



FOOD FOR THOUGHT



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WHAT IS THANKSGIVING FOOD?

Thanksgiving has come to be a time of celebration with family, friends, and a plate of food. We all have that one favorite dish we go back to for seconds and thirds. But, why are cranberry relish and mashed potatoes a staple of our dinner plate? Let's dive into the history of what would have been a part of the first Thanksgiving meal all the way back in 1621!

Although referred to as Turkey Day, turkey was most likely not served in 1621. Other wild birds such as geese or ducks might have been served alongside succotash and cornmeal. We do know, however, that the Wampanoag tribe brought 5 deer to the feast. Yum! This is the same tribe that showed the Pilgrims how to grow certain crops and forged a partnership to help defend

against enemy tribes. Unfortunately, this was due to the fact that smallpox from Europe wiped out a large swath of the Wampanoag tribe.

Many delicious sweets such as cranberry relish, pumpkin pie, and sweet potato pie would not have been at the first feast, either. Sugar at this time would have been only for the wealthy, so sweets such as these wouldn't be introduced for a few hundred years. Sweet potatoes and yellow potatoes had not yet been grown in North America! There also wasn't butter, flour, or an oven to make bread or pie crust.

As Plymouth, Mass. is close to the sea, experts speculate that lobster and even mussels could have been served in 1621.

This Thanksgiving, like so many things this year, will look very different due to COVID-19. As you think about what you might serve, keep deer, succotash, or maybe even some mussels in mind.



Our HS cook, Mrs. Stacey has been hard at work this year preparing tons of fresh roasted parmesan squash!



Irish Beef Stew



WHAT'S FOR LUNCH?

Winter in Western New York is always a harsh one! Even when there is less snow, the cold can be brutal. One way we can warm up is with a delicious soup or stew. This fall and winter, we will be featuring "Worldy Winter Stews". This is a chance to for our students and staff to warm up with something delicious to eat, and to try foods that would be served in bowls across the world! Last month we tried Pozole from Mexico, Lentil Stew from India, and Chicken Paprikash from Hungary. This month we will explore a familiar favorite from Ireland - Beef Stew!

Irish Stew

November 16th

Typically eaten around St. Patrick's Day, Irish stew is a staple around the table during the colder months. Plenty of carrots, potatoes, and beef are used in this hearty meal. It might look like potatoes have been in Ireland forever, but all potatoes actually originated from South America and cultivated by the Incas as far back as 8000 BC. Potatoes were brought to Ireland in 1589.

HARVEST OF THE MONTH - KALE

Thursdays in November

In the past kale was mainly used for decoration around buffets. Today, it has become a staple in many kitchens across the country. Praised for being packed full of vitamins (such as A, C, and calcium) and being versatile in raw and cooked forms. You will try kale cooked into soups, tossed with apples and a vinaigrette, and blended into a creamy pesto this month.



Beans & Cornbread

November 2nd and 17th

Beans and cornbread have long been a go-to across the country for generations; from the coals mines of Appalachia to the plains of the Southwest. Each region adds its own spin by integrating local spices, animal products, and vegetables. There is no wrong way to have this delicious meal!

FARM TO SCHOOL

New York State has several initiatives to promote buying locally grown foods and the Forestville Cafeteria is committed to supporting our local farmers. If you, or someone you know, is a farmer, please send a list of products and prices to Nick Weith at nweith@forestville.com. We would love to work with you.

HOME COOKIN' GOOD



BEANS! BEANS! BEANS!

Make some beans with your cornbread for cheap.

Ingredients

- 4 c dried pinto beans
- 4 slices of bacon, optional
- 1 tsp Salt
- 2 tsp black pepper
- 1 onion, yellow, diced
- chili powder, garlic powder, oregano

Directions:

1. Rinse and clean the dried beans. Put beans into bowl and cover with water. Soak in fridge overnight. Drain and rinse before cooking.
2. In large pot, cook bacon and onion together.
3. Add soaked beans and seasoning. Pour water over the top, with 1-2 inches above the beans. Bring to boil and then reduce to low and cover until the beans are soft.
4. Add water as needed if liquid is evaporating too quickly.
5. Serve and top with sour cream, cilantro, onion, cheese, and/or diced tomato!

