

# NJDMAVA Office of Diversity, Equity, Inclusion, and Belonging



Food is an important part of cultural heritage and national identity that can connect us to people and places. People from different cultural backgrounds often eat different foods and those foods are often used as a means of retaining their cultural identity. Many cultural groups use food for rituals and celebrations. For example, some foods are eaten regularly while some items may only be consumed occasionally and others only on special occasions. Additionally, food habits vary across the globe. August brings us some fun National Food Days and we thought we would share just a few of them here.



Celebrated on August 2nd every year, the ice cream sandwich originally sold for just a penny in the 1900's in New York. This frozen dessert dropped a bit in popularity in 1980 when the ice cream cone was introduced.

It is evident through photo's that it was sold at the Jersey Shore in 1905, however, it was originally patented by Tim Jones, John Defilippis, Jack Delaney and Sam West in the year 1963. It has different names in different countries often with slight variations in the ingredients and the preparation method.

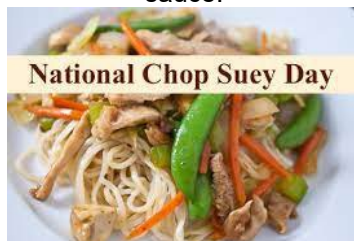
- \*Australia=giant sandwich, monaco bar, or cream between
- \*Iran=bread ice cream
- \*Israel=kasata
- \*Philippines=pandesal
- \*Singapore=potong
- \*Ireland & Scotland=sliders or nougat wafer
- \*Vietnam=bahn mi kep kem
- \*Uruguay=neapolitan sandwich

August 29<sup>th</sup> is National Lemon Juice Day! The sour citrus fruit originated in the Himalayan Mountains millions of years ago. Today, in the U.S., California and Arizona produce more lemons than any other state. Lemon juice is extremely versatile and can be used when cooking, baking, in drinks, in dressings, and even for cleaning or to soothe a sore throat and cough. Feel like using lemon juice to help create something yummy in the kitchen? Why not use lemon juice to celebrate National Lemon Meringue Pie Day on August 15<sup>th</sup>?!



## August 29<sup>th</sup> is National Chop Suey Day!

Chop Suey is a Chinese-American dish made with a variety of ingredients like chicken, meat, shrimp, vegetables, bean sprouts, eggs, and water chestnuts. It is usually served over rice or noodles with soy sauce.



There are several different stories around the origin of chop suey. One belief is that it may have its origins in the county of Taishan in the Guangdong province of China. Known as 'tsap seui,' which translates to 'miscellaneous pieces,' and was brought to San Francisco by Chinese immigrants in the 1840's.

Others believe that the dish may have been created at the house of Li Hongzhang, a Chinese diplomat based in New York. He had some American friends coming over and asked his chef to create something that would be suitable for both the Chinese and the Americans which resulted in the chop suey dish.

A 3<sup>rd</sup> story is that the dish was invented by a tired and scared chef of a restaurant on the transcontinental railroad. As he was about to close a group of drunk sailors entered and demanded something delicious. The chef brought together the day's leftover scraps which he cooked on high heat. The dish was a hit and the chef decided to include it on his menu.



Summer is here and with it comes camping and gathering around the fire so it makes sense that on August 10<sup>th</sup> we celebrate what has proven to be the most common camping snack with National S'mores Day.

The first mention of such a treat was in the 1920s in a book of recipes published by Campfire Marshmallows, home of the original marshmallow and still in business today. At that time, the recipe was called a 'Graham Cracker Sandwich' and suggested the treat had already been made popular by the Boy- and Girl Scouts.

Later, in 1927, the Girl Scouts published a similar recipe in "Tramping and Trailing with the Girl Scouts" but they called it 'some more.' Finally, in the late '30s to late '50s, various recipes gave the name as we know it today, s'mores.

The ingredients for the original s'mores remains the same: a marshmallow and milk chocolate squares melted between two graham crackers and traditionally made around the campfire. Which leads to the popular debate — how toasted do you like your marshmallows?

The world's largest s'more (which has been inducted into the Guinness Book of World Records) was made in 2014 when campers at Deer Run Camping Resort in Gardners, Pennsylvania built a s'more that weighed 267-pounds. It was made with 140-pounds of marshmallows, 90-pounds of graham crackers, and 90-pounds of chocolate.

It's been estimated that Americans purchase around 90-million pounds of marshmallows every year and approximately half of all of these marshmallows sold are used for s'mores.