1. **How did you become the Herbal Guild Steward? - Morgan?**

   In the Kingdom of Meridies if you are interested in a particular office, you submit a letter telling why you would be a good choice. I told the Kingdom Guild Deputy and the Kingdom Arts and Science Minister, I enjoyed studying how herbs were used in the Middle Ages. I also told them I wanted to work with other guild members to make the Meridian Herb Guild a great place for people to exchange information, ask questions and share what they were doing. The other guild members supported my application so here I am.

2. **What is your favorite herb? - Aden**

   It’s hard to choose just one. If I can only choose one it will be rosemary. It grows into a beautiful plant smells wonderful and tastes great in so many dishes.

3. **How were plants used in the middle ages for makeup? - Morgan**

   There are many websites that discuss how plants were used in the middle ages for makeup. According to the online blogs “The History Girls” and “Rosalie’s Medieval Woman” woman wanted to cover their flaws without being obvious about it. They made powder from wheat flour paste or ground lily roots to make their skin paler and cover any blemishes. Pale skin was desired by European nobility because women who worked outside were tanned. They also added red plant-based powders to suet or beeswax to color lips or cheeks. I have a collection of 12th through 15th century writings focused on women’s medicine. The collection is gathered into a book called the “The Trotula” and it contains several recipes for shampoos, hair dyes and conditioners using plants.

4. **How did you learn about gardening and herbs? - Ronny**

   My grandmother and my mother were both gardeners. They loved working in their gardens and growing all sorts of things. I started with flowers and herbs in pots and moved to establishing garden areas in my yard. I read as much as I can, talk to other gardeners and then I just plant and see what happens.

5. **What is your favorite flower and tree? – Aden**

   I enjoy seeing all sorts of flowers, but the lily may be my favorite. My favorite tree is the dogwood. Dogwoods make a beautiful flower and later the center of the flowers make a pretty red berry but don’t eat it.

6. **What do you like the best about gardening? – Ronny**

   I love being outside listening to the birds while I work. I enjoy seeing what’s coming up, blooming or what fruits or vegetables are ripening. It’s fun to taste cherry tomatoes off the vine, the first blueberries off the bush or a ripe fig straight from the garden.
7. If you could have anything growing in a garden what would you plant? – Morgan

I would like more roses and I would like a rose arbor. In the Middle Ages rose arbors were a place for secret meetings. I would love to build one and cover it with beautiful climbing roses.

8. How many things can be made from herbs? -Mary and How do they make so much stuff from plants? – Brodie

Many things can be made from herbs. In the herb guild we study how herbs were used in the Middle Ages to make cosmetics, to flavor food, to make medicine, and dyes for cloth. Every herb has special qualities that can be used in some way. For example, rosemary and mint have special antiseptic properties which means they can kill germs. Parsley contains compounds that can aid in digestion.

9. Can you make medicine from strawberries? - David

A medieval herbal written by John Gerard in 1597 says strawberry juice can be used to take away redness of the face. Gerard also says strawberry leaves can be boiled and applied to wounds. Boiled leaves can strengthen the gums and help loose teeth. Gum disease and loose teeth were a big problem in the Middle ages. I'm not sure about its use in modern medicine. Today, strawberries are listed among those foods that help protect your cells from damage and inhibit the development of disease.

10. How do you make bruise balm? - David

You can combine melted beeswax and add olive oil infused with plant extracts known for healing to make bruise balm. Hildegard of Bingen was a nun in the 12th century. She wrote a book called the Physica. She suggests comfrey, arnica, myrrh resin and spearmint. Several of our herb guild members have made bruise balm for fighters. The balm should only be applied to bruises, not open wounds like scrapes and cuts. Herbs are powerful and sometimes too much of an herb can hurt more than it can help. It’s best to read a little more and ask a parent for help when making bruise balm.

11. Can you make medicine from mint? – David

John Gerard's 16th century herbal says mint leaves can be placed over a wasp or bee sting. He also says you can make a poultice with mint and salt to put on a dog bite. I'm glad I live in modern times and can go to the doctor if bitten by a dog and use sting relieve products for wasp and bee stings. People in the Middle Ages didn't have access to the medicine and products we have today. Many of the herbalist in the guild make mint tea. Mint is a soothing herb that helps you relax and calms your stomach. Extracts made from mint are used in some medicines.

12. Can you make bark into medicine? – Bradlee

The answer is yes but many labs synthesize the essential ingredients that were once extracted from plants. Willow bark has been used for centuries as a pain reliever. The bark contains an ingredient used in aspirin. Some people can use cinnamon bark to treat bronchitis.

It depends on the particular plant. Most plants need good rich soil suited to them. Plants need sunlight too. Last, most plants need water. A few plants can drown if they are watered too much. Plants convert sun, the minerals and nutrients in the soil, and the nutrients and minerals found in water to food. Sun is important and even plants at the bottom of the ocean need some sunlight to grow. Some plants need extra nutrients as they grow, especially plants in pots. An older plant in a pot will eventually deplete the nutrients in the soil and need to be fertilized periodically. Fertilizer can be found at garden centers, but you can’t use the same fertilizer for every plant. Some need more of one mineral and less of another to grow. There are specific fertilizers for roses, tomatoes, cactus, and trees.


I had to look these questions up on the internet. If you are really interested there are websites that give you all the details. Pinecones contain the tree’s seeds. When the pinecones are open, they have already dropped their seeds on the ground. If you want to collect the seeds, gather closed pinecones, place them in a paper bag and put them in a warm place. The pinecones should open and drop the seeds into the bag. I haven’t tried this before, but it sounds like a good winter project. Gather the seeds and put them in the freezer for 3 months. When spring comes, soak the seeds for 24 hours and then place the wet seeds on a paper towel. Keep them moist and put them in a cool place like your refrigerator. After two months plant them. Acorns can also be planted after soaking for 24 hours. Here are two links that describes the process and provide more detail but there are numerous websites that provide information:


15. Can you make watermelon into medicine? - Bradlee

Have you ever heard of the humors? Ancient Greek, Roman, Medieval Middle Eastern and European people saw food as medicine. If you balanced what you ate, you could address all sorts of medical issues. In the Middle Ages melons were considered wet and cold, moist, and cleansing. 12th century Hildegard of Bingen and 16th century herbal author Gerard says melons remedy a hot stomach, but it is not good for sick people. It was though the stomach was hot when it was empty. You need to cool it off a bit. When your stomach is full you need warm spices to help your digestion. The Russian 17th century text “Domostroi” includes a recipe for watermelon rind pickles with ginger, cinnamon and cloves. The spices “warm” the cold melon. Watermelon is one of the foods that can protect your cells from damage and inhibit the development of disease.


I've never made one, but I found plenty of instructions online. I added a link I found, there are many more. You need tweezers, a tiny container, tiny plants, the right soil, sand, water holding crystals, a spray bottle, and a way to hang the container from your neck. [https://www.instructables.com/id/Succulent-Terrarium-Necklace/](https://www.instructables.com/id/Succulent-Terrarium-Necklace/)
Greetings, Youth of Meridies.

I am Ailith de Steddanham, the new Dean of the Teen Program. I hail from the Barony of Iron Mountain where I enjoy heavy combat, dancing, and costuming, just to name a few. I am also an avid equestrian and ride with the Meridian Cavalry whenever I’m able. One of my favorite activities is attending events with my two boys, Connor, and Dylan.

I look forward to meeting each and every one of you over the coming months. I am planning a series of Teen Socials where we can get to know one another, and you can tell me what you want from your teen program. Come and join me at Crown Lyst, Castle Wars, and Magna Faire. If you’d like me to host a Teen Social at another event or have ideas for the Teen Program in general, feel free to email me at ailithdesteddanham@gmail.com.

Salutations Young Gentles of Meridies,

As the editor I am pleased to give you yet another interesting and informative issue of Penfeathers. I would like to thank the members of the Herbal Guild of Meridies for all of their wonderful articles. If you are interested in herbs and gardening, you can find them on Facebook. I would like to also thank everyone else, especially the youth who contributed to this issue. We always need content. We need art, articles, whatever you are working on send it in. We also need teens to step up. This is not just for the younger kids. We would love your input too.

I would also like to add I am now the Deputy Kingdom Minister of Children. That means in the future I will be taking over for Lady Jane. Until then I will be learning from her and assisting her in any way that is needed. I am extremely excited; I hope to see you at upcoming events. I will be at Magna Fair Next!

If you have any content to add to Penfeathers or any questions for me email me at: mojoryanronny1428@gmail.com

YIS

Lady Deedre Tuner DKMOC/ Editor
Magna Fair will host a children A&S fair. This will be your chance to show off your skills and get feedback from members of the Order of the Laurel. This A&S fair should be loads of fun. Best part is you don't have to provide documentation. That's right no homework. Just show off your skills.

December 6-7th 2019
Sir Chit and the Herb Garden

By Lord Bleddyn Ap Turner

Sir Chit was a wandering in the streets of Tim Lif. No longer was there fighting and arguing amongst the citizens about honor and courtesy. That is why it was to Sir Chit’s great surprise that there was shouting coming from Farmer Crow’s garden. Now you might be wondering how it is that a crow with his wings and scrawny legs could possibly grow a garden well I’m not telling. “Yet” Any way… Sir Chit went running as fast as he could to aid the farmer. Sir Chit arrived at a large empty field in the middle of the field hopping up and down in a mad temper was Farmer Crow. Several field mice where sitting on the fence watching a laughing. One laughed so hard he fell off the fence and into a bucket of water. This caused the other mice to laugh harder and harder. Farmer Crow who was not paying much attention thought the mice where laughing at him which made him madder and madder. This caused him to not watch where he was stepping and so he found his rake which yep as you guessed it wacked him in the head. Poor Farmer Crow was knocked to the ground, the mice were shocked, and Sir Chit sprang into action. Everyone went to Farmer Crow to help him. The field mice looked on with worried looks as Sir Chit helped Farmer Crow. “Are you okay?” Asked Sir Chit. “Donna ye warry mama is okay” Farmer Crow replied in a childlike manner. “Uh Oh,” Said Sir Chit “Looks like someone is not doing so well. Little mice fetch me a rag with cold water on it and let’s see if we can get Farmer Crow back on his feet.” Several of the small mice dashed off. Several more ran over to the rake and ran it off to the shed while several others grabbed leaves and other things and started fanning the farmer. Soon the little mice returned with a wet rag which Sir Chit placed on the farmer. A large mouse spoke to Sir Chit. “Honored one, tell please, dead is farmer?” Sir Chit had a bit of trouble with the mouse’s way of speaking but answered “Oh no surely not just unconscious.” Pardon Honored one, mean what un..con..shhs?” Asked the mouse slowly. Sir Chit chuckled and thought for a moment. “Well…?” Sir Chit had a hard time thinking what it meant but finally said. “It’s like falling asleep but no dreams and it is not fun, and usually gives you a bad headache.” The mouse nods his head sagely then asks. “Honored one, Asleep how long?” A few moments or the rest of the day it is hard to tell if afraid.” Luckily, they did not have to wait long for the farmer to wake. Sir Chit asked the farmer why he had been shouting. The farmer relayed how he had been growing a wonderful herb garden for weeks then he came out of his cottage one day and it was all gone. Not a trace was left as to who had taken everything. The gate was still locked from the inside and there were no tracks, footprints, or paw prints of any kind. The king himself was waiting on the herbs from the garden to and now he had none.
Sir Chit wandered around the garden trying to think of how this could have happened. He studied the field, he studied the gate carefully, and he studied the little mice who left prints everywhere. It was on Sir Chit's third trip around the garden that it happened. He was just walking along considering if a flight of birds could fly down not landing grab up all the food quite impossible when all of a sudden, he tripped. He crashed hard into the dirt and dust flew up. He looked down at his foot to see what had happen and noticed that his shoe was sticking out of a hole. Sir Chit looked around closely at the ground and noticed that there where many holes all over the garden. Sir Chit had a plan. That evening he and the mice planted all sorts of blooming herbs. Then he arranged all the little mice into a pack of guardians, but he cautioned them not to make any sound or to move a lot. Then they waited. Early in the morning when the sun dose not rise but up in the sky is a yellow cast and where the sun comes up from the land is glowing. A tiny mouse wakes Sir Chit and in his ear whispers, “Something moves in the garden. Sir Chit’s eyes open wide and he peers into the glom. He can just make out a short, round, almost bun shaped dark shadow passing between the rows. Sir Chit slowly gets up and with sword drawn walks into the garden after the shape. He gets about halfway when the herbs that he planted start to disappear.

Sir Chit creped along the rows until he reached a fresh hole in the ground. There he waited. Soon a whiskery, pointed, and very dirty snout appears in the hole. The whiskers twitching the nose sniffing at the air then its webbed front feet pulled it soft furry and plump body out of the hole. It wiggled and wobbled its way down the rows of herbs picked a few and walked back as it approached Sir Chit. It looked up at Sir Chit. Finally, it came to a stop as it realized what was standing in its way. “Good evening Mole, I am Sir Chit and I would ask if you would please return all the stolen herbs from this garden.” The mole just stood there, mouth open looking up at Sir Chit it swallowed hard and dropped the herbs to the ground. It then sank to the ground and huddled itself into a small little ball. “Now, now, don’t be afraid. Everything is all right.” Sir Chit put out a paw and gently placed his hand on the hand of the mole. He lifted the mole back to his feet. Sir Chit explained to mole how the garden was needed by the kingdom and how it was wrong to steal. The mole tried to explain that he and his family were preparing for winter, but they understood Sir Chit and gave it all back. Sir Chit then showed the mole family how to find food for the winter and how they could even help Farmer Crow grow more so they could all share. Soon everyone was happy, and Sir Chit was once again on his marry way.
MOC Round Table at Magna Fair

Saturday 8:00 am

Coffee will be provided

This is an opportunity for MOCs and the populace to work together as we pursue our goal of making this the chosen hobby of our young members.

Topics will include:

• Ways in which we can help our Kingdoms Youth learn and grow in the SCA while still staying safe.
  • Designing the Teen Program.
• Page School- How can I be a teacher and designing classes.
• Penfeathers- Encouraging children and working with parents.
Medieval Herbal Poisons

By Gwenneth Arnell

Some of the most notable poisons are Arsenic and Cyanide. But there are so many other poisons known at that time. The Greeks and Romans used Hemlock and Aconite.

Hemlock is a pretty well known for being the poison that Socrates, (a famous Greek philosopher) drank in the spirit of good citizenship. Hemlock, when ingested has effects of numbness, difficulty breathing, and death. Hemlock grows wild in many regions around the world, often near streams, ditches, and along the sides of the road.

The medieval peasants would commonly use Belladonna and Mandrake for their killing. Belladonna is very deadly in larger doses but is still used in medicine in small doses to this day. It takes ten to twenty berries to kill an adult, even Just chewing one leaf will give you a dirt nap (kill you). Milder symptoms include delirium and hallucinations, which start almost immediately once ingested.

Mandrake does not actually scream like in folklore, but if ingested will cause hallucinations, dizziness, and increased heart rate. This caused whoever ate it to have disturbing visions. If the dose is high enough it will kill you.

The Busy Road

You just start down the road and already people are bumping and crashing into you. One so hard he knocks the wind out of you. Soon you get the hang of moving with the crowd. You are enjoying yourself and are looking at all the wonderful shops and stalls. One catches your eye it is a small herbal shop full of different spices and plants. You reach for the money that the mother gave you only to discover that all the money, but two pieces are gone. You ask the man at the table what you can get for the coins. He points to a tiny bag and says, “That bag of salt is all that you can afford with that young one.” With a shrug you grab the bag, pay, and head to the house.

Better luck next time maybe in the adventure into the house!
Castle Wars 2019
Children’s Activities Schedule

Saturday, November 23rd

Times:
  • First Session – 10:00 am - 12:00 pm
  • Second Session – 2:00 - 4:00 pm

Location: Craft Pavilion
Children under 5 must be accompanied by an adult.

9:30 am: Drop Off & Sign In

10:00 am: Archery Field Battle
  • We will be traveling to the Melee Combat Field for this event. Parents arriving late can drop off there.
  • The Populace is needed to act as archers for the English army by throwing tennis balls at the French. **For a child to participate as an “archer”, a parent must be in attendance.**

11:00 am: Paper Bead Making Class

12:00 pm: Lunch Break. Please pick your children up at this time

2:00 pm: Ring & Dowel Toy Making

2:00 pm: Loop Braiding - THL Alisandre de la Chapelle
  • Children 12 years of age and older.

3:00 pm: Final Cat Battle (we will be traveling to the fighter field for this event)

4:00 pm: Children’s activities end, please pick up your child at this time.

Classes & Activities will be chaperoned by:
  • Lady Melusine la Poucelle de la Fayette – MOC, Barony of South Downs
  • Lady Una Ulfrdottir – Deputy MOC, Barony of South Downs
  • THL Fine Dubh (Pixie) – MOC, Barony of the Osprey
Greetings to the young warriors of Meridies!

I Syr Brealthen send warm wishes to you. I hope you find these fighting wisdoms helpful and thought provoking.

May honor and chivalry be your guide wherever your travels take you.

Honor is like a seed. If you tend it and nurture it, it will grow and flourish for all to enjoy and take note of. Honor needs deep roots. How might you practice or display honor?

- Before a tourney or melee, walk the area you are to do honorable combat. It is wise to know the footing. Are there roots or holes? Is the land higher on one side than the other?
- Prepare, prepare, prepare. Prepare your mind for fun. Prepare your gear to be ready. Prepare to give your best fight and honor your opponents! Do you prepare yourself or your armor before you take the field?
- Do you have a heraldic device to display? People will come to know your name and device in time. Heraldry is a good way to let your friends know you are at an event or you are present upon the battlefield. What do you think are good colors for a shield or banner? What kind of animal or object represents you? Do your parents have heraldic displays to show you? There are many people, especially heralds who can help you with this.
- Be smart when it comes to hydrating. Drink a good amount of water the days before an event and the day of the event! This will help you stay alert and focused the day of fighting. Make sure the people around you are drinking water to. Sometimes we are having so much fun, we forget to stay hydrated.
- Have fun!

Ancient Greeks and Romans thought basil would only grow if you screamed wild curses and shouted while sowing the seeds.

To glean 1 pound (450 g) of dry saffron requires the harvest of up to 75,000 flowers and 20 hours of labor.

Ancient Romans were under the impression that eating thyme or bathing in it would protect one from being poisoned.
The Next Penfeathers will Be a Special Two-Part Issue!

All about Dance and Metal Smithing

Earl Wulfstan will be our Interview for Smiting

And Master Lorenzo will be our Interview for Dance

If you have interview questions or submissions the Due Date is December 15th
Companion Planting or How friends help each other grow

Imagine a picnic where you can invite friends and they each bring one thing to eat at the party. Two of your friends come to the party. One eats nothing but hamburgers but brought mac and cheese. The other brought hamburgers but they only eat mac and cheese. Where’s the best place for them to sit at the party? Beside each other so they both can get the food they need and give the food they have. When you apply this idea in gardening it is called companion planting.

Companion planting is a method of gardening that refers to finding crops that work better together to do any number of things: provide a better harvest, pollination, keep pests under control and make a habitat for beneficial insects like bees, butterflies and lady bugs. An example in the Native American nations is where beans, corn and squash are all planted together. Each one helps in their own way [take a look at the picture to find out].

This is called “three sister planting” and comes from a legend amongst the different nations:

“The Three Sisters”

Once upon a time there were three sisters who lived together in a field. These sisters were quite different from one another in their size and also in their look. One was a little sister, so young that she could only crawl at first, and she was dressed in green. The second wore a frock of bright yellow, and she had a way of running off by herself. The third was the eldest sister, standing very straight and tall above the other sisters and trying to guard them. She wore a pale green shawl had long, yellow hair. There was only one way in which the three sisters were alike.
They loved one another very dearly, and they were never separated. They were sure that they would not be able to live apart.

One day a stranger came to the field of the three sisters, a little Indian boy. He knew the way of talking to the birds and the small brothers of the earth, the hare, the chipmunk, and the young foxes. And the three sisters were very curious about the little Indian boy. Late in the summer one of the three sisters disappeared. This was the youngest sister in green, the sister who could only creep. She was scarcely able to stand alone in the field unless she had a stick to which she clung. Her sisters mourned for her until the fall, but she did not return.

Once more the Indian boy came to the field of the three sisters. The two sisters who were left watched him and gazed with wonder at the prints of his moccasins that marked his trail. That night the second of the sisters left, the one who was dressed in yellow and who always wanted to run away. Now there was but one of the sisters left.

Tall and straight she stood in the field not once bowing her head with sorrow, but it seemed to her that she could not live there alone. The days grew shorter and the nights were colder. Her green shawl faded. Her hair, once long and golden, was tangled by the wind. Day and night she sighed for her sisters to return to her, but they did not hear her. One day when it was the season of the harvest, the little Indian boy heard the crying of the third sister who had been left to mourn there in the field. He felt sorry for her, and he took her in his arms and carried her to the lodge of his father and mother.

Oh what a surprise awaited here there! Her two lost sisters were there in the lodge of the little Indian boy, safe and very glad to see her. They had been curious about the Indian boy, and they had gone home with him to see how and where he lived. They had liked his warm cave so well that they had decided now that winter was coming to stay with him. And they were doing all they could to be useful. The little sister in green, now quite grown up, was helping to keep the dinner pot full. The sister in yellow sat on the shelf drying herself, for she planned to fill the dinner pot later. The third sister joined them, ready to grind meal for the Indian boy. And the three were never separated again.

When the corn, squash and beans are harvested together they can be used in the kitchen to make a yummy stew!

**Ingredients**

- 1 onion
- 2 tbsp Olive Oil
- 1 ½ teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon cumin [optional]
- 1 15 ounce can diced tomatoes
- 1 cup chicken broth
- 2 cups frozen butternut squash
- 1 15 ounce can black beans
- 2 cups corn

**Instructions**

1. Cut onion in half. Peel and cut off ends. Slice into strips then dice into small squares.
2. Heat oil in a large pot over medium heat. Add onion, cumin, salt, and pepper. Cook 5 minutes.

3. Add the last of the ingredients and heat to a simmer.

4. Reduce heat to low. Cover the pot and cook for 20 minutes.

😊 Happy harvest and friendships everyone 😊

By Lady Heather of Lachlan
# Magna Faire Youth Activities

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00-10:00</td>
<td><strong>MOC Breakfast Roundtable</strong></td>
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<tr>
<td>10:00-12:00</td>
<td><strong>MOC Activities: How Did They Build Castles Anyway? (Ages 5-17)</strong></td>
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<tr>
<td></td>
<td>Learn about different types of castles and how they were constructed.</td>
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<td></td>
<td>Then use what you’ve learned and work together to build model castles.</td>
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<td>11:00-12:00</td>
<td><strong>Page School Class: Make Your Own Coat of Arms (Ages 5-11)</strong></td>
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<td></td>
<td><em>Baroness Sunneva de Cleia</em></td>
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<td></td>
<td>Children and adults alike enjoy creating their own personal emblems,</td>
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<tr>
<td></td>
<td>just like sorting yourself into a Hogwarts House. Heraldry is a perfectly</td>
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<td>medieval way to make your mark. Children will be given elements of</td>
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<td>heraldry and heraldic colors to physically assemble their own personal</td>
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<td>&quot;coat of arms&quot; according to (simplified) rules. The charges provided</td>
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<td>(such as lions, bears, fish, etc.) will come with an explanation of</td>
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<td>traditional virtues or characteristics that children can choose from</td>
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<td>11:00-12:00</td>
<td><strong>Teen Class: Fingerloop Braiding (Ages 12-17)</strong></td>
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<td></td>
<td><em>Mistress Margery of Crosgate called Marsali</em></td>
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<td></td>
<td>Learn to read a pattern and create period braiding, which was used for</td>
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<td>everything from sealing documents, to tying armor together. Beginner</td>
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<td>level braids will be taught in this class. Class limit 10.</td>
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<tr>
<td>12:00-1:00</td>
<td><strong>Lunch Break</strong></td>
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<tr>
<td>1:00-3:00</td>
<td><strong>MOC Activities: What Were Castles Used For? (Ages 5-17)</strong></td>
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<tr>
<td></td>
<td>Learn about why different types of castles were built and how they were</td>
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<td></td>
<td>used. Finish building model castles from morning activities.</td>
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<tr>
<td>1:00-3:00</td>
<td><strong>Page School Class: Gyotaku Japanese Fish Printing (Ages 5-11)</strong></td>
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<tr>
<td></td>
<td><em>Sensei Kojin and Mistress Margery of Crosgate called Marsali</em></td>
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<td></td>
<td>Children under 8 will need an adult to help them one-on-one. Class limit</td>
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<td>15.</td>
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<tr>
<td>3:30-4:30</td>
<td><strong>Teen Hot Chocolate Bar Social (Ages 12-17)</strong></td>
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BRADLEE’S ADVICE ON GROWING PLANTS

Mint grows fast. It started out as one little plant then grew into one giant plant. So, we didn’t water it, when it was raining really bad we put it out on the steps so it could get water. It also died from the heat in the summer. And then in a week it grew back to a whole bunch of plants it grew back because of the rain. It smells like gum. And you can use it to make gum and stuff.

We’re going to have more sunflowers because the plant releases more seeds.

Rosemary is an herb that’s used for cooking. We use it in chicken. We cook it with rosemary, carrots, and potatoes.

I grew strawberries. You can make them into strawberry smoothies or milkshakes. Or you can use it to make a banana split or strawberry ice-cream. I water them every day. After school I would look at them to see if some were ripe so I could pick them and eat them.

Walking down the side of road seems the only way to keep a lot of the dust down. This makes traveling difficult with other people walk here to. You walk from stall to stall. Once in a while someone steps out from there house to leave, enter, or to throw something out. At one point a man throws out a bucket of slop. It just barely hits you, but the smell is bad enough that now many of the shops won’t let you in. Finely you find a stall outside with a young man with a cold tending the herbs. You take out all the coins and the young man's eyes open wide. You ask, “What can buy with this?” The young man wets his lips before saying, “Well young one I can give you the pick of any of two of these fine herbs.” You point two the first two that you see, “I will take those two.’ The young man takes them hands them over then takes all the coins. You walk away feeling you might have payed too much for so little but at least you did it. You smile to yourself as you head to the house.

See you at the next adventure into the house!
Growing Plants from Scraps and Leftovers

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Have you ever wondered if there’s something other than composting that you can do with leftover veggies? Ever saw a cool pin about using the seeds in those veggies to grow your own?

Wonder no more!

Here are a few ways you can raid the produce stand in your local grocery store and start your own garden!

Pineapples!
The fruit is yummy, the skin is funky! The spikey top? That’s another pineapple plant just waiting for someone to plant it! Simply cut off the fruit about an inch under the spiky greenery, trim the fruit off and soak it in an inch of water! When you see the white “hairs” sprouting off, move the plant into soil and water it! There is also evidence that letting the top dry for a few days and putting it directly into soil is also an option!

If you keep the soil moist (go ahead and stick your finger in it! If dirt sticks to your finger when you pull it back out, then the soil is fine! If it dusts off, water it!), then it will continue to grow and need a new pot in a few months. They are bromeliads, so they don’t lose a lot of water through evaporation and don’t need a lot of extra water around! It will take a while for the plant to mature and give you a baby pineapple (about 24 months), but it’s a healthy, hearty plant to play with until then!

Ginger!
Grab that weird looking Ginger Root in the store and only use a bit for your gingerbread? Make cuts in the leftovers into clumps of an inch or more and put them in soil! In about two weeks of keeping the soil moist, you will see a new ginger plant growing from the roots! As the root gets bigger, simply cut some off to use in recipes or to start a new plant!

Celery and Lettuce!
What do you do with the base of the stalk of celery and lettuce? You eat the top of the stems and leaves, but the rest? Drop it in some water, just enough to cover the flat base of the leftovers, and watch it grow from the center! You can do this with green onions, too! Just cover half of the “bulb” with water and it will start growing from the middle again!
Garlic!
Garlic comes in cloves, with quite a few little cloves in one bunch! Separate the cloves and put them in the bottom of a cup! Cover the bottom half of the clove in water and keep your eyes out for those white hairs! When you see them, transfer the sprouted cloves to dirt and keep the soil moist! You’ll see garlic stems growing in about two weeks!

Onions and Potatoes!
These are the easiest, ever! If you see potatoes in the pantry with little hairs all over them? It’s not a fungus, those are roots! Throw them in some deep soil and keep the patch watered (how much will be determined by where you plant them!). Depending on the type of potato you buried, you could have a small crop of them in as little as 70 days!

Onions can be handled the same way and the timing is even remarkably similar to the potato depending on what type of onion you’ve buried! Onions grow best in the spring and can usually be harvested in late summer! The long growing seasons in southern Meridies allows for another replanting with a late Fall harvest, too!

So, there you have it! Don’t toss those veggies that look like they’ve gone bad! See you if you can get more plants for your garden out of them!

Head down the quite road:
Walking down this road is nice. It is smooth and there is no people here at this time. That might be because all of the taverns are closed. From out of all the Inns you pass you hear the sounds of cleaning or supplies are being brought in from back streets. After a long walk you finally find a small shop tucked between two taverns. The shop is owned by an elderly couple who are arguing about where a swallow should hold a coconut if it wants to fly away with it. They turn as you approach and ask what they can help you with. You show them the coins and ask them what you can buy with the coins. They start talking about what foods would be best then ask how many people would be at dinner when you tell them about the mother and her children they both nod their heads sagely and say yes we know which herbs tonight is chicken night for the young ins you’ll need.

They hand over the herbs and you pay for the herbs thank them both and head for the house.

See you soon in the next adventure into the house.