

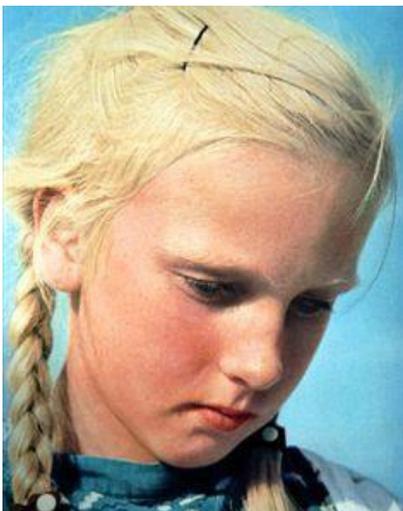
# HomeFront NewsLetter

For the Folk Conscious Home

**WAU14.COM/homefront**



Welcome to issue number 3 of our newsletter, we happily received a lot of good feedback in regards to the last issue, so thank you so much for taking the time to let us know what you thought!



Spring is nearly upon us and it really is the season of new beginnings. I love seeing the buds of new flowers and I can finally recognise what trees surround me.

For this issue we are focusing on recipes, cleaning tips, Ostara stuff and a few other bits and pieces.

We are going to work on a new cookbook in 2018, if you would like to submit a family recipe please email us at [wauirehqs@hotmail.com](mailto:wauirehqs@hotmail.com)

The Beautiful Goddess Ostara is the Anglo-Saxon Goddess of Spring, the East, Resurrection, and Rebirth; she is also the Maiden aspect of the Three-fold Goddess.

Ostara was very much an important Goddess during spring to the ancient Anglo Saxons. A few have suggested that Ostara is merely an alternate name for Frigg or Freya, but neither of these Goddesses seem to have quite the same fertility function as Ostara does. Frigg, goddess of the home, doesn't seem to be associated with such an earthy festival, and Freya's form of fertility is more based on eroticism than reproduction. I definitely think that Ostara was her own Goddess with no real counterpart in any other European Pagan faith, similarities yes, but not a carbon copy!

Pagan Anglo-Saxons make offerings of coloured eggs to her at the Vernal Equinox. I like to dye mine and add runes and inscriptions for magick and rituals. Some of us place them at graves especially, as a charm of rebirth. (Egyptians and Greeks were also known to place eggs at grave sites).

Ostara, the Goddess of Fertility, was also the Goddess of Grain, so offerings of bread and cakes were also made to her. I try to braid my bread before I bake it, and I also do a variation of scones and cookies. Rabbits are also sacred to Ostara, especially white rabbits, and she was said to be able to take the form of a rabbit.

One myth surrounding Ostara says that she found a bird dying from the cold; she changed it to a rabbit so it could keep warm. Maybe this is why the Easter Bunny brings eggs to children on Easter. Traditionally German children are told that it is the Easter hare that lays all the Easter eggs, but us in the British Isles pay homage to the Ostara Bunny or Hare!

Remember to honour Ostara, her traditions and rites.

Hail The Olds Gods / Goddesses of Europa

# Ostara Oatmeal Cookie Recipe

## Ingredients

- 1 cup shortening
- 1 cup brown sugar
- 1 cup white sugar
- 2 eggs well beaten
- 1 Tablespoon vanilla extract
- 1 1/2 cup flour
- 1 tsp salt
- 1 tsp baking soda
- 1 Tablespoon cinnamon
- 3 cups oats (Do NOT use instant oats.)

## Directions

1. Cream shortening and sugars, add eggs and vanilla and beat well.
2. Sift flour, salt, baking soda and cinnamon, I hate cinnamon so I added a little less than a spoonful. Add to first mixture and mix well, add oats.
3. Spoon out by rounded tablespoonfuls on to greased cookie sheets. Bake at 350°F. Bake for 10 minutes. Remove to wire rack. Cool completely.

This recipe makes about 2 dozen cookies or so, I made these for Ostara and they were a huge hit, I added some Green Coloured Runes with Icing Gel.

## Morrigan Keltica

**Did you know?!** *The English monk and historian Bede (d. 735) recorded that the Anglo-Saxon goddess Eostre had a festival lasting several days, and that this name was adopted in England for the Christian holiday of Easter, which falls on the Sunday after the full moon following the spring equinox.*



# Crafty Corner

## *Lets Dye Some Ostara Eggs!*

To make dye for Easter eggs from natural materials in the kitchen try these ideas.

- Red Cabbage leaves produce a robin's egg blue colour.
- Orange peels create a tender yellow.
- Carrot tops yield a smoky yellow green.
- Yellow delicious apple peelings dye eggs pale lavender flecked with soft rust.
- Brown (not white) onion peels dye orange.
- Fresh spinach gives you a pinkish colour with grey-green buffs.

To use these methods place eggs in a pan and cover with water.

Add 1 tsp of vinegar and dye material.

Bring to boil, reduce heat and simmer gently 20 minutes.

The colour will deepen or change if the eggs are left in the dye solution overnight.

**DO NOT EAT** the eggs if you leave them out of the fridge over night!!!

### Here are a few other natural dyeing methods:

- Pale Red: Fresh beets or cranberries or frozen raspberries
- Orange: Yellow onion skin
- Light Yellow: Orange or lemon peels, carrot tops, or celery seed
- Pale Green: Spinach leaves
- Blue: canned blueberries or red cabbage leaves
- Beige to brown: Strong brewed coffee
- Golden brown: Black walnut shells



# Ostara Egg Leftovers:

*What to do with them.....*



Ostara will come and go and you will have more boiled eggs than you know what to do with, what can you make with all these eggs? I personally don't eat eggs but many of you do so here are some handy tips.

**Asparagus** is often served with chopped boiled egg, parsley and butter sauce. :

Make a **casserole** from mashed potatoes, cheese and leftover hard cooked eggs. Butter a casserole dish and layer potatoes, cheese and boiled eggs, then finish by covering with plain yogurt. Top with bread or cracker crumbs and bake until it's heated through, 20 – 30 minutes.

You can make hot and spicy **pickled** eggs by using the liquid from a jar or jalapenos or other hot pickles, so good.

Make a chip dip with leftover **eggs** by creaming six of them with 8 ounces of cream cheese and a quarter cup of sour cream or plain yogurt in your food processor or blender. Add bacon bits or chives, onions or whatever you prefer. It's good with salsa mixed into it.

Cut up leftover hard cooked eggs and add to **meatloaf** of any kind – or for a surprise, put a whole egg or two (or three) in the centre of a meatloaf.

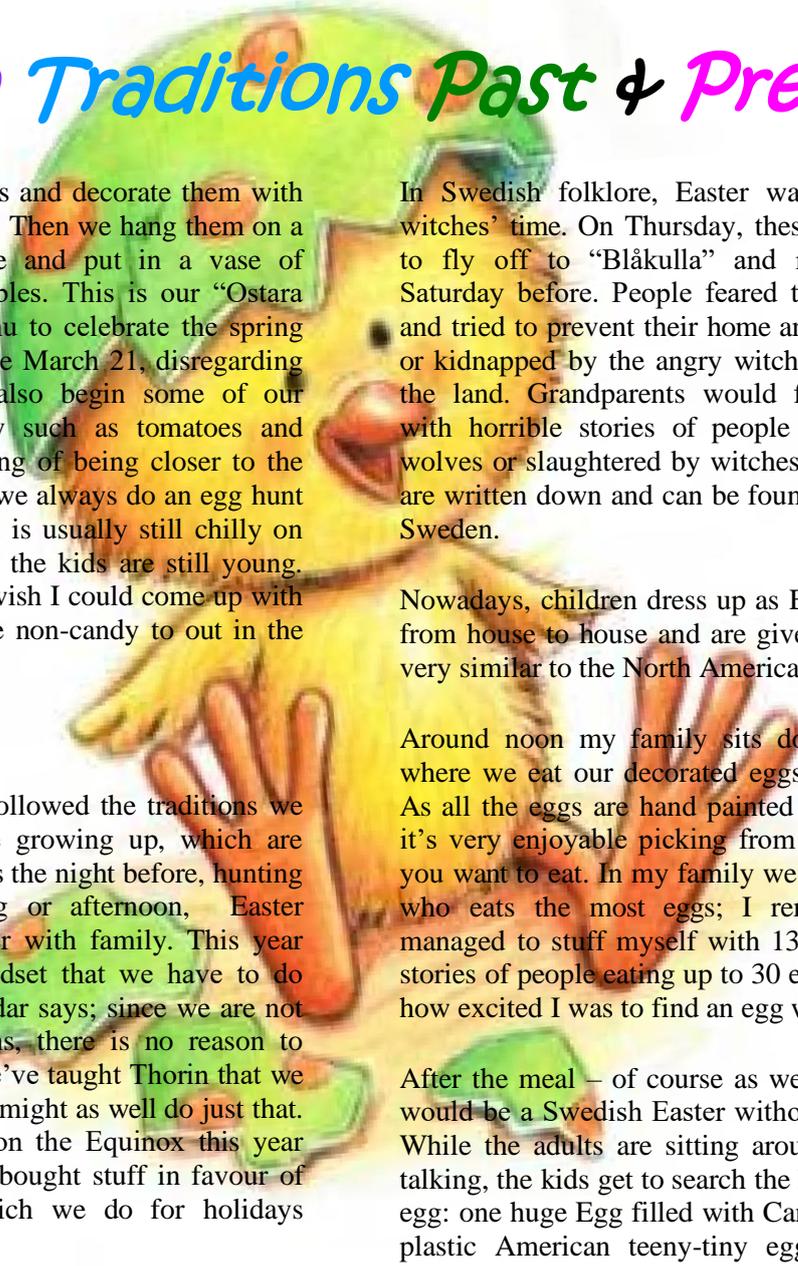
Put leftover eggs in liquid leftover from **pickled beets** and leave them in the refrigerator for a week or so. They're yummy and pretty pickled this way!

Pasta salad makes use of **boiled eggs** and you can use ham and other Easter dinner leftovers in it. Try celery, olives, minced sweet pickles and/or minced carrots.

**Potato salad** always goes over well. Use a few more boiled eggs than you would otherwise.

Deviled eggs, many recipes include vinegar and mayonnaise, mustard and salad dressings, or dream up your **own**.

# Ostara Traditions Past & Present



The kids and I blow out eggs and decorate them with Celtic and spring symbology. Then we hang them on a branch, spray painted white and put in a vase of brightly coloured floral pebbles. This is our “Ostara tree”. We plan a spring menu to celebrate the spring Equinox (we always celebrate March 21, disregarding the Christian Easter). We also begin some of our garden indoors on this day such as tomatoes and peppers. It brings the meaning of being closer to the earth to our kids. Of course, we always do an egg hunt too, usually indoors, since it is usually still chilly on March 21 where we are and the kids are still young. They go wild for this. I just wish I could come up with more ideas of things that are non-candy to out in the eggs.

## Europa14 – USA

Every year so far we have followed the traditions we had in my household while growing up, which are pretty typical. Colouring eggs the night before, hunting for them the next morning or afternoon, Easter baskets, and a special dinner with family. This year I’m finally shaking the mindset that we have to do everything the day the calendar says; since we are not following Christian traditions, there is no reason to follow the Christian date. We’ve taught Thorin that we are celebrating spring, so we might as well do just that. We’ll be doing everything on the Equinox this year and avoiding as much store-bought stuff in favour of homemade as we can, which we do for holidays anyway.

## Amanda North Carolina

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 - Finland

HUGE egg hunt! My Sister does this every year. She puts candy and prize vouchers inside of plastic eggs and hides them all over her yard and house. The prizes range from jelly beans, stickers, stuffed animals, videos, computer games – she really goes all out. The kids LOVE it! It’s so much fun. This year will be her 16th year having it!

## Anne – NJ

In Sweden, Easter is known to us as Påsk. It is a time rich in tradition and family. On Easter morning the family, and good friends, gather at the kitchen table to colour boiled eggs for many hours. After admiring everyone’s artwork, off to the refrigerator they go.

In Swedish folklore, Easter was thought to be the witches’ time. On Thursday, these witches were said to fly off to “Blåkulla” and return again on the Saturday before. People feared this “Witches’ Time” and tried to prevent their home and family to be killed or kidnapped by the angry witches who tend to roam the land. Grandparents would frighten the children with horrible stories of people being half-eaten by wolves or slaughtered by witches. Many of these tales are written down and can be found in libraries all over Sweden.

Nowadays, children dress up as Easter witches and go from house to house and are given candy or money – very similar to the North American Halloween.

Around noon my family sits down to a huge feast where we eat our decorated eggs and other goodies! As all the eggs are hand painted and are all different, it’s very enjoyable picking from the bowl those eggs you want to eat. In my family we have a contest to see who eats the most eggs; I remember one time I managed to stuff myself with 13 eggs, but I’ve heard stories of people eating up to 30 eggs! I also remember how excited I was to find an egg with my name on it.

After the meal – of course as we are Swedish – what would be a Swedish Easter without a “Nubbe”? (shot) While the adults are sitting around the kitchen table talking, the kids get to search the house for their Easter egg: one huge Egg filled with Candy. Unlike the small plastic American teeny-tiny eggs they hide in the backyard in North America, these are huge and are packed with candy and fruit.

Many restaurants limit their menu during the Holiday to only Easter foods. Food like Janssons Frästelse (fish and potatoes casserole) or Smörgåsbord (Sandwich Table) – which is bread made into a huge cake, with all kinds of food stuffed into it like Olives, Meatballs, Potatoes, Eggs and a lot more, and is eaten cold – a delicious meal.

## NorseStar

Spring is a time of rebirth and renewal.  
Why not take advantage of the season  
to do a bit of spring magick!

## *RAISING A FAMILY*



Motherhood is a fortress of generation past, present and future. Our women are the ones who bare our children, if they didn't work alongside with their men our future generations would cease to exist. Men also have many obligations to fill and they should do so with honour and pride, raising a family isn't an easy task, but with dedication and undying love nothing is impossible.

Our communities are infested with diverse cultural practices. Foreign manners are disclosed and our children are being subjected to this on a daily basis. Their heads are being filled with debris from cultures other than their own.

Perhaps if we could look at these things as educational exercises then they might have some merit, but they are not being used for educations sake. They are being used to disassemble what our ancestors worked so hard to put together.

We create our children with love. Let's raise them with love. They come into this world looking up to us – reaching out to us for guidance and nurturing. We have the ability to share our perceptions with our children and to teach them about faith, order, security, strength, patience, labor, reason, and yes even of struggle.

The most precious gift, besides love that we can give to our children is the gift of recognition. Recognition of whom and what they are. We can teach them to recognize and to hold dear the integrity of being European and proud.

Motherhood – A fortress of generations past, present and future. As women.... as mothers, you can do your part to secure a promising future for our folk.

**D. Dodd**

# *Family*

*like branches on a tree,  
we all grow in different directions,  
yet our roots remain as one.*

# Old *Family Traditions* That Really Work!

This came up in a conversation with a friend, so I thought that I would share it with those of you who have young kids. I have used all of these recipes and they all work. If you have more tips to share please send them our way. **WAU Europa**

## Colic and Restless Children

Can't get the little one to sleep? Have a colicky baby? Here's an easy recipe to calm even the worst case of colic and get even the most hyper toddler to sleep.

Boil an onion. Strain off the liquid and put it in the fridge. It will keep for about 2 weeks. Depending on the age and weight of your child, start with one teaspoon of the "onion tea" in a bottle or cup of juice. If the child is older, you may need more, but you cannot overdose on this tea. This is a tried and true cure for the colicky baby and the restless child. Onion tea is a natural sedative and calming agent. It is an old French family recipe and has been used successfully for over 100 years.

I have used it on all 7 kids, even up to the age of 5 you know, that time when they won't take a nap!

## Teething

Rub some paprika on her gums instead of using the more expensive over the counter teething aids. It works very quickly for teething pain.

## Cradle Cap and Dry Skin

Normally, baby skin doesn't need lotion, but if it does occasionally, use pure olive oil instead also use it for your babies' scalp / cradle cap. It's not especially frugal cost wise, but used sparingly and only when it's needed, one small bottle should last longer than your baby is a baby, which is more than you can say for baby lotion.

## Skin Issues

There are several studies that show applying witch hazel to the skin can fight bacteria, reduce inflammation and help with healing.

**Exfoliation** is the process of removing the top layer of dead skin cells. It can be achieved mechanically by using a brush or scrub to physically remove the cells.

## How to Make a Scrub at Home

1. Mix equal parts sugar (or salt) and coconut oil.
2. Scrub skin with mixture and rinse well.
3. Exfoliate as often as desired up to once daily.



