreatArchiveBakeOff in June (shortbread and it was delicious) and one of which we haven't tried yet. Why not try one of these recipes and share the results with us on our social media? We are @ChuArchives on Twitter and Instagram.

Who was Adeline Hankey? Adeline Hankey was born and raised partly in South Africa. She studied at Brighton Art School, where she trained to become an art teacher. Adeline married Maurice Hankey, a naval intelligence officer, in 1903, and thereafter devoted herself to raising their four children. Maurice Hankey became the first Cabinet Secretary in 1916, and Adeline played a supportive role in his career, accompanying him to the Paris Peace Conference in 1919. She also acted as an assistant to her husband, handwriting his famously detailed daily diary (also held at the Churchill Archives Centre) from 1915.

ADELINE HANKEY'S RECIPE FOR SHORTBREAD

½ lb flour (227 grams of plain flour, or 8 oz)
¼ lb butter (113 grams, or 4 oz)
2oz caster sugar (57 grams)

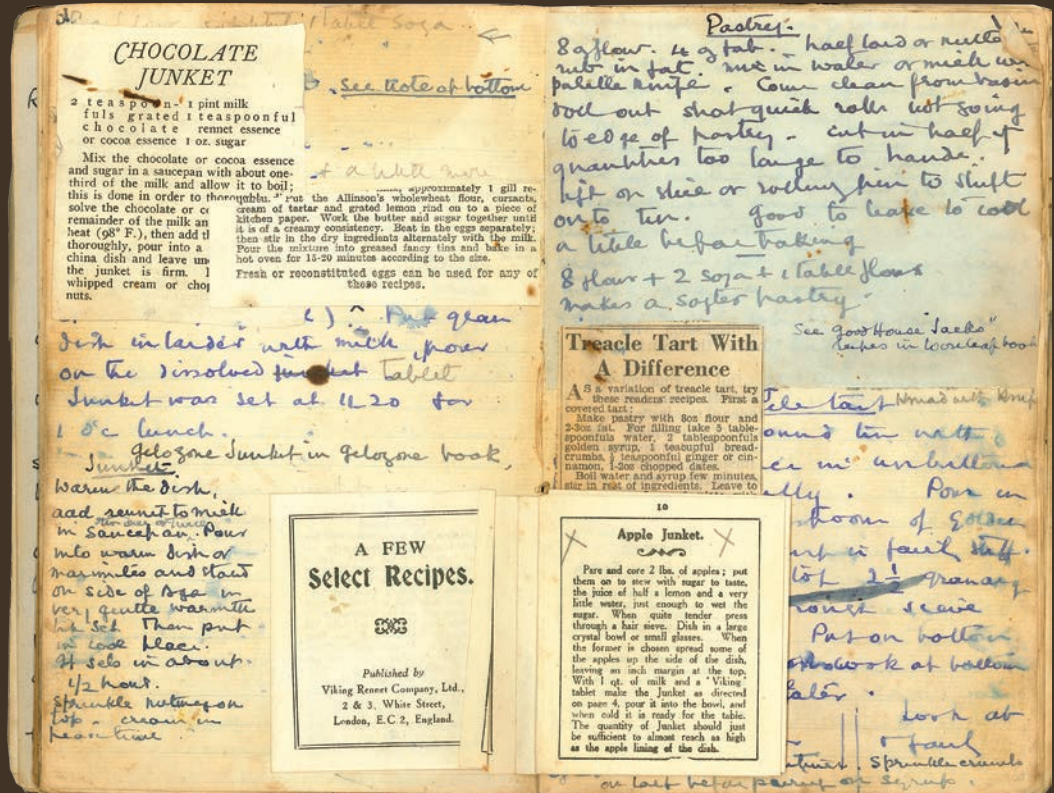
- Beat butter and sugar to a cream
- Stir in the flour lightly until it looks like breadcrumbs
- Press into a flat tin
- Bake for 50 minutes at mark 3 (170 C)

ADELINE HANKEY'S RECIPE FOR GINGER LOAF

8oz flour (227 grams of plain? flour)
4oz butter (113 grams)
1 gill of treacle (¼ pint or 142 ml)
3oz sugar (85 grams)
2 eggs
2oz of candied peel (57 grams)
½ lb of small raisins (227 grams)
1 tsp bicarbonate of soda
1 tsp ginger

- Warm treacle
- Add other ingredients
- Dissolve soda in 1 gill (¼ pint or 142 ml) of milk which must be added last
- Bake in a cool oven and don't move the cakes or they will fall.

This makes 2 cakes. Time 2 hours.



CAMBRIDGE'S OTHER WAR

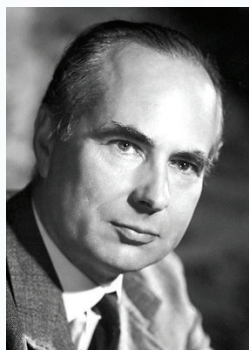
By now everyone knows of Cambridge's contribution to victory in World War II at Bletchley Park, led by Alan Turing (King's), Bill Tutte (Trinity) and others. Yet at the same time Cambridge people were helping to fight another critical battle, in the kitchen. Dr Stephen Halliday, Pembroke, 1961 shares this story.

Just after Christmas, 1940, at the coldest time of year, Robert McCance (Sidney Sussex) set out for the Lake District, travelling by bicycle. In his own words he "got there in two and a half days, against a northerly wind, the latter half of the distance over snowy roads." He was heading for a cottage called Robin Ghyll, situated in Langdale, which belonged to the celebrated historian and Master of Trinity, G.M.Trevelyan. McCance was joined at the cottage by other Cambridge colleagues, including Elsie Widdowson (1906-2000) who in her later years worked at Addenbrookes hospital, and Andrew Huxley (1907-2012), later himself Master of Trinity and winner of the Nobel Prize for physiology.

This was no holiday. For the next nine days the males in the party subjected themselves to a ruthless programme

of diet and physical exercise. Rising at 6 am and burdened with rucksacks containing bricks weighing 15 to 20 kilos they walked and climbed 36 miles a day. Those who have visited this corner of England will have admired such features as Langdale Pikes, Borrowdale, Great Gable, the Old Man of Conistone and the fearsome Hardknott and Wrynose passes, as well as Scafell Pike which, at 978 metres, is England's highest mountain. Each of these was climbed repeatedly and at the end of each day Elsie Widdowson would compare the condition of each of the party (blood pressure, oxygen absorption etc.) with the nutritional intake – calories, vitamins and minerals consumed.

The exercise was prompted by the realisation that it would be essential to make the optimum use of all the nutrients available from the nation's own resources and from the vulnerable convoys crossing the Atlantic. The research made a critical contribution to the wartime diet which ensured that the population of Great Britain was, on average, better nourished than it had ever been before (and some would say since). It was much more vegetarian than our present diet because it is nutritionally more



effective to feed fruit, vegetables and cereals to human beings than to feed the nutrients to animals which are then eaten. A number of modifications were made to processed foods. For example in the case of bread, chalk was added to the process to increase the level of calcium carbonate and compensate for the shortage of dairy produce; and far more of the grain was retained in the mix than was used in the white bread preferred by the British consumer. The result, despite some opposition, was healthier wholemeal bread.

Improvements in the health of the population were particularly notable in areas impoverished by the unemployment of the 1930s. Armaments factories in South Wales saw major increases in output as the workforce began to show benefits from the diet. After the war ended the wartime diet was described as "one of the greatest demonstrations in public health administration the world has ever seen". Others were to benefit too. At the end of the war Elsie Widdowson travelled to Germany to supervise the administration of the diet to malnourished children and the exercise was extended to victims of Concentration Camps.

And it all started when someone in Cambridge got on a bike in the winter of 1940.



Elsie Widdowson, 1974
Margo Rutman

Bronze

Tending the cultivated land has a long history in Romsey. The area extends out from Barnwell Field that originally fed the South of the city. Romsey emerged in the late nineteenth century as an important centre of industry in Cambridge, bracketed by an Iron Works at one end and a Cement Works at the other. While growing land was sold off and rapidly developed in this period, the schedules of shift work allowed residents to cultivate their allotments to a semi-professional standard, so that which survived thrived. These allotments flourish today: Fairfax, Vinery and Burnside, and those extending down to Cherry Hinton. While allotments have gone in and out of favour over the years, they face a boom today where the homegrown and local become increasingly vital in the face of climate emergency.





But not all of us have access, resource or recourse to tend an allotment. This does not mean we cannot be local cultivators. Plants afford us an extraordinary bounty in both rural and urban space. Walk around the streets of Romsey—nature permeates this space. Try finding a location you can stand where you can't see a plant and I suspect you won't find one.

Species grow along the pavements, between the cracks, in the walls, in the non-spaces of this urban environment, and the menu proffered is extensive.

Add to this the domestic gardens and we find species that sustain life woven into this space of industrial history like a giant patchwork. Private gardens in the UK, when added together, equate to over ten million acres, an area larger than all our nature reserves put together and just under half the utilised agricultural land in the country. On its own a garden may seem small but put together they create an extraordinary habitat connected as plots and pathways in much the same format as an extended allotment.

So how might we tend this extended allotment of the city?

Nature is a generous host. Plants grant us the possibility of human life on earth. How might we reciprocate this hospitality? How can we nurture and care for the plant species of our city with the same dedication as those that tend allotments and what might this attention require?

Perhaps this starts with the act of noticing, of giving time to appreciate the bounty we are offered by our vegetal co-habitants and to ask of ourselves how we might become better neighbours.

For this moment of Open Cambridge, we invite you to join us in events that explore the city as extended allotment and the allotments themselves but also to explore the streets for yourself. We offer here a practice for making your own journey to attend to our vegetal hosts by following their example.

When a plant spreads its seeds it does so without guarantee of destination, dispersed by wind, water, ballistics, gravity or animal.

Take a journey of happenstance
Follow the wind
Float down courses
Accelerate to that which draws you
Deviate from anticipated routes.

Notice the plants you find along the way and ask how you might reciprocate their generosity with care and nurture. How can we show our thanks to our gracious hosts?

Perhaps through practices of attention we might move beyond the idea of landscape as something we own, govern and consume and rather appreciate that we are the guests and plants are the cultivators of human life. Nature has, after all, grown us, not the other way around.

By Emma Smith on behalf of [Mill Road History Society](#). Emma is artist-in-residence for Cromwell Road commissioned by [Resonance-Cambridge](#), the public art programme for Cambridge Investment Partnership.

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