

## A Couple of Things to Keep

### John Barleycorn

A traditional bit of music offered for Lammas. From A Bard's Book of Pagan Songs, Stories, and Music from the Celtic World by Hugin the Bard. Used with permission.

- 1) There were three men came out of the West  
Their fortune for to try  
And these three men made a solemn vow  
John Barleycorn must die  
They rowed, they plowed, they harrowed him in  
Threw clods upon his head  
And these three men made a solemn oath  
John Barleycorn was dead
- 2) They left him lie for a very long time  
Til the rain from heaven did fall  
And Little Sir John rose up his head  
And so surprised them all  
They left him stand til Midsummer's Day  
Til he looked both pale and wan  
And Little Sir John grew a long long beard  
And so became a man
- 3) They hired men with the sharpened scythe  
To cut him at the knee  
They rolled him and tied him by the waist  
Serving him most laborously  
They hired men with sharp pitchforks  
To prick him to the heart  
But, the loader he has served him worse than that  
For he's bound him unto a cart
- 4) They rode him around and around the field  
Til they came unto a barn  
And there they swore a cruel oath  
On poor John Barleycorn  
They hired men with the hickory sticks  
To rend him skin from bone  
And the miller he has served him worse than that

Sorry, the music is available only in the print version of the newsletter.

- 5) But, Little Sir John of the nut brown bowl  
And the brandy in his glass  
Aye, Little Sir John of the nut brown bowl  
Proved the strongest man at least  
For the huntsman he can't hunt the fox  
Nor loudly blow his horn  
And the thinker he can't mend either kettle or pots  
Wi'out a little John Barleycorn

## The Cook's Cauldron



### Midsummer Ritual Mead

#### Ingredients:

2 1/2 gallons water	1 cup honey
1 cup meadowsweet herb	1/4 cup brown sugar
1-cup woodruff sprigs	1 cup barley malt
1-cup heather flowers	1 oz. brewers yeast
3 cloves	

Pour water into a large cauldron or kettle. Bring to a boil, adding the meadowsweet, woodruff, heather, and cloves. Boil one hour. Add the honey, brown sugar, and barley malt. Remove from heat.

Strain through cheesecloth and allow to cool to room temperature. Stir in the brewers yeast. Cover with a clean towel and let it stand for 24 hours. Strain again, bottle, and store in a cool place until ready to serve.