

to ensure the success of communities, couplings were developed to produce offspring and maintain households.

Tie the knot

Getting married is sometimes referred to as “tying the knot.” This stems from the custom of “handfasting,” which is a common practice among various cultures around the world, and notably in ancient Rome. The bride and groom’s hands are tied together for the duration of the ceremony, not to be released until the wedding is made official. This isn’t something you see too often at modern weddings, but can be something unique couples may want to consider.

Bridal bouquet

A bouquet of beautiful flowers is held by the bride on her wedding day. Roses, orchids, peonies, and other fragrant blooms are often included, but in ancient times brides’ bouquets were likely made of herbs. According to the resource Minted Weddings, these aromatic herbs were used to ward off evil spirits.

Veil

Evil spirits also were the basis for the wearing of bridal veils, as they were utilized to hide brides from these miscreants. Veils now are more style than substance.

Bridesmaids

In ancient Rome, bridesmaids were tasked with protecting the bride. They wore the same dresses as the bride to confuse evil spirits from finding the soon-to-be-betrothed and cursing her. Today’s bridesmaids are less decoy and more helper. They may wear similar dresses to the bride and one another, but they aren’t trying to fool any spirits.

Tossing rice

Rice and grains were long regarded as signs of prosperity

and fertility, according to the gifting company Personal Creations. Therefore, couples were showered with rice to ensure their good fortune. Consumption of uncooked rice has been proven to be detrimental to some wildlife, so rice has now been widely replaced with bubbles or birdseed.

Cutting the cake

At the reception, many couples link hands and make the first cut in their wedding cakes. Wedding Wire says it’s a tradition that around 80 percent of wedding couples partake in. It is believed this tradition symbolizes the couple’s first official task performed together, and marks the

promise to support and take care of one another throughout the marriage. However, in the past, brides were responsible for cutting the wedding cake alone and distributed slices to guests to aid in fertility, according to BakingNook.com.

Weddings are full of traditions with interesting histories.

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