

# Celebrate Thanksgiving Past and Present with History, Family Traditions, and Menus

Thanksgiving is a time for family, food, and football. But where did this beloved holiday come from? And how has it changed over the years?



## Thanksgiving Treasures: Celebrate Thanksgiving Past and Present with History, Family Traditions, Menus, Recipes, Songs, Movies, and Activities (Seasonal Celebrations Book 1) by Maribeth Alexander

★★★★★ 5 out of 5

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In this article, we'll explore the history of Thanksgiving, from its Pilgrim roots to its modern-day traditions. We'll also share some of our favorite Thanksgiving recipes, so you can create a delicious meal for your family and friends.

## The History of Thanksgiving

Thanksgiving is a national holiday in the United States, celebrated on the fourth Thursday of November. It is a day to give thanks for the harvest and

for the blessings of the past year.

The first Thanksgiving was celebrated in 1621 by the Pilgrims and the Wampanoag Indians. The Pilgrims were a group of English settlers who had come to America seeking religious freedom. They arrived in Plymouth, Massachusetts, in 1620, and they faced a difficult first winter. Many of them died from disease and starvation.

In the fall of 1621, the Pilgrims held a harvest feast to celebrate their survival. They invited the Wampanoag Indians, who had helped them survive the winter, to join them. The feast lasted for three days, and it included turkey, venison, fish, and vegetables.

Thanksgiving became an annual event in Plymouth, and it was eventually adopted by other colonies in New England. In 1789, President George Washington proclaimed the first national Thanksgiving Day. Thanksgiving became a federal holiday in 1863, during the Civil War.

## **Thanksgiving Traditions**

Thanksgiving is a time for family and friends to come together and give thanks for the blessings of the past year. There are many different ways to celebrate Thanksgiving, but some of the most popular traditions include:

- **Eating a Thanksgiving meal.** The traditional Thanksgiving meal includes turkey, stuffing, mashed potatoes, cranberry sauce, and pumpkin pie.
- **Watching football.** Football is a popular Thanksgiving tradition, and many families gather around the TV to watch the big game.

- **Going for a walk or hike.** Thanksgiving is a great time to get some exercise and enjoy the fall weather.
- **Spending time with family and friends.** Thanksgiving is a time to celebrate with the people you love.

## Thanksgiving Recipes

If you're looking for some delicious Thanksgiving recipes, here are a few of our favorites:

- **Roasted Turkey**
- **Stuffing**
- **Mashed Potatoes**
- **Cranberry Sauce**
- **Pumpkin Pie**

Thanksgiving is a special time of year to reflect on the blessings of the past year and to spend time with family and friends. We hope you have a wonderful Thanksgiving!



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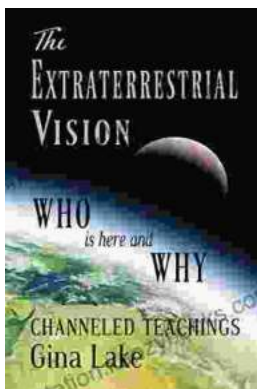
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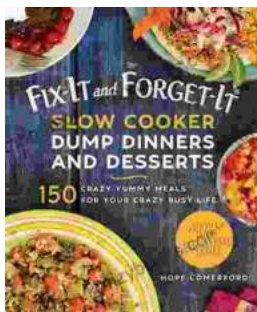
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