

Download Scots Kitchen Its Traditions Lore

The emphasis in this diet on fish livers and fish liver oils, shellfish, organ meats, blood, and healthy fats like lard—and the resulting robust health of the traditional Scots—helps dispel the modern myth that vitamin A is toxic and the modern notion that we cannot obtain sufficient vitamin D from food.

Biology. Hares are swift animals: The European hare (*Lepus europaeus*) can run up to 56 km/h (35 mph). The five species of jackrabbits found in central and western North America are able to run at 64 km/h (40 mph), and can leap up to 3 m (10 ft) at a time.

Epiphany (/ ɪ ˈ p ɪ ˈ f ɛ n i / i-PIF-?-nee), also Theophany, Denha, Little Christmas, or Three Kings' Day, is a Christian feast day that celebrates the revelation of God incarnate as Jesus Christ.

Egg symbolism
"Because eggs embody the essence of life, people from ancient times to the modern day have surrounded them with magical beliefs, endowing them with the power not only to create life but to prophesy the future."