



Heritage Project



Hello!
I am Alma Johnson

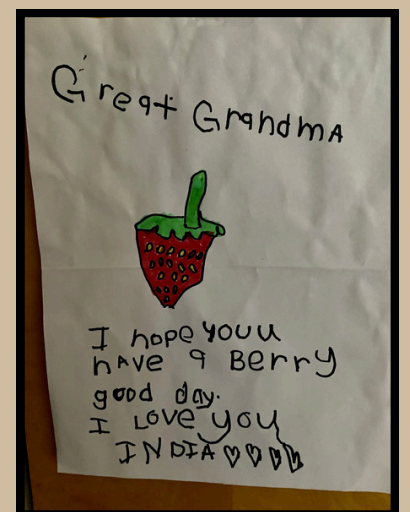
Alma (right) was photographed with Coralie Bond during their visit to The Jungle Farm. Be sure to read Coralie & Albert's story, too!

My grandparents sailed from England in the 1800s and settled in the United States. My dad and his brother came up to the prairies together when they were young men and bought the farm in Vulcan where I was born and raised. I was named after my grandmother, but they lived so far away that we only had a chance to visit them a few times before they passed.

Dad eventually moved into Calgary, because he thought there would be better schooling for me and my sister, Doris. We both finished high school there and then met our husbands. I was married to Elmo for 70 years before he passed and we had a terrific marriage. We have five wonderful children. We lived in Penhold, where he worked on the railroad. We actually lived in the old station house for 10 years before we built a house in town. The station house had been renovated into a home, so we were happy there.

I used to do a lot of work outside, because we always had gardens and preserved all of our fresh food. I used the fresh vegetables for our meals, and wasn't a particularly fancy cook. I just copied what my mother had cooked and everyone was well fed. It's been a long time since I cooked anything. I liked cooking and had a big family to cook for.

I'm always happy to receive lots of artwork from my great grandkids. I painted for many years and am so glad they like to paint, too. And the strawberry is so appropriate for a Jungle Farm story!



ALMA'S RECIPE - TRADITIONAL BEEF STEW

- 2 pounds stewing beef cubed
- 3 tablespoons all-purpose flour
- ½ teaspoon each garlic powder, salt & black pepper
- 3 tablespoons olive oil
- 1 onion chopped
- 6 cups beef broth
- 1 pound potatoes peeled and cubed
- 4 carrots cut into 1 inch pieces
- 4 ribs celery cut into 1 inch pieces
- 3 tablespoons tomato paste
- 1 teaspoon dried rosemary o
- ¾ cup peas
- Combine flour, garlic powder and salt & pepper. Toss beef in flour mixture.
- Heat olive oil in a large pot. Cook the beef and onions until browned.
- Add beef broth while scraping up any brown bits in the pan.
- Stir in all remaining ingredients except for peas. Reduce heat to medium low, cover and simmer 1 hour or until beef is tender.
- Stir in peas and simmer 5-10 minutes before serving. Season with salt & pepper to taste.