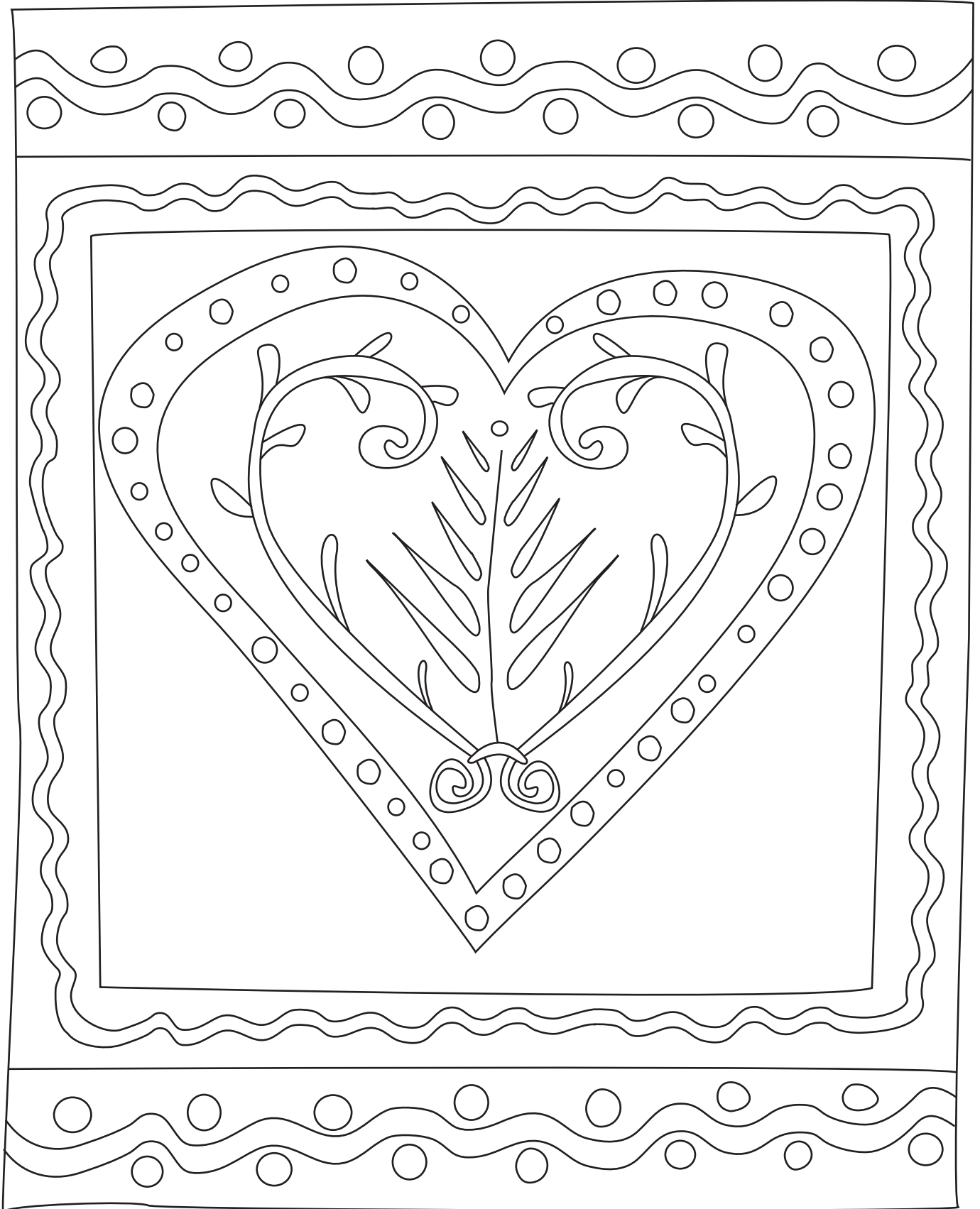
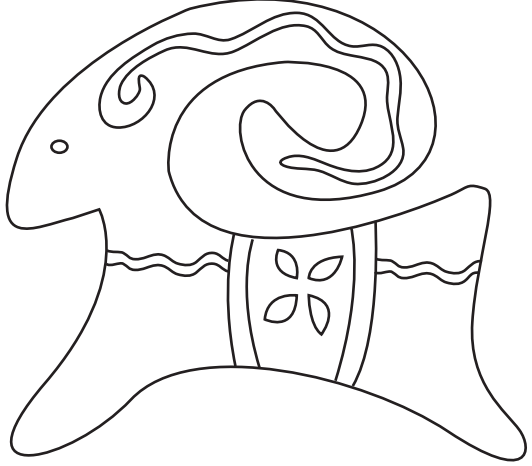
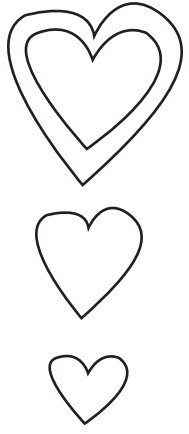
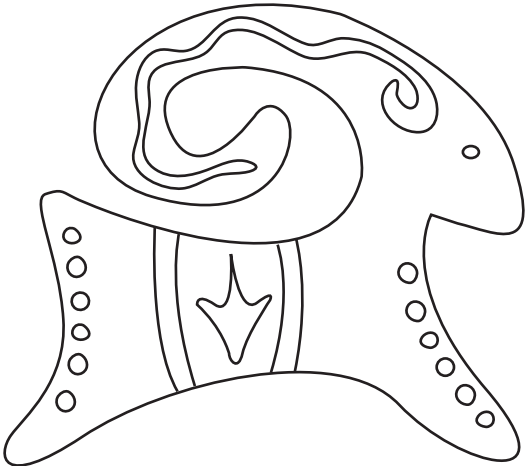


# Velkommen til Pepperkakebyen!



You are invited to help create the first Pepperkakeby in Duluth, Minnesota! What is this? It is Norwegian for Gingerbread City! Since 1991, people in Bergen Norway create a Pepperkakeby before the Christmas holidays. Members of Duluth's Son's of Norway want to try to create Duluth out of Gingerbread this year!



## Gingerbread History :

There is a very long tradition of making, eating, and decorating with gingercookies and gingerhouses in Scandinavia (Norway, Sweden, Denmark, Iceland, and Finland). Why? Spices like pepper, ginger, cinnamon, cardmom, cloves, and nutmeg came to Germany from the Middle East during the 12th Century. That is one thousand years ago! Then, German traders brought the spices and gingerbread cakes to Scandinavia. German gingercookies, Lebkuchen, means: bread of life.

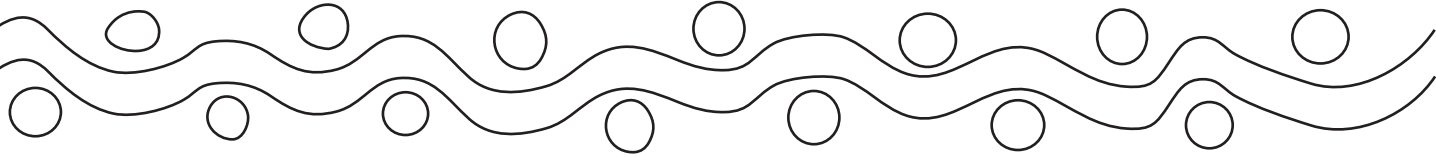
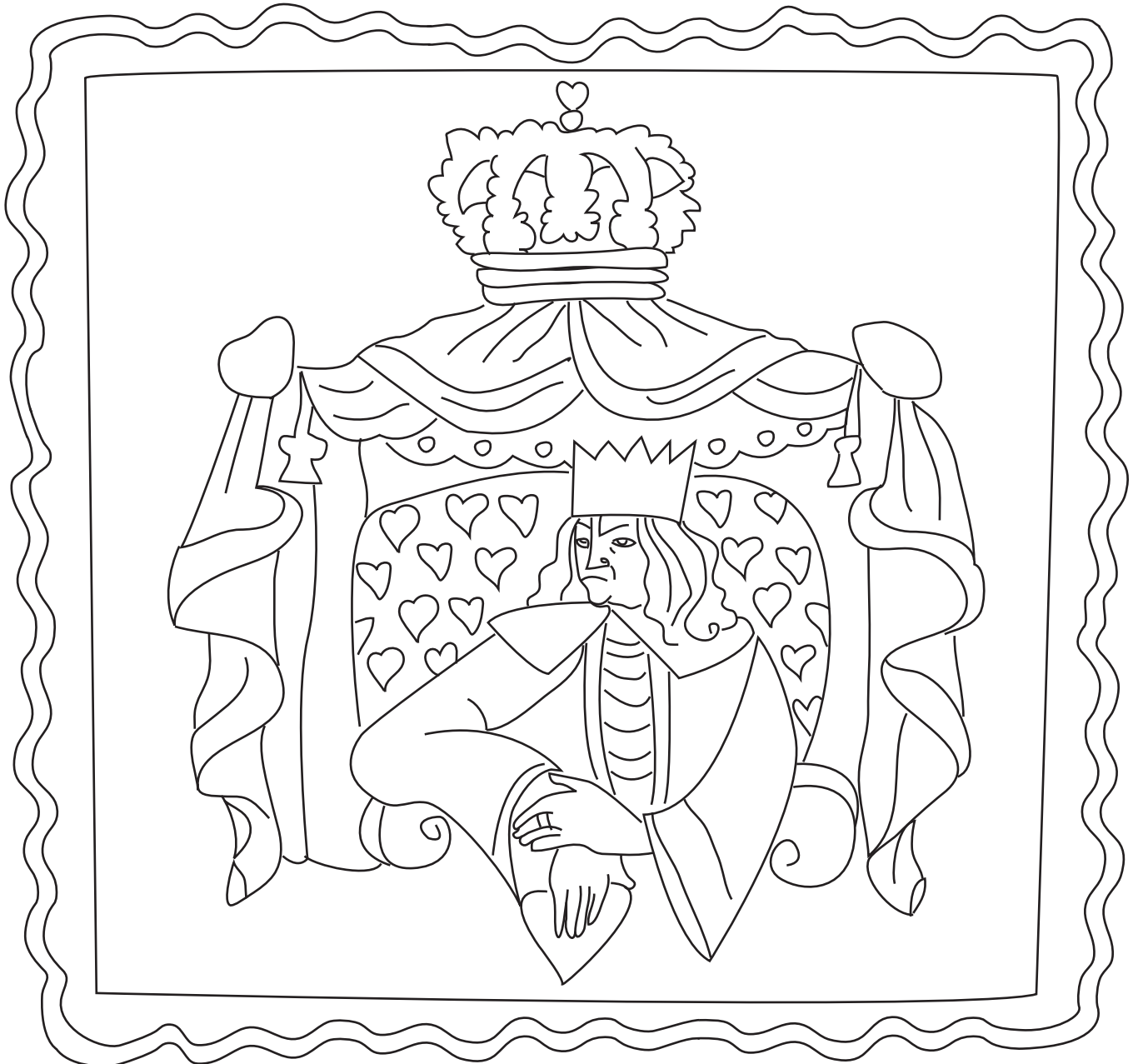
Pepper in cookies? Yes. During the Middle Ages monks and nuns baked spiced cookies as medicine! They added honey and sold them to improve people's health and stomach aches, too!

During the 1440s, Birgitta nuns of Vadestena, Sweden, were famous for their honey gingersnaps.





It is said that during the reign of King Johan (John) II of Sweden, Norway, and Denmark (1497-1501) was often in a bad mood. His doctor said that he should eat gingersnaps to make him happy and kind. Today, there is still an expression in Sweden that if you eat gingersnaps you will be nice!



## Ginger Cookies at Christmastime in Scandinavia:

Some scholars believe that during the Viking winter solstice celebrations, animals were sacrificed to keep their gods happy. However, during this time people could not afford to do this so they substituted bread (cookies) instead.

They would hang animal shaped breads from evergreen trees (the symbol of everlasting life). When Scandinavia slowly became Christian, after the year 1,000, the tradition of hanging shaped breads continued. Today, gingercookies are hung from trees and windows to celebrate the holidays!

Pepperkaker (gingersnaps) are symbols of the season. They are used for welcoming guests, decorating homes, and are eaten for good health!

Some symbols include:

Hearts	_____	Love
Pigs	_____	Well being
Stars	_____	Hope
Coats	_____	Strength

During the 1880s, tin cookie cutters were being used instead of wooden stamps for gingercookies. Instead of the decorations of the wood, white frosting was used to add ornamentation to the brown cookies. During this time, the first gingerbread houses were also becoming popular in Scandinavia from Germany (remember Grimm's fairytale of Hansel and Gretel?)

Now, look at the buildings of Duluth.

Draw them and use Norwegian pepperkake white designs to decorate your buildings. This calls for your Artistic Imagination and Creativity! With help from adults, transfer your ideas into gingerbread to help us create the first Duluth City of the North Pepperkakebye!

Lykke Til!  
(good luck)

