



FRANKLIN FARE

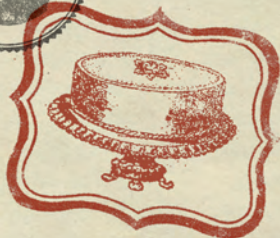
Now that you've organized a party, what are you going to eat? Take a page from Franklin's own cookbook—and enjoy.

Franklin loved food, but he also kept himself healthy—well, he tried. Did you know, for instance, that Franklin was not only an on-and-off vegetarian for several years, but that he personally introduced tofu to the American colonies? It's true! He called tofu "Chinese cheese," and urged himself and others to stick to "a vegetable diet." But don't worry: that didn't really stop him from eating foods anyone could love.

Sounds good—but what does it mean to eat like Benjamin Franklin?

Walnuts, apples, and cranberries; turkey, potatoes, and punch; corn, rice, and polenta—and don't forget the honey: Franklin loved all the foods found in abundance across the wild landscape of his bountiful home country. Does that sound like Thanksgiving? Well, there's a lot to be thankful for—Franklin gave us bifocals, streetlights, and even homeowner's insurance. Sound boring? It's not: in every aspect of Franklin's life, he was curious and open-minded—and that included food. Aside from introducing tofu to the colonies, Franklin also brought rhubarb, Scotch kale, and even parmesan cheese to the dinner tables of his thankful compatriots.

Create your own recipe with some of Ben Franklin's favorite ingredients—and don't forget the cake and punch!



**AND DON'T FORGET
THE CAKE AND PUNCH!**

