

Food and Medicine in the Time of the Epicureans in Ancient Greece and Rome

Post by “Pacatus” of September 27, 2023 at 7:49 PM

“Nobody gives a damn about schedules on Ikaria. Businesses open late. Time slows. Days slide into a gentle rhythm.” <https://adventure.com/blue-zones-ikaria-greece/>

“My grandmother is 88 and acts like she is 30. She gardens, takes care of her animals, goes out for coffee, jokes about sex, dances at parties. She has even been known to play spin the bottle!” Eftychia Afianes (ibid).

- Sounds **exactly** like my paternal grandmother, who died one month shy of her 99th birthday. [She is my ultimate Epicurean hero! Her uptight, stoical-virtue-bound son (my father, who didn’t like her much) sadly died at age 59.] She was an avid gardener, who would hoe and grub in the dirt all day -- and then come down the stairs in her evening dress to go play bridge with “the ladies.” She normally ate frugally -- but her garlic-stuffed leg of lamb on the occasional family feast was quasi-legendary! She was a feisty flapper-era (as a young woman) proto-feminist. And I will always be grateful to her for how much she shared.