

FRET KNOT



Third Quarter ♦ July – October A.S. LIV 2019



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Herewith follows the legal stuff:

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From the Chronicler

Contessa Battista De Kie Del Goya Da Lagos

Greetings,

Wait it's July already? The last three months flew by and I was totally unprepared for it. So many things have gotten in the way of the SCA lately and I find myself drifting farther away from it instead of closer like I had planned. I've had to step back several times over the years as the SCA started to feel like a job instead of a hobby or because I felt like too many people were expecting too many things of me. The things I've enjoyed in the past have started to change or evolve into something I barely recognize as the game I started playing thirty years ago.

I'm sure I'm not the only person who has felt that over the years and it can sometimes be a challenge to find something new to keep us interested or invigorated. In my case it is usually a person or group of people that renews my interest in what I am doing. Currently it is the influx of women fighters in the SCA. It has spurred me to start teaching and mentoring. The fighters today don't have the same obstacles to overcome as I did 30 years ago in Texas but it's still a different world for women and men in the SCA. I hope to help encourage these new fighters and help them through some of the mental and physical challenges of picking up a blade in a sport that is still mostly dominated and taught by men.

While this is not an article about the differences in women and men it is a statement to encourage everyone out there to find what they love about the SCA again and share it with a new generation. Stop feeling old and outdated and realize you still have plenty to offer even if you're not winning tourneys or awards you can make the difference in some one's life. While a lot in the SCA has changed even more has stayed the same. If the SCA is truly a "career" as we often refer to it, then you are the person who has seen it all, done it all and gotten the T-shirt so put retirement on hold and help someone else figure out their path.





From Their Excellencies



THL Nikolaos Phaistos & THL Briana MacCabe

Greetings,

Summer is here and things are heating up in Altavia!

First of all, His Excellency and I want to thank all of the Altavians that joined us for war at Potrero. The weather may not have been ideal but the company sure was! There were many good times around the fire pit and in the dining hall (dragon wing) and look forward to camping with everyone again this fall at GWW.

We also want to thank everyone that joined us for Wintermist and Gyldenholt Anniversaries without your presence and help at these events, our days wouldn't be quite as shiny. Thank you!

In less happy news, Caid has lost two shining lights in the past month, Countess Amsha of Calafia and Lord Bryan Gard of Yale from Nordwache. The loss of Bryan, Caid's Minister of Thrown Weapons, was especially hard for our barony as he was a previous TW champion of ours and a good friend to many here in Altavia. For all those grieving, our hearts are with you and we wish you peace.

As we enter summer, it's not too early to start thinking about and planning for upcoming Altavia events. If you or someone you know might be interested in steward Agincourt or Agincourt feast, cooking for Agincourt feast, or co-stewarding Angels/Altavia Yule, please let Meliora and/or His Excellency and I know! We look forward to an exciting fall event season here in Altavia!

Finally, please send in your award recommendations for both baronial and kingdom awards for Altavians that deserve recognition. We want to recognize as many people as possible and we can only do that with your help. If you need help writing or submitting letters, please let me know and I'll be glad to help.

Yours in Service to the Dream,

Baron Nikolaos Phaistos
Baroness Briana MacCabe

(Chroniclers Note: Dated Materials have been removed or adjusted. The above notes are also available on the webpage.)

Cherries

Contributed by THL Johnnae Ilyn Lewis, CE

That some would sing, some other in their bills
Would bring him mulberries and ripe-red cherries:
He fed them with his sight, they him with berries.

[William Shakespeare. Venus and Adonis. Lines 1102-1104.](#)

There is a garden in her face
Where roses and white lilies grow;
A heavenly paradise is that place,
Wherein all pleasant fruits do flow.
There cherries grow, which none may buy
Till 'Cherry ripe' themselves do cry.

Thomas Campion 1567 – 1620

The Fourth Book of Airs (c. 1617) no. 7;

Plums, peaches, nectarines, apricots, almonds, and cherries all belong to part of the Rose family and the genus *Prunus*. These temperate climate fruits are distinguished by having thin skins, fleshy middle fruit sections, with central stones or pits. Cherries are a fruit of summer. They don't improve once they are picked, so they must be picked when ripe. Consequently, they have a very short but highly anticipated season. The trees themselves are not long lived. From ancient times on there were two cultivated types, one sweet and one sour. Sweet cherries do not self-pollinate, so a group of trees always had to be grown in order for the flowers to pollinate and the fruits to set. Sour cherries will self-pollinate giving those trees an advantage. For centuries the cultivated cherries were the fruit of homesteads and monastery orchards. Despite their short season, cherries were much prized, especially during our periods of historical interest.

The Word

Andrew Dalby notes in English the word "cherry" represents both the sweet and sour species, but in most languages the sweet and sour carry different names. In English both are known as cherries. In Middle English by the fourteenth century, the word may be found as "cheri, cherie, chere, chiri(e, chire, chirri(e)." [MED] The Old English name had been *ciris*, *cyrs* which is much closer to the Latin *ceresia* or *ceresea* for the fruit. In Classical Latin the cherry tree was *cerasus* corresponding to the tradition of the Ancient Greeks who used separate words for the fruit and the

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tree and based their words on the location Kerasous or Cerasus in Pontus from whence they thought the trees originated. [OED]

The Plant, Botany and Cultivation

There are two main cultivated species of cherries. The sweet cherry *Prunus Avium* is related to wild cherries still found in northern Turkey, the Caucasus region, and Asia Minor. Jules Janick places them as far east as Central Russia. [Janick, 26] The *avium* in the name refers to birds, because birds were formerly largely responsible for the distribution of the pits or seeds, which in turn spread the trees without the help of man. The trees themselves grew into very tall specimens, sometimes reaching twenty-five or more meters in height. Picking the fruits required long ladders, and one of the major goals when seeking new varieties of sweet cherries was to find and propagate shorter trees. The fruits of sweet cherries were once classified as heart cherries, geans or guigne (meaning juicy) or as bigarreaus or mazzards with firm flesh. The wood was and is highly prized for furniture making and decorative or turned woodwork. Today sweet varieties are classified based upon fruiting season, being labeled as early, middle, or late. Jules Janick says there are about thirty species of cherries. [Janick2] Then there are approximately nine hundred cultivars or varieties of sweet cherries and three hundred cultivars or varieties of sour cherries. [Hunter, p 65]

The *Prunus cerasus* or sour cherry evolved most probably from a natural cross between the *P. avium* and the wild ground or shrub cherry (*P. fruticosa*) of Central and Eastern Europe. In many ways the fruit is more acidic than sour and thus better suited to cookery and preserving. They reached Greece in early Classical times from Anatolia. They tend to grow into shorter trees, some bordering on shrub heights, making them easier to harvest and tend. The fruits divide into the dark fruited Morellos and the red Amarells or griottes. Morellos have colored juice while the Amarells have colorless juice. (The widely grown in Michigan variety is the Montmorency which is an Amarelle.) The Duke cherry is an old cross between the sweet and sour cherries.

The ornamental cherries (*p. yedoensis*) of Japan are of course prized and revered for their blooms. Japan originally sent their famous cherry trees to Washington DC to thank Americans for their help in the Peace Talks which ended the Russo-Japanese War of 1905. The original trees were replaced in 1912 and have been replenished several times since.

Historical

Cherries were domesticated in the classical period, but it is known from archaeological sites that wild cherries had been a source of food for centuries prior to the trees being domesticated and improved. The range in the wild for both types of cherries is very similar. Both spread west to Europe and east to Asia from Asia Minor. Cherry stones have been found in Neolithic and Bronze Age sites in places such as Denmark, Switzerland, Turkey and Central Europe, but also in Italy and in Portugal. There were cherry trees being cultivated by the Assyrian King Sargon II in Mesopotamia in the eighth century BCE. [Blackburne-Maze, 98] The Roman author Pliny related that Lucullus first brought cultivated cherry trees back to Rome following his campaigns in Anatolia. The Romans cultivated and grew at least eight different varieties, including both the sweet and sour. Pliny described these different cherries and named their attributes. The 'Apronian was reddest'; another was the darkest, still another the roundest, another the best flavored when eaten ripe and from the tree, with lastly the Duracina being the best of all.' [Blackburne-Maze, *ibid.*] Many of the Roman cultivated varieties were grafted onto wild cherry stocks. They also spread cherry trees throughout their Empire. In the first century CE, Agricola described the colors of the cherries already being found in Germany as being white, dark brown, and then one which was small and black. [Bach, 42]

The Romans also introduced the domesticated cherry to Britain. The *Prunus Avium* or the sweet cherry actually already grew wild in Britain. Remains have been found in Late Iron Age sites near Maiden Castle in Dorset and Neolithic sites in Gloucestershire. Sour cherry pits were also found scattered in at least two early sites. [Roach, 163] *Prunus Avium* still grows wild in the southern half of Britain to this day; it yields an edible but bitter fruit that is used for cherry brandy. Richard Mabey writes *Prunus Avium*, the wild cherry, blooms with white blossoms in April and is found often along the edges of forests and hedges. It propagates by the pits being sown by birds, but also produces by suckers, which results in groups of trees growing closely together. [Mabey, 195-196]

Anglo-Saxon scholar Debby Banham speculates the cherries of Anglo-Saxon Britain were the wild *Prunus Avium*. She feels there is scant evidence to prove that they were cultivated and not just gathered from the wild during this period. Did the Roman cultivated trees die out in Britain or did they still survive in farmyards or orchards? During this

same period of time, we know Anthimus, the sixth century Greek doctor and exile to the Frankish court, was recommending that cherries were “sweet and well ripened on the tree.” [Dalby, p 85]

F. A. Roach notes the Abbot of Cirencester was praising cherries in his poems written in the twelfth century. In the thirteenth century cherries and cherry trees are mentioned in accounts. [Roach 164] C. Anne Wilson notes cherry tree slips were planted at various times throughout the thirteenth century in the royal gardens at Westminster. Ordinary people, she reminds us, ate fruit “as and when they could get it.” Cherries in season were highly sought after. Piers Plowman talks about ‘ripe cherries many.’ [Wilson, 331, 334] One of the aspects associated with the growth in cherry orchards and fruit orchards in general was the rediscovery of grafting. The Roman practices had died out during those dark ages and had to be rediscovered. Not only were cherries being grown in walled gardens which protected the fruits and the beautiful blooms from intemperate winds and temperatures, sweet and sour cherries were now being grafted once again onto wild cherry stocks and vice versa in the hope for smaller yet productive trees. In the late fourteenth century the famous Parisian household and recipe book *The Menagier de Paris* recorded several paragraphs of advice on the grafting and treatment of cherry trees, including the grafting of cherries or plums onto vine stock and vice versa. (MdP 213) Just a few years earlier, in 1364 King Charles of France had undertaken to create or recreate royal orchards at Tournelles and St. Paul. It’s recorded 1,125 cherry trees were planted. Cherries were rather popular in France. [Hunter2, 171]

In the sixteenth century, c1533, the English royal gardener, Richard Harris or Hareys, was given the task of establishing fruit orchards in Kent to serve as sorts of market gardens for the court of Henry VIII. Among the fruit trees planted by Harris were cherry trees at Tenham Manor, Kent. Cherries had been grown in Kent throughout the medieval period, but Harris introduced fresh grafts and new varieties from France and Flanders. This practice of bringing new grafts from the continent to be attached to native rootstocks continued throughout the century. Thomas Tusser lists both red and black cherries in his agricultural treatise. John Gerald in his *Herball* of 1597 mentions a number of foreign varieties and grafts including a Spanish, a Naples, a Flanders, and a Gascoine Cherrie. He also describes “the English

Cherrie tree,” a “common blacke Cherry-tree,” as well as others. “The best and principall Cherries be those that are somewhat sower: those little sweet ones,” he wrote. [Gerard] In 1634, the Tradescants listed fifteen varieties of cherries.

The 1608 book *The Husbandmans Fruitfull Orchard* by N. F. listed four sorts of cherries: “the Flemish, the English, the Gascoyne, and the Blacke”. Gervase Markham adapted this advice in his later publication *A Way to Get Wealth* where he would give precise instructions on how cherries might be gathered and taken carefully to market in baskets. For gathering, he recommended the use of light ladders. In 1613’s *The English Husbandman*, Markham would write:

“Know then,* that of all fruits (for the most part) the Cherry is the soonest ripe, as being one of the oldest children of the summer, and therefore first of all to be spoken of in this place, yet are not all Cherries ripe at one instant, but some sooner then other some, according to the benefit of the Sunne,” [Markham, *The English Husbandman*, 73]

Joan Thirsk notes there was a craze for cherries both in the Stuart court of James I and then later in the 1650s when large black cherries were being imported from Flanders and even more sought after (longed after) cherries could be found in Holstein. [Thirsk, 99-100] Throughout the 17th century the English continued to develop their own hybrids, creating sweet-sour cherry crosses that exist to this day such as the 17th century Duke Cherries.

Art

In medieval and Renaissance art, red ripe cherries, (symbolic of the Passion and the blood red of sacrifice but also perhaps equally symbolic of joy and giving), are often shown being given to the Christ child as he sits on the Virgin Mary’s lap or shown on the table of the Last Supper. Another favorite subject for painters were the apocryphal stories of the Flight into Egypt which finds the Christ Child touching a palm tree which miraculously bursts into a cherry tree. The fruit tree then bows to offer cherries to the Holy Family. Earlier before Christ’s birth, the pregnant Mary yearns for cherries but cannot reach them. Joseph refuses to oblige, but the Child in her womb cries out and the tree bows its branches so that Mary may partake. Cherries are also a symbol of Paradise and a reward for good works. [Impelluso, p. 162-64] The seventeenth century Flemish and Dutch still life paintings often featured bowls of ripe cherries either as the centerpiece of the painting or tucked away on a table of other culinary delights. Lastly, the Florentine artist Bartolomeo Bimbi is known today for his many large still life paintings of fruits and fauna as grown on the Medici estates of Cosimo
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III in the late 17th century. Bimbi's painting *Cherries* features thirty-four different varieties of Tuscan cherries spilling from an upturned basket. [Tomasi, p 93]

Folklore and Fairs

Cherry-ripe, ripe, ripe, I cry,

Full and fair ones: come and buy:

Robert Herrick "Cherry-Ripe"

As the first fruits of midsummer, cherries and also strawberries were hawked from street vendors and readily available from the fifteenth century on. Cherries were also associated with summer fairs, a number of which came to be known as 'Cherry Fairs,' 'Cheri-feires,' or sometimes as 'Cheri-festes' in England. The quotation: "Dis world nis but a chirie feire, Nou is hit in sesun, nou wol hit slake" dates from the late 14th century. [MED] Another quotation: "All is but veyne and vanittee This world is but a cherie feyre" dates from 1455. [MED] The Cherry Fair in Peterborough was granted a charter in 1189 and occurred on or around the feast of St. Peter at the end of June for subsequent centuries. [Journey Peterborough] A number of other villages and towns in the cherry growing regions of Kent and Worcester held them annually until well into the nineteenth and twentieth centuries; the village of Chertsey in Surrey still holds a Black Cherry festival in July.

Cherry or cheri stone, sometimes cherry pit, turns up both as a gaming piece using the cherry pit or as a game employing cherry pits. Alice Gomme mentions both Cherry Odds and Cherry-pit as traditional games long played with cherry pits. The game is also described in the seventeenth century manuscript of Francis Willughby, which was finally published as *Francis Willughby's Book of Games* in 2003. [Willughby p250] The question remains as to if the cherry pits or stones were tossed in a game of skill at a target or spit at a target.

The Attributes of Cherries

The Arab author Ibn Butlan in his famous eleventh century dietary *Tacuinum Sanitatis* included both sweet and sour cherries. His health advice was repeated for centuries as the work was circulated in various, often strikingly illustrated, manuscripts and then in printed volumes. An edition from the Rhineland in the fifteenth century carries this (translated) advice:

Sweet cherries. Nature: cold in the second degree, wet in the third. Optimum: those with the firmest flesh, ripened in sunny spots and stony places. Benefit: they loosen the stomach. Harm: they go bad quickly, rot and cause flatulence. Remedy for harm: if eaten in moderate quantities, with a good, aromatic wine; if [eaten] in large quantities, with water and no other food, in order to digest them quickly and move the bowels. Effects: phlegmatic, bad blood. Most advisable for youth, hot and dry [temperaments], in summer, in any of the regions where they are found. [Moleiro]

The entry for sour cherries and the accompanying illumination is described as:

Cherry. Tart cherries (*Prunus cerasus*), labeled *cerosa acetosa*, are being harvested by a child who has climbed into the tree (Fig. 7E). A well dressed lady opens her gown to catch fallen fruits and another elegant lady carries off two full baskets balanced on a pole. The very sour ones were considered best. The fruits cure bilious attack and dry out and settle upset stomachs. [Daunay]

Another entry on the *cerasa acetosa* reveals: "Nature: Cold at the end of the first degree, humid in the first.

Optimum: The pulpy ones with a thin skin. Usefulness: Good for phlegmatic stomachs burdened with superfluities.

Dangers: They are digested slowly. Neutralization of the dangers: By eating them on an empty stomach". [Vicario, 76]

The dietary advice regarding cherries was recirculated throughout the medieval period and into the Elizabethan era. In 1599, Henry Buttes wrote about cherries and shared these words of advice:

Cheryes.

Choise. RIpe: sharpe: new-gashed: whose pulpe is hard, and iuyce steyneth blood-red.

Vse. Eaten fasting, or afore dinner, make soluble: passe quickly, slake thirst, coole moderately, prouoke appetite, moysten the body.

Hurt. Soone corrupt: much eaten inflate the stomacke, hurt the aged or very phlegmaticke: do the body litle good.

Correction. Eate presently after them meats of good iuyce, salt or tart.

Degree. Season. Age. Constitution.

Cold in the first, moist in the second. For hot weather, youth, chollericke.

Butts, Henry, d. 1632. *Dyets dry dinner consisting of eight seuerall courses*. 1599.

In his manuscript and later posthumous book titled *Healths Improvement*, “the ever famous Thomas Muffett, Doctor in Physick” attempted to provide dietary rules and benefits for the foods commonly eaten in the late Elizabethan period. Moffett compiled his manuscript in the mid 1590s. “Of Cherries,” he wrote:

“The blackest of all be called *Actians*, because they were brought from *Actium* a promontory of Epire. In *England* we have also seen white Cherries growing, wherein the artificial choler marred the good nature and taste of them; wherefore I will not commend them for wholesomness, but shew their rareness.

Concerning their uses, let us remember thus much; that the Coeurs or French Cherries are most cordiall, the common and pulpy Cherries most nourishing, the black Cherries kernel is the best meat, but his flesh unwholesome and loathsome to the stomach.

Furthermore our common Cherries being ripe and eaten from the Tree in a dewy morning, loosen the belly: when contrariwise Coeurs and red soure Cherries bind the same, being of a more dry and astringent faculty.

All Cherries (saving them which are black) slake thirst, cool moderately, and procure appetite. Sweet and ripe Cherries should be eaten formost; others to be eaten last, either scalded or baked, or made into tart stuff, or preserved with sugar, or rather dried after the German manner; which they keep all the year long to quench thirst in agues, to cool choller, to stir up appetite, to unfur the tongue and relish the mouth, to stay puking, vomiting, and all kind of fluxes.”

Thomas Moffet. *Healths improvement*. 1655

Today cherries and cherry juice are of course marketed are the relief of inflammation, arthritis and gout.

Cherries from California and the West Coast

As a citizen of Pentamere, I have to brag on the fact the modern state of Michigan annually produces 70 to 75 percent of the tart cherries grown in the United States and about 20 percent of the nation's sweet cherry crop, and we host the National Cherry Festival. It dates back to 1924 and now welcomes half a million visitors to Traverse City and environs. It's our modern Cherry-feste!

On the West Coast, commercial cherry orchards began in Oregon in 1847 with the establishment of fruit nurseries. The Oregon territorial nurseries had been created using slips and plants brought laboriously from Midwest nurseries by wagon trail. The semi-dwarf Royal Anne cherry was one of the first new varieties developed in Oregon, and in the mid 1870s it was joined by the Bing variety of dark red sweet cherry. Oregon is currently ranked third in the country in the amount of sweet cherries produced, with Washington first, and California second. The rankings between Oregon and California can trade places, depending upon weather and the harvests, but Oregon alone can still claim the country's two largest maraschino cherry factories. North in Washington, the Rainier cherry, a light sweet variety, originated from the cross breeding of the Bing and Van varieties by Dr. Harold W. Fogle at the Washington State University Research Station in Prosser. The Bing, Lambert, and Rainier varieties together account today for more than 95 percent of the Northwest sweet cherry production.

2019 with its rains has not been kind to cherry farmers, orchards or cherry production. *The Sacramento Bee* reported on the crisis in May and reminded readers, "But cherries are gold in San Joaquin County. It's a quarter-billion dollar crop .." said Darrel Smith. 2019 had been predicted to be a record breaking crop.

At least in the eastern parts of the country, many older country roads and abandoned lanes often have cherry trees lining their roadsides. The trick is getting to the cherries before the local birds find and devour them, just as they did centuries ago. Gervase Markham in 1613 noted "the Cherry hangeth: they are a fruit tender and pleasant, and therefore much subiect to be deuoured and consumed with Byrds of the smallest kindes, as Sparrowes, Robins, Starlings, and such like..." [Markham, *The English Husbandman*, 73]

Recipes

Many excellent Tarts and other pleasant meats are made with Cherries, sugar, and other delicat spices, whereof to write were to small purpose.

Gerard, John. **The herbal**, 1597.

For those readers who would like to experiment with a combination of modern local cherries and medieval or Renaissance recipes, there are all sorts of authentic and delicious ones to be found. Here I've included primarily English recipes along with a few select other European recipes to show how cherry dishes or

methods of preparation and techniques developed over time. Here then are some historically appropriate recipes to try in cherry season:

Chryoun

In our *Concordance of English Recipes. Thirteenth Through Fifteenth Centuries*, we listed seven recipes for cherry pottages. They ranged from as early as 1320 to the end of the fifteenth century. Some called for broth and lard making them unsuitable for fast days. This is one of those recipes:

Cxxiiij - Chryoun.

Take Chryyis [correction], and pike out the stonys, waysshe hem clene in wyne, than wryng hem thorw a clothe, and do it on a potte, and do ther-to whyte grece a quantyte, and a partye of Floure of Rys, and make it chargeaunt; do ther-to hwyte Hony or Sugre, poynte it with Venegre; A-force it with stronge powder of Canelle and of Galyngale, and a-lye it with a grete porcyoun of 3olkys of Eyroun; colore it with Safroun or Saunderys; and whan thou seruyste in, plante it with Chyrioun, and serue forth [correction; sic = f].

Two Fifteenth-Century Cookery-Books. Edited by Thomas Austin. (England, 1430)

TO MAKE POTTAGE OF CHERRIES.

FRy white bread in butter til it be brown and so put it into a dish, then take Cherries and take out the stones, and frye them where you fried the bread, then put thereto Sugar, Ginger, and Sinamon, for lacke of broth, take White or Claret Wine, boyle these together, and that doon, serue them vpon your Tostes.

A.W. A book of cookrye Very necessary for all such as delight therin. Gathered by A.W.

1591

Confections

TO MAKE CHERRIES IN CONFECTION.

TAke ripe and chosen cherries, cut of half the stalks and put them in a frying pan ouer a soft fire, for euery pound of Cherries strew vpon them a pound of good white sugar in powder, séeth them so till y^e third part be wasted, when they are sod put in a little Rosewater with a few cloues, and sinamon beaten together, then let them coole two or thrée houres, and then put them into your pots.

A. W. A book of cookrye Very necessary for all such as delight therin. Gathered by A.W.

1591

PASTE OF CHERRIES.

Take some Cherries, boyl them in water, & pass them through a sive; on a good quart of pap of Cherries, put four ounces of pap of Apples, which you shall seeth and strain also; mix all together; dry it, & make it ready as abovesaid.

La Varenne, François Pierre de, 1618-1678., *The French Cook* 1653.

To Candy Grapes, Cherries or Barberries.

Take any of these fruits, and strew fine sifted sugar on them, as you do flower on frying fish, lay them on a lettice of wier in a deep earthen pan, and put them into an Oven as hot as for Manchet, then take them out, and turn them and sugar them again, and sprinkle a little Rose-water on them, pour the syrup forth as it comes from them, thus turning and sugaring them till they be almost dry, then take them out of the earthen pan, and lay them on a lettice of wier upon two billets of wood in a warm Oven, after the bread is drawn, till they be dry and well candied.

W.M. *The Queens closet opened...* London, 1659.

Candied Cherries the Italian way.

Take Cherries before they are full ripe, the stones taken out, put clarified Sugar boiled to a height, then pour it on them.

W.M. *The Queens closet opened...* London, 1659.

Conserves

Conserves of cherries were mentioned as necessary for a banquet in the anonymous 1597 *A Booke of Cookerie*. This advice was also repeated by Thomas Dawson.

All necessaries apperteyning to a Banquet.

SYnamon, Sugar, Nutmegs, Pepper, Saffron, Saunders, Coleander, Anniseeds, Licoras, al kind of Comfets, Orenge, Pomegranate, Tornesall, Lemmons, Prunes, Corrans, Barberries conserued, Paper white and browne: seeds, Rosewater Raisons, Rie flower, Ginger, Cloues and mace, Damask water, Dates, **Cherries conserued**, sweete Orenge, Wafers for your Marchpanes, seasoned and vnseasoned Spinnedges.

A booke of cookerie, otherwise called the good huswiues handmaid. [London]: [E. Allde, 1597]

To conserue cherries, Damesins or wheat plummess all the yeere in the sirrop.

First take faire water, so much as you shall think meete and one pound of suger, and put them both into a faire bason, and set the same ouer a soft fire, till the suger be melted, then put the reto one pound and an halfe of chirries, or Damsins, and let them boile till they breake, then couer them close til they be colde, then put them in your gally pottes, and so keep them: this wise kéeping proportion in weight of Suger and fruite, you may conserue as much as you list putting therto Sinamon and cloues, as is aforesaid.

Dawson, Thomas. *The second part of the good hus-wiues iewell.* 1597.

To make conserue of cherries, and other fruites.

TAke halfe a pound of Cherries, & boile them dry in their own licour, and then straine them through a Hearne rale, and when you haue strained them, put in two pounce of fine beaten Suger, and boyle them together a pretty while, and then put your Conserue in a pot.

Dawson, Thomas. *The second part of the good hus-wiues iewell*. 1597.

To keepe Cheries conduct, or Gooseberies.

Cap. xvi.

MAke your syrop as for plumes then take halfe a pound of Cheries and cut off half the length of ye stalke of euery Chery, put them into the syrop, and vse them as you did the plummes, put in what spice that pleaseth you, and so kepe it as before is written: but make your syrop strong inough of suger lest it waxe hore and corrupte, then must ye make a new syrop stronger of the Suger: and put the cheries in it to keepe, as before is sayde. Thus ye maye doe wt Goosberies to make of them Tarts, or sawces al ye wynter longe, sauing that Goosberies may be wel sodden without breakyng because of their tough skin, so it be softly and dilligently donne.

Partridge, John *The Tresurie of commodious Conceits*. 1573 Transcribed by Holloway. © 2010

.To make conserue of Cheries and Barberries.

Cap. xxxi.

Likewise ye must make conserue of Cheries, and also of barberis sauing that these require more Suger then the other do which ar not so sowre as they bee. Here is to be noted, that of conserues of Fruits mai be made marmalade, for when your conserue is sufficiently sodden, and ready to be take off, the seeth it more on height and it wyll be Marmalade. Moreouer some make their conserue, Marmalade & Syrops with cleane Suger, some with cleane Hony clarified, some with Suger and Hony together. And after the opinion of diuers great Clarkes, Honye is more holsome, though it be not so toothsome as suger.

Partridge, John *The Tresurie of commodious Conceits*. 1573 Transcribed by Holloway. © 2010

To make conserue of any fruit you please,* you shall take the fruit you intend to make conserue of; and if it be stone fruit you shal take out the stones; if other fruit, take away the paring and core, and then boile them in faire running water to a reasonable height; then draine them from thence, and put them into a fresh vessell with Claret wine, or White wine, according to the colour of the fruit: and so boyle them to a thicke pap all to mashing, breaking, and stirring them together; then to euery pound of pappe put to a pound of Suger, and so stirre them all well together, and being very hot straine them through faire strainers, and so put it vp.

Markham, Gervase. *Coutrey contentments, or The English husvwife*, 1623.

CHERRIES LIQUID.

Take the fairest you can, and take out the stones, some sugar proportionably to your cheries, and boile them together untill the sirrup be well formed, and sod as much as you shall thinke fitting: If you will at the same time take out some drie, draine up a portion of the same cheries, and take some sugar, which you shall seeth into a conserue, put in your cheries, boile them, and take them out.

La Varenne, François Pierre de, 1618-1678., *The French Cook* 1653

Pies and Tarts

TARTES OF CHERRIES.

PLuck off your stalks and lay your Cherries into your paste and season thē with sugar, sinamon and ginger, and lay a couer vpon them.

A.W. **A book of cookrye Very necessary for all such as delight therin. Gathered by A.W.**

1591

To make Tartes of red Cherries.

Take the reddest Cherries that may bee gotten, take out the stones and stampe them in a mortar, then take red Roses chopped with a knife with a little new Chéese and some old Chéese well stamped with Sinamon, Ginger, Pepper, and Sugar, and all this mixed together, adde therevnto some eggs according to the quantity you will make, and with a crust of paste bake it in a pan, and being baked straw it with Sugar and Rosewater.

Epulario, or The Italian banquet. 1598

A Cherry Tart.

BRuise a pound of Cherries, and stampe them, and boyle the sirrup with Sugar. Then take the stones out of two pound: bake them in a set Coffin: Ice them, and serue them hot in to the Boorde.

A Nevv Booke of Cookerie. 1615

[Gervase Markham's recipe]

Take the fairest Cherries you can get, and picke them cleane from leaues and stalkes; then spread out you coffin as for your Pippin-tart, and couer the bottome with Suger; then couer the Suger all ouer with Cherries, then couer those Cherries with Sugar, some sticks of Cinamon, and here and there a Cloue; then lay in more cherries, and so more Suger, Cinamon and cloues, till the coffin be filled vp; then couer it, and bake it in all points as the codling and pipping tart, and so serue it; and in the same manner you may make Tarts of Gooseberries, Strawberries, Rasberries, Bilberries, or any other Berrie whatsoever.

Markham, Gervase. *Country contentments, or The English husvife*, 1623.

To make all manner of Fruit Tarts.

You must boyle your Fruit, whether it be *Apple, Cherry, Peach, Damson, Peare, Mulberry*, or *Codling*, in faire water, and when they be boyled enough, put them into a bowle, and bruise them with a ladle, and when they be cold straine them, and put in red wine, or *Clarret* wine, and so season it with *sugar, cinamon*, and *ginger*.

A Book of fruits & flovvers. 1653

To make a close Tart of Cherries.

Take out the stones, and lay them as whole as you can in a Charger, and put *Mustard*, *Cinamon*, and *Sugar*, into them, and lay them into a Tart whole, and close them, then let them stand three quarters of an hour in the Oven, and then make a Syrupe of *Muskadine*, and *Damask-water*, and *sugar*, and so serve it.

Kent, Elizabeth Grey, Countess of, 1581-1651., W. J. (W. Jar)

A choice manual of rare and select secrets in physick and chyrurgery 1653

To make a Tart of Cherries.

Take out the stones, and lay the Cherries into your Tart, with Sugar, Ginger, and Cinnamon, then close your Tart, bake it, and ice it, then make a sirupe of Muskadine and Damask-water, and pour this into your Tart, scrape on Sugar, and serve it.

Kent, Elizabeth Grey, Countess of, 1581-1651., W. J. (W. Jar)

A choice manual of rare and select secrets in physick and chyrurgery 1653

To make a Cherry Tart.

TAke out the stones, and lay the cherries into the tart, with beaten cinamon, ginger, and sugar, then close it up, bake it, and ice it; then make a sirrup of muskedine, and damask water, and pour it into the tart, scrape on sugar, and so serve it.

Robert May. *The Accomplisht Cook*. 1660.

Sauces

To make a sauce of tart cherries

To make a sauce of tart cherries. If you wish to make a good sauce of tart cherries, put the cherries into a pot and place it on the embers and let them boil. Then cool down again and pass them through a cloth, put it back into the pot, place it on the embers and let it boil well until it thickens. Then add honey and grated bread and cloves and good spice powder and put it into a small cask. It will stay good three or four years.

Das Kochbuch des Meisters Eberhard. (Germany, 15th century - Giano Balestriere, trans.)

To make sauce of red or blacke Cherries.

Vse them as you did the grapes, but you may make it differ by séething it more or lesse according to the quantity.

And that essential recipe for grapes reads: To make sauce of grapes.

Take blacke grapes and bruse thē in a mortar with some bread, according to the quantity you will haue, then temper them with a little Veriuice or Vineger, because the grapes should not be too swéet, then séeth them for the space of halfe an houre with Sinamon, Ginger, and other spice,

Epulario, or The Italian banquet. 1598

The Prince of Transylvania's Court Cookbook is a crowd-based translation of a late sixteenth century Hungarian cookery book. The work was edited by Society member Master Gwyn Chwith ap Llyr //Glenn Gorsuch. It offers several cherry recipes, including this one:

Gosling with sour cherry sauce. Have enough sour **cherry** for the gosling, pour some wine onto it; once washed, cook white bread insides and honey with the food as well; once cooked, pass through a strainer it, then add some salt and honey, and a bit of almonds, then cook them together. I've told you how to serve it.

The Prince of Transylvania's Court Cookbook. Hungary Late 16th c.

HOW TO MAKE THE SIRRUP OF CHERRIES.

Take some cherries, press them, and take out the juice, strain them, and give them two or three boilings over the fire, then put in some sugar proportionably, three quarters for one quart of juice. The sirrup of Rasberries is made alike.

La Varenne, François Pierre de, 1618-1678., *The French Cook* 1653.

Preserves and Drying.

8. The most kindly way to preserue plums, cherries, goosberies, &c.

YOu must first purchase some reasonable quantitie of their owne iuice, with a gentle heate vpon imbers between two dishes, diuiding the iuice still as it commeth in the stewing, then boyle each fruit in his owne iuice, with a conuenient proportion of the best refined sugar.

Plat, Sir Hugh. *Delightes for ladies*, 1602.

45. How to keepe the drie pulpe of Cheries, Prunes, Damsons &c. all the yeare.

TAKE of those kinde of cherries which are sharpin taste (*Quaere* if the common blacke and redde cherrie will not also serue, hauing in the ende of the decoction a little oyle of Vitrioll or Sulphur, or some veriuice of soure grapes, or iuice of Lemmons mixed therewith, to giue a sufficient tartnesse) pull off their stalks and boile them by themselues without the addition of any liquour in a caldron or pipken, and when they begin once to boile in their owne iuice, stir them hard at the bottom with a spattle, least they burn to the pans bottom. They haue boyled sufficiently, when they haue caste off all their skins, and that the pulp and substance of the cheries is grown to a thicke pap: then take it from the fire, and let it coole, then diuide the stones and skins, by passing the pulpe onely through the bottome of a strainer reuersed as they vse in *cassia fistula*, then take this pulpe and spread it thin vpon glazed stones or dishes, and so let it drie in the sunne, or else in an ouen presently after you haue drawne your breade, then loose it from the stone or dish, & keepe it to prouoke the appetite, and to coole the stomacke in feuers, and all other hote diseases. Proue the same in all manner of fruit. If you feare adustion in this worke, you may finish it in hote balneo.

Plat, Sir Hugh. *Delightes for ladies*, 1602.

[7] To preserue Cherries.

TAke of the best and fayrest Cherries some two pound, and with a paire of sheeres clippe of the stalkes by the midst, then wash them cleane, and beware you bruise them not, then take of fine barbarie sugar, and set it ouer the fire with a quart of faire water in the brodest vessell you can get, and let it seeth til it be somewhat thicke, then put in your Cherries, and stirre them together with a siluer spoone and so let them boyle, alwayes scumming, and turning them very gently, that the one side may be like the other, vntill they be ynough, the which to know, you must take vp some of the syrope with one Cherrie, and so let it coole, and if it will scarce run out it is ynough, and thus being cold, you may put them vp, and keepe them all the yeare.

A Closet for Ladies and Gentlewomen. 1608. Edited by Holloway. © 2011

[86] To keepe Cherries all the yeare to haue them at Christmasse.

TAke of your fairest Cherries you can get, but be sure that they bee not bruised, and take them and rub them with a linnen clothe, and put them into a Barrell of hay, and lay them in rancks, first laying hay in the bottome, and then Cherries, and then hay againe, and then stoppe them vp close, that no ayre may come neere them, and lay them vnder a fetherbed, where one lyeth continually, for the warmer they are, the better, yet neere no fire, and thus doing, you may haue Cherries at any time of the yere.

A Closet for Ladies and Gentlewomen. 1608. Edited by Holloway. © 2011.

To preserue Cherries.

13 TAke the weight of your Cherries in Sugar, and with a siluer spoone bruise as many other-Cherries in a posnet, boile them vntill the sirup be somewhat red, then straine that liquor through a cushion canuas into another faire posnet, then diuide your Sugar into three parts, and put one part into the red sirup, & so soone as the Sugar is melted take it off the fire, & scum it cleane, then cut the stalkes off the Cherries something short, and crosse them one by one with a sharp knife on the end, then put the Cheries into the red liquor, and make them boile as fast as they can, vntill they rise vp frothie, then take them off the fire and scum them, and then put in the second part of the Sugar into them, & set them on the fire againe & let them boile as fast as they can, and when they boile vp, take it off and scum it, then put in the third part of Sugar, & yet againe set it ouer the fire, and when it riseth vp frothie, take it off and scum it very cleane, then set them on the fire vntill it be something thick, you may know when they are enough by dropping a little on a sawcer on the bottome of it, if it be thicke like gellie; then take them off the fire, and powre them into an earthen platter, and being betweene hot and colde, put them vp in a gally pot, or put them in gallee-pots to keepe all the yeere, but put a piece of white paper on them, and couer them with a piece of parchment or soft leather.

John Murrell. **A daily exercise for ladies and gentlewomen.** 1617

How to Preserve Cherries.

Take the *Cherries* when they be new gathered off the Tree, being full ripe, put them to the bottome of your Preserving pan, weighing to every pound of *Cherries*, one pound of *sugar*, then throw some of the *sugar* upon the *Cherries*, and set them on a very quick fire, and as they boyle throw on the rest of the *sugar*, till the Syrupe be thick enough, then take them out, and put them in a gally pot while they are warm; you may if you will, put two or three spoonfulls of *Rose-water* to them.

A Book of fruits & flovvers. 1653

To preserve Cherries.

Take the deepest coloured Cherries and largest you can get, and gently pull out the stones and stalks, and lay them in a skellet, or China dish; lay a layer of Sugar first, and then a laying of Cherries, with the stalky side downward, and so to the height you intend, having the bare weight of sugar to the cherries, and let them lye till you have peeled some skins off of the smallest Cherries, but well coloured; if you will have them of a crimson colour, one ounce of skinnes will be as little as you can take to one pound of cherries, not taking any of the juice of the cherries with the skinnes, for that will make them looke tawny; put a little sugar to the skinnes to fetch the colour out of them, and the skinnes on a soft fire, often stirring and crushing them with a spoon; then pour all that juice on the Cherries and set them on a soft fire, often shaking of them till the sugar be pretty well melted; then set them on a quick fire and let them boyle up; then take them off, and the froath settled scum them cleane, and so doe till you think them enough, which you may finde by their clearnesse; then take them off and scum them very clean, and let them stand all night in a silver or china dish, and the next day, if the syrrop be not very thick, let the fruit be put up into glasses, and boyle the syrrop againe on a quick fire, and when it is cold, put it to the Cherries, and be sure to let the glasses stand open till they be cold. If you would have them pure coloured, do them with the best sort of sugar.

Cooper, Joseph, chiefe cook to the late king. *The art of cookery refin'd*. 1654.

The best way to preserve Cherries.

Take the best Cherries you can get, and cut the stalks something short, then for every pound of these Cherries take two pound of other Cherries, and put them of their stalks and stones, put to them ten spoonfuls of fair water, and then set them on the fire to boil very fast till you see that the colour of the syrup be like pale claret Wine, then take it off the fire, and drain them from the Cherries into a pan to preserve in. Take to every pound of cherries a quarter of sugar, of which take half, and dissolve it with the cherry-water drained from the Cherries, and keep them boiling very fast till they will gelly in a spoon, and as you see the syrup thin, take off the sugar that you kept finely beaten, and put it to the Cherries in the boiling; the faster they boil, the better they will be preserved, and let them stand in a pan till they be almost cold.

W.M. *The Queens closet opened...* London, 1659.

To preserve Cherries with a quarter of their weight in Sugar.

four pound of Cherries, one pound of Sugar, beat your Sugar and strew a little in the bottom of your skillet, then pull off the stalks and stones of your Cherries, and cut them cross the bottom with a knife; let the juyce of the Cherries run upon the Sugar; for there must be no other liquor but the juyce of the Cherries; cover your Cherries over with one half of your Sugar, boil them very quick; when they are half boiled, but in the remainder of your Sugar; when they are almost enough, put in the rest of the Sugar; you must let them boil till they part in sunder like Marmalade, stirring them continually, so put them up hot into your warm Marmalade glasses.

W.M. *The Queens closet opened...* London, 1659.

To preserve Cherries the best way, bigger then they grow naturally, &c.

Take a pound of the smallest Cherries, and boil them tender in a pint of fair water, then strain the liquor from the substance, then take two pound of good Cherries, and put them in a preserving pan with a lay of Cherries, and a lay of sugar: then pour the syrrop of the other Cherries about them, and so let them boil as fast as you can with a quick fire, that the syrrop may boil over them, and when your syrrop is thick and of good colour, then take them up, and let them stand a cooling by partitions one from another, and being cold you may pot them up.

W.M. *The Queens closet opened...* London, 1659.

To preserve Cherries.

TAke a pound of the smallest cherries, but let them be well coloured, boil them tender in a pint of fair water, then strain the liquor from the cherries, and take two pound of other fair cherries, stone them, and put them in your preserving-pan, with a laying of cherries and a laying of sugar, then pour the sirrurp of the other strained cherries over them, and let them boil as fast as may be with a blazing fire, that the sirrurp may boil over them; when you see that the sirrurp is of a good colour, something thick, and begins to jelly, set them a cooling, and being cold pot them, and so keep them all the year.

Robert May *The Accomplisht Cook*. 1660.

A way to dry Cherries.

Take three quarters of a pound of *Sugar*, and a pound of *Cherries*, their stalks and stones taken from them, then put a spoonfull of clean water in the Skillet, and so lay a lay of *Cherries* and another of *Sugar*, till your quantity be out, then set them on the fire, and boyle them as fast as conveniently you can, now and then shaking them about the Skillet, for fear of burning, and when you think they are enough, and clear, then take them off the fire, and let them stand till they be halfe cold, then take them out as clear from the Syrupe as you can, and lay them one by one upon sheets of glasse, setting them either abroad in the sunne, or in a window where the sunne may continually be upon them. If they dry not so fast as you would have them, then in the turning scrape some loafe *Sugar* finely upon them, but add no greater heat then the sunne will afford, which will be sufficient if they be well tended, and let no dew fall on them by any means, but in the evening set them in some warm Cupboard.

A Book of fruits & flovvers. 1653

To dry Cherries.

Take the fairest Cherries, stone them, take to six pound of Cherries a pound of Sugar, put them into a skillet, straining the Sugar amongst them as you put them in, then put as much water to them as will boil them, then set them upon a quick fire, let them boil up, then take them off, and strain them very clean, put them into to an earthen pan or pot, so let them stand in the liquor four dayes, then take them up and lay them severally one by one upon silver dishes, or earthen dishes, set them into an oven after the bread being taken out and so shift them every day upon dry dishes, and so till they be dry.

Kent, Elizabeth Grey, Countess of, 1581-1651., W. J. (W. Jar)

A choice manual of rare and select secrets in physick and chyrurgery 1653

Miscellaneous

To bake sour cherry puffs

165 To bake sour cherry puffs. Take hot water, lay fat the size of a walnut into it, and when the fat is melted, then make a batter with flour, it should be thick. Beat it until it bubbles, after that thin it with egg whites. If you like, you can also put a few egg yolks into it. Tie four sour cherries together, dip them in the batter and fry them. Shake the pan, then they will rise. The fat must be very hot.

Das Kuchbuch der Sabina Welserin (Germany, 16th century - V. Armstrong, trans.)

Perhaps because the season for cherries was so short, John Murrell included a recipe for how to cast cherries in moulds from hot sugar.

To make Snakes, Snailes, Frogs, Roses, Cheries, &c.

77 TAKE single mouldes carued inward, according to the forme of the things named, or any other, what you will, then take double refined Sugar, and as much water, or rather Rose-water as will dissolve it, and boyle it to a Candie height: then take your mouldes, hauing steeped them two or three houres before in colde water, and fill them with the hot Sugar, and when it is colde turne it out of your mould, and drie it with a faire cloath, and it will haue the true forme graued or carued in the mould. **But for your Cherries**, strawberries, and such like, take double mouldes, wet them in water, and fill them with hot Sugar, then take a small birchen twig, dried before in a feather-makers or diers fat, and prick them in the nose of the mould into the hot Sugar, and when they be colde, take them out and drie them, and they will be as though they grew vpon staulkes; then colour them as is shewed in the order of colours in the end of this booke,

John Murrell. **A daily exercise for ladies and gentlewomen. 1617**

To make paste of *Genoa*, you shall take Quinces after they haue been boiled soft, and beate them in a mortar with refined suger, cinamon and ginger finely searst, and Damaske rosewater till it come to a stiffe paste; and role it forth and print it, and so bake it in a stouie; and in this sort you may make paste of Peares, Apples, Wardens, Plummes of all kinds, Cherries, Barberies, or what other fruit you please.

Markham, Gervase. ***Coutrey contentments, or The English husvife***, 1623.

HOW TO MAKE CAKES OF CHERRIES, OF APRICOTS, OF PISTACHES, AND OF ALMONDS.

Take of Cherries, or of Apricots, what you will, stamp them in a mortar with sugar in powder, until they be stiffe enough for to be wrought; bake them before you doe glase them, and glase them at the top and underneath. The Pistaches and Almonds are made ready more easily and are easier to make cakes with.

For to make the sheets of them, steep some gum in water of orange flowers, stamp your almonds or pistaches in a mortar with a peece of gum; allay all together with sugar in powder, then make & work up a paste as you will.

You may of the same paste make a glasing very clear, mixing a little musk with it, and be carefull to clense it well at the top, then cut it in length, in round, or into any other form.

The baking of it requires a great care and circumspection; put it in the oven, or in the tourte panne with fire under and above, but a little less above.

La Varenne, François Pierre de, 1618-1678., ***The French Cook*** 1653.

Society Favorites, Cherry Soups and ***The Prince of Transylvania's Court Cookbook***

Cooks in the Society, especially here in the Midrealm, have often served a delicious mixed fruit summer soup or cold fruit soup; in terms of recipes, it was always termed as ethnic or traditional. It's a safe bet it was a longtime family tradition in many Nordic families here in the Midwest. The Swedish version is *fruktsoppa* or

blanded frutsoppa. Cherries mixed with red wine make up one version, and many online accounts today credit Finland with the soup, so a search under Finland and “cherry soup” also turns up delicious versions.

The striking Hungarian sour cherry version is called *meggyleves* or *hideg meggyleves*. It’s made from fresh ripe cherries and fresh (sour) cream blended with dashes of cinnamon and cloves. [Sheraton pp. 393-94] And thanks to **The Prince of Transylvania's Court Cookbook** we now have appropriate late sixteenth century recipes for two Hungarian versions. Prior to 2017, we did not have access to a translated version of this cookery book. Now we can ponder over these recipes.

Sour **cherry** with sour cream. Remove the stem and the seeds, put it into a pot and pass through a strainer some sour cream, add some sugar and crushed cinnamon, cook it, and once time, add sugar to the plate.

The Prince of Transylvania's Court Cookbook. Hungary Late 16th c.

Dry sour **cherry** cooked in wine. Take out the seeds and wash it, pour wine into a pot and add some honey. Cook it, once cooked, serve it when cold; add sugar once served, too. Some masters add black pepper and dill, too, but you don't have to if your lord doesn't like it.

The Prince of Transylvania's Court Cookbook. Hungary Late 16th c.

A Quick Word on Drinks and Maraschino Cherries

The distilled water of Cherries is good for those that are troubled with heate and inflammations in their stomackes, and preuailth against the falling sicknesse giuen mixed with wine.

Gerard, John. **The herbal**. 1597, 1633.

We begin to more commonly find cherry wine and cherry water printed recipes in the middle to late seventeenth century. This follows the same course as that of other beverages. Digby, published in the 1660s, still remains one of the go-to sources for meads and other drinks. Here are a few recipes for cherry drinks:

To make Cherry-water.

Take nine pound of Cherries, pull out the stones and stalks, break them with your hand, and put them into nine pints of Claret Wine, take nine ounces of Cinamon, and three Nutmegs, bruise them, and put them into this, then take of Rosemary and Balm, of each half a handful, of sweet Marjoram a quarter of an handful; put all these with the aforementioned into an earthen pot well leaded; so let them stand to infuse twenty four hours, stirring it once in four or five hours; so distill it in a Limbeck, keeping the strongest

water by it self, put some Sugar finely beaten into your glasses. If your first water be too strong, put some of the second to it as you use it. If you please you may tie some Musk, and Ambergreese in a rag, and hang it by a thread in your glass.

W.M. *The Queens closet opened...* London, 1659.

A Cordial Cherry-water.

Take a pottle of *Aqua vitae*, two ounces of ripe Cherries stoned, Sugar one pound, twenty four Cloves, one stick of Cinamon, three spoonfuls of Aniseeds bruised, let these stand in the *Aqua vitae* fifteen dayes, and when the watet hath fully drawn out the Tincture, pour it off into another glass for your use, which keep close stopped, the Spice and the Cherries you may keep, for they are very good for winde in the Stomach.

W.M. *The Queens closet opened...* London, 1659.

Last but not least Sir Kenelm Digby's cookery notebooks mentions cherry wine in the full title of his posthumous book and includes this often-noted famous recipe:

The Countess of Newport's Cherry Wine.

Pick the best Cherries free from rotten, and pick the stalk from them; put them into an earthen Pan. Bruise them, by griping and straining them in your hands, and let them stand all night; on the next day strain them out (through a Napkin; which if it be a course and thin one, let the juyce run through a Hippocras or gelly-bag, upon a pound of fine pure Sugar in powder, to every Gallon of juyce) and to every gallon put a pound of Sugar, and put it into a vessel. Be sure your vessel be full, or your wine will be spoiled; you must let it stand a month before you bottle it: and in every bottle you must put a lump (a piece as big as a Nutmeg) of Sugar. The vessel must not be stopt until it hath done working.

Digby, Kenelm, Sir, 1603-1665. *The Closet of the Eminently Learned Sir Kenelme Digbie Kt. Opened.* 1669.

Besides Digby's Cherry Wine recipe mentioned above, cherries and cherry pits are found in a number of contemporary liqueurs and distilled beverages. Brandies by definition are "spirits distilled from grape wine." [McGee, 766] The "cherry" brandies have traditionally used macerated cherries fermented with sugar to which may be added a base liqueur. The English firm of Thos. Grant and Sons began manufacture of their Morella cherry brandy in the late eighteenth century. The firm famously used local Morella cherries grown in Kent. More famous and often mentioned has been the Danish Peter Heering's Liqueur which is another cherry brandy; it was originally founded in the nineteenth century. The famous Kirsch or Kirschwasser is actually fermented with the fruit mixed in with crushed cherry pits and is a clear double distilled eau-de-vie.

The liqueur known as Maraschino is traditionally made with Dalmatia cherries. It's existed for at least two centuries. [Vandyke Price, 277-281] Amy Stewart notes maraschino is still associated with the area in and around Zadar, Croatia. After WW II, the Luxardo brand of the drink famously left then communist Croatia and set up business in Italy, using imported Croatian cherry slips to re-establish the appropriate orchards in Italy. Maraschino remains a double distilled drink made from a distillate of marasca or Amarasca cherries. [Stewart, 271-75]

Maraschino cherries, those odd fiercely sweet and red blobs were by FDA fiat originally made in the US only from marasca cherries, which had been stoned, bleached, brined, and then colored, flavored, sweetened, and pasteurized before being packed in a sugar syrup. From their early twentieth century American origins when they became a fad in cocktails and as ice cream sundae toppings, maraschino cherries were created to satisfy demand at the lowest possible cost. A scientist at Oregon Agricultural College finally figured out how to make firm, yet tasty "maraschino" cherries using the local Royal Anne cherries and almond extract. Eventually the FDA in 1940 allowed any cherries treated in such a way to be called maraschino. (Herring, McGee, 359, and Stewart 271-3) Adam Gollner in *The Fruit Hunters* interviews someone who describes them as "a bleached-out way to dump bad cherries." [155] Those seeking a better product may want to seek out a Trader Joe's and try their glass jars of "Dark Morello Cherries". They are created in Germany from just cherries, water, and sugar.

Cherry gum taken or made from the sap was also chewed as an early form of chewing gum. mixed into a drink. John Gerard notes:

"The gum of the Cherrie tree taken with wine and water, is reported to helpe the stone; it may do good by making the passages slippery, and by tempering & alaying the sharpnesse of the humors; and in this maner it is a remedy also for an old cough. *Dioscorides* addeth, that it maketh one well coloured, cleareth the sight, and causeth a good appetite to meat." [p 1507]

Another Way to Pit a Cherry

This is one of those ‘it has to be seen to be believed’ videos. Originally courtesy of *Gourmet* magazine and now all over the web is this nifty way to pit cherries using a paper clip! *MacGyver* to the rescue!

<https://www.youtube.com/watch?v=g9pMWLu7pxU> Or try a sippy cup straw

<https://www.youtube.com/watch?v=Qabo5uJEcug> But seriously, just buy a pitter. Oxo is recommended. And [what to do with those pits? Why not try this delicious recipe from Serious Eats?](#)

<https://www.serious-eats.com/2016/06/how-to-make-cherry-pit-whipped-cream.html>

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Extensive use was made of EEBO-TCP and Doc's Medieval Cookery website <www.medievalcookery.com> in the preparation of this article. For additional historical recipes, try a search at: <http://medievalcookery.com/search/search.html>

Additional Society period recipes for cherries may be found at: <http://www.florilegium.org> . Readers in 2019 may have to employ the Wayback Machine in order to use the Florilegium, as the database is being reorganized and moved.

An interesting and good selection of modern and traditional cherry recipes can be found online at: <http://www.gourmet.com/recipes/2000s/2009/06/cherry-slideshow>

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Contributed by Johnnae Ilyn Lewis, CE

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- ❖ Baroness: THL Briana MacCabe
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- ❖ Chief Lady in Waiting: Lady Juanica Montanez
 - court@sca-altavia.org
- ❖ Captain of the Guard: Cassandra de Lorrain
 - guard@sca-altavia.org
- ❖ Seneschal: Mistress Meliora Deverel
 - seneschal@sca-altavia.org
- ❖ Deputy Seneschal: VACANT
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- ❖ Arts & Sciences Officer: Lady Juanica Montanez
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- ❖ Deputy Arts & Sciences Officer: THL Edith of Arbroath
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- ❖ Chatelaine: Lady Monique Marie Sauniere
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- ❖ Deputy Chatelaines: Mistress Meliora Deverel
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- ❖ Children's Minister: Baroness Tezar of Aeolis
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- ❖ Deputy Children's Officer: currently vacant
- ❖ Chronicler: Contessa Battista de Kie del Goya da Lagos
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- ❖ Deputy Webwright: Vasilisa
 - webwright@sca-altavia.org



Meetings & Practices in the Barony

Meetings:

- *Council Meeting*
 - 2nd Tuesday of the month 7:00pm
 - Location: Proto-Cathedral of St. Mary Byzantine Catholic Church, 5329 Sepulveda Blvd., Sherman Oaks, Ca. 91411
 - This meeting involves officer reports, Baronial discussions, event reports, and announcements, everyone is welcome (and encouraged) to come.
 - <http://www.sca-altavia.org/meetings/>
- *Newcomers Meeting*
 - As needed 7:00pm
 - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park at the stone tables near the tennis courts.
 - Everyone is welcome and given an overview of the SCA.
 - Contact the Chatelaine for details.

Combat Practices:

- *Archery* - archery@sca-altavia.org
 - 1st & 3rd Sunday of the month 11:30am-3:00pm
 - Location: Woodley park archery range (woodleyparkarchers.org/direction)
 - Additional times most Tuesday and Friday nights. Contact the Captain of Archers to verify dates and times. Contact ahead for loaner gear.
- *Equestrian* - equestrian@sca-altavia.org
 - Various days of every month 6:30pm-8:30pm
 - Location: Conejo Creek Equestrian Park, 1350 Avenida de las Flores, Thousand Oaks, Ca 91360
 - Open to all regardless of Baronial affiliation
 - Riders must bring own mounts. Authorizations available, jousting, mounted combat, crest combat, mounted games, marshalette and general riding.
 - Minors must have a parent or guardian present at all times.
 - www.sca-altavia.org/meetings/equestrian/index.html
- *Armored & Rapier Combat* - rapier@sca-altavia.org / heavy@sca-altavia.org
 - Every Monday 7:30pm-9:30pm
 - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park near the tennis courts.

- *Unarmored Combat*
 - 2nd & 4th Monday 7:30pm–9:30pm
 - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park near the tennis courts.
- *Youth Combat*
 - 2nd & 4th Monday 7:30pm–9:30pm
 - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park near the tennis courts.
- *Thrown Weapons* - tw@sca-altavia.org
 - 1st & 3rd Sunday 11:00am-2:30pm
 - Location: Woodley park archery range (woodleyparkarchers.org/direction)

Arts & Sciences: - arts@sca-altavia.org

- *Arts & Science Workshops (aka Craft Nights)*
 - 4th Tuesday of the Month 7:00pm-9:00pm
 - Location: Proto-Cathedral of St. Mary Byzantine Catholic Church, 5329 Sepulveda Blvd., Sherman Oaks, Ca. 91411
 - Take part in the advertised class or bring sewing or craft projects.
 - Meeting themes are published on facebook and the Altavia Website
- *Bardic Circle* - bardic@sca-altavia.org
 - Host Baron Sir Charles of Dublin at the home of Baron Sir Robear du Bois.
 - Contact A&S Officer for directions & dates all can perform or watch
- *Children's Activities* - children@sca-altavia.org
 - Children's events are held at every event that Altavia sponsors
- *Culinary Guild*
 - Special interest group for all things delicious to eat and drink.
 - All are welcome in discussions, recipes & historical research.
 - Meetings once a month www.facebook.com/groups/242868192471271
- *Dance Practice*
 - Every Monday 7:30 (***CURRENTLY ON HIATUS***)
 - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park near the tennis courts.

Scheduled Arts and Science Classes

- See Arts@sca-altavia.org for a current Schedule of Classes



Altavia Current Champions



-
- ❖ **Archery:** Baron Bjorn Zenthffeer as of 10/29/18
 - ❖ **Armored Combat:** Duke Sven Orfhendur as of 5/11/19
 - ❖ **Arts & Sciences:** Rycharde the Bowemon as of 5/11/19
 - ❖ **Special Baroness Bardic Prize:** Dame Gorandookht Mamigonian as of 5/11/19
 - ❖ **Bardic:** Lord Robyn Lon Creighton of Thorndyke as of 12/16/17
 - ❖ **Chess:** Natasha of Altavia & Mike Manley as of 12/16/17
 - ❖ **Equestrian:** Milady Inara of Darach as of 05/20/18
 - ❖ **Fretted Fork Non Period:** Mistress Cecilia Medici as of 10/29/18
 - ❖ **Fretted Fork Period:** Lucrezia of Isles as of 10/29/18
 - ❖ **Rapier Combat:** Master Eógan Ua Confraích as of 5/11/19
 - ❖ **Thrown Weapons:** Paganus Grimlove as of 10/29/18
 - ❖ **Unarmored Combat:** THL Tierrynna Caer Narvon as of 5/12/18
 - ❖ **Youth Archery:** Loki of the Dell as of 10/23/16
 - ❖ **Youth Arts and Sciences:** Natallya as of 5/13/17
 - ❖ **Youth Combat:** Nicholai Stagghorn & Cora Valenzuela as of 5/12/18

