Bread and salt
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A social and economic history of food and drink in Russia

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and

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Cambridge
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Churches, ikons, crosses, bells,
Painted whores and garlic smells,
Vice and vodka every place –
This is Moscow’s daily face.

Quoted in Olearius, Travels, 1647.

Ils mangent & boivent fort mal.

Foy de la Neuville, Relation curieuse et nouvelle de Moscovie, 1699.
The Diet of Russia is exceedingly good, and, in my Opinion, this Place is very fit for an Epicure; for, in short, Eating and Drinking take up a Third Part of their Time.


We must begin by stating the first premise of all human existence and, therefore, of all history, the premise, namely, that man must be in a position to live in order to be able to ‘make history’. But life involves before everything else eating and drinking.

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Abbreviations

AAE  Akty sobrannye v bibliotekakh i arkhivakh Rossiiskoi imperii arkheograficheskoi komissii, Arkheograficheskaya komissiya (4 vols., SPB, 1836).

AFZ  Akty feodal'nogo zemlevladeniya i khozyaistva xiv–xvi vekov (3 vols., M., 1951–61).

AI  Akty istoricheskii (5 vols., SPB, 1841–2).

Arkhip IV R  Arkhiv istorii truda v Rossi.

ARG  Akty Rossiskogo gosudarstva 1505–1526gg. (M., 1975)


AYu  Akty otmoshchiesya do yuridicheskogo byta drevnei Rusi (3 vols., SPB, 1857–84).

BSE  Bol'shaya Sovetskaya entsiklopediya

ChOIDR  Chteniya v Obshchestve istorii i drevnostei rossiiskikh pri Moskovskom universitete (264 vols., 1846–1918).

DAI  Dopolneniya k Aktam istoricheskim (12 vols., SPB, 1846–72).

EzhAI  Ezhegodnik po agrarnoi istorii Vostochnoi Evropy


IAO  Imperatorskago (Moskovskago) arkheologicheskago obshchestva

IKDR  Istoriiya Kul'tury Drevnei Rusi, Domongol'skii period (2 vols., M.-L., 1948–51).

IZ  Istoricheskie zapiski, M. (fasc. 1ff, 1937ff).

KS  Kratkie sobshcheniya o dokladakh i polyeyvkh issledovaniyakh (M.-L., 1939ff).

LZAK  Letopis' zanyatii Arkheograficheskoi komissii (SPB. etc., 1864f).

MIA  Materialy i issledovaniya po arkheologii SSSR (M.-L., 1941ff).

MISKh  Materialy po istorii sel'skogo khozyaistva i krest

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Abbreviations

yanstva SSSR (vols. iii, M., 1959f). Continuation of following.

MIZ

NIL

OIDR
Obshchestvo istorii i drevnostei rossiiskikh.

ORK

ORSAn
Otdelenie russkoi i slavyanskoi arkeologii.

Pam Ryaz

PiB

PL
Pskovskie letopisi

PRP
Pamyatniki russkogo pravda, 8 fasc. (M., 1956–63).

PSRL
Polnoe sobranie russkikh letopisei (SPB., L., 1841f).

PSZ
Polnoe sobranie zakonov Rossiiskoi Imperii.

PVL

RANION
Rossiiskaya assotsiatsiya nauchnoissledovatel'skikh institutov obshchestvennykh nauk

RIB

RIZh
Russkii istoricheskii zhurnal

SGGD
Sobranie gosudarstvennykh gramot i dogovorov.

SGKE

TrGIM
Trudy gosudarstvennogo istoricheskogo muzeya (M., 1935).

TrVEO

ZhmVMD
Zhurnal Ministerstva vnutrennykh del (SPB., 1829–62).

ZORSA
Zapiski Otdeleniya russkoi i slavyanskoi arkeologii Imperatorskago russkago arkeologicheskago obshchestva (13 vols., SPB. etc., 1851–1918).
Note on units

The publisher suggested that, throughout the text, modern equivalents be restricted to metric units. For those who are not familiar with this system, the following table of equivalents may be helpful.

Weight
1 pud = 16.38 kg = 36.11 lb
1 pound (Russian = 410 g = 14.44 oz)

Length
1 verst = 1.067 km = 0.663 mile
1 sazhen = 2.134 m = 7 feet

Area
1 desyatina = 1.0925 ha = 2.7 acre
1 chet = ½ desyatina

The chetvert or chet was also used as a grain measure. Until the early seventeenth century the chet contained 4 puds of rye or 2 1/2 puds of oats.