



Feasting and Fasting: Canada's Heritage Celebrations

Dorothy Duncan

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Feasting and Fasting is an introduction to the foods and beverages that were a central part of how our ancestors celebrated important events.

Long before the arrival of newcomers, the First Nations were celebrating the passages of life, the changing seasons, and the gifts of the Great Spirit with feasting. As settlers from around the world arrived on Canadas shores, they brought with them the memories and traditions from home. Diverse and unique culinary histories began to develop as the newcomers were unable to find some of their traditional ingredients and were forced to compromise. Wild game, fruit, plants, grains, vegetables, and maple sugar were often transformed from survival foods to the foods of celebration.

Food brought families and communities together to pay tribute, to honour, to celebrate, to mourn, and to be comforted. This is a sampling of their events and what was on their tables at births, weddings, funerals, religious holidays, garden parties, and more!

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