



The Mudpuppy

The official newsletter of the
Barony of Settmour Swamp

AS XLVIII – April 2014 (modified for Web privacy)

Baron and Baroness

As we slowly slip from winter's icy grip, and the day's hours grow longer, all rejoice as the mud begins to thaw. We welcomed our beloved Kingdom to celebrate with Settmour in the tournaments, contests and magnificent revelry of Mudthaw.

The weather was wonderful; the tournaments were fierce and impressive. Inside, Arts & Sciences did compete, and Artisans in the Row exemplified their skills to all who would enjoy. Fine merchants peddled their wares, and Court saw many worthy gentles recognized. We were pleased to announce in Court that, by the warmth of all who joined us, and a little extra "coaxing" the Mud did officially Thaw! A glorious Feast with a Flemish flair was prepared and enjoyed by all, and it was sumptuous. We were honored to host a day filled with activities that so many could enjoy, and we thank everybody whose efforts went into making Mudthaw an amazing day! An event like this requires lots of people who work tirelessly to make it all happen and we would like you to know how appreciative we are.

And when that April, with his showers sweet, the drought of March hath pierced to the root, come forth all goodly folk to Settmour and see the King and Queen newly crowned. A great day is planned and a grand feast



has been organized to celebrate the occasion.

Then so too it follows a few weeks later that the Swamp Swap and Schola shall see the great exchange of goods. We invite you to pull wondrous wares from your

coffers and closets, to sell or barter. Classes for newcomers will also be held so we ask you to invite anyone who might enjoy the Society to come, learn more about us and what we do, and find some great bargains as well.

Thence on to May where we relax in the fields and go on Quest. We will need help at Troll, and with setup, cleanup and a host of other things, please contact the autocrats Aharon and Richenda with your offers of assistance.

A great way to meet people is to volunteer. Your Barony is in need; please offer what services do please you. Calligraphers and illuminators are wanted for scrolls, artisans to make many beautiful works to give as gifts or prizes, furnishings for our court and high table, and things to help your Barony run more smoothly. We would love to have you involved, please talk to us about ideas you have or projects we would love to see done.

**Baron Erec and
Baroness Jehannine**

SENESCHAL ELECTION, May Officers Meeting

The Barony Settmour Swamp will elect a new Seneschal at the May Officers Meeting.

Anyone interested in applying for the position of Seneschal should contact our current Seneschal, Antonio.

Sir Antonio Patrasso
seneschal@settmourswamp.eastkingdom.org
(732) 207-9657 (before 10PM)



Return of the MudPuppy





Seneschal Notes

Wednesday, Mar 4, 2014
Recording Scribe: Antonio

Attending Officers:

Jehannine - Baroness
Malcolm - Chatelaine
Antonio -- Seneschal
Rhiannon -- Chamberlain/
Autocrat Newcomers' Schola
Maerhild -- Coronation Co-
Autocrat
Miles -- Chiurgeon
Charis - Deputy Seneschal
Owynn -- Autocrat Mudthaw
Jehane -- Marshal of Fence
Thorlief -- Archery

Additional Attendees

Ursula, Matthew

Past Events

Future Events

- The officers received a report from the autocrat of Mudthaw, to be held on March 22, 2014.
- The officers received a report from the autocrats of Coronation, to be held on April 5, 2014.
- The officers received a report from the autocrat of the Newcomer's Schola event, to be held on April 26, 2014.

Officers And Offices

- 1) The term for Exchequer has expired. Ryan has indicated that he will remain in the position month-to-month until a replacement can be found.
- 2) Ursula of North Woods was elected Chronicler by a majority vote of the officers present.

Cantons

Gryphonwald

-- The officers received a report from the autocrat of BGI.

Old Business

- Antonio will follow up with Restaurant Depot regarding issuance of new cards for SCA, Inc. (000074039289).

New Business

- The officers approved \$250 to cover insurance and site fee for a new fencing/dancing/A&S practice to be held in the northern part of the Barony, run by Charis and Orlando. Practices slated to begin next month.

Future Meeting Hosts:

April 9 -- Ursula

May 14 -- Antonio

June 14 -- Charis

Chronicler Notes

Greetings from [Ursula of North Woods](#)

I am your new Chronicler and I fully plan to NUDGE each and everyone of you to contribute to your newsletter.

Are you working on a new piece of **armor**? Send me photos and email me a description.

Are you **embroidering** a new favor? Send me photos and email quick descriptions.

I can quickly crop, color-correct, and add highlights to any photo and create a nice layout.

Do you need help finishing that **half-written article**? Send it to me and let me help pull it into a nice finished article.

Would you like your own monthly column of 25 to 100 words on any topic of interest

to SCA members? Email me to discuss your topic.

I'm here to help!

[Ursula](#)

PS THANK YOU to **Merlinia** for Artwork and **Ceara** for proofreading!





Court Report from Mudthaw

Court of Baron Erec and Baroness Jehannine

The mud was brought before Baron Erec and Baroness Jehannine and was it was decreed that said mud required thawing.

Tournament winners were announced and recognized:

- Heavy fighting - Sir Cullen Mackinnon
- Youth fighting - Marcus, Harrison and Kiley
- Fencing - Baron Jean Paul du Casse
- Thrown Weapons - Mathias de Carnifax
- A&S - Marion Qwyn for her whistles and pipes
- Brewing - Alexander Makcristyne for mead and recognition to Tom Janson for chocolate stout
- Bread - Lord John Marshal atte Ford

Awards given were:

- Maerhild - Bronze Tower
- Myles Bowman - Iron Tower
- Brennan Mac Fearghus - Iron Tower
- Thorlaeifr Hvitskegg - Iron Tower

Thanks were extended to:

- Baroness Ursula for tending to the Royal Rooms,
- Lady Lydia Fitzwalter and
- Lady Vivianne Dunbar for their sewing

and to the **artisans for their demos**;

- Sarra the Lymner,
- Elizabet Marshall,
- Grimbald,
- Isaulte Blaecstan,
- Edith Steyning,
- Eleanor atte Knolle,
- Michele the Ubiquitous,
- Alesone Gray of Cranlegh,
- Karin Jacobsdottir,
- Alys Mackyntoich, and
- Sabine de Kerbriant.

Court was brought to an end when the mud was found to be sufficiently thawed.

Don Orlando Sforza

Kingdom Level Awards for Settmour Swamp

- Lady Charis Accipiter was honored with a Silver Crescent by Their Majesties
- Vivianne Dunbar was granted Arms by Their Majesties

East Kingdom moving to a **NEW SERVER**

from the East Kingdom Web Minister

Members will be **removed from all email lists** hosted on eastkingdom.org,

including the polling order lists, on April 21, 2014, in preparation for migration to a new server. Users will need to sign up for lists again, beginning April 24, 2014.

Their Majesties pollings will be unaffected.
(excerpted from Pikestaff 4/2014)



THANKS for MUDTHAW

They say many hands make light work. I say many good hands make the improbable into the possible. I'll never know or be able to say thank you to everyone who helped out at Mudthaw, so thank you to all who came and pitched in, even if to you it was no big deal. But there are some people who pitched in and took roles that enabled the event to run very smoothly, despite a stressed out autocrat:

- Master Galefridus Peregrinus and Lady Judith bas Rabbi Mendel for heading up the setup effort the day before the event took place.
- Master Alexander MacGregor for supervising the indoor activities
- Lady Jehane de Fenwyk for supervising the outdoor activities
- Lady Eleanor Callaghan for running troll all day
- Master Phillip Reed for seeing the event through to its conclusion in my stead
- Don Orlando Sforza for supervising the cleanup effort
- Lady Charis Accipiter for running the kitchen and cooking the wonderful feast
- Baroness Ursula of North Woods for setting up the royal rooms and leading the dancing
- Mistress Elizabeth Eleanor Lovell for organizing the artisans row
- Friar William Graham for running the brewing competition
- Lady Judth (yet again) for running the baking competition
- Mistress Caterina Giaocchini for running the A&S competition
- Baron WulfgarSilfrahaar and His Highness Brennan for running the armored combat tournament
- Don Malcolm Bowman for running the rapier activities
- The Honorable Lord Colin MacKenzie for running the thrown weapons
- Lord Raven for running the youth fighting
- Mistress Brunissende Dragonette,

Lady Isabel Chamberlain, Lady Borujin Aciladai, @ Lady Nyfain merch Coel for the prize scrolls

Don Owynn Greenwood
Autocrat, Mudthaw XXXIV

Thank You to the Setup Crew

I would like to thank all those who spent the greater part of their Friday setting up for Mudthaw. I do not recall everyone's name, so I beg forgiveness in advance if I list you only by task or if I entirely forget to mention you:

- Ursula and her usual crew, who set up the Royal rooms for their Majesties and their Highnesses, and their Excellencies' room for our esteemed Baron and Baroness;
- Jehane and Wulfgar, who set up the heavy and fencing list fields, all the while braving the copious deposits left by the local deer herd ;
- She who set up the changing rooms (I know who you are, but my ageing brain cannot recall your name!);
- Charis and company, who prepped the kitchen for Saturday's work of feast preparation;
- The numerous others who worked wherever needed: Merlynia, Mithgaladin, Malcolm, Erec, and many others; most especially my lady wife, Judith bas Rabbi Mendel, who, in addition to working wherever needed, attended to many basic needs of the setup crew (most importantly morning coffee and the pizza lunch).

-- **Magister Galefridus Peregrinus**

Royal Room THANK YOU's

Lady Judith Bas Rabbi Mendel, Baroness Merlinia the Fey, Lady Ceara MacKieran, James, and Awndreuis spent hours on Friday hanging tapestries, removing breakables, and covering mundanities to transform the Shriner's meeting rooms into proper Royal Rooms. Brigid ni Chiarain donated her Keurig coffee maker.

Merlinia and Judith were on site at 7am on Saturday to set up the food. Thanks to Mathias for setting up high table. Royal Room takes hours to set up, but at the end of the evening, when everyone is exhausted, all the tapestries must be taken down and the dirty platters and tablecloths hauled to my car. This job was made MUCH EASIER do to the energetic help of the following gentles: Judith, Tyoho Mikkelsen, Zurr Bootgiver, Jean Del La Rue, and Mathias. I may organize the effort, but it would not be possible without my reliable team of decorators who make the Royal Room look ROYAL!

Baroness Ursula of North Woods

Mudthaw Troll Thanks

I, Lady Eleanor Callaghan would like to thank the following individuals, without whom Saturday's Troll would have surely floundered. As we all know, our organization is built solely on the backs of its volunteers. The volunteers that helped me at Mudthaw were exemplary. In no actual order, I would like to thank:

- Lady Judith Bas Rabbi Mendel
- Ursula of the North Woods
- Mærhild
- Elena de Los Libros
- Lady Lydia
- Aoife
- Matthias
- Lord Aethelstan St. Maur
- Sharra
- Lynsday
- Margery Winthrop
- James Hall
- Baron Erec
- Baroness Jehannine

And, of course, Owynn our Autocrat and Antonio our Senseschal.

That's 17 people for just the check-in line. It's amazing how many of us come forward when needed. Again, thank you, everyone for your time.

Lady Eleanor Callaghan



THANKS for MUDTHAW continued

Feast Cooks Thanks

Thanks to the Feast Cooks I would like to take this opportunity to send out many thanks. First, I would like to thank all the citizens of the swamp for once again entrusting me with the task of feeding our citizens and esteemed guests as we celebrated the thawing of the mud (which has once again frozen, grumble). Next I would like to thank all those good gentles who helped make my crazy ideas into an actual feast.

Rhiannon and Ursula, many thanks to you who came to my home and helped with the cutting and chopping.

Rhiannon, Vivianne, Isabeau and Crownit (sorry for the spelling) all willingly lent their talents for the majority of the day on Sat. to prepare to victuals that were finally served to our guests.

Special thanks go out to my sister, Willa, who delayed her trip to Italy by one day so that she could once again be my sanity in the kitchen and to my mother who kept me on schedule and helped to keep my little ones busy when I had nothing for them to do in the kitchen. Speaking of little ones (or not so little) I also need to thank Juliet and Melora (my daughters) and Harrison who lent their hands to help prepare our food and who willingly ran back and forth across the building to the refrigerator toting items as needed. Also, a big thanks to Veronica and her friend, Zadia, who helped in many ways, most notably decorating all our pies with towers and the arms of the East. Galen also gets my many thanks for doing dishes most of the day (until Jeffery, our hired dishwasher - a most wonderful and helpful gentleman) and helping wherever he was asked.

It takes many hands to make a feast a success and I am sure there are those I have missed in my missive, please forgive me if I have and know that every little bit of help was greatly appreciated.

Yours in service,

Charis

Cleanup Crew Thanks

I would like to thank all who helped with cleanup after Mudthaw. All was completed with alacrity and efficiency. A particular thanks goes out to Wyatt and Kyle, the Minions and to Phillip. Your help was invaluable. I'd like to think that we left it nicer than we found it, though the Bridge Club may disagree.

Orlando



6.



Event: Coronation of Brennan mac Fearghus and Caoilfhionn inghean Fhaolain



Event date: April 5th, 2014

Hosted by: Barony of Settmour Swamp

Summit, NJ

Event Last Modified: February 27th, 2014

Event details

The Barony of Settmour Swamp is honored to host the Spring Coronation for the East Kingdom. Come and be witness to the last court of Kenric II and Avelina II, and the first of Brennan and Caoilfhionn.

From their Highnesses:

The history of our Kingdom is dear to our hearts. What better way to celebrate our future as King and Queen than to remember our past traditions, stories and the people that make us The East. Please bring to our Coronation your photos, memorabilia, regalia, or anything that represents the rich history of The East. If the legacy of an item is known to you please consider writing it down to display with the item so that all may know its story. Space will be set aside for items to be displayed.

Courtney, the next Princess Royal, would like to invite all children and their parents attending Coronation to her Royal Tea! Delicious drinks and foods will be served to all that attend. Please check the event schedule for time and location.

Also check the event schedule to

find the times for dancing.
Site Opens: 10am
Site Closes: 9pm

Event Location

Calvary Episcopal Church
31 Woodland Ave
Summit, NJ 07901

Event Fees

Site : Site : Adult Members \$16
Adult Non-Members \$21
Minors (6-17) \$10
Minors (0-5) free
Merchants \$10

Reservation deadline: Postmarked March 22nd

Feast: Feast: Feast will be \$10 per person in addition to the site fee.

Make Checks Payable to: SCA NJ, Inc. Barony of Settmour Swamp

Contact Information

Event Steward:

Tami Yaches, Lady Eleanor Callaghan, and
Rae Feigin, Mærhild

140 Coburn Lane
Somerset, NJ 08873
732-412-7451

TRYaches@gmail.com
RaeAllyson@gmail.com

Send Reservations to:
Theodora Bryennissa, called Treannah
MKA: Miriam Berger
905 Village Drive
Somerset NJ 08873

Feast Cook: Wolfgang (Carillion)

Primo corso (First course)

Bread
Savory toasted cheese fruit
albicocche con pancetta
(bacon wrapped apricots with sage)

Secondo corso (Second course)

Ravioli con burro marrone
(ravioli in a brown butter sauce)

Terzo corso (Third course)

Porcheta
(Pork loin wrapped with pork belly)
Cavoletti di Bruxelles con glassa di aceto balsamico e pancetta
(Roasted brussel sprouts with Balsamic glaze and Home smoked bacon) Alternate vegetarian version available
polenta con burro
(Polenta with butter)

Quatro corso (Fourth course)

Torta di ricotta limone
(Lemon ricotta pie with fresh fruit)

Included in the site fee is a delightful **dayboard** provided by Lady Cassandra Matise:

Dayboard menu:

Pork cured with German spices
Perscutti
Chicken confit a la Scrapping
Pickled sugar snaps, and asparagus
Persian carrots
Balsamic mushrooms
Bread
Quark
Cut up cheese
Beet eggs (provided by Baroness Merlynia)
Honey roasted almonds
Candied pecans
Apples stewed in brandy and orange juice.



Event: Swamp Swap and Schola

Event date: April 26, 2014

**Hosted by: Barony of
Settmour Swamp**

Millington, NJ

**Do you have too much
stuff?**

Are the accoutrements of your
Society life overflowing?

Then come to the Swamp
Swap! Get a table, and start
sharing your excess with others!

Or perhaps you are new to the
Society, and don't have
enough? Then come along,
make deals, and outfit yourself
in finery that you hadn't imag-
ined!

We will be hosting a day of me-
dieval garage (or stable) sale-
ing. Rent a table and bring your
cool stuff to swap or sell as you
choose. No new merchandise,
please.

There will also be classes for
those whose involvement is re-
cent, and perhaps even not so
recent. We are looking for
teachers for classes in subjects
such as simple garb and acces-
sories, calligraphy, cooking,
spinning, beginner martial arts,
brewing, medieval gardens or
anything simple and basic.

There will be a break in the
class schedule for a delicious
dayboard, prepared by Arlene
and Baroness Merlinia, but
shopping may continue uninter-
rupted, as it should!

If you would like to secure a table, or
volunteer to teach a class, please con-
tact the event stewards, Baroness
Rhiannon of Carreg Cennen or Lady
Ceara MacKieran (see below)..We
also need volunteers for set-up, check
-in and clean up. Even an hour of
your time would be greatly appreciat-
ed.

Join us for a day of buying, selling,
learning and just plain fun!

Event opens for merchants:10:00

Gate opens for populace 10:30

Classes begin 11:00

Dayboard 1:00

Classes reume 2:00

Classes end 5:00

Sales end 5:30

Baronial Court 5:30

Event ends 6:00

Event Steward & Class Scheduler:

Baroness Rhiannon de Carreg Cen-
nen

[chamber-
lain@settmourswamp.eastkingdom.org](mailto:chamber-lain@settmourswamp.eastkingdom.org)

Event Steward & Merchant Wran- gler :

Lady Ceara MacKieran

mol@settmourswamp.eastkingdom.org

Address of Site:

All Saints' Church
15 Basking Ridge Rd.
Millington, NJ,07946

Phone of Site:
908-647-0067

Site fee

(includes dayboard)
\$10.00 12 and over

\$ 5.00 11 and under

Merchant fee

(includes 1 8ft.table and
chairs. Must be prepaid in
addition to the site fee)
\$5.00
(only 12 merchant spaces
are available)

Send reservations to :

Bev Altrath
163 Anderson Rd.
Asbury, NJ, 08802

Make checks payable to:

SCA, NJ, Inc. Barony of
Settmour Swamp.





Event: QUEST for Wit and Wisdom XXX

Oh, what a joyous springtime 'tis! The **Quest for Wit & Wisdom** hath returned to the Barony of Settmour Swamp! Or... hath it? Our beloved Quest for Wit & Wisdom was mysteriously mis-appropriated from our Barony one year past. Why would anyone wish to end our well-attended Quest after the number of 29? Be this the work of some nasty numerologist? Or, perhaps, 'tis the work of a malicious magician? What fearsome force hath made an entire Quest disappear from our Barony?

Erec L'Claire and Jehannine de Flandres, Baron and Baroness of Settmour Swamp, call upon all good gentles of unusual wit and uncommon wisdom who wish to go forth to discover and bring back to Their lands the Thirtieth Quest for Wit & Wisdom. All such brave souls may assemble upon a new field located at the **Clinton Elks (211 Sidney Rd Pittstown, NJ 0886)** from May 23, 2014 to May 26, 2014 so that Their Excellencies may send forth these wise and stout-hearted knights-errant in search of our much-mourned and best-beloved Quest.

We shall also mark this momentous event with non-championship celebratory tournaments (heavy weapons, fencing, thrown weapons, archery), an arts & sciences exhibition, feasting, a brewing competition, songs and stories around the communal bonfire, and much springtime revelry... and, of course, a Quest! The merriment begins Friday at sundown (site opens at 4:00pm) and will continue unabated through the weekend.

On Saturday, there will be dancing, an arts & sciences exhibition, a brewing contest, and martial tournaments (except for fencing). Following the tournies, a sumptuous feast will be presented by Laird Perote Gormal Campbell. (The Feast is limited to 100 - so please send in your reservation early to ensure your place in the Feast Hall). Once we have eaten and drunk our fill, we will assemble at the bonfire to hear the songs and stories of the bards in attendance.

On Sunday, there will be a fencing tournament. And, after hurley (if there be a sufficient number of hurlers wishing to hurl), teams of three shall test their wit and their wisdom during our Quest for the Quest at 1:00pm. There shall be both adult and children's teams of three members, but all children's teams shall be accompanied by a parent. There shall be no mixed teams (i.e. adults and children in the same team) in the Quest. Upon conclusion of the Quest, Their Excellencies will hold Court and the first gallant gentles to complete the Quest will be presented to the populace, as will the winners of the martial and brewing competitions.

Children are most welcome, but please supervise your children at all times. Anyone under the age of eighteen must be accompanied to the event by a parent or legal guardian. SCA youth waiver policy will be enforced.

ALCOHOL POLICY: No alcoholic beverages may be brought on site. There will be a site-run bar available, and open until 2:00am. This policy will be strictly enforced by event staff. Anyone in violation of this policy will be removed from the site.

There is running water in an outdoor kitchen.

Pets are permitted, and must be kept on leash at all times. Certain areas will be off limits to pets.

The camping area will be open from 4PM Friday until 11:30am Monday. Everyone must be off site by 11:30am or they will be thanked as they are put to work as part of the Clean-up crew.

Reservations should include both your mundane and SCA names, whether you are day-tripping (and what day(s) you are attending) or camping, and a way to contact you (phone #, e-mail, etc.) Paid members are also asked to include proof of membership. If, after sending a reservation, you are unable to attend please contact the autocrat. Site fees will

be refunded if a request is received before the event. Feast fees will be refunded if the space is resold.

Merchants are most welcome, and there is no merchant fee. We do ask that you bring your own tables and PLEASE pre-reg so we can allot enough space for you in our merchants marketplace.

EVENT FEES AND CONTACT INFORMATION

Site Opens: 4:00pm Friday May 23

Site Closes: 11:30am Monday May 26

Event Fees:

\$5 Friday night camping - adult (kids free)

\$15 Saturday "day trip" rate

\$15 Sunday "day trip" rate

\$5 per minor (age 6-17) per day

Children under 6 years old are free

\$30 Adult Maximum Fee

\$65 Family Maximum site fee

\$5 Adult Non-Member

Surcharge

Feast: \$7.00 (limited to the first 100 gentles)

Reservations must be postmarked by May 18th.

Send reservations for feast along with site reservations to:

Eric Erb,
28 Jerrico Road,
High Bridge, NJ 08829

Merchants, please send your reservation to:

Domina Richenda de Honneflo,
c/o Stephanie Blaine,
341 Highland Avenue,
Orange, NJ, 0750-2416.

Make Checks Payable to: SCA of NJ Inc, Barony of Settmour Swamp



High Table Glasses

Mathias created enameled glasses for use on the Barony High Table.

The glasses display the enameled heraldry of the Barony on Beer Goblets, in a close to period style. The goblets are a style similar to that used in Germany. Enameled heraldry was also popular in the City State of Venice in the Italian Renaissance.

THL Mathias Feuerdrachen



Heraldric Tabard

Vivienne made a heraldic tabard for countess Adriana who lives in Atlantia.

Lady Vivianne Dunbar



Cleaning Earthenware and Stone Pots

4.

Cleaning Earthenware and Stone Pots

by Magister

Galefridus Peregrinus

A frequently discussed topic in medieval Islamic cookbooks is proper hygiene in the kitchen. Among the issues discussed are foul odors and tastes and how they relate to the kinds of cookware used and the cleanliness thereof. Unglazed earthenware was considered to be among the most problematic because of its tendency to absorb off odors which in turn were very difficult to get rid of. For this reason, Ibn Zuhr, writing in 12th century al-Maghreb, recommends using such pots only once. The *Anonymous Andalusian Cookbook* (13th century) makes a similar suggestion, but allows for the possibility of cleaning unglazed pots "with hot water and bran." Both of these sources are from the far west of the medieval Islamic world, where clay pots were the primary cookware. But as one moves east, soapstone starts to replace pottery as the material of choice for cookware.

al-Warrāq's 10th century Baghdad cookbook specifically recommends soapstone as the best material for cooking pots, since it does not absorb the odors of the foods that are cooked in it. Nevertheless, al-Warrāq acknowledges that clay pots can be used to prepare food and even recommends them for many specific dishes. But even soapstone was known to carry off odors when improperly cleaned, as stated in al-Warrāq's opening chapter, titled "What causes the cooked food to spoil, have greasy

odors, or vitiate." This chapter opens with specific instructions for cleaning pots, indicating that cleanliness is the first step toward preserving the quality of cooked foods.

As I have used both soapstone and earthenware pots, I have made the same observations noted by the above sources. Both tend to absorb the smells and flavors of the foods that were cooked in them. Stone can be washed with modern dish detergents without damage – it is a highly non-absorbent material, and the detergent serves to remove much of the thin film of grease that carries the off odors. Nevertheless, soapstone retains a residual smell of the last thing cooked in it, even after cleaning with detergent. Unglazed earthenware is another matter entirely, since it has pores that absorb odors quite deeply, making those odors very difficult to remove. Moreover, such pots cannot be washed with soap or detergent, since these cleaning agents will be absorbed, thus creating another source of contamination.

Al-Warrāq's initial instructions tell the cook to wash the pot (probably with water, although not explicitly stated), smear it with clay, wash and smear with clay again, then allow the pot to sit overnight, stating that on the following day "you will notice that a film of grease has formed on the clay." Further on in the same chapter, he recounts an anecdote in which a cook is told to wash a pot multiple times with clay, then finally to wash the pot with parsley. Those eating the food prepared in the pot thus cleaned "all marveled at its beauty and excellent aroma." Finally, toward

the end of the chapter, al-Warrāq describes a way to make sure that the pot is truly cleaned. Below is the section describing this method:

Therefore, if you want to make sure that the washed pot is thoroughly clean, put a pebble in one nostril and sniff at the pot with the other. If the pot smells like the pebble, it is clean. However, if the smells are dissimilar, wash the pot again until it passes the test.

For this project, I applied the cleaning methods described in both al-Warrāq and the *Anonymous Andalusian Cookbook* to an unglazed earthenware pot, which I had used several times. I then repeated al-Warrāq's process with a similarly used soapstone pot. The *Anonymous Andalusian Cookbook* strongly implies that its method is intended for earthenware; nevertheless, I tried it once on soapstone. For both methods I cleaned the pots as thoroughly as possible using only hot water and a stiff brush, and in all cases the pots retained a slight odor of the foods previously cooked in them. The odor was not unpleasant, but it seems likely the flavor of every dish cooked in the pots subsequent to the first would be affected.

Earthenware: al-Warrāq. The first question I had was what kind of clay would have been used. Historically, clay has been obtained from geological deposits, often at or near a river bank. Since both the rivers and the soils in my area have a history of chemical contamination, I was hesitant to dig my own clay. I therefore purchased a quantity of high quality pottery clay from a local art supply store. Before



Cleaning Earthenware and Stone Pots (continued)

making the purchase, I confirmed that the clay was of natural origin and of food quality. As packaged, the clay was very firm, so I added a bit of water to soften it. Following al-Warrāq's instructions, I washed the pot, applied the clay to the inside, washed it off, reapplied, and let the pot sit overnight. I did not observe the "film of grease" that al-Warrāq wrote of; however, I noticed a significant reduction in the intensity of the food smells. I repeated this process about ten times. Each repetition was accompanied by a slight reduction in odors. Finally, I washed with parsley as described in the anecdote. I decided that chopped parsley rather than a bundle of sprigs was called for. While the parsley added a slight aroma of its own, I could detect no further reduction of residual odors. The pot retained a slight food odor mixed with what I would call a faint mineral odor. The mineral odor does not seem to be related to the smell of the clay used to clean the pot; in fact, when I sniffed a bit of the clay and water that I had saved from the last washing, it had the same smell as the pot, although much fainter. I further verified that the clay itself was for all practical purposes odorless.

Even though the pot had not completely lost the smell of food, I decided to try the pebble test for the sake of being thorough. I purchased a bag of clean pebbles that were intended to be placed in a vase as a support for cut flowers, and rinsed them in warm water. These pebbles retained a slight mineral odor similar to that of the pot itself. I chose two pebbles, approximately the same size, inserted one in my left nostril and sniffed with my right, then

removed it and inserted the other pebble in my right nostril and sniffed with my left. I obtained the same result in both cases: All I could smell was the residual food odor, since the smell of the pebble masked the slight mineral odor of the pot.

Earthenware: Anonymous Andalusian. I tested this method on a different earthenware pot that I had used to cure olives. Since the olives had sat in the pot for several weeks, it was deeply permeated with the smell of the cure. The Anonymous Andalusian Cookbook gives no details on how to apply this method, stating only "clean the pot every night with hot water and bran." I interpreted "every night" as meaning "every night that the pot was used." I prepared the bran by bolting stone-ground wheat flour through a fine sieve. The coarser, darker residue thus removed is bran. I then scrubbed the pot using hot water. While the pot was still wet, I added one or two tablespoons of bran and continued scrubbing for a couple of minutes, using the bran as if it were an abrasive, after which I rinsed thoroughly with hot water. When moistened by the residual water in the scrubbed pot, the bran gave off a wheat-like aroma. While scrubbing with hot water and bran partially reduced the smell of the previously cooked food, but not to same degree as al-Warrāq's method. Bran did not remove the smell of previously cooked food, not even after several repetitions. This method seems less effective than that of al-Warrāq.

Soapstone: al-Warrāq. Using a soapstone pot in which I had just cooked a meal, I repeated al-Warrāq's method described above. The results were striking.

After several uses, soapstone cookware darkens, developing a coating similar to what one might find on a well-seasoned cast iron pot. After applying clay and permitting it to dry, I could see the film of grease described by al-Warrāq. A second similar application of clay completely stripped the dark coating, including any food aroma. This method is more effective than hot water with modern dish detergent and a scrub brush.

Soapstone: Anonymous Andalusian. Even though the Anonymous Andalusian Cookbook strongly implies that this method is intended for earthenware pots, I thought it a worthwhile experiment to try it with a soapstone pot. My conclusion is that it was of minimal effectiveness, not removing any more than scrubbing with hot water and stiff brush. This method had no impact on the dark coating.

Based on these results, I am inclined to recommend al-Warrāq's method for cleaning both unglazed earthenware and soapstone cookware. It seems superior to any of the other possible methods, including the modern ones.

Bibliography

An Anonymous Andalusian Cookbook of the 13th Century. (no date). Perry, C., tr.

<http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian3.htm>

The relevant section can be found in the paragraph under "**How It Is Made.**"



Cleaning Earthenware and Stone Pots (continued)

al-Warrāq, Ibn Sayyār. ***Annals of the Caliphs' Kitchens: Ibn Sayyār al-Warrāq's Tenth Century Baghdadi Cookbook***. (2007) Nasrallah, N., tr. Leiden: Brill.

The first chapter, pp. 79-83, contains the relevant information on the proper procedure for cleaning pots.

Ibn Zuhri, Abu Marwan 'Abd al-Malik. ***Kitāb al-Aghdhiya (Tratado do los Alimentos)***, E.G. Sanchez, ed. and trans. (1992). Madrid: Consejo Superior de Investigaciones Cientificas, Instituto de Cooperacion con el Mundo Arabe.

Instructions regarding the use of unglazed earthenware pots are on p. 136 of the Arabic section.

Copyright 2013 by Loren Mendelsohn, 3 Morris Pl, Towaco, NJ 07082. <galefridus@optimum.net>.

Permission is granted for republication in SCA-related publications, provided the author is credited. Addresses change, but a reasonable attempt should be made to ensure that the author is notified of the publication and if possible receives a copy.

This article was found in Stephan's Florilegium.

<http://www.florilegium.org/files/FOOD-UTENSILS/CIng-Cly-Pots-art.html>

4.



Soapstone pot, first cleaning with clay

Soapstone pot, second cleaning with clay

4.



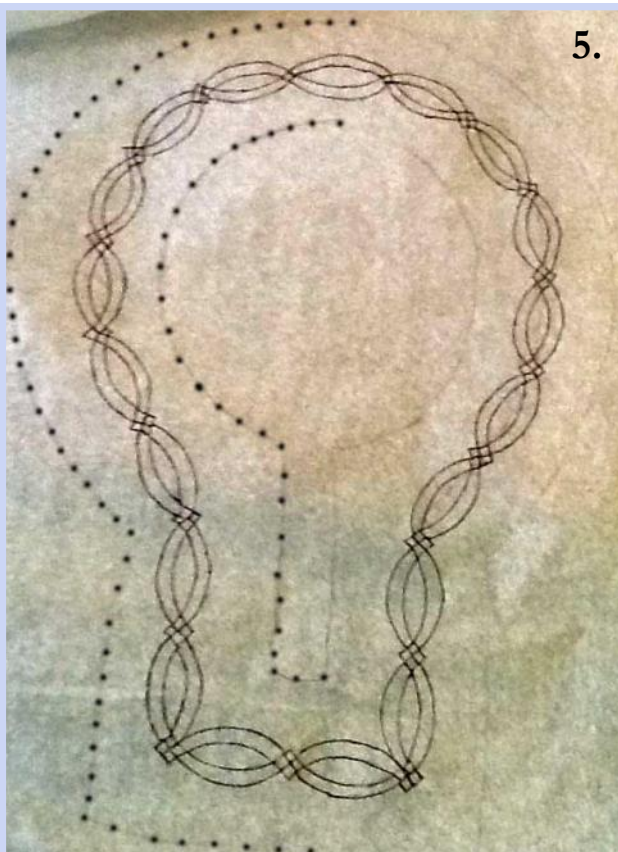


Embroidered Facing

Lady Vivianne and Lady Lydia created new garb for our illustrious Baron and Baroness. As part of this project, Vivianne embroidered a facing that was be used to decorate the new garb. (U.)

This is the fabric piece that will be used for the neck facing. Lydia sewed the garb so she marked where my cutting line in pencil and then the seam allowance with machine stitching so I know how much seam allowance to leave. (V.)

Lady Vivianne Dunbar



Embroidered Facing

This is the design on tracing paper. I put this on a Lightbox and put the final fabric over it and traced with a pencil. (V.)

The faint tracing lines are highlighted with dotted lines on the left side of the facing. If you look closely you can make out the faint tracing lines on the right hand side. These show up much better on a light box. (U.)

Photos and descriptions by Lady Vivianne Dunbar (V.) Photo-editing and article layout by Ursula (U.)



Embroidered Facing

This is the final layout of the design on the fabric that will be used for the neck facing. (V.)

Lady Vivianne Dunbar

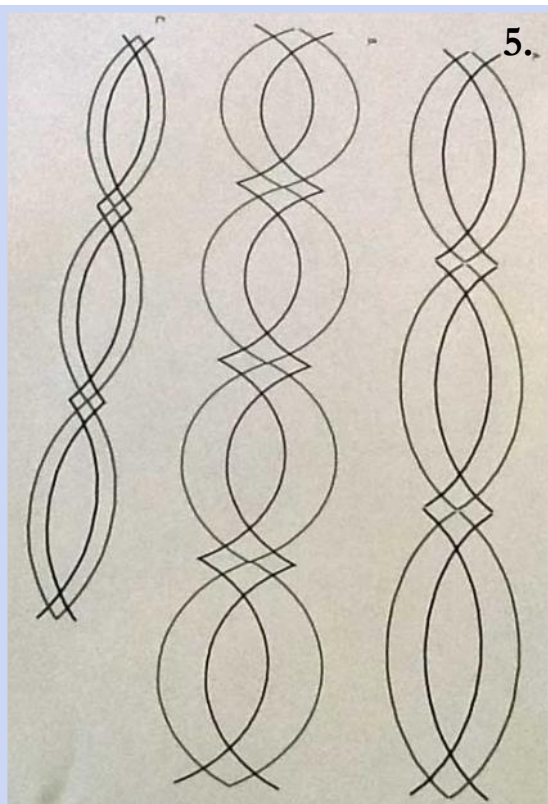
Design

This is the original designs the Baroness sent to me. We decided to use Style A. I the resized the pattern to fit on the paper neck outline. I had to alter the pattern to get it to go around the curves of the neck.

This picture is the sampler I did to decide the color scheme, what stitches to use and how many threads to use in each type of stitch. The outline stitch is back stitch using 3 strands and the filler stitch is split stitch using 2 strands. I am using dmc #895 and black. (V.)

Lady Vivianne Dunbar

See the finished garb in next month's MudPuppy!





Cooking Tips from Charis

Cooking Tip:

To **Pretty Up a Pie** -

Take a little extra pie crust and use a cookie cutter or just a knife to cut out a small design then, using a basting brush, wet one side of your design and gently place it on top of the crust. Brush the whole surface with one egg yolk mixed with a teaspoon of

water for an extra golden brown look. Cook and enjoy!
Lady Charis Accipiter

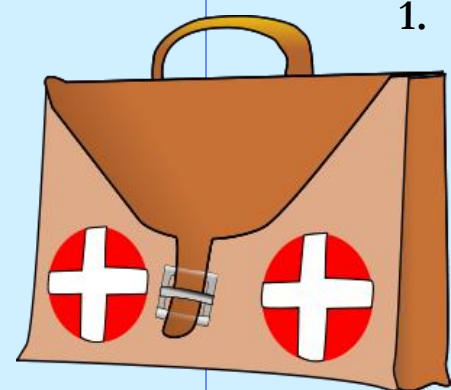


Chirurgeon Tips from Miles

As the weather warms this spring and summer, make sure that you stay hydrated. Make sure you drink water/juice throughout the duration of the event to avoid needing medical treatment for heat

exhaustion or heat stroke. And remember, alcohol is a dehydrating beverage, so if you partake you will need to drink more water/juice to compensate for this.

God bless,
Miles Boweman



Equestrian Tips from Kiena

Spring is in the air (finally) and as our thoughts turn to outdoor activities and the summer events approach, here is a tip when around the equestrian lyst.

At close range, **Horses cannot see directly in**

front of them, so it is always best to approach them from the side. And, always make sure with the rider or handler that it is ok to approach.

Duchess Kiena
Stewart





Mistress of Lists Tip from Ceara

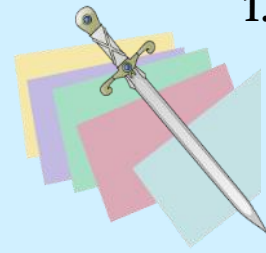
Tourney season is upon us! Fighters remember two things when you come to fight:
1) bring your

authorization card

2) after a fight, bring your tourney cards to the MOL table with the

winner on top!

**Lady Ceara
MacKieran, MOL**



1.

Fencing Tip from Jehane

Now that the Mud has Thawed, this would be a good time for fencers to do a quick check of their blades and equipment to ensure that everything is ready for the upcoming season. Check your gloves for any holes and worn spots. Check your mask for any weak spots. Ensure that your

tips are properly secured to your blades, and that the tape is not frayed. Check your blades for any "S" curves or other damage. If you do encounter any issues and are unsure how to make the proper repairs, please see one of the marshals at our Thursday practice, and

we will strive to assist you.

YIS,

Lady Jehane de Fenwyk

Settmour Swamp Rapier Marshal

1.



Arts & Science Tip from Caterina

The Society is an enabler, a hungry bookshelf filler and hobby enthusiast. There are so many possibilities it can be sometimes hard to choose. Brewing, fighting, calligraphy, heralding, embroidery, service, cooking, the list is endless. Any aspect of life from classic times up till 1600 are all open for diving into and researching, recreating. It can be a daunting thing to be just starting out and wanting to try it all. My advice is to first get yourself clothed, and

even this has too many choices, but stick to what image you like, go simple. You will have time later to create a more focused and accurate kit. As you navigate this wonderful club you will come across needs to fill... (necessity is the mother of invention, after all). Better clothing, better shoes, a tasty cordial, special lamp-worked beads, a warm pair of gloves, a blade to eat with, there are so so many wonderful things being created. At events,

take some time to look at the A&S displays and competition entries. Read their documentation, ask questions. If you're really lost, send me an email.

Mistress Caterina Giaocchini

onesleeve@yahoo.com



The Officers Of Settmour Swamp

Baron	Baron Erec L'Claire baron@settmourswamp.eastkingdom.org (908) 268-0725 (before 9pm)	Invested March 2013 Expires March 2017
Baroness	Baroness Jehannine de Flandres baroness@settmourswamp.eastkingdom.org (908) 319-0765	Invested March 2013 Expires March 2017
Seneschal	Sir Antonio Patrasso seneschal@settmourswamp.eastkingdom.org (732) 207-9657 (before 10PM)	Elected June 2012 Expires June 2014
Deputy Seneschale	Lady Charis Accipiter charisacci@comcast.net (908) 850-8690 (No calls after 9pm)	Anticipated Election 2014
Sinking Tower Pursivant	Lord Orlando Sforza herald@settmourswamp.eastkingdom.org	Elected September 2013 Expires September 2015
Knight Marshal	Baron Wulfar Silfrahaar (Silverbraid) marshal@settmourswamp.eastkingdom.org	Elected January 2014 Expires January 2016
Exchequer	Ryan (Acting) exchequer@settmourswamp.eastkingdom.org	Term Expired: February 2013 (Acting) Month to Month
Chronicler	Baroness Ursula of North Woods chronicler@settmourswamp.eastkingdom.org	Elected March 2014 Expires March 2016
Chirurgion	Miles Boweman chirurgion@settmourswamp.eastkingdom.org	Elected March 2013 Expires March 2015
Web Minister	Lord Dalek Bolotnikov webmaster@settmourswamp.eastkingdom.org	Renewed November 2012 Expires November 2014
Mistress of A&S	Mistress Caterina Giaocchini mas@settmourswamp.eastkingdom.org	Elected October 2012 Expires October 2014
Mistress of The Lists (MoL)	Lady Ceara MacKieran mol@settmourswamp.eastkingdom.org	Elected March 2013 Expires March 2015
Chatelaine	Don Malcolm Bowman chatelaine@settmourswamp.eastkingdom.org	Elected February 2013 Expires February 2015
Marshal of Fence	Lady Jehane de Fenwyk fencing@settmourswamp.eastkingdom.org	Elected March 2012 Expires March 2014
Captain of Archers	Lord Thorlaeifr Hvitskegg archery@settmourswamp.eastkingdom.org (908) 406-0143 (No calls after 9pm)	Renewed October 2012 Expires October 2014
Chamberlain	Baroness Rhiannon de Carreg Cennen chamberlain@settmourswamp.eastkingdom.org	Renewed September 2013 Expires September 2015



The Officers Of Settmour Swamp (continued)

Youth Combat	Vacant	Vacant
Chancellors Minor	Vacant	Vacant (organize activities for children and teenagers)
Thrown Weapons	Vacant	Vacant
Canton of Gryphonwald (Middlesex Cty, NJ): Seneschal:	Failenn Finn gryphonwald@settmourswamp.eastkingdom.org	
Canton of Marwick (Union County, NJ): Seneschal	Lord Edmund Patterson	The Canton of Marwick is inactive

Did you know:

The **East Kingdom Calendar** <http://www.eastkingdom.org/EventListing.html> lists all official **events** and provides links to get up to date information and registration details.

Did you know:

The **SCA Newsletters Online** <http://enewsletter.sca.org/> provides Sustaining members of the SCA with access to **every kingdom newsletter** in our Known World. This is a huge benefit of SCA membership!

Did you know:

The **Library of SCA Documents** <http://www.sca.org/docs/library.html> provides a huge selection of handbooks and guidelines. Marshals, Artisans, Chirurgeons, & Equestrians can all find SCA **documents of incredible value**.



Combat	Date/Time	Location	Contact	Notes
Fighter Practice	Wednesdays 6:30pm - 10:00 pm	Nutley, NJ. Franklin Reformed Church, 45 Hillside Crescent Nutley, NJ 07110 Directions	Wulfar Silfrahaar marshal@settmourswamp.eastkingdom.org	Other fight practices: Fighter Practice group at Yahoo!Groups
Fencing Practice	Thursdays, 7:30pm - 10:00pm	Springfield, NJ Fencing Sport Center 4 Commerce Street Springfield, NJ 07081 Directions	Owynn Greenwood owynn.greenwood@gmail.com	Fee: \$5 per participant Directions
Fencing Practice	Tuesday evenings	Glen Gardner, NJ	Charis Accipiter charisacci@comcast.net	Coming soon, Spring 2014
Archery Practice	Sundays 1:00pm - 4:00pm	Milford, NJ 310 Milford-Warren Glen Rd. (Rt. 519), Milford, NJ 08848 (908) 995-4417 .	Jehannine de Flandres baroness@settmourswamp.eastkingdom.org Phillip the Facetious	Please email for directions.
Archery Practice	Weeknights from April through October	Pittstown, NJ	Elizabeth Hawkwood hawkwoode@gmail.com	Please email for directions.
Thrown Weapons Practice	Sundays 1:00pm - 4:00pm	Milford, NJ 310 Milford-Warren Glen Rd. (Rt. 519), Milford, NJ 08848 (908) 995-4417	Jehannine de Flandres baroness@settmourswamp.eastkingdom.org Phillip the Facetious	Please email for directions.



Art	Date/ Time	Location	Contact	Notes
Swamp Cats	Evenings TBD	Announced on the Yahoo email list	Rhiannon De Carreg Cennen chamberlain@settmourswamp.eastkingdom.org	Quarterly Meetings to Share Art Projects
Dancing	Evenings TBD	Glen Gardner , NJ (same location as fencing)	Ursula of North Woods chronicler@settmourswamp.eastkingdom.org	Coming soon, Spring, 2014

An electronic listing of **activities and events** is available on the Barony website:

<http://settmourswamp.eastkingdom.org/events.html>

Courtesy copies are sent to:

chronicler@eastkingdom.org

historian@eastkingdom.org

king@eastkingdom.org

prince@eastkingdom.org

princess@eastkingdom.org

queen@eastkingdom.org

seneschal@eastkingdom.org

archivist@sca.org

The release forms are here:

<http://www.sca.org/docs/library.html>

[http://www.sca.org/docs/pdf/
ReleaseFormsFAQsPRINT.pdf](http://www.sca.org/docs/pdf/ReleaseFormsFAQsPRINT.pdf)



SCA-required release forms must be signed for most submissions, including art, articles, recipes, poetry or maps. The Chronicler collects and stores the signed forms.

1. **Public Domain Clip Art** is from <http://www.openclipart.org/>
“All Clipart on Openclipart are available for unlimited commercial use. That means you may use the clipart commercially, for education, for church, for school, for your job, or even to manufacture products globally.”
2. **High Table Glasses**, photo used with permission, Mathias Feuerdrachen
3. **Heraldric Tabard**, photo used with permission, Vivianne Dunbar
4. **Cleaning Earthenware and Stone Pots**, article used with permission, Galefridus Peregrinus
5. **Embroidered Facing**, photos used with permission, Vivianne Dunbar
6. **MudPuppy & MudGuppy Artwork**, used with permission, Merlinia the Fey

Local newsletter policies for the East Kingdom of the Society for Creative Anachronism. This includes obtaining releases from contributors for the inclusion of their works and contact information.

[EK Local Chronicler Policies](#)

Links:

[The Barony Of Settmour Swamp](#)

[Settmour Swamp On Facebook](#)

[Settmour Rapier On Facebook](#)

[Canton of Gryphonwald](#)

[East Kingdom Website](#)

[SCA Membership](#)



MudPuppy Statement of Ownership

"This is the **April, 2014**, issue of the **Mudpuppy**, a publication of the **Barrony of Settmour Swamp** of the Society for Creative Anachronism, Inc. (SCA, Inc.).

The **MudPuppy** is available from:

Sandra Unger,
36 Terry Drive Morristown
New Jersey 07960

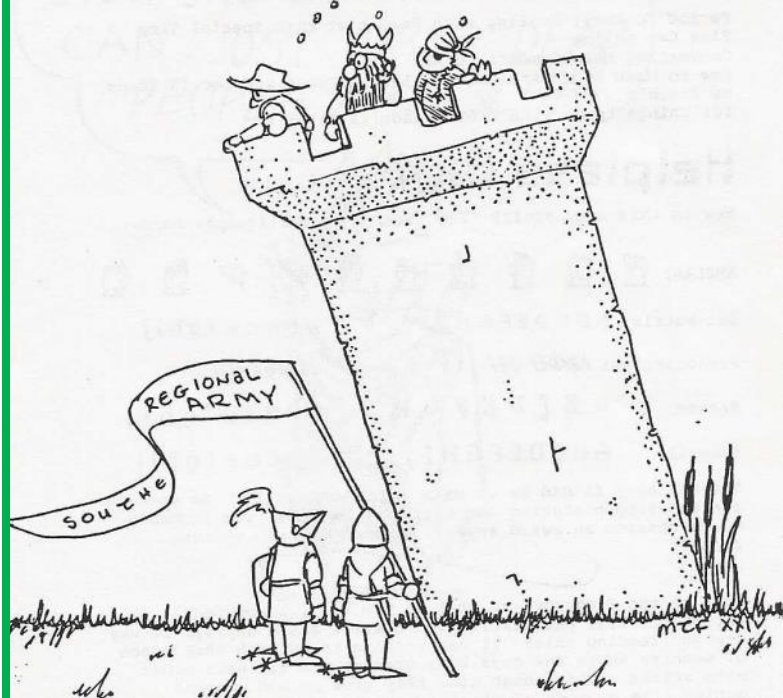
It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Copyright © **2014** Society for Creative Anachronism, Inc.

For information on reprinting photographs, articles, or artwork from this publication, please contact the [Chronicler](#), who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors."

the Incipient Anarchy of Settmour
Swamp wants nothing to do with



BUT WE'VE ALREADY
GOT ONE...



~~Arts & Sciences~~ ~~Farts & Silences~~
Parts is Parts issue

6.

The April Fools Issue of the

MudGuppy

(from the Crypts 1987 to 1990)

MudGuppy Calendar

7.

April 1 Second Annual **Chicken Fat**
Festival

April 11 Third Annual Unarmored
Three Man Melee and **Cat Slinging**
Tourney

April 15 **MudGuppy** Deadline—we
now require articles to be submitted
eight months in advance

August Annual **Sunburn & Tick** Fes-
tival

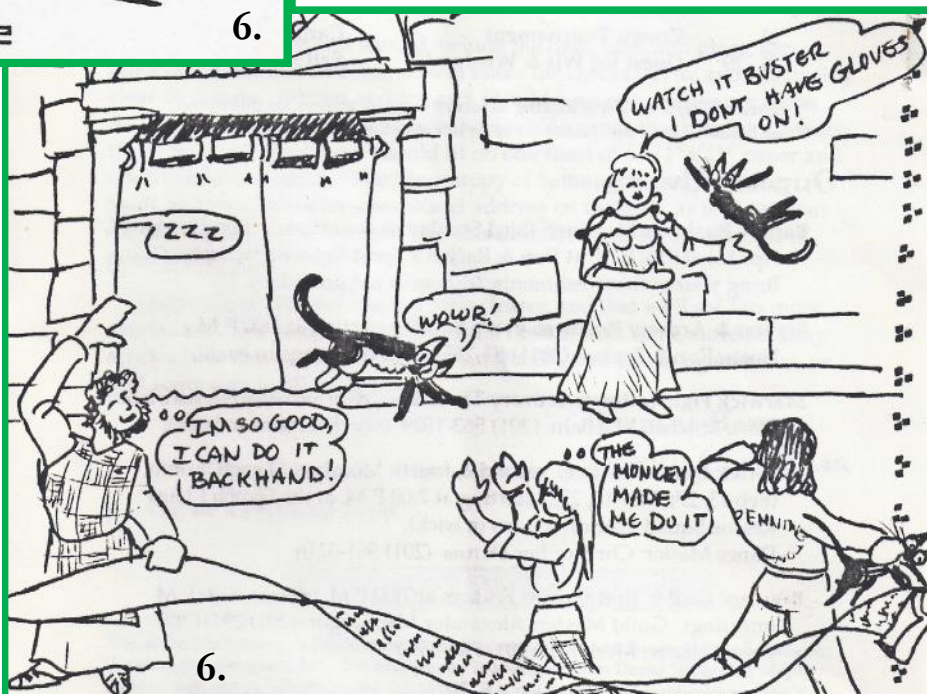
(excerpted from the 1987 & 1990 MudGuppys)
(thanks to Ceara, Jessa, Mitchell & Merlinia)

Cat Slinging Tourney

Tourney Expense Report 7.

Hall	550
Feast	1325
New Wardrobe	600
First Class Ticket to Maui	2000
Petty Cash	1000
Total	5475

(excerpted from the April, 1990 MudGuppy)



6.