

HomeFront Newsletter

For the Folk Conscious Home

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Welcome to Issue No 5 of our newsletter version of Homefront publications.

We are going to focus on recipes, some cute pagan shenanigans we do for the Ostara, along with some traditions that our families are doing at this time of the year.



The trees are becoming full again and the air is becoming friendly and crisp throughout Europe. Long walks and foraging for wild flowers and twigs from ancestral trees are my go-to for making Ostara decorations.

Enjoy the brighter evenings and magickal time this time of the year has to offer!

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Publications*

OSTARA TRADITIONS

I blow out eggs and decorate them with Pagan and spring symbology like leaves and Keltic swirls. Then we hang them on a willow / ash or Oak branches we collected during Yule. We spray some of them various pastel colours like pink, blue and yellow. These are great in tall glass vases on either side of a door or on a table in an entryway. I put some out on mild days outside when I am reading or gardening. My favourite Ostara flowers are Daffodils, primroses, violets, crocuses, celendine, catkins, and pussy willow. We also bury a raw egg outside our home to ensure abundance for the forthcoming year and fertility in our garden. I am actually going to plant one in the back garden too as we have lots of feathered friends and animals who come by daily for food. I would like our back garden to always be abundant for them!

Evelyn Keltica

When I was little my father used to hide chocolate egg(s) for me in the house, when I was close to find it, he said “warmer” and when further “colder” this is a nice memory for me.

Skuld – WAU Finland

We honour the horned God Pan, he symbolizes the festive enjoyment of nature through hunting and dancing. We typically start the day off with a hike in our local forest and we leave gifts for the Fae. We also tie bright ribbons to our trees in honour of the colours of Ostara. We also exchange chocolate and pagan gifts that represent spring!

Tara - England

Ostara Traditions Continued

I'll pick branches of trees, with pussy willows, and attach feathers on them and have in vases.



Paint eggs, and fill Easter eggs with different things like candy, and a couple of toys. I'll make a treasure map, for the boys to follow (which I basically suck at lol) and we pretend that it's the Easter bunny who has left it at the front door.

SIW - NORWAY

Ostara / Eostre is a spring goddess and she oversees the budding plants and burgeoning fertility of the earth. So, for Ostara 2020 I planted loads of Daffodils and other spring flowers, they have just started to pop through the soil, I planted them in her honour.

Every spring I preform a good cleansing of my home with a sage smudge, followed by a good airing of the entire place as we wouldn't have had a chance to do so during Winter. Burning sage is typically the easiest way to cleanse your home / area. Make sure to get corners and dark places as energy collects and stagnates in these dark places in our homes.

This year I will work with the season at hand and enjoy walks in nature, feeding locals birds and making sure to pick up any litter I see.

I also dye eggs for Ostara and put various designs on them, this year instead of runes I will be putting Ogham on my Ostara eggs.

Evelyn Keltica



We don't tend to do much, we try keep it more about nature and less about chocolate, although we do get the kids eggs, we just don't make them the focal point of our Ostara celebrations.

We do Ostara Bunny tokens – So Instead of chocolate treats inside those plastic egg for your egg hunt, we put in pieces of coloured paper with an activity to do or blank and the child can fill it in themselves.

The Ostara tokens can have treats such as 'go out for cake with Mother' or 'enjoy a trip to the park' you get the idea, the blank ones are a real treat as your children get to decide what they want to do, we usually have a bucket list for the upcoming year so we typically pick from that list with our blank tokens.

TIME TO WORK OUT



Working out is something I like to do, but due to recent health issues working out has become extremely painful. For the past few months all I have been doing is walking 5 – 7 miles a day but it just is not showing the same results as lifting weights. So, to try get my body through a workout without dealing with the pain I endure currently I have tried to implement body weight exercises that I can do throughout the day.

For example, if cooking dinner and waiting for food to come to a boil I will do 20 push ups against the wall, or hold onto the door handle and do some squats, you get the idea. I'm going to compile a list of body weight exercises you can do for your upper body!

Reverse fly x 20

Tricep dips x 20

Arm circles – these are really great and I love doing them x 20

Bicep Curls (I tense my biceps when doing them and move arms back down slowly)

Shrugs (I use a little weight with these)

Towel ring (Hold your thickest towel with both of your hands a few inches away from the ends. Twist the towel repeatedly until it gets so tight it can no longer be twisted. Twist the towel in the other direction until it can't be twisted anymore.)

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The Crafty Witch



YOU WILL NEED:

Empty eggshells
Candle wax (or leftover bits from old candles)
Old saucepan
Egg carton
Wicks

1. Clean your eggshells in some soapy water and let them dry on kitchen towel.
2. Heat your candle wax in an old pan over a low heat until it melts. Take off the heat as soon as it has melted.
3. Place your eggshells into the carton and then carefully pour liquid wax into the shells.
4. As soon as the wax starts to solidify, stick a piece of wick of about 10cm length into the centre of each eggshell, so that it reaches the bottom.
5. Leave to harden, occasionally encouraging the wick into the centre. The wax should take a couple of hours to harden completely.
6. Or a lazy witch tip is to put a tealight inside if you have a big enough egg shell.

Silk Dyed eggs.

You of course need eggs; you also need **100% silk** for this to work. Cut the ties and the fabric into squares, large enough to wrap the eggs completely. Place an egg in a square of silk and using the thread, tightly tie off the excess at one end. You want good contact between the egg and the silk.

Next, wrap again in plain white cloth. Tie off as before. Repeat with all of your eggs.

Add the eggs to the saucepan of water, add dash of white vinegar and bring to boil for 20mins. Remove eggs, let cool and remove wrapping. The print from the tie will have transferred to the egg. Now comes the fun part! Unwrapping your little treasures.

Aren't they Amazing?

Side note: Some silk ties have a label that reads "Stain Resistant". This means they've been treated with something to keep them clean. It also means the dye won't be released like on a non-treated tie.





In our Ancient Ogham Alphabet, the Alder tree rules from March 18th till April 14th, so the Alder is the Tree of Ostara!

The Ancient Druids held the belief that the majestic alder tree was the symbol of the balance between men and women.

The pith of the Alder tree is easily pushed out of green shoots to make whistles. Several shoots bound together by a cord, can be trimmed to the desired length for

producing the note you want and used to entice Air elementals. The old superstition of "whistling up the wind" began with this custom. The Alder Tree is also associated with courage and the evolving spirit.

In Irish mythology the first human man was made from the majestic alder tree (woman came from the Rowan tree), a tree of the fae, protected by the water fae folk. The Alder gives us access to the Faery realms. Alder roots enrich our soil, and its wood resists decay. When the alder is immersed in water it hardens to the toughness of stone.

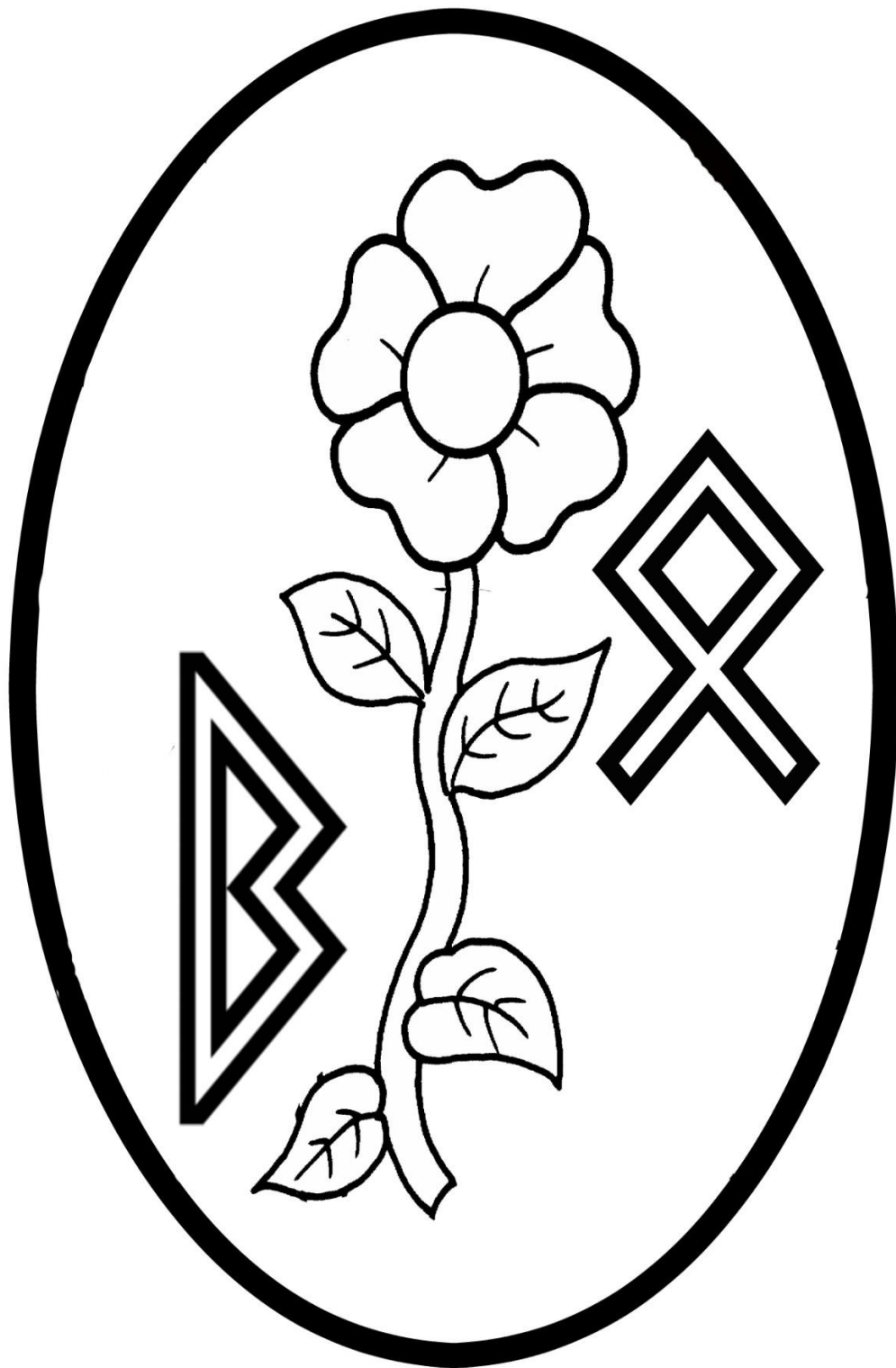
When the Alder tree is cut its majestic wood changes from white to orange to red. It gives the appearance of blood, and it is associated with "Fear Dearg" - the "Red Man" who, according to our Keltic stories helps humans lost in the Otherworld to escape back to this reality. Alder is a faery tree often found growing on the banks of streams and in damp places. Where land and water meet, there is always access to the otherworld. Although much of Ireland's grass is waterlogged, so it's no wonder they thrive here!

The stories and legends surrounding the alder tree could literally be a book, if you have alder growing by you, then you are indeed blessed. The alder trees are linked with weapons and shields and to our ancient ancestral blood memory that part of the skill of the warrior lies in knowing when to take up the sword and when to take up the shield.

Alder Tree Identification. The easiest way of recognising an alder tree is by its distinctive little fruiting body, called a strobile. They appear in fall and look like 1-inch long cones. The female flowers on an alder tree stand upright at the ends of the twigs, while the male catkins are longer and hang down. I collect the cones every autumn and leave them around my home. So, the small brown cones are female and the dangly bits are male 😊



Blessed Ostara





Rosemary Potatoes

- 1 1/2 lbs. potatoes
- 2 Tbsp. olive oil
- 1/2 tsp. sea salt
- 1 1/2 Tbsp. fresh rosemary, chopped

Cover new potatoes with water and bring to a simmer. Cook 5 minutes. Drain and put them in your oven dish. I cook them for about 45 mins, prick them with a fork to make sure the inside is cooked and that the outside is crispy. Serve with roasted and grilled meats or poultry.



Ostara Honey Cakes recipe

- 1/2 cup Riesling wine (German white wine)
- 1 egg
- 2/3 cup flour
- 1 cup honey
- 2 tbs sugar
- 1/8 tsp cinnamon
- 1/8 tsp nutmeg
- Dash of salt

Beat the egg together with your wine. In your other mixing bowl, sift together the flour, cinnamon, sugar and salt. Add your flour mixture to your egg mixture. You now

stir it all until it's blended through. Now let the mixture sit for about 30 minutes. In another small bowl, mix your honey and nutmeg. In a pan, heat up about a 1/2 inch of oil. Drop a tablespoon of batter into the oil and fry until golden brown. Drain off the oil, and dip into the honey mixture. They have the same consistency as a well cake!



Ostara Chocolate Nests

Ingredients

- 200g milk chocolate
- 200g dark chocolate
- 100g shredded coconut
- Chocolate / coloured candy Easter eggs

Break up all the chocolate and place it in a bowl over a pan of simmering water (don't let your bowl touch water) until the chocolate has melted. Make you use a brand of chocolate you like, as I recently made them and the chocolate I used was horrible. Set aside to cool slightly. Add the coconut and stir to combine.

On a large sheet of baking paper, create



chocolate nests about 7cm in diameter. Use the back of a metal spoon to make a small dent in the centre of each nest, where eggs will sit. Cool completely, then refrigerate for 30 minutes or

until firm. Just before serving, fill nests with Cadbury mini eggs or whatever small chocolate eggs you have in your country.

Spring Goddesses

Of Europa

Anna Perenna is a Roman Goddess and she is associated with the cycles of the year and renewal. Her main Festival is celebrated on Ides of March.

Artio is a Swiss and Keltic bear Goddess. You can see a statue in her honour in the Historisches Museum in Bern, Switzerland. Artio hibernates during the Winter her return heralds the beginning of Spring. In Keltic tradition Artio is the Goddess of wildlife and she was likely called upon during hunting rituals. Her name comes from the old Keltic word for bear, arth(e). There is so many interesting stories about her online.

Beiwen is a Finnish Goddess. Beiwen is associated with the fertility of plants and reindeer. The warm sun helps plants grow, which meant there was food for the reindeer throughout Finland, so she was seen as a goddess who nourished both the herds and their owners.

Blodeuwedd is a Welsh Goddess and she is a Spring Goddess. Blodeuwedd was created by magick from nine spring flowers to be the wife of Llew Llaw. Due to the nature of her birth, Blodeuwedd whose name means both 'Flower Face' or the ancient name for the Owl and she represents the Earth in full bloom.

Brigid is an Irish Goddess. In her maiden aspect Brigid is honoured at the festival of Imbolc which celebrates the first stirrings of Spring here in Ireland. On her day we weave Brigid Crosses and those of us who are in Ireland can go visit the many wells throughout Ireland in her honour.

Dziewanna is a Slavic Goddess. Her name means the plant "Mullein" in Polish which represents the goddess of spring and summer and the importance of the healing plant Mullein. Dziewanna and her ceremonies and rituals of spring and summer should include flowers, herbs, twigs, moss and water as their main elements. The sacred animals of Dziewanna are the horse, the stag and the deer. The cooking of her sacred herbs in rituals brings to life the spirit of the plants which helps adds more healing. Her decorated effigy is paraded with lots of singing and celebrating by villagers / farmers when the weather turned sunny and spring was in the air.

WHAT I AM is proud

I'm not going to pretend to be something I'm not. I'm not politically correct. I'm not diversified. I'm not liberal and I'm not conservative. What I am is proud!

Lately, it's become a real crime to be proud. Especially if you're proud of your European heritage. I am of German/Northern European/English descent. I'm proud that I have pale, pale skin, that I am tall, that I am descended from people who populated Europe with redheads and brunets with pale skin and strong backs. I like European music (classical, folk); I like European literature, I like European art, and most of all, I like European food.

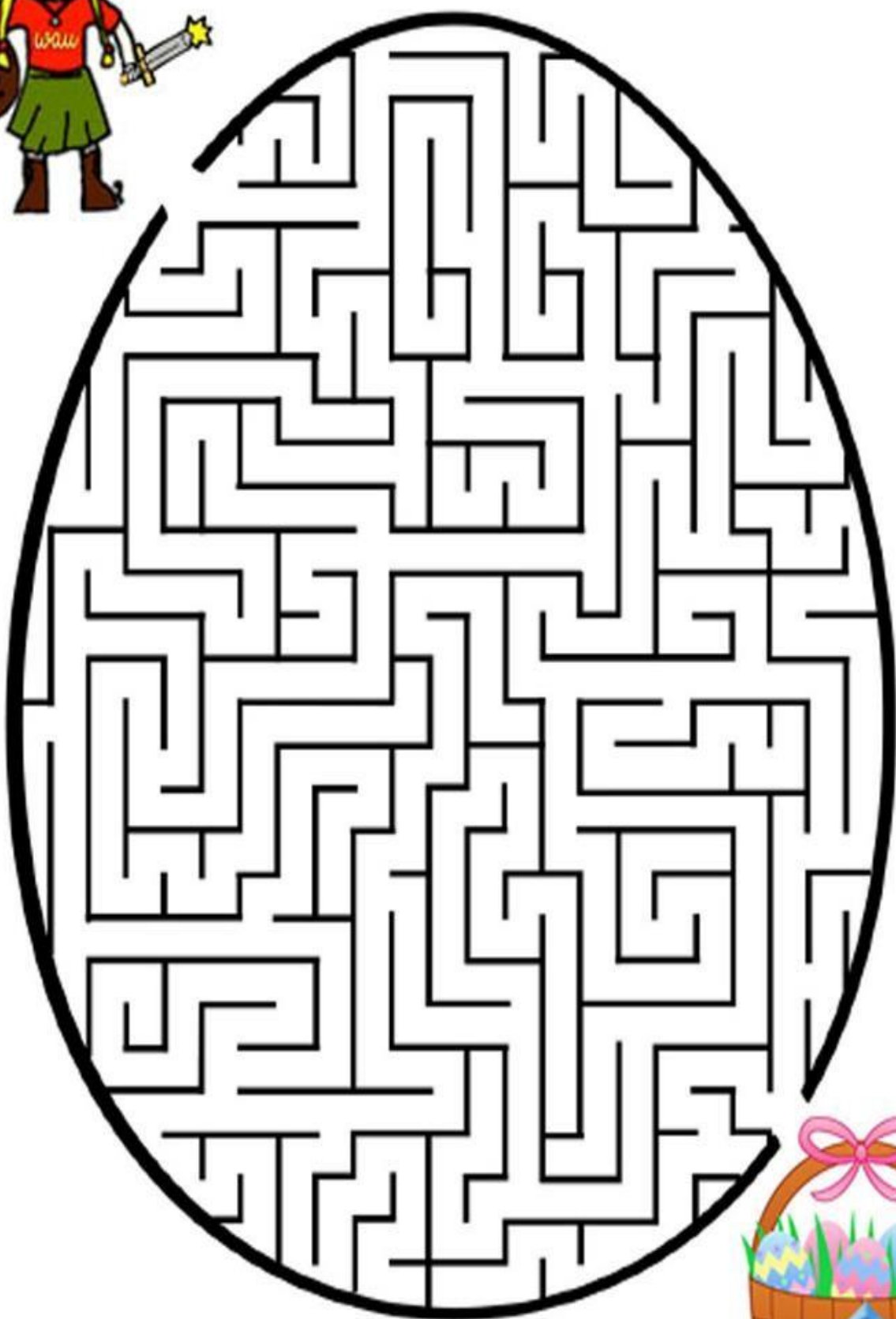
So why is it that because I like these things, and because I just can't get into rap, salsa, thug life, Afro-Cuban beats, chitlins, plantains, dread locks, etc. that I am a bad person? Why is it because I am attracted to strong men who look like they've just stepped off a Viking ship and am NOT attracted to black men I am an "evil racist?"

I'd like to think it's OK to like what you want in this world. I'm started to feel more and more as though if you don't follow what everyone else is doing, you're an outcast. Fine. Hole me up in a cabin in the woods with my folk metal and classical CDs; my Viking sagas, Romantic literature and Shakespeare; and my Springerle rolling pin and spaetzle-maker. I'm fine to outcast myself.

But don't label me. Having interests other than what most sheeple do doesn't make me a bad person. Wanting to keep alive traditions I enjoy doesn't make me a bad person. Not enjoying non-white culture and traditions does not make me a bad person.

by Porzellanpuppe

**Help Viking Girl Get
To Her Ostara Basket!**

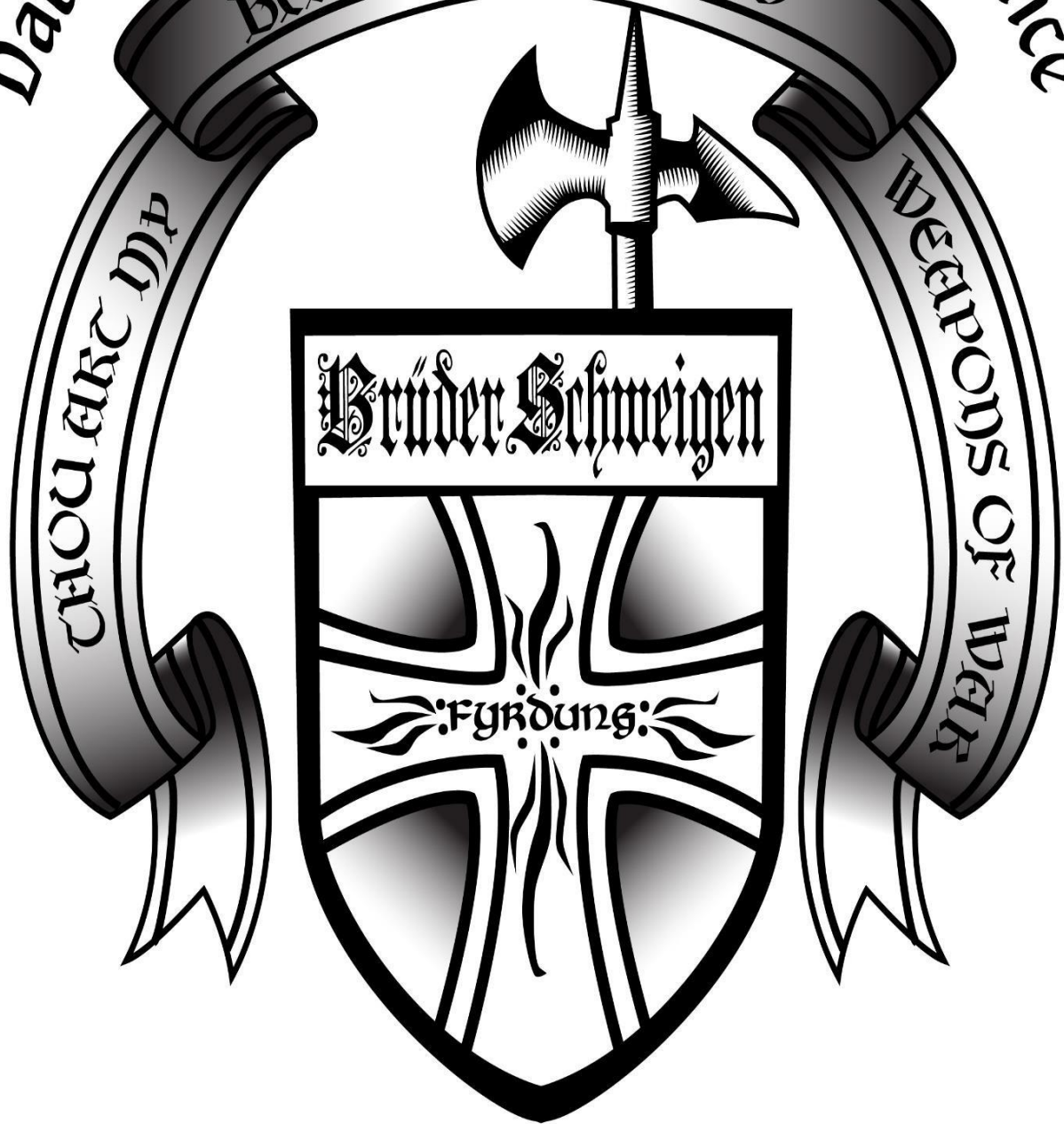


David Lane Global Day of Remembrance

BATTLE AXE AND

THOU ART MY

WEAPONS OF WAR



“Defiance Unto Death”

June 30th, 2007

DavidLane1488.COM