



Heritage Project



Hello! I am Rita Kemp

What really interests me, besides connecting with family and friends, is documenting history. I know the importance of history, and that what we learn from the past helps us move forward in the right way.

I guess I started my own history in a wooden apple box with my twin sister, Lita, when we were born prematurely at home in 1932. That little crate sat on the open oven door in the kitchen of the family farm northwest of Lacombe until we grew stronger - which we did, because we are both still going strong today!

I learned to milk a cow before I even began attending school, so farming has been part of me my whole life long. My husband, Gerry, and I farmed together near Innisfail for most of our 70 year marriage, until he passed in 2022 - and an apple box was part of my life there, too! That's how I would carry meals out to the workers in the field. It would be casseroles, mostly, but occasionally I would cook a full roast meal with all the trimmings. Whatever I prepared for the midday meal, I would always place it in an apple box with a blanket thrown on it to keep things warm.

We grew as much of our food in the garden as we could and I cooked a lot. We didn't buy prepared things. The lodge I'm living at now has raised garden boxes and I'm still busy growing flowers, unless the deer get to them first! The flower bed is a blessing to all of us here - most of us have farming backgrounds and have grown things all our lives.

Writing historical articles still motivates me - I've written two books on the Kemp history in this area, which includes the popular Kemp House that is now a designated Alberta Historic Site. I think a lot of our history has been lost already - it started when TV came into homes and parents stopped telling bedtime stories. I'm eager to write as much history as I can so my great-grandkids and other interested community members can know this area's past. I'm really grateful The Jungle Farm is leading this Heritage Project!

RITA'S RECIPE - ORANGE PIE (we thought for sure it would be apple pie!)

- 1 cup whipping cream
- 1/3 cup sugar
- 1 teaspoon vanilla
- 1 orange sliced thinly for garnishing
- 2 peeled oranges, cut fine
- 1/2 orange jelly powder, dissolved in
- 1/3 cup boiling water
- Prepared pie crust, preferably crumb
- Dissolve jelly powder in boiling water and allow to cool until syrupy.
- Whip the cream, add the dissolved jelly powder, sugar, cut oranges and vanilla.
- Place in pie crust and garnish with thin slices of orange.
- A few crumbs may be sprinkled on top, if one wishes.
- Chill and serve.