HSHC SPORRAN

https://highlandsocietyofharfordcounty.com/

November 11, 2026



Upcoming Events:

- November 13-15, 2026 - Irish Festival at Timonium Fairgrounds
- November 16, 2026 - 6:00pm at Coakley's Pub - Honoring Veterans and Board Elections
- December 12, 2026 - 3:00pm-8:00pm Candlelight Tour - Havre de Grace
- December 15, 2026 - 6:00pm at Bulle Rock - Potluck and Holiday event
- January 19, 2027 - 6:00 pm at Latitude Bel Air - Burn's Night Dinner

The Highland Society of Harford County was incorporated in 1967 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.

Laird's Letter



Greetings Highlanders!

As we move into November and the holiday season approaches, I am reminded of the wonderful fellowship that makes our Highland Society so special. Our October Gathering at the Vandiver Inn brought together 27 members and guests for an evening of fellowship and a bit of Celtic magic! It was especially nice to see new faces. We are excited to welcome new members and hope to continue growing our Highland family.

One of the highlights of the evening was hearing from our First Aide to the Laird, Brian Nesbit, who shared the story of his great-grandfather, John Nisbet, and his journey from Kilmarnock, Scotland, to Cumberland, Maryland. Brian and John Polk shared selections from a collection of John's poetry, including reflections on the mountains of Western Maryland that reminded him of Scotland. What a wonderful reminder of the importance of preserving and sharing our family histories! Thank you, Brian, for sharing yours with us.

November is a time to honor those who have served our country. At our November Gathering, we will recognize veterans and active-duty service members, both within our Society and among our families, past and present. We will raise a wee dram in their honor and remember those who are no longer with us. Please join us on Monday, November 16, at 6:00 PM at Coakley's Pub in Havre de Grace. This is a new venue for our Society, and we look forward to an enjoyable evening. We continue to explore new gathering locations to offer members a variety of experiences while supporting our local businesses.

The Maryland Irish Festival returns to the Timonium Fairgrounds November 13–15, and John Polk is coordinating volunteers for our Highland Society booth. December will bring Jolly Days Candlelight in Havre de Grace on December 12, followed by our annual Burns Night celebration in January. There is much to look forward to!

As Thanksgiving approaches, I want to thank each of you for the friendship, enthusiasm, and support you bring to our Society. Whether you have been a member for many years or have only recently joined us, you are part of what makes this organization special. I look forward to seeing you at Coakley's as we gather in gratitude, remembrance, and fellowship.

Slàinte Mhath!

Susan Wheeler
Laird, Highland Society of Harford County
Clans Shaw and MacBean

October Treasurer's Report

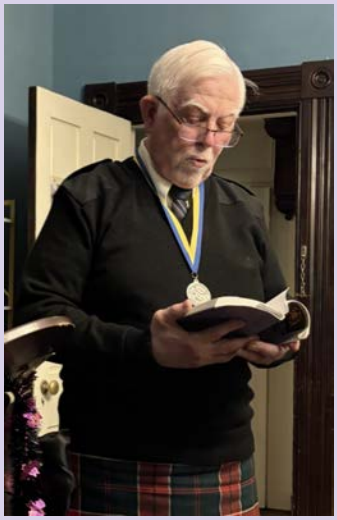
Period: 1 October – 31 October 2026

Starting Balance:	**$4,095.19**
Expenses	
Income	
raffle at October meeting	$175.00
Ending Balance:	**$4,270.19**

October 2026 Gathering at Vandiver Inn

The program for our October Gathering was a poetry reading from Aide to the Laird Nesbitt. Brian shared some of his family history including their time in Cumberland, Maryland. Laird Emeritus John Polk and Brian read his great grandfather's poetry. Members enjoyed a variety of meal options.

















MINUTES-HIGHLAND SOCIETY OF HARFORD COUNTY OCTOBER 20, 2026

Submitted by Dr. Andrea Bowden, Clan MacMillan

The Highland Society of Harford County met on Tuesday, October 20, 2026, at the Vandiver Inn in Harve de Grace There were 27 members and guests present. Susan Wheeler, Laird, Clan Shaw, called the meeting to order at 6:30 PM. Gatherings now begin at 6:00 PM. Halloween decorations were provided by Andrea Bowden, Clan McMillan. Keith Reagan, Clan Keith circulated the room selling tickets for a $75 gift certificate to Pappas Restaurant-Bel Air. Susan expressed pleasure that so many people were in attendance. She reminded people that the next Gathering would be on Monday, November 16th at 6:00 PM at Coakley's Pub in Havre de Grace. Kallie Lyons, Clan Stewart distributed a reminder with the date, site, and address. She also explained the Ice Breaker game – Celtic Magic. John Polk told members that the annual Irish Festival would be November 13, 14, 15 at the Timonium Fair Grounds. Members are to contact him to volunteer for the HSHC booth. Susan announced that the current members of the Board of Directors have agreed to run again, but invited anyone interested in running should contact her. Elections will be in November. Steve Anderson, Clan MacPherson, offered Grace. A delicious dinner was presented by John Muldoon, General Manager of Vandiver Inn. Most in attendance feasted on the surf and turf entree. Dessert was a decadent chocolate-raspberry cake. Susan introduced Kallie Lyons to share about fall traditions who then welcomed Brian Nesbit, First Aide to the Laird, who described how his great grandfather, John Nisbit, emigrated from Scotland and settled in Cumberland, Maryland. The change in spelling occurred with his grandfather, Walter. He is not certain of the when/why for the spelling change. Brian can trace his great grandfather, John and his parents to a small town called Kilmarnock, southeast of Glasgow. Brian and Jeanie visited Kilmarnock three years ago and located the church where his great, great parents were married. His great grandfather arrived in New York about 1900, at the age of 20. From there he settled in Cumberland where he lived, worked, and raised a family. He is buried at Hillcrest Burial Park in Cumberland. He worked on the B&O Railroad. He married a woman from Cumberland. Although he only had a second grade education in Scotland, he enjoyed writing poetry and was very good at it. Brian's cousin compiled his poems and had them published in 2001 under the title: The Poetry of a Scottish Immigrant John Nisbet 1886-1954. Brian read a poem extolling the mountains around Cumberland which reminded his great grandfather of Scotland. John Polk read a poem from the same book. The poetry was enjoyed by all. Joanne Mallick, Clan Campbell, was announced as the winner of the $75 Pappas Gift Certificate. The meeting concluded at 8:10 PM.

Respectfully submitted,

Andrea Bowden,

Secretary, Clan MacMillan



Honoring Those that Served and Are Serving



Fred Bowden:
Bowden served in the U.S. Navy during World War II and was stationed in Recife, Brazil. Because of his background in accounting, he served as a Chief Storekeeper. During his time in Brazil, he learned some Portuguese and later taught Andrea a few words. Andrea was born in 1947, a year after her father returned from military service. Both her mother and father were 37 years old when she was born. Andrea still has his Navy dress whites and duffel bag, treasured reminders of his service and a special connection to her father's history. Andrea is the Secretary for our Society.

Bruce P. Burns:
Captain Burns, U. S. Army Corps of Engineers (Basic MOS: Combat Engineer Unit Leader); Active Duty 1970 to 1972; Vietnam Era; Utilization Tour after graduate school with U. S. Army Ballistic Research Laboratories (at APG) after EOBC (MOS: RDT&E Research Officer); Loved Orienteering and all of the basic course demands. After 30 months on active duty, Captain Burns left on a Friday and returned to the same desk as a civilian the following Monday! He continued to serve our country as a GS-14 Mechanical Engineer (Research). He had a great career as a senior engineer and high-level manager in applied research. Bruce is a member of our Society.

William H. Burns:
First Lieutenant William H. Burns served as an infantry officer with the New York State Guard during World War II. He is the father of member Bruce Burns.

Joanna Reagan:



Colonel Reagan served 30 years of active duty in the Army Medical Department as an Army Registered Dietitian (65C) from 1988 to 2018. Joanna, had two deployments, Bosnia in 2001 on a peacekeeping mission after the Balkan Conflict ended and Kuwait for over a year from 2008-2009 during the second Desert Storm Conflict. She held many roles in Public Health Nutrition, Health Care Administration, Foodservice Management and Clinical Nutrition. Joanna is a member of our Society.



Keith Reagan:

Lieutenant Colonel Reagan served in the Army Reserves of the Army Medical Department as a Health Care Administrator for 25 years from 1984 to 2009. Keith is the Treasurer for our Society. Keith served as Laird in 2024.

Roland F. Provost:

Technical Sergeant Roland F. Provost, who was of Welsh and French heritage, served in the Pacific Theater during World War II. He was a member of the 14th Bomb Squadron, 19th Bombardment Group, 5th Air Force. Technical Sergeant Provost is Laird Susan Wheeler's maternal grandfather.

Julio Giglio:



Julio "Shawn" Giglio, was of Italian and Scottish descent. He graduated from high school in 1943 and entered the U.S. Army in 1944. He fought in France and Germany, assigned to Company F, 253rd Infantry, 63rd Division. He became a Staff Sergeant at the age of 19, and his discharge papers state that he led his 12-man squad into battle, and he was armed with a Browning Automatic Rifle. Wounded in combat in Germany, he was home in the U.S. before he turned 20 years old. My father passed away at the young age of 71, but in all those years, I never heard him utter a word about his war experiences. Staff Sergeant Giglio is the father of member Joanne Mallick.



Tion T. Watters:

Corporal Watters is a Marine currently serving in Okinawa Japan who will be doing a lateral move to Quantico for Marine Corp Embassy Security Group training to prepare for his next chapter of service. He is excited for the opportunity the Marine Corps has given him. He honors his heritage by having the Shaw motto Fide et Fortitude (With Faith/Fidelity and Fortitude) pin and a swatch of the tartan in his foot locker. He is also excited about other ancestors including those in Clan MacBean. Tion is Laird Susan Wheeler's nephew.

Charles Murray Buchanan, Sr.:
Technical Sergeant Buchanan, served in the Army during WWII. He was stationed in Burma for three years in the China, Burma, India Theater. He was a correspondent and wrote The Buck Sheet, a daily account of the European Theater to update the soldiers in the CBI Theater. He also worked on the Lido Road which was a one thousand mile highway cut through the mountains and jungles of Burma. T.S. Buchanan is the father of member Ray Buchanan and father in law of member Susan Buchanan.

Morgan P. Wheeler:
Corporal Wheeler served from September 1983 to September 1987 in the US Army as a Tactical Wire Operations Specialist with the 2nd of the 55th Air Defense Artillery (Mobile Improved Hawk) Unit. He was deployed to Frankfurt, West Germany Third Armored Division (Spearhead). Skills begun in the military have led to a successful career as a master electrician and taken Morgan all over the country from the construction of the MTA Lightrail, to hurricane relief in New Orleans after Katrina, and now in the Pacific Northwest and Alaska. Morgan is the grandson of T.S. Provost, grandfather to Cpl. Watters and brother of Laird Susan Wheeler.



Charles Murray Buchanan, Jr.:
Corporal Charles "Ray" Murray Buchanan, Jr., served in the Army. After Basic Training at Fort Knox he joined the Maryland National Guard and served as Specialist Fourth Class in the Nike Hercules Missile site in Granite, MD for 5 1/2 years. He was the Colonel's driver and thus had a secret clearance as a Corporal in case he overheard any discussions in being held in the back seat! Ray is the son of T.S. Buchanan and the husband of member Susan Buchanan. Ray served as Laird from 2015-2016.



John F. Polk, Sr.:
Colonel John F. Polk (Ret), US Army, Armor Corps. West Point, Class of 1937. Served from 1937-1967. World War II, 1941 to 1945 in the 1st Cavalry Division, 8th Cavalry Commander, 1st Squadron, 8th Cav. Regiment. Silver Star, Bronze Star (V), Air Medal. Colonel Polk is father of Laird Emeritus John Polk and members Betsy Polk Wasson and Bracken Polk and father in law of member Jim Wasson.

John F. Polk, Jr.:
First Lieutenant John F. Polk, Jr. US Army, Corp of Engineers. Served from 1968-1971. Vietnam, 1970-71. Served as Platoon Leader and Battalion Quality Control Officer 864th Engr. Battalion with a mission to build a 25-mile section of Highway QL1. Bronze Star Medal. John is the son of Colonel Polk, brother of members Betsy Polk Wasson and Bracken Polk and brother in law of member Colonel Jim Wasson. The image to the right is Colonel John F. Polk (Ret) swearing in 2nd Lt. John F. Polk, Jr., in 1969. John served as Laird from 2013-2014 and 2024-2025.



Jim Wasson:
Colonel Jim Wasson served proudly for 29 years from 1958-1987 in the U.S. Army, serving in armored cavalry units; tank battalions; infantry battalions; and research, development, test and evaluation assignments, and retiring as a Colonel. For his service, he received the Combat Infantry Badge, the Legion of Merit, 2 Bronze Stars, 4 Meritorious Service awards, Air Medal, Senior Parachutist Badge and other awards. This image of Jim is one of Betsy's favorite pictures, taken during Jim's first tour in Vietnam before they met and married. On the back Jim wrote that he is smiling as he cleans his sub-machine gun for a foray into a burned-out village. But the reason for the smile? There are two cute female Vietnamese social workers on the deck of a shuttle ship with him! Jim is currently dealing with the effects of Agent Orange exposure, which have left him with diabetes, cancer and kidney disease. Those years in the service had tough times, but not just in combat situations. Field maneuvers, tank gunnery exercises and parachute jumps were usually enjoyable, except in cold and wet German winters. These had to be done on winter frozen grounds because the fields they used belonged to German farmers who needed them in warmer weather for their crops. However, the camaraderie he experienced in the military was unparalleled. Both on-duty accomplishments and off duty times with troops and officers kept morale high. There is no way that Jim would have given up a minute of his long, hard, and proud career in the army. Jim is the husband of member Betsy Polk Wasson and the brother in law of Laird Emeritus John Polk and member Bracken Polk. Jim leads us each gathering with the toast to Scotland and leads the Address to the Haggis every January at our Burns Night celebration. Jim and Betsy are Life Members of the Highland Society of Harford County. Jim served as Laird in 1992.



AN UNFORGETTABLE VISIT TO MARGARTEN CEMETERY

by Susan Buchanan

Our son and daughter-in-law moved to the Netherlands a several years ago and my husband, Ray, and our daughter, Lindsay, and I were fortunate to visit them in their 100+ year old home in Rotterdam for two weeks in September 2026. They were the perfect hosts and we toured not only Rotterdam (by foot, boat, bus and car) but also the surrounding countryside. We visited Gouda to sample selections of their wonderful cheeses. We visited Delft to see their famous blue and white pottery being made (and sold, of course). We went to the small town of Hattem to visit the Stroopwafel Museum and saw the delicious cookies being made and had a tasting. We also visited Tongeren where there was a three-day festival and a magnificent cathedral that we toured.



Perhaps the most meaningful part of our visit was our trip to Margraten, home of the Netherlands American Cemetery. September 12th is the day on which the liberation of the The Netherlands began in Mesch in 1944. By 1946, some 17,800 Americans were buried in Margraten, and about

10,000 remain buried there. There are 8,300 graves and 1,722 names inscribed on the Walls of the Missing. Every grave and every name on the Wall has been "adopted" by a Dutch person or family. They not only visit but tend the grave sites and attempt to find the next of kin, regardless of how many generations have passed to let them know that someone still cares for their fallen loved ones.



We spoke with a waiter in a local restaurant whose grandmother has adopted a grave site and will pass it down to others in her family when she is gone. There is a waiting list to adopt a grave site or name. In September 2004, the Limburg Symphony Orchestra initiated a special concert as a musical tribute to the fallen Americans who are commemorated in Margraten. This year, the 20th Liberation Concert was sold out. Our son's friend and neighbor had a friend in Margraten who managed to get us tickets.

The day of the concert began gloomy and by the time we reached the cemetery there was a torrential downpour that lasted the rest of the day. Our son had rented wheelchairs for Ray and me because of the distance to the concert and he and our daughter pushed us while holding umbrellas. The concert was outside, with only the orchestra members under cover of a tent on barely three sides. The orchestra conductor, the two vocal and one instrumental soloists were drenched. The audience was drenched. But not a soul left. Every seat was filled from beginning until the end. After the concert we drove back to the lovely town of Maastricht for a second night in a warm and cozy hotel. Then back to Rotterdam the next day with a side trip to Belgium and lunch at a wonderful waterside restaurant. We also saw Mistletoe trees!!! During our stay with our family, we celebrated Ray's 87th birthday on September 9th, and our son's 54th birthday on September 18th. What a way to celebrate. The trip home was relatively uneventful. We have always loved to travel, but the very best part of any trip is arriving home again!

Author's Note: The Netherlands American Cemetery and Memorial is in Margraten in the southeastern part of the country. Established in 1960 it is Europe's third largest war cemetery for soldiers who died in World War II. The two largest are both in France. Lorraine American Cemetery and Memorial in Saint-Avoid and Normandy American Cemetery and Memorial in Colleville-sur-Mer.



Where the Poppies Grow: The Legacy of Flanders Field
Contributed by Dr. Andrea Bowden, Secretary

IN FLANDERS FIELDS by John McCrae

In Flanders Fields
In Flanders fields, the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



McCrae's well-known poem "In Flanders Fields" memorializes the April 1915 battle in Belgium's Ypres Salient. For 17 days, McCrae, a Canadian physician, tended those injured in the battle. The poem, written after the death of a close friend, was first published in PUNCH magazine and led to the adoption of the poppy as the Flower of Remembrance for the British and Commonwealth war dead. Flanders fields is a common English name of the World War I battlefields in Belgium and France.

McCrae wrote several medical textbooks during his life, and his poetry was posthumously gathered into the collection In Flanders Fields and Other Poems (1919). Born in Ontario of Scottish immigrant parents, Canadian poet, soldier, and physician John McCrae earned his undergraduate and medical degrees at the University of Toronto, where he received the Gold Medal. As a physician, he worked at Toronto General Hospital, Johns Hopkins Hospital, McGill University, the Royal Alexandra Hospital for Infectious Diseases, Montreal General Hospital, and the Royal Victoria Hospital in Montreal. He served in the Boer War in South Africa from

1899 to 1900, and was promoted to the rank of major in 1904. He reenlisted in the First Canadian Contingent soon after the start of World War I. McCrae became a member of the Royal College of Surgeons and was the first Canadian to be appointed consulting surgeon to the British Army. Around the world, the poppy has become a symbol of the soldiers lost during World War I. In the United Kingdom, Canada, France, Belgium, Australia and New Zealand, observers wear the red flowers to commemorate the anniversary of the 1918 armistice at the 11th hour on of the 11th day of the 11th month, called Remembrance Day. The holiday has expanded to remember the lost soldiers from WWII and other conflicts, and often includes a moment of silence to recall the memories of those who are no longer with us. It may also feature memorial services, speeches by public officials, and other solemn recognitions. Many have seen pictures of Queen Elizabeth and the Royal Family with red poppies in their lapels at such ceremonies.





In the United States, Dr. Monia Michael, a professor at the University of Georgia saw “In Flanders Field” in Ladies Home Journal. She began to make fabric poppies to wear on lapels. Soon she was selling the poppies to raise funds for WWI veterans. She lobbied successfully so that the Georgia American Legion adopted the poppy charity and by September 27, 1920 the poppy became the national emblem of remembrance and has been raising funds for veterans since. The poem captured the hearts of many in Europe and today, both the American Legion and Veterans of Foreign Wars sell poppies to raise funds for charities for veterans and their families. They also provide flags for the graves of veterans on Memorial Day all across the United States.



Compiled by Dr. Andrea Bowden, Secretary

IN 2016, CUMBRIA BEGAN TESTING WASTE-PLASTIC ROADS; A YEAR L ATER 500,000 “TRASH” PLASTIC BOTTLES HAD BEEN USED. NOW ITS STANDARD PRACTICE

Kingston and Scotland Roads are main thoroughfares in Cumbria. Asphalt is an oil derived product from Bitumen that is costly to produce and polluting. Scientists decided to use discarded plastic bottles that would have gone to the land fill as filler. The road held up to traffic better than standard roads, was less costly, reduced “trash plastic” and ushered in a new way of surfacing roads. MacRebur was the original company involved and after several successful years, Shell Oil became a partner. Roadways now use this innovative method of surfacing roads with the full support of the regional council.





RARE WHISKY WORTH OVER £2MILLION BECOMES SECOND MOST VALUABLE EVER SOLD AT AUCTION

A rare bottle of whisky worth over £2million has become the second most valuable ever sold at auction. The Macallan 1926 sold for £2.1million at an invite- only auction attended by 50 of the world's leading whisky collectors. When measured in US dollars, it becomes the most valuable ever sold. A number of Macallan whiskies, mostly from private collections, were put under the hammer to mark the vintage centenary. Sotheby’s held the auction at the Macallan estate in Craigellachie, Moray, marking the first time it staged an event within a Scottish distillery. The vintage was bottled in 1986 after maturing for 60 years. Cask 263, crafted by Janet Isabella Harbinson, was not considered especially remarkable, according to The Macallan. But an inventory of the brand’s old warehouses in the 1980s revealed the whisky had matured, darkening and drawing flavors from the cask’;s Spanish wood.

SCOTLAND’S OLDEST PUB IS AN EDINBURGH GEM YOU CAN STILL VISIT WITH TASTY BITES AND HISTORIC CHARM from Islands.com

Whatever you do, don’t mistake a pub for a bar. Pubs aren’t just places to grab a drink; they can also be places to fill your belly with a nourishing meal. They are often historical and can be the heart of a community. Sheep Heid Inn in Edinburgh exemplifies these tenets, starting with its reputation as the oldest pub in Scotland. While the structure is mostly from the 19th century, the pub was established in 1360 and remains in Duddingston, the same neighborhood where Jacobite forces once encamped.

Today, Sheep Heid Inn offers classic mains on its menu, but also mixes it up with modern items, such as beetroot carpaccio and tarragon-battered halloumi. Specials change daily and can be paired with refreshing beers and drafts. The pub’s decor is tasteful and at the same time feels old-world. You’ll see actual mounted rams’ heads, along with vintage paintings and artifacts. You’ll feel even more as if you’d stepped back in time. The restaurant has had many guests throughout the years, including Bonnie Prince Charlie, Robert Burns, Robert Louis Stevenson and in 2016 Queen Elizabeth II.



November Harvest Recipes



Rumbledethumps from the Scottish Scran

Rumbledethumps is a traditional Scottish side dish made with creamy mashed potatoes, tender cabbage, and sometimes onions, topped with grated cheese and baked until golden brown. Simple, hearty, and delicious, it makes a wonderful accompaniment to a variety of meals.

The dish is believed to have originated in the Scottish Borders. Although the exact origin of its unusual name is unknown, one theory suggests it comes from the rumbling and thumping sounds made when potatoes and cabbage are mixed together in a large pot with a wooden spoon. Similar dishes include Irish colcannon, which combines mashed potatoes, turnips, and cabbage, and English bubble and squeak, traditionally made by frying leftover potatoes and vegetables.

Ingredients

2 lbs (1 kg) potatoes
½ lb (250 g) Savoy cabbage
5 tablespoons (75 g) butter, divided
3½ oz (100 g) mature cheddar cheese, grated
2 small onions (optional)
Salt and pepper, to taste

Instructions

1. Peel and chop the potatoes into evenly sized pieces. Boil for 15–20 minutes, or until tender.
2. If you are adding onions, slice them and fry until softened. Set aside.
3. Roughly slice the cabbage and sauté in 3½ tablespoons (50 g) of butter until softened. The cabbage will reduce considerably as it cooks.
4. Drain the potatoes and mash with the remaining 1½ tablespoons (25 g) of butter. Season with salt and pepper.
5. Preheat the oven to 350°F (180°C). Stir the cooked cabbage and onions into the mashed potatoes. Transfer the mixture to an ovenproof baking dish.
6. Sprinkle the grated cheddar evenly over the top. Bake for 15–20 minutes, or until the cheese has melted and turned golden brown. Serve warm.

Variations to Try

- Add crispy bacon: Fry chopped bacon with the onions or cabbage before mixing everything together.
- Make it a main dish: Add cooked chicken, leftover roast meat, or another protein. Serve with gravy, parsley sauce, or a creamy cheese sauce.
- Serve it for brunch: Top individual portions with fried or poached eggs and serve alongside grilled tomatoes.

Scottish Hot Toddy

Opinions differ about the origin of the name “toddy.” Some believe the name derives from Indian languages such as Hindu, Marathi, or even Sanskrit. Others believe in a Scottish toddy enthusiast named “Tod” (Scots for fox). Whatever its origins, and no one knows with any certainty, it’s widely agreed that hot toddies are warming wintertime drinks.

Ingredients

- 1 cup water
- 5 cloves (Optional 1 stick cinnamon, 1 pod star anise,1 tablespoon black tea leaves)
- 1 tablespoon honey to taste OR, agave nectar or maple syrup
- 2 ounces brandy, dark rum, or whisky (Irish whiskey, bourbon, or a spicy rye whiskey)
- 1 lemon wedge

In a small pot, combine the water and spices. Bring the water to just below boiling and remove it from the heat. Add tea leaves and steep for 4 minutes. Strain into a large mug. Stir in the honey. Float brandy, rum, or whisky on the top of the drink by pouring it over the back of a spoon. Squeeze the juice from a lemon wedge into the mug. Heat the mug while the tea steeps by pouring hot water into the mug or microwave the water-filled mug for about 10 seconds. Pack the tea and cloves into a tea ball to eliminate the need to strain it after steeping. If you don’t have loose leaf tea, a single tea bag will do. Either method also allows you to heat the water in a tea kettle and steep the tea and spices directly in your mug. If you like, keep the cinnamon stick and star anise for added flavor as you drink. Strong, dark honey is an ideal fit for a flavorful black tea, though any honey is a good sweetener.



PUMPKIN OATMEAL

Oats are a staple grain in Scotland and appear in many recipes. Oats are hardy and filling. Pumpkins are not a usual crop in Scotland but more canned pumpkin is appearing on shelves. Honey in Scotland has a distinctive flavor and is called Heather Honey because the bees visit heather plants. It is deep amber in color rather than a golden color. It also has higher levels of manganese and antioxidants. The term “oatmeal” is used in North America but porridge is used in the UK.



- 6 cups milk (any kind)
- 2 large eggs - whisked
- 1 15oz. can pumpkin puree (If you use pumpkin pie filling, omit spices)
- 1 cup honey
- 11/2 Tablespoon cinnamon, ½ teaspoon ginger,½ teaspoon nutmeg,½ teaspoon cloves
- 1 Tablespoon vanilla extract
- 2 cups steel cut oats (not rolled oats)

Spray slow cooker with non-stick cooking spray. In the cooker, combine dry ingredients. Fold in milk, pumpkin, vanilla, eggs. Stir. Cover and cook on low for 4 hours. Can be reheated in microwave.



NO-BAKE HONEY NUT BARS

- ¼ cup butter (1/2 stick)
- ¼ cup honey
- ¼ cup light brown sugar
- 1 Tablespoon vanilla extract
- 1 cup raisins or honey-roasted peanuts
- ½ cup sunflower seeds
- ½ cup chocolate chips
- 3 cups Honey Nut Cheerios

Grease an 8 inch square pan. Combine butter, honey, chocolate chips and brown sugar -microwave 2-3 minutes stirring often. Stir in vanilla, raisins or peanuts, and Cheerios. Press into the prepared pan. Sprinkle it with sunflower seeds and salt. Refrigerate for two hours before cutting into squares.