

## FIRST ARCHAEOBOTANICAL ANALYSIS FROM A MEDIEVAL WELL (14<sup>TH</sup> CENTURY AD) IN SASSARI (SARDINIA, ITALY)

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*Key words: Well, Middle Ages, Seeds and fruit, Ethnobotany, Sassari*

An excavation took place in the old town of Sassari covering an area (via Satta) which had been occupied in the 14<sup>th</sup> century AD by houses and courtyards, built with stones of limestone and clay. In one of these courtyards there was a well, the oldest one found in the town, a very narrow one, about 90 cm diameter and 14 m deep. By AD 1330-1350, the well was no longer used and was filled with household waste, mostly leftovers from meals and dishes. In the well there were even organic objects preserved, found in very large quantities; the lack of oxygen and the presence of water allowed the preservation of various wooden items, in addition to many botanical and zoological remains (the latter being studied by Barbara Wilkens, University of Sassari). Among the remaining items, a hazelnut (*Corylus avellana*) with a small circular hole, which contained a drop of mercury, is really particular: this is an amulet against the eye of evil of the Catalan tradition, a tradition which never had a popular following on the island.

Archaeobotanical research, still in its early stages, shows the presence of cereals, such as wheat and barley, herbs, vegetables and wild plants. The most significant fact, for the moment, is the large presence of remains known as "fruit": *Citrullus lanatus*, *Cucumis melo*, *Ficus carica*, *Juglans regia*, *Malus/Pyrus/Sorbus*, *Morus nigra*, *Prunus cerasus*, *P. domestica* ssp. *domestica* and ssp. *insititia*, *P. dulcis*, *P. spinosa*, *Punica granatum*, *Rubus fruticosus* s.l. and *Vitis vinifera* ssp. *vinifera*. In several cases, concentrations of these remains are very high, for example *Cucumis melo* has over 1500 seeds in 8 litres. The large quantity of remains associated with this category can develop more ethnobotanical considerations, linking traditions of the past with ones of the present. For example, in Sardinia, melon is now used in a typical preserve: melon peel oil. Peels are boiled in water and vinegar, then drained; then peels are put in jars with spices and oil. In Italy the practice of eating the peel of this fruit (it is considered excellent in soups) has been attested at least since the Renaissance, as well as the practice of preserving whole melons in honey.

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