

# New Plymouth

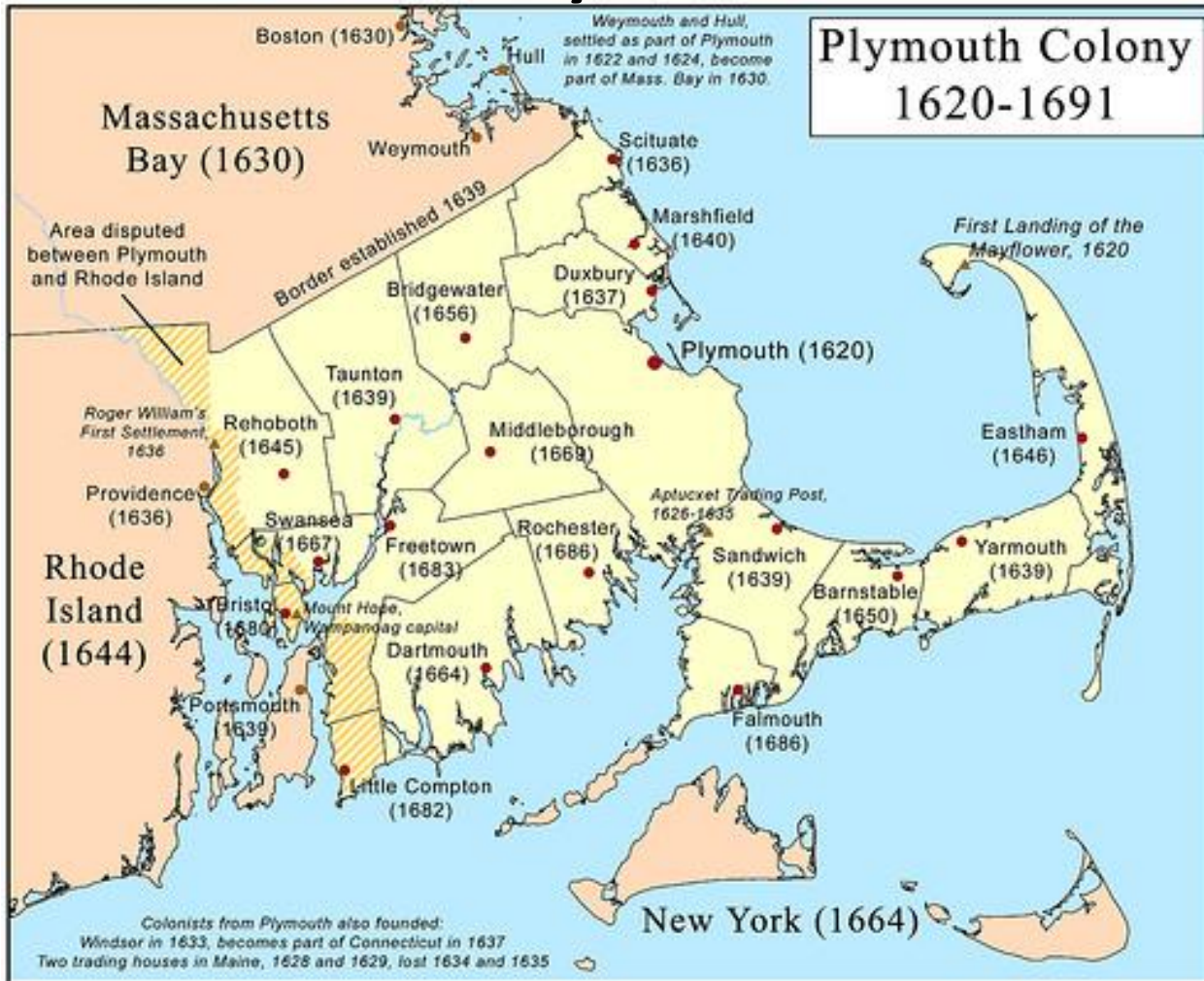


Image credit: <http://www.flickr.com/groups/657143@N23/>

# First “Thanksgiving” Menu-1621



- **Seafood:** Cod, Eel, Clams, Lobster
- **Wild Fowl:** Wild Turkey, Goose, Duck, Crane, Swan, Partridge, Eagles
- **Meat:** Venison (Deer), Seal
- **Grain:** Wheat Flour, Indian Corn
- **Vegetables:** Pumpkin, Peas, Beans, Onions, Lettuce, Radishes, Carrots
- **Fruit:** Plums, Grapes
- **Nuts:** Walnuts, Chestnuts, Acorns
- **Herbs and Seasonings:** Liverwort, Leeks, Dried Currants, Parsnips

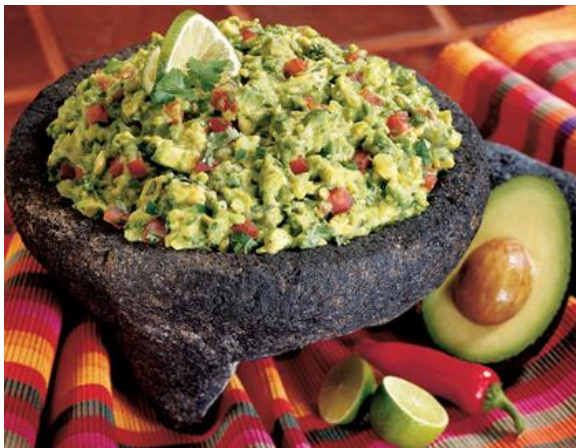
# The 1621 Menu **Did Not Include**

- **Forks-** just knives and spoons, and wooden plates
- **Popcorn or corn on the cob** (corn was ground into cornmeal and used in dishes use as cornbread or corn porridge)
- **Cranberries-** these were cultivated at a later time
- **Sweet Desserts**– no pumpkin pie!



# What We Eat is Not Only Based on Technology, but Geography/ Climate

- **What kinds of foods would be impossible to serve based on geography/climate?**



- **What are some of the things we grow locally?**

# Let's Design a Local Thanksgiving Feast!

Menu:

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# Why is it Important to Eat Locally?

- Provides support for our local farmers
- Reduces pollution from food transportation
- Gives you fresher (and better tasting) foods!

