
Vesna Bosanac

Nutrition for athletes, a small business
for nutrition counselling
Donja Lomnica
vesna@prehranasportasa.com

Ljiljana Nanjara

Marko Marulić Polytechnic
Knin
ljnanjara@veleknin.hr

DOI 10.32458/ei.26.10

UDK 392.8(497.5-3Zagora)195"
641.1:392.8](497.5-3Zagora)

Professional paper

Received: 29th April 2021

Accepted: 23th June 2021

Daily Nutrition in the Dalmatian Hinterland in the 1950s

- Against the backdrop of describing the traditional diet in different parts of Croatia, this paper presents the diet of the inhabitants of the Dalmatian Hinterland in the 1950s. The frequency of consumption of specific food groups and eating habits of the population at the time will be analysed. The paper emphasises the nutritional value of unprocessed foods and their health benefits and points to the importance of their share in modern human diet as often as possible.

Keywords: Dalmatian Hinterland, village, traditional diet, food customs, nutritional value

INTRODUCTION

Earlier papers on traditional nutrition on the territory of Croatia faithfully presented eating habits and customs in the specific parts of Croatia, such as Baranja, the Varaždin region and islands of Silba, Olib and Cres, to name a few, as well as the influence of the economy, transport, social and historical determinants, culture and religion on food selection and preparation of dishes (Kašpar 1981; Lazarević 1985; Somek-Machala 1992; Muraj 1997). Since the characteristics of the diet of the inhabitants of the Dalmatian Hinterland in the 1950s have not been addressed before, this paper covers this

topic. In addition to reflecting on the daily diet and customs in connection with food preparation, it also strives to emphasise the nutritional aspect of the traditional diet.

More comprehensive overviews of traditional diet in Croatia with the specifics of individual areas by food choice, their methods of preparation, selection of dishes and eating utensils, as well as customs have been provided by the ethnologists Aleksandra Muraj (1998; 2001) and Nives Rittig-Beljak and Mirjana Randić (2006) in their papers. The papers point to the disparity of nutrition on the territory of modern Croatia, i. e. the visible difference between the food and dietary habits of the inhabitants of the lowland, mountain and coastal Croatia with the islands.

The Dalmatian Hinterland is located in the south of the Republic of Croatia, in the continental, predominantly rural, mountainous part of Split-Dalmatia County and Šibenik-Knin County. It has developed its own specific nutritional features that are reflected both in the selection of food and types of dishes, as well as in the ways of their preparation and the occasions in which they are eaten.

Traffic isolation and climate, often characterised by harsh winters accompanied by snow and ice, poor quality of the soil that was cultivated and poor education of the population, among other things, had a strong impact on eating habits of the inhabitants of this part of Dalmatia. The absence of refrigeration units in the supply and sales chain, as well as in households was the main reason for the narrowed choice of food (primarily fish and fresh fruit) which at the same time determined the methods of its preservation (e.g. meat drying).

It is precisely poor transport connections with the coast that have affected the low share of sea fish and olive oil in the diet of the inhabitants of the Dalmatian Hinterland and this represents a significant departure from the Mediterranean diet. On the other hand, basing the diet on cereals and vegetables, including legumes and eating nuts, as was the custom in the Dalmatian Hinterland, are characteristics of the Mediterranean diet.

The diet of Croatian population has been significantly influenced by political circumstances (such as the long-term rule of the Turks) and religion, which is reflected in the planning of the diet according to religious holidays. The selection of food and dishes was largely seasonal in character, which certainly limited the sufficient intake of micronutrients and other beneficial substances. Bearing in mind the abovementioned, it is safe to assume that the diet during the previously mentioned period in the Dalmatian Hinterland would not meet the current criteria of a balanced and varied diet and recommendations on how often to consume meat, fish and fresh fruits, as stated in the “Normative for nutrition of students in primary school” (OG 146/2012: 7).

On the other hand, seasonal foods, primarily fruits and vegetables, unprocessed cereals, including those that, unfortunately, have disappeared from the menu of modern humans, should inevitably form the basis of modern diet, since they contribute to health and reduce the risk of diseases of the circulatory system, type 2 diabetes mellitus and some cancers, to name a few. That is why the purpose of this research and paper was to explore the characteristics of the traditional diet of the Dalmatian Hinterland

and also to highlight the nutritional value and the positive effect of locally grown, unprocessed food on health.

RESPONDENTS AND METHODS

In 2019, striving to collect data on eating habits of the inhabitants of the Dalmatian Hinterland in the 1950s, 50 people born during the 1920s, 1930s and 1940s in the Dalmatian Hinterland were interviewed, as they were people who lived there in the observed period. The respondents were people of both genders (but predominantly women), different in terms of education and socioeconomic status. The paper includes respondents from throughout the Dalmatian Hinterland, villages Lećevice, Ljubostinje, Vinovo Donje, Ogorje, Golubić, Smolonje, Slima, Slivno, Čista Mala, Danilo, Visoka, Zadvarje, Žagrović, Stankovci, Golubić,¹ Prgomet, Proložac, Dugobabe, Brnaze, Planjane, Nevest, Šestanovac, Ljubitovica, Prugovo, Čavoglave Neorić, Muć, Obrovac near Sinj, Nova Sela, Sutina, Dolac, Marići and Čvrljevo, as well as the towns of Imotski, Knin, Sinj and Vrljika.

The research used a survey of 22 open-ended questions. It was about food selection and methods of food preparation in different seasons, religious holidays, economic activities and family and social gatherings. The survey was compiled based on the paper “Rural Nutrition in Baranja” (Somek-Machala 1992).

During the survey, the respondents lived in their homes or nursing homes. The respondents who lived in their homes were reached by personal acquaintances. The respondents from nursing homes were selected with the help and involvement of occupational therapists employed in these institutions. The selection criteria included good mental health and their willingness and will to talk to the interviewers.

This paper deals with the answers linked with daily nutrition. The questions addressing the issue of nutrition during special family events and holidays have been left out because they go beyond the scope of this paper.

RESULTS

In the 1950s, the income of the inhabitants of the Dalmatian Hinterland was generated through work in the classical sense and through agriculture (animal husbandry and land farming). Employees were engaged in agriculture after work and at weekends.

FREQUENCY OF MEALS AND BASIC INGREDIENTS

According to habits in the Dalmatian Hinterland, which were also to a considerable extent determined by the available financial resources, and according to the respond-

1 Stankovci and Golubić are located in Zadar County.

ents, one (breakfast or lunch) or up to four meals (breakfast, lunch and dinner and morning or afternoon snack, *brunch*, locally referred to as *marenda*) were eaten daily.

According to the respondents from the village of Visoka near Unešić, those who worked the fields ate four times a day. Unlike breakfast, which was smaller and more modest, brunch was a more concrete meal in the Dalmatian Hinterland. Children often used to eat brunch, according to the respondents, when they got hungry (*ogladnila*). The habit of eating brunch (locally *marendavanje*) has remained to this day, as a hot meal during a break at work.

From the group of cereals, grain products and substitutes, standard starchy foods were polenta (locally *pura*), bread and potatoes. They were eaten daily, all year round. Of the vegetables, mainly, cabbage, fresh and sour, was eaten all year round. According to the season, the menu also included chard, kale, turnips, carrots, collard greens and onions (*kapula* - red onions). Legumes were often prepared, primarily beans and chickpeas. Whenever there was an opportunity to do so, wild herbaceous plants, wild cabbage (locally *divlje zelje*) or a mixture of wild plants locally referred to as *mišancija* (e. g. fennel, duckweed, creeping yellowcress, nettle) were picked. Fruits were eaten primarily in the ripening season. They normally included plums, late figs – locally *poljarice*, apples, quinces, early pears (*petrovke*), cherries, sour cherries and peaches, but only in some parts of the Dalmatian Hinterland.

Meat was not eaten every day. Its presence in the diet of the inhabitants of the Dalmatian Hinterland at the time was greatly limited by the available financial resources. When there was an opportunity, pork, goat meat, beef, lamb, mutton and chicken were eaten. Meat was often dried. For the inhabitants of the Dalmatian Hinterland, milk and sour milk (from goats, cows and sheep) were important foods. There was no abundance of cheese. Fish was eaten very rarely, several times a year. Due to the tradition of pig breeding, pork fat was mainly used in the Dalmatian Hinterland. Olive oil, by contrast, was rarely available.

Water was the most consumed soft drink and wine and brandy of alcoholic drinks. A characteristic dessert in the Dalmatian Hinterland was certainly mini donut or locally *ušticipci* of neutral, rather salty taste.

DISCUSSION

CEREALS, GRAIN PRODUCTS AND SUBSTITUTES

Cereals (e. g. barley and wheat), grain products (e. g. pasta) and substitutes (such as potatoes) are the main source of energy for humans. Hence, polenta (*pura*) with milk was often served before going to work in the fields (*upolje*). People who came to help with agricultural work were offered polenta (*pura*) with pork fat or fried bacon. A respondent from Sutina, whose family was extremely poor, added during the survey: “When there was nothing else, you would eat one piece of polenta (*pura*). I don’t like it. It reminds me of extreme hunger and poverty.”

The bread in the Dalmatian Hinterland was made from wheat, a mixture of wheat and barley flour and corn (locally *kuruzovnica*) and a piece of dough from the previous kneading was used as yeast. It was baked under a bell-shaped lid (locally *ispo' peke*, in the Imotski region referred to as *saće*) or in a wood stove (*špaker na drva*), but not every day. It was almost always eaten for breakfast. A few days old bread was soaked in hot water. Even in cases of poverty, when adult family members did not have breakfast, children, who would take livestock (*gonila blago*) (cows, sheep or goats) to pasture in the morning, were given a piece of bread.

Frano Ivanišević mentions the importance of cereals in the diet of this part of Dalmatia at the beginning of the 20th century, stating “Those who have no grain and bread will have a poor year, they will suffer from hunger.” (Ivanišević 1987: 96)

In the Dalmatian Hinterland, different types of porridge were prepared, dishes similar to polenta (locally *pura*), but they were somewhat runny in terms of consistency. They were cooked from various cereals: wheat, barley and corn. You could say that each hamlet cooked porridge in its own way. In Čvrljevo, white porridge (*bijela kaša*, made from wheat) with butter was often prepared for dinner. In Imotski it was called *maslokaša*. In Smolonje “above” Omiš, barley and potato porridge seasoned with some oil was cooked, in Stankovci it was made from corn grits and fried onions (in olive oil, those who had it), in Marići in the Šibenik Hinterland, corn (*kuruzza*) and barley porridge was served.

Cereals were usually cooked on water, but this was not the rule. In Brnaze, more affluent families cooked wheat porridge on milk. You could say it was like today's semolina cooked in milk. In addition to its form of porridge, in season (in summer and autumn) corn was served on the cob in the Dalmatian Hinterland, boiled or roasted.

Potatoes were prepared in different ways: cooked alone or in stew, baked, locally referred to as *ucilo u lugu*, made in half under a bell-shaped lid (often for dinner). Since it occupied a significant position in the diet, it was an important source of vitamin C, especially in the times of limited consumption of fresh fruits and vegetables.

Furthermore, in winter people often ate *grā* and *jari grā*, i.e.: beans and chickpeas. *Jota* (sauerkraut and bean stew) was made throughout the Dalmatian Hinterland. Unlike today, pasta was seldom eaten. In Prugovo, tiny pasta was made for soup. In Knin and its surroundings there was wheat pasta, locally *pašta od šenice*. In the Imotski region there were *tajadele* and *lazanje* (local names for particular types of pasta) in the vicinity of Sinj, which were cooked and served as a side dish. They were a counterpart to modern cooked pasta. These specific names were present in Trogir at the end of the 18th century. *Tagliatele* and *lazanje*, were also prepared there (usually with young broad beans), while spaghetti and macaroni were combined with sauces, most often tomato sauce (Celio Cega 2008: 288).

There were also differences in the preparation of pasta. While in Čavoglave it used to be prepared with fresh cabbage and sauerkraut with the addition of fat, in more affluent families in Prgomet and Stankovci, cooked homemade pasta was seasoned

with other available fat (e.g. olive oil). For us today it is a very simple dish, but in the time back then, in many parts of the Dalmatian Hinterland, it was a luxury and was served only during some festivities or holidays and on Sundays.

In contrast, dried, ready-made pasta in the form as we know it today was rarely served, most often as *pasta-fažol* (stew with beans and pasta). In Neorić near Muć and Obrovac in Sinjska krajina, this dish was prepared during the harvest. Vegetable soup with onion (locally *manistra s kapulom*) and potatoes were eaten during the harvest in Nova Sela near Omiš, but also in Sutina near Muć. In Slivno, barley stew and *manistra* were served for grape harvest (locally *jematva*).

Although the Dalmatian Hinterland was a rather isolated area, there was still an exchange of customs and habits between it and the coast. This can be thanks to the economy (agricultural production and trade) and marriages, to name a few. Hence, the ethnologist Fani Celio Cega mentions in her book “Everyday Life of the City of Trogir from the Mid-18th Century to the Mid-19th Century” that its inhabitants owned arable land in Unešić, Prgomet, Ljubitovica, Labin, Boraja, Sitno, Sratok and Radošić (Celio Cega 2005: 75).

The connection of the Trogir area with the Dalmatian Hinterland is reflected in other areas of life. This is shown by the expressions such as *sukanac* (blanket), *šotana* (skirt), *dota* (dowry), *bičve* (socks), *balote* (bocce) (Celio Cega 2005: 78, 137, 172), which are still used today in the Dalmatian Hinterland.

Moreover, the inhabitants of a part of the Dalmatian Hinterland were on friendly terms with the inhabitants of Trogir. According to a quote in the work of the previously mentioned author, a wealthy Trogir family gave a gold medal to a friend's son from Sinj for Christian confirmation (Celio Cega 2005: 135). Trade was developed, so during the bazaar days, the inhabitants of the Dalmatian Hinterland came to Trogir to sell their products, buy different necessities and socialise. “On Travarica they used to play folk circle dances, singing their traditional songs, accompanied by *gusle* (stringed musical instrument) or *mišnice* (bagpipe-like instrument).” (Celio Cega 2005: 170) Trade in goods was also very popular. Hence, one of the respondents from Unešić describes how as a 12 or 13-year-old girl with her older household members went to Šibenik to barter agricultural products in exchange for other necessities, of which salt was especially valuable.

The inhabitants of Trogir also maintained intellectual ties with the inhabitants of the Dalmatian Hinterland. Thus, in the 18th century, for advice on the construction of the theatre, they contacted an architect from Knin, who at the time was one of the few educated architects in our territory (Celio Cega 2005: 161).

It is interesting to point out that, according to the photograph in the previously mentioned book by Fani Celio Cega, at the end of the 19th century, women in Trogir tied their hair in a braid and wrapped it around the back of the head, touching the edge of the scalp. The same custom of braiding (*saplićanja/splićanja*) hair into one or two braids and wrapping them around the head was also popular in the Dalmatian Hinterland.

VEGETABLES

Vegetable consumption had a pronounced seasonal character in the Dalmatian Hinterland in the 1950s. Cabbage, both *sweet* and *sour* (i.e. cabbage heads, belonging to local *glavaš* variety of cabbage) was eaten almost every day. Most often during the main meal. It was even cooked in the occasion of pig slaughter. Sauerkraut was prepared in the Dalmatian Hinterland as a salad (*na salatu*), cooked and eaten on its own or combined with polenta and dried meat. “There was always this unfortunate cabbage. Both on Fridays and for festivities,” the frequent presence of this vegetable was described by a respondent from Potravlje. Frano Ivanišević also mentions the abundance of cabbage in his diet, referring to the diet in Poljica, stating: “Cabbage is the most important green food in Poljica, you will find it, bro, in all the villages.” (Ivanišević 1987: 101) In addition to cabbage, collard greens, turnips, carrots, chard and onions (*kapula* - red onions) were eaten throughout the year. Frano Ivanišević also mentioned the consumption of wild greens in Poljica, wild cabbage or a mixture of wild plants locally referred to as *mišancija* (e.g. fennel, duckweed, creeping yellowcress (*žutenica*), nettle) stating: “... there are old women, who are poor, they take a razor in their hands and head across the fields, to pick green plants and grass and tuck them at their waist for a meal. Some of them are eaten raw, while some are cooked or seasoned with vinegar, oil and salt. These plants were yellowcress and common sowthistle to name a few.” (Ivanišević 1987: 104)

Cabbage (*zelje*), chard, kale and other brassica vegetables were boiled and combined with polenta (*pura*), bread and potatoes. This positive habit has remained in Dalmatia to date.

In the spring, asparagus was picked in the Dalmatian Hinterland, while in the fall people picked mushrooms. To this day, only champignons are picked. Although there are probably other edible mushrooms, the inhabitants of this part of Croatia do not know them. Champignons are a source of dietary fiber and vitamins B1, C and D. Research conducted on animals shows that these mushrooms help lower high concentrations of glucose, fats and cholesterol in the blood. Furthermore, they are beneficial for the liver (Gupta et al. 2018: 15-20).

There are also some specifics in connection with the vegetables in the Dalmatian Hinterland. Hence, in Dolac near Omiš, peas were cooked only on fasting days. In Čvrljevo, green beans (locally *fažolete*) or peas (locally *biži*) were cooked during the harvest.

Food was not wasted. When there were excessive amounts of turnips or cabbage, the following day they were mixed with fried onions and eaten for breakfast, before working the fields. Although the gastronomy of the Dalmatian Hinterland was modest at the time, it still produced some delicacies that are currently our protected cultural heritage. Hence, *soparnik* (a dish of wheat dough with onion and chard filling) originated in the Omiš hinterland. It was prepared on special occasions, for example, for harvesting. Today, the tradition of its preparation has been revived and it is an essential dish served by many catering establishments: from diners to the most prestigious restaurants.

Unfortunately, we are witnessing an insufficient presence of leafy green vegetables in modern diet. Based on their experience, our ancestors were aware of many of the benefits of green vegetables for human health. Vegetables such as chard, kale and collard greens are an important natural source of folate in the diet. Folate is a B vitamin that has a number of functions in the body. It helps normalise blood pressure, develop children's cognitive abilities, prevent cancer cell proliferation and the appearance and treatment of megaloblastic anaemia. Its adequate intake contributes to the proper development of the neural tube of the unborn child. Furthermore, leafy green vegetables are a good source of carotenoids, manganese, iron, vitamin E and folate, betalain and phenolic compounds of antioxidant action. That is why they have anti-inflammatory effects and prevent cancer cells from growing (Yadav et al. 2013: 709-711).

According to one of the respondents, in her family there was no abundance of milk and cheese. "Your grandmother would bring you milk when you were ill. I liked being ill because I knew that the grandmother would come," she said. Yet this elderly lady has never had fractures or other bone problems. Certainly, her bone health was due to frequent presence of green vegetables and wild plants in her diet. In the 1950s, when there was deprivation in the Dalmatian Hinterland, it contributed to the quality of meals and to meeting the nutritional needs of the population.

Scientific literature shows a positive link between the consumption of green vegetables and bone health. Chard, cabbage and collard greens, to name a few, are a source of calcium, magnesium, potassium and vitamins C and K – the nutrients that contribute to bone mass density (Muñoz-Garach et al. 2020: 4-7). In addition, green vegetables as a useful source of calcium, in case of reduced presence or omission of milk and dairy products from the diet and their role in preserving bone health, which is also mentioned in scientific literature (Mangels 2014: 470S-471S).

It could be said that regular consumption of leafy green vegetables, in addition to physical activity, undoubtedly contributes to adequate bone building in childhood and youth and to the subsequent preservation of their density. Certainly, therefore, you should appreciate these vegetables more and include them more often in the diet. An additional reason for eating leafy green vegetables more often is their low energy value, which contributes to solving the ever-present problem of obesity.

In the fight against obesity the same applies to legumes, due to a significant presence of carbohydrates and proteins and low fat content. Given the scarce presence of foods of animal origin (primarily meat) in the diet of the Dalmatian Hinterland in the mid-last century, combinations of legumes and cereals (e. g. bean and barley stew) were welcome. Legumes and cereals complement each other with their amino acid composition. Since amino acids are building blocks for cells, the complementarity of legumes and cereals was of great nutritional importance given the circumstances in the Dalmatian Hinterland at the time. Frano Ivanišević said that legumes were one of the main foods, stating: "Legumes were, after cabbage, the most important food." (Ivanišević 1987: 111)

Legumes contain folate, zinc, calcium, etc. (Erbersdobler et al. 2017: 138) There is also iron, but it is less usable from legumes as a food of plant origin than that from meat or fish. Vitamin C is known to improve its absorption. It is found, among other things, in cabbage, and something that is locally referred to as *jota*, i. e. sauerkraut and bean stew, was often eaten in the Dalmatian Hinterland in winter. Undoubtedly, this then contributed to the positive status of iron in the organism.

Legumes contain a considerable amount of dietary fiber, both soluble and insoluble. Insoluble fibers contribute to intestinal function. Soluble fiber slows down the digestion of starch, which contributes to the normalisation of high blood glucose concentrations and longer satiety.

Legumes also protect against colon cancer. That is, some of the carbohydrates present get into the colon undigested, where it is broken down by probiotic bacteria. Short-chain fatty acids are formed. Among them there is butyric acid that prevents the development of colon cancer. In addition, phytic acid from legumes exhibits anticancer effects and has a protective effect against breast and colon cancer. It should be added that legumes are beneficial for bone health. Their proteins help the absorption of calcium from food. In addition, legumes contribute to prostate health. This can be due to the presence of fibers and isoflavones, saponins, lycopene and phytosterols whose synergistic action contributes to its protection (Singh et al. 2017: 859-867).

Another, today unfairly neglected, vegetable is certainly turnip. In addition to being consumed as a vegetable, turnips are an aid in the treatment of arthritis and gout, liver disease and stomach upset (including chronic gastritis). Scientific research shows that turnips, like other types of vegetables of the brassica family, play a notable role in preventing the appearance of various types of cancer (Paul et al. 2018: 19-24).

While about 70 years ago in the Dalmatian Hinterland, onions and garlic were often present in the diet of the inhabitants of the time, today they, for social reasons, are greatly avoided (Kolovrat 2006: 113). Unfortunately, that is the way it is. Green leaves of spring onions are a rich source of vitamin C and carotenoids and there are aromatic substances with sulphur that act against bacteria and fungi. Moreover, the leaves show more pronounced antioxidant activity than the bulb itself.

Furthermore, onion exhibits anti-inflammatory properties, helps digestion and contributes to a decrease in the concentration of fats and glucose in the blood. In addition, it has anticancer, anti-atherosclerotic and antithrombotic effects. It also acts as an antibiotic, diuretic, laxative and relieves asthmatic problems. It helps regulate the concentration of glucose and fats in the blood (Bahram-Parvar and Lim 2017: 293-297).

Garlic is one of the most widely used plants in the folk medicine of the Dalmatian Hinterland. It is taken to prevent colds. It protects against diabetes mellitus and heart disease, reduces blood clots, lowers blood pressure, cholesterol and blood sugar. Its frequent presence in the diet reduces the risk of developing various types of cancer: mouth, stomach, colon and prostate (Shang et al. 2019: 2-6).

As mentioned above, in the Dalmatian Hinterland, wild leafy plants were frequently eaten as vegetables: nettle, common purslane, dandelion, etc. Nettle was a welcome source of vitamin C for our ancestors in the spring. In addition, nettle includes iron, potassium (which is essential for normal heart function), vitamins A, K, D, B1, B2, pantothenic acid, folate and numerous phytochemicals such as flavonoids. In folk medicine, nettle is successfully used in the prevention and treatment of anaemia, digestive problems, tuberculosis, rheumatic problems, high blood pressure, rhinitis, colds and kidney stones. With its lectins, it has also proven useful in the treatment of prostate enlargement. Nettle is rich in antioxidants that protect human cells from oxidative stress. It is beneficial for the liver, which has been confirmed by scientific research. Furthermore, nettle, prevents cancer cell proliferation, especially cervical and breast cancers. Consumption of nettle lowers blood cholesterol and prevents the appearance of atherosclerosis (Tabasum et al. 2018: 25-26).

Dandelion contains iron and vitamin C and it is quite certain that dandelion strengthens immunity and prevents the appearance of anaemia. It contains beta-carotene as an antioxidant, whose presence restores the skin damaged by the activity of free radicals formed by sunbathing. In addition, dandelion still contains calcium and potassium, which is why it contributes to blood pressure regulation. It has long been used in folk medicine as a diuretic and against inflammation and rheumatic problems. Thanks to the fiber present, it helps the work of the intestines and its spicy taste, which comes in part from taraxacin, stimulates appetite.

The active substances of dandelion are effective against the flu virus and also have an antioxidant effect (Daniel et al. 2021: 18). In the Dalmatian Hinterland, boiled dandelion root salad is still prepared in winter.

In this area, common purslane is extremely appreciated. It is combined with chard. It has a remarkable nutritional composition. Moreover, it is richer in micronutrients than many types of vegetables. For example, there is as much as five times more alpha-linolenic acid in common purslane than in spinach and more beta-carotene than in any type of green vegetable. There is also vitamin C, riboflavin, niacin, pyridoxine and mineral substances potassium, magnesium and iron. Flavonoids, sterols, alkaloids, terpenoids, etc. are isolated from common purslane and it is a fact that common purslane is rich in fiber and poor in energy, thereby contributing to the regulation of sugar, fat and cholesterol in the blood and weight loss. It also protects the integrity of peripheral blood vessels. This wild plant contains alpha-linolenic omega-3 fatty acid, which supports growth and development, strengthens immunity and has been proven to act against the formation of cancer (Srivastava et al. 2021: 4-6).

The previously mentioned asparagus is a symbol of Dalmatia and a specialty of its hinterland region. Frano Ivanišević wrote in his book "Poljica": "Shepherdesses during pasture pick asparagus, but it is food of the wealthy: if they can, they sell it to the priest or a teacher or send it to the city, to earn some money (gàstu) for their needs." (Ivanišević 1987: 104)

Asparagus is low in calories. It also contains a small amount of fat and on the other hand it is rich in water, fiber, vitamins (for example C, K, B1, folate and E) and mineral substances (magnesium and calcium). It strengthens the immune system, which can be due to the presence of vitamin B2, zinc, selenium and iron and antioxidants, among which rutin and quercetin stand out (Ku et al. 2018: 309).

All in all, the habit of eating vegetables for lunch and dinner, which is present in the older population of the Dalmatian Hinterland even today, is certainly a positive determinant of a varied diet.

FRUIT

The types of wild and cultivated fruits were determined by climatic conditions and in the ripening season there were plums, late figs – locally referred to as *poljarice*, apples, quinces, early pears (*petrovka*), cherries, sour cherries and peaches (but only in some areas, e. g. in Čavoglave).

The Dalmatian Hinterland is famous for growing grapes. Grapes were primarily used for wine making. And, of course, the grapes were eaten. During grape harvest (locally *jematva*), bread and boiled potatoes were served in Čvrljevo, Sutina and Prugovo with grapes.

In order to save them as long as possible for eating, the harvested healthy and sturdy grape clusters were kept hanging in a cool place (e.g. in *konaba*) on a bar. After harvesting, the children would go to the vineyards where they would accidentally find unpicked clusters and they rejoiced at that very much.

Cherries and sour cherries were rare and were considered a delicacy. In winter, dried figs were eaten. Almonds and nuts thrive in the Dalmatian Hinterland. With their nutritional composition (essential fatty acids, vitamins and mineral substances such as selenium) they often supplemented the diet of the inhabitants of this area. They were carried to the fields and eaten with bread.

The fruits of wild fruit trees were also eaten: rowan berries, blackberries, dog berries (*drenjina*), mulberry (locally *dud*), strawberry tree (*maginje*) and wild plums (in Imotski they are called *zerdelije*, in Obrovac near Sinj *srdelije* and in Prugovo *arzelinka*). Since they are wild plants, we can be sure that the fruits do not have pesticide residues. Today they are unfortunately neglected and decaying.

In the Dalmatian Hinterland, fruit was not preserved by cooking. No compotes, jams and marmalades were made.

One of the symbols of Dalmatia and the Dalmatian Hinterland is certainly the fig tree. There are no planned plantations in the Dalmatian Hinterland, but trees are scattered next to the houses and in the vineyards. Figs naturally contain a fair amount of sugar, so surely for the people who worked the fields they were a welcome source of energy. In addition, they have an interesting micronutrient composition. Unlike most fruits,

they contain iron that contributes to immunity, as well as calcium and magnesium. In addition, scientists have shown that the majority of antioxidants (polyphenols and anthocyanins) are to be found in the skin of the fig tree. It is precisely the small figs in the fields with thin edible skin that are widespread in the Dalmatian Hinterland. The edibility of fig skin contributes to the intake of fiber into the body, so figs contribute to the normalisation of the concentration of cholesterol, fats and blood sugar, heart health, normal bowel function and detoxification (Kamiloglu and Capanoglu 2015: 524-531). No less important is the fact that this fruit is resistant to pests, so it is rarely treated with pesticides.

In winter, dried figs were served sparingly and every household that had them was privileged. Dried figs are a real treasure trove of phenols for which red wine and green tea are known. They thus contribute to the protection against the appearance of cancers of the esophagus, breast, prostate, ovaries and colon (Soni et al. 2014: 160-161). It can be said with certainty that the consumption of figs strongly contributed to the quality of nutrition of the inhabitants of the Dalmatian Hinterland at the time.

Sour cherries were especially appreciated in the Dalmatian Hinterland. They are extremely rich in antioxidants. They contain more antioxidants than cherries. Thanks to this, they help relieve cell damage and weakened function of the organs. In particular, this comes to the fore in old age. The presence of this fruit in the diet helps the health of the pancreas (which produces insulin). In addition, cherries have anti-inflammatory effects, participate in the normalisation of blood sugar concentrations and generally reduce the risk of diabetes (Cásedas et al. 2016).

Due to poverty and limited choice of fruits in the diet, for the children in the Dalmatian Hinterland, cherries were their favourite. There are many health benefits of cherries. Scientists have shown how cherries strengthen the action of antioxidants that protect fats present in plasma from oxidation. Also, the degradation of muscle tissue is reduced, which is important to protect the health of the locomotor system. Cherries are rich in anthocyanins, quercetin, potassium, fiber, vitamin C, carotenoids and melatonin. These high biological substances show preventive action against the emergence of a whole range of health problems such as cancer, heart and blood vessel diseases, inflammatory diseases, Alzheimer's and diabetes mellitus (Faenza et al. 2020: 2-7).

Of wild fruits, it is important to mention cornelian cherry (locally referred to as *drijenak*). In Croatian there is a saying that can be translated as: *healthy as cornelian cherry*, which used to describe people bursting with health. Probably this is because the cornelian cherry, extremely hardy and undemanding fruit tree. *Drinjine*, as its fruit is called in the Dalmatian Hinterland, is rich in vitamin C. The content of highly active anthocyanins that have antioxidant and anti-inflammatory effects is also significant. In folk medicine, *drinjine* is used to improve the health of the digestive system. They are especially effective against diarrhoea (Kaya and Koca 2021: 155-159).

MEAT, FISH, EGGS AND CHEESE

This is a group of foods of different origin, which are the main sources of high-quality proteins in the diet. Meat contains iron and zinc in an easily usable form and vitamins B₆ and B₁₂ (which are not found in foods of plant origin).

Meat was a highly valued food in the 1950s. Having meat in the house was a matter of prestige and luxury inaccessible to everyone. It was consumed depending on the financial resources. Depending on the season in terms of meat primarily pork, goat-meat, beef, lamb and mutton were consumed, as well as chicken. It was usually eaten twice a week: on Thursdays and Sundays and for holidays and family celebrations. Thus, lamb was roasted in Čvrlevo, Knin and Čavoglave for harvesting and grape harvesting. Bacon, potatoes and green vegetables were included in the poorer ones. Some families, according to the respondents, ate meat only twice a year.

In the Dalmatian Hinterland, meat is most often cooked, so soup would be made along the way. According to the respondents from Šestanovac, soup was often cooked for workers and relatives who would come to help with the harvest. It can be said that the soup remained an undisputed appetizer throughout the Dalmatian Hinterland and many believe that without it “there is no lunch”.

Households often kept pigs (*držala prasad*), usually only one and cured meat had to be sufficient (*doteč*) for the whole year. Normally, prosciutto, pork shoulder and boneless pork chops (dried back without the bone) were taken as presents to doctors (*dokturima*) and other people of reputation, while the family ate worse meat categories. Cured meats were used sparingly, often only to add flavour to the dish. Thus, dry ribs were cooked throughout the Dalmatian Hinterland (e.g. in Muć, Ogorje and Dolac) in cabbage and collard greens stew, and pork cracklings were eaten with polenta. Frane Ivanišević also says that in Poljica cabbage was enhanced with bacon; “Put a bit of bacon in the cabbage and there's the most wonderful spice.” (Ivanišević 1987: 99)

Dry ribs with sautéed (*dinstani*) sauerkraut were prepared in the Dalmatian Hinterland as a slightly better lunch (*malo bolji ručak*) for grape harvesting. If cooked lunch was carried to the workers in the fields, *bronzin* was used (a simple metal pot with two holes in which, as a handle, a thicker wire was attached). *Divenice* (sausages) were made. They were served equally sparingly. In Prgomet, they were prepared for dinner after grape harvesting.

At the end of the 18th century, it is interesting to point out that in Trogir small sausages were made – *luganige* with risotto with entrails. It is interesting that salami was imported in this city at the time (Celio Cega 2008: 288), probably from Italy. Of course, the wealthier families of the Dalmatian Hinterland could afford prosciutto. It was served with cheese during work in the fields (harvest, as well as grape harvest (*jematve*), etc.). People (family and friends) would gather in Planjane near Drniš, so they would eat prosciutto and cheese with young wine.

It is important to point out that there is no special expression used for pig slaughter in the Dalmatian Hinterland. Hence, you do not ask, “When will you have the pig

slaughter?” but: “When are you going to slaughter?” On the days of pig slaughter, liver (locally *đigerica*) was prepared in sauce (locally *na saft*) with polenta (locally *pura*) and also often liver and other meat (e.g. fillet – locally *svičica*) were grilled (locally *na gradele*). In addition, pork cracklings (*čvarci* or more locally *žmare*) were eaten. In Čvrljevo, bacon and potato stew were served for pig slaughter.

Blood sausages (or black pudding) were made from pig's blood, corn grits, pepper, salt and fatty tissue. After filling into the washed intestines, they were cooked and then dried and smoked. In Šestanovac, blood sausages and *sudžuk* sausages were eaten in the days of pig slaughter. The name remained from the time of the Turks. Blood sausages, tripe meat (locally *tripice*), barley stew, etc were often consumed in Nevest in Šibenik Hinterland. During pig slaughter and grape harvest, beef soup was cooked in the Drniš and Sinj regions.

During the survey, the respondents regularly recalled communion among relatives and friends. People helped one another and were at one another's service. This was also observed during pig slaughter. Neighbours who did not have their own pigs used to be given a piece of roast, bacon, etc.

In addition to pork, goat meat was dried, so in Čista Mala a dish of dried goat meat and broad beans was a specialty. Dry mutton (locally *bravetina*) was also eaten, usually in autumn. Mostly because of poverty, 70 years ago people turned to foods that could be obtained by hunting and collecting. Snails were collected and eaten throughout the Dalmatian Hinterland and rabbits were hunted, and in Danilo even hedgehogs were considered a specialty.

The importance of fish and other seafood in the diet is reflected in the presence of essential amino acids and fatty acids, vitamins and mineral substances, of which it is necessary to mention iodine for its role in preventing goiter and cretinism. Due to its content in omega-3 fatty acids, it is advisable to eat fish twice a week, of which blue fish at least once.

About 70 years ago, fish was consumed according to the available resources and availability. It was very rare. In the Imotski region, fried sardines were most often consumed during fasting and on Christmas Eve and Good Friday cod was prepared, usually salt cod white stew (locally *na bijelo*). By contrast, in Visoka near Drniš, cod was prepared with rice. Interestingly, in some families in Prugovo cod was cooked exclusively by men. By comparison, salt cod white stew (locally *na bjanko*) was also prepared in Trogir while raisins were added to cod stew (Celio Cega 2008: 288).

In addition to sardines, picarel, bogue and mackerel were also eaten. They were usually fried in oil. Fish was also grilled. Fish was brought to Sinj by truck and fishermen in Zadvarje, according to one of the respondents, “brought it every morning on their backs from Baška Voda”. Fish was transported to Perković by train. It was eaten more often there because of meat shortage in the region.

In Šestanovac, salted sardines were eaten and wine was drunk in the vineyard during grape harvest (locally *jematva*). It needs to be pointed out that in the settlements

around the Vrljika River and Imotski Lakes, freshwater fish was eaten such as carp, pearl roach, cactus roach and highly appreciated Imotski spotted minnow or locally *gaovica*. In Vrljika river indigenous trout and crustaceans were hunted, which today almost disappeared. Freshwater fish were also eaten in the Cetina region: common bleak, carp, trout and common chub, as well as crustaceans.

It is worth noting that fish eaten with bones (sardines, picarels...) are a source of calcium in the diet, which in the case of more modest financial means is certainly of significant benefit.

Eggs are included in the group of protein-rich foods. They are a good source of zinc and vitamins A, E, D and B₁₂. Eggs were prepared in various ways, mostly boiled and fried. The first, according to the respondents from Žagrović near Knin, were usually eaten while the working the fields. In Ljubostinje near Unešić, eggs were prepared in what locally was referred locally as *u lugu*. They were hard-boiled (locally *utvrdo*) or soft boiled (locally *umeko*) eggs (locally *u sorboulu*), fried with bacon, potatoes, asparagus, mushrooms or onions (locally *kapula*), salad was made from boiled eggs, etc. Soft-boiled eggs used to be eaten and that bread was dipped (locally *točati*) into them. In Čvrlevo, fried (locally *frigana*) eggs would be given exclusively to patients and guests, which was a great honour.

The specialty was raw eggs mixed with *prošek*, local dessert-style wine. They were given as cordials to the sick and to children who were weaker (locally *bila slabija*). Nevertheless, it should be said that the eggs were not there all year round, so where there was a shortage of eggs, they were given only to children. Also, some households exclusively sold eggs “for salt, soap and petroleum”, as some say.

In the 1950s, cheese was especially appreciated by the inhabitants of the Dalmatian Hinterland and poorer households that did not have sheep, goats or cows often could not afford it. It was made from cow's, goat's and sheep's milk as well as their combinations. It is interesting to mention that about 70 years ago cheese was still a commodity for barter.

Some parts of the Dalmatian Hinterland had their own specifics. Thus, in Golubić, curd (whey cheese) was made, in Prgomet cottage cheese (locally *traveni sir*) from sour milk and in Vinovo Donje and Čvrlevo *cheese ripened in lambskin sack* (locally *sir iz mišine*). In Smolonje, workers in the fields ate young cheese. Fried young cheese (locally *pofrigani*) topped with eggs was a special treat during the harvest in Čvrlevo.

Cheese, eggs, a pinch of salt and milk skin i.e. cream on top of milk (locally *skorup*) were used to make *prisnac* in Stankovci. Frano Ivanišević refers to *prisnac* as “a pastry made from flour and young cheese” (Ivanišević 1987: 110). On the morning before going to the vineyard, in Prgomet polenta with cheese or milk was served. Cheese was welcome while working the fields, e. g. during grape harvest (locally *trganje*) when it was not possible to cook lunch.

MILK, YOGURT AND RELATED FERMENTED PRODUCTS

Milk and sour milk, from goats, cows and sheep held an important place in the diet in the Dalmatian Hinterland. Interestingly, in some areas, as in the village of Danilo, usually milk was consumed only by women and in Prugovo milk was consumed using a straw (locally *na slamku*, through a twig *of a tree of heaven*). As a substitute for sweet and sour milk, blue milk (locally *modro mlijeko*, milk diluted with water) was drunk in the days of scarcity. A special delicacy was *varenika*, boiled whole milk rich in milk skin (extracted cream), locally referred to as *skorup*. As previously mentioned, milk was served with bread and polenta. With milk, white coffee was made, which was usually consumed for breakfast. It is a habit that has remained in Dalmatia, at least among the elderly population, to this day. Whey was also drunk.

FATS

Pig farming is one of the most important determinants of the Dalmatian Hinterland, which has influenced gastronomy. Consequently, mostly pork fat was used in the preparation of dishes. Olive oil was used in parts of the Dalmatian Hinterland that were closer to the sea, e. g. in Smolonje and Slima near Omiš, and in other parts very rarely. According to the respondents from Ogorje Gornje and Golubić, olive oil “was used sparingly in drops”. The latter excluded the families whose members, according to the respondents from Slivno near Imotski or Ljubitovica near Trogir, went to pick olive trees in Živogošće and Vinišće respectively and were paid in oil (locally *plaćeni u ulju*) for their work. Of course, wealthier households could afford olive oil.

In addition to fat, tallow was used in the Dalmatian Hinterland when preparing meals. It often enhanced porridge prepared with wheat flour in Obrovac above the Cetina river in the morning. According to the financial means, butter (locally referred to as *maslo*) from cow's and sheep's milk was also consumed. Its presence is especially visible in families that were rich and had their own livestock. Hence, one of the respondents mentioned that they were frying fritters (locally *fritule*) on their homemade butter.

Milk skin (locally *skorup*) was an exceptional treat. Sunflower and soybean oil were used less frequently. In Nova Sela near Omiš, soybean oil was used in the preparation of *soparnik* and fritters. Nuts belong to the fat group. In the Dalmatian Hinterland, walnuts and almonds (locally *bajam*) have always been cultivated in this area, which contributed to the quality of the diet at the time with their content of essential fatty acids, mineral substances and vitamins. Walnuts and almonds have often been a source of energy with bread when working the fields or in the vineyard.

BEVERAGES

Of the soft drinks, water was most often consumed and of alcoholic drinks wine and brandy.

Red wine is valued for the antioxidants it contains. One of them is quercetin, which protects against the appearance of cancer and heart disease. There is also resveratrol, which helps detoxify the body and lower blood sugar concentrations. The amount of fat and cholesterol is also lowered. Also, inflammatory processes in the organism are reduced. Alcohol in moderation increases the concentration of so-called good cholesterol, prevents blood clotting and reduces the amount of homocysteine in the body, which has a bad effect on the heart (Amor et al. 2018: 1-7).

Brandy, according to the respondents from Dugobabe, was rarely consumed by women. When they drank it, it was for the purpose of treating stomach upset. Liqueurs were made, yet very rarely. Namely, few knew the recipe. Dessert-style wine (locally *prošek*) was drunk on special occasions.

According to the respondents from Muć, children were sometimes able to drink juice. In some areas, as in Čista Mala, children were given *bevanda* (wine with water). As a refreshment, diluted vinegar (locally *kvasina*, wine vinegar) was consumed in Danilo. Fruit syrup was made in some areas of the Dalmatian Hinterland. In Muć, Šestanovac, Donji Proložac and Lećevica, sour cherry syrup was made. Fresh fruit juices were drunk in Vrlika. It is interesting that in Brnaze at that time a private entrepreneur made and bottled carbonated juice – *šabezo* (from German Chabeso). The beverage originated in Germany. In our region, it established itself between the two world wars, and was produced until the 1960s (Miholek 2016). Its ingredients were water, fruit flavouring extract, lactic acid and sugar (Neumann et al. 1915).

CONFECTIONERY

The choice of desserts during the observed period was modest and they were consumed rarely. Most often, on special occasions, dough fritters were baked (fried, locally *pekli*). The dough was a little denser than that for pancakes, but they were not sweet. They clung to the specialty only because they were not eaten often, but usually on Sundays and for festivities.

In addition, local type of fritters called *uštipci* were made in many parts of the Dalmatian Hinterland, especially on Christmas Eve, a tradition that has been retained to this day. But even in this segment of customs there are differences.

In Danilo, in the Šibenik part of the Dalmatian Hinterland, *prspaji* were made for children almost daily (buns made from dough leavened with yeast fried in oil or fat).

Another specialty was pancakes. They were prepared throughout the Dalmatian Hinterland: in the village of Marići near Šibenik, in Donje Vinovo near Trogir and elsewhere. In Obrovac near Sinj, rice was cooked on milk (locally *riža na mlijeku*) during the harvest, as a great treat to thank the workers in the fields, irrespective of whether they were family members, relatives, friends or people hired for money to do the job.

Richer families could afford luxury. Hence, in a well-off household in the village of Bulići near Muć a walnut cake was made every Saturday. When possible, in the Imotski

region, even pastries with almonds or walnuts were baked, which were brushed with egg wash and sugar to obtain the preferred golden colour. It is important to mention the innovativeness of children from the wealthier families in this region who “made” candies by pouring melted sugar into the snow, in the years when there was snow. The poorer couldn’t “waste’ sugar just like that.”

However, in conclusion, the words of one of the respondents can be mentioned, who said that “no cakes like today were made at the time”. Some households had bees, so they enriched their diet with honey.

CONCLUSION

The diet in the Dalmatian Hinterland in the 1950s was largely determined by the seasonal character of the presence of the ingredients, so it can be said that some groups of food (e. g. fruit) were not represented daily in the diet all year round.

Nevertheless, from the nutritional point of view, certain habits in the diet at the time should be adopted nowadays. First of all, moderation in eating and drinking, eating seasonal food, unprocessed or minimally processed food, homegrown fruits and vegetables (primarily those of the cabbage family), wild fruits (blackberries, mulberries and wild plums) and whole grain dishes (e.g. from barley) and legumes would certainly provide benefits to modern diet.

Residents of the Dalmatian Hinterland in the 1950s almost never ate semi-finished and ready-made food as we know it. Meat and meat products were eaten considerably more rarely, which limited the intake of cholesterol and saturated fatty acids. These are commendable features of the diet at the time, the affirmation of which would certainly have a positive effect on the health of modern humans. Moreover, it should encourage modern humans to work their land and grow their own food independently whenever possible. It would result in more time spent in nature more frequently and regular, purposeful exercise.

Accepting the positive and now unfortunately already forgotten habits of those times would greatly contribute to the reduction of obesity, diabetes mellitus and diseases of the circulatory system in the modern society. The importance of regular physical activity and quality nutrition can never be emphasised enough. We should be reminded of it daily and we believe that this paper will also contribute to it.

ACKNOWLEDGMENT

We would like to thank all those who have taken their time and gladly participated in the survey. We are extremely grateful to the occupational therapists of the Nursing Home Split and the Lovret Nursing Home in Split for their immense kindness and tremendous help with organising the survey.

REFERENCES AND SOURCES:

- AMOR, Souheila, CHÂLONS, Pauline, AIRES, Virginie and Dominique DELMAS. 2018. "Polyphenol Extracts from Red Wine and Grapevine: Potential Effects on Cancers". *Diseases* 6/4. <https://www.mdpi.com/2079-9721/6/4/106> (visited on 17th February 2021).
- BAHRAM-PARVAR, Maryam and Loong-Tak LIM. 2018. "Fresh-Cut Onion: A Review on Processing, Health Benefits, and Shelf-Life". *Comprehensive Reviews in Food Science and Food Safety* 17/2: 290-308. <https://onlinelibrary.wiley.com/doi/full/10.1111/1541-4337.12331> (visited on 20th January 2021).
- CÁSEDAS, Guillermo, LES, Francisco, PILAR GÓMEZ-SERRANILLOS, Maria, SMITH, Carine and Víctor LÓPEZ. 2016. "Bioactive and functional properties of sour cherry juice (*Prunus cerasus*)". *Food and Function* 7: 4675-4682. <https://pubs.rsc.org/en/content/articlehtml/2016/fo/c6fo01295g> (visited on 10th January 2021).
- CELIO CEGA, Fani. 2005. *Svakidašnji život grada Trogira od sredine 18. do sredine 19. stoljeća*. Split: Književni krug.
- CELIO CEGA, Fani. 2008. "Kuhinja, blagovanje, prehrana u plemićkoj palači u 18. st. – ideja za novi stalni postav u Muzeju grada Trogira". *Etnološka istraživanja* 12/13: 285-291. <https://hrcak.srce.hr/37029> (visited on 12th December 2020).
- DANIEL, Imaobong, MATHEW, K.N. and P.L. JOHN. 2021. "Evaluation of Vitamin Contents, Antioxidant and Antimicrobial Activities of Different Leaf Extracts of *Taraxacum officinale* (Dandelion)". *Journal of Complementary and Alternative Medical Research* 13/2: 13-26. <https://www.journaljocamr.com/index.php/JOCAMR/article/view/30220> (visited on 10th March 2021).
- ERBERSDOBLER, Helmut, BARTH, Christian and Gerhard JAHREIS. 2017. "Legumes in human nutrition. Nutrient content and protein quality of pulses". *Ernährungs Umschau* 64/9: 134-139. DOI: 10.4455/eu.2017.034 (visited on 5th February 2021).
- FAIENZA, Maria Felicia, CORBO, Filomena, CAROCCI, Alessia, CATALANO, Alessia, CLODOVEO, Maria Lisa, GRANO, Maria, WANG, David Q.-H., D'AMATO, Gabriele, MURAGLIA, Marilena, FRANCHINI, Carlo, BRUNETTI, Giacomina and Piero PORTIN-CASA. 2020. "Novel insights in health-promoting properties of sweet cherries". *Journal of Functional Foods* 69: 103945. <https://www.sciencedirect.com/science/article/pii/S1756464620301699> (visited on 11th January 2021).
- GUPTA, Sachin, SUMMUNA, Baby, GUPTA, Moni and Sudheer Kumar ANNEPU. 2018. "Edible Mushrooms: Cultivation, Bioactive Molecules, and Health Benefits". In: *Bioactive Molecules in Food. Reference Series in Phytochemistry*. Mérillon JM., Ramawat K., ed. Cham: Springer, p. 1-33. https://link.springer.com/referenceworkentry/10.1007%2F978-3-319-54528-8_86-1 (visited on 15th December 2020).
- IVANIŠEVIĆ, Frano. 1987. [1906.]. *Poljica*. Split: Književni krug.
- KAMILOGLU, Senem and Esra CAPANOGLU. 2015. "Polyphenol Content in Figs (*Ficus carica* L.): Effect of Sun-Drying". *International Journal of Food Properties* 18/3: 521-535. <https://doi.org/10.1080/10942912.2013.833522> (visited on 11th January 2021).
- KAŠPAR, Libuše. 1981. "Seoska prehrana varaždinskog kraja". *Godišnjak gradskog muzeja* 6/6: 113-124. <https://hrcak.srce.hr/192514> (visited on 10th January 2021).

- KAYA, Zeliha and İlkey KOCA. 2021. "Health Benefits of Cornelian cherry (*Cornus mas* L.)". *Middle Black Sea Journal of Health Science* 7/1: 154-162. <https://dergipark.org.tr/en/pub/mbsjohs/issue/61963/824473> (visited on 8th July 2021).
- KOLOVRAT, Miroslav. 2006. "Čudesni svijet magije – češnjak". *MESO: Prvi hrvatski časopis o mesu* VIII/3: 113-116. https://hrcak.srce.hr/index.php?show=clanak&id_clanak_jezik=34847 (visited on 2th February 2021).
- KU, Yang Gyu, BAE, Jong Hyang, NAMIEŠNIK, Jacek, BARASCH, Dinorah, NEMIROVSKI, Alina, KATRICH, Elena and Shela GORINSTEIN. 2018. "Detection of Bioactive Compounds in Organically and Conventionally Grown Asparagus Spears". *Food Analytical Methods* 11: 309-318. <https://medicine.ekmd.huji.ac.il/en/research/shelag/Publications/2018%20Food%20Anal%20Meth.pdf> (visited on 15th November 2020).
- LAZAREVIĆ, Aleksandra-Sanja. 1985. "Tradicijska prehrana na otocima Silbi i Olibu – Pokušaj interdisciplinarnog pristupa". *Etnološka tribina* 15/8: 61-70. <https://hrcak.srce.hr/80266> (visited on 10th January 2021).
- MANGELS, Ann Reed. 2014. "Bone nutrients for vegetarians". *American Journal of Clinical Nutrition* 100/1: 469S-475S. https://academic.up.com/ajcn/article/100/suppl_1/469S/4576666 (visited on 7th February 2021).
- MIHOLEK, Vladimir. 2016. "Šabesa". *Podravske širine*. 10. kolovoza, <https://podravske-sirine.com.hr/arhiva/3934> (visited on 8th January 2021).
- MINISTARTSVO ZDRAVLJA. 2012. "Normativi za prehranu učenika u osnovnoj školi". *Narodne novine*, 146/2012. https://narodne-novine.nn.hr/clanci/sluzbeni/2012_12_146_3164.html (visited on 12th January 2021).
- MUÑOZ-GARACH, Araceli, GARCÍA-FONTANA, Beatriz and Manuel MUÑOZ-TORRES. 2020. "Nutrients and Dietary Patterns Related to Osteoporosis". *Nutrients* 12/7, 1986. <https://www.mdpi.com/2072-6643/12/7/1986> (visited on 8th January 2021).
- MURAJ, Aleksandra. 1997. "Za creskim stolom. Tradicijska prehrana u strukturi lokalne kulture". *Etnološka tribina* 27/20: 145-210. <https://hrcak.srce.hr/80754> (visited on 1st March 2021).
- MURAJ, Aleksandra. 1998. "Obrisi svakidašnjeg života". In: *Etnografija: svagdan i blagdan hrvatskog puka*. J. Čapo Žmegač, A. Muraj, Z. Vitez, J. Grbić i V. Belaj, ed. Zagreb: Matica hrvatska, p. 23-150.
- MURAJ, Aleksandra. 2001. "Prehrambene tradicije". In: *Hrvatska tradicijska kultura na razmeđu svjetova i epoha*. Z. Vitez i A. Muraj, ed. Zagreb: Institut za etnologiju i folkloristiku, p. 295-308.
- NEUMANN, P.W., SCHOLL, A., SUTTHOFF, W., HEUSER G. and G. SONNTAG. 1915. "Obst, Beerenfrüchte und Fruchtsäfte". *Zeitschrift für Untersuchung der Nahrungs und Genussmittel* 29: 99-103. <https://doi.org/10.1007/BF02025622> (visited on 18th January 2021).
- PAUL, Swastika, GENG, Chang-An, YANG, Tong-Hua, YANG, Yong-Ping and Jun CHEN. 2018. "Phytochemical and Health-Beneficial Progress of Turnip (*Brassicarapa*)". *Journal of Food Science* 84/1: 19-30. <https://pubmed.ncbi.nlm.nih.gov/30561035/> (visited on 18th January 2021).

- RITTIG-BELJAK, Nives and Mirjana RANDIĆ. 2006. *Svijet hrane u Hrvatskoj*. Zagreb: Etnografski muzej.
- SHANG, Ao, CAO, Shi-Yu, XU, Xiao-Yu, GAN, Ren-You, TANG, Guo-Yi, CORKE, Harold, MAVUMENGWANA, Vuyo and Hua-Bin LI. 2019. "Bioactive Compounds and Biological Functions of Garlic (*Alliumsativum* L.)". *Foods* 8/7: 246. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6678835/> (visited on 12th February 2021).
- SINGH, Balwinder, SINGH, Jatinder Pal, SHEVKANI, Khetan, SINGH Narpinder and Amritpal KAUR. 2017. "Bioactive constituents in pulses and their health benefits". *Journal of Food Science and Technology* 54/4: 858-870. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5336453/> (visited on 14th December 2020).
- SOMEK-MACHALA, Božica. 1992. "Seoska prehrana u Baranji". *Studia ethnologica Croatica* 4/1: 141-151. <https://hrcak.srce.hr/75754> (visited on 5th February 2021).
- SONI, Neha, MEHTA, Sanchi, SATPATHY, Gouri and Rajinder GUPTA. 2014. "Estimation of nutritional, phytochemical, antioxidant and antibacterial activity of dried fig (*Ficus carica*)". *Journal of Pharmacognosy and Phytochemistry* 3/2: 158-165. https://www.phytojournal.com/vol3Issue2/Issue_jul_2014/3-3-1.1.pdf (visited on 7th March 2021).
- SRIVASTAVA, Rajani, SRIVASTAVA, Vineet and Ajeet SINGH. 2021. "Multipurpose Benefits of an Underexplored Species Purslane (*Portulaca oleracea* L.): A Critical Review". *Environmental Management*. <https://doi.org/10.1007/s00267-021-01456-z> (visited on 8th July 2021).
- TABASUM, Fatima, BAZILA, Naseer and Zameer Syed HUSSAIN. 2018. "Stinging Nettle: A herb with tremendous pharmacological potential". *International Journal of Unaniand Integrative Medicine* 2/2: 24-28. <https://www.unanijournal.com/articles/29/2-2-2-591.pdf> (visited on 17th May 2021).
- YADAV, Ramesh Kumar, KALIA, Pitam, KUMAR, Raj and Varsha JAIN. 2013. "Antioxidant and Nutritional Activity Studies of Green Leafy Vegetables". *International Journal of Agriculture and Food Science Technology* 4/7: 707-712. https://www.ripublication.com/ijafst_spl/ijafstv4n7spl_12.pdf (visited on 20th December 2020).