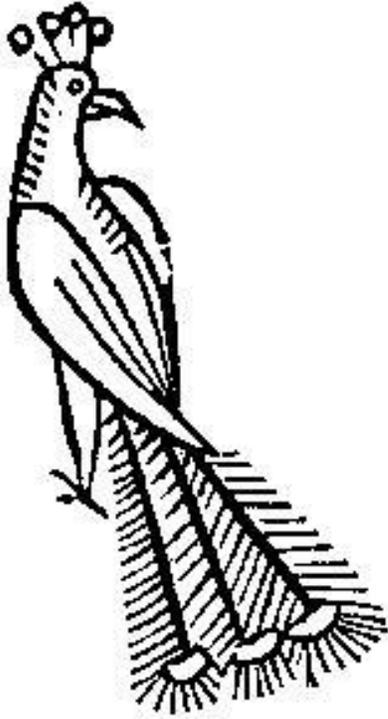


# The Aerie



A peacock; enlarged detail from *The Birds*.

## MAY A.S. LIV (2019) Cum An Iolair Calendar (Events in bold are local)

### May 2019

- 2** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm  
**4** Unslung Heroes—Aston Tor (E. Jackson County, MO)  
**10** Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS.  
**11** St. George & the Dragon—Oakheart (Springfield, MO)  
**16** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.  
**18** Meles & Mayhem—Crescent Moon (Topeka, KS)  
Spring Arrows—Deodar (Cedar Rapids, IA)  
**25** Valor—Vatavia (Wichita, KS)

### June 2019

- 6** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm  
**8** **Lilies War**—Calontir (Smithville, MO)  
**20** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.  
**29** Calon Con

### July 2019

- 4** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7pm (Possibility that we might cancel the meeting due to the holiday.)  
**6** Known World Heraldic and Scribal Symposium—Coeur d'Ennui (Des Moines, IA)  
**12** Cook's Guild 7:30 at Marguerite's 7216 Cottonwood Shawnee, KS.  
**13** Summer Coronation—Lost Moor (St. Joseph, MO)  
**18** Shire Meeting: St. Thomas the Apostle 12251 Antioch Rd.-7 pm.  
**20** Kingdom Arts & Sciences—Oakheart (Springfield, MO)  
**27** **Feast of Eagles**—Cum an Iolair (S. Johnson County, KS)

### Shire Birthday List

#### May

8 Kitsume

#### June

13 Briana Etain MacKorkhill

#### July

23 Marguerite des Baux

### Note from Chronicler

We need articles, book reviews and event reports for *The Aerie*. Please submit those by the 25<sup>th</sup> of each month to [chronicler@shirecai.calontir.org](mailto:chronicler@shirecai.calontir.org). It would be especially helpful if people wrote event reviews. It is so simple to write them since you go to events already. Our Exchequer needs a deputy because she would like to step down at the end of this year. Please talk to them if you are interested! We need to decide at the next meeting if we are going to have a meeting on 4<sup>th</sup> of July or a party.

### Letter from the Cook's Guild

by HL Fiona nic Gormliatha  
(Used with permission)

*Cook's Guild meets the second Friday of every month at Her Excellency Marguerite's (7216 Cottonwood, Shawnee, KS) give her a call at (913) 268-0416 for directions.*

The theme for the April Cook's meeting was spring foods (also trying out bite-sized food for a Vigil table) most of the recipes come from a website. First off was lamb pie—or in this case small pasties or tartlets. Start by finely chopping 1 red onion & 2 carrots & sauté them in a little olive oil until soft & translucent, do this in a medium oven-proof pot. Have ready a little over 2 lbs. Boneless lamb cubes & put in with the carrots & onions to brown. When browning is done, Add in 1 C. red wine, 2 C. lamb stock (can use veggie broth I guess, if lamb stock is hard to find), 5 sprigs of fresh rosemary & 2 tsp. All purpose rub (mix 1 Tbs. Each oregano, thyme & pepper, 1/8 C. each paprika & brown sugar, 2 1/2 Tbs. Salt & 1/2 Tbs. Cayenne (purists can use long pepper or grains of paradise instead)—can be stored & used until more is needed). Cover the pot & braise in a 350o oven for a good two hours or so until the lamb is tender & succulent—at the same time take an entire bulb of garlic wrap it

in foil & put alongside the lamb in the oven & roast for 60-90 minutes. When lamb is cooked, remove from oven, top with the roasted garlic (cut off the papery tops & squeeze out) & ready your ready-made puff pastry—we experimented with cutting half into circles & putting a measure of lamb filling on & folding over to crimp into pasties & the rest we lined muffin tins. The tops were brushed with a beaten egg while the oven heated to 400o & baking was done in 30 minutes & the lamb served forth. We decided that the pasties were good, but a bit work-intensive & we decided that putting a top on the muffin tin ones gave too much crust & not enough lamb.

Honeyed ginger carrots: cut 2 lbs. Carrots into coins then melt 3 Tbs. Butter in saucepan on medium. Once melted, add the carrots & toss until evenly coated, cover pot & cook until tender. Uncover & add 2 Tbs. Honey, stir 5-6 minutes, then add 2 Tbs. Dried crystallized ginger, minced & white pepper to taste & toss then serve it forth. We really liked this side dish—it was a good balance of savory & sweet, just enough honey to taste, but not cloyingly so.

Another side dish was Armored Turnips: take 5 medium turnips trim & wash them & bake in a covered dish (or wrapped in foil) until soft (about 20 minutes) then peel & cut into small strips. Add 1 C. soft cheese (like Swiss or Munster), grated & set aside. Beat 3 eggs, 1 Tbs. Sugar, ½ tsp cinnamon & ¼ tsp salt & pour over turnips & cheese, add 4 Tbs. Melted butter then turn all into a greased pan & bake at 350o until set, about 35 minutes.

We also did a rub on a Pork Tenderloin: make a paste of 3 Tbs. Lemon juice (we also tried vinegar, since one of our members has issues with citrus), 1 Tbs. Each olive oil & paprika (purists may want use cubebs or grains of paradise instead); 2 tsp. Each chopped garlic, ground coriander & salt; 1 tsp. Each pepper & turmeric, ½ tsp. Cumin, ¼ tsp. each Ginger & allspice. Butterfly a 1-2 lb. Pork tenderloin (cut it lengthwise, but not completely through so that it lays flat to provide more surface for the bub & grill), spread with spice paste & grill 4-6 minutes per side (we used the broiler & a meat thermometer so that we got it cooked through bit still a bit pink). Remove from heat & cover with foil for 5 minutes so that the juices are re-absorbed then serve. This was a great tenderloin, juicy & not at all dry; we actually made two tenderloins & used 3 Tbs. Red wine vinegar instead of the lemon juice, & liked that version better.

Then, for something completely different, we attempted Coconut Sherbet. Have ready an ice cream maker & combine 2-8 oz. Cans of unsweetened coconut milk, 14 oz. Sweet coconut milk, 1 ½ C shredded coconut & 1 C. sugar or honey—do this in a saucepan & mix over medium heat (which you have to do to melt the coconut oil & dissolve the sugar). Cool completely & process in the ice cream maker until smooth. We tried the honey version, but it did not set up! Turned out that we should have used ½ C. instead to offset the liquid volume of the honey—it was too sweet! Oh well, not everything we try turns out well. This is why we experiment.

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Horizontal border of curling leaves; detail of a page from *Horae*, Paris (Meslier) 1489/90.

## On Gardening

by HL Fiona nic Gormliatha  
(used with permission)

Kilkenny, Ireland.  
April 1189

Dear Philippe,

Father William has informed me that he intends to stop in Mortain and “look in on the state of your soul”, as well as your body. I suspect he plans on doing this on his way back to the monastery. So I am taking this opportunity to write you a few lines which may cheer you.

I am working in the garden today, so I am writing this on my traveling writing desk, while Father William takes his ease in the garden nursing a mug of mead. I am sitting on the turf seat of chamomile, pennyroyal and thyme, under the arbor of cucumber vine, you know how I love my pickles. Before me lies my tablecloth-sized herb garden, with its basil; coriander, which I adore, candied; radishes, dill for my pickles, caraway for cheese, comfrey, mustard, pot marigold (*Calendula*), tansy and bugloss for pests.

There are my dye plants, agrimony, also good for tonic; woad, sage, and marjoram. The bees from my hives buzz among the sweet woodruffs for wine sops, lavender, balm, and catmint for the feline, gillyflowers (carnations or clove pinks) and violets for syrup. Whenever I look at the eglantine rose you brought from Normandy I miss you. But I comfort myself by planning what plants I will bring with me when this siege is raised and we are wed.

Returning to my garden I see the Daffodils of course, for both of us adore them and they also serve as a good dye. I am glad I have my rosemary and bay in pots, for they should get more of the sun they need in Mortain. Finally there are my orris, sweet flag, lilies, and of course, my saffron crocus! I am glad that I put the peppermint in that bottomless kettle, otherwise it would have taken over the whole plot!

I suppose you have a wattle enclosed garden plot and small orchard in one of your two baileys? I recall you mentioning “moutard allemande” (“German mustard”, better known as horseradish), which the Franks use to dress meat and fish, and your beloved pears, as well as garlic, onions and leeks, for you do love your strong tastes. You for your part know how I feel about sweet cherries of the tree, apples, plums, and apricots, especially when dried, as well as mulberries, which, besides sauce, provides the ink with which I write this letter.

All of these noble plants grow in my orchard and beneath them grows the flax I started planting last year, hemmed in by a hedge of elderberries for tonic wine. I hope I can get you to feel the way I do about parsnips, kale (cabbage and or chard probably) and asparagus.

Aiofe has come up in her sober way and wants you to know that she has prayed to Saint Brigid to keep you safe. Eamon has ceased climbing in his apple tree and bids me tell you that pitch is cheaper than oil, sticks better than sand or water and can be set afire, for I read them your last missive.

I look past the pease fields to the mix of barley, wheat, and oats that grow here in Ireland and wonder if I will make any into bread-or cake mayhap-for you to eat at our wedding. A small bag of hazelnuts we gathered last fall is sent along as a treat for you.

I am sure that Father William will find you well, for the prayers of three who love you surround and protect you.

I sign myself,  
Fiona nic Gormliatha  
(And in childish handwriting)  
Aiofie and Eamon

(Translators note: It would appear that Philippe did indeed read this letter often during the 4 month siege, for this letter is stained and well-worn)

I originally wrote these letters in persona some 20 years ago when my husband Philippe de Mortain (mka Philip Nichols) was still alive. I figured that it was one thing I could manage every month for the newsletter. I am pleased to say that I inspired Philippe, Mikal the Ram & Bevin to write letters in persona—the first two each contributed a letter to the Lady Fiona narrative (there are 21 of them in all) & Bevin wrote as an Irish nun, travelling & teaching & writing back to her mother Abbess. I hope this inspires others to think, “What sort of letter would my persona write to someone I loved?” Or to someone I needed something from (writing from school for more money is not a new thing, there are extant letters from various houses of learning where the student swears the money will be used for learning, not carousing!). Just saying!

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