The Original Thanksgiving Meal

By Yousef Hassen, Layout

Many people know the story: the newly arrived Pilgrims and the Wampanoag Indians gathered at Plymouth for an autumn harvest celebration. This became an event regarded as America’s “first Thanksgiving.” Have you ever wondered what the Pilgrims ate during the first fall celebration? Most likely, it isn’t what you would expect; after all, it was in 1621. Much of what most modern Americans eat on Thanksgiving was not available in 1621. Modern day Thanksgiving may consist of turkey, stuffing, and mashed potatoes, but unfortunately that’s not what the Pilgrims ate on the first Thanksgiving. Those recipes were developed by an American writer named Sara Josepha Hale, famous for the nursery rhyme of “Mary had a Little Lamb,” which is still sang until this day. The three day to seven day long festival of eating, hunting, and other entertainment was in honor of their first successful harvest in 1621. The Pilgrims and Native Americans did not consume modern day food because these recipes were not introduced to New England and other countries at that time.

Here are some of the things the Native American and Pilgrims ate during the first Thanksgiving:

* Venison
* Indian Corn
* Fowl
* Cabbage
* Onion
* Barley
* Wildfowl
* Porridge
* Deer
* Native Fruits (Plums, Melons, Grapes, Cranberries, Squash)
* Water
* Fish and Shellfish
* Potatoes