

S u m m e r

Fire

# The Flower Moon



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# The Flower Moon

The full moon in May has been known as the Flower Moon as it aligns with wildflowers blooming in the Northern Hemisphere. Blossoms of brilliant color start to burst forth this month inviting pollination.

This marks the beginning of the growing season because it's when the hard frost has ended, making this the time of year when farmers begin to sow the fields. This has led to May's moon to be also called the Full Corn Planting Moon.

In medieval Europe the first day of May or Beltane, was the day cows were moved to their rich summer pastures, providing them with nourishment to feed their newborn calves. This is why this moon is sometimes known as the Full Milk Moon or the Mother's Moon from the Old English Rimilcemonna which means Month of Three Milkings. This was when cows were milked three times a day. Because of its association with dairy, it has also been called the Moon of Making Fat as churning butter, making cheese, or yogurt was a way to preserve the abundance of milk.

The Flower Moon marks a time of fertility with an end to the frost, increasing daylight, and temperatures warm enough for safely bearing young.

It is no wonder that nature's colorful displays of flowers have inspired people to name this time after them. Colonial Americans adopted many of the Native American names, however, we see a combination of Native American, Anglo-Saxon, and Germanic names used today.

# Celebration Ideas

This cycle reminds us to notice that Mother Earth is bursting with life.

- Make moon water.
- Infuse water (moon water, sun water, or any water) with edible flowers such as lilacs.
- Make violet syrup.
- Craft and cook with edible flowers.
- Pick a few wildflowers to bring inside. Leave plenty for pollinators.
- Make dandelion wine.
- Make things with fat: yogurt, butter, soap, candles, oil lamps, ice cream, tallow butter, milk and cream-based foods.
- Make flower crowns.
- Press flowers.
- Preserve flowers by placing them in an airtight container and covering them in salt for up to 1 week. They will be perfectly preserved.
- Also, place flowers in a dehydrator to avoid browning.
- Seasonal fruit and foods are becoming more and more abundant.

## Sources

Sophia Center for Goddess Study Priestess Training Class handouts by Dr. Candace Kant, Professor of History

Full Moon Feast: Food and the Hunger for Connection by Jessica Prentice

Stepping Into Ourselves: An anthology of Writings on Priestesses by Anne Key & Candace Kant

The Old Farmer's Almanac

...and various other sources collect over 20 years. Some are printed, some are handwritten, while others are scribbled on a napkin. I've had many teachers over the years and many of my biggest inspirations came from simple conversations and gatherings rather than formal lessons or rituals. Because of this, I may not always have every source of information but if you recognize something, I would be happy to include and/or link to the original source.