

2026 Quarter 2

THE BARGE



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Calontir Calendar

July

Summer Coronation

Saturday, July 11

Three Rivers

10 W Lockwood Ave, Webster Groves, MO 63119

Pennsic War 53

Friday, July 24 - Sunday, August 9

Æthelmearc

205 Currie Rd, Slippery Rock, PA 16057

Feast of Eagles

Saturday, July 25

Cúm an Iolair

9400 Pflumm Rd. Lenexa, KS 66215

August

St. Augustine's Faire: It Flies through the Air

Saturday, August 14

Heraldshill

202 6th Ave, Grafton, IA 50440

Cattle Raids

Friday, August 21 - Sunday, August 23

Mag Mor

635 E 1st St, Wahoo, NE 68066

Kingdom A&S Tournament

Saturday, August 14

Crystal Mynes

2320 S Grand Ave, Carthage, MO 64836

September

Raid or Trade

Friday, September 4 - Monday, September 7

Coeur d'Ennui

8717 W 122nd St N, Mingo, IA, 50168

King's Companie of Archers

Friday, September 11 - Sunday, September 13

Vatavia

17980 Collins Rd, Smithfield, MO 64089

Vertigo: Birdigo!

Friday, September 26 - Sunday, September 27

Lost Moor

Group Site 8598 76 MO-128, Trenton, MO 64683

October

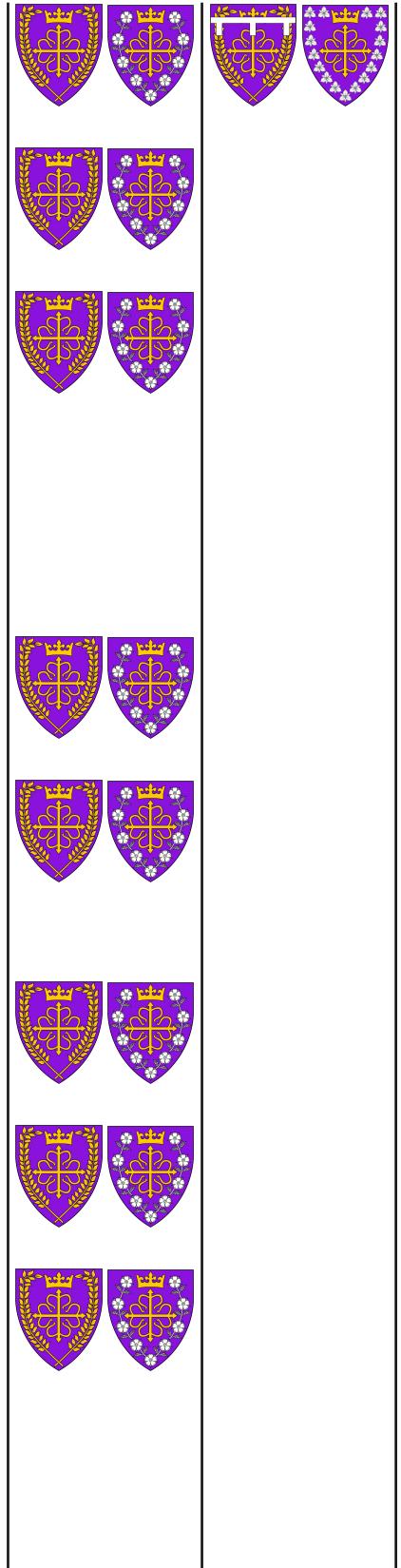
Autumn Arrows XXXIV

Saturday, October 2

Calanais Nuadh

26920 Shrine Rd, Laquey, MO 65534

Royal Presence
Majesties Highnesses



Court Reports

Regarding Baronial Members

Crown Tournament

Award of Arms:

Caldwell Hobbes

Calon Cross:

Alexander the Red

Queen's Prize

Silver Hammer:

Havarr Refskegg

Judge's Choice Prize:

Marguerita of Three Rivers

Unslung Heros

Boga Hirth:

Yngvarr Bjarnakarl

Saint George & the Dragon

Stile Hirth:

Melchor Eichmann

Eo Fyrd:

Kara of Grimfells

Lilies War

Award of Arms:

Stigandi Tyrfingsson

Iris Lubahn

Calon Lily:

Luna di Caterino Tofani

Calon Cross:

Marinus of Eleusis, called Mars

Laurel:

Pádraigín An Einigh

Summer Coronation

Tributary:

Mätza Uhlrich

Talon:

Cecilia de Gatisbury

Baronage's Order of Patronage:

Auga Ormstunga

Award of Arms:

Ambrose Porteus

Sara Applesdaughter

Hynek Wunder

Finnr Ketilsson

Stigandi Tyrfingsson

Torse:

Corbyn Greyschanke

Leather Mallet:

Decimus Hostilius Agathon

Brighid ingen Donngaile

Boga Fyrd:

Cecilia de Gatisbury

Boga Hirth:

Bero von Wustenbrunner

Iren Hirth:

Skúli Oarbreaker

Robert Magnus

Calon Cross:

Chandra Mosahary

Elspeth Modlen ferch Dafydd

Duncan Eardstapa

Laurel:

Jon Cheseey

Consort's Pillar of Distinction:

Eowyth þa Siðend



Court at Lilies

A Letter from the Baronage

Greetings, Fair Barony!

this cannot succeed without your effort.

Summer is here, and, as of this letter, the Falcon Throne is once again secure. Huzzah to Their Royal Majesties, King Yurik and Queen Alicia!!

During this time, we have seen many of our people recognized by the Crown for their service, creativity, and martial prowess. We love how we celebrate each other's achievements and encourage our endeavors, and it is heartening to see us all keep watch over each other in this heat and humidity. ("Hydrate!!")

In April, we traveled south to our neighboring kingdom of Gleann Abhann to speak words from our Kings at the Coronation of Uther IV and Kenna III. We were treated with great respect by the good people there, and the Calontir and Three Rivers banners flew high over the Court.



May saw us tending to hearth and home, with no travel. We spent time with family and friends, and prepared for a rumored war in our heartland...

This June was the first time we spent the entire week at Lilies! While we did not sponsor any of the Baronial Tournaments this year, Three Rivers was well-represented in all of them. An inaugural Baronial Arts and Sciences Tournament was held, and our own Honorable Noble Helenos ben Simon won! Our able champions in the other tournaments were Sir Mathieu Chartrain (rattan), His Grace, Sir Hirsch Eichman (steel), and Sir Dirk MacMartin (archery and thrown weapons).

Thanks to Mistress Constance Warwick's organization, the Friday night Fireworks Party was a success. The other Kingdom Baronies contributed both volunteers and funds. Many Three Rivers folks, including Lilies first-timers, jumped in to help with set up, food and drink service, and clean up. We must give a shout out to Lord Njall Thorsteinsson, HE Mistress Rochwen and Master Dammo Utwiler for gathering up the party supplies on Saturday morning in the rain and placing them under our pavilion. Thank you to everyone who participated - an endeavor such as

Now we turn our focus towards the future. We encourage everyone to help look for venues for these upcoming Baronial events - Winter Court (Dec/Jan),

Chieftains (Feb), and Gryphons Fest (Sep). Bids for these are welcome at any time but we need to locate possible sites for them all. Please talk with our seneschal, HL Amba, or either of us for details.

As a reminder, the Winter Court Auction will be upon us much sooner than we realize! Now is definitely the time to be planning your projects and gathering your materials and supplies. We can't wait to see what you contribute.

And now - Birthday Bash! We will hold Court and Cake on Wednesday, July 22, at our regular weekly meeting, due to having just hosted Coronation. Please come and bring a hand project for Court, if you'd like, because we have a few (good!) things to take care of!

We are so proud to have the opportunity to represent this amazing group. We remain, as always,

Yours in Service,
Dagny and Gwynneth, Baronesses
Three Rivers, Calontir

~ We lift as we rise ~

The Roman Kitchen in antiquity

Dagmar Gerroldóttir

Sponsor Sancha Lestrangle

Kingdom of Calontir Barony of Three Rivers

Reign of Caius Equitius Rectus Xerxis and Andromir Vukovic

Anno Societatis (A.S.) LX (60)

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I had this little thought: what would the average Roman citizen keep in their home kitchen? And that left me with many questions and obstacles. I had multiple thoughts about what their homesteads would look like, as most Romans lived in a metropolitan setting. The Roman empire and the Holy Roman empire was so vast and lasted so long. I had to generalize, though I tried to keep it closer to those of a Mediterranean Metropolitan.

The recipes I used for the Salt of Many Ills, Oxygarums as well as both Lasers come from a book called *The Apicius*, officially known as *The Art of Cooking*. Whenever an ingredient is named and is extinct as of today, I have improvised, keeping historical accuracy as best as I can. The collection known as the *Apicius* was written by Marcus Gavius Apicius, a renowned gastronome during the Reign of Tiberius (14-37AD). He was notable for throwing many feasts and going on expeditions to find new ingredients that caused him to later go bankrupt, eventually leading up to his death through suicide as he could not rationalize living an average life. Other notable early cookbooks I found in my research of the culinary history of Rome and Italy include *Liber de Coquina* (14th century), *Fait de la Cuisine* (Maître Chiquart - 1450), *Libro de arte Coquinaria* (1464), *Cuoco Napoletano* (1837), *Opera nova chiamata Epulario* (1549), *Opera dignissima* (1733), *De honesta Voluptate et valetudine* (1340). Though most of these books are connected, they do reach outside of the Medieval and Roman Period.

During my research, I also looked into what ingredients would be available to the common person, because any reasonable person knows that even today we don't just eat a peacock. Nor would the average Roman citizen be eating suckling pig still on its mother's milk, as was mentioned within the *Apicius*.

I was reading an excerpt from the *Autobiography of Odo*, Abbot of Cluny (10th century) who had mentioned seeing a peasant carrying a sack of onions and mentioning it was peasant food in association with leeks and garlic. These views were similarly held by Holy Roman Emperor Otto the 1st of Saxony. (10th century) He viewed the custom of eating such foods as cultural inferiority and barbaric. (Montanari 2015) This made me wonder if this was a continuous idea from the Roman period that continued into the Holy Roman Era, based on the fact that the use of garlic and onions was continuously used as a food of the peasantry. Though Laser root was used quite a lot in the *Apicius*. Later in the Period Rome. The laser root went extinct and the use of garlic and leeks were no longer used by the upper class though, this is a 900 year gap as well as a locational gap.

Household Staples and Kitchen Gardens

Within the peasantry of the Roman Empire the kitchen garden was a necessity. Cabbage, turnips, root vegetables, salad, onions, garlic, leeks, chickpeas, dolico or fagiolo dell'occhio and green peas.

The herb garden would include:

Catnip, mustard, anise, basil, and sage, chamomile, fennel, garlic, lavender, and rosemary, savoury, mustard, hyssop, capers, cumin, caraway, coriander, mint, thyme, basil, oregano and pepper.

Within my research I have found that laser root is extinct and many other herbs from that time are now endangered or extinct but there are common substitutes as well interchangeable ingredients that were used in lower quality dishes. As well as some of these spices cost a fortune in Roman time such as pepper so the availability of these seasonings are varied.

I have also found the use of premade seasoning blends that have been preblended for later use. In the Apicius there was a note about keeping it dry until the blend was needed. Which one could infer was a seasoning blend.

Later it would be used for dips or you could presume cooking or digestive aids that were a major staple in the Roman diet.

Meat Within the Metropolitan Roman diet and Homestead

Common Livestock would include: Ewes and pigs

We can not say every person had these animals, but what can be said is that they were important to the diet of the Romans as lard was the most common form of fat for daily life. Olive oil was mostly used in the Mediterranean regions of the Empire though it was uncommon elsewhere. Other ingredients such as honey, Must which is a concentrated boiled raisin wine, and raisin wine, salted meat and cheese were common ingredients of early recipes.

Grain staples in the Roman household and Cultural significance of Panis Farreus

Common grains would include: Barley, oats, millet, milo, and chestnut flour. Wheat flour also existed but wasn't a common item within the populace.

A common bread staple of the Era was "Panis Farreus". Before the central grain of Italy was not wheat but emmer (*Triticum dicoccum*) known in Latin as "*far*", which evolved to today's Italian word "*farro*." Early Romans made cereal cakes from ground emmer and water. These were usually unleavened and baked directly on heated stones or beneath embers. Roman life revolved around it even within the marriage rite, the "*confarreration*". "*Confarreatio*" literally means "sharing of spelt" or "union through spelt," from Latin "*con-*" (together) and "*far*" (*farris*) with the action suffix "*-atio*". (Gentile 2026)

RECIPES

Panis Farreus

(Gentile 2026)

Ingredients (US customary):

- 4 cups spelt flour (500 g)
- 1 1/4 - 1 1/3 cups warm water (300-330 g)
- 1 teaspoon fine sea salt (6 g, optional)

Method:

1. Mixing the dough

Place the spelt flour in a large bowl and add about 1 cup + 2 teaspoons of warm water (circa 270 g). Mix by hand until all the flour is moistened and a rough, compact dough forms. Dissolve the salt in the remaining 2-5 tablespoons of warm water and work it into the dough, kneading briefly (about 5-7 minutes) until uniform but still fairly firm; it should not become elastic.

2. Rest

Cover and let the dough rest at room temperature for 30-40 minutes. This allows the spelt to fully absorb the water; the dough should not rise.

3. Shaping

Turn the dough onto the counter and shape it into a low round about 7-8 inches in diameter and 3/4 - 1 1/4 inches thick. Press the top gently to compact. Score 6-8 wedge lines radiating from the center, about 1/2 inch deep.

4. Baking

Heat the oven to 480 °F with a heavy inverted baking sheet or baking stone inside. When fully hot, transfer the loaf onto the hot surface (parchment helps). Bake 20-25 minutes at 480 °F, then reduce to 390 °F and bake another 10-15 minutes until the crust is hard and well browned.

5. Cooling

Cool completely on a rack before cutting; the crumb firms as it cools.

Expected result: Unleavened, dense spelt bread with a firm crust and compact interior, mildly nutty and rustic, consistent with archaeologically informed reconstructions of early Roman panis farreus.

LASER FLAVOR (Apicius 4 AD)

LASERATUM

[Tor.] LASER IS PREPARED IN THIS MANNER: LASER (WHICH IS ALSO CALLED LASERPITIUM BY THE ROMANS, WHILE THE GREEKS CALL IT SILPHION) FROM CYRENE [1] OR FROM PARTHIA [2] IS DISSOLVED IN LUKEWARM MODERATELY ACID BROTH; OR PEPPER, PARSLEY, DRY MINT, LASER ROOT, HONEY, VINEGAR AND BROTH [are ground, compounded and dissolved together].

[1] Cyrene, a province in Africa, reputed for its fine flavored laser.

[2] Parthia, Asiatic country, still supplying *asa foetida*.

The African root furnishing laser was exterminated by the demand for it.

Cf. Laser in Index.

[32] ANOTHER [LASER] (Apicius 4 AD)

ALITER

[ANOTHER LASER FLAVOR WHICH TAKES] PEPPER, CARAWAY, ANISE, PARSLEY, DRY MINT, THE LEAVES [1] OF SILPHIUM, MALOBATHRUM [2] INDIAN SPIKENARD, A LITTLE COSTMARY, HONEY, VINEGAR AND BROTH.

[1] Tor. *Silphij folium*; List. *Sylphium, folium*; G.-V. *Silfi, folium*, the latter two interpretations meaning *silphium* (laser) and *leaves* (either nard or bay leaves) while both Tor. and Tac. (*Silfi folium*) means the leaves of a silphium plant.

[2] *Malobathrum, malobatrurum, malabathrum*—leaves of an Indian tree, wild cinnamon.

SALTS FOR MANY [ILLS] (Apicius 4 AD)

SALES CONDITOS AD MULTA

THESE SPICED SALTS ARE USED AGAINST INDIGESTION, TO MOVE THE BOWELS, AGAINST ALL ILLNESS, AGAINST PESTILENCE AS WELL AS FOR THE PREVENTION OF COLDS. THEY ARE VERY GENTLE INDEED AND MORE HEALTHFUL THAN YOU WOULD EXPECT. [Tor. MAKE THEM IN THIS MANNER]: 1 LB. OF COMMON SALT GROUND, 2 LBS. OF AMMONIAC SALT, GROUND [List. AND G.-V. 3 OZS. WHITE PEPPER, 2 OZS. GINGER] 1 OZ. [Tor. 1½ OZ.] OF AMINEAN BRYONY, 1 OF THYME SEED AND 1 OF CELERY SEED [Tor. 1½ OZ.] IF YOU DON'T WANT TO USE CELERY SEED TAKE INSTEAD 3 OZS. OF PARSLEY [SEED] 3 OZS. OF ORIGANY, 1 OZ. OF SAFFRON [List. and G.-V. ROCKET] 3 OZS. OF BLACK PEPPER [1] 1½ OZS. ROCKET SEED, 2 OZS. OF MARJORAM [List. and G.-V. CRETAN HYSSOP] 2 OZS. OF NARD LEAVES, 2 OZS. OF PARSLEY [SEED] AND 2 OZS. OF ANISE SEED.

[1] In view of the white pepper as directed above, this seems superfluous.

White pepper and ginger omitted by Tor.

This is one of the few medical formulæ found in Apicius. Edward Brandt, *op. cit.*, Apiciana No. 29, points out the similarity of this formula with that of the physician, Marcellus, who lived in Rome under Nero, Marcell. med. 30, 51.

OXYGARUM DIGESTIBILE (Apicius 4 AD)

[Tor. OXYGARUM (WHICH IS SIMILAR TO GARUM OR RATHER AN ACID SAUCE) IS DIGESTIBLE AND IS COMPOSED OF]: ½ OZ. OF PEPPER, 3 SCRUPLES OF GALLIC SILPHIUM, 6 SCRUPLES OF CARDAMOM, 6 OF CUMIN, 1 SCRUPLE OF LEAVES, 6 SCRUPLES OF DRY MINT. THESE [ingredients] ARE BROKEN SINGLY AND CRUSHED AND [made into a paste] BOUND BY HONEY. WHEN THIS WORK IS DONE [or whenever you desire] ADD BROTH AND VINEGAR [to taste].

Cf. Note to No. 33.

37] ANOTHER [OXYGARUM] [1] (Apicius 4 AD)

ALITER

1 OZ. EACH OF PEPPER, PARSLEY, CARRAWAY, LOVAGE, MIX WITH HONEY. WHEN DONE ADD BROTH AND VINEGAR.

[1] Wanting in Torinus.

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a Look at Lilies War



Lilies Encampment



Fellowship by the Fire



Lanterns Light the Way



Night Revelry



Evening Sky at Lilies



Seaworthy Expedition



Docked and Ready



Newcomer Glen



Expert Tick Removal



Supper Time



Awe



Wonder

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Curia Baronis

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Chatelaine:
Rochwen Morwenna

Baroness:
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Amba Allrasystir

Minister of Arts & Sciences:
Pádraigín An Einigh

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Alexander the Red

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Minister of Youth:
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Archery Marshal:
TBA

Social Media Officer:
Marinus of Eleusis

Exchequer:
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The Barony of Three Rivers meets weekly on Wednesday evenings, 6:30 to 9:00, at the Masonic Hall, 12 E. Lockwood, Webster Groves, MO 63119.

The Baronial website is at b3r.calontir.org.