



Thanksgiving Foods

WE ARE GRATEFUL

According to the National Park Service, the Narragansett and Wampanoag people have lived around the Narragansett Bay for a very long time. The foods associated with their historical context are:

Animal Foods

- Cod
- Salmon
- Bass
- Lobster
- Mussels
- Deer
- Bear
- Duck
- Turkey

Plant Foods

- Flint Corn
- Legumes
- Squash
- Pumpkin
- Garlic
- Berries
- Herbs
- Nuts

Cooking Methods

- Drying
- Smoking
- Salting

References

- National Park Service. Native American Garden – Roger Williams National Memorial. <https://www.nps.gov/rowi/learn/historyculture/native-american-farming-in-new-england.htm>.
- Plimoth Patuxet Museums. What Did They Eat at the 1621 Harvest Celebration? <https://plimoth.org/yath/unit-4/what-did-they-eat-at-the-1621-harvest-celebration>.

