



Trí aithgine in domuin: brú mná, uth  
bó, ness gobann.

*Three renovators of the world: the womb of a woman, a cow's udder, a smith's moulding-block.*

*Trecheng Breth Féne*

- 148 -











# milk + energy + time + cultures

Milk

Cream

Butter

Buttermilk

Ghee

Kefir

Yoghurt

Cheese

Whey

Ice Cream

...