



The Barony of Unser Hafen

October 2015



Contents

[Baronial Calendar](#)

[Kingdom Calendar](#)

[Newsletter Name Contest](#)

[Announcements](#)

[Guilds, Activities and Gatherings](#)

[Lecture Series: The Middle Ages as seen in the Modern World](#)

[Craftsman's Guild](#)

[Cooking Corner](#)

[Steward's Guild](#)

[Calligraphy and Illumination Guild](#)

[Unser Hafen Newcomers](#)

[Brewer's Feast](#)

[Thorsblot](#)

[Baronial Directory](#)

[Colorado House Romani](#)

[Links to Facebook and Website](#)

[Court of Unser Hafen](#)

[Baronial Officer List](#)
[Canton of Bofharrach Officer List](#)
[Rammes Keep Officer List](#)
[Brummbär Halten Officer List](#)

[Letter from the Baro and Barono](#)
[Letters from Baronial Officers](#)

[Article:](#)
[Medical Combinations of a Medieval Feast Menu](#)



BARONIAL CALENDAR

Unser Hafen Calendar Link

<http://unserhafen.wix.com/unserhafen#!page3/cee5>

Baronial Althing and Populace Gathering

November 1st we will have a regional war practice at Warren Park, Fort Collins, from 2-6 pm. The following Sunday will also be at Warren Park. The last two practices in November will be at Letford Elementary in Johnstown, where we held Newcomers.

Contact Sir Felix Sniumi for details at knightmarshal@unserhafen.org

Calligraphy and Illumination Guild

By appointment at Lady Anne's home in Loveland.

We will focus on learning new scripts, but anything scribal will work! Calligraphy bears no resemblance to handwriting, so even if your handwriting is terrible, come and give it a try!

Contact Lady Anne Elizabeth Morley for details: monroefischer@icloud.com

Craftsman's Guild

Second & third Thursdays, 6:30 - 9:00. See below for more information. The week sometimes changes, so watch the calendar for changes.

KINGDOM EVENTS

November

2015

7	Barony of al-Barran	Day of A&S	Saerlaith
7	Barony of Dragonsspine	Dragonsspine Baronial Arts & Sciences	Lydia
7	Canton of Bofharrach	Brewers Feast	Safiyya/Soren
8	Barony of al-Barran	al-Barran Toys 4 Tots Tournaments	Rowland
14	Barony of Fontaine dans Sable	Coronation	K/Q/P/P Elizabeth
14	Kingdom of the Middle	Known World Academy of the Rapier / Known World Co	Marie
15	Barony of Fontaine dans Sable	Fontaine Toy Box	Elizabeth

December

2015

5	Shire of Windkeep	Hunters Feast	Rhys
5	Barony of Dragonsspine	Gypsy Christmas	Ealusaid
12	Barony of Caer Galen	Caer Galen Midwinter	Massimiliano
19-20	Barony of al-Barran	al-Barran Midwinter and War Practice	Ursula

January

2016

2	Barony of Caerthe	Caerthen 12th Night	Johann
9	Barony of the Citadel of the Southern Pass	12th Night & War Practice	Morgana
16	Shire of Aarquelle	Viking Vinter Vonderlandt	Generica
16	Barony of Fontaine dans Sable	12th Night	Wyolet
23	Shire of Plattefordham	Candlemas	Ailidh
30	Barony of Dragonsspine	Candlemas	Jeannette

February

2016				
6	Barony of Caerthe	Tri Baronial A&S Competition		Killian
13	Shire of Aarquelle	As You Wish: Boys & Girls Club Fundraiser		Suzanne & Aegeon
March 2016				
12	Barony of the Citadel of the Southern Pass	Crown Tournament	K/Q/P/P	Giovanni
April 2016				
May 2016				
14-15	Shire of Aarquelle	Coronation	K/Q/P/P	Generica
June 2016				
3-5	Barony of Dragonsspine	Dragonsspine Champions		Abigail
17-27	Society	SCA 50th Year Anniversary Celebration		Llewellyn and Elina
23-26	Shire of Plattefordham	Northern Realms War		Ailidh
July 2016				
15-17	Shire of Aarquelle	Aarquelle Highlands Rapier Camp		Bora & Aegeon
21-24	Shire of Rio de las Animas	Defender of the Silver Pass		Gareth

Newsletter Name Contest

It has been suggested that we need a new name for our newsletter, especially because the word 'tossport' has very a bad meaning in British English. Consequently, I will be holding a contest for a new name, and will give a prize for the Gentle who submits the winning name. Please email your suggestions to the Chronicler, Lady Anne Elizabeth Morley, chronicler@unserhafen.org. The contest closes on December 15th. The winner will be announced in the newly renamed January newsletter.

Announcements:

Subscription to the Tossport: if your name needs to be corrected, or you wish to



GUILDS, ACTIVITIES, GATHERINGS

Lecture Series:

The Lecture Series is on hold until the fall.
See you then!

Craftsman's Guild

Greetings!

Craftsman's Guild meetings are ongoing through the summer and into fall but with a changed schedule of the second and third Thursdays of the month, so that will be the 13th and 27th of August, the 10th and 24th of September and the 8th and 29th of October.

Upcoming projects are sand casting and candle making, after which we will be voting on what to do next. We have a whole list of possibilities ! If you love to make things please consider coming out and making stuff with us!

Meetings are 6:30, at Wellmark Keep 3601 El Caminito Dr. Loveland, Colorado

Thank you

Lady Rosamonde Carver
970-775-7498

Cooking Corner

Cooking medieval is both fun and tasty! The Smiling Bull household will be cooking LOTS! The upcoming feast is Brewer's Feast in November.

Look for posts on Facebook and Yahoo announcing Cook Days as we get ready and COME COOK WITH US! Highlights of upcoming food:

Brewer's Feast: 'Brewed, Baked & Broiled' The Brewer's Art is our focus so we will be partnering to develop menus that use or enhance our home brews. Feast starts with Tasting and Sharing of brews with and without an alcoholic content.



Steward's Guild

Join the guild working on learning to be autocrats/stewards, as well as working as a group to present events.

Watch the calendar for meetings.

Calligraphy and Illumination Guild

Experienced scribes, come polish your style or learn a new script!

Beginners, come learn the beautiful art of lettering!

All are welcome

By appointment - usually Monday or Tuesday.

You are welcome to contact Lady Anne for an appointment!

We will meet in her kitchen in Loveland.

For more information contact
Lady Anne Elizabeth Morley
monroefischer@icloud.com, 970-669-9213

Newcomers Bounty of the Barony







Photos by Kathryn of Southwick

The Smiling Bull spent a lovely day in the kitchen at Newcomers. We were ably assisted by folks from all over the Kingdom. New friends from Douglas, WY cooked with us at Battlemoor and decided to see what cooking would be like inside! Many, many thanks to Vanessa and Vladamir for making the day fun and easy!

Our Hungarian Menu featuring the Bounty of the Barony appeared to be well received. Jars of Homemade Pickles were avidly traded from table to table to all had a chance to taste the many skills of the guests. The Bounty of the Barony included:

Sour Cherry Sauce on the "Bird's Milk Pudding" - cherries from m'lord Tom Kozan

Antelope Stew -- antelope was donated by Lord Thomas

Squash Soup -- pumpkins in the mix from Lady Helene's garden

Cheese and Onion Pie -- sweet onions from Lady Rosamund's garden, Kale picked the morning of the feast from Lady Helene's garden

Hungarian Gulak -- tomatoes from Lady Helene's garden

Rhubarb Pie -- rhubarb from Lady Helene's garden

One of our newest Households, The Gypsies led a team of 7 Fierce Clean Up Warriors who blasted the kitchen clean. Rom Dom Gwen Vendergott, Rom Angier-Vendergott, Lalea, Michael, Carolyn & Melvin!

In the kitchen we heard rumors of over 200 through the gate, vigorous fighting on all fields, possible blood sports at Nico the Notorious' booth and amazing bids in the silent auction.

Alas -- dedicted as we were to the needs of our feast attendees we were unable to observe any of these amazing activities directly.

We had fun in the kitchen, Helene neither feel nor cried and AS FAR AS WE KNOW, no one has died..... yet.

Hélène Boudain of The Smiling Bull

For those who requested the recipe for the cheese & onion pie:

Gabriella's Cheese & Onion Pie

Unbaked Pie Shell [9 to10"]

Generously Brush inside of shell with mustard: dijon, brown stone milled, etc. We think regular yellow would be too vingeragy but who knows?

1 cup Cheddar Cheese -- grated

1 cup Edam Cheese -- grated / choppd

1 cup sliced onions, carmelized slowly in butter

ASSEMBLE:

Spread cheese in bottom of shell brushed with mustard.

Gently spead carmelized onions over cheeses.

Rough Chop hearty greens: spinach, kale, basil leaves, mustard greens, arugula,??? and layer over cheese in pan.

Pour Milk/Egg mixture over top of pie.

1/2 cup Whole Milk 1/2 cup Half-n-Half

3 Large Eggs, well beaten & mixed with milk

Bake at 350 fo 20 minutes.

Remove and add 1 cup Ricotta cheese on top of mixture in large tablespoons. Spread gently with spatula or spoon. Cook approximately 1 hour or until center is loose but close to setting.

Highly flexible: add mushrooms, ham, use sweet mustards, spicy hot mustards, different cheeses, etc.



Brewer's Feast

7 November 2016

11:00 - 7:00

Trinity Episcopal Church
3800 W. 20th Street, Greeley

Bring your favorite home brew and join us for a fun day of learning/doing/brewing/tasting/eating everything from tea to sourdough to barley water to beer!

Classes:

Sourdough bread- Lord Thomas

Barley Water- Baroness Hélène

Cider- Syr Michelangelo

History of Cheese- Lady Helena

Mead- Mistress Leonora

Tea- Lady Rosamond

Historical Beer- THLord Soren

Cheese Making- Lady Helena

Cordials- Mistress Signy

Brewer's Feast Menu

Pour 'n Share Hour:

Brie w/Peach Brandy Chutney

Herbed Olives - Tea Smoked Quail Eggs

IPA Cheese Snyders

Pickles

Main Course:

Green Salad w/Hard Lemonade Vinaigrette

"Carbonata" [Ver Juice & Sugar Glazed Bacon Croutons]

Lord Thomas' Sourdough Bread w/ jelly & butter

Bread baked during his class
Pork Roast with Cherry Brandy Sauce
Millet Cooked w/ Almond Milk

Dessert:
Apple Ale Cakes
Chocolate Coffee Stout Cakes

Feast available for the first 50 reservations.
Please contact [Lady Gabriella](#) (Rebecca Marie Egan), to confirm your reservation and REGISTER YOUR FOOD ALLERGIES!

See the Unser Hafen [website](#) for more details.



Thorsblot

Thorsblot was a Viking celebration on January 16.

"We have been freezing for months. Wrapped in our cloaks to keep out the ice and snow. Food stores are getting low and we are tired of chopping wood to keep warm. And we have not seen our neighbors for weeks. But now the days are getting longer and it is time to cross the frozen fjords."

Come celebrate with Unser Hafen as we invoke Thor's might to drive back the frost giants so that Spring may return to Midgard. There will be food, games, dancing, and song. Join us for an evening of warmth and camaraderie. A main dish will be provided, please bring extra provisions to add to the meal."

16 January 2016
7:00 pm - 11:00 pm

Trinity Episcopal Church
3800 W. 20th St., Greeley, Co 80634

Event Steward: Countess Rosalind of Wellmark (Rosalind Wells)
970-667-1284
rosalind@frii.net

New Baronial Directory

A new directory was requested to help with communication among our residents. Please see the Directory form below and fill out what you are comfortable with. Send it to fgeardson@gmail.com or mail it to Stewart Fairburn 1232 Lawrence Drive Fort Collins CO 80521, or drop it off to me or the Seneschal.

In Service to the Barony,

Jarl Freana

The form is below. If you require the document to be emailed to you please contact [Jarl Freana](#).

Barony of Unser Hafen Directory Entry Form

At the September Business Meeting, Barono Meadhbh made a recommendation to develop a directory of the Barony to facilitate communication. The recommendation was accepted. If you would like to participate in the directory, please fill out the following information.

The directory will be made available in printed form only.
Please only put information that you are comfortable with sharing publically.

Please print legibly-

SCA Name: _____

Mundane Name: First _____
Last _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone #: _____

Email: _____ Facebook: _____

Titles and Awards: _____

Offices Held: _____

Interests: _____

Barony: _____ Rammes Keep: _____ UNC (Brumbar Halten): _____

Signature: _____

Unser Hafen Greet the new Colorado House Romani!

Well met good gentles! My formal name is Rom Dom Gwendolyn Usari Romani Vandergot, but please call me Gwen. My husband is Rom Arngeir Usari Romani Vandergot. We are the heads of the Colorado House Romani and we are very glad to meet you all! My husband's title of "Rom" means he is the head of our Romani household. My title of "Rom Dom" means I keep him in check 😊. We are of House Romani, with the original household being in Caid. Our household name is Vandergot.

Our history with the SCA is an interesting one. We both started playing while we were living in Draca Mor (Grand Junction, CO) back when it was still part of Artemisia. Our friend who introduced us to the SCA, Ursi Romani Usari, was from Caid (San Diego, CA), so we road-tripped out to Caid for our first several years of events. Arngeir attended his first SCA event at Great Western War in 2010. I had to attend to mundane work that year and I was pregnant with our daughter the next, so my and our daughter's first SCA event wasn't until Fall Harvest War in Artemisia in 2012, followed by Great Western War a month later. Our daughter Patience was only 10 months old. The original House Romani in Caid welcomed us with open arms and became our Caid family. Ursi was named head of the Artemisia branch of House Romani that same year and made my husband and I members of his house. We have both kept "Usari" as part of our names in tribute to Ursi for introducing us to the SCA.

In 2013, Ursi and his lady moved to An Tir leaving us alone in Artemisia. That same year, Ursi was dubbed the Traveling Rom and my husband was named head of our own household. Also in 2013, my husband and I moved from Draca Mor to Unser Hafen (Evans, CO – south-side of Greeley). We attended two other events in Caid in 2014, Potrero War and Great Western War, and decided we needed to find events closer to home. That's when we found out about Battlemoor. We had made new friends after moving to Unser Hafen and wanted to introduce them to The Dream as well.

Battlemoor this year was an event with a LOT of "firsts" for us. It was our first Outlands event, first event we could get to in less than a day, our first event as heads of our own household of House Romani, and the first SCA event for seven of our friends who came with us!! In total, we had 8 adults, 3 kids, and 1 dog. Since the Rom and I were the only adults with any SCA experience, it was a little chaotic, but we all had a fantastic time! We all enjoyed ourselves so much, we decided we needed to find our local group and become more involved. Newcomers was our first Unser Hafen event and once again, we had a

fabulous time. Everyone was so very welcoming and helpful.

Despite living The Dream for multiple years, my husband and I still have a lot to learn and we look forward to meeting you all!! The other official members of our household who were able to attend Newcomers with us were Konrad Kleine Bär vonderHorst (Konrad) and Esmeralda Lalea vonderHorst (Lalea). The other two who attended Newcomers and are working toward membership in our household were Melvin and Patty Horst. They are still working on their SCA names. The other two who attended Battlemoor with us live outside of UnserHafen, and unfortunately were unable to attend Newcomers. My mother is also an official member of our house. Her name is Kyna Casidhe Vandergot (pronounced Key-nah Kay-shee). She also goes by Rom Dom Mom the 2nd. 😊 She lives in Draca Mor (Delta, CO). Our other Battlemoor attendee was Amy Stringe. She is still deciding on an SCA name as well and lives in Frederick, CO. Ursi and his lady Freya have since moved back to Colorado and live in Westminster. Hopefully they will attend events with us in the future so you can all meet them too!

As a gypsy/pirate household, you can imagine the shenanigans that can possibly go on in our camp. For the most part, we try to behave ourselves and help out whenever we can. If you come by and visit, we will feed you and certainly offer libations, just don't fall asleep with your shoes on! If we come by your camp, we would love you meet you all and spend more time getting to know you! Don't be surprised if some of your alcohol comes up missing though! 😊 Again, thank you for the warm welcome and we hope to be see you all often. Huzzah!

Archery Practice: See the Unser Hafen Populace Facebook page for Unser Hafen Archers at: [Unser Hafen Archers](#). Contact Lord Thomas Marston, 970.599.0714

Archery Practice in Bofharrach: Contact His Excellency Tracker, Baro of Unser Hafen, baron@unserhafen.org.

Baronial Business Meetings: Third Friday of every month, Perkins Restaurant at Crossroads, dinner at 6:00, meeting 7:00 – 9:00. Contact seneschal@unserhafen.org.

Baronial Populace Gatherings: Quarterly. Contact seneschal@unserhafen.org.

Boffharrach Officer's Meetings: Last Friday of each month, Perkins Restaurant meeting room, 227 Greeley Mall. Contact Lord Nicolaau Machado, bofharrach_seneschal@unserhafen.org

Boffharach Populace Gathering: First Friday of each month, locattion to be announced each month. Contact Contact Lord Nicolaau Machado, bofharrach_seneschal@unserhafen.org

Blacksmithing & Bowyer's Guild: Contact Master Thorfinn Greybeard, 970.667.1284

Brewer, Vintners & Cordials Guild: Contact Master Thorfinn Greybeard, 970.667.1284

Calligraphy and Illumination Guild: By appointment. Contact Lady Anne Morley,

970.669.9213, monroefischer@icloud.com

Cantores Lupini: Currently on a Break. Contact Lady Danielle de la Rochelle, mol@unserhafen.org

Chandler's Guild: Contact Lord Liam MacMillan, 970.622.0132, bill.colby@comcast.net

Craftsman's Guild: the first and third Thursdays of the month. Contact Lady Rosamonde Carver, aands@unserhafen.org

Equestrian Practice: Contact Lady Cecelia O'Connor, 970.420.6652

Althing: Fighter Practice and Populace Gathering. 2:00 pm, Sunday afternoons at the Fieldhouse, CSU.

The Worshipful Company of Leathercrafters: Contact Lady Cecelia O'Connor, 970.420.6652



Website



Unser Hafen Yahoo Site



Facebook

THE COURT OF UNSER HAFEN



His Excellency
Baro Tracker

baron@unserhafen.org

Her Excellency
Barono Meadhbh Daingen int Slebbe

baroness@unserhafen.org

Court Stewards - Clan MacColla

Court Herald - Sir Felix Sniumi

Largesse Coordinator -

Defender - Sir Felix Sniumi

Protector - Don Tristan Grey

Warden - Master Daffyd of Emmett

Equerry - My Lady Tracy

Arts & Sciences Champion - Lady Rosamonde Carver

Pencerdd Bard - Lady Danielle de la Rochelle

Baronial Guard - Lord Ekkehardt, Sir Kolgrimm Olafsson,

My Lord Morgan of Dragonsspine, Lord Fredrick of Long

Ladies in Waiting - Lady Danielle de la Rochelle, Lady Jennifer

BARONIAL OFFICER LIST

Seneschal:

Lord Gerrit d'Orleans
(Ethan Hall)
seneschal@unserhafen.org

Deputy Seneschal:

Lord Wade
(David Peters)

Chancellor of the Exchequer:

Lady Elyse
(Deb Brannock)
exchequer@unserhafen.org

Deputy Exchequer:

Mistress Agnes deLanvallei
(Kathy Keeler)
exchequer@unserhafen.org

Barbican Pursuivant Herald:

Lady Saffiya bint Faris al-Dani
(Joshi Solomon Freville)
herald@unserhafen.org

Knight Marshal:

Sir Felix Sniumi
(Matthew Hoelscher)
knightmarshal@unserhafen.org

Marshal of Fence:

Lord James MacPhearson
aka Haggis
(Nolan Smith)
fence@unserhafen.org

Captain of Archers:

Lord Thomas Marston
(Ronald Whittaker)
archery@unserhafen.org

Minister of Arts and Sciences:

Lady Rosamonde Carver
(Kathryn Vinson)
aands@unserhafen.org

Quartermaster: OPEN**Hospitaller/Chatelaine:**

Lord James MacPhearson aka Haggis
(Nolan Smith)
hospitaller@unserhafen.org

Chronicler:

Lady Anne Elizabeth Morley
(Marjorie Monroe-Fischer)
chronicler@unserhafen.org

Webminister:

Mistress Richenda de la Selva
(Ann Fairburn)
uhwebminister@gmail.com

Archivist:

Mistress Theresea die Tanzerin
(Terry Foppe)
archivist@unserhafen.org

Scribe:

Lady Perryn Coelbrand
(Robin Lagro)
scribe@unserhafen.org

Minsier of Lists:

Lady Danielle de la Rochelle
(Nikki Wasinger)
mol@unserhafen.org

CANTON OF BOFHARRACH OFFICER LIST

Bofharrach Seneschal:

Lord Nicolaau Machado
(James Freeville)
bofharrach_seneschal@unserhafen.org

Exchequer:

Baroness Hélène Boudain
(Kathy Egan)
bofharrach_exchequer@unserhafen.org

Herald:

Lady Madeleine de Seraucourt
(Erin Miller)
bofharrach_herald@unserhafen.org

Seneschal of Rammes Keep

Lord Giovanni
(Giovannie Velez)
gnvelez@mail.colostate.edu
ramskeep_seneschal@unserhafen.org

Templar Sergeant of the UNC Middle Ages Society aka Brummbär Halten

Baldwin de la Berne
(Dane Banner Barnes)
barn8810@bears.unco.edu

Good greetings, Unser Hafen!!

Even as we write this letter, many are recovering from their great efforts at Newcomers. We have received many communications, and everyone had a wonderful time. We know we did!! Our thanks to everyone who laboured to give our populace a fun and informative event! There are too many to list here!

At this time we would like to announce our intention to step down from being your Baron and Baroness. Anyone interested in assuming this great honour will need to send a letter of intent to ourselves, the Crown and the Kingdom Seneschal. The deadline for this is January 2nd, 2016, which is also Caerthe's 12th Night. After that, the Polling will take place on January 31st at Unser Hafen's fighter practice. If you are unable to make it, please feel free to contact their Majesties with your words. In addition, if you have any questions about the positions, contact us and we will answer any queries you have.

Don't forget that Brewer's Feast is November 7th and will again tantalise our taste buds. After that is the Coronation of Bela and Anna in the Barony of Fontaine Dans Sable. December brings Hunter's Feast in the Shire of Windkeep. We hope you made your reservations!!

Take care and safe travels until we see you again!

Tracker and Meadhbh
Baro and Barono
Unser Hafen

Letters from Officers

From the Seneschal:

Greetings unto the glorious populace of Unser hafen,

We had a great event and time at newcomer's this year by what I saw when not cooking the feast. I want to thank everyone coming out and having a great time. Plus I want to thank everyone who helped plan, setup, take down and clean up the site. It was all appreciated by the site. Here's to using this site again for future events. It's also the site of half of our winter fighter practices.

A lot is happening in our baronry right now. We have several strong A&S guilds. Plus our fighters are growing and getting better and better. The equestrians are training and showing they are the best in the outlands.

This year we are not holding a yule in December but doing a winter celebration in January. So keep your ears open for event info on that.

Yours in service,
Gerrit d'Orleans
Seneschal of Unser Hafen

From the Exchequer:

I would like to announce that Soren will become Deputy Exchequer.

Yours in service,
Elyse
Exchequer of Unser Hafen

From the Arts and Sciences Minister:

Greetings!

The past two months have been eventful and there are lots of new opportunities to try you hands at something new!

We have a new armorers guild, headed by Lord Gerrit d'Orleans and he has been very busy getting new players in armour, has also been having craft days with Inkle loom weaving and has made beautiful bread boards for the feast at newcomers! There is continuing interest in Craftsmans guild which is currently doing leather cups every other Thursday at Wellmark Keep. Also we have a new meeting place for A&S classes at Letford Elementary the last two weeks of every month during fighter practices. Mistress Hélène has been hosting cooking classes in the kitchen already.

Newcomers was a hit this year and I would like to thank all the wonderful artisans who came out to make the A&S end of things exciting and inspiring for the new folks coming to it.

My thanks to:

Hannah d'Avila for putting on a hands on glass demo booth

Garwed for his Blacksmithing and items for sale

Katelin de Ireland for the SCA 101 class

Dianne Carter for her harp and medieval music demo

Susan Woodard and Soren for teaching Medieval dance

The Jewlers Guild of Caerthe who held three different classes and put on an amazing display!

Rhys Alfawyn for his silversmithing demo

Val Bjorn Juleson for his copper repose' demo

Travis Blankenbaker for his truly awesome Blacksmithing booth
Cecilia da Firenze for the Scriptorium
Caer Galen Bookbinders Guild for the hands on Demo
Mistress Briatiz d'Andrade for Middle Eastern Dance for the Terminally Shy
Kathryn of Southwick for the fantastic Photos of past events
Cecilia for sitting the display booth and showing newcomers her leatherworking
And Everyone who contributed to the Artisans display!
Thank You all!!!!

Lady Rosamonde Carver

A&S minister for Unser Hafen
970-775-7498

From the Knight Marshal:

Greetings!

The heavy fighting community has had pretty good turn-out the last month, with just over eight heavy fighters on average each week. I would like to commend the fine work of Lord Gerrit in getting many of our newest fighters into armor of their own, and for the repairs and renovations he has done to the Baronial loaner equipment. Our practice schedule for the month of November is the 2pm - 5pm on Sundays, with the first two practices at the Glenn Morris Field House at CSU, with the practice on November 1st being a regional war practice! Make sure to bring out your best and we will hone the Outlands army. Don't forget that it is the dreaded daylight savings time switch on Sunday. The remaining practices for the month will be at Letford Elementary School in Johnstown, the same place that hosted Newcomers.

Yours in Service,

Felix Sniumi
Knight Marshal

From the Marshal of Fence and the Chatelaine:

Welcome all, long-time or new in Unser Hafen!

Newcomers was a fantastic success, thank you to all who helped organize and run this amazing success. We have many new folks who will be contacting those who taught at the

wonderful classes and talked with all the players, so be sure to keep an eye on your emails and FB!

This has already been an amazing year, and it isn't even over yet. Up next is Hunters and various fall and xmas activities, so stay in touch and lets keep this streak running.

Haggis of Unser Hafen,

Chatelaine and Rapier Marshal

From the Webminister:

Welcome to our new Webminister, Baroness Richenda de la Selva!

From the Chronicler:

Greetings, revered Populace of Unser Hafen!

Another quarter and here is the newsletter. If you have praise, corrections or other comments please let me know!

With a suggestion to change the name of our newsletter, and the bad meaning of 'tossplot' in British English, we are going to have a contest to choose a new name. Please submit your suggestions to me by December 15th. The winner will be announced with the newly renamed newsletter in January. To sweeten the pot, I will provide a gift for the Gentle with the best suggestion.

I hope that you enjoy the articles included in every newsletter. If you have an article to present, or a subject that you would like to know more about, please contact me at chronicler@unserhafen.org.

Yrs in Service,
Lady Anne Elizabeth Morley

From the Seneschal of Bofharrach:

Bofharrach will be dissolving in the coming months. The decision has to be finalized

by the BOD so it's not a quick procedure. Technically, it is in a dormant state right now so even Brewer's Feast has been transferred to Unser Hafen to host.

Yours in service,
Nico

Medical Combinations of a Medieval Feast Menu

by

Lady Anne Elizabeth Morley

We have many things in common with Medieval folk, but one of the most important is eating. In the SCA we enjoy feasting at special occasions, but first, what exactly did a Medieval feast consist of and why?



The celebrations of the upper classes, nobility and royalty consisted of long dinners, carefully planned and executed. Many details were crucial in a meal: what was the time of year, what foods were eaten at which point in the meal, what food were eaten on fast days, what foods were grouped together, how and where they were prepared, what spices were used to show the host's wealth, how was the food decorated, the list goes on. Just as the main meal of the day was served midday, a typical feast would begin midday, and might last throughout the remainder of the day. It would have included entertainment between courses to allow the diners time digest a bit of food to allow for enjoyment of the next course (and probably to allow those in the kitchens time to get the multitude of dishes which had to be served hot prepared). The host would not have spared any expense to display his status and wealth.



Notice what appears to be a live peacock being served. The head and neck along with the skin and feather were kept to adorn the cooked body of the bird.

The number of courses varied by region, but most typical seems to have been three. That being said, before and after the main meal were commonly other courses for the health of the diner. Before the first course sweet pastries, candied fruits, confections and sweet wines were served. The first official course would be soups, savoury pies and poultry.



The second would be the heavier meats: beef, pork and wild game. The third would be fish, frequently prepared in palate-cleansing jellies. The last course, not considered part of the meal, would be sweets and nuts, usually served in a different location. It was called dessert from the French *desservir* meaning 'to clear the table.' (Klemettilä. The Medieval Kitchen, 16.)

A traditional mincemeat pie made be me for Christmas Eve supper.



Fasting, meaning the practice of not eating red meat or chicken, was frequent according to the Church calendar. Fish was the order of the day, and, rather strangely, this included things that tasted like fish, including puffins, dolphins, anything that tasted like fish.

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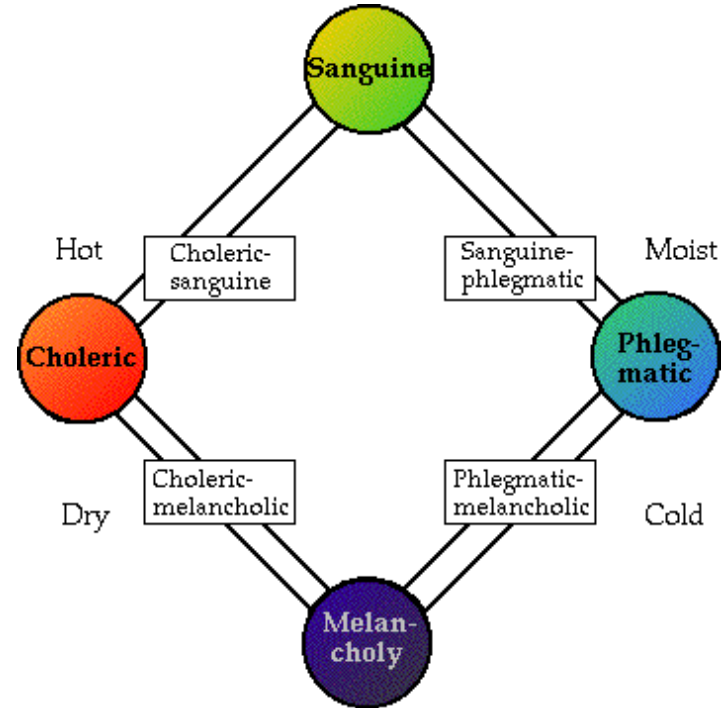
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Medical Properties of Food

As early as the Greek civilisation medical properties were divided into four humours: Sanguine, Choleric, Melancholy and Phlegmatic. These were given the properties of Hot and Dry, Moist and Cold. The Medieval theorists felt that foods fit into these properties, and for health, meals should be balanced in these categories.

The property of a food could be balanced by how it was prepared or served. Beef, for instance, was considered dry, so to balance its humour it should be boiled or braised, but not roasted. Meat pies, on the other hand, balanced more moist meats with hot air. Fish required extra care due to their excessively moist and cold characteristics. It needed to be grilled or fried, and complimented with a herbal sauce, herbs being considered a dry food. Earthy vegetables were dry so required boiling, while grains were cool and dry, hence the popularity of porridge. As previously mentioned, herbs along with spices and sugar were all considered hot and dry, while fruit was naturally moist.

(Klemettilä. The Medieval Kitchen, 38-9.)



Sauces were particularly important in both augmenting dishes and balancing humours. In larger kitchens there would be a special office in charge of only sauces. They were grouped into two types, fruit and spice sauces, and frequently contained both sweet and tart characteristics.

As an example, here are some of the courses included in the seventeen course feast given in 1403 for the wedding of Henry IV of England and Joan of Navarre:

First course: Gilded, fire-breathing pork, and gilded sea snail (warm & dry pork with wet sea snail)

Second course: Gilded, golden-eyed rabbit, and gilded pike (again, dry and wet)

Third course: Gilded veal, and gilded trout (again, dry and wet)

And the courses continue in the same manner. Notice the gilding, a way of beautifying the dish, sometimes even including real gold leaf.

Breakfast was not recommended except for heavy labourers. For children, fish was considered dangerous. Light meats were recommended along with boiled water mixed

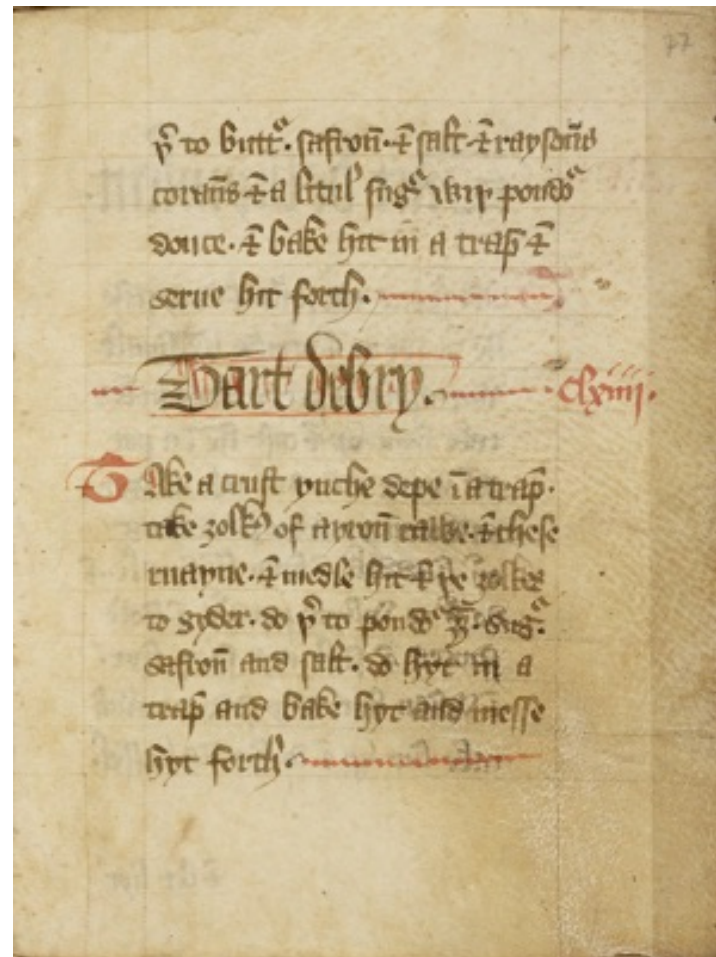
with sugar and wine. For all, beer, cider and wine (wine especially) would have been diluted with spring or boiled water to avoid drunkenness. Spirits were rarely consumed. (Klemettilä. *The Medieval Kitchen*, 73, 35.)

Cookery Books

For the modern cook, recipes passed down in various cookery books are frustrating. Some amounts, especially of spices and herbs, and cooking times were not specified. With some items the amounts were probably meant to be adjusted to taste, and cooking times might have been dependant on fires, size of ovens, etc.. Just as with some of my grandmother's recipes, some things might have been assumed that the cook would automatically know what was expected. Here is a recipe from *Forme of Cury* (*Manner of Cookery*), probably the oldest cookery book, written by the request of Richard II about 1390:

Tart de Bry

*Take a crust ynche depe i(n) a trap(p).
take (y)olk(es) of ayro(u)n rawe. & chese
ruayne & medle hit & þe (y)olkes to
gyder. do þ(er) to poudo(ur) (gg).
sug(ur). safro(u)n and salt. do hyt in a
trap(p) and bake hyt and messe hyt forth.*



And a 16th century recipe:

To boile a Capon in white Broth with Almondes

Take your Capon with marie bones and set them on the fire, and when they be cleane skummed take the fattest of the broth, and put it in a little pot with a good deale of marie, prunes, raisons, dates, whole maces, & a pinte of white wine, then blanch your almondes and strain them, with them thicken your potte & let it seeth a good while and when it is enough serve it uppon soppes with your capon.

Well balanced and delicious, medieval feasts must have been a joy to attend.

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