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Polish Customs, Traditions & Folklore

Illustrated Edition

“A richly detailed and well-informed month-by-month accounting of all the major Polish customs and traditions practiced over the centuries. Ms. Knab stirs and reawakens our ancestral memory.”

—*The Kosciuszko Foundation Newsletter*

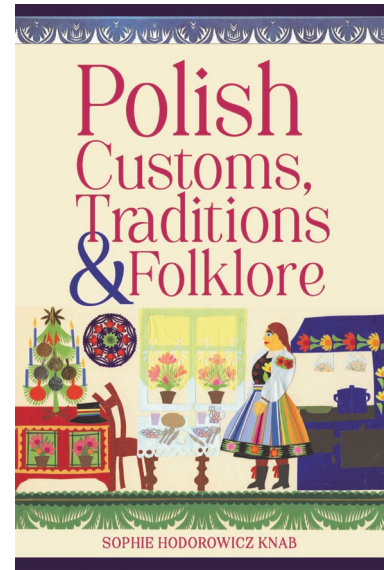
Now in paperback and e-book editions with illustrations, historical black and white photographs, and color photographs throughout the book!

This unique, well-researched reference is arranged by month, showing the various occasions, feasts and holidays prominent in Polish culture—beginning with December it continues through Holy Week Customs, superstitions, beliefs and rituals associated with farming, Pentecost, Corpus Christi, midsummer, harvest festival, wedding rites, Name Days, birth and death. There is also a chapter on Polish pastimes and games for children.

Many communities of the Polish diaspora throughout the world still choose to reenact harvest celebrations, share the Christmas Eve wafer *opłatek*, and perform the *oczepiny* ceremony (the unveiling) during weddings. How did these traditions originate and what do they mean? Sophie Knab explores the history and evolution of these ancient customs and many more, guiding readers on how to keep them alive.

This invaluable resource is perfect for those who claim Polish ancestry, for families who wish to teach Polish heritage and customs to their children, and for anyone seeking to learn more about their Slavic roots.

Sophie Hodorowicz Knab is a noted Polish-American lecturer and author whose books include *Polish Herbs, Flowers & Folk Medicine*, *Spirit of Place: The Roadside Shrines of Poland*, *Polish Country Kitchen Cookbook*, and *Wearing the Letter P: Polish Women as Forced Laborers in Nazi Germany*, all published by Hippocrene Books. She is a contributor to the *Polish American Journal* and resides in Grand Island, NY.



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