



### *April Meeting*

*~J. B. Sanders*

Last month we had a problem with the town hall that prevented us from holding the monthly meeting. I apologize to Bob Wemple, who went to a lot of effort to do a presentation on the chair factories of Providence. We hope that we will be able to see his presentation in the future.

Our next meeting will be held at 7pm on April 3, 2023 at the Galway Town Hall. No refreshments will be provided and social time will be limited. A presentation will be made by Sean Kelleher, Saratoga Town Historian, on “Revolutionary History Start of America’s War of Independence to the Turning Point”.

We are working to jointly present the program live at the Galway Town Hall and via Zoom for those who may wish to view the program remotely. The Zoom meeting number is 294 161 5132. In case of inclement weather, the presentation will be only on Zoom.

### *Sister Mary’s Zesty Carrots*

*~Bonnie Donnan*

Several years ago, my aunt, Agnes Donnan Page, picked up a copy of a recipe that has become a classic at my family’s holiday table. I believe it was a hand-out at an event or exhibit recognizing the Shakers, a communal living religious order. Officially named the United Society of Believers in Christ’s Second Appearance, the colloquial term came from the sect’s ecstatic dancing during religious services, and grew to be the accepted name. Founded in England in 1747, the first Shaker settlement in this country was in 1774 in Watervliet, now Colonie. The residences were separated into brother’s and sister’s quarters, and celibacy and gender equality set them apart from the social norms of their time. An early leader of the settlement, Mother Ann Lee, is commemorated locally, Ann Lee Home, and Ann Lee Pond.

At their peak, in the mid 1800s, there were 19 major settlements, of up to 4000 Shakers.

The Shakers lived a simple, somewhat monastic life. They were creative and inventive, and became known for the quality of many products. Their ladder-back chairs with woven seats, and the beautiful wooden, oval, bentwood, pantry boxes are synonymous with the name Shaker. Practicality and efficiency guided their lives and products. The ladder-back chairs could be hung on pegs that ran around the wall, clearing the area for workspace or sweeping. The oval pantry boxes and baskets were utilitarian, but beautiful. The list of Shaker inventions and improvements to common objects is long. Sash weights to counterbalance open windows. A pea shelling machine. Improvements to a threshing machine. Multiple patents on washing machines. Flat brooms, and a vice to flatten (commonly brooms were round) brooms to be stitched. Two Shaker sisters invented the circular saw. Small paper packets for seeds. Cut nails, used throughout the nineteenth century. Nails before then were predominantly forged. Simple comforts like small swivel feet on the back two legs of a chair to enable tilting back. And below, the delicious improvement to boiled carrots that has earned a place on our holiday table.

### ***Sister Mary's Zesty Carrots***

**6-8 carrots (one and a half pounds)**

**2 tablespoons grated onion**

**2 tablespoons prepared horseradish**

**½ cup mayonnaise**

**½ teaspoon salt**

**¼ teaspoon pepper**

**¼ cup water**

**½ cup bread crumbs**

**2 tablespoons melted butter**

**Clean and cut carrots into thin strips or matchsticks.**

**Cook until tender in salted water. Drain, reserving ¼ cup of the cooking water for the sauce. Place in an 8x8, or similar size, baking dish. Mix onion, horseradish, mayonnaise, salt, pepper, and reserved cooking water, and pour over carrots. Mix butter and bread crumbs and sprinkle over top. Bake at 375 for about 20 minutes, watching for bubbling sauce and nicely browned crumb top.**