

Dear California Mayflower Juniors, Parents, and Sponsors:

Spring is here in California! Each season in Plymouth Colony was a time of work and preparation for both the adults and children. In this edition of the California Mayflower Juniors Newsletter is information about the foods that were planted and the meals that were prepared. Have your family try out a recipe or plant a garden. There is also a new section on profiles of the children passengers on the Mayflower.

Send in photos of your dish or garden and the California Mayflower Juniors Newsletter will publish the photos in the next edition. Submit to camayflowerjuniors@gmail.com.

Amy Conboy
Junior Membership Chair
California Mayflower Society



Plimoth Patuxet Museums

HISTORY

The Mayflower passengers brought seeds for planting crops and gardens. These seeds were from plants that were successfully grown in England but did not do well in the soil in Plymouth Colony. The colonists were disappointed when their barley and peas crops did not thrive. The Native American Squanto arrived at Plymouth in the spring of 1621 and he taught the colonists how to plant corn. Corn was not grown in England and was a new food for our ancestors. The land was cleared and mounds of soil were formed. Several herring fish were buried in the mound then the corn seeds were added. After the corn sprouted, bean and squash seeds were planted in each mound. This common Native American practice is called The Three Sisters.



The Three Sisters by Anna Juchnowicz

Corn was not eaten on the cob but was dried and made into flour. This flour was used in most meals. In addition to the large corn crops in the fields, each family also had a vegetable garden behind their homes. These gardens included lettuce, spinach, carrots, and turnips.

Many families had not farmed before and had to learn how to raise their own food after arriving in the new world.

The Mayflower and the Pilgrims' New World by Nathaniel Philbrick

MAYFLOWER ANCESTORS

Thirteen-year-old Elizabeth Tilley traveled on the Mayflower with her parents John and Joan Hurst Tilley and her aunt and uncle, Edward and Agnes Cooper Tilley. Elizabeth was born in Henlow, England and baptized on August 30th, 1607. After arriving in the New World, Elizabeth spent the winter taking care of the sick Mayflower passengers including her parents, aunt, and uncle. All four of the adult Tilleys died leaving Elizabeth an orphan. Elizabeth was taken into the home of Governor John Carver and his wife Katherine. While living with the Carvers, Elizabeth got to know Desire Minter, a 10-year-old girl who was under the care of the Carvers, and also John Howland, Governor Carver's servant. Both of the Carvers died in 1621. It is unknown which family Elizabeth was then placed with.

Elizabeth would have helped out with the family she lived with. Chores included cooking, sewing, and mending clothes and she would have also worked in the garden. If there were younger children in the home, Elizabeth would have helped to take care of them.

When Elizabeth was about 17 years old she married John Howland. They had 10 children, including their first born named Desire. After John died, Elizabeth spent time living in the home of her son Jabez in Plymouth and her daughter Lydia's home in Swansea. Elizabeth died in Swansea on December 21st, 1687 in Swansea when she was 87 years old.

The Jabez Howland home was built in 1667 and is open to the public during the summer months.

Jabez Howland Home



MAYFLOWER ANCESTORS

Thirteen-year-old John Cooke was born in Leiden, Holland and was baptized in early 1607. John traveled on the Mayflower with his father Francis. In 1623 John's mother Hester and his sisters arrived in Plymouth aboard the ship Anne.

Twenty-seven-year-old John married 20-year-old Sarah Warren, daughter of Mayflower passenger Richard Warren, on March 28th, 1634. Sarah had arrived in Plymouth on the ship Anne in 1623. John and Sarah had five daughters. They lived in Plymouth until around 1660 when John and Sarah moved to Dartmouth, Massachusetts. While living in Dartmouth, John joined a Baptist church and was a minister there. He also was involved in the leadership of Dartmouth and served as a selectman nine times. John was one of the last living male passengers of the Mayflower. He died at age 88 years old on November 23rd, 1695.

The Mayflower and Her Passengers by Caleb Johnson



"FDR" Columbia Magazine

Franklin Delano Roosevelt, the 32nd president of the United States, was a descendant of John and Sarah Cooke.

CREATE

Recipes

Samp was a common food dish used by the Pilgrims. It is similar to porridge. Corn flour was the main ingredient.

Modern Version

2 cups coarse corn grits

4 cups water

1 cup milk

¼ cup sugar

Bring water to boil in a large saucepan with a heavy bottom. Add the corn grits and stir. Simmer until they are soft, about 10 minutes, and the water has been absorbed. Serve with milk and sugar.

Make this dish for your family to eat. Did you like it? How did it taste? Your ancestors probably ate this every day for one of their meals. Would you want to eat this every day? What could you add to it to make it taste better?



Plimoth Patuxet

CREATE

Recipes

Cucumber Salad- Cucumbers were grown in North America when the Pilgrims arrived. They were probably among the vegetables grown in the family garden.

This recipe is a modern adaptation of John Parkinson's "**The Use of Cowcumbers**" recipe for cucumber salad (1629).

Makes 3-4 servings.

Ingredients:

- 3-4 pickling cucumbers
- 1 1/2 teaspoons salt
- 1/4 cup olive oil
- 1 1/4 tablespoon white wine vinegar
- optional: 1 tablespoon fresh herb chopped (such as dill, mint or parsley)

Directions:

1. Peel and thinly slice cucumbers. Add to bowl with salt and mix together.
2. Let cucumbers and salt sit for at least half an hour, and then pour off excess liquid.
3. Meanwhile, mix oil and vinegar (and herb if using). Pour over cucumbers and toss together.

Watch this video on making the cucumber salad:

<https://themayflowersociety.org/cooking-like-a-pilgrim/>