

The Citadel

July 2023

During the Reign of:

Their Royal Majesties King Louis and Queen Sadb.

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Letters from the Officers

From Their Excellencies, Baron Malachy and Olaf;

Dearest Barony,

We're entering the hot seasons of the year and hear the call of war drums from lands to our east. Their Royal Majesties, Louis and Sadb, have arranged that our upcoming Pennsic war shall be a friendship war fought for no war points.

We have a lovely summer event season coming up, and most of them the familiar ones of old. The plague was able to slow us down, but not stop us. We're thus looking forward to seeing everyone enjoying camaraderie, combat, feast and song with each other.

This issue of the Citadel is dedicated toward the Survival of Pennsic. Our main foe as we enter this season of war is primarily heat, and our own conditioning. Even if you have no intention of boiling your brains under a shiny helmet, you must still face heat and dehydration. To armor yourselves against these foes, we make some general recommendations:

- Checklists! Your friends will have many, and this issue shall contain accumulated wisdom of things to be mindful of in your preparation for events. Even if you have prepared the best of plans, if you forget something important it can add unpleasantness to your ventures.
- Hydration! Of primary importance is ensuring you have enough water to sweat and keep yourself cool. You can't have too much water with you. Depending on the event, easy access to water may be difficult so always bring plenty.

- Shade! Many events will occur in places where some shade is available, but often it is scarce or at a premium. Period shades are nice, but all shade is grand. Coordinate with your friends to share some and be generous with it if you have extra.

Shading your head is also key to keeping yourself cool. Consider good head covering options that are appropriate for your persona. Straw hats are great options if you've nothing more appropriate. - Mind your conditioning! Even our combatants have need of minding their condition. You can be in excellent health, and yet still not be acclimated to hot weather. Monitor your own health, and look in on your friends. If they're asking if you've had water, they're asking, "How are you feeling?"

If you have medical conditions that complicate hot weather, let some friends know. These

can be things that impact your ability to sweat or even make you more sensitive to the sun.

Watch your health, and that of your friends. We look forward to time with you all.

- Malachy and Olafr, Barons of Cynnabar

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Malachy

Cynnabar Events

Baronial meetings usually held at People's Presbyterian Church, located at [210 Smith St, Milan, MI, 48160](#) and weather permitting, are held outdoors.

By tradition, the second and fourth Thursdays (unless otherwise noted) are Baronial Business meetings.

The third Thursday is reserved for something usual A&S (Arts and Sciences) oriented)

Armored combat and Fencing practices are announced on the Cynnabar Facebook page.

Celtic Festival is happening again! It will now be at the Washtenaw Farm Council **July 7th and 8th, 2023** This is a fun demo that gives us the opportunity to show case our skills to the public. We get a small stipend, but we also get visibility and possibly recruit a new member or two.

Fall Revel is scheduled for September 17, 2023. uned. This is a great way to wind down from the Summer months (and heat!) and enjoy the fall, crisp air while spending time with friends.

A Grand Day of Tournaments - October 28, 2023

To all Royalty, knights and gentles of cote armor, greetings. Know that upon the twenty eighth day of October in the two thousand and twenty-third year of our Lord, by leave of Their most noble majesties, a Grande Tournament will be held in the Barony of Cynnabar.

All gentles at arms are invited to present themselves in proper panoply for a day of festivities and combat à plaisance. There shall be many festivities and sport for both warrior and spectators alike - including our ferocious lion, youth activities, games, and the gambling pit.

Twelfth Night, Jan 6, 2024: Details to follow

For all these events, it takes people to make these things happen. Please think about volunteering a little bit of time to each of these upcoming events. It helps our Event Stewards a great deal, and makes the entire event a success. Thank you so much!

Additional Events available! <https://midrealm.org/events-calendar/>

The [Cynnabar University](#) and Showcase :

- Cynnabar University will be available via ZOOM – you must sign up for hosting or viewing/participating, please contact our Chatelaine at cynnabaruniversity@gmail.com
- Cynnabar Showcase will be less formal, to offer more opportunities to share the AMAZING things that you do! Please use [#CynnabarShowcase](#) so we can link the amazing together!

The [Cynnabar Webpage](#) is up to date with announcements and our group's online presence.

Events in discussion within our Barony, please contact Their Excellencies or Mistress Giovanna for opportunities to participate and/or assist:

Normal meetings/fight practice/dancing/herald nights, check Cynnabar.org for content:

(Thursdays 6:30 PM - 10:00 PM) -

Pennsic Tourism 2023

By Johnnae Ilyn Lewis, CE

Pennsic Tourism 2023

The Golden Anniversary Pennsic War, (yes number 50,) will be held 28 July – 13 August 2023 at Cooper's Lake Campground in Pennsylvania. The official Facebook link is <https://www.facebook.com/pennsic/> but there are numerous unofficial groups as well. The Wikipedia entry on the War is https://en.wikipedia.org/wiki/Pennsic_War.

<https://www.pennsicwar.org/> is the link to the main website. Here are some updated and useful resources for exploring the nearby area when a kids' day offsite or perhaps Ladies' day offsite is warranted. I know it's almost heresy to suggest the children might like to see the dinosaurs or visit the zoo/aquarium, but sometimes it's true a day away helps break up the war or provides an alternative activity. Here are some helpful sites to check out:

Pennsylvania Tourism

<http://www.visitpa.com>

Toll Free (for tourism information): 800-VISIT-PA

The 2023 Pennsylvania Happy Traveller Magazine may be ordered or viewed online at:

<https://www.visitpa.com/free-happy-traveler-guide>

Don't delay if you want to order maps or guides to the area. GPS may or may not provide all the information you need. Or plan on stopping at the Visitor Welcome Center (*for example- eastbound on I-80 at the 1/2 mile marker*) on the way into Pennsylvania to pick up maps and guides. The region is Pittsburgh and Its Countryside.

To the South lies Pittsburgh and its Countryside

<http://www.visitpa.com/pittsburgh>

More Local Information [VisitPittsburgh](http://www.visitpittsburgh.com/) <http://www.visitpittsburgh.com/>

Pittsburgh is advertising itself as “Only in Pittsburgh.” Suggestions include:

Take the youngsters to see the dinosaurs at the **Carnegie Museum of Natural History.**

<http://www.carnegiemnh.org/> “*Dinosaurs in Their Time* is the first permanent exhibition in the world to feature scientifically accurate, immersive environments spanning the Mesozoic Era—the Age of Dinosaurs—arranged chronologically and filled with actively posed original fossil specimens.” Exhibitions described here:

<https://carnegiemnh.org/explore/explore/exhibitions/>

Special summer hours! (Memorial Day through Labor Day) Monday: 10 a.m.–5 p.m.

Tuesday: CLOSED. Wednesday: 10 a.m.–5 p.m. Thursday: 10 a.m.–8 p.m. Friday: 10 a.m.–5 p.m. Saturday: 10 a.m.–5 p.m. Sunday: noon–5 p.m. Admission charged. Timed tickets available.

Just down the street from that museum, there's also the **Carnegie Museum of Art** at 4400 Forbes Avenue. **Web Address:** www.cmoa.org

Pittsburgh Zoo + PPG Aquarium

The Pittsburgh Zoo + PPG Aquarium is the home to over 400 species, including 22 threatened or endangered species and more than 2,000 animals. The Pittsburgh Zoo is one of only five zoo and aquarium complexes in the country.

<http://www.pittsburghzoo.org/>

To the North

Located just a few miles north of the campground can be found the **Grove City**

Premium Outlets offering 130 shops and restaurants. Address:

I-79 and Rte. 208, Exit 113 or **Grove City Premium Outlets**, 1911 Leesburg Grove City Road, Grove City, PA 16127

<http://www.premiumoutlets.com/outlet/grove-city/stores>

To the East:

Butler County Tourism & Convention Bureau

URL: <http://www.visitbutlercounty.com>

To the West:

New Castle and Lawrence County

URL: <http://www.visitlawrencecounty.com/>

Contributed by THL Johnnae llyn Lewis, CE

Preparing for Pennsic: Online Sources

At this time of year, all thoughts turn to Pennsic. Part one of this article covered tourism in and around the site of the War. For those seeking advice on what to take or not take, there are these helpful sites and articles:

“Pennisic” as a term *Googles* an amazing 413,000 entries in 2014, up from 124,000 entries in 2009! The Wikipedia article http://en.wikipedia.org/wiki/Pennisic_War is a good one in case you have to explain to parents or non-SCA friends where and what you will be doing.

The official site is <http://www.pennisicwar.org/penn43/> On Facebook check out

<https://www.facebook.com/groups/pennisicwar/>

If this is your first war, be sure and check out

<http://www.pennisicwar.org/ANNUAL/guide.html>

which provides a great deal of newcomer information and links to helpful articles such as *Bart the Bewildered's Pennsic War Guide and Checklist Campaigner's Notes*.

The site is Cooper's Lake Campground. <<http://cooperslake.com/home/index.php>>

The *Pennisic Independent* website is at <<http://www.pennisicindependent.com/>> If you can't attend the War, a subscription to the *Pennisic Independent* keeps one informed at home and allows one to know in part what is happening. The website

<http://www.pennsic.net/> no longer seems to be updated in any comprehensive manner, so use it for historic purposes only.

Want to see or browse through Pennsic photos? Try <http://www.flickr.com/> and search under “Pennsic.” One can also search under groups or baronies, such as “pennsic cynnabar” or ‘pennsic midrealm.”

Stefan’s Florilegium has archived hundreds of posts and articles on the topic of the Pennsic War with even more posts containing valuable advice on summer camping, cookery at wars, etc. See <http://www.florilegium.org/> Check under Categories for the “Pennsic” file, but also search under “Pennsic” for other posts in other areas.

Interested in the local weather. Go to: <http://www.weather.com/> and enter New Castle or Butler PA. Or try Slippery Rock.

Contributed by THL Johnnae llyn Lewis, CE
(BTW---my first War was Pennsic IV)

Recipes Associated with an English Summer

By

THL Johnnae llyn Lewis, CE

Now welcome, somer, with thy sonne softe,

Chaucer. *The Parliament of Fowls*. c. 1381

Among the oft-repeated instructions for carving and serving of various dishes and meats, Wynkyn de Worde's *The Boke of Keruyng* (Book of Carving) of 1508 contains suggested menus, which divide the season of Summer into two parts. The first part is from the Feast of Pentecost until Midsummer with the second being from Midsummer to Michaelmas. For those of us living in the 21st century who commonly think of Summer as the season between Memorial Day to Labor Day or more formally the days between the Summer Solstice to the Autumnal Equinox (or quite frankly those days between the end of the school year to the start of the school year), it might seem odd to think of Midsummer as being a specific date, but it is and was. Midsummer is also known as St. John's Day, celebrating the nativity and feast day of St. John the Baptist. The solstice may vary between June 20th and June 22nd. St John's Day is June 24th with St. John's Eve being June 23rd. So yes, Midsummer occurs just a few days after the Summer solstice! By tradition Midsummer was a time of revelry and bonfires. Shakespeare even has Olivia in the play *Twelfth Night* say, "Why, this is very midsummer madness," knowing his audience would be well aware of the merriment of a Midsummer eve and day.

Among the foods for late Spring until early Summer mentioned in the 1513 edition of *The Boke of Keruyng*, we find "befē, motton, capons" (which might be sodden or roasted), "Tussell charlet or mortrus with yonge geese, vele, porke, pygyons or chekyns roasted with payne puffed. ...Here endeth the

feest from Pentecost to mydsomer.” The suggested foods for “the feest of saynt Iohn the baptyst vnto Myghelmasse” include

“ potage, wortes, gruell, & fourmenty with venyson and mortrus and pestelles of porke with grene sauce.” Then follows: “Rosted capon, swanne with chawdron.” There follows “ potage,” “rosted motton, vele, porke,” and a selection of fowl, including “chekyns or endoured pygyons, heron.” Then come the “fruyters or other bake metes.”

The Boke of Keruyng. [London: Wynkyn de Worde, 1508, 1513.]

This advice regarding serving and carving of various foods along with the menus given in *The Boke of Keruyng* would be repeated in later cookery English books well into the late 17th century. Thomas Dawson in the late 16th century would repeat the same advice in *The Second Part of the Good Hus-wiues Iewell*. Dawson also includes this “goodlye” recipe which mentions summer.

A goodlye secret for to condite or confite Orenge, citrons, and all other fruites in sirrop.

TAke Cytrons and cut them in peeces, taking out of them the iuice or substance, then boyle them in freshe water halfe an hower vntill they be tender, and when you take them out, cast thē in colde water, leaue them there a good while, thē set them on the fire againe in other freshe water, doo but heat it a little with a smal fire, for it must not seeth, but let it simper a litle, continue thus eight daies together heating thē euery day in hot water: some heat ye water but one day, to the end that the citrons be not too tender, but change

the freshe water at night to take out the bitternesse of the pilles, the which being taken away, you must take suger or Hony clarified, wherein you must the citrons put, hauing first wel dried them from the water, & in wīter you must kēep thē from the frost, & in **Sommer** you shal leaue thē there all night, and a daye and a night in Honie, then boile the Honie or Sugar by it selfe without the orenge or Citrons by the space of halfe an hower or lesse with a little fire, and beeing colde set it again to the fire with the Citrons, continuing so two morninges: if you wil put Honnie in water and not suger, you must clarifie it two times, and straine it through a strainer: hauing thus warmed and clarified it you shall straine and sette it againe to the fire, with Citrons onely, making them to boyle with a soft fire the space of a quarter of an houre, thē take it from the fire & let it rest at euery time you do it, a day & a night: the next morning you shall boyle it again together the space of half an hower, and doo so two morninges, to the end that the Honie or suger may be well incorporated with the Citrons. All the cunning consisteth in the boyling of this sirrope together with the Citrons, and also the Sirrope by it selfe, and heerein heede must be taken that it take not ye smoke, so that it sauour not of the fire: In this maner may be

dress the Peaches, or Lemmons Orrenges, Apples, greene Walnuts, and other liste being boiled more or lesse, according to the nature of the fruits.

Dawson, Thomas. *The Second Part of the Good Huswiues Iewell*. London: 1597.

Also printed in the 1590s was *The Good Huswiues Handmaid, for Cookerie in her Kitchin in dressing all maner of meat, with other wholsom diet, for her & her houshold. &c.* This work offers a recipe for summer chicken pies.

To bake chickins in Summer.

CVt off their feete, trusse them in the coffins. Then take for euerie Chicken a good handfull of Gooseberries, and put into the pie with the Chickens. Then take a good quantity of butter, and put about euerie chicken in the pie. Then take a good quantitie of Sinamon, and ginger, and put it in the pie with salt and let them bake an houre, when they be baked, take for euerie pie the yolke of an eg, and halfe a goblet full of vergious and a good quantie of sugar, and put them altogether into the pie to the chickens, and so serue them. Page 20

Contrast with

To bake chickens in winter.

CVt of their feete, and trusse them, and put them in the pies, take to euerie pie a certaine of Corrans or Prunes, and put them in the pie with the Chickens. Then take a good quantity of Butter to euerie chicken, and put in the pie: then take a good quantity of ginger, and salt and season them together, & put them in the pie, let it bake the space of an houre & a half, whē they be baken, take sauce as is afore said, and so serue them in. Page 20

The Good Huswiues Handmaid also includes this recipe for a manchet, which notes differences between summer and winter baking.

The making of manchets after my Ladie Graies way.

TAke two pecks of fine flower, which must be twise boulded, if you will haue your manchet very faire: Then lay it in a place where ye doe vse to lay your dowe for your bread, and make a litle hole in it, and take a quart of fair water blood warme, and put in that water as much leauen as a crab, or a pretie big apple, and as much white salt as will into an Egshell, and all to breake your leuen in the water, and put into your flower halfe a pinte of good ale yest, and so stir this liquor among a litle of your flower, so that ye must make it but thin at the first meeting, and then couer it with flower, and if it be in the

winter, ye must keep it very warm and in summer it shall not need so much heate, for in the Winter it will not rise without warmeth. Thus let it lie two howers and a halfe: then at the second opening take more liquor as ye thinke will serue to wet al the flower. Then put in a pinte and a halfe of good yest and so all to breake it in short peeces, after yee haue well laboured it, and wrought it fiue or sixe tymes, so that yee bee sure it is throughlie mingled together, so continue labouring it, til it come to a smooth paste, and be well ware at the second opening that ye put not in too much liquor sodenlie, for then it wil run & if yee take a litle it wil be stiffe, and after the second working it must lie a good quarter of an houre, and kéep it warme: then take it vp to the moulding board, and with as much spéede as is possible to be made, mould it vp, and set it into the ouen, of one pecke of flower ye may make ten cast of Manchets faire and good. Page 51-52.

The good Huswiues Handmaid. [Sometimes cited as: *A Booke of Cookerie, otherwise called the good huswiues handmaid.*] [London] : [E. Allde, 1597]

The 1598 *Epulario, or The Italian Banquet* also includes a few recipes which mention Summer. Here we find a recipe for a sweetmeate and a recipe for the color blue.

To make a kind of Leach.

Take the yolkes of foure egges, halfe an ounce of Sinamon, foure ounces of Sugar, two ounces of Rosewater, and foure ounces of the iuice of Orenge, beate all these thinges together, and boile them and make it somewhat yellow, this is common in summer time.

To make a skie colour sauce in summer.

Take wild mulberies which grow in the Hedges, and a few stamped Almonds with a little Ginger, temper all this with Veriuiice and straine it.

Epulario, or The Italian banquet. London: 1598.

Likewise, John Partridge offers up a seasonal recipe for a rose vinegar.

To make Uineger of Roses. Chapter. viii.

IN Sommer time when Roses blowe, gather them ere they be full spred or blowne out, and in dry wether: plucke the leaues, let them lye halfe a day vpon a fayre borde, then haue a vessel with Uineger of one or two gallons (if you wyll make so much roset,) put therein a great quantity of the sayd leaues, stop the vessell close after that you haue styrred them wel together, let it stand a day and a night, then deuide your Uineger & Rose leaues together in two parts put the in two great Glasses & put in Rose

leaues ynoughe, stop the Glasses close, set them vpon a Shelfe vnder a wall syde, on the Southside wtout your house where the Sonne may come to them the most parte of the daye, let them stande there all the whole Somer longe: and then strayne the vineger from the Roses, and keepe the vinegre. If you shall once in .x. dayes, take and strain out Rose leaues, and put in newe leaues of halfe a dayes gatheryng, the vyneger wyll haue the more flauor and odour of the Rose.

You may vse in steede of Uinegre, wyne: that it may wexe eygre, and receiue ye vertue of the Roses, both at once. Moreouer, you may make your vineger of wine white, red, or claret, but the red doth most binde the bellie, & white doth most lose. Also the Damaske Rose is not so great a binder as the red Rose, and the white Rose loose th most of all: wereof you may make vinegre roset.

Thus also, you may make Uinegre of Uiolets, or of Elder flowers: but you must first gather & vse your flowers of Eldern, as shalbe shewed hereafter, when we speake of makyng Conserue of Elderne flowers.

Partridge, John. *The Tresurie of commodious Conceits*.1573**

Although his works are published in the early 1600s, the author John Murrell is worth mentioning because this work distinctly mentions “Summer” on the work’s actual title page. It reads:

“A NEVV BOOK OF COOKERIE.

Wherein is set forth a most perfect direction to furnish an extraordinary, or ordinary-feast, either in
Summer or Winter.”

Then on page one, we are told:

“BY reason of the generall ignorance of most men in this practise of Catering. I haue set downe here a perfect direction how to set forth an extraordinary Dyet for the Summerseason, when these things mentioned may easily be had.”

Page 2 promises:

“Also, another Direction for another seruice for the Winter season, of twenty Dishes to the first Messe, and as many to the second Course to the same messe: so that in al there be forty Dishes to the messe although it be contrary to the other seruice of the Summer season.”

He then provides this bill of fare, which would indeed provide an extraordinary meal:

“A Bill of service for an extraordinary Feast for Summer season, 50. dishes to a Messe.

1. A Grand Sallet. 2 A boyld Capon. 3 A boyld Pike. 4 A dish of boyld Pea-chickens, or Partridges, or young Turkey chicks. 5 A boyld Breame. 6 A dish of young Wild-ducks. 7 A dish of boyld Quailes. 8 A Florentine of Pufpaste. 9 A forc'd boild meat. 10 A hansh of Venison roasted. 11 A Lombar Pye. 12 A Swan. 13 A Fawne or Kid, with a Pudding in his belly, or for want of a Fawne you may take a Pigge and fley it. 14 A Pasty of Venison. 15 A Bustard. 16 A Chicken Pye. 17 A Pheasant or Powtes. 18 A Potato Pye. 19 A Couple of Caponets. 20 A set Custard.

The second Course.

1. A Quarter of a Kid. 2 A boyld Carpe. 3 A Heron or Bitter. 4 A Congers head broyled, or Trouts. 5 A Hartichoake pie. 6 A dish of Ruffs or Godwits. 7 A cold bak'd meate. 8 A sowst pigge. 9 A Gull. 10 A cold bak'd meat. 11 A sowst pike, Breame, or Carp. 12 A dish of partridges. 13 An Orengado pye. 14 A dish of Quailes. 15 A cold bak'd meate. 16 A fresh Salmon, pearch or Mullet. 17 A Quodling Tart, Cherry, or Goosebery Tart. 18 A dried Neates-tongue. 19 A Iole of Sturgeon. 20 A sucket Tart of pufpaste.

The third Course for the same Messe.

1 A Dish of Pewets. 2 A Dish of Pearches. 3 A dish of gréen Pease, if they be dainty. 4 Dish of Dotrels. 5 A dish of Hartichoakes. 6 A dish of buttered Crabs. 7 A dish of Prawnes. 8 A dish of Lobstars. 9 A dish of Anchoues. 10 A dish of pickled Oysters.

Murrell, John. **Murrels tvvo books of cookerie and carving.** (This combined late edition is dated 1641.)

Lastly, a search through the early English cookery books printed prior to 1700 finds the work with the most recipes mentioning the season of Summer appears to be Robert May's 1660 classic cookery book *The Accomplisht Cook, or The Art and Mystery of Cookery*. May, who was born in 1588, includes recipes for alternative summer versions of recipes for pigeons, fillet of beef, mutton, veal, sturgeon, lobsters, bisk or Battalia pie, and "Paste for made dishes in summer." I will end by mentioning the 1608 *The Closet for Ladies and Gentlewomen****. The work may not directly mention the season of Summer, but the work is worth examining for its numerous recipes for confections, pastes, and waters made of flowers and herbs, all suitable for summer feasts and banquets. Happy Summer, Everyone.

Sources are as indicated.

For more on Robert May, see:

Holloway, Johnna. "An Appreciation of Robert May." *Tournaments Illuminated*. #188. 4th quarter. 2013. pp 25-27, 32.

** Partridge, John. *The Tresurie of commodious Conceits* of 1573 may be found online in a transcription © 2010 by Johnna Holloway. Web. Medieval Cookery.com. <http://www.medievalcookery.com/notes/tresurie.pdf>

****The Closet for Ladies and Gentlewomen* of 1608 may be found online in an edited and annotated edition © 2011 by Johnna Holloway. Web. Medieval Cookery.com. <http://www.medievalcookery.com/notes/1608closet.pdf>

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