

Cookbook Scavenger Hunt

Background Information: Due to modern technology and extensive trade, it is possible in the United States to get most foods year-round. However, in the eighteenth century, people were limited based on when food could be harvested or caught. Seasonal eating was a reality of life.

Main Ideas:

- In the eighteenth century, growing seasons largely dictated what food was eaten, regardless of social status.
- Many of our favorite recipes would have only been available during certain times of the year!

Skills:

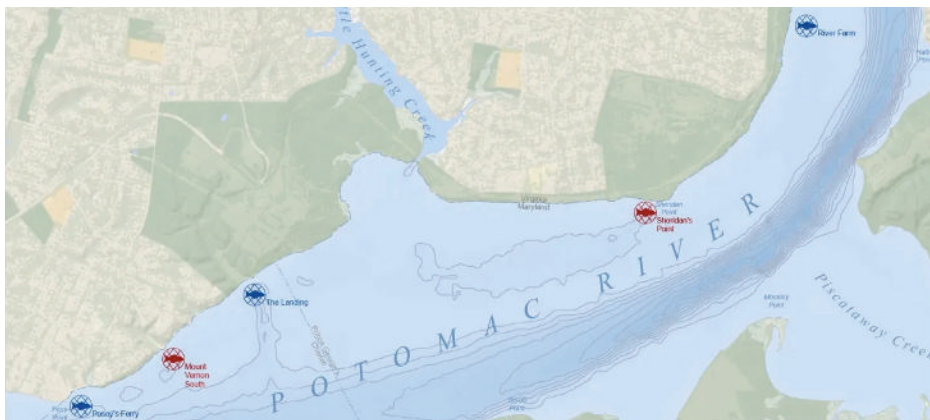
- Change over time
- Critical thinking
- Reading and analysis

Questions to Consider:

- Where do we get our food today?
- How does weather affect our food?
How do seasons affect our food?
- What do plants need to grow?

Explore more:

Use the following sources to learn more about food and farming at Mount Vernon in the eighteenth century.



Washington's Fisheries Map



Mount Vernon Plant Finder



**Day in the Life of an
Enslaved Field Worker**

GEORGE WASHINGTON'S
MOUNT ★ VERNON

THE MOUNT VERNON LADIES' ASSOCIATION

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Due to modern technology and extensive trade, it is possible in the United States to get most foods year-round. However, in the eighteenth century, people were limited based on when food could be harvested or caught. Seasonal eating was a reality of life. Many of our favorite recipes would have only been available during certain times of the year!

Directions

1. Find a cookbook and choose a recipe. If you do not have a cookbook, you can also find one online (be sure to get your caregiver's help).
2. Using a scrap piece of paper, make a list of the ingredients you need for the recipe.
3. Using the seasonal table on the back of this sheet, write down at what time of year your ingredients would be available.
4. Some ingredients you might have to purchase or get from far away. In the eighteenth century, where do you think you could have gotten them?
5. Based on the answer to #3, at what time of year could you have made your recipe?
6. What are some ways to preserve ingredients to make this recipe available at other times of year?

Seasonal Food Chart

Winter	Early Spring	Late Spring	Early Summer	Late Summer	Early Fall	Late Fall
Early winter was a time of relative plenty because of the recent harvest and winter stores.	Early spring is the leanest time of year and relies most heavily on food stores.	Dairy and egg production picks up. Spring crops are ready. April-May is also the fish run.	In the summer, daily production is at its peak. Summer is the season of bounty.	In late summer, you have most of what is available in early summer in addition to:	Early fall is also a season of plenty, but the harvest shifts to starchier vegetables.	Production slows down. Cole crops, root vegetables, and late apples are the main crops.
<ul style="list-style-type: none"> - Root Vegetables (potatoes, turnips) - Pumpkins - Winter squash - Apples - Pears - Nuts - Persimmons - Salad Greens - Coleworts (kales, cabbages) - Pork 	<ul style="list-style-type: none"> - Root Vegetables - Apples - Pears - Nuts - Persimmons - Salad Greens - Coleworts - Herbs 	<ul style="list-style-type: none"> - Young Onions - Leeks - Radishes - Broccoli - Young cauliflower - Early potatoes - Cabbages - Mustard greens - Asparagus - Peas - Strawberries - Gooseberries - Currents - Green apricots - Fish - Eggs 	<ul style="list-style-type: none"> - Carrots - Turnips - Radishes - Potatoes - Parsnips - Onions - Beans - Cucumbers - Asparagus - Peas - Artichokes - Lettuce - Herbs - Cherries - Strawberries - Apricots - Wheat - Corn - Fish - Veal - Lamb 	<ul style="list-style-type: none"> - Cauliflower - Beets - Celery - Peaches - Nectarines - Plumbs - Figs - Mulberries - Melons - Summer squash - Beans - Okra - Carrots - Eggplant - Peppers - Potatoes - Raspberries - Tomatoes - Turnips - Sweet potatoes 	<ul style="list-style-type: none"> - Nuts - Cabbages - Sprouts - Cauliflowers - Artichokes - Carrots - Root Vegetables - Garlic - Greens - Lettuce - Peppers - Tomatoes - Turnips - Sweet Potatoes - Pumpkins - Celery - Lettuce - Herbs - Figs - Apples - Turkey 	<ul style="list-style-type: none"> - Nuts - Carrots - Root Vegetables - Onions - Leeks - Shallots - Green apples - Pears - Cabbage - Sprouts - Coleworts - Herbs - Veal - Pork - Fish - Chicken - Partridge - Turkey - Pheasant