

Holy Mackerel Food Atlas

ANTH 2801: Food and Culture

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Over the course of the semester, Dominyka Taylor and Kaitlyn Harper worked on a podcast in lieu of a research paper. Our podcast was named “Holy Mackerel”, where we talked about different mainstream food items here in New Brunswick (NB). Our episodes ranged from 10-15 minutes and consisted of the topics: Craft beer, maple syrup, lobster, and garlic fingers. Within our episodes we gave background on the food item, the history surrounding it, determined whether it is native to NB or not, and explained the importance it brings to NB and the Atlantic provinces.

In our first episode, we explored Craft Beer in New Brunswick, where we uncovered the significant size of the market and how it influences the local residents. Throughout the episode, we mainly discussed our own personal experiences with breweries, and finished it off with how we are able to enjoy these drinks because of the prohibition.

When we got to our second episode, we discussed the importance maple syrup has on our economy here in New Brunswick, specifically for Indigenous communities. The importance of discussing the rich history of collecting sap and turning it into maple syrup was a large portion of this episode. We added in some of our own favourite ways of consuming syrup as well as what sugar camps we like to go to during the harvesting season. We concluded that supporting local is of great value to the industry.

On episode three, Dominyka and Kaitlyn then talked about Atlantic Lobster and how it ties to the Gulf of St. Lawrence, as these waters have an abundance of this species. It was of importance to us to discuss the history of lobster fishing and the contrasting regulations that Indigenous fisherman have over the non-indigenous fisherman. We also discussed climate change and how this has affected the supply and demand for lobster in New Brunswick, as well as the commercial fishing industry’s effect on the globalization of Atlantic Lobster.

In our final episode, we talked about an Atlantic Canadian favourite, garlic fingers! In this episode, we described garlic fingers and how to distinguish it from common counterparts, such as American garlic bread. Unlike the other food items we talked about in our podcast, garlic fingers are native to Atlantic Canada, and became popularized through the NB-based chain, Pizza Delight. This episode was focused on the social aspects surrounding the finger food while tying in how this invention came to light, specifically in Nova Scotia.

Overall, the Holy Mackerel podcast helped us better understand our home province and by discussing cuisines, we were able to uncover NB's historical ties to the Mi'kmaq, Irish, English, Loyalist, and Acadian cultures. With this, we hope Holy Mackerel can not only help our listeners understand how and why we enjoy these foods, but also share the desire to preserve these traditions.