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### If You're Thankful and You Know it.....\*

For many of us, the winter holidays are steeped in tradition from Thanksgiving dinner to Santa making his entrance down the chimney. It is a time when we get together with family and friends to give thanks and reflect on the year's successes and challenges. But what makes our gatherings so emotionally charged and anticipated? Could it be the green bean casserole, the mashed sweet potatoes with marshmallows, the canned cranberry sauce or the boxed stuffing? Let's explain:

#### **The Famous Green Bean Casserole**

1955 was a banner year. The Brooklyn Dodgers won the World Series, Disneyland opened its doors for the first time, and The Campbell Soup Company invented its most recognized recipe of all time: the Green Bean Casserole.

The simple combination of Campbell's Condensed Cream of Mushroom Soup, milk, soy sauce, green beans, and those crispy French's French Fried Onions is probably second only to turkey with stuffing on the Thanksgiving menu.



The recipe, originally created for an Associated Press feature, was developed in Camden, New Jersey, at the Campbell Soup home economics kitchen and is credited to then recipe supervisor, Dorcas Reilly, who worked on and off for the company over a forty-year period.

When asked in 2005 by USA Today if she recalled creating the now famous recipe, she said "she doesn't remember having a hand in it." However, in 2002 she did present the original — and now yellowed — recipe card to the National Inventor's Hall of Fame (the same building that houses Thomas Edison's light bulb). She always has a Campbell's can ready in her cupboard just in case someone drops by and is hungry for one of her creations. Clearly Reilly isn't the only one stashing cans of the Cream of Mushroom soup. Campbell's estimates that it sells more than \$20 million dollars of the variety each year. Recipes for the classic green bean casserole continue to be a top Google search the day before Thanksgiving. —*Delish Archives*

**\* If you're thankful and you know it, clap your hands.**

**If you're thankful and you know it, clap your hands.**

**If you're thankful and you know it, Then your face will surely show it.**

**If you're thankful and you know it, clap your hands. If you're thankful and you know it, stomp your feet ... If you're thankful and you know it, shout "AMEN!" ...**

**If you're thankful and you know it, do all three. ...**

MAY YOUR STUFFING BE TASTY  
MAY YOUR TURKEY PLUMP,  
MAY YOUR POTATOES AND GRAVY  
HAVE NARY A LUMP.  
MAY YOUR YAMS BE DELICIOUS  
AND YOUR PIES TAKE THE PRIZE,  
AND MAY YOUR THANKSGIVING DINNER  
STAY OFF YOUR THIGHS!  
- ANONYMOUS



**The Classic Sweet Potatoes and Marshmallows**

For many people it wouldn't be Thanksgiving without the marshmallow-topped sweet potatoes. But why do we create such a thing? It's not as if we traditionally sprinkle Hershey's Kisses on our salads or stuff our turkeys with gummy bears. When did the traditional dish of extra-sweetened sweet potatoes emerge?

Sweet potatoes originated in South and Central America. Christopher Columbus first brought the sugary tuber to Spain in the late 15th century. Its sweetness won Europeans over immediately. Many, including Henry VIII, believed sweet potatoes were an aphrodisiac, further aiding their popularity.

From Europe, the potatoes were brought over to America where they found a happy home in the humid South. Southerners adopted the flourishing sweet potato as a replacement for pumpkin in pies and seasonal side dishes.

But while they were commonly included in holiday spreads, sweet potatoes would not meet their fluffy candy companions until the early 1900s. The first instance of marshmallows in a sweet potato dish appeared in a booklet commissioned by Angelus Marshmallows, one of the first companies to mass produce the candies that were formerly only available to the rich.



The booklet was made to introduce the now readily available marshmallows as an everyday ingredient. Included in the collection of recipes was the now famous mashed sweet potatoes topped with marshmallows. The dish caught fire — not literally, of course — especially in the North. Now it is a quintessential Thanksgiving side dish, right up there with mashed potatoes and green bean casserole. —*Delish Archives*

**The Typical Canned Cranberry Sauce**

Cranberries are one of the most unique fruits in the world. One of only three fruits native to North America, cranberries grow in the wild on long-running vines in sandy bogs and marshes. It was Native Americans who first took advantage of the cranberry's many natural attributes. By mixing mashed cranberries with deer meat, they made a survival food called *pemmicana*. They also believed in the medicinal value of the cranberry, using the berry in poultices to draw poison from arrow wounds. And the rich red juice of the cranberry was used as a natural dye for rugs, blankets and clothing.



But even with its many uses, cranberries weren't farmed on a large scale until the 1800s. At first, growers picked the berries by hand. They then developed a more efficient dry harvesting technique, later revolutionizing the process with an idea called wet harvesting. By flooding the bog with water, the cranberry's buoyancy allows it to float to the surface, where they are collected. Cranberry sauce came into the picture via General

Ulysses S. Grant who ordered it served to the troops during the seige of Petersburg in 1864. Cranberry sauce was first commercially canned in 1912 by the Cape Cod Cranberry Company which marketed the product as "Ocean Spray Cape Cod Cranberry Sauce." A merger with other growers evolved into the well-known Ocean Spray corporation now famous for their cranberry products. —*Delish Archives*



"THANKSGIVING DAY COMES, BY STATUTE, ONCE A YEAR; TO THE HONEST MAN IT COMES AS FREQUENTLY AS THE HEART OF GRATITUDE WILL ALLOW."  
- EDWARD SANDFORD MARTIN



"LET US REMEMBER THAT, AS MUCH HAS BEEN GIVEN US, MUCH WILL BE EXPECTED FROM US, AND THAT TRUE HOMAGE COMES FROM THE HEART AS WELL AS FROM THE LIPS, AND SHOWS ITSELF IN DEEDS."  
- THEODORE ROOSEVELT

### The Quintessential Stuffing

Stuffing, also called dressing, is a seasoned mix of vegetables and starches and sometimes eggs that are cooked within the body cavity of an animal that is then served alongside the animal usually as an ancillary course. Some stuffings utilize other meats such as sausage (especially popular in Italian dishes) or oysters in their mix and vegetarian stuffings usually contain tofu (and are not cooked within an animal,) but on the whole most dressings are based on bread or potatoes.

Various kinds of stuffing go as far back as the Roman Empire, where recipes appear in *De re Coquinaria*, a collection found within a kitchen anthology called Apicius that chronicles thousands of Roman dishes. In *De re Coquinaria*, chicken, rabbit, pork and dormouse stuffings are made available.

There are so many recipes and variations on recipes it would be impossible to estimate a number. Stuffing is widely utilized in every country, in every type of animal and vegetable that is edible and doesn't liquefy upon cooking. The most widely used stuffing is that of the turkey variety, and many buy prepackaged stuffing such as Stove Top.

Stove Top introduced boxed stuffing in 1972. It was home economist Ruth Siems who discovered how to manipulate bread crumbs in such a way that made reconstitution practical, and Stove Top, now owned by Kraft Foods, sells almost 60 million boxes of stuffing every Thanksgiving. –*Delish Archives*

So there you have it: four iconic dishes, no holiday gathering should be without, unless of course, you want to live a little longer than your grandparents!

## Thanksgiving Trivia

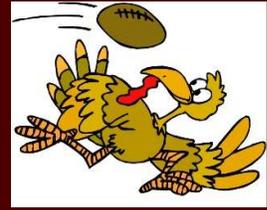
In the United States, Thanksgiving Day is celebrated on the fourth Thursday in November. But did you know that seven other nations also celebrate an official Thanksgiving Day? Those nations are Argentina, Brazil, Canada, Japan, Korea, Liberia, and Switzerland.

### Timeline of Thanksgiving in America

- 1541 - Spanish explorer, Francisco Vasquez de Coronado, led a thanksgiving Communion celebration at the Palo Duro Canyon, West Texas.
- 1565 - Pedro Menendez de Aviles and 800 settlers gathered for a meal with the Timucuan Indians in the Spanish colony of St. Augustine, Florida.
- 1621 - Pilgrims and Native Americans celebrated a harvest feast in Plymouth, Massachusetts.
- 1630 - Settlers observed the first Thanksgiving of the Massachusetts Bay Colony in New England on July 8, 1630.
- 1777 - George Washington and his army on the way to Valley Forge, stopped in blistering weather in open fields to observe the first Thanksgiving of the new United States of America.
- 1789 - President Washington declared November 26, 1789, as a national day of "thanksgiving and prayer."
- 1800s - The annual presidential thanksgiving proclamations ceased for 45 years in the early 1800s.
- 1863 - President Abraham Lincoln resumed the tradition of Thanksgiving proclamations in 1863. Since this date, Thanksgiving has been observed annually in the United States.
- 1941 - President Roosevelt established the fourth Thursday in November as Thanksgiving Day.

**More Thanksgiving Day Trivia...**

- The average American will travel 214 miles to visit family and friends for the holiday, and eat roughly 535 million pounds of turkey on Thanksgiving Day.
- The night before Thanksgiving is the single biggest day for bar sales in the US. Bigger than New Year's Eve, the Super Bowl and St. Patrick's Day.
- Thanksgiving football games began with Yale versus Princeton in 1876.
- The Detroit Lions of the American National Football League have hosted a game every Thanksgiving Day since 1934 (except 1939-1944, during World War II). The Dallas Cowboys have hosted a game every Thanksgiving Day since 1966 (except 1975 and 1977).
- The 2013 NFL holiday triple-header will see the Detroit Lions against the Green Bay Packers, Dallas Cowboys do battle with the Oakland Raiders and the Pittsburgh Steelers vs. Baltimore Ravens.
- Each Thanksgiving Day since 1947, the President of the United States has been presented with three turkeys by the National Turkey Federation. One live turkey is pardoned and gets to live the rest of its life on a quiet farm; the other two are dressed for the Thanksgiving meal.
- Last year President Obama pardoned Cobbler and Gobbler, who now permanently reside at George Washington's Mount Vernon Estate.



*Education Services wishes you blessings of health, happiness and success on Thanksgiving and always!*

Autumn Blessings!

**Get Ready for Generation Z in the Workplace**

For years employers have been working to better understand how to hire, train and employ young workers known as Generation Y.

But just when they thought they may be making some headway in understanding how best to develop and harness these young employees, along comes Generation Z. Its members are expected to turn the workplace upside down.

Born in the decade from 1990 to 1999, statistics show this generation is already nearly 7 percent of the American work force-11 million people. By 2019, 30 million of them are expected to be in the work force.

Bruce Tulgan, founder of Rainmaker Thinking, has been studying young people for two decades, and said the Great Recession somewhat muted the effects of Generation Y because the economic doldrums kept many of them from getting jobs and replacing baby boomers.



### Get Ready for Generation Z in the Workplace con't

But as the economy improves and baby boomers decide to retire, Generation Z will lead to profound changes in the workplace, he said. (Tulgan contends that the oft-cited "millennial" generation is really two generations, Generation Y and Generation Z.) "Generation Z grew up with great uncertainty. They grew up in times of war, and it's much different than Generation Y that grew up with peace and prosperity," he said. "They've come out with radically different prospects of what they need to do in their work lives."

Based on in-depth interviews with young people, Tulgan has put together research that shows Generation Z, whose oldest members are just graduating from college, "grew up way too fast and never grew up at all."

Because they're able to connect with any information at any time via smartphones and other devices, Generation Z never lacks for a constant stream of data. Generations before them might not have been exposed to this information until adulthood or had it filtered from other sources.

But Generation Z's interpersonal skills often are lacking, and they may not have basic manners that were ingrained in other generations at a young age, he said.

"They have tremendous energy and enthusiasm, but there's a big gap in the old-fashioned basics like personal responsibility and work habits," Tulgan said.

Employers need to understand what they will be facing with Generation Z so managers can tap their intelligence and provide the support these young workers are going to need as an entire generation.

"It's a mistake for employers to say they'll just find one of the good ones," he said. "You can't hire your way out of the issues you'll be facing. They're good workers but high maintenance."

Just what will employers need to do to bring along this next generation of workers? Tulgan suggested the following:

- **Focus on high-intensity relationships.** Members of this generation react best to small, highly defined work groups with a strong peer leader.

They need a well-defined chain of command and a leader that has a teaching style.

- **Invest in teaching behavior.** This generation is going to need ongoing guidance in customer service, interpersonal relationships, personal work habits and appropriate conduct.

"Employers need to remember they have every right to require certain conduct and behavior from them," Tulgan said. "They're very willing to understand, but you have to teach them."

- **Keep work structured.** The best way to get Generation Z workers assimilated in the workplace is to provide structured and defined roles.

"They're very accustomed to boundaries and protections," he said.

- **Show them the prize.** This generation has grown up with individual education plans, awards for everything they do and lots of do-overs.

That means to drive performance and maintain an ongoing relationship with them, employers will have to negotiate performance standards and rewards clearly and specifically on a continual basis.

- **Create dream jobs.** This generation will have highly valuable rising stars attracted to employers who can offer them jobs with elements that excite them while also making sense for the organization. "What I tell people is that nowadays, 12 is the new 19 and 30 is the new 20," he said. "That's the best way of explaining what is happening."- Anita Bruzzese, nationally syndicated columnist on the workplace and award-winning journalist.