

# Tudor Dishes Wordsearch

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N	S	J	F	V	I	N	Q	D	Z	C	M	A	I
E	N	A	P	H	C	R	A	M	J	O	S	Q	E

Jam tarts

Bread

Almond jumbles

Dressed salmon

Pancakes

Pea pottage

Marchpane

Shred pie



Learning

This resource was created by Anjna Chouhan for the Shakespeare Birthplace Trust Learning Department [www.shakespeare.org.uk](http://www.shakespeare.org.uk)



with images by Mya Gosling [www.goodticklebrain.com](http://www.goodticklebrain.com) © Mya Gosling



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## Resource KS 3/4

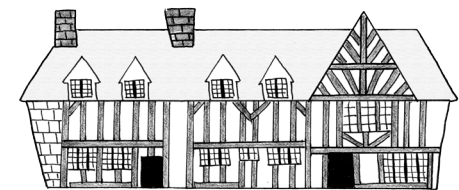
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# DISCOVER

## Mary Arden's House and Palmer's Farm

### Pupil's Booklet

This resource is designed to help you to explore the working Tudor farm that was once the home of Mary Arden.



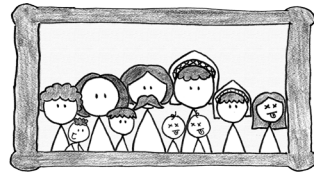
Palmer's Farmhouse

## Who was Mary Arden?

Mary Arden was the mother of William Shakespeare. She was the youngest of eight daughters and lived in a farmhouse that was built in 1514. Mary's father, Robert Arden, was a member of the Guild of the Holy Cross, an important communal Stratford institution. Upon his death, Robert left Mary a significant amount of land in Wilmcote together with a sum of £6 13s 4d (equivalent to £30,000 in current value).

A year after her father's death, Mary married John Shakespeare and moved to Henley Street. Mary's date of birth is unknown; she was likely to have been born between the years 1536-8. This means that she was between 19-21 when she got married and left her father's home.

The Ardens' neighbours were the Palmers who lived on what is now known as Palmer's Farm, built in 1569. Adam Palmer, the head of the household, acted as a witness to the signing of Robert Arden's will. Today, Palmer's Farm is a living history farm where animals and crops are cultivated as they would have been in Tudor England.



John and Mary Shakespeare with their children, including William

## Superstitions

The Tudors were extremely superstitious people. There are numerous examples of superstitious behavior and practices around the farmhouse.

*Through the house give gathering light, By the dead and drowsy fire.  
Every elf and fairy sprite, Hop as light as bird from brier,  
And this ditty, after me, Sing, and dance it trippingly.*

*A Midsummer Night's Dream, Act 5 Scene 1*

It was believed that fairies visit houses during the night. In order to pacify the mischievous creatures, fairy plates were left in kitchens with morsels of food and drink as well as flowers.

*Come down, you witch, you hag, you. Come down, I say!*

*The Merry Wives of Windsor, Act 4, Scene 2*

In the entrance to the farmhouse, at the bottom right-hand side of the doorframe, you will see a small door to allow the fairies access to and from the house.

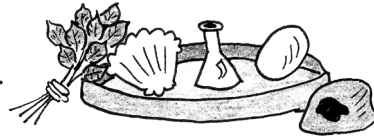
The bowls or trenchers on the large board (table) were kept upside down until it was time to eat from them. This was to prevent evil spirits from getting in.

Dried nettles were often hung in doorways to protect houses from trolls, and rowan leaves were tied with red ribbons to ward off witches at night.

*Devils soonest tempt, resembling spirits of light* *Love's Labour's Lost, Act 4, Scene 3*

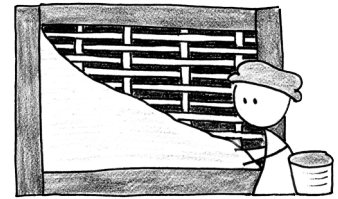
## More Food Facts

- Fish was consumed by law on Wednesdays, Fridays and Saturdays because of a Parliamentary bill that protected the fishing economy and, in turn, the English navy. In the reign of Henry VIII, these were known as 'fasting days'.
- Every aspect of dining etiquette was designed to be considerate to other people at the board. Napkins were draped over the left shoulder so that hands could be kept clean and food passed without contamination.
- The board, or table, was arranged according to rank. The Master sat at the head of the table near the salt, which was an expensive commodity. The lower your rank, the further you sat from the Master.
- Feed for animals was scarce and expensive over the winter, so livestock would be slaughtered in mid November and the meat preserved for as long as possible. Often the taste of old meat was disguised with extra salt and spices.
- In the working kitchen, meals are prepared everyday between 10am-1pm using authentic ingredients and methods. This food is eaten in the hall by everyone, including housemaids, farm workers and day labourers.



## Mary Arden's House

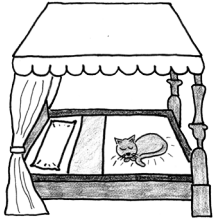
- Until the year 2000, it was thought that Palmer's Farm was the home of the Ardens. Significant dating work and investigations on the buildings revealed that the house next door was actually the true Arden home.
- When Mary lived in the farmhouse it was a one-storey building with three rooms: a parlour/ sleeping room; a kitchen/ dining room/ living room, and a workroom.
- The house is made from oak beams filled in with wattle (woven hazel sticks) and daub (a mixture of mud, clay, dung, straw and hair).
- There was an open fire in the kitchen/ dining room for heating and cooking. Since there was no ceiling, the smoke from the fire rose up to the rafters and out through the thatched roof. Some of the beams still show signs of smoke staining.
- Robert and his wives (he married twice) would have slept on the floor in the parlour, while the girls would have climbed a ladder to reach their sleeping shelves. The phrase 'on the shelf' comes from this period, when unmarried girls remained on sleeping shelves instead of marrying and moving into a home of their own.



Wattle and Daub

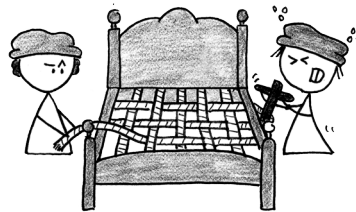
## Palmer's Farmhouse

- The objects and furniture that you see in Palmer's Farmhouse are similar to those listed in Adam Palmer's will.



Bed with tester

- Beds were extremely expensive, costing between £8 and £10. This amounts to half of a good, stable annual income, such as that earned by a teacher.
- The best bed in the home was reserved for guests and put on display in the parlour. It is covered with a tester, or canopy, to provide some much-needed privacy as very few people had a bedroom to themselves. It also protected sleepers from the moonlight, which was thought to make you go mad if it touched your head.
- Mattresses were supported by a lattice network of pulled ropes which frequently needed to be tightened as they were prone to sagging at the centre. It is thought that the phrase 'sleep tight' originated from this practice.



Tightening the ropes

## Tudor Food

- The kitchen was the busiest part of a Tudor farmhouse. The Mistress of the house would prepare breakfast, usually porridge or eggs and bread, and also the main meal of the day (known as dinner) which was taken between 11 am and noon.
- Forks were extremely rare and only owned by wealthy individuals. Most people would use spoons, which they carried with them, and knives at the table.
- Pottage (soup), roast meats, vegetables, cheese and bread were the staples of a Tudor diet. The very rich ate few greens because of their association with the lower classes.



Making the pottage



Eating at the table