

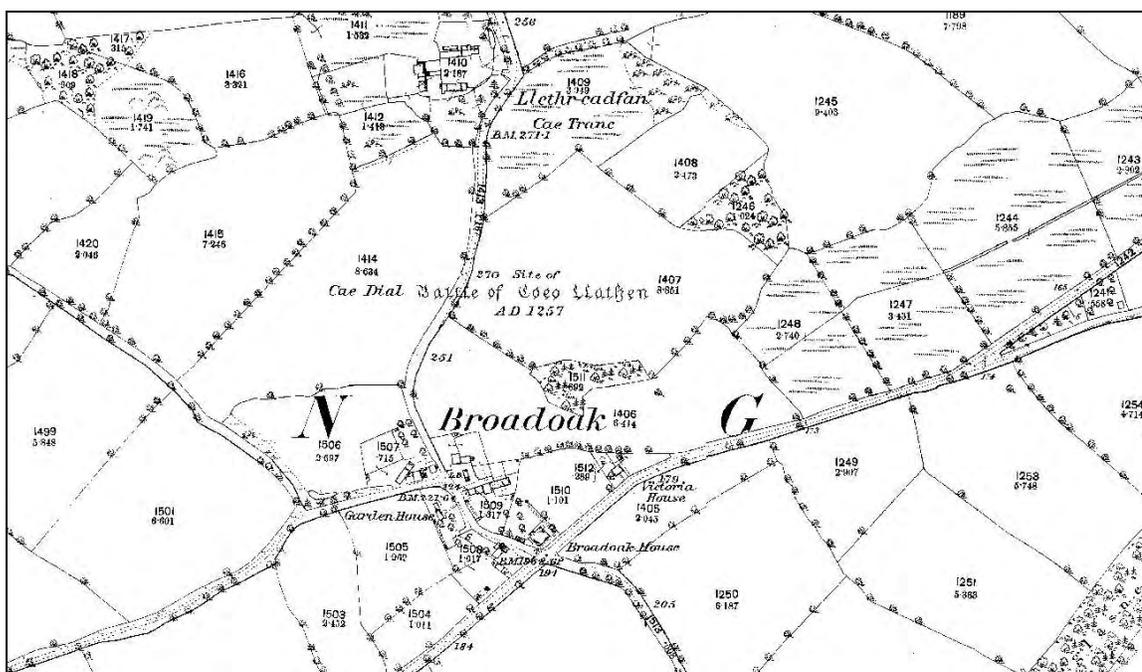
The Valley at War Education Pack

In this folder you will find :-

| |
|---|
| THE TYWI VALLEY AT WAR |
| NOTES FOR A TEACHER LED EDUCATIONAL VISIT TO GARN GOCH |
| GARN GOCH SAFETY INFORMATION FOR SCHOOLS |
| SCHOOL VISIT TO GARN GOCH |
| NOTES FOR THE WALK ACROSS GARN GOCH - THE CELTS OF LLANDEILO |
| BACKGROUND INFORMATION FOR THE HISTORY OF THE ROMANS - LLANDEILO'S ROMAN FORT |
| WORKSHEETS (BATTLE PLANS) |
| RECONSTRUCTION DRAWING OF A SECTION OF THE IRON AGE FORT. |
| ROMAN RECIPES |
| QUIZ |
| SPOT THE DIFFERENCE |

Historic Warfare in the Tywi Valley

The Tywi valley, although peaceful and tranquil today, has suffered many battles and been affected by many conflicts and wars over the centuries. Below you will find some examples of the battles fought in the Tywi Valley. The memories of such battles are reflected in the names of fields outside of Llandeilo, as seen here on the 1st Edition Ordnance Survey map (1887), 'Cae Dial', the 'field of vengeance' and 'Cae Tranc' which translates as 'field of death'.



1st edition Ordnance Survey map, Broadoak, Near Llandeilo.

© and database right Crown copyright and Landmark Information Group Ltd (All rights reserved 06/01/2010)

Napoleonic wars c. 1797

After the French invasion of Fishguard in 1797, many French prisoners of war were housed in Brecon and Carmarthen Goal. The officers were allowed out on parole, to stay with local gentry. There was a real threat of invasion, and a suspicion of spies, because not all Welsh people were against the French Revolution.

Throughout the 18th and 19th centuries, men were carried off by the notorious 'Press Gangs', to fight in other parts of the British Empire, frequently never to see their homes or loved ones again, or to return home injured - to beg on the streets of our market towns. There were

riots in Wales against the War with France and especially the Revolutionary War for American Independence, which many Welsh people supported.

English Civil War C. 1648

Even more locally, there was a 'battle' fought at either Llandeilo or Llangathen during the second English Civil War in April 1648. During the war Sir Henry Vaughan of Derwydd fought for the king and his nephew, Richard Vaughan of Golden Grove (2nd Earl of Carbury) was the king's Commissioner of Array for the county. The 'battle' was no more than a skirmish, but some soldiers took refuge in the church, where eventually they surrendered, but their commander died, probably by suicide rather than be captured.

After 4th August 1485, many men from the Tywi valley, joined Sir Rhys ap Thomas on his march from Milford Haven to Cefn Digoll, near Welshpool, to join Henry Tudor for his campaign for the throne of England. They fought on Bosworth Field and placed a Welsh, Tudor on the throne of England for the first time since 'King Arthur'.

Wars of the Roses c. 1455

During the 'Wars of the Roses', Cantref Mawr, north-west of the Tywi was Crown land, and whilst Cantref Bychan, was formerly Yorkist, this changed hands, and the border lay along the Llŵchwr-Twrch valleys, the present county boundary with Gower.

War raged in the Tywi valley and the king's army was frequently present, marching through. A small army of local people was defeated by John Dwnn near Dryslwyn in 1464. In 1462 Sir Richard Herbert of Raglan and Roger Vychan of Tretower, Breconshire besieged the castle of Carreg Cennen and, on its surrender, set about destroying the defences.

Owain Glyndwr campaigned down the Tywi valley in 1403, and the towns of Llandovery, Llandeilo and Carmarthen submitted to his rule mostly without a fight. He remained in power in Carmarthenshire until 1407, but it was not an easy rule and skirmishes were common.

Hundred Years War c. 1337 - 1453

During the Hundred Years War, between England and France, Welshmen were conscripted, and also joined for adventure and pay in the English

army, whilst others joined the French side, fighting on French soil, far from their native Carmarthenshire.

Battle of Llandeilo c. 1213

Late in January 1213, the army of Rhys and Owain ap Gruffydd set out from Brecknock, which was now in the kings hands, and encamped at Trallwng Elgan in Cantref mawr. From there they marched against Rhys Grug who was defeated in a field not far from Llandeilo.

(Source: RCHAMW, 2006)

Battle of Llandeilo c. 1282 and 1284

On June 16th 1282 the Welsh defeated an army led by Earl Gilbert of Gloucester near Llandeilo Fawr. Amongst the English knights who fell victim of this battle was the son and heir of William de Valence. In response to this, King Edward in 1284 fought and led a battle outside Llandeilo (said to be at Caledfwlch - known today as Cwmifor). The Welsh were defeated, and following the death of Llewellyn, Edward gained mastery of the Principality. (Source: RCHAMW, 2006)

Notes For A Teacher Led Educational Visit To Garn Goch

In July 2010 Dyfed Archaeological Trust worked alongside the Brecon Beacons National Park to create an educational day's visit to the Iron Age hillfort at Garn Goch. Below is an outline of the day's events, an event that can easily be replicated by your school.

The Battle For Garn Goch - Celts And Romans

Events of the school visit day:

- There will be 2 places for them to visit during the day.
- The theme for the day will be warring between the Romans and Celts.

1) The Village Hall at Bethlehem

Here, there will be an exhibition of the Romans and Celts with artefacts kindly lent by Cadw, Swansea Museum, Tywi a River Through Time and Dyfed Archaeological Trust. The children will have an opportunity to meet a Roman soldier and a person who lived on the Garn during the Celtic period. They will also try on clothes from the time, learn what life was like, play games and much much more!

This is also where all of the children will gather to eat their lunch.

2) Garn Goch

Here the children will have a guided walk around the Garn. They then will be divided into 2 groups of Romans and Celts in order to plan their battle strategies against each other. The children will not be physically fighting each other!!



School pupils on a tour around Garn Goch



Below is a copy of the safety information sent out to schools on the week preceding the visits. It can be referred to if you are planning a visit with your school. However, you are advised to make your own risk and safety assessment as Garn

Goch is subject to environmental changes.



Garn Goch Safety Information for Schools

| | |
|-------------------------|---|
| Safety Statement | <p>The Dyfed Archaeological Trust fully accepts its responsibility under Health and Safety Legislation. A Health and Safety Policy is in place together with written risk assessments undertaken in respect of our legal duties relating to persons other than employees (i.e. visitors) coming onto site and using the facilities.</p> <p>Please be assured that your safety and health whilst on our site is of utmost concern. We have worked closely with the Local Council and Health and Safety Executive regarding health and safety matters and want to ensure that your visit is a fun, enjoyable and learning experience.</p> <p>We operate a policy for staff recruitment, training and assessment, which ensures that all staff with a responsibility for the safety and welfare of visitors/schoolchildren are qualified to undertake the duties they are assigned.</p> <p>Schools are informed of the following details, which will aid the undertaking of your own school 'educational visit' risk assessment for the purpose of your visit.</p> |
|-------------------------|---|

| General Information | |
|---------------------------------------|---|
| Animal Fouling in Public Access areas | Dogs are allowed entry onto the site but must be kept on a lead. Owners must clean up any animal fouling. Assistance dogs are most welcome! |
| Communication Systems | All site staff carry mobile telephones. Signal reception at the hillfort is generally good. |
| Criminal History/Civil Actions | All reasonable measures are taken to ensure site staff who may be left alone with pupils have been subject to criminal history checks and full Criminal Records Bureau enhanced disclosures are in place for such staff |
| First Aid | There will be qualified first aiders on site. First aid kits will be on hand at the hillfort (in the visitors' tent) and at the village hall. |
| Schools | Your party will be met by a member of staff at your school who |

| | |
|--|---|
| Programme/Tour | will take you by minibus to the village hall at Bethlehem. |
| Activities | Every care is taken by activity leaders to ensure that pupils have an enjoyable experience during their visit. To this end it is important that children listen to instructions given by the venue staff and at least one member of the school staff/helpers must be in over all charge of each group . |
| Insurance (Public Liability) | We have a public liability insurance cover to at least £5 million. A copy of our insurance certificate is available, upon request, to visiting parties prior to their visit. |
| Lost Person Stations | The lost person station will be in the visitors' tent at the hillfort. |
| Medical Needs | The venue should be contacted by the school or party leader if any pupil is known to have any specific or serious medical condition/need. Discussion will be needed to consider emergency arrangements. We will, where it is safe to do so, aim to fully include pupils with specific or serious medical conditions within activities offered. |
| Harmful/Poisonous Plants/Fungi (<i>Mushrooms & toadstools</i>) | At certain times of the year some poisonous berries may be prevalent on trees and shrubs around the site. Schools should advise all children that berries should not be picked or eaten. Certain fungi (<i>mushrooms & toadstools</i>) are also known to grow periodically. Schools should advise all children that any fungi should not be picked or eaten. |
| Required Visitor Conduct | Visitors must not: <ul style="list-style-type: none"> • enter areas which are <u>not</u> open to the public • behave in an unruly manner • ignore the instructions of site staff PARTY LEADERS MUST NOT LEAVE CHILDREN UNSUPERVISED |
| Vehicle Traffic | Care must be taken when entering and exiting the mini buses on the roads. |
| Clothing | Appropriate outdoor clothing and footwear is recommended. In adverse weather waterproof jackets/coats and footwear (wellies) should be worn. Please note that appropriate sun screens are recommended for use particularly during long, hot summer days. |
| Weather Protection/Sun Safety/Heavy Rain | The visitors' tent at the hillfort can offer protection from the weather (adverse conditions or hot sunny days). Lunch will be eaten at the village hall. |

| | |
|--------------------|---|
| | Please be aware that all areas of the site become slippery during/after rainfall. Appropriate footwear and clothing should be worn and care taken when walking around the site. |
| Welfare Facilities | Toilet facilities are present at the village hall. Hand washing facilities are available at the village hall, and alcohol based hand cleansers will be available on the hillfort site. |

| Areas of Higher Risk | |
|--|---|
| Water Courses & Ponds | A pond within the hillfort is muddy and waterfilled. Care should be taken to stick to the paths and not to cross safety barriers should they be present. |
| Trees, shrubs and undergrowth | The hillfort site contains trees and areas of undergrowth. In areas of public access, low hanging branches on trees will be trimmed however care should still be taken when walking on the site and pathways of Garn Goch and Bethlehem. |
| Uneven ground | The ground surface of the hillfort is in places either rocky and stony or uneven with tussocky vegetation. Care must be taken when walking over uneven or rocky ground |
| Site Inspections of Venue Facilities/Areas | DAT and Brecon Beacons National Parks staff will conduct health and safety inspections of the site and facilities and an internal reporting mechanism is in place for any safety hazards. |

| | |
|---|--|
| Other Relevant Information (including items not covered above (including general hazards) or where details of any of the above specifications cannot be met) | |
| | |
| Signed | |
| Date | |
| Name | |
| Position | |
| Telephone No. | |
| E-mail address | |

School Visit To Garn Goch

The day began at the village hall in Bethlehem where there were dressing up clothes borrowed from Tywi, A River through Time. These are available for schools to borrow too. (Contact details can be found here: <http://www.tywiariverthroughtime.org.uk/english/contact/pages/default.aspx>).



Hazel Williams helping a pupil into Celtic costume



School pupils taking part in face painting on the Garn and pottery making in Bethlehem Village Hall





They then played with games such as 9 Men's Morris, wrote in beeswax tablets, created mosaic pictures from laminated coloured pieces of card and made iron age style clay pots. They also had their faces painted with

blue face paints in the Celtic style and were told the story of Caractacus by a volunteer storyteller.

They were also given a taste of Roman occupied Llandeilo by being welcomed and instructed by members of the Dyfed Archaeological Trust and Brecon Beacons National Park dressed in authentic clothing. They also had a chance to examine our Roman and Celtic artefact collection and see large posters of both Celtic and Roman weapons and clothing.



Of course, for the purpose of a teacher led visit in the future, the above ideas for pre visit activities would be carried out in the classroom.

After the children had had a chance to research the Romans and Celts in Bethlehem Hall, they were taken on a guided walk across the Garn to physically research the area.

At the end of the walk we had erected 2 tents at the base of Garn Goch in preparation for the children to be divided into 2 groups to plan their battle for the Garn. In one tent the Romans would plan their attack and in the other the Celts planned their defence using all the information that they had gathered during the day.

We had prepared worksheets specifically for this exercise.

They were given :

- 1) The Roman or Celtic Battle plan.
- 2) A reconstruction drawing of a section of the Iron Age Fort at Garn Goch.
- 3) An A3 copy Ordnance Survey map of the area.
- 4) Small laminated pictures of Celtic and Roman people, weapons and round houses. These would be blu tacked onto the map or an A3 copy of the reconstruction drawing as a visual aid to explain their battle plan.

After long discussion of battle tactics, the children decided on a plan that would guarantee them success. They presented their ideas to each other at the end of the exercise. It was a surprise to all of us how blood thirsty children can be!!!!



Pupils of Llangadog School discussing their battle plans



Notes for the walk across Garn Goch
The Celts

Llandeilo itself appears to have had no settlement before the Romans came here, however Garn Goch was a major fortified settlement going back to Neolithic times.



Garn Goch is an Iron Age fort with Bronze Age origins just above the little village of Bethlehem, between Llandeilo and Llangadog. As well as offering a glimpse into the past of this little corner of Wales and the Tywi valley, it offers, too, a splendid view of the surrounding countryside for miles around. (Garn Goch takes its name of Red Hill from the colour of the bracken in the autumn.)

National Grid Reference:

SN 690 242.

Elevation:

236 m (773 ft), 206 m (675 ft) above the River Towy.

Area of Common:

97 hectares (240 acres) approximately.

Area of main Camp:

(Y-Gaer Fawr): 11.7 hectares (29 acres)

Alignment of Camp:

North-east to south-west.

Features of camp:

1. Stone ramparts.
2. Main cairn.
3. Main entrance in north-east wall.
4. Best preserved sallyport (back door exit) in south-eastern wall.
5. Hut sites on Iron Age building site.
6. Enclosures below camp south-eastern side.
6. Pond.

Date of construction of main camp in its present form: between AD 47-78.

The three campsites were probably occupied as defensive positions and settlement sites in the early Bronze Age, 2000-1400 BC. In the Iron Age, (500 BC to the Roman period), the fortifications became more extensive and sophisticated with increased tribal unrest and warfare among the westward-moving Celts and the descendants of the Bronze Age 'Beaker' people. The Celts with their warrior cult and their iron weapons, chariots and mounted horsemen, were a vigorous and rapidly expanding group of peoples who brought their own distinctive culture to the British Isles.

The *Garn Goch* dominates the boundary between the Dematae and Silures tribal areas. The Silures occupied, at the time of the Roman invasion, the whole of South-Wales from the Severn to the Towy. The Dematae held domain over south-west Wales (west Carmarthenshire and Pembrokeshire). To the north of both areas the main, and possibly more numerous, tribes were Ordovices. (Some historians state that it was actually the Ordovices who lived at the *Garn*.) The Silures were the most aggressive tribe and gave the Roman invaders the most trouble to subdue. There is some evidence that the Dematae were willing to submit to the Roman yoke and ally themselves against their old enemies the Silures.

Soon after the Roman invasion in AD 43 and the Roman thrusts into Wales across the Severn in AD 47, *Garn Goch* was probably rebuilt and strengthened to meet any threat from the Towy Estuary and westwards, also, from the Romans striking down from the north through the comparatively open countryside and easy going terrain of the Black Mountain.

We know the names of two Romans and one Celt who probably walked within these walls and they are:

Military Governors of Roman Britain:

Ostorius Scapula AD 47-52 who campaigned in south Wales against the Silures during this tenure.

Sextus Julius Frontinus AD 74-75 who finally subjugated the Silures.

The Celt:

Caractacus (son of Cunobellinus, British King) AD 41-51 who gallantly resisted the Roman invasion of AD 43 and was finally captured by Ostorius Scapula in AD 51. Caractacus was pardoned and honoured by Claudius in Rome.

Caractacus is the Roman form of the native Welsh name Caradog, a name still found in Wales today. Cunobellinus - pronounced 'Kew-no-bell-eye-nus' - is better known to us today as Cymbeline from the play of that name by William Shakespeare.

Garn Goch Archaeological Description

It is impressively located on a hilltop whose presence dominates the surrounding countryside. This choice location at 700 feet above sea level (213m) offers the visitor today not just an opportunity to walk around and explore the remains of the hill fort with its massive stone defences, but to partake of the excellent panorama. The twenty-eight acres of land on which it stands was purchased by the Brecon Beacons National Park authority in the 1980s. Garn Goch translates as the red cairn. The reference to a cairn almost certainly refers to a large prominent burial mound within the main enclosure. Some writers have speculated that the red may refer to the colour of the surrounding bracken in autumn and winter.

Hill forts may be constructed differently, depending on the materials that are available. Garn Goch is the finest example of a hill fort with extensive stone wall ramparts. In Garn Goch construction follows the contours of the hill on which it is built and this, of course, enhances the protection offered by the ramparts. The stone ramparts are extensive and exposed. As a result of the ravages of over 2000 years of weather they now consist of loose fallen stones. Impressive as it is today, at the time of completion in prehistoric Wales Garn Goch must have been a sight - and a site - to behold, and unequalled anywhere in the area.

There are actually two hill forts at this location, known appropriately as *Y Gaer Fach* (the small fort) and *Y Gaer Fawr* (the large fort). They occupy two separate summits on the same long ridge and the geographical description implicit in their name allows you to easily identify which is which.

Y Gaer Fach (SN 685242) is the smaller of the two hill forts and is generally in a more dilapidated condition. There are several places along the perimeter of the hill fort where stones that formed the original ramparts appear to be missing. It is not clear whether the stones have been removed at some stage, or whether this is an indication that this small fort was never completed. On the eastern side of the fort, a long track formed by walls that have collapsed appears to indicate an entrance of some kind. This entrance faces the direction of the larger hill fort.

Y Gaer Fawr (SN 690242) is by far the larger of the two hill forts enclosing an area of 11.2 hectares.

Access

Make your way to the hamlet of Bethlehem, three to four miles outside the small town of Llangadog. The name of the hamlet is derived from Bethlehem nonconformist chapel. The hamlet is of particular interest to stamp collectors and others at Christmas time because the small post office sells first daily covers, and their Christmas post is franked with the name Bethlehem. It is the closest community to the iron age hill fort at Carn Goch.

Just outside Bethlehem a narrow single-track road, steep in places, and inaccessible to coaches larger than a minibus, traverses for approximately 1 1/2 miles, until reaching a small area of grassy bank near the entrance to *Crug Glas* farm. There is very limited parking for vehicles at this point. From that point a steep rough track can be followed until it brings you to the first of the stone ramparts. Exploring the large area covered by this hill fort is quite challenging. The ground is very rough underfoot and the ramparts now consist of loose stones which constantly move under your feet and considerable care needs to be taken.

Iron Age hill-forts or fortified settlements

The Brecon Beacons National Park is rich in archaeological remains not least of which are the prehistoric settlements usually referred to as hill forts which are found at high level throughout National Park. These hill

forts are more properly described as fortified settlements which were built by the Celtic tribes of the iron age. Extended families and their animals would have lived in these fortified settlements. In the daytime the animals would be outside grazing on the rich upland pasture, while the more sheltered land would be cultivated. The castles built in Wales at a later date by Norman gentry were intended to control the surrounding area. It seems more likely that the hill forts or fortified settlements had more in common with a fortified house of Tudor times. This would suggest that they were occupied on a more or less permanent basis. Many would have represented the form of an extended family, whereas some of the larger hill forts may well have become centres of trading, possibly offering specialist services such as metalworking or may even have had a political function. The construction of very large hill forts such as Garn Goch suggests a level of manpower and co-operation that far exceeds the resources of a single family.

One feature that is not from the Iron Age is the Gwynfor Evans memorial stone. No information on HER, not marked on maps. Information on the erection of the stone found in web discussion boards:

*Rally to Unveil Gwynfor Memorial - COFIO 66 Rally
Gwynfor dedicated his life to his country's cause, to strengthen awareness of Wales as a nation and deepen Welsh people's desire to learn more of their own history and culture. His greatest desire was to see the people of Wales living confidently as a nation and taking responsibility for their own future so that Wales can fulfil her potential and make the greatest possible contribution on the world stage.*

Living nearby Gwynfor would often climb Garn Goch seeking peace and inspiration. He requested his family to scatter his ashes on the Garn Goch.

The huge stone, weighing 7.5 tons, was quarried in Llandybie. Gwynfor's name has been carved by the renowned artist Ieuan Rees who has been responsible for a number of memorials to historical Welsh figures. Ieuan Rees is regarded as one of Britain's most versatile artists/craftsmen in the field of lettering, letter carving, calligraphy, heraldry and graphic communication.

From: <http://www.urban75.net/vbulletin/showthread.php?t=168616>

Background Information for the History of the Romans

Llandeilo's Roman Fort

In 2003 an exciting find was made in the grounds of Dinefwr Park which may in time eclipse even the Medieval castle in importance. It has long been known there was a Roman fort somewhere in Llandeilo: the question about its existence has not been if but where. The Romans built forts every fifteen miles or so to enable their troops to be deployed swiftly in case of local disturbances. There is a Roman fort in Llandovery and another one thirty miles west at Carmarthen, so there had to be one in Llandeilo, equidistant from both. It had been thought that Llandeilo's fort would be nearer the river Towy, but four dinari (Roman coins) found in a field on the Dinefwr Estate shifted the search further inland from the river bank.

Gwilym Hughes of the Cambria Archaeology Trust, the body responsible for the archaeological heritage of West Wales, writes in the Summer 2003 edition of their newsletter, *Cambria Archaeology*:

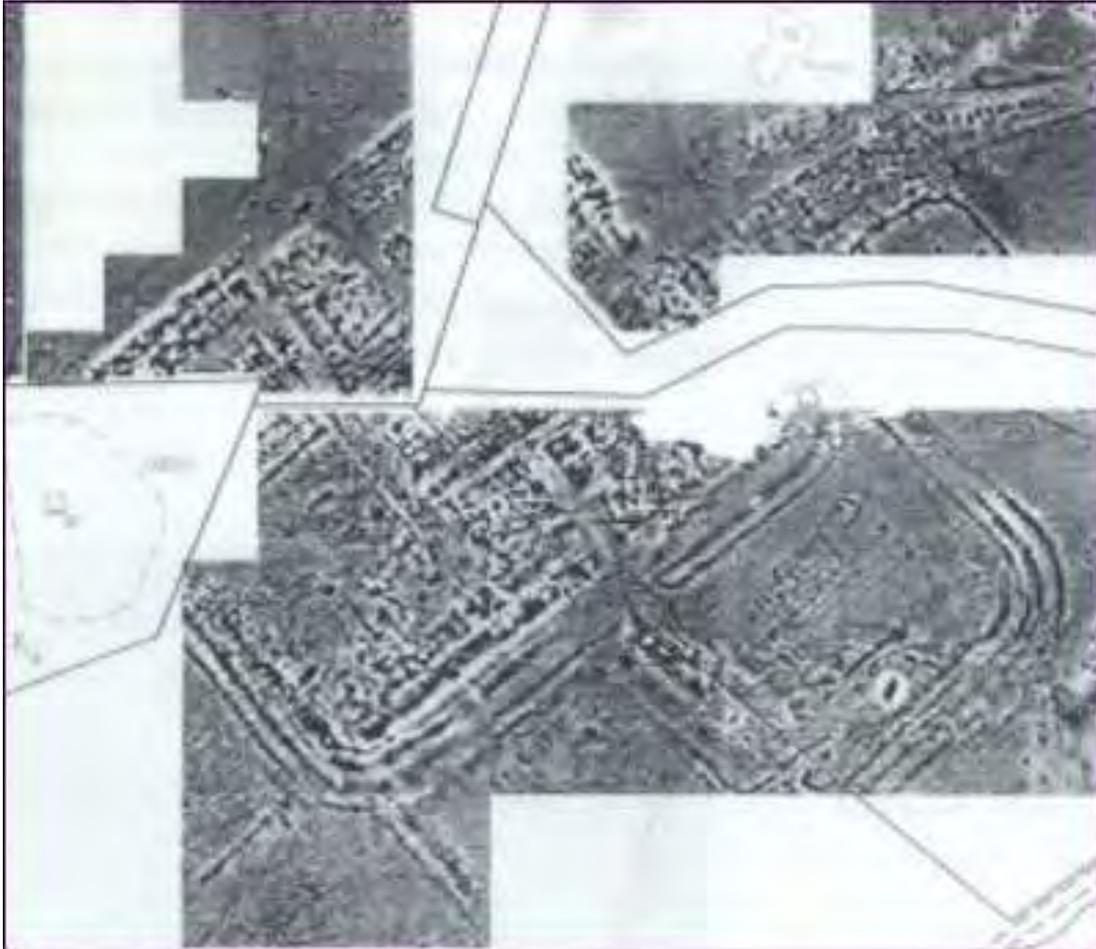
"During an archaeological survey commissioned by the National Trust of their estate at Dinefwr Park Llandeilo, the exciting discovery of a Roman military fort was made by Stratascan, a geophysical survey team used by Cambria to assist in the survey. This work has been supported by the Heritage Lottery Fund.

A geophysical survey produces a radar-like picture of features beneath the ground surface. What is even more exciting about the Llandeilo find is that there appear to be two forts on the same site, as well as a civilian settlement and other related features, including a Roman Road and a possible Roman bathhouse site. It is thought likely that the first fort dates to about AD 74, the time of the Roman conquest of Wales. [The Romans landed in Britain near Dover in AD 43, so they had reached Llandeilo in just 30 years]

It has a possible area of 3.9 hectares, which would make it one of the largest Roman campaign forts in Wales and may have housed a Roman legionary detachment. A second, smaller fort seems to have been built on the same site after the conquest and a small settlement grew outside its gates. The shadow of the first fort can be seen in the lower half of the

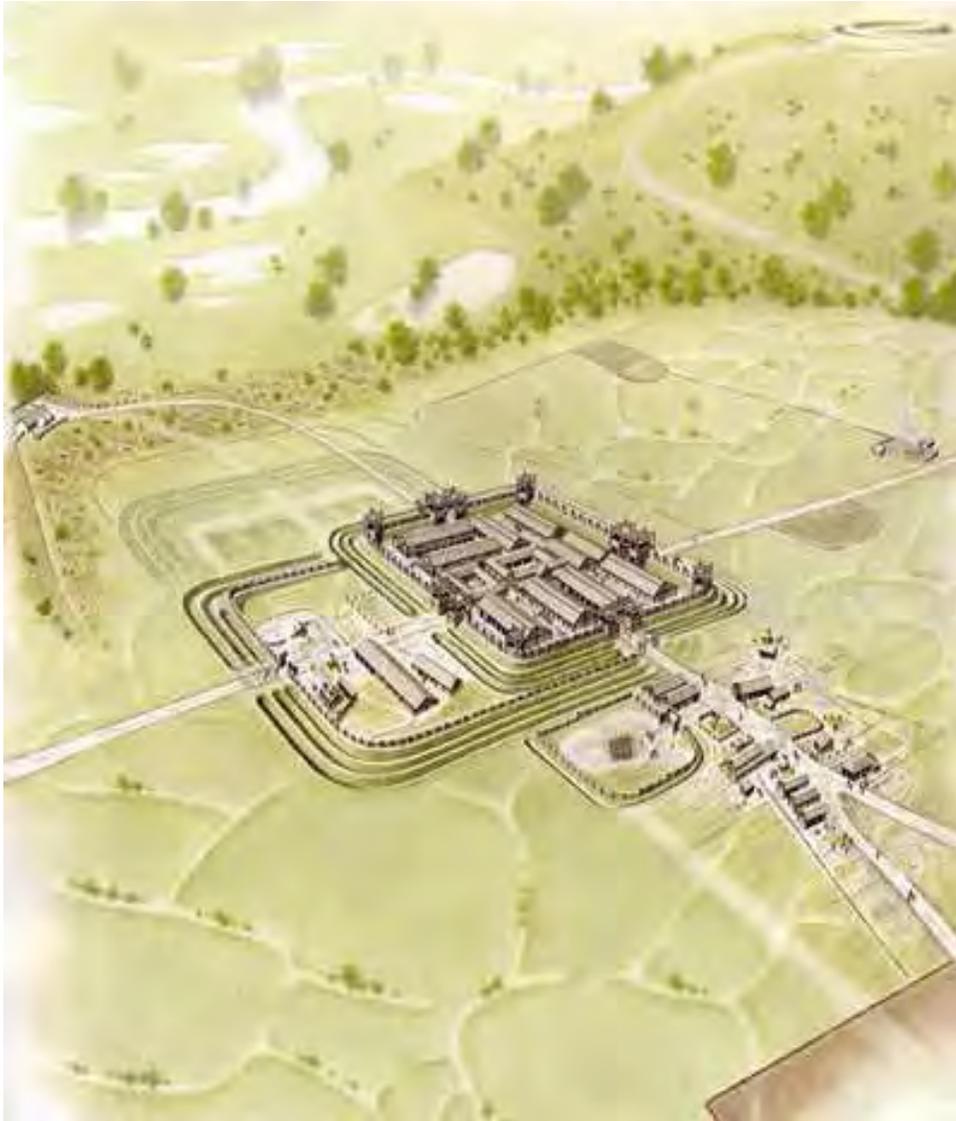
image produced by the geophysical survey (below). The settlement outside the gates can also be seen in the upper right-hand quarter of the image."

An idea of what the fort might have looked like can be seen in the geophysical survey and an artist's impression below.



2003 Geophysics of Llandeilo's Roman Fort.

The curved and other lines are the various perimeter ditches and wall bases just under the field's surface. The shadow of the two forts can be seen in the lower part of the image produced by the geophysical survey. The settlement outside the gates can also be seen in the upper right-hand quarter of the image. The white areas in the image are parts the surveyors couldn't access. (Geophysics map from the Cambria Archaeology newsletter, No 2, Summer 2003.)



Above: Painting by Neil Ludlow of what the second fort may have looked like around 100AD (Drawing: Dyfed Archaeological Trust)

Below: A complete funeral urn, dated to the early second century AD, unearthed during the summer 2005 archaeological dig (photo: Dyfed Archaeological Trust).



From June to July 2005 a three week archaeological dig of the Roman fort was undertaken as part of Channel 4's 'Big Roman Dig' TV project. On the first day a first century AD funeral urn was discovered (see photo left).

The dig also confirmed the findings of the geophysical survey that there were two overlapping forts plus a vicus, or civilian settlement, dated from 75 AD to 120 AD.

The Celts:-

Babies = 15
Children 4-10 years old = 25
Children 11-16 yrs old = 26 (13 boys 13 girls)
The Youth 17-28 yrs old = 24 (15 boys + 9 girls)
People 29-40 yrs old = 20 (12 men 8 women)
Women 41-55 yrs old = 10
Men 41-55 yrs old = 8
Old women over 55 yrs old = 11
Old men over 55 yrs old = 6
Total = 145

Strengths:-

- They live in a fort that is difficult to attack because it's on high ground.
- They have plenty of water in the well.
- They have enough food for 3 months.
- There are ditches around the fort as well as high stone walls.
- They are fearless fighters. The women take part in battle too.

Weapons:-

- Sword
- Axe
- Long and short javelins and spears
- Shield
- Sling
- Large and small stones



Notes:-

Weaknesses:-

- They don't work as a team and often quarrel and fall out during battle.
- Many of the tribe are too young or too weak to fight.
- Their weapons are not as powerful as the Romans'
- The men often fight naked—no clothes!
- There aren't as many of them as there are Roman soldiers.

Battle Plan:-

ROMAN RECIPES

The following recipes are taken from:
MARCUS GAVIUS APICIUS: DE RE COQUINARIA
Roman Cook Book and the BBC History website.

FOR THE ORDINARY ROMAN, FOOD WAS BASIC. THE STAPLE DIET
OF
THE VAST MAJORITY OF ROME AND IT'S EMPIRE CONSISTED
MOSTLY

of a wheat porridge, seasoned with herbs or on occasion,
meat if available.

Some of the staple cooking ingredients of Ancient Rome are
listed below. They may seem strange, but were included
a great deal in the daily cooking routine of many - much like
the condiments and sauces that we use today in our cooking:

Liquamen.

A salty fish sauce made from fermented fish.

Passum

*A very sweet wine sauce, made by boiling grapes or wine to a
thick liquid and then adding honey to it.*

Poleiminze

A variety of mint growing in Southern Europe.

Satureia Hortensis (Summer Savory).

*A violet or white flowered plant which grows mainly in
Southern Europe. It's used as a spice, especially for bean
dishes.*

Silphium (Asafoetida).

*A plant used to flavour food. It is so pungent in its raw form
that it needs to be kept separate from all other food. It
mellows as it is heated and has an onion/garlic taste.*

Used sparingly!

PEAR PATINA

1½ lb firm pears.
10fl oz red wine.
2 oz raisins.
4 oz honey.
1 tsp ground cumin.
1 tbsp olive oil.
2 tbsp fish sauce.
4 eggs.
freshly ground black pepper.

Peel and core the pears and cook in the wine, honey and raisins until tender.

Strain and process the fruit and return to the cooking liquor.

Add the cumin, oil and fish sauce and the eggs well beaten.

Pour into a greased shallow dish and bake in a preheated oven (375° F) for 20 minutes or until set.

(Serves 4)

LIBUM

20 oz ricotta cheese.
2 eggs.
5 oz plain flour.
runny honey.
handful of bay-leaves.

Beat the cheese with the egg and add the sieved flour very slowly and gently. Flour your hands and pat mixture into a cake-shape and place it on a bay leaf on a baking tray.

Place in moderate oven (400°F) until set and slightly risen.

Place the cake on serving plate and score the top with a cross.

Pour plenty of runny honey over the cross and serve immediately.

(Serves 4)

IN OVIS APALIS

(Boiled Eggs)

8 hard boiled eggs (not too well done).
50g pine kernels (or pine nuts as an alternative).
honey.
vinegar.
Handful of lovage.
Salt and pepper to taste.

For the dressing for boiled eggs; mix together the pepper, lovage and the pine kernels, grind slightly. Add the honey and vinegar and season with Liguamen.

Serve together with the eggs.

(Serves 4)

OVA SFONGIA EX LACTE

(Pancakes with Milk)

8 eggs.
600ml milk.
100ml olive oil.
a little honeycomb.
a little ground pepper.

Form the pancake mix by beating together the eggs, milk and oil into a smooth paste.

Heat a pan, add a knob of butter and pour in enough of the mix until you can cover the entire base of the pan.

Fry for about 20seconds on each side and serve with honeycomb and a twist of black pepper.

(Makes 4-6)

ISICIA OMENTATA

(a kind of Roman Burger)

500g minced meat.
1 French roll, soaked in white wine (crumbed).
1/2 tsp freshly ground pepper.
50ml Liquamen (can be replaced by 1/2 tsp salt).
pine kernels and green peppercorns, crushed.
a little Caroenum.

Mix the minced meat with the soaked French roll,

Grind the pine and green peppercorns until smooth and add
to the meat.

Form small burgers and grill for about 10-15 minutes, splashed
with Caroenum.

Serve with Liquamen.

PEPONES ET MELONES

(Water and Honey Melons)

1/2 honey melon, peeled, diced and stoned.

1/2 water melon peeled, diced and stoned.

500ml passum

a little honey

1 tbsp minced parsley

1/2 tsp freshly ground pepper

a little Liguamen, or a dash of salt

poleiminze, chopped.

fennel, chopped.

Gently heat the diced melons in a pan for a couple of minutes.

If a little dry add a tbsp of water.

Add the spices and herbs and stir well.

Remove from the heat and stir in the Liguamen and honey,
coating the mixture.

Add the Poleiminze and Fennel to taste.

(Serves 4-6)

STUFFED KIDNEYS

8 lambs kidneys.
2 heaped tsp fennel seed (dry roasted).
1 heaped tsp whole pepper corns.
4 oz pine nuts.
1 large handful fresh coriander.
2 tbsp olive oil.
2 tbsp fish sauce.
4 oz large sausage skins.

Skin the kidney, split in half and remove the fat and fibres.

In a mortar, pound the fennel seed with the pepper to a coarse powder.
Add this to a food processor with the pine nuts.

Add the washed and chopped coriander and process to a smooth consistency.

Divide the mixture into 8 and place in the centre of each kidney and close them up. Stuff the kidney inside the sausage skins.

Heat the oil and seal the kidneys in a frying pan. Transfer to an oven dish and add the fish sauce.

Finish cooking in a medium oven. Serve as a starter or light snack with crusty bread and a little of the juice.

(Serves 4)



Chwilota'r Tywi! Exploration Tywi!

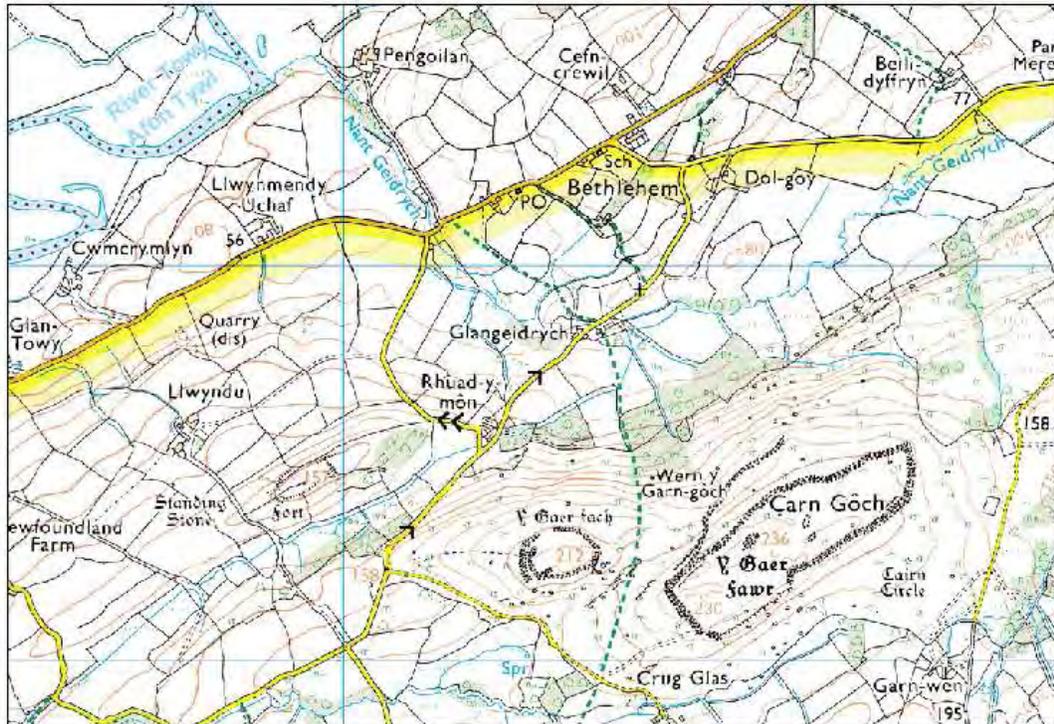


Cwis Garn Goch Garn Goch quiz

| | | |
|---|--|--|
| 1 | <p>Roedd y Rhufeiniaid yn galw'r llwyth lleol Yr Ordovicians. Beth yw ystyr yr enw yng Nghymraeg?</p> <p>The Romans called the local tribe the Ordovicians. What does this mean in English?</p> | |
| 2 | <p>Pwy oedd y Daearegydd o Oes Victoria wnaeth enwi'r creigiau ar ôl enw'r llwyth oedd yn byw yma?</p> <p>Who was the Victorian geologist who named the rocks after the name of the tribe that lived here?</p> | |
| 3 | <p>Mae cofeb garreg fawr wedi ei chysegru i'r Gwleidydd Gwynfor Evans, oedd yn byw ym Methlehem. Beth oedd ei oed pan fu farw? Chwiliwch am farc y ddraig!</p> <p>A great stone monument is dedicated to the Politician Gwynfor Evans, who lived in Bethlehem. How old was he when he died? Search for the mark of the dragon!</p> | |

4 Edrychwch ar y map - beth yw enw'r afon yn y dyffryn a welwch chi o'r Garn?

Look at the map - what is the name of the river in the valley that you can see from the Garn?



5 Sawl amddiffynfa sy' ar ben y bryn a beth yw eu henwau?

How many forts are there on the hilltop and what are their names?

6

Mae beddrod mawr ar y pwynt uchela' o'r bryngaer. Ydych chi'n gallu ei ffeindio ac arlunio llun ohono fe? I ddangos ei faint, rhowch eich hunan yn y llun hefyd.

A great tomb lies on the highest point of the hillfort. Can you find it and draw a picture of it? To show how big it is, put yourself in the picture too.

7

Pa fath o anifail, pan yn cael ei hela gyda gwaywffyn, oedd yn ffordd i ryfelwyr Celtaidd profi eu dewrder? Ydych chi wedi profi eich dewrder chi?

What kind of an animal, when hunted with spears, was a way for Celtic warriors to prove their bravery? Have you proved yours?

8 Edrychwch ar y ddau lun yma o Garn Goch, welwch chi beth sy'n wahanol? Look at these two pictures of Garn Goch, can you spot the differences?

