



Wildwood Farm CLIPS & CLOPS Oak Harbor

April 2020

YOUR NEIGH-BORHOOD HULLABALOO

Plague Water: How horses were thought to hold the cure.

Plague Water was a potent herbal liquor that early-modern Europeans believed could help prevent epidemics. While modern doctors tend to think of food and medicine as distinct categories, for much of human history – and in many cultures today – the two categories were interchangeable. Early-modern European cookbooks were mostly costly, handwritten books found in elite households (most people of that era could not afford books). They had guides to making everything from poultry to poultices, from pickles to plague water.

Consisting of dozens of herbs distilled in alcohol, plague waters were a common feature in these cookbooks. Medieval doctors, part of the Galenic medical tradition, believed that illness was caused by imbalanced bodily moisture triggered by “miasma”, or foul-smelling air. Aromatics, such as the herbs in plague water, were believed to help counter these smells. A plague outbreak in 1666 England, which killed 750,000 people, reinforced the need for households to be prepared. Even by the 1700s. When boozy night

life was heating up Parisian parlors, the legacy of regular catastrophic sickness meant that recipes for plague water shared cookbook pages with more festive intoxicants. Many early-modern Europeans made their own plague water in household distilleries, from garden or foraged herbs. Recipes could call for dozens of different herbs, including rue, wormwood, mugwort and something called Dragons – which was the saliva from horses – along with Venice Treacle, an apothecary cure that included opium, dried horse feces and skink bellies.

Enter Nicole Labouff, a curator at the Minneapolis Institute of Art (MIA), who was looking for ways to enhance the experience of 18th century period rooms from Paris and Providence, Rhode Island and bring the rooms to life with sensory experiences for their contemporary audience. One day she thought, “Why not try booze?” She turned to Emily Beck, an assistant curator at the University of Minnesota’s Wangensteen Historical Library, which specializes in historical recipes. To recreate this for modern day they enlisted the help of Tattersall Distilling, who put some scholars to work in 2018. First, they had to figure out which herbs each recipe actually meant. The names might have changed over time, or it might have been a region-specific name from 400

years ago. Determining the volume and state of the actual herbs was also a challenge – what is meant by a handful? Was it fresh or dried? A more serious roadblock: Some of the ingredients were unavailable, not approved for human consumption, or even poisonous. A 1667 recipe from the London Distiller, for example, called for ambergris – an aromatic substance that comes from whale intestines – and Horse folly, found to be the dried droppings from the Shire horse. Another recipe called for pennyroyal, an English herb since shown to cause liver damage.

The use of the horse saliva and dried horse feces was of particular interest; it is undeniable that the horse had a huge influence in early-modern life and survival of all classes, and horses were as coveted as the modern automobile with regards to the livelihood of the population. Many apothecarists of that time believed the term “healthy as a horse” quite literally meant that the horse held some key to staying healthy and thus started incorporating unique ingredients into their healing herbs. It is true that horse meat was undeniably a main-stay food of that era, but many people truly believed that the horse had more to offer while alive than dead.

Continued on back page...

Walk Like a Horse

Kim Graham Introduces Digitgrade Horse Legs.

If you have ever wondered what it is like to have the power and grace of a horse, Kim Graham's invention might just be something you want to try! Kim is the inventor/designer of the Digitgrade Legs and they do a very good job of making your human legs look and feel like horse legs, bending forward at the "heel" and adding a good 14 inches to your height; she even added the perfect spring loaded hoof to not only add effective realism but to keep you nice and balanced in your stride.

Graham says most people take about 10-15 minutes to get used to the legs - or about 15 seconds for snowboarders - and they're comfortable enough to wear for around five hours - although wearers experience fatigue in different muscles to normal walking. They can handle most terrains, but steep hills and stairs can get a bit hairy. Seems Kim Graham might have pinched the idea for these centaur legs from Visual Effects Supervisor Greg McKee of Australia's Wild Things Animatronics. Greg's worked on a number of film and TV projects including Babe 2, The Matrix, Farscape, Peter Pan, Racing Stripes and many others. Check out Graham's Digitgrade video on YouTube at <https://youtu.be/Tx6ejoVH7HE>



A centaur, or occasionally hippocentaur, is a creature from Greek mythology with the upper body of a human and the lower body and legs of a horse. Centaurs are thought of in many Greek myths as being as wild as untamed horses, and were said to have inhabited the region of Magnesia and Mount Pelion in Thessaly, the Foloi oak forest in Elis, and the Malean peninsula in southern Laconia.

The myth of the Centaur, historians believe, originated from the first few times the Minoan Greeks came into contact with the fierce and incredibly talented horsemen of the central Asian steppes. Imagine never having seen a man riding a horse before, then suddenly being confronted with a raging army of born horsemen, controlling the animals as if by telepathy, swinging swords and firing arrows while thundering along the plains on horseback. It's no wonder some strange stories started circulating about these fearsome half-man, half-horse creatures.

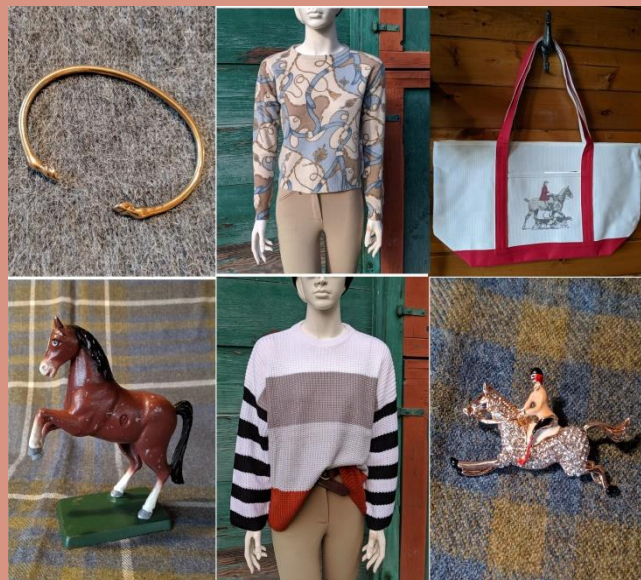


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New Items for April



WILDWOOD FARM B&B



This is your moment.

Today at Wildwood Farm B&B

An IT Manager
Discovered that nature has its own rules, learned that horses have innate intelligence – and in the washed colors of a sunrise was reminded beauty is everywhere

Immerse yourself in the equestrian world at Wildwood Farm B&B located on beautiful Whidbey Island.

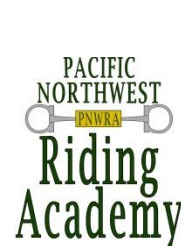
Our ranch has a long history of igniting the spark between horses and humans, whether you want a small introduction or total immersion.

Come experience the power of possibility with these magnificent creatures and explore the abundance of silent repose.

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Test your Spring Time Smarts!

Please turn in your entries by 5/15/2020

1. What is the first day of spring called? (Hint) The _____-Equinox
2. Around what day does spring begin in the Northern Hemisphere? _____
3. Which holidays occur during spring? _____
4. In the United States, what is the traditional Easter meat people eat? _____
5. Easter Island belongs to which South American Country? _____
6. What flower is associated with Easter? _____
7. The idea of the Easter Bunny was originated in the 1700s in what country? _____
8. The second-largest holiday for eating candy is Easter – what is the first? _____
9. Jelly Beans are enjoyed by many countries at Easter time, but what is the most popular flavor of Jelly Bean in the U.S.? _____
10. Which three animals are traditionally associated with Easter? _____
11. 76% of people eat which part of the chocolate Easter bunny first? _____
12. Which egg-shaped candy is illegal in the U.S.? _____
13. A traditional English Easter game, what is pace-egging? _____
14. The Easter season begins on Easter day and lasts for how many days? _____
15. Each Easter season, how many marshmallow peeps do American's buy? _____

Sprint Time Smarts Contest is open to all

Name: _____ Age: _____

Phone: _____

The winner will be announced in our April Newsletter and will receive a Gift Certificate to Toppins in Oak Harbor. (Try to do this without GOOGLE!)

**Congratulations to Anne Thompson for
her winning St Patrick Smarts entry
from the March Newsletter**

Nutrition Corner

What is Mannan Oligosaccharide (MOS) and why is it important to your horse's health?

MOS is a prebiotic. Prebiotics are functional ingredients in food that encourage growth of beneficial microorganisms in the digestive system. To appreciate how prebiotics work, it's important to first understand how bacteria maintain their populations in the gut. Bacteria have hair-like appendages that are able to recognize and attach to designated spots in the gut wall. Once they attach, they reproduce – this goes for both beneficial (good) bacteria like direct-fed microbials and yeast, and pathogenic (bad) bacteria like E.Coli and Salmonella. When the gut lining is healthy the good bacteria can attach, reproduce and keep bad bacteria in check. If the gut lining is damaged, however, the opportunities for good bacteria to attach and reproduce are reduced and the overall population is compromised. Reducing good bacteria in the gut can be problematic

because there is less good stuff that keeps a horse healthy and leaves more room for bad bacteria to breed.

MOS mimics the properties of the cells on the gut wall to attract and bind with harmful bacteria. Rather than allowing the bad bacteria to attach to the gut wall, the MOS acts as a sticky sponge, clearing up the harmful bacteria and removing them from the digestive system.

Mannan Oligosaccharide is a glucomannoprotein complex derived by enzymatic hydrolysis of the inner cell wall of the fungi *Paecilomyces* Spp. For over 22 years Triple Crown has been adding prebiotics to aid in digestion and help keep horses as safe and healthy as possible. Triple Crown's patented EquiMix technology uses an improved food-grade MOS with higher consistency and quality for a maximum efficacy, and is used in all of the Triple Crown Feeds.

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

Meet Junie B. Spook (aka Juno)

Juno is a 16 yr old American Paint Horse mare that has been at Wildwood Farm since September of 2015. She is owned by Kimberly Olsen who splits her time between Freeland and Rancho Mirage, California; her trainer is Lisa Boyer. Juno stands 15 hands tall, is a seal brown and white color and is considered a Tovero, which is a combination of Overo and Tobiano color patterns.

Kimberly purchased Juno in 2010 when she was just 6 yrs old from Thompson Quarter Horses out of Petaluma, California. She was a talented gaming and polo horse who had won many ribbons in gaming shows, and also had training in hunt seat and western pleasure. What attracted Kimberly to Juno was her disposition – very steadfast and pleasant with a cheerful eye, and of course her looks didn't hurt either! Kimberly says that if Juno was a human she would probably be a 4th grade school teacher!

In June of 2013 Lisa Boyer began working with Juno to continue her arena work and to assure Kimberly has a safe and conditioned horse that she can enjoy on the trails or at the occasional show.

Whatever adventures awaits them, Kimberly is looking forward to always having Juno in her life, as her companion and faithful friend- one that she will protect and spoil forever!



The American Paint Horse is a breed of horse that combines both the conformational characteristics of a Western Stock Horse with a pinto spotting pattern of white and dark coat colors. Developed from a base of spotted horses with Quarter Horse and Thoroughbred bloodlines, the American Paint Horse Association breed registry is now one of the largest in North America. The registry allows some non-spotted animals to be registered as "Solid Paint Bred" and considers the American Paint Horse to be an actual breed of horse, not merely a color breed. Common coat patterns are Overo, Tobiano, Sabino and Tovero and further defined as Piebald (black and white) or Skewbald (white and any other color besides black)

THE INTERVIEW

*With James Deckard, Full-Time worker
Wildwood Farm*

What is your idea of perfect Happiness?

Retiring in the mountains of Alaska. .

What is your greatest Fear?

To not be able to help someone when they need it most.

What historical figure do you most identify with?

I didn't pay enough attention in history class to answer this.

What is your favorite journey?

Hmmm...the one I am on

What living person do you most admire?

My Wife

On what occasion do you lie?

Only when my son asks if I have chocolate.

What do you most dislike about your appearance?

I'm too skinny.

Which living person do you most despise?

I haven't found a reason to despise anyone.

What words or phrase do you most over-use?

F***

What is your greatest regret?

I have no regrets in life. Everything is a lesson.

What or who is the greatest love of your life?

My wife and son.

When and where were you happiest?

Here and now at this current point in my life.

Which talent would you most like to have?

I would love to be able to sing.

What is your current state of mind?

Tired

If you could change one thing about yourself, what would it be?

I would be less skinny.

If you could change one thing about your family, what would it be?

I would like it if we all lived closer together.

What is your most treasured possession?

I try not to treasure physical possessions, instead I treasure moments.

What do you regard as the lowest depth of misery?

Not being able to use my legs.

Where would you like to live?

Alaska.

What is your most marked characteristic?

I'm skinny.

What is the quality you most like in a person?

Honesty.

What is the trait you most deplore in yourself?

Too quick to anger.

What is the trait you most deplore in others?

Greed & Dishonesty.

What do you consider the most over-rated virtue?

All virtues have a place, as long as they are not overdone.

What is your greatest extravagance?

I'm not big on material possessions; however I will spend a LOT of money on food.

What do you consider your greatest achievement?

Building a family.

What is your favorite occupation?

Tree Climber. How could you not love getting paid to be in trees? (Unless you're scared of heights).

If you were to die and come back as a person or thing, what do you think it would be?

An egg, it would be karma for all the eggs I've eaten.

How would you like to die?

Sky diving at 95 years old.

What is your Motto?

I can't say I have a motto yet.



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Plague Water: How horses were thought to hold the cure continued from page 1

For example, powdered horse chestnuts were supposed to be an aphrodisiac, while the collagen from the horse hair was often boiled into a salve that many households used for burns, bites and hives. Horse saliva was thought to have antibacterial properties and dried horse feces were thought to contain digestive aids.

After a lot of improvising, LaBouff's modern day plague water was born, although they dropped the Venice Treacle and substituted the herb *Lepidium* for unethical ambergris. The drink is aromatic and bitter with a big, fresh green herb flavor that has a kind of mushroomy, umami quality to it. The elixir was unveiled at the Tattersall Cocktail room in March of 2019 at an event whimsically dubbed "Plague Party". Little did they know that in less than a year the world would be dealing with our very own pandemic and Tattersall's transition from artisanal plague water to mass-produced hand sanitizer would be quite ironic. While drinking the herbal alcohol likely did not help prevent plague, the medieval apothecaries who connected distilling to public health were onto something. They just didn't realize that rather than drinking alcohol they could have been using it to clean their hands. And it does encourage us to forge this empathetic connection with people in the past, as plague water recipes were like an attempt to take control over a situation that didn't make sense to them, much like similar meaning-making attempts today as COVID-19 throws daily routines, and deeper certainties, into question.

In the midst of this uncertainty, we turn, as our ancestors have always done, to what is familiar and fortifying: food and booze. Plague water recipes reveal that, in times of social crisis, humans have long sought a stiff drink. If you do find yourself having a cocktail while sheltering in place, you're in good company. "Drinking throughout the day?" says LaBouff. "People were doing that in the 18th century, too."

Plague Water-Inspired Cocktail

From Tattersall Distilling and the Minneapolis Institute of Art

- 1 ounce Green Chartreuse (substitute for Plague Water)
- ½ ounce Becherovka (substitute for Aqua Mirabilis)
 - ½ ounce pineapple juice
 - ¼ ounce honey sage syrup
 - ¼ ounce lemon juice

Honey Sage Syrup: In a saucepan, add 1 cup honey, 1 cup water, and 1 tablespoon fresh sage roughly chopped. Cook on medium, stirring until simmering. Reduce heat and simmer five minutes. Cool and strain.

Combine Honey Sage Syrup and remaining ingredients with ice. Shake. Strain. Pour in coupe glass. Garnish with lime wheel.

(Article credits: Reina Gattuso, Atlas Obscura April 3 2020 and private research)