

## A Short History of Mead

Mead is humankind's oldest fermented beverage (from before 8,000BC, possibly as far back as 30,000BC which means Neandertal man could have enjoyed a cup of mead before disappearing about 23,000BC). Mead is found on every continent except Antarctica. It originated independently in diverse cultures including Egyptian, Celtic, Indian, African and Scandinavian. The word "medicine" is derived from "metheglin" (pronounced muh-theg'-lin), the name for herb-infused mead.

Mead was the only wine of northern Europe until grape wines became available about 6,000 years ago. Cheap imports of sugar after the discovery of the Americas in 1492 resulted in mead becoming increasingly expensive until finally it was available only to the very wealthy and was virtually forgotten by the common folk.

What most impressed us, however, were persistent references to mead in the ancient mythologies, which lead to the dawning realization that mead is a long-forgotten central element of humankind's earliest spiritual awareness, commemorated in rituals of celebration and remembrance that in modern times are presented as little-understood rote performances.

The traditional drinking vessel for mead is called a mazer and was generally bowl- shape, made of wood, often with silver inlay.

## Honeymoon and Mead

The term "Honeymoon" refers to the ancient practice of giving the newlyweds a moon's worth of honey or a month's worth of mead. This was to give the newlyweds a fruitful beginning to their union. Mead makes a fabulous wedding gift, as well as a wonderfully romantic addition.

*"A drink I took of the magick mead....  
Then began I to know and to be wise,  
To grow and to weave poems."*

*(Odin, from the Norse Saga Runahal) 1200AD*

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## MIDDLE MOUNTAIN MEAD

HORNBY ISLAND • BRITISH COLUMBIA • CANADA

Middle Mountain Mead is an artisan honey winery combining the best of ancient and modern techniques to create small lots of premium handcrafted mead. As well as being a superb wine, mead has been central to rituals of celebration and remembrance down through the ages.

Our mead is available at our meadery tasting room, local specialty wine stores, and through our web site.

**Middle Mountain Mead**

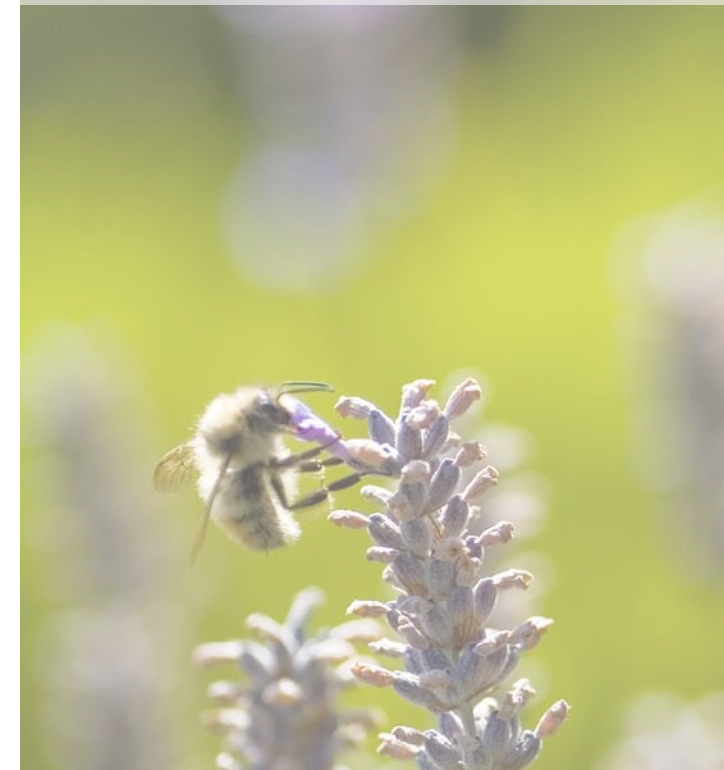
**Hornby Island, B.C.**

**250.335.1397**

**[middlemountainmead.com](http://middlemountainmead.com)**

## MIDDLE MOUNTAIN MEAD

HORNBY ISLAND • BRITISH COLUMBIA • CANADA



### **We offer complimentary tastings:**

Starting the May 24th long weekend

We are open weekends Sat-Sun 1-4.

For July and August We are open

Wednesday to Sunday, 1-5 pm.

Labour day to Thanksgiving weekend

We are open Sat-Sun 1-4.

During the winter months

**Please contact us for an appointment.**

**Call 250.335.1392**

3505 Euston Rd. Hornby Island BC

**[middlemountainmead.com](http://middlemountainmead.com)**

## **The Wines of Middle Mountain Mead**

### **Cyser** dry, 750ml

Cyser is traditional mead made with apples. Ours is intensely complex with the rich flavor of organic, heritage apples and intriguing sage overtones. Dark amber in colour, this wonderfully smooth mead will enchant you.

### **Green Tea Elixir** dry, 750ml

Finally, a wine that's perfect with Asian food! This mead is made with ginger, a blend of Sencha and Jasmine teas and B.C. ginseng. Last but not least, it has been infused with nettles and has a lovely pale green colour! Heat it like sake or drink it at room temperature. Who knew a wine could taste like this!

### **Cranberry-Red Currant** dry, 750ml

Smooth, dry and full of flavor... It has been the summer drink of choice and is wonderful served over ice with a splash of soda.

### **Olde Meade** off-dry, 750ml

This sublime wine is the perfect way to enjoy the delicious subtleties of fermented honey. Lightly oaked, and finished with a hint of fresh elderflowers, this mead will entice...

### **The Mead of Inspiration** off-dry, 750ml

Inspired by the bounty of our little farm and mother nature, this wine is very unusual and delicious. With many different fruits and herbs in the mix, the flavour is complex, exotic and a little bit mystical. This mead is all about ancient history, mythology and magic.

### **Alpenglow** semi-sweet, 750ml

Alpenglow is richly aromatic, spiced with cinnamon, nutmeg, and cloves. Serve hot in winter time or ice cold in summer. We blended this wine to be the perfect apres-ski drink.

### **Black Mead** semi-sweet, 750ml

Black currants were used in historic times to create "Black Mead". Our Black Mead, made with our farm grown, organic currants, is richly complex with a delicious flavour profile. Try this wine with a spicy curry.

### **Lavender Cranberry Mead**

semi-sweet, 375ml

This is special mead with a lovely lavender bouquet. Herbs play a strong role in this mead, giving it truly ethereal flavours. Try sipping this wine and let the magically relaxing effects of lavender take hold. It was voted one of the top 101 things to Eat and Drink in the 2009 Vancouver Magazine edition!

### **Wild Harvest** sweet, 375ml

A port-style dessert wine, with richly sensuous flavours and gorgeous colour. With its blend of salal berry, oregon grape and blackberry, this wine is truly representative of the West Coast.

### **Plum Rhubarb** sweet, 375ml

A dessert wine, with the luscious taste of plum and rhubarb. This wine is a favourite with our tasting panels and is reminiscent of a light sherry. It perfectly complements any dessert, or can replace it altogether!

### **Rosemeade** sweetest, 375ml

This phenomenal wine can compete with the finest ice wine in favour. Each season we harvest pounds and pounds of rose petals. These we add to a small barrel of rosemeade, quietly biding its time in a corner - ultimately to become something above and beyond!

### **Magick Mead** semi-sweet, 3 liters

Magick Mead is a fortified (20% alcohol) mead that has been designed to blend with bubbly water. One box holds 48 servings of delicious herbal bliss! Lavender, lemon and a bevy of mysterious herbs and botanicals create a truly outstanding, natural refreshing drink that will put ciders, coolers and even beer to shame...

## **What is mead?**

Mead is wine made from honey and water, optionally flavoured with herbs, spices, teas, and other botanical elements.

Most of the fruits and herbs are grown on our farm or come from local farms. We use organic farming practices and make efforts to use only pure and natural ingredients in our meads. We use a variety of wild honeys including fireweed, salal and clover.

Mead is very smooth in flavour, being naturally low in tannins and astringency. This makes it very versatile for food pairings. Try it with any Asian, Indian, spicy, or hot food. It's delicious with desserts or as an aperitif. Finally, mead makes wonderful mixed drinks and works very well in spritzers.