

DOWNLOAD PDF HOW TO MAKE MOOSE SOUP IN A HOLE IN THE GROUND, OR DINE IN SPACE

Chapter 1 : What's For Dinner? | Plimoth Plantation

The psychopharmacology of chocolate --In praise of vanilla --The truth about truffles --Ginger and other medicines --How to make moose soup in a hole in the ground, or dine in space --Et fugu, Brute?: Food as thrill-seeking -- Beauty and the beasts -- Hearing.

Everything had its purpose. All life was considered sacred, and treated that way. Foods not used were given back into Mother Earth. This was 17th-century recycling! There were four ways the Wampanoag gathered food during the s and before. These were hunting, fishing, harvesting wild plants and the planting of crops. The Wampanoag have been planting crops for about 1, years. Many animals were hunted and eaten including deer, moose, beaver, rabbit, skunk, and raccoon. Whatever was hunted became not only food, but the whole animal was used for other things. Hides were used for clothing and materials for many things, the bones were used for tools, and the sinew for sewing. The Wampanoag fished in the fresh-water ponds and rivers for herring, trout, perch, catfish and eels. They also fished in the saltwater ocean for cod, tautog, pollock, bluefish, flatfish, bass, sea eels, mackerel and others. The men even went out on whaling trips too! Women usually caught shellfish such as oysters, soft-shelled clams, quahogs, mussels, razor clams, lobsters, crabs, and conch. Many different kinds of nuts, berries, greens, and mushrooms were gathered from the woods and other places. These were added to soups and other dishes such as nasaump , a thick and filling food made of corn. Some of these nuts and berries were eaten fresh, while others were dried and stored for future use. The Wampanoag gave thanks for the many plant medicines that came from the Plant Nations. Different kinds of bark, leaves, blossoms and roots of plants were carefully harvested at certain times of the year. These were used as medicines for many different problems. Planting began in the spring with the people making small hills of earth to cover herring they placed in the ground. These fish were put into a hole perhaps every other year to act as fertilizer for the growth of the seeds. At the proper time for each, seeds of corn, beans, squashes of many kinds, and melons were planted. The first harvest was that of the green corn around the middle of July. When the Wampanoag obtained food, they would be sure to give thanks in ceremonial ways each time. In this way, no living thing was taken for granted. It also meant that there was less waste and misuse of what was collected from the natural world, our Mother Earth. Gratefulness for all foods was important to the Wampanoag and still is today. Everything our People ate, drank, used and wore came from Mother Earth, given to us as gifts from the Creator. Do you think this is the same today? Trace back what you eat, drink, use and wear to their basic, natural ingredients and you may be surprised! A time when deer and swan were considered delicacies and lobster was everyday food? Welcome to England and New England in the s! Though the English from this time ate some of the same foods that we do today, their diet was quite different from ours. In fact, people back then had a very different idea of what foods were good for them. In the s everyone ate according to the season. Back then many foods were available only at certain times of the year. So, it was impossible to have fresh strawberries in December. After the colonists first arrived in Plymouth, they had three really difficult years. There were no food shops in New England, so the colonists had to produce their own food. They struggled to grow crops in a climate that was different from England. Things did improve, though. The colonists got better at fishing. They began to grow more Indian corn, which they learned to cultivate from the Wampanoag People. And they learned the best ways to hunt and trap animals such as deer, rabbit, turkey, geese, duck, and other wildfowl. The domesticated animals that they brought from England -- chickens, goats, sheep and cows -- were increasing in number and were able to be eaten. And supplies such as sugar, spices, oil, vinegar and wine began to be sent over on ships yearly. Some colonists wrote letters back to friends and family saying how good their diet had become -- better than when they lived in England or Holland. The one thing they still missed, though, was beer. In England, beer was the preferred drink for the whole family, even children. Though it is possible that some families in Plymouth brewed a small amount of beer from barley, most families had to make do with drinking water. Oddly enough, water was considered downright unhealthy to

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drink! Some colonists were surprised that their children were so healthy when they drank water instead of beer. Milk was not considered very good to drink either. It was usually made into butter or cheese, or cooked with to make tasty grain porridges. Just like us today, the Pilgrims usually ate three meals a day. But how they ate these meals is a little different. In the middle of the day, everyone ate dinner, which was a largest meal of the day made up of several foods. There was probably a thick porridge or bread made from Indian corn and some kind of meat, fowl or fish. Supper was a smaller meal, often just leftovers from dinner. The Plymouth colonists thought a lot about food. Most of the work that they did -- hunting, fishing, farming, gardening, cooking, and taking care of their animals -- had to do with getting food on their tables. They had to plan carefully to make certain that they had enough food for the whole year, and try not to waste anything.

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Chapter 2 : Port Manteaux Word Maker

The psychopharmacology of chocolate -- In praise of vanilla -- The truth about truffles -- Ginger and other medicines -- How to make moose soup in a hole in the ground, or dine in space -- Et fugu, Brute?

See the Top 10 Questions Snake Basics Snakes are vertebrates " that means they have a skeleton, which in the case of snakes is mostly a skull and lots and lots of rib bones. They do not have ears as most of us think of an ear. They do have a sensory ear bone, called the columella , which detects vibrations. Snakes use their tongues to detect smells to find food or stay away from enemies. Their eyes do not move inside their head, and they do not have common eyelids. Some types of snakes have a special pit located near their eyes that allows them to detect small changes in temperature. This allows them to be aware of the heat given off by the bodies of rodents or other animals they might want to eat. The scales near the head are small while the scales on the underside of their body are thick and protect their bodies from the ground. A snake continues to grow throughout its life. They periodically shed their skin as part of this growing process. Snakes live on every continent of the world except Antarctica. There are even species which swim in the ocean. How Snakes Eat Snakes are carnivorous. That means that they eat other animals. Snakes do not have the right kind of teeth to chew their food so they must eat their catch whole. Their jaw is structured in such a way that it allows the mouth to open wider than their own body in order to swallow their prey whole. Once swallowed, the muscles of their body and their hook-shaped teeth help push the food toward the stomach. The food is then digested over a long period of time " depending upon how warm the snake is. The warmer their bodies, the faster they digest their food. But it generally takes 3-5 days for food to be digested. Very large snakes such as the anaconda from South America eat rather large prey, so their digestion can take weeks. Poisonous or venomous snakes inject poison or venom into their prey. This starts the digestive process even before the snake swallows that food. Snakes tend to eat rats, birds and their eggs, mice, chipmunks, frogs, gophers, and other small rodents. Some species will even consume insects or earthworms. Very large snakes will even eat deer, pigs, monkeys and other large prey. The Kingsnake is known for the fact that it will eat other snakes, including venomous snakes like rattlesnakes. Snakes Are Cold Blooded People, other mammals and birds are known as a warm blooded animals. Our bodies can regulate the temperature up or down as needed for our environment. We sweat when we are hot and shiver when we are cold. Amphibians and reptiles are cold blooded. Their body temperatures match that of their surroundings. Because of this, cold blooded animals can not survive well in extreme hot or cold. To warm themselves they will move to a sunny rock or roadside. To cool their bodies they will seek shade or sometimes even dig a hole in the ground. How Snakes Move The bodies of snakes have no feet, flippers or legs to propel them along. They must use the action of their scales and muscles to scoot their bodies across the ground. The scales on the underside of their bodies are specialized for this purpose like the tread on a tire. Different species of snakes use one of the four manners of movement: Visit HowStuffWorks to see how these four styles of movement propel a snake. Ok, so not like a bird " with wings " but some snakes do hang from branches and swing themselves into the air. Then by flattening their ribcage and making a side to side motion, they keep their bodies in the air long enough to glide for about yards before crashing to the ground or into another tree. The five different flying snakes are all poisonous and live in the tropical rainforests of Sri Lanka and Southeast Asia. No snakes can fly upwards or take off from the ground. Snakes Can Swim Many species of snakes can move about the water. Some just slide on the surface, while others can actually swim underwater. A few species even live the majority of their lives in the ocean " these are known as sea snakes. They do come to the surface to breathe air, but can often stay down for upwards of an hour. Sea snakes dine on fish and eels. Snake Teeth The type of teeth a snake has is dependent upon how the species catches food. All non- poisonous snakes have teeth on the upper jaw and the lower jaw. A snake can often grow more teeth as needed because teeth are sometimes lost while feeding. The teeth are hook-shaped and angle toward the throat. Poisonous snakes have either grooved or hollow fangs. The poison,

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which comes from glands located under each eye, flows down the groove or through the hollow portion of the fangs and is injected into the prey. Snake Babies Female snakes produce young about twice per year. In some species babies are born alive. Other species lay eggs. In a strange combination of the two, some snakes have eggs that stay in their bodies until the eggs hatch and then the babies are born. Snakes can have anywhere from one to baby snakes at a time. Snakes do not take care of their offspring, but a few species will protect the eggs and then the new babies for a very short time after they have hatched. Baby snakes are then left to fend for themselves. Coloring Some snakes have a camouflage coloring which hides them from predators. Blending into the surroundings also keeps their potential prey from spotting them. Some snakes have coloring which mimics another snake for the purpose of confusing predators. For example, the poisonous Coral snake looks similar to the non-poisonous Scarlet Kingsnake. Both snakes live in North America. Hibernating Snakes that live in cold climates plan ahead for the winter by eating extra food so that they can hibernate during the coldest season. Their bodies are not really asleep, but in a special condition that makes them appear as if they are dead to people who are not aware. Idaho Snakes Idaho is home to a number of snakes, both poisonous and nonpoisonous. There are 11 common species of snake found in the state:

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Chapter 3 : Mushroom Cobbler Recipe - Great British Chefs

How to Make Moose Soup In a Hole in the Ground, or Dine in Space Watching a Night Launch of the Space Shuttle
Diane Ackerman's Natural History of the Senses.

Use Broth for Beef, Sausage, Pork. Inspect metal rings and discard any with dents or rust. Wash jars, metal screw bands and lids in hot soapy water. Place jars upside down on a clean, dry cloth or leave them in the dishwasher until needed. DO NOT reuse flat metal lids. For ground beef you want to make sure you cook the beef a little first. If you use boiling water instead, make sure to add a beef boillion cube to each jar. After pouring broth in you can go around the inside of the jar with a plastic spatula to help remove any air bubbles. Never use metal or anything that can scratch or nick the glass jar. Check metal-to-metal seal for lubrication. Check to make sure vent pipe is clear. Place a rack in bottom of pressure cooker with the rim facing down. Never place jars directly on the bottom of the cooker. Gradually and evenly tighten two opposite wing nuts at the same time, maintaining the same size gap around the entire unit where the cover meets the bottom. NEVER tighten just one wing nut at a time. Depending on your altitude, set the weight over the vent pipe, aligning the weight so that the hole corresponds to desired pressure. Try to keep the pressure as steady as possible by regulating the amount of heat applied to the cooker. At no time should the pressure be allowed to rise above 15 P. Do not expect the gauge to always show the exact pressure setting, when the the weight jiggles and sputters it is releasing pressure to maintain the setting on the pressure regulator weight. Even in the situation where the gauge is not registering correctly for any reason, the cooker should still be functioning at the pressure regulator weight setting. Remove the selective pressure regulator weight slowly and do not release steam pressure too rapidly as liquid will be drawn from jars. Do not move pressure cooker until the pressure is completely reduced. Never loosen wing nuts until the steam pressure gauge registers zero, and you have allowed any remaining pressure to escape by carefully removing the selective pressure regulator weight. Be aware that the longer you wait without removing the pressure regulator weight after it reaches zero P. Remove cover, raising farthest edge first to protect face and arms from steam. As jars seal you will hear a popping sound and you can check by seeing if the lid has popped down in the center. If a jar does not seal, refrigerate contents and use or reprocess within 24 hours of the original processing. Wipe containers off after they are cool. Label with the date and contents. If you canned more than one lot in one day, add a lot number. Screw bands are not needed on stored jars. They can be removed easily after jars are cooled. If left on stored jars, they become difficult to remove, often rust, and may not work properly again. For best eating quality and nutritive value, use within 3 years. Never eat anything you think might be spoiled. As an added safety precaution you can boil meats for 20 minutes in an open pan before eating. This will destroy the botulism toxin, should any be present.

Chapter 4 : Hoosh Recipe - Antarctic Food

Moose cheese is one of the rarest foods on earth; in fact, only three moose in the world are used to produce cheese. They all live in Bjursholm, Sweden, and produce milk for a company called The Elk House.

Chapter 5 : Canning Beef: Put a Cow in a Jar - Prepared Housewives

The s were an interesting time to be a kid. It was a time of great social unrest and cultural upheaval, but it was also the decade in which more of seemingly everything "be it television, music, movies, or food - was geared directly towards children.

Chapter 6 : 20th-century Western painting - Wikipedia

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Gluten Free Sausage Recipes ground black pepper, salt, Gluten-Free Toad in the Hole - Sausage Pancake Bake for Dinner Nerdy Mama.

Chapter 7 : Library Resource Finder: Table of Contents for: A Natural History of the Senses

Mangy Moose Restaurant, with locally sourced, seasonally fresh food at reasonable prices, is a always a fun place to go with family or friends for a unique dining experience. The personable staff will make you feel right at home and the funky western decor will keep you entertained throughout your entire visit.

Chapter 8 : Roasted Rosemary Root Vegetables | The Pioneer Woman

Browse beautiful home design ideas, useful how-to articles and easy-to-follow recipes to help you make your best home. Our expert advice makes creating the home you've always wanted easy and fun.

Chapter 9 : Little Spice Jar Food Blog - Simple Flavorful Food Recipes Made Easy

This video will show you how to pressure can your moose meat or any red meat you have at home. Canning is a great way to preserve your meat, especially if you don't have freezer space.