

**November 2018**

DID YOU KNOW??

THANKSGIVING TRADITIONS:

Except for the food, the biggest Thanksgiving traditions are family gatherings, football and parades. In ancient harvest festivals, people celebrated with games and sports, so the football tradition has very deep roots.



The tradition of Thanksgiving parades goes back to the early 20th century, when people began to associate Thanksgiving with the beginning of the Christmas shopping season. In order to attract customers, stores like Macy's sponsored elaborate parades.

A developing tradition is expressing gratitude by giving back to the community by engaging in volunteer activities, such as helping out at a soup kitchen or at a shelter.

Since 1947, the National Turkey Federation has gifted a live Thanksgiving turkey to the White House. It's not known exactly when United States presidents began pardoning the White House Thanksgiving turkey, but the tradition is thought to be connected to Abraham Lincoln sparing a turkey named "Jack" from becoming the main dish in a holiday meal. Today, the Annual Turkey Ceremony takes place in advance of Thanksgiving, and the public has the opportunity to name the spared turkey, who lives its remaining days at Kidwell Farm, a petting zoo in Virginia.

Finally, because Thanksgiving is the fourth Thursday of November and thus falls on a different date each year, the president of the United States issues a yearly proclamation to establish the date of the celebration. In 1863, President Abraham Lincoln began this tradition, and every president since has issued a Thanksgiving Day proclamation.

SEE PAGE TWO FOR A TURKEY STUFFING RECIPE.

TURKEY STUFFING

Ingredients

- 1 cornbread square cake
- 1 loaf French bread, somewhat crusty
- 1 stick butter
- 1 whole medium onion, diced
- 2 cups celery, chopped
- 4 cups low sodium chicken broth
- ½ teaspoons dried basil
- ½ teaspoons thyme
- 2 teaspoons (to 3 teaspoons) fresh rosemary, chopped
- ¼ cups fresh parsley, chopped
- salt to taste

Preparation

Chop the cornbread and loaf of French bread up into 1-inch cubes. Spread them out on two baking sheets and let them dry for approximately 24 hours.

Warm up a large skillet over medium heat and add one stick of butter. When it's melted, add the onion and celery and cook for a few minutes until onions are almost translucent. While it's cooking chop up any fresh herbs you will be using.

Add 4 cups of chicken broth and bring to a boil. Add ½ a teaspoon of basil, ½ teaspoon of ground thyme, a few teaspoons of fresh chopped rosemary and ¼ cup of chopped fresh parsley. Stir until combined.

Place all of your dried bread cubes into a large bowl and mix them up a bit. Gradually ladle the broth mixture into the bread, tossing lightly as you go. Keep gradually adding the broth mixture, tasting as you go and adding more seasoning and more herbs if needed. Add salt carefully. You don't want to over salt your stuffing. If the mixture is not quite moist enough add a bit more chicken broth and stir.

Either stuff the bird and bake according to directions or place in a baking dish and bake at 350 degrees for 20 to 25 minutes or until golden brown on top.

Our best wishes to you and your family for a safe and enjoyable day.

