



# The Drekkar

of the Barony of Storvik

June, A.S. L (2015)



## All Hail the Mighty Strawberry



*Detail from "The Garden of Earthly Delights," Hieronymus Bosch (c. 1510-1515)*

## Contents

Calendar	2
Oyez! Oyez! (Baronial News)	2
Meeting Minutes	3
Between the Beltways	6
Vivat!	7
Barony Officers	8

## Upcoming Events

June 5-7: [Highland River Melees](#) (Highland Foorde)

Melees, A&S displays and classes, youth activities, bardic circle. Their Majesties and their Highnesses will attend and hold court.

June 13: [Atlantian Summer University](#) (Lynchburg, VA)

Their Majesties shall attend the seasonal gathering of scholars. Class registration is open!

June 20: [Lake Augusta Renn Festival and Demo](#) (Aethelmearc; Sunbury, PA)

Only three hours from the heart of Storvik, and attracting SCAdians from four kingdoms.

June 20: [Stierbach Baronial Birthday](#) (Warrenton, VA)

Their Majesties enjoin you to celebrate Stierbach's birthday with Them. A&S theme of All Things Heraldic.

June 26-28: [Old School War Practice](#) (Clarksville, VA)

Heavy, fencing, combat archery and siege (space permitting). Authorize before Pennsic! Their Majesties and his Highness attending.

## Baronial Activities

Locations to regular baronial activities on the last page.

**Business Meeting: June 21, 2015**, 7pm at 7981 Eastern Ave, Silver Spring MD 20910.

## Newcomer's Night:

**Fight, Rapier Practice:** June 1, 8, 15, 22, 29 (7-9pm)

**Dance Practice:** June 1, 8, 15, 22, 29 (8-10pm)

**Archery Practice:** Some Sundays (see Yahoo Group messages for details) (11:00am)

**Scribal Night:** June 2, 16, (6-10pm)

**Early Northern European Adhocracy:** June 9, 7-9pm. Topic is Coptic bookbinding.

## OYEZ! OYEZ!

*Baronial News Highlights*

**Pennsic Encampment!** To camp with the barony, use "Barony of Storvik" as your group on the pre-reg form.

**Poeta Atlantiae issues a challenge** – write poems about the War of the Roses for Highland River Melees June 6. Separate category for 12 and under.

**Poeta Atlantiae issues a ANOTHER challenge** – write poems about "Threads of Gold" in honor of the SCA's 50<sup>th</sup> birthday for the Knowne World Poetry Competition at Pennsic.

**Patron of the arts?** Please report your knitting circles, poetry jams, armoring sessions, and other arts-focused informal meetings to our A&S Minister, [Meisterin Johanna](#). As a 501(c)(3) organization, we need to show that we're educating people, and these reports help with that.

**BOTB volunteers needed** – Sept 11-13. 2 heavy and 2 rapier marshals sought. Storvik infrastructure (grill, hot water) needs to be gotten to site and set up. Gate folks, a Croom whisperer (PG or Montgomery county resident familiar with

the site and M-NCPPC), and a herald to help with the heraldry competition are also requested. [Contact Genevieve Dompier](#) to volunteer.

Want **literary or artistic fame and fortune**? Or at least fame? The Drekkar seeks articles and art of all kinds, so that Storvik's newsletter reflects the might and glory of her people! Contact the chronicler at chronicler AT storvik.atlantia.sca.org with submissions.

## **Minutes of the Monthly Business Meeting, May 2015**

The May business meeting was canceled at the April business meeting.

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### **Between the Beltways**

*SCA-relevant things to do in the area or online*

#### **Strawberries!**

Hurry to the fields for local, fresh strawberries if you want to make Lady Alicia's delicious recipes.

[Pick your own – Maryland](#)

[Pick your own – Northern VA](#)

#### **Smithsonian Associates Lectures and Class Series**

- [A Day with the Tudors](#), 6/20

[More at their website](#)

#### **Concerts**

- Eya presents [The Three Marys](#), an early 14<sup>th</sup> cen. Liturgical drama. 6/13.

More at [DC Early Music](#)

#### **Theater**

- Chesapeake Shakespeare Company (Ellicott City): [The Comedy of Errors](#) performed in the ruins of the Patapsco Female Institute. Starting 6/10.
- Folger Shakespeare Theater: [Rosencrantz and Guildenstern Are Dead](#), through 6/28.
- Shakespeare Theatre Company: [Potted Potter](#) (7 books in 70 minutes, 5/30 – 6/21); [Will on the Hill](#) (Congresscritters perform Shakespeare with comedic contemporary political references, 6/15)

#### **Museums**

- National Gallery of Art: [Drawing in Silver and Gold: Leonardo to Jasper Johns](#), 5/3-7/26. Exhibit on metalpoint, with work by some of the masters of the Renaissance.
- Walters Art Museum: Free download of their publication from the 2013 exhibit [Revealing the African Presence in Renaissance Europe](#) now available!

#### **Online Courses**

- [Fantasy and Science Fiction: The Human Mind, Our Modern World](#), starts 6/1.
- [Freedom and Protest: Magna Carta and its legacies](#), starts 6/15.
- [Introduction to Public Speaking](#): The basics of rhetoric, one of the seven liberal arts taught in medieval universities. Always open.

## **Vivat!**

### *Word-fame in Storvik's Hall*

Sound the high horns! Their Majesties' progress led them to Storvik, and Their gaze fell upon our people and recognized their good works.

Sir Joscelin d'outramer was inducted into the Order of the Pearl for his work in bookbinding.

Signora Grazia Morgano and Lord John Angus West were granted Opals in recognition of the service they have provided to Storvik and to Atlantia.

Lady Marguerite was awarded the Coral Branch for her embroidery.

Their Excellencies Griele and Badouin, well-pleased with their Majesties' ring-giving, had their own further recognitions to make. Lord Celric and Lady Ilaria were awarded the Lozulet for their service to the barony. So too was Signora Grazia, adding that honor to the Opal she received from their Majesties. Lady Tibbie Crosier was recognized with the Baroness' Award of Courtesy (her second!) for her unflagging grace.

*As always, this chronicle may well be incomplete, as I have only my own eyes and ears to rely upon. If you know of great deeds or shining service that should move us to cry, "Vivat!" then [contact me](#) and it shall be added to the next month's missive.*

## **Quick Mead for Pennsic**

by Sorcha Crowe

A quick mead takes 10 days-2 weeks, and tastes like slightly alcoholic soda pop. It runs to 2-4% alcohol – just enough to be more than honey water, but not so much that a long cold drink will hurt you. Quick meads are great for long outdoor events like Pennsic. You can make them a gallon at a time so everyone will drink them up before they go sour in the summer heat. Quick mead is easy to make and can taste good. I like them cool to cold. It's perfect for afternoon chillin' in camp.

A couple of things to bear in mind: first, recipes for quick meads don't age well. They are specially designed for two-week fermentations. After a month, you will almost certainly want to throw it out. Second, there are ways around having brewing equipment, so if you're not into brewing as a hobby you can still make nice quick meads for camp. Third, after that 10 day-2 week mark, you probably want to store them cold. And fourth, they really are better if you make them with spring water, or well water if you have a really great water profile. Montgomery County tap water is very high in chlorine, making it very safe to drink, but it does unpleasant things with yeast and fermentation.

Let's talk about how to make a one-gallon batch, then I'll share some of my favorite recipes.

### You will need:

- **A one gallon jug and a gallon of spring water** or really great well water. We suburbanites can get a gallon of spring water at the grocery store and voila! Two birds with one stone, jug and water both.
- **2 lbs of honey.** 3 lbs. gets pretty sweet. I know plenty of SCAdians like to drink mead that's thick and sweet like cough syrup, but a) that's not mead, that's candy (your mead actually has to fail to get that sweetness and consistency) and b) save that for after-dinner drinks, okay?

I like wildflower honey for a quick mead. Orange flower honey is nice too, light and delicate. Avoid clover honey, it's too light, and buckwheat or killer bee honeys need to be cut at least 1:4 strong to light flavored or the flavor is unpleasant and overwhelming. For a quick mead, you really don't need to get any fancier than wildflower honey, which is available pretty much everywhere honey is sold.

- You'll need **one of two options for covering the mouth of your jug** so the fermenting yeast can release its gas byproducts (mostly CO<sub>2</sub>). You can use a square of fairly finely woven muslin or linen rubber-banded over the mouth. You can also use a balloon with a pinhole at the top, furthest from the mouth where you would inflate it. If you're not sure which end you'd use to inflate a balloon, get a friend to help you. Do NOT put your mouth on it, please. These days manufacturers put a powder inside balloons and I don't want to risk having that stuff come into my mead, so I use muslin squares.
- **A funnel** whose neck fits into your gallon jug's neck.
- **A clean vessel to store about half a gallon** of water and pour it back in later.
- **Yeast.** Plenty of people use Fleischmann's. Please do not. Bread yeast and brewing yeast diverged about a hundred and fifty years ago with the Industrial Revolution. They are not the same thing now.

Think about it: what do you want in a loaf of bread? Even rising. Air pockets roughly the same size throughout. Not factors we care about for making a quick mead. Yeast shapes a good bit of the flavor of your quick mead. Fleishmann's yeast gives very distinctive, not very nice flavors. I can almost always tell when someone's used Fleishmann's. Only once in all my years of brewing (25+) have I had a nice mead made from bread yeast such that I couldn't even tell. Brewing yeast is inexpensive – no more than \$2-\$3 for the very fanciest – and a wee packet of brewing yeast is made for 5 gallon batches. You can dole it out in portions and make 5 batches of quick mead. Yay! Not sure where to get it? Your brewing friends will know, and can probably pick some up for you on their next run to the homebrew store. This time of year you can bet they're visiting their brew supplier regularly.

Brewing yeast can come in dry packets, wet vials, or smack-packs, all packaged for 5 gallon batches. Avoid smack-packs, they're hard to subdivide. I find vials a bit challenging to subdivide, but excellent for reusing the vials to secrete rum or a slug of choice on one's person. A dry packet is very nice, particularly if you have a scale for spice weights (measure in grains or similarly small measures).

Or, you can mail-order packets of yeast from Maryland Homebrew in Columbia: [www.mdhb.com](http://www.mdhb.com); Flying Barrel in Frederick ([www.flyingbarrel.com](http://www.flyingbarrel.com)), Austin Homebrew, Midwest Homebrew, Northern Brewer or others.

- Other ingredients are optional, depending on the recipe.

#### To make your quick mead (the basics):

First, keep everything clean and away from other active food prep. Wash your hands. You don't have to get crazy, but the cleaner the better. I don't sanitize everything in sight for a quick mead, using an oxygen-based sanitizer like I'd use if it were a big batch of long-fermenting honey wine deliciousness, but some folks do. Do NOT use chlorine bleach. Ever.

Warm your honey very very gently until it is liquid-runny. The more you heat it the more aroma and flavor you lose, so a gentle warm water bath is nice.

When your honey is ready, remove something like half the water from your jug. Pour it into that vessel that you can pour it back from, you'll want it later.

Pour the honey into your water. Cap the jug. Put your hand over the cap FIRMLY. Shake shake shake until the honey and water are well mixed and uniform throughout. You're adding oxygen too, and that's good. If you warmed your honey to the runny stage, this will go well. If you didn't, it'll sink to the bottom and sulk. It won't really mix, the yeast has a hard time getting to it, and mead life just got a lot harder.

Add water to bring the total liquid to within a couple of inches from the top. You now have must, or incipient mead.

Drop your yeast in. Cap it FIRMLY and shake shake shake again. You're aerating your must again/some more, which at this point is a very good thing to do.

Take your square of muslin or linen (finely woven) and place the fabric over the neck. Rubber band it into place. OR take your balloon with the single pinhole and work it over the neck of the jug so it can't come off easily. Leaving your quick mead exposed to open air invites floating yeasties in, and they're almost never nice yeasties. They tend to give your quick mead very distinctive paint-thinner qualities. KEEP the jug's original cap, you'll need it for transporting your quick mead.

Remember your quick mead will make gas and push push push against the neck. If you used a balloon, in about 24 hours you'll see it start to inflate. I admit that's fun. If the balloon starts to get too big, poke another hole or two in it. You don't want it to get pushed off. I've never had any trouble with the muslin square getting pushed off. Of course, if you have a one-gallon-sized screwlid gasketed for an airlock, use it (plus the airlock).

Put your jug in a cool, shadowy place with some air flow – a kitchen cabinet is nice. After about ten days, taste it and see what you think. Remember: alcoholic soda pop. You're not going to get fine wine.

#### Optional Ingredients:

House Greydragon has some very nice recipes for quick mead:

[http://www.greydragon.org/library/basic\\_mead.html](http://www.greydragon.org/library/basic_mead.html). Master Rhys ap Terafan of House Greydragon and the webminister of this site used to be Atlantia's only brewing Laurel. He knows a thing or two. Some other combos I like:

- Half an orange; a dessert-spoonful of raisins (10-15), rinsed. Possibly cinnamon, nutmeg, and/or allspice. Cut the orange into small segments. I'd be tempted to peel it and scrape the white pith off the inside of the peel and the outside of the flesh before adding both. The pith is bitter. Add after you've mixed in the honey but before you've topped off the water.
- 2 Tb coarsely chopped fresh ginger, juice of 1 lemon, 8 cloves or 3 nutmegs. This combo is from House Greydragon, and the original is for five quarts water (4 qts. to the gallon). They recommend poking the cloves into the lemon peel for easy removal, but that's up to you. The neck of a jug is very narrow. Again, scrape the white pith off the inside of the peel; it's bitter. Also this is a LOT of clove for one gallon. I use 7-8 clove buds in a five gallon batch, myself.
- 1 tsp nutmeg. Really. That's all.
- A small palmful of raisins with that nutmeg.
- A small palmful of *uncracked* pepper. Gets you a nice spiciness.

There are plenty more recipes available on the web if you search on "quick mead recipes". (You will have to have a login for the GotMead website, which is bound to come up a couple of times with that search string.)

*Ambrosia Farm makes some great short mead kits. They have a seasonal variety available. They were originally designed specifically for Pennsic. All you need to provide is a gallon jug of spring water and 2 lbs. of honey. The spice mead and midsummer mead kits are two of my favorites. Sometimes I see their kits at other vendors' booths – Dancing Pig Pottery often has them – or you can order directly here: <http://www.ambrosiafarm.com/mead.php>. Ambrosia Farm is very pagan-Celtic-calendar oriented, so if that offends you, you may want to give their website a miss.*



## Lady Alicia's Cookery Booke: Elizabethan Strawberry Preserves

By Lady Alicia of Cambion

Greetings! Did you miss me? Last month I was terribly busy getting ready for the feast for Crown Tourney – Vivant to our new Highnesses! We had a fabulous royal feast, full of good food and good fun. These were the edible centerpieces we designed to open the meal:



They were so pretty and worked so well as a tasty opening course, I'm pretty sure that I'll be creating platters full of them again – look for them soon on a feast table near you!

Meanwhile, spring has been all too brief here at the manor and the summer's heat is fast upon us which means...food preservation! Yes, the servants' hall is full of grumbling about the ceaseless boiling and drying that go with trying to preserve the summer's bounty into comestibles for the winter months. It's not always easy work, but when you are able to serve a beautiful bowl of ruby-red fruit in the icy cold of winter, it's like a little piece of summer right on your plate.

The strawberries best known in Europe in period would likely have been a cultivar of the smaller wild strawberry (*Fragaria vesca*), while the larger, plumper strawberry that we have come to know (*Fragaria virginiana*) is a New World food, introduced with the colonization of America.<sup>1</sup> This recipe was used around the same time that the new strawberries were being cultivated in Europe, so the same technique would have been used to preserve these berries as well as other seasonal fruits for the winter months:

### *To Preserve Plums or Gooseberries*

*Take to every pound of plums a pound of sugar, then beat it smal, & put so much water to it as will wet, then boyle till it bee sugar againe, then put in the plums, & let them boile very softlie, till they be doone, then when they bee cold put them up, if they begin to grow then set them where fire is in a cupboard; you may doe respis this way & gooseberries, but you must boyle them verie soft, & not put the up till they bee cold, & likewise may Cherries bee doone as your gooseberries & respis.*

This preserve recipe is taken from Elinor Fettiplace's Receipt Book. This technique of cooking preserves is late period to just slightly out of period and while it is unique to the modern cook, it

<sup>1</sup>Davidson, Alan. *The Oxford Companion to Food*, Oxford University Press, Oxford, England, 2014. P. 781.



insures success for period preserve-making. When Fettiplace notes that her sugar “bee sugar again” she means for it to boil to the point that, upon stirring, the boiling sugar crystallizes into rock candy. For the candy-maker, this would be a catastrophe, but for the preserve-maker this is precisely what you are looking for. This means the sugar has heated to the right temperature (240\* F) to make the preserves. For a period cook who does not have a candy thermometer available to accurately measure the temperature of the boiling sugar, this is a clear indicator that the temperature of the sugar is right. Adding the fruit to the hot sugar renders the juice, which starts to dissolve the hardened sugar, creating the sugary syrup that preserves the fruit, without the boiling that can leach out the color and texture of the berries.<sup>2</sup>

Modern strawberries do not have the level of pectin needed to make a thicker, more jammy preserve (pectin is added to modern strawberry preserves). These strawberry preserves are more like modern canned fruit in heavy syrup and should be consumed that way (as suckets for a period dessert banquet, for example). The sugar syrup does make them shelf-stable for storage, though some may still prefer to keep them in a cool refrigerator.

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<sup>2</sup>A more scientific description of the process can be found in *Elinor Fettiplace's Receipt Book*, ed. Hilary Spurling, Viking Penguin, New York, NY 1986. P 129.

## Elizabethan Strawberry Preserves

2 lbs Strawberries  
2 lbs Sugar  
Scant ½ c water

Wash, hull and halve the strawberries. In a cast iron or other thick-bottomed dutch oven, add the 2 lbs of sugar and just enough water to make the consistency of wet sand (you might not use the entire ½ cup). Heat sugar over a very low flame to 240\* (or, if you prefer the period technique, stir the sugar until it boils and then returns to a crystalline form). Immediately dump in the prepared fruit and, still keeping the temperature low, allow fruit to soften and dissolve the hardened sugar, stirring occasionally. When sugar is dissolved, remove from heat and allow to cool and thicken completely. Spoon into jars. Makes about 2 pints.

Enjoy! Go forth and cook good food!



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Do you have a cookery question you'd like to have answered? Email Lady Alicia at [ofnoimp@yahoo.com](mailto:ofnoimp@yahoo.com). Do you know how difficult it was not to eat all these preserves by the giant spoonful?

**Important Notice:**

This is the Drekkar, a publication of the Barony of Storvik of the Society for Creative Anachronism, Inc. The Drekkar is available from Jamie Lennon at [chronicler@storvik.atlantia.sca.org](mailto:chronicler@storvik.atlantia.sca.org). Subscriptions are free as all publications are available electronically. This newsletter is not a corporate publication of the Society for Creative Anachronism, Inc., and does not delineate SCA policies.

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Vacant

***Chancellor Minor***

Vacant

***Youth Combat Marshal***

Vacant

***Minister of Minors***

Vacant

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Cameron deGrey

***Arts & Sciences***

Tatsume

***Bardic***

Teleri the Well-Prepared

***Court Painter***

Richard Wyn

***Heavy Weapons***

Carlyle Jamesson

***Rapier***

Illaria de Gandia

***Youth***

Wulfgar of Skye

**Baronial Appointees*****Warlord***

Lord Griffin Wharvager

Business meetings are held the 3<sup>rd</sup> Sunday of the month at 7pm at 7981 Eastern Ave, Silver Spring MD 20910. Plenty of parking on the street and the Kennett Street Garage just behind building. One quarter mile from SS Metro. Beltway to exit 31 for MD-97 S (Georgia Ave). Go right on 16<sup>th</sup> St. Take until the weird and complicated intersection at Eastern Ave; there's a turn on the right, one ahead and leftish, and one to the left. Go all the way left. The building has vines on either side of the courtyard entrance. You can park on the street, or just after the building, turn left to find the parking garage (free on Sundays). Walk through the courtyard to the back, to the lobby (there are lots of trees/ plants - you can't see the lobby from the street).

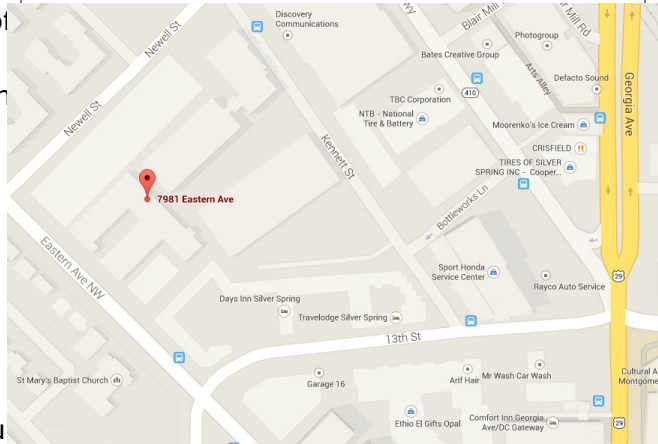
Fight practice (heavy and rapier) and dance practice are held each Monday at St. Andrew's Episcopal Church, 4512 College Ave., College Park, MD 20740, at the corner of College Ave and Princeton Ave. off of Route 1, south of Paint Branch Pkwy. 7 blocks from the College Park/U of MD Metro on the Green Line.

Archery practice on Sunday 11:00am at Adelphi archery range, 2800 University Blvd E, Adelphi, MD 20783; equipment-making at Lord Cameron's during inclement weather.

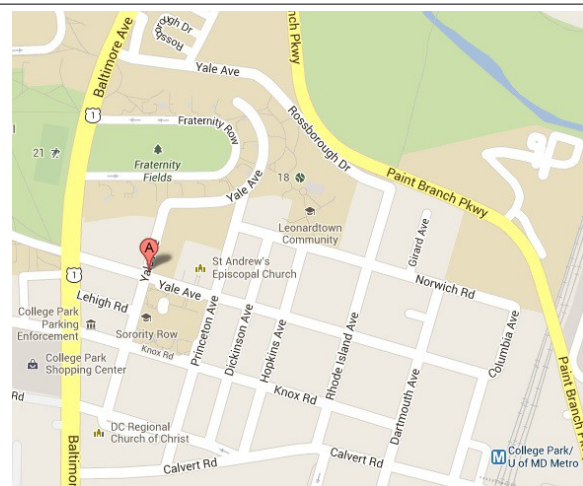
A&S in Silver Spring: 7981 Eastern Ave, Silver Spring MD 20910.

Early Northern European Adhocracy: 9426 Canterbury Riding, Laurel, MD. Free unassigned parking. One cat.

Scriptorium: 9565 Fort Foote Rd, Fort Washington, MD 20744, can pickup from Huntington Metro with prior arrangements. On-street free parking. Two cats.



7981 Eastern Ave, Silver Spring MD



4512 College Ave., College Park, MD 20740