Join us at our medieval-inspired public events around the city of Leeds. All events are free of charge.

**Medieval Day at the Museum**  
Sunday, 3 July, 12.00-16.00 | Brodrick Room, Leeds City Museum  
Experience the medieval scribe’s workshop and other crafts from noon until 3pm, with help from the Royal Armouries. At 3pm, join art historian Catherine Karkov in her talk on Anglo-Saxon art and metalwork and the West Yorkshire Hoard, now on permanent display at the Leeds City Museum.

**A Feast for All Senses: Food from History Display**  
Monday, 4 July - Thursday 7 July, 10.00-17.00 | University of Leeds  
Entice your senses and experience different types of medieval food on each day of the International Medieval Congress. Smell spices, taste sweet treats only available to elites, and learn about medieval bread-making and butter-churning.

**Making Leeds Medieval**  
Thursday, 7 July, 10.30-18.00 | University of Leeds  
Come see the University campus transformed into a lively hub of medieval activities, including live music and birds of prey display. Get hands-on with medieval crafts and visit the marketplace featuring medieval-inspired goods from local artisans.

Contact us  
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For more medieval events, see:  
www.leeds.ac.uk/ims
THE DINNER TABLE IN WINTER & EARLY SPRING: MEDIEVAL AND MODERN LEEDS

Before refrigerators, greenhouses, and supermarkets made fresh food available year-round, winter and spring meant that medieval people in Yorkshire had limited access to fresh produce: cabbage, garlic, turnips, onions, and leeks were the majority of available winter crops. Medieval people prepared and stored food to eat during this ‘hungry gap’ using creative, and surprisingly familiar, ways: herbs and legumes were dried, and meat was salted or smoked. ‘Wortes’ (greens), fruits, and nuts could be foraged in the landscapes to add fresh edible plants to the winter or spring table. These methods are still widely used today.

SALTING & CURING

Medieval picture-cycles known as ‘labours of the months’ show us different kinds of food-related tasks that were carried out throughout the year. The labour of October or November often shows farmers driving pigs into the woods to fatten up on acorns, while the following month, the pig is butchered for the winter food store. Pork could be preserved by smoking or salting, similar to today’s ham and prosciutto. The word ‘bacon’, meaning smoked pork, originates from the Middle Ages.
HONEY AS A PRESERVATIVE
There was a long-standing tradition of bee-keeping in medieval England, and honey could also be collected from wild sources. Harvested from spring until autumn, honey was used to preserve fruits for winter feasts such as Christmas.

A medieval recipe for preserving cherries, bullace, or plums
To keep these fresh until Christmas, take an earthen pot and put honey in it, and take cherries, plums, or bullace, and do not bruise them, and put them in the honey, then cover them with more honey, and cover the pot and set it away from the air; and at Christmas, wash them clean with water and serve them.

DRYING
After summer harvest, fresh herbs and legumes such as peas and beans were dried and stored to be used out of season. Cookbooks from the later Middle Ages distinguished between ‘green’, or fresh peas, and ‘white’, or dried peas. Herbs were harvested in large quantities while in season then dried to last through the winter months. This method of preserving food is still widely used today, and dried herbs and legumes can be easily found in all food markets.

A medieval recipe for drying and preserving beans
Take white beans. Put them in running water for two days, and change the water. Take them and lay them to dry, then dry them hard on a stone or on a kiln. Then shell them in a mill, and discard the hulls, and cut the beans into two or four pieces at the most; then make them clean. Thus you can keep them as long as you wish.

The medieval recipes are found in MS Trinity College, Cambridge 0.1.13 and MS Yale Beinecke 163. For more, see Constance B. Hieatt, The Culinary Recipes of Medieval England: An Epitome of Recipes from Extant Medieval English Culinary Manuscripts (Totnes, 2013).
FORAGING & GATHERING: WILD FOODS

Medieval people foraged for fruits, herbs and greens, and nuts in the wild for food throughout the year. From late autumn to spring, when other fresh foods were rare, the English landscapes supplied chestnuts, haws (berries of hawthorn trees), sloes, hips, crab-apples, dandelions, and burdock, among other edible plants, fruits, and roots. Nettles, dandelions, wild garlic, ground elder, mushrooms, fat-hens, alexanders, and sorrel are just some of the edible greens eaten in the Middle Ages that can still be collected around the city of Leeds throughout winter and spring.

Before foraging for wild foods, it is important to learn how to identify them correctly and to be aware of the toxicity of each plant or fungi, as misinformation can lead to accidents and poisoning.

Join University of Leeds alumna Mina Said-Allsopp (www.msitu.co.uk) on Thursday, 7 July at 4pm for a guided foraging walk around the University campus. For information and bookings, email imc@leeds.ac.uk.

KIRKSTALL ABBEY MARKETS: MEET THE VENDORS

Be sure to visit the local, independent farmers and food producers at their stalls to support the local economy and to learn more about their practices. The 12th-century Abbey is a spectacular backdrop to the discussion of the relevance of medieval food culture in modern Leeds. This event was made possible with the help of the following businesses:

**MSITU: Wild Food & Natural Skincare** www.msitu.co.uk
**Stickey’s Yorkshire Honey** www.stickeys.co.uk
**Olianas: Gusto Italiano** www.olianas.co.uk

The Kirkstall Abbey Market runs on the last weekend of each month between March and November. www.kirkstalldelimarket.org.uk