



Wildwood Farm CLIPS & CLOPS Oak Harbor

September 2022

YOUR NEIGH-BORHOOD HULLABALOO

CREATED & EDITED BY HEATHER CARDER

For Centuries English Bakers' Biggest customers were Horses

A crusty, dense bread got the country's hardworking equines through long days.

BY SAM LIN-SOMMER JULY 22, 2022

In Medieval England, people consumed two to three pounds of bread every day. But their appetite for bread was likely nothing compared to that of medieval horses who, after a day spent lugging cargo at high speeds across the British Isles, would often devour coarse loaves of horse bread.

Today, feeding bread to a horse might seem like the whimsy of a sentimental pet owner. But in pre-industrial England, it was the best technology available for powering the horses on which English society relied.

Horse bread, typically a flat, brown bread baked alongside human bread, fueled England's equine transport system from the Middle

Ages up until the early 1800s. It was so logistically important that it was more highly regulated than its human counterpart, with commercial bakers adhering to laws dictating who could bake horse bread, as well as the bread's price, size, and occasionally even its composition. The ubiquitous bread was made from a dough of bran, bean flour, or a combination of the two, and typically was flat, coarse, and brown.

"In England and other places ... a certain bread which they call horsebread ... is so general among them, that you shall not find an inn, ale-house or common Harbor, which doth want the same," writes Gervase Markham, a horse trainer and cookbook author, in a 1616 treatise on rural living called *Maison Rustique*.

According to some estimates, medieval horses consumed about 20 pounds of food per day. These huge animals were responsible for hauling people and cargo across England at high speeds. After a long haul,

exhausted horses had to rebound quickly for another trip, so they needed carbohydrates and protein, fast.

Bread solved this problem in two ways. First, it saved time and energy because it was "pre-digested," says William Rubel, author of *English Horse-bread, 1590-1800* and a leading historian—and baker—of this functional bread. "Bread, where you've ground the food and baked it, pre-digests it, so you get more calories released more quickly."

Second, horse bread concentrated, in a travel-friendly object, nutrients that owners would otherwise have to gather from vast quantities of grain and grass. "I am convinced that horse bread is a very reasonable solution for the ongoing problem of how do you feed your horses. They require a massive amount of feed and in a medieval economy, it must have been a logistical nightmare, especially while traveling," writes Madonna Contessa Ilaria Veltri degli Ansari, a medieval reenactor who baked horse bread for her own

Continued on page 11

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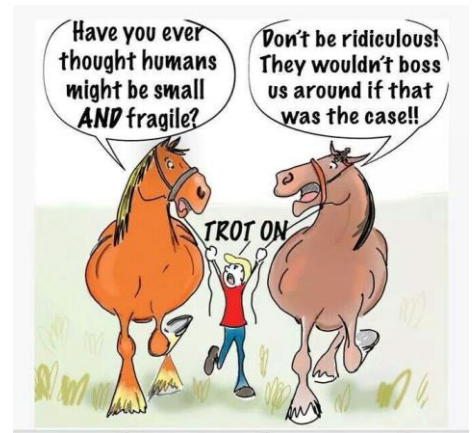
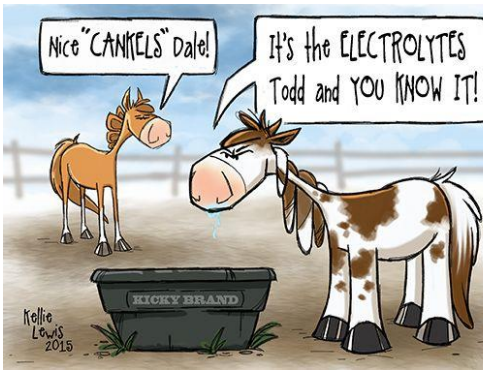
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New Items for September





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-Marijke de Jong



“It is the horse’s gift to connect us with heaven and our own footsteps.”

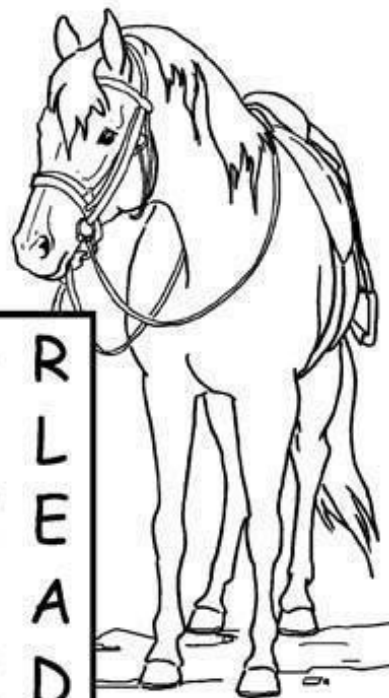
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Z	N	V	C	H	V	N	S	E	L
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- saddle
- bridle
- reins
- girth
- halter
- strirrup
- brush
- bucket
- leadrope
- pad

(C) Breyer

Nutrition Corner

PROTEIN

Protein is made of amino acids, and horses actually have an amino acid requirement rather than a requirement for protein. Amino acids are needed to maintain and produce muscle, enzymes and hormones, and play key roles in many different body processes. Part of the protein in feed is digested by enzymes in the small intestine and absorbed as smaller units containing the dietary amino acids. Otherwise, the protein is broken down by microbes in the cecum and large intestine beyond the amino acid level, or leaves the body undigested.

Some of the amino acids must be supplied in the diet because the horse's body cannot make them. These are collectively termed as essential amino acids. Lysine is the most limiting amino acid for growth as it is an essential amino acid and is needed in relatively large amounts. Feeds containing relatively large amounts of essential amino acids are considered to be higher quality protein sources because essential amino acid levels align more closely with needs. To ensure a good balance of amino acids, the minimum level of lysine should be at or above 4 percent of the total crude protein intake, especially for growing horse diets.

Protein needs are expressed as crude protein which is the amount in the ration. Like all nutrients, protein must be digested to be usable. Generally, protein in grain and grain by-products is more digestible than protein in forages. Horses need a certain amount of protein per day for maintenance of their body. As with energy, states of production and growth will increase protein requirements.

Increased protein needs can be met by feeding more of a diet without changing the percent protein concentration of the diet. Other situations will require diets with greater protein density (crude protein, %) to meet the larger demands. Generally, diets of growing and lactating horses will be formulated to contain a higher crude protein percentage as compared to diets formulated for other horses. Although losses of protein increase with increased sweat loss during exercise, protein density of diets for mature, exercising horses does not necessarily require increasing the protein densities above that in maintenance diets.

WILDWOOD FARM AND TRIPLE CROWN FEEDS.

Our partnership with Triple Crown began in 2014 through a promotion with the USEF encouraging farm members to compare their current feeding programs with Triple Crown products. We have found the TC products to be superior over other products primarily because of the EquiMix technology and the research support of a leading edge team including independent representatives of Equine Universities, Medical clinics and top level riders and trainers

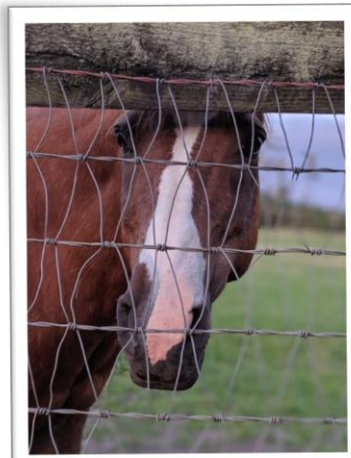
In Loving Memory of Quincy's Poco Leo (Affectionally known as RIO)

1997 - 2022

Wildwood Farm and Pacific NW Riding Academy lost Rio on August 17th, and he is truly missed by everyone. We are so grateful for the time we had with him, thank you Rio for being a part of our farm and riding academy since 2017.

*You know I'll always ride here
Even when my riding's done
In the whisper of the pre-dawn
Or the final burst of sun
At the corners of transition
Where the changes are obscured
I will ride and if you see me
It's because our love endured*

*You know I'll never leave you
Even when I'm far away
In the moments when the words stop
And your breath gets in the way
I will softly neigh I love you
Barley louder than the breeze
So I hope you gently listen
To my call between the trees*



*You know I'll always carry you
Even when your arms can't grasp
Just to try to bring you comfort
When your throat lets out a gasp
The feelings that we share here
Will transcend just what we see
And I will still be waiting
Underneath our favorite tree*

*You know you are forever
But it's easy when we're here
Just a hand away from holding
And a hug away from fear
So you have to make a promise
That your hope will never run
And you know I'll always ride here
Even when my riding's done.*

With love, Rio



THE FASTEST HORSE SPRINT EVER RECORDED IS 55 MPH!

This incredible speed was achieved in 2005 by a racing Quarter Horse called A Long Goodbye on a quarter-mile distance (0.40 km). The horse completed the race in exactly 20.686 seconds, running parts at over 50 mph. In contrast, the average Thoroughbred racehorse can maintain a speed of 40 to 44 mph (64 to 70 km/h) on a short distance. Meanwhile, most horses can achieve a speed of 20 to 30 mph (32 – 48.5 km/h) during canter with a rider on their back.

THERE ARE AROUND 60 MILLION HORSES IN THE WORLD TODAY!

Horses can be found on every continent except Antarctica. Out of all countries, the United States has the most horses in the world. According to the 2020 report of The Food and Drug Administration, the estimated horse population in the United States is around 3.8 million. This is a sharp decline from the 2008 figures of 9.2 million. After the USA, Mexico and China are next on the list of the most horses owned per country. While we couldn't find up-to-date figures for Mexico, China had 3.47 million horses in 2018.

THERE ARE NO TRUE WILD HORSES LEFT IN THE WORLD

Until recently, the Przewalski's horse was thought to be the only "true" wild horse breed. Most horses considered to be wild today, such as the American Mustangs or the Australian Brumbies, are actually descendants of domestic horses. The correct term to describe these horses is "feral", as true wild horses have never been domesticated. As a 2018 study concluded, Przewalski's horses are also mere descents of the first horses domesticated by the Botai culture around 6,000 years ago. Some of these horses likely escaped and became the feral Przewalski's horse we see today.

Sandra Olsen, a zooarchaeologist at the University of Kansas summarized the study's findings on reuters.com: "The world lost truly wild horses perhaps hundreds, if not thousands of years ago, but we are only just now learning this fact, with the results of this research." Did you know that all Przewalski's horses today can be traced back to just 15 individuals captured from the wild a century ago? Named after the Russian explorer who discovered them in the 19th century, the breed was saved from extinction and recently reintroduced to their homeland in Mongolia.

MALE HORSES HAVE MORE TEETH THAN FEMALES!

Stallions and geldings are more likely to have wolf teeth, which is why male horses will often have 40 teeth while mares will only have 36. According to thehorse.com, around 70% of horses will develop wolf teeth at the age of 5 months to a year. But why do only some horses have wolf teeth? As explained by veterinarian Glennon Mays, the ancestors of horses were small browsers that lived in forests. Their diet consisted mainly of twigs and leaves, and wolf teeth helped them properly chew their food. However, since horses evolved to be grazers, the need for wolf teeth slowly diminished. When present, horse owners often remove these teeth as they can interfere with the bit and cause discomfort to the horse. This has become a routine procedure in performance horses.

HORSE'S HOOVES ARE MADE UP OF KERATIN!

Just like our hair and nails, horses' hooves are also made of keratin. Because they're constantly growing, it is paramount that your horse gets a trim at regular intervals. This is especially important with young horses, as neglected hooves at this age can result in crooked legs and compromised welfare.

THE MOST EXPENSIVE HORSE EVER WAS SOLD FOR \$70 MILLION!

In 2000, a Thoroughbred racehorse called Fusaichi Pegasus was purchased for a staggering \$70 million by Coolmore Stud in Ireland. Considering his astronomical price, the horse turned out to be a disappointment. Although he did sire three Grade 1 stakes winners and was the grandsire of Belmont Stakes winner Ruler on Ice. Prior to becoming a sire, Fusaichi Pegasus had a successful racing career with total earnings of \$2 million. He won six out of his nine starts, including the Kentucky Derby in 2000. He is currently based in Kentucky.

THE MOST POPULAR HORSE BREED IS THE AMERICAN QUARTER HORSE!

The American Quarter Horse Association is the largest breed society in the world, and over 2.8 million horses were registered in 2020 alone. 2.4 million Quarter Horses live in the United States right now, and hundreds of thousands are scattered across the world. Muscular and stocky, Quarter Horses were originally bred to be sprinters that excel at quarter-mile races. Today, they are primarily used as Western horses, but their versatility allows them to do well in almost any discipline. Other popular horse breeds include the Thoroughbred and the Arabian.

THE CLOSEST RELATIVES TO HORSES ARE ZEBRAS, DONKEYS AND RHINOS.

What these animals have in common is that they all have an odd number of toes. There are only three families of odd-toed ungulates in the world: rhinos, equines (horses, zebras, and donkeys), and the Brazilian tapir. In contrast, even-toed ungulates are a lot more common and include cows, goats, sheep, deer, and many more. Although horses, donkeys, and zebras have different numbers of chromosomes, they can all reproduce with each other. However, the resulting offspring will almost always be sterile.

The Most Adorable Foals!



TOP HORSE SONGS

A Horse with No Name by America



If you're a classic rock fan, you no doubt know of this 1971 tune from America's self-titled debut. Written by Dewey Bunnell and reached No. 1 on the U.S. Billboard Hot 100. Some say the song is actually about heroin, which resulted in it being banned by several radio stations. But that has been disputed. The song describes traveling through the desert on a horse with no name', eventually setting the horse free upon reaching an oasis. The narrator describes the nature around him and is glad to escape everything he left behind.

Wild Horse by RaeLynn



This 2016 country song comes from RaeLynn's album WildHorse which debuted No. 1 on the Hot Country Albums. It's a piece about a free spirit with fire in her eyes who can't be saddled up and won't be fenced in. She needs the wind in her hair as she rides through the wild, uncontained, just like a wild horse. RaeLynn co-wrote the song with Blair Daly and Hillary Lindsey.

Wildfire by Michael Martin Murphy



This is a haunting song written by Michael Martin Murphey and Larry Cansler for Michael Murphey's 1975 masterwork Blue Sky - Night Thunder. About a down on his luck homesteader whose attention has been caught by the tragedy of a lost horse named Wildfire and its rider, a little girl who went out to find her. During a blizzard, Wildfire broke out of his stall. The girl tragically dies while out looking for him and their ghosts haunt the homesteader who has lost his crops and dreams of his own death. Murphey reportedly dreamed the song up while forking for Kenny Rogers on his concept album The Ballad of Calico.

Wild Horses by Garth Brooks



Written by David Wills and Bill Shore, this country song off Garth Brooks's 1990 best selling album No Fences tells of a cowboy working the rodeo circuit. He keeps promising his girlfriend he'll quit, but in the end, the allure of the horses keeps him there. On its surface, this is what the song is about but look deeper. You'll see it's a song about breaking promises, about unfaithfulness being met with forgiveness, and the knowledge that one day that forgiveness won't be there.

Grave of a Man and his Horse Killed by a Train

Walnut Ridge, Arkansas

Together they left this world, and together they shall remain for all eternity.



NEARLY A CENTURY OF DRIVERS have enjoyed Arkansas' State Highway system for its lush fields, punctuated by the occasional rolling hill and outcropping of trees. But before the smooth pavement proved such a powerful draw, travelers crossed America's south-central corridor via horse and rail – which could sometimes prove deadly.

Such was the case for a local entrepreneur from Walnut Ridge by the name of John A. Rhea. On February 15, 1893, the gentleman and his horse were trotting away, en route to somewhere or other, likely enjoying the same scenery that, unchanged, residents find so enchanting today, when Rhea and his steed were struck and killed by a train. No one is sure whether the collision was intentional (ie. suicide on horseback) or accidental, but the man and his horse never stood a chance against the locomotive.

At the scene of the collision, local records report that the township quickly decided Rhea and his horse should continue their journey together in the hereafter. A joint grave was erected near a young oak tree in the middle of a field, whereupon horse and rider were buried together.

Rhea was decorated politician whose legacy in life was inextricably linked with transportation and animals, thanks to a mule-drawn trolley system he'd masterminded that brought together the townships of Hoxie and his very own Walnut Ridge. Upon his passing at age 38, Rhea left behind a family, a hotel that still remains in operation in Walnut Ridge, and, somewhat fatefully, was most known for having united his township with nearby Hoxie via a mule-drawn trolley system.

Well over a century after his death, his ornately carved headstone can be found at the peak of a tall mound in Walnut Ridge. Disappointingly the grave does not mention of his steed, which is supposedly buried at his side.

Know Before You Go

Please be mindful this grave-site sits on private property near a public park, but is visible and accessible from the highway. Use caution when crossing the road so as not to add further graves to this plot of land, while also being careful not to damage any crops growing in the field.

(Cont'd from page 1)

modern-day horse based on ancient English recipes, in a paper on the topic. "I consider that horse bread is the period analogue for the pellets we use today."

Rubel agrees: "Companies for elite horses, you're going to find that they pelletized those breads."

Horse bread also allowed professional bakers to turn their leftovers into a commodity. At the time, commercial bakeries produced most of the bread that English people consumed. The most sought after form of bread was white bread, which required that a baker sift the whole-grain, stone-ground wheat they received from the miller, removing the grain's hard outer layer, called "bran," from the white flour. After turning the white flour into expensive white bread, bakers could recycle their leftover bran to make horse bread by adding only a bit of flour and water, barely kneading or leavening the dough, then baking it.

Horse bread made this way emerged as "big, flat hockey pucks" that weighed around five pounds, Rubel imagines. Bakers also made horse breads out of cheap bean flour or a mixture of bean flour and bran.

This brown bread was probably more appetizing than it sounds, Rubel says. Bran carries the nutty, complex flavor associated with whole grains, and to form bran into a dough, bakers often turned to rye flour, a cheap option that is significantly sweeter than wheat.

But in pre-industrial England, horse bread carried the taste of shame. The dark bran bread sat at the bottom of a hierarchy that gave brown bread to farmers and servants and reserved white bread for the elite. Indeed, English people turned to horse bread during times of strife, and the abject poor likely ate it year round. And since horse bread was fed to laboring animals, humans who ate it were looked upon with disdain. In Ben Johnson's 1598 comic play, *Every Man Out Of His Humour*, a wealthy character insults a group of peasants with the phrase, "You thread-bare, horse-bread-eating rascals."

By the 1500s and 1600s, elites pushed this distinction further, feeding an enriched, white horse bread to race horses nearing race day. Gervase Markham, who wrote many of the detailed horsebread recipes that have survived to this day, spearheaded this change. Influenced by the rising empirical science movement, Markham bucked a tradition of giving horses herbs that imparted magical qualities, instead advocating that horses be fed richer, more refined breads as they neared race day in order to increase their nutrient intake.

In his recipe for "Last Bread," fed to horses during their last fortnight of training, he writes that after mixing wheat and bean flour, bakers should "then knead it up with very sweet Ale Barm, and new strong Ale, and the Barm beaten together, and also the Whites of at least twenty Eggs, in any wise no water at all, but instead thereof some small quantity of new milk." Left to rise before baking, this "Last Bread" was fluffy, white, and rich, similar to the white table bread the upper class enjoyed for dinner.

During the industrial era, bread fell out of the diet of the English horse. In 1830, the Liverpool and Manchester Railway opened, becoming the first steam-powered railway to carry both people and cargo between English cities. Within a few decades, trains replaced horses as vehicles for heavy lifting, so horses no longer needed nutrient-dense horse bread.

Today, scholars such as Rubel look to horse bread recipes as windows into lost English baking traditions, particularly those of the English poor. "The best descriptions in the early modern period of how to make bread are the descriptions that Gervase Markham wrote for race horses. That's because money was on the line," he says.

Wildwood Farm CLIPS & CLOPS Oak Harbor

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Oak Harbor WA 98277

As part of his research, Rubel bakes multiple horse bread varieties and offers them to people to sample. For contemporary Westerners who prize whole grain over processed flour, the horse bread of bran and rye, once debased as a bread of poverty, is usually the crowd favorite for its sweet, nuanced taste. "It's fabulous," he says. "It's absolutely fabulous."



MEDIEVAL HORSE BREAD RECIPE

Ingredients:

3.5 ounces dried yellow split peas
7.1 ounces lively sourdough starter
16 ounces Dove's Farm Heritage Wholegrain Flour

1.8 ounces Pea Flour
0.4 ounces dried seaweed
1.5 cups water

Instructions

1. Wash dried yellow split peas and place them in a medium sized bowl. Cover with water and leave overnight to soak.
2. Take sourdough starter out of the fridge and leave overnight to get to room temperature.
3. The next morning, mix together the starter, flours, seaweed (or salt) and water until a thick wet dough forms. Leave, covered, in the bowl for 3 hours or more.
4. Meanwhile, drain and dry split peas. Coarsely chop them and set aside.
5. Turn dough out onto a floured board, adding extra heritage flour so that a workable dough forms. Knead in the chopped split peas and form into a loaf.
6. Using extra heritage flour, make sure the sides of the banneton are well coated to prevent sticking. Place loaf in banneton and leave to rise for at least 4 hours.
7. Place a large baking tray in the oven and heat oven to its highest setting (around 230 C)
8. When the oven is hot enough, remove tray, sprinkle with more heritage flour and turn loaf out of the banneton.
9. score loaf with a sharp knife and bake in the oven for 25 minutes. Turn out on a wire rack to cool.