

Happy Twentieth of February 2025

Post by “Kalosyni” of February 20, 2025 at 10:45 AM

[AxA](#) We have some posts on ancient Greek/Roman food here:

Thread

[Food and Medicine in the Time of the Epicureans in Ancient Greece and Rome](#)

This thread is for food (and food as medicine) in the time of Epicureans in ancient Greece and Rome.

Regarding honey in ancient times:

[...]

They did not have sugar, but they had honey, as part of their diet and medicine.

[...]

<https://asteriosbio.com/en/honey-in-th...ancient-greeks/>

<https://healthywithhoney.com/honey-in-history-ancient-greece/>



Kalosyni

May 31, 2022 at 9:33 AM