R object	Description
Single site data	
poll	original pollen data
poll_long	pollen counts in long format
poll_long_trans	pollen percentages & sqrt in long format
poll_long_LCC	pollen with totals for LCC classes
poll_long_LCC2	pollen with LCC classification for each sample
Combined data (41 sites)	
allpoll_nested	nested list of original pollen data
allpoll_LCC2	pollen with LCC classification for each sample in long format
allpoll_agg	LCC2 classification, aggregated by 200-year time slices
allpoll_rich	palynological richness for all sites / levels, in long format