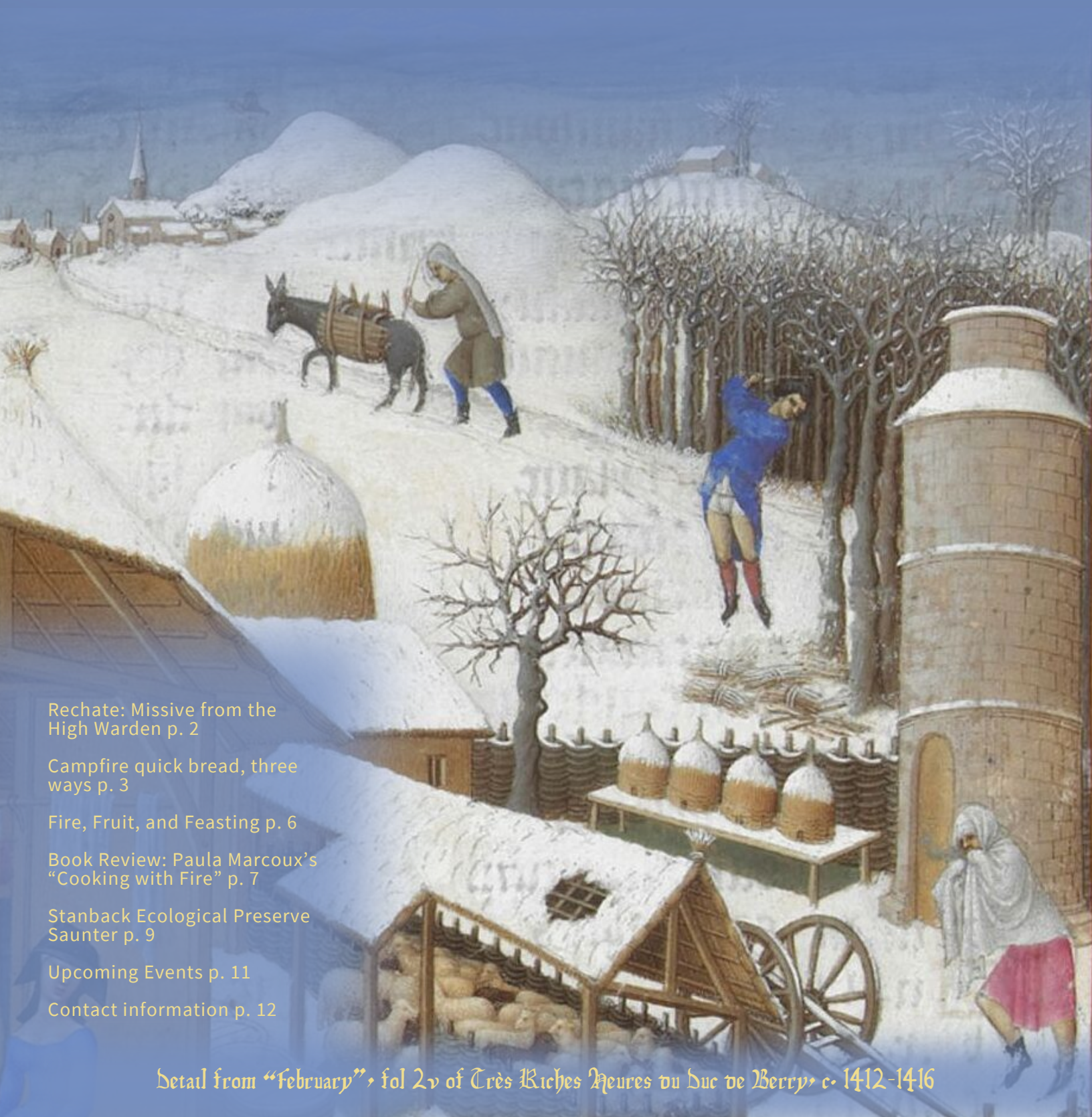


Hurst & Horn

SOLSTITIAL NEWSLETTER FOR THE KINGDOM OF ATLANTIA ROYAL FORESTRY GUILD



Rechate: Missive from the High Warden p. 2

Campfire quick bread, three ways p. 3

Fire, Fruit, and Feasting p. 6

Book Review: Paula Marcoux's "Cooking with Fire" p. 7

Stanback Ecological Preserve Saunter p. 9

Upcoming Events p. 11

Contact information p. 12

Wrechate

Missive from the High Warden

Greetings, protectors of the green.

As the long nights of the winter begin and the days grow short, it's easy to become stagnant. Remember to keep busy with new crafting ideas, working on your persona, or trying out new recipes. Listening to the rain on the roof while warm inside can make mending much less of a chore, and working over a campfire is much more pleasant in the winter months!

Your officers will be working this winter to prepare more forester gatherings for the coming year. Warden of the North Will of Liddesdale and Warden Emerita Finnebreth Wodeward are planning to hold a spring campout in Northern Atlantia, and officers continue to look for opportunities at events to offer guild-related activities.

Think about new things you want to accomplish in the future. I would love to hear your ideas about things you would like to see and do, and to help you make them happen.

In your service,
High Warden Morgot Morgan



Campfire quick bread three ways

BY ELIAS DE BIRTON, FORESTER

Campfire cooking can be a very satisfying and immersive element of our hobby, but it can also be an intimidating one to jump into. There are many options for equipment, some of which can be quite pricey, transporting ingredients and/or preparing them on site can be logistically challenging, and a coal bed is a far cry from an electric range or a microwave oven. You don't need to start out

by trying to cook a feast, though! A simple, inexpensive (and authentic, to some periods and places) way to give campfire cooking a try is making a quick bread. There are a few methods for making a simple unleavened bread from flour, water, and a pinch of salt, using nothing more than a mixing surface and items that can be found around most campsites.

Below: Required ingredients and equipment - flour, water, salt, and a way to mix them (and a fire, of course!)





In the coals

To make a quick bread, or “ash cakes” directly in the coals, flour, water, and a pinch of salt is first mixed into a stiff dough. Exact measurements aren’t necessary, but the dough should not be too wet, since you will need to form the dough into a disk and place it on the coals. The dough disk is then buried under another layer of coals so both sides can cook at the same time (remember where you bury it, though!). After a few moments, the ash cake can be tested for doneness through the very precise method of poking it with a stick – if it feels firm, pull it out of the coals with the poking stick or other improvised implement. A few embers and loose ash may come with the ash cake, but those can be dislodged by sharply tapping the cake against a piece of firewood. The cake should be given a couple of minutes to cool, and then eaten warm.

Wrapped in leaves

This method begins the same way as the first one, but instead of the dough being placed directly into the coals, it is first wrapped in several layers of green leaves. This requires a little bit of knowledge of the local foliage, and will also be easier to accomplish in spring and summer than autumn and winter! The dough will steam inside the leaves; this keeps the resulting ash cake a little moister, but it will also take on some of the flavors of the leaves. The whole bundle is again buried in the coals, and again poked with a stick to test for firmness (and therefore done-ness). No knocking-off of embers should be required with this method, though! Instead, the quick bread can be unwrapped and allowed to cool for a few minutes.



On a stone or piece of firewood

By using a stone or piece of firewood with a wide, flat face, you can cook your bread near the coals, rather than in the coals. This method is a bit slower but involves the least risk of carbonization! To accomplish this, a wetter dough should be mixed and then flattened onto a stone (be sure it's dry) or piece of firewood. The dough needs to be sticky because the cooking surface will be placed next to the fire, and you don't want your bread to flop off into the coals! As the dough begins to cook, the cooking surface should be rotated (so make sure any rocks you choose aren't too heavy) so what was the top of the dough is now closer to the fire. Once the side of the bread facing the fire is dry, it can be scraped off of the cooking



surface. If the other side is still wet, it's easy to give that a little bit of heat by placing the bread on a Y-shaped branch and holding it over the fire. The cooked side should have enough structure to keep it from falling through!





Fire, Fruit, and Feasting

BY EIRIK GRALÓKKR,
FORESTER

Left: a Dutch oven in which Eirik was cooking a dessert for the Sacred Stone baronial potluck at War of the Wings

*Right: Some of the medlars Eirik grew this year. Medlars (*Mespilus germanica*) are in the rose family and also related to apples, and have been cultivated since at least Roman times. The largest medlar here is about the size of a quarter.*



A Review of Paula Marcoux's "Cooking with Fire"

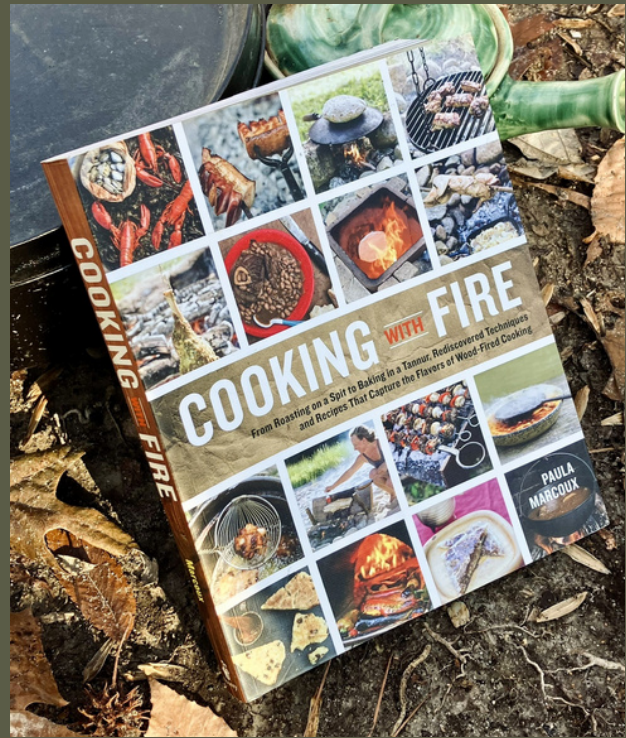
BY ELIAS DE BIRTON, FORESTER

ISBN: 978-1-61212-158-1

MSRP: \$22.95

As a title, "Cooking with Fire" seems very simple and straightforward while also feeling incredibly broad. As Marcoux points out on the first page, humans have been cooking for almost two millions years, and until *extremely* recently, all of that cooking was done with fire as a heat source. Honoring that long history while simultaneously providing practical instruction seems like a tall task, but Marcoux doesn't just deftly balance those aspects of her chosen subject; she also shares her considerable knowledge with a conversational tone and beautiful accompanying pictures.

While the subtitle of the book, "From Roasting on a Spit to Baking in a Tannur, Rediscovered Techniques and Recipes That Capture the Flavors of Wood" hints at the breadth of techniques covered, I don't think that it really does the contents justice. The first few pages are dedicated to processing materials, kindling a flame, and establishing



a coal bed for cooking on (or in, or over). The chapters are organized by complexity of equipment required, starting with cooking directly in coals, then making a greenwood spit, followed by discussions of different types of griddles, pots, pans, and up to and including detail instructions for building and using a wood-fired earthen oven.

While "Cooking with Fire" is not written specifically for reenactors, Marcoux is a food historian with training in archeology, and that comes through in the book. She discusses the history of different techniques presented, references extant recipes and cookbooks, and spends a few pages describing the joys of cooking in clay pots over coals. Part of what makes this book so

approachable, though, is that these historical notes are mixed with recipes written for modern cooks, with modern palates and measuring tools. Folks interested in preparing food that their persona would have eaten using the tools they would have used will need to do further research, but the basics presented in this book will still serve them well!

I don't know that "Cooking with Fire" by Paula Marcoux is a must-buy for everyone interested in the Forestry Guild; while those interested in earning the rank of Forester are required to cook for four over a fire, not everyone may want to dive so deeply into cooking over a coals. However, if you are interested in exploring cooking over a campfire, this book is an excellent resource.



A loaf of bread baked in a Dutch oven by following the detailed instructions in "Cooking with Fire"

Saunter in the Fred Stanback, Jr. Ecological Preserve at Catawba College (Salisbury, NC)

BY FINNEBRETH WODEWARD,
WARDEN EMERITIS

The Fred Stanback, Jr. Ecological Preserve is a typical Piedmont forested wetland but with exceptional biodiversity, and is home to the Eastern Box turtle, North Carolina's state reptile, a vulnerable species. The preserve is maintained by the Center for the Environment at Catawba College and covers approximately 189 acres adjacent to the campus, with a two and a half acre lake and 3.2 miles of trails.



Photo by Finnebreth Wodeward

in attendance were Forester Ahmed Mustafa, Warden Emeritus Finnebreth Wodeward, Junior Forester Domino, Rachel, and Jade.

One thing that stood out was that winter in the southern Mid-Atlantic is very colorful, even on an overcast day. We did some plant ID along the way, but mostly enjoyed the

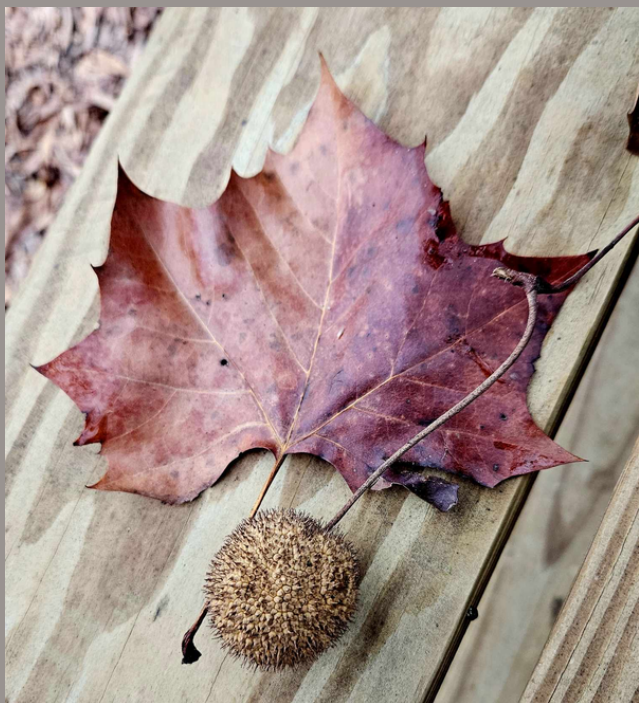


Photos by Finnebreth Wodeward

peace and almost perfect stillness of the place on an early winter day, broken only by the soft calls of songbirds. We spotted bluebirds, goldfinches, chickadees and other small birds, ducks on the pond, and evidence of beavers.



Above: American toad. Below : Sycamore leaf and fruit. Photos by Ahmed Mustafa



Above: Swamp white oak. Below: Old Man's Beard. Photos by Ahmed Mustafa





Above: Photo by Finnebreth Wodeward

Left: Photo by Ahmed Mustafa

Upcoming Events

Various officers are planning to be at the following events and may be available for oaths or skill displays:

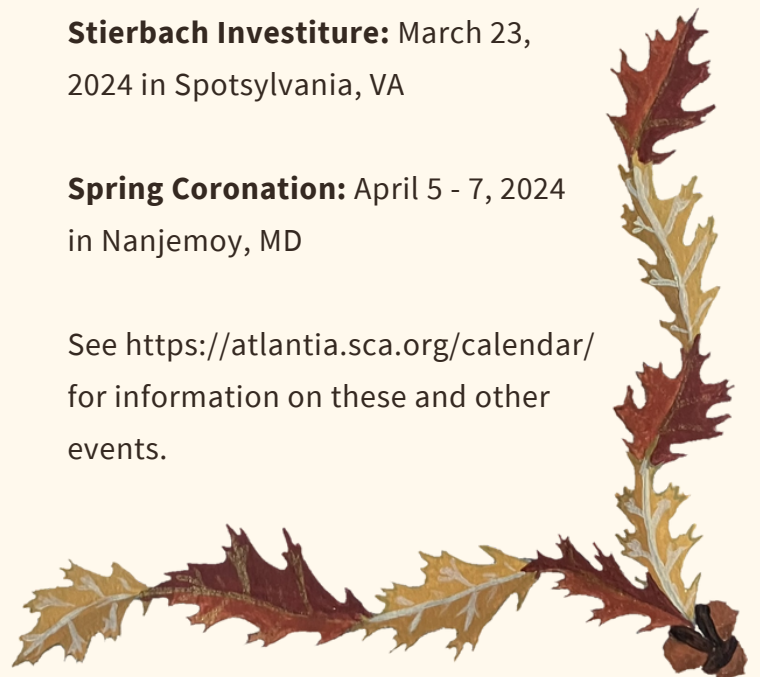
Nottingham Coill Baronial Birthday & Investiture: January 19 - 21, 2024 in Bennettsville, SC

Kingdom Arts & Sciences/Tir-y-Don Baronial Investiture: March 2, 2024 in Newport News, VA

Defending the Gate and Barony of Stierbach Investiture: March 23, 2024 in Spotsylvania, VA

Spring Coronation: April 5 - 7, 2024 in Nanjemoy, MD

See <https://atlantia.sca.org/calendar/> for information on these and other events.



Contact Information

Guild websites:

<https://karfg.atlantia.sca.org/>

[https://www.wiki.atlantia.sca.org/index.php?](https://www.wiki.atlantia.sca.org/index.php?title=Kingdom_of_Atlantia_Royal_Forestry_Guild)

[title=Kingdom_of_Atlantia_Royal_Forestry_Guild](https://www.wiki.atlantia.sca.org/index.php?title=Kingdom_of_Atlantia_Royal_Forestry_Guild)

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

<https://www.youtube.com/channel/UCvryzA24YqXKsbiamMcsZGg>



The Atlantia Forestry Guild is devoted to research, recreation, and education of forestry and outdoors skills regarding no trace camping, protecting the green spaces, self-reliance, wood craft, camp craft, bush craft, overland travel, inland water travel, outdoor cooking, survival, and other outdoor and primitive skills all in period fashion. It is the purpose of guild to research, recreate, educate and demonstrate historical tools, methods, equipment and techniques for living, camping, traveling and cooking, in the outdoors or in wilderness locations.

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Editor: Interim Chronicler, Elias de Birton

For article submissions or questions about the guild, please contact us at atlantiaforesters@gmail.com

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