

June 21st. Summer Solstice, also known as estival solstice or midsummer, occurs when one of the Earth's poles has its maximum tilt toward the Sun.

Since prehistory, the summer solstice has been seen as a significant time of year in many cultures, and has been marked by festivals and rituals.

July 15th. St. Swithun's Day, St Swithun was an Anglo-Saxon bishop of Winchester and subsequently patron saint of Winchester Cathedral.

July 5th. Tynwald Day (Manx: Laa Tinvaal) is the National Day of the Isle of Man,

October 31 to November 1st. Samhain, Mumming and guising were part of the Harvest Festivals. Samhain is believed to have Celtic pagan origins and there is evidence it has been an important date since ancient times.

November 5th. Guy Fawkes Night, Bonfire night, The fireworks are a reminder of the gunpowder Guy Fawkes hid in the cellar of Parliament. The traditional cake eaten on bonfire night is Parkin Cake, a sticky cake containing a mix of oatmeal, ginger, treacle, and syrup. Other foods include sausages cooked over the flames and marshmallows toasted in the fire.

November 30th. St. Andrew's Day is the feast day of St. Andrew the Apostle celebrated by the Scottish.

December 21st. Winter Solstice, The winter solstice, hiemal solstice or hibernal solstice, also known as midwinter,

December 25th. Christmas Day, a proper full English Dinner with all the trimmings. Wassailing has been associated with Christmas and New Year as far back as the 1400s.

December 31st. Hogmanay is the Scots word for the last day of the year and is synonymous with the celebration of the New Year in the Scottish manner



Getting to know you!

Here is your opportunity to get a 2021 calendar and write in all the dates important to those that have a historic or cultural connection to the British Isles or Ireland.

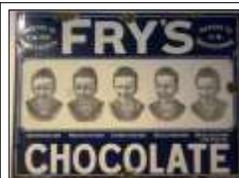
I would then invite you to participate in the specific calendars days of the year. i.e. On Robbie Burns Day, if you are Irish, Welsh, English, Cornish or even Scottish, prepare a Burns Supper, Cullen skink or Cock-a-Leekie soup and invite all your friends to celebrate the day with you. On St. David's day the English, Scottish, etc. could make Cawl, Welsh rarebit, Leek and potato soup and invite their friends.



Likewise for St. George's Day, if you are Irish, Welsh, English, Cornish, or Scottish, prepare a bangers and mash or other English dish, etc. St. Patrick's Day could be Dublin Coddle, etc.



After the difficult times we have had in 2020, lets make 2021 a year of the celebrations of our Heritage, Customs and Traditions



Fry's Chocolate Bars. The first solid chocolate bar was produced by Fry's of Bristol, England in 1847. Fry's Chocolate Cream became the first mass-produced chocolate bar in 1866. In 1912, the Goo Goo Cluster was the first mass-produced combination bar; it included marshmallow, nougat, caramel, and roasted peanuts.



Joseph Storrs Fry (1767–1835) was an English chocolate and confectionery manufacturer and a member of the Fry family of **Bristol, England.**



Samhain

**Saturday, October 31
to Sunday, November 1st.**

Samhain is the end of the harvest season, beginning of winter. The weekend is celebrated with Bonfires, guising/mumming, divination, feasting

Samhain (/ˈsɑːwɪn, ˈsɑʊɪn/; Irish: ['sʲəuɪnʲ] Scottish Gaelic: ['ʃãũ.ɪɲ]) Sauin (Manx) is a Gaelic festival marking the end of the harvest season and the beginning of winter or the "darker half" of the year. Traditionally, it is celebrated from 31 October to 1 November, as the Celtic day began and ended at sunset. This is about halfway between the autumn equinox and the winter solstice. It is one of the four Gaelic seasonal festivals, along with Imbolc, Bealtaine and Lughnasadh. Historically, it was widely observed throughout Ireland, Scotland and the Isle of Man. Similar festivals are held at the same time of year in other Celtic lands, for example the Brittonic Calan Gaeaf (in Wales), Kalan Gwav (in Cornwall), and Kalan Goañv (in Brittany).

Samhain is believed to have Celtic pagan origins and there is evidence it has been an important date since ancient times. Some Neolithic passage tombs in Ireland are aligned with the sunrise around the time of Samhain. It is mentioned in some of the earliest Irish literature and many important events in Irish mythology happen or begin on Samhain. It was the time when cattle were brought back down from the summer pastures and when livestock were slaughtered for the winter.

As at Beltane, special bonfires were lit, which were deemed to have protective and cleansing powers, and there were rituals involving them.

In the 9th century, the Western Christian church shifted the date of All Saints' Day to 1 November, while 2 November later became All Souls' Day. Over time, Samhain and All Saints'/All Souls' merged to create the modern Halloween. Historians have used the name 'Samhain' to refer to Gaelic 'Halloween' customs up until the 19th century.

Since the later 20th century, Celtic neopagans and Wiccans have observed Samhain, or something based on it, as a religious holiday.

<https://en.wikipedia.org/wiki/Samhain>





Smoked Haddock, the Arbroath smokie originated from a small fishing village near **Arbroath in Angus, Scotland**.

Legend has it that one night a local store caught fire and barrels of haddock preserved in salt were cooked inside the burning wood. When the fire was put out, people discovering the barrels found that the contents were very tasty.



HENRY DENNY

The Bacon Rasher, invented by Henry Denny in 1820

Henry Denny was born in **Co. Waterford, Ireland** in 1789. It must have been the smell of bacon that caught Henry because he became a real innovator in the bacon trade developing new methods of producing the essential part of the 'full Irish', the bacon rasher, Denny patented several bacon-curing techniques and completely re-invented the process of how to cure bacon. Before this, bacon was cured by soaking large chunks of meat in brine. Denny decided to use long flat pieces of meat instead of chunks and substituted the brine for dry salt.



Soon after, Denny began exporting to mainland Europe, the Americas and as far afield as India. The overall quality and shelf-life of the bacon was dramatically increased. It was an ingenious but simple innovation for its time.



Trivia: The cut of meat is what makes all the difference. American bacon is streaky with fat because it comes from pork belly, one of the fattiest parts of the pig. Irish Rashers, on the other hand, are cut from the loin, located in the middle of the pig's back where the meat is leaner.



St. Govan's Chapel

is a chapel located at St. Govan's Head **Pembrokeshire in south west Wales**.



Built into the side of a limestone cliff, the building measures 20 by 12 feet (6.1 m x 3.7 m) with walls constructed from limestone, and consists of two chambers, one in the front and one in the back. The majority of the chapel was built in the thirteenth century, although parts of it may date back further to the sixth century when Saint Govan, a monk, moved into a cave located on the site of the chapel.

One legend suggests that Saint Govan is buried underneath the chapel's altar, located at the east end of the building. The entrance to the building is via a doorway on the north side, low stone benches run along the north and south walls and an empty bell-cote is located at the west end. The slate roof is suspected to be a modern addition compared to the rest of the building.

https://en.wikipedia.org/wiki/St_Govan%27s_Chapel

Chocolate milk This tasty treat was created by a physician from **Northern Ireland** named **Hans Sloane** during the 1700's. Sloane traveled extensively and first encountered cacao while in Jamaica and then brought it back to Ireland with him. It was first sold as a medicinal elixir and sold as 'Sir Hans Sloane Milk Chocolate'.



Sir Hans Sloane, 1st Baronet PRS FRS, was an Anglo-Irish physician, naturalist and collector, with a collection of 71,000 items which he bequeathed to the British nation, thus providing the foundation of the British Museum, the British Library and the Natural History Museum, London.

Born: April 16, 1660, Killyleagh, United Kingdom



Guinness is the most popular and successful export of Ireland. **Arthur Guinness** started brewing the best-selling alcoholic drink of all time in **Leixlip, County Kildare** before moving to St. James's Gate Brewery. Arthur Guinness signed a 9,000-year contract in 1759, showing how confident he was in his alcoholic drink. Today, the alcoholic drink boasts over \$2.6 billion sales.



The Forfar bridie is a pie steeped in **Scottish tradition**, but the origin of the name 'bridie' is the source of dispute between local producers. Saddler's Bakery claims that the pie was named after Maggie Bridie, who distributed the pies to local farmer's markets and thus becoming 'bridie's pies'.

However, another theory states that the pie was named due to being a culinary treat saved for special occasions such as weddings (hence bridies), which explains the horse-shoe shape for good luck.



A pork pie (1780s) is a traditional English meat pie, served either at room temperature or cold. It consists of a filling of roughly chopped pork and pork fat, surrounded by a layer of jellied pork stock in a hot water crust pastry. It is normally eaten as a snack or with a salad. Modern pork pies are a direct descendant of the raised meat pies of medieval cuisine, which used a dense hot water crust pastry as a simple means of preserving the filling.

Melton Mowbray Pork Pies.

Named after the market town in **Leicestershire**, Melton pies have been handmade in Melton Mowbray since the late 18th century.



Flavoured Potato Crisps, invented by **Joseph 'Spud' Murphy** in 1954. Luckily for us, Joseph 'Spud' Murphy had an enormous distaste for plain crisps. It was the 1950s that saw the introduction of the flavoured potato crisp. Murphy, the founder of Tayto, developed a cheese and onion flavoured crisp in 1954 which would prove to be a success, both at home and abroad. By the 1960s, 'Spud' had become a millionaire and was described by Sean Lemass as the very acme of Irish entrepreneurial spirit. Gratefully, we still have manufacturers experimenting with flavours, something that we have 'Spud' Murphy to thank for.



The sandwich is named after its supposed creator, **John Montagu, 4th Earl of Sandwich**.

According to the story, following the Earl of Sandwich's request for beef between two slices of bread, his friends began to order "the same as Sandwich". The first written usage of the English word appeared in Edward Gibbon's journal, in longhand, referring to "bits of cold meat" as a "Sandwich."



Before being known as sandwiches, this food combination seems to simply have been known as "bread and meat" or "bread and cheese." These two phrases are found throughout English drama from the 16th and 17th centuries.



The Hot Cross Bun originates from **St Albans, in England**, where Brother Thomas Rodcliffe, a 14th-century monk at St Albans Abbey, developed a similar recipe called an 'Alban Bun' and distributed the bun to the local poor on Good Friday, starting in 1361.

These are the favourite Traditional Meals of the British Isles.



Roast Beef Dinner

(with all the trimmings, Yorkshire pudding) Once upon a time, families in the UK would sit

down together on a Sunday and enjoy a big roast lunch. you can expect to be served roasted meat (often lamb), along with roasted potatoes and/or Yorkshire pudding, stuffing, gravy, and vegetables such as parsnips, Brussels sprouts, peas, carrots, beans, broccoli, cauliflower, or leeks. In addition to the traditional gravy, some families also serve cheese sauce for the veggies.



Fish and chips.

Brits have been eating fish and chips since the 19th century. England's beloved fish and chips are

deep-fried in a crispy batter and remain one of the U.K.'s favorite fast foods. The fish is usually cod or haddock, although pollack, plaice (also called dab, a member of the flounder family)



Shepherd's Pie, Cottage Pie, is a ground meat pie with a crust or topping of mashed potato.



Full English Breakfast or Irish Fry-up. It's the perfect weekend breakfast and the ingredients can vary, but usually, it includes eggs, sausages, bacon, toast, beans, grilled tomato,

fried mushrooms, fried potatoes, and savory black (blood) and/or white pudding.



Bangers and mash.

It may consist of one of a variety of flavoured sausages made of pork, lamb, or beef (often

specifically Cumberland sausage). The dish is usually served with onion gravy, but may also include fried onions, and Mushy peas.



Burn's Supper.

The supper starts with the soup course. Normally a Scottish soup, such as Scotch broth, potato

soup, Cullen skink, or cock-a-leekie, is served. Then haggis is traditionally served with mashed potatoes (tatties) and mashed swede (neeps).



Ploughman's lunch.

A ploughman's lunch is an English cold meal based around bread, cheese, and onions, usually accompanied by butter and pickles. Additional items

such as ham, green salad, hard boiled eggs, and apple can be added.



Lancashire hotpot.

is a stew originating from Lancashire in the North West of England and it consists of lamb or mutton

and onion, topped with sliced potatoes and baked in a heavy pot on a low heat.



Steak & Guinness / or

Steak & Ale pie.

A steak pie is a traditional meat pie served in Britain.

It is made from stewing steak and beef gravy, enclosed in a pastry shell. Sometimes mixed vegetables. Meat is marinated in ale or Guinness that forms the gravy.



Bacon Butty.

A bacon sarnie is a sandwich of cooked bacon between bread that is optionally spread with butter and brown sauce.



Dublin Coddle. is an Irish dish which often commonly consists of layers of roughly sliced sausages (pork sausages) and rashers (thinly sliced, somewhat-fatty back bacon) with chunky potatoes, carrots, sliced onion, salt, pepper, and herbs (parsley or chives).

Editors Note:

I love all these traditional foods of Great Britain and Ireland. I am fortunate that my wife Lil makes a couple of these traditional dishes a couple times a week contributing to my slim, trim, and attractive body.

I encourage those that have never seen or tasted any of these traditional foods to look up the recipes on the internet and give them a try. You will see how fantastic these dishes really are.



Daddies Sauce. In 1899, **Edwin Samson Moore**, the owner of the Midland Vinegar Company in Aston Cross, Birmingham, made a visit to one of his customers who owed him a debt for vinegar.

The original recipe was invented and developed in 1899 by Frederick Gibson Garton, a grocer from Nottingham in his pickling factory at the back of 47 Sandon Street in Basford. He was living at the Royal Oak at the bottom of the street when he came up with the recipe. Garton sold the recipe for the sum of £150 to settle a debt with Edwin Samson Moore, the founder of the Midlands Vinegar Company, who launched what we know and love today as HP Sauce.

If you didn't know, HP stands for 'Houses of Parliament' as it was rumoured the sauce was used in the restaurant there, back at the turn of the 20th century.



Worcestershire sauce is perhaps the Worcester's most famous product. It was first produced in Worcester by two chemists, **John Wheeley Lea and William Perrins**, and went on sale in 1837. It is still produced in the city today, although the origin of the recipe remains a mystery.

The story goes that Lord Sandys, a local aristocrat who had been Governor of Bengal, visited the chemist shop asking for a recipe he had found in India to be made up. Lea and Perrins made an extra jar for themselves but found they did not like the concoction and stored it in the cellar. Some time later they retasted the preparation to discover it was delicious.

<http://www.bbc.co.uk/ahistoryoftheworld>



Cottage pie was in use by 1791. The term shepherd's pie did not appear until 1854. The name "cottage pie" was first used at the end of the 18th century. It was

around that time that the poorer people of Britain, people who lived in cottages in the country, started using potatoes as an everyday food. Originally, a pie made with any kind of meat and mashed potato was called a "cottage pie".

In modern British English, the dish is usually called "cottage pie" if it is made with beef. If it is made with lamb it is usually called "shepherd's pie" (because a shepherd looks after sheep). The shepherd's pie became synonymous with the Irish version.



Queen Elizabeth starts her day with some British staples including Earl Grey tea and biscuits. She's still a fan of a Continental Breakfast, however, and will change it up occasionally. The menu includes toast and marmalade, scrambled eggs with smoked salmon, and a bit of truffle cheese.

Love it or Hate it?



Marmite: Brits have a love/hate relationship with Marmite, a salty paste made from brewers' yeast extract that's usually spread on toast.



Haggis — Scotland's national dish — is made by mixing sheep's pluck (heart, liver, and lungs) with oatmeal, onion, and seasoning. Though haggis has traditionally been cooked in the animal's stomach.



Kippers and other smoked fish like bloaters (cold-smoked herring) are usually served with brown bread and a lemon wedge for breakfast.



Steak and Kidney pie is a savoury pie that is filled principally with a mixture of diced beef, diced kidney (often of beef, lamb, or pork), fried onion, and brown gravy.



Mince pies, made with "mincemeat" (a mix of dried fruit, peel, and suet) and shortcrust pastry, may be a Christmas staple, but those outside of the UK often don't like the sound of them.



Mushy peas — marrowfat peas which have been soaked overnight then boiled with sugar and salt to form a green mush — is a side dish traditionally served with fish and chips. If you don't mind eating offal, mushy peas also go well with steak and kidney pudding.



Periwinkles, small edible sea snails, aren't for everyone. But they're a popular snack in British coastal towns, where they're more commonly known as winkles.



Pork pies are ideal for picnics and pub snacks, but are an acquired taste for non-Brits. Roughly-chopped pork is

coated in pork jelly before being wrapped in a hot water crust pastry and baked



Laverbread is a Welsh delicacy made from edible seaweed that has been boiled for several hours before being minced and puréed.



Black pudding, a blood sausage that's popular in the UK and Ireland, is the perfect accompaniment to a full English breakfast or baked on its own with toast. Though many people find it unappealing.



White pudding is a sausage made using pork fat instead of blood. It is served in the UK and Ireland. In Scotland it is referred to as **Mealy pudding**.



Baked beans on toast is a classic British dish, though many people outside of the UK would avoid it.



Jellied eels are a favourite of cockney Londoners, but the dish is far less popular outside of the UK.



Stargazy pie is a Cornish meal made with baked pilchards, eggs, and potatoes, and finished with a pastry top. It was named for the way the fish poke their heads out of the crust.

<https://www.independent.co.uk/life-style/food-and-drink/25-classic-british-foods-foreigners-find-gross->



What is the Queen of England's Favourite food?

The Queen

particularly likes fish and game, like pheasant or venison. McCready says one of her favorite meals is Dover sole with spinach and zucchini. On Sundays she often enjoys a traditional roast dinner with Yorkshire puddings.