

Regular Baronial Goings On

Please contact the people in charge to confirm these activities.
{Ed. note: See back page for monthly Canton practices}

Commons (Baronial business meeting): Second Wednesday of the month. 7:30PM, Monmouth County Library, 125 Symmes Drive, Manalapan, NJ (off Route 9). The Meeting is open to the public.

There will be a vote for the Castelain/Chatelain's office in March. Anyone interested in the position please contact the Seneschal ASAP.

Archery Practice is every Sunday at Turkey Swamp Park. Additional practices on Wed., call Rupert, the Archery Marshal, for details at archery@carillion.eastkingdom.org.

The Carillion Brewers Guild will meet the first Wednesday of each month at 7:00 PM at the home of Rupert the Unbalanced (see archery for contact info) in Hamilton Twp. To subscribe to the Carillion Brewers list go to: CarillionBrewers-subscribe@yahoogroups.com

There is a weekly **Tuesday Night A&S night** starting at 7:30PM at Mary's house. Contact her at (609)693-5176 or Clochette@erols.com for directions. **NOTE: Starting in March each month will have a theme project to complete.** March's theme is Chemises & Shirts

Jean & Philip (the Facetious) will hold archery practice at their home on Friday afternoons, beginning at 5pm 'til dark. Please contact them for directions. (Jeanne Berk, Ph.D.) jrberk@blast.net (This is in Settemore Swamp)

Minutes of the March Commons Meeting

Officer reports:

Baroness - nothing to report
Seneschal - tag I'm it
Exchequer - Account Balances
Sovereign \$1553.21
Commerce \$1730.90

Just a reminder: If you are considering autocrating an event, the budget needs to be approved at least six months before the event is due to occur. The more time we allow for it to be listed in the Pikestaff the better attendance we can expect.

Herald - need deputy
Fencing - happened
MoL & TW - present - no report
MoA & S - March 20, Animal Planet, "Dragons are Real"
Chronicler - need more articles
Web - page can be modified, and will be soon,
Castellan - will elect next month and Don Jon's letter is in
Baron / Knight Marshal / Archery / Pages - All absent.

Cantons:

Keep - Demo June 29th, Wednesday, 500pm Tinton Falls Library

Forestgate - Nothing from Kelson yet about that event

Events / Other:

Upcoming - **WWRF** is May 21-22. Chad will autocrat **GGG** not online yet but will be soon

New Events - South Brunswick Library Demo - It was decided that, even if the zip-code belongs to Carillion, it would be best to give Settmour Swamp the lead and we would provide whatever support we can.

New Other - Chad is the new brewmaster for the Carillion Brewers Guild and hopes to get more members



Demo in the Keep

Hail All Ye Good Gentles!

As you may have heard by now, the 2005 summer reading theme of the American public libraries is "Dragons, Dreams and Daring Deeds". To that end, The Canton of the Keep By the Endless Sea will be holding a demo for the children of the Tinton Falls Public Library at 430 PM on Wednesday, June 29. We will be showing a myriad of "medieval" activities, amongst these a sweetmeat sampling by Lady Zoe Anastasia, several period dolls by Lady Lilly of the Valley, a needlework exhibit by Lady Katriona, a demonstration of sword and board fighting, (hopefully) demonstrations of fencing and thrown weapons, and I would love to hear from some more of our talented Scadians who wish to share their knowledge with the children.

All are welcome to come; please wear garb, and be prepared for questions!

The library is located at 664 Tinton Avenue, Tinton Falls NJ 07724. Take your best route to Parkway Exit 105. At the light (Hope Road and Rt. 36) take the jughandle to make a Left (north) onto Hope Road. Make a Left at the 3rd light (Tinton Ave). At the light bear Right. Library is small house on the left, surrounded by the buildings and parking lots of the Tinton Falls Middle School.

Yours in Service,
Carolina Francisca d'Emery
Keep Seneschale

To All Good Gentles,

I would like to extend a gracious Thank You to all of those who made the Chinese Auction at Venetian Winter Games a huge success. All of your donations were greatly appreciated.

Lady Diana The Wanderer



Spring has sprung.

The grass has riz.

I wonders where the birdies is!

Good evening everyone,

The equinox has past & all good Baroness' minds turn to... Pennsic.

I was sitting here thinking about all the stuff I need to get done before then & got depressed, so I decided to think about other Pennsic stuff - namely East Kingdom guard duty. It occurred to me that, since the (as of tomorrow) King & Queen are **actually** members of the Barony, it might be a nice gesture if we went and, as a group, put in a shift at EK Royal as gate guards. Keeping them safe from the marauding hordes of Midrealmers that incessantly try to steal the gate. (Which would really be impressive, since I think it weighs over a ton) A shift usually lasts for two hours, though last year they were four hours for some odd reason. I don't know yet if they will go back down to two hours this year or stay at four, so let's assume they are four & be pleasantly surprised if we only have to do two. I **think** the first shift starts at 8AM & they run until 10PM. I have 4 yellow tabards with black bells on them, and I am sure we can come up with more if need be.

I know many of you have other obligations, as do I, so what do you think would be a good day or time for this?

Mary

Some medieval spices you've never heard of (and some you have)

adapted from a class taught at Kingdom Crusades

From the times of the Greeks and Romans, Europeans have imported from the East various spices to flavor their food, treat their ailments, and scent their worlds. The original spice routes started in India and travelled west through Asia Minor (later Arabia) or wound north through Africa to Egypt, finally transported across the Mediterranean to Greece and later, Rome. The fall of Rome virtually closed the water routes for about 400 years; during that time (before AD 1000), an alternative spice route developed through Russia. The first Crusade opened up the trade routes again, and it did not take long before the Italian city-states (especially Venice) were dominating the European end of the traffic. However, it was never impossible, just difficult, to get spices: a 10th-century abbot left his spice chest to his community with small hoards of cinnamon and other spices.

Some of the spices used in Europe are already familiar to us, some are more exotic. For your delectation, I present a small sampling:

Peppers:

While standard peppercorns were known and widely used in cooking in period (the average household might use more than a pound a year), other kinds of 'peppers' were known and used. In addition to black pepper, white pepper, which is merely black peppercorns with the outer covering removed before curing, was known in period. Legend said that black pepper was blackened by fire in the harvesting process. (Green peppercorns are unripe black peppercorns and rose pepper comes from a different plant; neither was known in Europe in period.)

Long peppers, tiny corn-cob-like fruit of a plant cousin to the

pepper vine, and cubeb or tailed peppers (shaped like tiny blueberries with attached stems) imported from Indonesia to England in the thirteenth century, as well as melegueta pepper or grains of paradise, seeds of an African tree imported from Mali, went through periodic vogues as pepper substitutes or alternatives. Cubeb and long pepper were used much like pepper (in both savory and sweet dishes), grains of paradise were also used in certain types of mulled wine and hypocras.

Cinnamon and Cassia: Most people think they know cinnamon but are unfamiliar with cassia. Oddly enough, they are exactly backwards. What is sold as cinnamon in the US is the bark of the cassia tree, from China. True cinnamon tree bark (*Cinnamomum zeylanicum*) is lighter in color, thinner, and has a smoother taste than cinnamon. Both cassia (or cassie) and cinnamon were used for its scent in fragrances, incenses, and pomanders, as well as in cooking. Herodotus and Pliny relate tall tales about where cinnamon comes from: cinnamon-bird nests and cinnamon-growing areas guarded by bats. Cinnamon was used to flavor fruit and grain dishes, as well as hashmeat, soup and other main dishes-- but because of its expense and prestige factor, it was used in cooking almost everything if one could afford it!

Roots and Rhizomes: (Rhizomes are fat tubers off of which the roots grow in certain tropical plants.) The rhizomes we know as ginger traveled as either whole roots or dried slices (to be powdered for use) or (possibly) preserved in sugar, packed in ginger jars. It was suspected of provoking lust, but widely used in saucing meats anyway. Galingale, the rhizome of a ginger like Indonesian plant, was imported usually as dried strips. There are two kinds, the greater [*Alpina Galanga*] and the lesser [*Alpina Officinarum*]. The editors of the *Forme of Cury* said that it was the chief ingredient in galentine, and identified it with powder-douce and powder-fort; it is similar to ginger but more spicy, peppery and complex. Brightly yellow colored turmeric, another rhizome, was occasionally used as a dyestuff. Spikenard, the root of an Indian plant (*Nardostachys Jatamansi*), is the biblical Nard. (American Spikenard -- *Aralia*

racemosa -- is not true spikenard.) Mary Magdalene's box of perfumed ointment was scented with spikenard . Nard was used primarily in perfumery, pomanders, oils and ointments. **Resins:** Most people have heard of frankincense, which is the resin of the olibanum tree, and is still used as incense. It was imported as 'beads' of resin from India. Medically, frankincense was used to treat sinus problems and uterine disorders (a poultice of frankincense tea applied to the abdomen, or the user burnt or boiled frankincense and sat over the smoke or steam). Myrrh is the resin tapped from splits in the bark of an Arabian tree. Used extensively in wound treatments due to its antiseptic and painkilling properties, its analgesic properties have recently been proven. Frankincense and myrrh were ingredients in pomanders, cosmetics and other scented preparations, partly for their sweet smell and partly to combat illness (thought of as noxious odors). Labdanum-- not to be confused with laudanum-- is the resin of the rock-rose shrub. (Traditionally it was gathered by scraping the beards of the goats that ate rock-rose.) Labdanum was extensively in perfumery, especially pomanders. Gum arabic, gum tragacanth (gum dragon), benzoin (benjamin), and storax (styrax) are other preservative resins that were used in making fragrances and medicines.

Nutmeg and Mace: Most people know nutmeg, the seed pit of an Indian tree. Fewer know mace, which was the outer covering around the nutmeg within the fruit of the nutmeg tree. Nutmeg was shipped as whole nuts and ground for use on a grater, eaten whole as a tonic, or set in silver as pomanders. (Fresh-grated nutmeg is amazingly sharper and stronger than the pre-powdered stuff.) Mace was shipped as slivers of the dried skin. Both nutmeg and mace were used extensively in food; mace seems to have been slightly more popular, but both were signs of conspicuous consumption. Mace was also used as a strewing herb by the very rich, like German Emperor Henry VI whose coronation route in 1191 was strewn with it. Spices were so precious that they were kept under lock and key-- in castles they were usually kept in the royal treasury,

and they traveled in locked chests. The Spice Companion gives some comparative prices for some spices: "At one time a horse was valued at the same price as a pound of saffron, while a sheep could be bartered for a pound of ginger or a cow for two pounds of mace. Pepper was so highly valued that its price was measured in individual peppercorns, and they were used as currency to pay taxes and rent." It is now suspected that peppercorns were not that precious. On the other hand, the beginning spice speculator was advised to start with pepper, as there was always a demand for it and one seldom lost money!

Sources:

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Swahn, J.O. *The Lore of Spices*.(New York: Crescent Books, 1991)
Wilson, C. Anne. *Food and drink in Britain*. (Chicago : Academy Chicago Publishers, 1991)

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West Windsor Lions Renaissance Faire

Friday, May 20th, 2005 to Sunday, May 22nd, 2005
Hosted by Barony of Carillion - Trenton, NJ

Come one and all to the Canton of Forestgate in the Barony of Carillion as we once again provide a weekend long Renaissance Faire with the West Windsor Lions Club. This is the seventh year of the faire and our dates for this years faire is May 20 - 22. As has been the case in the past, SCA members who are helping to provide to the atmosphere of the faire are free to attend. You may arrive on May 20 to camp for the weekend but be advised that the earlier you show up in the day, the greater chance you have to being pressed into service to help with set up of the Faire grounds.

Fighting, Fencing, Archery, and Thrown weapons will all be available as demonstrations to the crowd, so come on out and show off for everyone. Our archery guides will have a Pennsic War Point practice for you so come on out and hone your skills to kick Mid Realm butt! If you are a musician, we would greatly welcome you to come and play. I'm sure we would be able to find time for you on the stage or in any other areas of the park to play. The Lions members have even felt it fine to allow performers to place a basket out to earn a little money for your talents.

The Autocrat and Merchant Coordinator for this event is Lord Heinrich der Brauer, called Eisdrache. He can be reached by e-mail at seneschal@forestgateeastkingdom.org (no calls after 10:00pm please) with any questions you may have about the event or for information about setting up a booth to sell your wares. Changes are planned for the merchant area this year in an attempt to bring more activity to the merchants, thus making your trip well worth it.

Directions:

LOOK AT A MAP!

Find your best route to I-295. **From I-295 take exit 65A (Slone Ave.) Go through 2nd traffic light, (Taco Bell and Burger King on right side before light) this road turns into Flock Rd. after the light. Go to the end of Flock Rd and turn left onto Old Trenton Rd. Go through two lights and look for SCA signs and the entrance on the left for Mercer County Park (about 1 mile). There will be signs from there directing where to park.

FROM NJ TURNPIKE AND GARDEN STATE PARKWAY

Take your best route to I-195 West. Follow I-195 West to I-295 North, then follow from ** above.

Site:

Mercer County Park - Skating Rink Area off Old Trenton Rd
Old Trenton Rd, Trenton, NJ 08619

Site Opens: 10:00 for non-campers and public

Site Closes: 5:00 pm to public Saturday and Sunday

Event Fees: There are no site fees for SCA members participating in the Faire. Bring your proof of membership, ie: Pikestaff with address, membership card.

Camping reservations can be made with the Autocrat.

Other Contact Information:

Merchants contact: The autocrat - Merchants reservations should be in by May 1, however, I will make every effort to include everyone we can.



Other events planned

Go to <http://www.eastkingdom.org/event-list.html> for info. on Lakewood Ren-faire & Ghosts, Ghouls & Goblins.

Of note to our Fighters

Greetings,

The Following Events are scheduled for "official" Champions practices, Command staff meetings & Melee Classes, in preparation for this upcoming Pennsic War. I recommend that potential Champions and Leaders attend as many of these events as possible to have maximum exposure and learning opportunity.

We are looking for a strong mix of melee prowess, as well as leadership and heart. We want to see tenacious teams working in sync. I have asked his Grace Balfar to oversee the training for this years Champions.

Master Feral(North, Central, Northern Shores), and Master Lawrence (South) are our Generals and are responsible for training and organizing these Armies. If you are unsure as to where you and your unit fits into this structure or would like to help. please contact me at strategos@eastkingdom.org (warlord@eastkingdom.org does not seem to be forwarding to me)

Further details will be forth coming.

April

4/9 Balfar's Challenge CT

4/16 Southern Region Spring War Camp PA

May

5/20 Boredom War MA

5/27 War of the Roses NY

June

6/17 Vinland Raids MA

6/17 Landsknecht Mustering PA

July

7/2 East Kingdom War Camp (North) NY

7/16 Great North Eastern War ME

7/23 East Kingdom War Camp (South)PA

In Service,
Lucan Dux, Warlord



(*Salvia*)

By Zoe Anastasia

There are over 500 species of this perennial herb. The soft, slightly fuzzy grey-green leaves of Common Sage (*Salvia officinalis*) lend the familiar but distinct flavour to traditional Thanksgiving Day turkey dressing. Unlike most other herbs, the flavor of actually intensifies when the leaves are dried.

Sage originated in the Middle East, probably Syria, spread to the northern Mediterranean, then the rest of the world via the trade routes. The ancient Greeks and Romans used it for preserving meat as well as to treat a variety of medical ailments. The latin verb *salvia* means 'to heal' or 'to cure'. The french called it tout bonne, which translates as 'all's well'.

Recommended by Pliny, Dioscorides, Hildegard von Bingen, John Gerard & Nicholas Culpepper, sage has been prescribed for snakebite, epilepsy, intestinal worms, chest ailments, promotion of menstruation, memory enhancement, arthritis and sore throat. The Chinese consider it valuable in treating yin conditions and Charlemagne ordered sage to be grown in the medicinal gardens. Arab physicians of the 10th century believed it could extend life to the point of immortality, and medieval Italian medical students are said to have recited, "Why should a man die who grows sage in his garden?"

Sources The Cambridge World History of Food Volumes I & II, Herbnnet.com, sallys-place.com