Published on *Dieta mediterrânica* (http://dietamediterranica.pt)

Products and Producers

Language
English

Sacred Trilogy

The **bread**, the **olive oil** and the **wine** are the trilogy of the Mediterranean food culture, but there are other products with relevant importance.

The Mediterranean populations ascribed to these food products collective survival values, therefore sacred, symbolic and aggregators, always present in the communities' practices, rituals, and festivities.

Since the Antiquity and in several civilizations the dead were lay with food for the Eternal Journey and funerary feasts would take place.

Overeating was condemned by religion and in Catholicism gluttony is one of the seven capital sins.

Source URL (modified on 05/01/2016 - 11:10): http://dietamediterranica.pt/?q=en/node/235