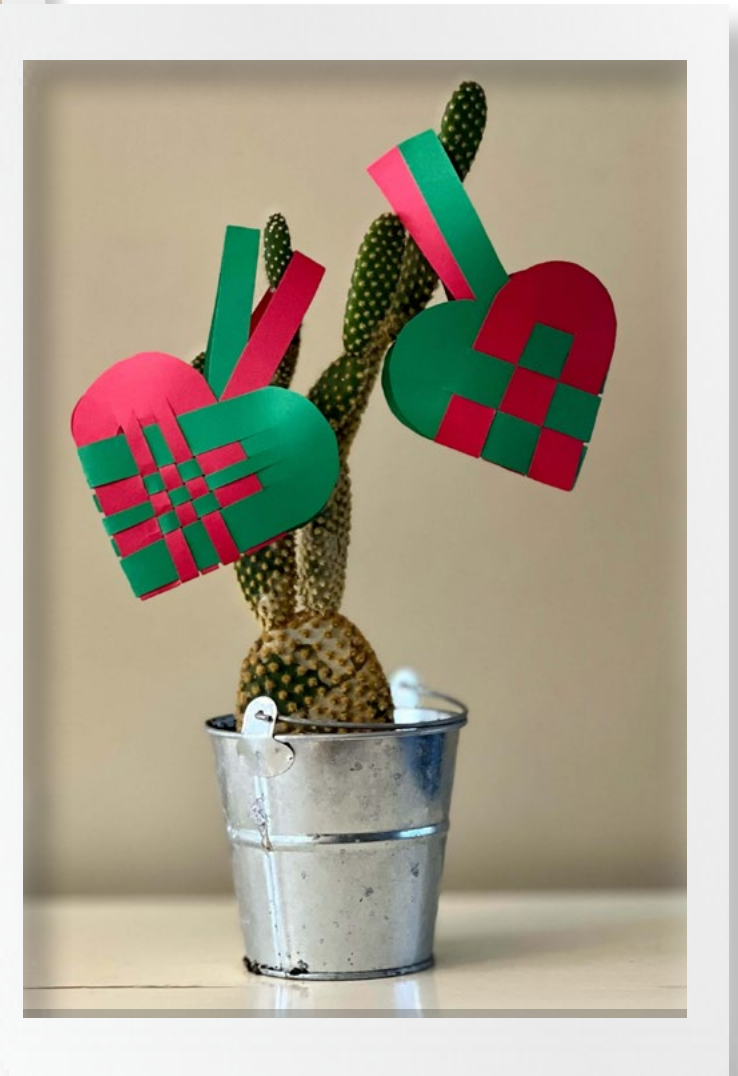


# Buy Nothing Day 2022

## Stay Home and Stay Busy!



## Julekurver - Norwegian Pleated Christmas Hearts

are Norwegian, Danish, and north German crafts commonly used as Christmas ornaments. The oldest pleated Christmas heart (from 1873) is preserved at the National Museum of Norway, in Oslo and is made from one piece of paper and only had room for a single nut or raisin. They gained popularity around 1900.

### What You Need:

- Two sheets of different color letter-sized paper
- Scissors
- Glue
- Attached template

### What You Do:

- Print two copies of the template in two different colors of letter-size paper. Two copies of this template will make two different styles of julekurvers.
- Fold the paper in half at the fold line and then cut out the pieces.
- Cut along the inside lines of the template. If you don't want the lines showing on your julekurver, then reverse the fold now. You should now have two of each template. Start with both A's, and label the three strips on each template with a pencil. Label the left panel C, B, and A and the right panel 1, 2, and 3.
- With both panels, make a right angle and place the right panel under the left. It may help to think of this as weaving "in and out" instead of "over and under."
  1. Take flap 1 and weave it through the loop of flap A.
  2. Then weave flap 1 around flap B.
  3. Finish by weaving flap 1 through flap C.
  4. Now move/slide flap 1 up to the top of the slit as much as possible without ripping your panel.
  5. Then take flap 2 and weave it around flap A.
  6. Weave flap 2 through flap B.
  7. Weave flap 2 around flap C.
  8. Now continue as you did with flap 1 (steps 1-3).
  9. Glue the handle on, and you are done!

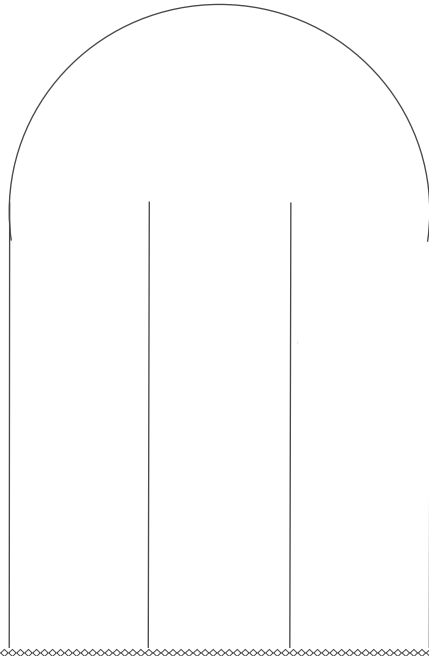
Repeat the process with template B. Step by step photos on next page!





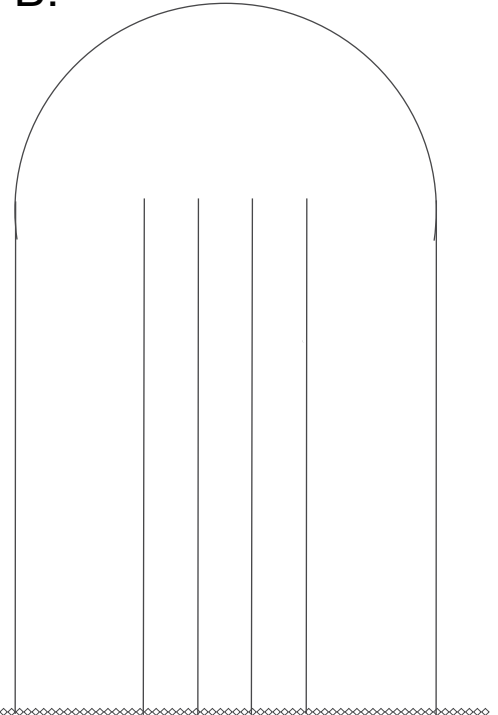
# Julekurver - Norwegian paper hearts

A.



fold here

B.



## Serinakaker Norwegian Butter Cookies

### Ingredients

- 1 ½ cups salted butter softened (3 sticks)
- ½ teaspoon baking powder
- ½ teaspoon salt
- 4 cups flour
- 1 ½ cups sugar
- 2 teaspoons vanilla
- ½ teaspoon almond extract
- 3 eggs divided
- ¼ cup almonds sliced
- ¼ cup sugar pearls



### What You Do:

- Mix butter, baking powder, salt, and flour in a large bowl. Mix until well blended and has the texture of coarse sand.
- Add the sugar and mix until blended.
- In a separate bowl, beat the two eggs until smooth, and then add the vanilla and almond extract and mix until smooth again.
- Add the dry ingredients to the smooth egg mixture and blend well. You may have to work the dough with your hands but be patient.
- Roll the dough into a log, wrap it and chill for an hour in the refrigerator. With butter as the main ingredient, the cookies will flatten if the dough is not chilled before baking. Chilling the dough helps the cookies hold their shape.
- Preheat oven to 350. Line the baking sheet with parchment paper.
- In a separate bowl, separate the egg and beat the egg white until smooth – set aside.
- Remove the dough and slice off small equal portions. Roll them into balls about one ¼ inch in diameter.
- Place the dough balls on the cookie sheet and use your thumb or the bottom of a glass to flatten them slightly and create an indentation. Slightly flattening them will allow them to puff up nicely while baking and ensure the center is fully cooked.
- Brush the top of each dough ball with egg white and sprinkle with sliced almonds and pearl sugar.
- Bake for about 10 minutes until the bottom is only slightly brown. Do not overbake!

## Legend of the Christmas Spider

The origin of this Eastern European legend is unknown; however, it is incredibly popular in Ukraine, where spiders and webs are typical Christmas tree decorations. It is believed that the web will bring good fortune and luck for the upcoming year. Ukraine's version of the legend, according to a "Christmas Around the World" exhibit at the Museum of Science and Industry, Chicago:

"A poor family had no decorations for their Christmas tree, so while the children were sleeping, spiders spun webs of silver around its branches. When the family awoke Christmas morning, the tree was sparkling with silver webs."

### Christmas spider's web (from the Ukrainian legend)

#### What You Need:

- Yarn
- Scissors
- Glue
- Wax paper

#### What You Do:

- To protect your worktop, cover the work surface with newsprint. Next, put down a piece of wax paper, keeping in mind that your web must not extend beyond the edges.
- Mix four parts of glue in a small bowl with 1 part of water.
- Cut four lengths of yarn no larger than your wax paper. These will make the base of the web.
- Put the yarn in the glue mixture and ensure it is entirely saturated. You want the yarn as wet as possible but not dripping.
- Lay out two lengths of yarn to make a cross shape. Add the other two lengths diagonally.
- Cut arm lengths of yarn and coat them with glue. Working from the inside out, begin making a spiral over the base. Repeat until you run out of room on the base.
- Now let it dry! Completely! It could take a full 24 hours.
- Once completely dry, put your web face down and gently peel the wax paper away. Find a home for it on your Christmas tree! (If you find any goeey parts, flip it back over and let it dry longer.)



Text: Elisabeth Gmeyer.  
(Key of the Kingdom.)

November



1. Golden light is turning grey, mists begin to rule the day. Bare the trees, their



branches lift ; clouds of dead leaves earthward drift.

2. Through the field the farmer goes, seeds of ripened corn he sows;  
Trusts, the earth will hold it warm, shelter it from cold and harm.

3. For he knows, that warmth and light live there, hidden from our sight;  
And beneath a sheltering wing, deep below, new life will spring!



Deep below, deep below, new life will spring!

Music: E.L.

Lebret, Elisabeth. "November." *Pentatonic Songs*, Waldorf Publications, 2022, p. 19.

## November

November days are calm and chill,  
The mists drift gently down;  
The grass is spread with silver webs  
And new dug earth grows brown.  
The bare black branches wetly gleam,  
The woods in stillness stand;  
The yellow sun floats pale and cool  
Above the sleeping land.  
But Springtime comes again each year,  
Again the earth will live,  
And bees and plants and flowers will wake  
And all their sweetness give.

-Molly de Havas

De Havas, Molly. "November." *The Sun with Loving Light*, edited by Stephen Bloomquist, Waldorf Publications, 2014. P. 38.