Works Cited – working:

- 1. Adamson, Melitta Weiss. Food in medieval times. Greenwood Press, 2004.
- 2. Black, Maggie. *The medieval cookbook*. British Museum Press, 2012.
- 3. Brown, Michèle. *Eating like a king: a history of royal recipes*. Tempus, 2006.
- 4. Cosman, Madeleine Pelner. *Fabulous feasts: medieval cookery and cermony*. George Braziller, 1998.
- 5. Davidson, Alan, and Tom Jaine. *The Oxford companion to food*. Oxford University Press, 2014.
- 6. Eales's, Mary. *Mrs Mary Eales's Receipts*. Project Gutenberg, 2007.
- 7. Fisher, John. "The Welsh Calendar : the festivals philologically and historically treated, with an account of the GWYL Mabsant or patronal festival ." *HathiTrust Digital Library | Millions of books online*, www.hathitrust.org/.
- 8. Frantzen, Allen J. Food, eating and identity in early Medieval England. The Boydell Press, 2014.
- 9. Freeman, Bobby, and Bobby Freeman. *Traditional food from Wales*. Hippocrene Books, 1997.
- 10. Fulcher, Nic, and Sharon Lippett. *The Tudor Kitchen: Recipes from Mary Arden's Farmhouse Kitchen*. The Shakespeare Birthplace Trust and Jigsaw Design, 2015.
- 11. Greco, Gina L, and Christine M Rose. *The Good Wife's Guide: Le Menagier de Paris, A Medieval Household Book*. Cornell University Press, 2009.
- 12. Grewe, Rudolf, and Constance B. Hieatt. "*Libellus de arte coquinaria*": *an early northern cookery book*. Arizona Center for Medieval and Renaissance Studies, 2001.
- 13. Harrison, Molly. *The kitchen in history*. Osprey, 1972.
- 14. Hieatt, Constance B. *The culinary recipes of Medieval England: an epitome of recipes from extant medieval English culinary manuscripts*. Prospect Books, 2013.
- 15. Hieatt, Constance B., and Sharon Butler. *Curye on Inglysch*. Early English Text Society, 1985.
- 16. Hieatt, Constance B., et al. *Pleyn delit: medieval cookery for modern cooks*. Univ. of Toronto Press, 2004.
- 17. Hunter, Jane McMorland, and Sue Dunster. *Quinces: growing & cooking*. Prospect Books, 2014.
- 18. Johnson, Ben. "The National Eisteddfod." *Historic UK*, www.historic-uk.com/.
- 19. Kightly, Charles, and David M. Robinson. *A mirror of medieval Wales: Gerald of Wales and his journey of 1188*. Cadw, 1988.
- 20. Klemetillä, Hannele. The medieval kitchen: a social history with recipes. Reaktion, 2012.
- 21. LLOYD, JOHN EDWARD. *HISTORY OF WALES,: from the earliest times to the edwardian conquest.* Vol. 1, FORGOTTEN BOOKS, 2016.
- 22. LLOYD, JOHN EDWARD. *HISTORY OF WALES,: from the earliest times to the edwardian conquest.* Vol. 2, FORGOTTEN BOOKS, 2016.
- 23. Martino, Maestro, et al. *The art of cooking: the first modern cookery book*. University of California Press, 2005.
- 24. May, Robert. The Accomplisht Cook: or The Art and Mystery of Cookery. Valur Talon Press, 2016.
- 25. Morris, Robert. *The book of pottage and broth, 1580-1660*. Stuart Press, 2006.
- 26. Owen, Trefor M. *The customs and traditions of Wales*. University of Wales Press, 2016.

A Welsh Feast Day and Eisteddfod

Ffesty pen – The End of Harvest Feast

Food and custom in Wales from the 13th century to the 15th century

- 27. Peachey, Stuart. The Book of Breads 1580 1660. Stuart Press, 1996.
- 28. Peate, lorwerth C. Tradition and folk life: A Welsh view. Faber and Faber, 1972.
- 29. Peate, Iorwerth C. *The Welsh house: a study in folk culture*. H. Evans and Sons, 1946.
- 30. Pegge, Samuel. The Forme of Cury. Project Gutenberg, 2015.
- 31. Richards, Melville. The laws of Hywel Dda. Liverpool U.P., 1954.
- 32. Roberts, Enid, and Enid Roberts. Food of the bards, 1350-1650. Image, 1982.
- 33. Rohr, Christian. "Feast and daily Life in the Middle Ages." *University of salzburg*, 25 Oct. 2002, www.sbg.ac.at/ges/people/rohr/nsk2002.htm.
- 34. Scully, Terence Peter. *Neapolitan recipe collection: cuoco napoletano*. Univ Of Michigan Press, 2015.
- 35. Scully, Terence. *The Viandier of Taillevent: an edition of all extant manuscripts*. University of Ottawa Press, 1988.
- 36. Sim, Alison. *The Tudor housewife*. The History Press, 2014.
- 37. Sonnenfeld, Albert, et al. *Food: a culinary history*. Columbia University Press, 2013.
- 38. Spurling, Hilary. *Elinor Fettiplace's Receipt Book: Elizabethan Country House Cooking*. Viking, 1986.
- 39. Tibbott, S. Minwel. *Welsh fare: a selection of traditional recipes*. Welsh Folk Museum, 1979.
- 40. Wales, Giraldus Cambrensis Gerald of. *The journey through Wales: The description of Wales*. Penguin Books, 1978.
- 41. Walker, David. Medieval Wales. Cambridge University Press, 1990.
- 42. Woolgar, C. M. *The culture of food in England, 1200-1500*. Yale University Press, 2016.
- 43. Yates, Annette, and Craig Robertson. Welsh heritage food and cooking. Lorenz Books, 2006.