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Gersky's Catering **Mercadante's Deli**

271 Route 6, Mahopac, NY 10541

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Oh, they say when you marry in June...

June 2009

When the calendar turns to June it can only mean one thing - Wedding Season!

Getting married? Know someone who is? Gersky's is here to help plan your big day. Looking to have a [traditional sit-down dinner](#)? Or maybe you would prefer a [casual outdoor celebration](#)? You can rely on our 20 years of catering experience to make sure everything is just right.



And we can help with more than just the food. Whether you need a band, a DJ, a photographer, or maybe you'd like to do something non-traditional for your invitations, check out our [Related Services](#) - we can help with all of your needs.

Happy reading and eating! - The Gersky's Staff

Holiday Profile
Summer Solstice

Mark your calendars - the summer solstice will occur at exactly 5:45 am on June 21st this year. How will you be spending it? These days, we see the first day of summer as not a whole lot more than simply the longest day of the year. But it means so much more than that.



During the classical era, the solstice coincided with the Festival of Vestalia, held in honor of Vesta, the Roman goddess of the hearth. Married women were able to enter the shrine of Vesta during the festival, while at other times of the year, only the vestal virgins were permitted inside. In Ancient China, the summer solstice celebrated the earth, the feminine, and the yin forces (it complemented the winter solstice, which celebrated the heavens, masculinity, and yang forces). Even now, males in the Native American Hopi tribe dress up as Kachinas - the dancing spirits of rain and fertility who were messengers between humanity and the Gods. At Midsummer, the Kachinas were believed to leave the villages to spend the next six months in the mountains, where they were believed to visit the dead underground and hold ceremonies on their behalf.

Summertime is a period of the year during which the earth thrives, when the days are

longer and warmer. Revolving around the solstice, ever since ancient times, the summer season - and particularly the month of June - has been traditionally a time for having weddings. This is because many ancient peoples believed that the "grand [sexual] union" of the Goddess and God occurred in early May at Beltaine. Since it was unlucky to compete with the deities, many couples delayed their weddings until June. Not just weddings, but also the tradition of honeymooning is born of the summer festival. The first (or only) full moon in June is called the Honey Moon because it is the best time to harvest honey from the hives. And, of course, what did ancient peoples use all this honey for? It was served at weddings to the new couple to encourage love and fertility.

All About... *Wedding Cake*

The tradition of the bridal wedding cake actually dates back to the Ancient Rome, when the "cake" was nothing more than a loaf of wheat bread. The loaf of bread was broken over the heads of the newlyweds to bring them luck and prosperity - sometimes broken only over the bride's head, by the groom. The crumbs, which landed on the floor, symbolized good luck and fertility for the bride and groom. The guests would then eat the crumbs - especially single women, who would scramble for the grains to ensure their own betrothals.



During the middle ages, wedding cakes were simple biscuits or scones. Each guest brought one small bridal cake to the wedding, which would be piled up, and the bride and groom had to kiss across the top of the piled cakes to bring them good luck in their marriage.

The wedding cakes we see today were born of 17th-century French bakers, who stacked wheat buns and coated them with icing. During the last few decades, brides' cakes have become major players in setting the tone of wedding receptions across the nation, ranging from traditional white-on-white beauties to fanciful culinary extravaganzas. But no matter what sort of cake is had, it's always something special; the cake will be gone before the day is through, but it's the memories that last a lifetime.

"How To..." *Wedding Planning Tips and Tricks*

Need a little help planning your wedding?

Well, TheKnot.com, a great site for everything wedding-related, has compiled a list of [30 Expert Tips and Tricks](#) to take to heart when planning your big day.



Recipe of the Month *Mexican Wedding Cookies*

Ingredients:

1 cup unsalted butter, room temperature
1/2 cup confectioners' sugar, plus extra
1 teaspoon vanilla extract
1 3/4 cups all-purpose flour, plus extra
1 cup pecans, chopped

To Make:



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Preheat oven to 275 degrees. In an electric mixer, cream butter and sugar at low speed until smooth. Add vanilla. Gradually add flour. Stir in pecans. Dust hands with flour, and shape approximately 1 tablespoon of dough into the shape of your choosing (small mound, crescent, etc.) and place on parchment-lined cookie sheets. Bake for 40 minutes. Allow cookies to cool slightly, then roll in additional confectioners' sugar. Cool completely on wire racks. Makes about 2 dozen.

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