



Baronial News Online During Quarantine Times - 5/3/2020

SCA News & Events

Congratulations King Felix and Queen Madeleina!

On Saturday, May 2nd in the mysterious lands, their Royal Majesties King Felix and Queen Madeleina were crowned during a successful transition of power. Congratulations and yasha! We wish their Excellencies Count Seto and Countess Ynes well in their retirement.

- **Watch the Coronation of TRM Felix & Madelenia** - <https://youtu.be/UIZotib1cSM>
- **Watch Their Royal Majesties Sitting in State** - <https://youtu.be/WB0BxUaeyuM>

From the Baron & Baroness -

Please join us on Wednesday, May 6, at 8pm for a version of our weekly baronial meeting done virtually via Zoom and Facebook Live. Details forthcoming - join the event here: <https://www.facebook.com/events/246233660089904/>

More News -

Congratulations to Master Brendan O Corraidhe, who was made a member of the Order of the Laurel this week! Watch his elevation here - <https://youtu.be/14Q6dBiPu1s>

Royal Court of TRM Seto & Ynes May 2 - Congratulations to Sgt. Kari Garanhirson who was awarded the Order of the Royal Vanguard and a Royal Augmentation of Arms; and to Master Brendan again, who was awarded the Order of the Royal Vanguard. The court happened in 2 parts, and you can watch them here: <https://www.youtube.com/watch?v=0OuMjuyuO8o> - AND - <https://youtu.be/tn6i3j6aSjs>

SCA Fun Kingdom Videos - The bar is rising in the inter-Kingdom dance-off! 9 more Kingdoms to go...

- Trimaris chooses a most appropriate song - <https://youtu.be/1ZTA4u2UJwU> -AND-
- Trimaris knights go for a surprising win - https://youtu.be/siayG6aa_2o
- Meridies is getting coordinated and shuffling in - <https://youtu.be/oHRE5UMudTc>
- Caid gets professional with "I'm Still Standin'" - <https://www.facebook.com/hyraxproductions/videos/10159045538838974/>
- Artemisia is doing it "Quarantine Style" - <https://youtu.be/VrspD33moFo>
- An Tir knows everyone feels better when they're dancing - <https://youtu.be/jON2QHXY2b0>
- The East showing off LOTS of talent - <https://youtu.be/C6uZOZ1FCHA>
- Ansteorra gets classic - https://youtu.be/iSX_GSQYNWU
- And if you missed the original by the Midrealm, there is a link now: <https://youtu.be/W5gyMUKRwql>
- West Kingdom joins the #GlowUp challenge (no dancing) - <https://youtu.be/MZnU5gLI1l>
- Atlantia Glows up (again, no dancing) - <https://youtu.be/KntXmMfOvcw>

From SCA, Inc. Regarding Membership: Anyone with an SCA membership with an expiration date of April 30, 2020 will not show as lapsed in the Corporate database. Access to online newsletters will still be available when you login to the SCA member site. This will continue through the current mandated quarantine period. When things get better, there will be an announcement letting everyone know when the lapsed cards will be updated to reflect a non-current (lapsed) membership. Again, this process is for anyone who was a member of the SCA, Inc. with an expiration date of April 30, 2020 going forward. If you are currently receiving a paper copy of Kingdom Newsletters, or subscribe to Tournaments Illuminated and/or Compleat Anachronist, please contact us directly at membership@sca.org or renee@sca.org and we will manually extend the subscription dates through the designated quarantine.

From the Minister of Arts & Sciences -

In April 2020, Cleftlanders added 23 entries to the Kingdom's A&S Activities database. This included 39 unique people and activities: 17 for the Greens Challenge, and 22 individual projects which including armoring, making hats, musical lessons and practice, constructing quite a bit of garb, scribal work, research, and weaving. Strangely, no one has actually entered their sourdough baking!?! If you'd like to enter your own activities, the steps are documented in the Barony's FB page, in the Files area.



Cleftlands First Ever Virtual A&S Challenge: For our first virtual A&S Challenge we had a great turnout: 16 entrants! For a complete list, see the end of this newsletter. We also had three entries from the Cleftlands Foreign Legion, an advantage for the Virtual Challenge over the in-person, even if it means we can't taste the dishes. Three entrants, without planning it, all did variations on the same Indian dish. Seems to be popular! Claricia did our only dish from a period European recipe. I think Amber should get bonus points for period methods, aka foraging wild greens, as should Patrick and Juliane for raising their greens in their own garden.

Guild Meetings Next Week:

- Cooks' Guild - Wednesday May 6 at 7pm - <https://www.facebook.com/events/617043645691089/>
- Scribal Guild - Monday May 4 at 7pm - <https://www.facebook.com/events/233451654414902/>
- Needleworkers' Guild - Tuesday May 12 at 7pm - <https://us02web.zoom.us/j/89701368708>

May Scroll Challenge Reminder: by 27-May, please complete and then share in the FB event:

For novice scribes

- a) an illuminated scroll blank in any style you like, or,
- b) a calligraphed Purple Fret scroll set up to add names and reasons later

For experienced scribes, please complete a scroll that is either:

- a) on the theme of 'Masks'
- b) using, as much as possible, entirely period materials, tools, and techniques.

As you're planning your entry, take a look at the blank, and completed, scrolls, on the Cleftlands Wiki page at <http://wiki.cleftlands.org/Category:Scrolls>. You can find many sources of inspiration in these scrolls created by Cleftlanders, in many different styles.

The Globe is streaming Shakespeare's plays for free! - <https://www.youtube.com/channel/UCwN-jwNNN-QN-8sfKG-qg8uA>

Greyscale Oil Painting Demonstration by Mistress Aurelia - <https://youtu.be/7xoelzW5d6Y>

Virtual Classes for the Week of May 3 through May 10

May 4, 7 pm - You 'Can't' Do It: Using Heraldry for Puns, Goofs, and Inside Jokes - <https://zoom.us/j/93433429506?pwd=Nmp2UDdBbTlmcTVLRzNIQkk2RGxaUT09>

May 4, 8 pm - Hand Fans Throughout the Ages - <https://zoom.us/j/93433429506?pwd=Nmp2UDdBbTlmcTVLRzNIQkk2RGxaUT09>

May 5, 7 pm - Tennytrad [tin thread] Creation for Norse Possament - <https://zoom.us/j/96953473849?pwd=WEFrMmFwWTZaRFpyUEpLbUZGcGQ3Zz09>

May 7, 6:30 pm - Oh, You Dirty, Dirty Word: Origins of Common Words with Naughty Stories. **18 AND UP** - <https://zoom.us/j/94386908281?pwd=R2hEV3FHOUeWbjVxRmYxRjRFRXN6QT09>

May 7, 7 pm - Ain't That Fascinating? A brief survey of apotropaic figures in Roman art, literature, and jewelry. **18 AND UP** - <https://zoom.us/j/94386908281?pwd=R2hEV3FHOUeWbjVxRmYxRjRFRXN6QT09>

May 8, 7 pm Basic Leather Knowledge - <https://zoom.us/j/97358568328?pwd=aIVkZzBibHJIM-nA2Skg3QzF5akRqQT09>

Tips for the Combat Arts

Youth Combat Exercises:
<https://www.facebook.com/amy.glier/videos/10223946344913595/>

Yoga for Fighters & Fencers!
Classes are Fridays at 4pm.
Contact Joanna Jamil on Facebook for the link.

Duke Eik Demonstrates
Dane Axe:
<https://youtu.be/TIPfp0iUVjY>

Call for Content

We want to make sure there's a central place to get information and see posts that might get buried, or resources that might not be shared.

If you have info to share - an upcoming virtual gathering, activity ideas, or a great website, please contact me: clariciadlm@gmail.com.

Thank you and stay well!

5 Questions for Cleftlanders - Meet the Officers Lord Cadfan of the Autumn Wood/Cadfan ap Gwalchmai/Cadfan of Cleftlands (Eli J. Hawkins)

How did you get involved in the SCA?

I first really heard about the SCA from Cat Kenney in 2002. Cat's close friend, Patrick O'Donnell, had recently finished his book "The Knights Next Door" which examined what the SCA is while biographically following a man named Valharic (now Duke Valharic) and his journey to become king. Patrick gave me a copy. I read it and thought it was interesting, but I didn't really think about getting involved.



In 2008 Miriana and I finally decided to check out the local SCA group. We came to a meeting or two, but didn't really know what we should be doing. Then, I got the call that I'd be moving to Japan and that was that for the next 6 years.

When we returned to the U.S. in 2013, Cat Kenney got us involved in a local pirate crew. Then, in 2014 we randomly decided to check out the Mapleside Demo. That's when we started showing up at weekly meetings. We became more and more involved and we've been here ever since.

What are your two main activities in the SCA?

Community and archery, with bits of armored combat and rapier thrown in.

What is your favorite movie or TV series set in period?

If you want actual, kind-of-period I'll say Kenneth Branagh's "Henry V", but I'm going to answer this my way: "The Princess Bride", "Excalibur", "Robin Hood: Prince of Thieves", and "The Adventures of Robin Hood".

What famous historical figure from period would you most like to have dinner with?

Owain Glyndŵr, the Prince of Wales who fought a war against the English and their occupation of Wales.

What do you plan to do after stepping down from the seneschal position?

It is an honor to serve the Cleftlands, and it has been an honor to bear the responsibility of the Office of the Seneschal. I will continue to serve the Cleftlands in whatever capacity it needs. At present I am the current Archery Marshal and once the weather and the world improve I look forward to starting practices at our weekly meetings. In terms of personal projects, I am putting together a complete 14th century Welsh archer kit. Head to toe. I'm hoping to have everything together by the time of the Road to Rouen next year. Having more time for myself at our weekly meetings will be a new feeling. Expect to see me on the martial lists when we are not having archery practice.

Crafting in Quarantine - Basic Knitting

By Lady Nadyezhda the Simple, OW

We do believe the precursor to knitting was naalbinding in which loops were intertwined with one needle. There are extant pieces of naalbinding from all over the world, the oldest of which may be a find in Israel from 8,000 BCE. The pieces we generally think of are Viking from the 10th century. What appears to be knitting began to show up in Egypt, and the first actual knitted items date back to about 1275 AD. There is conjecture that the reason knitting is done from right to left because of how Arabic is written.

What do I need to get started?

Needles: Needles can be made of plastic, metal, wood, or bamboo. There are no differences except for what feels most comfortable. For beginners, plastic or bamboo work well. There are three types of needles that basically do the same thing. Regular single pointed needles in either 8 or 14 inches. Longer needles are used for bigger projects. *-Continued on page 4-*

Basic Knitting - Continued

Circular needles are the same as single points, except they are connected with a plastic cable. The cables come in different lengths, again to accommodate larger project.

Double pointed needles come in a package of 4 or 5 and are used for items to be in the round. These were the first needles used in period. Save them for later, as they can be a bit confusing.

Sizes: The lower the number of the needle, the thinner it will be. Beginners can do very well with a pair of single point 8 inch needle in anything from a size 6 to a 10.

Yarn: Oh, so many choices. You can manage very nicely with your garden-variety acrylic yarn. Some brands are much easier and better work with than others, and you may need to play a bit to see which you like best. Lighter colors are easier to work with in the beginning, or consider a variegated yarn so you can see your stitches.

Standard Yarn Weight System

Yarn Weight Symbol
& Category Names



Type of Yarns in Category	Fingering 10-count crochet thread	Sock, Fingering, Baby	Sport, Baby	DK, Light Worsted	Worsted, Afghan, Aran	Chunky, Craft, Rug	Bulky, Roving
Recommended Needle US Size Range	000-1	1 to 3	3 to 5	5 to 7	7 to 9	9 to 11	11 and larger

How do I start?

This is called casting on. Long tail casting on is the method that was used in period. It is also perhaps the most difficult to learn but for most projects it is the best way to start.

<https://tutorials.knitpicks.com/long-tail-cast-on> is a good site for learning the long tail cast-on. There are lots of others if this doesn't help you.

When you are finished, you cast off stitches. This part is much less complicated. Instructions: <https://sheepand-stitch.com/library/how-to-cast-off-knitting> and <https://www.youtube.com/watch?v=ulFEjY87sZo>.

Knitting stitches:

This is a great site for all the basic knitting you will need, including three cast on methods: <https://www.simple-knitting.com/knitting-instruction.html>. There are lots of others. Again, use one that makes sense to you.

Knitted stitches look like little v's on the right side. When you knit all the rows you will have what is called the garter stitch. When you turn the stocking stitch pattern over you will see all those bumps. This is the purl side.



Fig 1: Note the v's - this is the "right" side



Fig 2: The purl side

Alternating one row of knit and one row of purl will produce what's called the stockinet stitch. With not too much practice, you should be able to figure out how to make consistent stitches and can move up to actual knitting.

Basic Knitting - Continued

What NOT to make: DO NOT start with the idea of making a scarf – yet.

Until you have control of your stitch tension, your edges are going to have more waves on them than the shores of Lake Erie. Instead, you can make mug mats or a mug cozy. Knit a rectangle and hand-stitch up the side to slip over the handle. Or make a pair of rectangles about 8" x 10" and stitch up the sides leaving a hole for your thumb. You now have a pair of fingerless gloves. Your sewing can even out the ripples on the sides.

Other resources:

- <http://www.warmupamerica.org/> - knit 7" by 9" squares to be stitched into afghans
 - <http://www.craftyarncouncil.com/> - instructions and pattern information
 - www.ravelry.com – on-line craft community with LOTS OF FREE PATTERNS and support
- Most yarn brands have websites with knitting instructions and free patterns. Also YouTube has video techniques.
- www.interweavepress.com – Subscribe to their free newsletter but do not succumb to their high-pressure sales tactics. The newsletters have lots of information, and Interweave also features free e-books with various patterns. Never pay full price for their materials as they often have sales and promotions.

Relax and try to get into a rhythm. All knitting is pretty much variations on knit and purl stitches. And have fun!

Medieval May Day -

By THL Jolicia atte Northclyfe

Trees are budding and green is returning to the fields surrounding your village. The year is 825, and you and your family are looking forward to feasting, drinking, and lighting bonfires at Beltane, or May Day, to ensure bountiful crops and fertile cattle.

Here in the modern world, the calendar turned to May 1 without much fanfare. That's because the Puritans stamped out traditional May Day celebrations because the holiday was too pagan for their tastes. The roots of the May Day festival reach back centuries. When Roman legions reached Britain, they introduced their five-day springtime celebration of Floralia, devoted to the goddess of flowers, Flora. Over time, Floralia's rituals were combined with Beltane, according to History.com.

The Celts of the British Isles believed May 1 to be the most important day of the year, because it was when the festival of Beltane was held. Beltane divided the year in half, between the light and the dark. Fires were lit to celebrate the end of winter and the return of life and fertility to villages and fields.

The ninth-century Irish glossary Sanas Cormaic, which lists explanations of more than 1,400 Irish words, says the druids made great bonfires during Beltane; people may also have danced "sunwise" around the fires and recited incantations. Beltane, like Samhain six months before, was a day when the fairy world could be perceived by mortal humans.

By the Middle Ages, elements of Floralia, Beltane and other early-spring festivals had been combined with the Christian celebration of Whitsun, or Pentecost, celebrated with feasting, dancing, and parties.

The Middle Welsh tales of Geraint, which are versions of the Arthurian stories, includes descriptions of Whitsun feasting. Whitsun was one of the times of the year when vassals received new clothes, which echoes our tradition of buying children new clothes for Easter.

Another popular tradition of May Day involves the maypole. While the exact origins of the maypole remain unknown, the annual traditions surrounding it can be traced back to medieval times, according to History.com. The pole and the flowers used to decorate it were meant to symbolize male and female fertility.

We no longer believe that lighting bonfires will make our chickens lay more eggs, but like our medieval ancestors, we have the same impulse to welcome spring with bright flowers and abundant food.

SOURCES

<https://www.britannica.com/topic/May-Day-European-seasonal-holiday>

<https://medievalisterrant.wordpress.com/2013/04/30/may-day-in-the-middle-ages/>

<https://www.history.com/topics/holidays/history-of-may-day>

Virtual Resources -

By Dame Alys Katharine

To help you and yours pass the time while you are confined to home, here are four internet sites to explore. While some are specifically for children, adults may also enjoy the activities.

Sutton Hoo: A variety of sites to explore at the British museum. From their Facebook page:

- Classroom resources: <https://www.britishmuseum.org/learn/schools/ages-7-11/ancient-britain/classroom-resource-sutton-hoo-introduction>
- Discovery of the treasure: <https://www.britishmuseum.org/about-us/british-museum-story/people-behind-collection/edith-pretty>

Explore US museums - Modern as well as antiquity. Might be a challenge to explore all of them! <https://tinyurl.com/wzn9rmr>

Live zoo web cams: Try your luck with animal activity!

- Oklahoma Zoo, Red Panda: <https://www.okczoo.org/redpandacam>
- San Diego Zoo: <https://tinyurl.com/vgpe6ao>

Links to live cams include baboon, penguin, polar bear, koala, giraffe, tiger, elephant, condor, and more. There are also pre-recorded videos of the panda. For other zoos, type "live animal web cam" into your search engine.

Ten Cultural Craft Projects: <https://tinyurl.com/s7j4b6j>

Links for various activities primarily aimed at children, although adults might like them as well. Activities include making a cardboard model of a Viking ship, corn husk dolls, a Silk Road camel, and coloring classical statues.

This Week in History

May 4 1471 - Yorkists defeat the Lancastrians at the Battle of Tewkesbury.

May 5 1494 - Christopher Columbus lands on Jamaica (naming it Santa Gloria).

May 6 1529 - Babur defeats the Afghan Chiefs in the Battle of Ghaghra (India).

May 7 558 - Dome of the Hagia Sophia church in Constantinople collapses.

May 8 1559 - In present-day Vietnam, a group of imperial guards murder Emperor Lê Tương Dực.

May 9 1386 - Treaty of Windsor is signed between Portugal and England - it is still in effect, and is the oldest diplomatic alliance in the world.

May 10 70 - Titus, son of Emperor Vespasian, begins a siege of Jerusalem.

Cleftlands May A&S Challenge: Cooking Greens

For our first virtual A&S Challenge we had a great turnout: 16 entrants. Three entrants, apparently without planning it, all did variations on the same Indian dish. We also had a three entries from the Cleftlands Foreign Legion, an advantage for the Virtual Challenge over the in person, even if it means we can't taste the dishes.

I've added the entries in the order submitted

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Patrick Conrad (Cleftlands Foreign Legion): Mongolian Ribeye with Oregano

Oregano, fresh from the garden! I cooked a Mongolian BBQ style dish using thin sliced ribeye, onion, zucchini, mushrooms, and a heavy helping of fresh picked oregano. Seasoned with Lawson's salt, garlic powder, and a Ray's BBQ Teriyaki marinade. The finished dish has a great oregano flavor to it without being overpowering. I would definitely do this again.



Julianne Beauchampe: Mint Pesto and Focaccia

For the Greens Challenge.... Mint pesto to go with the Lamb, veggie and Halloumi broil last night. Mint foraged from the Minion Ridge accidental mint lawn. Pesto is Olive oil (Koroneiki), garlic clove, Raisins and slivered almonds. No set proportions, I just tamper. Great with any lamb dish, especially when alternated with Tzadziki sauce. In addition, homemade Focaccia decorated with early Chives, Oregano and Copper Fennel. Looks cute, does not add any flavors.



Thomas Hamilton (Cleftlands Foreign Legion): Ukrainian Stuff Cabbage Rolls

I chose this dish because I'm in Ukraine, this is green, and it was the first green spring dish I found in a Ukrainian cookbook. They are traditionally eaten at Easter time.

Ukrainian meat stuffed cabbage rolls (Голубці з м'яса in Ukrainian и голубцы из мяса in Russian)

Ingredients:

3/4 pound ground pork
1/2 cup bread crumbs
1 large egg
1 large onion (I used one bigger than my fist!)
2 teaspoon salt
1 teaspoon black pepper
1/2 teaspoon garlic powder (added because I like garlic, not originally there)
1/2 teaspoon red pepper (added because I like pepper, not originally there)
1/2 teaspoon ginger powder (added because I like ginger, not originally there)
1 head of cabbage
Tomato juice
Fresh dill



1. Sauté chopped onion in butter until wilted, and cool.
Mix meat, crumbs, egg, salt, and pepper, and add onion. Core the cabbage and bring to boil in a large pot half filled with water. Cook about 2 minutes. As outer leaves become translucent and soft, pry off and remove one by one with a wooden spoon. Trim leaves by paring off the thick part of the rib.
2. Grease the bottom of a large baking dish and line it with outer cabbage leaves. Place a large spoonful of filling at the stem end of each leaf, fold over sides, then roll from bottom to top. Arrange in baking dish, pour just enough juice to cover, place extra cabbage leaves on top, and cover with lid.
3. Bake at 325 for 1 hour

My thoughts, my missionary companion's thoughts, and would I make this again?:

I would. The meat filling is great, but it turns out that I do not like room temperature boiled cabbage. It did taste better as I warmed them, and would be great if eaten quickly after finishing them.

Things I'd change:

- added less tomato juice than I should have.
- I didn't have a proper baking dish, and used two loaf pans. I'd make sure I had the things I needed before making everything.
- I'd use broth instead of tomato juice. It was a little sweeter to my Companion.
- I'd buy a big enough cabbage. I had left over meat mixture.

Madelaine de Bouvier: Spinach smoothy, Cucumber Salad, Spinach Bake

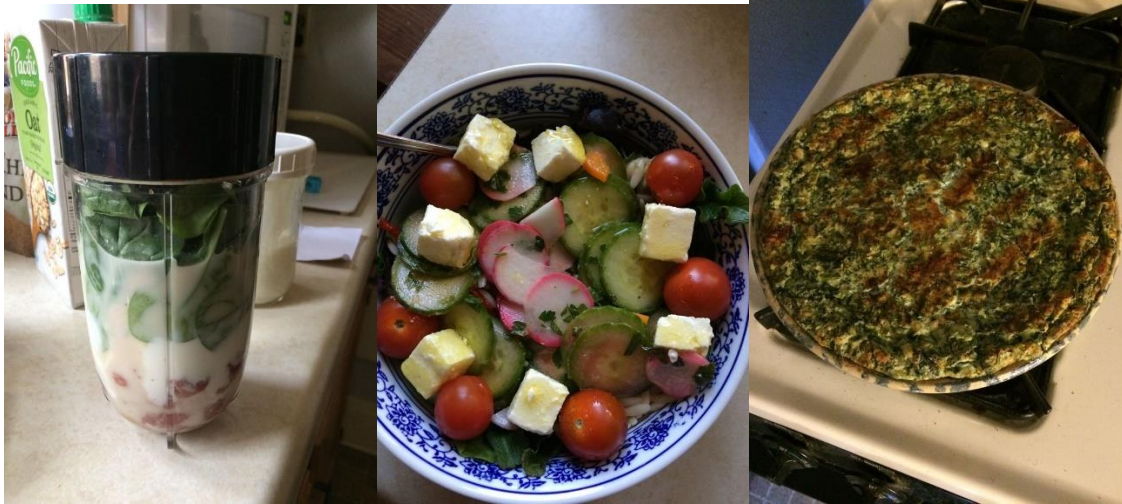
OK, here we go. I made each of these as a way to get more greens in my diet, and as a way to celebrate Spring.

Breakfast=Spinach smoothy. Ingredients=spinach, oat milk, yogurt, banana, sour cherries, almond butter, and flax seed. All items raw, and blended together.

Lunch=Lemony Cucumber Salad. Ingredients=radish, orange bell pepper, cucumber, lemon rind and juice, olive oil, white wine vinegar, salt, and pepper. All items raw, and tossed together. I served this on a bed of greens with tomatoes and feta cheese to turn it into a one-dish meal.

Dinner=Spinach Bake. Ingredients=frozen spinach, cottage cheese, garlic, mozzarella cheese, ricotta cheese, parmesan cheese, egg whites, basil, salt, and pepper. Sprinkled with paprika and baked in the oven for 45 minutes. Think of this as a crustless tart.

The first two items are new, and I wanted to try them out before Pennsic. They are very tasty, and the salad is very refreshing. It will definitely show up on the 2021 menu! The third dish is an old stand-by and family favorite. Always requested at our house in the Spring.



Amber Luning (Cleftlands Foreign Legion): Garlic Mustard Soup

Ok. I went out on a limb. I did something wild and it almost worked.

Garlic mustard greens are popping up everywhere right now. They're invasive and found easily up and down the eastern seaboard. They're also edible, especially in springtime when the leaves are tender and not as bitter as they'll eventually get. So I thought, for the Greens challenge, I might as well go all out and forage! And might as well make a soup!

I went around and gathered a bag of greens, stripped them and washed them, caramelized some onions with coriander and red pepper, roasted some garlic, cooked the greens, added mushroom broth and coconut milk, some laogonma, blended all of it with an immersion blender, cooked it down a bit more, then served with some extra coconut cream.

Verdict? Well it's good. It's certainly edible and flavored well. However, it's definitely one of those soups that works better as an appetizer than a main course. The garlic mustard greens have a bitter note that didn't cook out the way I'd hoped. If I was to do this again, I would cut the garlic mustard with spinach or watercress because its flavor is really, really strong. A good experiment nonetheless!



Brendan O'Corraidhe: Spanish Cabbage



Taco Tuesday, with Greens challenge.

A Spanish recipe from a "round the world" book. Cabbage braised in butter with garlic, chorizo and caraway. It was missing something. Checked recipe again; it called for *smoked* chorizo. I added some ancho powder. Bam. Taco Tuesday, with Greens challenge (top).

Bronwen Elvina n'h-Odhraín: Cabbage Salad

Thinly sliced cabbage, onion, halved grape tomatoes, and fresh cilantro. A dressing of Spanish olive oil and lime juice. Let the cabbage sit in the oil for a few minutes to soften before adding everything else. Can also be sautéed.



Thomasine Greenwalle: Cucumber Salad

Cucumber salad with skin on and parsley.



Elizabella Marchant: Palak Paneer



Here is a photo of the Indian Palak Paneer dish that I made for the Greens Challenge. Palak is spinach and paneer is cheese. The cheese is a bit like a dry mozzarella, but there is no salt, so it has no real flavor. It absorbs flavor from the seasonings it's cooked with. I chose this dish because Richard and I like Indian food, and I wanted to try something different.

The main ingredients are spinach (I used raw, but the recipe called for frozen), paneer, tomatoes, onions, garlic, ginger, and several Indian spices. I decided to add coconut milk, to give the dish a creamy texture. The cooking process starts with sauteing the chopped onions for a few minutes, adding the spices, then incorporating the spinach, tomatoes, ginger, and coconut milk. It was supposed to be pureed in the blender, but we chose not to. Add the paneer in the last few minutes. The finished dish had a slight sweetness from the coconut milk, but something (spinach? spices?) had a strong bitter taste, and the amount of red pepper flakes made it too spicy for me. I would try making this dish again, but I'd use frozen spinach, and less pepper flakes. I also have to find out what caused the bitter flavor. Another recipe I looked at said that

extra firm tofu could be substituted for the paneer, and I think I will do that next time

Tarmach's note: I found, just a few minutes after taking my portion, that the flavors were settling down and comingling. The coconut milk lent a wonderfully smooth texture to everything, and just a bit of Patak's Mango Chutney put the whole dish into another plane of Yum.

Rojhon: Chicken Salad with Herbs

Chicken salad with celery, dill and lemongrass.



Badger Bagsbane: Spinach Enchiladas

Spinach and cheese enchiladas with spinach tortillas and green chili sauce



Gwyneth Cole: Palak Paneer

A palak paneer meets seige cooking dish made with a baby green blend (chard, kale, and spinach) and the closest I could find to the "right" ingredients in my fridge and pantry. Bit touch and go when we couldn't find the immersion blender, but it showed up right at the last minute. His and her bowls are my half assed attempt at portion control.



Claricia de la Mare: Long Wortes

Ok! From "Two Fifteenth Century Cookery Books" - cook peas & strain. Should have puréed to get them a good baby food consistency. Then cook your greens - original called for cabbage or similar but I had spinach. Cabbage would have been more robust. Cook onion and greens until tender, add peas, cook in broth with saffron and salt.

Original recipe: . Long Wortes (Greens) of Peas-Take green peas an wash them clean an caste them on a pot, an boil them till they burst, an than take them up of the pot, an put them with broth in another pot, an let them cool; then draw them through a strainer into a a fair pot, an than take onions, and shred them in two or three, an take whole wortys (members of the brassica family, example kale, collards, or cabbage) and boil them in fair water, and take them up, an lay them on a fair board, an cut in three or four, an lay them to the onions in the pot, to the drawn peas; an let them boil till they be tender, an than take fair oil and fry them, or else, some fresh broth of sum manner fresh fish, an caste there-to, an saffron an salt a quantity, and serve it forth.



Madihah Hepburn: Pho

We bring to you the phases of creation of beef pho... With greens of cilantro, spring onions and other accoutrements from the kitchen of Nzinga and Stephen von Lubeck Thanks also to Baroness Gianna... Your chilli peppers keep on keeping on .



Zofia der Kinder: Chocolate Leaves

I didn't want to post this until Lord-soon-to-be-Master Brendan's vigil started then I forgot... white chocolate with green food coloring counts, right? It's dark chocolate below that. Half of these have a from-scratch egg-free no-bake cheesecake filling with coconut sugar, half have cashews embedded into the partially set chocolate carefully keeping them from touching the mold (to keep the molds safe for future use for people with nut allergies).



Yashoda d'Albuquerque: Saag Paneer



What: Saag Paneer (or Spinach with Cheese), seen in the picture as the green thing with cubes of white, served alongside paratha and gajar salad (carrot salad). Frozen spinach was called for in the recipe, so I used that.

Why this?: To learn to make paneer finally :). (Yes, I took pictures and can talk about that too, for the curious).

Saag, as a northern dish, doesn't have a lot of heat beyond the single chili pepper, but it does have a lot of dairy and emphasis on creamy, silky texture that the Mughals liked. I'm used to only having this from restaurants, and generally being the only one who will eat it. This comes together pretty quick, minus the paneer making.

I recently discovered that Vedic India (which was from 1500 to 500 BC) believed in the idea of 6 tastes (sweet, salty, bitter, acid, pungent, alkaline), and 5 types of food based on texture, and further categorized food into 3 types based on the effects on taste buds, body and mind. I don't know if the ideas were folded into Ayurvedic medicine. Obviously, it needs more research, and I hope the materials are available and in English.