[](http://upload.wikimedia.org/wikipedia/commons/4/43/Impaled.gif)   
Vlad dipping bread into his victim’s blood in the forest of impaled people

[](http://upload.wikimedia.org/wikipedia/commons/a/af/Vlad_Tepes_002.jpg)

Vlad’s Portrait



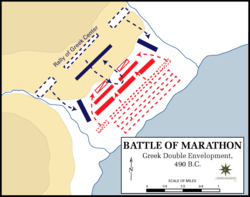
The Sultan, Mehmed II, demanding recruits and taxes from Vlad’s army



Bran Castle, Vlad’s residence



Pottage, a stew made of anything



Tactics in action: Charging, falling back, luring in, flank.

For Biography/ Life

<http://en.wikipedia.org/wiki/Vlad_the_impaler>  
[www.**vladtheimpaler**.com](http://www.vladtheimpaler.com)   
[www.donlinke.com/drakula/**vlad**.htm](http://www.donlinke.com/drakula/vlad.htm)   
[www.castleofspirits.com/**vlad**.html](http://www.castleofspirits.com/vlad.html)   
hamsterrepublic.com/html/**vlad**history.html

For Food  
“**Middle Ages Food and Diet of the Lower Classes / Peasants  
The Middle Ages food and diet of the peasants was very much home grown. They were unable to afford luxury items such as spices and only Lords and Nobles were allowed to hunt deer, boar, hares and rabbits. The punishment for poaching could result in death or having hands cut off. The staple diet of the lower classes included:**

* **Rye or barley bread bread**
* **Pottage ( a type of stew)**
* **Dairy products such as milk and cheese products**
* **Meat such as beef, pork or lamb**
* **Fish - if they had access to freshwater rivers or the sea**
* **Home grown vegetables and herbs**
* **Fruit from local trees or bushes**
* **Nuts**
* **Honey”**  
    
  For Battle Tactics  
  en.wikipedia.org/wiki/Military\_tactics  
  en.wikipedia.org/wiki/List\_of\_military\_tactics   
  <http://en.wikipedia.org/wiki/Flanking_maneuver>   
    
  For Castle  
  <http://www.youtube.com/watch?v=eTidGt3o3Ek&feature=related>   
  <http://en.wikipedia.org/wiki/House_of_Dr%C4%83cule%C8%99ti>