



Fresh Prospects

The Prospect Heights CSA Newsletter

THE THANKSGIVING EDITION

From an account of the first Thanksgiving from Edward Winslow's *A Journal of the Pilgrims at Plymouth*:

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, among 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 upon our governor, and upon the captain, and others. And although it be not always so plentiful as it was at 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.

With shares soon winding to a close, it's not too early to start congratulating ourselves for our own successful harvest over the last few months. Big thanks go out to Ted, to our dedicated core group, to old-school Brooklyn-style community spirit, and, of course, to Mother Nature for 20 plus weeks of relatively moderate weather.

And thanks to the CSA system which has granted us access to food grown on a family farm that is fresh, varied, and delicious. The settlers at Plymouth Colony weren't quite so lucky. According to firsthand accounts from 1621, venison and wild fowl were both on the menu at that first harvest feast the pilgrims shared with Wampanoag Native Americans. The rest of the meal, as re-imagined by historians, may also have included cod, eel, clams, lobster, swan, eagle, seal, peas, beans, onions, lettuce, radishes, carrots, plums, grapes, walnuts, chestnuts, acorns, leeks, parsnips, berries, and dried currants. No ham, no potatoes, and no pumpkin pie! (The concept of pie did not yet exist, though the Wampanoags may have shown their hosts how to stew and sweeten the flesh of "pompions.")

That meal would have been very heavy on meat, as was the pilgrim diet throughout much of the year given the sporadic availability of vegetables. Most likely, they dined al fresco (since few houses had been erected by that time) using spoons, pointy knives, and fingers and washed it all down with copious amount of beer brewed from barley. On this Thanksgiving 386 years later, let's also be sure to give thanks to piecrust, forks, and crop diversity!

DON'T FORGET

Winter Shares

If the idea of being CSAless until next summer leaves you feeling sniffly, sign up for a winter share and you'll be able to pick up veggies on 12/8, 1/12, 2/9, and 3/8 at Natural Heights on Washington Avenue. Orders are in limited supply and must be placed by 11/15. Contact Ted directly at windflowerfarm@earthlink.net for more information.

Volunteer Planning Meeting for 2008 on 11/15

Join us in the cafeteria next Thursday at 7:45 directly after distribution for an informational session on how you contribute to our all-volunteer CSA. We need people to help out with lots of different activities, including newsletter writing, outreach and education, and site coordination. Attend the meeting and you can put down a \$25 deposit for the 2008 share, which is guaranteed to sell out!

