

There are three tables showing food items :

[Table 1 : Common Food items from the Vindolana tablets](#)

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Table 1 : Common Food items from the Vindolana tablets

Common Food items			
FROM THE VINDOLANDA TABLETS			
MEAT,		ANIMAL BY-PRODUCTS	
Roman name	What it is	Roman name	What it is
Offella	Pork Cutlets	Buturum	Butter
Caprea	Roe Deer	Callum	Pork Crackling
Cervina	Venison	Lardum	Lard
(Caro) Hircina	Goat Meat	Axungia	Pork fat
Ungella	Pigs Trotter	Ova	Eggs
Perna	Ham	FISH etc	
Porcellum	Young pig	Apua	Small fish (Sprats?)
Pullus	Chicken	Ostria	Oysters
CEREALS etc		OTHER SEEDS & FRUIT	
Bracis & Spica	Cereals	Fabea	Beans *
Frumentum	Wheat	Olivae	Olives
Halica	Semolina	Prunolum	Plums
Amulum	Meal	Radices	Raddish
Hordeum	Barley	Alium	Garlic
Panis	Bread		
Turta	Twisted loaf		
SPICES ETC		WINE & OIL	
Faex	Wine lees *	Mulsum	Wine & Honey
Ligisticum	Lovage	Olium	Oil
Sel	Salt	Vinum	Vintage Wine
Alliatum	Garlic Paste	Cervesa	Celtic Beer
Condimenta	Spices generally (see below)	Acetum	Sour wine/Vinegar
Mel	Honey		
Conditum	Pickling Liquor		
Muria [Garum?]	Fish Sauce		
Piper	Pepper (very expensive)		

Table 2 :Food from other sources

FROM OTHER SOURCES			
Equus	Horse <i>When too old or worn-out for working?</i>	Pastinaca	Carrot <i>White & small not orange & large</i>
Porrum ??	Leeks Celery	Lens Avena	Lentil Oats
Ovilla Carro <i>Lit. Sheeps flesh</i>	Lamb/Mutton <i>Wool, milk and meat</i>	Bos/ Vacca	Beef <i>Also beasts of burden</i>
Caepa	Onion	Brassica	Cabbage <i>more like Kale</i>
Pisum or Cicer	Pea	Lactuca	Lettuce <i>like a soft cabbage</i>
Caseus	Cheese <i>Usually Sheep or Goats</i>	Farina (?)	Pasta
	Snails Cockles		Limpets Whelks
Malum Prunum	Duck Apples Plums	Cerasus	Goose Pears Cherries
	Peaches Chestnuts Damsons Blackberries	Nux Corylus	Grapes Hazelnuts Apricots Strawberries
Glans	Sloe Garlic Asparagus Beetroot	Sinapi Radix	Broadbeans Elderberry Mustard Radish

There are lots more that would not be out of place on todays table, no Potato, Aubergine, or maize corn as they are all from the Americas [and have to await Amerigo Vespuchi *et al.*] nor Tomato as they are poisonous - well maybe only thought to be. Lots of fruit is also of foreign origin [Oranges, Banana etc]

Also for ladies make-up

Table 3 : Other herbs and foods

Other herbs and foods		
Latin name <i>(where known)</i>	Common name <i>Taxonomic name</i>	Used in/as/for??
Anesum	Anise <i>Pimpinalla anisum</i>	Virgil says it was used in 'MUST' (mustaceae) cake, somewhat like a Wedding or Xmas cake. Pliny says use it as a 'Eye opener' morning tonic with honey & myrrh in wine. Was used as laxative, a diuretic, and in a cough mixture.
	Balm <i>(Melissa officinalis)</i>	Dioscorides prescribed it for toothache & Pliny for staunching bleeding, he also said that "Bees are delighted with this herb above all others...".
Laurus	Kitchen Bay <i>Laurus nobilis</i>	To flavour meat dishes, especially stews, and as burned as an Incense
Burra	Borage <i>Borago Off.</i>	Wine flavouring. To lift the spirits and relieve depression, treat weak hearts, rheumatism, chest infections and delirium.
Charra -according to Julius Caesar	Caraway <i>Carum carvi</i>	Mixed with milk and used in bread making. For indigestion, flatulence and diarrhoea.
	Chives <i>Allium schoenprasum</i>	Like all onions it will grow wild. Was used to staunch bleeding & as a mild antiseptic and a diuretic.
	Chicory <i>Chicorium intybus</i>	Vegetable similar to lettuce
	Comfrey <i>Symphytum Off.</i>	Treating wound and sores.[Roman 'Germoline'?]
	Coriander <i>Coriandrum sativum</i>	To flavour bread and sooth upset stomachs, an infusion was used for unspecified internal pains
	Fennel <i>Foeniculum Vulgare</i>	Settles the stomach, staves off hunger pangs, Pliny said that snakes loved it? Gladiators ate it to give them stamina and courage. It was also used to stop the body putting on fat.
	Hysop <i>Hysop officinalis</i>	Used as a "tea" for chest complaints, throat infections and colds. Compresses (fomentations) for sprains, black-eyes and bruises. It is an antiseptic – see the biblical story of the cleansing of the leper "Scourge me with Hysop and I shall be clean".
	Juniper <i>Juniperus communis</i>	Flavouring of sausages and meats. Burned as an incense at funerals
	Mint <i>Mentha spp</i>	The same things as we do ! Also for strewing on the floor and cleaning the tables with.
	Mustard <i>Brassica spp</i>	For meat, as we do, and burned to rid the house of foul smells. Also to make people sick if they're poisoned.
	Onions <i>Allium cepa</i>	Keep a garland in the house to ward off infection. Eat raw for catarrh
	Rosemary <i>Rosemarinus Officinals</i>	Poor mans incense! Good for cooking with lamb. Used for treating rheumatism & neuralgia.
	Rue <i>Ruta graveolens</i>	Slightly narcotic stimulant.Said to relieve headache, eye-strain, menstrual pain and nervous disorders. Insect repellent
Croccide	Saffron <i>Crocus sativus</i>	Food colouring & medicines MASSIVELY EXPENSE (<i>still is!</i>) <i>75,000 flowers give about 500g of Safron</i>
Sacra herba	Sage <i>Salvia Officinalis</i>	Thought to be good for the brain and to reduce a fever sweat.
	Thyme <i>Thymus spp</i>	Apply to the forehead for headaches & as a tea for giddiness and nausea.
	Valerian V. Off.	Sedative and relieves the wind

There are LOTS of others out there for you to discover - Good Hunting !

