

Roman

Common.Wheat	42.86	41.86
Barley	51.43	48.84
Rye	2.86	16.28
Einkorn	14.29	32.56
Emmer	37.14	39.53
Proso.millet	42.86	20.93
Foxtail.millet	28.57	30.23
Oats	5.71	18.6
Sorghum	2.86	
	Southern Italy	Northern Italy

Late Roman

Common.Wheat	40	62.5	65.22
Barley	50	62.5	52.17
Rye			28.26
Einkorn	10	25	34.78
Emmer	40	62.5	41.3
Proso.millet		12.5	32.61
Foxtail.millet		12.5	50
Oats	10	25	30.43
Sorghum			8.7
	Southern Italy	Central Italy	Northern Italy

Early Medieval

Common.Wheat	76.47	100	88.1
Barley	70.59	100	76.19
Rye		60	52.38
Einkorn	5.88	70	40.48
Emmer	47.06	70	50
Proso.millet	17.65	40	57.14
Foxtail.millet		40	50
Oats	29.41	60	54.76
Sorghum		10	19.05
	Southern Italy	Central Italy	Northern Italy

Medieval

Common.Wheat	100	75
Barley	100	83.33
Rye	50	41.67
Einkorn	50	33.33
Emmer	75	41.67
Proso.millet	50	58.33
Foxtail.millet	25	50
Oats	50	33.33
Sorghum		50
	Central Italy	Northern Italy