



The Murmurs

To our beloved populace,

Thank you for continuing to foster togetherness during this trying time by bringing joy to the barony through teaching and socials.

While events and activities are still closed in An Tir, we are committed to continuing the fun available to us through online events, socials, and classes. A special thanks to Maighster Conal, HL Elisabeth, HL Samira, Lady Aster, Lord Jon, HL Katarzyna, HL Halawa, Lady Eibhlin, HL Adrianna, and Lord Biorn for all going above and beyond during this time by helping keep the barony running, virtual events and activities happening, and the joy flowing.

We will be hosting our first virtual court on Saturday, May 29, 2021 and we hope you will join us. We're also still looking for award recommendations which can be submitted through the recommendation form on the update website.

Let's keep up our hope! There is a light at the end of this very long tunnel.

Zahra & Gerileikr, Coronets of Aquaterra and Bearwood

Medieval Matzah

This recipe is adapted from a 1505 court record and originally attributed to Beatriz de Díaz Laínez of Almazán

2 cups flour, sifted
1/2 teaspoon black pepper
Pinch of cloves
4 tablespoons honey
8 tablespoons white wine
4 egg yolks, beaten
4 tablespoons water

-Preheat oven to 400 degrees.

-Mix the flour, pepper, and cloves together in a small bowl.

-Combine the honey, white wine, and egg yolks. Add the mixture gradually to the flour and mix to form a very dry dough. Add the water slowly. You may not need all the water or you may need a bit more. Don't overmix.

-Form the dough into walnut-size balls. Roll them flat and thin on a floured surface. Prick them several times with a fork.

-Bake them on a nonstick cookie sheet for 10 minutes. You may have to use two cookie sheets.

-Remove them immediately from the cookie sheet and cool on a rack.

News from Scribal

A new set of our bookmarks, renowned across the Known World, are now available to all in These Pandemic Times via Google Drive:

https://dev.azure.com/itsals/E_Sell_FlightChanges/_workitems/recentlyupdated/

Spring Kitchen Gardens

By Duchess Eleanor de Bolton for Collegium 2020

Highlights of some Very Medieval Vegetable choices that are easier to grow in your spring garden.

Peas

- History snapshot: Most of the peas we know currently were bred after 1650's - once Louis the 14th popularized eating fresh peas, especially out of season. The Sugar and Snap peas were bred primarily beginning in the mid-1900's. Green Peas were eaten pre-1600's as immature soup peas. Generally, modern peas bloom white and pre-1600's varieties bloom purple.
- Seed selection: For more medieval peas, look for Soup Peas or Dried Shelling Peas. Examples include Calvert, Capucijiners, Carlin, Purple-podded Blauwshokkers. Of these the capucijiners tend to have a longer harvest window as green peas. The others tend to be edible pods and all for only a couple of weeks. Soup peas (even green) are less sweet and have more starch which can change how recipes cook and taste.
- Growing Tips: Older Pea types grow very tall - up to 8 feet. Make sure to have a nice tall trellis. Avoid 'field peas' sold for winter cover crops. They are bitter and not pleasant to eat. If you grow to maturity, harvest when pods start to fry, but before they pop open. Can be planted when soil is first able to be worked in the spring. I prefer to sow my modern peas at this time (February), and then wait an additional month (March) to plant my soup peas as the seeds can be difficult to find. Can be grown on less fertile soils.
- Does it matter? Soup peas (even green) are less sweet and have more starch which can change how recipes cook and taste. Using dried soup peas makes a big difference when making pea pottages. If you can not find soup peas, try red garbanzo bean as a substitute.

Rocket/Arugula

- History snapshot: Wild and cultivated forms were harvested throughout history.
- Seed selection: There are 2 different plants that are called Rocket or Arugula: *Eruca sativa* and *Diplotaxis tenuifolia*. They taste and grow similarly. Modern forms tend to have smoother edged leaves and more mild taste, and are *E. sativa*. *D. tenuifolia* is usually sold as Wild Rocket or Wall Rocket
- Growing Tips: Can be direct sown at cool soil temperatures. Can also be transplanted.

Harvest regularly. Long days will make them bolt. Let the flowers remain for the bees, then cut back once seed pod forms so they don't self-seed.

- Does it matter? Fresh arugula from the garden has more complex flavors than what is usually sold in stores, but otherwise equivalent.

Bleats (beets, chard, spinach, orach and other greens)

- History snapshot: The Bleats are a generic term used for many of the goosefoot family plants. Beets were originally grown with a focus on leaves rather than roots. Rooting types can be grown for leaves. Leafing types typically do not develop big round roots. Chard originated from beets. Spinach before 1550's had triangular leaves and prickled seeds. Orach has not changed much over history. The red varieties are easier to find as they are grown to add accents to salads. Both green and red varieties were grown pre 1600's. There are other bleats such as Good King Henry.

- Seed selection: Beets & Chard: All beets can be grown for harvestable leaves. Leaf specific types include Lutz Green. Perpetual Spinach (aka perpetual chard) has more historic leaf shape and rib. It can produce for several years if you snap off the flower stalks. Spinach: look for triangular leaf shapes such as Viroflay and Gigante de Inverno, or more spiky seeds like Amsterdam Prickly Seed. Also look to Asian spinaches as they often retained their triangular leaf shape. More historic seeds can be unpredictable in germination. Orach: There are not that many varieties. The red types are a bit milder and can be easier to germinate. Others: These typically have not been domesticated for annual production, so do not have named varieties. They can be difficult to start from seeds. Look for plants instead of buying from seeds.

- Growing Tips: Beets seeds are usually capsules containing several seeds. Be sure to thin seedlings, giving space for beetroot to grow larger. If you start beets in the spring, try leaving a few in the ground for winter greens. Spinach is daylength sensitive, especially the older types which may cause them to flower and stop producing leaves prematurely. Orach takes well to being pruned/pinched to promote bushiness. Leaf taste does not alter significantly when it starts to flower. Others: There is usually a reason these have not been bred into named varieties, namely strong taste. Usually one plant is enough, so making buying a plant the same cost as a seed packet.

Coleworts: Kale and Collards

- History snapshot: Kales, Collards, and Cabbages were important staples to most European medieval diets. Many forms of each were known and grown.

- Seed selection: One of the oldest known varietal is Groninger Blue Collard-Kale, purported to be traceable to the 1200's Holland. Other older types are the Russian Hunger Gap and the Tuscan/Dinosaur Kales.
- Growing Tips: Start inside to avoid slug damage. Then plant in the garden once they have developed a few true leaves. Kales and Collards are cold hardy and can survive spring frosts. Many can be planted in spring, then harvest outer leaves through the winter until they flower the following spring. Likes high fertility soils.

Radish

- History snapshot: Grown by Egyptians and Romans, then spread throughout Europe.
- Seed selection: Spring radishes – White Icicle looks like those commonly seen of the 1500's. Other types were known. Black radishes are winter radishes, also seen in pre-1500's illuminations.
- Growing Tips: Can be direct sown at cool soil temperatures. Avoid transplanting. Thin to provide space for root growth. Thinnings can be eaten. Seedpods can also be eaten when small and tender. Roots will fork if planted in very fertile soils.

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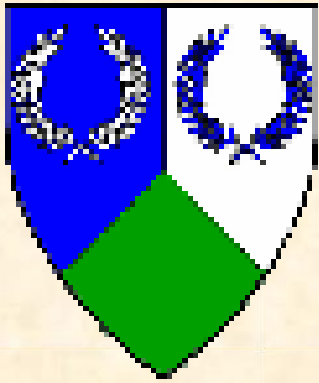
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