

# *The History Of Thanksgiving...*

**The Whole Team At TurboCoaching.com Wishes You and Your Family a Happy Thanksgiving!!!**

For thousands of years, people have set aside a day to celebrate the autumn harvest, giving thanks for a plentiful growing season. Ancient Hebrews held a special eight-day feast to celebrate their harvest season. And, people in ancient Greece dedicated a nine-day harvest festival to Demeter, the goddess of agriculture. Similarly, pre-Christian Europeans marked a good harvest with a large feast before crops were gathered and stored for the winter.



Celebrations surrounding the autumn harvest have continued throughout history, and many modern cultures have set aside a specific day to give thanks. The date and customs may vary from country to country, but the desire to take time and reflect on life's blessings remains the same.



In the United States, this day of thanks is called Thanksgiving. It is a national holiday observed on the fourth Thursday of November. On this day, family and friends get together for a feast to celebrate their good fortune, relax and enjoy one another's company. It is also the unofficial beginning of the winter holiday season.

When most people imagine "the first Thanksgiving," they think of the Pilgrims sharing a hearty banquet with local Native Americans. While it is true that the American colonists invited the Native Americans to celebrate their first harvest in the New World, the event did not spark the Thanksgiving tradition that we know today. In fact, the occasion was not called "Thanksgiving" and the Pilgrims did not even celebrate it the following year. What we think of as "the first Thanksgiving" was actually quite different from our modern celebration.

The initial "Thanksgiving" feast, held in 1621, was really a traditional English harvest celebration. The Pilgrims shared it with the Native Americans because they had taught the colonists to plant crops and hunt wild game. Without the Native Americans, the Pilgrims may not have survived the harsh winter and been able to celebrate their first harvest of plentiful crops in the New World.



At the harvest feast, modern Thanksgiving staples such as pumpkin pie, cranberry sauce, corn and mashed potatoes were not served. Since historical evidence shows wild fowl was part of the harvest festival, it is possible that turkey was part of the Pilgrims' meal. However, an exact record of the menu did not survive over time. Historians believe that seafood and wild game were the main dishes at the autumn celebration since the colonists lived near the Atlantic Ocean as well as the forest. Seasonal vegetables such as squash may have been part of the harvest feast, however, vegetable dishes did not play an important role in people's diet like they do today. Sweet desserts also did not accompany the meal due to a dwindling, or nonexistent, supply of sugar. And, without ovens, it was impossible for the Pilgrims to make breads, pies or cakes.

From the entire Team at TurboCoaching.com, here's wishing you a happy, healthy and safe Thanksgiving with your family!

