

2020-10-29-10-31



HAPPY THANKSGIVING

*Happy Thanksgiving from GAP Community Childcare Center
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The Truth about the Pilgrims and Thanksgiving

and

Where to Get Help Re-creating a
Seventeenth-Century Style Harvest Feast

OR

"The First Thanksgiving"

Thanksgiving and the Pilgrims seem to go together, just like Christmas and Santa Claus--but the truth is, the Pilgrims never held an autumnal Thanksgiving feast. Before you cancel the turkey, take a look at the origin of that particular myth. In some ways, the truth is even more intriguing.

The Pilgrims did have a feast in 1621, after their first harvest, and it is this feast which people often refer to as "The First Thanksgiving". This feast was never repeated, though, so it can't be called the beginning of a tradition, nor was it termed by the colonists or "Pilgrims" a Thanksgiving Feast. In fact, to these devoutly religious people, a day of thanksgiving was a day of prayer and fasting, and would have been held any time that they felt an extra day of thanks was called for. Nevertheless, the 1621 feast has become a model that we think of for our own Thanksgiving celebration and we do know something of the truth about it.

We can assume, for example, that the harvest feast was eaten outside based on the fact that the Colonists didn't have a building large enough to accommodate all the people who came. Native People were definitely among the invited guests, and it's possible, even probable, that turkey (roasted but not stuffed) and pumpkin in some form, found their way to the table. And it gets better. This is the way the feast was described in a first-hand account presumably by a leader of the colony, Edward Winslow, as it appears in Mount's Relation:

"Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together after we had gathered the fruit of our labors. They four in one day killed as much fowl as, with a little help beside, served the company almost a week. At which time, amongst other recreations, we exercised our arms, Many of the Indians coming amongst us, and among the rest their greatest King Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer, which they brought to the plantation and bestowed on our governor, and upon the captain and others. And although it be not always so plentiful as it was this time with us, yet by the goodness of God, we are so far from want that we often wish you partakers of our plenty."

From this, we know that the feast went on for three days, included ninety "Indians", and food was plentiful. In addition, to the venison provided by the

Indians, there was enough wild fowl to supply the village for a week. The fowl would have included ducks, geese, turkeys and even swans.

Much of the information we have about the feast, and this period in the lives of these people, is the result of research conducted by the staff at Plimoth Plantation, the living museum in [Plymouth, Massachusetts](#), that re-creates the lives of the Pilgrims with [Mayflower II](#), the [1627 Pilgrim Village](#), and a [native homesite](#). From this research we know about the foods and [recipes](#) that would have been available to them, and from two first hand accounts (the second was written by William Bradford, Governor of the colony for 33 years, and can be read in *Of Plymouth Plantation 1620-1647*), we have a good idea of how the village looked, what the colonists wore, how they spoke, what animals they owned and how they lived. We even know what games they played, what their views may have been on everything from their new home to religion and politics. And with all this knowledge, we piece together what foods would have been served at the feast, how the table looked, how the setting looked, even perhaps what the conversation was like.

For anyone who wants to re-create this feast for themselves, Plymouth Plantation, offers [the Thanksgiving Primer](#). From it, we offer the following recipe as an addition to your own feast on Thanksgiving Day.

Furmenty

(A wheat pudding on the order of an Indian pudding)

Furmenty	
Ingredients	
<ul style="list-style-type: none">• 1 cup cracked wheat• 1/8 tsp. ground mace• 1 quart milk• 1/2 tsp. ground cinnamon• 3/4 cup milk• 1/4 cup brown sugar• 1/2 cup heavy cream• 2 egg yolks• 1/2 tsp. salt• additional brown sugar	
Directions	
<p>In a large pot, bring the water to a boil and add the wheat. Lower heat to simmer, cover, and continue to cook for 1/2 hour, or until, soft. Drain off all the water and add the milk, cream, salt, mace, cinnamon and sugar. Continue to simmer, stirring occasionally, until most of the liquid is absorbed (20 to 30 minutes). In a small bowl, beat the egg yolks and slowly stir 1/2 cup of the wheat mixture into the yolks. Then stir the yolk mixture into the pot, and continue cooking for another 5 minutes, stirring frequently. Serve sprinkled with brown sugar.</p>	

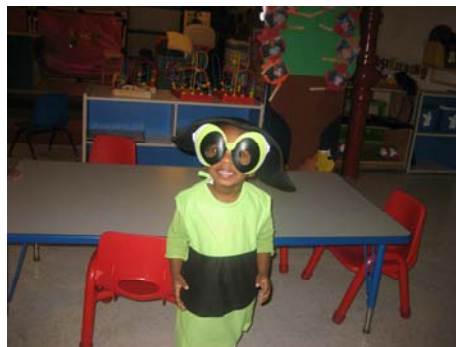
INFORMATION CENTER

DC Access Helpline, 1-888-7WE-HELP (793-4357), 24/7. Young people and adults call us for help dealing with the drama of family, death, fear, love, gangs, violence, drugs, confusion, school, anger and whatever is troubling you. It's a free call. Let them help you. Other issues they can help you with are depression, stress, anger, grief, anxiety, fear, substance abuse, and other emotions.



GAP HAD ITS HALLOWEEN PARTY AND THE CHILDREN HAD LOT'S OF FUN, ENJOY THE PICTURES.





Happy Birthday!!

JEREMIAH 11/01/05

AHMED 11/25/05

MUHAJIR 11/16/05

HERMELLA 11/04/05

ANA ISABEL 11/23/03

YONAS 11/11/03

KALKIDAN 11/05/04

DEVONA 11/18/04

JA'MARI 11/10/06

BRUK 11/07/06

ALEGRA 11/05