

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. A brief but inclusive text, *Folklore of the Scottish Highlands* provides exactly that: an overview of clan lore, information on second sight, witchcraft, social customs, life and death, and seasonal cycles all as they related to the customs and folklore of the Scottish Highlands. In Greek mythology, a phoenix (/ˈfɪnɪks/; Ancient Greek: φοῖνιξ, phoînix) is a long-lived bird that cyclically regenerates or is otherwise born again.