

(Interesting Food Facts)

- Perhaps as a relic of an ancient Roman custom of planting parsley on graves, a sprig of parsley was either associated with the devil or as an antidote for poison. Adding a sprig to a plate of food may have originated as a gesture of good faith and as way to safeguard the meal from evil.^d
- During the Middle Ages, a lemon slice was served with fish because it was thought the juice would dissolve any bones that were accidentally swallowed.^a
- The warriors of Attila, king of the Huns, (A.D. 450) preserved their meat by placing fresh meat under their saddles. All the bouncing squeezed fluids from the meat, and the horse's sweat salted the meat and removed more moisture. When the warrior stopped to eat, they had a dried and salted meal.^c
- Bread has become the prime symbol of nourishment and sharing bread is often a symbolic gesture. The word "companion" is derived from Latin *com*, 'together,' and *panis*, 'bread.'^g
- Beans have historically been a symbol of the embryo and of growth in most societies. The ancient Egyptians called the place in which the *Ka*, the souls of the dead awaited reincarnation "the bean field."^g