



Greetings,

I hope everyone is keeping cool on this hot weather. For all of us that forgot, it is time to pay your COHT dues. Come July 1st, you will be expired. So please get them paid.

Bob and I attended Martin's Station in May. It was hot most of the time with rain almost everyday. It was a very well ran event. The reenactment of the raid was really neat to watch. The natives really burn down small cabins during the raid. Take female prisoners that are later released after ransoms is paid.

Bob and I had the pleasure of having supper with shark and Darren while at Martins. Shark really knows how to cook Cajun food. I need to get a few of his recipes for the newsletter.

I enjoyed seeing neat merchants. I have fallen in love with the Virginia floor cloth company. I know in the future they will get some of my money. Not only does Virginia make a great floor cloth, but she also does block printing on scarves, aprons and material for shirts.

Her websites is

www.virginiafloorcloth.com

I also pick up some dry soup mixes from a trader that was next to us. I am wanting for cooler weather to try them out. I forgot to get a business card from him. If I can find out his name I will pass it on.

Next year we will make time to see Cumberland Gap State Park and several other historical sites.

Not sure if anyone attended fort DeCharte in June. I was told it was HOT, HOT and HOTTER.

We are not planning on attending any events during the summer. Bob does not handle the heat very well. And I do not handle an unhappy Bob very well.

EVENTS-

Historic Hunter encampment at Mt Magazine State Park. Sept 24, 2011 with early set up Sept. 23. Don suggested that the ladies Trek could join this encampment. I think this would be a good idea. Don will be sending more information so I can pass it on to everyone. I plan on attending and hope a few ladies will join me. Don's email is Don.Simons@arkansas.gov

MO-AR-KS Does only will be Sept 16 – 18, 2011 at Black Dog's near Oswego, KS. Black dog's ladies have joined in the rotation for this event. I will be sending out flyers in the neat future.

Woolaroc is Sept 30 – Oct 2nd. This is a neat place to see.

Shawnee Branch is Oct 14- 16. Let me know if you want a flyer for this one.

COHT Ladies Gathering is Nov. 17- 20th and will be at Fort Gibson in Ok. I hope to get all the details worked out in July. The Ferguson's and I plan on going to the fort in July, so I can see what sleeping quarters it has and cooking areas. Billy and Teresa volunteers at the Fort on regular bases. They think this

will be a great site for the Ladies Gathering.

SC Gathering will be Mar 23 – 26, 2012 at Shawnee Branch.

Still working on an AR COHT gathering also.

I just finished reading an article about Biscuits, Crackers and Hard Tack in Early America. There were several recipes in the article. So here they are.

Ships Biscuits the Naval “Hard tack”

To produce a plain ship biscuit medium coarse stone-ground whole meal flour should be used. Most flour used today is milled for North American wheat or similar hard grain cereals. It would be difficult to produce historically authentic biscuit form modern refined flour. I wonder if the whole wheat stone ground flour from the War Eagle mill would work.

Add water to 1 lb whole meal flour and ¼ oz salt to make stiff dough. Leave for ½ hour and the roll out very thickly. Separate in to 5 to 7 biscuits. Bake in a hot oven approx. 420 degrees F for 30 minutes. The biscuit should then be left undisturbed in a warm dry atmosphere to harden and dry out.

A modern take on Lewis and Clark’s biscuits recipe uses refined flour which will make the hard tack a little less dense, thought unbleached coarse-ground whole-wheat flour yields a more accurate results.

Hardtack Biscuits: combine 2 cups of whole wheat flour, 2 cups all-purpose flour and one half to one teaspoon salt in a bowl. Slowly stir in one and half cups of water. Knead the dough for about five minutes or until smooth. Let the dough rest for about ten minutes. Roll

dough into a rectangle about one half inch thick on a greased baking sheet. Score at 3 inch intervals. Prick with the times of a fork. Bake at 325 for about 50 minutes or until lightly browned. Makes 15 biscuits.

While still hot from the oven, biscuits are easy to chew. It tastes like a whole wheat bread and is appealing to eat. Within hours it dries and becomes harder and harder, eventually reaching a classic tooth-breaking degree so hardness. It may then be carved, sawn, drilled, or compared to wood or tile in appearance, texture and flavor. If forced to eat biscuit in this state, pound it with a fist into smaller pieces in your hand which you may suck slowly, carve off shavings in to hot coffee, or grind it into soup.

There were more recipes in the article. The article was from Journal of the Early Americas.

Let me know if you are getting the newsletter from other states that I am forwarding to you.

If you have ideas for a trek, please speak up. Remember this is your organization.

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