



4th SYMPOSIUM OF GREEK GASTRONOMY
KNOWN, FORGOTTEN & LOST GRAINS
KARANOU, JULY 29-30, 2017

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The Symposia of Greek Gastronomy take place in old, abandoned schools encouraging their preservation.

Despite their serious purpose, the Symposia have slightly informal character. As you can imagine, such gatherings can be marvelously enjoyable. Spectacular meals prepared by women and men from local communities are an important component of them.

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PROGRAMME

S A T U R D A Y, 29

10:00 Registration

10.30- 10:40 Welcome messages

SESSION I

PREHISTORIC KITCHENS

Session Chair: **Kleanthi (Cleo) Pateraki, Dr.**, Archaeologist

10:40- 11.00

Η εξέλιξη των κρουστήρων και των τριβείων για των παρασκευή καρπών και τροφής την προϊστορική εποχή.

Γωγώ Μαρουλάκη, Αρχαιολόγος.

(The development of Prehistoric grinding tools related to food production.
Gogo Maroulaki, Archaeologist)

11:00-11:20

Exploring Greek prehistoric cuisine through phytolith and starch analyses.

Juan José García-Granero¹, Amy Bogaard¹, Dushka Urem-Kotsou², Evgenia Tsafou³, Stavros Kotsos⁴, Eleni Hatzaki⁵

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⁵Department of Classics, University of Cincinnati, 410 Blegen Library, PO Box 210226, Cincinnati, OH 45221-0226, US

11:20- 11:40

A Forgotten Cultigen? *Chenopodium album* L. (κλουβίδα)

Paul E. Patton, Archaeologist - Assistant Professor of Anthropology and Food Studies, Ohio

University. **Susan Allen** , Archaeologist- Assistant Professor of Anthropology, University of Cincinnati.

11:40 – 12:00

Οι αρχαιολογικές ενδείξεις για τις σχετιζόμενες με τα δημητριακά και το αλεύρι δραστηριότητες των κατοίκων των νεοανακτορικών οικισμών: γενική επισκόπηση και το παράδειγμα της Ζάκρου .

Γεώργιος-Παναγιώτης Γεωργακόπουλος, Υποψήφιος διδάκτορας Προϊστορικής Αρχαιολογίας, Παν/μιο Αθηνών.

(The archaeological evidence for the activities of the neopalatial settlements inhabitants, related with cereals and flour: a general survey and the case of Zakros.

Georgios-Panagiotis Georgakopoulos, Archaeologist, PhD student in the University of Athens)

12:00- 12: 20

Questions and Answers

12:20 – 12:40

Coffee / Mountain Tea Break

Feed your body and your mind with a degustation of local delights.

SESSION II

SCRIPTS & WORDS

Session Chair: **Ann Beggs**, Dr., Anthropologist

12: 40 – 13: 00

Grains and Breadmaking in the Linear B Tablets: the Nature of the Evidence.

Ruth Palmer, Dr., Associate Professor, Department of Classics and World Religions
Ohio University.

13:00- 13: 20

«Κρήτη και... ξερό ψωμί!»: Η... δημητριακή διάσταση της ελληνικής γλώσσας.

Μαρία Χναράκη, Καθηγήτρια Πανεπιστημίου Drexel.
Εντεταλμένη Αντιπρόσωπος του Παγκοσμίου Συμβουλίου Κρητών.

(«Crete as... bread-and-butter!»: The... cereal dimension of Greek language

Maria Chnaraki, Dr., Drexel University (Philadelphia-USA) Professor.

Official Representative of the World Council of Cretans.)

13:20 – 13:40

Questions and Answers

13:40 – 14:00

POSTER PRESENTATION

Καταγραφή και χρήση των δημητριακών στις προϊστορικές γραφές του Αιγαίου.

Άγγελος Τσαγράκης, PhD Προϊστορική Αρχαιολογία- Πανεπιστήμιο Κρήτης.

(Importance and use of cereals in Prehistoric Aegean – the data of prehistoric scripts.

Aggelos Tsagrakis, PhD in the Department of Prehistoric Archaeology of the Faculty of Letters of the University of Crete.)

SESSION III

CEREAL STORAGE AND TRADE

Session Chair: **Kostas Moutzouris**, Philologist, President of the Historical, Folklore and Archaeological Society of Crete

18:00 – 18:20

The (in)visibility of cereal crop storage practices: a case study of Late Iron Age Thrace.

Nataliya Ivanova, Dr., Archaeologist, curator at the National Institute of Archaeology with Museum at the Bulgarian Academy of Sciences.

18:20- 18:40

Μετακινήσεις δημητριακών και ανθρώπινες μετακινήσεις.

Η Εύβοια και ο Ευβοϊκός κόλπος ως θαλάσσια εμπορική οδός και η σημασία τους για την παραγωγή και διακίνηση σιτηρών κατά τον 5ο και 4ο αιώνα π.Χ.

Αλέξανδρος-Νεκτάριος Ιω. Βασιλείου-Δαμβέργης, Dr. Κλασικής Αρχαιολογίας- Φιλόλογος, Καθηγητής Β/βάθμιας εκπαίδευσης.

(Cereal motions and human movements.

Evia and the Gulf of Evia as a maritime trade route and their importance for the production and distribution of cereals in the 5th and 4th centuries BC.

Alexandros- Nektarios Vasileiou -Damvergis, Dr., Archaeologist. Philologist / Secondary education teacher.

18:40 – 19:00

Questions and Answers

SESSION IV

MEDICINE AND PLEASURE

Session Chair: **Kostas Moutzouris**, Philologist, President of the Historical, Folklore and Archaeological Society of Crete

19:00 – 19:20

The Grains of Wheat and the Types of Bread in the Ancient Greek Diet and Medicine: A Reflection on the Medical Use of Bread and Grains in Cyprus.

Athina N. Malapani, Classical Philologist, MA in Classics, Ph. D. Candidate.

19:20 – 19:40

Τα Δημητριακά στην Αρχαία Κυπριακή Διατροφή μέσα από σύγχρονη μαγειρική προσέγγιση.

Αννίτα Αντωνιάδου, Dr., Λέκτορας Γεωαρχαιολογίας, Queen's University, UK. Υπουργείο Παιδείας και Πολιτισμού, Κύπρος.

(Cereals in ancient Cypriot nutrition through a modern cooking approach.

Annita Antoniadou, Dr., Lecturer of Geoarchaeology, Queen's University, UK. Ministry of Education and Culture, Cyprus.)

19:40- 20:00

Questions and Answers

20:00-20:10

A few words about dinner: Mariana Kavroulaki.

Dinner: 'At the common table'. Sharing together, eating together.

SUNDAY, 30

SESSION V

GRAIN HERITAGE & LIVING MEMORY

Session Chair: **Stavroula Markoulaki**, PhD Archaeologist.

10:00- 10:20

**Κρυμμένο στα ζυμαρένια φύλλα: Ένα έθιμο αναδιανομής στη Θράκη .
Ειρήνη Σωτηροπούλου**, Ερευνήτρια στο Πανεπιστήμιο του Coventry, UK.

(Hidden In The Dough Sheets: A Custom Of Symbolic Redistribution In Thrace, Greece.

Irene Sotiropoulou, Research Fellow at Coventry University, UK.)

10:20- 10:40

Sesame in Edirne Cuisine Culture.

Müşerref Gizerler, Food Researcher- Writer. **Ida Benromano**, Dentist, Oral living resource.

10:40 – 11:00

Use of Rice in Edirne Cuisine.

Müşerref Gizerler, Food Researcher- Writer .

11:00 – 11:20

Celebration Breads: Tales, Traditions and Recipes from Asia Minor.

Ipek Ozel, Lecturer, MEF University, Faculty of Law.

11:20 – 11:40

Questions and Answers

11:40 – 12:00

Coffee / Mountain Tea Break

Feed your body and your mind with a degustation of local delights.

SESSION VI

SUSTAINABILITY

Session Chair: **Anaya Sarpaki**, Dr. Archaeologist / Archaeobotanist.

12:00 – 12:20

Παραδοσιακό και αρχαίο (ντυμένο) σιτάρι στην Ελλάδα.

Σύγχρονες προσεγγίσεις για τη γεωργία και τη διατροφή.

Κώστας Κουτής, Γεωπόνος, Msc, PhD Οργανική Βελτίωση.

ΑΙΓΙΛΟΠΑΣ- Δίκτυο για τη Βιοποικιλότητα και την Οικολογία στη Γεωργία

(Traditional and ancient (hulled) wheat in Greece.

Contemporary approaches to agriculture and nutrition.

Kostas Koutis, Agronomist, Msc, PhD Organic Breeding. AEGILOPS- Network for Biodiversity and Ecology in Agriculture.)

12:20- 12:40

Re-graining the Advantage: On Reclaiming Staple Foods and Revolution.

Lisa Trocchia-Balkits, PhD in Social Ecology of Food. Scholar-in- Residence at Green Mountain College in Vermont, U.S.A. **Michelle Ajamian**, Founder Apalachian Staple Foods Collaborative.

12:40 – 14:00

Questions and Answers

17:30 – 18:30

WALKING IN THE BOTANICAL PARK AND GARDENS OF CRETE

Nearly 20 hectares of land are waiting to welcome you, full of fruit trees from all over the world, herbs, medicinal and ornamental plants.

18:30- 20:00

EXPERIMENTAL ARCHAEOLOGY WORKSHOP

Bread and Beer: Recreating (?) the Past.

Mariana Kavroulaki, Experimental Archaeologist – Food Historian, Founder of SofGG

20:00 Dinner for registered participants hosted by the Botanical Park and Gardens of Crete.

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FOUNDER: Mariana Kavroulaki

UNDER THE AUSPICES OF

THE MUNICIPALITY OF PLATANIAS

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THE HISTORICAL, FOLKLORE & ARCHAEOLOGICAL SOCIETY OF CRETE

