

Preserving food from Columella to Artusi: the methods

Cellars, food cellars, ice houses, wells and warehouses for salt, fish cellars, grain pits, water mills to process olives and cereals were built and widely used in the regions along the Adriatic arch, from ancient times up to the 20th century. Then there are the archaeological and the ethnographic museums displaying the food culture from the most ancient civilizations on. Even taking into consideration such a long period of time, you would be surprised by the fact that the methods to preserve food described in De re rustica by Columella (Gades, 4-70 A.D.) are quite similar to those in The Science in the kitchen and the Art of Eating Well by Pellegrino Artusi (Forlimpopoli, 1820 – Florence, 1911), regardless the time elapsed between the drafting of the two books.

Here is an interesting trip to discover the preservation technologies that were used since the early history and are effective still today.

Preserving food is an ancient adventure that we now call tradition. We are ready to reveal all its secrets!

For more information



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Guided tours

PARSJAd Project - Archaeological park of the Upper Adriatic

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