

the Barge

January a.s. xxxi (1997)



the Barony of three rivers

s.c.a. inc, Barony of three rivers

p.o. Box 140094

st. Louis, mo 63114

web page:

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As the swift Winter winds race across the heartland do We, Fernando and Lyriel, Baron and Baronne of these lands, send greetings to the populace of Three Rivers, Riverhold and Pont Dragwyddol.

We hope that the holidays were merry for each of you, and that this missive finds you all with plentiful stores to carry you through to the warmth of Spring! We would like take this opportunity to extend our thanks to a few of the many people who helped make Our Winter Court a success. Mairghead de Chesholm did fine job as Chief Steward, and with this experience tucked into her belt we hope she will consider trying her hand again in the future. Lady Caitlin Munro of Ailsa's Irish feast was quite enjoyable (If you did not get a chance to sample them, you might try and talk her into making some more Welsh cakes.) The fighter's auction, organized and executed by Lord Duncan Farmach MacLeod was a tremendous success - raising over \$900.00 to pay for the Winter Sunday fighting site and to help pay the extra costs of the Thursday evening site.

Also at Our Winter Court were held the Baronial Arts & Sciences and Fighting Championships. The Arts and Sciences Championship, again expertly organized by our Minister of Arts and Sciences (and newest member of the Order of Three Rivers), Lady Ellien Chadaway was a wonderful chance to see the skill of Three Rivers' artisans. After careful consideration of the entrants, our new A&S Champion is Lady Carolyn Buxton (ask to see her black work.) Our Fighting Championship also showed great skill. Lord Duncan Farmach MacLeod emerged Victorious from the finals against H.I. Stanislaus Blachuta. We are sure both these Champions will serve us with honor and distinction. By the time you read this Our new Archer Champion will have been selected, and will take his or her position at Our pre-Chieftains court.

Even as this inclement weather settles in around us, Three Rivers does not rest idly. Already our stewards and cooks have begun planning and preparing for the Gathering of the Chieftains to be held on the 22 of February. The stewards, Sir Hyrim and Lord Aubrey, and the Head Cook, Lady Gabriella, are certain to need your help. In fact pre-cooks have already begun. We are sure the three of the would appreciate it if you would contact them to volunteer your assistance. Don't make them come looking for you.

As we plan for future Three Rivers' events, we are still looking for proposals from prospective Stewards and Chief Cooks for both The Tournament at the Rivers - a Grand Passage at Arms (May 31st), and the Coronation of Their Royal Highnesses, Cathyn and Branwen (March 8th). If you are interested, please talk to Fernando, Lyriel or Daffydd.

Though our minds here are set to the peaceful planning of feast and tournament, not so in the lands to the West. The Atenveldt hosts form once more for war amidst the burning sands, and our noble ally, the Outlands, prepares again to defy that might. Their drums and horns have sounded from their mountain keeps to say "To war! - Once more, to war!". His Majesty Eringlen has called across Calontir for any gentle would accompany him on this great campaign. From the 12th to the 17th of February, the Falcon shall fly and the Stag shall leap, to defy the power of the lands of Sun.

Yours in Service to Crown and Kingdom, We remain,

Fernando and Lyriel

Gathering of the Chieftains VII

Date: Saturday February 22nd, 1997
Site: Immaculate Conception Church; 2934 Marshall Road, Maplewood, MO.
Sorry, this site is dry.

Activities:

Fighting - This year's tournament features a combined list which requires both the traditional mass weapon and 26" or less round shield in one "tree", and 6-foot spear in the second, so bring both systems!

A&S -

- Best "round shield" in any medium
- Best decorated SCA combat legal round shield
- Best real mass-weapon
- Best SCA combat legal mass-weapon

Children's Activities - This year's Chieftains features an expanded children's activity area, so bring all your best Celtic children to:

- Round shield decoration
- Celtic rock throwing!
- A Peers Quest (interested Peers are invited to contact Tova Thorfinnsdottir)

Event Schedule:

9:00 a.m.	Site opens
10:00 a.m.	Opening Court at Their Majesties' discretion
10:30 - 11:30 a.m.	Armor Inspection and Authorizations
12:30 - 4:30 p.m.	Tournament, A&S, and Children's Activities
?	Evening Court at Their Majesties' discretion
Following Court	Feast
10:00 p.m.	Site Closes

Merchants: Limited space (1 table per merchant) is available for a \$10 fee. All interested merchants must pre-register with the hall stewards.

Fees:	Site - Adults	\$3.00	Feast - Adults	\$8.00
	Children under 12	\$2.00	Children under 12	\$4.00
	Infants in arms	Free		

Hall Stewards:	Hyrim de Guillon	Aubrey d'Aubusson
	Robert Feldacker	Aaron Aubuchon
	(314)645-5334	(314)921-3546
Kitchen Steward:	Gabriella von Fredrichstahl	
	Stefanie Brennell	
	(314)644-1420	

Paid Reservations to: The Barony of Three Rivers, PO Box 140094, St. Louis, MO 63114. Make checks payable to: SCA Inc. - Barony of Three Rivers

See map elsewhere in the Barge.

the tournament at three rivers • a grand passage at arms

Unto the Companions of the Order of Chivalry, their squires and men-at-arms, and all those who profess a love of the arts of arms and the advancement of the ideals of Chivalry,

Greetings from Sir Fernando Rodriguez de Falcon and The Lady Lyriel de la Foret, Baron and Baroness of Three Rivers.

As was customary in the times of our ancestors, it is hereby Our desire to further the honor and renown of not only the Barony of Three Rivers, but also of those preux knights and masters, squires, and men-at-arms who champion the noble chivalric arts. To that end, We seek to advance the cause of Chivalry and to demonstrate our faithfulness unto the arts of arms, seeking to ennoble both Our Barony and those that answer this declaration by our exercises. Further, We hope to bring enjoyment to the noble members of the gallery, certainly our inspiration for these feats of arms. To this end, We do declare and issue the following Challenge:

That on the 31st day of May, Anno Societatis XXXII, in the Barony of Three Rivers, a Grand Pas d'Armes shall be held, to advance Our most noble cause, and do hereby challenge and charge all who would answer, be they knight, master-at-arms, squire, or man-at-arms, to assemble on the tourney fields of Our Barony, accoutered in the usual way, but with exceptional splendor and heraldic panoply.

And, further, that this pas d'armes will be held in the manner of the Grand Tournaments of old, being contested solely for honor and renown, rather than for the base spirit of victory.

We will then, upon the fields of honor, there become better known to one another through words, that we might soon be better acquainted by deeds.

Now that all combat is to be conducted a' plaisance, that is, with weapons of peace and for the joie de combat, and using those weapons which were used in Tournament by Our glorious ancestors.

Now also that reward and renown will be bestowed by Ourselves for those excelling upon the field, both through great feats of arms and by the manner of their appearance. Additional rewards and honor will also be granted by the noble gentles of the gallery and such Great Nobles as are there assembled.

We beseech all who hear these words not to imagine that we do this thing from pride or presumption, but in order to have the honor of your company and to make acquaintance by arms all who would honor Us with their presence.

So declare we this day,

Fernando et Lyriel
Baron et Baroness of Three Rivers

divers announcements

correction to the phone list:

Dafydd Todd's work number is incorrect (the number shown is two years out of date).

* * * * *

we are still accepting bids from teams interested in running the pas d'armes event may 31st. please contact their excellencies or the seneschal for more information.

* * * * *

attention peers!

at chieftains I plan on running a •peer's quest• for the children—a kind of scavenger hunt where the children must seek out royal and bestowed peers and find out why they are peers. this gives the children opportunity to practice courtly behavior and learn about our society. it also requires the cooperation of our peers—five minutes of your time to explain your peerage, and a small token (which may be supplied by the minister of children or the peer) for each child's collection. there are generally about twenty children at chieftains, and I plan on sending them out in groups of four or five.

I would like to have as many peers from three rivers participate as will attend. I may be interested in targeting those gentles that carry grants of arms as well. please contact me as soon as possible by phone or at meeting so that I may know who I am working with and so that I may obtain enough tokens on time. •tova

* * * * *

chieftains will take place february 22nd at the usual site. chief stewards sir hyrim and lord aubrey, and head cook lady gabriella are sure to welcome any offers of help....

BARONIAL ACTIVITIES:

There's something SCA-related happening almost every night here in the Barony of Three Rivers (St. Louis, Missouri). Unless indicated otherwise, all of the following are free and open to the public.

Archery Practice

What: Target archery practice. Some loaner equipment available with advanced notice.
Contact: Lord Heinrich von Einbech (Matt 427-6869), or Archer Marshal Lord Gareth Strengmakere (Michael 427-3693)
When: Tuesdays, 7:00 - 8:00 pm.
Where: Tom's Archery, corner of St Charles Rock Road and Woodson.
Cost: \$3.50 / hour

Armoring

What: Working on SCA armor
Contact: Lord Sigfried von Wappenschmidt (Scott, 946-3038)
When: Tuesday evenings.
Where: Contact Scott for directions.

Bardic Nights

What: Singing, drama, storytelling, etc.
Contact: Sir Erich or The Lady Elasait ingen Diarmata (Eric & Melissa 772-1954)
When: Currently on hold. Contact Erich or Elasait if you are interested and listen for announcements.
Where: Erich & Elasait's home, 3651 Hartford. Take Grand south to the next street after Arsenal, and turn right (west) onto Hartford.

Baronial Meeting

What: Business and Social Meeting. Medieval costuming is encouraged, and rewarded.
Contact: The Lord Edouard d'Aubigny (Ed 832-9191)
When: Thursday evenings, 8:00 pm to 10:00 pm.
Where: Sunnen Community Center at Rainbow Village. See new Baronial Meeting Site Map elsewhere in this Barge.
Note: Fighter Practice and sometimes Dance Practice takes place before meeting starting at 6:00 pm. Feel free to come early and take part or socialize.

Casting Interest Group

What: Metal casting.
Contact: Lord Dafydd ap Owain ap Cadell ap Rhys ap Cadfan Caer yn Arfon (Todd 645-3107)
When: Every other Monday (1/14, 1/28), 7:00 pm.
Where: Meetings are held in a variety of places. Call Dafydd for location.

Dance Practice

What: Medieval dance instruction and practice.
Contact: The Lord Edouard d'Aubigny (Ed 832-9191)
When: Starting December 5th: Thursdays, 6:00 pm to 8:00 pm before Baronial Meeting.
Where: Sunnen Community Center. See new Baronial Meeting map in this Barge.

See Also: Middle Eastern Dance, below.

Fiber Arts Interest Group

What: Carding, dyeing, spinning, weaving, etc.
Contact: Lady Brockan ni Brennan (Petra 939-4655)
When: 1st and 3rd Monday of each month, 7:00 pm.
Where: Petra's house, 100 Creek View Dr. in St. Charles. Call for directions.

Fighter Practice

What: SCA combat practice and instruction. Some loaner equipment available, especially if you ask in advance.
Contact: Knight Marshal Sir Hyrim de Guillon (Rob 645-5334)
When: Starting December 5th: Thursdays, 6:00 PM to 8:00 PM before Baronial Meeting.
Where: Sunnen Community Center. See new Baronial Meeting map in this Barge.
Note: The first Thursday fighter practice of each month is dedicated for training of new fighters; loaner equipment available.

When: Sundays, 1:00 PM.
Where: Lafayette Park United Methodist Church. Go North one block on Jefferson from 44, turn East (right) on Lafayette. The church is one block on the right.
Cost: \$3.00 donation requested to cover expense of the Sunday gym rental.

Heraldic Meeting

What: Meeting to research, discuss, and work on SCA heraldry.
Contact: Lady Shariya bint Badr (Janet 464-0548).

What: Name Research
When: 2nd or 3rd Monday of each month, whichever does not have an Officers' Meeting (see below), 7:00 to 9:00 PM.
Where: St. Louis Public Library Main Branch, 1301 Olive Street, downtown.
Note: According to Lady Shariya, the main branch of the St. Louis Public Library has one of the better heraldic collections in the country, especially for documenting medieval names.

What: Device Submission
When: One Sunday of each month (11/17, 12/22), 1:00 PM.
Where: 8237 Watson Road, Webster Groves, roughly midway between Elm & Laclede Station roads on the North side of the street.

Herb Studies Interest Group

What: Get-togethers to discuss and work with herbs.
Contact: Lord Mikjal Annarbjorn (Mike 644-6537) or Dame Joan of Caernarvon (Martha 772-7452) Ride assistance is available through them.
When: Currently on hold. Contact Martha if you are interested and listen for announcements.
Where: Dame Joan's house, 2904 Allen Ave.

History Nights

What: Education and discussion on specific historical topics related to the Middle Ages.
Contact: Lord Mikjal Annarbjorn (Mike 644-6537) or Dame Joan of Caernarvon (Martha 772-7452) Ride assistance is available through them.
When: 4th Tuesday of the month unless specified otherwise in advance, 7:30 PM.
Where: Dame Joan's house, 2904 Allen Ave.
Topics: 01/28/97: The Catalan Vengeance: Iberian Mercenaries in 14th Century Byzantium
02/24/97: The Age of Martin Luther: Early 16th Century Germany
03/24/97: The Age of El Cid: Late 11th Century Spain
04/28/97: Troubadours, Trouveres, Minstrels, and Minnesingers: Entertainers in the Middle Ages
05/26/97: The Beginnings of the Renaissance: Northern Italy in the 14th Century

Instrumental Music

What: Instrumental music practice/get together/jam session.
Contact: Lord Jack of Tanyard (Bryan James 618-271-6746)
When: On hold till January. Contact Jack if you are interested and listen for announcements.

Middle Eastern Dance

What: Middle eastern dance instruction & practice.
Contact: Lady Gillian Warrender (Gunny 776-4077)
When: Wednesdays, 7:00 PM.
Where: Gillian's home, 4043 Cleveland, Apt. 1W
See Also: Dance Practice, above.

Needleworkers' Interest Group

What: Get-togethers to work on needlework and embroidery.
Contact: Lord Mikjal Annarbjorn (Mike 644-6537) or Dame Joan of Caernarvon (Martha 772-7452) Ride assistance is available through them.
When: Currently on hold. Contact Martha if you are interested and listen for announcements.
Where: Dame Joan's house, 2904 Allen Ave.



Newcomer's Sessions

What: Help understanding the customs and culture of the SCA itself.
Contact: Lord Mikjal Annarbjorn (Mike 644-6537) or Dame Joan of Caernarvon (Martha 772-7452) Ride assistance is available through them.
Topics: 01/06/97: Heraldry
01/20/97: An Overview of Medieval History
When: 1st and 3rd Monday of each month unless specified otherwise in advance, 7:30 PM.
Where: Dame Joan's house, 2904 Allen Ave.
See also: Newcomer's Workshops (below)

Newcomer's Workshops

What: Hands on help with getting started in the SCA.
Contact: Chateleine Lady Gillian Warrender (Gunny 776-4077)
When: Tuesdays, 7:00 PM.
Where: Gillian's home, 4043 Cleveland, Apt. 1W
See also: Newcomer's Sessions (above)

Officers' Meetings

What: Detailed business planning and discussion.
Contact: His Excellency Baron Fernando Rodriguez de Falcon or Her Excellency Baronne Lyriel de la Forêt (Fernando or Debbie Vigil, 968-8225)
When: Normally every other Monday nights (1/6, 1/20), 7:30 PM to 9:30 PM.
Where: Fernando and Lyriel's house, 8237 Watson Road, Webster Groves, roughly midway between Elm & Laclede Station roads on the North side of the street.



Pen & Ink Group of Scribes (PIGS)

What: Calligraphers getting together to work on scrolls; some instruction may be available.
 Contact: Isabeau de Dauphine (Christine 771-7274)
 When: Currently on hold? Contact Dauphine if interested and listen for announcements.
 Where: Isabeau's house, 3009 Virginia Avenue.

Sewing

What: Researching, designing, and sewing medieval clothing
 Note: Volunteers needed to work on loaner garb for the Gold Key.
 Contact: Mistress Corisander Seathwaite (Nancy 781-0459)
 When: Tuesday evenings, 7:00 PM
 Where: Corisander's home in Maplewood. Please phone before coming.
 Contact: The Lady Thyri Haraldsdottir (Maria 618-624-3530)
 When: Tuesday evenings, 7:00 PM
 Where: Thyri's home in O'Fallon, IL. Please phone for directions.
 Contact: Lady Gioletta Flamina Traversi (Jennifer 561-3487)
 When: Sunday afternoons
 Where: Gioletta's home, 72 Breezy Knoll, in Lake St. Louis

Three Rivers Alliance of Metalworking Practitioners (TRAMPS)

What: Open night for metal work and basic armoring at David Nightblade's shop.
 Contact: The Lord David Nightblade (David 618-797-6276, or the shop 618-451-7331)
 When: Tuesday evenings
 Where: 1430 State Street, Granite City, IL.
 Cost: \$2.00 requested to help pay for supplies.

Welsh Language Lessons

What: Advanced Welsh language instruction.
 Contact: Lord Dafydd ap Owain ap Cadell ap Rhys Ap Cadfan Caer yn Arfon (Todd 645-3107)
 Note: If interested in basic lessons, contact Todd.
 When: Sunday 4:00 p.m.
 Where: Dafydd's house, 7516 Arlington, Shrewsbury.

THE BEER BASICS

The simplest way to brew five gallons of beer!
 Compliments of the American Homebrewers Association

Ingredients (You can get all of these items at a home-brew supply shop. Some shops even handle mail orders):

- **Malt Extract Syrup:** Malt extract syrup is made from barley and has a lot of natural sugar in it. Brewing yeast eats the sugar and produces alcohol and carbon dioxide. The extract normally comes in 1.5-kilogram (3.3-pound) cans. You'll need two cans of lightly hopped, light-colored extract for your first batch.
- **Hops:** Hops are flowers with a bitter flavor. The bitterness balances the sweet flavor of the malt. Hops are usually in the form of compressed pellets. You'll need about 1 ounce of the pellets.
- **Ale Yeast:** Dehydrated yeast is sold in small paper packages. You should use two packages of ale yeast for your batch of beer. That's what you'll be brewing—an ale.
- **Water:** Tap or bottled water is fine.
- **Corn Sugar:** You only need 3/4 cup (4 ounces dry weight) for your first batch. This is used to prime your bottled beer, giving it carbonation.

Equipment (Home-brew supply shops sell these items, but check around the house first. You probably already have some of this stuff):

- **Brewkettle:** Use an enamel-coated or stainless-steel pot that holds at least 3 gallons. It's for boiling your wort, (pronounced "wurt") which is what beer is called before it is fermented. Don't use aluminum.
- **Long-Handled Spoon:** You probably already have one that will work. It's for stirring.
- **Primary Fermenter:** A food-grade container, usually a white plastic bucket with a lid, that holds at least 6 gallons will do.
- **Bottling Bucket:** This should hold at least 5 gallons. It can be the same type of container as your primary fermenter.
- **Siphon Hose:** This is usually clear, food-grade plastic tubing. You will need about 6 feet. This is for transferring your beer from one container to another.
- **Racking Cane:** A stiff piece of plastic tubing about 2 feet long, often with a curve at one end. It connects to your siphon hose and is used when transferring your beer from one container to another. It makes siphoning easy and efficient.
- **Fermentation Lock:** It's also called an airlock and it keeps your beer from being exposed to outside air while letting carbon dioxide escape from your fermenter. It should fit in a hole in the lid of your primary fermenter.
- **Bottles:** These should be made of brown glass. Don't use the twist-off variety. You'll need about 50 12-ounce bottles or the same volume in whatever size bottles you use.
- **Bottle Capper:** Numerous styles of this device are available, any one will work for capping your bottles of home-brew.
- **Bottle Caps:** These must be new. You'll need about 50.
- **Bottle Filler:** This is a clever device that will really speed up your bottling process.
- **Unscented Household Bleach:** You will use a dilute bleach solution to sanitize your brewing equipment. Preventing common bacteria and wild yeast from getting into your beer is very important. While they won't harm you, they can cause unpleasant flavors in your beer.

What to do:

Boiling: Soak the two cans of malt extract syrup in hot water for at least 20 minutes. This makes the syrup easier to pour. While they soak, bring 1 ½ gallons of water to a boil in your brewkettle. Remove the kettle from heat, add the malt extract to the water, stir until it's all dissolved and return the kettle to the burner. Boil the mixture, called wort, for at least 30 minutes (watch for boilovers!). Stir occasionally if you want. Five or 10 minutes before you are finished boiling, add the hop pellets. These hops will give your brew a nice hop aroma.

Sanitizing: While you are boiling, sanitize your primary fermenter using a solution of 1 ounce of bleach to 1 gallon of water. Sponge all the surfaces of your fermenter with the sanitizing solution and rinse well with hot water. From now on, everything that comes in contact with your beer must be sanitized – either with a clean sponge or by soaking in a bleach solution. This is very important. In fact, it's one of the secrets to making good beer. Fill your fermenter with 3 gallons of fresh, cold water and cover with the sanitized lid.

Cooling and Pitching: When you are finished boiling, carefully pour all the wort into your water-filled fermenter. It's boiling hot, so be careful. Put the lid on tightly. When the wort has cooled to near room temperature, open the lid and sprinkle the two packets of yeast over the wort. (This is called pitching your yeast.) Work quickly, so that the wort is exposed to air as briefly as possible. There is no need to stir. Cover again and attach your fermentation lock. Add water to half-fill the airlock.

Fermenting: Fermentation should start within 24 hours, but it could take longer. A sure sign of fermentation is the bubbling of carbon dioxide through the fermentation lock. The bubbling should be rapid and vigorous for a couple of days and then gradually slow down. Keep the beer at room temperature, protected from light and in a place where children or animals can't disturb it. Fourteen days after fermentation has begun, you're ready to bottle.

Bottling: Sanitize your bottles by soaking them in a solution of 1 to 2 ounces of bleach to 5 gallons of water. Or, you can fill each bottle with the same solution. Let them soak for at least 45 minutes. Rinse each bottle with hot tap water. Make sure the bottles don't have any gunk in them. Sanitize your bottling bucket, siphon, racking cane, bottle filler and anything else that's going to come in to contact with your beer using a bleach solution like the one used to sanitize your fermenter. Sanitize your bottle caps with either vodka or a very dilute bleach solution. Dissolve ¾ cup of corn sugar (4 ounces dry weight) in a cup of water. Boil for 10 minutes. Put your fermenter of beer on the counter and your bottling bucket on the floor. Pour the sugar solution into the bottling bucket. Siphon the beer from the fermenter into the bottling bucket. Do this carefully, without splashing or agitating the beer and leave the sediment in the bottom of the fermenter behind. (This is called racking.) Don't expose your beer to the outside air any more than you have to and make sure all surfaces the beer contacts are sanitized. Put the bottling bucket on the counter, hook up your racking cane, siphon and bottle filler, then

begin filling your bottles. Bottling can be messy, so have some paper towels or rags handy. Newspaper or a shallow baking pan can be used to catch spills. Cap each bottle.

Aging and Tasting: You're done! Store your bottles in a cool, dark place. Wait at least two weeks (if you can), uncap a bottle and pour into a nice, clean mug or glass, leaving the sediment in the bottle. The sediment won't harm you, but it can change the flavor and appearance of the beer.

Taste the fruits of your hobby. Congratulations! You're a homebrewer! We hope you learn to love this hobby as much as we do!

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From: *The Closet of the Eminently Learned Sir Kenelme Digbie Kt Opened: Whereby is Discovered Several ways for making of Metheglin, Sider, Cherry-Wine, &c. together with Excellent Directions for Cookery: As also for Preserving, Conserving, Candyng, &c.* First edition, London, 1669.

"To every quart of Honey, take four quarts of water. Put your water in a clean Kettel over the fire, and with a stick take the just measure, how high the water cometh, making a notch, where the superficies toucheth the stick. As soon as the water is warm, put in your Honey, and let it boil, skimming it always, till it be very clean; Then put to every Gallon of water, one pound of the best Blew-raisins of the Sun, first clean picked from the stalks, and clean washed. Let them remain in the boiling Liquor, till they be thoroughly swollen and soft; Then take them out, and put them into a Hair-bag, and strain all the juice and pulp and substance from them in an Apothecaries Press; which put back into your liquor, and let it boil, till it be consumed just to the notch you took at first, for the measure of your water alone. Then let your Liquor run through a Hair-strainer into an empty Wooden-fat, which must stand endwise, with the head of the upper end out; and there let it remain till the next day, that the liquor be quite cold. Then Tun it up into a good Barrel, not filled quite full, but within three or four fingers breadth; (where Sack hath been, is the best) and let the bung remain open for six weeks with a double bolter-cloth lying on it, to keep out any foulness from falling in. Then stop it up close, and drink not of it till after nine months.

This Meathe is singularly good for a Consumption, Stone, Gravel, Weak-fight, and many more things. A Chief Burgomaster of Antwerp, used for many years to drink no other drink but this; at Meals and all times, even for pledging of healths. And though He were an old man, he was of extraordinary vigor every way, and had every year a Child, had always a great appetite, and good digestion; and yet was not fat."

Take eight Gallons of Conduit-water, and boil it very well; then put in as much Honey in it, as will bear an Egge, and stir it well together. Then set it upon the fire, and put in the whites of four Eggs to clarifie it; And as the scum riseth, take it off clean: Then put in a pretty quantity Rosemary, and let it boil, till it tasteth a little of it: Then with a Scummer take out the Rosemary, as fast as you can, and let it boil half a quarter of an hour; put it into earthen pans to cool; next morning put it into a barrel, and put into it a little barm, and an Ounce of Ginger scraped and sliced; And let it stand a Month or six Weeks. Then bottle it up close; you must be sure not to let it stand at all in Brass.

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Revised 9/95

January 1997

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day Dance - Middle Eastern	2 Baronial Meeting Dancing Fighting	3	4 Twelfth Night Lonely Tower
5 Fighting Sewing Welsh	6 Fibre Arts Newcomers Session Officer's Meeting	7 Archery Armoring Newcomer Wkshp Sewing TRAMPS	8 Dance - Middle Eastern	9 Baronial Meeting Dancing Fighting	10	11
12 Fighting Sewing Welsh	13 Heraldry - names	14 Archery Armoring Casting Newcomer Wkshp Sewing TRAMPS	15 Dance - Middle Eastern	16 Baronial Meeting Dancing Fighting	17	18 War Maneuvers - Mag Mor
19 Fighting Sewing Welsh Heraldry - device.	20 Fibre Arts Newcomers Session Officer's Meeting	21 Archery Armoring Newcomer Wkshp Sewing TRAMPS	22 Dance - Middle Eastern	23 Baronial Meeting Dancing Fighting	24	25 R.U.S.H. - Calanais Nuadh
26 Fighting Sewing Welsh	27	28 Archery /Armoring Casting / History Newcomer Wkshp Sewing TRAMPS	29 Dance - Middle Eastern	30 Baronial Meeting Dancing Fighting	31	

February 1997

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Costume Seminar - Forgotten Sea
2 Fighting Sewing Welsh	3 Fibre Arts Newcomers Session Officer's Meeting	4 Archery Armoring Newcomer Wkshp Sewing TRAMPS	5 Dance - Middle Eastern	6 Baronial Meeting Dancing Fighting	7	8 Queen's Prize Tourney - Aston Tor
9 Fighting Sewing Welsh	10 Heraldry - names	11 Archery Armoring Casting Newcomer Wkshp Sewing TRAMPS	12 Dance - Middle Eastern	13 Baronial Meeting Dancing Fighting	14	15 Estrella War - Atenveldt Regional Fighter Practice - Ivory Keep
16 Fighting Sewing Welsh Heraldry - device	17 Fibre Arts Newcomers Session Officer's Meeting	18 Archery Armoring Newcomer Wkshp Sewing TRAMPS	19 Dance - Middle Eastern	20 Baronial Meeting Dancing Fighting	21	22 Chieftans - Three Rivers Viking Event - Mag Mor
23 Fighting Sewing Welsh	24	25 Archery /Armoring Casting / History Newcomer Wkshp Sewing TRAMPS	26 Dance - Middle Eastern	27 Baronial Meeting Dancing Fighting	28	

SOME EXCERPTS FROM DIGBY

From: *The Closet of the Eminently Learned Sir Kenelme Digbie Kt Opened: Whereby is Discovered Several ways for making of Metheglin, Sider, Cherry-Wine, &c. together with Excellent Directions for Cookery: As also for Preserving, Conserving, Candyng, &c.* First edition, London, 1669.

To Make Excellent Meathe:

"To every quart of Honey, take four quarts of water. Put your water in a clean Kettel over the fire, and with a stick take the just measure, how high the water cometh, making a notch, where the superficies toucheth the stick. As soon as the water is warm, put in your Honey, and let it boil, skimming it always, till it be very clean; Then put to every Gallon of water, one pound of the best Blew-raisins of the Sun, first clean picked from the stalks, and clean washed. Let them remain in the boiling Liquor, till they be thoroughly swollen and soft; Then take them out, and put them into a Hair-bag, and strain all the juice and pulp and substance from them in an Apothecaries Press; which put back into your liquor, and let it boil, till it be consumed just to the notch you took at first, for the measure of your water alone. Then let your Liquor run through a Hair-strainer into an empty Woodden-fat, which must stand endwise, with the head of the upper end out; and there let it remain till the next day, that the liquor be quite cold. Then Tun it up into a good Barrel, not filled quite full, but within three or four fingers breadth; (where Sack hath been, is the best) and let the bung remain open for six weeks with a double bolter-cloth lying on it, to keep out any foulness from falling in. Then stop it up close, and drink not of it till after nine months.

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The Countess of Bullingbrook's white Metheglin:

Take eight Gallons of Conduit-water, and boil it very well; then put in as much Honey in it, as will bear an Egge, and stir it well together. Then set it upon the fire, and put in the whites of four Eggs to clarify it; And as the scum riseth, take it off clean: Then put in a pretty quantity Rosemary, and let it boil, till it tasteth a little of it: Then with a Scummer take out the Rosemary, as fast as you can, and let it boil half a quarter of an hour; put it into earthen pans to cool; next morning put it into a barrel, and put into it a little barm, and an Ounce of Ginger scraped and sliced; And let it stand a Month or six Weeks. Then bottle it up close; you must be sure not to let it stand at all in Brass.

A Few of Digby's Terms Explained:

Bear an Egg: He is using eggs as primitive hydrometers. Place a raw egg in the solution. It will float at a certain specific gravity. Sometimes Digby specifies that it should float "to the width of a groat" or some such measure. This means that the amount of egg showing above the surface should be about the size of a groat, a 16-century coin worth 4 pence. Joyce says that her experiments with modern store-bought eggs give a 1cm circle showing at a specific gravity of 1.080.

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Revised 9/95

Blew: Obsolete spelling of blue.

Conduit Water: The Oxford English Dictionary defines this as "spring water."

Raisins of the sun: Sun-dried grapes.

Sack: A general name for a class of white wines formerly imported from Spain and the Canaries. This includes, but is not limited to, sherry.



Tova's Athol Brose receipt

Several people have expressed interest in my Athol Brose recipe, and, as it is embarrassingly simple, here it is for all and sundry:

A fifth of *good* Scotch (750 ml)

One pound of oatmeal (rolled, steel cut, or Scottish *not* quick or instant)

One pound of honey

One cup of water

Combine in a bowl and stir with a silver spoon. Pat into a bottle of a fit size and cork. Let sit for at least two weeks. Serve in a silver bowl.

Note: The quality of the Athol Brose is directly related to the quality of the Scotch you use. Use one you like (I used Glen Liret.) I used rolled oats; however, I have since discovered Scottish oatmeal which I will try next.

I noticed that the honey and oats tend to settle to the bottom, so you may wish to pour it all into a carafe so you may stir it before serving.

Tova Thorfinnsdottir

Making Simple Fermented Beverages

Copyright 1993 by Eric C. Garrison

ericg@iquest.net

Introduction

This is meant to be a simple guide to basic fermentation procedures, and is not meant to be a comprehensive manual. Most is based on personal experience making meads, wines, and ciders. The intent is to use as little special equipment or ingredients as possible, using whenever possible those things easily obtainable at a grocery store or hardware store. Some recommendations are made for things that may be bought at a beer or wine making supply store, but all of these suggestions are optional.

Equipment

- Some kind of seal-able container
- 1/2 or 1 gal glass jug
- Plastic pickle bucket with hole in lid for cork
- Plastic 2-liter pop bottle
- Glass or plastic carboy (several gallon jug)
- Fermentation lock
- Size 8 stopper (for 1/2 or 1 gal jugs)
- Siphon tubing (clear vinyl tubing (1/2 inch dia.) from a hardware store)

Possible Ingredients

- Honey
- Sugar (sucrose)
- Corn Syrup (glucose) (watch out, most commercial corn syrup has vanilla added)
- Corn Sugar (dextrose)
- Fruit (dried or fresh)
- Fruit Juices (can be concentrate, but no preservatives, watch out for Potassium Sorbate, it is often mentioned in small print even in "100% juice")
- Molasses
- Maple syrup
- Acids
- Acid blend (tartaric and malic usually)
- Citric (Vitamin C, can use lemon, orange juice)
- Tannin (can use tea or raisins)
- Yeast Nutrient (in theory, can boil yeast from previous batch for this, but commercial seems to work best)
- Spices (cinnamon, cloves, ginger, etc.)
- Pectic Enzyme (optional unless you use fresh fruit pulp, though some fruit species (pear and apple notably) require this to clear)

On Fermentation and Yeast

The process of fermenting is basically feeding sugars and nutrients in solution to yeast, which return the favor by producing carbon dioxide gas and alcohol. This process goes on until either all the sugar is gone or the yeast can no longer tolerate the alcoholic percentage of the beverage. Different yeasts produce different results, and have different tolerance levels. Here is a table of yeast tolerances:

Yeast Type	Approx. Max Alcohol %	Ideal Temp Range
Ale	9%*	60-80
Lager	9%*	45-55 **
Bread/baking***	12%	60-80
Wine	14%	55-75
Champagne	20%	55-75

* Can go higher with time, but slows down greatly at this point.

** Can ferment at ale temps, but tends to leave cloudy results.

*** Baking yeast can be used in a pinch, and in fact works well with citrus wines, but can leave a bread-like smell and taste in the beverage that some find objectionable.

Yeast can't live on sugar alone. It is happiest when it has a real organic soup of acids and nutrients and minerals, like any other living thing. Yeast actually does "best" in an aerobic (oxygenated) environment, but then won't produce alcohol, just CO₂. Bacteria also like oxygen, so while it is good to agitate the solution before yeast gets added so the yeast can be fruitful and multiply, it is best to keep as little oxygen from getting to your beverage after fermentation has started.

Honey has a lot of what yeast needs, but is somewhat resistant to being fermented by itself. A pure honey solution will ferment, but it can take three months to a year to ferment. Yeast nutrient and some sort of acid added will speed this up greatly, taking more like a month to ferment, depending on the concentration of honey in solution.

Fruit juices often have all that yeast needs all by themselves. Notably grape juice is a favorite, as it has the acids and tannins and sugars needed. Apple juice stands on its own quite well too. Other juices may need acids (not just for the yeast, but for flavor!), and many commonly need tannins to be added. Watch out when using raisins for tannin, they'll add sugar and color to your beverage, so they might throw off your sugar/volume estimates. Also, I gather that the color change is not that positive.

Yeast is very hardy and will get by with most anything but plain white sugar (though sugar can be added to honey or fruit juice to increase the alcohol yield). It will even ferment white sugar with the right acid and nutrient blend, but this is difficult to do.

On Sanitization

Yeast is tough and tends to beat out most competitors because of its ability to live in a solution of alcohol, where bacteria and fungus tend to die even at low alcoholic percentages (though some can live almost as well). It also survives well because of its rapid reproduction rate as compared to other micro flora and fauna. However, survival isn't everything, since even a small infection can spoil the odor and flavor of your beverage. You're unlikely to get sick from these infections, since anything bad will SMELL too bad, and taste worse.

To avoid this, keep everything that comes in contact with your beverage very clean. This is especially critical when cleaning the fermenting vessel. You don't need to sterilize, as it would be impossible to keep things sterile anyway. A solution of bleach water (one capful for five gallons will do nicely) will kill most anything. You'll need to be very sure all the bleach gets rinsed off, though, since yeast will have trouble living in the presence of chlorine. Also, even the tiniest amount of bleach can produce awful flavors and odors when it reacts with other things in your

must. If something has just been in use and you're rinsing it out to put more stuff in immediately, scalding hot water out of the tap will do nicely, no need to break out the bleach!

Procedure

Prepare the yeast.

You can either start from a package of yeast or from the leftover yeast from a previous batch. If you're using a package of yeast, it can just be thrown in the must, but works better if you re-hydrate it in a (sanitized) glass of water, covered with a plate or plastic wrap. You can also give it something to do by tossing in a spoon of sugar or by substituting some fruit juice for water,

but this is not necessary. Re-hydrating only takes about 15 minutes.

Culturing yeast is the process of taking yeast from the bottom of another batch's fermentor or by taking a bit of another batch and adding it to a small amount of sugary solution to grow enough yeast to start another batch. This is a handy way to stop buying yeast, but is a bit riskier, since you risk infection from the less vigorous start. You just have to be a lot more careful with sanitizing equipment.

Culturing takes a few hours, but is best done overnight. Be sure the culturing container is sealed against the air (plastic wrap and a rubber band over the top of a glass is fine, or you can get a fermentation lock and stopper that fits a bottle).

Prepare your must.

The must (or wort, if you are a brewer) is the unfermented mixture of sugars and acids and juices and nutrients. There are different schools of thought on how this should be done, whether you need to boil honey solutions, or even juices. You really don't have to boil at all. It helps to fend off infections and blend ingredients, but tends to change the character of whatever you're preparing, and sometimes this can produce less desirable results.

Personally, I like to heat honey solutions to almost boiling, but I don't boil (or even heat) fruit juices. I do like to pour boiling water over pieces of fruit to get wild yeast and bacteria off of the surface of the fruit. This also makes the fruit easier to crush and extract juices.

A solution of a little less than two pounds of honey per gallon will ferment out to about 10-11% alcohol, which is wine strength. Most fruit juices, especially apple and grape, will ferment out to 7 or 8 percent, possibly up to 11 percent. Adding a half pound of honey per gallon will make a more potent wine or cider. Mix juices, honey, tannins, acids, nutrients in fermenting vessel.

Add the yeast to the must.

Be sure to leave "head space" at the top. If you are fermenting a gallon jug of apple cider, pour off about two cups of the juice and save it for later. (Add this back in after you lose volume to racking). If you don't leave space at the top, the foam that results from the vigorous initial fermentation will blow out of your fermentation lock making a terrible mess!

Put on the fermentation lock.

In a pinch, rubber-banding plastic wrap over a lid will work, though it is harder to tell how the fermentation is progressing without the satisfying bubbling of a lock.

Wait.

The fermentation will start within a day for ale or lager yeasts, within two for all others. Fermentations that are started off of cultured yeasts start slower than from a package of

yeast, due to lower initial population, but will get going just as fast later. Fermentation obviously takes longer for higher alcohol percentages, but it is not a linear relationship. As initial sugar concentration increases, the time to ferment goes up much faster.

Beer strength beverages (about 5%) can take as little as a week or two, while heavy meads can take a couple of months. Most wine-strength (10-12%) beverages take about a month or so.

Racking.

After the initial burst of fermenting, some yeast will fall out of solution and form a thick layer on the bottom of the fermentation vessel. If the must is left on top of this, a process called autolysis may set in. When yeast begins to have to compete for sugars more, sometimes they'll turn to dead yeast for food, which produces a sulphury smell like rotten eggs. To avoid this, it is desirable to siphon off the liquid, leaving the sludge ("trub") behind. This is known as racking.

The first racking is the most important, though you should rack whenever a fairly thick layer accumulates (though not more often than once every couple weeks, or you'll lose too much liquid). You can add more juice or honey or sugar when you rack to revive the fermentation if you like, but toward the end you probably shouldn't if you want it to clear more quickly.

Clearing.

After the fermentation stops, the yeast will start falling out of solution. If, after some time after it has stopped, it still isn't clear, you could have fruit pectin or by-products of fermentation still in solution. This can be prevented by adding pectic enzyme anytime in the process (see the bottle for amounts). Also, a clearing agent like bentonite (a kind of clay) or gelatine can be used to clear it. If you don't mind it being cloudy, don't worry about it.

Bottling.

This can be as simple as siphoning into a sanitized and rinsed plastic pop bottle or as complicated as using wine bottles and forcing corks in with a bottle corker. You can use half gallon glass juice bottles quite well too. If you want your beverage to be carbonated, that's another matter entirely. Don't use the juice bottles, but the plastic pop bottles work very well at holding pressure. If you use something that is not designed to hold pressure, like a wine bottle or

a juice bottle or jug, you will have grenades when the pressure gets high enough.

To carbonate, add a small amount of sugar or juice (a half cup of white sugar to five gallons) to the beverage *before* putting it in bottles. This won't work if you are already at the limits for the type of yeast you're using, however.

Aging.

None of these have to be aged in theory, though the quality improves a lot with age. Carbonation takes about a week to two weeks. It is usually best to wait at least a month on anything, and the longer you wait, the better it will be. Most references say wait at least six months or a year, especially for pure meads, but I've found things to be drinkable earlier. Keep the bottles in a cool place out of direct sunlight. Things age better if not jarred or disturbed as well. You can age things in the fermenting vessel as well, but bottle aging seems to work best for me.

Drinking!

Ah, this is what it's all about, the end product!

MEAD MAKING MADE SIMPLE

By: Dave Polaschek

History of Mead

First, some mead history to get us started and tell you a little about how mead works.

Mead has been around for thousands of years. Honey was one of the first things to be fermented into alcoholic beverages, and mead is mentioned in the Bible, the Rig-Veda, the Aeneid and Beowulf. Mead was sacred to Bacchus, the Roman god of wine. The Norse god Thor was once challenged to drink from a bottomless mead-horn, although for some reason they left this out of the comic books, along with the gory details of the dwarves forging horseshoes inside his head the next morning.

Mead is also made in other parts of the world. Global brewers and consumers of mead include the Australian Aborigines. Mead is one of many drinks historically made in Africa, and was brewed as a ceremonial liquor in the pre-Columbian Americas.

Honey has traditionally had life-giving and aphrodisiacal qualities. Aeneas' wounds were doused with mead in the Aeneid. (That had to sting.) The reward of a fallen Norse warrior was Valhalla, where his time was spent in mead-drinking and battle. And a 'honeymoon' was initially a month when the young couple drank mead in order to be fruitful.

Early meads were simply honey and water, with spices or fruits added for variety. The mixture was left open to the air, and wild yeast would start the fermentation going. Here in the new world, that's not really possible due to the different varieties of wild yeast. Other than that, it's possible to make meads in a very traditional style.

Mead Styles--Mead and other honey brews are classified as follows:

Traditional Mead - Honey, water and yeast. Nothing else. About 2.5 - 3 lbs honey per gallon of water.

Sack Mead - Same as a traditional mead, but with about 25% more honey, though not enough that it will smell like mead when opened. This makes for an upper limit of about 3.5 lbs of honey per gallon, and requires alcohol tolerant yeast.

Small Meads - Again, similar to a traditional mead, but these were made with much less honey, and as a result fermented and aged much more quickly. These meads were traditionally brewed by the peasantry. This is the easiest style of mead to brew.

Metheglin - A mead made with a mixture of herbs and spices called a gruit. The exact composition of a gruit was a carefully guarded secret. The recipes were mostly held by brewers who were either members of the clergy or affiliated with the church. Gruits were also used in early beer-making before the introduction of hops, and few gruit recipes have survived to modern times.

Braggot or Bracket - Beer made with honey, or mead made with barley-malt. It has more honey than beer, and may have either hops, a gruit or nothing added.

Clarre or Pymment - Made with a mixture of honey and grape juice. This may have evolved into claret.

Hippocras - A pyment with spices added.

Cyser - Honey and apple juice. This evolved into hard cider, and was likely the 'strong drink' referred to in the Bible. It can vary from a cider-like taste to a taste almost like a sherry wine.

Mulsum or Melomel - Honey and fruits other than apples or grapes. Popular in Roman times.

Morat - A type of melomel made with mulberries.

Rhodomel - A mead made with rose petals.

Mead Brandy - A traditional mead was brewed and then distilled into a brandy-like liquor. Variations of this may well have included adding honey to other distilled spirits to sweeten the drink, as with Drambuie.

Throughout the rest of this text, I'll be lumping most of these styles together as meads, although a few recipes will be identified more exactly.

Few of these styles have survived into modern times, due to the rise in popularity of beer. The chief factor in the ascent of beer and the decline of mead was that the ingredients for beer could be cheaply and easily grown and combined. In contrast, the herbs and spices in meads were comparatively expensive, and, as stated above, the recipes for meads were often kept secret. Also, the cost of keeping bees and collecting honey compared unfavorably with that of producing barley malt or grapes. (A decline in the amount of forested areas for producing honey further contributed to its drop in production.)

The honey meads that you find in stores today are most likely overly sweet drinks, many of which are made by the addition of honey to neutral grain spirits. There are a few brands of true mead available, but for the most part, the only way to have a good mead is to make it yourself. Enough history for now. On to brewing mead.

Brewing Basics - The intro

The goal is to make mead. In order to do this, you need to dissolve honey, and any other ingredients, in water. When starting out I boiled everything, as this is the way it's done in the beer-brewing world.

We'll start out with a recipe for one of the first meads I made. This is a very tasty melomel, and is relatively trouble-free. The only downside is that it takes a relatively long time to reach the best flavor. I was drinking it about two months after brewing, but it didn't come into its full flavor until about six months later. I present it here because it does taste pretty good initially.

If you can brew up a batch and taste it quickly, you can get an idea of what meads are like. If you can hold onto some of it for more than six months, you'll have a pleasant surprise, and a reason to try and hold aside more meads for longer periods of time. Also, it includes some hops. Hops help in the fight against bacteria, so there's less risk of anything going wrong, even if you're a little sloppy your first time.

Before You Start

You need to sterilize anything that's going to come in contact with the must (honey and water mixture) when it's not boiling. This includes your fermenter, your funnel, and the airlock for the fermenter. I sterilize this kind of stuff with bleach, but B-Brite works fine, too. Also, Electrosol dishwashing detergent is sodium phosphates, which are good for sanitizing, but try and get the stuff without the lemon scent, if you can. About a teaspoon of bleach in 5 gallons of water in the fermenter works. I fill the fermenter with water, add the bleach and let it sit. If there's any crud left from the last batch, this is the time to soak it loose and get everything nice and clean. If you're using a plastic fermenter, you can just toss the lid, the funnel and the airlock into it.

This doesn't need to soak long, as bleach will kill any bugs on contact. I usually get the fermenter soaking with the bleach solution and then go start the water heating. It'll take the water a while to come to a boil, during which time I'm finishing the cleaning.

Okay, time to dump out the bleach/water mixture. If you've got a plastic fermenter, just let the funnel and airlock rattle around in your wash-tub or bathtub for now. If you're using a carboy, dump the bleach/water mixture over the parts that haven't yet been sanitized. Rinse everything thoroughly with cold water until you can't smell bleach on anything. Two rinses

does the job for me--your mileage may vary. Assemble up the fermenter with a little water in the airlock (most of 'em have a 'fill' line on 'em). If you've got a plastic fermenter, you can put the funnel inside it for now. If you've got a carboy, just keep the funnel somewhere clean and away from breezes that might have airborne baddies. You'll be pouring boiling must through the funnel later, so it's not as critical to keep that clean (but when you're not boiling things, you'll want it sanitized, and it's a good habit to get into now).

Equipment

First we'll go over the hardware you'll need in order to brew. Everything you need can be purchased at your local homebrewing store as a kit, or you can assemble most of it yourself, if you'd rather. Everything will be described in enough detail so that you should be able to figure out how to fashion all the equipment you'll need.

Fermenter - An airtight vessel with a hole where an airlock can be inserted. Typical fermenters are either glass bottles (bottled-water bottles are good for 5 gallon batches and are also known as carboys. 1-gallon jugs, of the type apple cider is typically sold in, are good for smaller batches,) or large plastic buckets with tight-fitting lids. The important thing to remember is that it needs to keep any wild yeast or bacteria that are floating around the atmosphere out of the brew you're making.

Airlock - Seals the fermenter and allows the gases produced during fermentation to escape. Relatively cheap airlocks (with a stopper to fit your fermenter) can be purchased at your local homebrew store, or you can make one yourself using a piece of plastic tubing and another jar filled with water.

Bottles - For a 5 gallon batch, 3 cases of returnable beer bottles is enough. (Non-returnables won't stand up to repeated handling and you'll end up with broken bottles.) You can also use champagne bottles (you'll need 30 or so). Grolsch-style bottles work well, too, and don't require a bottle capper. Some people have successfully used plastic 2-liter pop bottles, but the plastic

will let some gases through, and the screw-on caps don't seal very well after the first time. For those reasons, I wouldn't recommend going that route.

Bottle-capper - This can be bought at a homebrew store near you.

Bottle caps - Gotta have something to keep the mead in the bottles.

Funnel - One with a filter or screen built into it is best, but any kitchen funnel will do. You'll be pouring into this from your brewpot, so that should give you an idea of how big it should be.

Brewing pot - If you're going to be making a mead with fruits or spices in it, you'll want a pot to boil stuff in. I use a 3-gallon stew-pot, which works well for 5-gallon batches. You won't need anything much larger than 3 gallons initially. If you're not using fruits or spices, this'll still be handy for mixing things in.

Tubing - You'll also want a supply of plastic tubing for transferring liquids about. I'd recommend having a couple 3-to-5 foot lengths of plastic tubing (if you discover you've bought a piece that's too long, cutting it shorter is easy. Making it longer, on the other hand, is a real bitch). One piece should be the same size as the hole in the stopper you're using in your fermenter (3/8" outside diameter), and the other piece should be larger (1/2" inside diameter or

so) for siphoning the mead from the fermenter into bottles.

Crazy-Good Mead - The recipe

Ingredients:

- 10 lbs honey
- 1 oz Saaz hops
- 2 lbs frozen blueberries
- 1 gallon apple juice (buy the no-preservatives kind)
- 1 pack champagne yeast (I used Red Star)

Directions:

Bring about 3 gallons of water to a boil.
Add the honey, stirring until it's dissolved.
Bring the must back to a boil, being careful not to boil it over. You can do this by stirring it. If it starts to boil over, turn down the heat.
Add 1/2 oz Saaz hops.
Boil for 15 minutes, skimming off any scum that forms (it'll be beeswax, bee parts, and such from the honey, not anything you'll want to drink).
While it's boiling, you can get the blueberries ready, by putting them in a hop-boiling bag.
Reduce the heat to keep it at a simmer. It shouldn't boil again from this point on.
Add the blueberries, mashing the bag around a bit over the pot before you dump it in—you want to break the fruit up, to extract the juice more easily.

Simmer for 10 more minutes.

Add the remaining hops (about 1/2 oz).

Simmer for 5 more minutes, getting the fermenter ready by putting the apple cider in it.

Add the hot must to the cider, and bring the fermenter up to 5 gallons total by adding cool water. When you pour the must into the fermenter, it'll splash, which will aerate the must. This gives the yeast the oxygen they need to get started.

Seal up the fermenter and wait for it to cool (overnight, perhaps).

When the must in the fermenter has reached about 70 degrees F, toss in the yeast, put the airlock back on the fermenter and wait.

This recipe will take about a month to ferment at 65 degrees or so. If the area you have set aside for your fermenter is warmer or cooler than that, your time will vary. Warmer temps make for faster fermentation. Cooler temps make for slower. If you've got a hydrometer, you can wait for the specific gravity to drop below 1.0. If not, just wait for it to bubble no more than once every five or ten minutes. If it's bubbling more often than that, let it sit longer. If the airlock goes dry, put more water in it. If you get a real vigorous fermentation and it either fills the airlock with foam or blows it clear off, don't worry. Just find the airlock, clean it up, refill it with water, and pop it back on the fermenter. A couple notes here while you're waiting for your melomel to ferment: when I brewed this, the original gravity was 1.075. This is a chance to use your hydrometer if you have one. If not, don't worry about it.

When fermentation slows, it's time to bottle.

Bottling:

First you need to clean the bottles. Again, there're a number of ways to do this. I'll cover a couple of them. The first, and easiest, way to clean the bottles is to use your dishwasher (if you have one). Make sure they're all empty and clean first, and then just run 'em through with electrosol dishwashing stuff. Most dishwashers will hold the three cases of bottles you'll need.

If you don't have a dishwasher, you can use B-Brite (according to the directions on the bottle) or use chlorine bleach. If you use bleach, just mix up a bucket of sanitizing solution using about a cap-full of bleach for a gallon or so of water. Fill each bottle to the rim with bleach-water, and then rinse it at least twice making sure to get all the bleach out. If the bottles smell of bleach, you

haven't rinsed 'em enough. You can reuse the bleach-water that comes out of the bottles, and the rinse water goes down the drain. The plastic tubing you'll be using to siphon your mead around needs to be sanitized at this point, too. I find that siphoning one bottle's worth of bleach-water through it works well. Make sure to rinse the tubing thoroughly. Also sanitize the bottle caps. If

you've got a bottling bucket, sanitize the bottles, caps and tubing in the bucket, and then rinse it twice, too. Okay. Everything's clean now. Siphon the mead into the bottling bucket using some of your plastic tubing, being careful not to splash it around too much. If you don't know how to siphon liquid, ask one of the neighborhood juvenile delinquents, or check out the appendix on siphoning. Also try to avoid getting any of the sediment from the fermenter into the bottling bucket. You'll want to add about a half-cup of sugar of some kind to the mead—either corn-sugar from your homebrew supply store or honey will work. Dissolve it in a couple cups of boiling water and add it to the bottling bucket.

Now fill the bottles. Siphon the mead into the bottles one at a time, leaving about an inch or so of head-space in the bottle. This is to allow room for the carbon dioxide to expand into and not blow up your bottle. If you're using a bottle-filler, it'll leave about the right amount of room in the bottle for you. As each bottle is filled, cap it. When you've got them all filled and capped, sit back and relax. In about a month it'll be ready to taste and check for carbonation. If it's still too flat, don't worry, just let it sit a little longer. It'll get there.

Drink it!

First you'll need to chill it some. Treat this mead the same way you would a light imported beer, chilling it to about 40 or 45 degrees (Fahrenheit). When you open each bottle, you'll notice a little sediment in the bottom of it. This is the yeast that gave its life for the carbonation. Just pour slowly from the bottle into a chilled glass, and leave about the last half-inch or so in the

bottle. Lift the glass to your lips and enjoy.

Another Recipe

Hangover Cyser

This is called Hangover Cyser because I'm usually making it while hungover, not because of any particularly ill effects it has.

Ingredients:

- Gallon jug of Apple Juice (Get a glass jug. Plastic is no good, since you're going to be fermenting in this jug)
- Pint jar of honey (1.5 lbs)
- 12 oz can of fruit juice concentrate (no preservatives). Grape and Cranberry are among my favorites. I've avoided citrusy things so far.
- Heaping tablespoon yeast energizer
- Red Star Champagne yeast

Directions:

Pour 48 oz of apple juice out of the bottle. This is about enough to ease the hangovers of two people.

Drink some of the apple juice you've poured off.

Pour the honey into the apple-juice jug along with the yeast energizer.

Shake like the dickens until honey is dissolved, or head spins too much. Repeat until the honey is completely dissolved.

Add the can of juice-concentrate.

Shake the jug again. This time should be easier.

Finish the apple juice you've poured off, and add yeast to the shaken mix, which should be about at the shoulder of the gallon jug. Attach airlock, and get on with your life.

Between a month and three later, the fermentation will be done, and you can bottle. If fermentation stops early, rack and add more yeast energizer and yeast.

Notes:

There are only a few things you can do wrong with this. One is to add too much honey. The recipe as listed above makes for a starting gravity of about 1.120, which is about as high of an initial gravity as you want to use. If you're going to add more honey than that, do it in stages.

The result of this recipe is a fairly strong, fairly smooth drink. Cranberry juice concentrate makes for a tasty holiday wine. Grape and apple flavors mix nicely, too. Just remember that whatever kind of juice you add needs to blend with apple, and you're fine.

The Barony of Three Rivers' (St. Louis, MO)

Gathering of the Chieftains VII

Site: Immaculate Conception Church Hall - 2934 Marshall, Maplewood, MO

Detail Map



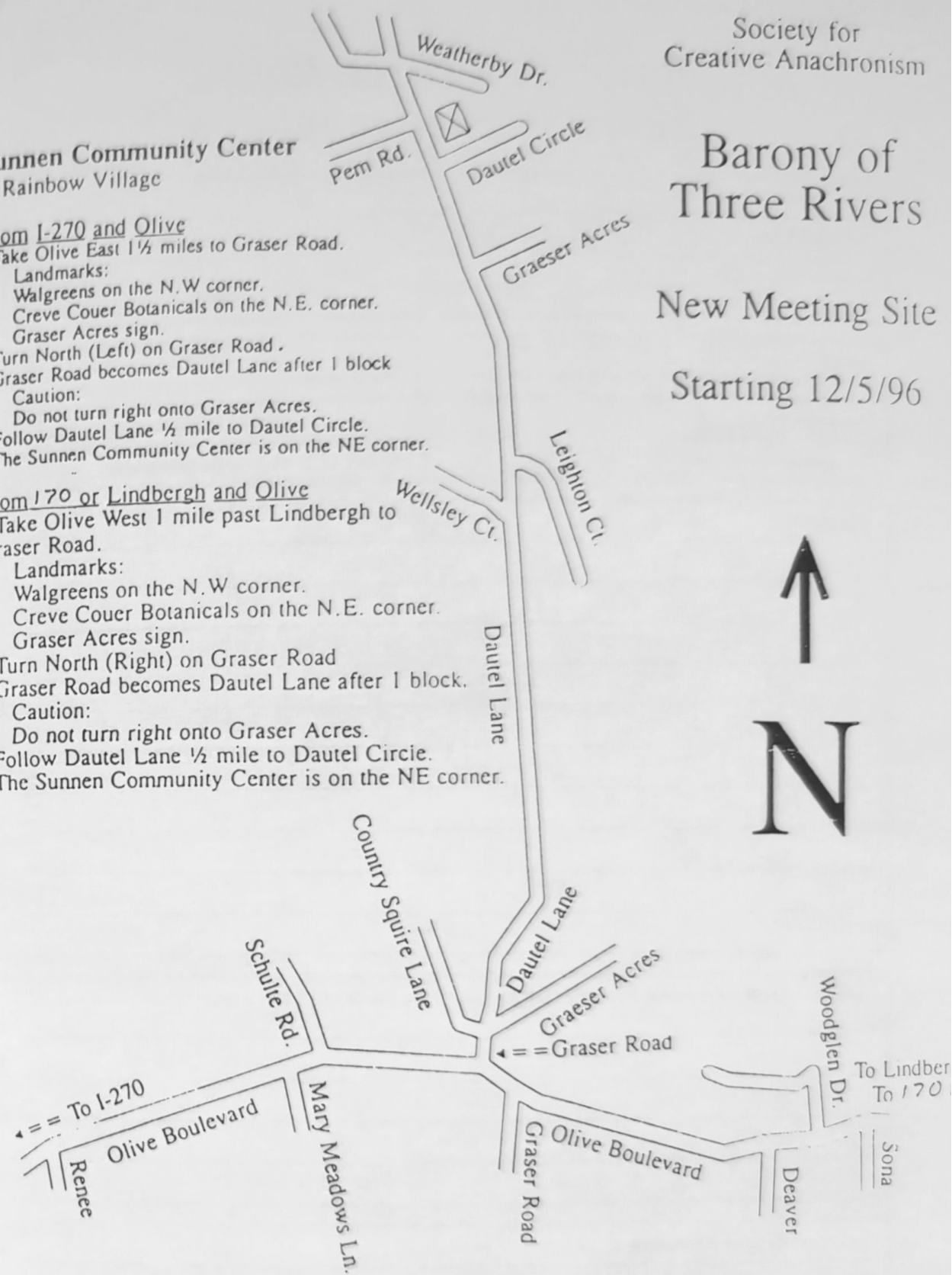
Sunnen Community Center
at Rainbow Village

From I-270 and Olive

- Take Olive East 1 1/2 miles to Graser Road.
- Landmarks:
Walgreens on the N.W. corner.
Creve Couer Botanicals on the N.E. corner.
Graser Acres sign.
- Turn North (Left) on Graser Road.
- Graser Road becomes Dautel Lane after 1 block.
- Caution:
Do not turn right onto Graser Acres.
- Follow Dautel Lane 1/2 mile to Dautel Circle.
- The Sunnen Community Center is on the NE corner.

From I-70 or Lindbergh and Olive

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