

# Roman food

[History](#), [Ancient History](#)



ROME: In our Roman world, a wide variety of fruits and vegetables are grown in the rural setting, and also in city gardens. According to Aemilia of one of the most popular Roman gardens, " We've been productive all year round and everything has been tended to by hand, manured and carefully protected from cold winds or the scorching sun." She goes on to say that, " gardens are currently used to grow the staple vegetables of the Roman diet. The common roman diet usually consists of brassicas, greens, marrows, sorrel, cucumbers, lettuces, and leeks." Having a wide variety of vegetables has been a great advantage to our great country. Next to the vegetables, so important to us Romans, the foremost crop is currently emmer wheat. It might be lunch around eleven o'clock, consisting of meat from the evening meal from the night before, or breads, salads, olives, cheeses, fruits or nuts, or a small dinner. At dinner having the wonderful children bring us our foods consisting of many vegetables and a few bits of meat, the Roman culture is definitely quite popular for the many different foods available. Works Cited Hazen, Walter - Ancient Greece Copyright 2002 Houghten Mufflin Publishing Burial Rituals and the Afterlife of Ancient Greece <http://www.people.uncw.edu/deagona/ancientnovel/kristina.htm> Accessed: December 2 Birth of Athena <http://www.people.uncw.edu/deagona/ancientgod/ahtena/birth.htm> Accessed: December 2 Tripp, Edward - Crowell's Handbook of Classical Mythology Copyright 1970 New York Publishing Co. Anne Pearson - Eyewitness Book of Ancient Greece Copyright 1992 Eyewitness Wilson, Colin - Greek Atlas of Holy Places and Sacred Sites Copyright 1996 Houghten Mufflin Publishing Co. Greece Over Time <http://www.hol.gr/greece/ancgods.htm> Accessed: December 2 Greek

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