

Did you know... this time: Fairies and Food

Fairies are Nature's fine Children and have a special connection with the forest and matters of the heart. They are mischievous, good-natured, and always up for shenanigans. And there is one thing they can't resist but that's a secret you will learn later.

Tipsy after half 1/8 of sparkling wine, especially when mixed with juice but on the other hand they L-O-V-E champagne. They'll be fine with champagne, really fine, not tipsy, no.

Fairies love food - especially fruit, the fruit of the forest, that is. Berries, Mushrooms. A special portion of magic honey.

What will a Fairy eat throughout the day?

In the morning, she'll stretch a little, breathe in some fresh forest air and most importantly, she'll stick her feet into the grass. Feeling the morning dew on her toes is heaven. Having worked up some appetite (all this sport is making her tummy grumble) she has a habit of having nuts, honey, and oats for breakfast.

But of course habits are the most boring traits to have so having breakfast is in fact different every day (or every other day or never 🙄). Sometimes she'll dance a different dance or sing a different song.

And butter can't be missed. Nor eggs. Nor fruit (berries, again). Strawberries, bilberries, bramble fruit, raspberries or some lovely tinker-berries (not known to the humans of the muggle¹-variety) and so forth, because many woods grow and offer different berries, always what is best for the co-habitat. Woods are like that: caring, nurturing, providing.

So elves tinker along with their food. They cherish it, appreciate it. Love it. The males often nibble on meats when the animals offer it freely.



¹ Muggle is a term used in the Harry Potter books because the Fine Folks, who consider themselves humans, told the author to use this name instead.

Fairies don't drink coffee or at least they shouldn't drink it as it is very bad for their magic and their personal skills.

As for drink, they love the gurgling waters of the fresh forest rivers or the tender drops of the nettle or clover.

Some have a real sweet tooth, hence the tooth fairy. He brings them the fresh teeth and dental health they need. It's all in the magic, you see. All in a day's work. They love tea and hot chocolate as far as muggle traditions are concerned.

And they are neither vegan nor vegetarian but very picky eaters. Only the best is good enough. And what better than Nature's gifts?

FACTBOX

Elves, Fay, Fairies - who is who? In German Fairies would be Elfen, those beings with wings so accurately depicted by Julia Roberts as Tinkerbell in the movie Hook. The Fay, German Feen, are beings nearly forgotten in the English speaking world. They were known as Sidhe or Fay, but how they are depicted now (and the NAME! fey, as if they were some sickly, measly beings!) in animated video games is so far from the truth it's painful. Elves, like Santa's elves, are helper sprites who want to bring children joy but always need a supervisor or they'd just play pranks all day long.

FACT-BOX FOR PARENTS

Beware: just because it says Fairy doesn't mean it contains beauty. Oftentimes products depict dolls and name them fairies but in reality they are as bad as it gets. The eyes are usually a give-away! Pay attention, and don't buy any of those obscene dolls and pics.