



## Seventeenth Century Table Manners

In 1621 the Plymouth colonists and the Wampanoag Indians shared an autumn harvest feast which is now known as the first Thanksgiving. While cooking methods and table etiquette have changed as the holiday has evolved, the meal is still consumed today with the same spirit of celebration and overindulgence.

What foods topped the table at the first harvest feast? Historians aren't completely certain about the full bounty, but it's safe to say the pilgrims weren't gobbling up pumpkin pie or playing with their mashed potatoes. Following is a list of the foods that were available to the colonists at the time of the 1621 feast. However, the only two items that historians know for sure were on the menu are venison and wild fowl, which are mentioned in primary sources.

- The pilgrims didn't use forks; they ate with spoons, knives, and their fingers. They wiped their hands on large cloth napkins which they also used to pick up hot morsels of food.
- Salt would have been on the table at the harvest feast, and people would have sprinkled it on their food. Pepper, however, was something that they used for cooking but wasn't available on the table.
- In the seventeenth century, a person's social standing determined what he or she ate. The best food was placed next to the most important people. People didn't tend to sample everything that was on the table (as we do today), they just ate what was closest to them.
- Serving in the seventeenth century was very different from serving today. People weren't served their meals individually. Foods were served onto the table and then people took the food from the table and ate it. All the servers had to do was move the food from the place where it was cooked onto the table.
- Pilgrims didn't eat in courses as we do today. All of the different types of foods were placed on the table at the same time and people ate in any order they chose. Sometimes there were two courses, but each of them would contain both meat dishes, puddings, and sweets.
- Our modern Thanksgiving repast is centered around the turkey, but that certainly wasn't the case at the pilgrim's feasts. Their meals included many different meats. Vegetable dishes, one of the main components of our modern celebration, didn't really play a large part in the feast mentality of the seventeenth century. Depending on the time of year, many vegetables weren't available to the colonists.
- The pilgrims probably didn't have pies or anything sweet at the harvest feast. They had brought some sugar with them on the *Mayflower* but by the time of the feast, the supply had dwindled. Also, they didn't have an oven so pies and cakes and breads were not possible at all.

**BRIAN ORTIZ**  
REAL ESTATE BROKER

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### Inside:

Turkey Day in 1621	1
Turkey Day cont	2
DID YOU KNOW?	2
Real Estate Question	2
Stop and Think	2
We are on TV	3
Featured Listings	4
Who's in the money	5
Networking Center	6
Trivia Question	7
Comedy Corner	7
Cooking Central	7
Thought of the Month	7
B <sup>2</sup> mission	8
Thank You	8

Cont. on page 2

**DID YOU KNOW?**

The liquid inside young coconuts can be used as substitute for blood plasma.

No piece of paper can be folded more than 7 times.

In 1873, Colgate made a toothpaste that was available in a jar.

**Real Estate Questions?**

If I back out of a transaction, what are the ramifications?

If for any reason, you decide to withdraw from a pending sale our advice is to always obtain a lawyer. There are valid reasons for terminating a transaction, such as a valid objections to an inspection report, if the house has termites, or if the roof caves in. If you want to terminate a contract due to "cold feet" then we recommend for you to hire a lawyer. As a realtor our job is to walk you through the process, but if for any reason the process is terminated or may be terminated then it becomes a legal issue which we can not give advise to.

**Do you have a question about Real Estate?**

If you have a question please feel free to call me at **363-8358**. I may feature you in a future issue.

**Seventeenth Century Table Manners** cont

- The food that was eaten at the harvest feast would have seemed fatty by 1990's standards, but it was probably more healthy for the pilgrims than it would be for people today. The colonists were more active and needed more protein. Heart attack was the least of their worries. They were more concerned about the plague and pox.
- People tend to think of English food at bland, but, in fact, the pilgrims used many spices, including cinnamon, ginger, nutmeg, pepper, and dried fruit, in sauces for meats.
- In the seventeenth century, cooks did not use proportions or talk about teaspoons and tablespoons. Instead, they just improvised.
- The best way to cook things in the seventeenth century was to roast them. Among the pilgrims, someone was assigned to sit for hours at a time and turn the spit to make sure the meat was evenly done.
- Since the pilgrims and Wampanoag Indians had no refrigeration in the seventeenth century, they tended to dry a lot of their foods to preserve them. They dried Indian corn, hams, fish, and herbs.
- The biggest meal of the day for the colonists was eaten at noon and it was called noonmeat or dinner. The housewives would spend part of their morning cooking that meal. Supper was a smaller meal that they had at the end of the day. Breakfast tended to be leftovers from the previous day's noonmeat.
- In a pilgrim household, the adults sat down to eat and the children and servants waited on them.
- The foods that the colonists and Wampanoag Indians ate were very similar, but their eating patterns were different. While the colonists had set eating patterns - breakfast, dinner, and supper - the Wampanoags tended to eat when they were hungry and to have pots cooking throughout the day.

**STOP AND THINK**

A man found a cocoon of a butterfly. One day a small opening appeared; he sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could go no farther. Then the man decided to help the butterfly, so he took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small, shriveled wings. The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

What this man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening. This was nature's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

**Sometimes struggles are exactly what we need in our life. If nature allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as what we could have been. And we could never fly...**

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**THOUGHT OF THE MONTH**

The reason grandparents and grandchildren get along so well is that they have a common enemy.

The secret of getting ahead is getting started.

The security in your life is in yourself.

**HOME SALES FOR THE ALBUQUERQUE METRO AREA**

For the Month of Sept:

Homes sold: 1018

Homes listed: 1545

Average price of home sold: \$201,125

Average days on the Market: 26

If you or someone you know would like information about the possible sale of a home, call us anytime at **821-0852**. B Square has buyers waiting for the right house. **It could be yours.**

**TRIVIA QUESTION**

Call me with the correct answer to the following B<sup>2</sup> Trivia Question. People with the correct answer will be put into a drawing to win a \$100 Home Depot gift certificate.

Deadline: November 20th

Question: What is the most popular color of pencil?

We would like to congratulate

**Lori Segura**

For answering last months B<sup>2</sup> Trivia question correctly.

Question: Who blinks more, men or women?

**Comedy Corner**

Leaving Tallahassee, I decide to stop at one of those rest areas on the side of the road. I go into the restroom. The first stall is taken, so I go into the second stall. I had just sat down when I hear a voice from the other stall.....

"Hi there, how is it going?"

Okay, I am not the type to strike up conversations with strangers in restrooms on the side of the road. I didn't know what to say, so finally I say: "Not bad....."

Then the voice says: "So, what are you doing?" I am starting to find this a bit weird, but I say: "Well, I'm going back to Dothan....."

Then I hear the person, all flustered, say: "Look, I'll call you back. Every time I ask you a question, this idiot in the next stall keeps answering me!"

**COOKING CENTRAL**

**Double Laver Pumpkin Cheesecake**

**INGREDIENTS**

- 2 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 (9 inch) prepared graham cracker crust
- 1/2 cup pumpkin puree
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1/2 cup frozen whipped topping, thawed

**DIRECTIONS**

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.
3. Add pumpkin, cinnamon, cloves and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.

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TO OUR VALUED CLIENT

Page 8 of 8

**B<sup>2</sup> NEWSLETTER**

**B<sup>2</sup>  
REAL ESTATE**

If you or someone you know is thinking about buying, selling, investing in, or refinancing real estate, we would love to be the ones you call.

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**B<sup>2</sup> MISSION TO YOU**  
"B SQUARE IS STRIVING TO BUILD  
A GREAT REPUTATION,  
NOT FOCUSING ON A HUGE PROFIT."

**THANK YOU! THANK YOU! THANK YOU!**

**Thanks for all the great referrals you have given me this past month. I feel it is my obligation to provide the best Real Estate services available. I would like to personally thank the following people for their referrals. It is wonderful people like you whom I build my business upon. I just couldn't do it without you.**

This newsletter is for information purposes only. It is not intended as a solicitation if your home is currently listed with another broker. All information is deemed accurate but not guaranteed.