

The Letter to Menoikeus - A New Translation with Commentary

Post by “Godfrey” of January 1, 2022 at 10:48 PM

[Don](#) your new layout works quite well and the verse links in the text are great! I was able to find verse 131 and the maza recipe very quickly.

This quote from the maza article seems to have some relevance to Epicurus' dietary habits:

"The Ancient Greeks prided themselves on a simple, hearty diet, believing it the source of their strength and, to some degree, their superiority. The varied cuisines of other peoples like the Persians were looked down upon as decadent, diet seen as evidence of moral character ("you are what you eat"). Maza has few ingredients, does not require much preparation, and is quite filling: thus, it checks off all the criteria of an ideal Greek staple."

At least according to this, the references that Epicurus makes to diet seem to be much less to do with radical asceticism and more to do with mainstream Greek culture. Another strike against interpreting him as a minimalist 🤔