

to eat

Agora (now) the food which we get/is what is prepared in our kitchen, but of course we must buy first from the market the cabbages, carrots, beets, potatoes, fruits, meats and so on. There are market places here quite like Fanuaia in Boston. There are two big ones within ten or fifteen minutes walk or trolley ride. In the markets we can purchase about everything we need, oranges, lemons, apples, figs, bananas, and other fruits in season. Tomatoes are not in season now, but the citrus fruits I have mentioned are in season, also tangerines, although these are about run out. Bananas come from the Madeiras, so can be had about all year round. There is a season for fresh figs, but we can get dried figs when we desire. There is also a season for dates, and we shall be getting these soon. Pineapples are still available, but I guess the price is a little high, because we have not had any for a while. Apples can be had in all qualities, from the very sweet to the quite sour, but the Portuguese do not like macãs ácidos (very acid apples) and these are sometimes difficult to find. Oh, yes, in season of course melons and grapes. How could I forget these?

Well, I've omitted some other fruits, and I have not said anything about the nuts as yet. But some kinds of fruit I know nothing about as yet, and about all I can say about the nuts is that I have seen walnuts and almonds here, and that both are grown in Portugal.

Things in the meat line are varied, but we stick to beef and liver of pork or beef. Calf's liver is as high here as in the States. Most of the beef comes from Argentina. The lamb which we get occasionally is native I think. We get nothing like hot dogs, although there is blood pudding and some other kind of a cased meat, of pork order I would guess. Also spiced meats in loaf form, but we do not use these. And no one here cares for pig's feet or hog's head cheese. Salt pork is obtainable, but not bacon. What we thought would be bacon, from the name of it, turns out to be a somewhat lean kind of salt pork. Perhaps some people eat goat, but we don't eat goat here. We shall wait until we reach Africa before we begin the goat diet, and probably we shall not eat much there.

The kinds of fish here are good quality and can be had fresh each day, unless it's bacalhau, which is salted and dried odd to begin with. We have usually a kind called pescada, but there is a pargo and then several other kinds which I don't remember much about. Pargo is a flatish fish with a big head. Looks something like an over grown "punkin seed". Pescada, rich in phosphorous, is a good-sized fish with few scales, rounded body of some length and soft bones, that is, softer than the bones of some other fish. It can be fried, baked, boiled and made into a chowder. All these fish are river fish. There is also a long-gearred flat fish which runs to about three or four feet in length, four or five inches wide and an inch to two inches thick, which is good for frying. But we seldom have it. We do not get lobster, flounder, oysters or clams or mussels, although such varieties are to be found here. They are on the expensive side.

Now to the vegetables, and then I'll have to stop. We find about the same kinds and qualities that we find in the States. There are many kinds of cabbages, a kind for making soups, a kind for salads, for boiling to be eaten at the table, and others. We use many onions and much garlic, grown here. Spinach is to be had. Parsley grows here, and many are the soups made with mint produced in Portugal. I think that there are several kinds of mint to be had. Staples are carrots and potatoes and nabos, turnips. Beets can be obtained. All are much like ours. There is a kind of squash, but it is not as good as ours. Pumpkin, however, is as good, if not better.