

Food Origins for Central and South Europeans

Claudiu Reditu

01-04-2020

1 Introduction

The topic we are going to look into is food origins and why they are relevant. Adaptations are influenced by the environment and random occurrences. Adaptability for a specific food evolves over time. Breaking down food requires that our body knows what to do with it. From this we can form the assumption that the best food for us is the one we are most used to.

Agricultural communities appeared around 12000 years ago. This change of behaviour influence human's adaptation to what they can consume. It is safe to say that what we started to eat then, we still eat now and probably will eat in the future. Tolerance for those foods has been built as system to digest them as well as possible.

This brings us to the main topic, which is food origins for Central and South Europeans. Why specifically this group? Because genes have move around in very few quantities. What spread was languages, but not genetic material.

2 Foods

The foods that Central and South Europeans have best tolerance is those they came into contact most. Those are:

- Europe
 - Fruit
 - * Blackcurrent
 - * Damsons(Plum)
 - * Juniper berry
 - * Pear
 - * Raspberry
 - * Bilberry
 - Vegetables
 - * Angelica
 - * Cabbage
 - * Parsnips
 - * Radish
 - * Rapeseed
 - * Turnip
 - Herbs
 - * Caraway
 - * Dill
 - * Hops

- * Tarragon
 - * Thyme
 - * Oregano
 - * Wormwood
- Others
 - * Chestnuts
- Meat
 - * Duck
 - * Rabbit
 - * Pork
 - * Beef
- Mediterranean
 - Vegetables, Cereals, etc.
 - * Wheat
 - * Barley
 - * Millet
 - * Pea
 - * Broad Bean
 - * Lentil
 - * Flax
 - * Sesame
 - * Chickpea
 - * Hemp
 - * Turnip
 - * Beets
 - * Broccoli
 - * Brussels sprouts
 - * Caper
 - * Catnip
 - * Cauliflower
 - * Centaury
 - * Fennel
 - * Kale
 - * Kohlrabi
 - Fruits
 - * Black mulberry

- * Cornelian cherry
- * Date palm
- * Fig
- * Grape
- * Jujube
- * Olive
- * Pomegranate
- * Sycamore Fig