What did Pilgrims Eat or Use at Pilmoth in the early 1620s?

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MEATS

FISH
Bass
Bluefish
Cod (includes pollock, haddock)
Eels
Flounder (winter)
Halibut
Mackerel
Scup



SHELLFISH
Steamers (soft-shell clams)
Quahogs (hard-shell clams)
Mussels
Oysters
Lobster
Scallops

WHALES
Pilot Whale/Blackfish
Right Whale

GAME (mammals, birds)
Birds: heath hen (Thanksgiving), pigeon
Deer
Ducks
Geese
Rabbits
*No mention of turkeys.

VEGETABLES

The Pilgrims used the word "herb" for what we call vegetables. There were *pot herbs* used in pottages or stews and *sallet herbs* that could be eaten raw.

HOME RAISED BED GROWN

Asparagus	Parsnips
Beans	Peas
Cabbages	Scorzonera
Carrots	Skirrets
Cucumber	Smallage (wild celery)
Leeks	Sunchoke
Onions	Turnips

***Sallet* or Leaf Herbs**

Arugula	Sorrel
Cabbage	Spinach
Chard	Water cress
Lettuce	



FIELD GROWN

Barley	Squash
Beans	Wheat
Corn (flint)	

FRUITS & NUTS

Beach Plums	Concord Grapes
Blueberries	Melons
Cranberries	Raspberries
Gooseberries	Sunflower seeds

Beechnuts
Chestnuts
Walnuts



FLOWERS

(eaten or used)

Burnet	Foxglove (not edible)
Calendula	Lavender
Chicory	Parsley
Dandelions	Rose

The Pilgrims probably brought goats, chickens, and pigs on the *Mayflower*. Foods they would not initially have had at Plimoth include tomatoes, potatoes, apples, sugar, oil, certain spices, salt, or vinegar. And of course, no pumpkin pie, rice, or pasta. The first cattle arrived in 1623 which gave the Pilgrims milk and cheese.

At the first Thanksgiving in 1621, there was boiled pumpkin but no pumpkin pie with a crust – or bread as we'd recognize it. "Stores of flour from the ship had been exhausted and years would pass before significant quantities of wheat were successfully cultivated in New England. Cooks made an ersatz bread. Boiling corn, they kneaded it into round cakes and fried it in venison fat." – *Panati, Charles. Panati's Extraordinary Origins of Everyday Things. Harper, New York, 1987.*