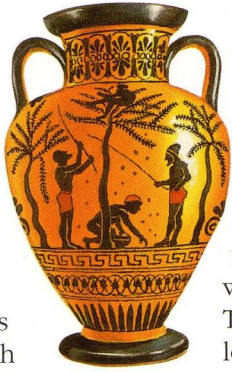


OLIVES AND GRAPES

Olives and grapes were among the most important crops. Most olives were crushed in a press to make oil, which the ancient Greeks relied on for a great many things: medicines, cosmetics and lighting, as well as cooking. Grapes were grown for eating, or pressed to be made into wine.



This Greek vase shows people picking olives.

FARM ANIMALS

Farmers kept pigs and poultry for their meat, and sheep and goats for their milk and hides too. Cows were not common. Horses were bred in the region of Thessaly, where there was a lot of good pasture. Oxen and mules were used as working animals on farms. The oxen pulled heavy equipment and mules pulled carts and carried loads.



INTERNET LINK

For links to websites where you can find ancient Greek food facts, pictures and recipes, go to www.usborne-quicklinks.com

WHAT PEOPLE ATE

The ancient Greeks ate many of the same sorts of things that we do. The main difference was that most people ate more porridge and bread than anything else. Greek bread was usually made from barley, as it was cheaper than wheat.



This is a hunter and his dog, from a Greek vase painting.

The Greeks also ate fish, cheese, vegetables and fruit, but relatively little meat - apart from wild animals that they could hunt, such as hares, deer and boars. Coriander, sesame and honey were often used to add taste, but not sugar - because they didn't have any.