

Eating and Drinking along Ancient Roads and Rivers:  
Study Opportunities, Archaeological Sources and Open Issues about  
Diet Habits





# Eating and Drinking along Ancient Roads and Rivers

## Study Opportunities, Archaeological Sources and Open Issues about Diet Habits

ROADS AND RIVERS 3

Edited by  
Ivana Ožanić Roguljić  
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ARCHAEOPRESS ARCHAEOLOGY

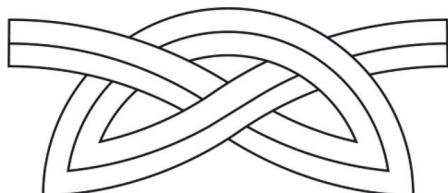


ARCHAEOPRESS PUBLISHING LTD  
13-14 Market Square  
Bicester  
Oxfordshire OX26 6AD  
United Kingdom  
[www.archaeopress.com](http://www.archaeopress.com)

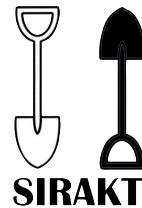
ISBN 978-1-80583-070-2  
ISBN 978-1-80583-071-9 (e-Pdf)

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Cover: Recovered carbonized lentils (left) and wheat crops (right) from Ilok, Eastern Croatia (photo by: H. Jambrek)



**Financira  
Europska unija**  
NextGenerationEU



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# Introduction

The research presented in the book *Eating and Drinking Along Ancient Roads and Rivers: Study Opportunities, Archaeological Sources and Open Issues about diet habits* was part of the activities financed by Life on the Roman Road: communications, trade and identities on Roman Roads in Croatia from 1st – 8th CE (UIP-05-2017-9768) during which a conference Roads and rivers 3 was organised on 11th to 12th November 2021. The publication was created within the project *Synergy of Diversity: Archeology of Landscape and Technological Traditions in Continental and Adriatic Croatia (SirAkt)*, funded by the European Union-NextGenerationEU.

Due to COVID-19 restrictions, the hybrid conference focused on the distribution and consumption of goods from the Roman to the early Medieval period, utilising material evidence and archaeobotanical and archaeological data. Additionally, it explored diet reconstruction through dentoalveolar pathologies, stable isotope analysis, and experimental research on food. The scientific achievements of the conference were deemed excellent. Scholars presented research on how goods were distributed and consumed during the Roman to early Medieval periods. This likely involved examining trade networks, economic systems, and consumption patterns based on material evidence. Researchers shared insights derived from archaeobotanical and archaeological findings, shedding light on agricultural practices, food production, and dietary habits spanning multiple historical periods. Experts discussed innovative methods for reconstructing ancient diets, including analyses of dentoalveolar pathologies (e.g., dental wear and diseases) and stable isotopes, which provide clues about the types of foods consumed and the nutritional status of past populations. Presentations included experimental studies aimed at recreating ancient culinary practices and testing hypotheses about cooking techniques, ingredient combinations, and meal preparation methods prevalent during the Roman to early Medieval periods. The hybrid format of the conference allowed participants to engage both in-person and virtually, facilitating broader participation despite pandemic-related challenges. This format likely encouraged collaboration and knowledge-sharing among researchers from various geographical locations and academic backgrounds.

Overall, the scientific achievements of the conference were considered excellent, as evidenced by the quality of research presented and the valuable insights gained into the distribution, consumption, and cultural significance of food from antiquity to the early Medieval period. Papers in this volume have gone through two blind reviews, and the whole volume has three reviewers. The editors of the publication wish to express their gratitude to all the anonymous reviewers and the reviewers of the volume itself (Sonja Vuković, Renata Šoštarić, Valentina Mantovani). A big help was also received from the scientific board (Pia Šmalcelj Novaković, Bartul Šiljeg, Danijela Roksandić).

Here is the list of the papers: Kaja Stemberger Flegar, Ana Kovačić, Street food: food along the Roman roads of Roman-period Dolenjska (Slovenia) (*original scientific paper*); Angelina Raičković Savić, A gastronomic guide through Viminacium – how to eat like a Roman (*preliminary report*); Alka Starac, A cake mold from Istria (*original scientific paper*); Verena Vidrih Perko, Kaja Stemberger Flegar, *PANE VINV RADIC PAVPERIS CENA* (*original scientific paper*); Tina Berden, Early imperial amphorae from the Kočevarjev vrt site in Vrhnika (Nauportus) (*original scientific paper*); Kristina Jelinčić Vučković, Asja Tomic, Antonela Barbir, Marko Dizdar, From field to the table: food production evidence from Late Antique pits from Ilok – Palace of the Dukes of Ilok (eastern Croatia) (*original scientific paper*); Jason Lundock, Bronze Vessels and changing dining patterns in Late Antique Britain (*preliminary report*); Anita Rapan Papeša, Food “To go” (*original scientific paper*); J. Marla Toyne, Mario Carić, Andrea Rimpf, Mario Novak, Multi-tissue interpretations of health and paleo diet during the Avar Period Šarengrad, Croatia (*original scientific paper*); Željka Bedić, An overview of stable isotope analyses of Antique and Early Medieval skeletal remains from Croatia (*original scientific paper*); Ksenija Đukić, Veda Mikašinović, Milutin Micić, Viktorija Uzelac, Artificial cranial deformation and dietary habits of a child from the Great Migration period (Serbia) (*original scientific paper*); Sebastijan Stingl, Fish on the Bishop’s Table. Analysis of Data regarding the Procurement and Consumption of Fish by Osvald Thuz, Bishop of Zagreb (*original scientific paper*); Ivana Ožanić Roguljić, Roman food and popularisation of science (*preliminary report*).

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Angelina Raičković Savić



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