

The background of the entire image is a photograph of a dirt path that winds through a wooded area. The path is light brown and appears to be made of dirt and small stones. It is flanked by tall, dry grass and various trees, some with green leaves and others with bare branches. The lighting suggests a bright, sunny day. The path leads from the foreground into the distance, disappearing into the trees.

**Acetaria A
Discourse
of Sallets**

John Evelyn

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ACETARIA: A DISCOURSE OF SALLETS ***

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JOANNES EVELYN ARM^R

[pg]

ACETARIA

A DISCOURSE OF

SALLETS

By *JOHN EVELYN, Esq.*

Author of the *Kalendarium*

BROOKLYN,

Published by the *Women's Auxiliary,*

BROOKLYN BOTANIC GARDEN

1937

[pg]

Printed in the United States of America

[pg]

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 [ſ] 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 gaieties 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

[pg]

Facsimile of Title Page of First Edition

**ACETARIA.
A
DISCOURSE
OF
SALLETS.**

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

Ου παντος ανδρος εσιν αρτυσια καλως [Greek: Ou
pantos andros hesin artusia kalôs.]

Crat. in Glaucl.

LONDON,

Printed for *B. Tooke* at the *Middle-
Temple* Gate in *Fleetstreet*, 1699.

[pg]

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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 Acquifition of Fortune, but your Intellectual Endowments; [pg] Conſpicious (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 *Fiſt* 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 Detracters, 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 juſtifie 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 signifie 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 Settld, *Appropriate*, and *Commodious Place*; having hitherto

(like the *Tabernacle* in the *Wildernefs*) 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 *Auguſt* 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 deprefs 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 verifie 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 Wife *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 *Philophy* 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 busiest 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 [2Example](#), 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 *Causés* 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 Greateft and moft flourishing State of the World) to vifit, 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 Prefumption. 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 *dreffing 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 Exercifes*? and *Fifhing*, 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 drest 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] consenui*; or to have spent my time in nothing else. The *Plan* annex 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 Exprefs in fuch an
Obliging manner, when it was lately to wait upon
Your Lordship; among whom I had the Honor to be a
Witnefs of Your Generous, and Favourable
Acceptance of their Addreffes, who am,

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

[pg]

THE PREFACE

THE *Favourable Entertainment which the
Kalendar has found, encouraging the Bookseller 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 some little Aid to such as love a Diverſion ſo Innocent and Laudable. There are thoſe 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: Whilſt thoſe who thus magnifie their Discoveries, have after all, penetrated but a very little Way into this Vaſt, Ample, and as yet, Unknown Territory; Who ſee not, that it would ſtill require the Revolution of many Ages; deep, and long Experience, for any Man to Emerge that Perfect, and Accompliſh'd Artiſt Gardiner they boaſt themſelves to be: Nor do I think, Men will ever reach the End, and far extended Limits of the Vegetable [pg] Kingdom, ſo incomprehenſible is the Variety it every Day produces, of the moſt Uſeful, and Admirable of all the Aſpectable Works of God; ſince almoſt all we ſee, and touch, and taſte, and ſmell, eat and drink, are clad with, and defended (from the Greateſt Prince to the Meanest Peaſant) is furniſhed from that Great and Univerſal Plantation, Epitomiz'd in our Gardens, highly worth the Contemplation of the moſt Profound Divine, and Deepeſt Philoſopher.

I ſhould be aſham'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 [3](#)longer Day; that is, When Time fhall be no more, but Knowledge fhall be encreas'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 Design, 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 (Skilfully Planted and Cultivated) fufficient to furnifh, and entertain his Time and Thoughts all his Life long, with a moft Innocent, Agreeable, and Ufeful 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 Ufeful Undertakings; the Unfatiable

Coveting to Exhaust all that should, or can be said upon every Head: If such a one have any thing else 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 superstruct upon the Foundation of another, and whose Ideas are alike. There ought therefore to be as many Hands, and Subsidiaries to such a Design (and those Matters too) as there are [pg] distinct Parts of the Whole (according to the subsequent Table) that those who have the Means and Courage, may (tho' they do not undertake the Whole) finish a Part at least, and in time Unite their Labours into one Intire, Compleat, and Consummate Work indeed.

Of One or Two of these, I attempted only a Specimen in my SILVA and the KALENDAR; Imperfect, I say, because they are both capable of Great Improvements: It is not therefore to be expected (Let me use the Words of an Old, and Experienced Gardiner) Cuncta me dicturum, quae vastitas ejus scientiæ contineret, sed plurima; nam illud in unius hominis prudentiam cadere non poterit, neque est ulla Disciplina aut Ars, quæ singulari consummata sit ingenio.

May it then suffice aliquam partem tradidisse, and that I have done my Endeavour.

... Jurtilis olim
Ne Videar vixisse.

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 since been, from so bold an Enterprize, as the Fabrick I mentioned. I content my self 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 seems to me, shou'd be more Welcome and Agreeable, than whilst the Product of them is come into more Request and Use amongst us, than heretofore (beside what we call, and distinguish by the Name of Fruit) I did annex some particular Directions concerning S A L L E T S.

[pg]

[pg]

THE

PLAN

OF A

ROYAL GARDEN:

Describing, 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 Composts, and Stercoration, Repastination, Dreffing and Stirring the Earth and Mould of a Garden.

BOOK II.

Chap. I. A Garden Derived and Defin'd; its Dignity, Distinction, 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 Instruments belonging to a Gardiner; their various Uses, and Machanical Powers.

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

Chap. V. Of Enclofing, Fencing, Plotting, and disposing 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 Transplanting, &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

Register.

[pg] *Chap. XVII. Of the Philosophical 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) Substantial Qualities of Plants, Fruits and Flowers.

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

Chap. III. Of Composfing the Hortus Hyemalis, and making Books, of Natural, Arid Plants and Flowers, with feveral Ways of Preferving 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, Feftoons, 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 affiftant to it.

Chap. VIII. Of Hortulan Entertainments, Natural, Divine, Moral, and Political; with divers Historical Paffages, and Solemnities, to [pg] fhew the

*Riches, Beauty, Wonder, Plenty, Delight, and
Univerfal Ufe of Gardens.*

Chap. IX. Of Garden Burial.

*Chap. X. Of Paradife, and of the moft Famous Gardens
in the World, Ancient and Modern.*

Chap. XI. The Defcription of a Villa.

Chap. XII. The Corollary and Conclufion.

——*Laudato ingentia rura,*
Exiguum colito.——

[1]



ACETARIA:
A Discourse 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 Compofition 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 disguis'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 [2] were never *Boil'd*; and fo they derive the Etymology of *Olus*, from *Olla*, the *Pot*. But others deduce it from *Όλος*, comprehending the *Univerfal Genus* of the Vegetable Kingdom; as from *Παν Panis*; efteeming 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. *Crefcendo*, 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 Olera* (fays ⁶*Theophrastus*) *which are commonly eaten*, in which

fenſe it may be taken, to include both *Boil'd* and *Raw*: Laſt of all, *ab Alendo*, as having been the Original, and genuine Food of all Mankind from the [7](#)Creation.

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 [\[3\]](#) 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 [10](#)old *Phyſicians* affirm (and that truly) all *Crude* and raw *λαχανα* require to render them whoſome; 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 [12](#)ready at hand, and eaſily dreſs'd; requiring neither *Fire*, *Coſt*, or *Attendance*, to boil, roaſt, and prepare them as did Fleſh, 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 [\[4\]](#) a *Sallet* (not unagreeable) ſeaſon'd with its proper *Oxybaphon* of *Vinegar*, *Salt*, *Oyl*, &c. which doubtleſs

gives it both the Relish 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; least whilst I write of *Salt* and *Sallet*, I appear my self *Infipid*: I pass therefore to the Ingredients, which we will call

Furniture and Materials

THE *Materials* of *Sallets*, which together with the grosser *Olera*, consist of *Roots*, *Stalks*, *Leaves*, *Buds*, *Flowers*, &c. *Fruits* (belonging to another Class) would require a much ampler Volume, than would suit our Kalendar, (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 [5] we gather them from the *Mother* and *Genial Bed*, with a touch only of their *Qualities*, for Reasons hereafter given.

1. Alexanders, *Hippofelinum*; *S. Smyrniun 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 flit 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, [6] 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*, 30000 *l. Sterling*.

Note, That the *Spanish Cardon*, a wild and smaller *Artichoke*, with sharp pointed Leaves, and lesser Head; the Stalks being *Blanch'd* and [7] tender, are serv'd-up *a la Poiverade* (that is with *Oyl*, *Pepper*, &c.) as the *French* term is.

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

4. *Baulm*, *Melissa*, *Baum*, hot and dry, Cordial and exhilarating, sovereign for the Brain, strengthening the Memory, and powerfully chafing away *Melancholy*. The tender Leaves are us'd in Composition with other Herbs; and the Sprigs fresh gather'd, put into *Wine* or

other Drinks, during the heat of Summer, give it a marvellous quickness: 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 *Costa*, or Rib of the *White Beet* (by the *French* call'd the *Chard*) being boil'd, melts, and eats like Marrow. And the *Roots* (especially of the *Red*) cut into thin slices, boil'd, when cold, is of it self a grateful winter *Sallet*; or being mingl'd with other *Oluscula*, *Oyl*, *Vinegar*, *Salt*, &c. 'Tis of quality Cold and Moist, and naturally somewhat *Laxative*: [8] But however by the *Epigrammatist* stil'd *Foolish* and *Insipid*, as *Innocentior quam Olus* (for so the Learned [14](#)Harduin reads the place) 'tis by *Diphilus* of old, and others since, preferr'd before *Cabbage* as of better Nourishment: *Martial* (not unlearn'd in the Art of *Sallet*) commends it with *Wine* and *Pepper*: He names it indeed—*Fabrorum prandia*, for its being so vulgar. But eaten with *Oyl* and *Vinegar*, as usually, it is no despicable *Sallet*. There is a *Beet* growing near the Sea, which is the most 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*.

6. Blite, *Blitum*; English *Mercury*, or (as our Country House wives call it) *All-good*, the gentle *Turiones*, and Tops may be eaten as *Sparagus*, or sodden in Pottage:

There is both a white and red, much us'd in *Spain* and *Italy*; but besides its humidity and deterfive Nature, 'tis *Infipid* enough.

7. Borrage, *Borrage* (*Gaudia semper ago*) hot and kindly moift, purifying the Blood, is an [9] exhilarating Cordial, of a pleafant Flavour: The tender Leaves, and Flowers efpecially, may be eaten in Compofition; 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*.

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

9. Buglofs, *Bugloffum*; in mature much like *Borrage*, yet fomething 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 *Afhen*-Keys, *Broom*-

buds, hot and dry, retaining [10] the vertue of *Capers*, esteem'd to be very opening, and prevalent againſt the *Spleen* and *Scurvy*; and being *Pickl'd*, are ſprinkl'd among the *Sallets*, or eaten by themſelves.

11. Cabbage, *Brassica* (and its ſeveral kinds) *Pompey's* beloved Diſh, ſo highly celebrated by old [15](#)*Cato*, *Pythagoras*, and *Chryſippus* the Phyſician (as the only *Panacea*) is not ſo generally magnify'd by the reſt of Doctors, as affording but a cras and melancholy Juice; yet *Loofening* if but moderately boil'd, if over-much, *Aſtringent*, according to *C. Celfus*; and therefore ſeldom eaten raw, excepting by the *Dutch*. The *Cymæ*, or Sprouts rather of the *Cole* are very delicate, ſo boil'd as to retain their Verdure and green Colour. In raiſing this *Plant* great care is to be had of the Seed. The beſt comes from *Denmark* and *Ruffia*, eſpecially 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 choſen; and ſo the *Cauly-flower*: After boiling ſome ſteep them in Milk, and ſeethe them again in Beef-Broth: Of old they added a little *Nitre*. The *Broccoli* from *Naples*, perhaps the [11] *Halmyridia* of *Pliny* (or *Athenæus* rather) *Capiata marina* & *florida*, our *Sea-keele* (the ancient *Crambe*) and growing on our Coaſt, are very delicate, as are the *Savoys*, commended for being not ſo rank, but agreeable to moſt *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 *Cauliflower* 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 Brassicam*. '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 [12] yellow, very nourishing; let them be rais'd in Ground naturally rich, but not too heavy.

14. Chervile, *Chærophylum*, *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 wholsome and chearing the Spirits: The *Roots* are also boil'd and

eaten Cold; much commended for Aged Perfons: This (as likewife *Spinach*) is us'd in *Tarts*, and serves alone for divers Sauces.

Cibbols. } Vide Onions, *Schoenopræsson*.

Cives.

15. Clary, *Horminum*, when tender not to be rejected, and in *Omlets*, made up with *Cream*, fried in fweet *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 refrefhing: The Tops and Leaves are a *Sallet* [13] of themselves, feasonably 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*.

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

19. Creffes, *Nasturtium*, Garden *Creffes*; to be monthly sown: But above all the *Indian*, moderately hot, and aromattick, quicken the torpent Spirits, and purge the Brain, and are of fingular 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-Crefts*, 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 ^[14] 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 shaking the Slices between two Dishes, 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 Liquor, which being exhausted (by the former Method) have nothing remaining in them to help the Concoction. Of old they [17](#)boil'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 drefs'd, was thought fit to be thrown away, being accounted [15] 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.

21. Daiſy, *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 bitterneſs; tho' ſomewhat opening, is very whoſome, 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 *Theſeus*. See *Sowthiftle*.

23. Dock, *Oxylapathum*, or ſharp-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-Caſtanum*; (found in divers

places of *Surry*, near *Kingston*, and other [16] parts) the Rind par'd off, are eaten crude by Rustics, with a little *Pepper*; but are best boil'd like other Roots, or in Pottage rather, and are sweet and nourishing.

24. Elder, *Sambucus*; The Flowers infus'd in *Vinegar*, grateful both to the Stomach and Taste; attenuate thick and viscid Humours; and tho' the Leaves are somewhat rank of Smell, and so not commendable in *Sallet*; they are otherwise (as indeed is the intire Shrub) of the most fovereign Vertue; and the spring Buds and tender Leaves, excellently wholsome in Pottage at that Season of the Year. See *Flowers*.

25. Endive, *Endivium*, *Intubum Sativum*; the largest, whitest, and tenderest Leaves best boil'd, and less crude. It is naturally Cold, profitable for hot Stomachs; *Incise* and opening Obstructions of the Liver: The curled is more delicate, being eaten alone, or in Composition, with the usual *Intinctus*: It is also excellent being boil'd; the middle part of the Blanch'd-Stalk separated, eats firm, and the ampler Leaves by many perferr'd before *Lettuce*. See *Succory*.

Eschalot. See *Onions*.

[17] 26. Fennel, *Fœniculum*: The sweetest of *Bologna*: Aromatick, hot, and dry; expels Wind, fharpens the Sight, and recreates the Brain; especially

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 Composition. The *Italians* eat the blanch'd Stalk (which they call *Cartucci*) all Winter long. There is a very small *Green-Worm*, which sometimes lodges in the Stemm of this Plant, which is to be taken out, as the *Red* one in that of *Sellery*.

27. Flowers, *Flores*; chiefly of the *Aromatick Efculents* and Plants are preferable, as generally endow'd with the Vertues of their *Simples*, in a more intense degree; and may therefore be eaten alone in their proper *Vehicles*, or Composition with other *Salleting*, sprinkl'd among them; But give a more palatable Relish, being Infus'd in *Vinegar*; Especially those of the *Clove-Gillyflower*, *Elder*, *Orange*, *Cowflip*, *Rosemary*, *Arch-Angel*, *Sage*, *Nasturtium Indicum*, &c. Some of them are Pickl'd, and divers of them make also very pleasant and wholesome *Theas*, as do likewise the *Wild Time*, *Bugloss*, *Mint*, &c.

[18] 28. Garlick, *Allium*; dry towards Excess; and tho' both by *Spaniards* and *Italians*, and the more Southern People, familiarly eaten, with almost every thing, and esteem'd of such singular Vertue to help Conception, and thought a Charm against all Infection and Poyson (by which it has obtain'd the

Name of the *Country-man's Theriacle*) we yet think it more proper for our Northern Rustics, especially living in *Uliginous* and moist places, or such as use the *Sea*: Whilst we absolutely forbid it entrance into our *Salleting*, by reason of its intolerable Rankness, and which made it so detested of old; that the eating of it was (as we read) part of the Punishment for such as had committed the horrid'st Crimes. To be sure, 'tis not for Ladies Palats, nor those who court them, farther than to permit a light touch on the Dish, with a *Clove* thereof, much better supply'd by the gentler *Rocombo*.

Note, That in *Spain* they sometimes eat it boil'd, which taming its fierceness, turns it into Nourishment, or rather *Medicine*.

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

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

30. Hops, *Lupulus*: Hot and moist, rather *Medicinal*, than fit for *Sallet*; the *Buds* and young *Tendrels* 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 reſerv'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.

[20]

33. Leeks, and *Cibbols*, *Porrum*; hot, and of Vertue Prolifick, ſince *Latona*, the Mother of *Appolo* 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 flender and green Summities, a little fhred, do not amiſs in Compoſition. See *Onion*.

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 univerfal *Tribe* of *Sallets*; which is to Cool and Refresh, besides its other Properties: And therefore in fuch high efteem 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, [21] extinguifhes 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 [22] and *Sallet* store, so proper to mingle with any of the rest, nor so wholsome 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 *Oinomete*, 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*; *Ambervelleres*; *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 [23] 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 ufe, tho' otherwise not totally to be reproved: *Lettuce* boil'd and *Condited* is sometimes spoken of.

35. Limon, *Limonia*, *citrea mala*; exceedingly refreshing, *Cordial*, &c. The Pulp being blended with the Juice, fecluding 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 ufe at present) was taken by the Poets for all *Sallets* in general. *Pythagoras* held *Malvæ folium Sanctifimum*; and we find *Epimenides* in [22](#)Plato at his *Mallows* and *Asphodel*; 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 [[24](#)] 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*.

Mercury, *Bonus Henricus*, English Mercury, or

Lapathum Unctuosum. 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*: [25] But he who reads how artificially they were Cultivated, rais'd under Glasses, and expos'd to the hot Sun, (for *Tiberius*) cannot well doubt of their being the fame with ours.

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 my self remembring, when an ordinary *Melon* would have been sold for five or fix 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 [26] little prefs'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*.

39. Mushrooms, *Fungi*; By the [27](#)Orator call'd *Terræ*, by *Porphyry Deorum filii*, without Seed (as produc'd by the Midwifry 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 caufe; from the many bad Examples, frequent Mifchiefs, and funeft Accidents they have produc'd, not only [27] to particular Perfons, but whole Families: Exalted indeed they were to the fecond Courfe of the *Cæfarian Tables*, with the noble Title Βρωμα Θεων, a Dainty fit for the *Gods* alone; to whom they fent the Emperor ²⁸*Claudius*, as they have many fince, to the other World. But he that reads how ²⁹*Seneca* deplores his loft Friend, that brave Commander *Annæus Serenus*, and feveral other gallant Perfons with him, who all of them perifh'd at the same Repaft; would be apt to ask with the ³⁰*Naturalift* (fpeaking of this fufpicious Dainty) *Quæ voluptas tanta ancipitis cibi?* and who indeed would hazard it? So true is that of the Poet; He that eats *Mufhrooms*, many time *Nil amplius edit*, eats no more perhaps all his Life after. What other deterring *Epithets* are given for our Caution, Βαρη πνιγοεντα μυκητων, *heavy and choaking*. (*Athenæus* reporting of the Poet *Euripides's*, finding a Woman and her three Children ftrangl'd by eating of them) one would think fufficient warning.

Among thefe comes in the *Fungus Reticularis*, to be found about *London*, as at *Fulham* and other places; whilft at no fmall charge we [28] fend for them into *France*; as we alfo do for *Truffles*, *Pig-nuts*, and other fubterraneous *Tubera*, which in *Italy* they fry in Oyl, and eat with *Pepper*: They are commonly difcovered

by a *Nafute Swine* purposely brought up; being of a Chefsnut Colour, and heady Smell, and not feldom found in *England*, particularly in a Park of my Lord *Cotton's* at *Rufhton* or *Rusbery* in *Northampton-shire*, and doubtless in other ³¹places too were they fought after. How these rank and provocative Excrefcences are to be ³²treated (of themselves insipid enough, and only famous for their kindly taking any Pickle or *Conditure*) that they may do the less Mischiefe we might here set down. But since there be so many ways of Dressing them, that I can encourage none to use them, for Reasons given (besides that they do not at all concern our safer and innocent *Sallet Furniture*) I forbear it; and referr those who long after this beloved *Ragout*, and other *Voluptuaria Venena* (as *Seneca* calls them) to what our Learned Dr. *Lyfter* ³³says of the many Venomous *Infects* harbouring and corrupting in a new found-out Species of *Mushrooms* had lately in deliciis. [29] Those, in the mean time, which are esteemed best, and less pernicious, (of which see the *Appendix*) are such as rise in rich, airy, and dry ³⁴Pasture-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 saffronish hue, curiously radiated in parallel Lines and Edges, which becoming either Yellow, Orange, or Black, are to be rejected: But besides what the Harvest-Months produce, they are likewise rais'd ³⁵Artificially; as at *Naples* in their

Wine-Cellars, upon an heap of rank Earth, heaped upon a certain supposed *Stone*, but in truth, (as the curious and noble [36](#)*Peirefky* tells us, he found to be) nothing but an heap of old *Fungus*'s, reduc'd and compacted to a stony hardness, upon which they lay Earth, and sprinkle it with warm Water, in which *Mushrooms* have been steeped. 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 refuse [30] *Fungus*'s; and such a Bed will last two or three Years, and sometimes our common *Melon*-Beds afford them, besides other Experiments.

40. Mustard, *Sinapi*; exceeding hot and *mordicant*, not only in the Seed but Leaf also; especially in *Seedling* young Plants, like those of *Radishes* (newly peeping out of the Bed) is of incomparable effect to quicken and revive the Spirits; strengthening the Memory, expelling heaviness, preventing the Vertiginous Palfie, and is a laudable *Cephalick*. Besides it is an approv'd *Antiscorbutick*; aids Concoction, cuts and dissipates Phlegmatick Humours. In short, 'tis the most noble *Embamma*, and so necessary an Ingredient to all cold and raw *Salleting*, that it is very rarely, if at all, to be left out. In *Italy* in making *Mustard*, they mingle *Limon* and *Orange-Peel*, with the Seeds. How the best is made, see hereafter.

Nasturtium Indicum. See *Cress*es.

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

[31]

42. Onion, *Cepa*, *Porrum*; the best are such as are brought us out of *Spain*, whence they of St. *Omers* had them, and some that have weigh'd eight Pounds. Choose 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 so hot as *Garlick*, nor at all so rank: Boil'd, they give a kindly relief; raise Appetite, corroborate the Stomach, cut Phlegm, and profit the *Asthmatical*: But eaten in excess, are said to offend the Head and Eyes, unless *Edulcorated* with a gentle maceration. In the mean time, as to their being noxious to the Sight, is imputable only to the Vapour rising from the raw Onion, when peeled, which some commend for its purging and quickning that Sense. How they are us'd in Pottage, boil'd in Milk, stew'd, &c. concerns the Kitchen. In our cold *Sallet* we supply them with the *Porrum Sectile*, Tops of *Leeks*, and *Eschalots* (*Afcalonia*) of gust more exalted, yet not to the degree of *Garlick*. Or (by what of later use is much preferr'd) with a *Seed* or two of *Raccombo*, of a yet

milder and delicate nature, which by rubbing the Dife 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*; [32] 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 in [37](#)*Egypt* we are told, and that whilst they were building the *Pyramids*, there was fpend in this Root [38](#)*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 *Ifraelites* 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.

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*.

[33]

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

exceedingly refreshes and resists Putrefaction: We speak of the *Sub acid*; the sweet and bitter *Orange* being of no use in our *Sallet*. The *Limon* is somewhat more acute, cooling and extinguishing Thirst; of all the *Οξύβαφα* the best *succedaneum* to *Vinegar*. The very Spoils and Rinds of *Orange* and *Limon* being fhred and sprinkl'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*, *Pastinaca*, Carrot: first boil'd, being cold, is of it self a Winter-*Sallet*, eaten with *Oyl*, *Vinegar*, &c. and having something of Spicy, is by some, thought more nourishing than the *Turnep*.

46. *Pease*, *Pisum*: the Pod of the *Sugar-Pease*, when first beginning to appear, with the *Husk* and *Tendrels*, affording a pretty *Acid*, enter into the Composition, as do those of *Hops* and the *Vine*.

47. *Peper*, *Piper*, hot and dry in a high degree; of approv'd Vertue against all flatulency [34] proceeding from cold and phlegmatic Constitutions, and generally all Crudities whatsoever; and therefore for being of universal use to correct and temper the cooler Herbs, and such as abound in moisture; 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 almost impalpable Duft, which is very

pernicious and frequently adheres and sticks in the folds of the Stomach, where, instead of promoting Concoction, it often causes a *Cardialgium*, and fires the Blood: It should therefore be grossly contus'd only.

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

Take the *Pods*, and dry them well in a Pan; and when they are become sufficiently hard, cut them into small pieces, and stamp '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-wise, in shape of *Naples-Biscuit*. [35] These Re-bake a second time, till they are Stone-hard: Pound them again as before, and force it through a fine Sieve, for a very proper Seasoning, instead of vulgar *Peper*. The Mordicancy thus allay'd, be sure to make the Mortar very clean, after having beaten *Indian Capficum*, before you stamp any thing in it else. The green Husks, or first peeping Buds of the *Walnut-Tree*, dry'd to Powder, serve for *Peper* in some places, and so do *Myrtle-berries*.

48. Perfley, *Petrofelinum*, or *Apium hortense*; being hot and dry, opens Obstructions, is very *Diuretic*, yet nourishing, *edulcorated* in shifted warm Water (the Roots especially) but of less Vertue than *Alexanders*; nor so 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 sacred to *Oblivium* and the *Defunct*. In the mean time, there being nothing more proper for Stuffing, (*Farces*) and other *Sauces*, we consign it to the *Olitories*. Note, that Perfley is not so hurtful to the Eyes as is reported. See *Sellery*.

49. Pimpernel, *Pimpinella*; eaten by the *French* and *Italians*, is our common *Burnet*; of [36] so chearing and exhilarating a quality, and so generally commended, as (giving it admittance into all *Sallets*) 'tis pass'd into a Proverb:

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

But a fresh sprig in *Wine*, recommends it to us as its most genuine Element.

50. Purslain, *Portulaca*; especially the *Golden* whilst tender, next the Seed-leaves, with the young Stalks, being eminently moist and cooling, quickens Appetite, allwages Thirst, 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 sometimes found to corrupt in the Stomach, which being *Pickl'd* 'tis not so apt to do. Some eat it cold, after it has been boil'd, which Dr. *Muffet* would have in *Wine*, for Nourishment.

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

[37] *Purflain* is accus'd for being hurtful to the *Teeth*, if too much eaten.

51. Radish, *Raphanus*. Albeit rather Medicinal, than so commendably accompanying our *Sallets* (wherein they often flice the larger Roots) are much inferior to the young Seedling Leaves and Roots; raised on the [39](#) Monthly *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 *Vitiosae, innatantes ac aegre concoctiles*. And the *Naturalist* calls it *Cibus Illiberalis*, fitter for *Rustics* than *Gentlemen* [38] 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*.

There is a *Raphanus rusticanus*, 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 [39] temper'd with *Vinegar*, in which a little *Sugar* has been dissolv'd, you have a *Sauce* supplying *Mustard* to the *Sallet*, and serving likewise for any Dish besides.

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, *Rofmarinus*; 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 *Infects*) with the *Flowers*, retain all [40] 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.

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 *Kitchin-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 [41] being of a more tender Stalk and Leaf: But in all other respects for composing *Sallets*, it has nothing like it.

57. Scalions, *Afcalonia*, *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 efpecially that of the Sea, is fharp, biting, and hot; of Nature like *Nafturtium*, prevalent in the *Scorbute*. A few of the tender Leaves may be admitted in our Compofition. See *Nafturtium Indicum*.

59. Sellery, *Apium Italicum*, (and of the *Petrofeline* Family) was formerly a ftranger with us (nor very long fince in *Italy*) is an hot and more generous fort of *Macedonian Perfley*, or *Smallage*. The tender Leaves of the *Blancht* Stalk do well in our *Sallet*, as likewise the flices of the whiten'd Stems, which being crimp and fhort, firft peel'd and flit long wife, are eaten with *Oyl*, *Vinegar*, *Salt*, and *Peper*; and for its high and grateful Taste, is ever plac'd in the [42] middle of the *Grand Sallet*, at our Great Mens Tables, and *Prætors* Feafts, as the Grace of the whole Board. *Caution* is to be given of a fmall red *Worm*, often lurking in thefe Stalks, as does the green in *Fennil*.

Shallots. See *Onion*.

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

This excellent Root is feldom eaten raw; but being boil'd, ftew'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, *Acetosa*: 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, allwages Heat, cools the Liver, strengthens the Heart; [43] is an *Antiscorbutic*, refisting 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*.

62. Sow-thistle, *Sonchus*; of the *Intybus*-kind. *Galen* was us'd to eat it as *Lettuce*; exceedingly welcome to the late *Morocco*. Ambassador 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 Phyician holds. They are sometimes, but very seldom, eaten raw with *Oyl*, and *Vinegar*; but with more delicacy (the bitterness first exhausted) being so speedily boil'd, as not to lose the *verdure* and agreeable tenderness; 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 rankness 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 [44] 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.

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 [45] 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.

67. Tarragon, *Draco Herba*, of *Spanish* Extraction; hot and spicy: The Tops and young Shoots, like those of *Rochet*, never to be excluded our Composition, especially where there is much *Lettuce*. 'Tis highly cordial and friendly to the Head, Heart, Liver, correcting the weakness of the Ventricle, &c.

68. Thistle, *Carduus Mariæ*; our Lady's milky or dapp'd Thistle, disarm'd of its Prickles, is worth esteem: The young Stalk about *May*, being peel'd and soak'd in Water, to extract the bitterness, boil'd or raw, is a very wholesome *Sallet*, eaten with *Oyl*, *Salt*, and *Peper*; some eat them sodden in proper Broath, or bak'd in Pies, like the *Artichoke*; but the tender Stalk boil'd or fry'd, some prefer; both Nourishing and Restorative.

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

[46]

70. Turnep, *Rapum*; moderately hot and moist: *Napus*; the long *Navet* is certainly the most delicate of them, and best Nourishing. *Pliny* speaks 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 *Radijh*, they do excellently in Compofition; as do alfo the Stalks of the common *Turnep*, when firft beginning to Bud.

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.

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

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 againſt the *Palpitation of the Heart*, *Faintings*, *Obſtruction of the Bowels*, &c. are beſides a very ſweet and pleaſant *Sallet*; being laid to ſoak out the bitterneſs, then peel'd, may be eaten raw, or *Condited*; but beſt of all ſtew'd with *Marrow*, *Spice*, *Wine*, &c. as *Artichoak*, *Skirrets*, &c. ſliced or whole. They likewiſe 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*, ſince grown *obſolete* or quite neglected with us: As among the nobleſt *Bulbs*, that of the *Tulip*; a Root of which has been valued not to eat, but for the *Flower* (and yet eaten by miſtake) at more than an hundred [48] Pounds. The young freſh *Bulbs* are ſweet and high of taſte. The *Aſphodil* or *Daffodil*; a *Sallet* ſo rare in *Heſiod's* Days, that *Lobel* thinks it the *Parſnep*, tho' not at all like it; however it was (with the *Mallow*) taken anciently for any *Edule-Root*.

The *Ornithogalons* roaſted, as they do *Cheſtnuts*, are eaten by the *Italians*, the wild yellow eſpecially, with *Oyl*, *Vinegar*, and *Peper*. And ſo the ſmall *tuberous* Roots of *Gramen Amygdaloſum*; which they alſo roaſt, and make an *Emulſion* of, to uſe in Broaths as a great

Restorative. The *Oxylapathum*, us'd of old; in the time of *Galen* was eaten frequently. As also *Dracontium*, with the Mordicant *Arum Theophrasti*, which *Dodonæus* teaches how to Drefs. Nay, divers of the *Satyrions*, which some condited with *Sugar*, others boil'd in Milk for a great Nourisher, now discarded. 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 most accounted among the deadly Poysons: How cautious then ought our *Sallet*-Gatherers to be, in reading ancient Authors; lest they happen to be impos'd on, where they treat of [49] Plants, that are familiarly eaten in other Countries, and among other Nations and People of more robust and strong constitutions? besides the hazard of being mistaken in the Names of divers *Simples*, not as yet fully agreed upon among the Learned in *Botany*.

There are besides several remaining, which tho' *Abdicated* here with us, find Entertainment still in Foreign Countries: As the large *Heliotrope* and Sun-flower (e're it comes to expand, and shew its golden Face) which being drefs'd as the *Artichoak*, is eaten for a dainty. This I add as a new Discovery. I once made *Macaroons* with the ripe blanch'd Seeds, but the *Turpentine* did so domineer over all, that it did not answer expectation. The *Radix Perfonata*

mounting with their young Heads, *Lyfimachia filiquofa glabra minor*, when fresh 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 so much as *Bread*; profitable indeed to the Stomach, but offensive to the Head; As is also *Coriander* and *Rue*, which *Galen* was accustomed to eat raw, and by it self, with *Oyl* and *Salt*, as exceedingly grateful, as well as wholesome, and of great vertue against Infection. *Pliny*, I remember, reports it to be [50] of such effect for the Preservation of *Sight*; that the *Painters* of his Time, us'd to devour a great quantity of it. And it is still by the *Italians* frequently mingled among their *Sallets*. The *Lapatha Personata* (common *Burdock*) comes now and then to the best Tables, about *April*, and when young, before the *Burrs* and *Clots* appear, being strip'd, and the bitterness soaked out, treated as the *Chardoon*, is eaten in *Poiverade*; Some also boil them. More might here be reckon'd up, but these may suffice; since as we find some are left off, and gone out, so 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 self, now so universally eaten, being accounted little better than *Poyson*, even within our Memory, as already noted.

To conclude, and after all that has been said of

Plants and *Salleting*, formerly in great esteem, (but since obsolete and quite rejected); What if the exalted Juice of the ancient *Silphium* should come in, and challenge the Precedency? It is a ⁴³Plant formerly so highly priz'd, and rare for the richness of its Taste and other [51] Vertues; that as it was dedicated to *Apollo*, and hung up in his Temple at *Delphi*; So we read of one single Root brought to the Emperor *Nero* for an extraordinary Present; and the Drug so esteem'd, that the *Romans* had long before amass'd a quantity of it, and kept it in the Treasury, till *Julius Cæsar* rob'd it, and took this away, as a thing of mighty value: In a word, it was of that Account; that as a sacred Plant, those of the *Cyrenaic Africa*, honour'd the very Figure of it, by stamping it on the Reverse of their ⁴⁴Coin; and when they would commend a thing for its worth to the Skies, Βατ-ου σιλφιον, grew into a Proverb: *Battus* having been the Founder of the City *Cyrene*, near which it only grew. 'Tis indeed contested among the Learned *Botanosophists*, whether this Plant was not the same with *Laferpitium*, and the Lafer it yields, the odoriferous ⁴⁵*Benzoin*? But doubtless had we the true and genuine *Silphium* (for it appears to have been often sophisticated, and a spurious sort brought into *Italy*) it would soon recover its [52] pristine Reputation, and that it was not celebrated so for nothing extraordinary; since besides its Medicinal Vertue; it was a wonderful Corroborater of the

Stomach, a Restorer of lost Appetite, and Masculine Vigour, &c. and that they made use of it almost in every thing they eat.

But should we now really tell the World, that this precious Juice is, by many, thought to be no other than the [46](#)*Fætid Affa* our nicer *Sallet-Eaters* (who yet bestow as odious an Epithet on the vulgar *Garlick*) would cry out upon it as intolerable, and perhaps hardly believe it: But as *Aristophanes* has brought it in, and sufficiently describ'd it; so the *Scholiast* upon the place, puts it out of Controversy: And that they made use both of the *Leaves*, *Stalk*, (and *Extract* especially) as we now do *Garlick*, and other *Hautgouts* as nauseous altogether. In the mean time, *Garcius*, *Bontius*, and others, assure us, that the *Indians* at this day universally sauce their Viands with it; and the *Bramins* (who eat no Flesh at all) enrich their [53] *Sallets*, by constantly rubbing the Dishes with it. Nor are some of our own skilful *Cooks* Ignorant, how to condite and use it, with the Applause of those, who, ignorant of the Secret, have admir'd the richness of the Gust it has imparted, when it has been substituted instead of all our *Cipollati*, and other seasonings of that Nature.

And thus have we done with the various *Species* of all such *Esculents* as may properly enter the Composition 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 understood according to the different Texture of their *component Particles*) it has not been without what I thought neceffary for the Inſtruction of the *Gatherer*, and *Sallet-Dreffer*; how he ought to chooſe, fort, and mingle his Materials and Ingredients together.

What Care and Circumſpection ſhould attend the choice and collection of *Sallet Herbs*, has been partly ſhew'd. I can therefore, by no means, approve of that extravagant Fancy of ſome, who tell us, that a *Fool* is as fit to be the *Gatherer* of a *Sallet* as a *Wiſer Man*. Becauſe, ſay they, one can hardly chooſe amiſs, provided [54] the Plants be green, young, and tender, where-ever they meet with them: But ſad experience ſhews, how many fatal Miſtakes have been committed by thoſe who took the deadly *Cicutæ*, *Hemlocks*, *Aconits*, &c. for Garden *Perſley*, and *Parſneps*; the *Myrrhis Sylveſtris*, or *Cow-Weed*, for *Chaerophilum*, (*Chervil*) *Thapſia* for *Fennel*; the wild *Chondrilla* for *Succory*; *Dogs-Mercury* inſtead of *Spinach*: *Papaver Corniculatum Luteum*, and horn'd *Poppy* for *Eringo*; *Oenanthæ aquatica* for the *Paluſtral Apium*, and a world more, whoſe dire effects have been many times ſudden Death, and the cauſe of Mortal Accidents to thoſe who have eaten of them unwittingly: But ſuppoſing ſome of thoſe wild and

unknown Plants should not prove so *deleterious* and [47](#)unwholfome; 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 discover their malignity in dangerous and dreadful *Symptoms*. And therefore such *Plants* as are rather *Medicinal* than *Nourishing* and *Refreshing*, are studiouſly to be rejected. So highly neceſſary it is, that what we ſometimes find in *old Books* concerning *Edules* of other [\[55\]](#) Countries and Climates (frequently call'd by the Names of ſuch as are wholfome in ours, and among us) miſlead not the unſkilful Gatherer; to prevent which we read of divers *Popes* and *Emperors*, that had ſometimes Learned *Phyſicians* for their *Maſter-Cooks*. I cannot therefore but exceedingly approve of that charitable Advice of Mr. Ray [48](#)(*Tranſact. Num.* 238.) who thinks it the Intereſt of Mankind, that all Perſons ſhould be caution'd of advent'ring upon unknown Herbs and Plants to their Prejudice: Of ſuch, I ſay, with our excellent [49](#)Poet (a little chang'd)

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

The Illuſtrious and Learned *Columna* has, by obſerving what [50](#)*Infects* did uſually feed on, make Conjectures of the Nature of the Plants. But I ſhould not ſo readily adventure upon it on that account, as

to its wholfomnefs: For tho' indeed one may fafely eat of a *Peach* or [56] *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.

Grillus, who according to the Doctrine of *Transmigration* (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 [57] infect by [51](#)looking 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 moſt eminent Principles of near the whole Tribe of *Sallet* Vegetables, inclining rather to *Acid* and *Sowre* than to any other quality, eſpecially, Salt, Sweet, or Luſcious. There is therefore Skill and Judgment requir'd, how to ſuit and mingle our *Sallet*-Ingredients, ſo as may beſt agree with the Conſtitution of the (vulgarly reputed) *Humors* of thoſe who either ſtand in need of, or affect theſe Refreshments, and by ſo adjusting them, that as nothing ſhould be ſuffer'd to domineer, ſo ſhould none of them loſe their genuine Guſt, Savour, or Vertue. To this end,

The Cooler, and moderately refreshing, ſhould be choſen to extinguiſh Thirſt, attemper the Blood, repreſs Vapours, &c.

The Hot, Dry, Aromatic, Cordial and friendly to the Brain, may be qualify'd by the Cold and Moiſt: The Bitter and Stomachical, with the *Sub-acid* and gentler Herbs: The *Mordicant* [58] and pungent, and ſuch as repreſs or diſcuſs Flatulency (revive the Spirits, and aid Concoction;) with ſuch as abate, and take off the keenneſs, mollify and reconcile the more harſh and churliſh: The mild and infipid, animated with *piquant* and brisk: The Aftringent and Binders, with ſuch as are Laxative and Deobſtruct: The over-

fluggish, raw, and unactive, with those that are Eupeptic, and promote Concoction: There are *Pectorals* for the Breaft and Bowels. Those of middle Nature, according as they appear to be more or lefs *Specific*; and as their Characters (tho' briefly) are describ'd in our foregoing *Catalogue*: For notwithstanding it seem in general, that raw *Sallets* and *Herbs* have experimentally been found to be the most soveraign Diet in that *Endemial* (and indeed with us, *Epidemical* and almost universal) Contagion the *Scorbute*, to which we of this Nation, and most other *Ilanders* are obnoxious; yet, since the *Nafurtia* are singly, and alone as it were, the most effectual, and powerful Agents in conquering and expugning that cruel Enemy; it were enough to give the *Sallet-Dresser* direction how to choofe, mingle, and proportion his Ingredients; as well as to shew what Remedies there are contain'd in our Magazine of *Sallet-Plants* upon all Occasions, rightly [59] marshal'd and skilfully apply'd. So as (with our [52](#) sweet Cowley)

*If thro' the strong and beauteous Fence
Of Temperance and Innocence,
And wholsome Labours, and a quiet Mind,
Diseases passage find;
They must not think here to assail
A Land unarm'd, or without Guard,
They must fight for it, and dispute it hard,
Before they can prevail;*

*Scarce any Plant is used here,
Which 'gainst some Aile a Weapon does not
bear.*

We have said how necessary it is, that in the Composition of a *Sallet*, every Plant should come in to bear its part, without being over-power'd by some Herb of a stronger Taste, so as to endanger the native *Sapor* and vertue of the rest; but fall into their places, like the *Notes* in *Musick*, in which there should be nothing harsh or grating: And tho' admitting some *Discords* (to distinguish and illustrate the rest) striking in the more sprightly, and sometimes gentler Notes, reconcile all *Dissonancies*, and melt them into an agreeable Composition. Thus the Comical *Master-Cook*, introduc'd by *Damoxenus*, [60] when asked πως εις αυτοις ουνφωνια; *What Harmony there was in Meats?* The very same (says he) that a *Diateffaron*, *Diapente*, and *Diapason* have one to another in a Confort of *Musick*: And that there was as great care requir'd, not to mingle [53](#)*Sapores minime consentientes*, jarring and repugnant Tastes; looking upon him as a lamentable Ignorant, who should be no better vers'd in *Democritus*. The whole Scene is very diverting, as *Athenæus* presents it; and to the same sense *Macrobius*, *Saturn. lib. I. cap. I.* In short, the main Skill of the Artift lies in this:

*What choice to choofe, for delicacy best;
What Order so contriv'd, as not to mix*

[61]

*Taftes not well join'd, inelegant, but bring
Tafte after Tafte, upheld by kindlieft change.*

As our [54](#)*Paradifian Bard* introduces Eve, drefling of a *Sallet* for her *Angelical* Gueft.

Thus, by the difcreet choice and mixture of the *Oxoleon* (*Oyl, Vinegar, Salt, &c.*) the Compoſition is perfect; ſo as neither the *Prodigal, Niggard, nor Infipid*, ſhould (according to the *Italian Rule*) preſcribe in my Opinion; ſince *One* may be too profuſe, the *Other* [55](#)over-faving, and the *Third* (like himſelf) give it no Reliſh at all: It may be too *ſharp*, if it exceed a grateful *Acid*; too *Infulſe* and flat, if the Profuſion be extream. From all which it appears, that a Wife-Man is the proper Compoſer of an excellent *Sallet*, and how many *Transcendences* belong to an accompliſh'd *Sallet-Dreſſer*, ſo as to emerge an exact *Critic* indeed, He ſhould be ſkill'd in the Degrees, Terms, and various *Species* of Taſtes, according to the *Scheme* ſet 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* [\[62\]](#) Plants are not in all their Taſtes and Vertues alike: For as Providence has made us to confiſt of different Parts and Members, both Internal and External; ſo require they different Juices to nourish and ſupply them: Wherefore the force and activity of ſome

Plants lie in the *Root*; and even the *Leaves* of some *Bitter-Roots* are sweet, 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 best in Confort; some alone, and *per se* without any *σκενασια*, Preparation, or Mixture at all. Care therefore must be taken by the *Collector*, that what he gathers answer to these Qualities; and that as near as he can, they consist (I speak of the *cruder Salleting*) of the *Oluscula*, and *ex foliis pubescentibus*, or (as *Martial* calls them) *Prototomi rudes*, and very tendereft Parts *Gems*, young *Buds*, and even first Rudiments of their several Plants; such as we sometimes find in the *Craws* of the *Wood-Culver*, *Stock-Dove*, *Partridge*, *Pheasants*, and other Upland Fowl, where we have a natural *Sallet*, pick'd, and almost drefs'd to our hands.

I. Preparatory to the Dressing therefore, let your Herby Ingredients be exquisitely cull'd, [63] and cleans'd of all worm-eaten, slimy, 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

laftly, fwing them altogether gently in a clean courfe Napkin; and fo they will be in perfect condition to receive the *Intinctus* following.

II. That the *Oyl*, an Ingredient fo indifpenfibly and highly neceffary, 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 leaft touch of *rancid*, or indeed of any other fenfible Taft or Scent at all; but fmoth, light, and pleafant upon the Tongue; fuch as the genuine *Omphacine*, and native *Luca Olives* afford, fit to allay the tartnefs of *Vinegar*, and other *Acids*, yet [64] gently to warm and humectate where it paffes. Some who have an averfion to *Oyl*, fubftitute frefh *Butter* in its ftead; but 'tis fo 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 fpent; be of the beft Wine *Vinegar*, whether Difstill'd, or otherwife *Aromatiz'd*, and impregnated with the Infufion of *Clove-gillyflowers*, *Elder*, *Rofes*, *Rofemary*, *Nafturtium*, &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 Clufters of moft other Grapes, prefs'd and put into a fmall Veffel to ferment.

IV. *Fourthly*, That the *Salt* (*aliorum Condimentorum Condimentum*, as *Plutarch* calls it) deterfive, penetrating, quickning (and fo great a refilter of Putrefaction, and univerfal ufe, as to have fometimes merited Divine Epithets) be of the brighteft *Bay grey-Salt*; moderately dried, and *contus'd*, as being the leaft Corrofive: But of this, as of *Sugar* alfo, which fome mingle with the *Salt* (as warming without heating) if [65] perfectly refin'd, there would be no great difficulty; provided none, fave Ladies, were of the Mefs; whilst the perfection of *Sallets*, and that which gives them the name, confifts in the grateful *Saline Acid-point*, temper'd as is directed, and which we find to be moft esteem'd by judicious Palates: Some, in the mean time, have been fo nice, and luxurioufly curious as for the heightning, and (as they affect to fpeak) giving the utmoft *poinant* and *Relevèe* in lieu of our vulgar *Salt*, to recommend and cry-up the *Effential-Salts* and *Spirits* of the moft Sanative Vegetables; or fuch of the *Alcalizate* and *Fixt*; extracted from the *Calcination* of *Baulm*, *Rofemary*, *Wormwood*, *Scurvy-grafs*, &c. Affirming that without the grofs Plant, we might have healing, cooling, generous, and refrefhing *Cordials*, and all the *Materia Medica* out of the *Salt-Cellar* only: But to fay 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 *Tafte*, *Cryftals*, and *Figure*: It being a queftion,

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 *Procefs* how they are to be prepar'd; and so does our [66] Learned [58](#)Doctor (whom we lately nam'd) whether *Lixivial*, *Effential*, *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 claminefs.

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 [67] Pap with *Vinegar*, in which theavings of the *Horfe-Radish* have been steep'd: Then

cutting an *Onion*, and putting it into a small Earthen *Gally-Pot*, or some thick *Glaſs* of that ſhape; pour the *Muſtard* over it, and cloſe it very well with a *Cork*. There be, who preſerve the Flower and Duſt of the bruifed Seed in a well-ſtopp'd Glaſs, 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 ſo from time to time made freſh, as indeed all other *Muſtard* ſhould be.

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

VI. *Sixthly*, That the *Pepper* (white or black) be not bruif'd to too ſmall a Duſt; 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 whoſom.

Of other *Strewings* and *Aromatizers*, which [68] 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 ſingular Vertue.

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 thoroughly 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*, *Limons*, &c.) be of *Silver*, and by no means of *Steel*, which [69] all *Acids* are apt to corrode, and retain a Metallic relish of.

IX. *Ninthly* and *Lastly*, That the *Saladiere*, (*Sallet-Dishes*) 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 *Dishes*, 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*; [70] the *Species*, *Proportions*, and manner of *Dreッシング*, according to the several Seasons you have in the following Table.

It being one of the Inquiries of the Noble [59](#)Mr. 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

fame time, and therefore we have divided them into the *Quarterly Seasons*, each containing and lafting Three Months.

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

[pg]

[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.	Ordering and Culture.
1. <i>Endive</i> ,	Tied-up to Blanch.
2. <i>Cichory</i> ,	Earth'd-up
3. <i>Sellery</i> ,	
4. <i>Sweet-Fennel</i> ,	

5. <i>Rampions</i> ,		
6. <i>Roman</i>	}	Lettuce,
7. <i>Coffe</i>		
8. <i>Silefian</i>	}	Tied clofe up.
9. <i>Cabbage</i>		
		Pome and Blanch of themselves.

XXVI. Green Unblanch'd

Species.		Ordering and Culture.
10. <i>Lob-Lettuce</i> ,	}	Leaves, all of a midling fize.
11. <i>Corn-Sallet</i> ,		
12. <i>Purflane</i> ,		
13. <i>Creffes</i> broad,	}	Seed-Leaves, and the next to them.
14. <i>Spinach</i> , curled,		
15. <i>Sorrel</i> French,	}	The fine young Leaves only, with the first Shoots.
16. <i>Sorrel</i> , Greenland,		
17. <i>Radiſh</i> ,		Only the tender young Leaves.

- | | | |
|-------------------------------------|---|---|
| 18. <i>Creffes</i> , | | The Seed-Leaves, and
those only next them. |
| 19. <i>Turnep</i> , | } | The Seed-Leaves only. |
| 20. <i>Mustard</i> , | | |
| 21. <i>Scurvy-grafs</i> , | | |
| 22. <i>Chervil</i> , | } | The young Leaves
immediately after the
Seedlings. |
| 23. <i>Burnet</i> , | | |
| 24. <i>Rocket</i> , Spanilh | | |
| 25. <i>Perfley</i> , | | |
| 26. <i>Tarragon</i> , | } | The tender Shoots and
Tops. |
| | | |
| 27. <i>Mints</i> , | | |
| 28. <i>Sampier</i> , | } | The young tender
Leaves and Shoots. |
| 29. <i>Balm</i> , | | |
| 30. <i>Sage</i> , Red | | |
| 31. <i>Shalots</i> , | } | The tender young
Leaves. |
| | | |
| 32. <i>Cives</i> and <i>Onion</i> , | | |
| 33. <i>Nasturtium</i> , | | The Flowers and Bud- |
| Indian | | Flowers. |
| 34. <i>Rampion</i> , | } | The Seed-Leaves and
young Tops. |
| Belgrade | | |
| 35. <i>Trip-Madame</i> , | | |
-

Month. *January, February, and March.*

Order. and Cult.	Species.	Proportion.
Blanch'd as before	<i>Rampions,</i>	$\left. \begin{array}{c} 10 \\ 2 \\ 5 \\ 10 \end{array} \right\}$ Roots in number.
	<i>Endive,</i>	
	<i>Succory,</i>	
	<i>Fennel, fweet,</i>	
Green and Unblanch'd	<i>Sellery,</i>	4
	<i>Lamb-Lettuce,</i>	} A pugil of each.
	<i>Lob-Lettuce,</i>	
	<i>Radish,</i>	} Three parts each.
	<i>Creffes,</i>	
	<i>Turneps,</i>	} Of each One part.
	<i>Mustard</i>	
	<i>Seedlings,</i>	
	<i>Scurvy-grafs,</i>	Two parts.
	<i>Spinach,</i>	
	<i>Sorrel,</i>	} One part of each.
	<i>Greenland,</i>	
	<i>Sorrel, French,</i>	
	<i>Chervel, fweet,</i>	
	<i>Burnet,</i>	
	<i>Rocket,</i>	Twenty large Leaves.
	<i>Tarragon,</i>	

<i>Balm,</i>	}	One small part of each.
<i>Mint,</i>		
<i>Sampier,</i>	}	Very few.
<i>Shalots,</i>		
<i>Cives,</i>		

<i>Cabbage-Winter,</i>	Two pugils or small handfuls.
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Month. *April, May, and June.*

Order. and Cult.	Species.		Proportion.
Blanch'd	<i>Lop,</i>	<i>Lettuce.</i>	Of each a pugil.

Silefian
Winter

Roman
Winter

Green Herbs Unblanch'd. Note, <i>That</i> <i>the young</i> <i>Seedling</i> <i>Leaves</i> of Orange and Limon may all <i>these Months</i> be <i>mingled with</i> <i>the Sallet.</i>	<i>Radishes,</i>	Three parts.
	<i>Creffes,</i>	Two parts.
	<i>Purfelan,</i>	1 Falsiat, or pretty full gripe.
	<i>Sorrel,</i> French	Two parts.
	<i>Sampier,</i>	One part.
	<i>Onions,</i> young	Six parts.
	<i>Sage-tops,</i> the Red,	Two parts.
	<i>Perfley,</i>	Of each One part.
	<i>Creffes,</i> the Indian,	
	<i>Lettuce,</i> Belgrade,	
	<i>Trip-Madame,</i>	
	<i>Chervil,</i> fweet,	
	<i>Burnet,</i>	Two parts.

Month. *July, August, and September.*

Order. and Cult.	Species.	Proportion.
Blanch'd, and may be eaten	<i>Silefian Lettuce,</i>	One whole <i>Lettuce.</i>
	<i>Roman Lettuce,</i>	Two parts.

	<i>Cress,</i>	
Green Herbs by themselves, or mingl'd with the Blanch'd.	<i>Cabbage,</i>	Four parts.
	<i>Cresses,</i>	Two parts.
	<i>Nasturtium,</i>	
	<i>Purflane,</i>	One part.
	<i>Lop-Lettuce,</i>	
	<i>Belgrade, or</i> <i>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.
Blanch'd	<i>Endive,</i>	Two if large, four if small, Stalk and part of the Root and Tendereft Leaves.
	<i>Sellery,</i>	

Green		<i>Lop-Lettuce,</i>	} An handful of each.
		<i>Lambs-Lettuce,</i>	
		<i>Radish,</i>	Three parts.
		<i>Creffes,</i>	Two parts.
	}	<i>Turneps,</i>	} One part of each.
		<i>Mustard</i>	
	}	<i>Seedlings,</i>	} Two parts of each.
		<i>Creffes, broad</i>	
		<i>Spinach,</i>	

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

[pg]

[71]

*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* stopt 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 imploy'd in our *Composition of Sallets*, [72] 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.

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 wholsome 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* extreamly debilitating and weakning 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

Compofer too; which yet will require no great Cunning, after once he is acquainted with our *Table* and *Catalogue*.

We purpofely, and *in tranfitu* only, take notice here of the Pickl'd, *Muriated*, or otherwise [73] prepared Herbs; excepting fome fuch Plants, and Proportions of them, as are of hard digeftion, and not fit to be eaten altogether *Crude*, (of which in the *Appendix*) and among which I reckon *Afh-keys*, *Broom-buds* and *Pods*, *Haricos*, *Gurkems*, *Olives*, *Capers*, the Buds and Seeds of *Nafturtia*, *Young Wall-nuts*, *Pine-apples*, *Eringo*, *Cherries*, *Cornelians*, *Berberries*, &c. together with feveral Stalks, Roots, and Fruits; Ordinary Pot-herbs, *Anis*, *Ciftus Hortorum*, *Horminum*, *Pulegium*, *Satureia*, *Thyme*; the intire Family of Pulfe 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 felves to fuch Plants and *Efculenta* as we find at hand; delight our felves to gather, and are eafily prepar'd for an *Extemporary Collation*, or to Ufher in, and Accompany other (more Solid, tho' haply not more Agreeable) Difhes, as the Cuftom is.

But there now starts up a Queftion, 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 [74] 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 *Celsus* before him. And therefore the *French* do well, to begin with their *Herbaceous Pottage*, and for the *Cruder*, a Reason is given:

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*Gratâque 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 [75] Liquor gently conciliating Sleep: Besides, that being of a crude nature, more dispos'd, and apt to fluctuate, corrupt, and disturb a furcharg'd Stomach; they thought convenient to begin with *Sallets*, and innovate the ancient Usage.

[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 solebat*
avorum
Dic mihi cur nostras inchoat illa dapes?

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

[76]

And now fince we mention'd *Fruit*, there rifes 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 moft feafonably to be eaten? But as none of thefe do properly belong to our *Catalogue* of *Herbs* and *Plants*, to which this Difcourfe is confin'd (befides what we may occasionally fpeak of hereafter) there is a very ufeul [65](#)Treatife 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*.

[77]

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 [78] have the hollow green Stem or Stalk trimm'd and divided; slicing-in the blanched Part, and cutting the Root into four equal Parts.

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 handsomely 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* (⁶⁷ sweetest of all *Condiments*) *Limon*, or Juice of *Orange*, one Part; and therein let steep some Slices of *Horfe-Radish*, with a ^[79] 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 maſh 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, ^[80]

Ου ωαντος ανδρος εσιν αρτυσαι καλως.

Non est cujusvis 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 wholefom 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 Flesh-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 wholefom 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 [81] 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*, *Pleurifies*, 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 *Paradisian* 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.

Custom, and *Constitution* come next to be examin'd, together with the Qualities, and *Vertue* of the Food; and I confefs, the two firft, efpecially that of *Constitution*, feems to me the more likely Cause of Health, and confequently of Long-life; which induc'd me to confider of what Quality the ufual *Sallet* Furniture did more eminently confift, that fo it might become more fafely applicable to the Temper, Humour, and Difpofition of our Bodies; according to which, the various Mixtures might be regulated and proportion'd: There's no doubt, but thofe whose Conftitutions are Cold and Moift, are naturally affected with Things which are Hot and Dry; as on the contrary, Hot, and [82] Dry Complexions, with fuch as cool and refrigerate; which perhaps made the *Junior Gordian* (and others like him) prefer the *frigidæ Menfæ* (as of old they call'd *Sallets*) which, according to *Cornelius Celfus*, is the fitteft Diet for *Obefe* and Corpulent Perfons, as not fo 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 [\[83\]](#) 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 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 wholesom Change; as *Onions*, *Garlick*, *Rochet*, &c. which are both nutritive and warm;

Lettuce, Purfelan, 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*, [84] 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 drefs'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.

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 [85] 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.

It is certain, says a [71](#) Learned 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 [86] *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, [72](#)Rifing, 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 Blafts 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 [87] 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 *Persia*; because 'tis a *Vulgar Error*.

Now, becaufe 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-ftrowing them thick with the Powder of bruifed *Oyſter-Shells*, &c. to produce that moſt tender and delicious *Sallet*. In the mean while, if nothing will ſatisfie 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, ſowed *Lettuce* and ſome other Seeds in a certain Compoſition of Mould he had prepared; which within the [88] ſpace of two Hours, being rife near two Inches high, preſented them with a delicate and tender *Sallet*; and this, without making uſe of any nauſeous or fullſome 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 confesse 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 Learned Physician (out of *Peter Moxa*, a *Spaniard*) treating of the extreme Age, which those of *America* usually arrive to, asserts in behalf of Crude and Natural Herbs: *Diphilus* of old, as ⁷⁶*Athenæus* tells [89] 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 Grass Feeders, and the Ruminating kind; as the *Hart*, *Camel*, and the longævous *Elephant*, and other Feeders on Roots and Vegetables.

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 [90] 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](#)Celsus, *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 wholsome; according to that of the [79](#)Naturalist, *Hominis cibus utilissimus simplex*. And that so it is in

other [91] 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 [80](#)contradict 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 Closeness 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 Seignior* does his *Meccha-Camel*) have been known to live *forty*, [92] *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

[82](#)different Substances: Whence we fo often fee 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.

[83](#)——*Nam variae res
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 waſt than now:

was *Ofellus's Memorandum* in the Poet.

Not that variety (which God has certainly ordain'd to delight and aſſiſt our Appetite) is unneceſſary, nor any thing more grateful, refreshing [93] and proper for thoſe eſpecially who lead ſedentary and ſtudious Lives; Men of deep Thought, and ſuch as are otherwiſe diſturb'd with Secular Cares and Buſineſſes, which hinders the Function of the Stomach and other Organs: whilſt thoſe who have their Minds free, uſe much Exerciſe, and are more active, create themſelves a natural Appetite, which needs little or no Variety to quicken and content it.

And here might we atteſt 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 [94] 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 fustain 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 themselves, run naturally to Fruit, and still will chooſe to eat it rather than Fleſh and certainly might ſo perſiſt to do, did not Cuſtom prevail, even againſt the very Dictates of Nature: Nor, queſtion I, but that what the Heathen [85](#)*Poets* recount of the Happineſs of the *Golden Age*, ſprung from ſome Tradition they had received of the *Paradiſian* Fare, their innocent and healthful Lives in that delightful Garden. Let it ſuffice, that *Adam*, and his yet innocent Spouſe, fed on Vegetables and other [95] Hortulan Productions before the fatal Lapſe; which, by the way, many Learned Men will hardly allow to have fallen out ſo ſoon as thoſe imagine who ſcarcely grant them a ſingle Day; nay, nor half a one, for their Continuance in the State of Original Perfection; whilſt the ſending him into the Garden; Inſtructions how he ſhould keep and cultivate it; Edict, and Prohibition concerning the *Sacramental* Trees; the Impoſition of [86](#)Names, ſo appoſite to the Nature of ſuch an Infinity of Living Creatures (requiring deep Inſpection) the Formation of *Eve*, a meet Companion to relieve his Solitude; the Solemnity of their Marriage; the Dialogues and Succeſs of the crafty Tempter, whom we cannot reaſonably think made but one Affault: And that they ſhould ſo quickly forget the Injunction of their Maker and Benefactor; break their Faith and Faſt, and all other their Obligations in ſo few Moments. I ſay, all theſe Particulars conſider'd; Can it be ſuppoſed they

were so soon tranfacted as those do fancy, who take their Measure from the Summary *Moses* gives us, who did not write to gratifie Mens Curiosity, but to tranfmit what was neceffary and fufficient for us to know.

[96] 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 Transgreffion, 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 curf'd 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 Permilffion, 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.

Thus then for two thoufand Years, the Univerfal Food was *Herbs* and *Plants*; which abundantly recompens'd the Want of *Flefh* and other luxurious Meats, which fhortened their Lives fo many hundred Years; the [87](#) μακρο-βιοτη-α of the Patriarchs, which was an Emblem of Eternity as it were (after the new

[97] Conceffion) beginning to dwindle to a little Span, a Nothing in Comparifon.

On the other fide, examine we the prefent Ufages of feveral other Heathen Nations; particularly (befides the *Ægyptian* Priests of old) the *Indian Bramins*, Relicts of the ancient *Gymnofophists* to this Day, obferving the Inftitutions of their Founder. *Flefh*, we know was banifh'd the *Platonic* Tables, as well as from thofe of *Pythagoras*; (See [88](#) *Porphyry* and their Difciples) tho' on different Accounts. Among others of the Philofophers, from *Xenocrates*, *Polemon*, &c. we hear of many. The like we find in [89](#) *Clement Alexand.* [90](#) *Eufebius* names more. *Zeno*, *Archinomus*, *Phraartes*, *Chiron*, and others, whom *Lærtius* reckons up. In fhort, fo very many, efpecially of the Chriftian Profeflion, that fome, even of the ancient [91](#) *Fathers* themfelves, have almost thought that the Permiifion of eating *Flefh* to *Noah* and his Sons, was granted them no otherwife than *Repudiation* of Wives was to the *Jews*, namely, for the *Hardnefs of their Hearts*, and to fatisfie a murmuring Generation that a little after loathed *Manna* it felf, and *Bread from Heaven*. [98] So difficult a thing it is to fubdue an unruly Appetite; which notwithstanding [92](#) *Seneca* thinks not fo hard a Task; where fpeaking of the Philofopher *Sextius*, and *Socion's* (abhorring Cruelty and Intemperance) he celebrates the Advantages of the *Herby* and *Sallet* Diet, as *Phyfical*, and *Natural* Advancers of Health

and other Bleffings; whilst Abſtinenſe 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

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 [99] Diſtinction of *Pure* and *Impure*; tho' ſeriously confider'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 accommodat 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 wholsome Vegetables, both long and happily: For so

[94](#)*The Golden Age, with this Provision blest,
Such a Grand Sallet made, and was a Feast.
The Demi-Gods with Bodies large and sound,
Commended then the Product of the Ground.
Fraud then, nor Force were known, nor filthy
Luft,*

[100]

*Which Over-heating and Intemp'rance nurst:
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 Controverfie, 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 [101] 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 only to our eating *Blood*; but sometimes wonder how it hap'ned 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 unwholsome, causing Indigestion and Obstructions) if a positive [102] Command of *Almighty God* were not enough, it seems sufficiently 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*necessary*, and rank'd with *Idolatry*, which was not to be local or temporary; but universally injoyn'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) nothing in Scripture [103] seems to be more express. In the mean time, to relieve all other Scruples, it does not, they say, extend to that ἀκρῆστα 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. Chrysostom*, &c. to the later Doctors and Divines, *Lyra*, *Toftatus*, *Dionysius Carthusianus*, *Pererius*, amongst the *Pontificians*; of *Peter Martyr*, *Zanchy*, *Aretius*, *Jac. Capellus*, *Hiddiger*, *Cocceius*, *Bochartus*, &c. amongst the *Protestants*; and *instar omnium*, by *Salmasius*, *Grotius*, *Voffius*, *Blundel*: In a Word, by the Learn'd of both Persuasions, favourable enough to these Opinions, *Cajetan* and *Calvin* only excepted, [104] who hold, that as to *Abstinence* from *Flesh*, there was 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 *θεραπεινται*, 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 [105] us'd their Liberty; and I think he's 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 *Effæete*, 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*, *Feillantines* (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 *Flesh*, and better Sustainance till they enter'd the *Cloyster*; and what the Vegetables and the Preparation of them were allow'd by their Institution? Wherefore this is nothing to our Modern Ufe [106] of *Sallets*, or its Disparagement. In the mean time, that we still think it not only possible, but likely, and with no great Art or Charge (taking *Roots* and *Fruit* into the Basket) substantially to maintain Mens Lives in Health and Vigour: For to *this*, and less than this, we have the Suffrage of the great [102](#)*Hippocrates* himself; who thinks, *ab initio etiam hominum* (as well as other Animals) *tali victu usum esse*, and needed no other Food. Nor is it an inconsiderable Speculation, That since *all Flesh is Grasse* (not in a *Figurative*, but *Natural* and *Real* Sense) *Man* himself, who lives on *Flesh*, and I think upon no Earthly Animal whatsoever, but such as feed on Grasse, is nourish'd with them still; and so becoming an *Incarnate Herb*, and Innocent *Canibal*, may truly be said to devour himself.

We have said nothing of the *Lotophagi*, and such as (like St. *John* the *Baptist*, and other religious *Ascetics*) were Feeders on the *Summities* and Tops of Plants: But as divers of those, and others we have mention'd, were much in times of Streights, Persecutions, and other Circumstances, which did not in the least make it a Pretence, exempting them from Labour, and

other Humane Offices, by enſnaring Obligations [107] and vows (never to be uſeful to the Publick, in whatever Exigency) ſo I cannot but take Notice of what a Learned *Critic* ſpeaking of Mens neglecting plain and Eſſential Duties, under Colour of exerciſing themſelves in a more ſublime Courſe of Piety, and being Righteous above what is commanded (as thoſe who ſeclude themſelves in Monaſteries) that they manifeſtly diſcover exceſſive Pride, Hatred of their Neighbour, Impatience of Injuries; to which *add, Melancholy Plots and Machinations*; and that he muſt be either ſtupid, or infected with the ſame Vice himſelf, who admires this εθελοπειροσσοθησκεια, or thinks they were for that Cauſe the more pleaſing to God. This being ſo, what may we then think of ſuch Armies of *Hermits, Monks and Friers*, who pretending to juſtifie a miſtaken Zeal and meritorious Abſtinance; not only by a peculiar Diet and Diſtinction of Meats (which God without Diſtinction has made the moderate Uſe of common and [103](#)indifferent amongſt *Chriſtians*) but by other ſordid Uſages, and unneceſſary Hardſhips, wilfully prejudice their Health and Conſtitution? and through a ſingular manner of living, dark and *Saturnine*; whilſt [108] they would ſeem to abdicate and forſake the World (in Imitation, as they pretend, of the Ancient *Eremites*) take care to ſettle, and build their warm and ſtately Neſts in the moſt Populous Cities, and Places of Refort; ambitious doubtleſs of the Peoples

Veneration and Opinion of an extraordinary Sanctity; and therefore flying the *Defarts*, where there is indeed no use of them; and flocking to the *Towns* and *Cities* where there is less, indeed none at all; and therefore no Marvel that the Emperour *Valentinian* banished them the Cities, and *Constantine Copronymus* finding them seditious, oblig'd them to marry, to leave their Cells, and live as did others. For of these, some there are who seldom speak, and therefore edifie none; sleep little, and lie hard, are clad naftily, and eat meanly (and oftentimes that which is unwholsom) and therefore benefit none; Not because they might not, both for their own, and the Good of others, and the Publick; but because they will not; Custom, and a prodigious [104](#)Sloth accompanying it; which renders it so far from *Penance*, and the Mortification pretended, that they know not how to live, or spend their [109] Time otherwise. This, as I have often consider'd, so was I glad to find it justly perstring'd, and taken notice of by a [105](#)Learned Person, amongst others of his useful Remarks abroad.

"These, says he, willingly renouncing the innocent Comforts of Life, plainly shew it to proceed more from a chagrin and morose Humour, than from any true and serious Principle of sound Religion; which teaches Men to be useful in their Generations, sociable and communicative, unaffected, and by no means singular and fantastic in Garb and Habit, as

are theſe (forfooth) Fathers (as they affect to be call'd) ſpending their Days in idle and fruitleſs Forms, and tedious Repetitions; and thereby thinking to merit the Reward of thoſe Ancient, and truly pious *Solitaries*, who, God knows, were driven from their Countries and Repoſe, by the Incurſions of barbarous Nations (whilſt theſe have no ſuch Cauſe) and compell'd to Auſterities, not of their own chuſing and making, but the publick Calamity; and to *labour* with their *Hands* for their own, and others neceſſary Support, as well as with their *Prayers* and holy Lives, Examples [110] to all the World: And ſome of theſe indeed (beſides the *Solitaries* of the *Thebaid*, who wrought for abundance of poor Chriſtians, ſick, and in Captivity) I might bring in, as ſuch who deſerv'd to have their Names preſerv'd; not for their rigorous Fare, and uncouth Diſguiſes; but for teaching that the Grace of Temperance and other Vertues, conſiſted in a cheerful, innocent, and profitable Converſation.

And now to recapitulate what other Prerogatives the *Hortulan Proviſion* has been celebrated for, beſides its Antiquity, Health and *Longævity* of the *Antediluvians*; that Temperance, Frugality, Leiſure, Eaſe, and innumerable other Vertues and Advantages, which accompany it, are no leſs 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, [111] 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 reſreſh 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.

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 reſreſh, ſuch pinguid Juice to nourish and feed the Body, ſuch quickening *Acids* [112] to compel the Appetite, and grateful vehicles to court the

Obedience of the Palate, fuch Vigour to renew and fupport our natural Strength, fuch ravifhing Flavour and Perfumes to recreate and delight us: In fhort, fuch fpirituos and active Force to animate and revive every Faculty and Part, to all the kinds of Human, and, I had almoft faid Heavenly Capacity too. What fhall we add more? Our Gardens present us with them all; and whilst the *Shambles* are cover'd with Gore and Stench, our *Sallets* fcape the Insults of the Summer *Fly*, purifies and warms the Blood againft Winter Rage: Nor wants there Variety in more abundance, than any of the former Ages could fhew.

Survey we their *Bills of Fare*, and Numbers of Courfes ferv'd up by *Athenæus*, drest with all the Garnifh of *Nicander* and other *Grecian* Wits: What has the *Roman Grand Sallet* worth the naming? *Parat Convivium*, The Guefts are nam'd indeed, and we are told,

—— [107](#) *Varias, quas habet hortus opes?*

How richly the Garden's ftor'd:

In quibus eft Luctuca fedens, & tonfile porrum, Nee deeft ructatrix Mentha, nec herba falax, &c.

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* drest 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 drest 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.
 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 [115] 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* [112](#)Prophet 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 Grasse and Herbs together with the Ox*. But after all, *latet anguis in herba*, there's a *Snake* in the *Grasse*; *Luxury*, and *Excess* in our most innocent *Fruitings*. 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 *Mistresses*, *Rome*. Those whom heretofore [113](#)two Acres of Land would have satisfied, and [\[116\]](#) 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 shew 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 [116](#)Families 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 [\[117\]](#) 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](#)A/s 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* her self: 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, virtutisq; indole priscæ,
Imposuere 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:

[118]

Therefore fuch Hardſhip, and their Heart
fo 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 Delicaces, 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 dreſt,
and of ſo eaſie Digef tion; 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 ſibi doleat natura negatis.

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

[119]

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 fubitò 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 mensa* (as the *Poet* reckons) it was here in Perfection. In a Word, so universal was the *Sallet*, that the [120](#)Un-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.

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.

[120]

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

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 Buſineſs, and other
 nobler Parts of Life.

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

—*Ubi dicto citius curata ſopori*
Membra dedit, Vegetus præſcripta ad munera
ſurgit.

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

And Men had their Wits about them; their Appetites
 were natural, their Sleep *molli ſub arbore*, ſound,
 ſweet, and kindly: That excellent Emperour *Tacitus*
 being us'd to ſay of *Lettuce*, that he did *ſomnum ſe*
mercari when [121] 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 profels'd Enemy to

Sallet) is reported to have scarce been satisfied, with fixty Pounds of Flesh, and Drink proportionable.

There was then also less expensive Grandure, but far more true State; when *Confuls*, great Statesmen (and such as atchiev'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 blisful 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.*

[122]

*Heaps with unsparing Hand: For Drink the
Grape
She crushes, inoffensive Moult, and Meaches
From many a Berry, and from sweet Kernel
prest,
She temper'd dulcid Creams.——*

Then for the Board.

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

Thus, the *Hortulan* Provision of the [124](#)*Golden Age* fitted all *Places, Times and Persons*; 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 juſtifie 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 [\[123\]](#) 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 [125](#)Civil 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,

Hoc erat in votis, modus agri non ita magnus,

&c.

He that was posses'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:

[124]

The specious Evils of an anxious Life,

He leaves to Fools to be their endless Strife.

O Fortunatos nimium bona si fua norint
Horticulos!

FINIS

[125]

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 [128](#) Noble 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](#).

Athen-keys. *See Pickle.*

Asparagus. *See Pickle.*

Beets.	}	<i>See Pickle.</i>
Broom.		
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.	}	<i>See Pickle.</i>
Cucumber.		
Elder flowers.		
Flowers.		

Gilly-flowers.

Herbs. *See Pudding and Tart.*

Limon. See Pickle.

3. Mushroom. *Chuse the small, firm and white Buttons, growing upon sweet Pasture [127] Grounds, neither under, or about any Trees: strip off the upper Skin, and pare away all the black spungy Bottom part; then slice 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, pressing out the Water, and whilst hot, add the Butter; and then boiling a full Hour (to exhaust the Malignity) shift 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 six Spoonfuls of White-Wine, twelve Cloves, as many Pepper-Corns, four small young Onions, half an Handful of Parsly bound up with two or three Spriggs of Thyme, an Anchovy, Oysters raw, or pickl'd; a little Salt, sweet Butter; and so let them stew. See Acetar. p. [26](#).*

Another.

Prepared, and cleans'd as above, and cast into Fountain-Water, to preserve 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 leisurely between two Dishes (the Water being drained from them) in a third

Part of White-Wine [128] and Butter, a small Bundle of sweet 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.

In France some (more compendiously 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 so eat them.

In Poiverade.

The large Mushrooms well cleansed, &c. being cut into quarters and stewed 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, set them into the [129] Oven after the Bread is drawn: Repeat this till they are perfectly dry; and reserve them in Papers to 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 Horfe-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 Sarse, may be beaten again; and you may reserve the [130] Flower in a well closed Glafs, and make fresh Mustard when you please. See Acetaria, p. [38](#), [67](#).

Nasturtium. Vide Pickle.

Orange. See Limon in Pickle.

5. Parfnip. *Take the large Roots, boil them, and strip*

the Skin: Then flit 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 accomodate 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 [131] 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.*

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 [132] them to keep them under the Pickle. Thus you may preserve French-Beans, Harico's, &c. the whole Year about.*

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-Glafs, which should be frequently shaken, till they sink under it, and keep it well stoppt 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 cleanse it.*

12. *Collyflowers. Boil them till they fall in Pieces: Then with some of the Stalk, and worst of the Flower, boil it in a part of the Liquor till pretty strong: Then being taken off, strain it; and when settled, 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 [133] sharp, and pour all upon the Collyflower; and so as to keep them from touching one another; which is prevented by putting Paper close to them.*

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 scalding-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 smaller Cucumbers; put them into Rape-Vinegar, and boyl, and cover them so close, as none of the Vapour may issue forth; and also let them stand till the next day: Then boil*

them in fresh White-Wine Vinegar, with large Mace, Nutmeg, Ginger, white Pepper, and a little Salt, (according to discretion) straining the former Liquor from the Cucumbers; and so place them in a Jarr, or wide mouthed Glafs, laying a little Dill and Fennel between each Rank; and covering all with the fresh scalding-hot Pickle, keep all close, and repeat it daily, till you find them sufficiently green.

In the same sort Cucumbers of the largest size, being peel'd and cut into thin Slices, are very delicate.

[134] Another.

Wiping them clean, put them in a very strong Brine of Water and Salt, to soak two or three Hours or longer, if you see Cause: Then range them in the Jarr or Barrelet with Herbs and Spice as usual; and cover them with hot Liquor made of two parts Beer-Vinegar, and one of White-Wine Vinegar: Let all be very well closed. A Fortnight after scald the Pickle again, and repeat it, as above: Thus they will keep longer, and from being so soon sharp, eat crimp and well tasted, tho' not altogether so green. You may add a Walnut-Leaf, Hyssop, Costmary, &c. and as some do, strow on them a little Powder of Roch-Allom, which makes them firm and eatable within a Month or six Weeks after.

Mango of Cucumbers.

Take the biggest Cucumbers (and most 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 Glaſs, 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 [135] make a gentle Brine; and fo pour all boyling-hot on the Cucumbers, covering them cloſe 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 Veſſel again: And when all is cold, add a good Spoonful of the beſt Muſtard, keeping it from the Air, and fo have you an excellent Mango. When you have occaſion to take any out, make uſe of a Spoon, and not your Fingers.

Elder. See Buds.

Flowers. See Cowflips, and for other Flowers.

15. Limon. *Take Slices of the thick Rind Limon, Boil and fhift them in ſeveral 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 cloſe in a convenient Glaſs 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.*

[136]

17. Mushrom. *Take a Quart of the best White-Wine Vinegar; as much of White-Wine, Cloves, Mace, Nutmeg a pretty Quantity, beaten together: Let the Spice boil therein to the Consumption of half; then taken off, and being cold, pour the Liqueur on the Mushrooms; but leave out the boiled Spice, and cast in of the same sort of Spice whole, the Nutmeg only flit 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 Liqueur; 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 [137] 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.

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 prefs'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 Crimpness. They are also stew'd and bak'd in Pyes, &c.*
[138]

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 Pafte to keep in the Steam: Then fet them on the Fire for three or four Hours, often fhaking and ftirring them: Then open the Cover, and turn and remove thofe 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 frefh White-Wine Vinegar, and fo you may preferve them the whole Year round.

22. Radilh. *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 Brafs 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 iffuing out, by pafting down the Pot-lid, and fo 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 fmall Barrels [139] or Jars, with the Liquor, and fome frefh Vinegar, Water and Salt; and thus it will keep very green. If you be near the Sea, that Water will fupply the place of Brine. This is the Dover Receit.*

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 Glafs 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 so [140] 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, shred them well, and cast them into the Liquor, with a Pint of blue Pease boil'd soft and strain'd, with a Bunch of sweet Herbs, the Top and Bottom of a French Roll; and so 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.

[141]

The same Herbs, clean wash'd, broken and pulled asunder 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.

26. Pudding of Carrot. Pare off some of the Crust 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 so 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 [142] flower, &c. very well shred, 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.*

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 shred*

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 [143] 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](#).

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 fried 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 PASTE, a little sweet Butter, the Yolk of five Eggs, three of the Whites rejected. [144] To these some add Corinths plump'd in Milk, or boil'd therein, Sugar, Spice at Discretion, and stirring it all together over the Fire, bake it in the Tart-Pan.

32. Thistle. *Take the long Stalks of the middle Leaf of the Milky-Thistle, about May, when they are young and tender: wash and scrape them, and boil them in Water, with a little Salt, till they are very soft, and so let them lie to drain. They are eaten with fresh Butter melted not too thin, and is a delicate and wholesome Dish. Other Stalks of the same kind may so be treated, as the Bur, being tender and disarmed of its Prickles, &c.*

33. Truffles, and other Tubers, and Boleti, are roasted whole in the Embers; then slic'd and stew'd in strong Broth with Spice, &c. as Mushrooms are. Vide Acetar. p. [28](#).

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

35. Minc'd, or Sallet-all-sorts. *Take Almonds blanch'd in cold Water, cut them round and thin, and so leave them in the [145] Water; Then have pickl'd*

Cucumbers, Olives, Cornelians, Capers, Berberries, Red-Beet, Buds of Nasturtium, Broom, &c. Purflan-stalk, Sampier, Ash-Keys, Walnuts, Mushrooms (and almost of all the pickl'd Furniture) with Raifins of the Sun ston'd, Citron and Orange-Peel, Corinthians (well cleansed and dried) &c. mince them severally (except the Corinthians) or all together; and strew them over with any Candy'd Flowers, and so dispose of them in the same Dish both mixt, and by themselves. To these add roasted Maroons, Pistachios, Pine-Kernels, and of Almonds four times as much as of the rest, with some Rose-water. Here also come in the Pickled Flowers and Vinegar in little China Dishes. And thus have you an Universal Winter-Sallet, or an All sort in Compendium, fitted for a City Feast, and distinguished from the Grand-Sallet: which shou'd consist of the Green blanch'd and unpickled, under a stately Pennant of Sallery, adorn'd with Buds and Flowers.

And thus have we presented you a Taste of our English Garden Housewifry in the matter of Sallets: And though some of them may be Vulgar, (as are most of the best things;) Yet she was willing to impart them, to show the Plenty, Riches and Variety of the Sallet-Garden: And to justify [146] what has been asserted of the Possibility of living (not unhappily) on Herbs and Plants, according to Original and Divine Institution, improved by Time and long Experience. And if we have admitted Mushrooms among the rest (contrary to our

Intention, and for Reasons given, Acet. p. [43.](#)) since many will by no means abandon them, we have endeavoured to preserve them from those pernicious Effects which are attributed to, and really in them: We cannot tell indeed whether they were so treated and accommodated for the most Luxurious of the Cæsarean Tables, when that Monarchy was in its highest Strain of Epicurism, and ingrofs'd this Haugout for their second Course; whilst this we know, that 'tis but what Nature affords all her Vagabonds under every Hedge.

And now, that our Sallets may not want a Glafs of generous Wine of the same Growth with the rest 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 set it to cool: Then spread a good brown Toast on both Sides with Yeast: But before you make use of it, beat some Syrup of Citron with it, an Ounce and half of Syrup to each Gallon of Liquor: Then put in the Toast whilst hot, to assist its Fermentation, [147] which will cease in two Days; during which time cast in the Cowflip-Flowers (a little bruised, but not much stamp'd) to the Quantity of half a Bushel to ten Gallons (or rather three Pecks) four Limons slic'd, with the Rinds and all. Lastly, one Pottle of White or Rhenish Wine; and then after two Days, tun it up in a sweet Cask. Some leave out all the Syrup.

And here, before we conclude, ſince there is nothing of more conſtant Uſe than good Vinegar; or that has ſo near an Affinity to all our Acetaria, we think it not amiſs to add the following (much approved) Receit.

Vinegar. To every Gallon of Spring Water let there be allowed three Pounds of Malaga-Raiſins: Put them in an Earthen Jarr, and place them where they may have the hotteſt Sun, from May till Michaelmas: Then preſſing them well, Tun the Liquor up in a very ſtrong Iron-Hooped Veſſel to prevent its burſting. It will appear very thick and muddy when newly preſs'd, but will refine in the Veſſel, 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 [148] 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.

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

[pg]

The Table

Abstemious Persons who eat no Flesh, nor were under Vows, [104](#)

Absterfives, [42](#)

ACETARIA, Criticisms on the Word, how they differ from Olera, &c., [1](#)

Achilles, [77](#)

Acids, [63](#)

Adam and Eve lived on Vegetables and Plants, [94](#)

Africans eat Capficum Indicum, [34](#)

Aged Persons, [44](#);

Sallet-Eaters, [80](#)

Agues, [81](#)

Air, [80](#)

Alliaria, [19](#)

Ale, [15](#)

Alleluja, [47](#)
 Alexanders, [5](#)
 Allium, [18](#)
Altar dedicated to Lettuce, [21](#)
 Anagallis, [9](#)
Annæus Serenus poisoned by Mushrooms, [27](#)
Anatomy, Comparative, [90](#)
 Antecœnia, [74](#)
Antediluvians eat no Flesh for 2000 years, [80](#)
 Aparine, [12](#)
Aperitives, [10](#)
Appetite, [21](#);
 How to subdue, [98](#)
Apician Luxury, [103](#)
 Apium, [35](#);
 Falicum, [41](#)
Aromatics, [13](#)
Artichocks, [5](#)
Arum Theophrasti, [48](#)
 Afcalonía, [41](#)
Afcetics, [106](#)
Asparagus, [43](#);
 preferable to the Dutch, [43](#);
 How to cover in Winter without Dung, [87](#)
 Aphodel, [23](#)
Astringents, [9](#)
Asthmatical, [31](#)
 Alfa foetida, [52](#)
 Atriplex, [32](#)

Augustus, [21](#)

Autumn, [71](#)

B.

Barlæus's *Description Poetic of a Sallet Collation*,

[113](#) [pg]

Bafil, [7](#)

Baulm, [7](#)

Beere, [15](#)

Beet, 7, [79](#)

Benzoin, [51](#)

Bile, [36](#)

Blite, [8](#)

Blood to purifie, [8](#);

~~E~~ating it prohibited, [100](#)

Boletus, [26](#)

Books of Botany, [54](#);

to be read with caution where they write of

Edule Plants, [ib.](#)

Borrage, [8](#)

Bowels, [58](#)

Brain, [7](#), [38](#)

Bramins, [97](#)

Brandy and Exotic Liquors pernicious, [93](#)

Bread and Sallet sufficient for Life, [2](#);

Made of Turnips, [46](#)

Breaft, [19](#)

Broccoli, [10](#)

Brook lime, [9](#)

Broth, [19](#)

Brute Animals much healthier than Men, why, [91](#)

Buds, [9](#)

Buglos, [9](#)

Bulbo Caftanum, [15](#)

Buphthalmum, [15](#)

Burnet, [35](#)

Butter, [64](#)

C.

Cabbage, [10](#)

Capficum Indicum, [34](#)

Cardialgia, [34](#)

Carduus Sativus, [5](#)

Cardon, Spanish, [6](#)

Carnivorous Animals, [89](#)

Carrots, [11](#)

Cattel relifh of their Pafture and Food, [86](#);

Vide Fowl.

Cauly flower, [11](#)

Cepæ, [31](#)

Cephalics, [30](#)

Chæriphyllum, [12](#)

Champignons, [26](#);

Vide Muftrooms.

Chaftrity, [21](#)

Children chufe to eat Fruit before other Meat, [94](#)

Christians abstaining from eating Flesh, [97](#)
Choler, [20](#)
Church Catholics Future Glory predicted, [115](#)
Cibarium, [63](#)
Cicuta, [48](#)
Cinara, [5](#)
Clary, [12](#)
Claudius Cæfar, [27](#)
Claver, [12](#)
 [pg] *Cleanſing,* [44](#)
Climate, [80](#)
Cochlearia, [41](#);
 vide Scurvy-Grafs.
Cooks, [77](#);
 Phyſicians to Emperors and Popes, [55](#);
 vide Heroes.
Collation of Sallet, Extemporary, [73](#)
Cold, [16](#)
Cooling, [33](#)
Complexion, [84](#)
Compoſing, and Compoſer of Sallets, [71](#)
Computation, [74](#)
Conceſſion to eat Fleſh, ſince which Mens Lives
 ſhortned, [97](#)
Concoction, [18](#)
Condiments, [64](#);
 vide Sauce.
Conſcience, [98](#)
Conſent; vide Harmony.

Constitution of Body, [57](#)
Confuls and Great Persons fupt in their Garden, [121](#)
Contemplative Perfons, [104](#)
Convictus Facilis, [117](#)
Cordials, [7](#)
Coriander, [49](#)
Corrago, [9](#)
Correctives, [82](#)
Corn, what Ground moft proper for it, [86](#)
Corn Sallet, [12](#)
Corroboratives, [52](#)
Corpulency, [82](#)
Cowflips, [13](#)
Creffes, [13](#)
Crithmum, [40](#)
Crudities, [26](#)
Cruelty in butchering Animals for Food, [99](#)
Cucumber, [13](#)
Culture, its Effects, [42](#)
Cuftom, [81](#);
 Of Sallet Herbs, how great a Revenue to
 Rome, [119](#)

D.

Daffodil, [48](#)
Daifie, [15](#)
Dandelion, [15](#)
Dapes Inemptæ, [116](#)

Dauci, [11](#)
Decay in Nature, none, [106](#)
Decoction, [19](#)
Deobstructions, [5](#)
Deorum filii, [26](#)
Distinction of Meats abrogated, [94](#)
Deterfives, [8](#)
Dishes for Sallets, [69](#)
Diffimilar Parts of Animals [pg] require Variety of
 Food, [89](#)
Diuretics, [19](#)
Dock, [15](#)
Dogs Mercury, [54](#)
Domitian Emp., [74](#)
Draco herba, [45](#)
Dreßing of Sallets, vide Sallet.
Dry Plants, [17](#)
Dung, [85](#);
 Sallets raif'd on it undigested, [86](#)

E.

Earth, whether much altered since the Flood, [81](#);
 about great Cities, produces rank and
 unwholfome Sallets, [85](#)
Earth-Nuts, [15](#)
Eggs, [68](#)
Elder, [16](#)
Emollients, [15](#)

Endive, [16](#)
Epicurism, [99](#)
Eremit's, vide *Monks*.
Eruca, [39](#)
Eructation, [38](#)
Eruditæ gulæ, [77](#)
Eſcalons, [31](#)
Eternity, vide *Patriarchs*.
Eupeptics, [58](#)
Euphroſyne, [9](#)
Exceſs, [72](#)
Exhilarate, [7](#)
Exotic Drinks and Sauces dangerous, [90](#)
Experience, [83](#)
Eyes, [7](#), vide *Sight*.

F.

Fabrorum prandia, [8](#)
Fainting, [47](#)
Families enobl'd by names of Sallet Plants, [20](#)
Farcings, [35](#)
Falcicule, [70](#)
Fevers, [20](#)
Felicity of the Hortulan Life, [122](#)
Fennel, [17](#)
Flatulents, [33](#)
Fleſh, none eaten during 2000 years. *Fleſh eaters not ſo ingenious as Sallet eaters: unapt for Study and*

Buffinefs; fhortens Life; how all Flefh is Grafts, [94](#)
Flowers, [17](#)
Foliatorum ordo, [105](#)
Fowl relifh of their Food, [86](#)
Food. No Neceffity of different Food, [90](#);
The simplest beft, [92](#);
Man's original Food, [93](#)
[pg] Fools unfit to gather Sallets contrary to the
Italian Proverb, [61](#)
Friers, vide Monks.
Frigidæ Mensæ, [82](#)
Frugality of the ancient Romans, &c., [21](#)
Fruit, [75](#);
not reckon'd among Sallets, [76](#);
not degenerated fince the Flood, where
industry is uf'd, [104](#)
Fugaces fructus, [74](#)
Fungus, [26](#), vide Mufhrooms.
Fungus reticularis, [27](#)
Furniture and Ingredients of Sallets, [61](#)

G.

Galen Lover of Lettuce, [21](#)
Gardiner's happy Life, [113](#);
Entertain Heroes and great Perfons, [115](#)
Garlick, [18](#)
Garnifhing, [8](#)
Gatherers of Sallets fhould be fhilful Herbariffts, [71](#)

Gemmæ, [9](#), *vide* Buds.
 Gerkems, [15](#), *vide* Cucumber.
 Ginny-Pepper, [78](#)
 Goats beard, [18](#)
 Golden Age, [99](#)
 Gordian *Emp.*, [82](#)
 Gramen Amygdalofum, [48](#)
 Grand Sallet, [42](#)
 Grafs, [82](#)
 Grillus, [56](#)
 Gymnosophists, [97](#)

H.

Habits difficult to overcome, applied to Flesh-Eaters,
[98](#)
 Hæredium of old, [123](#)
 Halimus, [36](#)
Harmony in mixing Sallet Ingredients as Notes in
Mufick, [60](#)
 Hautgout, [77](#)
 Head, [40](#), *vide* Cephalicks.
 Heart, [42](#), *vide* Cordials.
 Heliotrop, [49](#)
 Hemlock, [54](#)
Herbaceous Animals know by instinct what Herbs are
proper for them better than Men, [56](#);
and excel them in most of the senses, [ib.](#)
 Herbals, *vide* Books.

Herbs, crude, whether wholsome, [80](#);
What proper for Sallets, [70](#);
Their Qualities and Vertues to be examined,
[82](#);
Herby Diet most Natural, [98](#)
 [pg] *Heroes of old skill'd in Cookery, [77](#)*
Hippocrates condemns Radish, [37](#);
That Men need only Vegetables, [106](#)
Hippofelinum, [5](#)
Holyhoc, [24](#)
Honey, [14](#)
Hops, [19](#)
Horarii fructus, [74](#)
Horminum, [12](#)
Horfes not so diseased as Men, [91](#);
Recompens'd by some Masters for long
Service, [91](#)
Horfe-Radish, [38](#)
Hortulan Provision most plentiful of any,
advantageous, univerfal, natural, &c., [110](#)
Hot Plants, [8](#)
Hot Beds, how unwholsome for Salleting, [85](#)
Houfe-wife had charge of the Kitchin Garden, [119](#)
Humours, [57](#)
Hypochondria, [9](#)
Hyfop, [19](#)

Ilander, [58](#);

Obnoxious to the Scorbute, [ib.](#)

Indigestion, [38](#)

Ingredients, [4](#), vide *Furniture*.

Infects, [28](#)

Intuba Sativa, [16](#)

Ifraelites Love of Onions, [32](#)

J.

Jack-by-the-Hedge, [19](#)

John the Baptift, [106](#)

Juftin Martyr concerning the eating of Blood, [101](#)

K.

Knife for cutting Sallets, [68](#)

Kitchen Garden, [119](#), vide *Potagere*.

L.

Lapathum, [24](#)

Laferpitium, [51](#)

Latet anguis in herba, [115](#)

Laws, [116](#)

Laxatives, [7](#)

Leeks, [20](#)

Legumena, [73](#)

Lettuce, [20](#)

Limon, [23](#)

Liver, [13](#)

Longævity, [81](#)

Lotophagi, [106](#)

Lungs, [20](#)

Lupulus, [19](#)

Luxury, [81](#)

[pg] *Lyfimachia Seliquofa glabra*, [49](#)

Lyfter, Dr., [56](#)

M.

Macarons, [49](#)

Majoran, [19](#)

Mallows, [23](#)

Malvæ folium sanctiffimum, [ib.](#)

Man before the Fall knew the Vertues of Plants, [83](#);

Unbecoming his Dignity to butcher the

innocent Animal for Food, [94](#);

Not by nature carnivorous, [111](#);

Not lapsed so soon as generally thought, [95](#)

Marygold, [19](#)

Masculine Vigour, [52](#)

Materia medica, [65](#)

Materials for Sallets, vide *Furniture*.

Maximinus an egregious Glutton, Sallet-hater, [121](#)

Meats commend not to God, [99](#)

Medals of Battus with Silphium on the reverse, [51](#)

Meliffa, [7](#)

Melon, how cultivated by the Ancients, [24](#)

Memory to affist, [7](#)

Mints, [25](#)

Mithacus, a Culinary Philosopher, [77](#)

Mixture, [57](#)

Moiſt, [9](#)

*Monks and Friers perstring'd for their idle
unprofitable Life, [107](#) & ſeqq.*

Morocco Ambaſſador, [43](#); Lover of Sow-thiſtles.

Mortuorum cibi Muſhrooms, [20](#)

Mofaical Cuſtoms, [94](#);

*Moſes gave only a ſummary account of the
Creation, ſufficient for inſtruction, not
Curioſity, [102](#)*

Muſhrooms, [26](#);

*Pernicious Accidents of eating them, [26](#);
How produced artificially, [29](#)*

Muſtard, [30](#)

Myrrh, [12](#)

Myrtil-Berries, [35](#)

N.

Napus, [46](#)

Naſturtium, [13](#);

Œdicum, [41](#)

Nature invites all to Sallets, [111](#)

[pg] Nepenthes, [9](#)

Nerves, [54](#)

Nettle, [30](#)

Nigard, [61](#)

Nourishing, [5](#)

O.

Obstructions, [16](#)

Ocimum, [7](#)

Olera, *what properly, how distinguish'd from*

Acetaria, [1](#), [2](#)

Olufcula, [4](#)

Onion, [31](#);

What vast Quantities spent in Egypt, [32](#)

Opening, [16](#)

Orach, [32](#)

Orange, [23](#)

Ornithogallon, [48](#)

Oxalis, [42](#)

Oxylapathum, [15](#)

Oyl, *how to choofe*, [63](#);

Its diffusive Nature, [69](#)

P.

Painters, [50](#)

Palpitation, [47](#)

Palfie, [30](#)

Panacea, [10](#)

Paradifian Entertainment, [122](#)

Paralyfis, [13](#)

Parfnip, [33](#)

Paſtinaca Sativa, [11](#)

Patriarchs, [93](#);

Their Long Lives a Shadow of Eternity, [96](#)

Peach ſaid to be Poiſon in Perfia, a Fable, [87](#)

Peas, [33](#)

Pectorals, [58](#)

Pepper, [33](#);

Beaten too ſmall, hurtful to the Stomach, [34](#)

Perfly, [35](#);

Sacred to the Defunct, [ib.](#)

Philofophers, [56](#)

Phlegm, [30](#)

Pickle, [72](#);

What Sallet Plants proper for Pickles, [ib.](#),
vide Appendix.

Pig-Nuts, [28](#)

Pimpernel, [9](#)

Plants, *their Vertue*, [59](#);

Variety, [114](#);

Nourishment, [83](#);

No living at all without them, [110](#);

Plants infect by looking on, [57](#);

When in prime, [71](#);

How altered by the Soil and Culture, [84](#);

Not degenerated ſince the Flood, [105](#)

Platonic Tables, [97](#)

Pleurifie, [81](#)

Poiverade, [7](#)

[pg] Poppy, [48](#)

Porrum, [20](#)
 Poftdiluvians, [93](#)
 Potage, [5](#)
 Potagere, [119](#)
 Pot-Herbs, [19](#)
 Poyfon, [18](#)
Præcoce Plants not fo wholfome artificially raif'd, [85](#)
Preparation to the dreffing of Sallets, [10](#)
 Prodigal, [61](#)
 Pugil, [70](#)
 Punifhment, [18](#)
 Purflan, [36](#)
 Putrefaction, [33](#)
 Pythagoras, [97](#)

Q.

Quality and Vertue of Plants, [53](#). See *Plants*.

R.

Radifh, [37](#);
Of Gold dedicated at Delphi, [37](#);
Mofchius wrote a whole Volume in praife of
them, [ib.](#);
Hippocrates condemns them, [ib.](#)
 Raphanus Rufticanus *Horfe Radifh*, [38](#)
 Radix Lunaria, [48](#);
 Perfonata, [49](#)
 Ragout, [28](#)

Rampion, [39](#)
Rapum, [46](#)
Ray, Mr., [55](#)
Refreshing, [13](#)
Restaurative, [5](#)
Rocket, [39](#)
Roccombo, [18](#)
Roman Sallet, [112](#);
Lux, [115](#)
Rosemary, [39](#)
Roots, [37](#)
Rhue, [49](#)

S.

Saffron, [68](#)
Sage, [39](#)
Sallets, what, how improved, whence so called, [3](#);
Ingredients, [4](#);
Variety and Store above what the Ancients
had, [112](#);
Bills of Fare, [112](#);
Skill in choofing, gathering, composing and
dressing, [48](#);
found in the Crops of Foul, [62](#);
what formerly in use, now abdicated, [49](#);
Extemporary Sallets, [87](#);
Whether best to begin or conclude with
Sallets, [73](#)

[pg] Salade de Preter, [13](#)
 Salt, [64](#);
 What best for Sallets, [64](#);
 Salts Effential, and of Vegetables, [65](#)
 Sambucus, [16](#)
 Sampier, [40](#)
 Sanguine, [36](#)
 Sarcophagifts, [56](#)
 Sauce, [39](#)
 Savoys, [11](#)
 Scallions, [41](#)
 Scorbute, vide Scurvy.
 Scurvy-Grafs, [41](#)
 Scurvy, [9](#)
 Season, [71](#)
 Seasoning, [79](#), vide Sallet.
 Sedum minus, [45](#), vide Stone-Crop.
 Sellery, [41](#)
 Seneca, [98](#)
 Shambles, [77](#)
 Sight, [50](#), vide Eyes.
 Silphium, [50](#);
 How precious and sacred, [51](#)
 Simples, [49](#)
 Sinapi, [30](#)
 Sifarum, [42](#)
 Skirrits, [ib.](#)
 Sleep, to procure, [21](#)
 Smallage, [41](#)

Smut in Wheat, [86](#)
Syrenium Vulgare, [5](#)
Snails, safe Tafters, [56](#)
Sonchus, [43](#)
Sordidnefs, [87](#)
Sorrel, [42](#)
Sow-thistle, vide *Sonchus*.
Specificks, few yet discovered, [83](#)
Spleen, [10](#)
Spinach, [12](#)
Spirits, cherishing and reviving, [9](#)
Spring, [71](#)
Stomach, [16](#)
Stone, [9](#)
Stone-Crop, [44](#)
Stowings, [67](#)
Students, [9](#)
Succory, [44](#)
Sugar, [14](#)
Summer, [84](#)
Sumptuary Laws, [116](#)
Swearing per Brafficam, [11](#)
Swine used to find out Truffles and Earth-Nuts, [28](#)

T.

Table of Species, Culture, Proportion and dressing of
Sallets, according to the Season, [70](#)
Tacitus, Emp. Temperance, [21](#)

Tanfie, [44](#)

Tarragon, [45](#)

[pg] *Tafte should be exquisite in the Composer of*
Sallets, [60](#)

Tea, [17](#), vide Appendix.

Temper, [81](#)

Temperance, [21](#)

Teeth, [37](#)

Theriacle, vide *Garlick*.

Thirst, to affwage, [33](#)

Thistle, [45](#)

Thyme, [19](#), vide *Pot-herbs*.

Tiberius Cæf., [42](#)

Tragopogon, [47](#)

Transmigration, [56](#)

Tribute paid to Roots, [42](#)

Truffles, [28](#)

Tubera, [28](#)

Tulip eaten that cost 100 l., [47](#)

Turiones, [9](#)

Turnip, [46](#);

Made a Fish, [113](#)

V.

Vapours to reprefs, [21](#)

Variety necessary and proper, [92](#)

Ventricle, [20](#), vide *Stomach*.

Vine, [47](#)

Vinegar, [63](#); vide Appendix.

Viper-Grafs, [47](#)

Vertues of Sallet Plants and Furniture, [57](#);

 Confist in the severall and different Parts of
 the same Plant, [49](#)

Voluptuaria Venena, [28](#)

U.

Urtica, [30](#)

W.

Welsh, prolifick, [20](#)

Wind, [17](#)

Wine, [7](#); vide Appendix.

Winter Sallets, [7](#); vide Appendix.

Wood-Sorrel, [47](#)

Worms in Fennel, and Sellery, [17](#)

Wormwood, [49](#)

Y.

Youth to preserve, [85](#)

Footnotes

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 & inhonestum putarunt. In Vit. Plin. 2.

3 ([return](#))

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

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

Hift. Plan.

4 ([return](#))

Olera a frigidis distinct. See Spartianus in Pescennio.
Salmaf. in Jul. Capitolin.

5 ([return](#))

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

Ovid, Fastr. IV.

6 ([return](#))

καλουμεν γαρ λαχανα τα ωρος την ημενεραν
χρειαν, Theophrast. Plant. 1. VII. cap. 7.

7 ([return](#))

Gen. I. 29.

8 ([return](#))

Plutarch Sympot.

9 ([return](#))

Salmaf. 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](#))

Απυρνον τροφυι, *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 reft 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,
Emollítque vias, nec finit esse rudes.
Cowl. Plan. L. 4.

27 ([return](#))

Cic ad Attic.

28 ([return](#))

Sueton in Claudii.

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. l. 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 sometimes alfo the Reverse* of Jupiter Hammon.

45 ([return](#))

οὐδ' ἂν εἰδοίης γε μοι
Τὸν πλουτὸν αὐτὸν κ— τὸ Βατ-οὐ
σιλφίον.

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

46 ([return](#))

Of which some would have it a courser 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, moft 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 ιν μαλαχη τε κ— ασφοδελω
μεγ ονειαρ
Κρυψαντες 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 poyson'd Weeds: I have seen a Man, who was so
poyson'd with it, that the Skin peel'd off his Face, and yet
he never touch'd it, only looked on it as he pass'd by. Mr.
Stafford, Philof. Transact. Vol. III. Num. xl. p. 794.*

52 ([return](#))

Cowley, *Garden*, Miscel. Stanz. 8.

53 ([return](#))

Sapores minime Consentientes και συμπλεκουσας
 ουχι συμφωνους αφας: Haec despiciere ingeniosi
 est artificis: *Neither did the Artist mingle his Provisions
 without extraordinary Study and Consideration: Αλλα
 μιξας παντα κατα συμφωνιαν.* Horum singulis
 seorsum assumptis, tu expedito: Sic ego tanquam
 Oraculo jubeo. — Itaque literarum ignarum
 Coquum, tu cum videris, & qui Democriti scripta
 omnia non perlegerit, vel potius, impromptu non
 habeat, eum deride ut futilem: Ac ilium Mercede
 conducito, qui Epicuri Canonem usu plane didicerit,
 &c. *as it follows in the Gastronomia of Archestratus,*
Athen. lib. xxiii. Such another Bragadoccio Cook
Horace describes

Nec tibi Coenarum quivis temere arroget
 artem

Non prius exacta tenui ratione saporem.

Sat. lib. ii. Sat. 4.

54 ([return](#))

Milton's *Paradise Lost*.

55 ([return](#))

— Qui

Tingat olus ficcum muria vafer in calice

emptâ

Ipſe ſacrum 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. 1. Sect. iv. cap. 1, &c. See alſo, Tranſact. Num. 107. Vol. ix.

59 ([return](#))

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

60 ([return](#))

Mart. Epig. lib. xi. 39.

61 ([return](#))

Athen. 1. 2. Of which Change of Diet ſee Plut. iv. Sympoſ. 9. Plinii Epift. I. ad Eretrium.

62 ([return](#))

Virg. Moreto.

63 ([return](#))

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

64 ([return](#))

Mart. Ep. l. v. Ep. 17.

65 ([return](#))

*Concerning the Use of Fruit (besides many others)
whether best to be eaten before, or after Meals?
Published by a Physician of Rochel, and render'd out of
French into English. Printed by T. Baffet in Fleetstreet.*

66 ([return](#))

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

67 ([return](#))

*For so some pronounce it, V. Athenaeum Deip. Lib. II.
Cap. 26 ηδ- quasi ηδυσμα, perhaps for that it incites
Appetite, and causes Hunger, which is the best Sauce.*

68 ([return](#))

Cratinus in Glauco.

69 ([return](#))

*Nat. Hist. IV. Cent. VII. 130. Se Arift. Prob. Sect. xx.
Quaest. 36. Why some Fruits and Plants are best raw,
others boil'd, roasted, &c, as becoming sweeter; but the
Crude more sapid and grateful.*

70 ([return](#))

Card. *Contradient*. Med. l. iv. *Cant.* 18. Diphilus *not at all*. Athenaeus.

71 ([return](#))

Sir Tho. Brown's Mifcel.

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. Hist.* l. 3. c. 12.

80 ([return](#))

Hanc brevitatem Vitae (*speaking of Horfes*) fortasse homini debet, *Verul. Hist. Vit. & Mort. See this thoroughly controverted*, Macrob. *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 Abstin. Proclum, Jambleum, &c.

89 ([return](#))

Strom, vii.

90 ([return](#))

Praep. Lv. passim.

91 ([return](#))

Tertul. de Tejun. cap. iv. Hieron. adverb. Jovin.

92 ([return](#))

Sen. Epist. 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 ipsa fui.

Semide unque meo creverunt corpora
fucco,

Materiam tanti sanguinis ille dedit.

Tune neque fraus nota est, neque vis,
neque fœda libido;

Hæc nimis proles fœva caloris erat.

Si sacrum illorum, fit detestabile nomen,
 Qui primi servæ regne dedere gulæ.
 Hinc vitiis patefacta via est, morbiq;
 fecutis fas,
 Se lethi facies exeruere novæ.
 Ah, fuge crudeles Animantum sanguine
 men
 Quasque tibi obfonat mors inimica
 dapes.
 Poscas tandem æger, si 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.* χα
 Θημερινων: 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 Monast. 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 est; nullis ad prædam
 & rapinam armis instructum; non dentibus exertis &
 ferratis, non unguibus aduncis: Manus ad fructos
 colligendos, dentes ad mandendos comparati; nee
 legimus se ante diluvium carnes ad efum concessas,
 &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, piscinas juvat habere majores, gratumque, si non aliquem & culinas. *Plin. Hift. Nat. lib. xviii. c. 2.*

114 ([return](#))

Interea gustus elements per omnia quaerunt. *Juv. Sat. 4.*

115 ([return](#))

Cicero. *Epift. Lib. 7. Ep. 26. Complaining of a costlly Sallet, that had almost cost 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. Falisc. Gyneget. Wal. *See concerning this Excess*
Macr. Sat. l. 2. c. 9. & sequ.

119 ([return](#))

Horti maximè placebant, quia non egerent igni,
parceréntque ligno, expedita res, & parata semper,
unde *Acetaria* appellantur, facilia concoqui, nee
oneratura sensum cibo, & quæ minime accenderent
defiderium panis. *Plin. Hist. Nat. Lib. xix. c. 4. And of*
this exceeding Frugality of the Romans, till after the
Mithridatic War, see Athenæus Deip. Lib. 6. cap. 21.
Horat. Serm. Sat. 1.

120 ([return](#))

Nequam esse in domo matrem familias (etenim hæc
cura Fœminæ dicebatur) ubi indiligens esset hortus.

121 ([return](#))

Alterum fucgidium. *Cic. in Catone. Tiberias had a*
Tribute of Skirrits paid him.

122 ([return](#))

Hor. Sat. l. 2. Vix prae vino sustinet palpebras, eunti
in confilium, &c. See the Oration of C. Titius de Leg.
Fan. Mac Sat. l. 2. c. 12.

123 ([return](#))

Milton's *Paradise*, l. 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 misera 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.

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	Species	Ordering and Culture.	Month.	Order and Cul.	Species.	Properties.	Month.	Order and Cul.	Species	Properties.
20	1. <i>Radice</i> .	Tied up to Branch.	January.	Branch'd as before.	1. <i>Lampetis</i> .	Hots in Number.			1. <i>Nux</i> & <i>Mar</i> (the same, young)	Six parts.
21	2. <i>Cilivay</i> .				2. <i>Radice</i> .				2. <i>Mar</i> (the same, young)	Two parts.
22	3. <i>Radice</i> .	Tied up to Branch.	February.	Branch'd as before.	3. <i>Radice</i> .	Hots in Number.			3. <i>Mar</i> (the same, young)	Two parts.
23	4. <i>Radice</i> .				4. <i>Radice</i> .				4. <i>Mar</i> (the same, young)	Two parts.
24	5. <i>Radice</i> .	Tied up to Branch.	March.	Branch'd as before.	5. <i>Radice</i> .	Hots in Number.			5. <i>Mar</i> (the same, young)	Two parts.
25	6. <i>Radice</i> .				6. <i>Radice</i> .				6. <i>Mar</i> (the same, young)	Two parts.
26	7. <i>Radice</i> .	Tied up to Branch.	April.	Branch'd as before.	7. <i>Radice</i> .	Hots in Number.			7. <i>Mar</i> (the same, young)	Two parts.
27	8. <i>Radice</i> .				8. <i>Radice</i> .				8. <i>Mar</i> (the same, young)	Two parts.
28	9. <i>Radice</i> .	Tied up to Branch.	May.	Branch'd as before.	9. <i>Radice</i> .	Hots in Number.			9. <i>Mar</i> (the same, young)	Two parts.
29	10. <i>Radice</i> .				10. <i>Radice</i> .				10. <i>Mar</i> (the same, young)	Two parts.
30	11. <i>Radice</i> .	Tied up to Branch.	June.	Branch'd as before.	11. <i>Radice</i> .	Hots in Number.			11. <i>Mar</i> (the same, young)	Two parts.
31	12. <i>Radice</i> .				12. <i>Radice</i> .				12. <i>Mar</i> (the same, young)	Two parts.
32	13. <i>Radice</i> .	Tied up to Branch.	July.	Branch'd as before.	13. <i>Radice</i> .	Hots in Number.			13. <i>Mar</i> (the same, young)	Two parts.
33	14. <i>Radice</i> .				14. <i>Radice</i> .				14. <i>Mar</i> (the same, young)	Two parts.
34	15. <i>Radice</i> .	Tied up to Branch.	August.	Branch'd as before.	15. <i>Radice</i> .	Hots in Number.			15. <i>Mar</i> (the same, young)	Two parts.
35	16. <i>Radice</i> .				16. <i>Radice</i> .				16. <i>Mar</i> (the same, young)	Two parts.
36	17. <i>Radice</i> .	Tied up to Branch.	September.	Branch'd as before.	17. <i>Radice</i> .	Hots in Number.			17. <i>Mar</i> (the same, young)	Two parts.
37	18. <i>Radice</i> .				18. <i>Radice</i> .				18. <i>Mar</i> (the same, young)	Two parts.
38	19. <i>Radice</i> .	Tied up to Branch.	October.	Branch'd as before.	19. <i>Radice</i> .	Hots in Number.			19. <i>Mar</i> (the same, young)	Two parts.
39	20. <i>Radice</i> .				20. <i>Radice</i> .				20. <i>Mar</i> (the same, young)	Two parts.
40	21. <i>Radice</i> .	Tied up to Branch.	November.	Branch'd as before.	21. <i>Radice</i> .	Hots in Number.			21. <i>Mar</i> (the same, young)	Two parts.
41	22. <i>Radice</i> .				22. <i>Radice</i> .				22. <i>Mar</i> (the same, young)	Two parts.
42	23. <i>Radice</i> .	Tied up to Branch.	December.	Branch'd as before.	23. <i>Radice</i> .	Hots in Number.			23. <i>Mar</i> (the same, young)	Two parts.
43	24. <i>Radice</i> .				24. <i>Radice</i> .				24. <i>Mar</i> (the same, young)	Two parts.

[back](#)

	Species	Outlines and Colours	Month.	Order and Call.	Spoken	Proportion	Month.	Order and Call.	Spoken	Proportion.
FC. Broule	1. <i>Spizella</i>	First up on Branch.	January.	Branch is	<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>	1/2 Notes in Number.	2 Jan.	Notes like the following: <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>	Six parts.	1/2
	2. <i>Spizella</i>	Hand-up.			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	3. <i>Spizella</i>	Hand-up.			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	4. <i>Spizella</i>	Tried up on Branch.			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	5. <i>Spizella</i>	Tried up on Branch.			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	6. <i>Spizella</i>	Tried up on Branch.			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	7. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	8. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	9. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	10. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
FC. Broule	1. <i>Spizella</i>	Leaves, all of a sudden for	February.	Branch is	<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>	1/2 Notes in Number.	2 Feb.	Notes like the following: <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>	Six parts.	1/2
	2. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	3. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	4. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	5. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	6. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	7. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	8. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	9. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	10. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
FC. Broule	1. <i>Spizella</i>	Leaves, all of a sudden for	March.	Branch is	<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>	1/2 Notes in Number.	2 March.	Notes like the following: <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>	Six parts.	1/2
	2. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	3. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	4. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	5. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	6. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	7. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	8. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	9. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	10. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
FC. Broule	1. <i>Spizella</i>	Leaves, all of a sudden for	April.	Branch is	<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>	1/2 Notes in Number.	2 April.	Notes like the following: <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>	Six parts.	1/2
	2. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	3. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	4. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	5. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	6. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	7. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	8. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	9. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	10. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
FC. Broule	1. <i>Spizella</i>	Leaves, all of a sudden for	May.	Branch is	<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>	1/2 Notes in Number.	2 May.	Notes like the following: <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>	Six parts.	1/2
	2. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	3. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	4. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	5. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	6. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	7. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	8. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	9. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					
	10. <i>Spizella</i>	Leaves, all of a sudden for			<i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i> <i>Chimpe, chimpe</i>					

[back](#)