

Spoons and bowls

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Although these are not normally worn it seemed sensible to mention them here. Spoons and knives were the only cutlery used during the medieval period. Forks were known of, but they weren't used in this country until the Elizabethan period. You will need a spoon and bowl to eat from, so I suggest they are high up your list.

Spoons can be wooden, horn or pewter. Bowls are either wooden, pottery or horn, with pewter for the better off. Any wooden bowls should be of a native English wood (cherry, ash, beech, walnut, etc). Note: most bowls sold as salad sets etc. are made from tropical hardwoods, and they're not authentic. Laminated bowls are also out.