



By Anna Brones

**How to Celebrate Swedish Midsummer**

Swedish Midsummer is a celebration to welcome the summer, a time to honor the endless hours of daylight. It is the time to take a break, be with friends, indulge in good food, and honor the beginning of summer days.

How do you celebrate?

Take time off, make a nice meal, spend time outside.

Enjoy the magic of the arrival of summer.

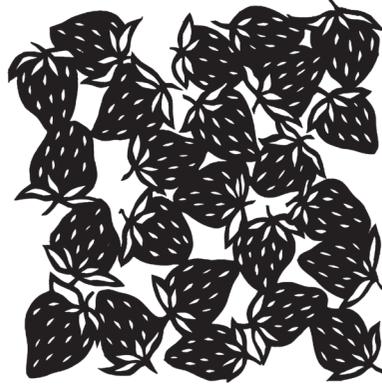
Speak some Swedish...  
 Midsommarafton = Midsummer's Eve  
 Midsommar = Midsummer  
 Glad midsommar = Happy Midsummer



\*\*\*you should definitely have lots of fika for midsummer --> brew an extra batch of coffee.

Midsummer and Midsummer's Eve are Swedish public holidays. In the 1950s it was decided that the holiday would be officially celebrated on a Friday and Saturday, somewhere between June 19 - 25.

*Glad midsommar!*



*you can find more midsummer recipes and inspiration at annabrones.com*

**Some things that make midsummer feel like midsummer:**

Eating pickled herring, potatoes, and dill.

Making a flower crown.

Drinking aquavit.

Singing songs, like "Små grodorna," a song (and accompanying dance) about frogs.

Dancing around *midsommarstången*, the midsummer pole.

Enjoying strawberries for dessert.

Preheat the oven to 350°F (175°C). Grease and flour a 9-inch springform pan. In a food processor, finely grind the hazelnuts or almonds. In a bowl, combine the ground nuts with the flour, baking powder and cardamom seeds. In a separate bowl, whisk the eggs until frothy. Add the yogurt and honey and whisk until the batter has a slightly lighter color, then add melted butter. Fold the dry ingredients into the wet ingredients.

Pour the batter into the greased pan, bake for 25 to 35 minutes, until the cake is a deep golden brown. Remove from the oven and let cool completely.

Carefully cut the cake in half to get two layers. Spread a layer of whipped cream and the marinated strawberries on the bottom layer, place the second layer on top, cover with whipped cream and rest of strawberries.

*Midsommarblommor // Midsummer Wildflowers*

In Swedish tradition, if you pick seven types of wildflowers on Midsummer's Eve and place them under your pillow, you will dream of your future partner. But we should be respectful of wildflowers, especially since pollinators need them. Consider planting a patch of native wildflowers in your yard or in a pot on the balcony instead. Or make paper flowers!

*Need music? A few popular Midsummer songs:*

"Sol, Vind, och Vatten" by Ted Gärdestad  
 "Sommartider" by Gyllene Tider  
 "Sommaren är kort" by Tomas Ledin

I like listening to Sven-Bertil Taube or Monica Zetterlund



**Strawberry Cake with Cardamom**  
 You *must* have strawberries at midsummer. Here is a cake to properly honor the seasonal fruit.

- 3/4 cup (4 ounces, 115 grams) raw hazelnuts or almonds, finely ground (~1 cup of hazelnut or almond meal)
- 2/3 cup (3.25 ounces, 90 grams) brown rice flour or all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 to 2 teaspoons whole cardamom seeds, crushed
- 4 tablespoons unsalted butter, melted
- 3 eggs
- 1/3 cup (80 milliliters) honey
- 1/2 cup (240 milliliters) yogurt
- About 1 pound/500 grams strawberries
- 1 to 2 cups heavy whipping cream, whipped

The night before you bake: slice about half of the strawberries and marinate in 1 tablespoon honey and 1/2 teaspoon ground cardamom.