## Contents

*List of Illustrations*  ix  
*List of Figures*  x  
*List of Tables*  xii  
*Abbreviations*  xiii  
*Notes on Contributors*  xv  

1. Introduction  
   C. M. WOOLGAR, D. SERJEANTSON, AND T. WALDRON  

PART I: SURVEY OF FOODSTUFFS  

2. The Consumption of Field Crops in Late Medieval England  
   D. J. STONE  11  

3. Gardens and Garden Produce in the Later Middle Ages  
   C. C. DYER  27  

4. The Archaeology of Medieval Plant Foods  
   L. MOFFETT  41  

5. From *Cu* and *Sceap* to *Beffe* and *Motton*  
   N. J. SYKES  56  

6. Pig Husbandry and Pork Consumption in Medieval England  
   U. ALBARELLA  72  

7. Meat and Dairy Products in Late Medieval England  
   C. M. WOOLGAR  88  

8. Fish Consumption in Medieval England  
   D. SERJEANTSON AND C. M. WOOLGAR  102  

9. Birds: Food and a Mark of Status  
   D. SERJEANTSON  131  

10. The Consumption and Supply of Birds in Late Medieval England  
    D. J. STONE  148  

11. The Impact of the Normans on Hunting Practices in England  
    N. J. SYKES  162  

12. Procuring, Preparing, and Serving Venison in Late Medieval England  
    J. BIRRELL  176
## Contents

### PART II: STUDIES IN DIET AND NUTRITION

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Author(s)</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>Group Diets in Late Medieval England</td>
<td>C. M. WOOLGAR</td>
<td>191</td>
</tr>
<tr>
<td>14</td>
<td>Seasonal Patterns in Food Consumption in the Later Middle Ages</td>
<td>C. C. DYER</td>
<td>201</td>
</tr>
<tr>
<td>15</td>
<td>Monastic Pittances in the Middle Ages</td>
<td>B. F. HARVEY</td>
<td>215</td>
</tr>
<tr>
<td>16</td>
<td>Diet in Medieval England: The Evidence from Stable Isotopes</td>
<td>G. MÜLDNER AND M. P. RICHARDS</td>
<td>228</td>
</tr>
<tr>
<td>17</td>
<td>Medieval Diet and Demography</td>
<td>P. R. SCHOFIELD</td>
<td>239</td>
</tr>
<tr>
<td>18</td>
<td>Nutrition and the Skeleton</td>
<td>T. WALDRON</td>
<td>254</td>
</tr>
<tr>
<td>19</td>
<td>Conclusion</td>
<td>C. M. WOOLGAR, D. SERJEANTSON, AND T. WALDRON</td>
<td>267</td>
</tr>
</tbody>
</table>

**Bibliography**  
281

**Index**  
325