

CONTENTS

Introduction

.....

ARCHAEOLOGY MEETS SCIENCE p. 17

INTRODUCTION TO ORGANIC RESIDUE ANALYSIS p. 26

EVERY VESSEL HAS A STORY TO TELL p. 29

Catalogue of exhibits 1-6 p. 30

What did they produce?

.....

THEY PRODUCED OLIVE OIL p. 36, Chamalevri-Tzambakas House p. 38, Method of Data Retrieval p. 40, The Archaeobotanical Study of Tzambakas House, Rethymnon, Crete p. 40, *Catalogue of exhibits 7-11* p. 42

THEY PRODUCED AROMATICS p. 44, Chamalevri, Pre-Palatial Workshop at Bolanis p. 45, The Admonitions of Ipw-Wer 3, Papyrus of Leiden p. 47, The Production of Aromatic and Pharmaceutical Oils in Minoan Crete: The Case of Chamalevri p. 48, The Lithic Industry at Chamalevri p. 49, *Catalogue of exhibits 12-28* p. 50

THE USE OF AROMATICS p. 55, Armenoi, Rethymnon p. 56, *Catalogue of exhibits 29-36*, p. 58, Chamalevri Zooarchaeological Material p. 62, Zooarchaeology: Aims and Methods p. 63, The Bones of Suckling Animals p. 64, *Catalogue of exhibits 37-39* p. 68, The Study of Sea-shells p. 70, Chamalevri; The Sea-shells p. 71, *Catalogue of exhibits 40-44* p. 73

What did they cook?

.....

VEGETABLE STEW IN THE NEOLITHIC CAVE OF GERANI, RETHYMNON p. 80, The excavation p. 80, *Catalogue of exhibits 45-52* p. 82

THEY ATE MEAT AND LEAFY VEGETABLES AT APODOULOU, RETHYMNON p. 85, Apodoulou p. 86, *Catalogue of exhibits 53-66* p. 88

FRUIT, VEGETABLES AND OLIVE OIL AT THE PALATIAL CENTRE AT

MONASTIRAKI, RETHYMNON p. 93, The excavation p. 94, *Catalogue of exhibits 67-69* p. 96

COOKING AT MINOAN KYDONIA p. 98, Excavations at Chania, Minoan Kydonia. The Hill of Kastelli p. 99, Lathyrism p. 100, *Catalogue of exhibits 70-74* p. 101

THEY ATE STEW AT MINOAN KYDONIA p. 103, Minoan Kydonia. Town of Chania. Excavation of the Splanzia p. 104, Excavation at Splanzia - Sacred Area p. 106, *Catalogue of exhibits 75-81* p. 107

THEY ATE MEAT AND LENTILS AT THE LATE MINOAN CEMETERY OF ARMENOI, RETHYMNON p. 110, The excavation p. 111, *Catalogue of exhibits 82-94* p. 112

THEY ATE PORK, CEREALS, PULSES AND HONEY AT MYCENAEAN THEBES p. 117, The excavation p. 118, *Catalogue of exhibits 95-104* p. 120

CEREALS, CHICK PEAS AND MEAT AT MIDEA IN THE ARGOLID p. 123, The excavation p. 124, *Catalogue of exhibits 105-110* p. 126

MYCENAE, CULT CENTRE AND VICINITY p. 128, The excavation p. 129, Archaeological Evidence for Foodstuffs at Mycenae p. 129, *Catalogue of exhibits 111-121* p. 131

TRANSPORT STIRRUP JARS p. 136, *Catalogue of exhibits 122-123* p. 137

What did they drink ?

.....

WINE WITH RESIN IN EARLY MINOAN CRETE p. 142, The Early Minoan Settlement of Myrtos-Phournou Koryphe p. 142, *Catalogue of exhibits 124-127* p. 144

RESINATED WINE IN AN OAK BARREL AT MONASTIRAKI, RETHYMNON p. 146, *Catalogue of exhibits 128-129* p. 146

WINE WITH TEREBINTH RESIN AT THE SETTLEMENT OF APODOULOU p. 148, *Catalogue of exhibits 130-131* p. 149, The Ulu Burun Shipwreck p. 150, *Catalogue of exhibits 132* p. 151

WINE IN THE CULT CENTRE AT MYCENAE p. 152, Mycenaean Stirrup Jars p. 152, *Catalogue of exhibits 133-135* p. 153

A COLLECTION OF MYCENAEAN KYLIKES p. 154, *Catalogue of exhibits 136-139* p. 155

RESINATED WINE IMPORTED TO MYCENAE IN CANAANITE JARS p. 156, *Catalogue of exhibits 140-142* p. 157

DID THEY DRINK BEER AT MYRTOS? p. 159, Contents of the Myrtos Pithoi p. 159, *Catalogue of exhibits 143-144* p. 161

DID THEY DRINK BEER AT APODOULOU? p. 162, *Catalogue of exhibits 145* p. 162

MINOAN AND MYCENAEAN DRINKING HABITS: WINE WITH HERBS p. 163, *Catalogue of exhibits 146-152* p. 164

MIXED FERMENTED BEVERAGES p. 166, *Catalogue of exhibits 153-164* p. 167

MINOAN STIRRUP JARS WITH MIXED FERMENTED BEVERAGES p. 172, *Catalogue of exhibits 165-166* p. 173

MINOAN FUNERARY RITUAL p. 174, The Cemetery of Armenoi, Rethymnon p. 175, *Catalogue of exhibits 167-172* p. 176

TSIKOUDIA AT THE MIDDLE MINOAN PALATIAL CENTRE AT MONASTIRAKI, RETHYMNON p. 178, The excavation p. 179

Food and Drink

INTRODUCTION p. 182

VESSELS OF MULTIPLE USES...

I. APODOULOU p. 183, *Catalogue of exhibits 173* p. 183

II. THEBES p. 184, *Catalogue of exhibits 174-177* p. 185

THE DISCOVERY OF RETSINA IN BRONZE AGE GREECE p. 187, *Catalogue of exhibits 178-179* p. 188

THE ROOM WITH THE FRESCO AT THE CULT CENTRE, MYCENAE p. 189, The excavation p. 191, The Fresco: an Interpretation p. 192, Conuli

from the Room with the Fresco p. 194, Ivories from the Cult Centre, Mycenae p. 195, *Catalogue of exhibits 180-208* p. 196, Retsina, Mixed Fermented Beverages, and the Cuisine of Pre-Classical Greece p. 206

You are what you eat

YOU ARE WHAT YOU EAT p. 212

HOW CHEMICAL ANALYSIS OF HUMAN BONES CAN TELL US THE DIETS OF PEOPLE WHO LIVED IN THE PAST p. 214, Osteoarchaeology, The Study of Bones p. 215

THE NEOLITHIC CAVE OF GERANI p. 216

THE TECHNIQUE OF FACIAL RECONSTRUCTION p. 218, *Catalogue of exhibits 209-210* p. 219

GRAVE CIRCLE B p. 220

GRAVE CIRCLE A p. 224, *Catalogue of exhibits 211* p. 225

MYCENAEAN CHAMBER TOMBS p. 228

THE MINOAN COUPLE p. 232, Report on Two Skeletons from Tomb 132 at Armenoi, Rethymnon p. 232, Condition and Conservation Report p. 236, Age Determination of the Male p. 237, *Catalogue of exhibits 212-221* p. 238

CHAMBER TOMB OF ARMENOI p. 244, *Catalogue of exhibits 222-261* p. 248

MITOCHONDRIAL DNA p. 259

HEALING AND MEDICINE p. 262, *Catalogue of exhibits 262-265* p. 263, Plant Remedies p. 264, *Catalogue of exhibits 266-274* p. 266, Opium p. 268, *Catalogue of exhibits 275-281* p. 269, The Healers p. 272, *Catalogue of exhibits 282-289* p. 274, Surgery from Skeletal Evidence p. 276, *Catalogue of exhibits 290-294* p. 278

ARCHAEOLOGICAL BIBLIOGRAPHY p. 282

SCIENTIFIC BIBLIOGRAPHY p. 284