



# The Medieval Christmas

*Sophie Jackson*

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## **The Medieval Christmas** Sophie Jackson

Medieval Christmas - roaring fires, Yule logs, boar's head on a platter and carols. So many of our best-loved traditions have their origins in the medieval period that it would be impossible to imagine the season without holly and ivy, carol singers calling from door to door and a general sense of celebration in the face of the harshest season. Sophie Jackson investigates the roots of the Christmas celebration, offering guidance for recreating elements of the medieval Christmas at home, tips on decorations, instructions for playing medieval games and recipes for seasonal dishes. Fascinating facts about some of our most cherished customs, such as the nativity crib, are unearthed, as are some that are less well known - wassailing the apple trees, the ritual beating of children on 28 December and the appointment of a Lord of Misrule and a boy bishop.

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