

The Ramshaven Herald



Anno Societatis LV

Barony of Ramshaven

Fall 2021

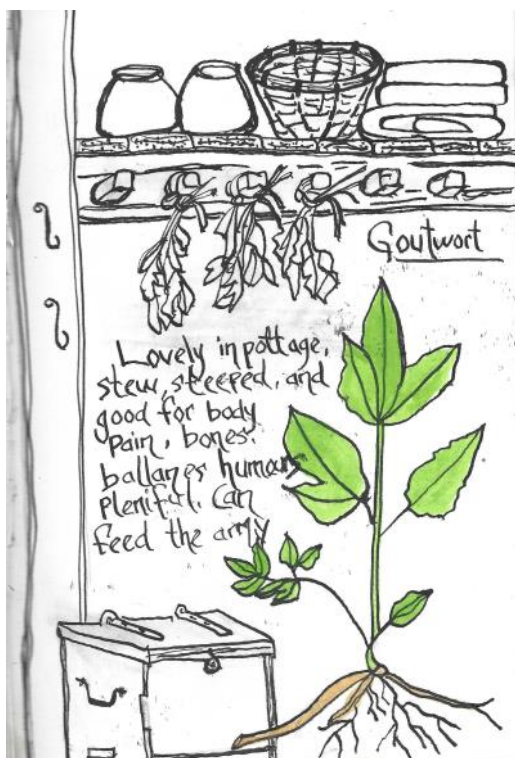
Creating a Persona— Journal Entry

~By Sibylla of Glyndmere

Eostremonath (April) 25, 621 AD

Ægopodium Podagraria

I love the fragrances of freshly picked herbs and greens especially after the winter's cold has left the ground. The scent of goutwort is particularly aromatic (like parsley) even once dried. Just crush it in your hands and let it drop into the soup leaving your hands, soup, and air filled with the promise of a good life. One should never go hungry or suffer with the gout, inflamed body, or stiff joints with such a vigorous plant growing near by. Not to put in the gardens, no. It will take them over letting nothing else grow. It's far better in the hedgerows with the hawthorns.



~Drawing by Sibylla of Glyndmere

So more of the delicious goutwort was harvested, the second picking thus far. I will pick more to hang from the rafter hooks to dry and put into storage. The other day we had just enough beef flesh and stored roots of carrot and other varieties to use up. It made a small amount of stew. The digging of fresh and hardy spring roots is another fragrant pleasure. Last eve we enjoyed a potage of goutweed, wild onion (chives), garlic mustard, and a small variety of farro (it was actually pasta shells but farro is on the list) We have enough to feed us this day and the next. Ordinarily we would cook up a large pot to share in the Hall, however, it's been some time now as a "cwealm" (torment, plague, petulance...) of sorts has swept across the lands. Kith and Kin alike are keeping more to their homesteads. So, least to say, we are not short of food often, just the company of others in which to share the bounty. However, we keep on with our lives looking forward to the bounty of the land. Such a welcome pleasure to eat fresh from the gardens, the forest, and the hedgerows. Over the years we have managed to seek out the best places to forage. Some plants we plucked from various abandoned sites and forests to let them grow closer to hall and home. Continued, p.2...

Upcoming Events

Hare Today, Gone Tomorrow

Saturday, November 13
Carleton Place Canoe Club, 179 John St,
Carleton Place, ON K7C 3P3

Ealdormere Eats— Deep Frying

Tuesday, November 16
Join Zoom Meeting <https://us02web.zoom.us/j/87425123586?pwd=SFkKyt6VUk4SWlrQnI2V2QxREg1UT09>
Meeting ID: 874 2512 3586
Passcode: 667088

Emer's Vigil and Bardic Circle

Saturday November 20, 7pm to 12am
Join Zoom Meeting <https://us02web.zoom.us/j/87314014607?pwd=cDV0QnFVMTI0WHU0d2Y3eCtnSWEJUT09>
Meeting ID: 873 1401 4607
Passcode: 062547

Queen's Prize Tourney

Saturday, November 27
Victoria Park Armoury, 210 Kent St W,
Lindsay, ON K9V 2Y8

Plus other events as may be found on the online calendar—
<https://www.ealdormere.ca/event-calendar.html>

Although the SCA complies with all applicable laws to ensure the health and safety of our event participants, we cannot eliminate the risk of exposure to infectious diseases during in-person events. By participating in the in-person events of the SCA, you acknowledge and accept the potential risks. You agree to take any additional steps to protect your own health and safety and those under your control as you believe to be necessary.

Recipe for the Season— A Porridge of Barley and Trout



~by Dorothea af Holm

(References: *An Early Meal* by Daniel Serra and Hanna Tunberg; *A Little Food History from Icelandic Food and Cookery* by Nanna Rögnvaldardóttir)

This recipe is wholly and completely my own. There is no historical recipe, only speculation. In *An Early Meal* there is a reconstructed recipe for “Herring and Oats”, based on archeological evidence, mentions in the sagas, and similar dishes for which receipts have been found at a later date. It is a rich, savoury porridge of oats with leeks, kale, butter, and smoked herring. This could very well have been eaten all over medieval and Viking-era Scandinavia, but when it comes to Iceland, a few changes need to be made. The result was another rich, savoury porridge, with nutty, chewy barley, definite onion flavour, and smokey, salty fish.

Grain was hard to grow in medieval Iceland, and the only real evidence of grain grown was barley, in the early Settlement period, before the 13th century. While other grains, like rye and wheat and oats were imported, barley was the local grain. And while bread was available, for the most part early Icelanders used their grain for porridge (and beer), as it was more economical. The grain stretched farther and could feed more people. Therefore, for this version of the dish, I decided to use barley instead of oats.

Kál was a word for vegetable. Whether that meant actual kale, as we know it today,

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or any leafy green, isn't really known. It was often used to refer to different types of cabbage. Popular greens used in Iceland included scurvy grass (*skarfakál*), and Icelanders also used dulce, a type of seaweed, not really used elsewhere in Scandinavia. There may have been other vegetables grown as well in monastic gardens. For this recipe, I decided to use chard. There is no specific evidence for chard, but it is what I had available and that is fully in the spirit of the recipe. Whatever leafy green could be harvested.

The recipe as presented in *An Early Meal* uses leeks. In Iceland, there are mentions of “onion gardens”, connected to monasteries, Continued on p.3..

Persona Continued...

Years ago, when we first set up our house at Northgeatham (Old Glossop), we spied a large patch of goutwort nearby the old Roman Fort of Ardotalia (Melandra). It was our favourite rest spot coming from Mameceaster (Manchester). Our chosen path goes for the better part of half a day (roughly five hours) each way weather and load permitting. Usually we carted a heavy load of goods both ways. Our wares of honey, mead, herbs, iron works, carpentry, and embroidered cloth would travel with us to sell or trade at market. We would then shop for salt, spices, flour, olive oil, and oddities that couldn't be found or made around home. We have since grown as a community and, with the variety of new folk moving into the area, were able to set up a market and trades center not far from our homestead of Glyndmere.

Notes **Aegopodium podagraria* (commonly called **ground elder**, **herb gerard**, **bishop's weed**, **goutweed**, **gout wort**, and **snow-in-the-mountain**, and sometimes called **English masterwort** and **wild masterwort**) is a perennial plant in the carrot family (*Apiaceae*) that grows in shady places. The name “ground elder” comes from the superficial similarity of its leaves and flowers to those of *elder* (*Sambucus*), which is unrelated. It is the *type species* of the genus *Aegopodium*. This species is native to Eurasia, and has been introduced around the world as an ornamental plant, where it occasionally poses an ecological threat as an *invasive exotic* plant.

<https://www.botanical.com/botanical/mgmh/g/goutwe32.html>

The tender *leaves* have been used in antiquity and throughout the *Middle Ages* as a spring *leaf vegetable*, much as *spinach* was used. It is commonly used for soup. Young leaves are preferred as a pot herb. It is best picked from when it appears (as early as February in the UK) to just before it flowers (May to June). If it is picked after this point, it takes on a pungent taste and has a laxative effect. However, it can be stopped from flowering by pinching out the flowers, ensuring the plant remains edible if used more sparingly as a pot herb.

The Icelandic Walking Dead— Eyrbyggja Saga



Iceland is known for its sagas—stories about the history of the island. Most of the sagas deal with historical events relating to families in the 9th–11th centuries CE. They were written down for the most part in the 13th and 14th centuries, even so they are still a valuable resource for information on medieval Scandinavian civilization, including pre-Christian religion and culture.

The Eyrbyggja saga (the Saga of the People of Eyri) describes a long-standing feud (starting 150 years previously) between two Goðis—Snorri and Arnkel as they battle for control of Snæfellsnes Peninsula. Goðis had a religious significance as leaders in charge of religious buildings and communal feasts, but as time went on it became a ceremonial and secular political title. The main central character is Snorri Þorgilsson, and he features in a few other sagas as well. In this saga there features quite a bit of ‘old lore’, rituals, pagan practices, and superstitions, including ghosts and revenants. It also has a steamy love affair, bitter disputes over fine linens, a spectral seal, and lots of fighting.

Buckle up. It's a long, hairy story...

More Information and to Listen:

The spooky bits as told by some knowledgeable SCA folks—

<https://www.youtube.com/watch?v=KT97Gk8e9Fg>

An entertaining, if somewhat long-winded exposition by academics who love the subject—

<https://sagathingpodcast.wordpress.com/2013/09/24/episode-3-eyrbyggja-saga/>

<https://grapevine.is/icelandic-culture/2021/11/10/saga-stories-9-berserks-and-zombies-in-eyrbyggja-saga/>

A Porridge of Barley and Trout

(2 people)

¼ cup plus 1 tbsp butter

¼ cup red onion, diced

2 cups chard or other leafy green

1–2 cloves garlic, minced.

½ cup barley

1 cup water

2–3 tbsp chopped chives

¼ lb piece of smoked trout or other dried, smoked fish (the oilier the better), chopped

(or other greens) and cook down the greens till about half, or until softened. If using kale you may want to pre-boil it as kale takes a long time to cook. Add the garlic and the barley and stir in. Add the water; bring to a boil. Turn the heat to medium low and simmer for 20 minutes or until the barley has absorbed the water and is soft. You may want to adjust the amount of water if it is absorbed before the barley is done cooking.

Serve in your best pottery or wood bowl, topped with a knob of butter, the smoked fish, and the chives.

*note: all amounts are approximate

Barley and Trout, contd...

growing chives and possibly red onions and garlic as well.

There was a type of wild onion that was available as well, though rare.

Therefore, I have decided to use a bit of garlic, some chives, and some red onion instead of leeks.

Early Icelandic settlers were herdspeople who raised sheep, cattle, pigs, horses, and goats, as well as chickens, geese, and maybe ducks. Meat and the fat in the meat was very important for life in a cold climate. As time went on, however, fish became a more and more important part of the diet. Whale, seal, salmon, arctic char, and trout became important parts of the diet, and salmon, char and trout were dried in the cold and wind, then eaten with butter or oil. To this end, I have a piece of smoked trout that I will be using instead of herring.

Finally, the recipe as originally conceived used butter as the cooking fat. Butter was very important to early Icelandic settlers, so I am making no change there.

The meal of herring and oats has thus been transformed into a porridge of barley, trout, chard, onions, chives, garlic and butter. A Scandinavian meal adapted to Iceland, in the 10th or 11th centuries. Because this is not an attempt to recreate an authentic medieval recipe, but playing around with period-appropriate ingredients to make a plausibly period dish, I encourage you to make your own changes. I would love to try this in a pot over a fire, with different fish, maybe even smoked pork instead, and different greens (I wonder what dulce would be like in something like this—very salty, I assume!), wild onion and garlic or other wild herbs, and different grains.

See recipe to left~

Take the butter and melt in a pot. Saute the onion in the butter, and add the chard

Canton of Der Welfengau



In December of AS 16, Lord Tsvetan ~ having seen a vision of a great silvery griffin 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 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)



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

Middle Ages on the Green

An annual event usually held on the third weekend of August,



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

Baron's Brouhaha

Usually an annual event held in July or August depending on the calendar



**Margaret Trainor-Cook: Chatelaine**

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.

**Sibylla of Glyndmere: A&S Minister**

Email: ramshavenas@gmail.com
term: October 2019 - 2021
Arts and Sciences are strong in our barony. Please remember to share your photos and your enthusiasm on the gathering pages- <https://www.facebook.com/groups/1518968168395297/>

**Asleif of Ramshaven: Chronicler**

Email: ramshavenchronicler@gmail.com
term: February 2020 - 2022
I look forward to sharing knowledge and remembrance of times in the near and further past, and celebrating our present.

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

Email: trweirmeir@gmail.com
term: July 2016 - 2020
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

**Guoillauc filius Branch: Herald**

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 Salvase



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,



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



Greetings unto the populace of Ramshaven,

As the grip of the plague starts to loosen upon the land we can finally start to return from quarantine and meet in person again! It has been a long time, but we now have events, although carefully and with limits! We have been privileged to be able to attend and see some of you in person, and we have been so, so gladdened. We hope that our Word of the Year, Reconnection, can keep coming true as we slowly unfold from our long hibernation. At this time we are looking forward to Wassail where we hope that as many as wish can attend and can finally catch up on the business of the last year and a half, and recognize those who kept us together in spirit if not in person. If you can attend please to make sure to greet us, and if you cannot please send us a message. Now more than ever, remember to have fun and stay safe.

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



Colouring Page– Trace and colour a scroll

