Medieval Food Traditions in Northern Europe

Edited by Sabine Karg

PNM
Publications from the National Museum
Studies in Archaeology & History Vol. 12

Copenhagen 2007
Medieval Food traditions in Northern Europe

Preface ............................................................................................................. 7

Introduction .................................................................................................... 9

1. Almuth Alsleben
   Food consumption in the Hanseatic towns of Germany ............................ 13

2. Małgorzata Latałowa, Monika Badura, Joanna Jarosińska, Joanna Święta-Musznicka
   Useful plants in medieval and post-medieval archaeobotanical material from the
   Hanseatic towns of Northern Poland (Kołobrzeg, Gdańsk and Elbląg) ............ 39

3. Ülle Sillasoo and Sirje Hiie
   An archaeobotanical approach to investigating food of the Hanseatic period in Estonia ..... 73

4. Terttu Lempiäinen
   Archaeobotanical evidence of plants from the medieval period to early modern times
   in Finland ......................................................................................................... 97

5. Karin Viklund
   Sweden and the Hanse — archaeobotanical aspects of changes in farming, gardening
   and dietary habits in medieval times in Sweden ............................................. 119

6. Sabine Karg
   Long term dietary traditions: archaeobotanical records from Denmark dated to
   the Middle Ages and early modern times ...................................................... 137

7. Kari Loe Hjelle
   Foreign trade and local production — plant remains from medieval times in Norway ........ 161

Synthesis and a mission for the future ............................................................ 181

References ....................................................................................................... 191

Index of the HANSA plant list in English and Latin .......................................... 217

The authors ..................................................................................................... 229