

HSHC SPORRAN

www.HighlandSocietyofHarfordCounty.com



June 2026 — Alba Gu Brath — Scotland Forever

The Highland Society of Harford County was incorporated for the preservation of the spirit, lore, poetry, art, dress, welfare, and history of the Scottish people dedicated to the promotion of these traditions among those of Scottish ancestry within Harford County and its environs.

SUMMER & FALL ACTIVITIES

- FIRST FRIDAYS IN HAVRE DE GRACE** on Washington Street, 5:00-8:00 PM - June 5, August 7, September 4 and October 2, 2026. Promote HSHC at the booth and enjoy a cool street festival. Contact John Polk.
- Watch the **ORIOLES GAME ON THE BIG SCREEN** at the Pappas Restaurant Patio in Bel Air - Tuesday, July 21. Buy dinner off of the menu at 6:30 PM with the game to follow at 7:10 PM. Contact Brian Nesbit.
- IRONBIRDS BASEBALL GAME** against the Spikes on Tuesday, August 11 at 7:00 PM at Cal Ripken Stadium in Aberdeen. Group rate \$15. Ample free parking. Contact Kallie Lyons.
- HARFORD COUNTY CELTIC FESTIVAL** at Friendship Park, Abingdon, MD - August 28 & 29 - Friday 5:00-9:00 PM, Saturday 11:00 AM-9:00 PM. Enjoy a local festival and donate an hour or two to the HSHC booth. Contact John Polk.
- CHARLIE ZAHM CONCERT** Sunday, September 13 at Jerusalem Mill. Doors open at 3:30 PM with concert 4:00-6:00 PM. Ice cream for purchase. Bring lawn chair, a picnic and beverage. Admission \$15, 60+ \$10. Contact Keith Reagan.
- HSHC GATHERING**, Tuesday, September 15 - Vandiver Inn, 301 South Union Avenue, Harve de Grace. As usual, 6:30 doors open and 7:00 PM dinner & entertainment. RSVP when the notice is sent out by Susan Wheeler, Laird.
- AMERICAN VISIONARY ARTS MUSEUM AND FT. MCHENRY** in Baltimore. Saturday, October 3. AVAM from 11:00-12:30 PM. Admission \$20, \$17 for seniors or \$13 for a group of 10 or more. Lunch will be at an eatery near Ft. McHenry. Andrea will investigate free parking for AVAM. The group will drive to Ft. McHenry by 2:30 PM to see the multimedia presentation in the Visitor's Center and 4:00 PM flag ceremony in the fort. Admission is \$15. Contact Andrea Bowden.
- COVENANTER SCOTTISH FESTIVAL AND SCOTTISH GAMES**, Saturday, September 12, 9:30 AM-5:00 PM at Covenanter Presbyterian Church 1199 Valley Road, Quarryville, PA. 17566. Contact John Polk.
- IRISH FESTIVAL** November 13-15 - Maryland State Fairgrounds in Timonium, MD. Activities are in the Cow Palace and Exhibition Hall and feature traditional Irish music, Celtic dancing, S crafters, vendors, authentic Irish food and drink and booths by organizations and groups. Friday 6:00-11:00 PM. Saturday 12:00 noon-11:00 PM. Sunday Mass 10:30 AM. Festival 12:00 noon-6:00 PM. Contact Susan Wheeler

CONTACT E-MAILS

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Ceilidh



HSHC AT HIGHLAND GAMES 2026



Laird's Letter



Greetings Fellow Highlanders,

As your Laird, I often find myself reflecting on the moments that best capture the spirit of our Society. This past month's ceilidh was certainly one of them.

Last spring I attended the touring production of Ceilidh at the Hippodrome in Baltimore. I went expecting an entertaining evening of music and dance and left with a much deeper appreciation for the joy and fellowship these gatherings create. By the end of the evening, I found myself dancing alongside complete strangers and understanding exactly why ceilidhs remain such beloved traditions.

This May, we had the opportunity to host a ceilidh of our own, and it was every bit as memorable. Steve and Lisa graciously opened their barn on their working farm to members and guests for an evening that perfectly blended hospitality, tradition, and fun. The setting could not have been more fitting. Surrounded by good company and the beauty of the countryside, we shared laughter, conversation, and a wonderful meal featuring roasted lamb from their farm.

Amanda Thom-Woodson, dance professor at Goucher College, led the calling for the evening with patience, humor, and tremendous energy. Several Goucher dance students joined us as well, including my nephew, Sean MacNeill, who helped guide dancers across the floor throughout the evening. Whether someone had years of ceilidh experience or was stepping into the dance for the very first time, everyone was welcomed into the fun.

What struck me most was the sense of connection throughout the evening. No one worried about perfect steps or polished performances. People simply joined hands, laughed through missed turns, and kept moving. It reminded me that the strength of our Society has always come from gathering together and sharing these traditions in a way that feels welcoming and genuine.

My sincere thanks go to Steve and Lisa for their incredible hospitality, to Amanda and the Goucher students for leading us so wonderfully, and to everyone who attended and made the evening such a success. It was a marvelous night and one I suspect many of us will be talking about for quite some time.

Until we gather again, slàinte mhath!

Treasurer's Report

Keith Reagan

Period: 1 May – 31 May 2026

STARTING BALANCE	\$4,569.45
Expenses:	
registration for Fair Hill Scottish Games	(\$60.00)
Cèilidh lamb	(\$416.00)
Income:	
May receipts from the Cèilidh	\$200.00
ENDING BALANCE	\$4,293.45

Brian and I visited Stirling Castle on April 14, 2024...

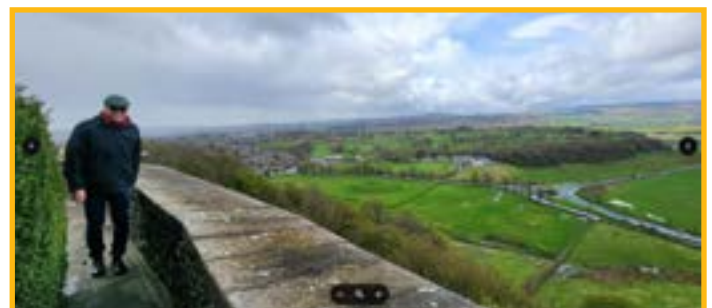
by Jeannie Nesbit

Stirling Castle is a historic Scottish royal fortress, strategically located on a volcanic crag, that served as a key royal residence and military stronghold for centuries, guarding the route between the Highlands and Lowlands. It is famous for its Renaissance architecture, including the Great Hall and Royal Palace, and its deep connection to Scottish monarchs like Mary, Queen of Scots, who was crowned there. Today, it's a major tourist attraction managed by Historic Environment Scotland, offering insights into Scotland's turbulent history through its buildings, exhibitions, and costumed guides.

Key features and history

Strategic importance: Its location on a volcanic plug made it a vital fortress, controlling the lowest crossing of the River Forth.

Royal residence: It was a favored home for Scottish monarchs, with many being born, crowned, or dying there, including Mary, Queen of Scots, and James VI. - Wikipedia



Ceilidhs: When the Barn Became a Ballroom

Ceilidhs are more than just dances - they are a celebration of community, tradition, and storytelling, deeply rooted in the cultural fabric of Scotland, Ireland, and beyond.

Adapted from the The Nest Collective 4 March 2025

Submitted by Susan Wheeler



WHAT IS A CEILIDH?

The word ceilidh comes from the Gaelic term meaning “visit” or “gathering.” Traditionally, a ceilidh was an evening of entertainment, where people would come together to share music, dance, stories, and poetry. Today’s ceilidhs are associated with dancing, the original gatherings were often more varied, blending music, storytelling, and socialising into a single, joyous event.

CONNECTING WITH THE PAST

Ceilidhs have their roots in the rural communities of Scotland and Ireland, where they served as a vital way to bring people together, especially during the long, dark winter months. In the days before television or the internet, ceilidhs were a cornerstone of social life. They were often held in homes, barns, or village halls, with neighbours gathering to share news, songs, and tales.

In Scotland, ceilidhs were particularly important in the Highlands and Islands, where the Gaelic language and culture thrived. These gatherings were not just about entertainment - they were a way to preserve and pass down traditions, from ancient ballads to folk dances. Similarly, in Ireland, ceilidhs (or céilís) played a key role in maintaining cultural identity, especially during times of political and social upheaval.

FAMOUS CEILIDHS THROUGH HISTORY

One of the most famous historical ceilidh gatherings took place during the Jacobite risings in the 18th century. After the Battle of Culloden in 1746, the British government imposed harsh restrictions on Highland culture, including the wearing of tartan and the playing of bagpipes. Despite these bans, clandestine ceilidhs were held in remote areas, keeping Scottish traditions alive. These secret gatherings became symbols of resistance and cultural pride.

ROBERT BURNS

No discussion of ceilidhs would be complete without mentioning Robert Burns, Scotland’s beloved national poet. Burns was not only a prolific writer but also a passionate participant in the ceilidh tradition. Many of his poems and songs, such as Auld Lang Syne and Tam o’ Shanter, were inspired by the music, stories, and camaraderie of ceilidhs. Burns attended many where he would recite his works and join in the dancing.

THE FOLKLORE OF CEILIDHS

Ceilidhs have had many traditions and superstitions surrounding them. In Scottish folklore, it was believed that music and dance had the power to ward off evil spirits. The lively tunes played on fiddles, accordions, and pipes were thought to create a protective barrier, keeping misfortune at bay. Similarly, ceilidhs were seen as a way to strengthen the bonds of the community, ensuring that no one felt isolated or vulnerable. Tales of fairies, selkies, and other mythical creatures often took centre stage. These stories were more than just entertainment - they were a way to teach moral lessons, explain natural phenomena, and keep ancient legends alive.

Sometimes it was even said that the spirits of ancestors would join the ceilidh, ensuring that the past was never forgotten.

CEILIDHS IN POPULAR CULTURE

Ceilidhs have also made their mark in popular culture, appearing in literature, film, and television. One of the most famous literary references comes from Robert Louis Stevenson's *Kidnapped*, where the protagonist attends a lively ceilidh in the Scottish Highlands. On television, ceilidhs have appeared in popular shows like *Outlander*, which often depicts 18th-century Scottish life. The series features several ceilidh scenes, complete with traditional music and dancing, offering viewers a glimpse into the historical significance of these gatherings.

CEILIDH DANCING

While traditional ceilidhs in the past included a mix of activities, today's events are focused on dancing. Ceilidh dances are known for their energetic nature, with everyone from beginners to experienced dancers joining in. The dances are usually led by a caller, who guides participants through the steps and makes them accessible even for those brand new to it. Some of the most popular ceilidh dances include the Dashing White Sergeant, the Gay Gordons, and Strip the Willow. Each dance has its own unique steps and formations, but they all share a sense of fun and togetherness. The beauty of ceilidh dancing lies in its inclusivity - it's not about perfection, but about enjoying the moment and connecting with others.

Outlander Season Finale

by Kallie Lyons

Greetings fellow *Outlander* fans!

Hopefully enough time has passed since the series finale that the items discussed herein will not spoil the ending for you. If you have not watched it, stop. Turn back now!

For those proceeding, I will provide some insight into the end of the episode. In visual entertainment these are referred to as "Easter eggs", things hidden in plain view, sometimes a passing reference to something else in the movie or series.

In this finale, once Jamie has died, we see Claire's refusal to leave him. She curls up beside him and the camera shows us an aerial view with her arm across his torso, covering his wound. We then see a montage of their life together. After a moment, the camera pans back to them laying there together, Claire's arm still in place but her hair...what has changed? Her hair is now far whiter than before!

In season 4, Claire meets the Cherokee healer, Adawehi, who tells Claire she would not come into her full



power as a healer herself until her hair turns white.

Now if you ponder Master Raymond and how he could heal, how he apparently healed Faith, then you can assume Claire has the same powers. Proceed to the end of the episode and watch closely. Do you see a faint blue light emanating from Claire to Jamie? (Some say it was from her chest. I see it more along her arm, the arm draped over his wound.)

If you have read book nine in the series, apparently this does occur. (I am in the process of reading it now.) That's why at the very end of the episode, they gasp and their eyes open. Claire has healed Jamie!

Fast forward through the credits to the book signing with Diana Gabaldon. Did you notice the blue vase? Remember Claire looking at a similar vase in season 1 and then mentioning the same vase again at the end of the series? And the flowers in this vase are forget-me-nots, the flowers also harkening back to season 1.

Also, on the table sits a journal and when a fan asks her what it is, Diana responds that it's a "wee bit of inspiration". This seems to hint that Diana got the idea for the books from Claire's journal. She is working on book ten and if further episodes will come from that, we shall have to see!



RED HAIR GENE FAVOURED BY NATURAL SELECTION OVER LAST 10,000 YEARS, STUDY FINDS

from The Guardian - contributed by Dr. Andrea Bowden

People with red hair who have put up with teasing or “fiery” stereotypes may be pleased to learn that they appear to be winners from an evolutionary perspective. Scientists who analyzed nearly 16,000 ancient remains suggest red hair and fair skin is favored for vitamin D production.

The scientists identified 479 genetic variants that appear to have been favored by natural selection. Genes linked to red hair, fair skin, susceptibility to coeliac disease and variants that lower the chance of diabetes, baldness and rheumatoid arthritis have all become more common in our recent history.

“With these new techniques and large amount of ancient genomic data, we can now watch how selection shaped biology in real time,” said Dr Ali Akbari, the first author of the study at Harvard University.

The potential benefits of some of the genes selected appear intuitive. Genes linked to red hair and fair skin “plausibly reflects selection for increased synthesis of vitamin D in regions of low sunlight in farmers with little of it in their diets,” the scientists concluded.

Other trends were harder to interpret. A mutation that is a big risk factor for coeliac disease appeared 4,000 years ago and has become ever more common since. People with this gene variant appear to have had better odds of surviving and passing on their genes to the next generation despite being at risk of an autoimmune disorder.

Over 13% of Scots have red hair- the highest of any nation in the world - and 40% of the population carries the recessive gene for red hair. (Ireland has 10% redheads.)



(Note from SJ: according to Google, celiac disease is a genetic, autoimmune disorder where eating gluten triggers the immune system to attack and damage the small intestine. This damage prevents the absorption of vital nutrients. There is no cure, but lifelong avoidance of gluten is a highly effective treatment. Fortunately, this missed my daughter Maryann, a natural redhead and our past secretary of about 10 years.)







Famous Natural Redheads -- Any Surprises?



SYMBOLS OF THE UNITED STATES OF AMERICA

compiled by Dr. Andrea Bowden

Symbol	Name	Image
Flag	<p><u>Flag of the United States</u></p> <p>The stripes represent the original thirteen colonies. The blue canton bears 50 stars, one for each state, and was adopted in 1960. The colors of red, white and blue are the same as those of Great Britain from which the USA gained independence.</p>	
Seal	<p><u>Great Seal of the United States</u> was adopted in 1782.</p> <p>Thirteen stars for the original colonies appear at the top. E pluribus unum meaning “out of many, one” appears on the scroll in the eagle’s beak. The eagle holds an olive branch for peace and arrows for war. Novus ordo seclorum “a new order of ages” appears on the back. The Roman numerals MDCCLXXVI for 1776 appear on the base of the pyramid. The “seeing eye” at the top is the Eye of Providence” or God. Above that is “annuit coeptis” He has favored our undertakings.</p>	 <p>(obverse)</p> <p>(reverse)</p>
National Motto	<p><u>“In God We Trust”</u></p> <p>President Eisenhower signed a joint resolution passed by the 84th Congress, replacing the unofficial, de facto motto E Pluribus Unum. The same legislation also mandated that the phrase appear on all U.S. paper currency, first rolling out on the \$1 silver certificate in 1957.</p>	
National Anthem	<p><u>The Star-Spangled Banner</u> was written by Francis Scott Key in 1814 as he watched the Battle of Baltimore over Ft. McHenry.</p> <p>The music for “The Star-Spangled Banner” was composed by English musician John Stafford Smith in 1773. It was originally written as “The Anacreontic Song,” a popular club anthem in London.</p>	<p>The Star Spangled Banner</p> <p>Words: Francis Scott Key Music: John Stafford Smith</p>  <p>Oh - say! can you see, by the dawn's early light, What so proud by our batt'rd at the red light's last gleam- ing? Whose broad stripes and bright stars, thro' the</p>

Symbol	Name	Image
National March	The Stars and Stripes Forever was written by John Phillip Sousa in 1896.	 <p>John Phillip Sousa & his band</p>
Oath of Allegiance	Pledge of Allegiance was written by Frances Bellamy in 1892. The phrase “under God” was added in 1954.	
National Mammal	American bison was designated as the national mammal in 2016.	
National Bird	Bald eagle was officially designated as the national bird in 2024 after serving as a symbol for 250 years.	
National Flower	Rose was designated in 1986.	
National Tree	Oak tree (Quercus)	

Did You Know?

compliments of Mr. Google

- **Tallest Mountain:** While Denali (formerly Mount McKinley) is the highest peak above sea level, Hawaii’s Mauna Kea is technically taller when measured from its true base on the ocean floor
- **The Flag Was a School Project:** The current 50-star American flag was designed by a 17-year-old student named Bob Heft in 1958 as a class project.
- **More Cows than People:** In several states (such as Montana, Idaho, Nebraska, and South Dakota), cattle outnumber the human populations.
- **The Monowi Anomaly:** The town of Monowi, Nebraska, has an official population of exactly one person. The 83-year-old resident serves as the mayor, bartender, and librarian.
- **No Grizzly Bears in California:** Although the grizzly bear is on California’s official state flag, none have been spotted there since 1924.
- **Empire State Zip Code:** The Empire State Building is so massive that it has its own unique zip code: 10188.

WEE NEWS BITS

FROM SCOT- LAND

RHODE ISLAND ADOPTS AN OFFICIAL TARTAN from WJAR

In Rhode Island, one unique tartan design tells a story deeply connected to the Ocean State's history, heritage, and pride.



The tartan's colors were carefully chosen to represent different parts of Rhode Island's identity:

- Deep blue symbolizes the Atlantic Ocean and Narragansett Bay
- Green represents Rhode Island's forests and natural landscape
- White stands for joy, honesty, integrity, and the pursuit of perfection
- Violet honors the state flower
- Gold symbolizes success, value, hope, and the state motto

Although the tartan was designed in 2000, it has recently been adopted as an official state symbol. Over 20,000 people in Rhode Island claim Scottish heritage.

For centuries, tartan clothing was commonly worn throughout the Scottish Highlands. "Tartan has an incredible history," said Emma Wilkinson of the Macnaughton Holdings Group, a historic Scottish textile and Highland wear company. "It's got a history based on fact almost better than any fiction could make up about it."

INJURED WALRUS SETTLES IN SCOTTISH HARBOR from People

A walrus, which appears injured, is far from its Arctic home, resting in a harbor in northeastern Scotland. Officials are urging the public to stay quiet and keep their distance to help the protected animal recover. Experts say crowds and loud noises can spook walruses. Wildlife biologists are trying to determine why the walrus is so far off course and if it needs medical intervention.



SCOTLAND'S ONLY NATTERJACK TOADS "TEETERING ON THE BRINK" from BBC

A plea has been made to the public to help safeguard Scotland's only natterjack toad colonies along the Solway Coast by listening out for their distinctive call.



The UK's loudest amphibian is also the rarest in the country and a group of nature charities is working together to fight for its survival. Male natterjacks call to attract a mate during the breeding season, which usually starts in April and can run until July.

Their loud, rasping call can be heard up to one kilometer (1,090 yards) away. Numbers have declined dramatically in recent years largely due to habitat loss caused by sea level rise, coastal erosion, agricultural intensification, urban expansion and commercial forestry.

Their breeding habitat is particularly susceptible to extreme weather events such as prolonged periods of drought or severe winter storms, which are becoming more frequent due to climate change.

HADRIAN'S WALL - KEEPING THE SCOTS AT BAY

by Dr. John Polk



The Roman conquest of Britain commenced in 43 AD with the onslaught of a 40,000-man army led by newly crowned emperor, Claudius. They quickly took control of the southern Britain midlands and continued into the surrounding areas over the next 3 or 4 years to establish full control of midland and eastern Britain by 48 AD. The native Britons in the north and west, particularly the Welsh, put up more resistance but they, too, were fully subjugated by 80 AD.

Roman control of Britain, south of Scotland, was fully in place at that point, and remained so until the empire's collapse in 410 AD. Scotland was another story. The Romans invaded there too, with intermittent successes but never permanent control. The deepest Roman incursion was under Julius Agricola, in 78-84 AD, which culminated in a major battle at Mount Graupius in the Grampian Mountains, northeastern Scotland, a massive defeat for the Caledonians, some 10,000 of them killed with minimal losses to Roman forces. It did not lead to Roman control of Scotland, however, nor put an end to Caledonian forays into the south, which became a perpetual problem for Rome. In fact, the Roman 9th Legion seems to have been gradually wiped out in trying to stop them.

There is no record of its being defeated in battle but the last mention of it in Roman records was in 109 AD. It is referred to by historians as the "missing Ninth Legion."



Location of Hadrian's Wall and the Antonine Wall, about 100 miles apart.

This is what led to Hadrian's Wall. Hadrian came to Britain in 118 AD bringing the 6th Legion with him to replace the missing 9th. He soon decided that a wall was imperative as a clear statement of Rome's authority and a red line against raids from the north. It was to be located at a convenient natural isthmus, not too far north, running from the Tyne estuary in the east to Solway Firth in the west, a distance of 80 Roman miles (73 by our count). Construction began in 122 and was completed in 128, carried out entirely by Roman soldiers and auxiliaries.



Hadrian's Wall looking east, mile 43.

It was a massive effort, not just a wall but a fortified border. The basic design called for a stone wall 10 feet wide and 15 feet high, topped by a parapet, with a berm and deep trench to the front (north side). Fortlets called mile-castles with entrance gates were placed every mile, with intermediate towers erected at the 1/3 mile points, and an access road laid out paralleling the wall. Larger garrison forts were built at 8-mile intervals, preceding construction of the wall. Construction proceeded from east to west. Beyond the Irthing River, mile 40, the wall transitioned into a turf mound formation due to the lack of suitable rock in the area. This was later replaced with an actual stone wall. At full strength the wall was garrisoned by about 9,000 men, including legions, auxiliary troops and cavalry.



Remains of Castle Nick, Milecastle 38.

A second wall, now known as the Antonine Wall, was built under emperor Antonius Pius in 142-154 AD. It was 39 miles, running between the Firth of Forth (Edinburgh) and the Firth of Clyde (Glasgow) and built as a turf mound on a stone base 10 foot high with a timber palisade and fronted by a deep ditch. It was about 80 miles north of Hadrian's Wall, much deeper into hostile territory, and only manned for about 8 years before being abandoned.

From that time on, Hadrian's wall became the practical limit of Rome's power, and the Caledonians further north, now Scotland, were left to pursue their own destiny. In due course, the wall's role as a physical barrier ended, but it remained as a symbolic and cultural divide between Scotland and England for over a thousand years before their national pathways merged once again in Anglo-Norman times.

MINUTES OF OUR LAST GATHERING

Dr. Andrea Bowden



The Highland Society of Harford County met on Saturday, May 9th at the farm of Lisa Stewart, Clan Stewart and Steve Belkoff, Clan MacLachian near Baldwin, Maryland. There were 24 members and guests present. Laird, Susan Wheeler, Clan Shaw, called the meeting to order at 7:00 PM.

The Pledge of Allegiance to the Flag was led by Keith Reagan, Clan Keith. The Toast to the Office of the President was given by Susan Wheeler, Clan Shaw. The Toast to the King was given by John Polk, Clan Pollack, and Jim Wasson, Clan Buchanan, gave the Traditional Toast to Scotland.

Andrea Bowden, Clan MacMillian asked for Mother's Day to be remembered. Susan Wheeler asked that the 100th birthday of David Attenborough be recognized.

A delicious potluck dinner, contributed by members, was enjoyed by all. The main course was a roasted lamb from Steve and Lisa. This was delicious and a first for many.

After dinner, a CEILIDH was held under the direction of Amanda Woodson retiring dance instructor from Goucher College. Five dance students from Goucher as well as Sean Wheeler, nephew of Susan also a dance student at Goucher, demonstrated the dance steps. The music was spirited and young and old tried to follow the calls. The result was amazingly successful!

Everyone had a good time, and most were exhausted after two hours of Scottish dancing.

The very successful Ceilidh ended at 9:00 PM.

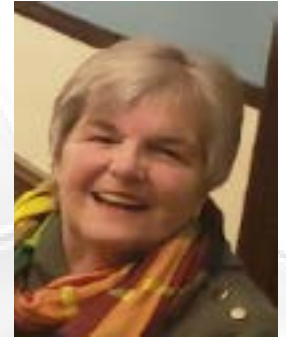
Respectfully Submitted,
Andrea Bowden, Secretary

2 Recipes from Our Ceilidh

Pea Salad

contributed by Susan Buchanan (Brought to Ceilidh potluck)

Goes nicely with lamb or to any potluck



INGREDIENTS

- 8 slices of bacon- diced
- ½ cup sour cream
- ¼ cup mayonnaise
- 1 tablespoon sugar
- 2 teaspoons apple cider vinegar
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 4 cups frozen peas- thawed
- 1/3 cup red onion- diced
- 3/4 cup cubed sharp cheddar cheese (about the size of peas)
- Sprig of mint (optional)



DIRECTIONS

- Cook bacon until crispy, remove and drain on paper towel.
- In a large bowl combine sour cream, mayonnaise sugar, vinegar, salt, pepper.
- To the bowl add thawed peas, onion, cheese and bacon.
- Stir to coat thoroughly.
- Refrigerate before serving.
- Top with a sprig of mint.

A note from SJ: This is a great side dish to play around with and make it your own. For instance, I also brought pea salad - my first time with the recipe - and next time I'll try:

- substituting Greek yogurt for the sour cream for more depth of flavor OR 50/50 mayonnaise and Italian salad dressing for a mild tang instead of the mayonaise/sour cream/apple cider vinegar.
- using frozen peas and carrots (my recipe had me make it with just frozen peas, which was still yummy).)
- Susan Buchanan suggested maybe adding a little of the bacon grease so the bacon flavor doesn't get lost

RHUBARB BARS

contributed by Lisa Stewart for the CEILIDH



INGREDIENTS- Crust

- 2c flour
- 3/4c confectioners sugar
- 1/4 tsp nutmeg
- 1/4 tsp cardamom
- 1 c butter, softened

DIRECTIONS

Combine dry ingredients and work in butter until crumbly.
Press into 9x13 pan and bake at 350° for 15 min. Set aside.

INGREDIENTS- Filling

- 4 eggs beaten
- 1 c white sugar
- 1 c brown sugar
- 1/2 tsp salt
- 1/4 tsp nutmeg
- 1/4 tsp cardamom
- 4c diced rhubarb
- 1/2 cup flaked coconut

DIRECTIONS

Mix first 6 ingredients until smooth. Fold in rhubarb. Spread over crust. Top with coconut.
Bake at 350° for 40-50 minutes.

