



HALLOWEEN/SAMHAIN (Also Talk Like a Pirate Day)

Definition of Halloween: (Also known as All Hallows Eve and Samhain) - Halloween is the evening (October 31st) prior to the Christian's All Saints Day. Originally a Celtic Holiday, it is still an important day for Wiccans and Pagans, and is known as Samhain one of the major Pagan and Wiccan Sabbats. It is a day that the general public in the United States celebrate by dressing up in costumes (Ghosts, Gypsies, Pirates, Witches, etc.), by decorating houses like haunted houses, and the children go out tricks and treating from door to door (getting candies or treats). This is a time when the veil separating the Physical World from the Spirit World is very thin, which can allow for easier contact with the Spirit World.

Other Names for this Date (October 31): Halloween, Hallowmas, Samana, Samonios, Samhuinn, All Saint's Eve, Ancestor Night, Feast of the Dead, November Eve, Samhain, Calangaef

Associated Celtic Deities: ***Ceridwen***, Gwyn ap Nudd, Sacrificial/Dying Gods, Crone Goddesses

Customs: Bonfires, apple games, costumes, fire calling, tricks, pumpkin carving, Dumb Supper (meal eaten in silence to which the dead are invited)

Symbols: Jack O'Lanterns, disguises, corn husk bundles, poisonous herbs, skulls, black cats, bale fires

Traditional Incenses: Apple, mint, nutmeg, heliotrope, sage

Sacred Foods: Acorns, apples, red meats, red wine, root and vine vegetables (squash, potatoes, parsnips, carrots, turnips, etc.)

Threshold Time: Midnight

**FOODS AND DRINKS FOR - ALL HALLOWS EVE, FALL,
HALLOWEEN, HARVEST TIME, PIRATES, SAMHAIN
AND THEIR MAGICAL PROPERTIES**



Baked Goods or Pastries: Breads, Cookies, Muffins, Pies – Using the items below.

Candies and Snacks: Chocolate (Love and protection); Marshmallows (Dreams)

Drinks: Ginger Ale (Success), Mead, Rum

Eggs: Eggs (Abundance and fertility); Egg Whites (Fertility and protection)

Fruits: Apples (Breads, Candied Apples, Muffins, Pies and Sauce - Love and passion); Pomegranates (Muffins, Salads and Sauces - Abundance); Pumpkin (Bread, Cookies, Muffins, Pies, Soups – Abundance); Raisins (Breads, Cookies and Muffins – Money); Tangerines (Juice, Salads and Sauces – Abundance)

Grains: Bread (Abundance and fertility); Flour (Abundance and fertility)

Nuts: Peanuts (Fertility); Pecans (Employment and money); Walnuts (Health and wishes)

Seeds: Poppy Seeds (Invisibility and Luck); Pumpkin Seeds (Wishes)

Spices: Allspice (Protection); Cinnamon (Spirituality, success, protection, love, psychic abilities); Cloves (Money); Nutmeg (Health, luck and fidelity); Pumpkin Pie Spices (Spirituality); Salt (Protection); Vanilla (Love and mental prowess)

Sweeteners (Sugars): Corn Syrup (Abundance and love); Honey (Love); Maple Syrup (Abundance); Molasses (Love); Sugar (Confectioners, raw and white granulated – Love); Sugar – Brown (Love and Lust)

Vegetables: Corn (Roasted Corn on the Cob - Abundance) or Popcorn (Popcorn Balls - Abundance)



MENU FOR EITHER TALK LIKE A PIRATE DAY OR HALLOWEEN

Breakfast Options - Muffin or Scone (Apple Raisin, Pumpkin, Poppy Seed, Maple Walnut), Baked Apples, Bread Pudding with Raisins, Cinnamon and Walnuts, Eggs, Pomegranates, Tangerines.

Lunch Option 1 – Meat Pies with Butter Sauce

Lunch Option 2 – Traditional Irish Stew

Lunch Option 3 for Pirates – Turkey Leg with Onion Bread

Dinner 1st Option – Salad with Tangerines, Chicken with Almond Rice, Braised Spinach, Onion Bread

Dinner 2nd Option – Salad with Pomegranate Seeds, Pan Fried Steak with Irish Whiskey, Butternut Squash (or Acorn Squash with Cinnamon and Honey or, or Beets with Cloves and Cinnamon), Hot Cross Buns

Dessert Options: Bread Pudding (with Apple, Raisins, Cinnamon, Walnuts and maybe just a touch of rum); Pumpkin Mousse Pie, Apple Pie, Pecan Pie or Baked Apples, Apple Cinnamon Cake

Beverages Dinner Option 1: White Wine for Chicken, Non Alcoholic Mead

Beverages Dinner Option 2: Red Wine for Beef, Non Alcoholic Mead, Rum





RECIPES FOR HALLOWEEN, SAMHAIN AND TALK LIKE A PIRATES' DAY

Non Alcoholic Mead Recipe

- 4 Cups Spring Water
- 1 Cup Honey
- ½ Teaspoon Nutmeg
- ½ Teaspoon Ginger
- ¼ Teaspoon Cinnamon
- 1 Lemon Sliced
- 1 Orange Sliced

Bring the water, honey (stir in honey a little at a time until the mixture reaches the desired sweetness), nutmeg, ginger and cinnamon to a boil in a medium sized saucepan. For the best flavor, use a stainless steel or non-metallic pan. Stir until the honey is dissolved; The heaviness at the bottom of the pan should disappear. Use a wooden spoon to skim off the film that rises to the top until the surface is clear. Add the lemon and orange slices, squeezing as they are placed in the water. Cool completely then strain. Pour into a bottle. Store in the refrigerator. Yields: About 4 Cups.

Variations: Substitute one cup of the following for the lemon; raspberries for happiness, strawberries to honor Freya, apples for health, peaches for long life or pear for protection.

Magical Attributes: Pleasantries, revelry, health, love and prosperity.

Love Potion #9 Non-Alcoholic Recipe

- 2 Cups Apple Juice
- 2 cups Apricot Nectar
- 1 Teaspoon Vanilla
- 1/8 Teaspoon Ginger 1/8 Teaspoon Cinnamon
- 2 Cups Ginger Ale
- 6 Raspberries
- 6 Strawberries
- 2 Orange Slices
- 2 Small Slices Lemon Peel

RECIPES FOR HALLOWEEN, SAMHAIN AND TALK LIKE A PIRATES' DAY

Love Potion #9 Non-Alcoholic Recipe Continued

Mix the apple juice, apricot nectar, vanilla, ginger and cinnamon together. Slowly add the ginger ale; mix gently to retain the fizz. Pour into large glasses leaving at least one inch at the top. Add 3 raspberries, 3 strawberries, 1 orange slice and 1 lemon slice. Interlock arms, look into each other's eye and drink to your love.

Yield: 2 Servings.

Variation: To bring harmony to a restless relationship, add 1 teaspoon lavender or violet water to your love potion before serving.

Magical Attributes: Vibrant Romance, commitment, passion, understanding, wisdom.

Mulled Cider Recipe

8 Cups Apple Cider
½ Cup Brown Sugar
Pinch of Ground Nutmeg
6 Inches of Stick Cinnamon
1 Teaspoon Whole Allspice
1 Teaspoon Plus 8 Whole Cloves
8 Orange Wedges, Rind Attached
Cheesecloth



In a large saucepan, combine cider, brown sugar and nutmeg. Place cinnamon, allspice and 1 teaspoon of whole cloves in cheesecloth and tie with string. Add spice bag to cider mixture; bring to boiling. Reduce heat, cover and simmer for another five to ten minutes. Remove spice bag and discard. Serve Cider in mugs with a clove-studded orange wedge in each. You may also use the cinnamon sticks for a decorative touch.