



The Midsummer Pole (Midsommarstången)

The midsummer pole (midsommarstång) brings many people together to decorate and hoist it in a grassy area. It is a tall mast decorated with fresh flowers, birch twigs and sometimes ribbons. Midsummer poles do not look identical, as each location has their preferred way of decorating. After it is in place it is time for music and dancing.

Music and Ring Dancing

Both young and old participate in dancing around the midsommarstång. They sing and dance to old tunes that have been used for generations. Some of the dance actions mimic the words as they are sung. They are silly and fun to dance to! Dance music is often provided by fiddle and accordion. As more and more people join the dancing, it is often necessary to expand to two rings where they often move in opposite directions.



Swedish Cultural Society members and friends dancing around the midsummer pole.

Let's all sing and dance. . .

Små grodorna - Swedish Lyrics

Små grodorna, små grodorna är lustiga att se. (2x)
Ej ören, ej ören, ej svansar hava de. (2x)
Ko ack ack aw, ko ack ack aw, ko ack ack ack ack aw, (2x)

Små grisarna, små grisarna är lustiga att se. (2x)
Båd ören, båda ören, och svansar hava de. (2x)
Å nöff, nöff, nöff, å nöff, nöff, nöff, å nöff, nöff, nöff, nöff, nöff. (2x)

The Little Frogs - English Lyrics

Små grodorna, små grodorna the funny little frogs. (2x)
No ears at all, no ears at all they lost their little tails. (2x)
Ko ack ack aw, ko ack ack aw, ko ack ack ack ack aw, (2x)

Små grisarna, små grisarna the funny little pigs. (2x)
Two ears on their heads, two ears on their heads and a funny curly tail . (2x)
Å nöff, nöff, nöff, å nöff, nöff, nöff, å nöff, nöff, nöff, nöff, nöff. (2x)



Swedish Cultural Society members and friends dancing to Små grodorna.

Prästens lilla kråka - Swedish Lyrics

Prästens lilla kråka
skulle ut och åka
ingen hade han som körde.

Prästens lilla kråka
skulle ut och åka
ingen hade han som körde.

Och än slank han hit,
Och än slank han dit.
Och en slank han ner i diket.

Och än slank han hit,
Och än slank han dit.
Och en slank han ner i diket.

The pastor's little crow - English Lyrics

The pastor's little crow
wanted to go for a ride,
but didn't have anyone to drive him.

The pastor's little crow
wanted to go for a ride,
but didn't have anyone to drive him.

First he went to one ditch
then he went to the other ditch
then he fell over in the first ditch.

First he went to one ditch
Then he went to the other ditch,
then he fell over in the first ditch.

Karusellen Swedish Lyrics

Jungfru, jungfru, jungfru jungfru skär.
Här är karusellen, som ska gå till kvällen.
Tio för de stora och fem för de små,
Skynda på, skynda på nu ska karusellen gå.

För ha, ha, ha, nu går det så bra,
För Andersson och Pettersson och Lundström och jag (2x)

The Carousel English lyrics

How we love to ride the carousel,
Round and round advancing on our ponies prancing.
Ten for the big ones and five for the small,
Hurry up, hurry up the carousel will call.

For ha, ha, ha, happy are we,
Anderson and Peterson and Lundstrum and me (2x)



Morsgrisar är vi allihopa - Swedish Lyrics

Morsgrisar är vi allihopa, allihopa, allihopa.
Morsgrisar är vi allihopa, allihopa, ja mä'.
Du mä', och ja mä'.
Du mä' och ja mä'.

We all are mother's little piglets - English Lyrics

We all are mother's little piglets, little piglets, little piglets.
We all are mother's little piglets, little piglets we are.
You are, and I am.
You are, and I am.



Vi äro musikanter - Swedish Lyrics

Vi äro musikanter, allt ifrån Skaraborg.

Vi äro musikanter, allt ifrån Skaraborg.

Vi kan spela fiolioliol lej, vi kan spela basfiol och flöjt.

Och vi kan dansa bomfaderalla, bomfaderalla, bomfaderalla.

Vi kan dansa bomfaderalla, bomfaderalla, lej.

Vi kan spela fiolioliol lej.

vi kan spela basfiol och flöjt.

Och vi kan dansa andra hållet, andra hållet, andra hållet,

Vi kan dansa andra hållet, andra hållet med.

Oh we are fine musicians - English Lyrics

Oh we are fine musicians, we come from Skaraborg.

We are fine musicians, we come from Skaraborg.

We can fiddle, fiolioliol lej, we can fiddle bass fiddle and flute.

And we can dance a bomfaderalla, bomfaderalla, bomfaderalla.

We can dance a bomfaderalla, bomfaderalla, lej.

We can fiddle, fiolioliol lej,

We can fiddle bass fiddle and flute.

And we can dance the other way, the other way, the other way.

And we can dance the other way, dance the other way.



Midsommar
Entertainment -
Teaching the
words and
dances that
goes with each
song.



Blomsterkransar för Midsommar (**Flower Wreaths or Crowns for Midsummer**)

Gather your supplies –

Wire (Paddle wire of 24 to 26 gauge available at local craft store)

Thin blue and yellow ribbon

Greens: Cotoneaster, bridal wreath, birch twigs all work well

Assortment of Flowers: Daisies, Lily of the Valley, Clover, Buttercup, Forget-me-nots, Bachelor Buttons and many more.



Let's Make a Crown

Paddle wire (the thicker type; 24 gauge) will be the base upon which you will make the wreath. Cut approximately a 24 inch piece and twist the ends together to form a circle. Adjust diameter to fit your head loosely and tuck in the ends so they won't poke your head!

Attach the greens to the base. Trim the greenery pieces to about 6 – 10 inches long. Begin by attaching the end of the thinner paddle wire (26 gauge) to the wire ring. Lay a piece of greenery along the ring and wrap wire (rather loosely) around the greens and base wire to secure it. Keep adding greens until the entire base is covered.

Attach flowers to the greenery base ring. Trim the flowers so that the stems aren't too long and then just tuck or weave the stems under the wires that you used to secure the greens. Continue to add flowers until your masterpiece suits you! You may need to use additional pieces of the thinner paddle wire to secure the flowers – especially if you choose to add a heavier flower, such as a lilac spray.

Attach the ribbons. Cut an 18 inch piece of both blue and yellow ribbon. Knot the two ribbons together at one end. Attach the ribbons to the back of the wreath by looping the knotted end of the ribbon over the back of the wreath and pulling the two free ends of the ribbons through the knotted end.



Midsommar Foods

Celebrating the summer solstice dates back thousands of years, to before Christian times. Honoring the longest day of the year has carried on throughout the centuries, and there are important midsommar celebrations held across Northern Europe.

One of the countries best known for its midsommar celebration is Sweden. Here, in a land where the sun is held captive for many months of the year, the arrival of summer is cause for a big celebration.

As with many traditions and holidays, food and drink are an essential part of Swedish Midsommar, and no Swedish midsommar celebration is complete without a few key dishes.

Like a lot of traditional Scandinavian cooking, the traditional midsommar dishes are made to take advantage of seasonal produce. At this time of year, strawberries are in abundance, fresh chives sprout in the herb garden and small, new potatoes are picked straight from the earth, and the table shows it.

No matter where you are in the world, here are a few essential items to ensure that you too celebrate Midsommar like a Swede.



Sill – Pickled Herring

A true Swedish Midsommar table will have a spread of several types of pickled herring. If you like a more vinegary flavor try matjessill, or for one with a bit more bite senapssill, which is served in a mustard sauce. The herring is often served with a side of sour cream and freshly chopped chives, which just so happens to go well with the boiled potatoes.



Potatis – Potatoes

This time of year, it's the "new potatoes" that reign. These younger potatoes are just ready to be pulled out of the ground and eaten, and the result is a smaller, sweeter potato. They are traditionally boiled and served with butter and dill.



Gravlax – Cured Salmon and Knäckebröd – Crisp Bread

Curing salmon is easier than you might think. It's as simple as rubbing the salmon with a salt and herb blend and giving it a few days to cure.

No Swedish dining table is complete without a basket of knäckebröd, a dry, crispy bread traditionally made with rye flour. You'll want to pair this with a slathering of butter, a few slices of cheese or shrimp and caviar.



Swedish Recipes to Try Yourself

Aquavit Spritzer

- 1 tablespoon raw sugar
- $\frac{3}{4}$ cup berry preserves, preferably lingonberry
- 4 cups soda water (32 ounces)
- 4 cups aquavit
- 8 lemon twists

Combine sugar and 1 tbsp hot water in a pitcher. Stir to dissolve. Add preserves. Using a wooden spoon, stir to loosen preserves and mix with simple syrup. Gently stir in soda water and aquavit.

Fill tumblers with ice. Divide aquavit spritzer equally among glasses and garnish each with a lemon twist.

Serves 8



Jordgubbstårta – Swedish Strawberry Cake

You can find a variety of different desserts on the Swedish midsommar table, but none is more iconic than a jordgubbstårta.

To make the seasonal fruit sing, the cake is kept pretty simple; a sponge cake, whipped cream and as many strawberries as you can fit onto it. Even if you don't want to serve a cake, strawberries are a must on the table, and you can keep things simple by just serving a large bowl of them.

Sugar Cake – Base Cake

4 tbsp butter

½ cup milk

2 eggs

½ cup and 5 tbsp sugar

1 cup and 3 tbsp all-purpose flour

1 ½ tsp baking powder

2 tsp vanilla sugar or 1 tsp vanilla extract



Filling and topping

1 cup heavy cream

1 tsp vanilla extract

1 tbsp confectioners' sugar

1 pt fresh or thawed frozen strawberries

Jordgubbstårta – Directions

Turn the oven to 350F. Butter and flour a 9” spring form pan.

In a bowl melt butter, then add milk and let it sit. Then in another bowl mix together the eggs and sugar. Then add the butter milk mixture and then the vanilla. Lastly add the flour and baking powder. Pour the batter into the pan.

Bake for 35-40 minutes. Let it cool before you cut into it.

Cut the sugar cake in half so you have a top and bottom.

In a large bowl, whip cream until stiff peaks are just about to form. Beat in vanilla and sugar until peaks form. Make sure not to overbeat, cream will then become lumpy and butter-like.

Place half the whipped topping and 3/4 of the strawberries over the bottom layer of the cut cake.

Then add the top of the cake and cover with the remaining whipped cream and strawberries.

Serve and enjoy!!!!



Glad Midsommar

Monday, June 15, 2015
Lutheran Church of the Good Shepherd
1325 N. 45th Ave East, Duluth, MN



Cloudberrries
from the
American Swedish Institute

12:30 – 1:45 p.m. Create a Flower Crown or Paint a Dalahäst
2:00 p.m. Cloudberrries Program
3:00 p.m. Decorate & Raise the Majstång with Ring Dancing led by
the Cloudberrries
3:30 Fika: Coffee and Swedish treats

Sponsored by the Swedish Cultural Society of Duluth
Suggested Donation of \$5.00 per adult
Children, free



Swedish Cultural Society Duluth 2016

Friday, June 17, 12:00-10:00pm
Duluth Lutheran Church and Center
1315 N. 45th Ave. S. Duluth, MN

Swedish Midsommar Dinner and Theater
12:00pm - 10:00pm
24th St. - South St. - 7th St. - 10th St.

Program of Staff Sutter's Concert in Duluth
12:00pm - 10:00pm
The concert will feature a variety of folk songs, including those from the Swedish folk song book, "Svenska Folklåtar". The program will also include a performance of the Swedish folk play, "The Song of the Lark". The concert will be held in the sanctuary of the Lutheran Church of the Good Shepherd, 1325 N. 45th Ave. East, Duluth, MN. Tickets are \$5.00 per adult and \$2.00 for children under 12. Reservations are required. Call Ross Sutter at 218-825-1111 or email ross@suttermusic.com for more information.

Saturday, June 18, Midsommar Dagen
12:00pm - 10:00pm
The day will feature a variety of folk songs, including those from the Swedish folk song book, "Svenska Folklåtar". The program will also include a performance of the Swedish folk play, "The Song of the Lark". The concert will be held in the sanctuary of the Lutheran Church of the Good Shepherd, 1325 N. 45th Ave. East, Duluth, MN. Tickets are \$5.00 per adult and \$2.00 for children under 12. Reservations are required. Call Ross Sutter at 218-825-1111 or email ross@suttermusic.com for more information.

Glad Midsommar

Wednesday, June 28, 2017
Lutheran Church of the Good Shepherd
1325 N 45th Ave E, Duluth, MN



Sponsored by the Swedish Cultural Society of Duluth. Kids and adults alike will enjoy making a flower crown, painting dala horses, singing and dancing around the Midsommar Pole and learning more about Swedish heritage. Come pretend you're a Swede for the day, who knows maybe you'll like it and want to stay.

12:30 - 1:45 P.M. Flower crowns and dala horse painting
2:00 P.M. Skålmusik performance in the sanctuary
3:00 P.M. Decorate & Raise the Majstång
Ring Dancing led by Skålmusik
Fika - Swedish coffee and treats
3:30 p.m. A \$5.00 donation is recommended per adult.

Glad Midsommar

Thursday, June 28, 2018
Lutheran Church of the Good Shepherd
1325 N. 45th Ave East, Duluth, MN



Ross Sutter

Paul & Marikay Dahlin

12:30 – 1:45 p.m. Create a Flower Crown or Paint a Dalahäst
12:30 – 3:30 p.m. Silent Auction
2:00 p.m. Program with Ross Sutter, Paul and Marikay Dahlin
3:00 p.m. Decorate & Raise the Majstång with Ring Dancing & Singing
3:30 Fika: Coffee and Swedish treats

Sponsored by the Swedish Cultural Society of Duluth
Suggested Donation of \$5.00 per adult
Children, free

Midsommars of the Past

Glad Midsommar

Monday, June 16, 2014
Lutheran Church of the Good Shepherd
1325 N. 45th Ave East, Duluth, MN



Vårsk Spelmän

12:30 – 1:45 p.m. Create a Flower Crown or Paint a Dalahäst
2:00 p.m. Swedish Folksongs with the Vårsk Spelmän
3:00 p.m. Decorate & Raise the Majstång with Ring Dancing led by
the Vårsk Spelmän
3:30 Coffee and Swedish treats

Sponsored by the Swedish Cultural Society of Duluth
Suggested Donation of \$5.00 per adult
Children, free



Bring wildflowers and make a flower crown, experience Swedish crafts, enjoy the music of Arna Rennan and Eli Bissont, decorate and dance around the majstång and, of course, Fika - Swedish refreshments. Fun for the entire family.

30 JUNE 2019 • 2 PM • SPIRIT OF GOD LUTHERAN CHURCH
2431 W 3RD ST • DULUTH, MINNESOTA
CHURCH PARKING LOT FOR DROP-OFF AND
HANDICAPPED - STREET PARKING AND HOLY FAMILY
CATHOLIC CHURCH LOT FOR ALL OTHERS

\$5.00 donation requested at the door

Photos are in no particular order, please enjoy them as they come. I hope you can identify some of the wonderful people who have joined in the festivities over the years.







From Sweden to Duluth's Lincoln Park

In agrarian times, Midsommar celebrations in Sweden were held to welcome summertime and the season of fertility. In some areas people dressed up as 'green men', clad in ferns. They also decorated their houses and farm tools with foliage, and raised tall, leafy maypoles to dance around, probably as early as the 1500s. Midsommar was primarily an occasion for young people, but it was also celebrated in the industrial communities of central Sweden, where all mill employees were given a feast of pickled herring, beer and schnapps. It was not until the 1900s, however, that this became the most Swedish of all traditional festivities.

Ever since the 6th century AD, Midsommar bonfires have been lit around Europe. In Sweden, they were mainly found in the southern part of the country. Young people also liked to visit holy springs, where they drank the healing water and amused themselves with games and dancing. These visits were a reminder of how John the Baptist baptised Christ in the River Jordan.

Midsommar Night is the lightest of the year and was long considered a magical night, as it was the best time for telling people's futures. Girls ate salted porridge so that their future husbands might bring water to them in their dreams, to quench their thirst. You could also discover treasures, for example by studying how moonbeams fell.

Also that night, it was said, water was turned into wine and ferns into flowers. Many plants acquired healing powers on that one night of the year.



Sculpture of "Green Man", Stockholm, Sweden

Midsommar Comes to Duluth's Lincoln Park

The annual Swedish-American Midsommar Festival became Lincoln Park's signature event. The first was held on June 23, 1911, when all the Swedish societies of the city joined together to create a celebration similar to the traditional Midsommar Fests they knew in Sweden. The *News Tribune* estimated that—despite the cold, windy weather—nearly 12,000 people attended the “greatest gathering of Swedish Americans ever held in Duluth and one of the largest of any kind.”



June 20, 1926 Midsommar Festival, Lincoln Park, Duluth, Minnesota

The festivities began with a parade that moved along Superior Street from Second Avenue East to Lincoln Park. Both the Marine Band and the Third Regiment Band provided music as members of the Order of Vasa and the Linnea Society marched between automobiles carrying the festival chairman, dignitaries including Mayor Marcus Cullum, and the "Midsommar bride."

As paraders arrived for the festival they found that the "park and park buildings were bright with flags and bunting and brilliant with thousands of Japanese lanterns and colored electric lights at night, the Edison Electric Company installing the lights without charge. They were strung along the drives in profusion and outlined all of the buildings, even covering the tall Midsommar pole."



Family of Swedish Cultural Society member Wendy Pickar and their friends walking the parade route on their way to Lincoln Park for the celebration.

Can you spot the tall Midsommar pole?

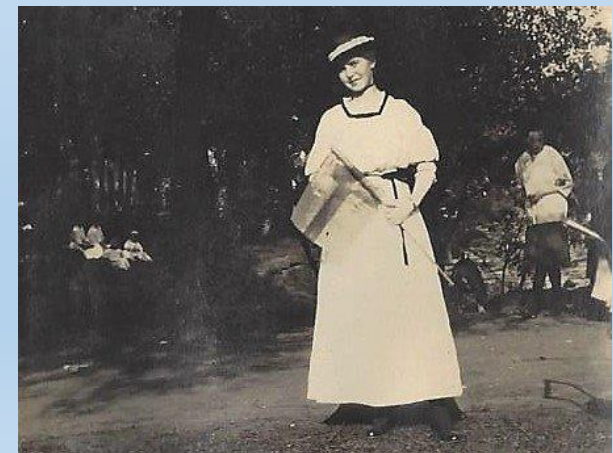




Photo of the mock wedding and dinner dance held in June, 1920 (location unknown).

For the first five years of the festival, the celebration began on the evening of Midsommar Day with a dance at the privately owned dance hall located adjacent to Lincoln Park. But after fire destroyed the dance hall in 1916, organizers were forced to find a new location for the opening dance, which eventually disappeared completely from the program.

The Swedish-American Midsommar Festival took place annually at Lincoln Park until at least 1949 and usually drew 10,000 to 20,000 people. Speakers at the festival regularly included Duluth's mayor, Minnesota's governor, congressional representatives, and prominent Swedish-American leaders from throughout the Midwest.

