

# Son has a question

**Post by “Elli” of March 12, 2019 at 2:36 PM**

Hello and joy to all the epicurean friends, 😊

“Send me a pot of cheese, so that I may be able to indulge myself whenever I wish.” - Epicurus, Fragments §39.

The earliest references to cheese production in Greece date from the 8th century BC: the technology to make cheese from sheep's or goat's milk described in Homer's *Odyssey* (involving the contents of Polyphemus's cave) is similar to that used by Greek shepherds today to produce feta. Cheese made from sheep's or sheep's and goat's milk was a common food in ancient Greece and an integral component of later Greek gastronomy. Feta cheese specifically is first recorded in the Byzantine Empire (Poem on Medicine 1.209) under the name *prósphatos* (Greek: πρόσφατος, "recent" or "fresh"), and was produced by the Cretans and the Vlachs of Thessaly. In the late 15th century, an Italian visitor to Candia, Pietro Casola, describes the marketing of feta, as well as its storage in brine.

The Greek word feta (φέτα) comes from the Italian word "fetta" ("slice"), which in turn is derived from the Latin word *offa* ("a morsel", "piece"). It was introduced into the Greek language in the 17th century, became a widespread term in the 19th century, and probably refers to the practice of slicing cheese in order to place the slices into barrels.

Certification : After a long legal battle with Denmark, which produced a cheese under the same name using chemically blanched cow's milk, the term "feta" became a protected designation of origin (PDO) in October 2002—which limits "feta" within the European Union to mean brined cheese made exclusively of sheep's or sheep's and goat's milk in the following regions of Greece: Peloponnese, Central Greece, Epirus, Thessaly, Macedonia, Thrace, and the islands of Lesbos and Cephalonia.