

Telling History

Costumed Storytelling and Interpretation, Hands-on History, Community Events

PREHISTORIC PICNIC

AN ORGANISERS GUIDE

These notes are based on the Iron Age period ie when farming was established

Food

Onions and garlic were often eaten raw

Carrots and turnips were the same colour (the orange type were first cultivated by the Dutch quite recently). **Broad beans and cabbages** were also grown.

Apples and pears would have been picked from the trees as well as berries from the hedgerows. All the **fruits and vegetables** would have been picked and eaten seasonally (some may have been stored for a while and perhaps dried).

Hazelnuts and mushrooms would also have been gathered.

Herbs such as chives, peppermint, lemon balm, sage, chives horseradish, and fennel were cultivated to add flavouring for cooking.

Crops such as **Barley, Wheat and Oats** were grown and the grain stored in pits so that it could be used all year round. Wheat was ground to make flour for bread.

Barley was also used to make bread and for beer. Beer was drunk by everyone, even children. It was safer to drink than water.

Honey was collected from Bees and used to sweeten food. There was no sugar.

Fowl including ducks were kept for food and the **eggs** were collected.

Meat was also eaten and the fat (dripping) would have been collected and used for cooking and lighting.

Fish would often have been eaten as it was easily available.

Layout

- Cover eating surfaces in lengths of Hessian (or brown sheets!!!).
- Bread should be wholemeal rolls or loaves, or speciality breads such as barley bread.
- Encourage people to bring their food in wicker fruit type baskets or wrapped in rough cloths (ie not the conventional plastic lunch box).
- Encourage people to bring wooden bowls to eat from
- Drinks could be in rough brown pottery (or perhaps pewter style tankards – but not for fizzy drinks or cider)
- Knives and spoons could be used (no forks) but eating with the fingers is probably more authentic.

Maureen James B.Ed. M.A., 15 Darthill Road, March, Cambs PE15 8HP

Tel: 01354 650586 Email: maureen@tellinghistory.com

Website: www.tellinghistory.com