One of the most direct sources of information is people’s teeth and bones. A significant indicator of dietary change is the degree of tooth wear and illness the shift to soft, porridge-like, cereal-based meals instead of the hunting and gathering diet was generally associated with less wear but more illness, along with vitamin deficiency symptoms (Hillson 1999). Food waste left behind by prehistoric foragers and farmers—fragments of animal bones and plant remains—is another important source of information, even though domestication only records a developed stage of the interaction between people and animals or plants, not it's beginning (Barker, 2009). Furthermore, material culture, which includes stone tools, pottery, settlement buildings, and more, has historically been the primary source for the study of early farming. All these sources together are used to try and identify when agriculture began.

Before the end of the Pleistocene, genetic modifications to the Canarium tree most likely arose through human involvement, through actions like gathering trees with important edible fruits or nuts together in favored sites, preparing land for them, and eradicating rival plants (Cosgrove 1996). At Abu Hueyra striations were found on sickles indicating that even if people weren’t growing grains systematically, they were probably still taking care of them. For instance, they may have taken out competing plants (Barker, 2009). This is a typical pattern seen in many domesticated plants where their seed sizes increase or the germination process gets sped up due to this human intervention.

Domestication of pigs is evident from the mortality profiles, which are dominated by young animals, and the smaller tusk sizes (Barker, 2009). Male pigs usually have smaller tucks so this could indicate the selective culling of male pigs for game management from the start of the Holocene period (Price & Hongo, 2019). This human intervention regulates the reproduction of these animals and like in pigs, decreased body size and aggressiveness can be seen in many domesticated animals. Another example would be the Early Natuan foragers at Abu Hureyra who domesticated the wolf, presumably for use in hunting (Barker, 2009).

After the emergence of agriculture, deep sedentism, permanently living in groups in one place for long periods, became popular. Since agriculture required a lot of labor, especially during the harvest seasons it encouraged the formalization of larger social groups and people started building more long-lasting houses with substantial architecture to lay down roots. An example of a large community is Çatalhöyük, a town in central Turkey that consisted of 8,000 people and 2,000 houses (Gosden, 2012). Another example to show the way complex societies formed due to the rise of agriculture is Kaua’i, Hawai’i. Community farmers produced taro and other crops from extremely productive fields, feeding a significant number of commoners and funding the main superstructure. Commoners were hesitant to give up the benefits of those fields that had been constructed on the finest soils of the islands but in return for these benefits, the konohiki of a village put his people to work creating new irrigation systems, building temples and roads, and generally providing labor for the chiefs' many projects. Therefore we can see how specialization, trading, and long-term architecture developed in these complex societies due to agriculture (Earle, 1997).

It is implied that males dominated a series of roles such as producing tools, grinding grain, baking, and running a household by the pictures of feasting rituals but this male dominance was challenged when plant cultivation and agriculture started to take a more significant role in communal life. Further study of Çatalhöyük was done to see how women's roles in early agricultural societies changed. It was thought that men and women would have dietary discrepancies if they led significantly different lives but no differences were found. Furthermore, they saw very few signs of highly gendered everyday life or specialized tasks for the sexes. This alludes to a society in which gender plays a relatively minor role in establishing social positions which was a big change from the earlier established gender roles followed by men and women as hunter and gatherers in society.