

Son has a question

Post by “bradley.whitley” of March 10, 2019 at 10:04 PM

My 7 year old wants to celebrate the 20th with me this month. He asks if anyone knows of a modern cheese that would be similar to Epicurus's favorite?

Also he asks when will Catius's Cat have another story? 😊

Post by “Cassius” of March 11, 2019 at 8:36 AM

2 - I have to confess I have no timetable for Catius' Cat having another story, but I will see what I can do!

1 - I am afraid I do not know much about Greek cheese's but I will see if I can get [Elli](#) to comment - she would definitely know! But as another possible food choice, it seems clear that Epicurus was partial to figs, so I would suggest you incorporate those even more than cheese.

Post by “bradley.whitley” of March 11, 2019 at 9:52 AM

Cassius,

We have the figs. James is excited and is counting down the days until the 20th!

Post by “Cassius” of March 11, 2019 at 10:34 AM

I hope maybe you can sign in on the 20th or do something else to mark it with your son and us together.

Post by “bradley.whitley” of March 11, 2019 at 11:16 AM

We shall.

We will sign in and a toast to living well and pleasure, friends and the joy of company!

Post by “Cassius” of March 11, 2019 at 5:15 PM

Very good, Brad! Is that your son in the cover photo of your "wall" here?

I wonder if he is too young to appreciate "A Few Days In Athens"? Have you read that yourself - what do you think?

If we have the possibility here of testing out some potential Epicurean teaching on a real-life young person, we really ought to take advantage of that and get some feedback on what approaches might be most useful.

Post by “bradley.whitley” of March 11, 2019 at 6:40 PM

Cassius,

He is my oldest. Aged 7. I think A Day in Athens is next on our list. He is reading at a 4th grade level in 1st grade.

Post by “bradley.whitley” of March 11, 2019 at 8:36 PM

David is 4. So far its learning Catius with him.

Post by “Cassius” of March 12, 2019 at 7:04 AM

Wow that is great -- keep us posted.

Post by “Hiram” of March 12, 2019 at 9:47 AM

Feta is Greek. But you can also consume local cheese and crackers.

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 πρόσφατος (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.

Post by “Elli” of March 12, 2019 at 2:43 PM

I have a question to my American friends, and maybe Hiram would be more informed about that : Please, do you find there in USA the famous lemons that are from Amalfi - Sorrento ? It is a region in Italy and the distance between Ercolano and Amalfi Coast is 27 km. The road distance is 53.8 km.

Post by “bradley.whitley” of March 12, 2019 at 3:14 PM

[Elli](#), and all friends.

I am pleased to announce that we have found Greek Feta at our local Lidl market. We have preserved figs, we will get Feta and Pita bread for our 20th. I also have some very good, but cheap Port that I and my wife Amanda will have. James and David will have their favorite soft drink.

Good health and cheer to all,

Brad

Post by “Elli” of March 12, 2019 at 3:23 PM

Oh, good to hear that Brad, it is really delicious combination with Pita bread, and also with tomatoes. I did not know that Market Lidl exist in USA !!

Post by “bradley.whitley” of March 12, 2019 at 3:24 PM

[Elli](#)

Lidl is new here. They opened up their first markets here in 2017.

I enjoy visiting mine!

Post by “Cassius” of March 12, 2019 at 6:35 PM

I have a Lidl less than a mile from where I live. I don't get there often enough, but it is really interesting how different they are from American supermarkets!

Post by “Cassius” of March 12, 2019 at 6:39 PM

Also: I have no experience and have not given too much thought to issues involving age here on the forum, but it strikes me Bradley that as your children get older and you introduce them to the internet it would be great for some of us to be able to talk philosophy with them here! 😊 Most all of our content is already family-friendly , but perhaps at some point we could set up a "children's section" where people of a certain age could only see that or limited other sections.

As many of you know I have been thinking in terms of "Epicurus College" as a project for ongoing learning for us adults, but it would be a desirable and inevitable part of any true Epicurean "movement" to experiment and work toward methods of introducing Epicurus to younger people.