

POST 5. MUSEUM HOUSE

Built in 1718, this house was restored in 1997 and converted into a small museum of the life in times gone by of its owners.

This old peasant house has a bedroom and a kitchen on the first floor. On the ground floor was a stable for cows.

In the past, homes here had neither running water nor electricity. In the kitchen with a dirt floor, there was a hearth with the “bronze”, a pot hanging on a chain.

“People lived on very little : logic, common sense, and above all know - how. They were involved in several activities at once : vineyards, agriculture, livestock, wood preparation, respecting the seasons; each thing in its own time ! They nourished themselves with what nature gave them and ate seasonal products. In the spring, small wild vegetables : spinach, watercress, dandy lions, nettle soup with the new potatoes. In summer, the meals were more varied, more mealy : with starches, potatoes, beans, peas, carrots, beans. In the autumn, their diet made way for large vegetables : cabbage, leeks, and carrots, accompanied by salted pork.

They ate polenta, barley, generous soups, that were made with everything available, rice pudding, the

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“tsougdelet” (flour grilled with butter and boiled, either with wine and sugar, or with milk) so many delicious dishes that were on the tables of all families. “(From “Fang au Val d'Anniviers” Yvonne Jollien Berclaz, Ed. À la Carte). Visits are possible. Reservations necessary : please contact Berthe Antille.

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