

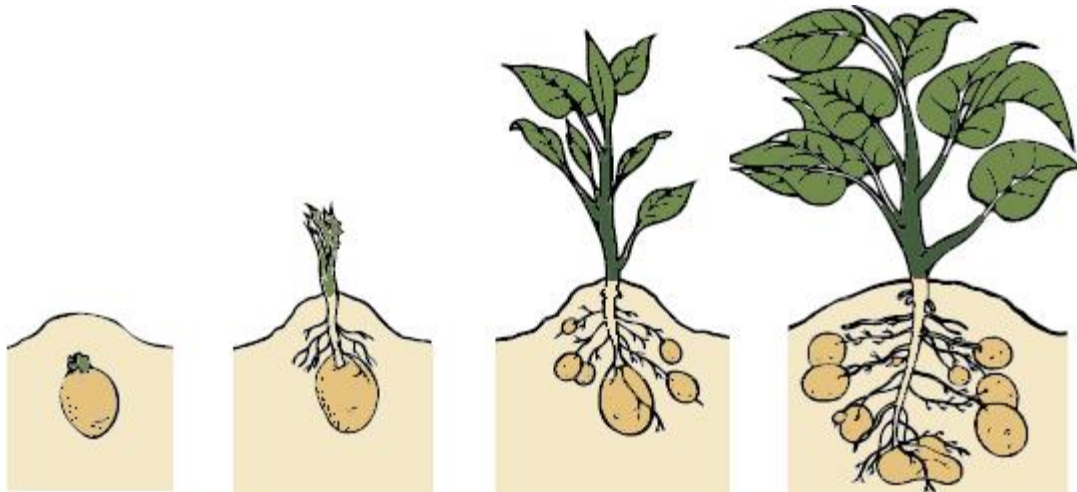


Louth Peace & Reconciliation Partnership Shared Heritage & Myths “Arts of the Hearth”

Memories of Growing things....

as recorded by our participants at ‘Foraging in the Forest’ 17/4/10

- Potatoes had to be planted by St. Patrick’s Day
- Sorting potatoes in the Easter holidays from the old pit ...in preparation for the harvest to come, usually around Hallowe’en. This was a collective effort by neighbours, sowing and picking spuds (a *meithil*, although we did not use that term). My grand-uncle used to tell us storied of witches around Hallowe’en on the night we finished the harvest (1960-70s).



For details on how to grow great spuds...see

www.potato2008.org/en/kids/grow.html



Louth Peace & Reconciliation Partnership Shared Heritage & Myths “Arts of the Hearth”

Memories of Mothers’ Recipes.....

as recorded by participants at ‘Foraging in the Forest’ 17/4/10

- **Smoked fish cooked in milk, with onion & seasoning**
 - **Sauce made with remaining milk**
 - **Serve with creamy mash—yum yum!**
- **Rhubarb & Strawberries (cold)**
- **Cold Tongue**
- **Rhubarb stick & sugar in a poke (of newspaper)**
- **Goosebery/ Apple jelly jams**
- **Gingerbread baked by Granny in 3-legged skillet**
- **Soda bread on a griddle**
- **Treacle bread**
- **Champ**
- **My great-granny used to make us raspberry jam, if we walked all the way to the raspberry patch and carried them home in a biscuit tin**
- **Creamed rice**
- **Soup—vegetables**
- **“Nanny Stew”**
- **The smell of baking bread when you came home from school— yummm!**





Louth Peace & Reconciliation Partnership Shared Heritage & Myths “Arts of the Hearth”

Memories of Cures

as recorded by participants at ‘Foraging in the Forest’ 17/4/10

- Dandelions—made you wet the bed (!)
- Warts removed—apply white milk of dandelions to wart
- Flowers of Dock—infusion to cure the ‘runs’
- Neantóg a dhóigh mé, cupóg a leigheas mé
- *Irish proverb: nettle that burned me; docken that cured me*
- Meadowsweet—cures heartburn
- Asplenium (Wall Rue) - boiled, drink juice, cures kidney complaints
- Nettle Tea will cure hives
- Bread poultice—for badly infected wound, will draw out toxins
- Bog Asphodel (magairlín meidhreach) - natural Viagra!
- Mint tea seems to cure tonsillitis
- Honey and lemon for a sore throat





Louth Peace & Reconciliation Partnership Shared Heritage & Myths “Arts of the Hearth”

Memories of Customs

as recorded by participants at ‘Foraging in the Forest’ 17/4/10

- When we were sick, we were given ‘Goody’ - bread in warm milk, with sugar +/- raisins—a real treat!
- Men going to the bog for a few days used to take a hen or cow with them for eggs/ milk supply



- When coming home from school walking, we would have been thirsty, so we would find and eat Sorrel
- Walking home from school, we picked wild strawberries and threaded them onto grass heads to carry home and have with the cream skimmed off the top of the cow’s milk.
- Collecting rushes to make St. Brigid’s Crosses with Granny in front of the hearth
- My father kept bees, but we were afraid of them!