



# Heritage Stories



Hello!  
I am Marilyn Sinclair

(Marilyn was the first person to respond to our invitation for heritage stories! Thank you, Marilyn)

I was born in Morris, Manitoba and grew up in Linden, Alberta. I come from a large family of seven children and two parents, so meals were always a big part of our day. Meal prep and large gardens, canning, pickling and freezing of the harvest to feed everyone throughout the year took a lot of time. Everyone was involved from planting to harvesting. We had a root cellar which is still used today on the home place.

Everything was homemade, my mother even baked buns and bread which were never bought from the store. My sisters and I all helped with the cooking, which we started at a young age because my mother was very busy. We were expected to help out. All of the canning and cooking knowledge I have today is from everything I learned from my mother. I think much of this knowledge is being lost, so it is great to see you teaching future generations with all you do at The Jungle Farm.

This is a recipe my dad used to make when we were having homemade perogies. He called it perogy gravy. This gravy was put on the table in a bowl and everyone served themselves. Sour cream along with the gravy is also good.

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## MARILYN'S RECIPE -PEROGY GRAVY

### Ingredients:

1 large onion  
3 celery ribs and leaves  
1 quart cut canned tomatoes  
Salt & pepper to taste  
1 cup heavy cream  
1 tbsp each of butter and oil  
for frying

### Method:

- Chop the onion and celery to preferred size and add to a frying pan to saute.
- Add salt & pepper, and cook until softened and just starting to brown lightly.
- Add canned tomatoes and mix well. Simmer with a lid on for 15 or 20 minutes.
- Just before serving, add the cream and leave on low heat until heated through.