

# Seasons

#11 Autumn A.S. LIX (2024)





## Greetings from the Seasons Editor

Greetings to All!

This is the eleventh issue of the new SEASONS, and we hope you are enjoying the new format and content of this magazine. We welcome Original Cover and Filler Art; Instructional/Educational Articles; Original Poetry and Songs; Photos of A&S Entries, Tourney Winners, and Vigils; and In-

formation on Future Elevations (all with permission to reprint).

We hope to continue celebrating, in this magazine, the talents, achievements and merits of our Meridian subjects, and showcasing their creations, and we invite you to join our readership and to be a part of our efforts — and this season we are particularly celebrating RUM (The Royal University of Meridies)

In continuing Service....  
Meistres Bronwen o Gydweli  
Seasons Editor

## Upcoming Events This Season

According to the Kingdom Calendar at the time of this publication, the following Events will be held (in the stated formats) during the Autumn of A.S. LIX (2024)

- **Daggers & Hemlock: Death & Taxes—September 20th-22nd (Phoenix Glade)**
- **Haustblot II—September 21st (Loch an Fhraoich)**
- **Meridian Grand Tournament—September 27th-29th (Meridies)**
- **Red Tower 50—October 3rd-6th (South Downs)**
- **Bacon Bash X: Spamalot—October 4th-6th (Crimson River)**
- **GREAT WESTERN WAR (October 8th-15th (Caid)**
- **WAR OF THE WINGS—October 12th-20th (Atlantia)**
- **FALL CORONATION—October 12th (1-Day) (Glynn Rhe/An Dun Theine)**
- **Gatalop 40th—October 25th-27th (Osprey)**
- **Silver Hammer—October 25th-27th (Thor's Mountain)**
- **Newcomers Collegium—November 3rd (Owl's Nest)**
- **FALL CROWN LIST—November 9th (Glaedenfeld/Easaraigh)**
- **(Glynn Rhe Event) - November 15th-17th (Glynn Rhe)**
- **Castle Wars—November 21st-24th (South Downs)**
- **Magna Faire—December 6th-8th (Iron Mountain)**
- **Winter Market—December 14th (Glaedenfeld)**

**TUESDAY NIGHT SOCIALS** continue to be held and hosted by Mistress Ellen de Lacey on ZOOM at 7:00pm CST/8:00pm EST. These also feature **Classes, Guild Meetings, Pennon Decision Meetings, and Lambent Internal Commenting and Teaching Sessions.**

**FRIDAY NIGHT BARDIC** continues to be hosted on ZOOM at 9:30pm EST, and they have also posted a rather extensive calendar of Bardic Activities and Classes — to be seen at the Friday Night Bardic group on Facebook.

**HERALDRY AFTER HOURS** on-line Herald's Point is hosted by Lord Magnus von Lubeck every Tuesday at 8:00pm CST/9:00pm EST in conjunction with the ZOOM Social.



# Summer Event Highlights

During the Summer of A.S. LIX the following Meridian Events were hosted and enjoyed:

- **LILIES WAR—June 7th-16th (Calontir).** This was the thirty Sixth Lilies War, and featured activities such as tournaments, competitions, archery, classes, parties and general revelry. The site was Kelsey Short Youth Camp in Smithville, and news from the war was that it was, as usual, great fun.
- **Giant's Dance: The Epic of Gilgamesh —June 6th-9th (Nant-Y-Derwyddon)** was hosted over the weekend of June 7th-9th at the Laurel Grove Event Venue in Bristol, TN, and featured Heavy Combat, Rapier, Archery, Populace Vote A&S, Minor & Mentor A&S, and a Grand Chef Feast. Traditionally a good event, Giant's Dance also saw the selection of the new Kingdom Poet Laureate, Lady Sara Wandrownyczka!
- **Menhir—June 15th (Rising Stone) Held at Lane Agri-Park in Murfreesboro, TN** While Daytrip Only, this event featured a feast, Classes (with over 20 instructors), Armored Combat, Rapier Combat, Youth Combat, and the Traditional Annual Menhir Yard Sale.
- **Warden's Challenge: Episode VI: Return of the Warden—June 22nd (Easaraigh)** This one-day event was held at the White County Fairgrounds in Sparta, TN and featured Covered Archery (Death Star Shoot, Youth Shoot, IKCAC, Stormtrooper Shoot, Dueling Water Shoot, and Thrown Weapons), Armored Combat (The Trash Compactor in the Detention Level, Always Two There Are, and Get the Droid Unit Home), Youth Combat (Light Saber Duels and Battles), Lunch, Rapier (Times Bearpit and Warlord Tourney), and over a dozen Classes. Fun was obviously had, based upon reports!
- **KNOWN WORLD DANCE & MUSIC SYMPOSIUM XIV— July 4th-7th (Barony of Sternfeld/Midrealm)** The Barony of Sternfeld of the Kingdom of the Middle welcomes dancers and musicians of all ages and levels of skill to attend the Known World Music and Dance Symposium
- **1559: Dios de los Meurtos - July 5th-7th (Arenal)** We heard that this was an excellent event, and the Rapier Fighters in particular raved about the fun they had fighting in the Tavern Brawl.
- **ROYAL UNIVERSITY OF MERIDIES—July 19th-21st (South Downs)** Held at West Georgia College in Carrollton, GA (Pafford Building) this event featured a wide range of classes, witnessed the transition of the Kingdom Seneschal's office from Master Nikoslav Mikhailovich to Duke Wulfstan Thorhallsson, and for the first time

featured the availability of the nearby campus cafeteria to event attendees. Lady Erin of Caithness was also, at this event, chosen as the new Kingdom Bard.

**PENNSIC WAR—July 26th-August 11th (Aethelmearc).** Held, as it has been for decades now at Cooper's Lake Campground in Slippery Rock, PA, Pennsic is the Known World's oldest and largest war, and draws over 10,000 attendees annually. Battles, tournaments of all sorts, the Pennsic University, live entertainment, activities, revels, and hundreds of merchants make this war very special, and people come from throughout the world to attend. This year though, the War was plagued with torrential rain, hail, flooding and mud, and numerous activities had to be rescheduled as a result. Linen Garbs tent was flattened by one storm, but fortunately a loaner tent was made available and losses were minimal. Also, due to rain the Meridian Hafla was delayed by half an hour, but we understand (via Their Majesties) that Meridies threw a great and well-attended hafla at Meridian Royal, with fantastic musical team and some really amazing dancers, and people had a great time.

## **Summer Events Still On The September Calendar**

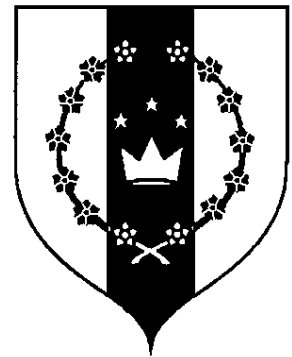
**(or held after Deadline)**

- **Vices & Virtues: Greed and Generosity—August 30th-September 2nd (Phoenix Rising)** to be hosted at the Etowah County Fairgrounds in Attalla, AL
- **Daggers and Hemlock: Death and Taxes—September 20th-22nd (Phoenix Glade).** To be held in Chipley, FL
- **Haustblot 2 (Loch an Fhraoich) - September 21st.** Site to be Pulaski Park in Pulaski, TN
- **MGT September 27th-29th (Meridies).** To be held at Camp Discovery in Gainesboro, TN.





# Unto the Denizens of Meridies,



We come with Ill tidings, we come with official words  
from the Crown. Persephone and Hades we do declare  
bounties on the following people.

Bounties issued:

Varie  
Alis Talemasche  
Min Soo Yun  
Sabre of Owl's Nest  
Crag MacDuff  
Boros The Boastful  
Thorfinnr Langskeggr Eirksson  
Valdian  
Bleddyn AP turner

Hellina Pope  
Gwenhever Wyllyam  
Conor Macfie  
Bjorn Burntloak  
Lyra of Gladenfled  
Ælfric Hort

Those who bring these wanted people by the crown will receive a token of our appreciation, a gift for your efforts. No harm is to be put upon these people (is a game folks be funny not serious), but their presence is demanded in our court at any of the following:

Vices and Virtues  
Daggers and Hemlock  
Meridian Grand tournament  
Red Tower's 50th Anniversary  
Morning Court, Coronation.

We thank our beloved populace, and we wish you the best and happy hunting.

If you have a bounty, you will be collecting, please let their chancellors Know so that we can ensure proper payment at the receipt of their bounty.

Yours in Service to the Dream,

**Basileia Morgan II and Basileius Sebastianos II**

**Persephone and Hades, Goddess of flowers, Queen and King of the underworld**

**Queen and King of the Laurel Kingdom of Meridies**



# Hail the Autumn Champions

Congratulations to all who excelled in competition and at service during the Autumn months,, including those triumphant in Tourneys and at Faires, those who organized and who lead, and who produced stellar events, and also our new Kingdom Poet Laureate, **Lady Sara Wandrownyczka** and out new Kingdom Bard, **Lady Erin of Caithness!!** Well done all!!

As Fall dawns, the Kingdom of Meridies welcomes a new Kingdom Seneschal as well! **Duke Wulfstan Thorhallsson** stepped up into the Office on July 20th at the Royal University of Meridies event (aka RUM), and we wish him a positive and prosperous tenure!!

The new Torch Herald is Baroness Mairghread Wilson. Well met!

We also hail **Their Majesties Sebastianos and Morgan**, Coronated on April 25th with the promise of a long and fruitful reign, and Their noble Heirs **Their Highnesses Barthelemy and Oda**, chosen in noble combat in May 26th's Crown Tourney!

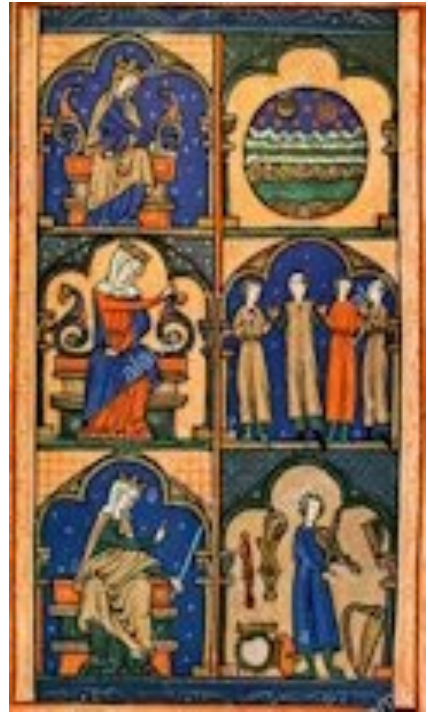


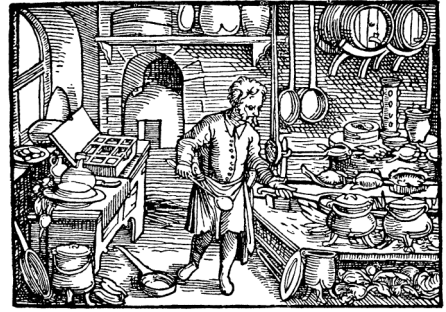
Photo Credit: Baroness Kathryn Spencer



Photo Credit: Baroness Kathryn Spencer

# Autumn in the Kitchen: A Virtual Feast Box Challenge

*By Mistress Christianna MacGrain*



## Seasons Virtual Feast Box Challenge

You have received a virtual box of 20 ingredients. Study them well, and make the best dish(es) you can from what you find within! To the best of your ability, use pre-17th century sources for recipes and other ingredients. Use the internet freely, citing primary sources or translations of primary sources where possible.

### Contents of the Box:

Almond Milk

Small Beer

Fresh Cheese

1 domesticated protein of choice: chicken, beef, pork, lamb

1 seafood protein of choice: fish, shrimp, lobster, oysters, eel, salt cod, etc.

1 game protein of choice: venison, wild boar, rabbit, goose, game birds, squirrel, etc.

Mushrooms

Leeks

Fava Beans

Turnips

Chick Peas

Pears

Dates

1 large loaf of bread

Rice

Saffron

Powder Douce

Powder Forte

Mustard

Marzipan

Research and create 1-3 dishes, using as many ingredients from the list above as possible. Other ingredients are allowed, but should be consistent with what is available for the recipe/time period/place of the dish you have selected. New world foods should be used only if doing a late period, new world-influenced dish.

Serve your dishes to loved ones, recording their reactions with pictures and comments. Do your best to emphasize the use of period recipes, utilized as many ingredients from



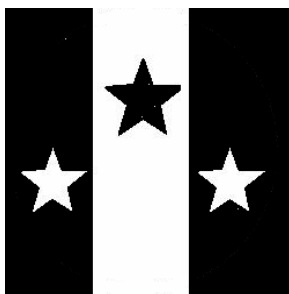
the list as possible, complexity, visual presentation, and panache (could be any number of factors such as the food styling, the use of humoral balance among dishes, extra steps like endoring, pithy comments from the diners, etc.)

Post final dishes, recipes, pictures and comments from diners on the Meridies SCA Cooks and Art de Cuisine Facebook Group, or send them via email to: [Seasons@meridies.org](mailto:Seasons@meridies.org). Highlights will be posted in the next Seasons!



## Meridian Populace Badges

For any who may not know, the Kingdom has several Populace Badges which can be used by any subject of the Kingdom of Meridies to denote their allegiance to the Kingdom. The three currently in use are pictured below:





# Guilding the Lily?

So what are the Meridian Guilds, and what are those Guilds doing these days?

The Kingdom of Meridies presently has a number of active Guilds, including the: Scribal Guild, Courtesans Guild, Saltare (Dance Guild), Arachne's Web (Lace Guild), Gaming Guild, Iron Bow Guild, Painters Guild, Herbal Guild, Grand Chefs Guild, Minstrels Guild, Coursing Guild (Greyhounds), Equestrian Guild, and Foresters Guild — and possibly others.

## **Arachne's Web—Lace Guild**

<http://facebook.com/groups/434953093257836/>

## **Coursing Guild**

<https://www.facebook.com/groups/236065959926266/>

## **Courtesans Guild of Meridies**

<https://courtesansofmeridies.wordpress.com/>

## **The Meridian Embroidery Guild**

<https://www.facebook.com/groups/414381975319839>

## **Gaming Guild**

[https://www.facebook.com/groups/889784304857628/?ref=share\\_group\\_link](https://www.facebook.com/groups/889784304857628/?ref=share_group_link)

## **Grand Chefs of Meridies**

<https://grandchefs.meridies.org/>

## **Herbal Guild of Meridies**

<https://sites.google.com/site/scameridianherbalists/>

## **Ironbow Guild**

<https://ironbow.meridies.org/>

## **Historic Martial Arts Guild**

<https://hma.meridies.org/>

## **Meridian Moneyers**

<https://m.facebook.com/groups/MeridianMoneyers/>

## **Minstrels Guild**

<https://www.facebook.com/groups/meridianminstrelsguild>

## **Painters' Guild of Meridies**

<https://www.facebook.com/groups/918601828202930/>

## **Royal Foresters of Meridies**

<https://www.facebook.com/groups/MeridiesForesters/>

## **Saltare—Meridian Dance Guild**

<https://www.facebook.com/groups/414381975319839>

## **Scribal Guild of Meridies**

<https://www.facebook.com/groups/382341241966024/>



*Tradesmen Window  
Chartres Cathedral 13th Century*

**The Meridian Herbal Guild** has recently been meeting fairly regularly on Tuesday nights in conjunction with the Tuesday Night Socials on Zoom, so if you have an interest in herbs, their cultivation and their uses, you might consider checking in on some of these and meeting some of the other members.

We will gladly mention meeting schedules for other guilds here also, on request!

# Period Bowls

For any artisan interested in trying to reproduce period accessories, the graphics below, used courtesy of the Metropolitan Museum of Art's Open Access Policy [The MET Open Access Policy: As part of the Met's Open Access policy, you can freely copy, modify and distribute this image, even for commercial purposes], show some interesting period Bowls

We have tried here to show bowls from as wide a variety of cultures possible via the source.



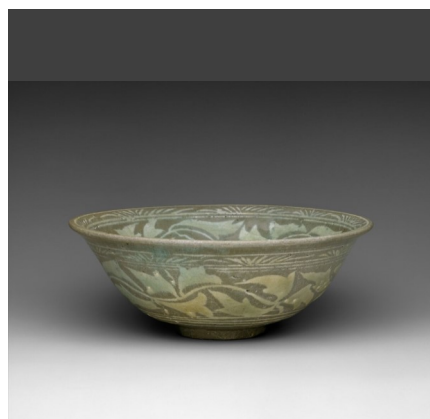
Bowl—Italian—Urbino  
1560-1570



Bowl—Spanish  
1430-1460



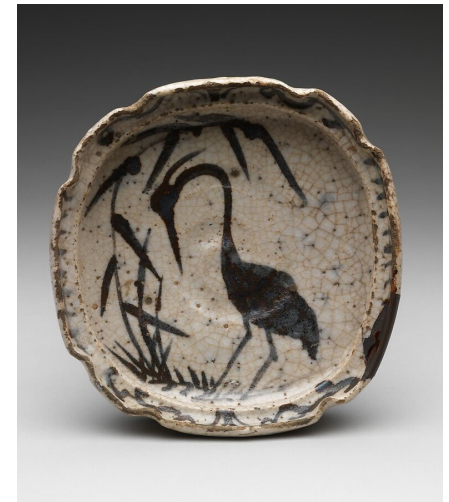
Bowl—Spanish  
16th century



Bowl decorated with peony leaves & Chrysanthemums—Korea 15th C.



Bowl— Italian - Faenza  
1535-40



Bowl with Heron in Reeds—Japan 16th C.

# Spilling the Royal-Tea

with TRM Sebastianos & Morgan

By Lord Leopold Guotmann



## **1) How long have you been involved with the SCA?**

**Sebastianos:** 25 years

**Morgan:** About 10 years, but I was aware of it before then.

## **2) What first interested you in the society?**

**Sebastianos:** fighting, making stuff and event activities

**Morgan:** Honestly the clothes and I was following the recommendation of a friend who thought I would enjoy it. I didn't come in with a clear purpose or direct interest, but have developed those over time along with many friendships.

## **3) What was your first event?**

**Sebastianos:** tourney de lyoness, ansteorra

**Morgan:** Midwinter 2012 or 2013

## **4) What is a can't miss event for you?**

**Sebastianos:** fools and castle wars

**Morgan:** Fool's War

## **5) Which of the chivalric virtues speaks most to you and why?**

**Sebastianos:** courage, willing to stand to for what you believe is right and try to ensure others feel safe

**Morgan:** Generosity. I see so many people giving of their time and talent, it is clear that this is a major factor in the SCA way of life.

## **6) How has being a royal changed your thoughts on the game?**

**Sebastianos:** you get to see everyone else's efforts and what it takes to run the kingdom. You realize how many other actives and subcultures exist in our subculture club and how awesome they all are. Getting to be to know other crowns and their friends and learning their kingdoms Anthropology while representing our own kingdom and giving them a similar window into our world is fascinating. Remembering that it's the society for creative anachronism. With an emphasis on creative. Don't take yourself so seriously this is about fun.

**Morgan:** Being on this side of the chair shows you how much work goes into everything we do. There are so many cogs and wheels running to make things happen. It makes it hard not to want to contribute and help after seeing how much work it takes.



**7) What is your proudest achievement so far as a royal?**

**Sebastianos:** helping new people bypass the high gateway to entry for our society and seeing their eyes light up when the magic hits them for the first time and you see that they are hooked from here on out and that they have found their tribe (bonus points if you don't tell them you are crown and they get a surprise later who helped them). Having the privilege to be part of so many people's important life moment from becoming a peer to winning a championship they always wanted to win or making some cool thing that they never thought they could do all those moments I cherish greatly.

**Morgan:** Seriously, every time we give out an award I am proud! I am so happy to be the backdrop for these special moments in people's lives. On a personal note, I have some public speaking anxiety so it was interesting to have to tackle that. But I did it!

**8) What challenges do you think face the kingdom and the SCA as a whole in the next five years and how can we meet them?**

**Sebastianos:** understanding how to properly market and reach out to our Target markets and methods that are modern also needing to cut down on the legacy overhead and paperwork that are society is inundated with so that we do not have to have such a large overhead of help to keep the lights on. But recruiting for growth is absolutely the most important thing I see that we have to do.

**Morgan:** Political turmoil is certainly a concern. Hopefully we can all remember we have more in common than apart while playing this game.

**9) What advice do you have for potential royals?**

**Sebastianos:** have a theme the populace loves a good theme. Never take yourself too seriously and remember this isn't about you it's about everyone else be there for everyone else's important moment.

**Morgan:** It's not about you, it's about them. If you have fun, others will too.

**10) What message would you leave for the populace?**

**Sebastianos:** never take yourself too seriously this society is big and diverse and lots of people do lots of different things and there is room for all of it. That is the magic of our society that we are accepting of so many time periods. so many different activities and it's magical. Be kind, be helpful, and be patient.

**Morgan:** Above all, we are here to have fun.



# Pennsic Gift Exchange

We drew the Kingdom of Avacal (Canada!) this year for the Known World gift exchange. Our gift to them included 3 gorgeous silk veils and 2 filets made by Donna Rice-Bassett, a set of glass-etched cups and plates made by Song Qingzhao, cell-phone bags/covers made by Gwenhwyfar Mwynn, exquisite hand-painted cards by Sheryl Anne, a handmade leather haversack by Sebastianos Ionnides, and some other non-handmade goodies for war. I failed to get pics of the veils and filets and the cell phone cases, but the plates and cups and the bag are attached!



The gift exchange was offset, so we received a bountiful gift from the Kingdom of Drachenwald (Europe, Middle East, Africa)! King William of Richwood and Queen Isabetta del Verde were delightful to meet and their gift was in a few different baskets.

The first were these awesome hand-painted coronet boxes! There was one for each of us and they were filled with delightful goodies for both us and largesse for the Kingdom. I have included some pictures and a list of all the artisans that were listed on the goods in gift so that their talents may be known!

- Bycock hat - artist unknown!
- Embroidered Brigitta Caps - artist unknown!
- Fru Elin Helsings of Aros-Nordmark contributed many things to - this gift including bookmarks, cup covers, bottle covers, embroidered towels and bags, tin wire embroidered bracelets and many necklaces!
- Mulberry silk cords - (artist unknown)
- Viking Shuttles - Mestari Beatz Sigridsdotter
- Heddle woven headband and Lucet woven band - El-lisa von Berenklaw (Angela Nelk)







-girdle belt - Cornelia von Distelfeld

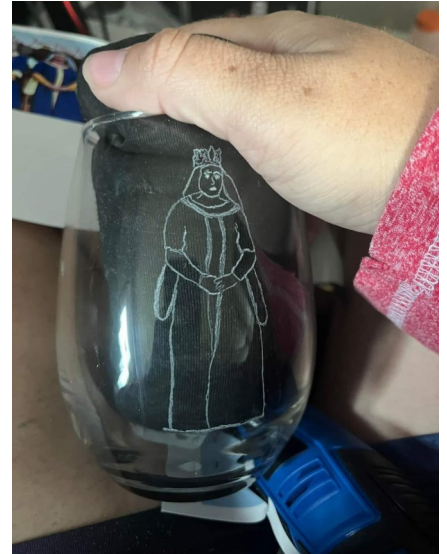
-pocket books - artist unknown!

-handmade bag - artist unknown!

The snacks are black salty liquorice, some kind of gummies, and reindeer cheese! There were also packets of Saffron and chocolate!

Also included was some actual sand from shores of Birka, a viking settlement from around 750! This was truly an amazing gift and we are very grateful!

## Queen Morgan II & King Sebastianos II







## Gaius on Woodworking: #1 The \$50 Medievalish Woodworking Tool Kit

Lord Gaius Nautius Maximus

A lot of people look at woodworking as a very expensive hobby to get into. And it can be, whether one goes with modern power tools, or buys the best hand tools that money can buy (there is a Japanese chisel set that I desperately want that costs in the neighborhood of \$750). But to do the vast bulk of woodworking that was done in the middle ages, a small selection of simple, easily-available tools will do the job.

In this article, I will give some suggestions on what to buy for a basic Medievalish woodworkers' tool kit. I say 'medievalish' because the tools are modern versions of medieval tools... a saw is a saw, but there have been some improvements over the years, even on the cheap end of the tool spectrum.



1)Ruler – without some accurate measurements and a straight edge, no good woodworking can happen. Any ruler will do, as long as it has a straight edge,

but you want one at least as big as the things you plan to make. I have many rulers in the shop, from 6" up through 6', but the one that gets used the most is 15" long as it covers most work. The stainless steel ruler above is \$2 at HF.



2)Combination Square – this lets you accurately draw lines at 45 and 90 degrees from an edge. This will be very important when we start doing joinery (doing things to connect two pieces of wood together). This one is \$5 at HF, and for a little more, it can be gotten in larger versions. But for our budgetary purposes, we're at \$7 total, not counting tax.



3)Pencil – to mark lines and measurements with. Cool kids use a mark-

ing knife, and those are great, but if you have and use one, you're not thinking about assembling a \$50 woodworking kit :) I am assigning no budgeted money to this one, as most people have one, can get one, etc. If you don't, come find me at an event and say 'Gaius, I couldn't find a pencil,' and I will give you one. Really.



**4)Saw - 10" Portland flush-cut saw.** This is a hand saw that will do a lot of work for us. It doesn't look super medieval, and is one of the main reasons this list is labeled "medievalish". It cuts on the pull stroke, not the push stroke, which is very nice. Trust me on that. \$8 at HF, for a total of \$15



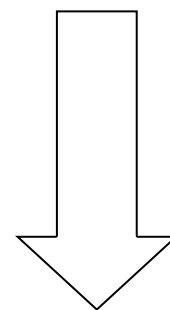
**5)Chisels – Windsor Design wood chisel set.** The six chisels in this set are surprisingly good. They will get a LOT of use in your woodworking, and are far better than the price would indicate. \$10 at HF, bringing us to the halfway point of our budget at \$25.

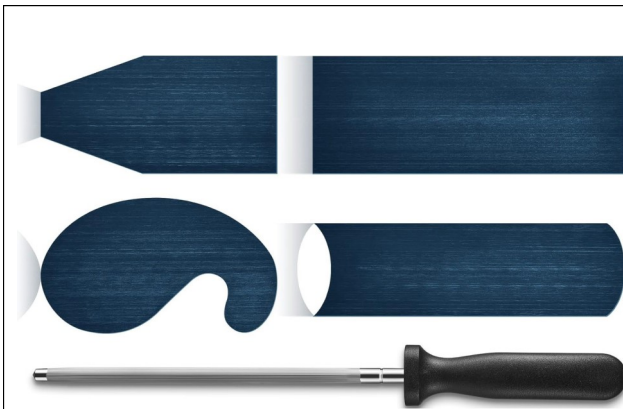
**6)Hammer – Most people have some kind of hammer in their house. If you do**

not, buy the cheapest one you can find (\$5 at HF), knowing that we're not going to be using it for long because we're going to make a proper mallet in the near future, using this tool kit. Budget: still at \$25



**7)Wood Plane – Specifically, a Japanese wooden block plane.** For our purposes, any old plane will do, but first, we're on a budget. Second, these are super beginner friendly, having exactly ONE adjustment, which is 'how far do you want the blade to stick out?'. Thirdly, they're awesome planes that are very similar to what was used in period. I got mine on Amazon, the link is at the end of this article. At \$12, we've spent \$37 of our fifty bucks.





**8)Card Scraper Set** – A scraper was what was used back in the day to smooth wood, as sandpaper was not around yet. In many ways it is the superior option, giving more control of how much wood one wants to remove than sandpaper does. I suspect that it fell out of favor as it can't really be used with a power tool. I bought the cheapest set on Amazon several years ago, and it's still doing good work. \$14, putting us \$1 over the budget, but the set I link to includes a burnisher, which is used to refresh the cutting edges of scrapers. This is something that will get a lot of use, so I judge it to be worth going over budget for.

So, gentle reader, we have the basics that will let us make more tools, and thence onward to greater endeavors! This is the first of several articles on the basics of strictly period woodworking. In the next installment, we will make a marking gauge and a simple hand drill. In articles after that, we will make a few other tools, and then lay out and construct a six-panel chest, a mainstay of medieval storage for several centuries in period. This will give us some basic skills,

confidence, and a place to store our wood-working tools. I hope to see you for the adventure!

- Gaius Nautius Maximus

Links to the plane and the scraper set:

Plane:

<https://tinyurl.com/5n6ep5ja>

Card Scraper Set:

<https://tinyurl.com/pvfkhx4a>



## A Newcomers Note:

It's Autumn once again, and as the weather cools we are enjoying more and more events. The heat and the humidity should soon (maybe not soon enough for some of us) begin to diminish, but in the meanwhile please stay hydrated and shaded.

There are some excellent events coming up this season for you to attend and to enjoy, and newcomers are always welcomed. If you have questions, simply approach someone at what appears to be a convenient time, and ask. Unless they are otherwise slammed, most will be glad to answer your questions.

Good Evening!







## PEERAGE Elevations in the Summer

Please join with us to congratulate the following nobles who, by virtue of their achievements, were elevated unto the Peerages during the past Season (and three earlier elevations that we missed):



### Elevations

Loegaire Mac Lochlainn (Loric) - to Pelican  
(March 13th at Gulf Wars)

Talia de Morales—To Laurel (March 14th  
OOK)

Richard na Teanga Mhin — To Knight (March  
14th at Gulf Wars)

Barthelemy Illyria—to Pelican (Match 14th at  
Gulf Wars)

Dalla Dyrfina—to Pelican (March 14th at Gulf Wars)

Catina Marciano - to Pelican (March 15th at Gulf Wars)

Elijah Cameron of Black Isle—To Master of Defense (May 25th at Artsy Crown)

### Planned Future Elevations

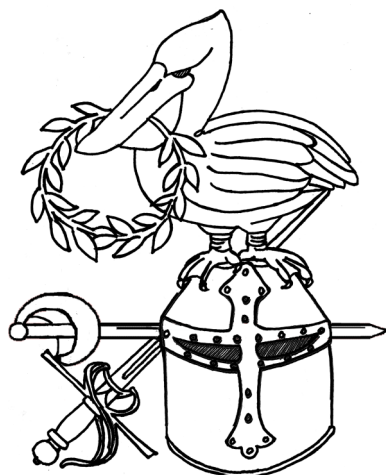
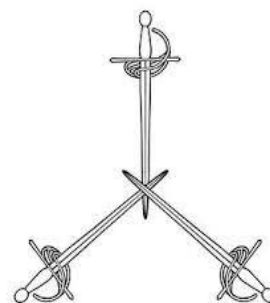
Eoin Mac Cana—to Pelican (November 9th at Fall Crown List)

Essyllt Brasafóstra - to Pelican (November 23rd At Castle Wars)

Stefano Roggio—to Master of Defense (Date & Event TBA)

### Additional Announced Writs:

(Unknown)



*Great effort is made to keep up with all Peerage elevations in our Kingdom, but if we somehow have missed mentioning any Peerage elevations and/or dates in the section above — or if we have missed notifying of any writs issued, and/or any dates set for future elevations — please feel free to notify the Editor at seasons@meridies.org so that these can be mentioned in the Winter Issue, due out at the beginning of December A.S. LIX.*

# Autumn in the Garden: Herbs from Fall to Winter: Cool Weather Umbellifers

Author Master Wistric Oftun, OL

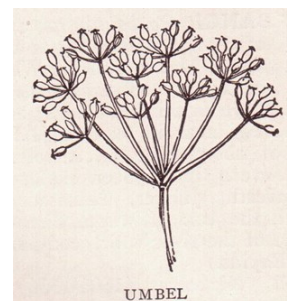


Source: [Umbelliferous Plant Umbellifers](#) - Free photo on Pixabay - Pixabay

Greetings Meridies! As we welcome the transition into Autumn, where gradually shorter days mean gradually cooler temperatures and relief from the oppressive heat of summer, let us take advantage of this seasonal shift and focus on a family of herbs that make a fine addition to any fall garden.

## Meet the Umbellifers

One of the largest families of flowering plants, *Apiaceae* or *Umbelliferae*, commonly called Umbellifers, are named for the characteristic formation of their flowers in **umbels**. Umbels are a type of inflorescence where each flower is supported by a single stem (called a **pedicel**) that all originate from the same point on the main stem, giving a shape that resembles an upturned umbrella. In fact, the term *umbrella* is an alteration of the Latin *umbella*, meaning a sunshade, which comes from the Latin *umbra*, meaning shade or shadow.

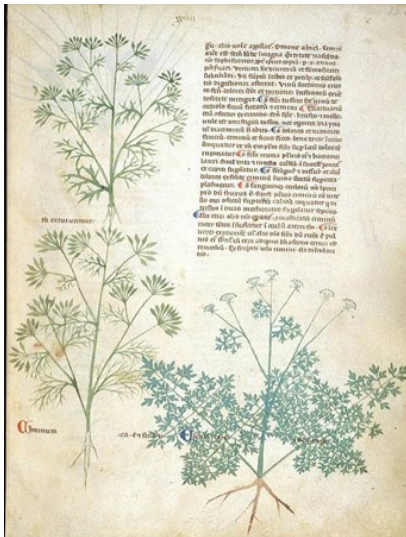


Many of the herbs in the Umbellifer family have rich historical and cultural significance. We'll look at six members of the family here: caraway, coriander, dill, fennel, lovage, and parsley. Caraway and coriander, for example, were used by the ancient Egyptians; dill was used by the Hebrews; fennel and parsley were used by the Greeks and Romans; and lovage was used by medieval Europeans. The six herbs covered here are a diverse group of aromatic plants that thrive in the fall and can be a delightful addition to the autumn garden, providing fresh flavours when other herbs begin to fade and uses that can enrich both kitchen and garden alike, being valued for their culinary, medical, and companion planting properties.

(Image: Umbel flowering shape (parsley), from "The Home and School Reference Work" by the Home and School Education Society, 1917, p. 2954. Sourced online from : <http://m.flickr.com/#/photos/perpetualplum/4295873888/>)

## Caraway (*Carum carvi*)

Also known as Persian Cumin or Meridian Fennel, caraway has a warm, anise-like flavour, and is a



staple in European cuisine, often used in rye bread, sausages, and as a seasoning for vegetables.

Every part of the plant is edible: seeds, in addition to being an ingredient in rye bread, can be used in beef and pork dishes; leaves, while less commonly used, can be added to soups, stews, and salads; and roots, treated much like parsnips, can be eaten as winter vegetables.

Additionally, caraway flowers attract beneficial insects, such as predatory wasps and parasitic flies, which can help control pest populations in your garden.

Caraway is a biennial, so it will take two growing seasons before it sets seed. To grow caraway, sow seeds directly in the garden. Caraway prefers full sun and well-drained soil. The seeds should be planted about ¼ inch deep and spaced about 12 inches apart. Because it can tolerate light frosts, caraway is well-suited for fall planting. Fall-

seeded plantings won't germinate until early the next spring. In the first season, they'll produce rosettes of low foliage, which will die down after the first freeze. But, plants may be dug for their roots during the first season, while they are young and tender. In the second season, plants will flower and go to seed.

Once the flowers have bloomed and the seeds have become hard and brown, it's time to harvest. Snip the stalks, tie them into bundles, and hang them upside down in a warm, airy space over a paper-lined tray to fully dry. After drying, the seeds can be shaken out and stored in an airtight container. Caraway is a prolific seed-bearer, so just a few plants will produce enough for a year's supply.

(Image source: *Caraway, Cumin, and Hemlock from BL Eg 747, f. 24 - PICRYL - Public Domain Media Search Engine Public Domain Search*)

## Coriander (*Coriandrum sativum*)

Also known as Cilantro or Chinese Parsley, the leaves of this herb have a fresh and citrusy flavour, while the seeds have a distinct warm, almost spicy flavour. Coriander seeds are used in a variety of dishes, from Indian curries to baked goods, and can also be ground into a powder for spice blends. The young leaves are used for cooking and in salsas and salads.

Coriander is a great companion plant for many vegetables, particularly *Brassicaceae*, commonly called Brassicas, being the cabbage and mustard family. It can help deter pests like aphids and spider mites. Coriander is also one of several host plants to the larval stage of swallowtail butterflies, as well as attracting beneficial insects like bees and hoverflies.

Coriander is a true winter annual that grows quickly in cool weather. Sow seeds directly in the garden in early fall, spacing them about 6 inches apart. Coriander prefers well-drained soil and full sun, but it can also tolerate partial shade. The seeds should be planted about ½ inch deep. Because coriander bolts (goes to seed) quickly in warm weather, fall planting is ideal for a prolonged harvest. When planting, consider succession planting every few weeks to en-





sure a continuous supply of fresh leaves throughout the fall. Harvest the leaves when the plant is about 6 inches tall, cutting close to the base to encourage regrowth. Regular harvesting of the leaves will delay bolting and extend the life of the plant. If you're growing coriander for its seeds, allow the plant to flower and produce seeds. Once the flowers fade and the seeds begin to brown, cut the seed heads and hang them upside down, as with caraway, over a paper-lined tray to catch any falling seeds. Once fully dried, the seeds can be gently crushed to remove the husks and stored in an airtight container.

(Image source: [Coriander and Chervil from BL Eg 747, f. 27v - PICRYL - Public Domain Media Search Engine Public Domain Search](#))

## Dill (*Anethum graveolens*)



Dill has a fresh, slightly sweet, and tangy flavour with hints of anise and lemon. Many know of dill as a pickling spice, but both the leaves and the seeds are especially tasty in breads, soups, stews, and relishes, and as a seasoning for fish.

Dill is a great companion plant for cabbage, cucumbers, and onions, as it can help repel pests like cabbage worms and aphids. Its tall, feathery foliage also provides shelter for beneficial insects, and it plays host to the larval stage of the black swallowtail butterfly.

Dill is an annual that grows best in cool weather. It tends to go to seed as soon as our hot summer days arrive, and it will die after the first hard frost. Sow dill seeds directly in the garden in early fall, spacing them about 12 inches apart at about ¼ inch deep. Dill prefers full sun and well-drained soil, and it can grow quite tall (3 to 5 feet), so consider placing it in a spot where it won't overshadow other plants. Dill is known for its quick growth, so seed it every month or so to ensure a steady supply.

Dill leaves can be harvested as soon as the plant has enough foliage to maintain its growth. The more you harvest dill, the bushier the plant will become. For dill seeds, allow the plant to flower and set seed. The seeds can be harvested when they turn brown and can be stored similarly to caraway and coriander seeds.

(Image source: [Fir Tree and Dill from BL Eg 747, f. 4v - PICRYL - Public Domain Media Search Engine Public Domain Search](#))

## Fennel (*Foeniculum vulgare*)

Fennel has a crisp, slightly sweet flavor with strong hints of licorice and anise. A versatile plant, fennel bulbs can be used in salads, roasted, or grilled, offering a sweet and crunchy addition to meals. The leaves can be used as an herb, and the seeds used in a variety of dishes, from breads and desserts to savory meat dishes. They are also a key ingredient in many spice blends, including Italian seasoning and Indian garam masala.

Fennel makes a good companion plant for vegetables like tomatoes and lettuce, as it can help repel pests, such as aphids and slugs. However, fennel is known to be a poor companion plant for many other garden vegetables due to its allelopathic, or growth-inhibiting, properties, so



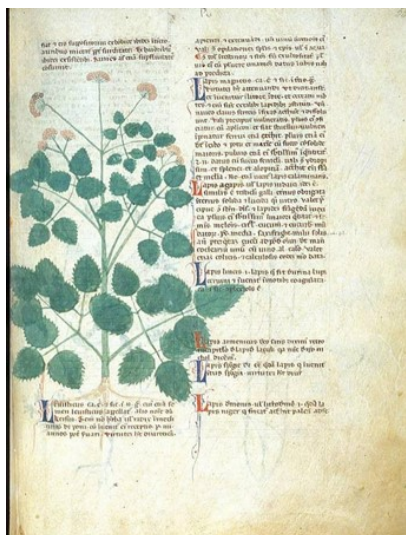
it's best reserved to its own space in the garden, where swallowtail butterfly larvae can feed on them, as fennel, like other Umbellifers, is a host for the insect.

Fennel can be planted in early fall, especially the Florence fennel variety. Sow seeds directly in the garden, spacing them 12 to 18 inches apart and about ¼ inch deep. Fennel prefers full sun and well-drained soil. Fennel can grow quite tall, reaching heights of 4 to 6 feet, so it may need to be staked and/or planted where it won't block sunlight to other plants.

Fennel leaves can be harvested throughout the growing season and used fresh to add a mild, sweet flavor to dishes. The bulb is typically harvested in late fall, just before the first frost. To harvest the bulb, cut it just above the root. For fennel seeds, allow the plant to flower and produce seeds. Harvest the seeds when they turn brown by cutting the seed heads and drying them in a warm, dry place. Once dry, the seeds can be shaken out and stored in an airtight container.

(Image source: [Fennel and Fenugreek from BL Eg 747, f. 39v - PICRYL - Public Domain Media Search Engine Public Domain Search](#))

## Lovage (*Levisticum officinale*)



Lovage has a bold, celery-like flavor with hints of parsley and a slightly peppery, anise undertone, making it a good substitute for celery, which is hard to grow except as a winter crop in the Deep South. It is an ideal addition to soups and salads.

Seeds are used in breads, butters, and cakes; they can also be ground into a spice blend for seasoning meats and vegetables. The leaves and stems are used in teas, soups, stews, cheeses, and chicken dishes. Even the flowers can be used in salads, soups, and broths. The root is also edible, used in teas and broths as well as liqueurs and bitters.

Lovage is an excellent companion plant for other herbs and vegetables, such as tomatoes and brassicas. Its strong scent can help deter pests, and its tall, bushy growth habit provides shelter for smaller plants. Additionally, lovage's deep roots help improve soil structure and bring nutrients up from deeper layers, benefiting nearby plants.

Lovage is a perennial that can grow quite tall, making it an excellent addition to the back of herb gardens. It prefers rich, well-drained soil and full sun to partial shade. Sow seeds directly in the garden, about ¼ inch deep, spacing them 12 to 18 inches apart. Because lovage can grow up to 6 feet tall, be sure to plant it where it won't overshadow smaller herbs.

Lovage leaves and stems can be harvested throughout the growing season. The seeds of lovage can be harvested once they turn brown in late fall. The process is essentially the same as the other umbellifers: cut the seed heads, hang them to dry completely, then shake or rub out the seeds, and store them in an airtight container.

(Image source: [Lovage from BL Eg 747, f. 55 - Public domain medieval manuscript - PICRYL - Public Domain Media Search Engine Public Domain Search](#))

## Parsley (*Petroselinum crispum*)

Parsley has a fresh, slightly peppery flavor with subtle earthy and citrusy notes. Parsley is perhaps

the most familiar of the Umbellifers, commonly used as a garnish but also as a key ingredient in many dishes, especially French and Cajun cuisine.

Parsley seeds are often used in cooking, particularly in Middle Eastern and Mediterranean cuisines. Parsley can be used fresh in a variety of dishes, from salads and soups to sauces and stews. It can also be dried or frozen for later use.

Parsley is an excellent companion plant for a variety of vegetables, including tomatoes and asparagus. Its strong scent can help deter pests like aphids, making it a valuable addition to any vegetable garden. Like other umbellifers, parsley is also a host for the larval stage of the swallowtail butterfly.



Parsley is a biennial plant but is typically grown as an annual. It prefers cool weather and can be planted in early fall. In our harshest winter months, it will die back to the ground and come up fresh in the spring. Sow seeds directly in the garden, spacing them 6 to 8 inches apart about ¼ inch deep. Parsley prefers rich, well-drained soil and full sun to partial shade. Parsley seeds are slow to germinate, so be patient. To speed up germination, you can soak the seeds in warm water for a few hours before planting.

Parsley leaves can be harvested as soon as the plant is well-established, typically about 6 to 8 weeks after planting. Cut the outer leaves first, allowing the inner leaves to continue growing. Regular harvesting encourages the plant to produce more leaves. If you allow parsley to overwinter, it may produce seeds in its second year. The seeds can be harvested like the other plants discussed.

(Image source: [Parsley and Fleabane from BL Eg 747, f. 74 - PICRYL - Public Domain Media Search Engine Public Domain Search](#))

## Garden Immunity

The *Umbelliferae* is also known as *Apiaceae*. The Latin *Apiaceae* refers to the well-known apiary qualities of these plants as providing an important source of nectar for bees and other pollinating insects. Aside from that, they provide some other interesting ecological functions. First, as we have seen, they are effective pest deterrents, by producing highly aromatic oils that mask the chemical scents of host plants, thus stopping pest insects from finding them. Second, as we have also seen, they are predator and parasite attractors, producing nectar that draws certain species of wasps that will either predate or parasitise pest insects. The hollow stems of their flowers are also an important habitat for these wasps. So, if you plan your companion and succession planting right, it's like having an immune system for your entire garden!

## Concluding Thoughts

All manuscript images are in the public domain and taken from the *Tractatus de herbis*. The earliest surviving version, from the early 14th century (before 1333) and now known as Egerton 747, is held in the British Library and was relatively unknown till 1950. Thus, BL (for British Library), Eg 747 (for Egerton 747), and f. (for folio number). For a detailed discussion of the *Tractatus*, see chapter 5 of Minta Collins' work, *Medieval Herbals: the Illustrative Traditions*, published by University of Toronto Press.





## From the Kingdom Poet Laureate

On June 8th at Giant's Dance a new Kingdom Poet Laureate was selected, and **Lady Sara Wandrownyczka** was so named. This is her work, and is a series of three (Shakespearean style) sonnets.

May these small words provide but meager light  
Ere winter comes and steals her back away  
Rejoice in song and dance! Behold her might!  
In merest gaze of child, she finds the day.  
Do we design the art to touch the soul?  
If old and new alike cannot approach  
Each man and child must speak now and extoll  
So thusly we inspire them to coach  
Rejoice in her sweet patronage of arts  
Entranc'd be ye who fights to guard her name  
Good gentle nobles all to play their parts  
In this, our theatre, nay, our regal game.  
Now I must raise my voice and shout OYEZ!  
And hail! The queen of good Meridies!

A clash of blade and shield upon the field  
Verily did the right of King decide  
Each fighter nobly fought and did not yield  
Right chivalry thus forced all doubt to hide

End now the notion of an easy reign  
Xenia does dictate a solemn oath:  
May young and old see grace. Do not abstain,  
Ere dreams die out, of that we must be loath.  
Ride strong from near and far to sow the dream  
Invite the new into our gracious court  
Declare the talent bursting thru the seam  
In art and science, service, and in sport  
Each Southern King must know in their renown  
Such is the heavy burden of the crown.

Create the Dream from mountaintop to sea  
On hill and beach across our given land  
Remember now the hand supporting thee  
O hark! Thy word and deed are rightly grand.  
Now this in truth, not subtle nor in guile  
Announced in courtesy for all to know  
Must be the guiding light for all the while  
Engendering our kingdom fair to grow.  
Reigning now in time both fair and long  
In deed and judgement lead the noble charge  
Declare to all in revelry and song  
In fealty we return the song at large.  
Each one of us takes part in your renown.  
Such is the nature of the Southern Crown.





# From the Kingdom Bard

On July 20th at the Royal University of

Meridies event (aka RUM) a new Kingdom Bard was chosen, that being **Lady Erin of Caithness**. The Kingdom Bard is a performer, often a singer or musician or both. These are her words!!

Hail Meridies! This is your Kingdom Bard! I come bearing a gift to you and my bardic companion our Poet Laureate Lady Sara. Songs are not the only thing I do so I share this gift with you. This is told in the perspective of one pursuing the fabled yet real True Love. Let these be my staves.

## The Love of a Knight

Let me be your knight  
My armour is dented  
No longer shining bright  
A thousand times mended  
I don't ask to be forever  
That's your decision to make  
But to walk the world with you.  
That's a chance I'm willing to take.  
There are Wars and battles to still be fought  
You know this to be  
Every step is worth being caught  
By your eyes and heart, to want someone like me.  
If forever is truly what you want.  
That is what I have left to give.

Our days may be numbered but I could care less.

It's by you I will live

Let me be your knight

My dented armour can still provide.

No chain or sword, arrow or spear will bar me I'll have my life with you, by your word, I'll abide.

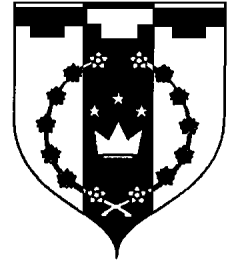


## Historical Note:

In times past. Kingdom Bard and Poet Laureate competitions once were traditionally held at Crown Lists, but in recent years this has not been the case, so anyone interested in competing should check to be sure when the Crown plans to hold these competitions.



# Largesse Challenge for the Meridian Heirs



GOOD DAY TO YOU ARTISANS!!!!

I will be in charge of Their Highnesses royal gifts that they will be giving out to the populace and to other Royals at events they may be attending or those coming to see us. I would LOVE to show the other Kingdoms how TALENTED our ARTISANS are! If you are interested in helping to make some items for Royal gift bags, please contact me (Dalla Dyrfinna).

Upcoming events we will need these items for:  
Sacred Stone Baronial Birthday Sept. 7th in Atlantia  
War of the Wings in mid Oct in Atlantia

Countess Dalla Dyrfinna



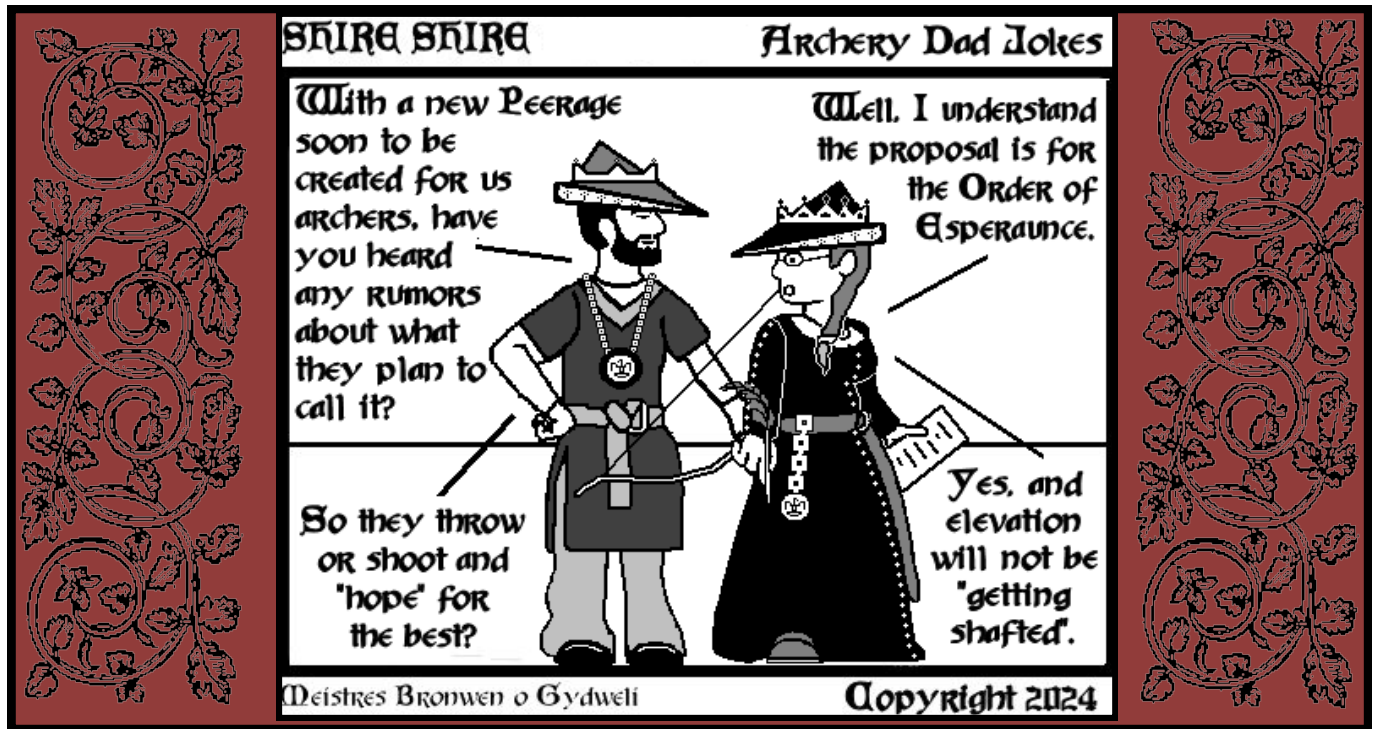
## Articles and Cover Art Needed

For all those aspiring, or established, Artists and Authors of Meridies, SEASONS is always on the prowl for Articles and Cover Art, and we would very much like to showcase Original work done by our own talented Meridian Artists rather than using photographs or out-of-Kingdom sources.

If you have period-style, or period-themed, or SCA-themed drawings in your portfolios — or still waiting impatiently to be drawn — please consider submitting them for use as Cover (or Filler) Art for use in this supplement.

An Artist Release Form will be required — the link to which can be found at <https://meridies.org/home/royaltyandofficers/chronicler/>





## Acknowledgements and Thanks

**T**hank you to **Lady Nishikawa Kiyo** for this issue's Cover Art , to **The Metropolitan Museum of Art** whose Open Access Policy allowed us freely to reprint images of objects from their Open Access Collection to this periodical, to **Mistress Christianna MacGrain** for her article on "Autumn in the Kitchen: A Virtual Feastbox Challenge", to **Lady Erin of Caithness**, Kingdom Bard, for her stave "The Love of a Knight"; to **Lady Sara Wandrownyczka**, Kingdom Poet Laureate for her poem about the Southern Crown; To **Baroness Kathryn Spencer** for her photographs; to **Their Majesties Sebastianos & Morgan** for agreeing to be interviewed for "Spilling the Royal Tea" and for allowing reprint of the letters and photos in "Pennsic Gift Exchange" and "Royal Bounties"; To **Lord Gaius Nautius Maximus** for his Article Series "Gaius on Woodworking"; and to **Master Wistric Oftun** for his article "Autumn in the Garden: Herbs from Fall to Winter: Cool Weather Umbellifers".



**S**pecial thanks also to the Kingdom Chronicler **Albaruna Ana de Granada** for her patience and her assistance, and to my Deputies **Maestra Dianora Lizabetta di Vittori di Cellini** , and **Lord Leopold Guotmann**, Honorary Deputy **Mistress Christianna MacGrain**, and stand-by contributor **Sir Jean-Claude von Adlerstaat** for their ongoing assistance and their contributions to this issue, to wit: "Spilling the Royal Tea" (Leopold), "Autumn in the Kitchen" (Christiana).

In Gratitude..... **Bronwen**



*Submissions for SEASONS (and we definitely invite them) should be sent directly to the Editor at [seasons@meridies.org](mailto:seasons@meridies.org), and accompanied by any graphics (in .JPG format) and by an appropriate Creative Release Form. These forms can be found on-line at <https://meridies.org/home/resources-and-reports/> under “Chronicler Resources”. The deadline for submissions to the Winter Seasons will be December 1st.*

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