

# Seasonal Guides

July & August



# LAMMAS

Newsletter Subscriber Exclusive Monthly Guide



# Seasonal Guide : July & August 2018

# Lammas

By Jenn Campus

I really wanted to avoid ever writing a 2-in-1 guide, but this month it just makes sense. Lammas or Lughnasadh is August 1, and there are not many ancient celebrations still celebrated in July to focus on for a July-only guide. When these guides expand to become a book later (and they will!) I will include more information, activities, rituals and recipes for July. Promise.

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# July

## The Heat is On

July is the month where there is very little in terms of ancient celebrations. The Romans, who seemed to celebrate something every month, had a few days set aside to honor several gods in July: Furrina, Neptune and Apollo. The first two are associated with water, and **Apollo** of course is the sun God, and also God of music, poetry and knowledge. If we look to the Romans for inspiration, the theme for July seems to be water and fire; seemingly two opposing forces of nature. Interestingly July is also not named after any ancient deity, celebration or Roman number, instead it is named after Roman general Julius Cæsar since it is the month of his birth.

July however is the juxtaposition between sun and water, which makes sense because both are needed for the growing season to ensure a good harvest. July is the height of the growing season in Europe and North America. It is that time of year for me where I struggle to stay cool in the blazing heat, and am also thankful for the heat because I know the plants need it.

I think the best way to celebrate July in all of its glory is to learn how to stay cool in the summer heat. Since my blog is all about old ways for modern days, here are some natural ways to...





# Stay Cool

## Go Swimming

**T**his is a super obvious one, since it is probably one of the most loved summer activities. Spending time in the water is probably the best way to beat the heat. If you have a beach of any kind, be it ocean, sea, river or lake and it is possible to swim there, I highly recommend it. Otherwise find a local pool and make a day of it when the temperatures rise. Not only does immersing yourself in water cool your whole body at once, but it is a lot of fun, too.

## Wear a Hat

**T**his is an easy one - the wider the brim the more shade from the sun. I wear one with a wide brim that circles my entire head. I love the old-fashioned feel of it.

## Line Dry Your Sheets - INSIDE

**H**ang damp sheets in front of your open windows to cool down the summer breeze as it enters your home.

## Sleep like an Egyptian

**T**he so-called “Egyptian method” for keeping cool while sleeping is to dampen a sheet or towel in cool water and then use it as a blanket. You might want to have a dry towel or waterproof mattress cover under you to avoid getting the mattress damp - damp mattresses can lead to mold when it is hot and humid, and you don’t want the solution for one problem to create another.





### **Cool Your Pulse Points**

**O**ne of the fastest ways to get cool fast is to apply ice packs or cold compresses to your pulse points at the wrists, neck, elbows, groin, ankles, and behind your knees. It really works. You can also run cool tap water over the insides of your wrists.

### **Turn off the Lights**

**T**his tip is pretty self-explanatory. All light bulbs give off heat. Take advantage of natural light as much as possible, which is easy this time of year since it is light outside until 8 or 9 PM. After dark use minimal lights or try candles (maybe citronella ones to keep the mosquitos at bay!).

### **Sleep in a Hammock**

**S**ince a hammock is suspended on all sides, and open on the bottom you get air flow from all sides. If you swing, you'll also get a cool breeze as an added bonus. Sleep with a damp sheet on top of you and you'll feel even cooler.

### **Camp at Home**

**I**f you have access to a safe outdoor space like a roof, courtyard, or backyard try pitching a tent and sleeping outdoors where you will feel the coolest.



## Green Tea Misting Spray

This spray is designed to keep you cool at the beach or the pool. Green tea is loaded with antioxidants which means it helps tone your skin and keeps it healthier and younger looking. Green tea also is proven to protect your skin against UV rays. Save the tea bags and place them on your eyes for 10 minutes and you will feel super refreshed!

### INGREDIENTS:

2 green tea bags  
2 cups cold water  
ice

### METHOD:

1. Steep green tea in cold water for 2 hours then add ice.
2. When the ice melts pour everything into a spray bottle.
3. Spray as needed.
4. If you keep the mist cold it will feel that much better.







# August 1st - Lammas

## Anglo Saxon Lore

**L**ammas is the Anglo-Saxon name for the first harvest festival of the year, that takes place on August 1st. It means “loaf-mass” because it celebrates the “first harvest” of wheat and grain, typically used to make bread. After the Christians renamed this holy day, it was observed by making a loaf of bread from the first of the wheat harvests and bringing that bread to church to be blessed. Then the bread would be broken into 4 pieces and placed in the 4-corners of the barn to protect the grain harvest.

**W**hen our ancestors lived, hundreds and thousands of years ago, the harvesting and processing of grain was essential for life. If crops were not harvested and left in the fields, or a fire or other natural disaster destroyed the crop, families could starve. It was literally life and death. When we celebrate Lammas today, we honor our ancestors and the hard work they endured to survive, which in turn gave us life. We can still be thankful and grateful for the food on our tables. I like to thank my food, and the farmers who grew it before eating. If you know your farmers personally, take this time to thank them for the hard work they do to keep the community healthy.

**L**ammas is also known as the “feast of the first fruits”, and in my family this day is well known as the day that I torture everyone to go berry picking. Traditionally this time is also for picking bilberries. At this time many wild berries are flourishing and it is the perfect time to try a little wildcrafting and foraging. I like to make a special Lammas bread using locally milled grain, and berries in celebration.

## Lughnasadh



## Ferragosto

**L**ughnasadh is the name of a Celtic harvest festival also celebrated in August. It is named for the God Lugh and his foster mother Tailtiu. Lugh was once the High King of Ireland and father of famous Irish Warrior Cu Chulainn. It is originally believed that Lughnasadh observes Tailtiu's funeral feast and games. It is said that she died from exhaustion on the 1st of August from clearing the plains of Ireland for agriculture. The month of August is called "Lúnasa" in Irish.

**L**ughnasadh is one of the Celtic cross-quarter festivals celebrated at the halfway point between summer solstice and the autumn equinox. It is still celebrated in Ireland, Scotland and the Isle of Man. Although it is now celebrated on August 1, the ancient Celts likely celebrated it on the full moon closest to this date. It was also considered the beginning of autumn.

## Ascension of Mary

**T**he Ascension of Mary is a Bavarian tradition held on August 15th. It is celebrated with processions through the villages and the fields. During the processions beautifully decorated bunches of herbs are carried. They are then dried and used as incense, especially during the dark days of winter.

**P**opular herbs to collect are agrimony, chamomile, clover, mugwort, mullein, St John's wort, tansy, thyme, valerian, verbena, wormwood and yarrow. Also the first ripe walnuts or hazelnuts are known as "Mary's Nuts" and are given to children.

"Ferragosto" in Italy usually refers to August 15th and the Assumption of Mary. It also is the time most Italians take a week (or sometimes an entire month) of vacation. However the term probably derives from the Latin name, Feriae Augusti meaning "Holidays of the Emperor Augustus", the figure for which the month of August is named. In Roman times this holiday coincided with several smaller feast days which celebrated the harvest and the end of a long period of intense agricultural labor. Beasts of burden (including oxen, donkeys and mules), were released from their work duties and decorated with flowers, and horse races were organized across the empire. This tradition continues today with the Palio in Siena on August 16th.





# Figures of the Season

## The Green Man

**T**he Green Man is a secular and religious symbol, primarily interpreted to represent rebirth. He sacrifices himself every year so that we might live and enjoy life (see John Barleycorn, below).

**H**e is a spirit of nature personified as a man. He represents the reciprocal relationship between man and nature, their interdependence.

**H**is worship spans many cultures and places and his image can be found all the way back before the Roman empire.

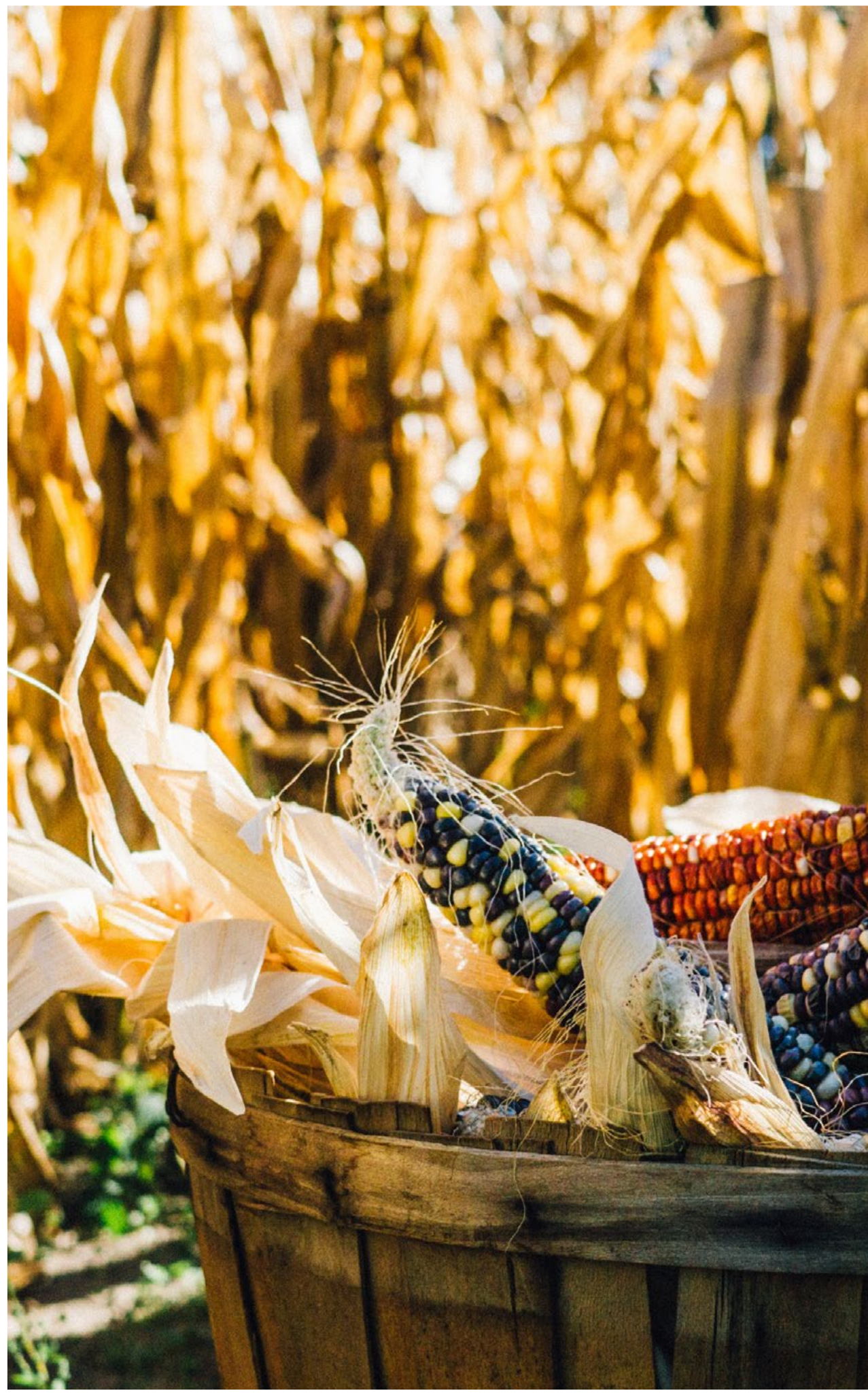
## John Barleycorn

**I**n English folklore, John Barleycorn is a character who represents the crop of barley which harvested each autumn. He also symbolizes the wonderful drinks which can be made from barley, like beer and whiskey.

**H**e is a metaphor for the spirit of grain, growing during the summer, chopped down in his prime at the time of harvest, and then processed into beer and whiskey so he can live once more - life, death, rebirth.







# How to Celebrate

**N**o matter what you choose to call this celebration, be it Lammas, Lughnasadh, or the Ascension of Mary, it is generally believed to be a time to reap what you have sown, and to get ready to welcome the crisp autumn air.

## Feasting

**C**reate a feast made up of newly harvested crops to mark this time of year. It is also a good practice to make fresh bread (with locally milled grains if you can find it).

**T**hen give some as an offering in thanks for an abundant table all fall and winter. Include some local beer or whisky if you can find it. Thank your farmer and local spirit makers for providing it.

## Sacred Pilgrimages

**T**hese are the glorious days when the air starts to get cooler, and spending time outdoors is more pleasant. Hilltops and mountains are the traditional places to celebrate Lammas or Lughnasadh and it is generally cooler there, too.

**P**eople would often climb hills or mountains to give offerings of wheat or corn in thanks for a good harvest, this is still practiced today as Christian pilgrimages.

**S**o spending time out in nature is important. You could bring your offered bread to a sacred hill or mountain in your area.



## Traditional Entertainment

Stories with a harvest theme, music, dancing, and sporting games have always been popular at this time of year. Lughnasadh is associated with the Irish Tailteann Games, funeral games for Lugh's mother Tailtiu.

The Tailteann Games had three functions: honoring the dead, proclaiming laws, and funeral games and festivities to entertain. Games included jumping, running, hurling, spear throwing, boxing, contests in swordfighting, archery, wrestling, swimming, and chariot and horse racing.

They also included competitions in strategy, singing, dancing and storytelling, along with crafts competitions for goldsmiths, jewellers, weavers and armourers. In modern times Highland Games are going on at this time of year all over the Scottish diaspora.

## Matchmaking

It was also a traditional time for matchmaking. The Tailteann Games were later revived as the Tailten Fair, which consisted of religious celebrations and field games. It was also a traditional time for couples to contract "Handfasting" trial marriages.

These were arranged marriages, where couples met for the first time and were given up to a year and a day to separate. "Tailten marriages" were legal up until the 13th century





# Traditional Crafts

## Make a Berry Bracelet

To get the best results make a berry bracelet using firm berries that still have stalks attached to them, and pick them right before you begin the project.

### What You Need:

Berries,  
A needle  
Sturdy cotton thread

### How To Make It:

Thread the needle with the cotton thread. Run the needle through the stalks of the berries to make a bracelet. You can also add seeds or nuts. Give it to your intended to wear as a Lammas token.

## Corn Dollies

Dolls made of corn husks or other cereal grains (like wheat, oats, rye or barley) were a part of European harvest festivals before mechanization and are still used to decorate during Lammas. The idea behind them is that the grain has a spirit who loses its home once the grain is harvested. Therefore the spirit is invited into the home over the winter and is returned to the earth during the first plowing in spring for the next crop.

The word “corn” meant “grain” and the word “dolly” something more akin to “idol” which stems from the Greek word eidolon, which means “apparition,” or “spirit.” Therefore, corn dolly really means “spirit of the grain.” Traditional corn dollies take many shapes and none actually look like a doll.





They are talismanic tools imbued with the creator's intent and wishes for a prosperous growing season.

Corn Husk Dolls are also a traditional Native American craft. They are made from corn husks and created in the shape of dolls. It is believed that they have been made by Northeastern Native Americans for over 1,000 years, near the beginning of corn agriculture in North America. The practice was then picked up by European settlers and creating dolls made from corn husks is a common practice among modern pagans to celebrate Lammas.

There are many great videos on YouTube for how to create your own corn dolly or corn husk doll for Lammas.

### **Herb Bundles**

Collect herbs and flowers that are growing this season, decorate and dry them (much like the Bavarian tradition) and then burn them as incense. You can experiment with many different herbs and flowers, just be sure they are not poisonous.

#### **What You Need:**

Herbs, flowers, and plants of your choice

Twine or cotton yarn

Matches or a lighter

#### **How To Make It:**

Use fresh plants. Lay them all in the same direction, stems all at one end. Gather them into a bundle of about an inch diameter of thickness. Take a few feet of twine or string and wind it tightly around the herbs, with a few inches of loose string at one end.

Wind all the way up to the leafy ends, then cross over back down to the stem end making a criss-cross pattern. Make sure to wind and tie the bundle tightly as the plants will shrink while drying.

There are two ways to dry herbs in general.

You can do it the more traditional way:

- Hang the bundle of herbs up to dry for 1-2 weeks, it will depend on how dry or humid it is where you live, also plants with more oils, like rosemary or oregano will take longer to dry.
- Or you can do it the more modern solar power way. Just lay the bundles on a light colored plate or piece of cardboard and lay them in your car on a hot and sunny day. They will dry in a few hours.

Once the bundle is dry and you want to use the incense, light the leafy end. Wait for the plants to catch a flame and then slowly blow it out. It is also best to hold the bundle horizontal to the ground when lighting.

Place it in a heatproof bowl or on a heatproof plate to burn. You can also snuff out the herbal incense stick on the small bowl or plate.





# Recipes

## Roasted Corn

### INGREDIENTS:

- 6 ears of corn, shucked
- 6 Tablespoons salted butter , softened
- kosher salt and black pepper

### INSTRUCTIONS

1. Preheat oven to 400 degrees F.
1. Line a baking sheet with parchment paper.
2. Rub one tablespoon of softened butter over each ear of corn and sprinkle with salt and black pepper.
3. Line ears of corn up on prepared baking sheet and bake for 35 - 40 minutes, turning halfway through.

**Serves 6**

## Yellow Man

(<https://www.yourirish.com/food/how-to-make-yellow-man>)

“Did you treat your Mary Anne to Yellow Man, at the Lammas Fair, O?” Lammas is the harvest festival celebrated in August and Yellow Man is a yellow, brittle toffee that is traditionally served at the Lammas Fair held in Co. Antrim.



## INGREDIENTS:

- 1 ounce butter
- 8 ounce brown sugar
- 1 pound golden syrup
- 1 teaspoon water
- 1 teaspoon vinegar
- 1 teaspoon baking soda

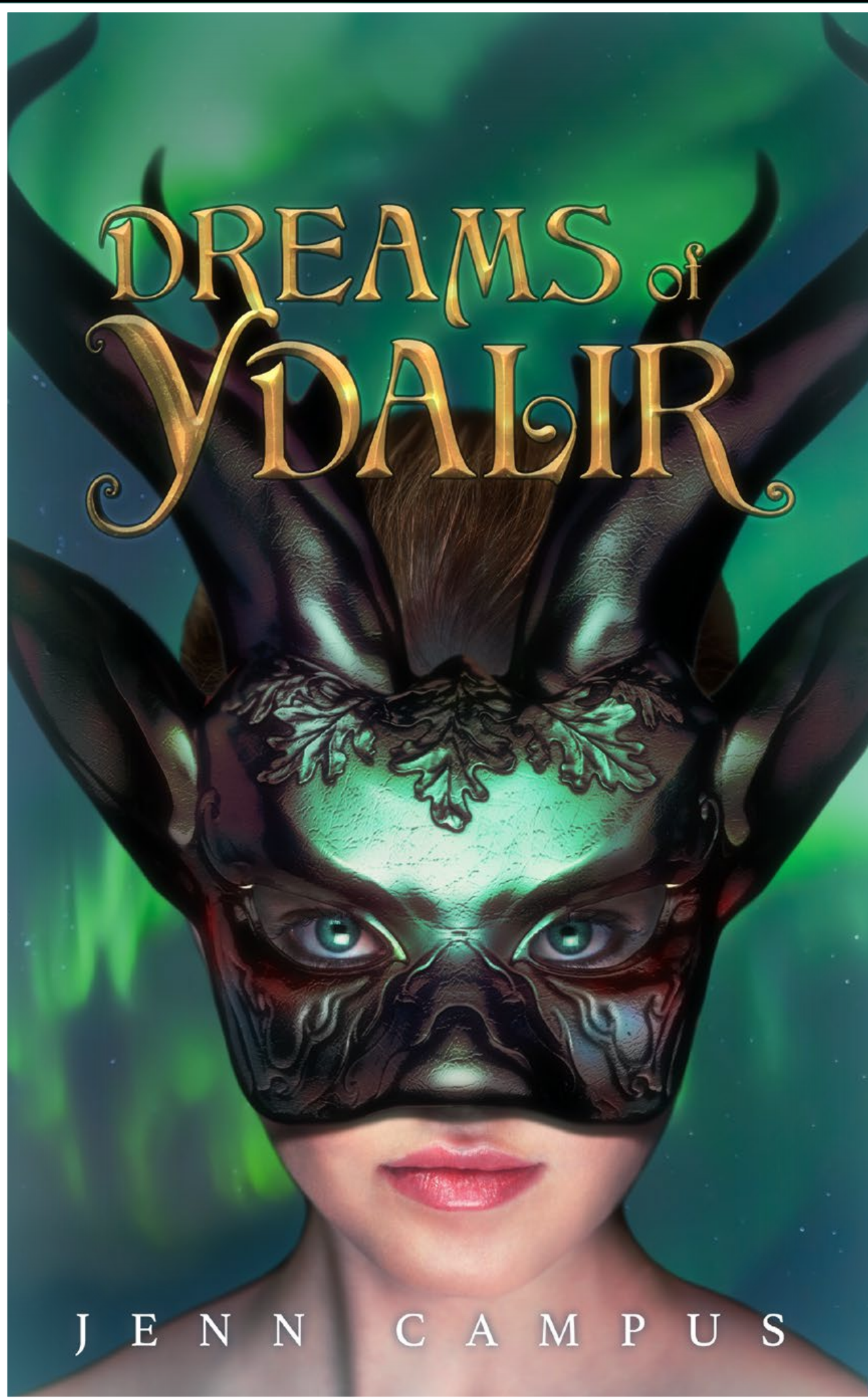
## METHOD:

1. Melt the butter in a saucepan, and then add the sugar, golden syrup, water and vinegar.
2. Stir until all the ingredients are melted, then boil until the mixture reaches the 'hard crack' stage 290 degrees F. This can be tested by dropping a little of the mixture into cold water, leaving for a moment, and then picking it up between the finger and thumb.
3. When the finger and thumb are separated, the thread formed between them should break sharply.
4. Stir in the baking soda, when the mixture foams up pour onto a greased, heatproof tray, turning in the edges with a palette knife.
5. When cool enough to handle, pull with buttered hands until pale in colour.

When completely hardened, break into rough pieces and now your Yellow Man is ready to eat.







## Dreams of Ydalir

I am in the process of writing (and my husband, world renowned fantasy artist and illustrator is creating art for) [Dreams of Ydalir](#), an **illustrated historical literary fiction** based on European folklore. Although some may look at the genre of fantasy as fluff, this story is far from it. **It is folklore.** If you enjoy these guides (and I really hope you do!), you enjoy folklore.

**WHERE NORSE MYTHOLOGY AND MISTS OF AVALON MEET, THIS TALE, SET IN THE LOWLANDS OF SCOTLAND AND THE OTHERWORLD BRINGS UNTOLD LEGENDS TO LIFE.**

Dreams of Ydalir is an illustrated novel, **released as a literary serial fiction** (in installments, like a TV show) that includes new myths about the **Gods of Old Europe**. It is heavily based on **European mythology** and with a deep respect for the classic lore it reveals the legends of lesser known Gods, like **Wuldor/Ullr, Sif and Elen of the Ways**, and new or as we like to say “forgotten” tales and origin stories of some more well known mythological characters, like **Thor, Freyja and Odin**.

### THE STORY

The tale centers around the Gods **Wuldor**, also known as Ullr, and **Elen of the Ways** and aims to tell their untold myths. Very little is known about either of these enigmatic figures, but through over a decade of personal research we patch together what is known about them in classic lore and what we have learned from other sources, to create a rich tapestry, including fundamental truths spoken by the Gods themselves to help us humans understand our own place in the cosmos.

J E N N I C A M P B E L L



We make the stories more relatable by rooting them in the experiences of our human heroine, **17-year-old Fawn**, who discovers her legacy is mixed up in myth and magic and writes her observations down in her journal as the tale unfolds. Other parts of the tale are from the perspective of the Gods themselves, which allows the reader to see inside their hearts and minds. Then we package it all in a beautiful format with amazing sketches and illustrations to bring the words to life.

### **WHY ARE YOU RELEASING IT IN EPISODES?**

It harkens back to the days of yore when serial fictions were all the rage. It is how Charles Dickens and many other classic writers got their start. Many of the long novels of the past that we think of as a singular works were originally published in serial format. Back then it was because consumers often could not afford an entire book, but could pay smaller amounts over time. These days people don't have a lot of time, a serial allows you to fit reading into your life because you can read each installment in one sitting. It also means we have to tell a riveting story, and produce amazing artwork that creates anticipation for the next one, every time.

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# Thank you!

If you know someone else who might enjoy this type of guide, please tell them about my website and invite them to sign up for the newsletter so they can receive their own copy.

Thanks,  
Jenn

Follow me at: [jenncampusauthor.com](http://jenncampusauthor.com)



And if you need more help around celebrating this season, feel free to get in touch with me, or start a discussion on my [Facebook Page](#).

*Thank you!*

# NORSE MYTHOLOGY MEETS MISTS OF AVALON



*THIS TALE, SET IN THE LOWLANDS OF  
SCOTLAND AND THE OTHERWORLD  
BRINGS UNTOLD LEGENDS TO LIFE.*

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## About the Author

**FOLKLORIST, MODERN PEASANT, CULINARY ANTHROPOLOGIST, MATRIARCH, KITCHEN WITCH, MYSTIC, HEARTH KEEPER**

I am a two time Amazon bestselling author. As an expat living on the ancient and enchanted Italian island of Sardinia, I am inspired by the days of yore. I long for simpler times and quiet joys. As a Sagittarius I am hardwired to seek out truths. I enjoy food, art and cultural traditions. I am deeply drawn to creating personal traditions and ritual and through the art of writing, I am able to share with others long held traditions, different perspectives and practical modern tips for navigating this often chaotic and unsettling world. In this global world, traditions can help everyone to feel that they have a place to come “home” to, even if that place is not a physical location.

In my writing I look for ingenious ways to bring together my favorite fiction and nonfiction genres which are fantasy/mythology, culinary arts, ritual, the magical arts, history and the many uses of herbs. I am passionate about the wild places, where my food comes from and sustainability, as well as the stories, foods, culture and mythology of Europe.

If you love deep, introspective cultural experiences, connecting with nature and preparing delicious food, then make yourself a warm drink and pull a chair up to my proverbial hearth. I will tell you fantastical stories or talk about practical skills for everyday life, that allow us to tap into the ways of our ancestors who often made much with little. There are riches to be had through simple joys and experiences, like a delicious meal or a day of foraging with the family. I want to share this with others. Life can be full, even if your wallet is not.

I have a degree in Anthropology from Hampshire College in Amherst, MA. I studied culinary arts at Sterling College in Craftsbury, VT. I have taught cooking classes to children and adults, alike. I have traveled extensively to and lived in Italy, Norway and the Navajo Reservation in Arizona. I also have a decade worth of experiences creating rituals and traditions for my family and myself. I have written two books on the subject of bringing more ritual into your life to help you connect with family, nature and where you are in the present moment.

