

Mothering Sunday

Historically spring was a time of severe shortage in the kitchen, most of the stores from the previous harvest had been eaten and many cattle killed as there was no food left for them to eat. The good news was that there was Easter to look forward to and there was a break in the Lenten fast to celebrate Mothering Sunday - the fourth Sunday in Lent which was also known as Refreshment Sunday.

Originally 'mother' referred to the mother church which people would return to for the 'Mothering Sunday' service. It became a public holiday for girls in domestic service, who would visit their mother and take a Simnel Cake as a gift. The Simnel cake is now associated with Easter, indeed some recipes have marzipan eggs for decoration, representing each of the apostles.

Why not make a special recipe to thank your Mum for all that she does for over the year. You can get Dad or another grown up to give you a hand and make a special surprise teatime treat.

Here are two recipes which you could make for **March 18th** (Mothering Sunday) or a special afternoon tea on another day.

The scone recipe is simple for younger children and the Chocolate brownie recipe is one of Lili's favourites.