

The Ramshaven

# Herald



Anno Societatis LIV

Barony of Ramshaven

June 2019

## Our Majesties



**Q**ueen Hyrrokin and King Roak of Ealdormere are a bright and shining light during summers wars and events.  
*Photo by: Master Richard Larmar*

## Our Highnesses



**A**ll hail to Princess Kayla, who has won the Coronets by her own hand and will proudly serve with her Prince Trumbrand!

## Up and coming Events

### Git Yer Medieval On

*These are **not** official SCA events, simply gatherings that the folk of Northgeatham are sharing learning opportunities they wish to share with other interested folk.*

*For more information please consult the Northgeatham gathering pages.*

Sunday, June 23, 2019 Fleeces!

Throw down your gauntlets!

Camping weekend: July 19-21, 2019

There is a separate page for this gathering, contact Sibylla of Glyndmere or Penda of Glyndmere for more information.

973 Concession Rd 8, Tiverton ON  
Hosted by: Canton of Northgeatham

### War of the Trilliums

Thursday, June 27th to July 1st, 2019

3421 Concession Road 5, Orono, ON

Hosted by: Canton of Ard Chreag

### Pennsic War (out of Kingdom)

Friday July 26 to August 11, 2019

Cooper's Lake Campground, 205 Currie Rd, Slippery Rock, PA 16057 USA

Details: <http://www.pennsicwar.org/penn48/>

**Dagmar's Holmgang** *arrangements still in progress...stay tuned on the gathering pages!*

Saturday, August 24, 2019

south end community park pavilion, Guelph

Hosted By: Canton of Der Welfengau

### Baron's Howe

Friday August 30 - September 2, 2019

Old Ravenhill Farm, 364 Development Road, Bonfield, ON

Hosted by: The Shire of Shire of Ultheim

*for more information about events engage in the Ealdormere Kingdom Calendar.*

## Fruits Of Our Labours a Most Excellent Event



*Photo of Our Excellencies with their new champions courtesy of Cesare de Salvase*

**T**heir Excellencies Ramshaven managed the weather for this year's event, well that is until Sunday when things got windy...really windy! But that did not dampen spirits as many people came out to

participate in the many classes offered this year at Fruits of our Labours. Our Excellencies held court, thanking last years champions by presenting them with glorious silk banners. They then invited Their new Champions to come forward and accept their appointed positions (see page 5 for details). Dorothea Holm was presented with a Guidon de Sang. They then honoured Aelthebert of the Whitestone Isle with a letter honouring his unforgettable wit and punery. Our Excellencies were presented with a new sheep game from TH Lady Emer and THlord Dietrich. Fun! We were blessed with the presence of King Roak and Queen Hyrrokin who held a wonderful court honouring new comers and welcomed Aethelbert into the order of the Crucible (photo page 5). Wassail!

**A**ll photographs and articles, with the exception of those labelled otherwise, in this issue of the Ramshaven Herald, were taken and submitted by your Chronicler, Baroness Sibylla of Glyndmere. If there are questions or complaints please feel free to contact me at [ramshavenchronicler@gmail.com](mailto:ramshavenchronicler@gmail.com)

## Canton of Der Welfengau



In December of AS 16, Lord Tsvetan ~ having seen a vision of a great silvery griffon of ruby eyes and flaming tongue ~ gathered together with four other

gentles to form the Canton. The device of Der Welfengau was registered in AS 20.

Currently, A&S as well as meetings, rapier practice, and armoured combat are being held from 10-12 at Riverside Park by the fire station on Speedvale. Summer gatherings and practices are planned for June 16, July 7, July 21, August 18, and September 10. Please come join us!

For more information please consult [sca-guelph@yahoo.com](mailto:sca-guelph@yahoo.com) or see us on the gathering page (Facebook) Canton of Der Welfengau unofficial <https://www.facebook.com/groups/266085027122/>

Their Excellencies, Baron Penn and Baroness Lucia host:

### Craft and Gaming Day

*A monthly gathering held on the first Sunday of the month (usually) next gathering July 14, 2019*



## Canton of Bryniau Tywynnog



The name "Bryniau Tywynnog" (pr: BRIN'-ee-aw Te-WIN'-og) means "Sandy Hill" in Welsh. It is a name rooted in local history.

Fight practices

take place every Thursday evening from 7 - 10 pm at Scholar's Hall in Kitchener.

Everyone is encouraged to attend the business meeting and share their thoughts. Meetings take place on the 1st and 3rd Thursday of each month, from 7:10 pm until the business is taken care of, at Scholar's Hall in Kitchener. These happen at the same time as Fight Practice.

Armouring Nights offer a chance to get access to tools, materials, and help in regard to building of armour and other projects. Armouring Nights happen \*approximately\* every other Wednesday from 7:00 - 9:30 pm at the home of Edward, Rylyn, & Jobjorn in Waterloo near Columbia & Fischer-Hallman. Contact Edward for directions and to confirm the schedule and meeting agendas.

News and group plans are shared on the Barony of Ramshaven gathering pages (Facebook) For more information please contact Seneschal Eyrny at: [bryniau.tywynnog@gmail.com](mailto:bryniau.tywynnog@gmail.com)

### Middle Ages on the Green

*An annual event usually held in August, however, it is on hold this year.*



## Canton of Northgeatham



A little easier to say than most can comprehend but when written in this form, North-geat-ham, it becomes clear.

"The northern hamlet."

Gatherings are generally held every Sunday from 1pm to 5pm unless otherwise posted on the gathering notification page (Face book) which also includes plans for the day, ideas, and armouring intensions. Meetings include the arts and sciences, discussion of group activities, and socializing while taking in refreshments of tea and sometimes, cake. Did I mention cake? If you wish to be included on the Northgeatham notification page please send a request and you shall be added. Regularly anticipated events for the group include the annual Museum Demonstration held in April at the Bruce County Museum and Archives and Barons' Brouhaha, a bi-annual event, which is usually held in mid July unless the calendar leaves us too close to War of the Trillium and Pennsic War. In this case, Baron's Brouhaha is pushed to a time in August. For further information about Northgeatham please feel free to contact the Chatelaine, Wulfwynne of the Blackwoods at: [northgaedhamchatelaine@gmail.com](mailto:northgaedhamchatelaine@gmail.com)

### Git Yer Medieval On

June 23, 2019, Fleeces and gauntlets  
July 20-21, 2019 camping!



## The Value of a Coin



*My Mon Die - an eel fork and the initials D & H for Dorothea and Holm.  
photo by: Dorothea Holm*

By: Dorothea af Holm

**M**y very first Fruit of our Labours was in 2018. I'd come for the camping, and for as many workshops and classes as I could. Unfortunately, as the event grew close, I found a few classes cancelled for various reasons. Thus, I had some time to kill when I wandered by the picnic area. Orla O'shanahan was there with a squad of students showing them how to make a die with which to strike coins. Curious, I stopped and asked if I could watch what was going on. Instead, I was pulled into the class and helped make my first coin ever, for then King Edward and Queen Rylyn. I helped make the die by using punches and I struck aluminum blanks between dies to make coins.

This is not something I would normally have done. I don't have the equipment or space to play with metal. But there, at FOOL, with the class - I had the chance and the opportunity. And despite my wobbly punch work and the fiddly strength needed to strike the coin, I was intrigued enough to follow along. Plus, I had a coin that I had made. It gave me great glee to show it to people. I wanted more. At this past FOOL, Orla and her able assistant Dietrich von Sachsen even greater opportunity. I learned how to make my own punches, and which ones were common. I learned the difference between "the coin design I want" and "the coin design I can actually make". I learned how to smelt platinum into an ingot, roll out a sheet of it, and cut out blanks. I learned how

to make my own moneyer's die; my "Mon Die" that is the back face of a coin, putting my stamp where my money is and saying "yes, this coin is as advertised, I guarantee it". And once again I struck coins. I was exhausted in body and brain, and none of them turned out, but I went for it. I learned that metal work takes patience, and (at least for coins), a lot of filing and sanding, and then more filing and sanding. I learned it's persnickety, precise work that doesn't really allow much room for mistakes (I mean, you can make them, but it's a long hard road to fix them). I can fully appreciate all the ancient, wobby, weirdly designed coins now and just how much work it took to make them, above and beyond the value of the metal. I learned a lot. I still don't have the equipment or space to play with metal. But I am super excited for any opportunity that comes my way. I want to make more coins with my Die on the reverse side, my weird badly punched Die that is as much or more 'me' as any SCA device or badge. Thanks Orla, for dragging me in.



*TH Lord Dietrich watches over Dorothea while she uses a torch to melt the pewter that will be made into the coin blanks.*



### Æthelbert Steals the Really Big Shoe...



**B**aldormere's Kingdom Arts and Science display and Championship was held on Saturday, March 16, 2019 in the Barony of Rising Waters. It proved to be quite the spectacle as Ramshaven's attendance was in great numbers for this years show. Pictured on the left is Æthelbert of Whitestone Isle who impressed not only the judges of the day, a wonderful prize was presented to him in appreciation of his skills, but also captured the attention of Their Excellencies of Skreaking Althing with his tooling of heraldry into the 16th century shoe made for a "discerning Venetian Lady." As a most impressive display, he was also awarded the general entry award. Wassail Æthelbert!

### A Most Excellent Display



**H**er Excellency Ramshaven, Lucia, shared her knowledge of brewing and efficient use of grains that would otherwise go in the compost.



**D**orothea of Holm talking sugar with an assortment of goodies which she had made for the first time and decided to share what she learned at Kingdom A&S.



**A**na Yanka has spent the last eight years learning to paint as a medieval style artist with the last four months studying miniatures created in the Cangraite style of illumination.



**B**rigit Larkin talked in great detail out her 16th century, men's hose. She hand draped and drafted the pattern and then sewed by hand, the entire project. Henry wears them proudly.

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**B**aron Penda of Glindmere has been blacksmithing for several years and has recently taken an interest in pattern welded knives. Here he explains what he has learned.



**T**his is Wilma at her first Kingdom Arts and Science exhibit. It is she who is responsible for the uprising of the bread...

**Margaret Trainor-Cook**

Email: ramshavenseschal@gmail.com  
term: December 2018 - December 2020  
*If you need me, just contact me anytime.*

**Christiana du Mundegumry: Exchequer**

Email: ramshavenexchequer@gmail.com  
term: Oct 2016 - 2020  
*Have been in the counting house, counting out the money and dusting out the coffers. Happy to report that it is all there.*

**Yngvildr Ádisardóttir A&S Minister**

Email: ramshavenas@gmail.com  
term: September 2017 - 2019  
*Arts and Sciences are strong in our barony. I'm looking forward to seeing everybody's great work at Kingdom A&S in March and seeing people learning new things at Fruits of our Labours in May.*

**Sibylla of Glyndmere: Chronicler**

Email: tamara.pasley@gmail.com  
term: February 2018 - 2020  
*It is my pleasure to be serving Ramshaven. I would like to invite all to submit articles and photographs to me. I look forward to seeing the participation grow.*

**Wulfric of the Blackwoods: Armoured Combat Marshal**

Email: trweirmeir@gmail.com  
term: July 2016 - 2019  
*Armoured combat is alive and well. Enjoyed Family Day Fight Practice in Bryniau Tywynnog. Northgeatham has been braving the cold with some great bear pits up in the Great Hall.*

**Penda of Glindemere Lord Clerk-Register (Web minister)**

Email: webminister.ramshaven@gmail.com  
term: October 2017 - 2019  
*Please send any suggestions you may have and please remember to check the Ramshaven website and OP to ensure information is correct. Thank you*

**Name: Guoillauc filius Branch**

Email: ramshavenherald@gmail.com  
term: February 2018 - 2020  
*I'm extremely grateful to Their Excellencies Ramshaven for this chance to serve the Barony, and live out their "call to Adventure."*

## Ramshaven's Baronial Champions

**Rapier**

Dawn Galbraith

Photo: Cesare de  
Salvasie

**Armoured Combat**

Sibylla of Glyndmere

Photo: Dorothea of  
Holm

**Ranged**

Catriona  
inghean  
Ragnail

**Bardic Arts**Guoillauc filius  
Branch

Photo: Dorothea of  
Holm

**Arts and Science**

who will it be?



Word from Your Baron and Baroness,  
Penn and Lucia de Mornaza ...



Email: pennandlucia@gmail.com  
term: May 2017 to Present



Greetings unto the people of Ramshaven. Spring has finally sprung and camping season is upon us. Even as the weather attempted to blow us away at Fruits of Our Labours, we enjoyed the company and creativity of so many of you in the Commons and over meals. It is that spirit of generosity and good company that inspired our Word of the Year for this year: Hospitality. Our barony has quite a bit of skill with this one already, but it never hurts to take a moment and remember to welcome others with warmth in deed and words. With that in mind we always welcome all comers to any Presence we set up at events, you don't have to feel shy, we are there to make your events better. We are looking forward to the Summer campaigns, at home and far afield, and watching the Ramshaven Army in action at Murder Melee and Trillium Wars. If you wish to fight with the Ramshaven Army and want a nifty tabard to show your allegiance please let us know soon, they take a little while to make. As always, have fun and stay safe.

Yours in service Penn and Lucia, Baron  
and Baroness of Ramshaven

## Walking through the Anglo-Saxon calendar

Month artwork and article provided by:  
Asleif of Ramshaven



APR

April – Aprilis – Easter-monath

The largest celebration of the medieval Christian calendar happened in April- Easter, which was a celebration of the death and resurrection of Jesus. There is also a mention by Bede of an ancient goddess of the spring who was named Eostre (or Ostara, meaning East, or dawn) who was worshipped in this month. This is another instance of Bede being the only source for this information. However, there has been some more recent linguistic scholarship that supports goddesses with names like this all the way back to Proto-Indo-European dialects, and as the Oxford English Dictionary states- “it seems unlikely that Bede would have invented a fictitious pagan festival in order to account for a Christian one.”

Easter was a time of feasts and merry-making, which was made possible by increased access to food- rich milk and eggs and greens, with the occasional bit of veal and lamb. It was a lucky time to get married, or sign contracts, and workers were given two weeks off work surrounding the Easter festival. Easter was bigger than Christmas at that time, with processions, almsgiving (food and money for the poor), and dramatic church services. (If you want to read a thorough, if somewhat indignantly-Christian, article on Easter in the Anglo-Saxon period you can check out the link below from A Clerk of Oxford). This month started with the last of the ploughing and seed-sowing. It took 4 bushels of wheat or beans to plant an acre (which translates into 224 lbs or 101kg). Wheat and peas were ‘broadcast’, meaning a bag of grains or dry peas was slung over the shoulder, and then the sower would dip alternate hands in, take a handful, and then

try to spread it evenly over the soil using a broad sweeping (casting) motion of their hands. Beans were individually planted using a ‘dibbler’ - a stick with a pointed end. The sower would poke a hole in the ground, drop in a bean, and then close it over again with the toe of their shoe. Then either using horses, oxen or by hand, a harrow of some sort would be dragged across the field to mix in and cover over the seeds, and knock down the plough furrows. It would also uproot any small weed seedlings that may have been starting up by this point that hadn’t been totally turned over by the plough.

Calving continued during this month, and as the calves and lambs were either weaned or harvested more milk became available. This month is good for butter as the milk is high in fat, as well as soft cheeses that won’t keep for more than a few days. Later in the spring and early summer milk gets more casein and becomes better for hard cheese. Calves were killed before weaning to gain access to the rennet in their stomachs for making cheese in the coming months.

April showers bring May flowers as the old saying goes, and the temperature was about 12C during the day and remained above freezing overnight, and the days increased in length and warmth as the month went on.

<https://en.wikipedia.org/wiki/%C4%92ostre>

<http://wyrting.com/EarlyGardens/British/LaborsOfTheMonths/04April.htm>

<https://aclerkofoxford.blogspot.com/2018/03/some-anglo-saxon-easter-customs.html>

### Recipe:

Lese Fryes- sweet cheese tart

<http://www.medievalcuisine.com/site/medievalcuisine/Euriol/recipe-index/lese-fryes>

### Original Recipe:

Lese fryes: Take fressh chese, and pare it clene, and grinde hit in a morter small, and drawe yolkes and white of egges thorgh a streynour, and cast there-to, and grinde hem togidre; theñ cast thereto Sugur, butter and salt, and put al togider in a coffyn of faire paast, And lete bake ynowe, and then serue it forthe.

### My Translation:

Take soft cheese, and pare it clean, and grind it in a mortar small, and draw yolks and white of eggs through a strainer, and cast thereto, and grind them together Sugar, butter and salt, and put all together in a coffin of fair paste, And let bake enough, and then serve it forth.

### My Interpretation:

2 lbs. soft, fresh cheese      ¼ cup melted butter

4 eggs      1 tsp. salt

1 cup sugar      1 9" pie crust

Crush any lumps in the cheese, add 4 beaten eggs, mix until smooth. Add sugar, salt and butter, mix well. Pour into pie crust and bake at 325°F for 50-55 minutes.

### Notes (by me):

The author on the website chose Havarti cheese because of the comment in the original recipe about a rind. However, if this is a cheese made in the spring, such as a cottage cheese or queso blanco you don’t need to pare a rind, and it makes a nice, basic cheesecake.



MAI

May – Maius – Premilk-monaþ  
(Month of three milkings)



This month was full and busy with milking and weaning lambs and calves, and all the world had come into flower. By the end of the month anyone with bees was keeping an eye out for the first swarms to leave the hives. Weeding gardens and fields was the major activity otherwise. The modern farmers that I know who raise sheep shear them near the beginning of May so that the new lambs can get at the udders more easily, and the ewes can feel the cold the same way that the lambs do so they are less likely to leave lambs to get too cold at night.

## Walking through the Anglo-Saxon calendar . . . continued

The beginning of the month was also a time of a number of pagan festivals. In pre-Christian Rome it was the festival of the flower goddess, the Floralia, which included plays and music festivals, as well as the Maiouma, celebrating Dionysus and Aphrodite, with all the expected activities for those deities. This was the time when the first of last fall's wines were ready to drink. In Celtic lands it was Beltane ('lucky fire'), with fires and cleansing rituals, feasting, and a celebration of fertility and optimism. In Christianized Germanic lands on the Continent they celebrated the Feast of Saint Walpurgis by lighting bonfires to ward off evil witches and disease. (Amusingly, there are large, modern 'witches festivals' on Walpurgisnacht in Germany in places where they used to burn witches. It's a bit like a one-night, German, Burning Man).

I couldn't find any documentation for May Queens and Maypoles, or any progenitor of Morris Dancers, but they've obviously been a part of English culture for a very long time. However, I did find information on a yearly spring activity which has been documented to from before the Norman conquest- Rogantide (also known as 'beating the bounds' or 'a-ganging' -literally 'going around' in Old English). It was something that both the Romans and the Norse did as well. In a time before literacy and maps people had to know what was where, and what belonged to them. By the time of recorded history in the UK the only people who wrote were Christian, and most of the populace was some sort of Christian as well. So, every spring the local priest led the whole village on a tour of the fields and boundaries and asked God for a blessing on the harvests, followed by a community gathering and feast. It's something that is still done all over Europe to this day.

Daily temperatures rose to the mid-teens and a bit more as the month progressed, rarely going below 7C at night.

<http://wyrting.com/EarlyGardens/British/LaborsOfTheMonths/05May.htm>  
[https://en.wikipedia.org/wiki/May\\_Day](https://en.wikipedia.org/wiki/May_Day)  
<https://en.wikipedia.org/wiki/Beltane>  
[https://en.wikipedia.org/wiki/Walpurgis\\_Night](https://en.wikipedia.org/wiki/Walpurgis_Night)  
<https://theculturetrip.com/europe/>

*germany/articles/everything-you-need-to-know-about-walpurgis-night-in-harz-mountains/*  
[https://en.wikipedia.org/wiki/Beating\\_the\\_bounds](https://en.wikipedia.org/wiki/Beating_the_bounds)

**Recipe:** Dariolles- Custard tart

<http://www.medievalcuisine.com/site/medievalcuisine/Euriol/recipe-index/dariolles>

**Original recipe:**

Dariolles. Take wyne and fressh broth, Clowes, Maces, Mary, powder of Gynger, and Saffron. And lete al boyle togidre; And take Creme, (and if hit be cloutes, drawe hem thorgh a streynour,) And yolkes of egges, and medle hem togidre, and powre the licoure that be mary was soden in, thereto; And then make faire cofyns of fyne paast, and putte the mary there-in, and myced dates And streberies, if hit be in time of yere, and sette the Coffyns in re oven, And lete bake a litull while, And take hem oute, and putte the licour thereto, And lete hem bake ynoun.

**Translation:** (from [Take a Thousand Eggs or More](#))

Take wine and fresh broth Cloves, Maces, Marrow, powder of Ginger, and Saffron, And let all boil together; And take Cream, (and if it be clotted, draw them through a strainer,) And yolks of eggs, and mix them together, and pour the liquid that the marrow was seethed in, thereto; And then make fair coffins of fine paste, and put the marrow therein, and minced dates And strawberries, if it be in time of year, and set the coffins in the oven, And let bake a little while, and take them out, and put the liquid thereto, and let them bake enough.

**My Interpretation:**

½ cup wine	1 Tbsp. butter
½ cup broth	1½ cups cream
¼ tsp. ground cloves	4 egg yolks
¼ tsp. ground mace	1 cup minced dates
¼ tsp. powdered ginger	1 cup minced strawberries (optional)
8 threads of saffron	1 pastry shell

Combine wine, broth, and spices into a sauce pan. Bring to a boil and let cool. Make single serving size tart shells of the pastry recipe. Prick the shell, and evenly distribute the minced dates and strawberries amongst the shells and bake at 425°F for 10-15 minutes (until the shells start to turn brown). In separate bowl, beat together cream and egg yolks. Once the wine mixture has cooled to a warm temperature combine with the cream and egg mixture, the evenly distribute this mixture into the shells and bake at 425° F for 20-25 minutes (until a toothpick inserted comes out clean).

**Notes:**

The recipe doesn't specify if the cloves and the mace should be whole or ground. I get the impression from later on in the recipe that they should be whole since you are to "pour the liquid that the marrow was seethed in". However, I chose to use ground cloves and ground mace for I see it as a more frugal method, and should have little impact on the overall product. I substituted butter for marrow in this recipe. I prefer the taste of butter over marrow. Although the type of broth is not specified in the recipe, I chose to use a vegetable broth. I also chose to use white wine in this recipe so as to let the color of the saffron be more apparent.



IVRI

IVIE

June - Junius - Ærra-LiPa (Before Midsummer)/ July- Julius- Æfter-LiPa

**J**une and July were known together as LiPa (meaning 'mild' in Old English, and from whence we get the word 'lith'). If farmers needed to specify either month they used Ærra-LiPa (meaning 'before mild') and Æfter-LiPa (meaning, as you might guess, 'after'). Sometimes a third month was added in when they were using the lunar calendar, and it was called 'PriliPa' (three-litha, or third Litha), as a sort of leap- month to get the calendar re-aligned with the seasons. It seems like a sort of hazy, lazy season when

## Walking through the Anglo-Saxon calendar . . . continued

time didn't seem to matter as much until the time for harvesting started near the end of July.

During these two (or three) months hay from the common-land meadows was cut, dried, and carefully piled into haymows to keep dry for the cattle (also known as a hay stack). A hay mow was what they used before hay was stored in barns, although that's now also what the part of a barn is called where they store hay. Cattle can eat slightly moldy hay and not suffer any ill effects, but horses must have dry hay or they will get sick and die- Yet another reason why they used oxen as farm animals. You needed far less infrastructure to keep cows than horses. Livestock were let graze on fallow fields to keep down the weeds and grass and leave behind rich manure, then they were transferred to the previously-mown hay meadows while the fallow fields were ploughed again to turn under the weeds.

Weeding in the growing crops was done by way of two long sticks- one with a y-shaped end (called a 'crotch') that was put around the base of a weed, and the other with a small, sharp metal sickle on the end to shear off the weed at the base. This would prevent the weed from going to seed and spreading. By the end of July the winter wheat and rye started to come ripe and could start to be harvested. Until then they had probably run out of any grains or nuts stored from the previous fall, so the gardens and root crops were probably their only source of carbohydrates. But there was plenty of milk, eggs, meat, greens and soft summer fruit. This is when hard cheeses are starting to be made with the excess milk, as the nature of the cow's milk changes to having more casein (literally Latin for 'cheese stuff').

The temperatures stayed in the mid-twenties, rarely going below 19C or above 27C. From June until the end of August there is relatively little rain (for England), averaging about ten days per month.

<http://wyrting.com/EarlyGardens/British/LaborsOfTheMonths/06June.htm>  
<http://wyrting.com/EarlyGardens/British/LaborsOfTheMonths/07July.htm>

Recipe: Salat

<http://www.medievalcuisine.com/site/medievalcuisine/Euriol/recipe-index/salat>

### Original Recipe:

Salat

Take parsel, sawge, garlec, chybollus, oynons, lek, borage, myntes, porrettes, fenels and towne cressis rewe rosmarje, purslary, lauen and waische hem clene pyke hem pluk hem small wiþ byne hond and mynge hem wel wiþ rawe oyle. lay on vyneger and salt and surve hem forth.

### My Translation:

Salat

Take parsley, sage, garlic, chives, onions, leek, borage, mint, scallion, fennel and nasturtium, rue, rosemary, purslane, rinse and wash them clean pick them pluck them small with thine hand and mingle them well with raw oil lay on vinegar and salt and serve them forth.

### My Interpretation:

1 large lettuce head	1 Tbsp chives (or to taste)
1 handful mixed fresh herbs *(parsley, sage, and rosemary)	1 leek (including tender greens)
1 fennel (greens)	1 Tbsp fresh mint (or to taste)
1 handful edible flowers *if available	1 scallion
1 small onion or shallots	1 Tbsp. olive oil
1 Tbsp. vinegar	½ tsp. kosher salt

Rinse and pat dry spring mix and herbs. Pick tender greens from herbs (discard woody stems and pieces) and add to spring mix. Thinly slice greens of leek, fennel, scallion, onion, and scallion and add to spring mix. Gently toss greens with olive oil and salt. Just before serving, dress with vinegar.

### Notes on the Recipe:

This recipe specifies a number of potherbs and aromatics that were common in gardens in England during the 14<sup>th</sup> century, the ingredients I listed are easily available in most American grocery stores today.

Unlike modern salads where the dressing of olive oil and vinegar is mixed before placing on the greens, the greens in this recipe are tossed with the olive oil first. I have found that this technique allows the greens to stay crisper longer as the olive oil provides a barrier against the vinegar, which increases the amount of time significantly that it takes for the vinegar to wilt the greens.



# AUG

August- Augustus – Weod-monaþ  
(plant month)



This month was all about the plants. The harvest all came ripe within a few weeks- wheat, rye, barley, and oats, as well as beans and peas. The last cut of hay needed to be dried and stacked, and most potage gardens were bursting with food (and weeds- or, weeds). Milk production levelled off, and decreased as the fall continued on, but eggs were still plentiful. Beds were re-stuffed with fresh straw in preparation for the winter, and straw set aside for roof mending before the fall and winter rains.

The grain was harvested with sickles, a short-handled, long-bladed semi-circular knife with the cutting edge on the inside of the curve. The whole village, men, women, children and old folks would be out to ensure a full harvest and their mutual survival during the coming winter. The harvester would grab a large handful of stalks with one hand, and with the other use the sickle to cut it off at about ankle height. They would drop it on the ground, and the



## Walking through the Anglo-Saxon calendar . . . continued

people coming up behind them would grab a couple large handfuls of stalks and use another length of straw to wrap around and bind it into a tight bundle called a sheaf. One sheaf in ten would be set aside for the church as a 'tithe' (literally 'tenth'). Then the people coming behind them would gather a number of bundles together and stand them upright with the seed heads at the top in a configuration called a shook, stook, or shock (also where we get the phrase 'shock of hair' for hair that stands up, or something being 'shocking' meaning that it makes our hair stand up on end). The grain would be left that way to dry for a few days and then gathered into grain houses (barns raised up on mushroom-shaped plinths to try and keep the mice and rats out). It was vitally important that the grain was dry before storage or it could become moldy and toxic, whereas beans and peas could dry on the stalk. As the Anglo-Saxon period went on there were some innovations in farming practice, including the introduction of

large, shared storage facilities, and the introduction of the use of large, centralized grain drying ovens (which could also be used for malting as well). It coincided with the centralization of governing, the rise in population, and the erosion of the old, tribal-democratic structure.

Temperatures in August are about the same as July, but cooling off a little by the end of the month.

[https://www.academia.edu/9120465/Landscapes\\_of\\_Production\\_in\\_Mid\\_Saxon\\_England\\_the\\_monumental\\_grain\\_ovens](https://www.academia.edu/9120465/Landscapes_of_Production_in_Mid_Saxon_England_the_monumental_grain_ovens)  
<http://wyrting.com/EarlyGardens/British/LaborsOfTheMonths/08August.htm>

Porridge, or Frumente, or Pottage  
 Porridge is usually made with oats, but you can make it with any grain, really. The basic diet of the peasant was usually hulled, crushed grains, or peas, or beans

cooked up in a pot beside the fire in water or a nice, rich broth (vegetable or meat as appropriate/available). It could be seasoned to taste with whatever was handy and tasted nice (salt and/or vegetables and/or herbs and/or honey, although I would suggest honey with just grains rather than with most meats, vegetables, peas or beans). When the peas/beans/grain was soft and the water boiled down a bit they could add milk to thicken it and cook it further. It tastes great with a bit of bacon thrown in during cooking. You can also stir in beaten egg yolks right at the end for colour, richness, and extra protein. In the modern vegetarian diet beans and grains work very well together, combining amino acids into proper proteins, so with the additions of milk, eggs, fruits and vegetables of some sort most people could get by quite well even without regular access to meat.

<http://www.godecookery.com/mtrans/mtrans15.htm>

## A Few Clippings From Fruits Of Our Labours

