

Happy Twentieth of February 2025

Post by "Kalosyni" of February 20, 2025 at 10:11 AM

February 20, 2025



Happy Twentieth!

[126] But the many at one moment shun death as the greatest of evils, at another (yearn for it) as a respite from the (evils) in life. (But the wise man neither seeks to escape life) nor fears the cessation of life, for neither does life offend him nor does the absence of life seem to be any evil. And just as with food he does not seek simply the larger share and nothing else, but rather the most pleasant, so he seeks to enjoy not the



Post by “AxA” of February 20, 2025 at 10:24 AM

Love that food board! I wonder if there's a cookbook dedicated to Epicurean-style eating? (hidden among the many cookbooks that use the word "Epicurean" to mean "gourmet") If not that would be a fun project.

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

Post by “Kalosyni” of February 20, 2025 at 10:49 AM

And found this link, over in that thread:

<https://greekreporter.com/2022/08/04/ancient-greeks-were-gourmands-with-a-preference-for-fish/>

Post by “Kalosyni” of February 20, 2025 at 10:55 AM

And also Don's excellent video:

<https://m.youtube.com/watch?v=NYyjUkkC1fk>