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JOANNES EVELYN ARM^R

ACETARIA

A DISCOURSE OF

SALLETS

By ***JOHN EVELYN, Esq.***

Author of the *Kalendarium*

BROOKLYN,

Published by the *Women's Auxiliary,*

BROOKLYN BOTANIC GARDEN

1937

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Printed in the United States of America

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Publisher's Note

This edition of *Acetaria* is a faithful reprint of the First Edition of 1699, with the correction of a few obvious typographical errors, and those noted in the Errata of the original edition. Whereas no attempt has been made to reproduce the typography of the original, the spirit has been retained, and the vagaries of spelling and punctuation have been carefully followed; also the old-style S [f] has been retained. Much of the flavour of *Acetaria* is lost if it is scanned too hurriedly; and one should remember also that Latin and Greek were the gauge of a man of letters, and if the titles and quotations seem a bit ponderous, they are as amusing a conceit as the French and German complacencies of a more recent generation.

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Foreword to Acetaria

JOHN EVELYN, famous for his "Diary," was a friend and contemporary of Samuel Pepys. Both were conscientious public servants who had held minor offices in the government. But, while Pepys' diary is sparkling and redolent of the free manners of the Restoration, Evelyn's is the record of a sober, scholarly man. His mind turned to gardens, to sculpture and architecture, rather than to the gaities of contemporary social life. Pepys was an urban figure and Evelyn was "county." He

represents the combination of public servant and country gentleman which has been the supreme achievement of English culture.

Horace Walpole said of him in his Catalogue of Engravers, "I must observe that his life, which was extended to eighty-six years, was a course of inquiry, study, curiosity, instruction and benevolence."

Courtiers, artists, and scientists were his friends. Grinling Gibbons was brought to the King's notice by Evelyn, and Henry Howard, Duke of Norfolk, was persuaded by him to present the Arundel Marbles to the University of Oxford. In London he engaged in divers charitable and civic affairs and was commissioner for improving the streets and buildings [pg] in London. He had charge of the sick and wounded of the Dutch War and also, with the fineness of character typical of his kind, he remained at his post through the Great Plague. Evelyn was also active in organizing the Royal Society and became its first secretary.

In the country he spent his time studying, writing and in developing his own and his brother's estates. He translated several French books, one of them by Nicolas de Bonnefons was entitled "The French Gardener; instructions how to cultivate all sorts of fruit-trees." Evelyn undoubtedly knew another book of de Bonnefons called "*Les Delices de la Campagne*." Delights of the country, according to de Bonnefons, consisted largely in delights of the palate, and perhaps it was this book which suggested to Evelyn to write a cookery-garden book such as *Acetaria*. He also translated Jean de la Quintinie's "The Compleat Gardener." His "Sylva, or a discourse of Forest Trees" was written as a protest against the destruction of trees in England being carried on by the glass factories and iron furnaces, and the book succeeded in inducing landowners to plant millions of trees.

The list of Evelyn's writings shows a remarkable diversity in subject matter. There was a book on numismatics and translations from [pg] the Greek, political and historical pamphlets, and a book called "Fumifugium or the inconvenience of the Aer and Smoke of London dissipated," in which he suggests that sweet-smelling trees should be planted to purify the air of London. He also wrote a book called "Sculpture, or the History of Chalcography and Engraving in Copper."

Living in the country and cultivating his fruits and vegetables, Evelyn grew to be an ardent believer in vegetarianism and is probably the first advocate in England of a meatless diet. He was so keen on preparing foods without meat that, like another contemporary, Sir Kenelm Digby, he collected recipes. These, interspersed with delightful philosophic comments and some directions about gardening, were assembled in the little book *Acetaria*. This was published in 1699 along with the ninth edition of the "Kalendarium Hortense," a gardener's almanac.

The material for *Acetaria* was gathered as early as 1679 with the idea of making it one chapter of an encyclopedic work on horticulture. The *Plan of a Royal Garden*, was Evelyn's outline for that ambitious work.

The recipes are unusual and delicious and some of them are practical for today, especially for the owner of a garden where pot herbs are [pg] cultivated. Evelyn uses the pot herbs for flavoring soups, egg dishes, "salletts" and puddings. The eggs with sweet herbs prepared in ramikins and the pudding flavored with the petals of calendulas are particularly good.

The book reveals his zest for living and the culture of his mind. It also shows the thought and life of a country gentleman during the reign of Charles the Second. Evidently, in Evelyn's home, the spirit of scientific investigation prevailed and there was a delight in new ideas. Evelyn supervised the garden and knew how to instruct the cook to prepare new dishes.

Although *Acetaria* is a book of directions for gardening and cooking, it is not the least didactic but is written in a discursive style and with a leisureliness and in a rhythm suited to the slow pace of a horse trotting through the winding lanes of the English countryside. As we read, we can almost see the butler bringing a fragrant pudding to the family assembled around the dining table in the wood-panelled room. Or again we can almost smell the thyme, mint, and savory growing in tidy rows in the well-tilled and neatly ordered garden of John Evelyn.

Helen M. Fox

ACETARIA.
A
DISCOURSE
OF
SALLETS.

By *J. E. S. R. S.* Author of
the *Kalendarium.*

Οὐ πάντες ἀνδρες εἰσι ἀγῆσαι καλῶς.
Crat. in Glauc.

LONDON,
Printed for *B. Tooke* at the *Middle-*

Temple Gate in Fleetstreet, 1699.

Facsimile of Title Page of First Edition

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To the Right Honourable

JOHN

Lord Somers

of Evesham

**Lord *High-Chancellor* of England,
and *President* of the *Royal-Society.***

My Lord,

THE *Idea* and *Plan* of the *Royal-Society* having been first conceiv'd and delineated by a *Great* and *Learned Chancellor*, which High Office your Lordship deservedly bears; not as an Acquisition of Fortune, but your Intellectual Endowments; [pg] Conspicuous (among other Excellencies) by the Inclination Your Lordship discovers to promote *Natural Knowledge*: As it

justifies the Discernment of that *Assembly*, to pitch upon Your Lordship for their *President*, so does it no less discover the Candor, yea, I presume to say, the Sublimity of your Mind, in so generously honoring them with your *Acceptance* of the *Choice* they have made.

A ¹*Chancellor*, and a very Learned Lord, was the *First* who honoured the *Chair*; and a no less Honorable and Learned *Chancellor*, resigns it to Your Lordship: So as after all the Difficulties and Hardships the *Society* [pg] has hitherto gone through; it has thro' the Favour and Protection of its *Presidents*, not only preserv'd its Reputation from the Malevolence of Enemies and Detractors, but gone on *Culminating*, and now *Triumphantly* in Your Lordship: Under whose propitious Influence, I am perswaded, it may promise it self *That*, which indeed has hitherto been wanting, to justify the Glorious *Title* it bears of a ROYAL SOCIETY. The *Emancipating* it from some Remaining and Discouraging Circumstances, which it as yet labours under; among which, that of a *Precarious* and unsteady Abode, is not the least.

This *Honor* was reserv'd for Your Lordship; and an *Honor*, permit me [pg] to call it, not at all unworthy the Owning of the Greatest Person living: Namely, the Establishing and Promoting *Real Knowledge*; and (next to what is *Divine*) truly so called; as far, at least, as Humane Nature extends towards the Knowledge of Nature, by enlarging her Empire beyond the Land of *Spectres, Forms, Intentional Species, Vacuum, Occult Qualities*, and other *Inadequate Notions*; which, by their Obstreperous and Noisy Disputes, affrighting, and (till of late) deterring Men from adventuring on further Discoveries, confin'd them in a lazy Acquiescence, and to be fed with *Fantasms* and fruitless Speculations, which signify nothing to the *specifick* Nature of Things, [pg] solid and useful knowledge; by the *Investigation of Causes, Principles, Energies, Powers, and Effects of Bodies*, and *Things Visible*; and to improve them for the Good and Benefit of Mankind.

My Lord, That which the *Royal Society* needs to accomplish an entire Freedom, and (by rendering their Circumstances more easie) capable to subsist with Honor, and to reach indeed the Glorious Ends of its *Institution*, is an Establishment in a more Settled, *Appropriate*, and *Commodious Place*; having hitherto (like the *Tabernacle* in the *Wilderness*) been only *Ambulatory* for almost *Forty Years*: But *Solomon* built the *First Temple*; and what forbids us to hope, [pg] that as Great a *Prince* may build *Solomon's House*, as that Great *Chancellor* (one of Your Lordship's Learned *Predecessors*) had design'd the *Plan*; there being nothing in that *Aughty* and *Noble Model* impossible, or beyond the *Power of Nature* and Learned Industry.

Thus, whilst King *Solomon's Temple* was *Consecrated* to the *God of Nature*, and his true Worship; *This* may be *Dedicated*, and set apart for the *Works of Nature*; deliver'd from those Illusions and Impostors, that are still endeavouring to cloud and depress the True, and *Substantial Philosophy*: A *shallow* and *Superficial Insight*, wherein (as that Incomparable Person rightly observes) having [pg] made so many *Atheists*: whilst a *profound* and thorow *Penetration* into her *Recesses* (which is the *Business* of the *Royal Society*) would lead Men to the *Knowledge*, and *Admiration* of the *Glorious Author*.

And now, *My Lord*, I expect some will wonder what my Meaning is, to usher in a *Trifle*, with so much Magnificence, and end at last in a fine *Receipt* for the *Dressing* of a *Sallet* with an Handful of *Pot-Herbs*! But yet, *My Lord*, this *Subject*, as low and despicable as it appears, challenges a Part of *Natural History*, and the Greatest Princes have thought it no Disgrace, not only to make it their *Diversion*, but their *Care*, and to promote and encourage it in the midst [pg] of their weightiest Affairs: He who wrote of the *Cedar of Libanus*, wrote also of the *Hyfop which grows upon the Wall*.

To verify this, how much might I say of *Gardens* and *Rural Employments*, preferable to the Pomp and Grandeur of other Secular *Business*, and that in the Estimate of as Great Men as any Age has produc'd! And it is of such *Great Souls* we have it recorded; That after they had perform'd the Noblest Exploits for the Publick, they sometimes chang'd their *Scepters* for the *Spade*, and their *Purple* for the Gardiner's *Apron*. And of these, some, *My Lord*, were *Emperors, Kings, Consuls, Dictators*, and *Wise Statesmen*; who amidst the most [pg] important Affairs, both in Peace and War, have quitted all their Pomp and Dignity in Exchange of this Learned Pleasure: Nor that of the most refin'd Part of *Agriculture* (the *Philosophy* of the *Garden* and *Parterre* only) but of *Herbs*, and wholesom *Sallets*, and other plain and useful Parts of *Geoponicks*, and Wrote *Books of Tillage* and *Husbandry*; and took the *Plough-Tackle* for their *Banner*, and their *Names* from the *Grain* and *Pulse* they sow'd, as the Marks and Characters of the highest Honor.

But I proceed no farther on a *Topic* so well known to Your Lordship: Nor urge I Examples of such illustrious Persons laying aside their Grandeur, and even of deserting their Stations; [pg] (which would infinitely prejudice the Publick, when worthy Men are in Place, and at the Helm) But to shew how confident the Diversions of the *Garden* and *Villa* were, with the highest and best Employment of the *Commonwealth*, and never thought a Reproach, or the least Diminution to the Gravity and Veneration due to their Persons, and the Noble Rank they held.

Will Your Lordship give me Leave to repeat what is said of the Younger *Pliny*, (Nephew to the *Naturalist*) and whom I think we may parallel with the Greatest of his time (and perhaps of any since) under the Worthiest *Emperor* the *Roman* world ever had? A Person of vast Abilities, Rich, [pg] and High in his Master's Favour; that so Husbanded his time, as in the Midst of the weightiest Affairs, to have Answer'd, and by his ²*Example*, made good what I have said on this Occasion. The Ancient and best Magistrates of *Rome* allow'd but the *Ninth* Day for the *City* and *Publick* *Business*; the rest for the *Country* and the *Sallet* *Garden*: There were then fewer *Causes* indeed at the *Bar*; but never greater *Justice*, nor *better Judges* and *Advocates*. And 'tis hence observed, that we hardly find a Great and Wise Man among the Ancients, *qui nullos habuit hortos*, [pg] excepting only *Pomponius Atticus*; wilt his Dear *Cicero* professes, that he never laid out his Money more readily, than in the purchasing of *Gardens*, and those sweet Retirements, for which he so often left the *Roftra* (and Court of the Greatest and most flourishing State of the World) to visit, prune, and water them with his own Hands.

But, *My Lord*, I forget with whom I am talking thus; and a *Gardiner* ought not to be so bold. The present I humbly make your Lordship, is indeed but a *Sallet* of *Crude Herbs*: But there is among them that which was a *Prize* at the *Isthmian Games*; and Your Lordship knows who it was both accepted, and rewarded as despicable [pg] an Oblation of this kind. The Favor I humbly beg, is Your Lordship's Pardon for this Presumption. The Subject is *mean*, and requires it, and my *Reputation* in danger; should Your Lordship hence suspect that one could never write so much of *dressing Sallets*, who minded anything serious, besides the gratifying a Sensual Appetite with a Voluptuary *Apician* Art.

Truly, *My Lord*, I am so far from designing to promote those *Supplicia Luxuriæ*, (as *Seneca* calls them) by what I have here written; that were it in my Power, I would recall the World, if not altogether to their Pristine *Diet*, yet to a much more *wholsome* and *temperate* than is now in Fashion: And what if they find me [pg] like to some who are eager after *Hunting* and other Field-Sports, which are *Laborious* Exercises? and *Fishing*, which is indeed a *Lazy* one? who, after all their Pains and Fatigue, never eat what they take and catch in either: For some such I have known: And tho' I cannot affirm so of my self, (when a well dress'd and excellent *Sallet* is before me) I am yet a very moderate Eater of them. So as to this *Book-Luxury*, I can affirm, and that truly what the *Poet* says of himself (on a less innocent Occasion) *Lasciva pagina, vita proba*. God forbid, that after all I have advanc'd in Praise of *Sallets*, I should be thought to plead for the Vice I censure, and chuse that of *Epicurus* for my *Lemma*; *In hac arte* [pg] *confenui*; or to have spent my time in nothing else. The *Plan* annex't to these Papers, and the *Apparatus* made to superstruct upon it, would acquit me of having bent all my Contemplations on *Sallets* only. What I humbly offer Your Lordship, is (as I said) Part of *Natural History*, the Product of *Horticulture*, and the *Field*, dignified by the most illustrious, and sometimes tilled *Laureato Vomere*; which, as it concerns a Part of *Philosophy*, I may (without Vanity) be allow'd to have taken some Pains in Cultivating, as an inferior Member of the *Royal Society*.

But, *My Lord*, wilt You read on (if at least You vouchsafe me that Honor to read at all) I am conscious [pg] I rob the Publick of its most Precious Moments.

I therefore Humbly again Implore Your Lordship's Pardon: Nor indeed needed I to have said half this, to kindle in Your Breast, that which is already shining there (Your Lordship's Esteem of the *Royal Society*) after what You were pleas'd to Express in such an Obliging manner, when it was lately to wait upon Your Lordship; among whom I had the Honor to be a Witness of Your Generous, and Favourable Acceptance of their Addressees, who am,

My Lord,
Your Lordship's Most Humble
and Most Obedient Servant,
JOHN EVELYN.

THE PREFACE

THE Favourable Entertainment which the Kalendar has found, encouraging the Bookfeller to adventure upon a Ninth Impreffion, I could not refuse his Request of my Revifing, and Giving it the beft Improvement I was capable, to an Inexhaustible Subject, as it regards a Part of Horticulture; and offer fome little Aid to fuch as love a Diversion fo Innocent and Laudable. There are thofe of late, who have arrogated, and given the Glorious Title of Compleat and Accomplish'd Gardiners, to what they have Publish'd; as if there were nothing wanting, nothing more remaining, or farther to be expected from the Field; and that Nature had been quite emptied of all her fertile Store: Whilft thofe who thus magnifie their Discoveries, have after all, penetrated but a very little Way into this Vaft, Ample, and as yet, Unknown Territory; Who fee not, that it would ftill require the Revolution of many Ages; deep, and long Experience, for any Man to Emerge that Perfect, and Accomplish'd Artift Gardiner they boaft themselves to be: Nor do I think, Men will ever reach the End, and far extended Limits of the Vegetable [pg] Kingdom, fo incomprehenfible is the Variety it every Day produces, of the moft Ufeul, and Admirable of all the Affectable Works of God; fince almoft all we fee, and touch, and taft, and fmell, eat and drink, are clad with, and defended (from the Greateft Prince to the Meaneft Peafant) is furnifhed from that Great and Univerfal Plantation, Epitomiz'd in our Gardens, highly worth the Contemplation of the moft Profound Divine, and Deepeft Philofopher.

I fhould be afham'd to acknowledge how little I have advanced, could I find that ever any Mortal Man from Adam, Noah, Solomon, Ariftotle, Theophrastus, Diofcorides, and the reft of Nature's Interpreters, had ever arriv'd to the perfect Knowledge of any one Plant, or Vulgar Weed whatfoever: But this perhaps may yet poffibly be referv'd for another State of Things, and a ³longer Day; that is, When Time fhall be no more, but Knowledge fhall be increas'd.

We have heard of one who ftudied and contemplated the Nature of Bees only, for Sixty Years: After which, you will not wonder, that a Perfon of my Acquaintance, fhould have fpent [pg] almoft Forty, in Gathering and Amaffing Materials for an Hortulan Defign, to fo enormous an Heap, as to fill fome Thoufand Pages; and yet be comprehended within two, or three Acres of Ground; nay, within the Square of lefs than One (fkilfully Planted and Cultivated) fufficient to furnifh, and entertain his Time and Thoughts all his Life long, with a moft Innocent, Agreeable, and Ufeul Employment. But you may juftly wonder, and Condemn the Vanity of it too, with that Reproach, This Man began to build, but was not able to finifh! This has been the Fate of that Undertaking; and I dare promife, will be of whofoever imagines (without the Circumftances of extraordinary Affiftance, and no ordinary Expence) to purfue the Plan, erect, and finifh the Fabrick as it ought to be.

But this is that which Abortives the Perfection of the moft Glorious and Ufeul Undertakings; the Unfatiabile Coveting to Exhaust all that fhould, or can be laid upon every Head: If fuch a one have any thing elfe to mind, or do in the World, let me tell him, he thinks of Building too late; and rarely find we any, who care to fuperftruct upon the Foundation of another, and whofe Ideas are alike. There ought therefore to be as many Hands, and Subfidaries to fuch a Defign (and thofe Matters too) as there are [pg] diftinct Parts of the Whole (according to the fubfequent Table) that thofe who have the Means and Courage, may (tho' they do not undertake the Whole) finifh a Part at leaft, and in time Unite their Labours into one Intire, Compleat, and Confummate Work indeed.

Of One or Two of thefe, I attempted only a Specimen in my SILVA and the KALENDAR; Imperfect, I fay, becaufe they are both capable of Great Improvements: It is not therefore to be expected (Let me ufe the Words of an Old, and Experienced Gardiner) Cuncta me dicturum, quae vaftitas ejus fcientiæ contineret, fed plurima; nam illud in unius hominis prudentiam cadere non poterit, neque

eft ulla Difciplina aut Ars, quæ fingulari confummata fit ingenio.

May it then fuffice aliquam partem tradidiffe, and that I have done my Endeavour.

... Jurtilis olim
Ne Videar vixiffe.

Much more might I add upon this Charming, and Fruitful Subject (I mean, concerning Gardening;) But this is not a Place to Expatiate, deterr'd, as I have long fince been, from fo bold an Enterprize, as the Fabrick I mentioned. I content my felf then with an Humble Cottage, and a Simple Potagere, Appendant to the [pg] Calendar; which, Treating only (and that briefly) of the Culture of Moderate Gardens; Nothing feems to me, fhould be more Welcome and Agreeable, than whilft the Product of them is come into more Requeft and Ufe amongft us, than heretofore (befide what we call, and diftinguifh by the Name of Fruit) I did annex fome particular Directions concerning S A L L E T S.

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THE
PLAN
OF A
ROYAL GARDEN:

Defcribing, and Shewing the *Amplitude*, and *Extent* of that Part of
Georgicks, which belongs to *Horticulture*.

In Three Books

BOOK I.

Chap. I. Of Principles and Elements in general.

Chap. II. Of the Four (vulgarly reputed) Elements; Fire, Air, Water; Earth.

Chap. III. Of the Celestial Influences, and particularly of the Sun, Moon, and of the Climates.

[pg] *Chap. IV. Of the Four Annual Seasons.*

Chap. V. Of the Natural Mould and Soil of a Garden.

Chap. VI. Of Compofts, and Stercoration, Repaftination, Dreffing and Stirring the Earth and Mould of a Garden.

BOOK II.

Chap. I. A Garden Derived and Defin'd; its Dignity, Diftinction, and Sorts.

Chap. II. Of a Gardiner, how to be qualify 'd, regarded and rewarded; his Habitation, Cloathing, Diet, Under-Workmen and Affistants.

Chap. III. Of the Infruments belonging to a Gardiner; their various Ufes, and Machanical Powers.

Chap. IV. Of the Terms us'd, and affected by Gardiners.

Chap. V. Of Enclofing, Fencing, Plotting, and difpofing of the Ground; and of Terraces, Walks, Allies, Malls, Bowling-Greens, &c.

Chap. VI. Of a Seminary, Nurseries; and of Propagating Trees, Plants and Flowers, Planting and Tranfplanting, &c.

Chap. VII. Of Knots, Parterres, Compartiments, Borders, Banks and Emboffments.

[pg] *Chap. VIII. Of Groves, Labyrinths, Dedals, Cabinets, Cradles, Clofe-Walks, Galleries, Pavilions, Portico's, Lanterns, and other Relievo's; of Topiary and Hortulan Architecture.*

Chap. IX. Of Fountains, Jetto's, Cascades, Rivulets, Pifcinas, Canals, Baths, and other Natural, and Artificial Water-works.

Chap. X. Of Rocks, Grotts, Cryptæ, Mounts, Precipices, Ventiducts, Confervatories, of Ice and Snow, and other Hortulan Refreshments.

Chap. XI. Of Statues, Bufts, Obelisks, Columns, Infcriptions, Dials, Vafa's, Perspectives, Paintings, and other Ornaments.

Chap. XII. Of Gazon-Theatres, Amphitheatres, Artificial Echo's, Automata and Hydraulic Musck.

Chap. XIII. Of Aviaries, Apiaries, Vivaries, Infects, &c.

Chap. XIV. Of Verdures, Perennial Greens, and Perpetual Springs.

Chap. XV. Of Orangeries, Oporotheca's, Hybernacula, Stoves, and Confervatories of Tender Plants and Fruits, and how to order them.

Chap. XVI. Of the Coronary Garden: Flowers and Rare Plants, how they are to be Raifed, Governed and Improved; and how the Gardiner is to keep his Regifter.

[pg] *Chap. XVII. Of the Philofophical Medical Garden.*

Chap. XVIII. Of Stupendous and Wonderful Plants.

Chap. XIX. Of the Hort-Yard and Potagere; and what Fruit-Trees, Olitory and Efculent Plants, may be admitted into a Garden of Pleafure.

Chap. XX. Of Sallets.

Chap. XXI. Of a Vineyard, and Directions concerning the making of Wine and other Vinous Liquors, and of Teas.

Chap. XXII. Of Watering, Pruning, Plafhing, Pallifading, Nailing, Clipping, Mowing, Rowling, Weeding, Cleanfing, &c.

Chap. XXIII. Of the Enemies and Infirmities to which Gardens are obnoxious, together with Remedies.

Chap. XXIV. Of the Gardiner's Almanack or Kalendarium Hortenfe, directing what he is to do Monthly, and what Fruits and Flowers are in prime.

BOOK III.

Chap. I. Of Conferving, Properating, Retarding, Multiplying, Tranfmuting, and Altering the [pg] Species, Forms, and (reputed) Subftantial Qualities of Plants, Fruits and Flowers.

Chap. II. Of the Hortulan Elaboratory; and of diftilling and extracting of Waters, Spirits, Effences, Salts, Colours, Refufcitation of Plants, with other rare Experiments, and an Account of their

Virtues.

Chap. III. Of Composing the *Hortus Hyemalis*, and making Books, of *Natural, Arid Plants* and *Flowers*, with several Ways of Preserving them in their *Beauty*.

Chap. IV. Of *Painting* of Flowers, Flowers *enamell'd, Silk, Callico's, Paper, Wax, Guns, Pafts, Horns, Glafs, Shells, Feathers, Mofs, Pietra Comeffa, Inlayings, Embroyderies, Carvings*, and other Artificial Representations of them.

Chap. V. Of *Crowns, Chaplets, Garlands, Festoons, Encarpa, Flower-Pots, Nofegays, Poefes, Deckings*, and other Flowery *Pomps*.

Chap. VI. Of *Hortulan Laws* and *Privileges*.

Chap. VII. Of the *Hortulan Study*, and of a *Library, Authors* and *Books* affistant to it.

Chap. VIII. Of *Hortulan Entertainments, Natural, Divine, Moral, and Political*; with divers *Hiftorical* Passages, and Solemnities, to [pg] shew the *Riches, Beauty, Wonder, Plenty, Delight*, and Univerfal Use of Gardens.

Chap. IX. Of *Garden Burial*.

Chap. X. Of *Paradise*, and of the most *Famous Gardens* in the World, *Ancient* and *Modern*.

Chap. XI. The Description of a *Villa*.

Chap. XII. The *Corollary* and *Conclufion*.

—*Laudato ingentia rura,*
Exiguum colito.—

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ACETARIA: A Difcourse of Sallets

SALLETs in general confist of certain *Efculent* Plants and Herbs, improv'd by Culture, Induftry, and Art of the *Gard'ner*: Or, as others fay, they are a Compoition of *Edule* Plants and Roots of feveral kinds, to be eaten *Raw* or *Green, Blanch'd* or *Candied*: fimple--and *per fe*, or intermingl'd with others according to the Seafon. The *Boil'd, Bak'd, Pickl'd*, or otherwife difguis'd, varioufly accommodated by the skilful *Cooks*, to render them grateful to the more feminine *Palat*, or Herbs rather for the *Pot, &c.* challenge not the name of *Sallet* fo properly here, tho' fometimes mention'd; And therefore,

Thofe who *Criticize* not fo nicely upon the Word, feem to diftinguifh the ⁴*Olera* (which were never eaten *Raw*) from *Acetaria*, which were never *Boil'd*; and fo they derive the Etymology of *Olus*, from *Olla, the Pot*. But others deduce it from Ὀλος, comprehending the *Univerfal Genus* of the Vegetable Kingdom; as from Παν *Panis*; esteeming that he who had ⁵*Bread* and *Herbs*, was fufficiently blefs'd with all a frugal Man cou'd need or defire: Others again will have it, *ab Olendo*, i.e. *Crescendo*, from its continual *growth and fpringing up*: So the younger *Scaliger* on *Varro*: But his Father *Julius* extends it not fo generally to all Plants, as to all the *Efculents*, according to the Text: *We call thofe*

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Olera (says ⁶*Theophrastus*) which are commonly eaten, in which sense it may be taken, to include both *Boil'd* and *Raw*: Laft of all, *ab Alendo*, as having been the Original, and genuine Food of all Mankind from the ⁷Creation.

A great deal more of this Learned Stuff were to be pick'd up from the *Cumini Sectores*, and impertinently Curious; whilst as it concerns the business in hand, we are by *Sallet* to understand a particular Composition of certain *Crude* and fresh Herbs, such as usually are, or may safely be eaten with some *Acetous Juice*, *Oyl*, *Salt*, &c. to give them a grateful Gust and *Vehicle*; exclusive of the ⁸*ψυχραι τραπεζαι*, eaten without their due Correctives, which the Learned ⁹*Salmasius*, and, indeed generally, the ¹⁰old *Physicians* affirm (and that truly) all *Crude* and raw *λαγωνα* require to render them wholesome; so as probably they were from hence, as ¹¹*Pliny* thinks, call'd *Acetaria*: and not (as *Hermolaus* and some others) *Acceptaria ab Accipiendo*; nor from *Accedere*, though so ¹²ready at hand, and easily dress'd; requiring neither *Fire*, *Coft*, or *Attendance*, to boil, roast, and prepare them as did *Flefh*, and other Provisions; from which, and other Prerogatives, they were always in use, &c. And hence indeed the more frugal *Italians* and *French*, to this Day, gather *Ogni Verdura*, any thing almost that's *Green* and *Tender*, to the very Tops of *Nettles*; so as every Hedge affords a *Sallet* (not unagreeable) season'd with its proper *Oxybaphon* of *Vinegar*, *Salt*, *Oyl*, &c. which doubtless gives it both the Relief and Name of *Salad*, *Emfalada* ¹³, as with us of *Sallet*; from the *Sapidity*, which renders not *Plants* and *Herbs* alone, but *Men* themselves, and their Conversations, pleasant and agreeable: But of this enough, and perhaps too much; lest whilst I write of *Salt* and *Sallet*, I appear my self *Inflpid*: I pass therefore to the Ingredients, which we will call

Furniture and Materials

THE *Materials* of *Sallets*, which together with the groffer *Olera*, consist of *Roots*, *Stalks*, *Leaves*, *Buds*, *Flowers*, &c. *Fruits* (belonging to another Class) would require a much ampler Volume, than would suit our Calendar, (of which this pretends to be an *Appendix* only) should we extend the following *Catalogue* further than to a brief enumeration only of such *Herbaceous* Plants, *Oluscula* and smaller *Esculents*, as are chiefly us'd in *Cold Sallets*, of whose Culture we have treated there; and as we gather them from the *Mother* and *Genial Bed*, with a touch only of their *Qualities*, for Reasons hereafter given.

1. Alexanders, *Hippofelinum*; *S. Smyrnum vulgare* (much of the nature of *Perfly*) is moderately hot, and of a cleansing Faculty, Deobstructing, nourishing, and comforting the Stomach. The gentle fresh Sprouts, Buds, and Tops are to be chosen, and the Stalks eaten in the Spring; and when *Blanch'd*, in Winter likewise, with *Oyl*, *Pepper*, *Salt*, &c. by themselves, or in Composition: They make also an excellent *Vernal Pottage*.

2. Artichaux, *Cinara*, (*Carduus Sativus*) hot and dry. The Heads being slit in quarters first eaten raw, with *Oyl*, a little *Vinegar*, *Salt*, and *Pepper*, gratefully recommend a Glass of *Wine*; Dr. *Muffet* says, at the end of Meals.

They are likewise, whilst tender and small, fried in fresh *Butter* crisp with *Perfley*. But then become a most delicate and excellent Restorative, when full grown, they are boil'd the common way. The *Bottoms* are also bak'd in *Pies*, with *Marrow*, *Dates*, and other rich Ingredients: In *Italy* they sometimes broil them, and as the Scaly Leaves open, baste them with fresh and sweet *Oyl*; but with Care extraordinary, for if a drop fall upon the Coals, all is marr'd; that hazard escap'd, they eat them with the Juice of *Orange* and *Sugar*.

The Stalk is *Blanch'd* in Autumn, and the *Pith* eaten raw or boil'd. The way of preserving them fresh all Winter, is by separating the *Bottoms* from the *Leaves*, and after Parboiling, allowing to every *Bottom*, a small earthen glaz'd Pot; burying it all over in fresh melted *Butter*, as they do Wild-Fowl, &c. Or if more than one, in a larger Pot, in the same Bed and Covering, *Layer* upon *Layer*.

They are also preserv'd by stringing them on Pack-thread, a clean Paper being put between every *Bottom*, to hinder them from touching one another, and so hung up in a dry place. They are likewise *Pickl'd*.

'Tis not very long since this noble *Thistle* came first into *Italy*, Improv'd to this Magnitude by Culture; and so rare in *England*, that they were commonly sold for *Crowns* a piece: But what *Carthage* yearly spent in them (as *Pliny* computes the Sum) amounted to *Sextertia Sena Millia*,

Note, That the *Spanifh Cardon*, a wild and fmaller *Artichoak*, with fharp pointed Leaves, and leffer Head; the Stalks being *Blanch'd* and tender, are ferv'd-up *a la Poiverade* (that is with *Oyl*, *Pepper*, &c.) as the *French* term is. [7]

3. Bafil, *Ocimum* (as *Baulm*) imparts a grateful Flavour, if not too ftrong, fomewhat offensive to the Eyes; and therefore the tender Tops to be very fparingly us'd in our *Sallet*.

4. Baulm, *Meliffa*, *Baum*, hot and dry, Cordial and exhilarating, fovereign for the Brain, ftrengthning the Memory, and powerfully chafing away *Melancholy*. The tender Leaves are us'd in Compoftion with other Herbs; and the Sprigs fresh gather'd, put into *Wine* or other Drinks, during the heat of Summer, give it a marvellous quicknefs: This noble Plant yields an incomparable *Wine*, made as is that of *Cowflip*-Flowers.

5. Beet, *Beta*; of which there is both *Red*, *Black*, and *White*: The *Cofta*, or Rib of the *White Beet* (by the *French* call'd the *Chard*) being boil'd, melts, and eats like Marrow. And the *Roots* (efpecially of the *Red*) cut into thin flices, boil'd, when cold, is of it felf a grateful winter *Sallet*; or being mingl'd with other *Olufcula*, *Oyl*, *Vinegar*, *Salt*, &c. 'Tis of quality Cold and Moift, and naturally fomewhat *Laxative*: But however by the *Epigrammatift* ftit'd *Foolifh* and *Infipid*, as *Innocentior quam Olus* (for fo the Learned ¹⁴*Harduin* reads the place) 'tis by *Diphilus* of old, and others fince, preferr'd before *Cabbage* as of better Nourifhment: *Martial* (not unlearn'd in the Art of *Sallet*) commends it with *Wine* and *Pepper*: He names it indeed—*Fabrorum prandia*, for its being fo vulgar. But eaten with *Oyl* and *Vinegar*, as ufually, it is no defpicable *Sallet*. There is a *Beet* growing near the Sea, which is the moft delicate of all. The *Roots* of the *Red Beet*, pared into thin Slices and Circles, are by the *French* and *Italians* contriv'd into curious Figures to adorn their *Sallets*. [8]

6. Blite, *Blitum*; Englifh *Mercury*, or (as our Country Houfe wives call it) *All-good*, the gentle *Turiones*, and Tops may be eaten as *Sparagus*, or fodden in Pottage: There is both a white and red, much us'd in *Spain* and *Italy*; but befides its humidity and deterfive Nature, 'tis *Infipid* enough.

7. Borrage, *Borrage* (*Gaudia femper ago*) hot and kindly moift, purifying the Blood, is an exhilarating Cordial, of a pleafant Flavour: The tender Leaves, and Flowers efpecially, may be eaten in Compoftion; but above all, the Sprigs in *Wine*, like thofe of *Baum*, are of known Vertue to revive the *Hypochondriac*, and chear the hard Student. See *Buglofs*. [9]

8. Brooklime, *Anagallis aquatica*; moderately hot and moift, prevalent in the *Scorbute*, and *Stone*.

9. Buglofs, *Bugloffum*; in mature much like *Borrage*, yet fomewhat more aftringent. The Flowers of both, with the intire Plant, greatly reftorative, being Conferv'd: And for the reft, fo much commended by *Averroes*; that for its effects, cherifhing the Spirits, juftly call'd *Euphrofynum*; Nay, fome will have it the *Nepenthes* of *Homer*: But indeed, what we now call *Buglofs*, was not that of the Ancients, but rather *Borrage*, for the like Virtue named *Corrago*.

Burnet, See *Pimpinella*.

10. Buds, *Gemmæ*, *Turiones*; the firft Rudiments and Tops of moft *Sallet*-Plants, preferable to all other lefs tender Parts; fuch as *Athen-Keys*, *Broom-buds*, hot and dry, retaining the vertue of *Capers*, efteem'd to be very opening, and prevalent againft the *Spleen* and *Scurvy*; and being *Pickl'd*, are fprinkl'd among the *Sallets*, or eaten by themfelves. [10]

11. Cabbage, *Braffica* (and its feveral kinds) *Pompey's* beloved Difh, fo highly celebrated by old ¹⁵*Cato*, *Pythagoras*, and *Chryfippus* the Phyfician (as the only *Panacea*) is not fo generally magnify'd by the reft of Doctors, as affording but a crafts and melancholy Juice; yet *Loofening* if but moderately boil'd, if over-much, *Aftringent*, according to *C. Cellus*; and therefore feldom eaten raw, excepting by the *Dutch*. The *Cymæ*, or Sprouts rather of the *Cole* are very delicate, fo boil'd as to retain their Verdure and green Colour. In raifing this *Plant* great care is to be had of the Seed. The beft comes from *Denmark* and *Ruffia*, efpecially the *Cauly-flower*, (anciently unknown) or from *Aleppo*. Of the *French*, the *Pancaliere a la large Costé*, the white, large and ponderous are to be chofen; and fo the *Cauly-flower*: After boiling fome fteep them in Milk, and fee the them again in Beef-Broth: Of old they added a little *Nitre*. The *Broccoli* from *Naples*, perhaps the *Halmyridia* of *Pliny* (or *Athenæus* rather) *Capiata marina & florida*, our *Sea-keele* (the ancient *Crambe*) and growing on our Coaft, are very delicate, as are the *Savoys*, commended for being not fo rank, but [11]

agreeable to moist *Palates*, and of better Nourishment: In general, *Cabbages* are thought to allay Fumes, and prevent Intoxication: But some will have them noxious to the Sight; others impute it to the *Cauly-flower* rather: But whilst the Learned are not agreed about it, *Theophrastus* affirms the contrary, and *Pliny* commends the Juice raw, with a little *Honey*, for the moist and weeping Eye, not the dry or dull. But after all, *Cabbage* ('tis confes'd) is greatly accus'd for lying undigested in the Stomach, and provoking Eructations; which makes me wonder at the Veneration we read the Ancients had for them, calling them *Divine*, and Swearing, *per Brafficam*. 'Tis scarce an hundred Years since we first had *Cabbages* out of *Holland*. Sir *Anth. Ashley* of *Wiburg St. Giles* in *Dorsetshire*, being (as I am told) the first who planted them in *England*.

12. Cardon, See *Artichaux*.

13. Carrots, *Dauci*, or *Pastinaca Sativa*; temperately warm and dry, Spicy; the best are yellow, very nourishing; let them be rais'd in Ground naturally rich, but not too heavy. [12]

14. Chervile, *Chærophyllum*, *Myrrhis*; The sweet aromack *Spanish Chervile*, moderately hot and dry: The tender *Cimæ*, and Tops, with other Herbs, are never to be wanting in our *Sallets*, (as long as they may be had) being exceedingly wholfome and chearing the Spirits: The *Roots* are also boil'd and eaten Cold; much commended for Aged Persons: This (as likewise *Spinach*) is us'd in *Tarts*, and serves alone for divers Sauces.

Cibbols. }
Cives. } Vide Onions, *Schœnopræffon*.

15. Clary, *Horminum*, when tender not to be rejected, and in *Omlets*, made up with *Cream*, fried in sweet *Butter*, are eaten with *Sugar*, Juice of *Orange*, or *Limon*.

16. Clavers, *Aparine*; the tender Winders, with young *Nettle-Tops*, are us'd in *Lenten* Pottages.

17. Corn-fallet, *Valerianella*; loos'ning and refreshing: The Tops and Leaves are a *Sallet* of themselves, seasonably eaten with other Salleting, the whole Winter long, and early Spring: The *French* call them *Salad de Preter*, for their being generally eaten in *Lent*. [13]

18. Cowflips, *Paralyfis*: See *Flowers*.

19. Creffes, *Nafturtium*, Garden *Creffes*; to be monthly sown: But above all the *Indian*, moderately hot, and aromack, quicken the torpent Spirits, and purge the Brain, and are of singular effect against the *Scorbute*. Both the tender Leaves, *Calices*, *Cappuchin Capers*, and *Flowers*, are laudably mixed with the colder Plants. The *Buds* being Candy'd, are likewise us'd in Strewings all Winter. There is the *Naftur. Hybernicum* commended also, and the vulgar *Water-Crefs*, proper in the Spring, all of the same Nature, tho' of different Degrees, and best for raw and cold Stomachs, but nourish little.

20. Cucumber, *Cucumis*; tho' very cold and moist, the most approved *Sallet* alone, or in Composition, of all the *Vinaigrets*, to sharpen the Appetite, and cool the Liver, ¹⁶&c. if rightly prepar'd; that is, by rectifying the vulgar Mistake of altogether extracting the Juice, in which it should rather be soak'd: Nor ought it to be over *Oyl'd*, too much abating of its grateful *Acidity*, and *palling* the Taste from a contrariety of Particles: Let them therefore be pared, and cut in thin Slices, with a *Clove* or two of *Onion* to correct the Crudity, macerated in the Juice, often turn'd and moderately drain'd. Others prepare them, by flaking the Slices between two Difhes, and dress them with very little *Oyl*, well beaten, and mingled with the Juice of *Limon*, *Orange*, or *Vinegar*, *Salt* and *Pepper*. Some again, (and indeed the most approv'd) eat them as soon as they are cut, retaining their Liqueur, which being exhausted (by the former Method) have nothing remaining in them to help the Concoction. Of old they ¹⁷boil'd the *Cucumber*, and paring off the Rind, eat them with *Oyl*, *Vinegar*, and *Honey*; *Sugar* not being so well known. Lastly, the *Pulp* in Broth is greatly refreshing, and may be mingl'd in most *Sallets*, without the least damage, contrary to the common Opinion; it not being long, since *Cucumber*, however dress'd, was thought fit to be thrown away, being accounted little better than Poyson. *Tavernier* tells us, that in the *Levant*, if a Child cry for something to Eat, they give it a raw *Cucumber* instead of *Bread*. The young ones may be boil'd in White-Wine. The smaller sort (known by the name of *Gerckems*) muriated with the Seeds of *Dill*, and the *Mango Pickle* are for the Winter. [14]

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21. Daify, *Bupthalmum*, Ox-Eye, or *Bellis-major*: The young *Roots* are frequently eaten by the *Spaniards* and *Italians* all the Spring till *June*.

22. Dandelion, *Dens Leonis*, *Condrilla*: Macerated in several Waters, to extract the bitternefs; tho' fomewhat opening, is very wholfome, and little inferior to *Succory*, *Endive*, &c. The *French Country*-People eat the *Roots*; and 'twas with this homely *Sallet*, the Good-Wife *Hecate* entertain'd *Thefeus*. See *Sowthiftle*.

23. Dock, *Oxylapathum*, or fharp-pointed Dock: Emollient, and tho' otherwise not for our *Sallet*, the *Roots* brewed in *Ale* or *Beer*, are excellent for the *Scorbute*.

Earth-Nuts, *Bulbo-Caftanum*; (found in divers places of *Surry*, near *Kingfton*, and other parts) the Rind par'd off, are eaten crude by *Rustics*, with a little *Pepper*; but are beft boil'd like other *Roots*, or in Pottage rather, and are fweet and nourifhing. [16]

24. Elder, *Sambucus*; The Flowers infus'd in *Vinegar*, grateful both to the Stomach and Taft; attenuate thick and vifcid Humours; and tho' the Leaves are fomewhat rank of Smell, and fo not commendable in *Sallet*; they are otherwise (as indeed is the intire Shrub) of the most fovereign Vertue; and the fpring Buds and tender Leaves, excellently wholfome in Pottage at that Seafon of the Year. See *Flowers*.

25. Endive, *Endivium*, *Intubum Sativum*; the largeft, whiteft, and tendereft Leaves beft boil'd, and lefs crude. It is naturally Cold, profitable for hot Stomachs; *Incifive* and opening Obftuctions of the Liver: The curled is more delicate, being eaten alone, or in Compofition, with the ufual *Intinctus*: It is alfo excellent being boil'd; the middle part of the Blanch'd-Stalk feparated, eats firm, and the ampler Leaves by many perferr'd before *Lettuce*. See *Succory*.

Efchalot. See *Onions*.

26. Fennel, *Fœniculum*: The fweeteft of *Bolognia*: Aromatick, hot, and dry; expels Wind, fharpens the Sight, and recreates the Brain; efppecially the tender *Umbella* and Seed-Pods. The Stalks are to be peel'd when young, and then drefs'd like *Sellery*. The tender Tufts and Leaves emerging, being minc'd, are eaten alone with *Vinegar*, or *Oyl*, and *Pepper*, and to correct the colder Materials, enter properly into Compofition. The *Italians* eat the blanch'd Stalk (which they call *Cartucci*) all Winter long. There is a very fmall *Green-Worm*, which fometimes lodges in the Stemm of this Plant, which is to be taken out, as the *Red* one in that of *Sellery*. [17]

27. Flowers, *Flores*; chiefly of the *Aromatick Efculents* and Plants are preferrable, as generally endow'd with the Vertues of their *Simples*, in a more intenfe degree; and may therefore be eaten alone in their proper *Vehicles*, or Compofition with other *Salleting*, fprinkl'd among them; But give a more palatable Relifh, being Infus'd in *Vinegar*; Efppecially thofe of the *Clove-Gillyflower*, *Elder*, *Orange*, *Cowflip*, *Rosemary*, *Arch-Angel*, *Sage*, *Nafturtium Indicum*, &c. Some of them are Pickl'd, and divers of them make alfo very pleasant and wholfome *Theas*, as do likewife the Wild *Time*, *Bugloff*, *Mint*, &c.

28. Garlick, *Allium*; dry towards Excefs; and tho' both by *Spaniards* and *Italians*, and the more Southern People, familiarly eaten, with almoft every thing, and efteem'd of fuch figular Vertue to help Conception, and thought a Charm againft all Infection and Poyfon (by which it has obtain'd the Name of the *Country-man's Theriacle*) we yet think it more proper for our Northern *Rustics*, efppecially living in *Uliginous* and moift places, or fuch as ufe the *Sea*: Whilft we abfolutely forbid it entrance into our *Salleting*, by reafon of its intolerable Ranknefs, and which made it fo detefted of old; that the eating of it was (as we read) part of the Punifhment for fuch as had committed the horrid't Crimes. To be fure, 'tis not for Ladies Palats, nor thofe who court them, farther than to permit a light touch on the Difh, with a *Clove* thereof, much better fupply'd by the gentler *Roccombo*. [18]

Note, That in *Spain* they fometimes eat it boil'd, which taming its fiercenefs, turns it into Nourifhment, or rather *Medicine*.

Ginny-Pepper, *Capficum*. See *Pepper*.

29. Goats-beard, *Trago-pogon*: The *Root* is excellent even in *Sallet*, and very Nutritive, exceeding profitable for the Breaft, and may be ftew'd and drefs'd as *Scorzoner*. [19]

30. Hops, *Lupulus*: Hot and moist, rather *Medicinal*, than fit for *Sallet*; the *Buds* and young *Tendrils* excepted, which may be eaten raw; but more conveniently being boil'd, and cold like *Asparagus*: They are *Diuretic*; depurate the Blood, and open Obstructions.

31. Hyffop, *Hyffopus*; *Thymus Capitatus Creticus*; *Majoran*, *Mary-gold*, &c. as all hot, spicy *Aromatics*, (commonly growing in *Kitchin-Gardens*) are of Faculty to Comfort, and strengthen; prevalent against Melancoly and Phlegm; Plants, like these, going under the Names of *Pot Herbs*, are much more proper for *Broths* and *Decoctions*, than the tender *Sallet*: Yet the *Tops* and *Flowers* reduc'd to Powder, are by some refer'd for Strewings, upon the colder Ingredients; communicating no ungrateful Fragrancy.

32. Jack-by-the-Hedge, *Alliaria*, or *Sauce-alone*; has many Medicinal Properties, and is eaten as other *Sallets*, especially by Country People, growing wild under their Banks and Hedges.

33. Leeks, and *Cibbols*, *Porrus*; hot, and of Vertue Prolifick, since *Latona*, the Mother of *Appollo* long'd after them: The *Welch*, who eat them much, are observ'd to be very fruitful: They are also friendly to the Lungs and Stomach, being fod in Milk; a few therefore of the slender and green Summities, a little dried, do not amifs in Composition. See *Onion*. [20]

34. Lettuce, *Lactuca*: Tho' by *Metaphor* call'd ¹⁸*Mortuorum Cibi*, (to say nothing of ¹⁹*Adonis* and his sad *Mistrifs*) by reason of its *Soporiferous* quality, ever was, and still continues the principal Foundation of the universal *Tribe* of *Sallets*; which is to Cool and Refresh, besides its other Properties: And therefore in such high esteem with the Ancients; that divers of the *Valerian* Family, dignify'd and enobled their Name with that of *Lactucinii*.

It is indeed of Nature more cold and moist than any of the rest; yet less astringent, and so harmless that it may safely be eaten raw in Fevers; for it allays Heat, bridles Choler, extinguishes Thirst, excites Appetite, kindly Nourishes, and above all represses Vapours, conciliates Sleep, mitigates Pain; besides the effect it has upon the Morals, *Temperance* and *Chastity*. Galen (whose beloved *Sallet* it was) from its *pinguid*, *subdulcid* and agreeable Nature, says it breeds the most laudable Blood. No marvel then that they were by the Ancients called *Sana*, by way of eminency, and so highly valu'd by the great ²⁰*Augustus*, that attributing his Recovery of a dangerous Sickness to them, 'tis reported, he erected a *Statue*, and built an *Altar* to this noble Plant. And that the most abstemious and excellent Emperor ²¹*Tacitus* (spending almost nothing at his frugal Table in other Dainties) was yet so great a Friend to *Lettuce*, that he was us'd to say of his Prodigality, *Somnum se mercari illa sumptus effusione*. How it was celebrated by *Galen* we have heard; how he us'd it he tells himself; namely, beginning with *Lettuce* in his younger Days, and concluding with it when he grew old, and that to his great advantage. In a word, we meet with nothing among all our crude Materials and *Sallet* store, so proper to mingle with any of the rest, nor so wholesome to be eaten alone, or in Composition, moderately, and with the usual *Oxelæum* of *Vinegar*, *Pepper*, and *Oyl*, &c. which last does not so perfectly agree with the *Alphange*, to which the Juice of *Orange*, or *Limon* and *Sugar* is more desirable: *Aristoxenus* is reported to have irrigated his *Lettuce*-Beds with an *Oinomite*, or mixture of *Wine* and *Honey*: And certainly 'tis not for nothing that our Garden-Lovers, and *Brothers of the Sallet*, have been so exceedingly Industrious to cultivate this Noble Plant, and multiply its *Species*; for to name a few in present use: We have the *Alphange* of *Montpelier*, crisp and delicate; the *Arabic*; *Ambervellers*; *Belgrade*, *Cabbage*, *Capuchin*, *Cos-Lettuce*, *Curl'd*; the *Genoa* (lasting all the Winter) the *Imperial*, *Lambs*, or *Agnine*, and *Lobbs* or *Lop-Lettuces*. The *French Minion* a dwarf kind: The *Oak-Leaf*, *Passion*, *Roman*, *Shell*, and *Silesian*, hard and crimp (esteemed of the best and rarest) with divers more: And here let it be noted, that besides three or four sorts of this Plant, and some few of the rest, there was within our remembrance, rarely any other *Salleting* serv'd up to the best Tables; with unblanch'd *Endive*, *Succory*, *Purselan*, (and indeed little other variety) *Sugar* and *Vinegar* being the constant *Vehicles* (without *Oyl*) but now *Sugar* is almost wholly banish'd from all, except the more effeminate Palates, as too much palling, and taking from the grateful *Acid* now in use, tho' otherwise not totally to be reproved: *Lettuce* boil'd and *Condited* is sometimes spoken of. [21] [22]

35. Limon, *Limonia*, *citrea mala*; exceedingly refreshing, *Cordial*, &c. The Pulp being blended with the Juice, excluding the over-sweet or bitter. See *Orange*.

36. Mallow, *Malva*; the curl'd, emollient, and friendly to the *Ventricle*, and so rather Medicinal; yet may the *Tops*, well boil'd, be admitted, and the rest (tho' out of use at present) was taken by the [23]

Poets for all *Sallets* in general. *Pythagoras* held *Malvæ folium Sanctifimum*; and we find *Epimenides* in ²²Plato at his *Mallows* and *Alphodel*; and indeed it was of old the first Dish at Table: The *Romans* had it also in *deliciis*, ²³*Malvæ salubres corpori*, approved by ²⁴*Galen* and ²⁵*Dioscorides*; namely the *Garden-Mallow*, by others the *Wild*; but I think both proper rather for the *Pot*, than *Sallet*. *Nonius* supposes the tall *Rosea*, *Arborescent Holi-hocks*, that bears the broad Flower, for the best, and very ²⁶*Laxative*; but by reason of their clamminess and *Lentor*, banished from our *Sallet*, tho' by some commended and eaten with *Oyl* and *Vinegar*, and some with *Butter*.

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Mercury, *Bonus Henricus*, English Mercury, or *Lapathum Unctuofum*. See *Blitum*.

37. Melon, *Melo*; to have been reckon'd rather among *Fruits*; and tho' an usual Ingredient in our *Sallet*; yet for its transcendent delicacy and flavor, cooling and exhilarating Nature (if sweet, dry, weighty, and well-fed) not only superior all the *Gourd-kind*, but Paragon with the noblest Productions of the Garden. *Jof. Scaliger* and *Casaubon*, think our *Melon* unknown to the Ancients, (which others contradict) as yet under the name of *Cucumers*: But he who reads how artificially they were Cultivated, rais'd under Glaffes, and expos'd to the hot Sun, (for *Tiberius*) cannot well doubt of their being the same with ours.

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There is also a *Winter-Melon*, large and with black Seeds, exceedingly Cooling, brought us from abroad, and the hotter Climates, where they drink *Water* after eating *Melons*; but in the colder (after all dispute) *Wine* is judg'd the better: That it has indeed by some been accus'd as apt to corrupt in the Stomach (as do all things else eaten in excess) is not deny'd: But a perfect good *Melon* is certainly as harmless a Fruit as any whatsoever; and may safely be mingl'd with *Sallet*, in Pulp or Slices, or more properly eaten by it self, with a little *Salt* and *Pepper*; for a *Melon* which requires *Sugar* to commend it, wants of Perfection. *Note*, That this Fruit was very rarely cultivated in *England*, so as to bring it to Maturity, till Sir *Geo. Gardner* came out of *Spain*. I myself remembering, when an ordinary *Melon* would have been sold for five or six Shillings. The small unripe Fruit, when the others are past, may be Pickl'd with *Mango*, and are very delicate.

38. Mint, *Mentha*; the *Angustifolia Spicata*, Spear-Mint; dry and warm, very fragrant, a little prefers'd, is friendly to the weak Stomach, and powerful against all *Nervous Crudities*: The gentler Tops of the *Orange-Mint*, enter well into our Composition, or are grateful alone (as are also the other sorts) with the Juice of *Orange*, and a little *Sugar*.

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39. Mushrooms, *Fungi*; By the ²⁷Orator call'd *Terræ*, by *Porphyry Deorum filii*, without Seed (as produc'd by the Midwifery of *Autumnal Thunder-Storms*, portending the Mischiefs they cause) by the *French*, *Champignons*, with all the Species of the *Boletus*, &c. for being, as some hold, neither *Root*, *Herb*, *Flower*, nor *Fruit*, nor to be eaten crude; should be therefore banish'd entry into our *Sallet*, were I to order the Composition; however so highly contended for by many, as the very principal and top of all the rest; whilst I think them tolerable only (at least in this *Climate*) if being fresh and skilfully chosen, they are accommodated with the nicest Care and Circumspection; generally reported to have something malignant and noxious in them: Nor without cause; from the many sad Examples, frequent Mischiefs, and funest Accidents they have produc'd, not only to particular Persons, but whole Families: Exalted indeed they were to the second Course of the *Cæsarian Tables*, with the noble Title **Βρωμα Θεων**, a Dainty fit for the *Gods* alone; to whom they sent the Emperor ²⁸*Claudius*, as they have many since, to the other World. But he that reads how ²⁹*Seneca* deplores his lost Friend, that brave Commander *Annæus Serenus*, and several other gallant Persons with him, who all of them perish'd at the same Repast; would be apt to ask with the ³⁰*Naturalist* (speaking of this suspicious Dainty) *Quæ voluptas tanta ancipitis cibi?* and who indeed would hazard it? So true is that of the Poet; He that eats *Mushrooms*, many times *Nil amplius edit*, eats no more perhaps all his Life after. What other deterring *Epithets* are given for our Caution, **Βαρη πυλοεντα μυκητων**, *heavy* and *choaking*. (*Athenæus* reporting of the Poet *Euripides's*, finding a Woman and her three Children strangl'd by eating of them) one would think sufficient warning.

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Among these comes in the *Fungus Reticularis*, to be found about *London*, as at *Fulham* and other places; whilst at no small charge we send for them into *France*; as we also do for *Truffles*, *Pig-nuts*, and other subterraneous *Tubera*, which in *Italy* they fry in *Oyl*, and eat with *Pepper*: They are commonly discovered by a *Nafute Swine* purposely brought up; being of a Chefsnut Colour, and heady Smell, and not seldom found in *England*, particularly in a Park of my Lord *Cotton's* at *Rushton* or *Rusbery* in *Northamptonshire*, and doubtless in other ³¹places too were they sought after. How these rank and provocative Excrescences are to be ³²treated (of themselves insipid enough, and only

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famous for their kindly taking any Pickle or *Conditure*) that they may do the lefs Mifchief we might here fet down. But fince there be fo many ways of Dreffing them, that I can incourage none to ufe them, for Reafons given (befides that they do not at all concern our fafer and innocent *Sallet* Furniture) I forbear it; and referr thofe who long after this beloved *Ragout*, and other *Voluptuaria Venena* (as *Seneca* calls them) to what our Learned Dr. *Lyfter*³³ fays of the many Venomous *Infects* harbouring and corrupting in a new found-out Species of *Mufhroms* had lately in deliciis. Thofe, in the mean time, which are eftemed beft, and lefs pernicious, (of which fee the *Appendix*) are fuch as rife in rich, airy, and dry³⁴ Pafture-Grounds; growing on the Staff or *Pedicule* of about an Inch thick and high; moderately Swelling (*Target*-like) round and firm, being underneath of a pale faffronifh hue, curioufly radiated in parallel Lines and Edges, which becoming either Yellow, Orange, or Black, are to be rejected: But befides what the Harveft-Months produce, they are likewife rais'd³⁵ Artificially; as at *Naples* in their Wine-Cellars, upon an heap of rank Earth, heaped upon a certain fuppofed *Stone*, but in truth, (as the curious and noble³⁶ *Peirefky* tells us, he found to be) nothing but an heap of old *Fungus*'s, reduc'd and compacted to a ftony hardnefs, upon which they lay Earth, and fpinkle it with warm Water, in which *Mufhroms* have been fteeped. And in *France*, by making an hot Bed of *Affes-Dung*, and when the heat is in Temper, watering it (as above) well impregnated with the Parings and Offals of refufe *Fungus*'s; and fuch a Bed will laft two or three Years, and fometimes our common *Melon*-Beds afford them, befides other Experiments.

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40. Muftard, *Sinapi*; exceeding hot and *mordicant*, not only in the Seed but Leaf alfo; efpecially in *Seedling* young Plants, like thofe of *Radifhes* (newly peeping out of the Bed) is of incomparable effect to quicken and revive the Spirits; ftrengthening the Memory, expelling heavinefs, preventing the Vertiginous Palfie, and is a laudable *Cephalick*. Befides it is an approv'd *Antifcorbutick*; aids Concoction, cuts and diffipates Phlegmatick Humours. In fhort, 'tis the moft noble *Embamma*, and fo neceffary an Ingredient to all cold and raw *Salleting*, that it is very rarely, if at all, to be left out. In *Italy* in making *Muftard*, they mingle *Limon* and *Orange-Peel*, with the Seeds. How the beft is made, fee hereafter.

Nafturtium Indicum. See *Creffes*.

41. Nettles, *Urtica*; Hot, dry, *Diuretic*, *Solvent*; purifies the Blood: The Buds, and very tender *Cimae*, a little bruifed, are by fome eaten raw, by others boil'd, efpecially in *Spring-Pottage*, with other Herbs.

42. Onion, *Cepa*, *Porrum*; the beft are fuch as are brought us out of *Spain*, whence they of St. *Omers* had them, and fome that have weigh'd eight Pounds. Choofe therefore the large, round, white, and thin Skin'd. Being eaten crude and alone with *Oyl*, *Vinegar*, and *Pepper*, we own them in *Sallet*, not fo hot as *Garlick*, nor at all fo rank: Boil'd, they give a kindly relifh; raife Appetite, corroborate the Stomach, cut Phlegm, and profit the *Afthmatical*: But eaten in excefs, are faid to offend the Head and Eyes, unlefs *Edulcorated* with a gentle maceration. In the mean time, as to their being noxious to the Sight, is imputable only to the Vapour rifing from the raw Onion, when peeled, which fome commend for its purging and quickning that Senfe. How they are us'd in Pottage, boil'd in Milk, stew'd, &c. concerns the Kitchin. In our cold *Sallet* we fupply them with the *Porrum Sectile*, Tops of *Leeks*, and *Elchalots* (*Afcalonia*) of guft more exalted, yet not to the degree of *Garlick*. Or (by what of later ufe is much prefer'd) with a *Seed* or two of *Raccombo*, of a yet milder and delicate nature, which by rubbing the Difh only, imparts its Vertue agreeably enough. In *Italy* they frequently make a *Sallet* of *Scalions*, *Cives*, and *Chibbols* only feafon'd with *Oyl* and *Pepper*; and an honeft laborious Country-man, with good *Bread*, *Salt*, and a little *Parfley*, will make a contented Meal with a roasted *Onion*. How this noble *Bulb* was deified in³⁷ *Egypt* we are told, and that whilft they were building the *Pyramids*, there was fpent in this Root³⁸ *Ninety Tun* of *Gold* among the Workmen. So lufhious and tempting it feems they were, that as whole Nations have fubfifted on them alone; fo the *Iraelites* were ready to return to *Slavery* and *Brick-making* for the love of them. Indeed *Hecamedes* we find prefents them to *Patroclus*, in *Homer*, as a *Regalo*; But certainly we are either miftaken in the *Species* (which fome will have to be *Melons*) or ufe *Poetick* Licence, when we fo highly magnify them.

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43. Orach, *Atriplex*: Is cooling, allays the *Pituit* Humor: Being fet over the Fire, neither *this*, nor *Lettuce*, needs any other Water than their own moifture to boil them in, without Expreffion: The tender Leaves are mingl'd with other cold *Salleting*; but 'tis better in Pottage. See *Blitum*.

44. Orange, *Arantiæ* (*Malum aureum*) Moderately dry, cooling, and incifive; fharpens Appetite,

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exceedingly refrefhes and refists Putrefaction: We fpeak of the *Sub acid*; the fweet and bitter *Orange* being of no ufe in our *Sallet*. The *Limon* is fomewhat more acute, cooling and extinguifhing Thirft; of all the **ΟΞυβαφα** the best *fuccedaneum* to *Vinegar*. The very Spoils and Rinds of *Orange* and *Limon* being fhred and fpinkl'd among the other Herbs, correct the Acrimony. But they are the tender *Seedlings* from the *Hot-Bed*, which impart an *Aromatic* exceedingly grateful to the Stomach. *Vide Limon*.

45. Parfnep, *Paftinaca*, Carrot: firft boil'd, being cold, is of it felf a Winter-*Sallet*, eaten with *Oyl*, *Vinegar*, &c. and having fomething of Spicy, is by fome, thought more nourifhing than the *Turnep*.

46. Peafe, *Pifum*: the Pod of the *Sugar-Peafe*, when firft beginning to appear, with the *Husk* and *Tendrels*, affording a pretty *Acid*, enter into the Compofition, as do thofe of *Hops* and the *Vine*.

47. Peper, *Piper*, hot and dry in a high degree; of approv'd Vertue againft all flatulency proceeding from cold and phlegmatic Conftitutions, and generally all Crudities whatfoever; and therefore for being of univerfal ufe to correct and temper the cooler Herbs, and fuch as abound in moifture; It is a never to be omitted Ingredient of our *Sallets*; provided it be not too minutely beaten (as oft we find it) to an almoft impalpable Duft, which is very pernicious and frequently adheres and fticks in the folds of the Stomach, where, inftead of promoting Concoction, it often caufes a *Cardialgium*, and fires the Blood: It fhould therefore be grofly contus'd only.

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Indian Capficum, fuperlatively hot and burning, is yet by the *Africans* eaten with *Salt* and *Vinegar* by it felf, as an ufual Condiment; but wou'd be of dangerous confequence with us; being fo much more of an acrimonious and terribly biting quality, which by Art and Mixture is notwithstanding render'd not only fafe, but very agreeable in our *Sallet*.

Take the *Pods*, and dry them well in a Pan; and when they are become fufficiently hard, cut them into fmall pieces, and ftamp 'em in a Mortar to duft: To each Ounce of which add a Pound of *Wheat-flour*, fermented with a little *Levain*: Knead and make them into Cakes or Loaves cut long-wife, in fhape of *Naples-Bifcuit*. Thefe Re-bake a fecond time, till they are Stone-hard: Pound them again as before, and ferce it through a fine Sieve, for a very proper Seafoning, inftead of vulgar *Peper*. The Mordicancy thus allay'd, be fure to make the Mortar very clean, after having beaten *Indian Capficum*, before you ftamp any thing in it elfe. The green Husks, or firft peeping Buds of the *Walnut-Tree*, dry'd to Powder, ferve for *Peper* in fome places, and fo do *Myrtle-berries*.

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48. Perfley, *Petrofelinum*, or *Apium hortenfè*; being hot and dry, opens Obftructions, is very *Diuretic*, yet nourifhing, *edulcorated* in fhifted warm Water (the Roots efpecially) but of lefs Vertue than *Alexanders*; nor fo convenient in our crude *Sallet*, as when decocted on a Medicinal Account. Some few tops of the tender Leaves may yet be admitted; tho' it was of old, we read, never brought to the Table at all, as facred to *Oblivium* and the *Defunct*. In the mean time, there being nothing more proper for Stuffing, (*Farces*) and other *Sauces*, we confign it to the *Olitories*. *Note*, that Perfley is not fo hurtful to the Eyes as is reported. See *Sellery*.

49. Pimpernel, *Pimpinella*; eaten by the *French* and *Italians*, is our common *Burnet*; of fo chearing and exhilarating a quality, and fo generally commended, as (giving it admittance into all *Sallets*) 'tis pafs'd into a Proverb:

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*L'Infalata non è buon, ne bella
Ove non è la Pimpinella.*

But a frefh fprig in *Wine*, recommends it to us as its moft genuine Element.

50. Purslain, *Portulaca*; efpecially the *Golden* whilft tender, next the Seed-leaves, with the young Stalks, being eminently moift and cooling, quickens Appetite, affwages Thirft, and is very profitable for hot and *Bilious* Tempers, as well as *Sanguine*, and generally entertain'd in all our *Sallets*, mingled with the hotter Herbs: Tis likewise familiarly eaten alone with *Oyl* and *Vinegar*; but with moderation, as having been fometimes found to corrupt in the Stomach, which being *Pickl'd* 'tis not fo apt to do. Some eat it cold, after it has been boil'd, which Dr. *Muffet* would have in *Wine*, for Nourifhment.

The Shrub *Halimus*, is a fort of *Sea-Purslain*: The newly peeping Leaves (tho' rarely us'd) afford a no unpleafant *Acidule*, even during winter, if it prove not too fevere.

51. Radish, *Raphanus*. Albeit rather Medicinal, than so commendably accompanying our *Sallets* (wherein they often slice the larger Roots) are much inferior to the young Seedling Leaves and Roots; raised on the ³⁹Monthly *Hot-Bed*, almost the whole Year round, affording a very grateful mordacity, and sufficiently attempers the cooler Ingredients: The bigger Roots (so much desir'd) should be such as being transparent, eat short and quick, without stringiness, and not too biting. These are eaten alone with *Salt* only, as carrying their *Peper* in them; and were indeed by *Dioscorides* and *Pliny* celebrated above all Roots whatsoever; inasmuch as in the *Delphic* Temple, there was *Raphanus ex auro dicatus*, a Radish of solid Gold; and 'tis said of *Moschius*, that he wrote a whole Volume in their praise. Notwithstanding all which, I am sure, the great ⁴⁰*Hippocrates* utterly condemns them, as *Vitiofoe, innatantes ac aegre concoctiles*. And the *Naturalist* calls it *Cibus Illiberalis*, fitter for *Rustics* than *Gentlemen's* Tables. And indeed (besides that they decay the Teeth) experience tells us, that as the Prince of *Physicians* writes, It is hard of Digestion, *Inimicus* to the Stomach, causing nauseous Eructations, and sometimes Vomiting, tho' otherwise *Diuretic*, and thought to repel the Vapours of *Wine*, when the *Wits* were at their genial *Club*. *Dioscorides* and ⁴¹*Galen* differ about their Eating; One prescribes it before Meals, the latter for after. Some macerate the young Roots in warm milk, to render them more *Nourishing*.

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There is a *Raphanus ruficanus*, the *Spanish* black *Horfe Radish*, of a hotter quality, and not so friendly to the Head; but a notable *Antiscorbutic*, which may be eaten all the Winter, and on that account an excellent Ingredient in the Composition of *Mustard*; as are also the thin Shavings, mingled with our cold Herbs. And now before I have done with this Root, for an excellent and universal *Condiment*. Take *Horfe-Radish*, whilst newly drawn out of the Earth, otherwise laid to steep in Water a competent time; then *grate* it on a *Grater* which has no bottom, that so it may pass thro', like a Mucilage, into a Dish of Earthen Ware: This temper'd with *Vinegar*, in which a little *Sugar* has been dissolved, you have a *Sauce* supplying *Mustard* to the *Sallet*, and serving likewise for any Dish besides.

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52. Rampion, *Rapunculus*, or the *Esculent Campanula*: The tender Roots eaten in the Spring, like those of *Radishes*, but much more *Nourishing*.

53. Rocket, *Eruca Spanish*; hot and dry, to be qualified with *Lettuce*, *Purcelain*, and the rest, &c. See *Tarragon*.

Roccombo. See *Onions*.

54. Rosemary, *Rosmarinus*; Soverainly *Cephalic*, and for the *Memory*, *Sight*, and *Nerves*, incomparable: And tho' not us'd in the Leaf with our *Sallet* furniture, yet the *Flowers*, a little bitter, are always welcome in *Vinegar*; but above all, a fresh Sprig or two in a Glass of *Wine*. See *Flowers*.

55. Sage, *Salvia*; hot and dry. The tops of the *Red*, well pick'd and wash'd (being often defil'd with Venomous Slime, and almost imperceptible *Insects*) with the *Flowers*, retain all the noble Properties of the other hot Plants; more especially for the *Head*, *Memory*, *Eyes*, and all *Paralytical* Affections. In short, 'tis a Plant endu'd with so many and wonderful Properties, as that the assiduous use of it is said to render Men *Immortal*: We cannot therefore but allow the tender *Summities* of the young Leaves; but principally the *Flowers* in our cold *Sallet*; yet so as not to domineer.

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Salfifax, *Scorzonera*. See *Vipergrafs*.

56. Sampier, *Crithmum*: That growing on the Sea-Cliffs (as about *Dover*, &c.) not only *Pickl'd*, but crude and cold, when young and tender (and such as we may Cultivate, and have in our *Kitchen-Gardens*, almost the Year round) is in my Opinion, for its *Aromatic*, and other excellent Vertues and Effects against the *Spleen*, Cleansing the Passages, sharpening Appetite, &c. so far preferable to most of our hotter Herbs, and *Sallet*-Ingredients, that I have long wonder'd, it has not been long since propagated in the *Potagere*, as it is in *France*; from whence I have often receiv'd the Seeds, which have prosper'd better, and more kindly with me, than what comes from our own Coasts: It does not indeed *Pickle* so well, as being of a more tender Stalk and Leaf: But in all other respects for composing *Sallets*, it has nothing like it.

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57. Scalions, *Ascalonia*, *Cepæ*; The *French* call them *Appetites*, which it notably quickens and stirs up: Corrects Crudities, and promotes Concoction. The *Italians* steep them in Water, mince, and eat

them cold with *Oyl, Vinegar, Salt, &c.*

58. Scurvy-grafs, *Cochlearia*, of the Garden, but especially that of the Sea, is sharp, biting, and hot; of Nature like *Nafturtium*, prevalent in the *Scorbute*. A few of the tender Leaves may be admitted in our Composition. See *Nafturtium Indicum*.

59. Sellery, *Apium Italicum*, (and of the *Petrofeline* Family) was formerly a stranger with us (nor very long since in *Italy*) is an hot and more generous sort of *Macedonian Perflay*, or *Smallage*. The tender Leaves of the *Blancht* Stalk do well in our *Sallet*, as likewise the slices of the whiten'd Stems, which being crimp and short, first peel'd and flit long wise, are eaten with *Oyl, Vinegar, Salt*, and *Peper*; and for its high and grateful Taste, is ever plac'd in the middle of the *Grand Sallet*, at our Great Mens Tables, and *Prætors* Feasts, as the Grace of the whole Board. *Caution* is to be given of a small red *Worm*, often lurking in these Stalks, as does the green in *Fennil*.

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Shallots. See *Onion*.

60. Skirrets, *Sifarum*; hot and moist, corroborating, and good for the Stomach, exceedingly nourishing, wholesome and delicate; of all the *Root-kind*, not subject to be Windy, and so valued by the Emperor *Tiberius*, that he accepted them for Tribute.

This excellent Root is seldom eaten raw; but being boil'd, stew'd, roasted under the Embers, bak'd in Pies, whole, sliced, or in pulp, is very acceptable to all Palates. 'Tis reported they were heretofore something bitter; See what Culture and Education effects!

61. Sorrel, *Acetofa*: of which there are divers kinds. The *French Acetocella*, with the round Leaf, growing plentifully in the *North of England*; *Roman Oxalis*; the broad *German*, &c. but the best is of *Green-Land*: by nature cold, Absterfive, Acid, sharpening Appetite, affwages Heat, cools the Liver, strengthens the Heart; is an *Antifcorbutic*, resisting Putrefaction, and imparting so grateful a quickness to the rest, as supplies the want of *Orange, Limon*, and other *Omphacia*, and therefore never to be excluded. Vide *Wood-Sorrel*.

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62. Sow-thistle, *Sonchus*; of the *Intybus-kind*. *Galen* was us'd to eat it as *Lettuce*; exceedingly welcome to the late *Morocco*. Ambaffador and his Retinue.

63. Sparagus, *Asparagus* (*ab Asperitate*) temperately hot, and moist; *Cordial, Diuretic*, easie of Digestion, and next to *Flesh*, nothing more nourishing, as *Sim. Sethius*, an excellent Physician holds. They are sometimes, but very seldom, eaten raw with *Oyl*, and *Vinegar*; but with more delicacy (the bitternefs first exhausted) being so speedily boil'd, as not to lose the *verdure* and agreeable tendernefs; which is done by letting the Water boil, before you put them in. I do not esteem the *Dutch* great and larger sort (especially rais'd by the ranknefs of the Beds) so sweet and agreeable, as those of a moderate size.

64. Spinach, *Spinachia*: of old not us'd in *Sallets*, and the oftner kept out the better; I speak of the *crude*: But being boil'd to a *Pult*, and without other Water than its own moisture, is a most excellent Condiment with *Butter, Vinegar*, or *Limon*, for almost all sorts of boil'd *Flesh*, and may accompany a Sick Man's Diet. 'Tis *Laxative* and *Emollient*, and therefore profitable for the Aged, and (tho' by original a *Spaniard*) may be had at almost any Season, and in all places.

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Stone-Crop, *Sedum Minus*. See *Trick-Madame*.

65. Succory, *Cichorium*, an *Intube*; erratic and wild, with a narrow dark Leaf, different from the *Sative*, tho' probably by culture only; and for being very bitter, a little *edulcorated* with *Sugar* and *Vinegar*, is by some eaten in the Summer, and more grateful to the Stomach than the Palate. See *Endive*.

66. Tansy, *Tanacetum*; hot and cleansing; but in regard of its domineering relief, sparingly mixt with our cold *Sallet*, and much fitter (tho' in very small quantity) for the Pan, being qualified with the Juices of other fresh Herbs, *Spinach, Green Corn, Violet, Primrose-Leaves*, &c. at entrance of the Spring, and then fried brownish, is eaten hot with the Juice of *Orange* and *Sugar*, as one of the most agreeable of all the boil'd *Herbaceous* Dishes.

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67. Tarragon, *Draco Herba*, of *Spanish* Extraction; hot and spicy: The Tops and young Shoots, like those of *Rochet*, never to be fecluded our Composition, especially where there is much *Lettuce*. 'Tis

highly cordial and friendly to the Head, Heart, Liver, correcting the weaknefs of the Ventricle, &c.

68. Thistle, *Carduus Mariæ*; our Lady's milky or dappl'd Thistle, difarm'd of its Prickles, is worth esteem: The young Stalk about *May*, being peel'd and foak'd in Water, to extract the bitternefs, boil'd or raw, is a very wholfome *Sallet*, eaten with *Oyl*, *Salt*, and *Peper*; some eat them foddin in proper Broath, or bak'd in Pies, like the *Artichoak*; but the tender Stalk boil'd or fry'd, fome preferr; both Nourifhing and Reftorative.

69. Trick-Madame, *Sedum minus*, Stone-Crop; is cooling and moift, grateful to the Stomach. The *Cimata* and Tops, when young and tender, drefs'd as *Purfelane*, is a frequent Ingredient in our cold *Sallet*.

70. Turnep, *Rapum*; moderately hot and moift: *Napus*; the long *Navet* is certainly the moft delicate of them, and best Nourifhing. *Pliny* fpeaks of no fewer than fix forts, and of feveral Colours; fome of which were fufpected to be artificially tinged. But with us, the yellow is preferr'd; by others the red *Bohemian*. But of whatever kind, being fown upon the *Hot-bed*, and no bigger than feedling *Radifh*, they do excellently in Compoition; as do alfo the Stalks of the common *Turnep*, when firft beginning to Bud. [46]

And here fhould not be forgotten, that wholfome, as well as agreeable fort of *Bread*, we are ⁴²taught to make; and of which we have eaten at the greateft Perfons Tables, hardly to be diftinguifh'd from the beft of *Wheat*.

Let the *Turneps* firft be peel'd, and boil'd in Water till foft and tender; then ftrongly preffing out the Juice, mix them together, and when dry (beaten or pounded very fine) with their weight of Wheat-Meal, feafon it as you do other *Bread*, and knead it up; then letting the Dough remain a little to *ferment*, fafhion the Pafte into Loaves, and bake it like common Bread.

Some roaft *Turneps* in a Paper under the Embers, and eat them with *Sugar* and *Butter*. [47]

71. Vine, *Vitis*, the *Capreols*, *Tendrels*, and *Clafpers* (like thofe of the *Hop*, &c.) whilft very young, have an agreeable *Acid*, which may be eaten alone, or with other *Sallet*.

72. Viper-grafs, *Tragopogon*, *Scorzonera*, *Salfifex*, &c. tho' Medicinal, and excellent againft the *Palpitation of the Heart*, *Faintings*, *Obftruction of the Bowels*, &c. are befides a very fweet and pleafant *Sallet*; being laid to foak out the bitternefs, then peel'd, may be eaten raw, or *Condited*; but beft of all ftew'd with *Marrow*, *Spice*, *Wine*, &c. as *Artichoak*, *Skirrets*, &c. fliced or whole. They likewife may bake, fry, or boil them; a more excellent Root there is hardly growing.

73. Wood-Sorrel, *Trifolium acetofum*, or *Alleluja*, of the nature of other *Sorrels*.

To all which might we add fundry more, formerly had in *deliciis*, fince grown *obfolete* or quite neglected with us: As among the nobleft *Bulbs*, that of the *Tulip*; a Root of which has been valued not to eat, but for the *Flower* (and yet eaten by miftake) at more than an hundred Pounds. The young frefh *Bulbs* are fweet and high of tafte. The *Aphodil* or *Daffodil*; a *Sallet* fo rare in *Hefiod's* Days, that *Lobel* thinks it the *Parfnep*, tho' not at all like it; however it was (with the *Mallow*) taken anciently for any *Edule-Root*. [48]

The *Ornithogalons* roafted, as they do *Cheftnuts*, are eaten by the *Italians*, the wild yellow efpecially, with *Oyl*, *Vinegar*, and *Peper*. And fo the fmall *tuberous* Roots of *Gramen Amygdalofum*; which they alfo roaft, and make an *Emulfion* of, to ufe in Broaths as a great Reftorative. The *Oxylapathum*, us'd of old; in the time of *Galen* was eaten frequently. As alfo *Dracontium*, with the Mordicant *Arum Theophrasti*, which *Dodonæus* teaches how to Drefs. Nay, divers of the *Satyrions*, which fome condited with *Sugar*, others boil'd in Milk for a great Nourifher, now difcarded. But what think we of the *Cicuta*, which there are who reckon among *Sallet* Herbs? But whatever it is in any other Country, 'tis certainly Mortiferous in ours. To these add the *Viola Matronalis*, *Radix Lunaria*, &c. nay, the *Green Poppy*, by moft accounted among the deadly Poyfons: How cautious then ought our *Sallet-Gatherers* to be, in reading ancient Authors; left they happen to be impos'd on, where they treat of Plants, that are familiarly eaten in other Countries, and among other Nations and People of more robuft and ftrong conftitutions? befides the hazard of being miftaken in the Names of divers *Simples*, not as yet fully agreed upon among the Learned in *Botany*. [49]

There are befides feveral remaining, which tho' *Abdicated* here with us, find Entertainment ftill

in Foreign Countries: As the large *Heliotrope* and Sun-flower (e're it comes to expand, and flew its golden Face) which being drefs'd as the *Artichoak*, is eaten for a dainty. This I add as a new Difcovery. I once made *Macaroons* with the ripe blanch'd Seeds, but the *Turpentine* did fo domineer over all, that it did not anfwer expectation. The *Radix Perfonata* mounting with their young Heads, *Lyfimachia filiquofa glabra minor*, when frefh and tender, begins to come into the *Sallet-Tribe*. The pale whiter *Popy*, is eaten by the *Genouefe*. By the *Spaniards*, the tops of *Wormwood* with *Oyl* alone, and without fo much as *Bread*; profitable indeed to the Stomach, but offensive to the Head; As is alfo *Coriander* and *Rue*, which *Galen* was accuftom'd to eat raw, and by it felf, with *Oyl* and *Salt*, as exceedingly grateful, as well as wholfome, and of great vertue againft Infection. *Pliny*, I remember, reports it to be of fuch effect for the Prefervation of *Sight*; that the *Painters* of his Time, us'd to devour a great quantity of it. And it is ftill by the *Italians* frequently mingled among their *Sallets*. The *Lapatha Perfonata* (common *Burdock*) comes now and then to the beft Tables, about *April*, and when young, before the *Burrs* and *Clots* appear, being ftrip'd, and the bitternefs foaked out, treated as the *Chardoon*, is eaten in *Poiverade*; Some alfo boil them. More might here be reckon'd up, but thefe may fuffice; fince as we find fome are left off, and gone out, fo others be introduc'd and come in their room, and that in much greater Plenty and Variety, than was ever known by our Ancestors. The *Cucumber* it felf, now fo univerfally eaten, being accounted little better than *Poyfon*, even within our Memory, as already noted.

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To conclude, and after all that has been faid of Plants and *Salleting*, formerly in great efteem, (but fince obfolete and quite rejected); What if the exalted Juice of the ancient *Silphium* fhould come in, and challenge the Precedency? It is a ⁴³Plant formerly fo highly priz'd, and rare for the richnefs of its Tafte and other Vertues; that as it was dedicated to *Apollo*, and hung up in his Temple at *Delphi*; So we read of one fingle Root brought to the Emperor *Nero* for an extraordinary Prefent; and the Drug fo efteem'd, that the *Romans* had long before amafs'd a quantity of it, and kept it in the Treafury, till *Julius Cæfar* rob'd it, and took this away, as a thing of mighty value: In a word, it was of that Account; that as a facred Plant, thofe of the *Cyrenaic Africa*, honour'd the very Figure of it, by ftamping it on the Reverfe of their ⁴⁴Coin; and when they would commend a thing for its worth to the Skies, **Βατ-ου σιλφίου**, grew into a Proverb: *Battus* having been the Founder of the City *Cyrene*, near which it only grew. 'Tis indeed contefted among the Learned *Botanofophifts*, whether this Plant was not the fame with *Laferpitium*, and the Lafer it yields, the odoriferous ⁴⁵*Benzoin*? But doubtlefs had we the true and genuine *Silphium* (for it appears to have been often fophifticated, and a fpurious fort brought into *Italy*) it would foon recover its priftine Reputation, and that it was not celebrated fo for nothing extraordinary; fince befides its Medicinal Vertue; it was a wonderful Corroborater of the Stomach, a Reftorer of loft Appetite, and Mafculine Vigour, &c. and that they made ufe of it almoft in every thing they eat.

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But fhould we now really tell the World, that this precious Juice is, by many, thought to be no other than the ⁴⁶*Faetid Affa* our nicer *Sallet-Eaters* (who yet beftow as odious an Epithet on the vulgar *Garlick*) would cry out upon it as intolerable, and perhaps hardly believe it: But as *Ariftophanes* has brought it in, and fufficiently defcrib'd it; fo the *Scholiaft* upon the place, puts it out of Controverfy: And that they made ufe both of the *Leaves*, *Stalk*, (and *Extract* efpecially) as we now do *Garlick*, and other *Hautgouts* as naufeous altogether. In the mean time, *Garcius*, *Bontius*, and others, affure us, that the *Indians* at this day univerfally fauce their Viands with it; and the *Bramins* (who eat no Flefh at all) enrich their *Sallets*, by constantly rubbing the Difhes with it. Nor are fome of our own fkilful *Cooks* Ignorant, how to condite and ufe it, with the Applaufe of thofe, who, ignorant of the Secret, have admir'd the richnefs of the Guft it has imparted, when it has been fubftituted inftead of all our *Cipollati*, and other feafonings of that Nature.

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And thus have we done with the various *Species* of all fuch *Efculents* as may properly enter the Compofition of our *Acetaria*, and cold *Sallet*. And if I have briefly touch'd upon their Natures, Degrees, and *primary Qualities*, which *Intend* or *Remit*, as to the Scale of *Heat*, *Cold*, *Drinefs*, *Moifture*, &c. (which is to be underftood according to the different Texture of their *component Particles*) it has not been without what I thought neceffary for the Inftitution of the *Gatherer*, and *Sallet-Dreffer*; how he ought to choofe, fort, and mingle his Materials and Ingredients together.

What Care and Circumfpection fhould attend the choice and collection of *Sallet* Herbs, has been partly fhew'd. I can therefore, by no means, approve of that extravagant Fancy of fome, who tell us, that a *Fool* is as fit to be the *Gatherer* of a *Sallet* as a *Wifer* Man. Befeaufe, fay they, one can hardly choofe amifs, provided the Plants be green, young, and tender, where-ever they meet with them:

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But fad experience fhews, how many fatal Miftakes have been committed by thofe who took the deadly *Cicutæ*, *Hemlocks*, *Aconits*, &c. for *Garden Perfley*, and *Parfneps*; the *Myrrhis Sylveftris*, or *Cow-Weed*, for *Chaerophilum*, (*Chervil*) *Thapfia* for *Fennel*; the wild *Chondrilla* for *Succory*; *Dogs-Mercury* inftead of *Spinach*: *Papaver Corniculatum Luteum*, and horn'd *Poppy* for *Eringo*; *Oenanthe aquatica* for the *Paluftral Apium*, and a world more, whofe dire effects have been many times fudden Death, and the caufe of Mortal Accidents to thofe who have eaten of them unwittingly: But fupposing fome of thofe wild and unknown Plants fhould not prove fo *deleterious* and ⁴⁷unwholfome; yet may others of them annoy the *Head*, *Brain*, and *Genus Nervofum*, weaken the *Eyes*, offend the *Stomach*, affect the *Liver*, torment the *Bowels*, and difcover their malignity in dangerous and dreadful *Symptoms*. And therefore fuch *Plants* as are rather *Medicinal* than *Nourifhing* and *Refreshing*, are ftudioufly to be rejected. So highly neceffary it is, that what we fometimes find in *old Books* concerning *Edules* of other Countries and Climates (frequently call'd by the Names of fuch as are wholfome in ours, and among us) miflead not the unskilful Gatherer; to prevent which we read of divers *Popes* and *Emperors*, that had fometimes Learned *Phyficians* for their *Mafter-Cooks*. I cannot therefore but exceedingly approve of that charitable Advice of Mr. *Ray* ⁴⁸(*Tranfact. Num.* 238.) who thinks it the Intereft of Mankind, that all Perfons fhould be caution'd of advent'ring upon unknown Herbs and Plants to their Prejudice: Of fuch, I fay, with our excellent ⁴⁹*Poet* (a little chang'd)

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*Happy from fuch conceal'd, if ftill do lie,
Of Roots and Herbs the unwholfome Luxury.*

The Illuftrious and Learned *Columna* has, by obferving what ⁵⁰*Infects* did ufually feed on, make Conjectures of the Nature of the Plants. But I fhould not fo readily adventure upon it on that account, as to its wholfomnefs: For tho' indeed one may fafely eat of a *Peach* or *Abricot*, after a *Snail* has been Tafter, I queftion whether it might be fo of all other Fruits and Herbs attack'd by other *Infects*: Nor would one conclude, the *Hyofcyamus* harmlefs, becaufe the *Cimex* feeds upon it, as the Learned Dr. *Lyfter* has difcover'd. Notice fhould therefore be taken what *Eggs* of *Infects* are found adhering to the Leaves of *Sallet-Herbs*, and frequently cleave fo firmly to them, as not eafily to be wafh'd off, and fo not being taken notice of, paffing for accidental and harmlefs Spots only, may yet produce very ill effects.

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Grillus, who according to the Doctrine of *Tranfmigration* (as *Plutarch* tells us) had, in his turn, been a *Beaft*; difcourfes how much better he fed, and liv'd, than when he was turn'd to *Man* again, as knowing then, what Plants were beft and moft proper for him: Whilft Men, *Sarcophagifts* (Flefh-Eaters) in all this time were yet to feek. And 'tis indeed very evident, that Cattel, and other *πανφαγα*, and *herbaceous* Animals which feed on Plants, are directed by their Smell, and accordingly make election of their Food: But Men (befides the *Smell* and *Tafte*) have, or fhould have, *Reafon*, *Experience*, and the Aids of *Natural Philofophy* to be their Guides in this Matter. We have heard of *Plants*, that (like the *Bafilisk*) kill and infect by ⁵¹looking on them only; and fome by the touch. The truth is, there's need of all the Senfes to determine *Analogically* concerning the Vertues and Properties, even of the *Leaves* alone of many *Edule Plants*: The moft eminent Principles of near the whole Tribe of *Sallet* Vegetables, inclining rather to *Acid* and *Sowre* than to any other quality, efpecially, Salt, Sweet, or Lufcious. There is therefore Skill and Judgment requir'd, how to fuit and mingle our *Sallet*-Ingredients, fo as may beft agree with the Conftitution of the (vulgarly reputed) *Humors* of thofe who either ftand in need of, or affect thefe Refreshments, and by fo adjusting them, that as nothing fhould be fuffer'd to domineer, fo fhould none of them lofe their genuine Guft, Savour, or Vertue. To this end,

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The Cooler, and moderately refreshing, fhould be chofen to extinguifh Thirft, attemper the Blood, reprefs Vapours, &c.

The Hot, Dry, Aromatic, Cordial and friendly to the Brain, may be qualify'd by the Cold and Moift: The Bitter and Stomachical, with the *Sub-acid* and gentler Herbs: The *Mordicant* and pungent, and fuch as reprefs or difcufs Flatulency (revive the Spirits, and aid Concoction;) with fuch as abate, and take off the keennefs, mollify and reconcile the more harfh and churlifh: The mild and infipid, animated with *piquant* and brisk: The Aftringent and Binders, with fuch as are Laxative and Deobftruct: The over-fluggifh, raw, and unactive, with thofe that are Eupeptic, and promote Concoction: There are *Pectorals* for the Breaft and Bowels. Thofe of middle Nature, according as they appear to be more or lefs *Specific*; and as their Characters (tho' briefly) are defcrib'd in our foregoing *Catalogue*: For notwithstanding it feem in general, that raw *Sallets* and *Herbs* have

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experimentally been found to be the most foveraign Diet in that *Endemial* (and indeed with us, *Epidemical* and almoft univerfal) Contagion the *Scorbute*, to which we of this Nation, and moft other *Ilanders* are obnoxious; yet, fince the *Nafturtia* are fingly, and alone as it were, the moft effectual, and powerful Agents in conquering and expugning that cruel Enemy; it were enough to give the *Sallet-Dreffer* direction how to choofe, mingle, and proportion his Ingredients; as well as to fhew what Remedies there are contain'd in our Magazine of *Sallet-Plants* upon all Occafions, rightly marfhall'd and skilfully apply'd. So as (with our ⁵²fweet *Cowley*)

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*If thro' the ftrong and beauteous Fence
Of Temperance and Innocence,
And wholfome Labours, and a quiet Mind,
Difeafes paffage find;
They muft not think here to affail
A Land unarm'd, or without Guard,
They muft fight for it, and difpute it hard,
Before they can prevail;
Scarce any Plant is ufed here,
Which 'gainft fome Aile a Weapon does not bear.*

We have faid how neceffary it is, that in the Compofure of a *Sallet*, every Plant fhould come in to bear its part, without being over-power'd by fome Herb of a ftronger Taft, fo as to endanger the native *Sapor* and vertue of the reft; but fall into their places, like the *Notes* in *Mufic*, in which there fhould be nothing harfh or grating: And tho' admitting fome *Discords* (to diftinguifh and illuftrate the reft) ftriking in the more fprihtly, and fometimes gentler Notes, reconcile all Diffonancies, and melt them into an agreeable Compofition. Thus the Comical *Mafter-Cook*, introduc'd by *Damoxenus*, when asked πῶς εἰς αὐτοῖς οὐμονία; *What Harmony there was in Meats?* The very fame (fays he) that a *Diateffaron*, *Diapente*, and *Diapafon* have one to another in a Confort of *Mufic*: And that there was as great care requir'd, not to mingle ⁵³*Sapores minime confentientes*, jarring and repugnant Taftes; looking upon him as a lamentable Ignorant, who fhould be no better vers'd in *Democritus*. The whole Scene is very diverting, as *Athenæus* prefents it; and to the fame fenfe *Macrobius*, *Saturn. lib. I. cap. I.* In fhort, the main Skill of the Artift lies in this:

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*What choice to choofe, for delicacy beft;
What Order fo contriv'd, as not to mix
Taftes not well join'd, inelegant, but bring
Taft after Taft, upheld by kindlieft change.*

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As our ⁵⁴*Paradifian Bard* introduces Eve, dreffing of a *Sallet* for her *Angelical* Gueft.

Thus, by the difcreet choice and mixture of the *Oxoleon* (*Oyl*, *Vinegar*, *Salt*, &c.) the Compofition is perfect; fo as neither the *Prodigal*, *Niggard*, nor *Inflipid*, fhould (according to the *Italian Rule*) prefcribe in my Opinion; fince *One* may be too profufe, the *Other* ⁵⁵over-faving, and the *Third* (like himfelf) give it no Relifh at all: It may be too *fharp*, if it exceed a grateful *Acid*; too *Infulfe* and flat, if the Profufion be extream. From all which it appears, that a Wife-Man is the proper Compofer of an excellent *Sallet*, and how many *Tranfcedences* belong to an accomplifh'd *Sallet-Dreffer*, fo as to emerge an exact *Critic* indeed, He fhould be skill'd in the Degrees, Terms, and various *Species* of Taftes, according to the *Scheme* fet us down in the *Tables* of the Learned ⁵⁶*Dr. Grew*, to which I refer the Curious.

'Tis moreover to be confider'd, that *Edule* Plants are not in all their Taftes and Vertues alike: For as Providence has made us to confift of different Parts and Members, both Internal and External; fo require they different Juices to nourifh and fupply them: Wherefore the force and activity of fome Plants lie in the *Root*; and even the *Leaves* of fome *Bitter-Roots* are fweet, and *è contra*. Of others, in the *Stem*, *Leaves*, *Buds*, *Flowers*, &c. Some exert their Vigour without *Decoction*; others being a little prefs'd or contus'd; others again *Raw*, and beft in Confort; fome alone, and *per fe* without any ὀκενόςια, Preparation, or Mixture at all. Care therefore muft be taken by the *Collector*, that what he gathers anfwer to thefe Qualities; and that as near as he can, they confift (I fpeak of the *cruder Salleting*) of the *Olufcula*, and *ex foliis pubefcentibus*, or (as *Martial* calls them) *Prototomi rudes*, and very tendereft Parts *Gems*, young *Buds*, and even firft Rudiments of their feveral Plants; fuch as we fometimes find in the *Craws* of the *Wood-Culver*, *Stock-Dove*, *Partridge*, *Pheafants*, and other Upland Fowl, where we have a natural *Sallet*, pick'd, and almoft drefs'd to our hands.

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I. Preparatory to the Dressing therefore, let your Herby Ingredients be exquisitely cull'd, and cleans'd of all worm-eaten, flimy, canker'd, dry, spotted, or any ways vitiated Leaves. And then that they be rather discreetly sprinkl'd, than over-much fob'd with Spring-Water, especially *Lettuce*, which Dr. ⁵⁷*Muffet* thinks impairs their Vertue; but this, I suppose he means of the *Cabbage*-kind, whose heads are sufficiently protected by the outer Leaves which cover it. After washing, let them remain a while in the *Cullender*, to drain the superfluous moisture: And lastly, fwing them altogether gently in a clean course Napkin; and so they will be in perfect condition to receive the *Intinctus* following.

II. That the *Oyl*, an Ingredient so indispensibly and highly necessary, as to have obtain'd the name of *Cibarium* (and with us of *Sallet-Oyl*) be very clean, not high-colour'd, nor yellow; but with an Eye rather of a pallid *Olive* green, without Smell, or the least touch of *rancid*, or indeed of any other sensible Taste or Scent at all; but smooth, light, and pleasant upon the Tongue; such as the genuine *Omphacine*, and native *Luca Olives* afford, fit to allay the tartness of *Vinegar*, and other *Acids*, yet gently to warm and humectate where it passes. Some who have an aversion to *Oyl*, substitute fresh *Butter* in its stead; but 'tis so exceedingly clogging to the Stomach, as by no means to be allow'd.

III. *Thirdly*, That the *Vinegar* and other liquid *Acids*, perfectly clear, neither fowre, *Vapid* or spent; be of the best Wine *Vinegar*, whether Distill'd, or otherwise *Aromatiz'd*, and impregnated with the Infusion of *Clove-gillyflowers*, *Elder*, *Roses*, *Rosemary*, *Nasturtium*, &c. enrich'd with the Vertues of the Plant.

A *Verjuice* not unfit for *Sallet*, is made by a *Grape* of that Name, or the green immature Clusters of most other Grapes, press'd and put into a small Vessel to ferment.

IV. *Fourthly*, That the *Salt* (*aliorum Condimentorum Condimentum*, as *Plutarch* calls it) detergent, penetrating, quickning (and so great a restorer of Putrefaction, and universal use, as to have sometimes merited Divine Epithets) be of the brightest *Bay grey-Salt*; moderately dried, and *contus'd*, as being the least Corrosive: But of this, as of *Sugar* also, which some mingle with the *Salt* (as warming without heating) if perfectly refin'd, there would be no great difficulty; provided none, save Ladies, were of the Mefs; whilst the perfection of *Sallets*, and that which gives them the name, consists in the grateful *Saline Acid*-point, temper'd as is directed, and which we find to be most esteem'd by judicious Palates: Some, in the mean time, have been so nice, and luxuriously curious as for the heightning, and (as they affect to speak) giving the utmost *pointant* and *Relevée* in lieu of our vulgar *Salt*, to recommend and cry-up the *Essential-Salts* and *Spirits* of the most Sanative Vegetables; or such of the *Alcalizate* and *Fixt*; extracted from the *Calcination* of *Baulm*, *Rosemary*, *Wormwood*, *Scurvy-grafs*, &c. Affirming that without the gross Plant, we might have healing, cooling, generous, and refreshing *Cordials*, and all the *Materia Medica* out of the *Salt-Cellar* only: But to say no more of this Impertinence, as to *Salts* of *Vegetables*; many indeed there be, who reckon them not much unlike in Operation, however different in *Taste*, *Crytals*, and *Figure*: It being a question, whether they at all retain the Vertues and Faculties of their *Simples*, unless they could be made without *Colcination*. *Franciscus Redi*, gives us his Opinion of this, in a *Process* how they are to be prepar'd; and so does our Learned ⁵⁸Doctor (whom we lately nam'd) whether *Lixivial*, *Essential*, *Marine*, or other factitious *Salts* of Plants, with their Qualities, and how they differ: But since 'tis thought all *Fixed Salts* made the *common way*, are little better than our *common Salt*, let it suffice, that our *Sallet-Salt* be of the best ordinary *Bay-Salt*, clean, bright, dry, and without claminess.

Of *Sugar* (by some call'd *Indian-Salt*) as it is rarely us'd in *Sallet*, it should be of the best refined, white, hard, close, yet light and sweet as the *Madera's*: Nourishing, preserving, cleansing, delighting the Taste, and preferable to *Honey* for most uses. *Note*, That both *this*, *Salt*, and *Vinegar*, are to be proportion'd to the Constitution, as well as what is said of the Plants themselves. The one for cold, the other for hot stomachs.

V. That the *Mustard* (another noble Ingredient) be of the best *Tewksberry*; or else compos'd of the foundest and weightiest *Yorkshire Seed*, exquisitely sifted, winnow'd, and freed from the Husks, a little (not over-much) dry'd by the Fire, temper'd to the confidence of a Pap with *Vinegar*, in which shavings of the *Horfe-Radish* have been steep'd: Then cutting an *Onion*, and putting it into a small Earthen *Gally-Pot*, or some thick *Glafs* of that shape; pour the *Mustard* over it, and close it very well with a *Cork*. There be, who preserve the Flower and Duft of the bruised Seed in a well-stopp'd *Glafs*, to temper, and have it fresh when they please. But what is yet by some esteem'd beyond all these, is

compos'd of the dried Seeds of the *Indian Nasturtium*, reduc'd to Powder, finely bolted, and mixt with a little *Levain*, and fo from time to time made fresh, as indeed all other *Mustard* should be.

Note, That the Seeds are pounded in a Mortar; or bruis'd with a polifh'd *Cannon-Bullet*, in a large wooden Bowl-Difh, or which is moft preferr'd, ground in a *Quern* contriv'd for this purpose only.

VI. *Sixthly*, That the *Pepper* (white or black) be not bruis'd to too small a Duft; which, as we caution'd, is very prejudicial. And here let me mention the *Root* of the *Minor Pimpinella*, or small *Burnet Saxifrage*; which being dried, is by some extoll'd beyond all other *Peppers*, and more wholfom.

Of other *Strewings* and *Aromatizers*, which may likewise be admitted to enrich our *Sallet*, we have already spoken, where we mention *Orange* and *Limon-peel*; to which may also be added, *Jamaica-Pepper*, *Juniper-berries*, &c. as of fingular Vertue. [68]

Nor here should I omit (the mentioning at least of) *Saffron*, which the *German* Housewives have a way of forming into Balls, by mingling it with a little *Honey*; which throughly dried, they reduce to Powder, and sprinkle it over their *Sallets* for a noble *Cordial*. Those of *Spain* and *Italy*, we know, generally make use of this Flower, mingling its golden Tincture with almost every thing they eat; But its being so apt to prevail above every thing with which 'tis blended, we little encourage its admittance into our *Sallet*.

VII. *Seventhly*, That there be the Yolks of fresh and new-laid *Eggs*, boil'd moderately hard, to be mingl'd and mash'd with the *Mustard*, *Oyl*, and *Vinegar*; and part to cut into quarters, and eat with the Herbs.

VIII. *Eighthly*, (according to the *super-curious*) that the *Knife*, with which the *Sallet Herbs* are cut (especially *Oranges*, *Lemons*, &c.) be of *Silver*, and by no means of *Steel*, which all *Acids* are apt to corrode, and retain a Metallic relief of. [69]

IX. *Ninthly* and *Lastly*, That the *Saladiere*, (*Sallet-Difhes*) be of *Porcelane*, or of the *Holland-Delft-Ware*; neither too deep nor shallow, according to the quantity of the *Sallet* Ingredients; *Pewter*, or even *Silver*, not at all so well agreeing with *Oyl* and *Vinegar*, which leave their several Tinctures. And note, That there ought to be one of the Difhes, in which to beat and mingle the Liquid *Vehicles*; and a second to receive the crude Herbs in, upon which they are to be pour'd; and then with a Fork and a Spoon kept continually stirr'd, 'till all the Furniture be equally moisten'd: Some, who are husbands of their *Oyl*, pour at first the *Oyl* alone, as more apt to communicate and diffuse its Slipperiness, than when it is mingled and beaten with the *Acids*; which they pour on last of all; and 'tis incredible how small a quantity of *Oyl* (in this quality, like the gilding of *Wyer*) is sufficient, to imbue a very plentiful assembly of *Sallet-Herbs*.

The *Sallet-Gatherer* likewise should be provided with a light, and neatly made *Withy-Dutch-Basket*, divided into several Partitions. Thus instructed and knowing in the *Apparatus*; the *Species*, *Proportions*, and manner of *Dressing*, according to the several Seasons you have in the following Table. [70]

It being one of the Inquiries of the Noble ⁵⁹Mr. *Boyle*, what *Herbs* were proper and fit to make *Sallets* with, and how best to order them? we have here (by the Assistance of Mr. *London*, His Majesty's Principal Gard'ner) reduc'd them to a competent Number, not exceeding *Thirty Five*; but which may be vary'd and enlarg'd, by taking in, or leaving out, any other *Sallet-Plant*, mention'd in the foregoing List, under these three or four Heads.

But all these sorts are not to be had at the very same time, and therefore we have divided them into the *Quarterly Seasons*, each containing and lasting Three Months.

Note, That by *Parts* is to be understood a *Pugil*; which is no more than one does usually take up between the Thumb and the two next Fingers. By *Falcicule* a reasonable full Grip, or Handful.

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[Transcriber's Note: The following tables have been modified from their original layout. The left-most columns are converted to "section headers", the column headers have been reproduced above each of these new sections, and a horizontal rule added above them to better visually indicate the

restructuring. As you can see from following the link to the image of the table, the original structure is *very wide*.]

[SEE THE ORIGINAL TABLE AS AN IMAGE.](#)

IX. Blanch'd

Species.

- 1. *Endive,*
 - 2. *Cichory,*
 - 3. *Sellery,*
 - 4. *Sweet-Fennel,*
 - 5. *Rampions,*
 - 6. *Roman*
 - 7. *Coffe*
 - 8. *Silefian*
 - 9. *Cabbage*
- } *Lettuce,*

Ordering and Culture.

- Tied-up to Blanch.
- Earth'd-up
- Tied-up to Blanch.
- Tied clofe up.
- Pome and Blanch of themselves.

XXVI. Green Unblanch'd

Species.

- 10. *Lob-Lettuce,*
- 11. *Corn-Sallet,*
- 12. *Purflane,*
- 13. *Creffes* broad,
- 14. *Spinach,* curled,
- 15. *Sorrel* French,
- 16. *Sorrel,* Greenland,
- 17. *Radifh,*
- 18. *Creffes,*
- 19. *Turnep,*
- 20. *Muftard,*
- 21. *Scurvy-grafs,*
- 22. *Chervil,*
- 23. *Burnet,*
- 24. *Rocket,* Spanifh
- 25. *Perfley,*
- 26. *Tarragon,*
- 27. *Mints,*
- 28. *Sampier,*
- 29. *Balm,*
- 30. *Sage,* Red
- 31. *Shalots,*
- 32. *Cives* and *Onion,*
- 33. *Nafturtium,* Indian
- 34. *Rampion,* Belgrade

Ordering and Culture.

- Leaves, all of a midling fize.
- Seed-Leaves, and the next to them.
- The fine young Leaves only, with the first Shoots.
- Only the tender young Leaves.
- The Seed-Leaves, and thofe only next them.
- The Seed-Leaves only.
- The young Leaves immediately after the Seedlings.
- The tender Shoots and Tops.
- The young tender Leaves and Shoots.
- The tender young Leaves.
- The Flowers and Bud-Flowers.

The Seed-Leaves and young Tops.



Month. *January, February, and March.*

**Order.
and
Cult.**

Species.

Proportion.

Blanch'd as before	{	<i>Rampions,</i>	{	10	}	}	Roots in number.
		<i>Endive,</i>		2			
		<i>Succory,</i>		5			
		<i>Fennel, fweet,</i>		10			
		<i>Sellery,</i>		4			
Green and Unblanch'd	{	<i>Lamb-Lettuce,</i>	}	A pugil of each.			
		<i>Lob-Lettuce,</i>		Three parts each.			
		<i>Radifh,</i>		Of each One part.			
		<i>Creffes,</i>		Two parts.			
		<i>Turneps,</i>		One part of each.			
		<i>Muftard Seedlings,</i>		Twenty large Leaves.			
		<i>Scurvy-grafs,</i>		One fmall part of each.			
		<i>Spinach,</i>		Very few.			
		<i>Sorrel, Greenland,</i>		Two pugils or fmall handfuls.			
		<i>Sorrel, French,</i>					
		<i>Chervel, fweet,</i>					
		<i>Burnet,</i>					
		<i>Rocket,</i>					
		<i>Tarragon,</i>					
		<i>Balm,</i>					
<i>Mint,</i>							
<i>Sampier,</i>							
<i>Shalots,</i>							
<i>Cives,</i>							
<i>Cabbage-Winter,</i>							

Month. *April, May, and June.*

**Order.
and
Cult.**

Species.

Proportion.

Blanch'd	{	<i>Lop,</i>	}	<i>Lettuce.</i>	}	Of each a pugil.
		<i>Silefian</i>				
		<i>Winter</i>				
		<i>Roman</i>				
		<i>Winter</i>				
		<i>Radifhes,</i>				Three parts.

Green Herbs
Unblanch'd.
Note, *That*

the young Seedling Leaves of Orange and Limon may all these Months be mingled with the Sallet.

{	<i>Creffes,</i>	Two parts.
	<i>Purfelan,</i>	1 Fafciat, or pretty full gripe.
	<i>Sorrel, French</i>	Two parts.
	<i>Sampier,</i>	One part.
	<i>Onions, young</i>	Six parts.
	<i>Sage-tops, the Red,</i>	Two parts.
	<i>Perfley,</i>	} Of each One part.
	<i>Creffes, the Indian,</i>	
	<i>Lettuce, Belgrade,</i>	
	<i>Trip-Madame,</i>	
	<i>Chervil, fweet,</i>	} Two parts.
<i>Burnet,</i>		

Month. *July, August, and September.*

**Order.
and
Cult.**

Species.

Proportion.

{	<i>Silefian Lettuce,</i>	One whole <i>Lettuce.</i>
	<i>Roman Lettuce,</i>	} Two parts.
	<i>Crefs,</i>	
	<i>Cabbage,</i>	Four parts.
{	<i>Creffes,</i>	} Two parts.
	<i>Nafturtium,</i>	
	<i>Purflane,</i>	} One part.
	<i>Lop-Lettuce,</i>	
	<i>Belgrade, or Crumpen-Lettuce,</i>	Two parts.
	<i>Tarragon,</i>	One part.
	<i>Sorrel, French</i>	} Two parts of each.
	<i>Burnet,</i>	
<i>Trip-Madame,</i>	One part.	

Month. *October, November, and December.*

**Order.
and
Cult.**

Species.

Proportion.

{	<i>Endive,</i>	} Two if large, four if fmall, Stalk and part of the Root and Tendereft Leaves.
	<i>Sellery,</i>	
	<i>Lop-Lettuce,</i>	} An handful of each.
	<i>Lambs-Lettuce,</i>	
	<i>Radifh,</i>	Three parts.
{	<i>Creffes,</i>	Two parts.
	<i>Turneps,</i>	} One part of each.
	<i>Muftard Seedlings,</i>	
	<i>Creffes, broad</i>	} Two parts of each.
<i>Spinach,</i>		

[SEE THE ORIGINAL TABLE AS AN IMAGE.](#)

Farther Directions concerning the proper Seasons for the Gathering, Composing, and Dressing of a Sallet.

AND *First*, as to the *Season* both *Plants* and *Roots* are then properly to be *Gather'd*, and in prime, when most they abound with Juice and in Vigour: Some in the *Spring*, or a little anticipating it before they Blossom, or are in full Flower: Some in the *Autumnal* Months; which later Season many prefer, the Sap of the Herb, tho' not in such exuberance, yet as being then better concocted, and so render'd fit for *Salleting*, 'till the Spring begins a fresh to put forth new, and tender Shoots and Leaves.

This, indeed, as to the *Root*, newly taken out of the Ground is true; and therefore should such have their *Germination* stopp'd the sooner: The approaching and prevailing Cold, both Maturing and Impregnating them; as does Heat the contrary, which now would but exhaust them: But for those other *Esculents* and Herbs employ'd in our *Composition* of *Sallets*, the early *Spring*, and ensuing Months (till they begin to mount, and prepare to *Seed*) is certainly the most natural, and kindly Season to collect and accommodate them for the Table. Let none then consult *Culpeper*, or the *Figure-flingers*, to inform them when the governing *Planet* is in its *Exaltation*; but look upon the *Plants* themselves, and judge of their Vertues by their own Complexions.

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Moreover, in *Gathering*, Respect is to be had to their Proportions, as provided for in the *Table* under that Head, be the Quality whatsoever: For tho' there is indeed nothing more wholesome than *Lettuce* and *Mustard* for the *Head* and *Eyes*; yet either of them eaten in excess, were highly prejudicial to them both: Too much of the *first* extremely debilitating and weakening the *Ventricle*, and hastning the further decay of fickle *Teeth*; and of the *second* the *Optic Nerves*, and *Sight* it self; the like may be said of all the rest. I conceive therefore, a Prudent Person, well acquainted with the Nature and Properties of *Sallet-Herbs*, &c. to be both the fittest *Gatherer* and *Composer* too; which yet will require no great Cunning, after once he is acquainted with our *Table* and *Catalogue*.

We purposely, and *in tranfitu* only, take notice here of the Pickl'd, *Muriated*, or otherwise prepared Herbs; excepting some such Plants, and Proportions of them, as are of hard digestion, and not fit to be eaten altogether *Crude*, (of which in the *Appendix*) and among which I reckon *Alf-keys*, *Broom-buds* and *Pods*, *Haricos*, *Gurkems*, *Olives*, *Capers*, the Buds and Seeds of *Nasturtia*, *Young Wall-nuts*, *Pine-apples*, *Eringo*, *Cherries*, *Cornelians*, *Berberries*, &c. together with several Stalks, Roots, and Fruits; Ordinary Pot-herbs, *Anis*, *Ciftus Hortorum*, *Horminum*, *Pulegium*, *Satureia*, *Thyme*; the intire Family of Pulse and *Legumena*; or other *Sauces*, *Pies*, *Tarts*, *Omlets*, *Tanfie*, *Farces*, &c. *Condites* and Preserves with *Sugar* by the Hand of Ladies; tho' they are all of them the genuine Production of the *Garden*, and mention'd in our *Kalendar*, together with their Culture; whilst we confine our selves to such Plants and *Esculenta* as we find at hand; delight our selves to gather, and are easily prepar'd for an *Extemporary Collation*, or to Usher in, and Accompany other (more Solid, tho' haply not more Agreeable) Dishes, as the Custom is.

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But there now starts up a Question, Whether it were better, or more proper, to *Begin* with *Sallets*, or End and Conclude with them? Some think the harder Meats should first be eaten for better Concoction; others, those of easiest Digestion, to make way, and prevent Obstruction; and this makes for our *Sallets*, *Horarii*, and *Fugaces Fructus* (as they call 'em) to be eaten first of all, as agreeable to the general Opinion of the great *Hippocrates*, and *Galen*, and of *Cellus* before him. And therefore the *French* do well, to begin with their *Herbaceous Pottage*, and for the *Cruder*, a Reason is given:

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⁶⁰*Prima tibi dabitur Ventri Lactuca movendo
Utilis, & Poris fila refecta suis.*

And tho' this Custom came in about Domitian's time⁶¹, ο μ αρκατοι, they anciently did quite the contrary,

⁶²*Gratáque nobilium Lactuca ciborum.*

But of later Times, they were constant at the *Ante-cœnia*, eating plentifully of *Sallet*, especially of *Lettuce*, and more refrigerating Herbs. Nor without Cause: For drinking liberally they were found to expell, and allay the Fumes and Vapors of the *genial Computation*, the spirituous Liquor gently conciliating Sleep: Besides, that being of a crude nature, more dispos'd, and apt to fluctuate,

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corrupt, and disturb a furcharg'd Stomach; they thought convenient to begin with *Sallets*, and innovate the ancient Ufage.

⁶³—*Nam Lactuca innatat acri*
Poft Vinum Stomacho—

For if on drinking Wine you Lettuce eat,
It floats upon the Stomach—

The *Spaniards*, notwithstanding, eat but sparingly of Herbs at Dinner, especially *Lettuce*, beginning with *Fruit*, even before the *Olio* and Hot-Meats come to the Table; drinking their Wine pure, and eating the best Bread in the World; so as it seems the Question still remains undecided with them,

⁶⁴*Claudere quae cœnas Lactuca folebat avorum*
Dic mihi cur nostras inchoat illa dapes?

The *Sallet*, which of old came in at last,
Why now with it begin we our Repast?

And now since we mention'd *Fruit*, there rises another Scruple: Whether *Apples, Pears, Abricots, Cherries, Plums*, and other Tree, and *Ort-yard-Fruit*, are to be reckon'd among *Salleting*; and when likewise most seasonably to be eaten? But as none of these do properly belong to our *Catalogue* of *Herbs* and *Plants*, to which this Discourse is confin'd (besides what we may occasionally speak of hereafter) there is a very useful ⁶⁵Treatise on that Subject already publish'd. We hasten then in the next place to the *Dressing*, and *Composing* of our Sallet: For by this time, our Scholar may long to see the *Rules* reduc'd to *Practice*, and Refresh himself with what he finds growing among his own *Lactuceta* and other Beds of the *Kitchin-Garden*.

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DRESSING

I AM not ambitious of being thought an excellent *Cook*, or of those who set up, and value themselves, for their skill in *Sauces*; such as was *Mithacus* a *Culinary Philosopher*, and other *Eruditæ Gulæ*; who read Lectures of *Hautgouts*, like the *Archestratus* in *Athenæus*: Tho' after what we find the *Heroes* did of old, and see them chining out the slaughter'd *Ox*, dressing the Meat, and do the Offices of both *Cook* and *Butcher*, (for so ⁶⁶*Homer* represents *Achilles* himself, and the rest of those illustrious *Greeks*) I say, after this, let none reproach our *Sallet-Dresser*, or disdain so clean, innocent, sweet, and Natural a Quality; compar'd with the Shambles Filth and *Nidor*, Blood and Cruelty; whilst all the World were *Eaters*, and *Composers* of *Sallets* in its best and brightest Age.

The Ingredients therefore gather'd and proportion'd, as above; Let the *Endive* have all its outside Leaves stripped off, slicing *in* the White: In like manner the *Sellery* is also to have the hollow green Stem or Stalk trimm'd and divided; slicing-in the blanched Part, and cutting the Root into four equal Parts.

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Lettuce, Greffes, Radish, &c. (as was directed) must be exquisitely pick'd, cleans'd, wash'd, and put into the Strainer; swing'd, and shaken gently, and, if you please, separately, or all together; Because some like not so well the *Blanch'd* and Bitter Herbs, if eaten with the rest: Others mingle *Endive, Succory*, and *Rampions*, without distinction, and generally eat *Sellery* by it self, as also Sweet *Fennel*.

From *April* till *September* (and during all the Hot Months) may *Guinny-Pepper*, and *Horfe-Radish* be left out; and therefore we only mention them in the Dressing, which should be in this manner.

Your *Herbs* being handfomely parcell'd, and spread on a clean Napkin before you, are to be mingl'd together in one of the Earthen glaz'd Dishes: Then, for the *Oxoleon*; Take of clear, and perfectly good *Oyl-Olive*, three Parts; of sharpest *Vinegar* (⁶⁷sweetest of all *Condiments*) *Limon*, or

Juice of *Orange*, one Part; and therein let steep some Slices of *Horfe-Radish*, with a little *Salt*; Some in a separate *Vinegar*, gently bruise a *Pod* of *Guinny-Pepper*, straining both the *Vinegars* apart, to make Use of Either, or One alone, or of both, as they best like; then add as much *Tewkesbury*, or other dry *Mustard* grated, as will lie upon an Half-Crown Piece: Beat, and mingle all these very well together; but pour not on the *Oyl* and *Vinegar*, 'till immediately before the *Sallet* is ready to be eaten: And then with the *Yolk* of two new-laid *Eggs* (boyl'd and prepar'd, as before is taught) squash, and bruise them all into mass with a Spoon; and lastly, pour it all upon the *Herbs*, stirring, and mingling them 'till they are well and thoroughly imbib'd; not forgetting the Sprinklings of *Aromaticks*, and such Flowers, as we have already mentioned, if you think fit, and garnishing the Dish with the thin Slices of *Horfe-Radish*, *Red Beet*, *Berberries*, &c.

Note, That the *Liquids* may be made more, or less *Acid*, as is most agreeable to your Taste.

These *Rules*, and *Prescriptions* duly *Observ'd*; you have a *Sallet* (for a Table of Six or Eight Persons) *Dress'd*, and Accommodated *secundum Artem*: For, as the ⁶⁸Proverb has it,

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Ου ωαντος ανδρος εσιν αρτυσαι καλως.

Non est cuiusvis rectè condire.

AND now after all we have advanc'd in favour of the *Herbaceous* Diet, there still emerges a third Inquiry; namely, Whether the Use of *Crude Herbs* and *Plants* are so wholesom as is pretended?

What Opinion the Prince of Physicians had of them, we shall see hereafter; as also what the Sacred Records of elder Times seem to infer, before there were any Fleth-Shambles in the World; together with the Reports of such as are often conversant among many Nations and People, who to this Day, living on *Herbs* and *Roots*, arrive to incredible Age, in constant Health and Vigour: Which, whether attributable to the *Air* and *Climate*, *Custom*, *Constitution*, &c. should be inquir'd into; especially, when we compare the *Antediluvians* mention'd *Gen.* 1. 29--the whole *Fifth* and *Ninth* Chapters, *ver.* 3. confining them to *Fruit* and wholesom Sallets: I deny not that both the *Air* and *Earth* might then be less humid and clammy, and consequently Plants, and Herbs better fermented, concocted, and less Rheumatick, than since, and presently after; to say nothing of the infinite Numbers of putrid Carcasses of Dead Animals, perishing in the Flood, (of which I find few, if any, have taken notice) which needs must have corrupted the Air: Those who live in Marshes, and Uliginous Places (like the Hundreds of *Effex*) being more obnoxious to *Fevers*, *Agues*, *Pleurisies*, and generally unhealthful: The Earth also then a very Bog, compar'd with what it likely was before that destructive *Cataclysm*, when Men breath'd the pure *Paradisiacal* Air, sucking in a more *æthereal*, nourishing, and baulmy *Pabulum*, so foully vitiated now, thro' the Intemperance, Luxury, and softer Education and Effeminacy of the Ages since.

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Custom, and *Constitution* come next to be examin'd, together with the Qualities, and *Vertue* of the Food; and I confess, the two first, especially that of *Constitution*, seems to me the more likely Cause of Health, and consequently of Long-life; which induc'd me to consider of what Quality the usual *Sallet* Furniture did more eminently consist, that so it might become more safely applicable to the Temper, Humour, and Disposition of our Bodies; according to which, the various Mixtures might be regulated and proportion'd: There's no doubt, but those whose Constitutions are Cold and Moist, are naturally affected with Things which are Hot and Dry; as on the contrary, Hot, and Dry Complexions, with such as cool and refrigerate; which perhaps made the *Junior Gordian* (and others like him) prefer the *frigidaë Mensæ* (as of old they call'd *Sallets*) which, according to *Cornelius Celsus*, is the fittest Diet for *Obese* and Corpulent Persons, as not so Nutritive, and apt to Pamper: And consequently, that for the Cold, Lean, and Emaciated; such Herby Ingredients should be made choice of, as warm, and cherish the Natural Heat, depure the Blood, breed a laudable Juice, and revive the Spirits: And therefore my Lord ⁶⁹*Bacon* shews what are best Raw, what Boil'd, and what Parts of Plants fittest to nourish. *Galen* indeed seems to exclude them all, unless well accompanied with their due Correctives, of which we have taken care: Notwithstanding yet, that even the most *Crude* and *Herby*, actually Cold and Weak, may potentially be Hot, and Strengthening, as we find in the most vigorous Animals, whose Food is only Grass. 'Tis true indeed, Nature has providentially mingl'd, and dress'd a *Sallet* for them in every field, besides what they distinguish by Smell; nor question I, but Man at first knew what Plants and Fruits were good, before the Fall, by his Natural Sagacity, and not Experience; which since by Art, and Trial, and long Observation of their Properties and Effects, they hardly recover: But in all Events, supposing with ⁷⁰*Cardan*, that Plants nourish little, they hurt as little. Nay, Experience tells us, that they not only hurt not at all, but exceedingly

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benefit those who use them; indu'd as they are with such admirable Properties as they every day discover: For some Plants not only nourish laudably, but induce a manifest and wholesome Change; as *Onions, Garlick, Rochet, &c.* which are both nutritive and warm; *Lettuce, Purselan, the Intybs, &c.* and indeed most of the *Olera*, refresh and cool: And as their respective Juices being converted into the Substances of our Bodies, they become *Aliment*; so in regard of their Change and Alteration, we may allow them *Medicinal*; especially the greater Numbers, among which we all this while have skill but of very few (not only in the Vegetable Kingdom, but in the whole *Materia Medica*) which may be justly call'd *Infallible Specifics*, and upon whose Performance we may as safely depend, as we may on such as familiarly we use for a Crude *Herb-Sallet*; discreetly chosen, mingl'd, and dress'd accordingly: Not but that many of them may be improv'd, and render'd better in Broths, and Decoctions, than in *Oyl, Vinegar*, and other Liquids and Ingredients: But as this holds not in all, nay, perhaps in few comparatively, (provided, as I said, the Choice, Mixture, Constitution, and *Season* rightly be understood) we stand up in Defence and Vindication of our *Sallet*, against all Attacks and Opposers whoever.

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We have mentioned *Season* and with the great *Hippocrates*, pronounce them more proper for the Summer, than the Winter; and when those Parts of Plants us'd in *Sallet* are yet tender, delicate, and impregnated with the Vertue of the Spring, to cool, refresh, and allay the Heat and Drought of the Hot and *Bilious*, Young and over-*Sanguine*, Cold, *Pituit*, and Melancholy; in a word, for Persons of all Ages, Humours, and Constitutions whatsoever.

To this of the *Annual Seasons*, we add that of *Culture* also, as of very great Importance: And this is often discover'd in the taste and consequently in the Goodness of such Plants and *Salleting*, as are Rais'd and brought us fresh out of the Country, compar'd with those which the Avarice of the *Gardiner*, or Luxury rather of the Age, tempts them to force and *Refuscitate* of the most desirable and delicious Plants.

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It is certain, says a ⁷¹Learned Person, that about populous Cities, where Grounds are over-forc'd for Fruit and early *Salleting*, nothing is more unwholesome: Men in the Country look so much more healthy and fresh; and commonly are longer liv'd than those who dwell in the Middle and Skirts of vast and crowded Cities, environ'd with rotten Dung, loathsome and common Lay Stalls; whose noisome Steams, wafted by the Wind, poison and infect the ambient Air and vital Spirits, with those pernicious Exhalations, and Materials of which they make the *Hot Beds* for the raising those *Præcoces* indeed, and forward Plants and Roots for the wanton Palate; but which being corrupt in the Original, cannot but produce malignant and ill Effects to those who feed upon them. And the same was well observ'd by the *Editor* of our famous *Roger Bacon's* Treatise concerning the *Cure of Old Age*, and *Preservation of Youth*: There being nothing so proper for *Sallet Herbs* and other *Edule Plants*, as the Genial and Natural Mould, impregnate, and enrich'd with well-digested Compost (when requisite) without any Mixture of Garbage, odious Carrion, and other filthy Ordure, not half consum'd and ventilated and indeed reduc'd to the next Disposition of Earth it self, as it should be; and that in Sweet, ⁷²Rising, Aery and moderately Perflatile Grounds; where not only *Plants* but *Men* do last, and live much longer. Nor doubt I, but that every body would prefer Corn, and other Grain rais'd from *Marle, Chalk, Lime*, and other sweet Soil and Amendments, before that which is produc'd from the *Dunghil* only. Beside, Experience shews, that the Rankness of *Dung* is frequently the Cause of Blasts and Smuttiness; as if the *Lord* of the *Universe*, by an Act of visible Providence would check us, to take heed of all unnatural Sordidness and Mixtures. We sensibly find this Difference in Cattle and their Pasture; but most powerfully in *Fowl*, from such as are nourish'd with Corn, sweet and dry Food: And as of Vegetable *Meats*, so of *Drinks*, 'tis observ'd, that the same Vine, according to the Soil, produces a *Wine* twice as heady as in the same, and a less forc'd Ground; and the like I believe of all other Fruit, not to determine any thing of the *Peach* said to be Poison in *Perfia*; because 'tis a *Vulgar Error*.

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Now, because among other things, nothing more betrays its unclean and spurious Birth than what is so impatiently longed after as *Early Asparagus, &c.* ⁷³Dr. *Lifter*, (according to his communicative and obliging Nature) has taught us how to raise such as our *Gardeners* cover with nasty Litter, during the Winter; by rather laying of Clean and Sweet *Wheat-Straw* upon the Beds, *super-feminating* and over-throwing them thick with the Powder of bruised *Oyster-Shells, &c.* to produce that most tender and delicious *Sallet*. In the mean while, if nothing will satisfy save what is rais'd *Ex tempore*, and by Miracles of Art so long before the time; let them study (like the *Adepti*) as did a very ingenious Gentleman whom I knew; That having some Friends of his accidentally come to Dine

with him, and wanting an early Sallet, Before they fate down to Table, fowed *Lettuce* and some other Seeds in a certain Composition of Mould he had prepared; which within the space of two Hours, being rifen near two Inches high, presented them with a delicate and tender *Sallet*; and this, without making use of any nauseous or fulsome Mixture; but of Ingredients not altogether so cheap perhaps. *Honoratus Faber* (no mean *Philosopher*) shews us another Method by sowing the Seeds steep'd in *Vinegar*, casting on it a good quantity of *Bean-Shell* Ashes, irrigating them with *Spirit of Wine*, and keeping the Beds well cover'd under dry Matts. Such another Process for the raising early *Peas* and *Beans*, &c. we have the like ⁷⁴Accounts of: But were they practicable and certain, I confess I should not be fonder of them, than of such as the honest industrious Country-man's Field, and Good Wife's Garden seasonably produce; where they are legitimately born in just time, and without forcing Nature.

But to return again to *Health* and *Long Life*, and the Wholesomeness of the Herby-Diet, ⁷⁵*John Beverovicus*, a Learn'd Physician (out of *Peter Moxa*, a *Spaniard*) treating of the extream Age, which those of *America* usually arrive to, asserts in behalf of Crude and Natural Herbs: *Diphilus* of old, as ⁷⁶*Athenæus* tells us, was on the other side, against all the Tribe of *Olera* in general; and *Cardan* of late (as already noted) no great Friend to them; Affirming Flesh-Eaters to be much wiser and more sagacious. But this his ⁷⁷Learned Antagonist utterly denies; Whole Nations, Flesh-Devourers (such as the farthest *Northern*) becoming Heavy, Dull, Unactive, and much more Stupid than the *Southern*; and such as feed much on Plants, are more Acute, Subtil, and of deeper Penetration: Witness the *Chaldæans*, *Affyrians*, *Ægyptians*, &c. And further argues from the short Lives of most *Carnivorous* Animals, compared with Grafs Feeders, and the Ruminating kind; as the *Hart*, *Camel*, and the longævous *Elephant*, and other Feeders on Roots and Vegetables.

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I know what is pretended of our Bodies being composed of *Diffimilar* Parts, and so requiring Variety of Food: Nor do I reject the Opinion, keeping to the same *Species*; of which there is infinitely more Variety in the *Herby* Family, than in all Nature besides: But the Danger is in the *Generical* Difference of *Flesh*, *Fish*, *Fruit*, &c. with other made Dishes and exotic Sauces; which a wanton and expensive Luxury has introduc'd; debauching the Stomach, and sharpening it to devour things of such difficult Concoction, with those of more easie Digestion, and of contrary Substances, more than it can well dispose of: Otherwise Food of the same kind would do us little hurt: So true is that of ⁷⁸*Celfus*, *Eduntur facilius; ad concoctionem autem materiæ, genus, & modus pertineat*. They are (says he) easily eaten and taken in: But regard should be had to their Digestion, Nature, Quantity and Quality of the Matter. As to that of *Diffimilar* Parts, requiring this contended for Variety: If we may judge by other Animals (as I know not why we may not) there is (after all the late Contests about *Comparative Anatomy*) so little Difference in the Structure, as to the Use of those Parts and Vessels destin'd to serve the Offices of Concoction, Nutrition, and other Separations for Supply of Life, &c. That it does not appear why there should need any Difference at all of Food; of which the most simple has ever been esteem'd the best, and most wholesome; according to that of the ⁷⁹Naturalist, *Hominis cibus utilissimus simplex*. And that so it is in other Animals, we find by their being so seldom afflicted with Mens Distempers, deriv'd from the Causes above-mentioned: And if the many Diseases of *Horses* seem to ⁸⁰contradict it, I am apt to think it much imputable to the Rack and Manger, the dry and wither'd Stable Commons, which they must eat or starve, however qualified; being restrained from their Natural and Spontaneous Choice, which Nature and Instinct directs them to: To these add the Cloveness of the Air, standing in an almost continu'd Posture; besides the fulsome Drenches, unseasonable Watrings, and other Practices of ignorant *Horse-Quacks* and surly Grooms: The Tyranny and cruel Usage of their Masters in tiring Journeys, hard, labouring and unmerciful Treatment, Heats, Colds, &c. which wear out and destroy so many of those useful and generous Creatures before the time: Such as have been better us'd, and some, whom their more gentle and good-natur'd Patrons have in recompence of their long and faithful service, dismiss'd, and sent to Pasture for the rest of their Lives (as the *Grand Seigneur* does his *Meccha-Camel*) have been known to live *forty*, *fifty*, nay (says ⁸¹*Aristotle*.) no fewer than *sixty five* Years. When once Old *Par* came to change his simple, homely Diet, to that of the *Court* and *Arundel-House*, he quickly sunk and dropt away: For, as we have shew'd, the Stomack easily concocts plain, and familiar Food; but finds it an hard and difficult Task, to vanquish and overcome Meats of ⁸²different Substances: Whence we so often see temperate and abstemious Persons, of a Collegiate Diet, very healthy; Husbandsmen and laborious People, more robust, and longer liv'd than others of an uncertain extravagant Diet.

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*Ut noceant Homini, credas, memor illius escae,
Quae simplex olim tibi federit—*

For different Meats do hurt;
Remember how
When to one Dish confin'd, thou
healthier waft than now:

was *Ofellus's Memorandum* in the Poet.

Not that variety (which God has certainly ordain'd to delight and affist our Appetite) is unneceffary, nor any thing more grateful, refreshing and proper for thofe efpecially who lead fedentary and ftudious Lives; Men of deep Thought, and fuch as are otherwife disturb'd with Secular Cares and Bufineffes, which hinders the Function of the Stomach and other Organs: whilft thofe who have their Minds free, ufe much Exercife, and are more active, create themfelves a natural Appetite, which needs little or no Variety to quicken and content it. [93]

And here might we atteft the *Patriarchal* World, nay, and many Perfons fince; who living very temperately came not much fhort of the *Poft-Diluvians* themfelves, counting from *Abraham* to this Day; and fome exceeding them, who liv'd in pure Air, a conftant, tho' courfe and fimple Diet; wholfome and uncompounded Drink; that never tafted *Brandy* or *Exotic Spirits*; but us'd moderate Exercife, and obferv'd good Hours: For fuch a one a curious Miffionary tells us of in Perfia; who had attain'd the Age of *four hundred Years*, (a full *Century* beyond the famous *Johannes de Temporibus*) and was living *Anno* 1636, and fo may be ftill for ought we know. But, to our Sallet.

Certain it is, Almighty God ordaining ⁸⁴*Herbs* and *Fruit* for the Food of Men, fpeaks not a Word concerning *Flefh* for two thoufand Years. And when after, by the *Mofaic* Conftitution, there were Diftinctions and Prohibitions about the legal Uncleannefs of *Animals*; *Plants*, of what kind foever, were left free and indifferent for every one to choofe what beft he lik'd. And what if it was held undecent and unbecoming the Excellency of Man's Nature, before Sin entred, and grew enormoufly wicked, that any Creature fhould be put to Death and Pain for him who had fuch infinite ftore of the moft delicious and nourifhing Fruit to delight, and the Tree of Life to fuftain him? Doubtlefs there was no need of it. Infants fought the Mother's Nipple as foon as born; and when grown, and able to feed themfelves, run naturally to Fruit, and ftill will choofe to eat it rather than Flefh and certainly might fo perfift to do, did not Cuftom prevail, even againft the very Dictates of Nature: Nor, queftion I, but that what the Heathen ⁸⁵*Poets* recount of the Happinefs of the *Golden Age*, fprung from fome Tradition they had received of the *Paradifian* Fare, their innocent and healthful Lives in that delightful Garden. Let it fuffice, that *Adam*, and his yet innocent Spoufe, fed on Vegetables and other Hortulan Productions before the fatal Lapfe; which, by the way, many Learned Men will hardly allow to have fallen out fo foon as thofe imagine who fcarcely grant them a fingle Day; nay, nor half a one, for their Continuance in the State of Original Perfection; whilft the fending him into the Garden; Inftuctions how he fhould keep and cultivate it; Edict, and Prohibition concerning the *Sacramental* Trees; the Impofition of ⁸⁶Names, fo appofite to the Nature of fuch an Infinity of Living Creatures (requiring deep Infpection) the Formation of *Eve*, a meet Companion to relieve his Solitude; the Solemnity of their Marriage; the Dialogues and Succes of the crafty Tempter, whom we cannot reasonably think made but one Affault: And that they fhould fo quickly forget the Injunction of their Maker and Benefactor; break their Faith and Faft, and all other their Obligations in fo few Moments. I fay, all thefe Particulars confider'd; Can it be fuppofed they were fo foon tranfacted as thofe do fancy, who take their Meafure from the Summary *Mofes* gives us, who did not write to gratifie Mens Curiofity, but to tranfmit what was neceffary and fufficient for us to know. [94] [95]

This then premis'd (as I fee no Reafon why it fhould not) and that during all this Space they liv'd on *Fruits* and *Sallets*; 'tis little probable, that after their Tranfgreffion, and that they had forfeited their Dominion over the Creature (and were fentenc'd and exil'd to a Life of Sweat and Labour on a curfed and ungrateful Soil) the offended God fhould regale them with Pampering *Flefh*, or fo much as fuffer them to flay the more innocent Animal: Or, that if at any time they had Permiiffion, it was for any thing fave Skins to cloath them, or in way of Adoration, or *Holocaust* for Expiation, of which nothing of the *Flefh* was to be eaten. Nor did the Brutes themfelves fubfift by Prey (tho' pleas'd perhaps with Hunting, without deftroying their Fellow Creatures) as may be prefum'd from their long Seclufion of the moft Carnivorous among them in the Ark. [96]

Thus then for two thousand Years, the Universal Food was *Herbs and Plants*; which abundantly recompens'd the Want of *Flesh* and other luxurious Meats, which shortned their Lives so many hundred Years; the ⁸⁷ μακρο-βιοτη-α of the Patriarchs, which was an Emblem of Eternity as it were (after the new Concession) beginning to dwindle to a little Span, a Nothing in Comparison. [97]

On the other side, examine we the present Usages of several other Heathen Nations; particularly (besides the *Aegyptian* Priests of old) the *Indian Bramins*, Relicts of the ancient *Gymnosophists* to this Day, observing the Institutions of their Founder. *Flesh*, we know was banish'd the *Platonic* Tables, as well as from those of *Pythagoras*; (See ⁸⁸ *Porphyry* and their Disciples) tho' on different Accounts. Among others of the Philosophers, from *Xenocrates*, *Polemon*, &c. we hear of many. The like we find in ⁸⁹ *Clement Alexand.* ⁹⁰ *Eusebius* names more. *Zeno*, *Archinomus*, *Phraartes*, *Chiron*, and others, whom *Lærtius* reckons up. In short, so very many, especially of the Christian Profession, that some, even of the ancient ⁹¹ Fathers themselves, have almost thought that the Permission of eating *Flesh* to *Noah* and his Sons, was granted them no otherwise than *Repudiation* of Wives was to the *Jews*, namely, for *the Hardness of their Hearts*, and to satisfy a murmuring Generation that a little after loathed *Manna* it self, and *Bread from Heaven*. So difficult a thing it is to subdue an unruly Appetite; which notwithstanding ⁹² *Seneca* thinks not so hard a Task; where speaking of the Philosopher *Sextius*, and *Socion's* (abhorring Cruelty and Intemperance) he celebrates the Advantages of the *Herby* and *Sallet* Diet, as *Physical*, and *Natural* Advancers of Health and other Blessings; whilst Abstinence from *Flesh* deprives Men of nothing but what *Lions*, *Vultures*, Beasts and birds of Prey, blood and gorge themselves withal, The whole *Epistle* deserves the Reading, for the excellent Advice he gives on this and other Subjects; and how from many troublesome and flavish Impertinencies, grown into Habit and Custom (old as he was) he had Emancipated and freed himself: Be this apply'd to our present excessive Drinkers of Foreign and *Exotic* Liquors. And now [98]

I am sufficiently sensible how far, and to how little purpose I am gone on this *Topic*: The Ply is long since taken, and our raw *Sallet* deckt in its best Trim, is never like to invite Men who once have tasted *Flesh* to quit and abdicate a Custom which has now so long obtain'd. Nor truly do I think Conscience at all concern'd in the Matter, upon any Account of Distinction of *Pure* and *Impure*; tho' feriously consider'd (as *Sextius* held) *rationi magis congrua*, as it regards the cruel Butcheries of so many harmless Creatures; some of which we put to merciless and needless Torment, to accommodate them for exquisite and uncommon *Epicurism*. There lies else no positive Prohibition; Discrimination of Meats being ⁹³ Condemn'd as the *Doctrine of Devils*: Nor do Meats commend us to God. One eats *quid vult* (of every thing:) another *Olera*, and of *Sallets* only: But this is not my Business, further than to shew how possible it is by so many Instances and Examples, to live on wholesome Vegetables, both long and happily: For so [99]

⁹⁴ *The Golden Age, with this Provision blest,
Such a Grand Sallet made, and was a Feast.
The Demi-Gods with Bodies large and found,
Commended then the Product of the Ground.
Fraud then, nor Force were known, nor filthy Luft,
Which Over-heating and Intemp'rance nurst: [100]
Be their vile Names in Execration held,
Who with foul Glutt'ny first the World defil'd:
Parent of Vice, and all Diseases since,
With ghastly Death sprung up alone from thence.
Ah, from such reeking, bloody Tables fly,
Which Death for our Destruction does supply.
In Health, if Sallet-Herbs you can't endure;
Sick, you'll desire them; or for Food, or Cure.*

As to the other part of the Controversie, which concerns us, αιματοφαγοι, and *Occidental Blood-Eaters*; some Grave and Learn'd Men of late seem to scruple the present Usage, whilst they see the Prohibition appearing, and to carry such a Face of *Antiquity*, ⁹⁵ *Scripture*, ⁹⁶ *Councils*, ⁹⁷ *Canons*, ⁹⁸ *Fathers*; *Imperial Constitutions*, and *Universal Practice*, unless it be among us of these Tracts of *Europe*, whither, with other Barbarities, that of eating the *Blood* and *Animal* Life of Creatures first was brought; and by our Mixtures with the *Goths*, *Vandals*, and other Spawn of Pagan *Scythians*; grown a Custom, and since which I am persuaded more Blood has been shed between *Christians* than there ever was before the Water of the Flood covered this Corner of the World: Not that I impute it [101]

only to our eating *Blood*; but sometimes wonder how it hap'n'd that so strict, so solemn and famous a *Sanction* not upon a *Ceremonial Account*; but (as some affirm) a *Moral* and *Perpetual* from *Noah*, to whom the Concession of eating *Flesh* was granted, and that of *Blood* forbidden (nor to this Day once revok'd) and whilst there also seems to lie fairer Proofs than for most other Controversies agitated among *Christians*, should be so generally forgotten, and give place to so many other impertinent Disputes and Cavels about other superstitious Fopperies, which frequently end in *Blood* and cutting of *Throats*.

As to the Reason of this Prohibition, its favouring of Cruelty excepted, (and that by *Galen*, and other experienc'd Physicians, the eating *Blood* is condemn'd as unwholfome, causing Indigestion and Obstructions) if a positive Command of *Almighty God* were not enough, it seems sufficiently [102] intimated; because *Blood* was the *Vehicle* of the *Life* and *Animal Soul* of the Creature: For what other mysterious Cause, as haply its being always dedicated to *Expiatory Sacrifices*, &c. it is not for us to enquire. 'Tis said, that *Justin Martyr* being asked, why the *Christians* of his time were permitted the eating *Flesh* and not the *Blood*? readily answer'd, That God might distinguish them from Beasts, which eat them both together. 'Tis likewise urg'd, that by the *Apostolical Synod* (when the rest of the *Jewish* Ceremonies and Types were abolish'd) this Prohibition was mention'd as a thing ⁹⁹ *neccessary*, and rank'd with *Idolatry*, which was not to be local or temporary; but universally enjoyn'd to converted Strangers and *Profelytes*, as well as *Jews*: Nor could the Scandal of neglecting to observe it, concern them alone, after so many Ages as it was and still is in continual Use; and those who transgress'd, so severely punish'd, as by an *Imperial Law* to be scourg'd to *Blood* and Bone: Indeed, so terrible was the Interdiction, that *Idolatry* excepted (which was also Moral and perpetual) [103] nothing in Scripture seems to be more express. In the mean time, to relieve all other Scruples, it does not, they say, extend to that *ακροβεια* of those few diluted Drops of *Extravasated Blood*, which might happen to tinge the Juice and Gravy of the *Flesh* (which were indeed *to strain at a Gnat*) but to those who devour the *Venal* and *Arterial Blood* separately, and in Quantity, as a choice Ingredient of their luxurious Preparations and *Apician* Tables.

But this, and all the rest will, I fear, seem but *Oleribus verba facere*, and (as the Proverb goes) be Labour-in-vain to think of preaching down *Hogs-Puddings*, and usurp the Chair of *Rabby-Buffy*: And therefore what is advanc'd in Countenance of the *Antediluvian* Diet, we leave to be ventilated by the Learned, and such as *Curcellæus*, who has borrow'd of all the Ancient Fathers, from *Tertullian*, *Hierom*, *S. Chrysofom*, &c. to the later Doctors and Divines, *Lyra*, *Toftatus*, *Dionysius Carthufianus*, *Pererius*, amongst the *Pontificians*; of *Peter Martyr*, *Zanchy*, *Aretius*, *Jac. Capellus*, *Hiddiger*, *Cocceius*, *Bochartus*, &c. amongst the *Protestants*; and *instar omnium*, by *Salmafius*, *Grotius*, *Voffius*, *Blundel*: In a Word, by the Learn'd of both Persuasions, favourable enough to these Opinions, *Cajetan* and *Calvin* only excepted, who hold, that as to *Abstinence* from *Flesh*, there was [104] no positive Command or Imposition concerning it; but that the Use of *Herbs* and *Fruit* was recommended rather for Temperance sake, and the Prolongation of Life: Upon which score I am inclin'd to believe that the ancient *θεραπειαι*, and other devout and contemplative Sects, distinguish'd themselves; whose Course of Life we have at large describ'd in ¹⁰⁰ *Philo* (who liv'd and taught much in Gardens) with others of the Abstemious *Christians*; among whom, *Clemens* brings in St. *Mark* the *Evangelist* himself, *James* our Lord's Brother. St. *John*, &c. and with several of the devout Sex, the famous *Diaconesse Olympias*, mention'd by *Palladius* (not to name the rest) who abstaining from *Flesh*, betook themselves to *Herbs* and *Sallets* upon the Account of Temperance, and the Vertues accompanying it; and concerning which the incomparable *Grotius* declares ingenuously his Opinion to be far from censuring, not only those who forbear the eating *Flesh* and *Blood*, *Experimenti Causa*, and for Discipline sake; but such as forbear *ex Opinione*, and (because it has been the ancient Custom) provided they blam'd none who freely us'd their Liberty; and I think he's [105] in the right.

But leaving this Controversie (*ne nimium extra oleas*) it has often been objected, that *Fruit*, and *Plants*, and all other things, may since the Beginning, and as the World grows older, have universally become *Effœte*, impair'd and diverted of those Nutritious and transcendent Vertues they were at first endow'd withal: But as this is begging the Question, and to which we have already spoken; so all are not agreed that there is any, the least ¹⁰¹ *Decay in Nature*, where equal Industry and Skill's apply'd. 'Tis true indeed, that the *Ordo Foliatorum*, *Feuillantines* (a late Order of *Ascetic Nuns*) amongst other Mortifications, made Trial upon the *Leaves* of *Plants* alone, to which they would needs confine themselves; but were not able to go through that thin and meagre Diet: But then it would be enquir'd whether they had not first, and from their very Childhood, been fed and brought

up with *Flefh*, and better Suftenance till they enter'd the *Cloyfter*; and what the Vegetables and the Preparation of them were allow'd by their Inftitution? Wherefore this is nothing to our Modern Ufe of *Sallets*, or its Difparagement. In the mean time, that we ftill think it not only poffible, but likely, and with no great Art or Charge (taking *Roots* and *Fruit* into the Basket) fubftantially to maintain Mens Lives in Health and Vigour: For to *this*, and lefs than this, we have the Suffrage of the great ¹⁰²*Hippocrates* himfelf; who thinks, *ab initio etiam hominum* (as well as other Animals) *tali victu ufum effe*, and needed no other Food. Nor is it an inconfiderable Speculation, That fince *all Flefh is Grafs* (not in a *Figurative*, but *Natural* and *Real* Senfe) *Man* himfelf, who lives on *Flefh*, and I think upon no Earthly Animal whatfoever, but fuch as feed on Grafs, is nourifh'd with them ftill; and fo becoming an *Incaruate Herb*, and Innocent *Canibal*, may truly be faid to devour himfelf.

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We have faid nothing of the *Lotophagi*, and fuch as (like St. *John* the *Baptift*, and other religious *Afcetics*) were Feeders on the *Summities* and Tops of Plants: But as divers of thofe, and others we have mention'd, were much in times of Streights, Perfecutions, and other Circumftances, which did not in the leaft make it a Pretence, exempting them from Labour, and other Humane Offices, by enfaring Obligations and vows (never to be useful to the Publick, in whatever Exigency) fo I cannot but take Notice of what a Learned *Critic* fpeaking of Mens neglecting plain and Effential Duties, under Colour of exercifing themfelves in a more fublime Courfe of Piety, and being Righteous above what is commanded (as thofe who feclude themfelves in Monafteries) that they manifftly difcover exceffive Pride, Hatred of their Neighbour, Impatience of Injuries; to which *add, Melancholy Plots and Machinations*; and that he must be either ftupid, or infected with the fame Vice himfelf, who admires this εθελοπεριοσοθησκεια, or thinks they were for that Caufe the more pleafing to God. This being fo, what may we then think of fuch Armies of *Hermits, Monks* and *Friers*, who pretending to juftifie a miftaken Zeal and meritorious Abftinence; not only by a peculiar Diet and Diftinction of Meats (which God without Diftinction has made the moderate Ufe of common and ¹⁰³indifferent amongft *Chriftians*) but by other fordid Ufages, and unneceffary Hardfhips, wilfully prejudice their Health and Conftitution? and through a fingular manner of living, dark and *Saturnine*; whilft they would feem to abdicate and forfake the World (in Imitation, as they pretend, of the Ancient *Eremites*) take care to fettle, and build their warm and ftately Nefts in the moft Populous Cities, and Places of Refort; ambitious doubtlefs of the Peoples Veneration and Opinion of an extraordinary Sanctity; and therefore flying the *Defarts*, where there is indeed no ufe of them; and flocking to the *Towns* and *Cities* where there is lefs, indeed none at all; and therefore no Marvel that the Emperour *Valentinian* banifhed them the Cities, and *Conftantine Copronymus* finding them feditious, oblig'd them to marry, to leave their Cells, and live as did others. For of thefe, fome there are who feldom fpeak, and therefore edifie none; fleep little, and lie hard, are clad naftily, and eat meanly (and oftentimes that which is unwholfom) and therefore benefit none; Not becaufe they might not, both for their own, and the Good of others, and the Publick; but becaufe they will not; Cuftom, and a prodigious ¹⁰⁴Sloth accompanying it; which renders it fo far from *Penance*, and the Mortification pretended, that they know not how to live, or fpend their Time otherwife. This, as I have often confider'd, fo was I glad to find it juftly perfting'd, and taken notice of by a ¹⁰⁵Learned Perfon, amongft others of his useful Remarks abroad.

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"Thefe, fays he, willingly renouncing the innocent Comforts of Life, plainly fhew it to proceed more from a chagrin and morofe Humour, than from any true and ferious Principle of found Religion; which teaches Men to be useful in their Generations, fociable and communicative, unaffected, and by no means fingular and fantaftic in Garb and Habit, as are thefe (forfooth) Fathers (as they affect to be call'd) fpending their Days in idle and fruitlefs Forms, and tedious Repetitions; and thereby thinking to merit the Reward of thofe Ancient, and truly pious *Solitaries*, who, God knows, were driven from their Countries and Repofe, by the Incurfions of barbarous Nations (whilft thefe have no fuch Caufe) and compell'd to Aufterities, not of their own chufing and making, but the publick Calamity; and to *labour* with their *Hands* for their own, and others neceffary Support, as well as with their *Prayers* and holy Lives, Examples to all the World: And fome of thefe indeed (befides the *Solitaries* of the *Thebaid*, who wrought for abundance of poor Chriftians, fick, and in Captivity) I might bring in, as fuch who deferv'd to have their Names preferv'd; not for their rigorous Fare, and uncouth Difguifes; but for teaching that the Grace of Temperance and other Vertues, confifted in a cheerful, innocent, and profitable Conversation.

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And now to recapitulate what other Prerogatives the *Hortulan Provilion* has been celebrated for, befides its Antiquity, Health and *Longævity* of the *Antediluvians*; that Temperance, Frugality, Leifure, Eafe, and innumerable other Vertues and Advantages, which accompany it, are no lefs

attributable to it. Let us hear our excellent *Botanist*¹⁰⁶ Mr. Ray.

'The Use of Plants (says he) is all our Life long of that universal Importance and Concern, that we can neither live nor subsist in any Plenty with Decency, or Conveniency or be said to live indeed at all without them: whatsoever Food is necessary to sustain us, whatsoever contributes to delight and refresh us, are supply'd and brought forth out of that plentiful and abundant store: and ah, how much more innocent, sweet and healthful, is a Table cover'd with these, than with all the reeking Flesh of butcher'd and slaughter'd Animals: Certainly Man by Nature was never made to be a *Carnivorous* Creature; nor is he arm'd at all for Prey and Rapin, with gag'd and pointed Teeth and crooked Claws, sharp'n'd to rend and tear: But with gentle Hands to gather Fruit and Vegetables, and with Teeth to chew and eat them: Nor do we so much as read the Use of *Flesh* for Food, was at all permitted him, till after the Universal Deluge, &c.

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To this might we add that transporting Consideration, becoming both our Veneration and Admiration of the infinitely wise and glorious Author of Nature, who has given to *Plants* such astonishing Properties; such fiery Heat in some to warm and cherish, such Coolness in others to temper and refresh, such pinguid Juice to nourish and feed the Body, such quickening *Acids* to compel the Appetite, and grateful vehicles to court the Obedience of the Palate, such Vigour to renew and support our natural Strength, such ravishing Flavour and Perfumes to recreate and delight us: In short, such spirituous and active Force to animate and revive every Faculty and Part, to all the kinds of Human, and, I had almost said Heavenly Capacity too. What shall we add more? Our Gardens present us with them all; and whilst the *Shambles* are cover'd with Gore and Stench, our *Sallets* escape the Insults of the Summer *Fly*, purifies and warms the Blood against Winter Rage: Nor wants there Variety in more abundance, than any of the former Ages could shew.

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Survey we their *Bills of Fare*, and Numbers of Courses serv'd up by *Athenæus*, dress'd with all the Garnish of *Nicander* and other *Grecian* Wits: What has the *Roman Grand Sallet* worth the naming? *Parat Convivium*, The Guests are nam'd indeed, and we are told,

— ¹⁰⁷ *Varias, quas habet hortus opes?*
How richly the Garden's stor'd:

In quibus est Luctuca sedens, & tonfile porrum, Nee deest ructatrix Mentha, nec herba falax, &c.

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A Goodly Sallet!

Lettuce, Leeks, Mint, Rocket, Colewort-Tops, with *Oyl* and *Eggs*, and such an *Hotch-Pot* following (as the Cook in *Plautus* would deservedly laugh at). But how infinitely out-done in this Age of ours, by the Variety of so many rare *Edules* unknown to the Ancients, that there's no room for the Comparifon. And, for Magnificence, let the *Sallet* dress'd by the Lady for an Entertainment made by *Jacobus Catfius* (describ'd by the Poet ¹⁰⁸ *Barlæus*) shew; not at all yet out-doing what we every Day almost find at our *Lord Mayor's Table*, and other great Persons, Lovers of the Gardens; that sort of elegant Cookery being capable of such wonderful Variety, tho' not altogether wanting of old, if that be true which is related to us of ¹⁰⁹ *Nicomedes* a certain King of Bithynia, whose Cook made him a *Pilchard* (a Fish he exceedingly long'd for) of a well dissembl'd Turnip, carv'd in its Shape, and dress'd with *Oyl*, *Salt*, and *Pepper*, that so deceiv'd, and yet pleas'd the Prince, that he commended it for the best Fish he had ever eaten. Nor does all this exceed what every industrious *Gardiner* may innocently enjoy, as well as the greatest Potentate on Earth.

*Vitellius his Table, to which every Day
All Courtiers did a constant Tribute pay,
Could nothing more delicious afford
Than Nature's Liberality.
Help'd with a little Art and Industry,
Allows the meanest Gard'ners Board,
The Wanton Taste no Fish or Fowl can chuse,
For which the Grape or Melon she would lose.
Tho' all th' Inhabitants of Sea and Air.*

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*Be lifted in the Glutton's Bill of Fare;
Yet still the Sallet, and the Fruit we see
Plac'd the third Story high in all her Luxury.*

So the Sweet ¹¹⁰*Poet*, whom I can never part with for his Love to this delicious Toil, and the Honour he has done me.

Verily, the infinite Plenty and Abundance, with which the benign and bountiful Author of Nature has stor'd the whole Terrestrial World, more with *Plants* and *Vegetables* than with any other Provision whatsoever; and the Variety not only equal, but by far exceeding the Pleasure and Delight of Taste (above all the Art of the *Kitchen*, than ever ¹¹¹*Apicius* knew) seems loudly to call, and kindly invite all her living Inhabitants (none excepted) who are of gentle Nature, and most useful, to the same *Hospitable* and Common-Board, which first she furnish'd with *Plants* and *Fruit*, as to their natural and genuine Pasture; nay, and of the most wild, and savage too *ab origine*: As in *Paradise*, where, as the *Evangelical* ¹¹²Prophet adumbrating the future Glory of the *Catholick Church*, (of which that happy Garden was the *Antitype*) the *Wolf and the Lamb*, the *angry and furious Lion*, should eat *Grass and Herbs together with the Ox*. But after all, *latet anguis in herba*, there's a *Snake* in the Grass; Luxury, and Excess in our most innocent Fruitions. There was a time indeed when the Garden furnish'd Entertainments for the most Renown'd Heroes, virtuous and excellent Persons; till the Blood-thirsty and Ambitious, over-running the Nations, and by Murders and Rapine rifl'd the World, to transplant its Luxury to its new Mistress, *Rome*. Those whom heretofore ¹¹³two Acres of Land would have satisfied, and plentifully maintain'd; had afterwards their very Kitchens almost as large as their first Territories: Nor was that enough: Entire ¹¹⁴*Forests* and *Parks*, *Warrens* and *Fish-Ponds*, and ample Lakes to furnish their Tables, so as Men could not live by one another without Oppression: Nay, and to show how the best, and most innocent things may be perverted; they chang'd those frugal and *inemptas Dapes* of their Ancestors, to that Height and Profusion; that we read of ¹¹⁵*Edicts* and *Sumptuary Laws*, enacted to restrain even the Pride and Excess of *Sallets*. But so it was not when the *Pease-Field* spread a Table for the Conquerors of the World, and their Grounds were cultivated *Vomere laureato, & triumphali aratore*: The greatest Princes took the *Spade* and the *Plough-Staff* in the same Hand they held the Sceptre; and the Noblest ¹¹⁶Families thought it no Dishonour, to derive their Names from *Plants* and *Sallet-Herbs*; They arriv'd, I say to that Pitch of ingrossing all that was but green, and could be vary'd by the Cook (*Heu quam prodiga ventris!*) that, as *Pliny* tells us (*non sine pudore*, not without blushing) a poor Man could hardly find a *Thistle* to dress for his Supper; or what his hungry ¹¹⁷*Afs* would not touch, for fear of pricking his Lips.

Verily the Luxury of the East ruin'd the greatest Monarchies; first, the *Persian*, then the *Grecian*, and afterwards *Rome* herself: By what Steps, see elegantly describ'd in Old ¹¹⁸*Gratius* the *Faliscian*, deploring his own Age compar'd with the former:

*O quantum, & quoties decoris frustrata paterni!
At qualis nostris, quam simplex mensa Camillis!
Qui tibi cultus erat post tot, ferrane, triumphos?
Ergo illi ex habitu, virtutiq; indole priscæ,
Impo fuere orbi Romam caput:—*

Neighb'ring Excesses being made thine own,
How art thou fall'n from thine old Renown!
But our *Camilli* did but plainly fare,
No Port did oft triumphant *Serran* bear:
Therefore such Hardship, and their Heart so great
Gave *Rome* to be the World's Imperial Seat.

But as these were the Sensual and Voluptuous, who abus'd their Plenty, spent their Fortunes and shortned their Lives by their Debauches; so never did they taste the Delicacies, and true Satisfaction of a sober Repast, and the infinite Conveniences of what a well-stor'd *Garden* affords; so elegantly describ'd by the ¹¹⁹*Naturalist*, as costing neither Fuel nor Fire to boil, Pains or time to gather and prepare, *Res expedita & parata semper*: All was so near at hand, readily dress'd, and of so easie Digestion; as neither to offend the Brain, or dull the Senses; and in the greatest Dearth of Corn, a little Bread suffic'd. In all Events,

*Panis ematur, Olus, Vini Sextarius adde
Queis humana fibi doleat natura negatis.*

Bread, Wine and wholfome Sallets you may buy,
What Nature adds besides is Luxury.

They could then make an honest Meal, and dine upon a *Sallet* without so much as a Grain, of *Exotic Spice*; And the *Potagere* was in such Reputation, that she who neglected her *Kitchen-Garden* (for that was still the Good-Woman's Province) was never reputed a tolerable Huf-wife: *Si vespertinus subitò te opprefferit hospes*, she was never surpriz'd, had all (as we said) at hand, and could in a Trice set forth an handsome *Sallet*: And if this was Happiness, *Convictus facilis sine arte menfa* (as the *Poet* reckons) it was here in Perfection. In a Word, so universal was the *Sallet*, that the ¹²⁰Un-bloody Shambles (as *Pliny* calls them) yielded the ¹²¹*Roman* State a more considerable Custom (when there was little more than honest *Cabbage* and *Worts*) than almost any thing besides brought to Market.

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They spent not then so much precious time as afterwards they did, gorging themselves with *Flesh* and *Fish*, so as hardly able to rise, without reeking and reeling from Table.

¹²²—*Vides ut pallidus omnis
Cœna defurgat dubia? quin corpus onustum
Hesternis vitiis, animum quoque prægravat unà,
Atque affigit humo divinæ particulam auræ.*

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See but how pale they look, how wretchedly,
With Yesterday's Surcharge disturb'd they be!
Nor Body only suffering, but the Mind,
That nobler Part, dull'd and depress'd we find.
Drowfie and unapt for Buinefs, and other nobler Parts of Life.

Time was before Men in those golden Days: Their Spirits were brisk and lively.

—*Ubi dicto citius curata fopori
Membra dedit, Vegetus præscripta ad munera furgit.*

With shorter, but much sweeter Sleep content,
Vigorous and fresh, about their Buinefs went.

And Men had their Wits about them; their Appetites were natural, their Sleep *molli sub arbore*, found, sweet, and kindly: That excellent Emperour *Tacitus* being us'd to say of *Lettuce*, that he did *fomnum se mercari* when he eat of them, and call'd it a sumptuous Feast, with a *Sallet* and a single *Pullet*, which was usually all the *Flesh-Meat* that sober Prince eat of; whilst *Maximinus* (a profess'd Enemy to *Sallet*) is reported to have scarce been satisfied, with sixty Pounds of *Flesh*, and Drink proportionable.

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There was then also less expensive Grandure, but far more true State; when *Confuls*, great Statesmen (and such as achiev'd the most renown'd Actions) sup'd in their *Gardens*; not under costly, gilded, and inlaid Roofs, but the spreading *Platan*; and drank of the Chrystal Brook, and by Temperance, and healthy Frugality, maintain'd the Glory of *Sallets*, *Ah, quanta innocentiore victu!* with what Content and Satisfaction! Nor, as we said, wanted there Variety; for so in the most blissful Place, and innocent State of Nature, See how the first *Empress* of the World *Regal's* her *Celestial* Guest:

¹²³*With fav'ry Fruit of Taste to please
True Appetite, — and brings
Whatever Earth's all-bearing Mother yields
—Fruit of all kinds, in Coat
Rough, or smooth-Rind, or bearded Husk, or Shell.
Heaps with unsparing Hand: For Drink the Grape
She crushes, inoffensive Mouft, and Meaches
From many a Berry, and from sweet Kernel prest,
She temper'd dulcid Creams.—*

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Then for the Board.

—*Rais'd of a graffy Turf*
The Table was, and Moffy Seats had round;
And on the ample Meaths from Side to Side,
All Autumn pil'd: Ah Innocence,
Deferving Paradise!

Thus, the *Hortulan* Provision of the ¹²⁴*Golden Age* fitted all *Places, Times* and *Perfons*; and when Man is restor'd to that State again, it will be as it was in the Beginning.

But now after all (and for Clofe of all) Let none yet imagine, that whilst we justify our present Subject through all the *Topics of Panegyric*, we would in Favour of the *Sallet*, drest with all its Pomp and Advantage turn Mankind to *Grafs* again; which were ungratefully to neglect the Bounty of Heaven, as well as his Health and Comfort: But by these Noble Instances and Examples, to reproach the *Luxury* of the present Age; and by shewing the infinite Blessing and Effects of Temperance, and the Vertues accompanying it; with how little Nature, and a ¹²⁵Civil Appetite may be happy, contented with moderate things, and within a little Compass, reserving the rest, to the nobler Parts of Life. And thus of old,

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Hoc erat in votis, modus agri non ita magnus, &c.

He that was possess'd of a little Spot of Ground, and well-cultivated *Garden*, with other moderate Circumstances, had ¹²⁶*Hæredium*. All that a modest Man could well desire. Then,

¹²⁷*Happy the Man, who from Ambition freed,*
A little Garden, little Field does feed.
The Field gives frugal Nature what's requir'd;
The Garden what's luxuriously desir'd:
The specious Evils of an anxious Life,
He leaves to Fools to be their endless Strife.

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O Fortunatos nimium bona fi fua norint Horticulos!

FINIS

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APPENDIX

T^{HO'} it was far from our first Intention to charge this small Volume and Discourse concerning Crude Sallets, with any of the following Receipts: Yet having since received them from an Experienc'd Housewife; and that they may possibly be useful to correct, preserve and improve our Acetaria, we have allow'd them Place as an Appendant Variety upon Occasion: Nor account we it the least Dishonour to our former Treatise, that we kindly entertain'd them; since (besides divers Learned Physicians, and such as have ex professo written de Re Cibaria) we have the Examples of many other ¹²⁸Noble and Illustrious Persons both among the Ancient and Modern.

1. Artichoak. Clear it of the Leaves and cut the Bottoms in pretty thin Slices or Quarters; then fry them in fresh Butter with some Parsley, till it is crisp, and the Slices tender; and so dish them with other fresh melted Butter.

How a Poiverade is made, and the Bottoms preserv'd all the Winter, See Acetaria. p. 5, 6.

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Afhen-keys. *See* Pickle.

Afparagus. *See* Pickle.

Beets.)
Broom.) *See* Pickle.
Buds.)
Capers.)

Carrot. *See* Pudding.

Champignon. *See* Mushroom.

2. Cheffnut. *Roasted under the Embers, or dry fried, till they shell, and quit their Husks, may be flit; the Juice of Orange squeezed on a Lump of hard Sugar diffolv'd; to which add some Claret Wine.*

Collyflower.)
Cucumber.) *See* Pickle.
Elder flowers.)
Flowers.)
Gilly-flowers.)

Herbs. *See* Pudding and Tart.

Limon. *See* Pickle.

3. Mushroom. *Chuse the small, firm and white Buttons, growing upon fweet Pasture Grounds, neither under, or about any Trees: strip off the upper Skin, and pare away all the black spungy Bottom part; then flice them in quarters, and cast them in Water a while to cleanse: Then Boil them in fresh Water, and a little sweet Butter; (some boil them a quarter of an hour first) and then taking them out, dry them in a Cloth, preffing out the Water, and whilst hot, add the Butter; and then boiling a full Hour (to exhaust the Malignity) fhift them in another clean Water, with Butter, as before till they become sufficiently tender. Then being taken out, pour upon them as much strong Mutton (or other) Broth as will cover them, with fix Spoonfuls of White-Wine, twelve Cloves, as many Pepper-Corns, four small young Onions, half an Handful of Perfly bound up with two or three Spriggs of Thyme, an Anchovy, Oyfters raw, or pickl'd; a little Salt, sweet Butter; and fo let them ftew. *See* Acetar. p. 26.*

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Another.

Prepared, and cleans'd as above, and cast into Fountain-Water, to preferve them from growing black; Boil them in fresh Water and Salt; and whilst on the Fire, cast in the Mushrooms, letting them boil till they become tender: Then stew them leifurely between two Difhes (the Water being drained from them) in a third Part of White-Wine and Butter, a small Bundle of fweet Herbs at discretion. To these add Broth as before, with Cloves, Mace, Nutmeg, Anchovies (one is sufficient) Oysters, &c. a small Onion, with the green Stem chopt small; and lastly, some Mutton-Gravy, rubbing the Dish gently with a Clove of Garlick, or some Rocombo Seeds in its stead. Some beat the Yolk of a fresh Egg with Vinegar, and Butter, and a little Pepper.

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In France some (more compendioufly being peel'd and prepared) cast them into a Pipkin, where, with the Sweet Herbs, Spices, and an Onion they stew them in their own Juice, without any other Water or Liquor at all; and then taking out the Herbs and Onion, thicken it with a little Butter, and fo eat them.

In Poiverade.

The large Mushrooms well cleansed, &c. being cut into quarters and strewed with Pepper and Salt, are broil'd on the Grid-iron, and eaten with fresh Butter.

In Powder.

Being fresh gathered, cleans'd, &c. and cut in Pieces, stew them in Water and Salt; and being taken forth, dry them with a Cloth: Then putting them into an Earth-Glazed Pot, fet them into the Oven after the Bread is drawn: Repeat this till they are perfectly dry; and reserve them in Papers to

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crumble into what Sauce you please. For the rest, see Pickle.

4. Mustard. *Procure the best and weightiest Seed: cast it into Water two or three times, till no more of the Husk arise: Then taking out the found (which will sink to the Bottom) rub it very dry in warm course Cloths, shewing it also a little to the Fire in a Dish or Pan. Then stamp it as small as to pass through a fine Tiffany Sieve: Then slice some Horse-Radish and lay it to soak in strong Vinegar, with a small Lump of hard Sugar (which some leave out) to temper the Flower with, being drained from the Radish, and so put it all in a Glaz'd Mug, with an Onion, and keep it well stop'd with a Cork upon a Bladder, which is the more cleanly: But this Receipt is improv'd, if instead of Vinegar, Water only, or the Broth of powder'd Beef be made use of. And to some of this Mustard adding Verjuice, Sugar, Claret-Wine, and Juice of Limon, you have an excellent Sauce to any sort of Flesh or Fish.*

Note, that a Pint of good Seed is enough to make at one time, and to keep fresh a competent while. What part of it does not pass the Sear, may be beaten again; and you may reserve the Flower in a well clos'd Glass, and make fresh Mustard when you please. See Acetaria, p. 38, 67.

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Nafturtium. *Vide Pickle.*

Orange. *See Limon in Pickle.*

5. Parsnip. *Take the large Roots, boil them, and strip the Skin: Then slit them long-ways into pretty thin Slices; Flower and fry them in fresh Butter till they look brown. The sauce is other sweet Butter melted. Some strow Sugar and Cinamon upon them. Thus you may accommodate other Roots.*

There is made a Mash or Pomate of this Root, being boiled very tender with a little fresh Cream; and being heated again, put to it some Butter, a little Sugar and Juice of Limon; dish it upon Sippets; sometimes a few Corinths are added.

Peny-royal. *See Pudding.*

Pickles.

6. *Pickl'd*

Artichoaks. *See Acetaria, p. 5.*

7. Ashen-keys. *Gather them young, and boil them in three or four Waters to extract the Bitterness; and when they feel tender, prepare a Syrup of sharp White-Wine Vinegar, Sugar, and a little Water. Then boil them on a very quick Fire, and they will become of a green Colour, fit to be potted so soon as cold.*

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8. Asparagus. *Break off the hard Ends, and put them in White-Wine Vinegar and Salt, well covered with it; and so let them remain for six Weeks: Then taking them out, boil the Liquor or Pickle, and scum it carefully. If need be, renew the Vinegar and Salt; and when 'tis cold, pot them up again. Thus may one keep them the whole Year.*

9. Beans. *Take such as are fresh, young, and approaching their full Growth. Put them into a strong Brine of White-Wine Vinegar and Salt able to bear an Egg. Cover them very close, and so will they be preserved twelve Months: But a Month before you use them, take out what Quantity you think sufficient for your spending a quarter of a Year (for so long the second Pickle will keep them sound) and boil them in a Skillet of fresh Water, till they begin to look green, as they soon will do. Then placing them one by one, (to drain upon a clean course Napkin) range them Row by Row in a Jarr, and cover them with Vinegar, and what Spice you please; some Weight being laid upon them to keep them under the Pickle. Thus you may preserve French-Beans, Harico's, &c. the whole Year about.*

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10. Broom-Buds and Pods. *Make a strong Pickle, as above; stir it very well, till the Salt be quite dissolved, clearing off the Dregs and Scum. The next Day pour it from the Bottom; and having rubbed the Buds dry pot them up in a Pickle-Glass, which should be frequently shaken, till they sink under it, and keep it well stop'd and covered.*

Thus may you-pickle any other Buds. Or as follows:

11. *Of Elder. Take the largest Buds, and boil them in a Skillet with Salt and Water, sufficient only to scald them; and so (being taken off the Fire) let them remain covered till Green; and then pot*

them with Vinegar and Salt, which has had one Boil up to cleanfe it.

12. Collyflowers. *Boil them till they fall in Pieces: Then with fome of the Stalk, and worft of the Flower, boil it in a part of the Liquor till pretty ftrong: Then being taken off, ftrain it; and when fettled, clear it from the Bottom. Then with Dill, Grofs Pepper, a pretty Quantity of Salt, when cold, add as much Vinegar as will make it fharp, and pour all upon the Collyflower; and fo as to keep them from touching one another; which is prevented by putting Paper clofe to them.*

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Cornelians are pickled like Olives.

13. Cowflips. *Pick very clean; to each Pound of Flowers allow about one Pound of Loaf Sugar, and one Pint of White-Wine Vinegar, which boil to a Syrup, and cover it fcalding-hot. Thus you may pickle Clove-gillyflowers, Elder, and other Flowers, which being eaten alone, make a very agreeable Salletine.*

14. Cucumbers. *Take the Gorkems, or fmaller Cucumbers; put them into Rape-Vinegar, and boyl, and cover them fo clofe, as none of the Vapour may iffue forth; and alfo let them stand till the next day: Then boil them in frefh White-Wine Vinegar, with large Mace, Nutmeg, Ginger, white Pepper, and a little Salt, (according to difcretion) ftraining the former Liquor from the Cucumbers; and fo place them in a Jarr, or wide mouthed Glafs, laying a litle Dill and Fennel between each Rank; and covering all with the frefh fcalding-hot Pickle, keep all clofe, and repeat it daily, till you find them fufficiently green.*

In the fame fort Cucumbers of the largeft fize, being peel'd and cut into thin Slices, are very delicate.

Another.

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Wiping them clean, put them in a very ftrong Brine of Water and Salt, to foak two or three Hours or longer, if you fee Cause: Then range them in the Jarr or Barrellet with Herbs and Spice as ufual; and cover them with hot Liquor made of two parts Beer-Vinegar, and one of White-Wine Vinegar: Let all be very well clofed. A Fortnight after fcald the Pickle again, and repeat it, as above: Thus they will keep longer, and from being fo soon fharp, eat crimp and well tasted, tho' not altogether fo green. You may add a Walnut-Leaf, Hyfop, Coftmary, &c. and as fome do, ftrow on them a little Powder of Roch-Allom, which makes them firm and eatable within a Month or fix Weeks after.

Mango of Cucumbers.

Take the biggest Cucumbers (and moft of the Mango fize) that look green: Open them on the Top or Side; and fcooping out the Seeds, fupply their Place with a fmall Clove of Garlick, or fome Roccombo Seeds. Then put them into an Earthen Glazed Jarr, or wide-mouth'd Glafe, with as much White-Wine Vinegar as will cover them. Boil them in the Vinegar with Pepper, Cloves, Mace, &c. and when off the Fire, as much Salt as will make a gentle Brine; and fo pour all boyling-hot on the Cucumbers, covering them clofe till the next Day. Then put them with a little Dill, and Pickle into a large Skillet; and giving them a Boyl or two, return them into the Veffel again: And when all is cold, add a good Spoonful of the beft Muftard, keeping it from the Air, and fo have you an excellent Mango. When you have occafion to take any out, make ufe of a Spoon, and not your Fingers.

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Elder. See Buds.

Flowers. See Cowflips, and for other Flowers.

15. Limon. *Take Slices of the thick Rind Limon, Boil and fhift them in feveral Waters, till they are pretty tender: Then drain and wipe them dry with a clean Cloth; and make a Pickle with a little White-Wine Vinegar, one part to two of fair Water, and a little Sugar, carefully fcum'd. When all is cold, pour it on the peel'd Rind, and cover it all clofe in a convenient Glafe Jarr. Some make a Syrup of Vinegar, White-Wine and Sugar not too thick, and pour it on hot.*

16. Melon. *The abortive and after-Fruit of Melons being pickled as Cucumber, make an excellent Sallet.*

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17. Mufhrom. *Take a Quart of the beft White-Wine Vinegar; as much of White-Wine, Cloves, Mace, Nutmeg a pretty Quantity, beaten together: Let the Spice boil therein to the Confumption of half; then taken off, and being cold, pour the Liquour on the Mufhroms; but leave out the boiled Spice,*

and cast in of the same sort of Spice whole, the Nutmeg only slit in Quarters, with some Limon-Peel, white Pepper; and if you please a whole raw Onion, which take out again when it begins to perish.

Another.

The Mushrooms peel'd, &c. throw them into Water, and then into a Sauce-Pan, with some long Pepper, Cloves, Mace, a quarter'd Nutmeg, with an Onion, Shallot, or Roccombo-Seed, and a little Salt. Let them all boil a quarter of an hour on a very quick Fire: Then take out and cold, with a pretty Quantity of the former Spice, boil them in some White-Wine; which (being cold) cast upon the Mushrooms, and fill up the Pot with the best White-Wine, a Bay-Leaf or two, and an Handful of Salt: Then cover them with the Liquor; and if for long keeping, pour Sallet-Oil over all, tho' they will be preserved a Year without it.

They are sometimes boil'd in Salt and Water, with some Milk, and laying them in the Colender to drain, till cold, and wiped dry, cast them into the Pickle with the White-Wine, Vinegar and Salt, grated Nutmeg, Ginger bruised, Cloves, Mace, white Pepper and Limon-Peel; pour the Liquor on them cold without boiling.

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18. Nafturtium Indicum. Gather the Buds before they open to flower; lay them in the Shade three or four Hours, and putting them into an Earthen Glazed Vessel, pour good Vinegar on them, and cover it with a Board. Thus letting it stand for eight or ten Days: Then being taken out, and gently press'd, cast them into fresh Vinegar, and let them so remain as long as before. Repeat this a third time, and Barrel them up with Vinegar and a little Salt.

Orange. See Limon.

20. Potato. The small green Fruit (when about the size of the Wild Cherry) being pickled, is an agreeable Sallet. But the Root being roasted under the Embers, or otherwise, open'd with a Knife, the Pulp is butter'd in the Skin, of which it will take up a good Quantity, and is seasoned with a little Salt and Pepper. Some eat them with Sugar together in the Skin, which has a pleasant Crispness. They are also stew'd and bak'd in Pyes, &c.

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21. Purfelan. Lay the Stalks in an Earthen Pan; then cover them with Beer-Vinegar and Water, keeping them down with a competent Weight to imbibe, three Days: Being taken out, put them into a Pot with as much White-Wine Vinegar as will cover them again; and close the Lid with Paste to keep in the Steam: Then set them on the Fire for three or four Hours, often shaking and stirring them: Then open the Cover, and turn and remove those Stalks which lie at the Bottom, to the Top, and boil them as before, till they are all of a Colour. When all is cold, pot them with fresh White-Wine Vinegar, and so you may preserve them the whole Year round.

22. Radish. The Seed-Pods of this Root being pickl'd, are a pretty Sallet.

23. Sampier. Let it be gathered about Michaelmas (or the Spring) and put two or three hours into a Brine of Water and Salt; then into a clean Tin'd Brass Pot, with three parts of strong White-Wine Vinegar, and one part of Water and Salt, or as much as will cover the Sampier, keeping the Vapour from issuing out, by pasting down the Pot-lid, and so hang it over the Fire for half an Hour only. Being taken off, let it remain covered till it be cold; and then put it up into small Barrels or Jars, with the Liquor, and some fresh Vinegar, Water and Salt; and thus it will keep very green. If you be near the Sea, that Water will supply the place of Brine. This is the Dover Receipt.

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24. Walnuts. Gather the Nuts young, before they begin to harden, but not before the Kernel is pretty white: Steep them in as much Water as will more than cover them. Then set them on the Fire, and when the water boils, and grows black, pour it off, and supply it with fresh, boiling it as before, and continuing to shift it till it become clear, and the Nuts pretty tender: Then let them be put into clean Spring Water for two Days, changing it as before with fresh, two or three times within this space: Then lay them to drain, and dry on a clean course Cloth, and put them up in a Glass Jar, with a few Walnut Leaves, Dill, Cloves, Pepper, whole Mace and Salt; strowing them under every Layer of Nuts, till the Vessel be three quarters full; and lastly, replenishing it with the best Vinegar, keep it well covered; and so they will be fit to spend within three Months.

To make a Mango with them.

The green Nuts prepared as before, cover the Bottom of the Jar with some Dill, an Handful of Bay-

Salt, &c. and then a Bed of Nuts; and fo stratum upon stratum, as above, adding to the Spice some Roccombo-Seeds; and filling the rest of the Jar with the best White-Wine Vinegar, mingled with the best Mustard; and to let them remain close covered, during two or three Months time: And thus have you a more agreeable Mango than what is brought us from abroad; which you may use in any Sauce, and is of it self a rich Condiment.

Thus far Pickles.

25. Potage Maigre. *Take four Quarts of Spring-Water, two or three Onions stuck with some Cloves, two or three Slices of Limon Peel, Salt, whole white Pepper, Mace, a Raze or two of Ginger, tied up in a fine Cloth (Lawn or Tiffany) and make all boil for half an Hour; Then having Spinage, Sorrel, white Beet-Chard, a little Cabbage, a few small Tops of Cives, wash'd and pick'd clean, fhred them well, and cast them into the Liquor, with a Pint of blue Peafe boil'd soft and strain'd, with a Bunch of sweet Herbs, the Top and Bottom of a French Roll; and fo suffer it to boil during three Hours; and then dish it with another small French Roll, and Slices about the Dish: Some cut Bread in slices, and frying them brown (being dried) put them into the Pottage just as it is going to be eaten.*

The same Herbs, clean wash'd, broken and pulled afunder only, being put in a close cover'd Pipkin, without any other Water or Liquor, will stew in their own Juice and Moisture. Some add an whole Onion, which after a while should be taken out, remembring to season it with Salt and Spice, and serve it up with Bread and a Piece of fresh Butter.

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26. Pudding of Carrot. *Pare off some of the Cruft of Manchet-Bread, and grate of half as much of the rest as there is of the Root, which must also be grated: Then take half a Pint of fresh Cream or New Milk, half a Pound of fresh Butter, six new laid Eggs (taking out three of the Whites) mash and mingle them well with the Cream and Butter: Then put in the grated Bread and Carrot, with near half a Pound of Sugar; and a little Salt; some grated Nutmeg and beaten Spice; and pour all into a convenient Dish or Pan, butter'd, to keep the Ingredients from sticking and burning; set it in a quick Oven for about an Hour, and fo have you a Composition for any Root-Pudding.*

27. Penny-royal. *The Cream, Eggs, Spice, &c. as above, but not so much Sugar and Salt: Take a pretty Quantity of Penny-royal and Marigold flower, &c. very well fhred, and mingle with the Cream, Eggs, &c. four spoonfuls of Sack; half a Pint more of Cream, and almost a Pound of Beef-Suet chopt very small, the Gratings of a Two-penny Loaf, and stirring all well together, put it into a Bag flower'd and tie it fast. It will be boil'd within an Hour: Or may be baked in the Pan like the Carrot-Pudding. The sauce is for both, a little Rose-water, less Vinegar, with Butter beaten together and poured on it sweetned with the Sugar Caster.*

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Of this Plant discreetly dried, is made a most wholsom and excellent Tea.

28. Of Spinage. *Take a sufficient Quantity of Spinach, stamp and strain out the Juice; put to it grated Manchet, the Yolk of as many Eggs as in the former Composition of the Carrot-Pudding; some Marrow fhred small, Nutmeg, Sugar, some Corinths, (if you please) a few Carroways, Rose, or Orange-flower Water (as you best like) to make it grateful. Mingle all with a little boiled Cream; and set the Dish or Pan in the Oven, with a Garnish of Puff-Paste. It will require but very moderate Baking. Thus have you Receipts for Herb Puddings.*

29. Skirret-Milk *Is made by boiling the Roots tender, and the Pulp strained out, put into Cream or new Milk boiled, with three or four Yolks of Eggs, Sugar, large Mace and other Spice, &c. And thus is composed any other Root-Milk. See Acetar. p. 42.*

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30. Tanfie. *Take the Gratings or Slices of three Naples-Biscuits, put them into half a Pint of Cream; with twelve fresh Eggs, four of the Whites cast out, strain the rest, and break them with two Spoonfuls of Rose-water, a little Salt and Sugar, half a grated Nutmeg: And when ready for the Pan, put almost a Pint of the Juice of Spinach, Cleaver, Beets, Corn-Sallet, Green Corn, Violet, or Primrose tender Leaves, (for of any of these you may take your choice) with a very small Sprig of Tanfie, and let it be fried so as to look green in the Dish, with a Strew of Sugar and store of the Juice of Orange: some affect to have it fryed a little brown and crisp.*

31. Tart of Herbs. *An Herb-Tart is made thus: Boil fresh Cream or Milk, with a little grated Bread or Naples-Biscuit (which is better) to thicken it; a pretty Quantity of Chervile, Spinach, Beete (or what other Herb you please) being first par-boil'd and chop'd. Then add Macaron, or Almonds*

beaten to a Pafte, a little sweet Butter, the Yolk of five Eggs, three of the Whites rejected. To these fome add Corinths plump'd in Milk, or boil'd therein, Sugar, Spice at Difcretion, and ftirring it all together over the Fire, bake it in the Tart-Pan.

32. Thiftle. *Take the long Stalks of the middle Leaf of the Milky-Thiftle, about May, when they are young and tender: wafh and fcrape them, and boil them in Water, with a little Salt, till they are very foft, and fo let them lie to drain. They are eaten with fresh Butter melted not too thin, and is a delicate and wholfome Difh. Other Stalks of the fame kind may fo be treated, as the Bur, being tender and difarmed of its Prickles, &c.*

33. Truffles, and other Tubers, and Boleti, *are roasted whole in the Embers; then flic'd and ftew'd in ftrong Broth with Spice, &c. as Mufhrooms are. Vide Acetar. p. 28.*

34. Turnep. *Take their Stalks (when they begin to run up to feed) as far as they will eafily break downwards: Peel and tie them in Bundles. Then boiling them as they do Sparagus, are to be eaten with melted Butter. Laftly,*

35. Minc'd, or Sallet-all-sorts. *Take Almonds blanch'd in cold Water, cut them round and thin, and fo leave them in the Water; Then have pickl'd Cucumbers, Olives, Cornelians, Capers, Berberries, Red-Beet, Buds of Nafturtium, Broom, &c. Purflan-stalk, Sampier, Afh-Keys, Walnuts, Mufhrooms (and almoft of all the pickl'd Furniture) with Raifins of the Sun ftion'd, Citron and Orange-Peel, Corinths (well cleansed and dried) &c. mince them feverally (except the Corinths) or all together; and ftrew them over with any Candy'd Flowers, and fo difpofe of them in the fame Difh both mixt, and by themfelves. To thefe add roasted Maroons, Piftachios, Pine-Kernels, and of Almonds four times as much as of the reft, with fome Rofe-water. Here alfo come in the Pickled Flowers and Vinegar in little China Difhes. And thus have you an Univerfal Winter-Sallet, or an All fort in Compendium, fitted for a City Feaft, and diftinguifhed from the Grand-Sallet: which fhould confift of the Green blanch'd and unpickled, under a ftately Pennafh of Sallery, adorn'd with Buds and Flowers.*

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And thus have we prefented you a Tafte of our Englifh Garden Houfewifry in the matter of Sallets: And though fome of them may be Vulgar, (as are moft of the beft things;) Yet fhe was willing to impart them, to fhew the Plenty, Riches and Variety of the Sallet-Garden: And to juftifie what has been asserted of the Poffibility of living (not unhappily) on Herbs and Plants, according to Original and Divine Inftitution, improved by Time and long Experience. And if we have admitted Mufhrooms among the reft (contrary to our Intention, and for Reafons given, Acet. p. 43.) fince many will by no means abandon them, we have endeavoured to preferve them from thofe pernicious Effects which are attributed to, and really in them: We cannot tell indeed whether they were fo treated and accommodated for the moft Luxurious of the Cæfarean Tables, when that Monarchy was in its higheft Strain of Epicurifm, and ingrofs'd this Haugout for their fecond Courfe; whilft this we know, that 'tis but what Nature affords all her Vagabonds under every Hedge.

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And now, that our Sallets may not want a Glafs of generous Wine of the fame Growth with the reft of the Garden to recommend it, let us have your Opinion of the following.

Cowflip-Wine. *To every Gallon of Water put two Pounds of Sugar; boil it an Hour, and fet it to cool: Then fpread a good brown Toaft on both Sides with Yeaft: But before you make ufe of it, beat fome Syrup of Citron with it, an Ounce and half of Syrup to each Gallon of Liquor: Then put in the Toaft whilft hot, to affift its Fermentation, which will ceafe in two Days; during which time caft in the Cowflip-Flowers (a little bruifed, but not much ftamp'd) to the Quantity of half a Bufhel to ten Gallons (or rather three Pecks) four Limons flic'd, with the Rinds and all. Laftly, one Pottle of White or Rhenifh Wine; and then after two Days, tun it up in a fweet Cask. Some leave out all the Syrup.*

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And here, before we conclude, fince there is nothing of more conftant Ufe than good Vinegar; or that has fo near an Affinity to all our Acetaria, we think it not amifs to add the following (much approved) Receipt.

Vinegar. *To every Gallon of Spring Water let there be allowed three Pounds of Malaga-Raifins: Put them in an Earthen Jarr, and place them where they may have the hotteft Sun, from May till Michaelmas: Then preffing them well, Tun the Liquor up in a very ftrong Iron-Hooped Veffel to prevent its burfting. It will appear very thick and muddy when newly prefs'd, but will refine in the Veffel, and be as clear as Wine. Thus let it remain untouched for three Months, before it be drawn*

off, and it will prove Excellent Vinegar.

Butter. *Butter being likewise so frequent and necessary an Ingredient to divers of the foregoing Appendants: It should be carefully melted, that it turn not to an Oil; which is prevented by melting it leisurely, with a little fair Water at the Bottom of the Dish or Pan; and by continual shaking and stirring, kept from boiling or over-heating, which makes it rank.*

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Other rare and exquisite Liquors and Teas (Products of our Gardens only) we might super-add, which we leave to our Lady Housewives, whose Province indeed all this while it is.

THE END

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[1 \(return\)](#)

Lord Viscount Brouncker, Chancellor to the Late Qu. Confort, now Dowager. The Right Honourable Cha. Montague, Esq; Chancellor of the Exchequer.

[2 \(return\)](#)

Si quid temporis à civilibus negotiis quibus totum jam intenderat animum, suffurari potuit, colendis agris, priscos illos Romanos Numam Pompilium, Cincinnatum, Catonem, Fabios, Cicerones, aliosque virtute claros viros imitare; qui in magno honore constituti, vites putare, stercorare agros, & irrigare nequaquam turpe & inhoneste putarunt. In Vit. Plin. 2.

[3 \(return\)](#)

Ut hujusmodi historiam vix dum inchoatum, non ante absolvendam putem.

Exitio terras quam dabit una dies. *D. Raius Praefat. Hist. Plan.*

[4 \(return\)](#)

Olera a frigidis distinct. *See Spartianus in Pescennio. Salmast. in Jul. Capitolin.*

[5 \(return\)](#)

Panis erat primis virides mortalibus Herbae;
Quas tellus nullo follicitante dabat.
Et modo carpebant vivaci cespitate gramen;
Nunc epulæ tenera fronde cacumen erant.

Ovid, *Fastor.* IV.

[6 \(return\)](#)

καλούμεν γὰρ λαχάνα τὰ ὠρὸς τὴν ἡμετέραν χρεῖαν, Theophrast. *Plant.* 1. VII. cap. 7.

[7 \(return\)](#)

Gen. I. 29.

[8 \(return\)](#)

Plutarch *Sympof.*

[9 \(return\)](#)

Salmast. in Solin. *against* Hieron. *Mercurialis.*

[10 \(return\)](#)

Galen. 2R. *Aliment.* cap. 1. Et *Simp. Medic.* Averroes, lib. V. *Golloc.*

[11 \(return\)](#)

Plin. lib. XIX. c. 4.

12 ([return](#))

Convictus facilis, fine arte menfa. Mart. Ep. 74.

13 ([return](#))

Ἀπυρρον τροφου, which Suidas calls λαχανα, Olera quæ cruda fumuntur ex Aceto. Harduin in loc.

14 ([return](#))

Plin. H. Nat. lib. xix. cap. 8.

15 ([return](#))

De R.R. cap. clvii.

16 ([return](#))

Ἐφθος, δοσικυος, απαλος, αλυως, ουρητικος. Athen.

17 ([return](#))

Cucumis elixus delicatior, innocentior. Athenæus.

18 ([return](#))

Eubulus.

19 ([return](#))

In Lactuca occultatum à Venere Adonin cecinit *Callimachus*, quod Allegoricè interpretatus *Athenæus* illuc referendum putat, quod in Venerem hebetiores fiant Lactucis vescentes assidue.

20 ([return](#))

Apud Sueton.

21 ([return](#))

Vopifeus Tacit. *For the rest both of the Kinds and Vertues of Lettuce, See Plin. H. Nat. l. xix. c. 8. and xx. c. 7. Fernel. &c.*

22 ([return](#))

De Legib.

23 ([return](#))

Hor. Epod. II.

24 ([return](#))

De Simp. Medic. L. vii.

25 ([return](#))

Lib. ii. cap. 3.

26 ([return](#))

Exoneraturas Ventrem mihi Villica Malvas Attulit, & varias, quas habet hortus, Opes.

Mart. Lib. x.

And our fweet Poet:

—Nulla est humanior herba,
Nulla magis fuavi commoditate bona est,
Omnia tam placidè regerat, blandéquerelaxat,
Emollitque vias, nec finit effe rudes.

Cowl. *Plan.* L. 4.

27 ([return](#))

Cic *ad Attic.*

28 ([return](#))

Sueton *in Claudi.*

29 ([return](#))

Sen. Ep. lxiii.

30 ([return](#))

Plin. N.H. l. xxi. c. 23.

31 ([return](#))

Tranfact. Philof. *Num.* 202.

32 ([return](#))

Apitius, *lib. vii. cap. 13.*

33 ([return](#))

Philof. *Tranfact. Num. 69. Journey to Paris.*

34 ([return](#))

Pratenfibus optima fungis Natura eft: aliis male creditur. *Hor. Sat. I. 7. Sat. 4.*

35 ([return](#))

Bacon *Nat. Hift. 12. Cent. vii. 547, 548, &c.*

36 ([return](#))

Gaffend. *Vita Peirf. l. iv. Raderus Mart. l. Epig. xlvi. In ponticum—fays, within four Days.*

37 ([return](#))

O Sanctas gentes, quibus haec nascuntur in hortis
Numina***— *Juv. Sat. 15.*

38 ([return](#))

Herodotus.

39 ([return](#))

ωρα το ραδιως φαινες, quia tertio à fatu die appareat.

40 ([return](#))

De diaeta *lib. ii. cap. 25.*

41 ([return](#))

De Aliment. *Facult. lib. ii.*

42 ([return](#))

Philof. Tranfact. Vol. xvii. Num. 205. p. 970.

43 ([return](#))

Plin. H. Nat. Lib. xix. cap. 3. & xx. c. 22. See Jo. Tzetzes Chil. vi. 48. & xvii. 119.

44 ([return](#))

Spanheim, De ufu & Praeft. *Numif. Differt. 4to. It was fometimes alfo the Reverfe of Jupiter Hammon.*

45 ([return](#))

ουδ αν ειδοιης γε μοι
του πλουτου αυτου κ— το Βατ-ου σιλφιου.

Aristoph. in Pluto. Act. iv. Sc. 3.

46 ([return](#))

Of which fome would have it a courfer fort inamoeni odoris, as the fame Comedian names it in his Equites, p. 239. and 240. Edit. Basil. See likewise this difcufs'd, together with its Properties, most copioufly, in Jo. Budaeus a Stapul. Comment. in Theophrast. lib. vi. cap. 1. and Bauhin. Hift. Plant. lib. xxvii. cap. 53.

47 ([return](#))

Vide *Cardanum de ufu Cibi.*

48 ([return](#))

Vol. xx.

49 ([return](#))

Cowley:

Ουδ οσον εν μαλαχη τε κ— ασφοδελω μεγ ουειαρ
Κρουσαντες γαρ εχουσι θεοι Βιον ανθρωποισι.

Hesiod.

50 ([return](#))

Concerning this of Infects, See Mr. Ray's Hift. Plant. li. l. cap. 24.

51 ([return](#))

The poyfon'd Weeds: I have feen a Man, who was fo poyfon'd with it, that the Skin peel'd off his Face, and yet he never touch'd it, only looked on it as he pafs'd by. Mr. Stafford, Philof. Tranfact. Vol. III. Num. xl. p. 794.

52 ([return](#))

Cowley, *Garden*, Mifcel. Stanz. 8.

53 ([return](#))

Sapores minime Contentientes **και συμπλεκο-υας ουχι συμφωνους αφας**: Haec despiciere ingeniofi est artificis: *Neither did the Artift mingle his Provisions without extraordinary Study and Confideration: Αλλα μιξας παντα κατα συμφωνιαν.* Horum fingulis feorfum affumptis, tu expedito: Sic ego tanquam Oraculo jubeo. — Itaque literarum ignarum Coquum, tu cum videris, & qui Democriti fcripta omnia non perlegerit, vel potius, impromptu non habeat, eum deride ut futilem: Ac ilium Mercede conducito, qui Epicuri Canonen ufu plane didicerit, &c. *as it follows in the Gaftromonia of Archefttratus, Athen. lib. xxiii. Such another Bragadoccio Cook Horace defcribes*

Nec fibi Coenarum quivis temere arroget artem
Non prius exacta tenui ratione faporem.

Sat. lib. ii. Sat. 4.

54 ([return](#))

Milton's *Paradife Loft*.

55 ([return](#))

— Qui
Tingat olus ficcum muria vafer in calice emptâ
Ipfe facrum irrorans piper — Perf. *Sat. vi.*

56 ([return](#))

Dr. Grew, Lect. vi. c. 2. 3.

57 ([return](#))

Muffet, de Diaeta, c. 23.

58 ([return](#))

Dr. Grew, Annat. Plant. Lib. I. Sect. iv. cap. I, &c. See alfo, Tranfact. Num. 107. Vol. ix.

59 ([return](#))

Philofoph. Tranfact. Vol. III. Num. xl. p. 799.

60 ([return](#))

Mart. Epig. lib. xi. 39.

61 ([return](#))

Athen. I. 2. Of which Change of Diet fee Plut. iv. Sympof. 9. Plinii Epift. I. ad Eretrium.

62 ([return](#))

Virg. Moreto.

63 ([return](#))

Hor. Sat. I. 2. Sat. 4.

64 ([return](#))

Mart. Ep. I. v. Ep. 17.

65 ([return](#))

Concerning the Ufe of Fruit (befides many others) whether beft to be eaten before, or after Meals? Publifhed by a Phyfician of Rochel, and render'd out of French into Englifh. Printed by T. Baffet in Fleetftreet.

66 ([return](#))

Achilles, Patroclus, Automedon. Iliad. ix. & alibi.

67 ([return](#))

For fo fome pronounce it, V. Athenaeum Deip. Lib. II. Cap. 26 ηδ- quafi ηδυσμα, perhaps for that it incites Appetite, and caufes Hunger, which is the beft Sauce.

68 ([return](#))

Cratinus in Glauco.

69 ([return](#))

Nat. Hift. IV. Cent. VII. 130. Se Arift. Prob. Sect. xx. Quaeft. 36. Why fome Fruits and Plants are beft raw, others boil'd, roasted, &c, as becoming fweeter; but the Crude more fapid and grateful.

- 70 ([return](#))
Card. *Contradicent*. Med. l. iv. *Cant.* 18. Diphilus *not at all*. Athenaeus.
- 71 ([return](#))
Sir Tho. Brown's Miscel.
- 72 ([return](#))
Caule fuburbano qui ficcis crevit in agris Dulcior,—
—Hor. *Sat.* l. 2. §4.
- 73 ([return](#))
Tranfact. Philof. *Num.* xxv.
- 74 ([return](#))
Num. xviii.
- 75 ([return](#))
Thefaur. Sanit. c. 2.
- 76 ([return](#))
As Delcampius interprets the Place.
- 77 ([return](#))
Scaliger ad Card. Exercit. 213.
- 78 ([return](#))
Cel. Lib. Cap. 4.
- 79 ([return](#))
Plin. *Nat. Hift.* l. 3. c. 12.
- 80 ([return](#))
Hanc brevitatem Vitae (*fpeaking of Horfes*) fortaffe homini debet, *Verul. Hist. Vit. & Mort.* See *this* *throughly controverted*, Macrobian. *Saturn.* l. vii. c. v.
- 81 ([return](#))
Arift. *Hift. Animal.* l. v. c. 14.
- 82 ([return](#))
ανομοια σασιαζει
- 83 ([return](#))
Hor. *Sat.* l. II. *Sat.* 2. Macr. *Sat.* l. VII.
- 84 ([return](#))
Gen. ix.
- 85 ([return](#))
Metam. i. Fab. iii. *and xv.*
- 86 ([return](#))
Gen. xi. 19.
- 87 ([return](#))
Gen. ix.
- 88 ([return](#))
Porphy. de Abftin. *Proclum, Jambleum, &c.*
- 89 ([return](#))
Strom, vii.
- 90 ([return](#))
Praep. Lv. paffim.
- 91 ([return](#))
Tertul. *de Tejun.* cap. iv. Hieron. *adverf. Jovin.*
- 92 ([return](#))
Sen. *Epift.* 108.
- 93 ([return](#))
1 *Cor.* viii. 8. 1. *Tim.* iv. 1. 3. 14. *Rom.* ii. 3.

94 ([return](#))

Has Epulas habuit teneri gens aurea mundis
Et cœnæ ingentis tune caput ipfa fui.
Semide unque meo creverunt corpora fucco,
Materiam tanti fanguinis ille dedit.
Tune neque fraus nota eft, neque vis, neque fœda libido;
Hæc nimis proles fæva caloris erat.
Si facrum illorum, fit deteftabile nomen,
Qui primi fervæ regne dedere gulæ.
Hinc vitiis patefacta via eft, morbifq; fecutis fas,
Se lethi facies exeruere novæ.
Ah, fuge crudeles Animantum fanguine men
Quafque tibi obfonat mors inimica dapes.
Pofcas tandem æger, fi fanus negligis, herbas.
Effe cibus nequeunt? at medicamen erunt.
Colci Plaut. lib. 1. Lactuca.

95 ([return](#))

Gen. ix.

96 ([return](#))

Ancyra xiv.

97 ([return](#))

Can. Apoft. 50.

98 ([return](#))

Clem. Paedag. *Lib.* ii. c. 1. *Vide* Prudent. *Hymn.* [γα θημερωων](#): Nos Oloris Coma, nos filiqua facta
legumine multitudo paraveris innocuis Epulis.

99 ([return](#))

xv. *Acts*, 20, 29.

100 ([return](#))

Philo de Vit. Contemp. *Joseph. Antiq. Lib.* 13 *Cap.* 9.

101 ([return](#))

Hackwell. Apolog.

102 ([return](#))

Hippoc. de vetere Medicina, *Cap.* 6, 7.

103 ([return](#))

2 *Tim.* iv. 3.

104 ([return](#))

This, with their prodigious Ignorance. See Mab. des Etudes Monaft. *Part.* 2. c. 17.

105 ([return](#))

Dr. Lifter's Journey to Paris. See L'Apocalyps de Meliton, ou *Revelation des Myfteres Cenobitiques.*

106 ([return](#))

Plantarum ufus latiffimè patet, & in omni vitæ parte occurrit, fine illis lautè, fine illis commodè non
vivitur, ac nec vivitur omninò. Quæcunque ad victu neceffaria funt, quæcunque ad delicias faciunt, è
locupletiffimo fuo penu abundè fubminiftrant: Quantò ex eis menfa innocentior, mundior, falubrior,
quam ex animalium cæde & Laniena! Homo certè naturâ animal carnivorum non eft; nullis ad prædam
& rapinam armis inſtructum; non dentibus exertis & ferratis, non unguibus aduncis: Manus ad fructos
colligendos, dentes ad mandendos comparati; nee legimus fe ante diluvium carnes ad efum conceffas,
&c. *Raii Hift. Plant. Lib.* 1. *cap.* 24.

107 ([return](#))

Mart. lib. x. *Epig.* 44.

108 ([return](#))

Barl. Eleg. lib. 3.

109 ([return](#))

Athen. Deip. l. i.

- 110 ([return](#))
Cowley, *Garden. Stanz.* 6.
- 111 ([return](#))
Hence in Macrobius Sat. lib. vii. c. 5. we find Eupolis the Comedian in his Æges, bringing in Goats boasting the Variety of their Food, Βοσκομεθ υλης απο παντοδαωης, ελατης, &c. After which follows a Banquet of innumerable forts.
- 112 ([return](#))
Efa. lxv. 25.
- 113 ([return](#))
Bina tunc jugera populo Romano fatis erat, nullique majorem modum attribuit, quo fervos paulo ante principis Neronis, contemptis hujus spatii Virdariis, pifcinas juvat habere majores, gratumque, fi non aliquem & culinas. *Plin. Hift. Nat. lib. xviii. c. 2.*
- 114 ([return](#))
Interea guftus elements per omnia quaerunt. *Juv. Sat. 4.*
- 115 ([return](#))
Cicero. *Epift. Lib. 7. Ep. 26. Complaining of a coftly Sallet, that had almoft coft him his Life.*
- 116 ([return](#))
Valeriana, *That of Lectucini, Achilleia, Lyfimachia, Fabius, Cicero, Lentulus, Pifo, &c. a Fabis, Cicere, Lente, Pifis bene ferendis dicti, Plin.*
- 117 ([return](#))
Mirum effet non licere pecori Carduis vefci, non licet plebei, &c. *And in another Place, Quoniam portenta quoque terrarum in ganeam vertimus, etiam quæ refugeant quadrupeded confciæ, Plin. Hift. Nat. l. xix. c. 8.*
- 118 ([return](#))
Gra. Falifc. *Gyneget. Waf. See concerning this Excefs Macr. Sat. l. 2. c. 9. & fequ.*
- 119 ([return](#))
Horti maximè placebant, quia non egerent igni, parceréntque ligno, expedita res, & parata femper, unde *Acetaria* appellantur, facilia concoqui, nee oneratura fenfum cibo, & quæ minime accenderent defiderium panis. *Plin. Hift. Nat. Lib. xix. c. 4. And of this exceeding Frugality of the Romans, till after the Mithridatic War, fee Athenæus Deip. Lib. 6. cap. 21. Horat. Serm. Sat. 1.*
- 120 ([return](#))
Nequam effe in domo matrem familias (etenim hæc cura Fœminæ dicebatur) ubi indiligens effet hortus.
- 121 ([return](#))
Alterum fuccidium. *Cic. in Catone. Tiberias had a Tribute of Skirrits paid him.*
- 122 ([return](#))
Hor. *Sat. l. 2. Vix prae vino fuftinet palpebras, eunti in confilium, &c. See the Oration of C. Titius de Leg. Fan. Mac Sat. l. 2. c. 12.*
- 123 ([return](#))
Milton's *Paradife*, 1. v. ver. 228.
- 124 ([return](#))

At victus illa ætas cui fecimus aurea nomen
Fructibus arboreis, & quas humus educat herbis
Fortunata fuit.—*Met. xv.*
- 125 ([return](#))
Bene moratus venter.
- 126 ([return](#))
TAB. II.
- 127 ([return](#))

Fœlix, quem mifera procul ambitione remotum,
Parvus ager placide, parvus & hortus, alit.
Præbet ager quicquid frugi natura requirit,

Hortus habet quicquid luxuriosa petit,
Cætera follicitæ speciosa incommoda vitæ
Permittit stultis quærere, habere malis.

Cowley, Pl. lib. iv.

128 (return)

Plin. Athenæus, Macrobius, Bacon, Boyle, Digby, &c.

[pg]



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