

Lá Fhéile Bríde / St Brigid's Day / Imbolc: A Celebration of Brigid and Ireland's Gaelic Spring Festival

Museum of Lennox & Addington, February 2, 2024

<https://www.gaeilge.ca>

A Short List of Online Brigid & Irish Language Resources (& bonus recipes)

Brigid

Brigid 1500 is a comprehensive program aimed at celebrating and commemorating the life and legacy of St. Brigid.

<https://brigid1500.ie>

The National Folklore Collection

<https://www.duchas.ie/en>

Solas Bhríde Centre & Hermitages is an initiative of the Brigidine Sisters

<https://solasbhríde.ie/who-we-are/>

Brigid's Forge and its school teaches about Brigid in Ireland, the authentic lore and folk practices around her, in all her aspects.

<https://mybrigidsforg.com>

<https://brigid-s-forge.teachable.com>

Irish Pagan School, Online college and community regarding spiritual traditions of Ireland's ancient past

<https://irishpaganschool.com>

YouTube:

Search Brigid or how to make a Brigid's Cross, or go to link below for a Brigid's Cross Tutorial:

https://m.youtube.com/watch?v=Vji0_7YmwGA&pp=ygUdU3QgQnJpZ2lkJ3MgIHR1cm9yaWFslGRvaGVydHk%3D

Facebook:

Brigid Kildare

<https://www.facebook.com/brigid.kildare?mibextid=kFxxJD>

Brigid of Faughart

<https://www.facebook.com/brigidoffaughart?mibextid=kFxxJD>

Clann Bhride

<https://www.facebook.com/clannbhride?mibextid=kFxxJD>

Online Irish Language Resources

The North American Gaeltacht (Gaeltacht An Oileáin Úir, members of whom presented on Brigid today) has online Irish language immersion courses in February 2024 and November 2024, and also has an in-person Irish Language Summer Immersion Week in Tamworth, Ontario, in August 2024.

<https://www.gaeilge.ca>

Online Irish-English Dictionary, teanglann.ie

<https://www.teanglann.ie/en/>

Another Online Irish-English Dictionary, focloir.ie

<https://www.focloir.ie>

Speech & Language Technologies for Irish, abair.ie

<https://www.abair.ie/ga>

Free app to learn languages, including Irish - Duolingo

<https://www.duolingo.com/course/ga/en/Learn-Irish>

Facebook:

Owen and Mícheál Ó Súilleabháin

They are currently posting a new Irish word of the day every day.

<https://www.facebook.com/OwenandMicheal?mibextid=kFxxJD>

RECIPES

From Brigid Kildare on Facebook:

St. Brigid's Oaten Bread

Another very traditional food made over generations for Brigid's feast day: St Brigid's Oaten Bread. There are of course variations of recipes depending on taste.

Ingredients:

1 cup flour
1 tablespoon sugar
3/4 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
3 tablespoons butter, in small pieces
3/4 cup uncooked oatmeal (old fashioned)
1 egg
1/2 cup buttermilk

Directions:

Preheat your oven to 425 degrees Fahrenheit.

Grease a baking sheet.

Mix flour, sugar, baking powder, baking soda and salt in a bowl. Add butter bits and cut in with knife until mixture is crumbly. Add oats and mix well.

Beat the egg with the buttermilk in a separate bowl.

Make a "well" in the dry ingredients, then pour in the egg mixture and mix all with a fork until the crumbs hold together. Form the dough into a ball and knead (on a floured surface, about 20-25 times). Add flour if the mass is still too sticky to work with.

Form the doughball into 8-inch round and transfer it to the baking sheet.
Score a deep cross into the bread but do not cut through.

Bake for fifteen to twenty minutes, or until medium brown and a tester comes out clean.

Colcannon

(a traditional potato and dairy treat for St Brigid' Day)

Since St Brigid is closely associated with dairy, many foods for her feast day on February 1 include it. Butter is commonly used, either in the food or as a topping, as is cream or milk.

Ingredients:

8 large potatoes (russet potatoes are best, do not use waxed variety)

1 head of green cabbage or kale if you prefer

1 cup milk or cream

1 stick butter, divided into three parts

4-5 green onions chopped (for flavor but many prefer not to have these)

Salt and pepper

Parsley

Directions:

Peel potatoes, place in large pot to boil.

As potatoes are cooking, prepare cabbage, remove the core, make thin slices & place in large/deep saucepan.

Add boiling water to cabbage & stir & by 3 or 4 minutes the cabbage should turn dark green & appear wilted. Time can vary because the texture of the cabbage can vary so just keep an eye on it to be sure it is not over cooked.

Drain the cabbage very well & return to the saucepan. Add one-third of the butter, cover it & place it on the table to melt slowly. Do not place back on the stove.

Check on the potatoes to see if they have now become soft. If so, drain the pot & place the potatoes into the saucepan & keep burner low, lid off & give a few minutes for any water remaining to evaporate

Add milk, another third of butter & let the butter melt. Do not boil.

Break up & mash the potatoes into the milk & butter mixture with a fork or masher.

Mix the cabbage into mashed potato & milk/butter mixture

Let sit 3 minutes on low burner & if preferred, add pinch of salt, parsley & then make a well in the center, add the last third of butter & let it melt, mix.

Boxty Cakes (Irish: bacstaí, bread made from raw potatoes, like a type of traditional potato pancake)

This is another old custom associated with the day (February 1). Boxy Cakes were a low cost way to celebrate the feast day with ingredients that were readily available & easy to make in large numbers. Here's one variation of Boxy Cakes:

½ lb hot cooked potatoes
½ lb grated raw potatoes
2 cups flour
1 tsp baking soda
1½ cups buttermilk
butter for frying
salt and pepper

Instructions:

Drain, peel and mash the hot potatoes.

Stir in the raw potatoes, flour and baking soda. Add salt and pepper to taste.

Mix well with enough buttermilk to make a stiff batter.

Shape into 3 inch patties about ¼ inch thick and fry on hot greased griddle until crispy and golden on both sides.

Sláinte! (Slawn-cha) Health!