

FOODS IN THE MESOLITHIC

Food type	Examples
Starches	roots: bog bean, bulrush, burdock, cattail, celandine, dandelion, parsnip, sea beet, sea kale
Fats and sugars	honey
Meat, seeds, nuts	fish: cod, eel, haddock, pike, saithe, salmon, stickleback, sturgeon, turbot fowl: crows, ducks, geese, grouse, pheasant, swans, wood pigeon mammal: badger, beaver, elk, hare, hedgehog, red deer, red squirrel, roe deer, wild cattle, wild boar sea mammal: dolphins, whales shellfish: clam, cockle, limpet, mussel, oyster, razorshell, scallop, whelk other meats: crab, crayfish, lobster, prawn, snail nuts/seeds: acorn, hazel, yellow water lily
Fruit and vegetables	berries: bilberry, blackberry, crowberry, elderberry, gooseberry, juniper, raspberry, strawberry fruit: crab apple, sloe, wild pear leaves and flowers: chickweed, dandelion, dock, fat hen, mint, nettle, sea kale, sorrel, wild garlic seaweed: bladder wrack, carrageen, dulse, kelp, laver, sea lettuce fungi: beefsteak fungus, blewits, boletes, brittlegills, cep, field mushroom, morel, puffball

Foods they did not have.

Starches	potatoes, bread, rice, pasta
Dairy	milk, cheese
Fats and sugars	butter, cream, sugar, chocolate, jam, cakes
Meat seeds, nuts	turkey, lamb, pork, peanuts, beans, peas
Fruit vegetables	grapefruit, orange, broccoli, cabbage, lettuce, spinach