

The Letter to Menoikeus - A New Translation with Commentary

Post by “Don” of January 2, 2022 at 9:20 PM

Thanks, Godfrey. I'm glad you find the layout helpful.

[Quote from Godfrey](#)

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

I happened to find this quote about μάζα in The Deipnosophists:

[Athenaeus, The Deipnosophists, Book XIV., chapter 83](#)

It too talks about the basic nature of the meal as a staple.

PS. I also found this:

Quote

The most common food among the Greeks was the μάζα, a kind of soft cake, which was prepared in different ways, as appears by the various names which were given to it (Pollux, vi. 76). The φουστὴ μάζα, of which Philocleon partakes on returning home from the courts (Suet. Vesp.610), is said by the Scholiast to have been made of barley and wine. The μάζα continued to the latest times to be the common food of the lower classes. Wheaten or barley bread was the second most usual species of food; it was sometimes made at home, but more usually bought at the market.

From <http://www.hellenicaworld.com/Greece/Ancient/en/Deipnon.html>