



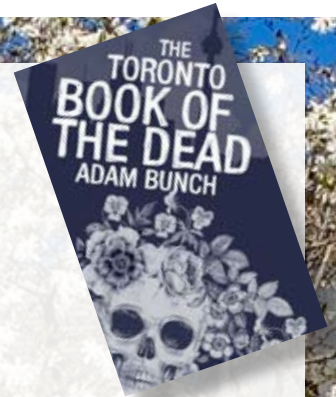
Cabbagetown Preservation Association NEWSLETTER

Celebrating the architectural integrity and historic character of our neighbourhood

Join us for CPA's AGM

Thursday, May 26 2022, 7–9 pm, On Zoom

Hear **Adam Bunch** speak on *The Toronto Book of The Dead*



Letter from the Chair

Friends and neighbours,

Welcome to the Spring 2022 issue of the CPA Newsletter. Spring has been almost here for weeks, but this week it has finally decided to stay. The blossoms and the flowering trees are magnificent — lovely long days to walk, to meet your neighbours, and to watch the gardens come to life another year.

This year, we're delighted that we can once again invite you to see not only the front gardens we celebrate in our annual Streetscapes in Bloom Programme, but also the hidden gardens and private spaces that are tucked away down lanes, behind houses and tall fences. We have a large number of gardens this year and they are across Cabbagetown. Please take a minute to check out our website and order some tickets, or drop into one of the local merchants who have tickets available. Or, if you'd like to volunteer and receive a free ticket, there's still room for a few more. Please contact us. 2018 was our last tour before the Pandemic and we're back with much to celebrate and several new features. Paul Zammit, author and the seasonal call-in gardener on CBC Radio 1 will be in one of the gardens, there's master gardeners and music in others, and an artist in Winchester Park adding to the festivities. Fingers crossed for a sunny day, but with COVID still around, we ask you to please respect fellow visitors and gardeners.

On that topic, we finally got off the fence regarding our AGM — those iron fences are really uncomfortable! We're holding our AGM on Zoom. We wanted so much to be at the Meeting House at our gorgeous farm, but everyone we spoke to, young and old, was feeling a bit tentative about an indoor meeting in a small space. Then, hearing that a younger colleague has been very sick, despite having all the vaccinations, made this very real. We hope to move back to the Farm for the November meeting, but one more time let's pull up our chairs and get together online. It would have been nice to see you in person, but the outdoor garden tour gives us that opportunity so please join us on Sunday, June 5th, from 10:00 am to 3:00pm.

Come to our AGM on May 26th to hear how we've spent the past year with restrictions still in place. It's been busy — the Board has continued to meet monthly on Zoom, we've improved our back office with electronic support, and we have continued to develop new programming. We've also continued with our awards programming and we'll be announcing the 2022 Peggy Kurtin Awards. There's been stiff competition this year, and Steve will give a presentation on all the candidates and present the awards.

And you won't want to miss our AGM speaker, Adam Bunch, who will tell stories from his book *The Toronto Book of the Dead* in which the Necropolis features prominently. Adam is known for bringing Canadian history to life. He worked on the Toronto Dreams Project and wrote *The Toronto Book of the Dead* and *The Toronto Book of Love*. He's also the host of the award-winning documentary series *Canadiana* available on YouTube, and recently started a new publication called *Toronto History Weekly*.

I hope you enjoy this issue of the Newsletter. As always, we'd love to hear from you, and a reminder that if you enjoy our programming and wish to vote at the AGM, please support us by taking out a membership — it's only \$20 for a household of up to 4 members. Only members can vote at the AGM, and it's one vote per household.

I hope you'll join us on Thursday, May 26th at 7:00 pm to celebrate heritage in Cabbagetown. The details on the Zoom meeting will be sent to all those on our mailing list.

Gale Moore, PhD
Chair, Cabbagetown Preservation Association

CPA Annual General Meeting

Thursday, May 26, 2022,
7:00 pm. On Zoom

If you're not on our mailing list and need the Zoom address, please join (\$20), subscribe (free) or drop us a line at [CONTACT US](#) on the website.

Hear Adam Bunch speak on The Toronto Book of the Dead

Exploring Toronto's history through the stories of its most fascinating and shadowy deaths. If these streets could talk...

With morbid tales of war and plague, duels and executions, suicides and séances, Toronto's past is filled with stories whose endings were anything but peaceful. The Toronto Book of the Dead delves into these: from ancient First Nations burial mounds to the grisly murder of Toronto's first lighthouse keeper; from the rise and fall of the city's greatest Victorian baseball star to the final days of the world's most notorious anarchist.

Toronto has witnessed countless lives lived and lost as it grew from a muddy little frontier town into a booming metropolis of concrete and glass. The Toronto Book of the Dead tells the tale of the ever-changing city through the lives and deaths of those who made it their final resting place.

Dundurn Press



Adam Bunch

The Assassination of George Brown

With permission. From *The Toronto Book of the Dead* by Adam Bunch



Public Domain

On March 25, 1880, George Brown was shot. He was one of the most powerful figures in Toronto at the time, the owner of *The Globe* newspaper and a Father of Confederation. But he didn't always have the best relationship with the people who worked for him — like the time he cracked down on a printers' strike and got labour leaders thrown in jail — and in the end, it was a disgruntled former employee that brought him down.

George Bennett worked at the *Globe*, an engineer running the boilers that drove the paper's stream-

powered printing presses. But while at first Bennett was a model employee, his alcoholism eventually got the better of him. He was fired for being drunk at work, and when he later showed up at the *Globe's* offices on King Street — now angry and drunk — things got out of hand.

Bennett demanded that Brown sign a piece of paper as proof that he'd been employed there, but when Brown told him to get someone else to do it, the former engineer pulled out a gun. As Brown tried to wrestle it out of his hand, the pistol went off. The bullet hit the publisher in the thigh. And while at first it seemed like the wound wasn't too serious, it soon became infected. It festered away for weeks, with Brown refusing to ease up on his busy workload, until it finally killed him.

Bennett was quickly tried and convicted of murder, hanged at the Don Jail. His remains were buried in an unmarked grave, rediscovered more a century later when the old prison was being turned into the Bridgepoint hospital.

About 10 years ago, Bennett's remains and those of other Don Jail inmates were moved to another unmarked grave in St. James Cemetery. George Brown is buried in the Toronto Necropolis. Both cemeteries are in Cabbagetown.



Queen Street west from Yonge Street, 1888. Public domain

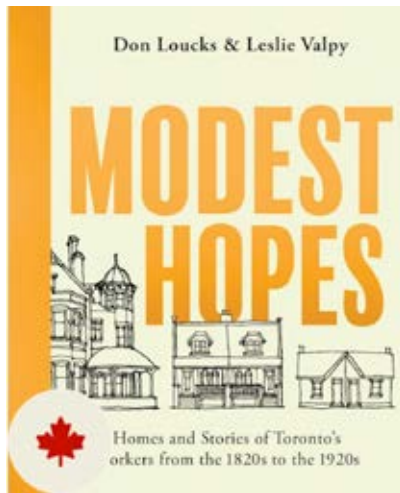


MODEST HOPES

Reprinted from
Architectural Conservancy of Ontario, May Update

Reprinted with Permission from the ACO, By Diane Chin, Chair, ACO

As a born and bred Torontonian, I was motivated to read this book written by ACO member architect Don Loucks and Leslie Valpy. I was not disappointed. Growing up first in Cabbagetown, attending St. Paul's School in Corktown, and eventually moving up in the world to the Beaches, was for me the same story as so many of the individuals whose lives and homes are recounted here. Too often history and heritage stories are those of the wealthy and grandiose. Too often the workers and the immigrants, many of whom built this country, are forgotten. This book sets the record straight, at least in telling the stories of the working class neighbourhoods that today for the most part are gentrified and sell for millions.



Don and Leslie have done extensive research providing examples of photos of the homes, photos of the families, plans of the neighbourhoods and remarkably stories of eight individuals who lived in these Modest Homes.

For those of you interested in architecture, there is information on the form, detailing and architectural style, that would not have occurred to me, given that one would think that these homes were so humble as to be architecturally insignificant. But many have details and many, surprisingly are still standing. "Many displayed aesthetic expressions of larger homes on a smaller scale, with

Second Empire, Georgian, or Gothic motifs, or a combination of styles and references. Regardless of their architectural influences their aesthetic was often pleasing."

For many of us in the heritage sector, the stories behind the streetscapes and landscapes are part of the reason for their preservation. I loved the fact that eight individuals and their families were brought to life as a result of what must have been extensive research. One only needs to look at the bibliography to realize this. The stories reflect a diversity of religions and races, too often forgotten in what was once mainly the British outpost of York. The struggles, tragedies and celebrations as individuals aspired to lives in these Modest Homes, are these stories. "What these little houses meant in terms of the improvement in the quality of their day-to-day existence should be reflected in the heritage value and preservation of these Modest Hopes today."

I, for one, will be taking strolls this summer to personally view some of these Modest Hopes.

Modest Hopes is available at Type Books, Indigo and other book stores.

details from Toronto Archives: below, Ashdale Avenue 1910; column right from the top: immigrants from Kent, 1910; Parliament St north of Shuter, 1908; Alpha Ave today, Don Loucks.



Consider joining the ACO
<http://acontario.ca/>



Preserving Architectural Heritage



Renovating?

What You Need to Know in an HCD



Owning a property in one of our four Heritage Conservation Districts (HCDs) gives you the advantage of living in a beautiful historic neighbourhood of leafy, human-scaled streets, Victorian era architecture and a tangible connection to Toronto's past. These characteristics that we find so attractive are protected by the Ontario Heritage Act and the Guidelines of each district's HCD Plan.

Most property owners in Cabbagetown know that when they make changes to parts of their homes that are visible from the street, a Heritage Permit needs to be obtained from the City of Toronto's Heritage Preservation Services. However, those who are new to the neighbourhood may not be aware of the protocol or may be confused about what approach to take, what to consider, or where to find help.

A Heritage Permit Is Required For:

- Any renovations, alterations or additions that are visible from the street (this includes: windows, doors, porches, siding, and brick).
- Repairs using a material other than the original or the existing material.
- Renovations that have an impact on the building's heritage attributes. If a renovation involves demolition, property owners will need to submit an application to secure a permit.

Note that to secure a Building Permit in an HCD, even if the work does not have any heritage aspects, will require review and approval from the City's Heritage Preservation Services.

Considerations:

- New additions, including items such as skylights, will need to be located to the rear and side, away from the main elevation.
- New garages and parking spaces will need to be located in unobtrusive areas, normally to the rear and side yards.
- Additions must be sensitive to the character of their neighbours in size and height.

A Heritage Permit Is Not Required For:

- Painting of wood, existing stucco or metal finishes.
- Repair of existing features, including roofs, wall cladding, dormers, cresting, cupolas, cornices, brackets, columns, balustrades, porches as well as steps, entrances, windows, foundations, and decorative wood, metal, stone or terra cotta, provided that the same type of materials are used.

Your Home's History

Many Cabbagetowners have tried out the Property Search that is available on the Cabbagetown Heritage District Advisory Committee (HDC) website. It enables you to view details of your home's origin. Since the late nineties, the Cabbagetown HCD has been surveying the homes of the current HCD areas and, recently, the proposed HCD area southwest of Carlton/Parliament.

For over a decade, volunteers have photographed each home in the area and researched its history. The information includes, where it is available, the home's date of construction, date of occupation, the original and later owners, the home's architectural style and more. The information is required by the City as part of the process of establishing the area as a heritage district.

Most of this material had been stored as paper documents and has been digitized so that all of the material can be presented online. Half of the \$3000 cost of organizing the information into a searchable data base has been covered by the CPA; the other major donor is local realtor Norman Hathaway (norman@bostokhathaway.com), also one of this paper's sponsors and a donor is being sought to complete the sum.

In the thousands of pages of hand written, typed and computer input material, there were inaccuracies and transpositions. If you find something when searching a property that you know to be in error, please contact the Cabbagetown HCD at info@cabbagetownhcd.ca



Cabbagetown People

The Social History of a Canadian Inner City Neighbourhood

Frederick H. Varley 1881 - 1969

One of Canada's Most Expressive Artists.

Member of the Group of Seven



1981 Varley Stamp

Frederick Horsman Varley was born in Sheffield, England. His father Samuel Varley, a lithographer, introduced him to art and would often drive his young son to the outskirts of the city to sketch. By the age of 11 Frederick was enrolled in the Sheffield School of Art (another painter from the Group of Seven, Arthur Lismer, was also born in Sheffield and attended that same school). Frederick continued his education at the Académie Royale des Beaux Arts in Antwerp, Belgium. He returned to England in 1902

and subsequently moved to London from 1903 to 1908. While living there, he illustrated a diverse number of novels.

In 1910, he married Maud Pinder with whom he had two children. In 1912, they immigrated to Canada eventually increasing their family to four children. Through fellow painter Arthur Lismer, he was hired at the commercial art company Grip Limited. Later he worked for Rous and Mann. This printing company had an art department that employed artists. It was at this time that he would meet Tom Thompson who formed the Group of Seven, a group of Canadian landscape painters.

Frederick returned to England and, in January 1918, began serving in the First World War. During this time, he met Lord Beaverbrook who arranged for him to be commissioned as an official war artist. He went along with the Canadian troops in the Hundred Days offensive from Amiens, France to Mons, Belgium. He was profoundly disturbed by what he witnessed.

In 1920, he returned to Toronto and was offered commissions from the Toronto art establishment. It was also at this time that he became a member of the Group of Seven.

While Varley was excited about his first trip with the other artists to Algonquin Park, landscape painting was not his passion. His interest was in the figure; he was more focused on establishing his career as a portrait artist. He wanted to paint figures in the landscapes.

In 1921, he painted one of his better known works, *Stormy Weather, Georgian Bay*, while living on Carlton Street in Cabbagetown (1919-1921). In May 2020, Canada Post issued stamps celebrating the centennial of the Group of Seven's first exhibition. One of the stamps features Varley's *Stormy Weather, Georgian Bay*.

But it was difficult for him to make a living as an artist. In 1925 he became an art instructor at the Ontario College of Art (now OCAD University), and then between 1926-1933 at the Vancouver School of Decorative and Applied Arts where he was the first head of drawing, painting, and composition.

Frederick became friends with artist Jock Macdonald and the internationally recognized photographer John Vanderpant. This friendship deepened his interest in spiritual theories of creativity. In a letter to a friend he wrote that "he saw art as a spiritual vocation." His feeling of inner honesty was reflected in his paintings and his techniques were never the same.

In 1933, Jock Macdonald and Frederick opened a school called the British Columbia School of the Arts. Although the school was an academic success, there

was not enough funding to support its operations and the school went bankrupt two years later. Despite the financial difficulties, there were many happy times and artistic growth on the West Coast. However, he left Vancouver deeply depressed, parted from his wife, moved to Ottawa, and divided his time between Ottawa and Montreal. He eventually overcame his depression and returned to Toronto in 1944 where he continued to paint and, at times, teach.

As the most nomadic of the artists, in addition to painting his Canadian landscapes and portraits, he painted scenes of the Arctic and the Soviet Union.



Stormy Weather, Georgian Bay

While in British Columbia, the breathtaking scale of the mountains, beaches and wide-open skies inspired him to explore landscape painting. Years later when writing about his deep passion for the West Coast landscape, he wrote, "British Columbia is heaven... it trembles within me and pains me with wonder as, when a child, I was first awakened to the song of the Earth."

In 1936 he wrote, "The artist's job is to unlock fetters and release spirit, to tear to pieces and re-create so forcefully that... the imagination of the onlooker is awakened and completes within himself the work of the art."

Frederick Varley died in 1969. He is buried alongside the other members of the Original Seven at the McMichael Canadian Art Collection grounds in Kleinburg, Ontario.

Frederick Varley once lived on Carlton Street across from Riverdale Park West.



The Cabbagetown Preservation Association Presents



Hidden Gardens & Private Spaces

Also sold here:

Akasha Art Projects
204D Carlton St.
647-348-0104

Davenport
Garden Centre
(3 locations)
368 Davenport Rd.
416-929-7222

1466 Bayview Ave.
416-480-9696

903 Pape Ave.
416-461-7976

The Epicure Shop
473 Parliament St.
416-928-0291

Fairway Variety
520 Parliament St.
416-921-0624

Jay's Garden Centre
360 Gerrard St. E.
416-927-9949

Sheridan Nurseries
N. Toronto
2827 Yonge St.
416-481-6429

Spruce Home
& Lifestyle Goods
455 Parliament St.
647-748-4060

Sunday June 5, 2022

10am - 3pm

Tickets \$20

Rain or Shine!

Tickets available early May.
Scan or visit
www.cabbagetownpa.ca

Enjoy privately owned gardens and be inspired by their beautiful designs and imaginative solutions. This self-guided tour is sure to delight as you stroll through the Historic Cabbagetown Heritage Conservation District.

Toronto Master Gardeners at select gardens!

Featuring Garden Expert

Paul Zammit

Professor of Horticulture, Niagara College and garden expert on CBC Radio's Garden Talk. Former Director of Horticulture at Toronto Botanical Gardens.

Learn, shop and dine in beautiful Cabbagetown! Ticket booklet includes a map, gardening tips, and special offers from local merchants.

The CPA thanks all Cabbagetown businesses for their participation and support of this year's tour.



Nominate a garden for the 2022 SSB AWARD

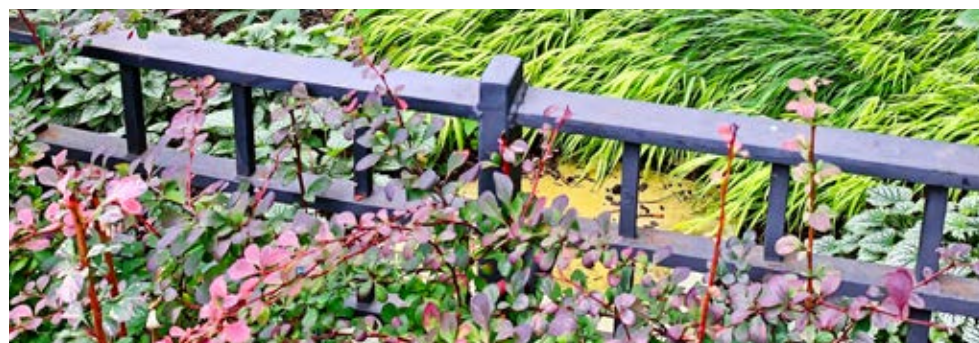
Gardening is a passion on the rise. The pandemic encouraged so many of us to devote more time than ever getting our hands dirty. A recent study showed garden related spending shot up significantly last year and that nearly half of newbie gardeners are under 45 years old. The new cohort are quite 'climate-conscious' and eager to experiment with colour. This has my green thumb tickled pink!

The front gardens of Cabbagetown reflect these trends and the Streetscapes in Bloom Judging Committee is looking forward to celebrating a truly spectacular garden with this year's award. The winner of this award receives a unique art glass medallion from Kitras Glass in Elora designed by our graphic designer Steve Yeates, and a water-colour portrait of the garden by a local artist.

Front gardens are judged using specific criteria found on our website and a panel of judges visits each nominated gardens once monthly from June to September. They then tabulate the results of these visits and select the winning garden. The award is presented at our public meeting in the Fall.

We would love to hear from you! Nominations are open until June 6, immediately following our Hidden Gardens & Private Spaces tour happening Sunday, June 5. Any street facing garden in Cabbagetown (boundaries can be found on our home page) may be nominated directly through our website. You will also find a list of previous winners dating back to 1996!

Happy gardening!



Cabbagetown walks are back



Toronto has a rich history spanning from indigenous occupation to European settlers and recent immigrants. The marks of this previous settlement are found in our architecture, the city's layout and our cemeteries. Cabbagetown is especially rich in displaying the past, as much of our built environment has been preserved and restored.

Come with us for a walk through the neighbourhood and discover the history hidden in the bricks, roads and headstones.

The tours will be random, depending on the whim of the guide or, if you have a particular interest, on what you want to see. We may be talking about architectural styles, the social history that they imply, the growth of this suburb in the mid to late nineteenth century, the industry that employed early workers, the Riverdale Zoo, the unlikely inundation of refugees in the 1840s, stories of remarkable people who lived here and tales from the crypt. And more.

To join, simply appear at the Cabbagetown People directory board in Riverdale Park near Sumach and Winchester at 10 AM on:

June 19 (Father's Day)

July 17

August 21



CRP Museum:
New website
coming soon.





From the Cabbagetown BIA: Announcing Cabbagetown Naturescape: A Public Realm Paradise

Cabbagetown Naturescape 2022 is an immersive public realm transformation of historic Parliament Street running from ten weeks starting July 1 to September 13, 2022.

The Cabbagetown BIA and Councillor Kristyn Wong-Tam invite Torontonians to experience Parliament Street from Carlton Street to the south of Winchester Street in an exciting new way. The street will temporarily relocate street parking and it will be replaced with stunning natural features (designed and built by Bienenstock Natural Playgrounds) to completely redesign the space with logs, stones, and tree canopy.



Cabbagetown Naturescape will provide local residents and visitors with a reprieve from the urban landscape with a verdant public realm destination in the Cabbagetown neighbourhood. The project will contain five interactive natural parklette islands that will incorporate natural elements into the landscape and add placemaking opportunities, programming spaces and additional seating for residents and businesses.

Born out of the initial partnerships formed by Councillor Wong-Tam during the Celebrate Yonge event in 2012, the Cabbagetown Naturescape project is a new collaborative project co-produced by the Cabbagetown BIA, its member businesses, Bienenstock Natural Playgrounds and the Councillor.

“This initiative is vital for the economic recovery of Cabbagetown,” said Virginia Gallop, the Executive Director of the Cabbagetown Business Improvement Association. “We’re so pleased to bring together partners that will not only help us

recover from the pandemic by attracting more visitors to our businesses, but we’re also offering a new and life-affirming approach to our urban landscape by connecting our community to nature.”

“The Living Streets installation in Cabbagetown is designed to use nature to bring this vibrant community back together after two years of the pandemic,” said Adam Bienenstock, the Founder of Bienenstock Natural Playgrounds that designed and will build out the space. “We create these important urban natural oases across Canada and the United States as proof of concept that greener cities increase community cohesiveness, equitable access to nature and profitability of the local businesses without breaking the bank or breaking the rules. Connection to nature is not a problem to solve, it is the solution to the most pressing problems our cities face today.”

The results speak for themselves. Past Bienenstock installations with Celebrate Yonge resulted in 50 per cent more foot traffic in the local businesses and a sales increase of over 50

per cent. Not only that, but community cohesion and pride significantly increases. The “Living Streets” concept reduces surface temperature by over 20C, and cuts car speeds in half while embracing walking and cycling and public transport with additional bike stands and city bike installations.

Cabbagetown Naturescape is sponsored by CentreCourt and Fitzrovia, Toronto-based award-winning home builders committed to sustainable living.

Cabbagetown Naturescape by the numbers:

- 250 seats added for business patrons
- 20C surface temperature reduction in summer months
- 50 per cent reduction of traffic volume
- 50 per cent increase in retail foot traffic to local businesses
- 100 new street trees and shrubs
- 3000 tons of natural materials
- 130 truckloads of soil
- 10 week installation



Cabbagetown Roasts

The Other Other White Meat

By Tory Gzebb

As food prices rise and shortages become more common, many of us are looking for alternatives to our traditional food staples. I have a suggestion for an untapped foodstuff, beloved by the earliest settlers and the Indigenous Peoples before them, that we, in our modern, supposedly enlightened times have turned our backs on: raccoon. That's right; for a delicious Sunday roast you need look no further than the trash panda raiding your green bin. No less an authority than Elizabeth Posthuma Gwillim Simcoe declared that raccoon, although "Very fat...tasted like lamb if eaten with mint sauce". A member of the American army reported that "he had never eaten any raccoons before, and did not know that they were eatable [sic];but now he would eat them as readily as rabbits, as they were quite as good."

The key, as with so many foodstuffs, lies in the preparation. Step one after acquiring your racoon is to clean it. For instruction we turn to the expertise of Pierre Blot, a French chef who came to America as a political refugee in 1855 and set up New York's first culinary school. In his 1866 celebrity cookbook *What to Eat and How to Cook It*, Blot suggests washing your skinned and gutted raccoon with a little salt water, stuffing it with leaves of sage, bay, mint, and thyme, sewing it up and leaving it to hang in a sheltered, shaded spot for five to six days – this may be why he suggests raccoon is best eaten between Christmas and Valentine's day.

Once your raccoon has aged sufficiently, "Butter it well all over, place it on a spit before a very sharp fire; put three or four sage leaves in the dripping pan, and baste often with the drippings. Serve it when cooked with the gravy." Blot, being French, differs from Mrs Simcoe, however, and suggests mayonnaise as an alternative sauce.

However, not everyone was a fan of raccoon, regardless of how it was dressed. Intrepid French traveller, hunting enthusiast, and friend of Alexander Dumas, Bénédict Henry Révoil wrote "I can affirm with all humility that a slice of beef is far preferable to a fillet of raccoon and that I had rather see the creature perched upon a branch than served up upon a carving dish".



If you want something a little more snack-sized than your average modern Torontonian trash panda, why not try black squirrel? They are an easy substitute for rabbit or even chicken in all your favourite dishes. Catherine Parr Traill, that Martha Stewart of the backwoods, declares that squirrels are "considered very delicate food; free from any strong flavours". She does note that: "Some people object to them, simply because they have not been accustomed to see them brought to table". She remarks that the biggest problem with squirrel is that they can be "insipid...but by seasoning them well, [that objection] may be overcome".

Squirrels can be prepared in a variety of ways. Parr Traill comments, "They are roasted like rabbits, or cut into pieces and fried, fricasseed, or made into stews or pies", and in her 1867 *Dixie Cookery*, Maria Massey Barringer opines, "squirrels make very good soup". Because of their similarity to both chicken and rabbit, there are few recipes uniquely for squirrel, but Lettice Bryan's 1839 book *The Kentucky Housewife* does contain several squirrel-centric dishes, including one I can only describe as Kentucky Fried Squirrel:

Take a couple of fat young squirrels, case and cut them into small pieces, rinse them very clean in cold water, season them with salt pepper and nutmeg. Dredge them with flour and fry them a handsome brown in lard or butter. Stir into the gravy a spoonful of four, one of tomato catchup, and a glass of sweet cream, and serve the squirrels with the gravy poured round.

So next time you find a pesky squirrel digging up your tulips, or you catch a raccoon eating the koi from your pond, don't be mad – just look at them and think: dinner!



Crispy Roast Cabbage

- two small heads savoy cabbage
- 7 tablespoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt, plus more to taste
- Freshly ground black pepper
- Scant 1/2 cup (1.75 ounces) walnut halves and pieces
- 1 large or 2 smaller garlic cloves
- 1 large lemon
- Red pepper flakes, such as Aleppo (optional)
- Grated parmesan, to taste

Heat oven to 475°F. Remove any damaged outer leaves of cabbage and cut it 8 (for small ones) to 12 (for a large one) wedges. Coat a large baking sheet with 2 tablespoons olive oil. Arrange cabbage wedges in one layer, drizzling or brushing them with 2 more tablespoons olive oil and sprinkle with 1 teaspoon kosher salt and freshly ground black pepper to taste. Roast for 8 to 10 minutes, until charred underneath (don't panic if you see a few thin black edges; they're going to taste amazing). Use a spatula to flip each piece over and roast for 5 more minutes, until the edges of the cabbage are dark brown.

While cabbage roasts, place nuts on a smaller tray or baking dish and roast them next to the cabbage for 4 to 5 minutes. Remove and scatter them, still hot, onto a cutting board and coarsely chop them. Scoop into a bowl and finely grate the zest of half a lemon and all of the garlic over it. Add remaining 3 tablespoons olive oil to walnuts, a few pinches of salt and red pepper flakes and stir to combine. To let it all infuse as it cools, let it rest. When ready, squeeze the juice of half your lemon in and stir to combine. Adjust flavors to taste, adding more lemon if needed; you want this dressing to be robust.

The moment the cabbage comes out of the oven, spoon the walnut dressing over the wedges. Grate parmesan all over, to taste. Serve immediately, while piping hot. There will be no leftovers.

River street 1913 and 2022



The CPA Board 2021-2022

Gale Moore – Chair
Steve Yeates – Vice Chair
Virginia Van Vliet – Secretary
Mary Martin – Treasurer
Daniel Bloch
CJ Cogswell
Sarah Currie
Gilles Huot
David Pretlove
George Rust-D'Eye

Comments? Contact us at info@cabbagetownpa.ca

CPA: Who We Are

Founded in 1988 to encourage the preservation of the architectural integrity and historic character of Cabbagetown, the CPA does that and more:

Cabbagetown Walks

Scheduled historical and architectural walking tours.
Tours on demand.

Cabbagetown Talks

Lively discussions about Cabbagetown's past, present and future

Cabbagetown People

Celebrating the lives of remarkable people.

Garden and Home Tours

The Hidden Gardens & Private Spaces Tour
The Cabbagetown Tour of Homes

Award Programs

The Peggy Kurtin Awards Program
The Streetscapes in Bloom Award
The CPA Recognition Award

For more information go to cabbagetownpa.ca

Join us! Become a member of the CPA.

Spring 2022 volume 32 issue 1



Join us and now more than 500 followers on Instagram! @cabbagetownpa



Cabbagetownpa is on [Facebook](#), [Instagram](#) and [Youtube](#)