

# Archeological Botanical Food Finds in Britain

Source Reference - Archaeobotanical Computer Database (ABCD )  
<http://intarch.ac.uk/journal/issue1/tomlinson/scripts/index-latin.html>

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## Vegetables

English Names	Type	Latin Name	Period of Archeological finds in Britain
Asparagus	Vegetable	<i>Asparagus officinalis</i>	Iron Age/Roman/medieval
Beet / Foliage Beet	Vegetable	<i>Beta vulgaris</i> var. <i>cicla</i>	Roman-Anglo-Scand-medieval
Beetroot	Vegetable	Chenopodiaceae	Bronze Age - Iron Age - Romano-British - Saxon - Anglo - Scand - medieval to 19th c.
Cabbage	Vegetable	<i>Brassica oleracea</i> (cabbage) cf. only	Roman - Anglo-ScandinavianI - pre-Conquest - medieval
Carrot / Wild Carrot	Vegetable	<i>Daucus carota</i> ssp. <i>sativus</i>	Iron Age - Roman-Anglo-Scand-medieval
Celery / Wild Celery	Vegetable	<i>Apium graveolens</i> var. <i>dulce</i>	Iron Age - Roman-Anglo-Scand-medieval
Cornsalad	Vegetable	<i>Valerianella locusta</i>	Roman-Anglo-Scand-medieval
Cucumber	Vegetable	<i>Cucumis sativus</i>	Roman
Faba Bean / Field Bean	Vegetable	<i>Vicia faba</i>	Upper Palaeolithic to late Roman - Saxon -Anglo-Scand-medieval -post med 15th-17th c
Florence Fennel / Miller Fennel	Vegetable	<i>Foeniculum vulgare</i>	Iron Age - Roman-Anglo-medieval
Garlic	Vegetable	<i>Allium sativum</i>	Anglian-medieval
Leek	Vegetable	<i>Allium ampeloprasum</i> var. <i>porrum</i>	Roman-Anglo-Scand-medieval
Lentil / Medicus Lentil	Vegetable	<i>Lens culinaris</i>	(Neolithic) Iron Age - Bronze Age - Roman - Saxon - AS - medieval
Lettuce	Vegetable	<i>Lactuca</i> sp.	Roman
Marrow	Vegetable	<i>Cucurbita pepo</i> conv. <i>giromontina</i>	English Civil War
Parsley / Garden Parsley	Vegetable	<i>Petroselinum crispum</i> var. <i>crispum</i>	Roman - medieval - post-Medieval
Parsnip / Wild Parsnip	Vegetable	<i>Pastinaca sativa</i>	Mesolithic-Neolithic-late Bronze Age - Iron Age - Roman-Anglo-Scand-medieval
Pea / Garden Pea / Field Pea	Vegetable	<i>Pisum sativum</i>	Upper Palaeolithic to late Roman - Saxon - Anglo-Scand-medieval -post med 15th-17th c
Radish	Vegetable	<i>Raphanus sativus</i>	Mesolithic and medieval-early post med
Rorippa	Vegetable	<i>Rorippa</i> sp	Mesolithic-Neolithic-late Bronze Age - Roman- Anglo - late Saxon - 13th c
Swedish Turnip / Rape / Cole / Swede	Vegetable	<i>Brassica napus</i>	Anglo-Scand
Turnip	Vegetable	<i>Brassica rapa</i> var. <i>rapa</i>	Iron Age - Anglo-Scand
Water Cress	Vegetable	<i>Rorippa nasturtium-aquaticum</i>	IronAge - Romano-British - Roman - late Saxon
Wild Cabbage	Vegetable	<i>Brassica oleracea</i>	Roman/Anglo-Scandinavian/medieval

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Herbs			
English Names	Herb	Latin Name	Period of Archeological finds in Britain
Angelica	Herb	<i>Angelica sylvestris</i>	Roman – Anglo –Scandinavia – medieval
Betony / Trevisan Betony	Herb	<i>Stachys officinalis</i>	medieval ?c. 1275-18 <sup>th</sup> c
Bog-rosemary	Herb	<i>Andromeda polifolia</i>	Roman-Anglo-Scand-medieval
Borage	Herb	<i>Borago officinalis</i>	Roman / post-Medieval
Calendula / Pot Marigold	Herb	<i>Calendula officinalis</i>	Roman-Anglo-Scand-medieval – Saxon and medieval 10 <sup>th</sup> -early 13 <sup>th</sup> –English Civil War
Catnip / Cat-Mint	Herb	<i>Nepeta cataria</i>	Bronze Age/Iron Age/Romano-British – Roman-Anglo- Scand-medieval
Chamomile, German	Herb	<i>Matricaria recutita</i>	medieval
Chamomile, Roman	Herb	<i>Chamaemelum nobile</i>	early medieval
Comfrey	Herb	<i>Symphytum officinale</i>	Roman-Anglo-Scand-medieval
Coriander / Cilantro	Herb	<i>Coriandrum sativum</i>	Bronze Age/Iron Age/Romano-British – Roman-Anglo- Scand-medieval – English Civil War
Corn Chamomile	Herb	<i>Anthemis cf. arvensis</i>	Upper Palaeolithic to late Roman – early medieval
Corn Mint	Herb	<i>Mentha cf. arvensis</i>	Mesolithic-Neolithic-late Bronze Age – Roman – early medieval
Dill	Herb	<i>Anethum graveolens</i>	Iron Age-Roman-Anglo-Scand- Saxon – medieval – post medieval – English Civil War
Fennel Sweet / Miller Fennel	Herb	<i>Foeniculum vulgare</i>	Roman-medieval – English Civil War
Garlic, Softneck garlic, harneck garlic, rocambole	Herb	<i>Allium sativum</i> L	Anglian-medieval
Germander *	Herb	<i>Teucrium chamaedrys</i>	Roman-medieval
Germander, Everblooming	Herb	<i>Teucrium</i> sp.	Saxon –Norman – Medieval
Horehound / White Horehound	Herb	<i>Marrubium vulgare</i>	Iron Age – Roman – Anglo – Scand – medieval
Hyssop	Herb	<i>Hyssopus officinalis</i>	English Civil War
Hyssop, 'Pink Delight'	Herb	<i>Hyssopus officinalis</i>	English Civil War
Mint	Herb	<i>Mentha</i> sp.	Mesolithic-Neolithic –late Bronze Age- Iron Age – Roman – Saxon – Anglo – Scand – medieval – English Civil War
Mint, Banana	Herb	<i>Mentha</i> sp.	Mesolithic-Neolithic –late Bronze Age- Iron Age – Roman – Saxon – Anglo – Scand – medieval – English Civil War
Mugwort	Herb	<i>Artemisia vulgaris</i>	medieval
Mustard, Wormseed / treacle mustard	Herb	<i>Erysimum cheiranthoides</i>	Mesolithic – Neolithic – late Bronze Age – Iron Age – Roman – medieval
Parsley Curly / Garden Parsley	Herb	<i>Petroselinum crispum</i>	Roman- Medieval – post-Medieval
Pepper – Black pepper, Green pepper, Pink pepper, White pepper	Spice	<i>Piper Nigrum</i> Linn	Roman – post-Medieval
Rue	Herb	<i>Ruta graveolens</i>	roman-AS-medieval

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Savory, Dwarf Winter	Herb	Satureja <i>christi</i> 'Nana'	Roman/post-Medieval
Savory, Summer	Herb	Satureja <i>hortensis</i>	Roman-Anglo-Scand-medieval
Savory, Winter	Herb	Satureja <i>christi</i>	Roman/post-Medieval
Self Heal	Herb	Prunella <i>vulgaris</i>	Mesolithic-Neolithic-late Bronze Age – Iron Age - Roman – Anglo – Scand –medieval
Skullcap	Herb	Scutellaria <i>baicalensis</i>	roman-AS-medieval
Sorrel Garden / Common Sorrel	Herb	Rumex <i>acetosa</i>	Iron Age and Roman – AS/Medieval – Dark Age-early <i>christian</i> 8 <sup>th</sup> -11 <sup>th</sup> cAd
St Johns Wort	Herb	Hypericum <i>perforatum</i>	Mesolithic-Neolithic-late Bronze Age
Strawberry Alpine / Wild Strawberry	Herb	Fragaria <i>vesca</i>	Mesolithic-Neolithic-late Bronze Age – Iron Age - Roman – Saxon – Anglo – Scand –medieval – 13 <sup>th</sup> -16 <sup>th</sup> cAD
Sweet Woodruff	Herb	Galium <i>odoratum</i>	late Saxon – Medieval
Tansy	Herb	Tanacetum <i>vulgare</i>	Roman-AS-medieval
Vanilla Grass / Sweet Vernal-Grass	Herb	Anthoxanthum <i>odoratum</i>	Mesolithic – Iron Age and Roman - c. 1200 - post medieval
Violet, Royal Robe	Herb	Viola <i>odorata</i>	Mesolithic-Neolithic-late Bronze Age
Violets, Parma	Herb	Viola <i>sp.</i>	Mesolithic-Neolithic-late Bronze Age – Iron Age – Roman-Anglo-Scand –late Saxon – late medieval
Watercress	Herb	Nasturtium <i>officinale</i>	Mesolithic-Neolithic-late Bronze Age – Roman-late medieval
Wormwood	Herb	Artemesia <i>absinthium</i>	Iron Age and Roman
Yarrow	Herb	<i>Achillea millefolium</i>	Roman – Saxon – Anglo – Scand – medieval – 10 <sup>th</sup> -14 <sup>th</sup> to late 18 <sup>th</sup> c

## Grains

English Names	Grain	Latin Name	Period of Archeological finds in Britain
Barley / six-row barley	Grain	<i>Hordeum vulgare</i> (barley)	Neolithic or Early Bronze Age –Roman – Anglo – Scand – Late Saxon 10 <sup>th</sup> – 13 <sup>th</sup> – medieval
Bread Wheat / Club Wheat	Grain	<i>Triticum aestivo-compactum</i>	Upper Palaeolithic to late Roman – Roman – Saxon – Anglo – Scand – medieval
Emmer	Grain	<i>Triticum dicoccon</i> (emmer)	Neolithic – Late Bronze Age – Roman -
Flax Seed / cultivated flax	Grain	<i>Linum usitatissimum</i> (flax seed)	Upper Palaeolithic to late Roman – Roman – Saxon – Anglo – Scand – medieval
Oats / cultivated oat	Grain	<i>Avena sativa</i> (oats)	prehist-Romano-British-late Roman-Saxon – Anglo – Scand – medieval – Elizabethan 1560-1570 – 16 <sup>th</sup> – 17 <sup>th</sup> c
Rivet Wheat	Grain	<i>Triticum turgidum</i> (rivet wheat)	Saxon (medieval)
Rye	Grain	<i>Secale cereale</i> (rye)	Mesolithic-Neolithic-late Bronze Age – Roman – middle Saxon – medieval – post-med – Elizabethan 1560-1570
Spelt Wheat	Grain	<i>Triticum spelta</i>	prehist-Romano-British-late Roman-Saxon - medieval

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Nuts			
English Names	Nut	Latin Name	Period of Archeological finds in Britain
Almond	Nut	<i>Prunus dulcis</i> (almond)	medieval
Hazelnuts	Nut	<i>Corylus avellana</i> (hazelnuts)	mesolithic - neolithic - Iron Age - Roman - Scandinavian - Anglo-Saxon - medieval - 9th & 10th - 13th C
Walnut	Nut	<i>Juglans regia</i> (walnut)	Iron Age - Roman - Anglo - Scand - Saxon - medieval 10th - early 13th - English Civil War

Fruits			
English Names	Fruit	Latin Name	Period of Archeological finds in Britain
Apple / crab apple	Fruit	<i>Malus sylvestris</i> (apple)	Mesolithic - Neolithic - late Bronze Age - Iron Age - Roman - Saxon - Anglo - Scand - medieval - 10th-13th cAD - English Civil War
Bilberries	Fruit	<i>Vaccinium</i> sp.(bilberries) including <i>V. myrtillus</i>	Roman - Anglo - Scand - medieval
Bird Cherry	Fruit	<i>Prunus padus</i> (bird cherry)	Iron Age - Roman
Blackberry / Bramble	Fruit	<i>Rubus fruticosus</i> agg. (bramble)	Bronze Age - Roman - Saxon - Anglo - Scand - medieval - 10th-early 13th c - c. 1150-1500 - mid 17th-late 18th c
Blackcurrant	Fruit	<i>Ribes nigrum</i>	Iron Age
Cherry Plum	Fruit	<i>Prunus cerasifera</i> (cherry plum)	medieval
Cloudberry	Fruit	<i>Rubus chamaemorus</i> (cloudberry)	Late prehistoric - early Roman
Crowberry	Fruit	<i>Empetrum</i> spp	Roman-Anglo-Scand-medieval
Currant	Fruit	<i>Ribes</i> spp	Saxon-medieval
Date	Fruit	<i>Phoenix dactylifera</i> (date)	Roman - late 13th-mid 14th
Dewberry	Fruit	<i>Rubus caesius</i> (dewberry)	Iron Age - Roman - Anglo - Scand - medieval - 12th-19th c
Elderberry	Fruit	<i>Sambucus nigra</i>	Neolithic - Late Bronze Age - Iron Age - Romano-British - Saxon - Anglo - Scand - medieval - 12th-19th c
Fig	Fruit	<i>Ficus carica</i> (fig)	Roman - Anglo- Scand- Saxon 10th cAD - medieval - 14-15th, c.1450 - English Civil War
Gooseberry	Fruit	<i>Ribes uva-crispa</i> (gooseberry)	Iron Age - Roman - medieval
Grape	Fruit	<i>Vitis vinifera</i> (grape)	Roman - Middle - Late Saxon 8th C - Anglo - Scand - medieval - 12th-19th c - English Civil War
Honeysuckle	Fruit	<i>Lonicera</i>	Bronze age/ beaker
Juniper Berries	Fruit	<i>Juniperus</i>	Iron Age - Roman - Viking overlying Pictish
Mulberry	Fruit	<i>Morus nigra</i> (mulberry)	Roman - medieval
Nannyberry or sheepberry	Fruit	<i>Viburnum</i> sp	Neolithic/Iron Age Romano-British - 1085-late 12thc
Olive	Fruit	<i>Olea europaea</i>	roman -AS - medieval

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Peach	Fruit	<i>Prunus persica</i>	Anglian-medieval
Plum	Fruit	<i>Prunus domestica</i> ssp. <i>domestica</i> (plum)	Roman - Saxon and medieval - 9th & 10th - 13th C
Prunes	Fruit	<i>Prunus domestica</i>	neolithic - early Iron Age - Roman - Saxon (5th-7th cAD) - medieval
Quince	Fruit	<i>Cydonia/Pyrus</i> - <i>Pyrus Cydonia</i>	Roman - medieval - English Civil War
Quince / Pear	Fruit	<i>Cydonia/Pyrus</i> (quince/pear)	Roman - medieval - English Civil War
Raspberry	Fruit	<i>Rubus idaeus</i> (raspberry)	Bronze Age - Iron Age - Roman - Anglo -Scand - medieval - 10th-early 13th c
Rose- hip	Fruit	<i>Rosa</i> sp.(rose-hip)	Mesolithic - Neolithic - late Bronze Age - Iron Age - Roman Anglo - Scand - medieval - late medieval, post 1321
Rowan	Fruit	<i>Sorbus aucuparia</i> (rowan)	Neolithic - Bronze age-Iron age - Roman - Anglo - Scand - medieval - 10th-early 13th c
Sloe or Blackthorn	Fruit	<i>Prunus spinosa</i> (sloe)	Bronze age - Iron age - Roman - Saxon - Anglo-Scandinavian - medieval - 13th-16th cAD - English Civil War
Sour Cherries	Fruit	<i>Prunus</i> Section <i>Cerasus</i> (sour cherries including <i>P. avium</i> and <i>P. cerasus</i> )	Roman to post medieval - English Civil War
Strawberry	Fruit	<i>Fragaria</i> sp	medieval - mainly 13th to early 14th c
Wild Plum	Fruit	<i>Prunus domestica</i> <i>sl</i> (wild plum)	Roman - Saxon and medieval - 9th & 10th - 13th C
Wild Strawberry	Fruit	<i>Fragaria vesca</i> (wild strawberry)	Bronze Age - Iron Age transition - Roman - Saxon - Anglo - Scand - medieval