

cesses

#7

The Phoenix June '83

- Wed 1st-Deadline for July Crown Prints
Sat 4th-(Local) Archery Practice, 10am, 3555 W Olive, Fresno, 227-4750
-Isles Anniversary, Details in May Crown Prints.
-Midsummer Night Masque, Details in May Page.
Sun 5th-(Local) Picnic at Bass Lake, Contact Thom the Tanner at
227-4570 for details.
-(Local) Fighting Practice, 1pm, Radio Park, Fresno
-(Local) Musicians' Guild, Mylrune, Call Seneschal for details
Mon 6th-(Local) Nordwache Baronial Meeting, 7:30pm, 1375 N College, Fresno
Tue 7th-(Local) Fighting Practice, 6pm, Radio Park, Fresno
Wed 8th-(Local) Musicians' Guild Performance @ King's County Faire
Fri 10th-Deadline on reservations for second session of the Baronial
Academia
-(Local) Canton of Mylrune Business Meeting
Sat 11th-(Local) Archery Practice, 10am, 3555 W Olive, Fresno, 227-4750
-Shire of Darkwell Newcomers' Meeting, 1pm, Beal Branch Library,
Call Seneschal for details.
-Heatherwyne Anniversary
11-12-Pike War, Kein Name Stadt, West Kingdom
-Silver Desert Championship Tourney, West Kingdom, See May Page
-Southern Shores Warlord Tourney, West Kingdom
Sun 12th-(Local) Fighting Practice, 1pm, Radio Park, Fresno
-(Local) Musicians' Guild, Mylrune, Call Seneschal for details
Mon 13th-(Local) Scribes' Guild, 7:30pm, 1715 W Clinton #128, Fresno,
Call 441-7416 for details.
-(Local) Armorers' Guild, 7:30pm, 1268 N Ferger, Fresno, 445-1295
-(Local) Fighting Practice, 6:30pm, Lemoore Park, Call Soren
Blackham, 582-0387 for details.
Tue 14th-(Local) Fighting Practice, 6pm, Radio Park, Fresno.
Wed 15th-DEADLINE FOR JULY PHOENIX
Sat 18th-(Local) Second Session of the Baronial Academia, details inside
-St. Attila's Feast and Revel, Beal Park, Shire of Darkwell
-Canyons Summer Ball, See May Crown Prints
18-19-June Crown, West Kingdom, See May Page
-Calafia Cantonese War, See May Crown Prints
Sun 19th-(Local) Musicians' Guild, Mylrune, Call Seneschal for details
-(Local) Fighting Practice, 1pm, Radio Park, Fresno
Mon 20th-(Local) Embroiderers' Guild, 7:30pm, 1376 N College, Fresno,
4486-1479 for details.
-(Local) Armorers' Guild, 7:30pm, 1268 N Ferger, Fresno, 445-1295
-(Local) Fighting Practice, 6:30pm, Lemoore Park, Call Soren
Blackham, 582-0387
Tue 21st-(Local) Fighting Practice, 6pm, Radio Park, Fresno
Fri 24th-(Local) Pavillion Workshop, Mylrune, Call Seneschal for details
Sat 25th-Gyldenholt Anniversary, See May Crown Prints
-(Local) Archery Practice, 10am, 3555 W Olive, Fresno, 227-4750
25-26-Intra-Kingdom War, West Kingdom
Sun 26th-(Local) Musicians' Guild, Mylrune, Call Seneschal for details
-(Local) Fighting Practice, 1pm, Radio Park, Fresno
Mon 27th-(Local) Fighting Practice, 6:30pm, Lemoore Park, Call Soren
Blackham, 582-0387 for details
-(Local) Scribes' Guild, 7:30pm, 1715 W Clinton #128, Fresno,
441-7416 for details
-(Local) Armorers' Guild, 7:30pm, 1268 N Ferger, Fresno, 445-1295
Tue 28th-(Local) Fighting Practice, 6pm, Radio Park, Fresno,
NOTE: If you have a question about Riesling Fighting Practices,
contact Thorbjorn Half-Ax at 441-7416.

To those of us raised in the 20th century with its prepackaged food and 24 hour convenience, shopping for food in Medieval London seems incredibly complex. Foods could only be sold at certain times and at designated places. Often, entire streets were devoted to the selling of one commodity, such as bread or wine. However, other markets were set up at various locations and held only at special times. Other wares such as shell fish or salt fish could only be sold by itinerent vendors.

Markets were called "cheaps", which was derived from the early Anglo-Saxon word ceap, which means "to buy". The primary market in Medieval London was called The Chepe and was divided in to two areas. Eastchepe and Westchepe. On occasion, there were evening chepes. They were, however, limited by city government as they had a tendency to draw prostitutes and fencers of stolen goods, in addition to food vendors.

The large country estates owned by the nobles were largely self-sufficient. When nobility were living in town, most of their households' needs were met by their estates as well. Even the most self-reliant establishments did find it necessary to purchase specialty items for exotic dishes and imported foods and spices needed for day to day living. In general, it was the small landowners, middle class and the poor who depended most on the markets. Because so many people were dependent on the availability, cost and quality of the foods sold in the chepes, all these factors were closely regulated and violaters severely punished.

Bread products were to be found on Bread Street, where there were at least four types of vendors. Retail Bakers, who sold their own breads, Reqraters, or Wholesalers who bought bread from others and resold it to their own customers. There were also Public Bakers who provided oven space for people to bring their own dough and finally, Pie Bakers, who sold ready to eat pies of fruit, meat, fish or poultry. These pies ranged in size from small snack sized pies to large meat pies suitable for feeding a large family. A sort of medieval "take-out". All commercially sold breads and pies were stamped with the seal of its baker. Since the weight, content and quality were carefully checked, it was possible to trace a sub-standard product to its maker. Anyone convicted of bread fraud was sentenced to the pillory or to be drawn through the streets of London on a hurdle with the defective product

12
tied around the offenders neck. Any baker huddled more than three times was made to leave the city.

Another vital commodity was wine and it could be purchased at "The Vintry". In addition to wine, one could also purchase beer, ale, flavored vinegars and sauces for cooking, like Green Parsley sauce or Yellow Saffron sauce.

Imported wines were met at the dock, assayed, officially sealed and their prices set, based on quality. It is interesting to note the many laws against the selling of red and white wines at the same establishment. Wines could be mixed or sold together only if their original components "grew together". The stated reason was that mixing was unhealthy, but it may partly have been to prevent adulterations. It was not uncommon for unscrupulous wine merchants to mix good wine with bad or even to counterfeit fine wines. Transgressors were forced to drink their own brews and spend time in the pillory.

Beer and ale were also sold in bulk or in taverns by the mug. These brews were supposed to be made from waters in near by wells and streams, but brewers frequently stole water from public conduits causing water shortages for their neighbors. Getting caught resulted in forfeitures of equipment, but it didn't seem to deter many brewers.

The measures used to sell beer and ale were required to conform to official standards and were stamped with their makers mark. Ale house owners frequently spread thick layers of pitch in the bottom of these measures to defraud their customers. Women seemed to have been the most frequent perpetrators and many alewives spent a good deal of their time on the Thewe, the women's pillory.

Salt was to be found on Salt Street in various forms, colors, grades and prices. Salt was important not only as a food flavoring, but was vital as a preservative, especially for meats and fish.

St. Nicholas Fleshshambles was the street of the Butchers. Shambles was a medieval term for a slaughter house. All meat had to be cut by noon and sold by Vespers.

Fish selling was very tightly regulated. It could be sold only at specified times and places. For example, imported lampreys could only be sold at St. Margaret's Place on Bridge Street. Fish caught from the Thames could only be sold at the conduit beneath the walls of St. Margaret and beneath the walls of St. Mary Magdalene's on Old Fish Street. Fish could not be sold to cooks or wholesalers before 10:00 a.m., but could be sold to private homes.

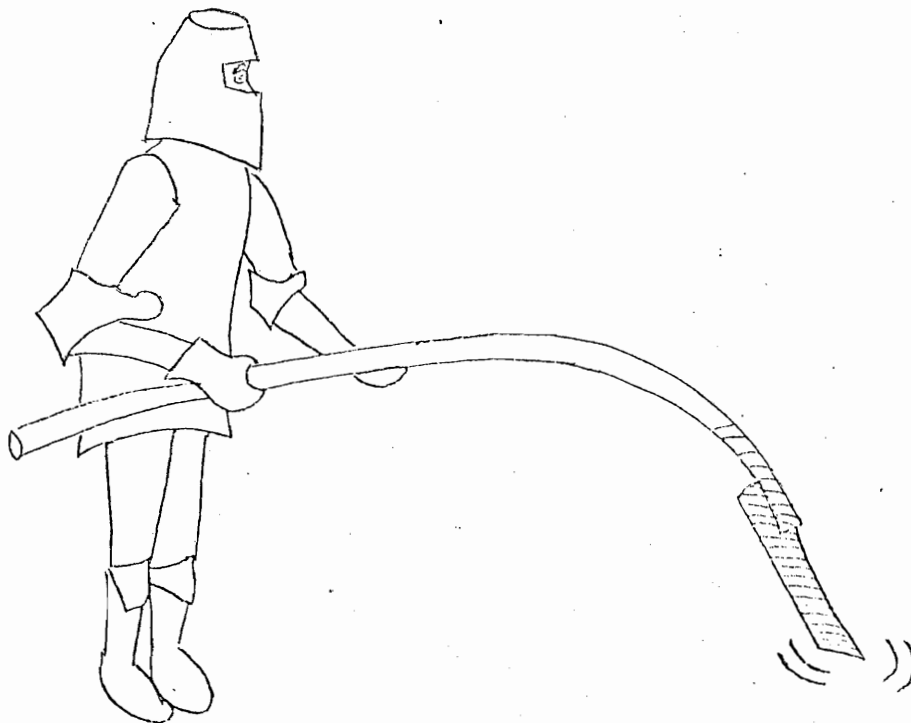
Most poulterers were "Foreigners". A Foreigner was not only some one from outside England, but any one from outside London. They

could sell only from the Carfuke in Ledenhall and the pavement in front of Friar's Minor. Poulterers were forbidden to sell wholesale before 6:00 a.m., but could sell to freemen of London. The early bird not only got the worm, he also got cut-rate chicken.

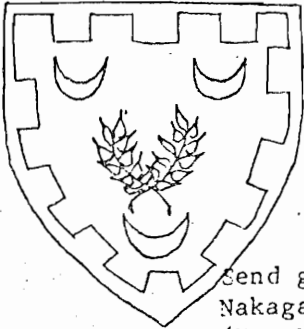
We tend to think of consumer protection as a product of our own times. It is interesting to realize that this was as important a concern 800 years ago, as it is today. Twentieth century man can relate more readily to his medieval ancestors when it is understood that many problems faced then are still problems today.

This is only a very general discussion of this topic. Food customs and characteristics are covered in great depth in Madeleine Pelner Cosmans' Fabulous Feasts, from which this article is largely drawn. Another source is Marjorie Rowling's Life in Medieval Times. Both of these books show that history is composed of living people whose minds we can reach back and touch, not merely names buried in obscure books.

I would like to thank Lady Eleanor for the preceding article. We would like to see more of this type of thing in the newsletter so that everyone could become more knowledgeable about the Middle Ages.



They must be making grey tape heavier these days.



ADRIAN - CALSAID
King - Queen of CAID

April 29, XVII (1983)

Send greetings unto
Nakagawa Gengi
(Ken Kawasaki)
1376 N. College
Fresno, CA 93728

My Lord Seneschal:

April 23, XVII is destined to go down in the history of our reign as one of its high points. We would like you and the people of the Province of the Setting Sun, Mylrunne and Riesling to know just how much we enjoyed the day and their hospitality.

We take this opportunity to thank all of those who made the day enjoyable for us, and who showered us with gifts past counting. It was a true pleasure getting to know and meet the people in your are. This short missive cannot adequately express the gratitude we felt for our reception. Thank you, all of you!

May the Province of the Setting Sun grow and prosper.

Yours in service to Caid,

Adrian Rex

3911 E. ROBERTA DR. - ORANGE, CA. 92669

Jan. 1983

10th Anniversary

On July 9-10 Rieslingshire will hold its 10th Anniversary and Prize Tourney at Bass Lake.

Site fee will be \$2 per person for the entire weekend.

There is no running water, but water will be provided. There are toilet facilities on the site. So don't worry.

HEY CRAIG! IT IS A WET SITE!!!!

Prizes will be donated for the tourney. If you have something that you would like to donate, please contact me.

Contests will be:

Jewelry	Armoury
Needlework	Music
Brewing	Cooking
Calligraphy	Metal work

Please make reservations as soon as possible.

Any and all help will be greatly accepted with open arms.

Contact either Thom the Tanner at 227-4750 or myself, Karren of Moon Wind Lake at 486-8089.

Additional Note: The anniversary celebration will also be the site of the investiture of our Baron and Baroness, so, it now is the time to start thinking about how we can make this a truly special occasion.

Area Seneschals

Nordwache:	Nakagawa Genji	486-1479
Silveroak:	Benedict Parrot	733-1574
Mylrune:	Bjorn Stearne	924-9306
Rieslingshire:	Thom the Tanner	227-4750



The
w
y
C
a
u
l
f
l
o
w
e
r
s
C
a
u
l
f
l
o
w
e
r
s

PASTY TURNOVER FILLING (for 8 pies)

- | | |
|---|--|
| 8 eight in pastry circles | 2 cups broccoli |
| ½ lb cubed cooked chicken or
chicken substitute* | 2 cups cauliflower |
| 1 yellow onion, chopped | 1 cup sliced mushrooms |
| 1 scallion, thinly sliced | 1 carrot, sliced |
| 1 turnip, cubed | ½ tsp each, parsley, sage, rosemary
thyme, marjoram, basil, salt,
pepper, garlic |
| 2 stalks celery, sliced | |
| 2 med potatoes, cubed | |

*If you use regular chicken add 2 cups water and a cube of chicken broth for stock, for vegi-chicken just add 1 cup water to broth in can.

Place chicken and broth in large pot and bring to slow boil while preparing vegetables. Add vegetables to pot, cover and simmer for approximately 30 min (I usually make my pastry at this time). Make sure to keep filling stirred so it doesn't burn. When potatoes and turnip are thoroughly cooked, turn off heat and remove filling from stove. Place approximately 2/3 cup filling on each pastry circle, fold in half, moisten inner edge with water and press together gently with fork. Brush top lightly with butter and prick holes in surface with fork. Bake in 400 degree oven for 25-30 min or until golden brown.

Thanks to Morgana Rhys for her recipe. We would like to see this become a regular feature of the newsletter, so if you have a recipe to share let us know.

Baronial Academia

Session II

June 18 INTENSIVE COSTUMING SEMINAR

1-5pm @ home of Lady Eleanor of Almedan, 1376 N College, Fresno, 486-1479. Conducting the session will be Mistress Amanda of Cawdor, Lady Merin Trefon Shazirr and Lady Eleanor of Almedan. Session will cover from the first glimmer of an idea to the finished product. A field trip to a fabric store will be taken to discuss suitability of various fabrics. Please bring pad and pencil. \$1 fee-please make reservations by June 10.

Session III

Aug 20 BOBBIN LACE (TENTATIVE)

Please contact Lady Eleanor of Almedan for further details. Confirmed attendance is asked for as soon as possible.

EDITORS OF THE PHOENIX

Modnar the Hawk and Morganthe of the Shadows

(Tom & Faith Asdell) 224-1816

1348 E San Bruno #A

Fresno, Ca 93710

Dear Friends,

The Barony is updating its computer printout and resources list. To make sure you are included of our list and receive your copy, please fill out the following questionnaire. (See next page) Return the completed form to your local seneschal or the chatelaine as soon as possible. Thank you for your co-operation.

Morgana Rhys

Baronial Chatelaine

Subscriptions to the Phoenix are \$5.50 a year. If you are reading a friend's copy, how bout getting your own subscription? Pay your money to Lady Merin Trefon Shazirr, 445-1295.

ALSO We want to hear from you! If you have something to contribute to the Phoenix, please, send it to us or give us a call, our phone number & address are in every issue.

Morganthe of the Shadows

MUNDANE NAME _____ PH. () _____

ADDRESS _____

OCCUPATION _____

SCA NAME _____

TYPE OF MEMBERSHIP _____

AWARDS OR RANK HELD IN SCA _____

BRIEF DESCRIPTION OF YOUR PERSONNA _____

HOBBIES AND TALENTS (SCA AND MUNDANE) _____

WOULD YOU BE WILLING TO TEACH OTHERS YOUR CRAFT? _____

WOULD YOU BE WILLING TO DONATE EITHER PICTURES OR SOME EXAMPLE OF YOUR CRAFTSMANSHIP FOR A PERMANENT BARONIAL DISPLAY? _____

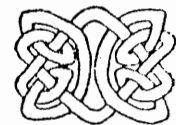
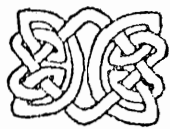
WHAT WOULD YOU PERSONALLY LIKE TO LEARN OR ACHIEVE IN THE SCA? _____

WHEN YOU SHOP FOR SCA EVENTS, FROM FOOD TO CLOTHING TO TENTS, WHAT ARE THE NAMES OF YOUR FAVORITE SHOPS?: _____

DO YOU KNOW OF ANY SITES IN YOUR AREA WHERE AN SCA EVENT MIGHT BE HELD? _____

ARE YOU INTERESTED IN CARPOOLING? _____

WOULD YOU BE WILLING TO SUPPLY HOSPITALITY (CRASH SPACE AND BREAKFAST) FOR OUT-OF-TOWNERS AT LOCAL EVENTS? _____



Abbot Edmund Adamant

Seagire

ABBOT EDMUND CAME DOWN TO HIS FLOCK
HIS CAREFUL WATCH TO KEEP
HE WATCHED HIS FLOCK BY DAY AND NIGHT
AND HE WON THE HEART OF A SHEEP.

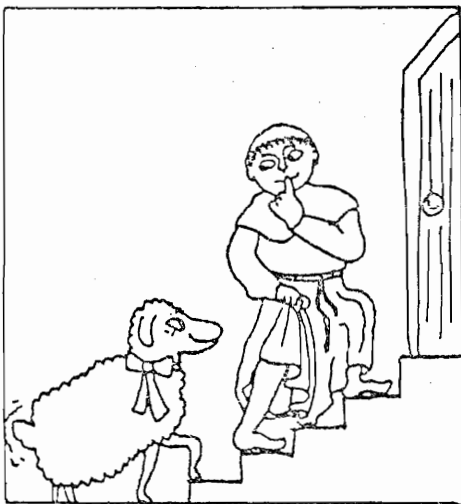
CHORUS: ABBOT EDMUND ADAMANT
MOST CAREFUL WATCH DOES KEEP
HE IS A SHEPHERD OF OUR CHURCH
AND VERY FOND OF SHEEP

(Tune: Gypsy Rover, 704)



HE OFTEN CAME DOWN TO HIS FLOCK
TO HEAR THEIR CONFESSION.
HIS PENANCES ARE NEVER HARD
AND SOMETIMES THEY'RE QUITE FUN. CH.

HE WOULD HEAR THEIR WOOLLY SINS,
AND THEN HE WOULD THEM BLESS.
BUT WHAT COULD HE DO WHEN THIS LADY SHEEP
HER LOVE FOR HIM DID CONFESS? CH.



IT WAS A VERY HARD PROBLEM.
IT FAIRLY MADE HIM WEEP.
I HAVE TAKEN MY CELIBATE VOWS,
BUT DO THEY APPLY TO SHEEP? CH.

ABBOT EDMUND ADAMANT
ABBOT EDMUND BAA
ABBOT EDMUND ADAMANT
THE LITTLE SHEEP CALL HIM "PA."

