

## What is Mead?

Mead has possibly been around for over ten thousand years as anthropologists and food historians tend to feel that the earliest mead production was around 8000 BC. [Ken Schramm, *The Compleat Meadmaker*, pg 7] It is a beverage that conjures up many images. It has been associated with Druids, Vikings, and Celts. It has been said to be the drink of the gods on Olympus. It has played a role in the writings of the Irish bards, the Icelandic sagas and in Beowulf. It has even brought up romantic images in the myth of the Honeymoon. All of this brings up exciting images and in reading all of the folklore you would imagine that this beverage would be almost untouchable – something that could never be recreated properly to such a majestic level. It is amazing that with all of this history, Mead is essentially unknown in the general population. What is even more amazing is how easy Mead is to make.

At its basic elements – Mead is simply fermented honey. Throw some honey and water together with yeast and you get Mead. Well, maybe it isn't quite that simple but there really isn't much more to it. You also need nutrient for the yeast and a good recipe. All of this is easy to obtain. If you want to make a variation on this plain mead, you can add any kind of fruit you want and you have a Melomel or you add any spice imaginable and you have a Metheglin. You might want both fruit and spice added for even more variation or you might want to blend your Mead with beer for a Braggot. There are so many possibilities that it is endless. In the end though – they are all Mead.