



na Sióga agus na Sióg

Conair draíochta trí thailte
Ard-Mhúsaem na hÉireann - Saol na Tuaithe

of Fairies and Fairy Folk

A magical trail through the grounds of the
National Museum of Ireland – Country Life

Coll

Corylus avellana

Speiceas dúchasach is ea an Coll agus siombail chríonnachta, ríogachta agus eolais mhistiúil.

An raibh a fhios agat go bhfuil a lán próitéine, saill neamhsháithithe, fosfar, potaisiam, maignéisiam agus copar i gcónna coill. Mar gheall air sin is ‘bia inchinne’ iontach iad.

Sa scéal ‘An Bradán Feasa’, tagann duilleoga, bláthanna agus cnónna na naoi gcrann coill críonnachta ar fad amach ag an am céanna, ag titim isteach i dTobar Connla. D’íth an cúig bhradán a bhí ina gcónaí ansin iad; tháinig spota dearg ar a dtaobhanna le gach cnó a shlog siad, rud a thug a n-eolas do na bradáin.

Meastar go bhfuil sé an-ámharach cnó dúbailte nó ‘Cnó Eoin’ a fháil agus go gcuideoidh sé leat tú féin a chosaint ar spioraid olca agus síoga diabhalta san oíche má iompraíonn tú slat coill leat. Bhainfeadh collóirí úsáid as géaga ladhracha coill ar foinsí uisce Dé.

Hazel

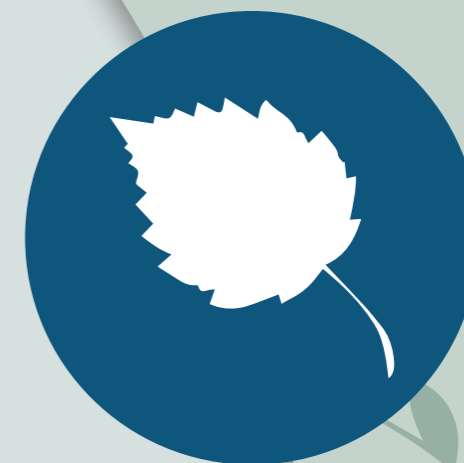
Corylus avellana

The hazel is a native species and a symbol of wisdom, kingship and mystical knowledge.

Did you know that hazelnuts are high in protein, unsaturated fats, phosphorus, potassium, magnesium and copper? This makes them great ‘brain food’.

In the story of the Salmon of Knowledge, the leaves, blossoms and nuts of the nine hazel trees of wisdom all came out at the same moment, falling into Connla’s Well. They were eaten by the five salmon that lived there; a red spot appearing on their sides with each nut ingested and giving the salmon their knowledge.

To find a double hazelnut or ‘St. John’s Nut’ is thought to be very lucky and carrying a hazel stick with you when traveling at night will help protect you from evil spirits and mischievous fairies. Forked hazel branches were used by dowsers to divine water sources.



Bhí coll ina ábhar tábhachtach chun tithe a thógáil, chun bheith ag tuíodóireacht agus chun ciseáin a dhéanamh.

Hazel was an important material for building houses, for thatching and for making baskets.

