

MASSACHUSETTS FOODS AND WHY IT MATTERS



The most famous feast in American history occurred in Plymouth, Massachusetts in 1621.

After surviving a harsh winter in the new world, a band of English "Pilgrims" met with their Wampanoag neighbors to celebrate the harvest. Today, the three day event is associated with the Thanksgiving tradition. The menu has not survived but we might imagine the possibilities: turkey (probably), cranberry sauce (cranberries perhaps but not sugary sauce), mashed potatoes (although native to South America potatoes were brought to Massachusetts later by English colonists), pumpkin pie (native pumpkin dishes but not pie), apple pie (not in 1621 – with the exception of crabapples, apples were an old world fruit.) Perhaps venison

would not be on everyone's list. Deer meat, taken by Wampanoag hunters, might have been the main course.

Historians call the colonial era movement of plants, animals, people, and diseases the "Columbian Exchange." We live with its consequences, positive and negative, to this day. In Massachusetts, a similar process unfolded as English settlers came into contact with native people. This exhibit explores that exchange, focusing on food, ecological changes, and the pleasant culinary legacy from that distant and turbulent time.

We cannot undo the painful consequences of these early contacts but can reflect that, with food as with other things, America has been enriched by a blending of cultures.



Before the arrival of Europeans, native people in this region planted crops and moved with the seasons to hunt and gather food.

"WITH THE CORN THEY PUT IN EACH HILL THREE OF FOUR BRAZILIAN BEANS WHICH ARE DIFFERENT IN



The "three sisters," corn, beans, and squash. SEED SAVERS EXCHANGE

The Three Sisters

Women did the planting. The "three sisters," corn, beans, and squash became dietary staples. Corn provided a pole for beans, while beans, twisting around the corn, helped to stabilize it against wind and weather. The nitrogen in beans fertilized the soil. At ground level squash helped to COLORS, WHEN THEY GROW UP THEY INTERLACE WITH THE CORN WHICH REACHES TO THE HEIGHT OF FIVE TO SIX FEET, AND THEY KEEP THE GROUND VERY FREE FROM WEEDS."

Samuel de Champlain on

crowd out weeds and hold in moisture. The mix provided a balance of carbohydrates, protein, and vitamins.

Wampanoag women cultivated crops that were central to the native diet. PLIMOTH PLANTATION



KING PHILIP'S WAR

King Philip, also known as Metacom or Metacomet, led a revolt against English colonists in 1675. Loss of land and native traditions sparked the rebellion which became the deadliest war, per capita, in American history. The war ended shortly after Philip's death

native farming

A demonstration of Wampanoag cooking, Massachusetts was home to several native nations. PLIMOTH PLANTATION



An English Woman on Native Foods

262ª is (b) the Honzable Gonzall Court Setting at Boston. The humble potion of Soural of yo poor Judian. Subjects and Supply ants Bolonging to Matik and the othis forming plinta pogo & Trand Sitt, humble, prag That those that have boon faithfull, and allinas fromdy to y English may Sall for foi thois Haber Dight in Such hach of Lund how after Maries And first woo for Hifie that waban, py and oak, John Awojamag antony Aray Chomas Apay and "

Waban was an early convert to Christianity (possibly the first.) With other "Praying Indians" he was held on Deer Island during King Philip's War (despite a history of friendship with colonists.) Signing with pictograms, Waban and others ask compensation for lands lost during the conflict. Waban was then about eighty years old. October 12, 1681 MASSACHUSETTS ARCHIVES

In 1676, during King Philip's War, Mary Rowlandson was held captive by Nipmuc Indians. She later described their diet in a situation of extreme deprivation. "The chief and commonest food was ground nuts. They eat also nuts and acorns, artichokes, lilly roots, ground beans and several other weeds and roots...also bear, venison, beaver, tortoise, frogs, squirrels, dogs, skunks, rattlesnakes." Reluctant at first, she came to regard some native foods as "savory." "For to the hungry soul every bitter thing is sweet."

the for is badding upon the Judian plantation of Histon will and the affirm I at John hom pus Does had no Mono Lighty in these hands thom his builes, Antony & for thay, and that if Said worn par has no power by give on I doll, thow hands, Wout the Emports I for if Land was nouse Dourselos, and as for tack Right as photone to Bo John war pol 2 ontors for foncoine They have no logale inter to mobile and allo hor Batific that potor uphrame Mohomiah Spizon poque Josoph Jotning Land Sound of their Kinderd have night to 3 land Bayond Minmithe Just Bother Munchago and pagga glogo and parts adjacent And further boo on form & Quain purit No Merrino proshboo and Duros of the Lindered have Right to Land about Matheman Jusic digo his thos have 2 phia in he mater applycation to i Hamable I Grad Cours Solling In Boston the nochobor 1681 for Dotormation horof Backey abram Mark & Two bans his Marky Sosanit his Task or by am Board Mark 2. noholmah Mark P. John Chool amica Son O door Anoffaming they kay Mark John awaya mug fur & Gazor poquer Mark D Som no honnut.

"New World" crops played a critical role in world history and also deeply influenced the development of

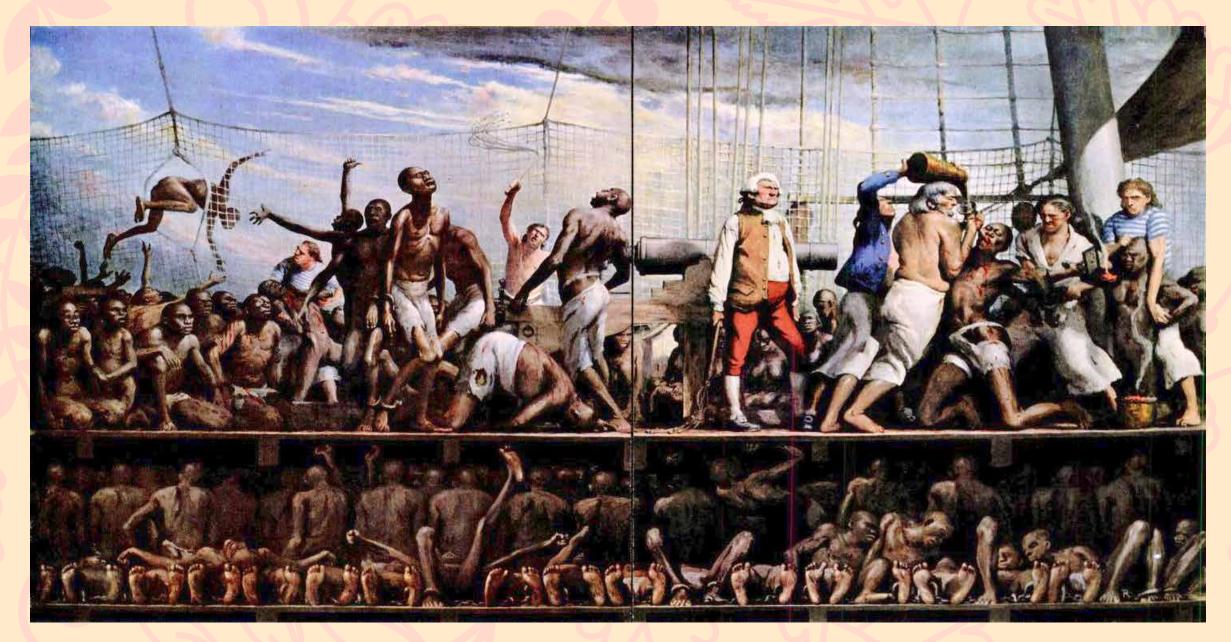
Massachusetts.

"The aboundant increase of [Indian] corne proves this Country to be a wonderment...

A World Transformed

Corn and Population Growth

On his fourth voyage to America, Christopher Columbus saw Taino Indians planting a crop that they called "mahiz." As "maize" or "Indian corn" the food quickly spread across the globe. It led to growth in the population of China and played an important role in the development of African slavery. Corn helped to increase the population of western Africa and provided a stable source of food for the brutal trans-Atlantic crossing of slave ships.



YEA JOSEPHS INCREASE IN AEGYPT IS OUT-STRIPT HERE WITH US."

Reverend Francis Higginson

Slave ships were provisioned with corn for the crossing from Africa. ROBERT RIGGS

Cornucopia

The oldest fossilized corn was found in Mexico, dating back 7,000 years. Corn originated in Mexico or Central America and arrived in present day Massachusetts about 2,000 years ago. It would become the most important grain for English colonists.



In Prussia Frederick the Great encouraged peasants to cultivate potatoes. Russia's Catherine the Great also promoted this New World crop. Deutches Historisches Museum

The Humble Potato

In the 1530's Spanish explorers watched the Inca harvesting potatoes in Peru and introduced them to Europe. At first there were rumors linking potatoes with diseases including leprosy. Frederick the Great of Prussia saw military value in spuds. Growing underground, the crop was more difficult for invading armies to destroy. Potatoes fueled a population explosion in Germany and Russia. They were brought to Massachusetts by English settlers. The Irish potato

"Indian corn" was more colorful than popular varieties today. SAM FENTRESS

Agril the 22 1875 A Diner In the forme house for ye Admeral Parint 3 biallegy of porke and gertatos --1: a Loyne of seale and Colleys to: a turkey and participy _____ -___ - 0-10-to: a tante at for beaver 3 7 -- 0-12, 0 to some 2.6. Gread & beaver 3 7 -- 0-12, 0 Auger the late Acher Auther Butter who is to di

famine changed Massachusetts with waves of nineteenth century immigrants.

Popcorn

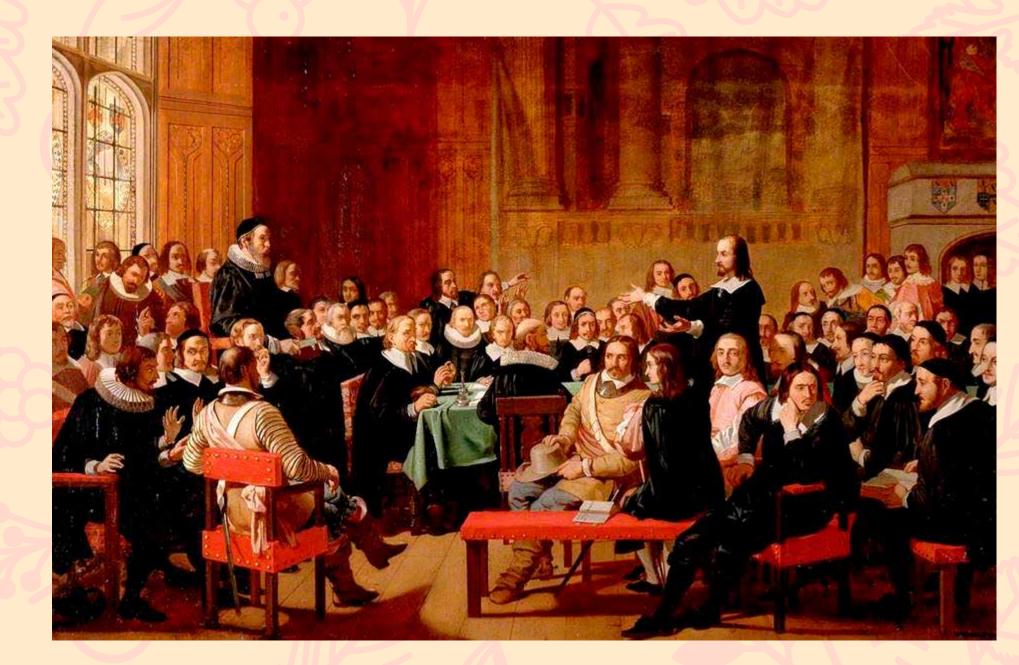
Archaeologists have uncovered evidence that native people in Peru prepared popcorn over 3,000 year ago. According to legend Wampanoags brought it to Plymouth for the 1621 feast. That is unlikely since local varieties of corn were not effective for popping.

Potatoes were introduced to Massachusetts by English colonists. This bill for dinner for an Admiralty Court is dated April, 9th, 1675. Included are two quarts of wine, "2 legg of porke and pertatoes," ... A Loyne of veale... a Turkey and pertatoes." MASSACHUSETTS ARCHIVES

auture Clash

The absence of "farm animals" in North America influenced the economy and culture of native "FOR BEASTS THERE ARE SOME BEARES...Also... SEVERAL SORTS OF DEERE.. Also Wolves, Foxes,

people.



English Puritans discussing church organization. In Massachusetts Puritans favored farming practices described in Old Testament passages. John Rogers Herbert

Culture and Morality

Based on their interpretation of the Bible, English Puritans thought that land should be "enclosed" with walls and fences to separate cattle from crops. It should also be BEAVERS, OTTERS...GREAT WILD CATS, AND A GREAT BEAST CALLED A MOLKE (MOOSE) AS BIGGE AS AN OXE."

> Reverend Francis Higginson, describing North American animals, 1645

"improved" with permanent settlements. In contrast, native people moved with the seasons in pursuit of food. Spawning fish, migratory birds, and ripening fruits were found at varying times and places. The native custom of "mobility" was suspect by Puritans and judged to be morally wrong.



An Art Tor the Letter Preservation and more of Deer within this Province Whereas the killing of Deer at unseasonable times of the year hatte Bean formed very muchito the prejudue of this Trovine, great number thereof having been hunted and destroyed in deep mows when they and very poor, and bigg with young the flesh and thing of very little value, and y increase thereof greatly hindred _ De it therefore Enacted by the Sient Govern. Council and Representative in General Court after blad and by the authority of the Same That in yopton or perton what sover within this Fromice frain and after the last day of December in this present year One thousand fix hundred mety eight till the first day of august one thousand fix hundred ninety sime, and So from the at say of Dannahow In the fort Day 6 faugust following alinaally for ever thereafter that any wayer whatsower kill any buik Dow or fawn perin that Such person or persony to offending. forfeit the finn of forty thillings for the first Henle, three pounds for the Lecond Offene , and we pound for the third offense, and to for every Hence ofter, one moiety thereof unto his Mary to be imployed toward support of the yovernm? of this his ma to and the other morety to him or than that that informe & he for the time in any our of Record within the Same Rovine And if any person or persony offending as a foresaid

"An Act for the better Preservation and Increase of Deer within the Province" The arrival of English colonists led to a sharp decline in the deer population through hunting and clearing land. This 1698 law belatedly recognized the problem and banned deer hunting from the last day of December to the first day of August. MASSACHUSETTS ARCHIVES

Over sixty versions of the "Peaceable Kingdom" were painted by David Hicks. While the animal population was not quite this diverse in seventeenth century Massachusetts, "new" European farm animals like cattle, sheep, goats, horses, and chickens appeared. National Gallery of Art

That not have where withat to pay his or their Fine or Fine, he or they shall for the first offend works twenty Days, for y Lewid thirty. & for the thind offences Fifty days, as That be directed by the Austices before whom the cause Phate be heard & determined. Whe Wagey a Carnings for his or their worker to be Imployed

An Alternate View: Culture and Geography

Some animals, including sheep and cattle, can be domesticated. Others, such as wolves or even deer, cannot serve as farm animals. "Domestic" animals had evolved naturally in the Middle East and along similar latitudes in Europe and Asia. They were scarce in North America.

In Europe, populations settled in for farming. Agricultural surpluses allowed new occupations to develop since fewer people were needed for hunting and gathering. Towns and cities emerged. In North America – lacking farm animals – mobility was necessary for survival.



Deer and other North American animals were not suited to European farming methods. Abyss-Alpha



Many English settlers attributed the decline of native populations to divine providence – clearing the land for them. Today we recognize "GOD HATH CONSUMED THE NATIVES WITH A MIRACULOUS PLAGUE, WHEREBY THE GREATER

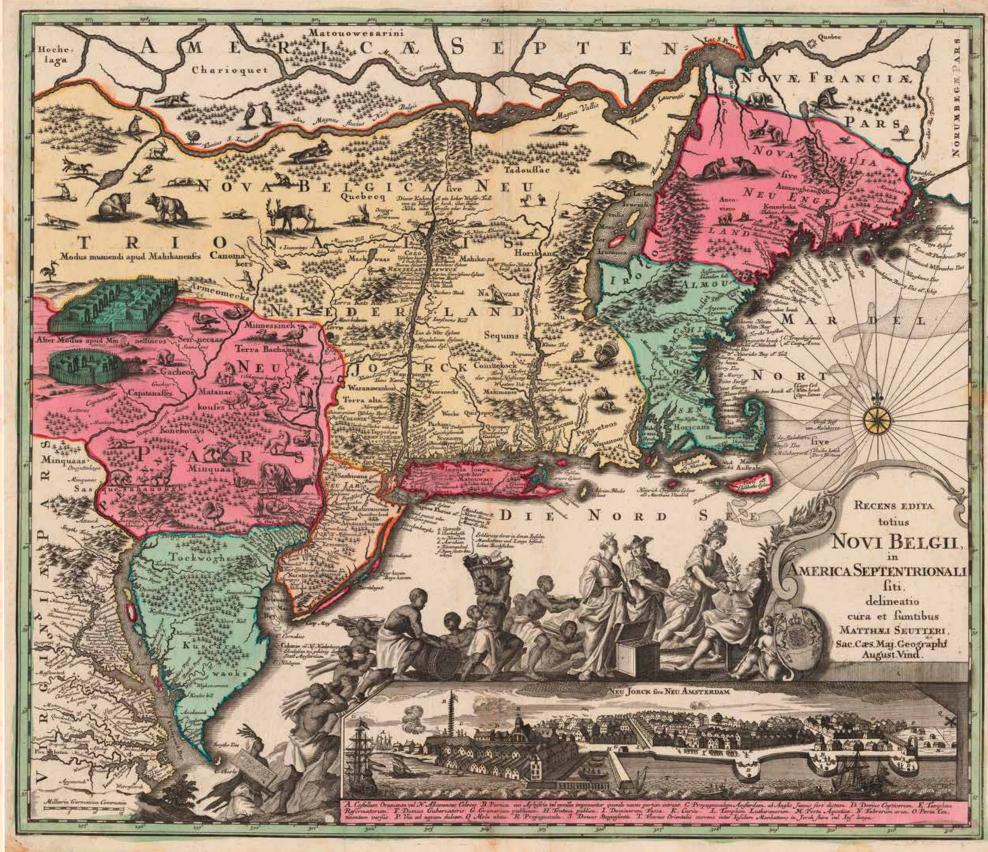
it as a tragedy and a lesson.



Massasoit befriended the Pilgrims. Ironically, he sought English allies because European diseases had reduced the Wampanoag population.

PART OF THE COUNTRY IS LEFT VOID OF INHABITANTS."

Governor John Winthrop



A Changing Landscape

Native people endured tremendous shocks. Although they traded furs and other commodities there was no connection to a worldwide market. Large European ships brought beaver and other furs across the globe creating enormous demand. Many species – including beaver - became nearly extinct. Wolves were hunted down as nuisances. New animal species crowded out familiar ones. Forests were felled to create open land for grazing animals and European crops. This changed temperature levels and contributed to floods. New European diseases devastated native communities.

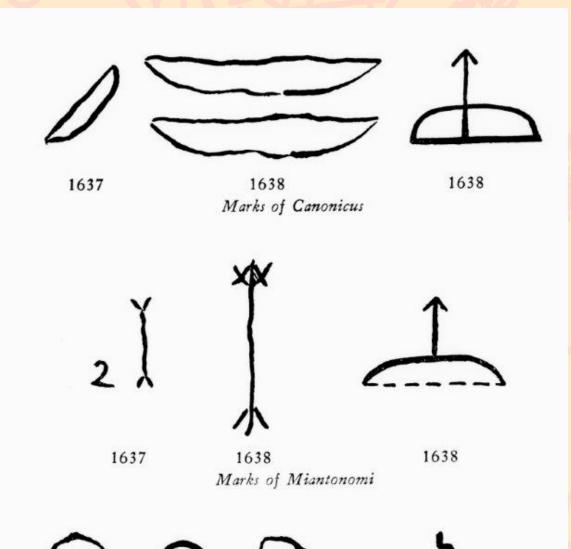
Massachusetts was (and remains) home to several native nations including the Wampanoag, Nipmuc, Massachuset, Mohican, and Pennecook-Abenaki. Although not completely accurate, this period map includes native lands. Gilder Lehrman Institute

Anno Rni Ris Georgij Jeunie duodecimo Anno Rni Ris Georgij Jeunie duodecimo An act to prevent neat lattle and Horfes run ing at large and feeding upon the Beach adjoyning to the eastern harbour Meadows in the Tournship of Truro in the County of Barnstable

Whereas there is a contain Tract or parcel of meadows called eastern harbour meadows in the Jown of Turo, on which many of the Inhabitanty of said Town yearly depend for their hay, and the said meadow lyes adjoyning to a long Landy beach on which no feires can be made to stand and by reason of lattle and horfes being turned thereon to feed, the beach graf is destroyed, and by reason thereof in storms and high windy the Sand is driven from off the beach upon the meadow und a great part of the meadow is already buried with the fand and become ufeleft for graft, and the whole of P meadows are likely to be covered, with fands if not timely prevented , and the proprietory of jaid meadows have addressed this ourt for relaif in the premisses Be it enacted by His Excellency the Governor Council and Representatives in General Court aftembled and by the authority of the same, That from and after the Publication of this act no Person shall presume to turn or drive any neat lattle or Rorfer upon the said beach to feed there on leaves them at large between said meadow and Promince Town bounds, upon the penalty of fourty shillings a head for all neat lattle, and _____ thillings for every horfe or mare fo humed upon said beach to feed, which penalty Thall be recovered by any one of the said Proprietors on their agents thereunto lawfully authorized

A Narraganset Perspective

"Our fathers had plenty of deer and skins, our plains were full of deer, as also our woods, and of turkies, and our coves full of fish and fowl... But these English having gathered our land, and with scythes cut down the grass, and with axes fell the trees; their cows and horses eat the grass, and their hogs spoil our clam banks, and we shall all be starved." Miantonomi, Narraganset Sachem, 1641.

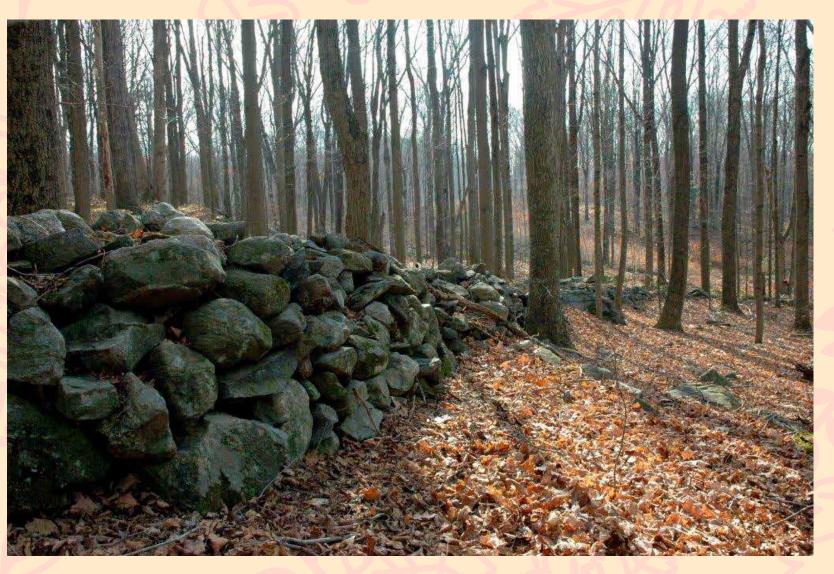


Environmental Awareness - This 1708 law deals with the problem of cattle and horses "running at Large and feeding upon the Beach" in Truro. "The beach grass is destroyed, and by reason thereof...Sand is driven from the beach upon the meadows and a great part of the meadow is already buried." To preserve meadows for grazing this law mandated a fine of 40 Shillings per head for cattle on the beach. MASSACHUSETTS ARCHIVES A complex figure, Miantonomi aligned with English colonists but later attempted to destroy their settlements. Sentenced to death in Boston he was turned over to Indian adversaries for execution.

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Yotaash Mark of Ma 8 alias Mi

Pictograms of Narraganset Indians, including Miantonomi, used in signing colonial era documents. Rhode Island HISTORICAL SOCIETY



Many country roads in Massachusetts pass stone walls in the midst of woods. These were likely farms during the colonial period. Clearing forests for planting, grazing, and building was seen as essential for progress. As farming declined the forest returned.

New World I Pla World

The Great Migration

In 1629 English Puritans were planning to establish the Massachusetts Bay Colony. (Boston would become its capital.) They prepared a list of foods to be brought to the New World: "wheat, rye, barley, oats... beans, pease, stones of all sorts of fruits, as peaches, plums, filberts, cherries, pear, apples, quince kernels, pomegranates,... liquorice seed...potatoes," and "tame turkeys." Ironically turkeys had new world origins having been introduced to Europe by Spanish explorers.

"THE EARTH IS THE LORD'S GARDEN AND HE HAS GIVEN IT TO THE SONS OF MEN TO BE TILLED AND IMPROVED ...

A Puritan fleet of seventeen ships, including the flagship Arbella, arrived in 1630. National Archives

IT IS WRONG THAT WHOLE COUNTRIES AS FRUITFUL AND CONVENIENT FOR THE USE OF MAN...LIE WASTE WITHOUT IMPROVEMENT."

> John Winthrop advocating emigration to Massachusetts, 1629



Dandelion Greg Hume

INTRUSIVE

Sailing ships brought unwelcome visitors to the new world. Stowaways included rats, cockroaches, and fly species that were not native to North America. European weeds such as the dandelion also arrived.



Governor John Endicott planted a pear tree in present day Danvers during the 1630's that still stands. (It is the oldest European fruit tree in America.) PATRICE Todisco/landscapenotes.com

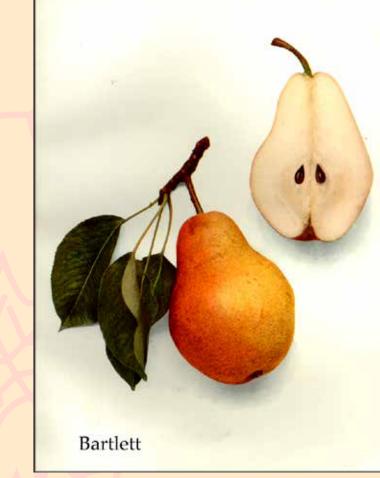
Pear Review

COLONIAL MASSACHUSETTS 101 Massachusetts had two English colonies through much of the seventeenth century. The "Pilgrims" of Plymouth

Embarkation of the Pilgrims BROOKLYN MUSEUM

Pears were brought to Massachusetts from England. In 1799 a new variety the Williams pear - was imported from England and planted in Roxbury. Years later Enoch Bartlett bought the property.

Unaware of its history he named the pear for himself. Today the variety is known as the "Bartlett pear" in North America.



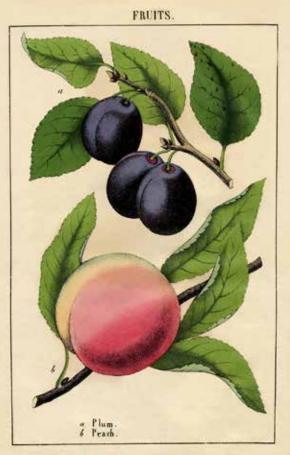
Bartlett Pear ULYSSES PRENTISS HEDRICK Massachusetts Bay Colony arrived in 1630 and hoped to "purify" the church. In practice both group shared similar Calvinist beliefs.

Colony were "separatists" making a complete break

with the Church of England. The "Puritans" of the

Chain of Custody: Peaches

In 1629, the Puritan founders of the Massachusetts Bay Colony listed peaches as one of the fruits to be planted here. Peaches were first cultivated in China. Ancient trade routes brought them to Persia (present day Iran,) After Alexander the Great conquered Persia, peach trees appeared in Greece. Greece's Roman conquerors later planted them in Western Europe.



Peaches and plums were brought to Massachusetts by Puritan colonists. **GRAPHICS FAIRY**



Arriving in 1623, Reverend William Blackstone was the first English settler in present day

Boston. Something of a hermit, he

"AS AMERICAN AS APPLE PIE..."



lived on what is now Beacon Hill

and planted apple trees.

Red Apples

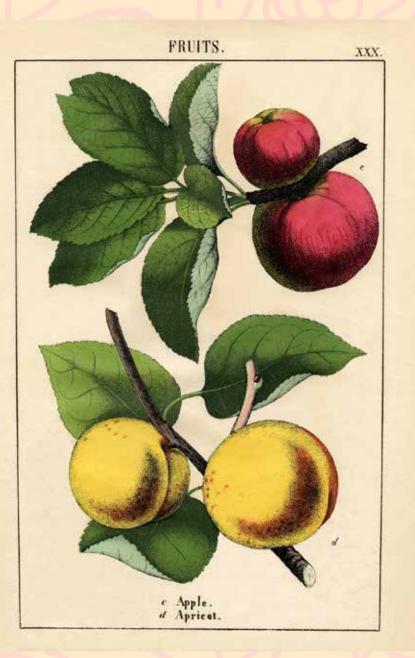
Russian scientist Nicolai Vavilov traced the first cultivation of apples to Kazakhstan in Central Asia. From there the practice spread, eventually reaching England. (The Romans were enthusiastic planters of apple trees.) Vavilov hoped to end famine in Russia by the

The Winslow Family by Joseph Blackburn. Along with fashionable clothing and gardens, apples are included in this family portrait as a symbol of colonial prosperity. MUSEUM OF FINE ARTS, BOSTON

A Massachusetts Variety

Baldwin apples were found in Wilmington Massachusetts on the farm of John Ball around 1740. They are named for Laommi Baldwin, a Revolutionary War officer who fought at

scientific study of agriculture. Falling out of favor with Joseph Stalin, he died in a Soviet prison.





Nicolai Vavilov LIBRARY OF CONGRESS

Apples and apricots were brought to Massachusetts from England. GRAPHICS FAIRY

Lexington and Concord. Colonel Baldwin later supervised the construction of the Middlesex Canal connecting the area around present day Lowell to Boston. Baldwin noticed the apple, took grafts, and planted and promoted the "brand." Appropriately, Baldwin was a second cousin to "Johnny Appleseed."



Jan Baldur

Laommi Baldwin

JOHNNY APPLESEED

num blo partion of John Lowly & Huard woodma. m Ho name & on the balfe of the Country

Humbly shewith.

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The official Massachusetts folk hero, Johnny Appleseed, was born in Leominster in 1774. His real name was John Chapman. Although eccentric, he had a practical side. Anticipating settlement in western Pennsylvania and Ohio, he bought land, increased its value by creating orchards, and sold out at a profit. He mostly planted seeds for the variety of apples used to make "hard cider." Some of Chapman's trees were chopped down during prohibition.

Honeybees were brought from England to pollinate apples. (They were called "English flies" by native people.) This petition from the town of Newbury, requests assistance for John Eales "age upward of 70 years...a beehive maker incapable of making a living." MASSACHUSETTS ARCHIVES

Don't Know Beans about Beans

"A SMART FIRE FOR AN HOUR Although beans were familiar to AND A HALF IS A GENERAL Europeans, most popular varieties RULE FOR COMMON SIZED originated in the New World probably FAMILY OVENS, PROVIDED in Peru. These include kidney beans,

lima beans, black beans, and small,

white "pea" beans.

ABOLITIONIST COOKBOOK

Lydia Maria Child of Medford was a prominent abolitionist. She also contributed to the holiday tradition with a poem that begins, "Over the river and through the woods to Lydia Maria Child grandfather's house we go." In addition to anti-slavery works she wrote The American Frugal Housewife, a book of recipes and advice.



BROWN BREAD AND BEANS ARE TO BE BAKED."

Lydia Maria Child

An iconic recipe Shutterstock



Not As Simple As

Who knew? Among many accomplishments, Paul Revere created illustrations for this colonial era cookbook. Bowdoin College



Bean Town

The name Bean Town may be part of the Puritan legacy. Nineteenth century Beverly author Lucy Larcom wrote about the "Puritanic custom of saving Sundaywork by baking beans on Saturday evening, leaving them in the oven over night." Saturday night bean suppers remain popular in some rural New England churches perhaps reflecting that legacy.

It Looks

What could be simpler, or more rooted in New England, than Boston baked beans and brown bread? Actually it is a cosmopolitan dish. Pea beans probably originated in Peru. By the 1600's they were cultivated by native people in Massachusetts and farmers in England (having been carried to Europe by the Spanish.) Pigs (and pork) came to Massachusetts with early colonists.

Molasses had a long route to Boston. It was produced by African slaves on Caribbean plantations. Its basic ingredient, sugar cane, originated in Papua New Guinea and eventually arrived in the New World via Spain. Brown bread was often made of rye (brought from England) and Native American corn meal.



The warmth of a colonial kitchen, perhaps baking beans on a Saturday night Passion for the Past, Historical Ken

> Pigs were hardy and dangerous animals that were sometimes released into the wild and later hunted. Unlike other farm animals they could hold their own with wolves. This 1658 law deals with "the regulation of swine in all townships...whereby many children are in great danger of loss of life or limb." Some laws required that pigs be "ringed" through the nose to prevent rooting out crops. Others mandated yokes to hold them behind fences. MASSACHUSETTS ARCHIVES

Whoroas there is a low ropertings the regulations of Sirms in all counskips, to short purime done by your, yet malmurk at yoro is a wordsitie of a more stituler order reportings furk counse, wherein groat Krimbors of Iwing our food, whereby many Childron and se polod to groat dangois of los of life or limbe through yo rabon ou wo of swind Elder gfons to no finale moonbonienryob, bofide 190 Sad Confoquentos seen may be off to see who to Country in hims of firting Chrough you mfortion, It is theriford owords by gib Court could with forday that you for the mon in you Jobbrale to with owner in referous to Shall home for the four power to more furk owner in referous to I wine ab may floort all manner of Barnayo, & furthers it is owned char if om glon or plong appoynter to for to reg oporution of such Oword shall noglost app Excel Comittee to apom or roful to wrog of Such Jorbins ho except shall forfoil for our, the furt my lost to Some of fine pounds the one halfo to the cound therein the or of or the first the sound the second to second the secon William Zorry Chow, 165 Ponsentro lo by. 000 magis & Doward Rawson



Native corn became the most important grain for English colonists although they also planted European crops of wheat, rye, barley

"THERE IS VERY GOOD BREAD MADE OF [INDIAN CORN] BY MIXING HALF, OR A THIRD PARTE, MORE OR

and oats.



Grainy image: English colonists introduced European grains to North America. Shutterstock

Nasaump, Samp and Indian Pudding

LESS OF RY OR WHEATE-MEALE OR FLOWER AMONGST IT."

John Winthrop Jr., 1662

JOHNNY CAKE

Although not precise, this term refers to corn meal flat bread, often a pancake. Wrapped in cloth it could be carried when traveling by native people and later by Europeans. Possibly "Johnny cake" is a corruption of the phrase "journey cake."

Native Americans boiled dried corn, berries and nuts, until it thickened into a porridge called Nasaump. English settlers called a similar dish "samp" and sometimes added bacon or sweeteners. Today's "Indian Pudding" follows the tradition. While there are various recipes corn meal is the most important ingredient. It may be sweetened with molasses or brown sugar.



Farmers planted corn and brought the grain to grist mills to make flour. The Dexter grist mill in Sandwich dates to approximately 1654. ANDREWRABBOTT

Indian pudding is derived from native traditions. In America,



And Regni, Georgi 2. Regis, Vicesimo Jeptimo. An act to Encourage the Raising and Importation Wheat.

Great Quantitys of Bread being absolutely necessary No support and carry on the Fishery Cother nad intim of this Browne, and there having been for many Years & growing negligence among the Inhabitants, has to raising Wheat, and for some years past much lefs imported than heretoford, and instead there of almost wholly bread and flower, to the great discouragement of grinding and Bolting Millers, Bakers, Confers & other Tradesmen, as well as detriment of our formerce in canying of our money, with which the Bread and Flower is mainly purchased, _ Thereford Be it tenacted by the Governor, Council and House A hepresentatives, that from and after the first day A-March 1751. There shall be hard to the forminisioner of Impost or his Deputy a Duly of nine pence for every hundred of Flower and ten pente for every hundred of Ships bread, and two shilling tor overy a hundred of Flower Biscuit, and three shillings for every hundred of Milk or Butter Bis wit which shall be imported or brot into this Province by land or Water, the amount or proceeds where of shall be

applied and paid as a Bounty to cheaving the

An Act for Encourage the Raising and Importation of Wheat, 1754. This legislation was one of many attempts to increase wheat production. "Great Quantities of Bread being absolutely necessary to Support and carry on the Fishery and other navigation of this Province." Bounties are offered to encourage "raising wheat or import or imports of bread four, biscuit."

similar recipes have been called "Hasty Pudding."

Wheat

English colonists prized wheat above other grains. The lighter texture worked better for breads and pie crusts. Unfortunately, wheat did not grow well in Massachusetts. Throughout the colonial period there were attempts to encourage the cultivation or importation of wheat. Not until the opening of the Erie Canal in the nineteenth century, was there an adequate supply from the midwest. Taising and importation of Wheat, to every importer & A twenty Bushells of Wheat or more to the Market, whether raised in or out of the Frownice, in proportion to the quantity or Number of Bushells biol to Market, which bounty shall be proportioned and ready to be paid sometime

THE UPPER CRUST

Pies were popular in Massachusetts and in England. Because of shortages, some reserved wheat for the

more delicate "upper crust," creating a popular term for the upper class.

Today's apple pies have a lighter crust than some colonial versions.



Because of events leading to the American Revolution, tea will always be linked with Boston. In fact, tea, coffee, and chocolate all "I HAVE DRANK COFFEE EVERY AFTERNOON SINCE, AND HAVE BORNE IT VERY WELL...TEA MUST BE

tee, Jea and Chocolate

arrived in Massachusetts during

the seventeenth century.



After marrying King Charles II, Catherine of Braganza popularized tea drinking in England. Peter Lely UNIVERSALLY RENOUNCED, I MUST BE WEANED, AND THE SOONER THE BETTER."

> John Adams to Abigail, 1774 (one year after the Boston Tea Party)



A London coffee house. Some in England associated Protestantism with a growing business culture. Coffee was seen as an appropriate drink for industrious Protestants, unlike alcohol that dulled the senses. Public Domain Review

Tea Time

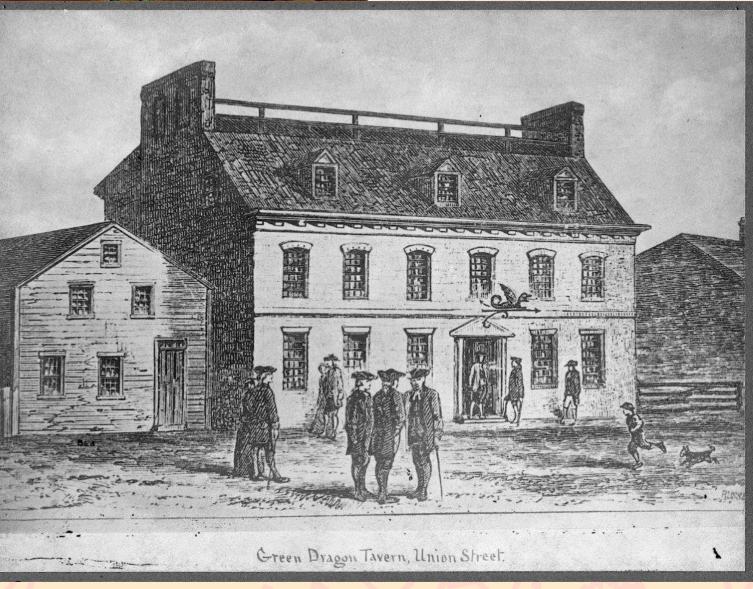
Despite its association with England, tea was slow to catch on at first. Cultivated in China, it took several routes into Europe. By the seventeenth century Dutch merchants were aggressively involved in the tea trade while Portuguese merchants brought it to the Iberian Peninsula. When England's King Charles II married Portuguese princess Catherine of Braganza in 1660, tea was suddenly favored in court. Its popularity spread among the English upper classes.

Coffee in Massachusetts

In 1670 Dorothy Jones received the first license in Massachusetts to sell "coffee and cuchaletto" (chocolate.) Coffee may have originated in Ethiopia. It then spread to Arab nations and Turkey, its popularity enhanced by Islam's ban on alcohol. Italian and Dutch merchants, trading with the Middle East, bought the drink to Western Europe. By the 1660's coffee houses were opening in London. Several coffee houses also opened in seventeenth century Boston.

Coffee beans in a holiday mood GRAPHICS FAIRY

This 1750 Massachusetts law presents a skeptical



The Green Dragon, a tavern and coffee house, later became a gathering place for patriots before the American Revolution. BLANDON CAMPBELL

Anno Regni Regis Georgii secundi 86.ª Vicosumo Torsio.

view of tea and coffee. "Taking into consideration the great and unnecessary use & consumption of Sundry articles which tend to impoverish the [people]...& to prevent... industry... there shall be paid for all Tea, Coffee... the Sundry Duties following...To every Pound of Tea...Ten pence...For every pound of coffee Two pence. Massachusetts Archives

How Do You Take Your Tea?

When tea was a novelty, the Philip English family of Salem heard that it should be prepared by boiling. After boiling, they poured off the water and served the tea as a vegetable. Later some Salem residents improved the taste with salt and butter before discovering that tea was a drink.

In Act for Granting unto his majorty an. Vicite upon sundry baticles hereg ter Inumerated for Alowards the Support of this May " governord of y. hoverice We our majestys most Loyal & Dutiful Juliet the Representatives of the movince of the malsachusity Bay in General court. Brombled + Jaking into consideration the great & unnecessary use & consumption of Junday antiwhich tend to importate the same "to prevent sugarity Industry which if duly incouraged would make as a flourishing & happy Cople " Have chearfully Dunanimously Granted and do hereby Guro & Grant unto his mon Excellent majesty for the Ends & Uses aforesaid & not other an Excuse upon the Second articles hereafter it accordingly Inacted by the Governour council & House of Represent - That there that be raid for all Jea Arrack muff, thing Gold Verier. Lace The Jundry Duties Collowing River For every Gallon of avrack Two Thilling this force. For every Gound of Snuff, Ling force For all thing Ware 5 Word ad Valoren, at theredail Price.

le A For all Gold on Silver Laco 5 Afford ad Valaren, at the relative





"I SAID MASSACHUTSET AND MEXICO MET AT HIS HONOUR'S TABLE."

> Judge Samuel Sewall after a breakfast of venison and chocolate with the Lieutenant Governor, 1697



The Chocolate Maiden by Jean Etienne Liotard Old Masters Gallery, Dresden

Sugar or Spice

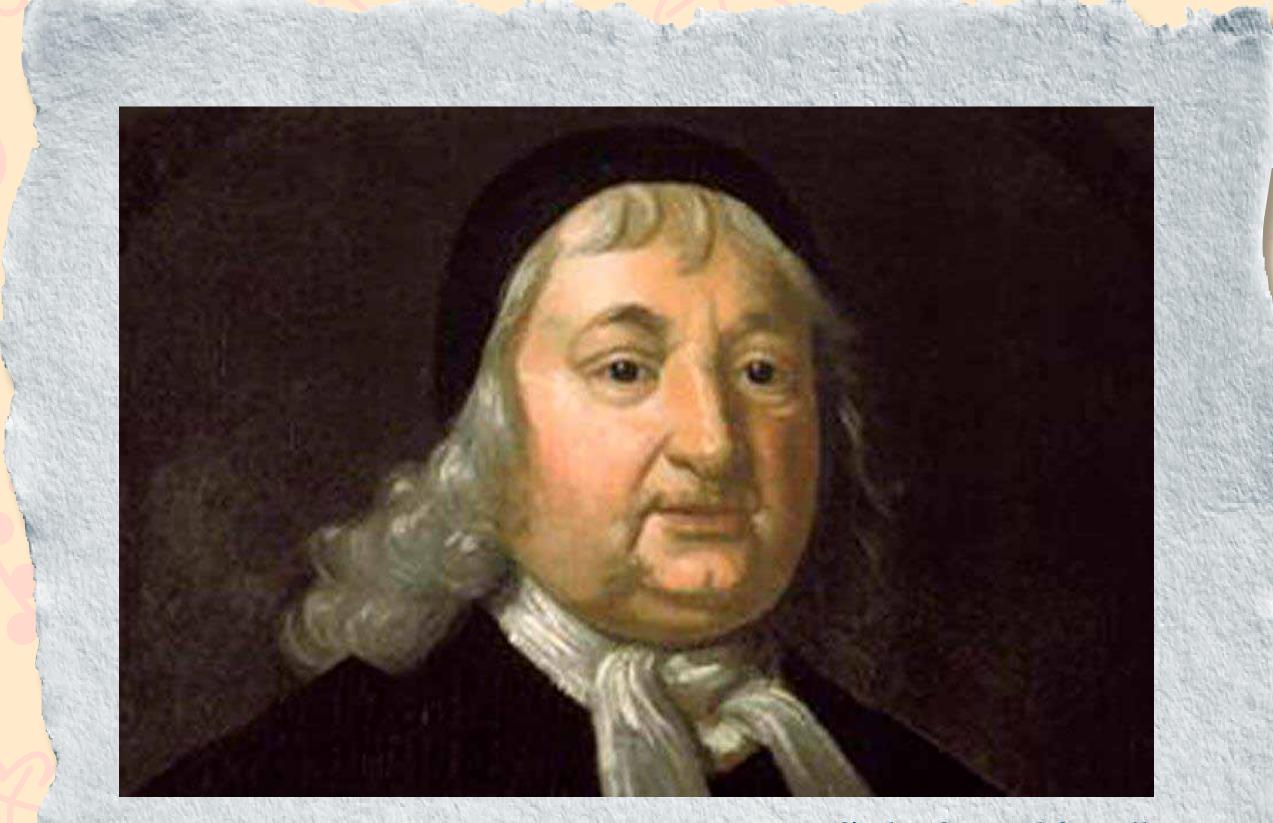
Chocolate originated in Mexico and Central America. Served as a drink, it was often spiced with chili peppers. Columbus was shown cocoa beans on his fourth voyage to America but apparently decided not to indulge. Later the Spanish sweetened chocolate with sugar and vanilla

"Boston Made"

Cacao beans were shipped from Jamaica to Boston in 1682. During the colonial period Boston developed a reputation for producing high quality chocolate. It was superior to products imported from England because chocolate could take on the flavor of fish or other cargo on sailing ships. Importing beans from the Caribbean, and producing chocolate locally, improved

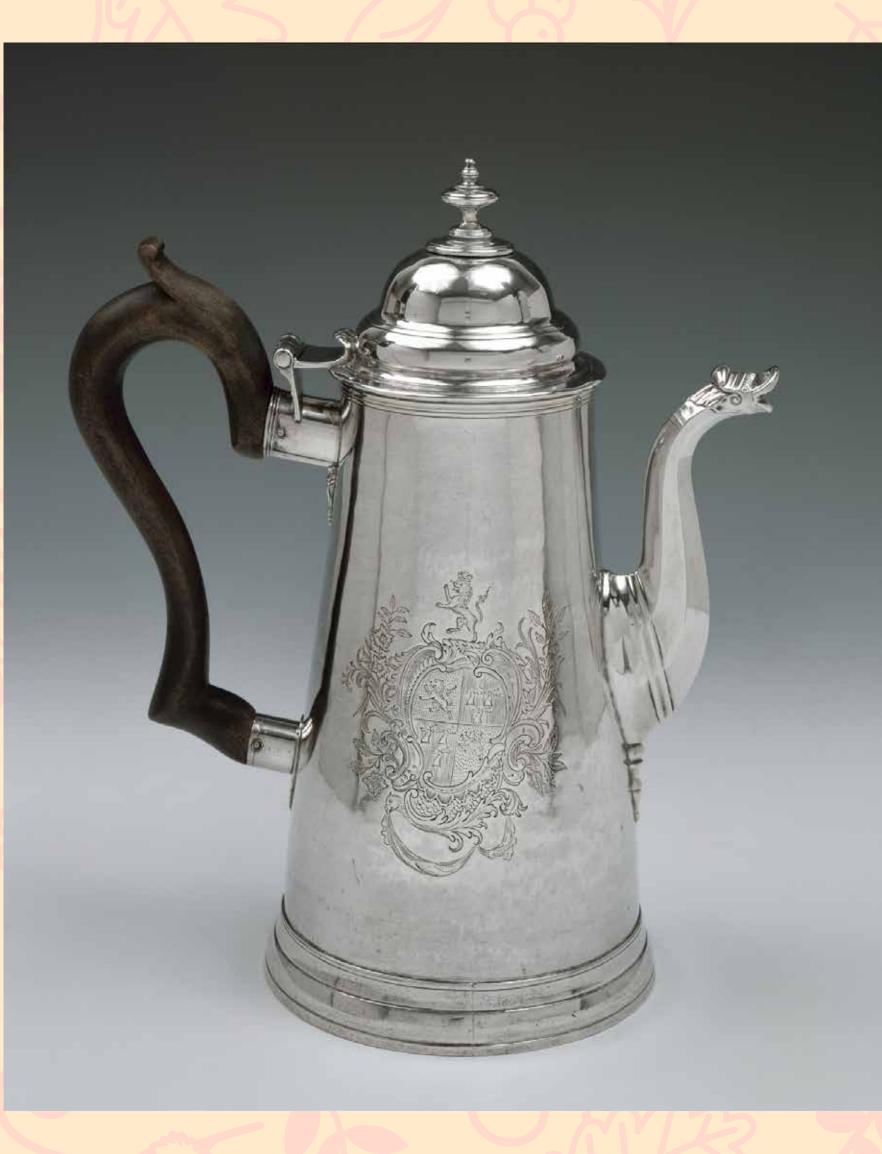
(also a new world flavor) and its popularity spread in Europe.

quality. After the Revolution "Boston Made" appeared in ads for chocolate in other American cities.



Judge Samuel Sewall

EVERY WITCH WAY Samuel Sewall was a judge in the Salem



Perhaps this image does not remind you of hot chocolate on a cold morning. This elegant chocolate pot was made in Boston around 1760 by Zachariah Bridgden. The spout is higher than in coffee pots to contain chocolate solids while pouring. Historic Deerfield

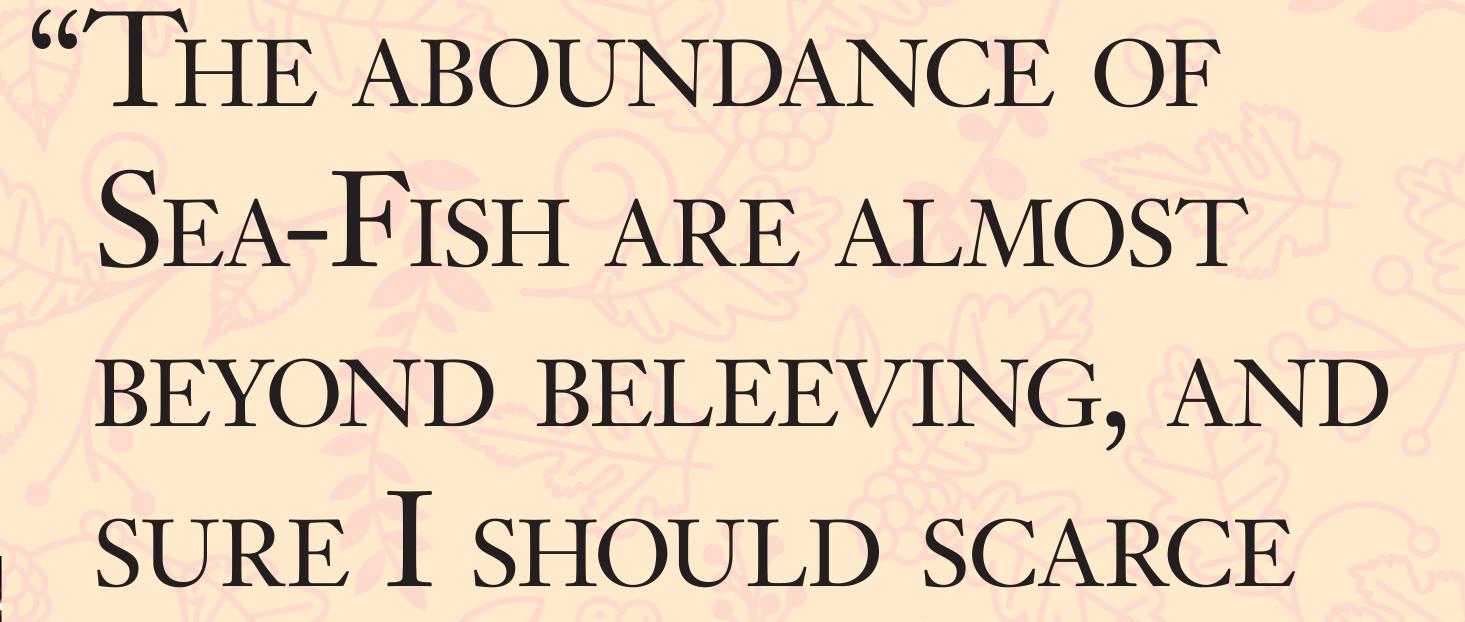
> Dr. James Baker and John Hannon began making chocolate in eighteenth century Massachusetts. (Chocolate was served as a drink.) Hannon left America but Baker's Chocolate grew into a national brand. The Walter Baker chocolate factory, in Milton's Lower Mills section, has been converted for housing. As late as the 1960's the

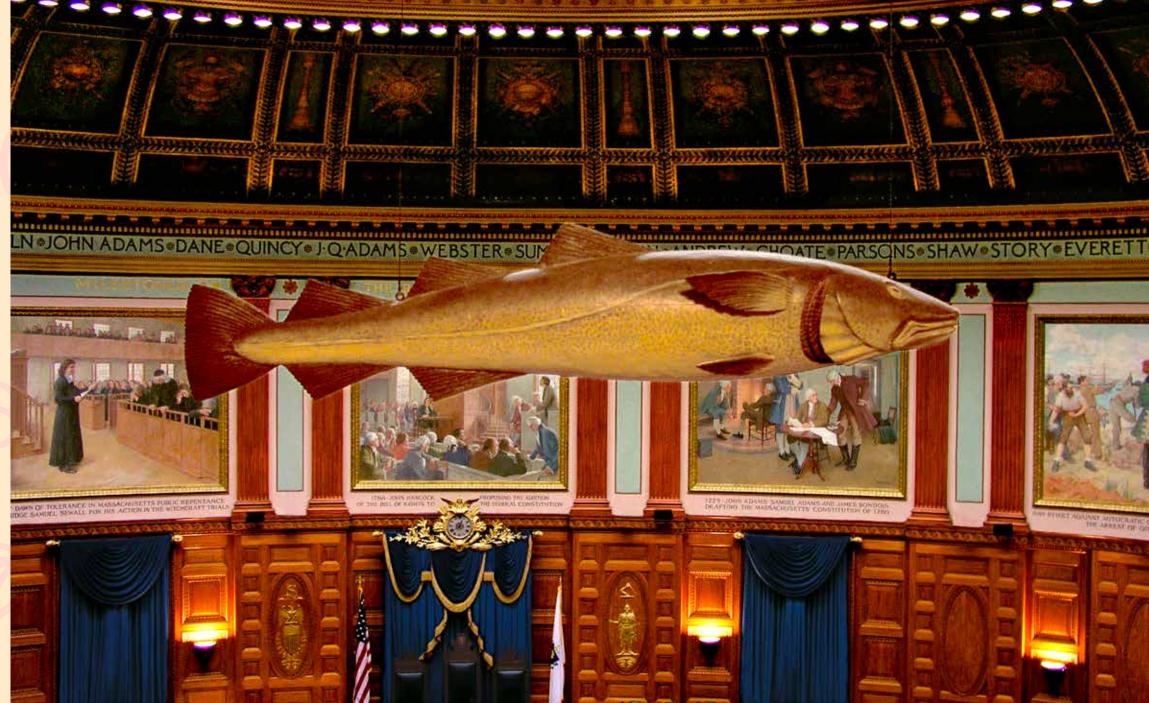
Witch Trials. Admitting his error he was an early advocate of reform (and chocolate.) Sewall gave "2 Balls of Chockalett and a pound of figs" to a sick man named Samuel Whiting. He presented a pound of chocolate and three printed sermons to a "Mr. Gibbs." aroma of chocolate permeated the neighborhood. MARCBELA





Explorer Bartholomew Gosnold named Cape Cod for the fish that became a source of wealth.





The "sacred cod" hangs above the house chamber in the Massachusetts State House, symbolizing the importance of cod to the early economy. Copyright Salem Design, Sharon Shea

Codfish Aristocracy

Along with domestic consumption, salted cod was sold to Catholic countries in Europe, including Spain and Portugal where eating meat was forbidden on

HAVE BELEEVED IT, EXCEPT I HAD SEEN IT WITH MINE OWNE EYES."

Revered Francis Higginson, 1630

WHAT'S IN A WORD: SCROD

"Scrod" is derived from the Dutch word "schrode" (meaning strip.) It refers to the process of making fish filets. Used in Massachusetts by 1849, the term applied to cod filets at first but now may include haddock or other white fish.

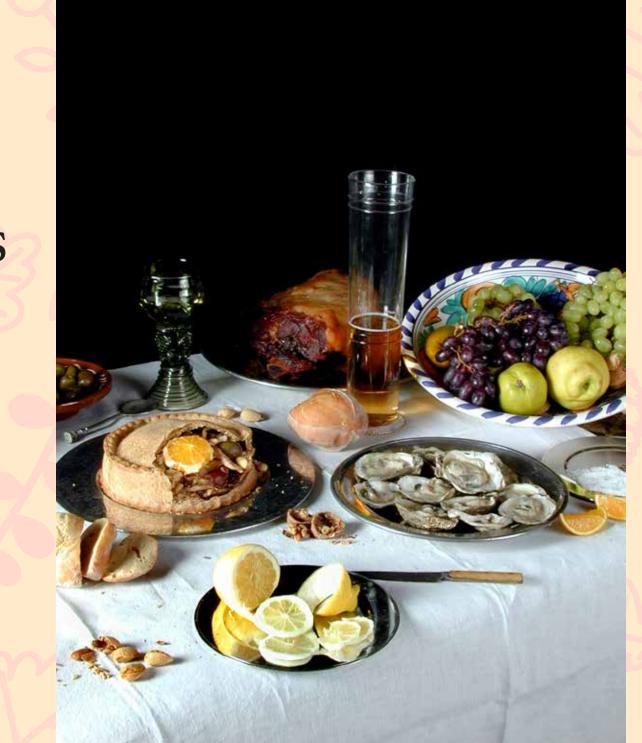
Fridays. In a tawdry vein, cod that could not be sold on the open market because of damage or spoilage was sold to Caribbean plantations as food for African slaves. At first English merchants controlled the trade. As the colony grew, a local "codfish aristocracy" took control of fisheries.

> To his Exclose & Council & Representations afrombles in Court for any 1692 The Humble Romonstrance of us the public form Humbly Showoth atiat Whoras there is a Law Published That not - -Macherill may be laught for a Marfielt in the --Months of May & June We him bly Conceins the Jaid Prolibition may 60 wory worg Projudicial not only to the fillion whofe Lindihood Dopondy on that Calling Guit alfo to the Trade of the Province Avit as to the groat objection that macforrill will not fans rood if laught in thefe monthly our own Experience half worified the Contrary hawing offen first fuck Macharrill Caught in those months to a marfett boyours for with as good fucofs of as rook Sand as the fe Camplet in other Months -which no humbly fubriet to your Confidention O Subscrib as in Duly esc

Sea Shells

Lobsters were abundant in the seventeenth century, sometimes reaching a weight of 25 pounds. They were not considered to be highly desirable but ranked higher on the food chain than shellfish for English colonists. Perhaps a weight of 25 pounds would limit

the popularity of lobsters for some people today. Clams and other shellfish were valued by native people. European colonists also relied on them but later associated these foods with early poverty in the New World.



Robert flowood Nath Oliver___ David WaterBouso Hickoras Sippretting my appleton 2 John Jeorgo Job Denno to marinel m Barket Jamuel Likes tokn Wallsy gr poarnoy . I haming Ames Barnes

Concerned about depletion of mackerel, a law prohibited taking them by hook in May and June. In this 1692 petition, merchants protest. Regarding decline of stocks, "our own Experience hath verified the Contrary." Similar controversies persist today. MASSACHUSETTS ARCHIVES

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Shellfish were important to the Wampanoag diet. Colonists included them but preferred other foods. PLIMOTH PLANTATION

Ketchup. This document mentions the importation of ketchup to Massachusetts in 1778. This was not tomato ketchup but likely a fish based paste, possibly containing mushrooms and walnuts. European "ketchups" attempted to duplicate "ke-tsiap," a Chinese sauce of fermented fish. Also included on the list were peanuts, almonds, and raisins. MASSACHUSETTS ARCHIVES



Massachusetts both for consumption and export.

Rum was an important product in "IT IS AN UNHAPPY THING THAT. .A KIND OF DRINK CALLED RUM HAS BEEN COMMON AMONG US.



This nineteenth century image illustrates the rum trade on Antigua. Seventeenth century Massachusetts merchants traded with Antigua and other islands including Barbados, and Jamaica. WILLIAM CLARK, INFANT SCHOOL DEPOSITORY

Globalization

Molasses, for production of rum, was imported from Caribbean plantations. The Spanish had introduced sugar cane, needed for molasses production, to the islands. It originated across the world in Papua, New Guinea. Because Indians died of European diseases, and Europeans were susceptible to tropical diseases, African slaves became the main source of labor. Sugar cane was so profitable that English planters on Barbados often maximized production on the island while importing food and other essentials from mainland colonies, including Massachusetts.

THEY THAT ARE POOR AND WICKED, TOO, CAN FOR A PENNY MAKE THEMSELVES DRUNK."

Increase Mather

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Invoice from Captain John Ware, 1693 for goods delivered to Barbados including fish, beef, candles, hoops, nails, horses and oats. Massachusetts Archives



Until other ingredients were available colonists used pumpkins and corn to make beer. Hard apple cider became a *staple*. ALAMY

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Bill of Lading, 1693 Captain John Ware of the ship Friendship "now riding at Anchor in the Port of Boston and by Gods Grace bound for Barbados" will carry horses including "one large...horse with two little snipps off of each ear, bob tail...five years old." Horses were used for riding and powering mills on Barbados. To keep the slave population in a state of near exhaustion – and discourage revolt – horses did not help with labor in the fields. MASSACHUSETTS ARCHIVES

Hipped by the Grace of God in good order and well conditioned, by Me Cayne in and upon the good Ship called the Fuends hipp whereof is Master under God for this present and now riding at Anchor in the Voyage John Wall Hand: of Bolton and by Gods Grace bound for Barbados to say One large somil hope with two little snipps off of each can bob tail & main those five years of : One midling chilput those those of marked w? fore those is on the near buttoch bob tail main not those both marked w? a D on the off foot before - and form watereafter ______

Beer and Hard Cider

Beer was highly valued by colonists but difficult to produce at first. In Europe, beer was safer than water, often the source of fatal illnesses like cholera. Roger Clapp, commander of the fort at Castle Island, said it was "accounted a strange thing in those days to drink water." Some early beers were made from pumpkins or corn. Hard cider, made from apples, had a lower alcoholic content. Many drank it as we do water. John Adams started each day with a glass of hard cider.

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with Primage and Avarage accultomed. In witness whereof the Master or Purser of the said Ship hath affirmed to three Bills of Lading all of this tenor and date; the one of which the Bills being accomplished, the other to fand void. And to God fend the good Ship to her defired Port in fafety. Amen. Dated in Bolt on

To the Hone his maj = Justices att y generall Sessions of the peace holden at Boston for the County of Juffolk July 74 1696 R. Philion of Elizab the Hall wirow

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Liquor License for Elizabeth Hall, 1696 - Requests for liquor licenses were sometimes made in an apologetic tone and rationalized on the basis of hardship. A widow, Elizabeth Hall, explains her husband's death "Last year falling into the hands of French Enemies." She requests permission..."only to sell wines and some other Liquors out of doors to Accommodate seafaring men." MASSACHUSETTS ARCHIVES

Pumpkins and other Native

American foods have become

associated with autumn in

New England and with holiday

"Let no man make a jest at Pumpkins, for with this fruit the Lord was pleased to feed his

celebrations.



UNITED STATES DEPARTMENT OF AGRICULTURE

Pumpkins

Like corn, pumpkins have an origin in Central America. By the time of the Pilgrims they were cultivated by Native people in Massachusetts but also familiar in England (sometimes called "pompions.") Spanish explorers had introduced them to Europe in the previous century. Pumpkins were baked, boiled or mashed in Massachusetts during the seventeenth century. By the nineteenth century sweet pumpkin pies were a Thanksgiving staple. PEOPLE TO THEIR GOOD CONTENT, TIL CORNE AND CATTLE WERE INCREASED."

Edward Johnson, 1654

Turkey

(Holiday (Inaditions

Turkey is native to the western hemisphere. South American turkeys were introduced to Europe by the Spanish and were familiar to Pilgrims and Puritans before their arrival in America. Later, wild turkeys were hunted to near extinction in Massachusetts. Merchants from the

eastern Mediterranean purchased turkeys in Seville, Spain and sold them at European ports. These "Turkey merchants" (thought to be from Turkey) may have



popularized the name.

CRANBERRIES

Today Massachusetts is the second largest producer of cranberries in the United States. English colonists called them "bear berries" because they attracted b



them "bear berries" because they attracted bears and "cranberries" because pink blossoms in spring resembled the head and neck of a crane.

Pudding Politics

Early puddings, made with meat and vegetables, were a main course. By the late eighteenth century sweet dessert puddings were becoming popular. It was learned that John Adams preferred pudding early in the meal, while Thomas Jefferson served it as dessert. In Salem, "Federalists" followed Adams practice at mealtime, while "Republicans" (the forerunners of today's Democrats) followed Jefferson's example in politics and pudding.

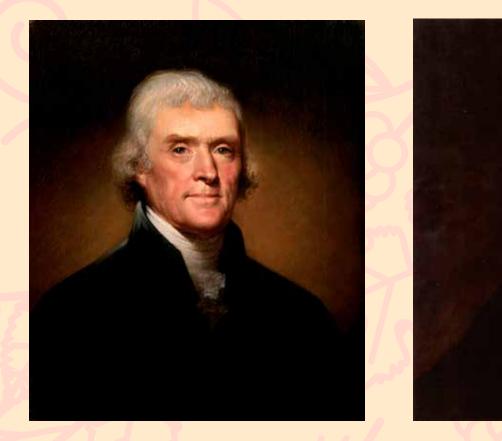
TURKEY ON THANKSGIVING

In England, game birds like pheasant and partridge were more prestigious than "butcher meat" like pork. They were favored at aristocratic tables. When turkey was

introduced in England it was seen as a higher status food at first. Possibly this made it a "special occasion" choice in early American homes as well. By the nineteenth century it was a Thanksgiving standard.



Colonial Revival: Thanksgiving imagined at the Whipple House in Ipswich. Colonial Homes Magazine, November, 1975, Hearst Communications



Rivals: Thomas Jefferson and John Adams