

Tisane



ti-sane ti-'zan, -'zän, n.

Etymology: Middle English, from Middle French, from Latin *ptisana*, from Greek *ptisanē*, literally, crushed barley, from *ptissein* to crush - *Date:* 14th century : an infusion (as of dried herbs) used as a beverage or for medicinal effects

HEADLINES

Provisional Pennsic Class Schedule!

Mission Statement:

The goal of the Eastern Kingdom Herbalists and Apothecaries' Guild is to encourage study, teaching and practice of medieval herb uses, as well as study of medieval apothecary and pharmacy practice, in the East Kingdom. The Guild should serve as a conduit for herbalists and apothecaries in the kingdom to communicate with and learn from each other, and to disseminate knowledge about medieval herbalism and pharmacy to others.

Report from the Agitatrix:

Dzien Dobry! (That's "Greetings" in Polish)

We are going to have a meeting at Pennsic: please come. We will be trying to hammer out some rankings stuff and pick a badge to register. Then we'll talk about herbs a lot.

In the fall, we are having a herb track at Metalsmith's Symposium (November 12-14) in Montevale, and a herb track has been requested for the Nordenhall Wear Schola in October. We are still looking for a group to host an Herb event in 2005-- Settmour Swamp may be interested. I'm really trying to recruit you all to teach or to write for the *Tisane*-- "if we do not share knowledge, we

Continued on page six

To get on our mailing list, e-mail to joanne@jafath.com or drop an old-fashioned note to the return address on the mailer. If you are on line, join us on the sca-herbalist mailing list (go to www.yahogroups.com/subscribe/sca-herbalist to sign up) or the East-specific EK-Herb (sign up from www.eastkingdom.org/herb).

While you're on line, take a look at our website at www.eastkingdom.org/herb

Do you have a favorite herb, gardening tip, historical tidbit, or recipe? Maybe a review of a book you think the world should share? That's perfect for this newsletter — send it to the Chronicler!

Preliminary Herb-Related Class Schedule Pennsic 33

NOTE: This preliminary version of the schedule is provided as a general guide: be sure to check the official Class Schedule at Pennsic for changes and updates. .

Thursday August 12th					
Time	Location	Class Name	Teacher	Fee	Subject
10:00 AM	AS Point	Weedwalk	Sadira bint Wassouf	\$0.00	Herbs & Gardens
12:30 PM	AS 3	Feeding Galileo	Mairi Ceilidh	\$0.00	Culinary Arts
2:30 PM	AS 12	Scented Gloves & Pomanders	Gianetta Lucia Alegretta	\$0.00	Clothing: Accessories
5:30 PM	AS 12	How to Choose a Period Cookbook	Brangwayna Morgan	\$0.00	Culinary Art

Friday August 13th					
11:00 AM	AS 13	The Samurai Chef: Japanese Food & Food Culture	Solveig Thronardottir	\$6.00	Culture: Asian

Saturday August 14th					
11:00 AM	AS 13	Bread for Breakfast	Ardenia A Ruadh	\$0.00	Culinary Arts
2:00 PM	AS 8	Pease Pottage & Green Cheese: Common Folks' Victuals	Olwen Bucklond	\$0.00	Culinary Arts

Sunday August 15th					
9:00 AM	AS 9	Scents of the Middle Ages	Jadwiga Zajaczkowa	\$0.00	Herbs & Gardens
10:00 AM	Private Camp	Dyeing with Weld	Thora Sharptooth	\$0.00	Fiber Arts: Dyeing
10:00 AM	AS 9	Parsley on the Plate?	Bryn Ni MacRose	\$0.00	Culinary Arts
10:00 AM	AS 5	Preserving Meat Without Refrigeration	Giles fitz Alan	\$0.00	Culinary Arts
10:00 AM	AS Point	Weedwalk	Sadira bint Wassouf	\$0.00	Herbs & Gardens
11:00 AM	AS 8	Medieval Pottage	Christopher Calhoun	\$0.00	Culinary Arts
1:30 PM	AS 4	Eat Like an Elizabethan	Katherine Mercer	\$0.00	Culture: Elizabethan
2:00 PM	Private Camp	Henna Party	Zimra al-Ghaziyah	\$0.00	Culture: Middle Eastern
2:00 PM	AS 13	Inter-Kingdom Brewers Guild Competiton	Zuriel Nightshade	\$0.00	Brewing & Vintning
3:00 PM	AS 3	Laurels' Inspirational Tea & A&S Gathering	Damiana Ilaria d'Onde		SCA Life

Monday August 16th					
9:00 AM	AS 9	Medieval & Renaissance Gardening	Jadwiga Zajaczkowa	\$0.00	Herbs & Gardens
11:00 AM	Private Camp	History of Decorative Henna	Ghazalah al-Badriyyah	\$0.00	Culture: Middle Eastern
1:00 PM	Private Camp	Techniques for Molding & Sculpting Marzipan	Olwen the Odd	\$2.00	Culinary Arts
2:00 PM	AS 10	The Medicinal Origins of Cordials	Irinka Z Poznania	\$0.00	Brewing & Vintning
5:00 PM	AS 12	Infused Sugars	Ardenia A Ruadh	\$0.00	Culinary Arts

Tuesday August 17th					
9:30 AM	AS 4	Anglo-Saxon Magic	Arastorm	\$0.00	Miscellaneous Sciences
11:00 AM	Private Camp	Henna on Hair	Ghazalah al-Badriyyah	\$0.00	Culture: Middle Eastern
3:00 PM	AS 4	Feeding Galileo	Mairi Ceilidh	\$0.00	Culinary Arts
4:00 PM	AS 13	Cheesemaking (Part 1): The Lecture	Magdalena Kestrel	\$0.00	Culinary Arts
4:00 PM	AS 12	Scented Oils & Waters	Jadwiga Zajaczkowa	\$3.50	Herbs & Gardens
7:00 PM	AS 12	East Kingdom Herbalists & Apothecaries Guild Meeting			

Wednesday August 18th					
9:00 AM	Private Camp	To Dye or Not to Dye	Seelie Brianna Sutherland	\$3.00	Fiber Arts: Dyeing
11:00 AM	Private Camp	Chemistry of Henna, Period & Modern	Ghazalah al-Badriyyah	\$0.00	Culture: Middle Eastern
12:00 PM	AS 13	Cheesemaking (Part 2): The Lab	Magdalena Kestrel	\$0.00	Culinary Arts
12:00 PM	AS 8	Hildegard of Bingen	Irinka Z Poznania	\$0.00	History: Religion
3:00 PM	AS 13	Medieval Style Mustards	Jadwiga Zajaczkowa	\$0.50	Culinary Arts

Thursday August 19th					
9:00 AM	AS 12	Preserving Meat Without Refrigeration	Giles fitz Alan	\$0.00	Culinary Arts
9:00 AM	Private Camp	To Dye or Not to Dye	Seelie Brianna Sutherland	\$3.00	Fiber Arts: Dyeing
11:00 AM	AS 13	Bread for Breakfast	Ardenia A Ruadh	\$0.00	Culinary Arts
11:00 AM	AS 8	Hildegard of Bingen	Irinka Z Poznania	\$0.00	History: Religion
12:00 PM	AS 4	History of Bread	Miriam Ester bat Issachar	\$0.00	Culinary Arts
12:00 PM	AS 13	The Medicinal Origins of Cordials	Irinka Z Poznania	\$0.00	Brewing & Vintning
1:00 PM	AS 5	Period Islamic Cooking	Cariadoc of the Bow	\$0.00	Culinary Arts
2:00 PM	AS 5	Cooking from Primary Sources	Cariadoc of the Bow	\$0.00	Culinary Arts
2:30 PM	AS 10	Scented Gloves & Pomanders	Gianetta Lucia Alegretta	\$0.00	Clothing: Accessories
4:00 PM	AS 10	How to Choose a Period Cookbook	Brangwayna Morgan	\$0.00	Culinary Arts

Friday August 20th					
10:00 AM	Private Camp	Period Henna Design	Ghazalah al-Badriyyah	\$0.00	Culture: Middle Eastern
11:00 AM	Private Camp	Henna Party	Ghazalah al-Badriyyah	\$0.00	Culture: Middle Eastern



Competition —

In the thirteenth annual Northern Lights Arts & Sciences Pentathlon, Lady Elizabet Marshall won Herbalism with a selection of Feverfew preparations.

Lady Oksana Goncharova, an EKHAG member, won first place with 47.2 out of 50 points. (Oksana's points came in other fields than herbalism.)

Continued from page one

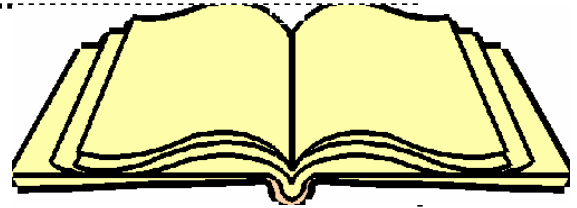
will all share ignorance" as the saying goes. Also, consider entering A&S competitions and exhibitions during the course of the year.

See you at Pennsic, online or at other events!

-- Jadwiga

BOOK REVIEW

Farming in the First Millenium A.D.: British Agriculture between Julius Caesar and William the Conqueror, by Peter Fowler. (Cambridge: Cambridge University Press, 2002).



The book looks at primarily archaeological evidence for farming in Britain, including old ploughing patterns visible in deserted villages, livestock remains, tool remains. Documentary evidence is included when available. Photographic and line drawing illustrations draw on modern re-creations as well as archeology. The author is very clear about what sources he uses and the range of sources available. There is an interesting discussion of the development of the plough, sizes and prevalence of animal species in investigated sites, types of technology, and other fascinating topics. The list of resources is large and excellent, and provides a good jumping-off spot...

-- Pani Jadwiga Zajackowa

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