

**School Year:** 2008-2009

**Theme:** Westward Expansion

**Grade Level:** Eighth

**Time required:** 1 hour

**# of Students:** whole class, 35 students

**Modified/ Adapted From:** Harvest of the Month, CDE Fruit and Vegetable Cards

*Note: this copy is a working copy and has not yet been approved by the Network  
For a Healthy California*



## Westward Expansion in the Garden

### Goal:

Students are introduced to fruits and vegetables that were available during the overland journey from the East Coast of the United States to the West in the 1800's. Students will understand that settlers moved along three different trails, which each had their own challenges in geography, climate, and supply acquisition.

### Objectives:

- 1- Students will be able to understand that food acquisition was an integral part of surviving the journey west
- 2- Students will be able to develop an insight into how geography influenced what foods were available to settlers
- 3- Students will be able to analyze the nutritional value of varied North American fruits and vegetables

### Materials:

Oregon Trail: Instruction cards

Dry Beans

Jar of cream

Onions

Onion Veggie Card

Cheese

Celery

California Trail: Instruction cards

Dry Beans

Tomato Seeds

Tomatoes

Tomato Veggie Card

Garlic/Carrots

Santa Fe Trail: Instruction cards

Dry Beans

Mint/Yerba Buena

Dried Chilies

Dry corn and silver (nickels)

Cilantro

Fresh corn

Jalapeno/Red peppers

Chili Pepper Veggie Card

Straw Hats, Bonnets, Gloves (optional)

## Background:

This lesson can be taught at the beginning or middle of a unit on Westward Expansion. Students should at least be familiar with the climate and topography of the United States, as well as have a basic understanding of Manifest Destiny and its effects on Native Americans and Mexicans.

## Procedure:

1. Set up the three paths through the garden, lying down the cards about 5 feet apart (or to fit your space). Place the food at the appropriate locations.
2. Meet the students in the classroom, and ask them to share out answers to the following questions: *What would Americans in the mid-1800's have chosen to move west? What would have been some challenges these settlers might have faced?*
3. Take the students out to the garden, and divide students into three groups.
4. Draw attention to each trail, and explain, or have students recall, that there were three main trails used by travelers to reach the west coast. Explain that today the students are the settlers and they will have to work together and read and follow the instructions carefully in order to safely reach their destination.
5. Pass out clipboards with the graphic organizer attached. Explain that like many travelers, the students will be recording their journey.
6. As students pass through the garden, monitor the groups to make sure that the flow of traffic moves smoothly. Remind the students that it is more important to move along the trail safely than quickly.
7. If one group finishes much earlier than the others, have them start writing their story. (Brainstorm for campfire storytelling part of the cooking lesson).

## Closing Discussion/Assessment:

8. When all groups have finished, give them a minute or two to meet and answer the following questions:

What was the most difficult aspect of your journey? How were you able to survive? What foods did you bring? What foods did you trade for? Where did your journey start and end? What will you do now?

We were travelers on the \_\_\_\_\_ trail. The most difficult aspect of our journey was... We survived because... Some of the foods we were able to obtain were... We have ended in \_\_\_\_\_ and will farm \_\_\_\_\_.

9. Have each group share out.

## Extension/Follow-Up Questions:

What were some similarities between the three group's journeys? What were some differences between your journey and the other two groups?

## Core Curriculum and Health Standards:

Grade Level: Eighth

Social Studies

8.8 Students analyze the divergent paths of the American people in the West from 1800 to the mid 1800's and the challenges they faced.

## Health

7/8 1.5N Students differentiate between diets that are health-promoting and diets linked to disease.

7/8.1.N.2 Students identify nutrients and their relationship to health.

## References:

Holt US History Text, United States History, Independence to 1914

CDE Fruit and Vegetable Cards

Harvest of the Month

Originally Submitted by: Josh Bennett, Catherine Pearce, Jah-Yee Woo and Avi Black

Reviewed by Registered Dietitian:

Reviewed by Certified Teacher:

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## Westward Expansion Bean Chili

1 cup dried black beans  
1 cup dried pinto beans  
1 cup dried big white beans  
4 tomatoes  
4 carrots, chopped  
4 celery stalks, chopped  
2 white onions, chopped  
1 bunch cilantro  
2 red peppers, chopped  
6 cloves garlic, minced  
1 jalapeno, minced  
Cumin, salt, pepper and chili powder to taste  
2 ears corn  
1 small carton whipping cream  
1 small block cheddar cheese

### Pre-Lesson Prep

1. Set trays up with carrots, celery, onions, peppers and cilantro
2. Pre mince garlic and jalapeno and put aside in bowl
3. Open cans of beans and tomatoes
4. Give each group one medium bowl

### Lesson Plan

1. In groups, have children chop onions, put in bowl
2. Have one child from each group bring bowl up to you
3. Heat oil and add onions
4. While onions are sautéing, have children cut carrots and celery, put in bowl
5. Have one child from each group bring up carrots and celery, add to pot
6. Have children cut peppers, put in bowl
7. Again, one child comes up from each group and adds to simmering pot
8. Add beans, tomatoes, garlic, jalapenos and spices and stir
9. Simmer as they tear cilantro.
10. Have them keep their cilantro on their cutting boards
11. Divide chili into the large bowls (one for each group)
12. Pass out small bowls
13. Have kids spoon chili into their own bowls
14. Garnish with cilantro

I found that this technique works better than filling their bowls up from the pot. This way they can each serve themselves just a little and then have more from their groups' bowl if they like it.

It's pretty much like the salsa, except you cook it up!

*Adapted by Shira Hordes for the Hayward Nutritional Learning Community Project.*

# Westward Expansion

Santa Fe Trail	California Trail	Oregon Trail	
Intro	Not enough \$ Stall depart	Get started right away Bring Cow	1
Buffalo	Physical Challenge	Rains continue Trail bogged	2
Which route?	River Crossing	Food shortage	3
Physical Hardship	NA- They have seen so many trains Nothing to trade	Fort Laramie	4
Food Shortage	Platt River- Road traffic cholera	Sickness	5
Sickness water shortage	Food Shortage	Cattle care	6
NA- Trade with then warned about tribal lands	Fort Laramie	River Crossing	7
NA Dairy	Dispute	NA- massacre story from other travelers	8
Trading in Santa Fe-	Early winter hits Sierra Nevada		9
Scary water	Spring Coming	Columbia river crossing/ importance	10
NA trade Give up sweatshirt and watch	Meet Rancheros	NA- Whitman Mission, hear NA perspective	11
Settle in to LA Get fresh tomatoes and corn	Settle in to Sac	Settle in to Portland	12

# California Trail

#1



It is spring-time and the weather is warmer than it has been in months. A company of emigrants is coming together in the “jumping-off town” of Independence Missouri. You will travel together for the next 5 months, covering over 2,000 miles.

You overhear other emigrants talking about the Great Rivers: the Platte River, the Columbia river, and the Colorado river. And the Great Mountain ranges: The Rocky Mountains and the Sierra Nevada Mountains.

It is taking longer that you had intended to depart. You are waiting for a few more families to join you. You’d leave without them, but you don’t have enough money to go without them—you are low on supplies such as corn meal and flour.

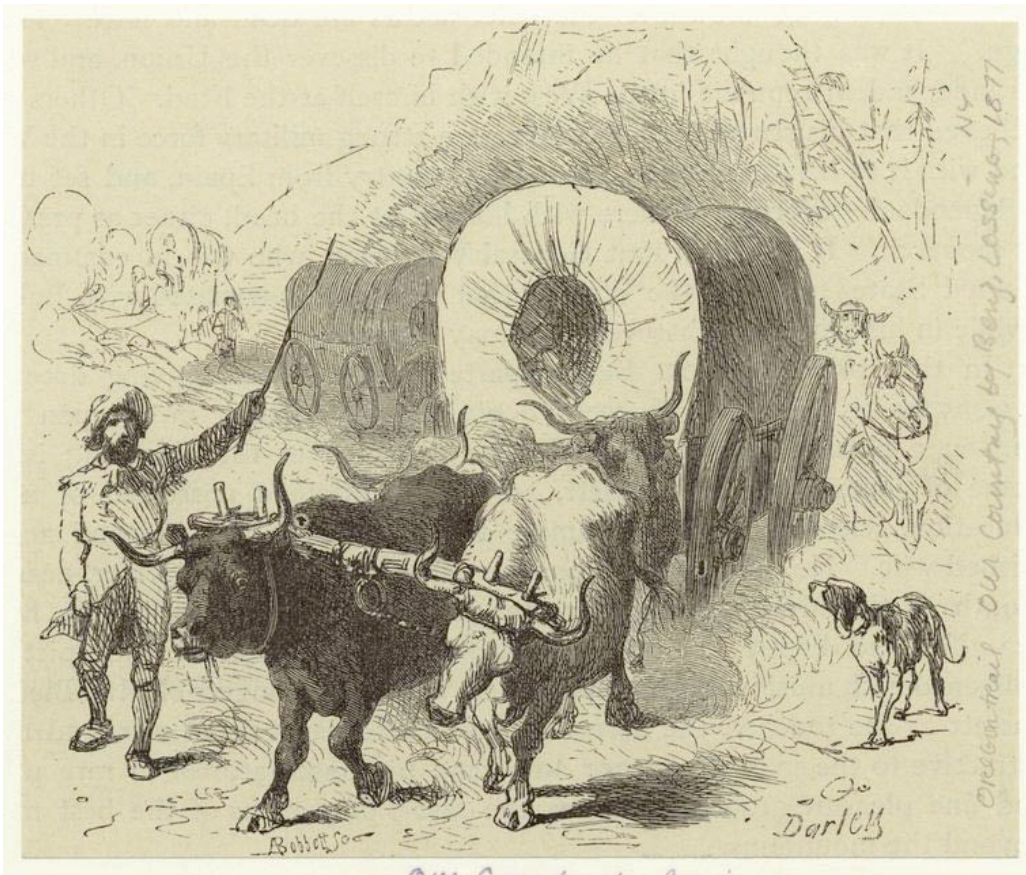
It was a custom of emigrants to decorate their covered wagons with drawings and slogans such as “NEVER SAY DIE”. Because of your delay, you have extra time to do this. Take 2 minutes and create a group chant, and then perform your chant out loud.



# California Trail

## #2

"This afternoon it rained, hailed, and the wind was very high. Have been traveling all afternoon in mud and water up to our hubs. Broke chains and stuck in the mud several times. The men and boys are all wet and muddy. Hard times, but they say misery loves company." -Mrs. Amelia Stewart Knight



Everyday presents new physical challenges. Many challenges come from the weather. For the last few days your company has been working nonstop pushing and pulling covered wagons and livestock through the muddy trail.

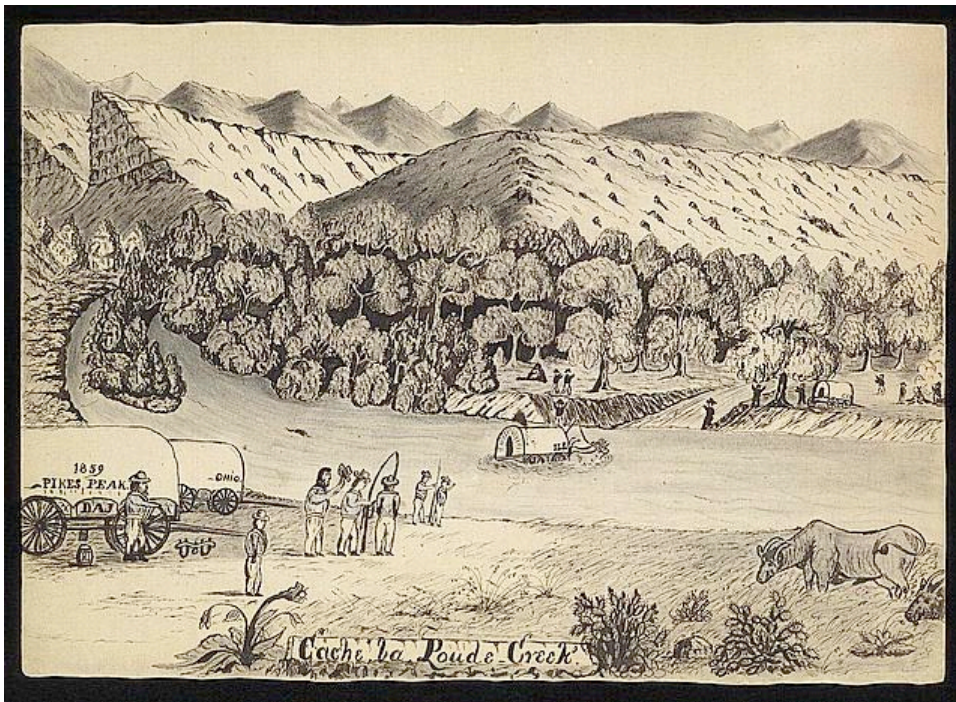
To simulate the physical effort emigrants faced, do 20 jumping jacks together. Please count **QUETLY**.

# California Trail

## # 3

"Sunday, May 8th -- Sunday morning. Still in camp waiting to cross. There are three hundred or more wagons in sight and as far as the eye can reach, the bottom is covered, on each side of the river, with cattle and horses.

Everything must now be hauled out of the wagons head over heels (and he who knows where to find anything will be a smart fellow), then the wagons must be all taken to pieces, and then by means of a strong rope stretched across the river, with a tight wagon-bed attached to the middle of it, the rope must be long enough to pull from one side to the other, with men on each side of the river to pull it. In this way we have to cross everything a little at a time. Women and children last, and then swim the cattle and horses." -Amelia Steward Knight, 1853.



You take all day to complete this strenuous river crossing. Two of you have suffered injuries: One has severely twisted his ankle, and another has suffered from rope burns.

Use the bandages provided and wrap one person's ankle and one person's hand.



# California Trail

## # 4

"What a prodigious growth this English race, especially the American branch of it, is having! How soon will it subdue and occupy all the wild parts of this continent"

—Rutherford Hayes, U.S. President, January 1, 1857, Personal Diary



The belief that every American had the right to move west and settle new land was called **Manifest Destiny**. Politicians and newspaper journalists used this phrase often. Few white people thought to question whether this was fair to the people who already lived in North America like Mexicans and Native Americans.

Your company has been traveling through Native American lands. However, by 1850, many Native Americans have been killed from diseases such as small pox. Many of the surviving Native Americans you see along the way ask you for food.

Decide whether or not you will leave some of your food here.

# California Trail

## #5

"June 6th -- Still in camp, husband and myself being sick (caused, we suppose, by drinking the river water, as it looks more like dirty suds than anything else), we concluded to stay in camp and each take a vomit, which we did and are much better." -Amelia Stewart Knight



Your company is traveling along the **Platte River Road** which parallels the Platte River through Nebraska. The Platte is one of the West's great rivers, however it does not hold as much water as the other great rivers that emigrants traveled along and drank from. The Platte was described as "a mile wide but only six inches deep"

**Cholera** has struck two members of your party. You decide to take a rest day and make a greater effort to boil all water taken from the river to make sure no one else gets sick. The family members of the sick people are very worried. Everyone knows that many emigrants die from cholera on the California Trail.

Take one minute to rest and drink clean water. Each company member take two big gulps.

# California Trail

## # 6

Sunday, June 26<sup>th</sup> - We are on our way again traveling in the dust. We must go 17 miles or more without water or grass. Evening - All hands come into camp tired and out of heart. Husband and myself sick. No feed for the stock. One ox lame. -Amelia Stewart Knight.



Your group is running out of food. Your supply of corn meal is more than half gone; supplies of dried beans, bacon, and flour are also running out. People are tired and “out of heart”

There are some foods that you can find along the way: wild currents and service berries can be harvested along the trail; Bison, antelope and hares can be hunted. If the group gets enough meat, some can be dried and traded for other goods like flour and corn meal.

Your company survives on small rations of food including dried nuts and fruit. In addition you eat wild berries that are picked from the trail.

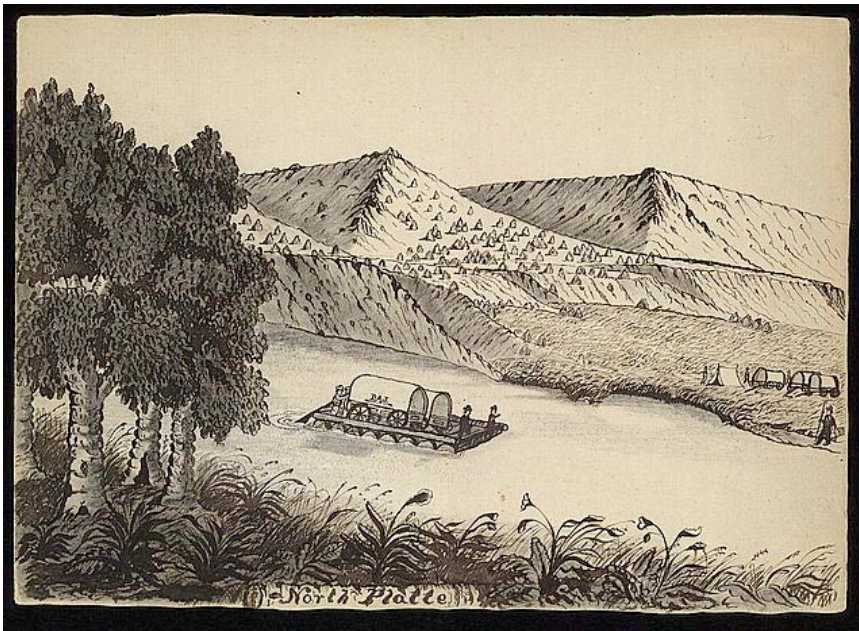
Good news: Dried fruit and wild berries provide vitamin C which will help you avoid scurvy—a painful disease.

Take 1 minute and taste dried fruit and nuts.

# California Trail

## #7

"We traveled all the next day up the Platte, and camped near a small grove on the banks of the river. On Wednesday we crossed the Platte about noon, and drove on six miles. The buffalo and other game are becoming plentiful. Every day one or more is killed, and we are again luxuriating on fresh meat."



After 3 days traveling in Wyoming territory along the Platte river road, you arrive at Fort Laramie. The fort sits on the north side of the great Platte River near the mouth of the Laramie River.

You all are very excited because Fort Laramie was one of the largest trading post along the California trail. A small amount of cash and some preserved meat will be traded here. That means a new supply of staple foods such as Corn meal, Bacon, dried beans, and flour. Fresh items such as eggs and milk can also be traded for.

Some members in the group will buy less necessary items such as Tobacco, sugar candies, and hair oil.

# California Trail

## # 8

"The men were irritable and impatient. A dispute arose one day after dinner, between two of them, respecting the driving of a wagon up a very difficult hill. Hot words were followed, almost instantly, by blows-one with a knife, or dagger, which proved fatal in about twenty minutes. The man was buried the next morning. Feeling respecting the affair ran high, and the survivor very soon left the company."



Traveling along the trail is strenuous and nerve-racking. Fights and arguments in your company will slow you down and may even result in more deaths.

Silently count to twenty and give the evil eye to someone near you.



# California Trail

## # 9

"In the morning it was very cold, with about an inch of snow on the ground. This made us hurry our cattle still more, if possible, than before. We traveled on, and, at last, the clouds cleared, leaving the towering peaks in full view, covered as far as the eye could reach with snow. This sight made us almost despair of ever entering the long-sought valley of the Sacramento; but we pushed on as fast as our failing cattle could haul our almost empty wagons." -John Breen



An early storm hits your party as you cross the Sierra Nevada Mountain Range. It is very cold and many children are shivering uncontrollably. It is also hard to drive the wagons over the icy trail. You stop traveling and build a fire to survive the coming night.

Sit down on the ground and rub your hands together to try and warm them up.

# California Trail

# 10



After taking shelter from an early storm in the Sierra Nevada Mountains, your company continues slowly along the California trail. Traveling is very hard: the weather is still cold, snow covers the ground.

The next day the weather warms up. Someone in the group notices large trees that you have not seen before on the trail. This tree is the California Laurel. Its leaves can be used as a spice.

With the highest peaks of the Sierra Nevada behind you, most of the next week will be spent traveling downhill. The trail is rocky, yet people's mood improves because you know that you are getting closer to "the Valley of the Sacramento."

Make sure everyone in your group gets a chance to smell the laurel. Take it with you.

# California Trail

# 11



Your company has traveled through the foothills of the Sierra Nevada Mountains and passed by some very large ranches. Some people in your group are eager to trade for seeds but there is no trading post here. Rancheros -or cowboys- give you a gift: tomato seeds. You can't plant them now because winter is coming.

Read the back of the packet of tomato seeds. When can you plant them outdoors?

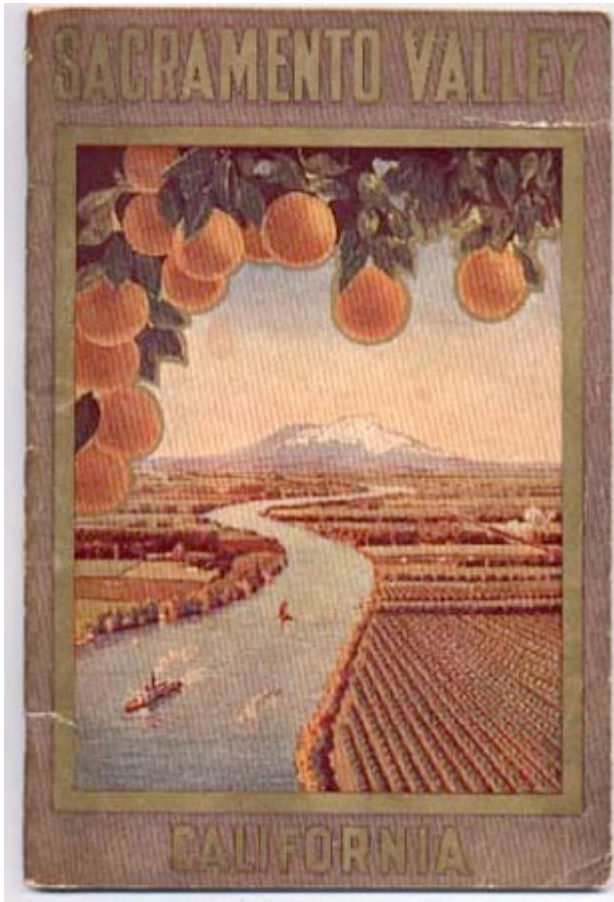
Put them in a safe place and take them with you.



# California Trail

## #12

When we got in Deer Creek in Sacramento Valley, we divided up wagons. Some went to Sacramento Valley to get provisions for the winter and came up to Redding Springs later. We camped several days at Honey Lake but the grass on Madeline Plains was not very good. -Alvin Coffey



You have arrived in the fertile Sacramento Valley. Fresh fruits and vegetables are available at trading posts—including large red tomatoes, which you haven't seen or tasted for more than a year.

Members of your party begin work settling in a new place. Some food is bought to preserve, but other fresh produce is bought to cook fresh food.

Gather the fresh vegetables for your group.

# Oregon Trail

# #1



It is spring-time and the weather is warmer than it has been in months. A company of emigrants is coming together in the “jumping-off town” of Independence, Missouri. You will travel together for the next five months, covering over 2,000 miles.

You overhear other emigrants talking about the Great Rivers: the Platte River, the Columbia River, and the Colorado River. And the great mountain ranges: The Rocky Mountains and the Sierra Nevada Mountains.

The families in your company are ready to go. You have stocked up on supplies of food. Your seven heads of cattle look healthy and ready to depart.

Leave immediately for your first camp.



# Oregon Trail

## #2

"This afternoon it rained, hailed, and the wind was very high. Have been traveling all afternoon in mud and water up to our hubs. Broke chains and stuck in the mud several times. The men and boys are all wet and muddy. Hard times, but they say misery loves company." -Mrs. Amelia Stewart Knight



Everyday presents new physical challenges. Many challenges come from the weather. For the last few days your company has been working nonstop pushing and pulling covered wagons and livestock through the muddy trail.

Sit down and wait for two minutes and wait for the rains to stop. Then get up and run in place for 30 seconds (try and make up the lost time) before you continue to the next card.

# Oregon Trail

## # 3

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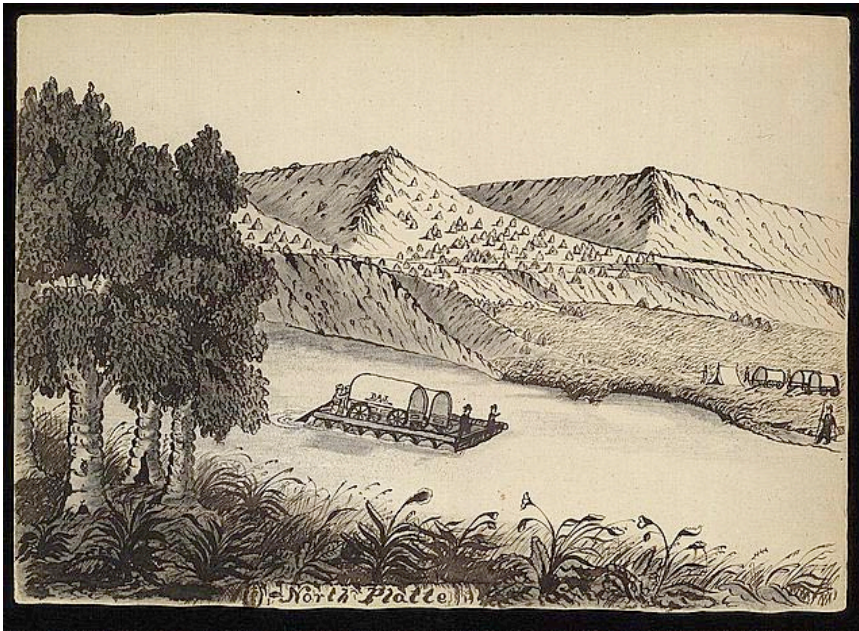
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Take 1 minute and taste dried fruit and nuts.

# Oregon Trail

## #4

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Some members in the group will buy less necessary items such as Tobacco, sugar candies, and hair oil.

Bring your beans.



# Oregon Trail

## #5

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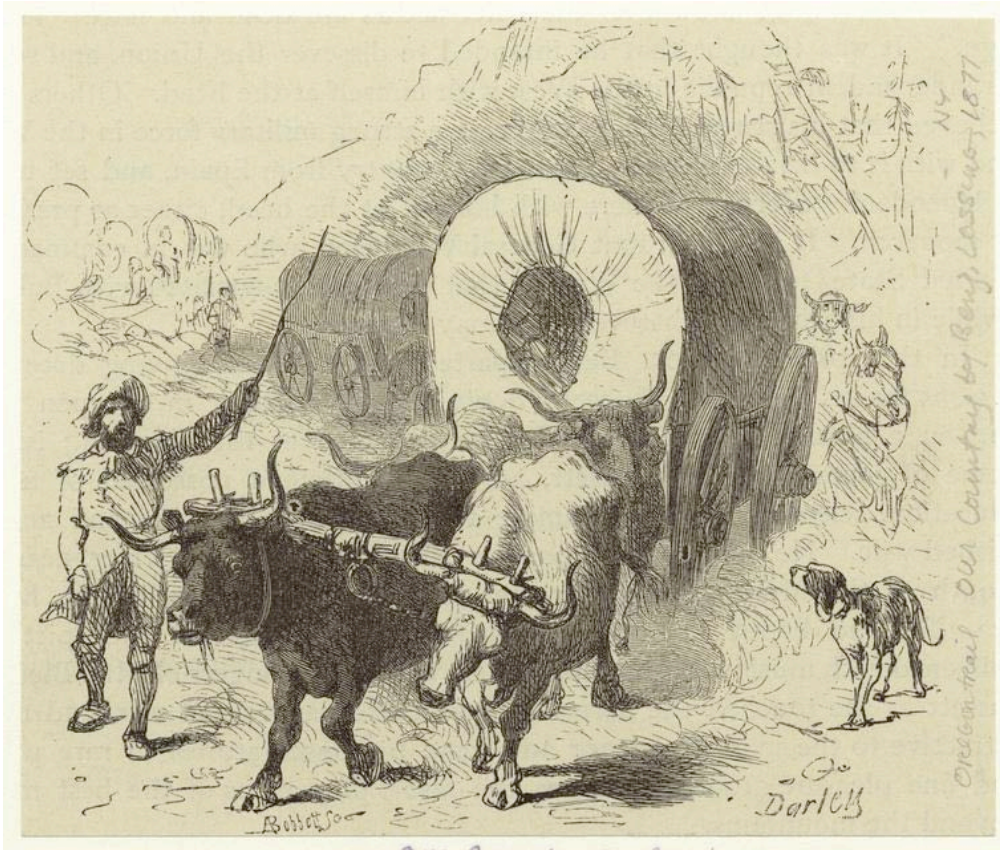
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Take one minute to rest and drink clean water. Each company member take two big gulps.

# Oregon Trail

#6



There have been days when the whole company has traveled out of their way to find grass for the stock (cows). There have been other days when you stopped traveling so the cattle could rest. Herding and caring for these animals has been one big responsibility for a community that works very hard all day long.

All the attention pays off. Fresh cream is converted into butter as the covered wagons rock back and forth.

Take the jar of cream with you, and shake vigorously along the rest of the trail.  
(Don't stop shaking until the cream separates.)

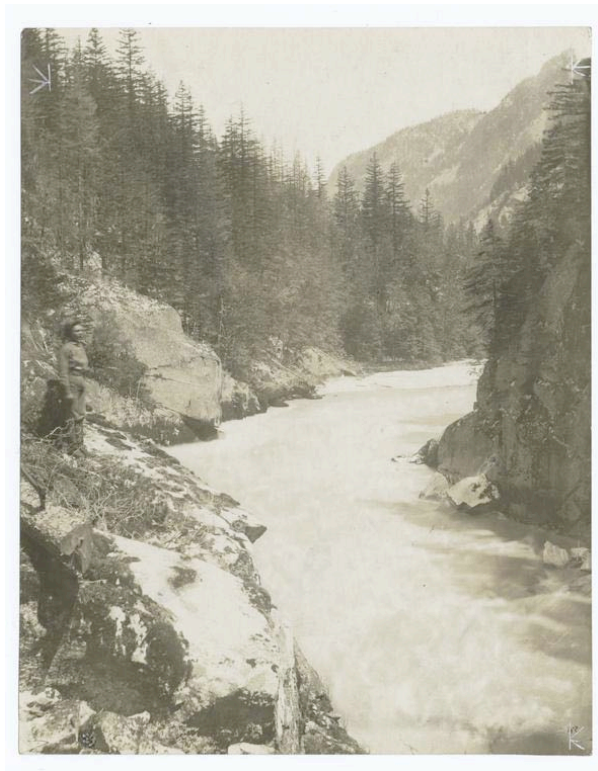


# Oregon Trail

## # 7

"Sunday, May 8th -- Sunday morning. Still in camp waiting to cross. There are three hundred or more wagons in sight and as far as the eye can reach, the bottom is covered, on each side of the river, with cattle and horses.

Everything must now be hauled out of the wagons head over heels (and he who knows where to find anything will be a smart fellow), then the wagons must be all taken to pieces, and then by means of a strong rope stretched across the river, with a tight wagon-bed attached to the middle of it, the rope must be long enough to pull from one side to the other, with men on each side of the river to pull it. In this way we have to cross everything a little at a time. Women and children last, and then swim the cattle and horses." -Amelia Steward Knight, 1853.



You take all day to complete this strenuous river crossing. Two of you have suffered injuries: One has severely twisted his ankle, and another has suffered from rope burns.

Use the bandages provided and wrap one person's ankle and one person's hand.

# Oregon Trail

# 8



At this stop you hear the story of the Whitman Family. Here's what happened...

The Whitman Family were missionaries who migrated to the Oregon Territory to convert the Native Americans. Their mission at Waiilatpu became a regular stopping place on the Oregon Trail from 1843 to 1847. On November 29, 1847, the Whitman Mission was attacked by Cayuse Indians. There had been a measles epidemic among the Cayuse, and rumors spread that the Whitmans were trying to poison them. To make matters worse, there was a custom among the Cayuse that medicine men who could not cure should be killed.

In addition to Marcus and Narcissa Whitman, sixteen men and older boys were killed that day. Fifty-three women and children were taken captive and subjected to "indescribable indignities" before being freed a month later with a ransom of \$500 worth of trade goods.

As a result of the violence at the Whitman Mission, all missions in Oregon were ordered closed. This had the effect of slightly shortening the Oregon Trail, as its route would now bypass the former site of the Whitman Mission. Among the pioneers, fear of Indian attacks along the Trail increased.

# Oregon Trail

## # 9

"The appearance of the [Columbia] river here changes--and from being a rapid, shallow and narrow stream, it becomes a wide, deep and still one, in some places more than a mile wide and too deep to be sounded. The banks are precipitous and rocky, and several hundred feet high in some places. Passed down to an immense pile of loose rocks across the stream, over which the water runs with great rapidity for six miles." Emigrant Parthenia Blank



You can float down the Columbia River or take the Barlow Road. If you decide to take the river route, you risk losing your belongings and possibly even your life. Because the rapids are so dangerous, the boat may flip over. There are also very few ferries to take you down the river, so you may have to wait for days or weeks before a boat is available to take you down.

If you choose the Barlow Road, you have to pay a toll of \$5. The route has steep inclines and sheer descents, which might make you and your animals scared.

Come to a decision. If you choose the river route, sit for minute longer before moving onto to the next card. If you choose the road, give up all the change in your pockets before you can move on. On your graphic organizer say which route you chose and why.

# Oregon Trail

# 10



Many Native Americans help pioneers to cross rivers and navigate the woods on this part of the trip. At this stop, you hear the Cayuse perspective of what happened to the Whitman Family from a Native American guide.

“In 1847, Dr. Whitman and his followers were killed by a band of Cayuse, along with some of their Umatilla, and Nez Perce allies. Some of the reasons are...

- that Dr. Whitman did not pay for property taken by his mission
- each month, more and more immigrants were crossing our lands
- Dr. Whitman also intruded on trade that belonged to us
- because some of us believed that Dr. Whitman had poisoned us
- and because we were constantly suffering from diseases that we had never had after the Whitmans came among us. Half of our tribe had been killed by sickness.

In our tradition, if a medicine man failed to cure, the consequence is death, especially, if we believe that the medicine man is causing people to die.”

# Oregon Trail

# 11

"There were wild onions in Oregon, but the varieties the emigrants brought over the Oregon Trail with them often failed to thrive. Onions were valued not only as food, but medicinally, as well -- placing an onion on one's windowsill was thought by some to ward off colds, and a thick, almost syrupy onion broth was widely used to treat tuberculosis, congestion, and sore throats. For twenty years, one pioneer, Augustus Fanno, worked to breed large, sweet onions that would grow well in the damp soil and climate west of the Cascade Mountains. His eldest son, Augustus J. Fanno, carried on the breeding program and became known as "the Onion King." Legend has it that he made big money by being the first to ship onions to Alaska during the Yukon Gold Rush."



Trade one of your belongings for onions from Augustus Fanno, a pioneer who settled in Washington County, Oregon, 1847.



# Oregon Trail

## # 12

I will give you a short description of Oregon. It is a rich country and diversified with rich hills, Mountains and valleys with good timber...and many beautiful plains covered with grass and a kind of clover. This country is well watered with rivers, creeks, branches and springs, both fresh and salt springs. This is one of the greatest countries in the world, (without any doubt).  
- Jacob Hammer, 1845



After traveling 2000 miles on the Oregon Trail, you have finally arrived to your destination. It is much more than what you expected with “three churches, three stores, two blacksmith shops, two flour mills, and one weekly newspaper.” (James Miller, emigrant). You see a lot of opportunities to get the food you need, purchase the land you want, build your new home, and start your own business.

Trade the butter that had churned in your wagon for fresh cheese from the local dairy.

# Santa Fe Trail

## #1

There was almost "five hundred of us, men, women, and children, upwards of a hundred wagons and the [required] number of horses, mules, oxen and [milk] cows - the latter doing double duty - working under the yoke and giving milk."

Source: Autobiography of Dr. Hezekiah John Crumpton, Calisphere



You are about to start on a journey that is 1900 miles long and will last about 4 months. It will start in Independence, Missouri, the beginning point for three major trails that take pioneers across the continent to the West Coast. You are both excited and scared at the adventure ahead. With everything that you are feeling, you still have to gather all your provisions - including beans, which will be one of the major food supplies.

Take beans with you for your journey.

# Santa Fe Trail

## #2

"From the tops of the hills, we saw far away, in almost every direction, mile after mile of prairie, blackened with buffalo. One morning, when our march was along the natural meadows by the river, we passed through them for miles; they opened in front and closed continually in the rear, [keeping] a distance [of barely] over three hundred paces. "

Captain Philip St. George Cooke, 1829



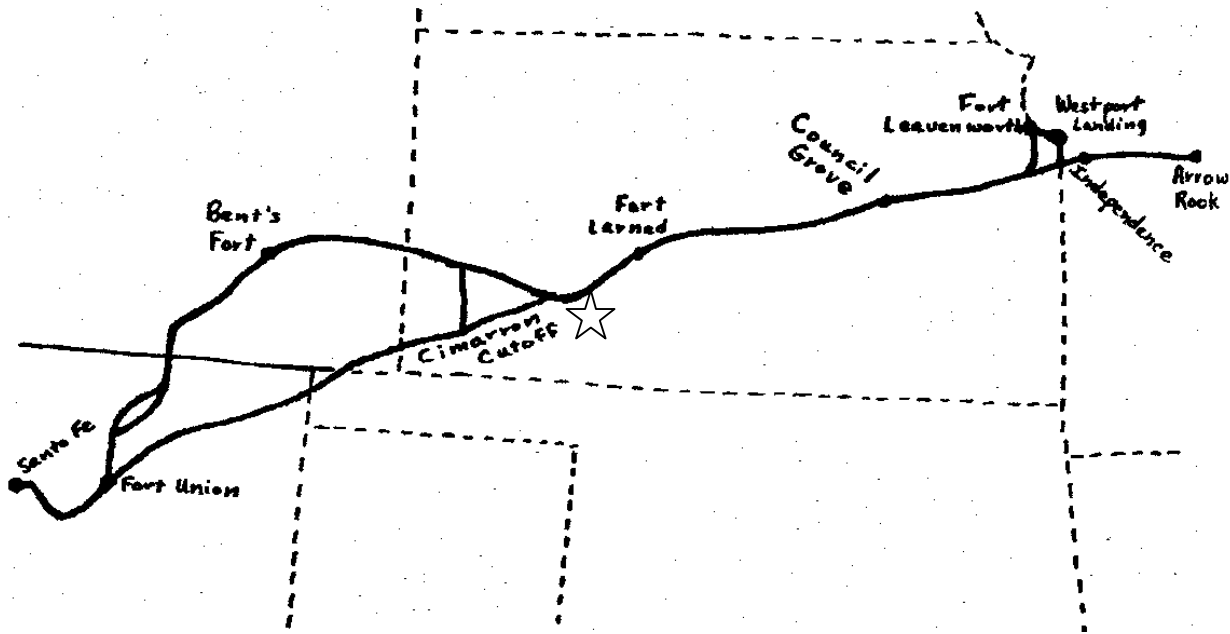
Looking for new animals could bring a break from the boredom of trail life on your 8 week journey. If you were lucky, you might see buffalo, elk, antelope, or prairie dogs. More likely you would spend time with mosquitos and flies during the hot journey. Problems like wildfires, storms, or swollen rivers might make life more interesting in the weeks to come.

You are bored. Yawn and then slap at some mosquitoes.

# Santa Fe Trail

#3

## The Santa Fe Trail



Source: Beverly Whitaker, *Genealogy Tutor*, 1995

Your group is where the star is located on the map. Your group has a decision to make because you have reached a fork in the trail. Which fork should you take?

You can follow the Mountain Route along the Arkansas River where there is a trading stop, Bent's Fort. You can stock up on supplies at Bent's Fort.

Or, you can follow the Cimarron River Route. It is the original route of the trail and shorter than the Mountain Route by a hundred miles, but much more dangerous because there is little water along the way.

Discuss the advantages and disadvantages of each route and come to a decision.





Imagine the hard work that it took everyday to travel. "At dawn, trail hands scrambled in noise and confusion to round up, sort, and hitch up the animals. The wagons headed out, the air ringing with whoops and cries of 'All's set!' and soon, 'Catch up! Catch up!' and 'Stretch out!'"  
-Santa Fe National Historic Trail

Stop here and run in place for 3 minutes. Be sure to shout encouragements to each other, as if you were on the trail.

# Santa Fe Trail

#5

"Stopping at mid-morning, crews unhitched and grazed the teams, hauled water, gathered wood or buffalo chips for fuel, and cooked and ate the day's main meal from a monotonous daily ration of 1 lb. flour, 1 lb. or so of sowbelly (bacon), 1 oz. of coffee, 2 oz. of sugar, and a pinch of salt. Beans, dried apples, or buffalo or other game were occasional treats." Source: Santa Fe National Historic Trail



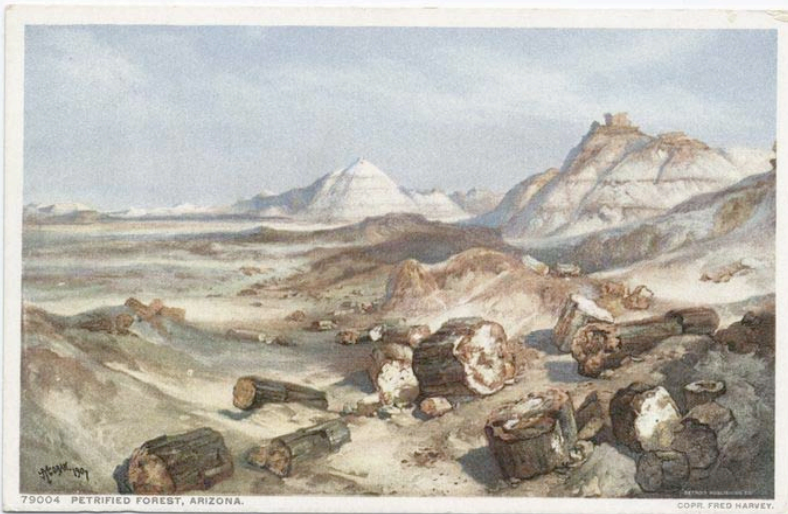
Some of the flour that your crew brought with you has molded. The flour was used to make biscuits to eat. You are not even half-way to your destination of Los Angeles, and there are miles of desert between you and your next major stop - Santa Fe.

# Santa Fe Trail

## #6

"Into the desert the wagon train went with only the canteens filled with water and a compass to guide it over the glittering sand...At the end of two days they ran out of water. The water holes disappeared. [Another] day passed and the heat increased and the last of the water was used. That night they camped with swollen tongues and bloodshot eyes. The oxen gasped for breath and threw their heads dangerously from the thirst that was burning in to them. When the morning came the wagons started rolling over the hard sands. An hour passed but no water holes appeared. Another hour and the grim, stark shadow of death hung over all. The men stumbled crazily. The oxen fell to their knees, only to be flayed by the thirst-crazed men until they rose to their feet and stumbled a few yards farther on. Mirages of lakes and streams and golden cities appeared before the men. Some went screaming after these elusive mirages...but they continued to plod through the merciless heat."

Source: William Becknell and the Santa Fe Trail, 1821



To deal with the lack of water, some pioneers killed an animal and drank the liquid inside. Others suffered from dehydration until they could find a water source. Despite the danger of not having water and the possibility of being attacked by Native American tribes whose lands were being traveled across, most pioneers took the Cimarron Route instead of the Mountain Route.

Moan and cry your way to the next card.

# Santa Fe Trail

#7

"On one occasion as many as five hundred Comanches, of men, women, and children [began to venture into camp]. Our folks met them before reaching camp and held a parley [discussion] - our old "plainsmen" [men who had made the journey many times] said there was nothing to fear...if they meant [to] fight they would have come in stealthily, without the women and children."

Source: Autobiography of Dr. Hezekiah John Crumpton, Calisphere



You will trade for some supplies with the Comanches, including dried chili peppers. You are curious about the Comanches. Since you can speak some Spanish, and the Comanches also speak Spanish along with their native tongue, you are able to ask some questions.

Figure out how to say "I'd like some chilis" in Spanish. Take the chilis with you.

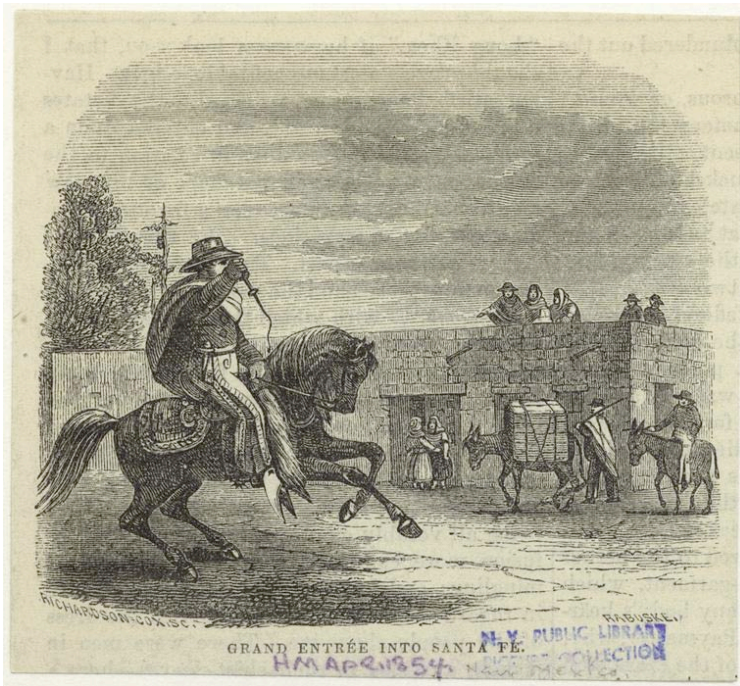


# Santa Fe Trail

#8

"We found one place between Santa Fe and Albuquerque where there were more than a thousand goats, but they would not sell any, it was a dairy, they made cheese, didn't want to sell milk; but a good old [woman] offered to give me all I wanted to drink on the premises...I remained at least an hour longer and drank all I could hold...

Source: Autobiography of Dr. Hezekiah John Crumpton, Calisphere



You have finally arrived in Santa Fe, one of the oldest cities on the continent. It was founded by Pueblo Indians in the 11<sup>th</sup> century, and then settled by Spanish colonists in the late 1500s.

In addition to the milk that you were able to drink, you will trade some of your manufactured goods that you brought in your wagon for valuable silver that was mined in Mexico and more food supplies such as corn.

From Santa Fe, the trail you will travel is called the Old Spanish Trail, an old trail first used by Native Americans, and later by Spanish settlers, and Mexican inhabitants. You are almost to your final destination, Los Angeles.

## Santa Fe Trail

#9

"Through the valley we were able to obtain from the Mexican settlers limited supplies of onions and beans. The Mexicans lives in constant dread of predatory raids from Comanches, Apaches, and other border Indians - who would come in like the wind and get out loaded with plunder before the Mexicans recovered from their panic..."

When we were suddenly confronted by "three Apache Indians... I jabbered at them about all the Spanish I knew - pointing to [my goods]...we had a lot of presents for them and other stuff to barter... So I suggested they had better go and bring in a lot of horses and mules so that trading might commence. To my great delight, [they took my suggestion and rode away]. They never returned."

Source: Autobiography of Dr. Hezekiah John Crumpton, Calisphere



Although Dr. Crumpton was able to escape a confrontation with the Apaches, many other settlers traveling through native Apache lands were not as fortunate. Many wagon trains were raided and people killed.

Breathe a sigh of relief.

## Santa Fe Trail

#10

We made one serious mistake. Before we crossed the Mojave Desert, we found a place where there was a source of pure, cold water and an area full of grasses growing 3-5 feet high. We turned our cattle and horses loose there and camped for almost a week. As a result, a number of our fine animals scoured (diarrhea) to death. There were some of us who should have known better, but after the horrors of the desert, we thought we had reached the land of plenty.

Source: Autobiography of Dr. Hezekiah John Crumpton, Calisphere

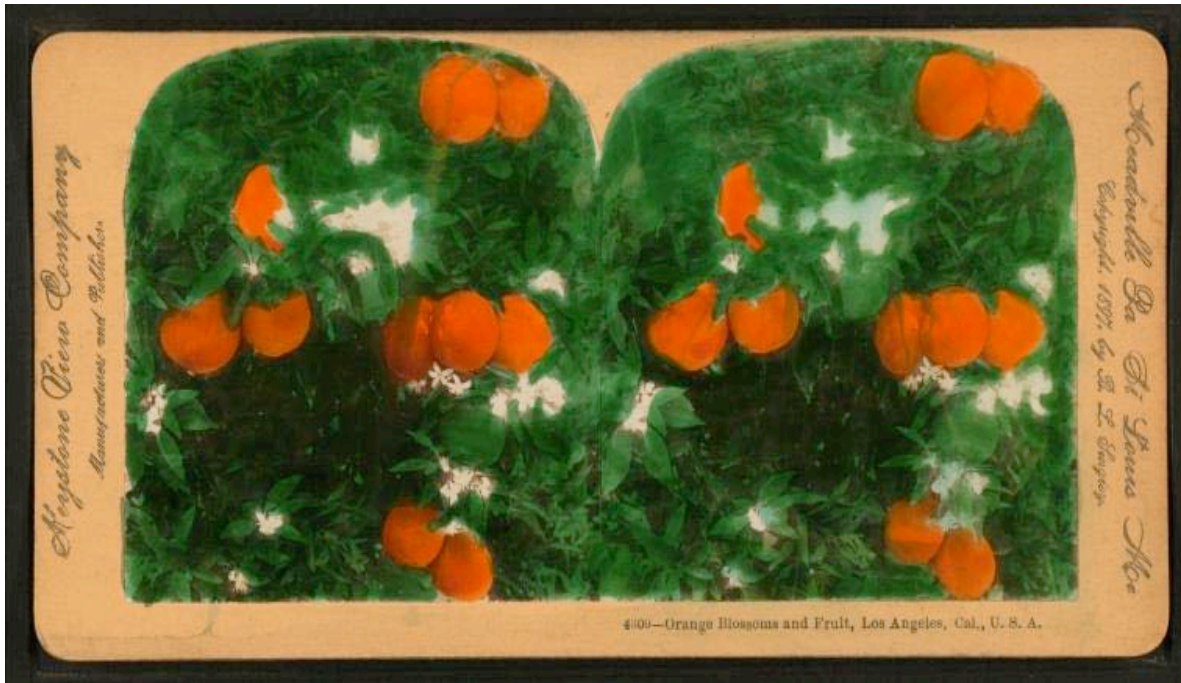


Sickness was not uncommon for the pioneers and the animals. If animals that pulled your wagon died, you had to lessen the load. You have to leave some of your belongings on the side of the trail.

Elect two people to leave a possession behind at this card. You may not move forward until you do.

## Santa Fe Trail

#11



Having traveled for almost 4 months, you are almost to your destination of Los Angeles. You continue to trade with the Native American villages along the way, buying more beans. You are excited to be able to get fresh herbs to add to your meals like cilantro, and mint (Yerba Buena). One of you will give up your watch in order to trade for the food supplies.

Leave the watch here and collect the cilantro and Yerba Buena.



## Santa Fe Trail

#12



After traveling for four months, you have now arrived at your destination – Los Angeles, a small ranch town in California that is racially mixed. Chumash Indians lived for hundreds of years in this area before your arrival. Spanish settlers moved to the area in 1781. A century later, around the time of your arrival, Los Angeles is beginning to change from a small “sleepy village” to a city (California History Collection, Library of Congress).

Now that you have arrived to your destination, you will need to find a place to settle and a job. Get fresh peppers and corn from your new home to add to your supply.