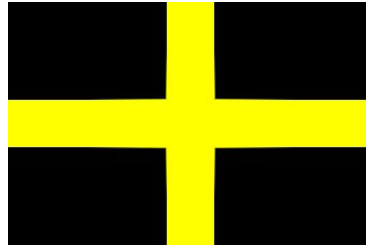


St. David's Day, The National Day of Wales

St David's Day is celebrated in Wales on 1 March, in honour of St David (Dewi Sant), the patron saint of Wales.

This is the flag of St David.
It is not the flag of Wales



Who was St David?



David (Dewi Sant) was a Celtic monk, abbot and bishop, who lived in the sixth century. He spread the word of Christianity across Wales.

The most famous story about Saint David tells how he was preaching to a huge crowd and the ground is said to have risen up, so that he was standing on a hill and everyone had a better chance of hearing him.

What is the national emblems of Wales?



The national emblems of Wales are daffodils and leeks. St David's Day is commemorated by the wearing of daffodils or leeks. Both plants are traditionally regarded as national emblems.

The Leek:



There are many explanations of how the leek came to be adopted as the national emblem of Wales. One is that St David advised the Welsh, on the eve of battle with the Saxons, to wear leeks in their caps to distinguish friend from the enemy. Shakespeare mentions in Henry V, that the Welsh archers wore leeks at the battle of Agincourt in 1415.

What is Wales' National Dress?



On St David's Day, some children in Wales dress in their national costume, which consists of a tall black hat, white frilled cap and long dress., is also flown.

What is the National Flag of Wales?

The flag of Wales (Y Ddraig Goch, meaning 'the red dragon') consists of a red dragon passant on a green and



As with many heraldic charges, the exact representation of the dragon is not standardised and many renderings exist. The flag is not represented in the Union Flag.

Why doesn't the Welsh dragon appear on the Union Flag?

The Welsh dragon does not appear on the flag because when the first Union Flag was created in 1606, Wales was already united with England from the 13th century. Wales has not been politically independent since 1282, when it was conquered by King Edward I of England.

In 1536, under Henry VIII, the Act of Union joined England and Wales officially.

Facts about Wales

Technically, Wales is a principality. This means that it is ruled by a prince. Traditionally the Prince of Wales is the eldest son of the English monarch.

Until 1999, Wales was ruled directly from London; that year saw the first elections to the National Assembly of Wales, which has limited domestic powers and cannot make law.

Wales does not issue its own currency and is not in control of any armed forces. These are the powers of the national government of the UK.

Wales is one of the four parts of the United Kingdom (along with England, Scotland, and Northern Ireland).

The name Wales comes from the Cymraeg word Gwalia, meaning in English "Homeland". It later became Latinized as Walia, then by the Normans to something like Wales.

Wales (Cymru in Welsh) is a mountainous country on the western side of Great Britain.

Wales is bordered by England to the east, the Bristol Channel to the south, St George's Channel in the west, and the Irish Sea to the north.

Famous Welsh people

Wales is known for its great actors - Richard Burton, and today Sir Anthony Hopkins and Catherine Zeta Jones. It is also known for its Celtic traditions and the Red Dragon (Y Ddraig Goch) on its flag.

Laura Ashley - famous fashion creator.

David Lloyd George - past British Prime Minister,

Sir George Everest - famous traveler and explorer, The highest peak in the world is named after him.

Writers and poets - Roald Dahl (1916–1990), author

Dylan Thomas (1914–1953), poet

Traditional Welsh Food

Welsh cakes, Glamorgan Sausages, Welsh Rarebit, and Welsh lamb, laverbread



Welsh cakes recipe <https://www.bbcgoodfood.com/recipes/welsh-cakes>Ingredients

Ingredients

225g plain flour
85g caster sugar
½ tsp mixed spice
½ tsp baking powder
50g butter, cut into small pieces
50g lard, cut into small pieces, plus extra for frying
50g currant
1 egg, beaten
splash milk

Method STEP 1

Tip the flour, sugar, mixed spice, baking powder and a pinch of salt into a bowl. Then, with your fingers, rub in the butter and lard until crumbly. Mix in the currants. Work the egg into the mixture until you have soft dough, adding a splash of milk if it seems a little dry – it should be the same consistency as shortcrust pastry.

STEP 2

Roll out the dough on a lightly floured work surface to the thickness of your little finger. Cut out rounds using a 6cm cutter, re-rolling any trimmings. Grease a flat griddle pan or heavy frying pan with lard, and place over a medium heat. Cook the Welsh cakes in batches, for about 3 mins each side, until golden brown, crisp and cooked through. Delicious served warm with butter and jam, or simply sprinkled with caster sugar.

Cakes will stay fresh in a tin for 1 week.