



The Skein
Paul Goldschmidt
5625 Highland Way
Middleton WI 53562



the skein

wherein ARE WOUND
THE JARARVELLIR JARNS



MARCH 2008 A.S. XLII



BARONESS:

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 Goldfinch Dr, Madison WI 53714, 628-7782, 226-0846,
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BARONIAL OFFICERS



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 corvusjoyous@gmail.com



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Pursuivant: Reinholdt von Trollenhagen (*Mark Doyle*) 338-5895,
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Rapier Marshal: Cosimo de Cellini (*Joe Ordaz*) 274-0997,
 jordaz@netzero.com



Seneschal: Ivan Matfeevich Rezansky (*John Beebe*) 298-0918,
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Web Minister: James (*James Krot*) 989-493-1953,
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Baronial Mailing Address: PO Box 1002, Madison WI 53701-1002

Baronial Web Page: <http://www.jararvellir.org>

Baronial Email list: jararvellir@minstrel.com

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CANTON OF COILLE STOIRMEIL

(Monroe & Juneau County, WI)

<http://www.coillestoirmeil.org>

Seneschal: Kori Redjohan (Corriene Cameron)
 400 High St Apt G, Norwalk WI 54648
 cte71259@centurytel.net, (608) 823-7863

Monthly Meeting: First or second Sunday of the month at the Nest in Tomah

BARONIAL MEETINGS, GUILDS, AND CONTACTS

Please call the contact person to verify when & where an activity is held!

Archery Practice Sun 12-2PM, Wed. 6:30-9PM. UW Stock Pavilion

Contact: Lady Jois (Deena) 226-0846

Armoured Combat Wed. 7-10PM, Sunday 2-4PM. UW Stock Pavilion

Contact: Roisin igen Ailill (Rebecca Heidelberger) 244-4621, roisin106@aol.com

Armormaking Tuesdays 7PM. 3314 Ridgeway Avenue

Contact: Master Giles (Ed Gilbert) 244-2845, horsebows@mail.madtown.net

Bardic Night: Fourth Sunday, 6–8PM, Escape Java Joint, 916 Williamson St

Contact Ingrid the Crafty (Ingrid Stark) 249-8795, ingridthecrafty@yahoo.com; or

Reinholdt von Trollenhagen (Mark Doyle) 338-5895, mark.doyle@qbeamericas.com

Brewing & Vintning Third Monday. Various locations (call for info)

Contact: Robert the Stout (Robert Trefz) 441-6150, rtrefz@tds.net

Calligraphy & Illumination Tuesdays 7PM. Call for location

Contact: Lady Eile (Alicia Cronk) 250-4595, leleth.faery@yahoo.com

Clothier's Guild Alternate Mondays, 7PM. Contact for location and dates.

Contact: Iohanna (A. Rebekah Turner) 957-9072, arebekah@gmail.com

Cordial Guild First Tuesday 7:30PM Contact for location

Contact: Lady Cianna Kharleen (Carrie Wilkey) 846-8008, cianna@teadame.com

Equestrian (not currently active but information available)

Contact: Alissende de Montfaucon (Tammy Thompson) 212-5433,

alissende@centurytel.net

European Dance Sundays 3PM. UW Campus—check TITU for room.

Contact: Lady Thea

Fletching Fridays 6:30PM (call ahead) 5418 Imagine

Contact: Lord Toussaint de Caluwe (Tyson Patterson) 838-4092

Fool's Guild Alternate Wednesday 6:30PMish, UW Stock Pavilion.

Contact: Lady Aliénor Hathaway (Mariessa Dobrick) 658-8941, reesa83@aol.com

General Business Meeting Usually 1st Sunday, 7PM, Edgewood College,

Predolin Hall — call to verify meeting date and location.

Contact: Ivan Matfeevich Rezansky (John Beebe) 298-0918, rezansky@sbcglobal.net

Instrumental Music Mondays 7PM-Beginners, 8PM-Advanced.

UW Campus—Check TITU

Contact: Lord Nikolaus der Ausländer (Clint Hotaling) 846-0859,

n_auslander@hotmail.com

Middle Eastern Dance and Drumming Wednesday 8:15pm, UW Stock Pavilion.

Contact: Lady Kenya (Heather Cushing) 298-0103, evilkenya@tds.net

Needlearts Tuesdays 7:30. Call for location

Contact: Ivan (John Beebe) 298-0918

Pottery Guild First or second Monday (alternating with Clothier's), Fired Up Pottery.

Contact: Annora (Wendy Nelson) 438-6530, wendybyrd42@yahoo.com

Rapier Practice Wednesday 6:30-9PM, UW Stock Pavilion

Contact: Cosimo de Cellini (Joe Ordaz) 274-0997, jordaz@netzero.com

Social Practice Wednesday 9PMish. Call to verify location

Contact: HE Eithni (Jean Hetzel) 628-7782

Thrown Weapons Sundays Noon, Second Wednesdays 7PM, UW Stock Pavilion.

Contact: Vacant

Vocal Music Thursdays 7 PM UW Campus—Check TITU

Contact: Lady Aliénor Hathaway (Mariessa Dobrick) 658-8941, reesa83@aol.com

EPISTLE FROM THE BARONESS

Unto the populace of Jararvellir does Baroness Eithni ingen Talorgain send greetings!

The last few weeks have been quiet in Jara, and not in some little part because of the wrath of Mother Nature! With piles of snow coinciding with fighter's practices and other guild meetings, there have been several cancellations and more times that populations were slim due to the weather. While we may wish the weather to cooperate better, I am glad that people have chosen to be safe as necessary. Let us all hope that March brings us better weather!

Early March will see some of our local folk headed off to the Gulf Wars – may they fight well and may our cold and wet weather not decide to follow them. (Well, unless we can have 60's and sunny here, at least.) Late in the month, however, there will be more local activities as our Canton of Coille Stoirmeil hosts a combined That Moot Thingy/Rumble in the Forest. I would encourage you all to attend this event – it has historically been a lot of fun, a quiet event with ample opportunity to catch up with friends and enjoy some quiet time together in these cold months. See <http://tinyurl.com/3bfgj7> for more information.

The first Saturday in March will bring a great opportunity to our backyard. Caer Anterth Mawr is hosting a day of lectures by Robin Netherton. This lady is an expert in the field of historic clothing and is an engaging and educational speaker. If you have an interest in historic costuming, I very strongly encourage you to attend. While not strictly an SCA event, this will be an excellent and rare opportunity. Preregistration is limited and will soon be opened to the public, so please register as soon as you can! See <http://tinyurl.com/2kme3a> for more information.

If that does not sate your appetite for education, remember that this year's Baronial May Day celebrates the 35th Anniversary of the Barony and will feature a selection of classes on diverse subjects. The event will be held May 3rd at the Mandt Center in Stoughton. Contact Dame Josceline for details regarding the event or Lady Ermina for class information or to offer to teach.

Yours in Service and Education,

eithni

MARCH GENERAL MEETING MINUTES

In attendance: Ivan, Eithni ingen Talorgain, Tatiana McGowan, James, Reinholdt von Trollenhagen, Ermina, Iohanna, Æsa, Kristyan Applegate, Stephen du Bois, Cwen, Josceline, Robert Talbot, Eliane, James Bird, Nikolaus der Ausländer, and Paul Wickenden of Thanet.

Chatelaine (Ivan for Wren): She is thinking of hosting a garb-making moot in October (contact her for more info).

Seneschal (Ivan): I am the new seneschal.

Bardic Madness (Eliane): Bardic Madness is on for the end of April. It will be in Phelps WI, which is pretty far north. More info will be forthcoming in a variety of forums.

WW (Æsa): We are in a holding pattern until we can visit the site. The site visit will happen when the snow is gone (early April?). Looking for a deputy resource manager.

Golden Seamstresses Event (Eithni): Propose a Golden Seamstress event for August 22-23. These have been very popular events: a competition to create complete garb onsite. The event starts at 10pm on Friday, and you have to build the outfit by 6pm on Saturday. Working on approval to have name "Griffin Seamstress" used. Site would be Jefferson Co Fairgrounds. We will need to use their caterer. It may be hot and the building has no AC, but the building is big and may not be so hot inside. Proposal imagines a \$12 site fee (with 75 attendee break even) or \$14 (with 64 attendee break even), but \$1 will need to go to the Kingdom, so \$12 fee would bring only 11 to Barony (and lead to an 82 person break even). Going higher would not be good. A \$5 Saturday-only fee could be a donation (an exempt from the NMS) with just a basket left out (no Porter needed). To boost attendance, we could get the other hall and have other activities, but may be better to keep this simple. **[Meeting approved event proposal as-is with a \$12 site fee and understanding that event might lose some money]**

LOCAL NEWS

STOCK PAVILION SCHEDULE

The updated schedules for the spring have been posted. We have the Stock Pavilion for all of our accustomed times in March & April. As always, the full schedule (and the new waiver) can be found at:

<http://www.ansci.wisc.edu/Facilities/stockp.htm>

JARARVELLIR ARTILLERY BRUNCH

Sunday, March 16 at 10:30am

Please join us for the Archers' Brunch on Sunday, March 16, at 10:30 a.m. THL Jois Corbet is our excellent host, with the graciousness of her housemates at 4934 Goldfinch (directions below). Please bring a dish and conversation to share. Archery will begin approximately at noon at the UW Stock Pavilion. As always, we have loaner gear available for both archery and thrown weapons.

Directions to the Brunch (4934 Goldfinch):

Take your best route to Stoughton Rd. (Hwy 51) and Cottage Grove Rd. intersection. From Stoughton Rd and Cottage Grove Road drive east on Cottage Grove Road past the Culver's and turn North (left) in between the Walgreens and the Sentry onto Acewood Drive. Proceed north for 3 blocks and turn East (right) onto Goldfinch Drive. Follow Goldfinch Drive for 1.5 blocks (there will be a slight curve about 1 block in). Number 4934 is a grey and white house on the left.

Questions? Contact Sol (sol1030@gmail.com) or Jois (226-0846)

Schedule:

8:00 site opens
10:00 classes begin
12:00 lunch served
1:00 workshops/classes continue
4:00 dance ball
6:30 feast
11:00 site closes

Event Steward: Dame Josceline Levesque (Linda Olson), 1921
Melrose Street, Madison, WI 53704; (608) 852-4463; josceline@hotmail.com.

Feast Steward: Lord Conner Spillane (Charles Schwoch II), 2662
Union Street, Madison, WI 53704; (608) 244-0021;
piratechuck@charter.net.

EVENTS

OUT AND ABOUT

For more information visit the individual group's website (accessed from <http://www.northshield.org/Events/List.aspx>).

March 2008

21-23—**That Moot Thingy VII & Rumble in the Forest II**, Coille Stoirmeil (Tomah WI)
29—**Haire Affaireski**, Falcon's Keep (Wausau WI)

April 2008

5—**A Day of Lectures on Medieval Dress**, Caer Anterth Mawr (Milwaukee WI)
25-27—**Bardic Madness XVIII**, Mistig Waetru (Phelps WI)

May 2008

9-11—**Northshield Crown Tournament**, Caer Anterth Mawr (Wautoma WI)
30-1—**Mermaids Retreat**, Turm an dem See (Valders WI)

July 2008

10-13—**Warriors and Warlords**, Jararvellir/Nordskogen
19—**River Revel III**, Stromfels (River Falls WI)

Linen (Eithni): I have linen. And I am putting in a giant order for white linen.

AARG (Robert): AARG VII is coming up. As usual, we have no site cost, and the money we make is pure profit for the Barony. Eithni proposed that half of the profit go toward the Baronial rapier gear. **[Meeting approved the event]**

Exchequer (Tatiana): I will be at Stock Pavilion on Wednesday if people need to find me.

Webminister (James): I have been fixing stuff as I go through the pages. If you need to communicate with me, send your messages to my personal email (at front of *Skein*) — the webminister@jara doesn't always work. Iohanna brought up that site is not current. We will have a meeting 8pm on Wednesday at the Stock Pavilion to go over the webpages.

Knights Marshall (Roisin): There has been a massive confusion with the waivers. The latest is that, if you have a blue card, you don't need to sign a waiver. A reminder to people to donate to the Stock Pavilion fund (to pay our fees).

Stock Pavilion Coordinator (Reinholdt): I am still looking for a replacement. Contact me if interested.

Pursuivant (Reinholdt): The Barony has submitted four pieces of heraldry (badges for Liaison Poisson, Silken Purse, and Wellspring; and the title for Catfish Herald).

MoAS (Ermina): Second Tuesdays at Ermina's this month will be Moira teaching how to knit socks (program from last month which was weather delayed).

35th Anniversary and Collegium (Joceline): The Mandt Center got a new manager and a new fee schedule and contract. As a result, the site rental is going up and this affects our budget: site rental went from 400 up to 800, tables and chairs from 100 to 300, and we need \$25 for permits (food and non-alcohol drinks). In addition, I was able to get Sir Conn to give the keynote address, but he wants a \$100 honorarium. As a result of these expenses, the budget jumped from \$1000 to \$1400 (and our break even has now gone from 250 to 350

people). We could resolve this problem by raising the pre-reg site fee to \$7 (making it the same as the at-door rate). Because the rates have already been publicized in the March *Northwatch*, we will widely advertise the change (noting that it is due to site rental changes).
[Meeting approved change of site fee]

Cwen: Nothing.

Iohanna: Nothing.

It's Only A Flesh Wound (Kristyan): The event went well and they want us to come back. The event made a \$145 profit. I am proposing that we do the same event next year (with a budget of \$650). Stephen will co-autocrat and will be the MIC as well. Proposing a date of January 31, 2009. [Meeting approved event]

James: Just looking pretty!

WW (Stephen): I will be handling Friday's fighting scenarios. Just waiting to learn more about the Pennsic details to see where we should be focusing.

List Poles (Stephen): I would like to have some of the Flesh Wound profit to repair the list poles (should cost less than \$50). [Meeting approved \$75 to repair poles]

Chronicler (Paul): With all of these events being proposed and planned for the Barony, I wanted to remind autocrats to send me their event information in electronic format (it is very tiring to have to retype everything!). As always, I'm looking for *Skein* submissions. This year, I am running a series of articles on the history of the Barony. If you have any ideas for a topic, let me know.

Instrumental Music (Nikolaus): The guild is pulling along. If you are interested in joining us, we would be happy to teach you. We are doing dance music for 35th. No word on a dance seminar this year (it probably won't be happening).

Seneschal (Ivan): Nordskogen approved our use of the carports for the 35th Anniversary. There is a new Society policy requiring background checks for youth leaders. Contact Mistress Katriona

35th ANNIVERSARY AND EDUCATIONAL COLLEGIUM

Saturday, May 3, 2008

In honor of the Barony's long tradition of hosting quality educational specialty events (including Musicians' Day, Northshield Dance Seminar, Bardic Madness, To Play With Fire, War College, and Medieval Religions Symposium), there will be an educational collegium at the event. There will also be tournaments for armored and rapier combatants (format and schedules to be determined by Count Raito and Lord Cosimo, respectively), a dance ball in the afternoon, a delicious feast in the evening, and plenty of fun and fellowship.

Site: Mandt Community Ctr., 400 Mandt Pkwy, Stoughton, WI 53589 (the site of Three Decades of Fish, War College and the first Coronation of Lars & Mary, among other events). The site is handicapped accessible, discreetly wet and non-smoking indoors.

Directions: Take your best route to Highway 51 in downtown Stoughton. Turn west on 4th Street, go approximately four blocks (crossing the bridge over the Yahara River -- once called Catfish Creek -- which gave Jararvellir its name and device), and turn left into the Fairgrounds. Mandt Community Center is the largest building on the Fairgrounds.

Fees:	In Advance	At the Door
Site Fee (\$1 of adult site fee will go to the Kingdom):		
Adults	\$7	\$7
Plus \$3 NMS for adults		
Children 6-12	\$3	\$4
Children <6	Free	Free
Lunch	\$5	\$5
Feast Fee:	\$12	\$14
Merchant Fee	\$20	Not available

Pre-registrations must be postmarked before April 4, 2008. Make checks payable to: SCA, Inc - Barony of Jararvellir. Mail reservations to: P.O. Box 1002, Madison WI 53701

DEAR TRYSTAN

Dear Trystan,
I've heard that you eat kittens. Can you comment on this rumor?
~Lady Kat

Dear Lady Kat,

How do these rumors get started? I have no idea. Just to set the record straight I, your sheriff, want to reassure you that I would NEVER under ANY circumstances eat a kitten. Let's look at the facts:

- 1) Kittens are hard to cook properly, and add little of substance to any stews or soups in which they are included. This may be attributable to a soft streak amongst the cook-book publishing set, but serviceable recipes for kitten are as rare as hen's teeth.
- 2) Cleaning them is a nightmare - the fur gets everywhere and for those of us with dander allergies it's just not worth the hassle. Worse than onions on the nasal passages and messier than field-prepping a koala bear.
- 3) Kittens are rife with pestilence. Ever heard of Toxoplasma? Half the people in Sicily are lousy with it and I honestly don't know anyone who eats more kittens-- YOU do the math.
- 4) Devouring kittens, raw or cooked, is not fiscally sound: they fetch far more money when sold on the black market to kitten "huffers"- ask your local sage about this practice (kitten huffing) and the sad addicts it spawns if you are ignorant, or consult the following runes:

<http://uncyclopedia.org/wiki/Image:Kittenhuffing.gif>

I hope this satisfies your curiosity.

In service,

DON TRYSTAN DER
FACKELTRAYGER, THEE MOST
EVIL SHERIFF IN ALL OF THEE
NORTHSHIELD

(Kingdom Seneschal) with questions. This policy applies only to warranted officers.

Northwatch Donation (Eithni): Castel Rouge has challenged the other baronies to help get the *Northwatch* out of red. Do we want to help? Should the Barony sponsor an issue (\$200)? (Perhaps get them to allow us to sponsor May?) [Meeting approved]

NEXT GENERAL MEETING
WILL BE ON APRIL 6,
AT 7PM, EDGEWOOD COLLEGE

VOLUNTEER OPPORTUNITIES

Stock Pavilion Coordinator — the job is not particularly difficult. It mainly entails checking the UW website periodically and sending an email with schedule details. In January, it also involves collecting waivers and sending them to the UW SP coordinator, and as necessary throughout the year. If anyone is interested in this position, please let Reinholdt and the Seneschal know.

35 YEARS OF FISHINESS: ORIGINS OF THE BARONY

by Paul Wickenden of Thanet

In today's more formal SCA, baronies are formed out of careful polling, organization, and policies. Paperwork is filed and petitions made. It is not a simple process. In AS VI (1971-72), when Hrafn Egilsson Tolftungr and Asdis Stefansdottir moved from the West

Kingdom to “the then unpopulated valley of the Jahara,” it was a bit more informal. Finding out that the closest extant group was in Chicago, and initially lacking a car to easily get to events, they wrote back to the Imperium to ask how they should go about setting up a group. In reply, the SCA wrote back a short concise letter to Hrafn saying essentially, “Congratulations, you are now the Baron.” And thus the Barony was born.

So, what was the actual day that the Barony was founded?

According to a chronicle of the Barony (written down in AS XV), the Barony’s first anniversary was marked at a Baronial Court in January AS IX (implying that the Barony was born in January 1974), but nowhere else is this date given any credence, so it is possible that the “first anniversary” was simply held a bit late.

A more official source is the Midrealm records, which indicate that Baron Hrafn and Baroness Asdis were officially invested in May AS X, at Crown Tournament (hosted in Jararvellir). This would make for a more interesting anniversary as it was at this same Crown Tournament that Michael of BoarsHaven won the field (but *that* is another story altogether!).

However, we mark our birth to a different date: the first event on May 5, AS VIII (1973). And as we will soon be celebrating the 35th anniversary of that event, it is appropriate to recall what is known about it, as recalled in the chronicles of the Barony:

“Then in Spring of AS VIII, a great banquet and revel was planned. After St. Aubrey Evenstar proved his worth as a fantastic cook, he was created Master of the cooks guild, which was then formed. Under his supervision, a feast was prepared. It was held in Nottingham Co-op Hall on May 5, AS VIII. Everyone assembled in the hall and a speech was given lamenting the wayward wenches and lack of responsible peasantry, necessitating that the good lords and ladies serve themselves **[apparently no one organized servers for the feast – ed.]**. Nonetheless, it was a delicious feast, including such tasty dishes as Mustard Soup, Chicken Hotchpotch and Applemoy with Almonds. The cooks, in authentic Italian Renaissance style, colored everything with saffron. All the food was in shades of yellow-gold. About twenty-five lords and ladies attended, including one lady from the East Kingdom, and two young Italian scholars who passed

It is usually English Lavender (*L. angustifolia*) buds that are used in cooking. There are two main types of lavender used for cooking: English Lavender and Provence, a hybrid. *L. angustifolia* has a light, sweet smell, whereas other varieties are high in camphor oil, which is slightly bitter in food and is treated by the body as a toxin.

The potency of lavender flowers increases with drying. In cooking, use 1/3 the quantity of dried flowers to fresh. The key to cooking with lavender is to experiment – start out with a small amount of flowers, and add more as you go. Adding too much lavender to your recipe can be like eating perfume and will make your dish bitter. Because of the strong flavor of lavender, the secret is that a little goes a long way.

Use lavender stems in lieu of metal or wood skewers for grilling small pieces of meat. Soak the stems in water for five minutes before skewering the meat and placing on the grill.

Lavender is not just for sweet treats. It is a wonderful addition to savory meat dishes as well. The traditional way is by using an herb mixture called Herbes de Provence, a combination that includes lavender and other herbs. Lavender is best used with fennel, oregano, rosemary, thyme, sage, and savory.

Add fresh or dried lavender to water to create an infusion. Strained, this makes a nice addition to teas, lemonade, or other summer drinks.

The lavender flowers add beautiful color to salads. Lavender can also be substituted for rosemary in many bread recipes. The flowers can be put in sugar and sealed tightly for a couple of weeks, then the sugar can be substituted for ordinary sugar for a cakes, breads or custards. Grind the lavender in an herb or coffee grinder, or mash it with mortar and pestle.

Do not purchase lavender to be used in cooking from a craft shop unless specified that it can be used for food. Culinary lavender grown for non-food use may contain high levels of toxic pesticides.



growing in southern Wisconsin. Munstead grows to a height of 18 inches and a diameter of about 24 inches. Hidecote grows as tall as 24 inches and 30 inches in diameter.

White Lavender

White Grosso Lavender is a very old variety of true lavender and has been used in gardens for over 400 years. It is highly perfumed, and is perfect for fresh or dried bouquets and is used for perfumes. This variety grows best in warmer climates.

Spike Lavender

The next most common lavender for commercial use is called Spike Lavender (*L. latifolia*), also known as Portuguese Lavender. It has dark purple, pineapple-shaped flower heads and dark green, grass-like leaves. It grows low and wide and may layer its stems, allowing one plant to cover a lot of ground. It can also be pruned off the ground and shaped for a topiary effect.

French Lavender

French Lavender (*L. dentata*) is not culinary lavender and it doesn't have the English Lavender fragrance. It is a large plant and blooms from spring to frost and has a nice clean smell. It should be pruned in mid-summer and again in late fall. These lavenders look a bit different than more traditional ones. Their flower spike has a pinecone looking shape. They make a beautiful landscape plant that blooms early, and for many varieties, throughout the summer. It is collected and processed for oil used in perfume.

Spanish Lavender

Known as *L. stoechas*, and sometimes called French Lavender, is a dense, busy shrub with green-gray foliage and dark purple flowers. Spanish Lavender blooms profusely in the spring, and when it finishes it needs a good pruning. The result will be an attractive and fragrant shrub throughout the rest of the year. Spanish Lavender is a suitable choice for those who live in hot, humid climates.

Wooly Lavender

This *Lavendula lanata* boiss variety is prized for its silvery foliage. The leaves and stems often have soft fuzz on them, hence the nickname of wooly lavender. Wooly lavender has fragrant flowers and is attractive to birds, bees, and butterflies. It looks great planted with dark green foliage plants like rosemary or lemon verbena.

Culinary Uses / Cooking with Lavender

Pulverized lavender flowers add a unique flavor to jellies, honeys, meats, salads, and desserts. The flower looks beautiful on any dessert, especially chocolate. There are a thousand other uses for lavender, from throwing it in your bath for muscle relaxation to putting it in furniture oil.

through and decided to stay. These two made welcome additions to the Barony."

From Baroness Asdis's recollection, the feast really was extraordinary, featuring dishes (like applesauce) made entirely from scratch. The site itself was quite supportive, with some of the coop members showing up for feast (in garb!).

[Credits: My thanks to Baroness Asdis for graciously sharing her recollections and archives with me.]

A correction from last month: while last month's historical piece on the origins of the *Skein* correctly identified its roots to 1983, it incorrectly described it as Jararvellir's first regular Baronial publication. The first Baronial newsletter was *The Nordrljos*, which first appeared in December AS X (1975) on an irregular basis. A more regular publication called *The Pibroch* started in November AS XI, and the two were merged in March AS XI (1977). As late as August AS XV (1980), *The Nordrljos-Pibroch* was still being produced monthly.

LAVENDER in your kitchen AND throughout your home: PART ONE

by Lady Cianna Kharleen

Lavender flowers and leaves have been used as herbs for at least 3,500 years. For more than 500 years, lavender has been a quintessential plant in gardens throughout Europe and North America. Yet, the commercial production of lavender is less than 100 years old. Lavender is native to the Mediterranean region and is found growing wild there, but is cultivated throughout the world.

Lavender is part of the genus *Lavendula*, a member of the mint family, and contains nearly 200 different varieties, including naturally occurring and cultivated hybrids. The number of varieties continues to grow each year, as commercial growers cross-breed existing species, creating new hybrids.

Most lavender falls under four different species:

- 1) *Lavendula angustifolia*, commonly referred to as English Lavender
- 2) *Lavandin x intermedia*, a hybrid of *L. angustifolia* and *L. latifolia*, also known as Provence Lavender
- 3) *Lavendula lanata*, or Woolly Lavender
- 4) *Lavendula stoechas*, or French/Spanish Lavender

History of Lavender Uses

Throughout most of its history, until well into the 19th century, lavender was used both as a culinary herb and as a medicinal plant. Today, its principal uses are in cosmetics and perfume, potpourris, and wreaths, although lavender is once more gaining popularity in culinary use. In the U.S., lavender is widely used as a decorative plant.

Lavender has long been dried and used to scent linens and as a moth repellent. Historically, linen and clothing were often thrown over large lavender bushes to dry and absorb the sweet fragrance of the plant. In the mid-16th century, people often distilled a variety of “sweet waters” including lavender, rosemary, and sage to scent or deodorize linens and clothing.

The English word “lavender” is generally believed to be derived from the Latin word “lavare,” which means, “to wash”. The Romans used lavender in their laundry, as well as for washing in the famous Roman baths.

Some European royals, including Queen Elizabeth I of England and King Louis XIV of France, were great aficionados of lavender. Queen Elizabeth regularly imbibed in lavender tea, and King Louis carried sprigs of lavender in his pockets and washed with lavender water.

In Medieval and Renaissance Europe, lavender was strewn over the floors of castles and cottages for use as a disinfectant and deodorant. It was also one of many medicinal herbs grown in gardens. Use of lavender was highly respected during the Great Plague of London in the 17th Century, when individuals tied bunches of lavender to their wrists to protect themselves from the Black Death.

In Victorian times, certain flowers had specific meanings because flower selections were limited. People often used more symbols and gestures to communicate, than words. In the past, lavender meant distrust, suspicion, or refusal. In modern times, lavender symbolizes devotion, consistency, and loyalty.

Popular Types and Cultivation of Lavender

In general, lavender is a bushy, branching shrub. Colors range from whites and pinks to all shades of blue and purple. Leaves are smooth-edged, narrow and lance-shaped, silvery gray to olive green in color and up to two inches long. Some older varieties of lavender plants grow up to 3 or 4 feet in height and 2-3 feet in width. Under normal weather conditions, lavender begins to bloom in June.

There are many types of lavender, and all have highly aromatic foliage and flowers that attract bees and butterflies in mid summer. Modern compact varieties are among the most popular types being suited to smaller gardens than many of the older varieties that can grow quite large. All varieties benefit from being trimmed occasionally, especially just after flowering to keep the bush compact and in good health.

Flowers can be picked for drying as they come into bloom. Use the flowers as flavorings in your favorite recipes or dry for use in potpourri or sachets. When cutting for color, lavender should be cut as the first flowers begin to open. When cutting for fragrance, the oil content actually increases if you wait until the majority of the flower buds have opened. To use fresh, pick flowers that are in their prime. Wash and dry in the same manner you would leaf lettuce.

It is best to start with plants or cuttings, as starting lavender from seed requires up to 30 days to germinate. The easiest means of propagation is from cuttings.

Lavenders prefer sunshine (at least 8 hours) and well-drained alkaline soil. Good drainage is crucial to the success of your lavender plants. Be sure to add an occasional infusion of compost for best results. Some plants may not bloom until the second year, and may take up to three years to reach full size. Lavender may also be grown in containers and is a good companion to thyme.

Once lavender flowers, prune to encourage new growth. Lavender flowers may be dried to extend enjoyment of their beauty and scent. Harvest lavender just before the last flowers on a stalk are fully open. A mature plant can be trimmed back by one-third its size. Be careful not to prune too late in the season, or you risk losing your plants over the winter.

Always mulch your plants as soon as the ground freezes and remove it in mid-spring, when the snow has melted. All lavenders should be pruned in the spring. Remove frost-damaged shoots and shape the plants just after they leaf out in the spring.

English Lavender

Lavendula angustifolia is the Latin name for what is commonly known as English Lavender. Botanically, there is no such thing as English Lavender. Other plants falling under this name include *L. officinalis*, *L. vera*, *L. delphinensis*, and *L. spica*. English lavender is a stockier plant with a full flower. These varieties of lavender are most likely to survive Wisconsin winters, but must be carefully planted and tended. English Lavender is usually listed as hardy to Zone 5 in most books, catalogs, and web sites.

“Munstead” and “Hidecote” lavender varieties are recommended for