

## **What foods should I bring to a Fletcher's Scouting Company event?**

Fletcher's Scouting Company was issued salt pork and bread before it went on a scout. This was easy to carry and didn't need to be cooked before eaten. Possibly the men also brought food from home, or received food from the settlers they visited. They may have cooked while they were out, for instance while they were spending the night at a settler's house rather than out in the woods.

### **What foods were available in the area at the time?**

The rations usually supplied to Massachusetts soldiers include: beef, pork, bread, flour, peas, beans, butter, sugar, ginger, molasses and rum.

The soldiers at Fort Halifax in Winslow, 1754 to 1763, were also supplied with: cornmeal, oatmeal, currants, herbs, cinnamon water and wine.

The farmers in the area were probably growing: Asparagus, Beans, Beets, Cabbage, Carrots, Corn, Cucumbers, Garlic, Lettuce, Melons, Onions, Parsnips, Peas, Peppers, Potatoes, Pumpkins, Radishes, Squash - summer and winter, Turnips, Apples, Cherries, Currants, Gooseberries, Plums, Quinces, Rhubarb, and Strawberries. Most of these items could be stored as-is, dried, salted, pickled or otherwise preserved so they were available for much of the year. They also most likely had chickens, pigs, cows, oxen, horses and sheep so they could supply meat, eggs, milk, butter and cheese.

Wild foods could be obtained by hunting, fishing and foraging. The Scouting Companies were probably not doing this while on a scout, but they could have brought these things from home or received them from the settlers. Game includes deer, rabbit, squirrel, woodchuck, etc. Fowl include ducks, geese, turkeys, partridge, woodcock, etc. Fish include salmon, trout, perch, stripers, sturgeon, shad, alewives, clams, mussels, lobsters, etc. Plants include apples, cherries, grapes, service-berries, elderberries, blue berries, raspberries, blackberries, strawberries, cranberries, rose-hips, sumach, chestnuts, acorns, hazelnuts, maple syrup, wild rice, sweet-flag, mushrooms, jerusalem artichokes, dandelions, many kinds of greens, many kinds of medicinal herbs, etc. Some of these things could be stored as-is, dried, salted, pickled or otherwise preserved so they were available for much of the year.

In 1773 and 1774 the Howard's Store in Augusta was selling: coffee, chocolate, tea, sugar, molasses, rum, bread, biscuits, corn, rye, rice, pork, codfish, salmon, salt, pepper, and cloves. See also the list of foods from the Fort Richmond truck-house, 1737 - 1742.

In 1777-1781, a soldier from Stoughton, Massachusetts brought with him from home: coffee, chocolate, tea, sugar, plums, bread, new milk cheese, flag root (cough drops) and liquorish.

Cookbooks from the eighteenth century include (sometimes under very different names than their modern ones): bread, biscuits, crackers, muffins, english muffins, cookies, spice cake, fruit cake, gingerbread, pies, pancakes, fritters, donuts, corn bread, cornmeal pancakes and fritters, cornmeal mush, indian pudding, oatmeal porridge, oatmeal pancakes, boiled rice, rice pudding, jams and jellies, pickled vegetables, roasted or boiled fresh or salted meats, many types of soups and stews, hash made from meat or fish and potatoes and other vegetables, several types of sausage, several types of aged or

un-aged cheeses, many ways of cooking eggs, etc. Many traditional New England foods, like boiled dinner, baked beans, brown bread, codfish cakes, cornbread, succotash, pot-roast, pumpkin pie, molasses cookies, cranberry sauce, maple syrup, etc are typical eighteenth century foods.

### **What should I bring to eat at a Fletcher's Scouting Company event?**

Fletcher's Company may find itself in several different situations: sleeping rough in the woods, visiting settlers at their homes, garrison duty at a fort, etc. We might cook outside, or inside a fort or house, or not cook. We might be traveling with only what we can carry, or we may have extra gear. We recommend everyone always carry at least a tin cup, and bowl, spoon and napkin. When we can have a fire, we cook together to minimize the amount of equipment we need to carry.

Our recommendations are:

For day trips, or lunches on overnight trips, bring food which doesn't need cooking. Most of these things can be wrapped in wax-paper and tied with string, or put into small paper or cloth bags. On day trips we may or may not have a fire.

- \* Bread, ships bread, crackers, cornbread, butter.
- \* Summer sausage, salami or other dry sausages, salted pork or beef, other cooked meats if the weather is cool enough that they won't spoil - dried beef, beef jerky, boiled eggs.
- \* Cheese - the harder it is, the longer it will keep.
- \* Apples, carrots, radishes, whatever fruit or vegetable is in season
- \* Dried fruit. Nuts. Parched corn.
- \* Dogsbody.
- \* Pound cake, gingerbread, fruitcake, molasses or oatmeal cookies.
- \* A small canteen with switchel or shrub concentrate.
- \* Portable soup, coffee, tea, water.

For events when we will have a fire, we could possibly have two 2 ½ gallon tin pots, a wooden spoon and ladle, a tripod made of saplings, a rope and wooden hook for hanging the pot and a frying pan. This equipment would be used in a garrison or settler settings and most likely not on a day scout.

- \* Pea soup and salt pork, sometimes with rice
- \* Boiled Dinner
- \* Hodge-podge: stew made of several meats and vegetables, sometimes with barley, rice or dumplings.
- \* Reheat baked beans with ham or sausage. Boiled beans with molasses, etc.
- \* Beef and barley soup or stew.
- \* Salt cod, potatoes and onions, sometimes with corn.
- \* Succotash and pork
- \* Pickles. Fresh vegetables or fruit.
- \* Indian pudding. rice pudding, boiled puddings.
- \* Bread, cornbread - eat separately or boil it in the stew.
- \* Oatmeal, cornmeal mush, cream of wheat - with maple syrup, molasses, fruits, etc.