



The Newsletter of the Northern Marches, serving Allyshia, Ravenshore and Wudubolt be Secq

from The Editor

CATRIONA MACRATH

As the year progresses, many of us had hopes of gathering in person as we did in the Before Times. Sadly, we are thwarted yet again. While there are some limited in-person activities and events happening around the kingdom, the majority are still virtual. So, to tide us over, Allyshians and neighbors, we include here some recipes and some hints of what some of us have been up to this summer.

Until we meet again, be safe, and be crafty! Or recline in noble fashion as needed.

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Cover: Iain Gearr-Sheallach O'Maoilbhreanainn

Calendar of Events

Check the West Kingdom calendar for any events converting to virtual format.

Ongoing events

Virtual A&S - Tuesday nights. Zoom link on Facebook

Heavy Fighter Practice - Sundays at 3pm, as conditions permit.

Check the official calendar at allyshia.westkingdom.org/calendar for details.

from Their Excellencies

DONOVAN RIED AND YRMENGERDIS DE MISINE

Hail, Allyshia! We have traveled a long, hard road this past year. Our invisible enemy is devious and unrelenting, but while our hearts may be weary, they yet contain the unbowed spirit of the Marches and the West.

Your Baron and Baroness see and commend the care you show for family, friends, and community, and your patience and strength. Please keep your chin up (and masked) while we ride out the rest of this time of plague. Keep safe and healthy so that we can celebrate together – in person! – when COVID has been defeated.



From the Gorleston Psalter, 1310-1324

Baronial Progress

Their Excellencies plan to attend the following upcoming events:
Y = Yrmengerdis, *D* = Donovan

Aug. 29	Westermark Madness (virtual). (Y)
Sept. 3-6	Fall Crown. (D)
Dec. 4	Allyshian Yule (virtual). (Y, D)
Jan. 7-9	Twelfth Night (virtual). (Y, D)
Feb. 5	Lupercalia (virtual). (Y, D)

Viking Unleavened Barley Bread

from *Crusts*, Barbara Elisi Caracciola,
page 38

MORGAN THE NOMAD

This recipe is inspired by the authentic remains of a Viking bread found in a grave in Birka, Sweden, dated 9th to 10th century CE. Interestingly, at the time flaxseeds were quite popular in Northern Europe.

Ingredients:

- 3 1/3 cups (300 g) barley flour
- 1 cup (100 g) graham flour
- 2 tablespoons (30 g) crushed flaxseed
- 1 1/4 cups (296 g) water
- 1 tablespoon (13 g) lard
- 1 teaspoon (5 g) salt

1. Combine both flours and flaxseed with 3/4 cup of the water. Check the consistency of the dough. It should be sticky, but not too wet. If the dough absorbs the first half of the water, add the remaining water.

2. Add the lard and salt, and knead just enough to combine all the ingredients.

3. Place in a bowl sealed with plastic wrap, or in an airtight container, and place in the fridge for two days.

4. Preheat the oven to 375 F.

5. Transfer the dough onto a heavily floured surface, divide into four pieces and then divide each piece in four smaller pieces. (You need 16 pieces overall.)

6. Shape the dough pieces in to balls. Then, flatten the balls into rounds.

7. Make 4 big incisions in the dough so it will look like a clover, and then make a few small incisions with a fork.

8. Bake for 10 to 20 minutes, or until golden brown.



From the Tacuinum Sanitatis, 15th c. copy



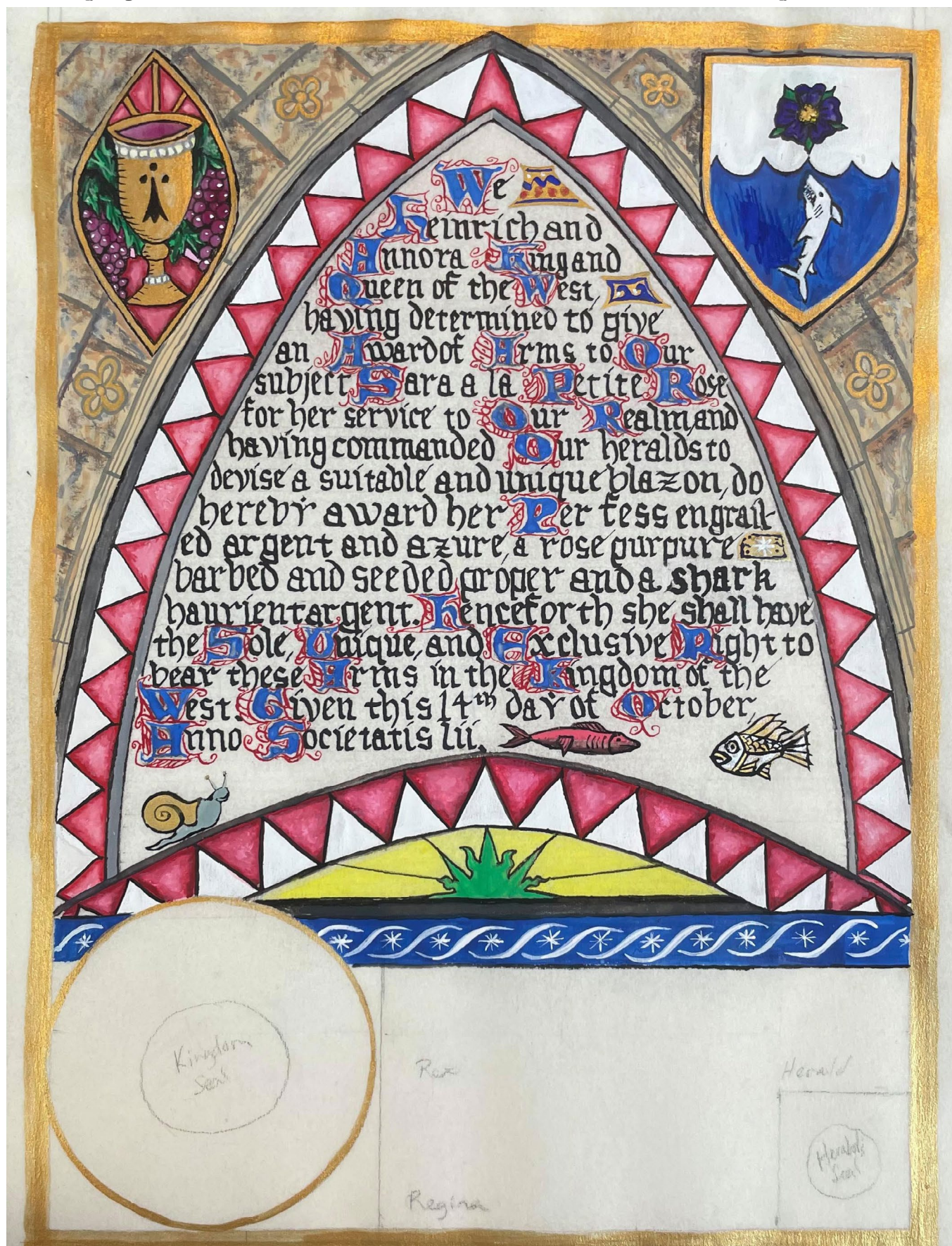
Award Recommendations

Know someone who's doing something nifty? Don't keep it to yourself - make an award recommendation! Awards are still being granted at some virtual events, so it's a great time to get those kingdom-level recommendations submitted.

Do the thing.

<http://heralds.westkingdom.org/Awards/forms/AwardRecommend.php>

Work in progress on an Award of Arms, included with consent of the recipient.



Scottish Barley & Mushroom Casserole

ERIK FIREDIVER

This is an easy, but tasty, and inexpensive dish. Barley is supposed to be good for lowering cholesterol too! Man, I'm getting hungry.

Servings: 8

Preparation Time: 1:30

Categories: Hearty, Healthy, Vegetarian

Ingredients

- 2 medium cooking onions, minced
- 1 clove garlic, to be crushed
- 3 Tablespoons olive oil
- 1 lb. mushrooms, sliced
- 1 cup pearl barley
- 1/2 cup fresh chopped basil, or 1 Tbsp dried
- 3 cups chicken broth (or vegetable broth if you wish)

1 teaspoon (or to taste) salt

1/2 teaspoon (or to taste) black pepper -- ground

1/4 cup fresh chopped parsley

Preparing the Dish

1. Preheat oven to 375 degrees.

2. In a stove-top to oven safe casserole dish, with a lid, sauté onions in oil until translucent. Or, alternately, saute in a non-stick pot and after step 5 transfer to an oven safe casserole dish that has a cover.

3. Add mushrooms & cook until tender.

4. Crush garlic into mixture.

5. Add barley, basil, salt, pepper & stock. Bring to boil.

6. Cover & put in oven. Cook until barley is tender approximately 50 minutes.

7. Toss with parsley & serve.



From Livre du roi Modus et de la reine Ratio, 14th century

The Tarot Occidentalis

IAIN GEARR-SHEALLACH

Over the last several years I have been working on creating a Tarot Deck inspired by the SCA in general, and the West Kingdom specifically. Earlier this summer I finally completed the project, adding color to the black and white, woodcut style artwork.

Through the wonders of the interwebs, I am able to offer print-on-demand decks to anyone who is interested at the following url:

<https://www.makeplayingcards.com/sell/cards-by-ian>



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