

## NEWSLETTER: VOLUME XXV, ISSUE 6

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JUNE 2015, AS XLIX

June

### The Pigments for Cloth

Medieval Flanders was especially well suited for fabric production and dyeing. The rich soil favored growth of plants used for dyeing and the area had an abundance of Fuller's Earth which was used in the cleaning of wool.

**Natural dyes came from various sources, the most common ones are listed below:**

RED - madder root (*Rubia tinctoru*), Alkanet root (*Alkanna tinctoria*), kermes or grana from insects

BLUE - Woad leaves (*Isatia tinctoria*)

VIOLET - Orchil from lichen

CRIMSON - Brasilwood from the East India tree

PURPLE - Brasilwood from the East India tree

YELLOW - Weld/Dyers' Rocket (*Reseda luteola*), Turmeric (*Curcuma longa*), Saffron (*Crocus sativus*), Onion skin, Marigold, Chamomile,

Green - Indigo (*Indigofera tinctoria*), Weld, Turmeric

BROWN - walnut shells, bark

The specific tone and color achieved, will be highly affected by the temperature and pH of your dye bath, soak time, type of fiber being dyed, and the type of mordant used. The most common mordants were Alum and ammonia (from old urine). Sometimes other things affect final color as well; Woad, for instance, doesn't turn Blue until it has been exposed for a while in the air.

Now everyone go out and try your hand at natural dyeing! It's hot, and smelly, and messy, and fun! Bring your results to show off at Artisans Circle (where our next Moot will be held).

Other sources for further reading:

The Innsbruck Manuscript (1330 AD)

Liber de Natura Rerum (1482 AD)

Segreti per Colori (15th Century) Manuscript 165, Library of the R. R. Canonici Regolari in the convent of S. Salvatore in bologna

Allerley Mackel by Peter Jordanim, Printed in Mainz, 1532 AD

Secretes of the Reverend Maister Alexis of Piemont, English translation by Jhon Wight 1580

A Profitable Booke (Dutch 1580) (English translation by L. M. & Thomas Purfoot 1605)



1482, the Liber de Natura Rerum, a Flemish manuscript which shows dyers stirring a vat of cloth.



#### UPCOMING MOOT & PRACTICE:

- *Next Moot: June 21: Baroness Alexandra & Baron Janvier, Stratford Moot starting at 1:00 PM*
- *Heavy Weapons and Fencing Practice, See the Shire Facebook page <https://www.facebook.com/groups/102651729820675/>*
- *If you have anything you want to add, contact Lady Anna at the following: [HollyHeise@Gmail.com](mailto:HollyHeise@Gmail.com)*



Courtesy of Lady Beatrice

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**THE CHRONICLER'S QUILL**

Dear Shire,

This month, I present a very early recipe for chicken.

Pleased to serve, Lady Anna Meyer

**PULLUS TRACTOGALATUS** (Late Roman — Chicken in Cream Sauce with Pasta)

Original Recipe (in Latin)

"PULLUS TRACTOGALATUS: PULLUM COQUES LIQUAMINE, OLEO, VINO, CUI MITTIS FASCICULUM CORIANDRI, CEPAM. DEINDE, CUM COCTUS FUERIT, LEVABIS EUM DE IURE SUO ET MITTIS IN CACCABUM NOVUM LAC ET SALEM MODICUM, MEL ET AQUAE MINIMUM. [ID EST TERTIAM PARTEM.] PONIS AD IGNEM LENTUM UT TEDESCAT, TRACTUM CONFRINGIS ET MITTIS PAULATIM, ASSIDUE AGITAS, NE URATUR. PULLUM ILLIC MITTIS INTEGRUM VEL CARPTUM VERSABIS IN LANCEN, PERFUNDIS IUS TALE: PIPER, LIGUSTICUM, ORIGANUM, SUFFUNDIS MEL ET DEGRITUM MODICUM, ET IUS DE SUO SIBI, TEMPERAS. IN CACCABULO FACIES UT BULLIAT. CUM BULLIERIT, AMULO OBLIGAS ET INFERES."

**Translation by Flower and Rosenbaum:**

"Chicken with Milk and Pastry Sauce. Braise the chicken in liquamen, oil, and wine, to which you add a bouquet of fresh coriander and onions. Then when done, lift it from its stock and put into a new saucepan milk and a little salt, honey, and very little water. Set by a slow fire to warm, crumble pastry, and add gradually, stirring continually to prevent burning. Put in the chicken whole or in pieces, turn out on a serving dish, and pour over the following sauce: pepper, lovage, oregano, add honey and a little defrutum and cooking liquor. Mix well. Bring to the boil in a saucepan. When it boils thicken with cornflour and serve."

**Translation by Vehling:**

"Cook the chicken [as follows, in] broth, oil, with win added, to which add a bunch of coriander and [green] onions. When done take it out [strain and save] the broth, and put it in a new saucepan, add milk and a little salt, honey and a pint of water, that is, a third part: place it back on a slow fire to simmer. Finally break [the paste] put it little by little into [the boiling broth] stirring well so it will not bum. Put the chicken in, either whole or in pieces dish it out in a deep dish. This cover with the following sauce: pepper, lovage, oregano, moistened with honey and a little reduced must. Add some of the [chicken] broth, heat in a small sauce pan and when it boils thicken with roux and serve."

**One Interpretation:**

1 whole fryer	1 Tbsp. liquamen (or 1 tsp salt)* (see Liquamen - Fish Sauce)
¼ cup olive oil	½ cup white wine
1 bunch coriander	1 medium onion
1 cup light cream or whole milk	2 Tbsp. honey
¼ tsp. pepper	¼ tsp. lovage
¼ tsp. oregano	2 Tbsp. wheat or corn starch
½ cup butter	1 lb. cooked pasta

In stock pot place chicken with bouquet of coriander & onion quartered, with wine, liquamen (or salt) and oil. Cook over medium low heat until the chicken is fully cooked. Remove chicken and strain remaining broth. Add the cream (or milk) and honey to the broth and bring to a simmer. Add pepper, lovage, oregano, and wheat starch to the broth, stirring until thickened. Add chicken, cut up into pieces, heat until warm. Serve over cooked pasta.

**Notes:**

\*Although the liquamen does provide a flavor profile to this dish, salt can be used instead.

A rough translation of "TRACTUM CONFRINGIS ET MITTIS PAULATIM" is "LONG PIECE OF DOUGH to break and sends this LITTLE BY LITTLE". An alternate interpretation of this recipe could be similar to "Chicken & Dumplings".

**Works Referenced:**

The Roman Cookery Book translated by Barbara Flowers and Elisabeth Rosenbaum, Peter Nevill Limited, 1958.

- A translation of the recipes of Apicius

Cookery and Dining in Imperial Rome, edited and translated by Joseph Dommers Vehling, Dover, 1936.

- A translation of the recipes of Apicius

## *THE TIME OF OUR LIVES: FALCON'S KEEP MEETING MINUTES*

The minutes of the moot of May 17, 2015 at Lord Alessandro and Lady Mary's house. (as compiled by Lord Pedro)

### **Old Business:**

June 13 Demo opportunity at Marathon County Library. Contact Kiku for information. Planning for various events.

### **OFFICER REPORTS**

#### **Seneschal:**

Insurance submitted and received for Artisan's Circle, Poorman's.

#### **Chatelaine** (in absentia):

June 13 Demo; possible Demo at Wausau Farmer's Market if there is sufficient participation/interest.

#### **Exchequer:** Not present.

Chronicler: No New business. More content is always welcomed.

**Webminister:** Baroness Alex would like input for correcting mistakes on websites. Technical difficulties from websites reported to her at the Moot.

**Heavy Weapons Marshal:** Not present.

**Rapier Marshal:** Will attempt practice at Piffner (sp?) Park in Stevens Point, to encourage Falcon's Gate members to participate during the summer months.

As was reported last month, a vote was to be taken for new masks for Rapier. This passed unanimously. Also, Lord Justinian offered that anyone who wished to purchase equipment for themselves were welcome to do so to lower the shipping cost.

**Herald:** Baldwin is awaiting news regarding his device submission.

**MOAS:** Mistress Ealasaid would like to remind non-combatants to attend fighter practice to work on projects. She also needs a deputy, as she may not be present as much as she would like.

### **NEW BUSINESS**

Lady Beatrice has withdrawn her request to vote on purchasing silk for silk banners, as there was not enough interest to make it feasible.

There was some discussion regarding the purchase of a carport for future events. A 10'x 28' carport will be sought for purchase. Total cost would be @\$300. (Note: it was unclear in the notes whether this would be voted upon, due to a concern about a time limit for the purchase. It is more than likely it would be voted upon.)

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Contact the Chronicler, Lady Anna Meyer (MKA Holly Heise), for further information, [HollyHeise@gmail.com](mailto:HollyHeise@gmail.com)

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## *THE TIME OF OUR LIVES: (CONTINUED)*

### **Event Planning:**

ARRG will be taking place May 22-24. There was a brief discussion regarding the status of the cash box. Also, the sale of tokens for the rapier fundraiser was approved for the event.

### **Artisan's Circle:**

Work meetings: June 7, 14, 16-18. Times: 5 PM to dusk unless otherwise announced. Everyone is encouraged to assist as much as they can. Baron Janvier informed the moot he would not object if tents were raised Thursday before the event. He would appreciate anyone planning to do so to check with him first.

There was talk of the prize for the Blacksmith's Challenge to be a pole vice.

For those planning to bring dishes to the potluck, meat will be provided.

### **Poorman's:**

Only Archery Marshal and Equestrian Marshal have yet to be filled.

Lady Anna asked when an appropriate time would be to begin raising awareness for Poorman's in various media. The moot's consensus was that "now" would be a good time; it definitely will need to be done in July.

### **Griffin Needle:**

Baldwin confirmed his status as co-Autocrat with Baroness Alex.

Lord Pedro asked the moot about feast planning for the event. (Note: He later contacted Baroness Eithni, noting his interest in being feastocrat and inquiring about details. This was received gladly.)

There was a discussion regarding a hotel block being reserved, possibly in Marshfield. No further action was planned at this time.

Mistress Ealasaid announced she was forming a team for Griffin Needle.

The moot ended with the potluck, featuring some dishes Lord Pedro had prepared, as well as a selection in breads baked by Lady Anna in preparation for the Rusty Blade Challenge.

As always, any errors, omissions, and unfortunate lapses of memory are the responsibility of Lord Pedro alone.

Yours In Service,

Pedro

Master Guttorm's Team for Griffin Needle Challenge will include:

Mistress Ealasaid

THL Anna z Pernstejna

Lady Anna Meyer,

and Susan Malovrh

## ***OFFICERS OF FALCONS KEEP***

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# EVENTS CALENDAR

## JUNE, 2015

Castle Fever – At the Castle Friday June 5–7, 2015 50  
Shire of Silfren Mere (Rochester MN)

Border Skirmish Friday June 12–14, 2015 50  
Barony of Caer Antherth Mawr (Elkhorn WI)

Moorish Tavern: Deeds of Honor Thursday June 18–21, 2015 50  
Shire of Midewinde (Bottineau ND)

Northern Realms War Thursday June 18–21, 2015 50  
Shire of Noiregarde (Piedmont SD)

Artisan's Circle (formerly known as Artsy Fartsy Weekend) Friday June 19–21, 2015 50  
Shire of Falcon's Keep (Stratford WI)

Inspirational Invitational Friday June 19–21, 2015 50  
Shire of Darkstone (Iron River WI)

Known World Heraldic and Scribal Symposium 2015 Friday June 26–28, 2015 50  
Kingdom of Ealdormere (Mississauga ON)

Thatsa M–Arrrrrrrrr eh:Brigands, corsairs and raiders Friday June 26–28, 2015 50  
Shire of Mare Amethystinum (Kakabeka Falls ON)

Over the River Part "Fork" Friday June 26–28, 2015 50  
Shire of Hvitskogar (Merrill WI)

## July, 2015

Warriors and Warlords Thursday July 9–12, 2015 50  
Barony of Nordskog (Osseo WI)

MidSummar V Friday July 17–19, 2015 50  
Shire of Orlova Dolina (Park Rapids MN)

Rabid Yale – Midsummers Night Dream Friday July 24–26, 2015 50  
Shire of Coldedernhale (Wessington Springs. SD)

Pennsic War 44 Friday July 24 – Sunday August 9, 2015 50  
Kingdom of Æthelmearc (Slippery Rock PA)

## AUGUST, 2015

Poorman's Pennsic XXII Friday August 7-9, 2015 50  
Shire of Falcon's Keep (Wisconsin Rapids WI)

BYOM XII Friday August 14-16, 2015 50  
Shire of Vilku Urvas (Deer River MN)

Pas de Armes Friday August 21-23, 2015 50  
Canton of Blachemere (East Bethel MN)

