

ingredients except 2/3 cups onion rings. Bake 30 minutes; stir. Top with 2/3 cup onions. (For extra crunch, top with additional 1 cup onion rings.) Bake 5 minutes or until onions are golden. Yield is 6 portions.

**OR 2 (14.5 oz) cans cut green beans, drained.

Pumpkin Pie

Pastry for One-Crust Pie

1 cup + 2 tablespoons sifted all-purpose flour
½ tsp. salt
7 tablespoons shortening
2 tablespoons + 1 teaspoon water.

In bowl, mix flour and salt. With pastry blender or 2 knives, scissor-fashion, cut shortening into flour unlike like coarse meal. Sprinkle water over different parts of mixture, tossing quickly with a fork until particles stick together, when pressed gently, and form a dough that clings to the fork. (Use only enough water to make the flour particles stick together – dough should not be wet or slippery.)

With cupped hands, lightly form dough into a smooth ball. On lightly floured surface, place the ball of pastry. Roll with a rolling pin from center to edge, in all directions forming circle of 9 inches diameter.

or

Buy a prepared pie shell at the supermarket!

Pie Filling

1 can pumpkin (*not* pumpkin pie filling)
1 cup milk
1 cup sugar
3 eggs, slightly beaten
1 teaspoon cinnamon
1 teaspoon nutmeg
¾ teaspoon ginger
¾ teaspoon salt

Mix ingredients together. Put in 9" pie shell and bake at 400 degrees for 15 minutes and then 375 degrees for one hour.

The Story of American Thanksgiving

The Origin of Thanksgiving (Traditional)

The Pilgrims who sailed to America aboard the Mayflower were originally English Separatists looking for religious freedom. They had lived 12 years in Holland but didn't like the influence of Holland on their children, and they decided to look for a new home. They arrived at Plymouth Rock, in Massachusetts, in December 1620.



Their first winter in the "New World" was terrible, with 46 of the 102 new colonists dying and many more suffering illness and distress. But the Pilgrims had a good harvest in 1621, with the help of a group of Native Americans who introduced them to corn, squash, pumpkins, and other vegetables and fruits. The Pilgrims decided to have a three-day feast to celebrate the good harvest.

In 1676, the colony of Massachusetts declared June 29 to be an annual day of thanksgiving for their continued good fortunes. The holiday was not held continuously until 1863, when President Abraham Lincoln proclaimed that the last Thursday in November would always be marked as a day of Thanksgiving. More recently, President Franklin D. Roosevelt moved the holiday up a week, to create a longer Christmas shopping season, but the public was very unhappy with this and in 1941 Congress decided it would always be the fourth Thursday of November.



Another Story of Thanksgiving's Origin

To those who descend from the original colonizing families of New Mexico, Thanksgiving Day is celebrated on April 30..

Having begun their northward trek in March of 1598, a caravan of colonizing Europeans gathered *Nuevo Mexico*, about 25 miles south of what is now El Paso, Texas. The 400-person expedition included soldiers, families, servants, personal belongings, and livestock. Two-thirds of the colonizers were from the Iberian Peninsula (Spain, Portugal, and the

Canary Islands). Most of the rest were Mexican Indians and *mestizos* (mixed bloods). The scouts made camp along the Rio Grande, built a great bonfire and roasted meat and fish, and then sat down to an enormous feast.

Thanksgiving Traditions

Of all the Thanksgiving symbols, the **turkey** has become the most well known. The wild turkey is native to northern Mexico and the eastern United States. There is no evidence that turkey was served at the first Thanksgiving, but stories of those early days do mention the wild birds. (Had Benjamin Franklin had his way, we would not be eating turkey, it would have been our “national bird”, instead of the eagle.)

The male turkey is called a tom and the female is a hen. The turkey is now the traditional food of the Thanksgiving day feast.

Thanksgiving is a day when families try to be together for the big meal, usually in the middle of the day or in late afternoon. To enable families to come together from afar, the day after Thanksgiving is also a holiday for most workers. More families gather for Thanksgiving than for any other day in the year, even Christmas.

The Wednesday before Thanksgiving is the heaviest travel day of the year, and the day after Thanksgiving is the biggest shopping day of the year. (Many stores advertise in the Thanksgiving day newspapers big sales for the next day.) Officially, it is the start of the Christmas shopping season, but you will usually find Christmas decorations in cities and stores long before Thanksgiving Day.

Today, there are many Thanksgiving items available for home decorating (mostly with turkeys, corn, cornucopias, Pilgrims, Native Americans and autumn colors), and Thanksgiving cards are sold in card shops.

The morning of Thanksgiving, the Macy’s Parade is televised from New York City. It is a very big parade, with large balloons in the shape of various cartoon characters and Santa Claus. The parade begins at 8:00 a.m. Central Time.



Football is a big sport over the Thanksgiving weekend. A professional

1/3 cup chopped nuts (pecans or walnuts)
1 teaspoon thyme
1/2 cup chicken broth

Preheat oven to 350 degrees F. Combine all ingredients, except chicken broth, in a medium casserole dish. Add chicken broth; mix well. Add more chicken broth for a moister stuffing. Cover and bake for 30 minutes or until heated through. Yields 6 1/2 cup portions.

Cranberry Sauce

2 large navel oranges
1 12-ounce bag fresh or frozen cranberries
1 1/2 cups granulated sugar
1 cup water
2 tablespoons thawed orange juice concentrate

Grate 2 teaspoons of peel (orange part only) from the oranges and set aside. Using a sharp knife, cut off and discard the thick white pith. Carefully cut between the membranes to release the orange sections. Set the orange sections aside.

In a medium saucepan, combine the cranberries, sugar, the water and grated peel. Bring to a boil over medium heat, stirring often to help dissolve the sugar.

Reduce the heat to low and simmer until the sauce is thick and the cranberries have burst, 10 to 15 minutes. During the last few minutes, stir in the orange sections. Remove from the heat and stir in the orange juice concentrate. Cool completely (the cranberry sauce can be prepared up to 1 week ahead, covered and refrigerated.) Serve chilled or at room temperature. Makes about 12 side-dish servings.

Green Bean Casserole

3/4 cup milk
1/8 tsp. pepper
10 3/4 oz. can Cream of Mushroom Soup
2 (9 oz.) pkgs. frozen cut green beans, thawed**
1 1/3 cups (canned) french fried onion rings

Preheat oven to 350 degrees F. In 1 1/2 qt. casserole dish, mix all

Thanksgiving Recipes

Waldorf Salad

- 1 1/2 cups diced, tart, red apples, unpeeled
- 1 tablespoon lemon juice
- 1 cup diced celery
- 1/2 cup mayonnaise
- 1 head iceberg lettuce, chilled
- 1 cup walnuts, chopped

Sprinkle apples with lemon juice to keep from discoloration. Combine apple with celery. Add mayonnaise, mixing well. Arrange leaves of crisp cold lettuce on six salad plates and spoon in salad mixture. Just before serving, sprinkle with nuts. Makes 6 portions.

Roast Turkey

- 1 turkey - about 18 pounds (be sure to remove giblet packet from cavity of turkey)
- 1/4 cup olive oil
- 1 tablespoon minced garlic
- 1/8 cup rosemary
- salt and pepper to taste

Preheat oven to 325 degrees F. Combine olive oil and garlic. Rinse the turkey and pat dry. Place the turkey, breast-side up, on a rack in a large roasting pan. With pastry brush, paint the turkey with the olive oil/garlic mixture. Sprinkle with salt, pepper, and rosemary. Cover the turkey loosely with aluminum foil. Place turkey in oven and roast for 1 1/2 hours. Remove foil; roast turkey for 2 1/2 hours more, basting with the pan juices every 30 minutes. Raise the oven temperature to 350 degrees F and cook for 1 to 1 1/4 hours more. The juices should run clear when the thigh is pricked with a small knife or fork. Remove turkey to a platter; let rest 20 minutes, covered loosely with foil, before carving.

Cornbread-Sausage Dressing

- 2 cups cornbread stuffing
- 1/2 pound sausage meat, cooked, drained, and crumbled
- 3/4 cup sweetened dried cranberries (or another fruit such as apples)

game is held on Thanksgiving Day itself, and college football games are held the other days. The biggest football rivalry in Texas, between Texas A&M University and the University of Texas, is held on the day after Thanksgiving, alternating between Austin and College Station. At A&M, this most important football game was always preceded by an enormous bonfire, taking weeks of preparation by hundreds of students. A tragedy during construction stopped the bonfire tradition for two years, but it is being held again this year off campus, with much stricter regulations about construction.



Religious Celebrations

Most Christian churches have a Thanksgiving service, usually on the evening or Sunday before the holiday. The most traditional hymn of Thanksgiving is "We Gather Together to Ask the Lord's Blessing."

Traditional Foods of Thanksgiving

Roasted turkey (fried turkey is now becoming popular, too)
Stuffing (cooked inside the turkey)

Depending on where you grew up, it can be made of:

- white bread
- cornbread
- wild rice
- sausage
- oysters
- apples
- pecans
- celery
- chestnuts

Giblet gravy (made from the oily drippings from the turkey, with the inside parts of the turkey (liver, kidneys, and heart) cooked and chopped)

Mashed potatoes or sweet potatoes

Cranberry sauce

Vegetables (depending on where you grew up):

- green beans (often fixed with almonds, bacon, or a cream sauce)
- turnips
- creamed onions
- peas
- pumpkin, apple or pecan pie
- winter squash
- glazed carrots
- sweet potatoes

Harvest Festivals in Other Countries

Throughout history, mankind has celebrated the bountiful harvest with thanksgiving ceremonies.

Before the establishment of formal religions many ancient farmers believed that their crops contained spirits which caused the crops to grow and die. Many believed that these spirits would be released when the crops were harvested and they had to be destroyed or they would take revenge on the farmers who harvested them. Some of the harvest festivals celebrated the defeat of these spirits.

Harvest festivals and thanksgiving celebrations were held by the ancient Greeks, the Romans, the Hebrews, the Chinese, and the Egyptians.

The Greeks

The ancient Greeks worshipped many gods and goddesses. Their goddess of corn (actually all grains) was *Demeter* who was honored at the festival of *Thesmophoria* held each autumn.

On the first day of the festival married women (possibility connecting childbearing and the raising of crops) would build leafy shelters and furnish them with couches made with plants. On the second day they fasted. On the third day a feast was held and offerings to the goddess Demeter were made - gifts of seed corn, cakes, fruit, and pigs. It was hoped that Demeter's gratitude would grant them a good harvest.

The Romans

The Romans also celebrated a harvest festival called *Cerelia*, which honored *Ceres* their goddess of corn (from which the word cereal comes). The festival was held each year on October 4th and offerings of the first fruits of the harvest and pigs were offered to Ceres. Their celebration included music, parades, games and sports and a thanksgiving feast.

The Chinese

The ancient Chinese celebrated their harvest festival, *Chung Ch'ui*, with the full moon that fell on the 15th day of the 8th month. This day was considered the birthday of the moon and special "moon cakes," round and yellow like the moon, would be baked. Each cake was stamped with the picture of a rabbit - as it was a rabbit, not a man, which the Chinese saw on the face of the moon.

The families ate a thanksgiving meal and feasted on roasted pig, harvested fruits and the "moon cakes". It was believed that during the 3 day festival flowers would fall from the moon and those who saw them would be rewarded with good fortune.

According to legend Chung Ch'ui also gave thanks for another

special occasion. China had been conquered by enemy armies who took control of the Chinese homes and food. The Chinese found themselves homeless and with no food. Many starved. In order to free themselves they decided to attack the invaders.

The women baked special moon cakes which were distributed to every family. In each cake was a secret message which contained the time for the attack. When the time came the invaders were surprised and easily defeated. Every year moon cakes are eaten in memory of this victory.

The Hebrews

Jewish families also celebrate a harvest festival called *Sukkoth*. Taking place each autumn, Sukkoth has been celebrated for over 3000 years.

Sukkoth is known by two names - *Hag ha Succot* - the Feast of the Tabernacles and *Hag ha Asif* - the Feast of Ingathering. Sukkoth begins on the 15th day of the Hebrew month of Tishri, 5 days after *Yom Kippur* the most solemn day of the Jewish year.

Sukkoth is named for the huts (succots) that Moses and the Israelites lived in as they wandered the desert for 40 years before they reached the Promised Land. These huts were made of branches and were easy to assemble, take apart, and carry as the Israelites wandered through the desert.

When celebrating Sukkoth, which lasts for 8 days, the Jewish people build small huts of branches which recall the tabernacles of their ancestors. These huts are constructed as temporary shelters, as the branches are not driven into the ground and the roof is covered with foliage which is spaced to let the light in. Inside the huts are hung fruits and vegetables, including apples, grapes, corn, and pomegranates. On the first two nights of Sukkoth the families eat their meals in the huts under the evening sky.

The Egyptians

The ancient Egyptians celebrated their harvest festival in honor of *Min*, their god of vegetation and fertility. The festival was held in the springtime, the Egyptian's harvest season.

The festival of Min featured a parade in which the Pharaoh took part. After the parade a great feast was held. Music, dancing, and sports were also part of the celebration.

When the Egyptian farmers harvested their corn, they wept and pretended to be grief-stricken. This was to deceive the spirit which they believed lived in the corn. They feared the spirit would become angry when the farmers cut down the corn where it lived.

Canada

Thanksgiving in Canada is celebrated on the second Monday in