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Halloween Happenings

Halloween's modern-day traditions derive from ancient Irish history. The Celtic festival, Samhain, was celebrated on October 31st, the last day of Autumn. It was believed that on that night the spirits of friends, family, and even their enemies would return to visit them. To insure those returning were friendly souls the Celtic people would dress in animal skins. They lit bright fires. Children all over Ireland would use hollowed out turnips with burning peat embers as lanterns. When traveling they would beg for embers to keep the lanterns lit. This is how the tradition of trick-or-treating began.

When Irish immigrants came to America in the 1840's they shared their traditions with their new neighbors. Turnips are not as plentiful in the US so they switched to pumpkins.

Here are directions to make a feast of Spooky treats to serve for Halloween

Dracula's Blood
a hemoglobin beverage

Ingredients:
1 6 oz. plain yogurt
1 10oz. package frozen strawberries
1/2 teaspoon vanilla
strawberry ice cream
crushed ice

Directions:
Using a blender mix the yogurt, vanilla and frozen berries until they are smooth. Add a few tablespoons of crushed ice and blend.
Pour into chilled glasses and top with a spoonfull of strawberry ice cream

Bat Gorp...
and other gross droppings

Ingredients:
peanuts
white rasins
chocolate chips
dried cranberries

Directions:
mix the "droppings" in a big bowl. The salt from the nuts balances the sweet from the chips and raisins as well as the sour from the cranberries.

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