

## **HIST 5453 – New American Republic**

Dr. Keith Pacholl

By Deb Wold

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### **Project Proposal**

Foodways of America has interested me for a long time. I have studied and written multiple papers on early colonial foodways and delved into the foodways of the overland trails of the mid-19<sup>th</sup> century. With this project, based from the 1780s to early 1800s, I have decided to continue my research and branch out to study the foodways of the Early American Republic. This will help close the gap in my knowledge between the eras I have already written about.

I am going to look into see what foods were available and popular. I want to see how food was prepared. What did the people of this time use to flavor their food, what did they drink, and how did they prepare and cook their food? This is also the time when cookbooks started to be published for the early American republic. What influenced this turn of events?

I will delve into primary resources to see what was talked about the most. I am hoping the cookbooks will tell the story of what was available and how food was prepared and cooked. I may venture into some secondary resources that have already analyzed some information to see what other historians have to say on this subject. Since we have created freedom, I will veer away from writing a traditional paper. I want to show a range of creativity for my graduate portfolio. Towards the middle to end of October, I will be learning how to create documentaries at my job. I want to apply what I have learned and create a 10 min documentary on Early

American Republic foodways for this project. This will show my range of skills for my graduate portfolio. I am excited to see how this project turns out in the end.