

## Episode



# 4

ITALY



### FOOD AND CLOTHING: FROM THE EUROPEAN CASTLE TO THE KASBAH IN MOROCCO

NARRATOR A: Hello everyone and welcome to “Time Travelers”, the podcast that takes you to discover the secrets of history!

NARRATOR B: Today we are going on an incredible journey: we will visit the most famous medieval fortresses to find out what was hidden in their wardrobes and, above all, what was served on the table!

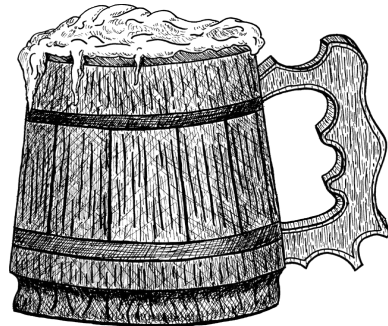
NARRATOR A: Our journey is divided into two parts. Let us start with the classic European medieval castles...

NARRATOR B: ...and then we will move toward the sun of North Africa, between Morocco and Tunisia, to explore the fantastic kasbahs! Are you ready? Fasten your time belts!

NARRATOR A: Let’s begin in the heart of Europe. Imagine a massive castle made of cold stone. Here, the number one enemy was not just armies, but also the cold!

NARRATOR B: Exactly! That is why fashion was designed to keep warm! Nobles, like the lord and the lady, wore heavy layers: luxurious velvet, silk, and often fur to avoid freezing in the great halls.

NARRATOR A: Right. They wore long, tight-fitting clothes in bright colours like red or dark blue, which



were very expensive. It was a way to say: “Look, I am rich and important!”

NARRATOR B: On the other hand, servants and workers wore simpler materials like rough wool or linen, in dull colours such as brown or grey. Their clothes were sturdy, made for hard work all day long.



NARRATOR A: Let’s move on to food. In castles, people ate a lot of heavy food to have energy and stay warm. The main dish? Lots of meat! Game such as wild boar or deer.

NARRATOR B: And pay attention! Spices like pepper and cinnamon were rare and extremely expensive. So only nobles could add a pinch to their dishes, to make them seem exotic!

NARRATOR A: As for drinks, people drank a lot of light beer (yes, even children drank it!) or wine. Water, in fact, was not considered safe or clean enough like ours today.

NARRATOR B: People used knives and spoons to eat, and often two people had to share the same dish! They could also use bread to scoop up sauces.



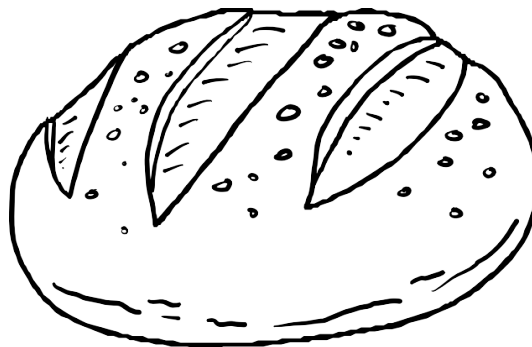
NARRATOR A: Now, let us completely change the setting! Let's fly with our imagination to North Africa, where we find the kasbahs. These are not stone castles, but fortresses made of earth and straw, which kept the inside cool. Here, people were fighting against the heat and the sun!

NARRATOR B: Fashion was our ally against the sun! Forget tight velvet clothes. Here, everyone—rich and poor—wore loose, light garments.

NARRATOR A: Exactly. Long robes, like the djellaba, were made of linen and cotton to let the air circulate. Covering the body was essential, not only for tradition but also to avoid sunburn!

NARRATOR B: On the head? The essential accessory was the turban! It protected from the sun and wind-blown sand. Light colours like white were the most used, because they reflected heat.

NARRATOR A: However, wealth could still be seen: the finest clothes had gold or silk embroidery and were worn only on special occasions.



NARRATOR B: And what about food? The absolute king was couscous! It was a dish that fed everyone, cooked with vegetables and lamb.

NARRATOR A: Kasbah cuisine was a true explosion of spices! Cumin, ginger, coriander... and harissa, a super spicy chili sauce used to give dishes a kick!

NARRATOR B: And here, food was often served in a tagine, a terracotta pot with a cone-shaped lid that



kept the stew warm and fragrant!

NARRATOR A: The queen of drinks was mint tea, served hot and sweet as a symbol of friendship and welcome. You could not enter a kasbah without being offered a nice glass of tea!



NARRATOR B: What an amazing journey! We have discovered that the history of food and clothing is closely connected to the climate and the place where we live!

NARRATOR A: Whether it is defending yourself from the freezing cold in a stone castle or from the sun in a mud kasbah, humans have always found the best way to dress and eat!

NARRATOR B: See you in the next episode to discover more amazing facts about life in the Middle Ages! Goodbye everyone!