THE SCRIBE

ISSUE 031

SPRING 2024

HOPS VS ALEWIVES

FAITH IN FUTURES

A DUNK ON BISCUITS

WEST BANKS OLDEST BREWERY

UBLISHED BY

MORTHERN MONK



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FEELS LIKE SPRING TOOK AN ETERNITY TO GET HERE, BUT BACK IT HAS TRULY SPRUNG, AND WITH IT, THE FIRST EDITION OF THE SCRIBE IN 2024.

It's a hefty edition, with a feature on the history of women in the brewing industry, a look at our Faith in Futures ambitions for our communities, our people, and our planet, and a bit of an explainer on what Holy Hop Water is and why you should get into it now.

We also talk to Canaan Khoury. who works at Palestine's only brewery, about how life, and brewing, is continuing through the conflict.

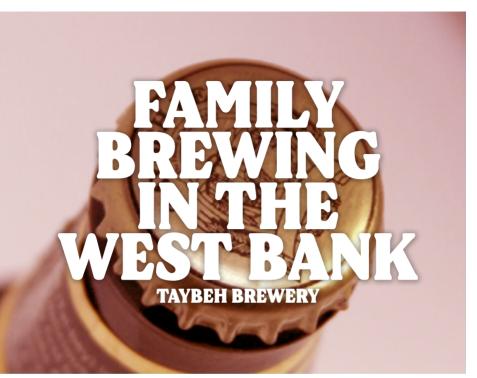
There's also an in-depth and important investigation into biscuit dunking. We recommend getting vourself a brew (Yorkshire Tea. obviously), your fav biccie and reading the science of dipping and dunking.

Don't forget to find our latest playlist towards the back: this time round it's featuring female-led bands and artists, and it absolutely bangs. There's the return of the Monk calendar so you know where we are and when, and we ask a member of the Northern Market team the last time they sobbed at a film

Cheers, always,

THIS EDITION IS BROUGHT TO YOU BY...

Bringing your lunch. Michael O'Neill: Baby Model. The Presidents of the United States of America. "Frothing at the mash". Not Jet2. The Traitors. Sausage gochujang rigatoni. Lapel mics. KFC flavoured popcorn. The hushed presence of auditors. Two month late incorrect sock orders. Peach Holy Hop Water. A certain brewery buying Instagram followers instead of good PR. Impulsively purchasing 250 hats. Fish's football trivia questions. Gold capes. Office tidy-ups. Salt and pepper hash browns. Not nicking Guinness glasses from pubs. Mary Anne Hobbs: Job Thief. Green and gold. Refectory vs Refectory vs Market Beer Pong Triple Threat, Lady and The Tramp-ing it with a colleague, Building desks, Duke, Lurgy,



"I COULD TALK TO YOU ALL DAY ABOUT THE CHALLENGES WE FACE"

Canaan Khoury is the Chief Operating Officer of Taybeh Brewery, the West Bank's only brewery.

Taybeh, the town the brewery calls its home, is situated on one of the highest hills of Palestine, with Taybeh itself dating back to the Bronze Age. It's even mentioned in the Bible, and is Palenstine's only all-Christian village.

Taybeh Brewery was founded in 1994 by Nadim Khoury, Canaan's father, and his uncle and grandfather. The brewery is a real family affair with Canaan now running things with his sister, Madees. Nadim is stepping back but is still involved in the brewery he started 30 years ago.

"My parents lived in Boston in the US. My father was in college and homebrewing was a big thing amongst him and his friends in the early 1980s. Back then, he had to return to Palestine every year to maintain his Palestinian ID.

"They moved back here after the Oslo Agreement [the agreement saw both sides agree that a Palestinian Authority (PA) would be established and assume governing responsibilities in the West Bank and Gaza Strip over a five-year period]. They moved back thinking that Palestine would remain peaceful. My father's dream was to turn his hobby into a career.

"They started what was the first microbrewery in the Middle East. At the time, there wasn't any local beer at all."

In 1994, Taybeh launched its flagship beer, Taybeh Golden, brewed according to German purity laws, without using any preservatives or additives. When mass produced beer was the only option in the region, Taybeh offered a high-quality alternative.

"The brewery was set up right next to our house, where I grew up with my sisters. We'd basically spend whole days playing in the brewery, pressing buttons, hanging out, so it was a big part of our upbringing. I grew up around the Second Intifada [a major uprising by Palestinians against Israeli occupation] so it was a very intense time. We couldn't really do much in the way of extra-curricular activities, so we spent a lot of time at the brewerv.



"I started to take a real interest in the equipment and started working with the machinery from a young age, where I basically fell in love with working at brewery and making beer with my family".

S

Canaan then spent time in the US, studying at Harvard University for a degree in engineering. He returned to Palestine in 2013 to continue working at the family business.

"My father is still involved, he's not quite retired, but he's at an age where he's winding down and letting us succeed him. At the moment, I'm running the brewery alongside Madees. She was actually the first female brewer in the whole of the Middle East, which came with its own set of challenges. Madees joined the brewery in 2007, but she grew up around the brewery like me so knew how the brewery worked and she knew a lot of the employees.

"But it was challenging as a female coming in and

dealing with people who were less open minded. It was a challenge when she first started, less so now, but there were difficulties with people acknowledging her authority in the beginning. Our father would sometimes have to step in to make sure people knew Madees was the boss! But now, she's pretty much the face of the company. All our customers know her, everyone at the brewery listens to Madees."





"As a family business, we share responsibilities between us, but we all have our areas of expertise. My job is the technical side, the operations and sustainability. Madees is the people management, the finance, and the daily operations. We employ around 25 people but at the moment we are a little short staffed due to the situation in Palestine. We're very operational.

"We are in a period of expanding the brewery, with bigger out buildings and more equipment. But once the conflict escalated, we have been delayed and the expansion is on hold until we find out what's going to happen. But it's a part of being in Palestine – we're used to it."

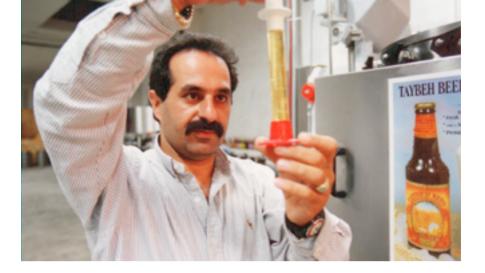
As Canaan explains, it's unusual for a brewery to be situated somewhere where the majority of the inhabitants don't drink.

"The population is almost 99% Muslim. You do have people

who drink openly or not at all, but also people who drink in secret. So, the market for us is very small domestically. We rely on tourists, ex-pats living here, Christians, and the small number of Muslims who drink. Sometimes, we can even have issues with finding new staff, as there are people who don't drink and don't want to work somewhere with alcohol. Same with getting people to perform general maintenance and repairs."

Of course, there's no ignoring the biggest challenge Taybeh Brewery is currently facing.

"With everything I've said, there's always solutions. But with the wider political situation here, it's difficult. Sometimes we aren't allowed to move around, so we can't deliver our beer, because there's checkpoints which are closed, and we aren't allowed to cross them or cross the street.



"Then there's the water. We get water once a week. There are Israeli settlements nearby and they get priority access to the water, so we're left with a small amount for one day during the week. It becomes worse during the summer. But we've got a reservoir underground and tanks which we manage to fill during that one day. It's basically an existential threat; if we don't have water, we can't make beer. But one way we're tackling it is we're reusing a lot of our water. I believe we're one of the most efficient breweries in the world for water consumption. The average is 4-12 litres of water used for every litre of beer made. We use three litres per every one litre of beer, so we're very efficient."

Taybeh has built a large network of international customers. Exporting is a big part of their business, with stockists in countries such as Spain, Italy, Germany, England, the United States, Canada, and Japan. But, with the current situation, this is another avenue of business that's facing challenges.

"Importing and exporting is a huge issue, as we don't have our own borders. Everything goes through a port in Israel that's about an hour away. Exporting for breweries in other countries is fairly straightforward but for us there's so many challenges.

"For example, we can't bring containers into the brewery, so we must fill pallets on a truck, and it has to have a Palestinian driver. At the commercial checkpoint, everything has to be unloaded and inspected by sniffer dogs and x-ray machines, then repacked and loaded on to an Israeli truck. The process can take all day.

"It'll then go to a warehouse and reloaded onto another truck eventually, and taken to the port, where they go through the whole process again for security. It's time consuming and expensive. It can cost us more to get the beer from the brewery to the port, than it does to get the beer from the port to Tokyo. It can be a month-long process, even with the port being only an hour away.

"We also don't get many heads up about things either. The shipping company sometimes only get the permit for us to cross the checkpoint on the day before, and it's impossible to get the product to the port in a single day, so we sometimes miss the boat, and have to put the beer in storage, which we pay for, and then try the next day. It's a mess to be honest.

"There are so many restrictions along the way that make it even more expensive and time consuming. Like, one checkpoint has a height limit which is only half the size of the container we use. So, if we have to go through that one. we have pack the product in two parts, which doubles our costs. Every product also has to be on its own pallet, we can't mix them. We also can't ship bottles horizontally, but we box them that way as its better for the beer. It means we ship them vertically and then when they arrive as their destination country, then get unpacked and repacked the other wav.

"These sorts of issues have been the case for us for a while. All these problems are pretty much normal. There's worse problems for people elsewhere.

"But this is how it is. This is just our reality."

taybehbeer.com ataybehbeer



Medieval Brews

HOPS GAVE US THE IPA, BUT DID THEY KILL WOMEN IN BREWING?

By Dr Rachael Gillibrand

Did you know that the gender of a brewer can affect how people perceive the quality of beer? A study in 2018 showed that, despite containing identical brews. beer cans labelled with the names of female brewers were consistently considered to be of a lower quality than cans labelled with the names of male brewers. These results demonstrate the popular, but problematic, tendency to ascribe beer brewing to the realm of 'men's work'. But this hasn't always been the case! During the medieval period. the brewing industry was dominated by women. So, what changed and why? And how are female brewers fighting these stereotypes today?

In medieval England, people were drinking a lot of ale - an average household of four to five people might be expected to drink around 72 pints a week. But that doesn't mean medieval people were drunk all of the time! In fact, everyday ale would have had a very low ABV and was both safer to drink than water and a good, cheap way to pack in calories. This made it an ideal drink for lower status, labouring people.

The process for making this ale was relatively straight forward.



Brewers would create a malt by soaking their grain for several days in a heap. By the sixteenth century, barley had become the most popular grain in brewing but, in the medieval period, people tended to use oats.

After soaking, the oats would be drained of water and piled into a heap. The brewers would tend the grain carefully while it germinated before curing it in a kiln. This would create the malt.

The malt would then be ground and mixed with boiling water in a mash tun or similar large vessel.

This would create a wort (which is a kind of sugary-grain water), which would be drawn off from the mash tun. Yeast was added to the wort along with a selection of herbs (known as gruit) for flavouring.

The ale would then be left to sit for a day before it could be drunk.

However, ale that was produced this way tended to sour quickly - in fact, in 1446 in Worcestershire, people were forbidden from selling ale that was more than four days old. As such, brewing became the responsibility of local women who would work to ensure that their community had access to a continuous and fresh supply of ale.



LIFE OF THE ALEWIFE

While brewing was an almost universal women practice, it can be hard to find evidence of their activity. For a start, these women were busy – they had clothes to mend, children to raise, food to cook and, of course, beer to brew! Many women were also illiterate at this time, so they couldn't have recorded their experiences in writing even if they did find the time.

The best places to find out about the lives of alewives tend to be accounts of when things have gone wrong. Legal documents punishing the more unscrupulous alewives can offer a glimpse into the lives of women who are otherwise silent in the historical record.

Take for instance the Durham Court Rolls. These documents list everyone who was brought to court each year, what they were accused of, and what punishment they were given. In 1365, we see two alewives being brought to court: Agnes Postell, who was fined twelve pence for producing 'bad ale' and Agnes de Belsais who was fined two shillings for producing 'bad ale [...] of no strength'.

Another example can be found in the Regiam Majestatem (a fourteenth-century document

outlining the laws of medieval Scotland), which states she who 'makes evil ale [...] shall be put on the cuckstule'. This extract is doubly revealing. Firstly, the law uses exclusively female pronouns when describing who might commit beer related crimes. Secondly, the cuck-stool was a punishment reserved for what were considered to be exclusively female crimes. including gossiping, slander and, it seems, producing bad ale!



WHAT WENT WRONG?

There are two main reasons for the downfall of the medieval alewife - hops and guilds. Hopped beer had a much longer lifespan than ale (it could be kept for as long as a year without going off), making it more transportable and more financially lucrative. However, brewing beer required more resources than ale. Not only were hops an additional investment, but the brewing process needed better furnaces to allow for more precise heating; more heating sources; more vessels and - because beer could be stored for longer - more kegs and space to store them.

Unfortunately, medieval women lacked the economic resources, time, and space to engage in this activity, but medieval men did not. This new wave of male brewers set up brewers' guilds to protect their professional interests from which women were barred. This helped to professionalise brewing, by supporting those who pursued it full time and undercutting those who worked on a part time basis.

With the support of these guilds, male brewers acted collectively to further their own interests and malign female brewers. In the wake of the Black Death, guilds even pushed beer as a more sanitary option to ale and, with fear of the Black Death returning, the false condemnation of ale as unsanitary was the final nail in the coffin for the careers of many alewives.

However, while brewing became professionalised, industrialised, and masculinised, female brewers never totally go away and, despite the challenges that women face in the brewing industry today, we're beginning to see more and more inspiring stories.

In 2008, for example, the Pink Boots Society was founded to support women working in the brewing profession, especially in creating craft beer; then, in 2016, Kate Power, Betsy Lay, and Jen Cuesta cofounded Lady Justice Brewing in Colorado, a company that dedicates time, space and money to the empowerment of women and non-binary people; and, in 2020, the 'Female Beer Tasters in Mexico' society reached over 2,000 members!

So, for International Women's Day 2024, join me in raising a glass to celebrate all the brilliant women working in the beer industry today!

Dr Rachael Gillibrand is a lecturer at the University of Leeds and an expert in medieval history.



PUTTING FAITH IN FUTURES

FAITH IN FUTURES IS OUR
MISSION TO POSITIVELY
IMPACT OUR COMMUNITY
FROM OUR TEAM TO OUR
LOCAL COMMUNITIES, OUR
CUSTOMERS AND OUR PLANET.
WE'RE AIMING TO DONATE
£150K TO COMMUNITY CAUSES
BY 2025, BE CARBON ZERO
BY 2030 IN OUR DIRECT
OPERATIONS AND ARE
COMMITTED TO BEING THE
BEST REAL LIVING WAGE
EMPLOYER WE CAN BE.

But why is Faith in Futures so important to us? We bothered Ciaran Shier, Monk's Positive Impact Director, and asked him.

"We recognise that we have a responsibility to our staff, our community, our customers and our planet to do all that we can to be a sustainable business in every aspect commercially, socially and environmentally."

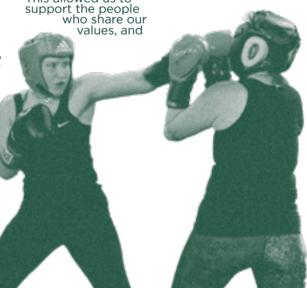
"We are quite literally putting our Faith in the Future of all these stakeholders by taking them all into consideration with our actions and decision making. We believe that this approach allows us to use our business as a force for good and have a positive impact in the world."

The Faith in Futures Foundation donates grants up to £5,000 to a range of community focused charities, causes and support groups. The Foundation raises funds for these grants through various channels including donations, fundraising events, merchandise sales and sales of the Faith in Futures range of beers. which are available in supermarkets. the Northern Monk website, and Northern Monk vénues.

Northern Monk started life in a cellar in Bradford with a £5,000 gift from a grandparent. Inspired by these origins and an ambition to give back wherever we can, we launched the For The North Foundation in September 2019. This allowed us to support the people our passion for the North, via grants up to £5,000 offered to businesses, charities and projects that aimed to provide a genuine benefit to the communities they serve, or the wider environment.

These grants were not for personal gain, nor for the commercial gain of Northern Monk. This Foundation had been developed out of our passion and commitment to the North.

We are all incredibly proud of the causes that we've supported through the Foundation. However, there was one element of the Foundation that didn't sit right with us. There is no border to our North. So, we wanted to take down the borders of our Foundation's work.



Ciaran explains: "In 2021, our For The North Foundation evolved to become the Faith in Futures Foundation. We have always been conscious of and made decisions with consideration of our staff, local communities and the environment but we recognise we have an opportunity and responsibility to do more.



"Therefore in 2024 we are embedding our positive impact ambitions across the entire business and the Faith in Futures banner is the perfect name for this project.

In January 2024, we were very proud to celebrate the milestone of donating £80,000 since the creation of the Foundation, and to have supported 21 different causes, especially during the extremely tough period that was the pandemic.

BUT WHAT'S NEXT FOR FAITH IN FUTURES CIARAN?

"We have signed up to the Better Business Act Coalition and are in the process of completing the B-corporation Impact Assessment as we regard this framework for doing business as one of the highest standards to guide and support us on our Faith in Futures ambition

"We've got big plans for Faith in Futures, and therefore, Northern Monk itself."

Our latest donation was to The Lightvear Foundation, a charity dedicated to breaking down the barriers to disabled children participating in science, technology, engineering and maths (STEM). The funds will help Lightvear Foundation reach more disabled young people with accessible fun STEM experiences.



To find out more about the Foundation, to make a donation, or to apply for funding of your own, go to FAITHINFUTURES.COM



BISCUIT DUNKING IS A
LONG-HELD DEBATE IN OFFICES UP
AND DOWN THE COUNTRY; BETWEEN
FAMILIES IN EVERY LIVING ROOM;
EVEN ON THE BATTLEFIELD WHERE
ACTUAL WARS HAVE RAGED ABOUT IT
(PROBABLY).

Should you dunk?

How long should you dunk for?

Maybe more importantly,

what are you meant to dunk?

Luckily, there has been some actual reallife science conducted around it all by actual real-life scientific academics, who really should've known better.

The boffins (love that word) pitted four of the nation's favourite biscuits against one another in the name of research and published their results in the British Medical Journal (BMJ). Yeah, really.

According to the 2022 study in the BMJ, the best biccie to dip is a Hobnob - because it has the best 'structural integrity'.

The reliable HN beats other kings from the biscuit tin, including the humble digestive, a boring rich tea and the more extravagant shortbread.

The Hobnob came out on top because it is less likely to quickly fall apart after coming into contact with hot tea. Once removed from the cup, it was found to take 29 seconds to break apart, compared to just nine seconds for the digestive.

So grab a brew (tea or beer), your favourite biccie and dunkin'



DIPA THEN A LAGER, THEN A DIPA, THEN A LAGER... EAT PIZZA. REPEAT.

THE SUN IS THREATENING TO SHINE; WARMER WEATHER IS COMING; BEER GARDENS WITH KNACKERED PICNIC BENCHES ARE CALLING OUR NAMES. AND THAT MEANS NORTHERN MONK'S SPRINGTIME BEER FEST, **HOP CITY**, IS ON THE HORIZON.

WE CORNERED OUR EVENTS AND FESTIVALS MANAGER **CAL RICHARDSON** AND THREW QUESTIONS AT HIM AND DEMANDED ANSWERS BEFORE WE LET HIM ENJOY A PINT IN PEACE.

CAL, FOR ANYONE WHO'S NEVER HEARD OF IT, WHAT'S HOP CITY?

Hop City is one of two beer festivals we run here at monk annually. This one is our spring festival and is all about the hoppier side of beer; think IPAs, double IPAs, sour IPAs, fruited IPAs... i'm sure you get the picture. We welcome 35 of the best breweries from around the globe to bring their A-game and party with us here in Holbeck.

IT SOUNDS BRILLIANT, AND MUST TAKE A BIT OF PLANNING; HOW DO YOU DECIDE ON WHICH BREWERIES COME EACH TIME?

It essentially starts as a note in my phone when the previous Hop City is done. We spend a lot of the warmer months at other festivals which are a great place to find newer or lesser-known breweries from the UK. The overseas ones tend to be a constantly rotating wish list which anyone that likes beer probably has somewhere. Once that initial list is put together, Russ and Brian [Co-Founder and Head Brewer] get involved and we firm it up together. Naturally, there's some 'no's' and 'next year's' along the way, so there's always a little back up list...

HARD QUESTION I KNOW, BUT WHICH BREWERIES ARE YOU ESPECIALLY EXCITED AROUT THIS YEAR?

I'm buzzing to try some more Root + Branch! These guys have been on my

radar for a few years now and I've been pestering them for the whole time to come to HC, so I'm stoked to finally get them to the festival. Their beer is top drawer.

WHAT'S BEEN YOUR FAVOURITE HC EXPERIENCE FROM PREVIOUS YEARS?

I think 2021 has to be up there - despite the horrendous weather we had. We moved the festival twice because of the pandemic, and it was just mega to finally have it happen, at our main Sydenham Road brewery. We put a lot of work into making that festival safe for the public and all while still having the biggest brewery and beer list we've ever had. I guess it was the most rewarding. The best fun festival experience is always going to be doing karaoke at 3am on Sunday morning after 5 days of little to no sleep.

WHAT WOULD YOUR ORDER OF DRINKS BE AT HC, WHEN YOU'VE GOT A CHOICE OF PALES, LAGERS, DIPAS ETC; ANY TACTICS?

Start on pales, have a couple of them. Drink a DIPA, then a lager, then a DIPA, then a lager. Find a hoppy stout. Eat some pizza. Repeat x 3.

IF HOP CITY WAS AN ANIMAL, WHAT WOULD IT BE?

An octopus. It's fun and sophisticated, regularly changes appearance, and we tend to need 8 limbs to carry all the beers.





HELLO. WHO ARE YOU?

The existential question! I go by the name Ellie, or elettr (el-eh-ta) and I'm a calligrapher / sign writer / designer / letter enthusiast / never really know how to describe myself...

HOW DID YOU GET STARTED AS AN ARTIST?

Art has always been a priority throughout my life and making it my job seemed inevitable from a very early age. Getting paid for creating artwork began during university, when friends, then friends-of-friends, wanted designs or logos for their own endeavours. I studied graphic design but swiftly fell back to drawing, and my current line of work pairs the design education and fine art roots together well.

HOW WOULD YOU DESCRIBE YOUR STYLE?

Abstract blackletter, probably! My interests within lettering and calligraphy have evolved over the years but blackletter has been a constant throughout. The variety of styles under the term 'blackletter' is so vast that there are many nuances so the possibility for exploration within it seems endless to me.

WHO WERE, OR ARE, THE BIGGEST INFLUENCES ON YOUR ART?

When I first started looking seriously at calligraphy and abstraction there were a few artists whose work I admired a lot. Russian artist Pokras Lampas and Indian calligrapher Sachin Shah were huge inspirations for me in the early days. Pokras works mainly in Cyrillic which intrigued me as I don't understand that language, so I was purely looking at the letters as abstract shapes. It enabled me to look at the stroke formation, seeing how the hand has made the mark by the ink or paint left in place of the movement. There are countless other calligraphers, sign painters and lettering artists that have influenced my work over the years. a few being Luca Barcellona, Jakob Engberg, Said Dokins, Ken Barber, Luis Garcia, Andrey Martynov... as well as the masters of the 19th and 20th centuries. We could be here all day if I were to go into it all! But I imagine every exhibition I go to has an impact on me. I love looking at large abstract expressionist paintings and landscape artists.



WHAT'S YOUR PROCESS WHEN YOU START TO WORK ON A NEW PIECE OF WORK?

The process depends a lot on the project; for commissions my process can be different to any personal work. A lot of work comes from playing in sketchbooks over time, seeing what works and what doesn't, what piques my interest enough to carry on to canvas or to print. When following a brief, I usually take the letters or text provided and create an array of initial sketches - all super rough and a variety of composition, style, etc. The designs get narrowed down based on what works visually, and what the client likes, so the process allows us to select the best parts of a design and develop the final piece.

HAS THERE BEEN ANY PARTICULAR PIECE OF WORK YOU FOUND MOST REWARDING TO COMPLETE?

I created my largest painting on canvas in 2018, it was a piece I made for myself (i.e. not a commission) and I truly put a lot of effort in making it a 'final' piece of work. I find it easy to give up when a painting seems to have lost direction, but finishing this artwork made me feel like a real calligrapher-painter and

I enjoyed the whole process! Although I hope I have progressed since then, I still like this artwork - it's rare for me to like anything I've created for longer than a week after it's finished!

WHAT DOES 'NORTHERNNESS' MEAN TO YOU?

Down to earth, up for a laugh, don't take yourself too seriously. Sense of community, the people, the band of familiarity and colloquialisms. To me, the North is home and I love everything about it.

WE'RE ALL ABOUT COLLABORATIONS; WHO WOULD BE YOUR DREAM COLLABORATOR?

Ooooh I'm really not sure about this one! Over the years I've wanted to collaborate with so many people and it changes based on what I'm focused on at the time. Anyone who holds similar values to me would be a dream! I especially love collaborating with friends and I hope in the years to come I can collaborate with people making cool, nice things all over the world.

WHAT IS YOUR PERFECT WAY TO ENJOY A BEER?

In a cosy bar or pub with friends usually tastes better after a long walk in the wilderness.

WHAT THE HOLY F'CK IS HOLYHOP HATER?



The rise in popularity of non-alcoholic drinks cannot be ignored. The global market is worth \$1.3 trillion... (that's not a typo), and the market is set to grow by nearly 4% every year between now and 2027. 58% of consumers are drinking more no-and-low ABV drinks than last year.

Don't fret if you enjoy drinks with some booze, we're not pivoting the brewery to full noor-low, we've got Holy Faith as a core 0.5% hazy, and the odd special release here and there. But what do we have, is Holy Hop Water.

You may have noticed a few of these springing up (pun fully intended). Abbeydale and Track breweries both have hop water offerings, but Holy Hop Water was, we think, the first in the UK and we're excited about where we can take it.

But, what the fuck is hop water anyway? Clues in the name. We've taken fresh sparkling water and infused it with hops. There was a lot of trial and error getting the first batch right. Trying out different hops and seeing what works, and then toying with different flavour additions to really amp up the taste.

Some flavours, like peach, worked so well, it became the first new flavour for a year. So far Citra, Sabro and El Dorado have been the hops we've crammed into reinventing Earth's oldest beverage, giving water a much-needed rebirth.

We're on a bit of re-launch in March, and you may have seen some new look Holy Hop Waters, with nice bright white cans replacing black, and the skull entirely removed. The skulls did feel a bit goth juice.

When working on Holy Hop Water, we challenged ourselves on who this is actually for. The beer drinker who is driving or cutting down? Or the soft drink guzzler who wants something different. In reality, it's for whoever wants it. It's equally good as a workday refresher, or some hydration at a gig.

Holy Hop Water has no sugars, no caffeine, no alcohol, no calories and we think you'll love it.

Holy Hop Water can be ordered direct from **northernmonk.com** and from our venues in *Leeds* and *Manchester*.

@holyhopwater



10% NORTHERN MONK DISCOUNT FOR GROUPS 10+ EMAIL THECHIEF #TOTALWARRIOR.CO.UK FOR YOUR CODE

WWW.TOTALWARRIOR.CO.UK

GREAT NORTHERN YARD SALE 30TH MARCH NORTHERN MONK REFECTORY LEEDS FERM
AL THINGS FERMENTATION
APRIL
NORTHERN MONK REFECTORY
LEEDS

SUPER C L U B 24TH APRIL NORTHERN MONK REFECTORY L E E D S EXHIBITION
OF PRIZE ALES
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NAME AND STALL LEEDS

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MONK CALENDAR FRONTAAL
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CHARLIE BAMFORTH LIVE CHAT CHAPTER HALL 4TH JUNE

LIVERPOOL CRAFT BEER E X P O JUNE

HOP CITY

OF THE MAY

NORTHERN MONK

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MAKERS MARKET
30TH JUNE
NORTHERN
MONK REFECTORY
LEEDS

GARDEN PARTY

& BBQ

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NORTHERN MONK
REFECTORY

LEEDS

YORKSHIRE
DAY
PARTY
27TH JULY
NORTHERN MONK REFECTORY
LEEDS



PERSONALITIES AND PEOPLE BEHIND NORTHERN MONK. IN THIS EDITION, WE SPEAK TO **TARA BISSET**, CUSTOMER EXPERIENCE MANAGER AT THE NORTHERN MARKET, AND ALL-ROUND INTERIOR DESIGN GURU.



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LAST PINT OF CASK?

I'm San Francisco born and raised, I'm here for beer in all its forms but honestly, I don't drink a whole lot of cask. However, I had a stunning half of Festive Star on cask in December that shone. A few more years of living in Yorkshire and I'm sure I'll have a tattoo of a sparkler.

LAST NORTHERN MONK NIGHT OUT?

Does taking a cheeky shot of Fernet-Branca with the Market crew on the night of our staff Christmas party count? Our babysitter cancelled the day of the party, so I had to be back to pick up my kiddos from nursery and school by 6pm. The joys of parenthood, right?!

LAST FILM YOU CRIED AT?

Oh, I'm such a crybaby, especially when it's anything to do with ill/dead/dying parents, always sets me off; pretty sure I cried my heart out to the kids' movie Over the Moon just yesterday. By the time this is printed I'll have had a cry at multiple other things I'm sure.

LAST THING YOU BINGED?

Falafel Guy's halloumi and falafel wrap, with extra chili sauce has been my go-to order every shift for the last four months. Does that count? [Ed: 100% this counts]

LAST NORTHERN MONK NIGHT OUT?

Faithless' Sunday 8pm was the last thing I listened to in its entirety, from start to finish.

LAST MEAL OUT?

Had the most excellent dining experience at the Harewood Food and Drink Project's Burns night. Stunning food, excellent environment, beautiful drink pairings. Can't rate it highly enough!

LAST THING YOU LOST?

I'm pretty good at losing things but I'm also pretty good at finding things so ya know, swings and roundabouts.

LAST THING YOUR TREATED YOURSELF TO?

A new work notebook (just a few hours ago) so that I can keep up with all my running to do lists.

LAST TIME YOU GOT STAR STRUCK?

It doesn't happen very often but I did once sing happy birthday to Neil Young at my old restaurant in San Francisco so that was pretty exciting.

LAST GOD-TIER BEER YOU TRIED?

I was (and still am) in love with the Bobbi Abbey Burnout beer that we released a little while ago. It's exactly the kinda beer that I look for.

LAST WORDS?

Life is short and weird and unpredictable.
Be excellent to each other.





NORTHERN MONK

COMMUNITY AND COLLABORATION ARE AT THE CORE OF OUR BUSINESS. WE FOCUS ON WORKING WITH ANYONE WHO SHARES OUR PASSION, AND OUR VALUES. WE REGULARLY COLLABORATE WITH NATIONAL AND INTERNATIONAL BREWERIES, BUSINESSES AND CHARITIES TO HELP STRENGTHEN THE NORTH FOR POSITIVE CHANGE, AND TO CONTINUALLY DIVERSIFY OUR OWN OFFERING.

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