How Pumpkin Pie Becomes an American Classic

Pumpkins were first cultivated in Central America around 5,500 BC and European explorers brought them back from the New World. During the Middle Ages, people didn't eat pie crusts from the free-form pies. When European settlers arrived in North America, eating crust became normal and a great way to feed hungry people. The British started to associate pumpkin pie with Native Americans and wanted pies that were more sophisticated. The Wampanoag tribe members in the New World helped the Pilgrims survive their first year at Plymouth Colony. A year later, a three-day harvest celebration was held that most likely had pumpkin on the table in some form. For the colonists in the Americas, pumpkin pie became their own pie. By the early 18th century pumpkin pie earned a place at the table as Thanksgiving became a New England regional holiday. American cookery by Amelia Simmons was the first cookbook featuring ingredients indigenous to America and published a recipe for pumpkin pie, but it had a top crust. By the 1800s, it became a single crusted pie. 1863, Abraham Lincoln made Thanksgiving a national holiday, where most likely pumpkin pie and
roast turkeys were on the menu. By 1929, Libby's meat-canning company of Chicago introduced a line of canned pumpkin, that we can find even today on our grocery shelves, saving cooks from straining one's own squash. Pumpkin pie had become a traditional holiday dessert in the United States of America.