STANDARD BIBLIOGRAPHIC MICROFILM TARGET

Section 1 Original Material (as filmed)

Author(s) Evelyn, John Author's date(s) _____

_____ _____

_____ _____

Title Acetaria

_____

Publisher, if a book R. Scot [etc]

Publication Date(s)
or period covered 1706

No. of vols. (/) Pages (80) Other ( )

Place of Publication London

Edition _____ Editor, or Translator _____

Holder of Original Material U. of T. Library - Rare Books Department

Editor and Publisher of Microfilm Edition _____

Holder of Master Negative U. OF T. LIBRARY, PHOTOCOPY SERVICES UNIT

Restrictions, if any, on use _____

Section 11 Technical Microfilm Data

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Film size - 35mm (X), 16mm ( ), Reduction Ratio 14X (X), 20X ( ), Other ( ),

Image Placement - 1A ( ), 11A ( ), 1B ( ), 11B (X), Duplex ( ), Duo ( ).

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AIA: MICROFILM NORMS

ACETARIA.

A

DISCOURSE

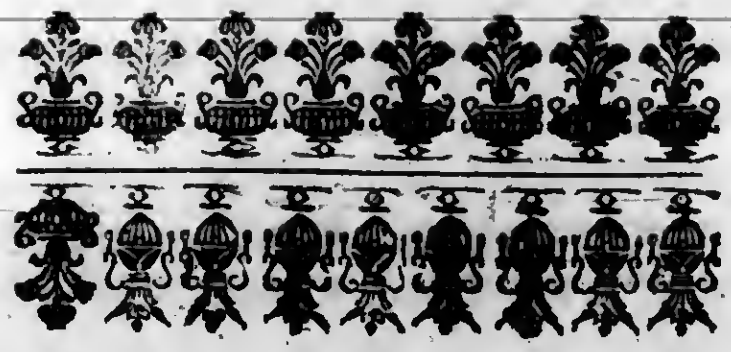
OF

SALLETS.

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

The Second Edition much Enlarged.

Οὐ παντὸς ἀνδρὸς ἔστιν ἀρτῦσαι καλῶς. Crat. in Glauc.



LONDON:

Printed for *Rob. Scot, Ric. Chiſwell, George Sawbridge,*
and *Benj. Tooke.* MDCC VI.

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 Chantellor*, which High Office Your Lordſhip deſervedly bears; not as an Acquiſition of Fortune, but your Intellectual Endowments, conſpicuous (among other Excellencies) by the Inclination Your Lordſhip diſcovers to promote *Natural Knowledge*: As it juſtifies the Diſcernment of that *Aſſembly*, to pitch upon Your Lordſhip for their *Preſident*, ſo does it no leſs diſcover the Candor, yea, I preſume to ſay, the Sublimity of your Mind, in ſo generouſly honouring them with your *Acceptance* of the *Choice* they have made.

Lord Viſcount Brouncker, *Chancellor to the late Queen Conſort, now* Dowager. *The Right Honourable* Cha. Montague, *Eſq; Chancellor of the* Exchequer.

A *Chancellor*, and a very Learned Lord, was the *Firſt* who honoured the *Chair*; and a no leſs Honourable and Learned *Chancellor*, reſigns it to Your Lordſhip: So as after all the Difficulties and Hardſhips the *Society* 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 perſuaded, it may promiſe it ſelf *That*, which indeed has hitherto been wanting, to juſtify the Glorious *Title* it bears of a ROYAL SOCIETY. The *Emancipating* it from ſome remaining and diſcouraging Circumſtances, which it as yet labours under; among which, that of a *precarious* and unſteady Abode, is not the leaſt.

This *Honour* was reſerv'd for Your Lordſhip; and an *Honour*, permit me 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 *Inadæquate Notions*; which, by their obſtreperous and noiſy Diſputes, affrighting, and (till of late) deterring Men from adventuring on further Diſcoveries, confin'd them in a lazy Acquieſcence, and to be fed with *Fantaſms* and fruitleſs Speculations, which ſignify nothing to the *ſpecifick* Nature of Things, 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 rendring their Circumſtances more eaſy) capable to ſubſiſt with Honour, and to reach indeed the glorious Ends of its *Inſtitution*, is an Eſtabliſhment in a more ſettl'd, *appropriate*, and *commodious Place*; having hitherto (like the *Tabernacle* in the *Wilderneſs*) been only *ambulatory* for almoſt *Forty Years*: But *Solomon* built the Firſt *Temple*; and what forbids us to hope

hope, 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. Virulamii Atlantis.

Thus, whilſt King *Solomon's* Temple was *Conſecrated* to the *God* of *Nature*, and his true Worſhip, *This* may be *Dedicated*, and ſet apart for the *Works* of *Nature*; deliver'd from thoſe Illuſions and Impoſtors, that are ſtill endeavouring to cloud and depreſs the true and *ſubſtantial Philoſophy*: A *ſhallow* and *ſuperficial Inſight*, wherein (as that Incomparable Perſon rightly obſerves) having 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 of their weightieſt Affairs: He who wrote of the *Cedar* of *Libanus*, wrote alſo of the *Hyſop which grows upon the Wall*.

To verify this, how much might I ſay of *Gardens* and *Rural Employments*, preferable to the Pomp and Grandeur of other Secular Buſineſs, and that in the Eſtimate of as Great Men as any Age has produc'd! And it is of ſuch *Great Souls* we have it recorded; That after they had perform'd the nobleſt Exploits for the Publick, they ſometimes chang'd their *Scepters* for the *Spade*, and their *Purple* for the Gardiner's *Apron*. And of theſe, ſome, *My Lord*, were *Emperors*, *Kings*, *Conſuls*, *Dictators*, and Wiſe *Stateſmen*; who amidſt the moſt important Affairs, both in Peace and War, have quitted all their Pomp and Dignity in Exchange of this Learned Pleaſure: Not that of the moſt *refin'd* Part of *Agriculture* (the *Philoſophy* of the

Garden and *Parterre* only) but of *Herbs* and wholſom *Sallets*, and other plain and uſeful Parts of *Geopónicks*, 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 Honour.

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; (which would infinitely prejudice the Publick, when worthy Men are in Place, and at the Helm) But to ſhew how conſiſtent the Diverſions of the *Garden* and *Villa* were, with the higheſt and buſieſt Employment of the *Common-wealth*, 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, 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 * *Example*, made good what I have ſaid on this Occaſion. The ancient and beſt Magiſtrates of *Rome*, allow'd but the *Ninth* Day for the *City* and *Publick Buſineſs*; the reſt for the *Country* and the *Sallet Garden*: There were then fewer *Cauſes* indeed at the *Bar*; but never greater *Juſtice*, nor better *Judges* and *Advocates*. And 'tis hence obſerved, that we hardly find a Great and Wiſe Man among the Ancients, *qui nullos habuit hortos*, excepting only *Pomponius Atticus*; whilſt 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 *Roſtra* (and Court of the greateſt and moſt flouriſhing State of the World) to viſit, prune, and water them with his own Hands.

* *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.

But,

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, an Oblation of this kind. The Favour I humbly beg, is Your Lordſhip's Pardon for this Preſumption. The Subject is *mean*, and requires it, and my *Reputation* in danger; ſhould Your Lordſhip hence ſuſpect that one could never write ſo much of *dreſſing Sallets*, who minded any thing 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 *wholſom* and *temperate* than is now in Faſhion: And what if they find me like to ſome who are eager after *Hunting*, and other Field Sports, which are *laborious* Exerciſes; and *Fiſhing*, which is indeed a *lazy* one? who, after all their Pains and Fatigue, never eat what they take and catch in either: For ſome ſuch I have known: And tho' I cannot affirm ſo of my ſelf, (when a well dreſs'd and excellent *Sallet* is before me) I am yet a very moderate Eater of them. So as to this *Book-Luxury*, I can affirm, and that truly, what the *Poet* ſays of himſelf (on a leſs innocent Occaſion) *Laſciva pagina, vita proba.* God forbid, that after all I have advanc'd in Praiſe of *Sallets*, I ſhould be thought to plead for the Vice I cenſure, and chuſe that of *Epicurus* for my *Lemma*; *In hac arte conſenui*; or to have ſpent my time in nothing elſe. The *Plan* annex'd to theſe Papers, and the *Aparatus* 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 inferiour Member of the *Royal Society*.

But,

But, *My Lord*, whilſt You read on (if at leaſt You vouchſafe me that Honour to read at all) I am conſcious I rob the Publick of its moſt precious Moments.

I therefore humbly again implore Your Lordſhip's Pardon: Nor indeed needed I to have ſaid half this, to kindle in Your Breaſt, that which is already ſhining there, (Your Lordſhip's Eſteem of the *Royal Society*) after what You were pleas'd to expreſs in ſuch an obliging manner, when it was lately to wait upon Your Lordſhip; among whom I had the Honour to be a Witneſs of Your generous and favourable Acceptance of their Addreſſes, who am,

My Lord,

Your Lordſhip's

Moſt Humble and

Moſt Obedient Servant,

JOHN EVELYN.

THE

THE

PREFACE.

THE *Favourable Entertainment which the* Kalendar *has found, encouraging the* Bookſeller *to adventure upon a* Ninth Impreſſion, *I could not refuſe his requeſt of my reviſing, and giving it the beſt 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 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 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* Cardens, *higly worth the Contemplation of the moſt Profound Divine, and Deepeſt* Philoſopher.

I ſhould be aſham'd to acknowledge how little I have advanc'd, could I find that ever any mortal man from Adam, Noah, Solomon, Ariſtotle, Theophraſtus, Dioſcorides, *and the reſt of Nature's Interpreters, had ever arriv'd to the perfect Knowledge of any one* Plant, *or* Vulgar Weed *whatſoever: But this perhaps may yet poſſibly be reſerv'd for another State of Things, and* * *a longer Day; that is,* When Time ſhall be no more, but Knowledge ſhall be encreas'd. *We have heard of one who ſtudied and contemplated the Nature of* Bees *only, for* Sixty Years: *After which you will not wonder; that a Perſon of my Acquaintance, ſhould have ſpent almoſt* Forty, *in gathering and amaſſing Materials for an* Hortulan *Deſign, to ſo enormous an Heap, as to fill ſome* Thouſand Pages; *and yet be comprehended within two or three acres of Ground; nay, within the Square of leſs than* One (*skilfully planted and cultivated*) *ſufficient to furniſh, and entertain his Time and Thoughts all his Life long, with a moſt Innocent, Agreeable, and Uſeful Employment. But you may juſtly wonder, and condemn the Vanity of it too,*

* Ut hujuſmodi hiſtoriam vix dum incohatum, non ante abſolvendam putem. Exitio terras quam dabit una dies. D. Raius Præfat. Hiſt. Plar.

with

Luke 15. 30. *with that Reproach*; This Man began to build, but was not able to finish. *This has been the Fate of that Undertaking, and I dare promise, will be of whosoever imagines (without the Circumstances of extraordinary Assistance, and no ordinary Expence) to pursue the* Plan, *erect, and finish the* Fabrick *as it ought to be.*

But this is that which Abortives *the Perfection of the most Glorious and Useful Undertakings; the unsatiable 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* Idea's *are alike. There ought therefore to be as many* Hands *and* subsidiaries *to such a design (and those* Masters *too) as there are 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 experienc'd* Gardiner) Columella *de* R. R. *Lib.* v. *Cap.* 1. Cuncta me dicturum, quæ vastitas ejus scientiæ continerer, 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.*

Inutilis 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* Kalendar; *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* SALLETS.

THE

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.*
Ch. II. *Of the Four (vulgarly reputed) Elements* Fire, Air, Water, Earth.
Ch. III. *Of the* Cœlestial Influences, *and particularly of the* Sun, Moon, *and of the* Climates.
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, Dressing *and* Stirring *the* Earth *and* Mould *of a Garden.*

BOOK II.

Chap. I. *A Garden* Deriv'd *and* Defin'd, *its* Dignity, Distinction, *and* Sorts.
Ch. II. *Of a* Gardiner, *how to be* qualify'd, regarded *and* rewarded; *his* Habitation, Cloathing, Diet, Under-Workmen *and* Assistaots.
Ch. III. *Of the* Instruments *belonging to a Gardiner; their various* Uses, *and* Mechanichal Powers.
Ch. IV. *Of the* Terms *us'd and affected by Gardiners.*
Ch. V. *Of* Enclosing, Fencing, Platting, *and* disposing *of the Ground; and of* Terraces, Walks, Allies, Malls, Bowling-Greens, *&c.*
Ch. VI. *Of a* Seminary, Nurseries; *and of Propagating* Trees, Plants *and* Flowers, Planting *and* Transplanting, *&c.*

Ch. VII. *Of* Knots, Trayle-work, Parterres, Compartiments, Borders, Banks *and* Embossments.
Ch. VIII. *Of* Groves, Labyrinths, Dedals, Cabinets, Cradles, Close-Walks, Galleries, Pavilions, Portico's, Lanterns, *and other* Relievo's; *of* Topiary *and* Hortulan Architecture.
Ch. IX. *Of* Fountains, Jetto's, Cascades, Rivulers, Piscina's Canals, Baths, *and other natural, and Artificial* Water-works.
Ch. X. *Of* Rocks, Grotts, Cryptæ, Mounts, Precipices, Venti-ducts, Conservatories, *of* Ice, *and* Snow, *and other Hortulan Refreshments.*
Ch. XI *Of* Statues, Busts, Obelisks, Columns, Inscriptions, Dials, Vasa's, Perspectives, Paintings, *and other Ornaments.*
Ch. XII. *Of* Gazon-Theatres, Amphitheatres, *Artificial* Echo's, Automata, *and* Hydraulick Musick.
Ch. XIII. *Of* Aviaries, Apiaries, Vivaries, Insects, &c.
Ch. XIV. *Of* Verdures, Perennial Greens, *and* Perpetual Springs.
Ch. XV. *Of* Orangeries, Oporotheca's, Hybernacula, Stoves, *and* Conservatories, *of Tender* Plants, *and* Fruits, *and how to order them.*
Ch. XVI. *Of the* Coronary Garden: Flowers *and* Rare Plants, *how they are to be* Raised, Governed, *and* Improved, *and how the Gardiner is to keep his* Register.
Ch. XVII. *Of the* Philosophical Medical *Garden.*
Ch. XVIII, *Of* Stupendous *and* Wonderful Plants.
Ch. XIX. *Of the* Hort-Yard *and* Potagere; *and what* Fruit-Trees, Olitory, *and* Esculent Plants, *may be admitted into a Garden of Pleasure.*
Ch. XX. *Of* Sallets.
Ch. XXI *Of a* Vineyard, *and Directions concerning the making of* Wine, *and other* Vinous Liquors, *and of* Teas.
Ch. XXII. *Of* Watering, Pruning, Plashing, Pallisading, Nailing, Clipping, Mowing, Rowling, Weeding, Cleansing, &c.
Ch. XXIII. *Of the* Enemies *and* Infirmities *to which Gardens are obnoxious, together with the* Remedies.
Ch. XXIV. *Of the Gardiner's* Almanack *or* Kalendarium Hortense, *directing what he is to do Monthly, and what* Fruits *and* Flowers *are in prime.*

BOOK III.

Chap. I. *Of* Conserving, Properating, Retarding, Multiplying, Transmuting, *and Altering the* Species, Forms. *and (reputed)* Substantial Qualities *of* Plants, Fruits and Flowers.
Ch. II. *Of the Hortulan* Elaboratory, *and of* distilling *and* extracting *of* Waters, Spirits, Essences, Salts, Colours, *Resuscitation of* Plants, *with other rare Experiments, and an account of their* Virtues.

Chap. III.

Ch. III. *Of Composing the* Hortus Hyemalis, *and making Books, of* Natural, Arid Plants *and* Flowers, *with several Ways of Preserving them in their* Beauty.
Ch. IV. *Of* Painting *of Flowers, Flowers* enamell'd, Silk, Callico's, Paper, Wax, Gums, Pasts, Horns, Glass, Shells, Feathers, Mos, Pietra Commessa, Inlayings, Embroyderies, Carvings, *and other Artificial Representations of them.*
Ch. V. *Of* Crowns, Chaplets, Garlands, Festoons, Encarpa, Flower-Pots, Nosegays, Poesies, Deckings, *and other* Flowery Pomps.
Ch. VI. *Of* Hortulan Laws *and* Privileges.
Ch. VII. *Of the* Hortulan Study, *and of a* Library, Authors, *and* Books *assistant to it.*
Ch. VIII. *Of* Hortulan Entertainments, Natural, Divine, Moral *and* Political; *with divers* Historical *Passages, and Solemnities, to shew the* Riches, Beauty, Wonder, Plenty, Delight, *and Universal Use of Gardens.*
Ch. IX. *Of Garden* Burial.
Ch. X *Of* Paradise, *and of the most* Famous Gardens *in the World,* Antient *and* Modern.
Ch. XI. *The Description of a* Villa.
Ch. XII. *The* Corollary *and* Conclusion.

——Laudato ingentia rura,
Exiguum colito.——

ACETARIA.

SALLETS in general consist of certain *Esculent* Plants and Herbs, improv'd by Culture, Industry, and Art, of the *Gard'ner:* Or, as others say, they are a Composition of *Edule* Plants and Roots of several kinds, to be eaten *raw* or *green*, *blanch'd*, or *candied*; simple, and *per se*, or intermingl'd with others according to the Season. The boyl'd, bak'd, pickl'd, or otherwise disguis'd, variously accommodated by the skilful Cooks, to render them grateful to the more feminine Palate, or Herbs rather for the Pot, &c. challenge not the Name of *Sallet* so properly here, tho' sometimes mention'd: And therefore,

Those who *Criticize* not so nicely upon the Word, seem to distinguish the * *Olera* (which were never eaten *raw*) from *Acetaria*, which were never *boyl'd*; and so they derive the Etymology of *Olus* from *Olla*, *the Pot*. But others deduce it from Ὅλος, comprehending the *Universal Genus* of the Vegetable Kingdom; as from † Πᾶν *Panis*; esteeming, that he who had † *Bread* and *Herbs*, was sufficiently bless'd with all a frugal Man could need or desire: Others again will have it, *ab olendo*, i. e. *crescendo*, from its continual *growth* and *springing up*: So the Younger *Scaliger* on *Varro:* But his Father *Julius* extends it not so generally to all Plants, as to all the *Esculents*, according to the Text: *We call those* Olera (says * *Theophrastus*) *which are commonly eaten*, in which Sense it may be taken, to include both *boyl'd* and *raw:* Last of all, *ab alendo*, as having been the original and genuine Food of all Mankind from the † 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 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 * ψυχεὰι τεράπεζαι, eaten without their due Correctives, which the Learned † *Salmasius*, and indeed, generally, the ‖ old *Physicians* affirm (and that truly) all *crude* and raw λάχανα require to render them wholsom; so as, probably they were from hence, as ¶ *Pliny* thinks, call'd *Acetaria*, and not (as *Hermolaus* and some others) *Acceptaria ab Accipiendo*; nor from *Accedere*, tho' so * ready at hand, and easily dress'd, requiring neither *Fire*, *Cost*, or *Attendance*, to boyl, 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

* Olera à frigidis distinct. *See* Spartianus in Pescennio. Salmas. in Jul. Capitolin.

† Panis erat primis virides mortalibus Herbæ;
Quas tellus nullo sollicitante dabat.
Et modo carpebant vivaci cespite gramen;
Nunc epulæ tenera fronde cacumen erant.
Ovid, Fastor iv.

* Καλοῦμεν δὲ λάχανα τὰ πρὸς τὴν ἡμε τέρην χρείαν, Thophrast. Plant. *lib.* vii. *cap.* 7.

† Gen. i. 29.

* Plutarch Sympos.

† Salmas. in Solin *against* Hieron. Mercurialis.

‖ Galen. 2 R. Aliment *cap.* 1. Et Simp. Medic. Averroes, *lib.* v. Colloc.

¶ Plin. *lib.* xix. *cap.* 4.

* Convictus facilis sine arte mensa. *Mart. Ep.* 74.

and *French*, to this Day, gather *Ogni Verdura*, any thing almost that's *green* and tender, to the very Tops of *Brambles* and *Nettles*; so as every Hedge affords a *Sallet* (not unagreeable) season'd with its proper *Oxybaphon* of *Vinegar*, *Salt*, *Oyl*, &c. which, doubtless, gives it both the Relish and Name of *Salad*, *Ensalada* †, as with us of *Sallet*; from the *Sapidity*, which renders not *Plants* and *Herbs* alone, but *Men* themselves, and their Conversations, pleasant and agreeable: But of this enough, and perhaps too much; lest whilst I write of *Salt* and *Sallet*, I appear my self *insipid:* I pass therefore to the Ingredients, which we will call

† Ἅλμην τερπνὸν, which Suidas calls λάχανα, Olera quæ cruda sumuntur ex Aceto. *Hadrian in loc.*

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 we gather them from the *Mother* and *Genial Bed*, with a Touch only of their *Qualities*, for Reasons hereafter given.

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

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

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

The Stalk is *blanch'd* in Autumn, and the *Pith* eaten raw or boyl'd. The way of preserving them fresh all Winter, is by separating

rating 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 *Seſtertia Sena Millia*, 30000 *l. Sterling*.

Note, That the *Spaniſh Cardon*, *Thiſtle*, or *Cinera Spinoſa*, a wild and ſmaller *Artichoak*, with ſharp pointed Leaves, and leſſer Head; the *Rib* or *Coſta* of the Leaves being *blanch'd* and tender, (the Skin ſtrip'd off) are ſerv'd up *a la Poiverade* (that is with *Oyl*, *Pepper*, &c.) as the *French* Term is; and by them are called *Coſtones des Cardons d'Eſpagno*, or *Cardis*. In *France* they *blanch* likewiſe the *Leaves* of the true *Artichoaks*: But the *Cardes des Cardons d'Eſpagno*, are more eſteem'd by far.

Aſparagus, See *Sparagus*.

3. Baſil, *Baſilicum*, *Ocimum*, 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 Hortenſis*, hot and dry, cordial and exhilarating, ſovereign for the Brain, ſtrengthning the Memory, and powerfully chaſing 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 *Cowſlip*-Flowers.

5. Beet, *Beta*; of which there is both *White*, or *Sicla Officinarum*, B. P. (the *French Poirée*) and the *Rubra* or *Red Radice Rapæ*, or *Bete-Raves*. The *Coſta*, or Rib of the broad Leaves of the *White Beet* (by the *French* call'd the *Cardes de Porrée*) being boil'd, melts, and eats like Marrow. And the *Roots* (eſpecially of the *Red*) being boil'd, cut into thin Slices, 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*: But, however, by the *Epigrammatiſt* ſtil'd *fooliſh* and *inſipid*, as *Innocentior quam Olus* (for ſo the Learned * *Harduin* reads the Place) 'tis by *Diphilus* of old, and others ſince, prefer'd before *Cabbage*, as of better Nouriſhment: *Martial* (not unlearn'd in the Art of *Sallet*) commends it with *Wine* and *Pepper*: He names

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

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, *Beta Sylveſtris maritima*, 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 Hortenſe*; Engliſh *Mercury*, or (as our Country Houſe-wives call it) *All-good*, *Blitum bonus Henricus* (*Lapathum Unctuoſum ſive tota bona Spinachiæ facie*: The gentle *Turiones*, and Tops, may be eaten as *Sparagus*, or ſodden in Pottage, and are a very ſalubrious *Eſculent*: There is both a white and red, much us'd in *Spain* and *Italy*; but beſides its Humidity and deterſive Nature, 'tis *inſipid* enough.

7. Borrage, *Bugloſſum Latifolium Borrago* (*Gaudia ſemper ago*) hot and kindly moiſt, purifying the Blood, is an exhilarating Cordial, of a pleaſant Flavour: The tender Leaves, and Flowers eſpecially, may be eaten in Compoſition, but above all, the Sprigs in *Wine*, like thoſe of *Baum*, are of known Vertue to revive the *Hypochondriac*, and chear the hard Student. See *Bugloſs*.

8. Brooklime, *Anagallis aquatica*, or *Becca bunga* (French *Mouron d'Eau*;) moderately hot and moiſt, prevalent in the *Scorbute* and *Stone*.

9. Bucks-horn, *or* Harts-horn Plantain, (*Cornu Cervinum*, *Coronopus Hortenſis*) the beſt is the broad-leav'd *curl'd Bucks-horn*, which may be eaten in *Sallets*, whilſt young and tender.

10. Bugloſs, *Bugloſſum Anguſtifolium*; in nature much like *Borrage*, yet ſomething more aſtringent. The Flowers of both, with the intire Plant, greatly reſtorative, being Conſerv'd: And for the reſt, ſo much commended by *Averroes*; that for its effects, cheriſhing the Spirits, juſtly call'd *Euphroſynum*: Nay, ſome will have it the *Nepenthes* of *Homer*: But indeed, what we now call *Bugloſs*, was not that of the Ancients, but rather *Borrage*, for the like Virtue named *Corrago*.

11. Burnet, is the *Pimpinella Sanguiſorba*, or *Pimprinelle*; eaten by the *French* and *Italians*; eſteem'd of ſo chearing and exhilarating a Quality, and ſo generally commended, (as giving it as admittance to all *Sallets*) 'tis paſs'd into a Proverb.

L'Inſalata non e buon, ne bella,
Ove non e la Pimpinella.

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

12. Buds, *Gemmæ*; not only thoſe *Edule* Garden Plants are preferable to other leſs tender Parts, but even the *Turiones*, and firſt

Rudi-

Rudiments and Tops, gather'd from wild Plants, in *Woods* and *Fields*, make delicious *Sallets*: Witneſs the *Buds* taken out of the *Craws* of *Stock-doves* in the Spring; nay, the *Buds* and tender *Seed-Veſſels*, or early *Fruits* of ſome *Plants*, when *muriated* or *pickl'd*, are juſtly eſteem'd, tho' no other part of the Plant from which they are gather'd are eatable; ſuch as *Aſhen-Keys*, *Broom-Buds*, hot and dry, retaining 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. But the *Aſpargi*, or tender Sprouts of any *Sallet*-Herbs, when they little more than peep out of the Ground, retaining their *Seed-leaves*, are ſo highly eſteem'd by many who are nicely *critical* in *Sallets*, that they will not eat them when they are grown larger; and therefore cauſe *Sallet-Seeds* to be ſown on *hot Beds*, not in Winter only, when other choice *Sallets* cannot be had, but every Month of the Year, far preferring them to any *Sallet-Herbs* whatſoever, run up to more Maturity: But concerning this haſty Production of the *Hot-Bed*, the Effect of artificial *Compoſts*, ſee what we have ſaid hereafter.

The *Gemmæ* and *Summities* of ſeveral Plants, are exceedingly agreeable to the *Palate*, in the Compoſition of *Sallets*; tho' their leſs tender Parts are nauſeous; as of *Baſil*, *Chervile*, and many others.

13. Cabbage, *Braſſica Chaux*, (and its ſeveral kinds) *Pompey's* beloved Diſh, ſo highly celebrated by old **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 craſs and melancholy Juice; yet *looſening* if but moderately boil'd, if overmuch, *aſtringent*, according to *C. Celſus*; 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 *Ruſſia*, or from *Aleppo*. Of the *French*, the *Pancaliere a la large Côte*, the white, large, and ponderous, are to be choſen; and ſo the *Cauly-flower*, *Braſſica Cauliflora* (anciently unknown:) 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 *Halmyridia* of *Pliny* (or *Athenæus* rather) *Capitata marina & florida*, our *Sea-kele* (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 *Cauly flower* rather: But whilſt the Learned are not agreed about it, *Theophraſtus* affirms the contrary, and *Pliny* commends the Juice raw, with a little *Honey*, for the moiſt and weeping Eye, not the dry or dull. But after all, *Cabbage* ('tis confeſs'd) is greatly accus'd for lying undigeſted in the Stomach, and pro-

* *De* R.R. *cap.* clvii.

provoking Eructations; which makes me wonder at the Veneration we read the Ancients had for them, calling them *Divine*, and ſwearing, *per Braſſicam*; and for 600 Years held by the *Romans* a *Panacea*. 'Tis ſcarce an Hundred Years ſince we firſt had *Cabbages* out of *Holland*. One of the Sir *Anthony Aſhleys* of *Wiburg St. Giles* in *Dorſetſhire*, being (as I am told) the firſt who planted them in *England*. The *Dutch* ſhred *Red Cabbage*, and dreſs'd with *Oyl* and *Vinegar*, eat it raw.

Cardon, See *Artichaux*.

14. Carrots, *Dauci*, or *Paſtinaca Sativa tenuifolia*; temperately warm and dry, ſpicy: The beſt are yellow, very nouriſhing. Let them be rais'd in Ground naturally rich, but not too heavy. *Ale* brew'd with the wild *Dauor-Seed*, is exceedingly commended by thoſe who are afflicted with the *Stone* and *Gravel*.

15. Chervile, *Chærophillum*, *Sativum Myrrhis*; the ſweet, aromatick (and as the *French* call it, *Muſque*) *Spaniſh Chervile*, moderately hot and dry, is beſt: 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 wholſom, and chearing the Spirits: The *Roots* are alſo boil'd, and eaten cold; much commended for Aged Perſons: This (as likewiſe *Spinach*) is us'd in *Tarts*, and ſerves alone for divers Sauces.

Chalots, Cibbols, Cives, } *Vide* Onions, *Schænopræſſon*.

16. Clary, *Horminum Sativum Sclarea dictum*; when tender, not to be rejected; and, in *Omlets*, made up with *Cream*, fried in Sweet *Butter*, are eaten with *Sugar*, Juice of *Orange* or *Lemon*.

17. Clavers, Gooſe-graſs, *Aparine*, or *Philanthropos Dioſcor.* &c. the tender Winders, with young *Nettle-tops*, are us'd in *Lenten* Pottages.

18. Corn-Sallet, *or* Lambs-Lettuce, *Valerianella Campeſtris in odora major*, B. P. *Album olus Dod. Lactuca agnina* (by the *French*, *Maches*;) looſening and refreſhing: The Tops and Leaves being a *Sallet* of themſelves, ſeaſonably eaten with other Salleting, the whole Winter long, and early Spring: They call them *Salad de Preter*, for their being generally eaten in *Lent*.

19. Cowſlips, *Verbaſcum pratenſe odoratum*, or *Paralyſis*: See *Flowers*.

20. Creſſes, *Naſturtium Hortenſe*, Garden *Creſſes*; the *broad-leav'd* beſt to be Monthly ſown: But above all, the *Indian*, (by the *French* called *Capuchin*) moderately hot, and aromatick, quicken

the torpent Spirits, and purge the Brain, and are of ſingular Effect againſt the *Scorbute*. Both the *Flowers* tender *Leaves*, *Calices*, *Capuchin Capers*, and *Flowers*, are laudably mixed with the colder Plants. The *Buds*, as alſo the young green *Seeds*, being *Pickl'd* or *Candy'd*, are likewiſe us'd in Strewings all Winter. There is the *Naſter-Hybernicum* commended alſo for an *Antiſcorbutick* Sallet, and likewiſe the vulgar *Water-Creſs*, boil'd in *Lenten Pottage*, and whilſt the *Leaves* are tender (being all of the ſame Nature, tho' of different Degrees and Tribes, and beſt for raw and cold Stomachs) may properly be eaten in the *Spring*, but nouriſh little.

Note, In the mean time, that *Creſſes* (being of ſeveral *Tribes*) the *Indian Naſturtium* is, *Planta ſui generis*, quite of a different *Genus*: But for that Creſs-like Mordacity, are called all *Creſſes*; and therefore here ranged together.

21. Cucumber, *Cucumis Sativus*; 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, * *&c.* if rightly prepar'd; that is, by rectifying the vulgar Miſtake, of altogether extracting the Juice, in which it ſhould rather be ſoak'd: Nor ought it to be over-*oyl'd*, too much abating of its grateful *Acidity*, and *palling* the Taſte, from a contrariety of Particles: Let them therefore be pared, and cut in thin Slices, with a Slice 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 * 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 mingled in moſt *Sallets*, without the leaſt damage, contrary to the common Opinion; it not being long, ſince *Cucumber*, however dreſs'd, was thought fit to be thrown away, being accounted little better than Poiſon: And very probably it was ſo, when the *innate Liquor* (which helps to concoct the cold, almoſt indigeſtible, Subſtance, was exhauſted. *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.

* Ἐφθὸς, δεικυὸς, ἁπαλὸς, χλυαρὸς, ἁρπακὸς. Athen.

* Cucumis elixus delicatior, innocentior. Athenæus.

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

23. Dande-

23. Dandelion, *Dens Leonis*, *Condrilla*; macerated in ſeveral Waters, to extract the bitterneſs; tho' ſomewhat opening, is very wholſom, and little inferior to *Succory*, *Endive*, &c. The Tops of the Roots, dug out of the Ground, with the *Tufts* of the *Leaves* remaining thereon, ſo far as they are *blanch'd*, by (being cover'd in the Earth when they grow) are of late Years gather'd in the *Spring*, (till ſuch time as the *Flower-Stalks* are ſhot up) and ſold in moſt *Herb-Shops* about *London*, for being a wonderful Purifier of the *Blood*, and *Antiſcorbutic*; upon which account, they are juſtly eſteem'd an excellent *Vernal Sallet*: It was with this homely *Fare*, the Good-Wife *Hecate* entertain'd *Theſeus*. See *Sowthiſtle*.

24. Dock, *Oxylapathum*, or ſharp-pointed Dock: Emollient, and tho' otherwiſe not for our *Sallet*, the *Roots* brew'd in *Ale* or *Beer*, are excellent for the *Scorbute*. See *Patience*.

25. Earth-Nuts, *Bulbo-Caſtanum*, called in the *North*, where they moſt abound, *Kopper-nuts*, *Pig-nuts*, and *Ger-nuts*; (found alſo in divers Places of *Surry* near *Kingſton*, and other Parts, in Meadows and *Graſs-fields*) are of the *Umbelliferous* Tribe; they flower in *June* and *July*, but the Nuts are in their prime in *May*, or beginning of *June*, when the Stalk begins to appear, by which they are the more eaſily diſcovered: The Rind par'd off, are eaten crude by Ruſticks, with a little Pepper; but are beſt boil'd like other Roots, or in Pottage rather; and are ſweet and nouriſhing.

26. Elder, *Sambucus*: The Flowers infus'd in *Vinegar*, grateful both to the Stomach and Taſte; attenuates 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 entire Shrub) of the moſt Sovereign Vertue; and the Spring Buds and tender Leaves, excellently wholſom in Pottage at that Seaſon of the Year. Small Ale in which *Elder-Flowers* have been infus'd, is by many eſteem'd ſo ſalubrious and palatable, as it is of late grown into ſo great Vogue, that it is to be had in many of the Publick Eating-Houſes about Town. See *Flowers*.

27. Endive, *Endivia*, *Intubus Sativa*, Garden broad-leav'd, different from the *Erratic*, or wild (tho' probably by Culture only) the largeſt, whiteſt, and tendereſt Leaves, beſt boil'd, and leſs crude. It is naturally cold, profitable for hot Stomachs; *inciſive* 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 Leaves* ſeparated, eats firm, and the ampler *Leaves*, by many, preferr'd before *Lettuce*. See *Succory*.

Eſchalot, See *Onions*.

28. Fennel, *Fæniculum*. We have it from *Bologna*, but the ſweeteſt and moſt aromatick comes from the *Azores* (*Fæniculum dulce Azoricum*;) hot and dry, expels Wind, ſharpens the Sight, and recreates the Brain; eſpecially the tender *Umbella*, and young Seeds annex'd to them. The Stalks, white, plump, and ſoft, are to be peel'd, and then dreſs'd like *Sellery*. The early tender Tufts of the emerging Leaves, 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 Stem of this Plant, which is to be taken out, as the *Red* one in that of *Sellery*.

29. Flowers, *Flores*; chiefly of the *Aromatic Eſculents* 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-July-flower*, *Elder*, *Orange*, *Cowſlip*, *Roſemary*, *Arch-Angel*, *Sage*, *Naſturtium Indicum*, &c. Some of them are Pickl'd, and divers of them make alſo very pleaſant and wholſom *Theas*, as do likewiſe the wild *Time*, *Bugloſs*, *Mint*, &c.

30. 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 Concoction, and thought a Charm againſt all Infection and Poiſon (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 fit for Ladies Palates, 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 *Roccombole*.

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

31. *Roccombole* or *Rocembole*, Names of late Years not known with us; are diſtinguiſh'd by thoſe ſmall *Bulbs* which compoſe the Head of the *Spaniſh Vipers*, *Garlick Ophioſcoridon*, or *Scorodopraſſum alterum bulboſo & convoluto capite*.

32. Leeks, *Porrum Capitatum*; hot, and of Vertue ſaid to be prolifick, ſince *Latona*, the Mother of *Apollo*, long'd after them: The *Welch*, who eat them much, are obſerv'd to be very fruitful; they

they are alſo friendly to the *Lungs* and *Stomach*, being ſod in *Milk*; a few therefore of the tender and green *Summities* a little ſhred, do not amiſs in Compoſitions.

Garlick, *Roccombole*, and *Leeks*, are all of the ſame Affinity. *Bulbs* with ſolid flat Leaves; *Graveolentes*, ſtrong ſcented *Bulbs*, and would be very nauſeous to us, eſpecially our Ladies, unleſs they were as generally eaten by that nice Sex, as they are among thoſe of *Spain*. Near related to theſe, are *Onions*; which we refer to in their Place in the Alphabet.

Guiney-Pepper, *Capſicum*, is a Species of *Solanum*, without any relation to our *Pepper*, but for its Piccancy and Mordacity; which we ſhall ſay more of hereafter.

33. Goats-beard, *Trago-pogon*; but of late they have *Italianiz'd* the Name, and now generally call it *Salſifix*; and our Seed-Sellers, to diſguiſe it, being a very common Field Herb, growing in moſt Parts of *England*, would have it thought (with many others) an Exotick, and call it *Salſify* and *Saſſify*; whilſt, by whatever Name dignify'd or diſtinguiſh'd, it muſt be own'd to be an excellent *Sallet*-Root, and very nutritive, and may be ſtew'd and dreſs'd as *Sorzonera*, exceedingly amicable to the Breaſt.

34. Hops, *Lupulus*; hot and moiſt, rather *Medicinal* than fit for *Sallets*: The *Buds* and young *Turiones* of the *Tendrels* excepted, which may be eaten raw; but more conveniently being boil'd, and cold like *Aſparagus*: They are *Dieuretic*; depurate the Blood, open Obſtructions, very wholſom and grateful to the *Palate*.

35. Hyſſop, *Hyſſopus*; *Thymus Capitatus Creticus*; *Majoran*, *Winter-Savory*, *Satureia domeſtica*, *Thymus vulgaris*, *Caltha vulgaris*, *Mary-gold*, &c. as all hot, ſpicy *Aromatics*, (commonly growing in *Kitchin-Gardens*) are of Faculty to comfort and ſtrengthen; prevalent againſt Melancholy 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: See the true *Thyme* of the *Ancients*.

36. Jack-by-the-Hedge, *Alliaria*, (ſo call'd from its *Allium*-like *Sapor* and *Odour*) or *Sauce-alone*; has many Medicinal Properties, and is eaten, as other *Sallets*, by all Lovers of *Garlick*, (the Antients us'd it as a *Succedaneum* to *Scordium*) eſpecially by Country-People, growing wild under their Banks and Hedges.

37. Judas's-Tree, *Arbor Judæ*: Its pretty light-colour'd. *Papilonaceous* Flowers have a very grateful Acidity, and thereby gain'd Admittance amongſt our *Acetaria*.

Leeks, See *Garlick*.

38. Lettuce,

38. Lettuce, *Lactuca Sativa*: Tho' by *Metaphor* call'd * *Mortuorum Cibi*, (to say nothing of † *Adonis* and his sad *Mistress*) by reason of its *Soporiferous* Quality, ever was, and still continues, the principal Foundation of the universal *Tribe* of *Sallets*; which is to cool and refresh, besides its other Properties: And therefore in such high Esteem with the Ancients, that divers of the *Valerian* Family, dignify'd and enobled their Name with that of *Lactucinii*.

* Eubulus.

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

It is, indeed, of Nature more cold and moist than any of the rest, yet less astringent, and so harmless, that it may safely be eaten raw in Fevers; for it allays Heat, bridles Choler, extinguishes Thirst, excites Appetite, kindly nourishes; and, above all, represses Vapours, conciliates Sleep, mitigates Pain; besides the Effect it has upon the Morals, *Temperance* and *Chastity*. *Galen* (whose beloved *Sallet* it was) from its *pinguid*, *subdulcid*, and agreeable Nature, says it breeds the most laudable Blood. No marvel then that they were by the Ancients called *Sana*, by way of eminency, and so highly valu'd by the great || *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 * *Tacitus* (spending almost nothing at his frugal Table in other Dainties) was yet so great a Friend to *Lettuce*, that he was us'd to say of his Prodigality, *Somnum se mercari illa sumptus effusione*. How it was celebrated by *Galen* we have heard; how he us'd it he tells himself; namely, beginning with *Lettuce* in his younger Days, and concluding with it when he grew old, and that to his great Advantage. In a word, we meet with nothing among all our crude Materials and *Sallet* Store, so proper to mingle with any of the rest, nor so wholsom to be eaten alone, or in Composition, moderately, and with the usual *Oxolyum* 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 *Oinomelite*, 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* from *Turkey*, *Curl'd*; the *Genoa*, (lasting all the Winter) the *Imperial*, and *Lobbs* or *Lop-Lettuces*. The *French Minion* a dwarf kind: The *Oak-Leaf*, *Passion*, *Roman*, *Shell*, and *Silesian*, hard and crimp (esteemed of the best and rarest) with divers more: And here let it be noted, that besides three or four sorts of this Plant, and some few of the rest, there was within our remembrance, rarely any other *Salleting* serv'd up to the best Tables; with unblanch'd *Endive*, *Succory*, *Purselan*, (and, indeed, little other variety) *Sugar* and *Vinegar* being the constant *Vehicles* (without *Oyl*;) but now

|| Apud Sueton.

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

now *Sugar* is almost wholly banish'd from all, except the more effeminate Palates, as too much palling, and taking from the grateful *Acid* now in use, tho' otherwise not totally to be reproved: *Lettuce* boil'd and *condited* is sometimes spoken of.

39. Limon *or* Lemmons, *Limonia*, *Citrea mala*: exceedingly refreshing, *Cordial*, &c. The Pulp being blended with the Juice, secluding the over-sweet or bitter. See *Orange*.

40. Mallow, *Malva*; *Malva Crispa*, *French* curl'd *Mauves*, the most preferable, is emollient, and friendly to the *Ventricle*, and so rather Medicinal; yet may the Tops, well boil'd, be admitted, and the rest (tho' out of use at present) was taken by the Poets for all *Sallets* in general. *Pythagoras* held *Malvæ folium Sanctissimum*; and we find *Epimenides* in * *Plato* at his *Mallows* and *Asphodel*; and, indeed, it was of Old the first Dish at Table: The *Romans* had it also *in deliciis*, * *Malvæ salubres corpori*, approved by † *Galen* and || *Dioscorides*; namely, the *Garden-Mallow*, by others the *Wild*; but, I think, both proper rather for the *Pot* than *Sallet*. *Nonius* supposes the tall *Rosea*, *Arborescent Holi-hocks*, that bears the broad Flower, for the best, and very ¶ *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*.

The *French* in their early Spring Sallets, add the young Tops and tender Leaves of the *Marsh-mallow*, which they call *Guimauve*, for a most admirable *Nephritick*, as is also the *Syrupus Althæus*.

* De Legib.

* Hor. Epod. 11.

† De Simp. Medic. l. vii.

|| Lib. ii. cap 3.

¶ Exoneraturas Ventrem mihi Villica Malvas
Attulit, & variis, quas habet hortus, Opes. *Mart. Lib. x.*

And our sweet Poet.

—Nulla est humanior herba,
Nulla magis suavi commoditate bona est.
Omnia tam placidè regerat, blandéque relaxat,
Emollítque vias, nec sinit esse rudes. Cowl. *Plan. L. 4.*

Mercury, See *Blite*.

41. Melon, *Melo*; to have been reckon'd rather among *Fruits*; and tho' an usual Ingredient in our *Sallet*, yet for its transcendent Delicacy and Flavour, cooling and exhilarating Nature, (if sweet, dry, weighty, and well-fed) not only superior to all the *Gourd*-kind, but Paragon, with the noblest Productions of the Garden: *Jos. Scaliger*, and *Casaubon*, think our *Melon* unknown to the Ancients, (which others contradict) as yet under the Name of *Cucumbers*: 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 same with ours.

There is also a *Winter* or *Water-Melon*, large, and with black, and some yellowish 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; and upon this account, think both this *Cucumber* and *Lettuce* apt, by their *Mucilage*, to hinder and intangle the *Animal Spirits*, (as may all things else eaten in excess) is not deny'd: But a perfect

perfect good *Melon* is certainly as harmleſs a Fruit as any whatſoever; and may ſafely be mingled 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 ſix Shillings. The ſmall unripe Fruit, when the others are paſt, may be Pickl'd like *Mango*, and are very delicate.

42. Mint, *Mentha*; the *Anguſtifolia Spicata*, Spear-Mint; dry and warm, very fragrant, a little preſs'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*. The *French* chiefly eſteem the *Mentha Sativa Criſpa* or Curl'd Mint, (which they call *Baume*) and mix it with their Sallets.

*Cic. ad Attic.

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

* Sueton. *in Claudi.*

† Sen. Ep. lxiii.

‖ Plin. N. H. *l.* xxii. *c.* 23.

Among

Among theſe comes in the *Fungus Reticularis*, (*Poroſus*, or *Honey-Comb*, the *French*) to be found about *London*, as at *Fulham* and other Places; whilſt at no ſmall Charge we ſend for them into *France*; as we do alſo for *Truffles*, *Pignuts*, and other ſubterraneous *Tubera Terræ*, which in *Italy* they fry in Oyl, and eat with *Pepper*: They are commonly diſcovered, ſcented, and rooted out (how deep in the Ground ſoever) by a *naſute greedy Swine*, purpoſely brought up; being of a Cheſs-nut Colour, and heady, rank, and Hercine Smell, and not ſeldom found in *England*, particularly in a Park of my Lord *Cotton*'s, at *Ruſhton* or *Rusbery* in *Northamptonſhire*, in the Wilderneſs adjoyning to the Viſcount *Cullen*'s Garden there; and doubtleſs in other Places too were they ſought after: By many believ'd to have originally been brought thither out of *France*, when by a very ſurpriſing Accident, they were firſt diſcover'd by the almoſt incredible Voracity of *Swine*, allur'd by the Scent of the *Truffles* of the adjacent Fields, and cou'd ſcarce be kept off with the *Spades* and *Dogs* of the Labourers, who, in order to plant the *Wilderneſs*, were digging up a piece of Ground, in which ſome Trees ſent out of *France* had been planted, with the *Caſe*-Earth adhering to the Roots, flung into the Holes. If this be the Origin of the *Ruſhton* Truffles, 'twill confirm the Opinion of Truffles being no Natives of *England*, unleſs ſprung here from thoſe brought from Foreign Parts. In the mean while, one brought from Abroad, is, with its ſmall *fibrous Roots*, delineated in the *Philoſ. Tranſact.* (N°. 202.) which doth fully demonſtrate the Error of the Ancients and Moderns, who aſſert, That they have no Root; when probably they were rub'd off when they were dug out of the Ground, and being ſo very ſmall, not heedfully minded or perceived. How theſe rank and provocative Excreſcences are to be * treated (of themſelves inſipid enough, and only famous for their kindly taking any Pickle or *Conditure*) that they may do the leſs Miſchief, 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 refer thoſe who long after this beloved *Ragout*, and other *Voluptuaria Venena* (as *Seneca* calls them) to what our Learned Dr. *Lyſter* † ſays of the many venomous *Inſects* harbouring and corrupting in a new found-out Species of *Muſhroms* had lately *in deliciis*. 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 ‖ Paſture-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 fleſh-colour'd 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 * artificially; 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

* Apicius, *lib* vii. *cap.* 13

† Philoſ. Tranſact. *Num.* 89. *Journey to* Paris.

‖ Pratenſibus optima fungis Natura eſt: aliis male creditur, *Hor. Sat. l.* 7. *Sat.*

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

* Gaſſend. *Vita Peireſ.* l. iv. Radertus *Mart.* l. Epig xlvi. In ponticum, *Jays, within four Days.*

* *Peiresky* 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 *Muſhroms* have been ſteeped. And in *France*, by making an hot Bed of *Aſſes* or *Horſes* Dung, and when the heat is in Temper, watering it (as above) well impregnated with the Parings and Offals of refuſe *Fungus*'s; and ſuch a Bed will laſt two or three Years; and ſometimes our common *Melon*-Beds afford them; beſides other Experiments: Among which is the Cuttings of the *White-Poplar* or *Abele*, almoſt to the very *Root*, plentifully ſoaked with hot Water *fermented* with Yeſt; which produces thoſe *Fungi*, in a few Days very eatable and agreeable. Others affirm the ſame of the looſe Chips of the ſame Tree, being bury'd in a rich dung'd Bed.

44. 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 Palſy, 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 *Creſſes*.

45. Nettles, *Urtica*; hot, dry, *Dieuretic*, *Solvent*; purifies the Blood: The Buds, and very tender *Cymæ*, a little bruis'd, are by ſome eaten raw, by others boil'd, eſpecially in *Spring-Pottage*, with other Herbs.

46. Onion, *Cepa Vulgaris*, *Porrum*: The beſt are ſuch as are brought us out of *Ægypt* or *Spain*, whence they of St. *Omers* had them, and ſome that have weighed 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 Reliſh; 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 peel'd, which ſome commend for its purging and quickning that Senſe. How they are us'd in Pottage, boil'd in Milk, ſtrew'd, &c. concerns the Kitchin. In our cold *Sallet* we ſupply them with the *Porrum Sectivum*, Tops of *Leeks*, and *Eſcha-*

Eſchalots (*Aſcalonica*) of guſt more exalted, yet not to the degree of *Garlick*. Or by what of later uſe is much preferr'd) with a *Bulb* or two of *Raccombole*, of a yet milder and delicate Nature, which by rubbing the Diſh only, imparts its Vertue agreeably enough. In *Italy* they frequently make a *Sallet* of *Schalions*, *Cives*, and *Cibbols* only ſeaſon'd with *Oyl* and *Pepper*; and an honeſt laborious Country-man, with good *Bread*, *Salt*, and a little *Parſley*, will make a contented Meal with a roaſted *Onion*. How this noble *Bulb* was deify'd in * *Ægypt* we are told, and that whilſt they were building the *Pyramids*, there was ſpent in this Root † *Ninety Tun* of *Gold* among the Workmen. So luſhious and tempting it ſeems they were, that as whole Nations have ſubſiſted on them alone, ſo the *Iſraelites* were ready to return to *Slavery* and *Brick-making* for the love of them. Indeed *Hecamedes* we find preſents them to *Patroclus*, in *Homer*, as a *Regalo*; But certainly we are either miſtaken in the *Species*, (which ſome will have to be *Melons*) or uſe *Poetick* Licence, when we ſo highly magnify them. This Mention of the *Iſraelites* Fondneſs of them, calls to mind what that noble (but unfortunate) Earl of *Sandwich* told me, That being with the *Fleet* in the *Mediterranean*, near the Coaſt of *Ægypt*, he had brought him *Onions* little inferior in Taſte to *Melons*.

* O Sanctas gentes, quibus hæc naſcuntur in hortis. Numina —— *Juv. Sat.* 15.
† Herodotus.

47. Scalions *or* Cibbols, *Cipolini*, (as the *French* and *Italians* call them) are degenerate *Onions*, participating with them in their Qualities.

48. Cives, *Porrum ſectivum junci folium*; or as the *French*, *Cives d'Angleterre & Appelites*; which they (as alſo do the *Scalions*) notably ſtir up and quicken.

49. Eſchalots *or* Schalots, *Cepa Aſcalonica*; correct Crudities, and promote Concoctions. The *Italians* ſteep them in *Wine*, and eat them cold, with *Oyl*, *Vinegar*, and *Salt*. The Learned *Stephanus Morinus*, in his Notes on *Steph. Byzantinus*, (annex'd to thoſe of the Famous * *Bochart*) tells us, That none, ſave the dregs of the People, among the *Grecians*, us'd to eat *Garlick*, or *Onions*; but the *Idumæans*, and their Neighbours, eſteem'd them as their moſt delicious Fare, eſpecially a ſort they had from *Aſcalon*; whence it derives its Name.

* Bocharti opera, *Edit. Lugd. Bat.* 1692, *Fol.*

In ſhort *Onions*, *Scalions*, *Cives*, *Eſcalots*, &c. are all of the ſame Family, *Graveolentes*, ſtrong-ſcented *Bulbs*, with ſolid flat Leaves. See *Garlick*, to which they are cognate.

50. Orach, *Artiplex*: Is cooling, allays the *Pituit* Humour: Being ſet over the Fire, neither *this*, nor *Lettuce*, needs any other Water than their own Moiſture to boil them in, without Expreſſion: The tender Leaves are mingl'd with other cold *Salleting*; but 'tis better in Pottage: There are ſome of white, red, or purple; the beſt Seed comes from *Turkey*. See *Blitum*.

51. There is another *Atriplex Maritima Fruticosa*, call'd *Shrub Halimus*. or *Sea Orach*, whose new peeping Leaves (tho' rarely us'd) afford a no unpleasant *Acidulæ*, even during Winter, if it prove not too severe.

52. Orange, *Malus Aurantia*, (*Malum aureum*) moderately dry, cooling, and incisive; sharpens 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 shred 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.

53. Parsnep, *Pastinaca*, *Latifolia Sativa*; 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 *Turnip*.

54. There is also the *Water-Parsnip*, *Sium Majus Latifolium*: The crude tender *Leaves*, early in the Spring are eaten in *Spain*; are very grateful for the *Stomach*, and a sovereign Remedy against the *Gravel* in the *Kidney*, or *Stone* in the *Bladder*: But operates much more efficaciously, if a good Handful of the whole *Plant* (whilst most flourishing) be boil'd in a *Pint* of *White-wine Posset-drink*, and the percolated Liquor drank warm. In the Winter-time, and when the *Plant* is in decay, if a large Spoonful of the Powder of the Leaves (gather'd and dry'd in the Summer) be taken in *Posset-drink*.

55. Patience, *Lapathum Hortense Sativum*, (to which may be join'd the *Sanguineum* or *Blood-wort*) being boil'd, is a *palatable* and wholsom *Esculent*; *laxative* and *emollient*: All the *Lapatha's* and *Docks* have, in some degree, the Faculties of *Rheubarb*, being of the same Family. *Vide* the *Sharp-pointed Dock*.

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

57. Pepper, *Piper*; hot and dry in a high degree; of approv'd Vertue against all Flatulency 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

nutely beaten (as oft we find it) to an almost impalpable Dust, 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 grosly contus'd only.

Indian, or *Solanum Capsicum*, superlatively hot and burning, is yet by the *Africans*, as also the Southern *Americans*, 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 dust: To each Ounce of which add a Pound of *Wheat-flour*, fermented with a little *Levain*: Kneed and make them into Cakes or Loaves cut long-wise, in shape of *Naples-Biscuit*. These re-bake a second time, till they are Stone-hard: Pound them again as before, and serce it thro' a fine Sieve, for a very proper Seasoning, instead of vulgar *Pepper*. The Mordicancy thus allay'd, be sure to make the Mortar very clean, after having beaten *Indian Capsicum*, 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 *Pepper* in some Places, and so do *Myrtle-berries*; which *Pliny* tells us, the Ancients made use of instead of *Pepper*, before they knew the Vertue and Use of that Grain.

That great *Botanist*, the Learned and Excellent Dr. *Sloane*, (not to be mention'd by me without singular Respect) in his most admirable and useful *Catalogue* of *Jamaica Plants*, has discovered to us, that the *Tree* which bears the famous *Spice* call'd *sweet-scented Jamaica Pepper*, (or *All-Spice*) is a Species of *Myrtle*, by him call'd *Myrtus Arborea aromatica foliis Laurinis*: The accurate Description of which, expect from this Learned Doctor, when (his busy Profession allowing leisure) he shall have oblig'd the curious World with a finish'd Impression of that incomparable Piece, The *Natural History* of *Jamaica*, and the other *Caribbe Islands*, with an Account of his Voyage.

58. Parsley, *Apium Hortense*, *Petroselinum vulgare*: The curl'd leav'd, *Apium Crispum*, most preferable, being hot and dry, opens Obstructions, is very *Dieuretic*, 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 *Parsley* is not so hurtful to the Eyes as is reported.

59. Purslain,

59. Purſlain, *Portulaca Hortenſis*; eſpecially the *Golden*, whilſt tender, the Seed-leaves, with the young Stalks, being eminently moiſt and cooling, quickens Appetite, aſſwages 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.

Purſlain is accus'd for being hurtful to the *Teeth*, if too much eaten. See *Purſlan* V. *Orach.*

60. Radiſh, *Raphanus*, *Raves:* Albeit rather Medicinal, than ſo commendably accompanying our *Sallets* (wherein they often ſlice the larger Roots) are much inferiour to the young Seedling Leaves and Roots; raiſed on the * 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 *Pepper* in them; and were, indeed, by *Dioſcorides* and *Pliny* celebrated above all Roots whatſoever; inſomuch 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 † *Hippocrates* utterly condemns them, as *Vitioſæ, innatantes ac ægre concoctiles.* And the *Naturaliſt* calls it *Cibus Illiberalis*, fitter for *Ruſtics* than *Gentlemens* Tables. And, indeed, (beſides that they decay the Teeth) Experience tells us, that as the Prince of *Phyſicians* writes, It is hard of Digeſtion, *inimicous* to the Stomach, cauſing nauſeous Eructations, and ſometimes Vomiting, tho' otherwiſe *dieuretic*, and thought to repel the Vapours of *Wine*, when the *Wits* were at their genial *Club*. *Dioſcorides* and † *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 niger Pyriformis*, the *Spaniſh* black *Horſe-Radiſh*, of a hotter Quality, and not ſo friendly to the Head; but a notable *Antiſcorbutic*, which (being preſerv'd in Seed) 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 *Horſe-Radiſh*, (which is the *Sylveſtris Ruſticanus*) 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

* Ὅτι τὸ ῥαδίκιον φαίνεται, quia tertio à ſatu die apparet.

† De diæta *lib.* ii. *cap.* 25.

† De Aliment Facult. *lib.* ii.

of Earthen Ware: This 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.

61. Rampion, *Rapunculus*, or the *Eſculent Campanula*, by the *French*, *Reponces:* The tender Roots are eaten in the Spring, like thoſe of *Radiſhes*, but much more nouriſhing.

62. Rocket, *Eruca Sativa*; hot and dry, is to be qualify'd with *Lettuce*, *Purcelain*, and the reſt, &c. See *Tarragon.*

Roccombole, See *Garlick.*

63. Roſemary, *Roſmarinus*; Sovereignly *Cephalick*, 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 *Sherry-Sack*. See *Flowers.*

64. Sage, *Salvia*; hot and dry. The Tops of the *Red*, well pick'd and waſh'd (being often defil'd with venomous Slime, and almoſt imperceptible *Inſects*) with the *Flowers*, retain all the noble Properties of the other hot Plants; more eſpecially for the *Head*, *Memory*, *Eyes*, and all *Paralytical* Affections. In ſhort, 'tis a Plant endu'd with ſo many and wonderful Properties, as that the aſſiduous uſe of it is ſaid to render Men *Immortal:* We cannot therefore but allow the tender *Summities* of the young Leaves; but principally the *Flowers* in our cold *Sallet*; yet ſo as not to domineer: 'Tis credibly affirm'd, That the *Dutch* for ſome time drove a very lucrative Trade with the dry'd Leaves of what is call'd *Sage of Vertue*, and *Guernſey Sage*; where it is in great Eſteem, and was there firſt propagated from *Plants* brought out of *England:* Both the *Chineſes* and *Japaneſes* are great Admirers of that ſort of *Sage*, and ſo far prefer it to their own *Tea*, (eſteeming it much more wholſom, and perhaps they are in the right) that for what *Sage* they purchaſe of the *Dutch*, they give *triple* the quantity of the choiceſt *Tea* in exchange: Some Perſons here have a greater value for the *Wormwood Sage* than any of the reſt.

Salſifax, See *Goats-beard.*

65. Sampier, *Crithmum Marinum*; *French*, *Perce Pierre*, for its growing on the Sea-Cliffs, and in the Corners of the hardeſt Rocks (as about *Dover*, &c. from whence we have it) 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) and is in my Opinion, for its *Aromatic*, and other excellent Vertues and Effects againſt the *Spleen*, cleanſing the Paſſages, ſharpning Appetite, &c. ſo far preferable to moſt of

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 *France*; from whence I have often receiv'd the *Seeds*, which have proſper'd better, and more kindly with me, than what comes from our own Coaſts: It does not indeed *pickle* ſo well, as being of a more tender Stalk and Leaf: But in all other reſpects for compoſing *Sallets*, it has nothing like it. If the Seeds be ſow'd in a gravelly Bank, expos'd to the South, or under that warm *Aſpect*, it will inſinuate it ſelf into the very Materials, and may be cut like other Sallet-Herbs, without detriment, and continue ſpringing with little Culture; yet in exceſſive Dearth, wet, or cold, afford it a little Shelter, and ſo it will laſt an Ever-green, and may be apply'd for Bordering.

Scalions, See *Onions*.

66. Scurvy-graſs, *Cochlearia major Rotundifolia*, of the Garden; but eſpecially that of the Sea, *Cochlearia folio ſinuato*, or *Britannica*, is ſharp, biting, and hot; of Nature like *Naſturtium*, prevalent in the *Scorbute*. A few of the tender Leaves may be admitted in our Compoſition. See *Naſturtium Indicum*.

67. Sellery, *Apium Mitius Italicum*, (and of the *Petroſeline* Family) was formerly a Stranger with us (nor very long ſince in *Italy* it ſelf) as to the *Italian* Name: Nor is it a diſtinct *Species* of *Smallage*, or *Macedonian Parſley*, tho' ſomewhat more hot and generous by its frequent Tranſplanting, and thereby render'd ſweeter ſcented. We have the beſt Seeds from *Italy*, whoſe tender Leaves and *blanch'd* Stalk do well in our *Sallet*, as likewiſe the Slices of the whiten'd Stems, which being crimp and ſhort, firſt peel'd and ſlit long-wiſe, are eaten with *Oyl*, *Vinegar*, *Salt*, and *Pepper*; and for its high and grateful Taſte, is ever plac'd in the middle of the *Grand Sallet*, at our Great Men's Tables, and *Prætors* Feaſts, as the Grace of the whole Board. *Caution* is to be given of a ſmall red *Worm*, often lurking in theſe Stalks, as does the green in *Fennil*.

Shallots. See *Onion*.

68. Skirrets, *Siſarum Sativum*, or *Germanorum*, B. P. French *Chervi*; is hot and moiſt, corroborating, and good for the Stomach, exceedingly nouriſhing, wholſom and delicate; of all the *Root-kind*, not ſubject to be windy, and ſo valued by the Emperor *Tiberius*, that he accepted them for Tribute.

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

Smallage,

Smallage, See *Sellery*.

69. Sorrel, *Acetoſa*, or *Oxalis*, of which there are divers kinds: The *broad German*, *Acetoſa maxima Germanica*; the *Roman* or *French Acetocella*, with the *Round Leaf*; *Oxalis Franca*, or *Romana*, with the *repent Rounder Leaf*, found by that Accompliſh'd *Botaniſt*, the late * Mr. *Ray*, growing in *Cumberland*, (as likewiſe in *Wales*:) The barren *Sorrel* of *Ruſſia*, deſervedly eſteem'd by many: But after all, the beſt is that of *Greenland*. *Sorrel* is by Nature cold abſterſive, acid, ſharpning the Appetite, aſſwages Heat, cools the Liver, ſtrengthens the Heart; is an *Antiſcorbutic*, reſiſting Putrefaction, and imparting ſo grateful a quickneſs to the reſt, as ſupplies the want of *Orange*, *Limon*, and other *Omphacia*; and, therefore never to be excluded. *Vide* Wood-Sorrel.

* Catalogue of Engliſh Plants 2 Edit.

70. 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.

71. Sparagus, *Aſparagus* (*ab Aſperitate*;) temperately hot and moiſt; *Cordial*, *Dieuretic*, eaſy of Digeſtion, and next to *Fleſh*, nothing more nouriſhing, as *Sim. Sethius*, an excellent Phyſician, holds. They are ſometimes, but very ſeldom, eaten raw with *Oyl* and *Vinegar*; but with more delicacy (the 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. We generally, in *England*, prejudice both *Sparagus*, *Coleworts*, (and moſt other *Herbaceous Eſculents*) by over-boiling them, whereby their *Volatile Salts* (in which much of their Vertue conſiſts) are *evaporated*: The *Romans* did with that celerity boil their *Aſparagus*, that *Auguſtus*, when he order'd any Buſineſs to be expedited, his Proverbial Saying was, Let it be diſpatch'd *Citius quam Aſparagi coquuntur*. 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. And yet to ſhew what *Solum*, *Cœlum* and Induſtry will effect, The Honourable and Learned *Charles Hatton*, Eſq; (to whom all our *Phytologiſts*, and Lovers of *Horticulture*, are oblig'd; and my ſelf in particular, for many Favours) made my *Wife* a Preſent of Sixteen *Sparagus*, the whole *Bunch* containing only *Sixty*, which weighed *Fifteen Pounds* and a *quarter*; ſo as allowing Four Ounces to each *Sparagus*, One was as many as one would deſire to eat: And that which is yet as obſervable, is, Their not being rais'd and forc'd by extraordinary Compoſt, (as they generally are) but in a more natural, ſweet, rich, and well cultivated Soil, about *Batterſy*.

72. Spinach, *Spinachia*, *Lapathum Hortenſe*; of Old not us'd in *Sallets*, and the oftner kept out the better: I ſpeak of the *crude*: But being boil'd to a *Pult*, and without other Water than

its own Moiſture, is a moſt excellent Condiment with *Butter*, *Vinegar*, or *Limon*, for almoſt all ſorts of boil'd Fleſh; and may accompany a Sick-Man's Diet. 'Tis *Laxative* and *Emollient*, and therefore profitable for the Aged, and tho' by original a *Spaniard*) may be had at almoſt any Seaſon, and in all Places.

73. Stone-Crop, *Vermicularis Inſipida*, (by the *French*, *Tripe Madame*;) is cooling and moiſt, grateful to the Stomach: The *Turiones* or Tops being young and tender, dreſs'd like *Purſlain*, is a frequent Ingredient in our cold *Sallets*.

But there is another *Stone-Crop* of as pernicious Qualities as thoſe of the former are laudable, *Wall-Pepper*, or *Stone-Crop*, *Sedum minus Cauſticum*; by the *French*, *Trique Madame*: If therefore the *Sallet*-Compoſer be not *Botaniſt* ſufficiently skilful, upon his own View, to diſtinguiſh the *Wall-Pepper Stone-Crop* which is hot and fiery, from that which is inſipid, it were adviſeable for him, before he puts either of them into the *Sallet*, to conſult his Palate, and taſte them firſt.

74. Succory, *Cichorium Sylveſtre*, an *Endive*; erratic or 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, but more grateful to the Stomach than the Palate. See *Endive*.

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

76. Tarragon, *Draco Herba*, *Dracunculus Hortenſis*; of *Spaniſh* Extraction; hot and ſpicy: The Tops and young Shoots, like thoſe of *Rochet*, never to be ſecluded 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.

77. Thiſtle, *Carduus Mariæ*; our Lady's milky or dappl'd *Thiſtle*, diſarm'd of its Prickles, and boil'd, is worth Eſteem, and thought to be great breeders of *Milk*, and proper Diet for Women who are *Nurſes*: The young Stalk, about *May*, (and ſold in our Herb-Markets) being peel'd and ſoak'd in Water, to extract the bitterneſs, boil'd or raw, is a very wholſom *Sallet*, eaten with *Oyl*, *Salt*, and *Pepper*: Some eat them ſodden in proper Broath, or bak'd in Pies, like the *Artichoak*; but the tender Stalk boil'd or fry'd, ſome prefer; both nouriſhing and reſtorative.

78. Thyme,

78. Thyme, *Thymus*; of which before (ſpeaking of *Pot-Herbs*, Num. 35.) The true *Thyme* of the *Ancients*, is the *Thymus Capitatus Crepitus*, or *Candy Tuft*; a Plant of a moſt agreeable *Odor*, and grateful *Sapor*; a conſiderable quantity being frequently, by the *Hollanders*, brought from *Maltha*, and other Places in the *Streights*, who ſell it at Home, and in *Flanders*, for Strewings amongſt their *Sallets* and *Ragout*; and call it *All-Sance*.

Tricque-Madame, See *Stone-Crop*.

79. Turnip, *Rapum Vulgare*; *F. Raves*; moderately hot and moiſt; *Napus*: The long little *Navet* is certainly the moſt delicate of them, and beſt nouriſhing, ſo as the *French* put it into moſt of their *Pottages*. *Pliny* ſpeaks of no fewer than ſix ſorts, and of ſeveral Colours; ſome of which were ſuſpected to be artificially tinged. But with us, the yellow, which comes from *Denmark*, is prefer'd; by others, the red *Bohemian*. But of whatever kind, being ſown upon the *Hot-Bed*, and no bigger than ſeedling *Radiſh*, they do excellently in Compoſition; as do alſo the Stalks of the common *Turnip*, when firſt beginning to bud; and being boil'd, eat like *Sparagus*.

Here *note*, That this *Navet* is never to be ſown in a rich Soil, wherein they rather degenerate than improve, or at all meliorate, but loſing their Shape, dry and agreeable Reliſh, become indeed moiſt and large: And therefore their proper Mould is rather a lean, dry, ſandy Earth.

And here ſhould not be forgotten, that wholſom, as well as agreeable ſort of *Bread*, we are * taught to make; and of which we have eaten at the greateſt Perſons Tables, hardly to be diſtinguiſh'd from the beſt of *Wheat*.

* *Philoſ. Tranſ.* Vol. xvii. Num. 205. Page 970.

Let the *Turnips* firſt be peel'd, and boil'd in Water till ſoft and tender; then ſtrongly preſſing out the Juice, mix them together, and when dry, (beaten or pounded very fine) with their weight of Wheat-Meal, ſeaſon it as you do other *Bread*, and knead it up; then letting the Dough remain a little to *ferment*, faſhion the Paſte into Loaves, and bake it like common Bread.

Some roaſt *Turnips* in a Paper under the Embers, and eat them with *Sugar* and *Butter*.

80. Vine, *Vitis*, the *Capreols*, *Tendrels*, and *Claſpers*; whilſt very young, have an agreeable *Acid*, which may be eaten alone, or with other *Sallet*.

81. Viper-graſs, *Viperaria*, *Scorzonera*, *Salſifix*, &c. tho' Medicinal, and excellent againſt the *Palpitation of the Heart*, *Fainting*, *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 *Mar-*

row, *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.

82. Wood-Sorrel, *Trifolium Acetoſum*, or *Alleluja*; of the nature of other *Sorrels*.

To all which might we add ſundry 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 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 *Parſnip*, 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 *Pepper*. 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 dreſs: 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 Popy*, by moſt accounted among the deadly Poiſons: 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 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'er it comes to expand, and ſhew its golden Face) which being dreſs'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 Perſonata* mounting with their young Heads, *Liſimachia ſiliquoſa glabra minor*, when freſh and tender, begins to come into the *Sallet*-Tribe. The pale whiter *Popy*, is eaten by the *Genoueſe*. 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*,

Rue, which *Galen* was accuſtom'd to eat raw, and by it ſelf, with *Oyl* and *Salt*, as exceedingly grateful, as well as wholſom, and of great vertue againſt Infection. *Pliny*, I remember, reports it to be 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 ſoak'd 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 *Poiſon*, 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 * Plant formerly ſo highly priz'd, and rare for the richneſs of its Taſte, and other 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 || Coin; and when they would commend a thing for its worth to the Skies, Βάττε σίλφιον 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 *Laſerpitium*, and the *Laſer* it yields, the odoriferous † *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 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 * *Fœtid Aſſa*; 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

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

|| Spanheim, De uſu & Præſtat. Numiſ. Diſſert. 4to. *It was ſometimes alſo the Reverſe of* Jupiter Hammon.

† —— ἐυσ' ἂν εἰ δεῖνος γέ μοι Τὸν πλάστην αὐτὸν καὶ τὸ Βάττε σίλφιον. *Ariſtoph.* in Pluto Act. iv. Sc. 3.

* *Of which ſome would have it a courſer ſort*, inamœni odoris, *as the ſame Comedian names it in his* Equites, *p.* 239 *and* 240. Edit. Baſil. *See likewiſe this diſcuſs'd, together with its Properties, moſt copiouſly, in* Jo. Budæus *a* Stapul. *Comment. in* Theophraſt. lib. vi. cap. 1. *and* Bauhin. *Hiſt. Plant.* lib. xxvii. cap. 53.

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 *Bramin's* (who eat no Fleſh at all) inrich their *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 *Cipolati*, 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*, *Coldneſs*, *Drineſs*, *Moiſture*, &c. (which is to be underſtood according to the different Texture of their *component Particles*) it has not been without what I thought neceſſary for the Inſtruction of the *Gatherer*, and *Sallet-Dreſſer*; how he ought to chooſe, ſort, 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 the Plants be green, young, and tender, wherever 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 *Parſnips*; the *Myrrhis Sylveſtris*, or *Cow-weed*, for *Chærophilum*, (*Chervil*) *Thapſia* for *Fennel*; the wild *Chondrilla* for *Succory*; *Dogs-Mercury* inſtead of *Spinach*: *Papaver Corniculatum Luteum*, and horn'd *Poppy* for *Eringo*; *Oenanthe 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 * unwholſom, yet may others of them annoy the *Head*, *Brain*, and *Genus Nervoſum*, 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 Countries and Climates (frequently call'd by the Names of ſuch as are wholſom in ours, and among us) miſlead not the unskilful Gatherer; to prevent which, we read of divers *Popes* and *Emperors*, that

* Vide Cardanum de uſu Cibi.

that had ſometimes Learned *Phiſicians* for their *Maſter-Cooks*; and that of Old an excellent *Cook* was reckon'd amongſt the *Eruditi*: I cannot here therefore but mention what we find in the Works of St. *Paulinus*, a Letter ſent to *Sulpitius Severus* againſt *Luxury*, and in Praiſe of *Frugality*; with another of *Severus's*, who ſent him a *Cook*, with great Recommendations, for the particular Talent he had in dreſſing *Beans*, *Lettuce*, and other *Sallets*: His Name was *Victor*, and ſo welcome to the Holy Man, for his being likewiſe an excellent *Barber*. Upon this account I exceedingly approve of that charitable Advice of Mr. *Ray*, * (*Tranſact. Numb.* 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 † *Poet* (a little chang'd)

* *Vol.* xx.

† Cowley:

Οὐδ' ὅσον ἐν μαλάχῃ τε καὶ ἀσφοδέλῳ μέγ' ὄνειαρ
Κεύθοντες γὰρ ἔχουσι θεοὶ βίον ἀνθρώποισι. Heſiod.

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

The illuſtrious and Learned *Columna* has, by obſerving what † *Inſects* did uſually feed on, made Conjectures of the Nature of the Plants. But I ſhould not ſo readily adventure upon it on that account, as to its wholſomneſs: For tho' indeed one may ſafely eat of a *Peach* or *Abricot*, after a *Snail* has been Taſter, I queſtion whether it might be ſo of all other Fruits and Herbs attack'd by other *Inſects*: Nor would one conclude, the *Hyoſcyamus* harmleſs, becauſe the *Cimex* feeds upon it, as the Learned Dr. *Lyſter* has diſcover'd. Notice ſhould therefore be taken what *Eggs* of *Inſects* are found adhering to the Leaves of *Sallet-Herbs*, and frequently cleave ſo firmly to them, as not eaſily to be waſh'd off, and ſo not being taken notice of, paſſing for accidental and harmleſs Spots only, may yet produce very ill Effects.

† *Concerning theſe of Inſects, See Mr.* Ray's *Hiſt. Plant.* lib. 1. cap. 24.

Grillus, who, according to the Doctrine of *Tranſmigration* (as *Plutarch* tells us) had, in his turn, been a *Beaſt*, diſcourſes how much better he fed and liv'd, than when he was turn'd to *Man* again, as knowing then what Plants were beſt and moſt proper for him; whilſt Men, *Sarcophagiſts*, (Fleſh-Eaters) in all this time were yet to ſeek. And 'tis indeed very evident, that Cattel, and other *πάνφαγα*, and *herbaceous* Animals which feed on Plants, are directed by their Smell, and accordingly make Election of their Food: But Men (beſides the *Smell* and *Taſte*) have, or ſhould have, *Reaſon*, *Experience*, and the Aids of *Natural Philoſophy*, to be their Guides in this Matter. We have heard of *Plants*, that (like the *Baſilisk*) kill and infect by * looking on them only; and ſome by the Touch. The Truth is, there's need of all the Senſes 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

* *The poiſon'd Weeds: I have ſeen a Man who was ſo poiſon'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, *Philoſ. Tranſact.* Vol. III. Num. xl. p. 795.

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) *Humours* 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* 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 insipid, animated with the *piquant* and brisk: The Astringent and Binders, with such as are Laxative and Deobstruct: The over-sluggish, raw, and unactive, with those that are *Eupeptic*, and promote Concoction: There are *Pectorals* for the Breast and Bowels. Those of middle Nature, according as they appear to be more or less *Specifick*; 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 sovereign Diet in that *Endemial* (and indeed with us *Epidemical*, and almost universal) Contagion, the *Scorbute*; to which we of this Nation, and most other *Islanders*, are obnoxious; yet, since the *Nasturtia* 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 choose, mingle, and proportion his Ingredients; as well as to shew what Remedies there are contained in our Magazine of *Sallet-Plants* upon all Occasions, rightly marshal'd, and skilfully apply'd. So as (with our * sweet *Cowley*)

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

If thro' the strong and beauteous Fence
Of Temperance and Innocence,
And wholsom 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 Ail a Weapon does not bear.

This brings to my Memory, what I have heard of one Signiour *Jaquinto*, *Physician* to Queen *Anne* (Mother to the Blessed *Martyr*, *Charles* the First) and was so to one of the *Popes*: That observing the *Scurvy* and *Dropsy* to be the Epidemical and Dominant

nant Diseases of this Nation: He went himself into the *Hundreds* of *Essex*, (reputed the most unhealthy County of this *Island*) and us'd to follow the *Sheep* and *Cattel* on purpose to observe what Plants they chiefly fed upon; and of those *Simples* compos'd an excellent *Electuary*, of extraordinary Effects against those Infirmities.

Thus we are told, that the Vertue of the *Cophee* was discover'd by marking what the *Goats* so greedily brutted upon. So *Æsculapius* is said to have restor'd dismember'd *Hippolitus*, by applying some Simples he observ'd a * *Serpent* to have us'd to another dead *Serpent*.

* Tunc observatas Augur descendit in Herbas,
Usus & Auxilio est Anguis ab Angue dato. *Ovid Fast.* lib. vii.

We have said how necessary it is, that in the Composure 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 *Music*, in which there should be nothing harsh or grating: Altho' 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*, when ask'd πῶς ἐστιν αὐτοῖς συμφωνία; *What Harmony there was in Meats?* The very same (says he) that a *Diatessaron*, *Diapente*, and *Diapason*, have one to another in a Consort of Music: And that there was as great Care requir'd, not to mingle † *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.* 1. *cap.* 1. In short, the main Skill of the Artist lies in this:

† Sapores minime Consentientes & συμπλεκομένας καὶ συμφώνους ἁρμάς: Hæc despicere ingenioso est artificis: *Neither did the Artist mingle his Provisions without extraordinary Study and Consideration:* Ἀλλὰ μίξας πάντα κατὰ συμφωνίαν. 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 illum 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 sibi Cœnarum quivis temerè arroget artem
Non prius exactâ tenui ratione saporum. *Sat. lib.* ii. *Sat.* 4.

What Choice to choose, for delicacy best;
What Order so contriv'd, as not to mix
Tastes not well join'd, inelegant, but bring
Taste after Taste, upheld by kindliest change.

As our * *Paradisian Bard* introduces *Eve*, dressing of a *Sallet* for her *Angelical* Guest.

* Milton's *Paradise Lost.*

Thus, by the discreet Choice and Mixture of the *Oxoleon*, *Oyl*, *Vinegar*, *Salt*, &c.) the Composition is perfect; so as neither the *Prodigal*, *Niggard*, nor *Insipid*, should (according to the *Italian* Rule) prescribe, in my Opinion; since *One* may be too profuse, the *Other* ‖ over-saving, and the *Third* (like himself) give it no Relish at all: It may be too *sharp*, if it exceed a

‖ Qui Tingat olus siccum muria vafer in calice emptâ, Ipse sacrum irrorans piper —— Pers. *Sat.* vi.

grateful *Acid*; too *Inſulſe* and flat, if the Profuſion be extream. From all which it appears, that a Wiſe-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 * Dr. *Grew*, to which I refer the Curious.

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

'Tis moreover to be conſider'd, that *Edule* Plants are not in all their Taſtes and Vertues alike: For as Providence has made us to conſiſt 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 preſs'd or contus'd; others again *raw*, and beſt in Conſort; ſome alone, and *per ſe*, without any σκευασία, 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 tendereſt 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 Up-land Fowl, where we have a natural *Sallet*, pick'd, and almoſt dreſs'd to our Hands.

I. Preparatory to the Dreſſing therefore, let your Herby Ingredients be exquiſitely cull'd, 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 ſop'd with Spring-Water, eſpecially *Lettuce*, which Dr. * *Muffet* thinks impairs their Vertue; but this, I ſuppoſe, he means of the *Cabbage*-kind, whoſe Heads are ſufficiently protected by the outer Leaves which cover it. After waſhing, let them remain a while in the *Cullender*, to drain the ſuperfluous Moiſture: And laſtly, ſwing them altogether gently in a clean courſe Napkin; and ſo they will be in perfect Condition to receive the *Intinctus* following.

* *Muffet* de Diæta, c. 23.

II. That the *Oyl*, an Ingredient ſo indiſpenſibly and highly neceſſary, as to have obtain'd the Name of *Cibarium* (and with us of *Sallet-Oyl*) be very clean, not high-colour'd, nor yellow; but with an Eye rather of a pallid *Olive*-green, without Smell, or the leaſt touch of *rancid*, or indeed of any other ſenſible Taſte or Scent at all; but ſmooth, light, and pleaſant upon the Tongue; ſuch as the genuine *Ompbacine*, and native *Luca Olives* afford, fit to allay the Tartneſs of *Vinegar*, and other *Acids*, yet gently to warm and humectate where it paſſes. Some who have

have an Averſion to *Oyl*, ſubſtitute *Freſh-Butter* in its ſtead; but 'tis ſo exceedingly clogging to the Stomach, as by no means to be allow'd.

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

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

IV. *Fourthly*, That the *Salt*, (*aliorum Condimentorum Condimentum*, as *Plutarch* calls it) deterſive, penetrating, quickning, (and ſo great a Reſiſter of Putrefaction, and univerſal Uſe, as to have ſometimes merited Divine Epithets) be of the brighteſt *Bay-grey-Salt*; moderately dry'd and *contus'd*, as being the leaſt corroſive: But of this, as of *Sugar* alſo, which ſome mingle with the *Salt* (as warming without heating) if perfectly refin'd, there would be no great difficulty, provided none, ſave Ladies, were of the Meſs; whilſt the Perfection of *Sallets*, and that which gives them the Name, conſiſts in the grateful *Saline Acid*-point, temper'd as is directed, and which we find to be moſt eſteem'd by judicious Palates: Some, in the mean time, have been ſo nice, and luxurioufly curious, as for the heightning, and (as they affect to ſpeak) giving the utmoſt *poinant* and *Relevèe* in lieu of our vulgar *Salt*, to recommend and cry up the *Eſſential-Salts* and *Spirits* of the moſt *Sanative* Vegetables; or ſuch of the *Alcalizate* and *Fix'd*, extracted from the *Calcination* of *Baulm*, *Roſemary*, *Wormwood*, *Scurvy-graſs*, &c. affirming, That without the groſs Plant, we might have healing, cooling, generous, and refreſhing *Cordials*, and all the *Materia Medica* out of the *Salt-ſellar* only: But to ſay no more of this Impertinence, as to *Salts* of *Vegetables*; many indeed there be, who reckon them not much unlike in Operation, however different in *Taſte*, *Cryſtals*, and *Figure*: It being a queſtion, whether they at all retain the Vertues and Faculties of their *Simples*, unleſs they cou'd be made without *Calcination*. *Franciſcus Redi* gives us his Opinion of this, in a *Proceſs* how they are to be prepar'd; and ſo does our Learned * Doctor (whom we lately nam'd) whether *Lixivial*, *Eſſential*, *Marine*, or other factitious *Salts* of Plants, with their Qualities, and how they differ: But ſince 'tis thought all *Fix'd 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 clamminеſs.

* Dr. Grew, *Annat. Plant.* Lib. I. Sect. iv. Cap. I. &c. *See alſo* Tranſ. *Num.* 107. *Vol.* ix.

Of *Sugar* (by ſome call'd *Indian-Salt*) as it is rarely us'd in *Sallet*, it ſhould be of the beſt refin'd, 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 ſoundeſt and weighteſt *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 conſiſtence of a Pap with *Vinegar*, in which Shavings of the *Horſe-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 bruiſed Seed in a well-ſtop'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 dry'd Seeds of the *Indian Naſturtium*, reduc'd to Powder, finely bolted, and mix'd 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 bruis'd with a poliſh'd *Cannon-bullet*, in a large wooden Bowl-diſh; or, which is moſt prefer'd, ground in a *Quern* contriv'd for this purpoſe only.

VI. *Sixthly*, That the *Pepper* (white or black) be not bruis'd to too ſmall a 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 dry'd, is, by ſome, extoll'd beyond all other *Peppers*, and more wholſom.

Of other *Strewings* and *Aromatizers*, which may likewiſe be admitted to inrich 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* Houſe-wives have a way of forming into Balls, by mingling it with a little *Honey*; which, throughly dry'd, 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.

VIII. *Eighthly*, (according to the *ſaper*-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 all *Acids* are apt to corrode, and retain a Metalic 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 ſtir'd, till all the Furniture be equally moiſten'd: Some, who are Husbands of their *Oyl*, pour at firſt the *Oyl* alone, as more apt to communicate and diffuſe its Slipperineſs, than when it is mingled and beaten with the *Acids*, which they pour on laſt of all; and 'tis incredible how ſmall a quantity of *Oyl* (in this quality, like the gilding of *Wyer*) is ſufficient to imbue a very plentiful Aſſembly of *Sallet-Herbs*.

The *Sallet-Gatherer* likewiſe ſhould be provided with a light, and neatly made *Withy-Dutch-Basket*, divided into ſeveral Partitions.

Thus inſtructed and knowing in the *Apparatus*; the *Species*, *Proportions*, and manner of *Dreſſing*, according to the ſeveral Seaſons, you have in the following Table.

It being one of the Inquiries of the Noble * 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.

* *Philoſ. Trans.* Vol. III. Numb. xl. p. 799.

Species.

		Species.	Ordering and Culture.
IX. Blanch'd.	1.	*Endive*,	Ty'd-up to Blanch.
	2.	*Cichory*,	Earth'd-up.
	3.	*Sellery*,	
	4.	*Sweet-Fennel*,	
	5.	*Rampions*,	
	6.	*Roman*	Ty'd-up to Blanch.
	7.	*Cosse* *Lettuce.*	Ty'd close up.
	8.	*Silesian*	Pome and Blanch of themselves,
	9.	*Cabbage*	
XXVI. Green Unblanch'd	10.	*Lop-Lettuce*,	Leaves, all of a midling size.
	11.	*Corn-Sallet*,	
	12.	*Purslane*,	
	13.	*Cresses*, Broad,	Seed-Leaves, and the next to them.
	14.	*Spinach*, Curl'd,	
	15.	*Sorrel*, French,	The fine young Leaves only with the first Shoots.
	16.	*Sorrel*, Greenland,	
	17.	*Radish*,	Only the tender young Leaves.
	18.	*Cresses*,	The Seed-Leaves, and those only next them.
	19.	*Turnip*,	The Seed-Leaves only.
	20.	*Mustard*,	
	21.	*Scurvy-grass*,	
	22.	*Chervil*,	The young Leaves immediately after the Seedlings.
	23.	*Burnet*,	
	24.	*Rocket*, Spanish,	
	25.	*Persley*,	The tender Shoots and Tops.
	26.	*Tarragon*,	
	27.	*Mints*,	
	28.	*Sampier*,	The young tender Leaves and Shoots.
	29.	*Balm*,	
	30.	*Sage*, Red,	
	31.	*Shalots*,	The tender young Leaves.
	32.	*Cives* and *Onion*,	
	33.	*Nasturtium*, Indian,	The Flowers and Bud-Flowers.
	34.	*Rampion*, Belgrade,	The Seed-Leaves and young Tops.
	35.	*Tripe-Madame.*	

Month.

Month.	Ord. & Cult.	Species.	Proportion.
January,	Blanch'd as before	*Rampions*,	10
		Endive,	2
		Succory,	5
		Fennel, Sweet,	10
		Sellery,	4
		Lamb-Lettuce,	A Pugil of each.
		Lop Lettuce.	
		Radish,	Three Parts of each.
February,	Green and Unblanch'd	*Cresses*,	
		Turnips,	Of each One Part.
		Mustard Seedlings,	
		Scurvy-grass,	
		Spinach,	Two Parts.
		Sorrel, Greenland,	One Part of each.
and		*Sorrel*, French,	
		Chervil, Sweet,	
		Burnet,	
		Rocket,	
		Tarragon,	Twenty large Leaves.
		Balm,	One small Part of each.
		Mint,	
		Sampier,	
March,		*Shalots*,	Very few.
		Cives,	
		Cabbage-Winter,	Two Pugils or small Handfuls.
April,	Blanch'd	*Lop* *Silesian* Winter *Roman* Winter *Lettuce.*	Of each a Pugil.
	Green Herbs Unblanch'd.	*Radishes*,	Three Parts.
		Cresses,	Two Parts.
		Purslan,	One Fasciat, or pretty full Gripe.
		Sorrel, French,	Two Parts.
May,	Note, *That the young Seedling Leaves of* Orange *and* Limon *may all these Months be mingled with the Sallet.*	*Sampier*,	One Part.
		Onions, Young,	Six Parts.
and		*Sage*-tops, the Red,	Two Parts.
		Persly,	Of each One Part.
		Cresses, the Indian,	
		Lettuce, Belgrade,	
June.		*Tripe-Madame*,	
		Chervil, Sweet,	
		Burnet.	Two Parts.
July,	Blanch'd, *and may be eaten by themselves with some* Nasturtium-Flowers.	Silesian *Lettuce*,	One whole *Lettuce*.
		Roman *Lettuce*,	Two Parts.
		Cress,	Four Parts.
		Cabbage,	
August,	Green Herbs *by themselves, or mingl'd with the* Blanch'd.	*Cresses*,	Two Parts.
		Nasturtium,	
		Purslane,	One Part.
		Lop-Lettuce,	
and		Belgrade, or Crumpen-*Lettuce*,	Two Parts.
		Tarragon,	One Part.
		Sorrel, French,	Two Parts of each.
September.		*Burnet*,	
		Tripe-Madame,	One Part.
October,	Blanch'd	*Endive*,	Two if large, four if small, Stalk and part of the Root and tenderest Leaves.
		Sellery,	
		Lop-Lettuce,	An Handful of each.
November,		*Lambs-Lettuce*,	
		Radish,	Three Parts.
and		*Cresses*,	Two Parts.
December.	Green	*Turnips*,	One Part of each.
		Mustard Seedlings,	
		Cresses, Broad,	Two Parts of each.
		Spinach,	

But

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

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

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* stop'd the sooner: The approaching and prevailing Cold, both maturing and impregnating them; as does Heat the contrary, which now would but exhaust them: But for those other *Esculents* and Herbs employ'd in our *Composition* of *Sallets*, the early Spring, and ensuing Months (till they begin to mount, and prepare to *Seed*) is certainly the most natural and kindly Season to collect and accommodate them for the Table. Some Critical Impertinents refer not to the very Day only, but to the very Hour and Minute; for instance, the *Bellis-major* to the *4th*, *5th*, *6th*, and *7th* of *April* before Sun-rising, and certain Minutes before or after, to render the Roots *emollient*, and prevalent against the *Palsy*: But for the *Hemeroids* in *June*, Three Days before the Full, in the Evening. There is, indeed, in the gathering a *Melon*, some Accuracy to be observ'd, as to the time of the Day, in respect of *Sun*, and just point of Perfection: But for this let none consult *Culpeper*, or the *Figure-flingers*, to inform them when the governing *Planet* is in its *Exaltation*; but look upon the *Fruits* and *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 wholsom than *Lettuce* and *Mustard* for the *Head* and *Eyes*; yet either of them eaten in excess, were highly prejudicial to them both:

both: Too much of the *first* extreamly debilitating and weakning the *Ventricle*, and hastning the further decay of sickly *Teeth*; and of the *second*, the *Optic Nerves*, and *Sight* it self: The like may be said of all the rest. I conceive therefore, a prudent Person, well acquainted with the Nature and Properties of *Sallet-Herbs*, &c. to be both the fittest *Gatherer* and *Composer* too; which yet will require no great Cunning, after once he is acquainted with our *Table* and *Catalogue*.

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

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

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

* Mart. *Epig. lib.* xi. 39.

And tho' this Custom came in about *Domitian*'s Time †, ὃ μὲν ἀρχαῖοι, they anciently did quite the contrary,

‖ *Gratáque nobilium Lactuca ciborum.*

† Athen. l. 2. *Of which Change of Diet see* Plut. iv. *Sympos.* 9. Plinii *Epist.* 1. *ad Eretrium*

‖ Virg. *Moreto.*

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 expel and allay the Fumes and Vapours of the *genial Compotation*, the spiritous Liquor gently conciliating Sleep: Be-

ſides, that being of a crude Nature, more diſpos'd, and apt to fluctuate, corrupt, and diſturb a ſurcharg'd Stomach; they thought convenient to begin with *Sallets*, and innovate the ancient Uſage.

* Hor. *Sat.* *l.* 2. *Sat.* 4.

* ——*Nam Lactuca innatat acri*
Poſt 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,

† Mart. *Ep.* *l.* v. *Ep.* 17.

† *Claudere quæ cœnas* Lactuca *ſolebat avorum,*
Dic mihi cur noſtras inchoat illa dapes?

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

* *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. Baſſet *in* Fleetſtreet.

And now ſince we mention'd *Fruit*, there riſes another Scruple: Whether *Apples*, *Pears*, *Abricots*, *Cherries*, *Plums*, and other Tree, and *Ort-yard-Fruit*, are to be reckon'd among *Salleting*; and when likewiſe moſt ſeaſonably to be eaten? But as none of theſe do properly belong to our *Catalogue* of *Herbs* and *Plants*, to which this Diſcourſe is confin'd (beſides what we may occaſionally ſpeak of hereafter) there is a very uſeful * Treatiſe 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*.

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* *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

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

par'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 out-ſide Leaves ſtrip'd off, ſlicing *in* the White: In like manner the *Sellery* is alſo to have the hollow green Stem or Stalk trimm'd and divided; ſlicing in the blanched Part, and cutting the Root into four equal Parts.

Lettuce, *Creſſes*, *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 *Guiney-Pepper* and *Horſe-Radiſh* be left out; and therefore we only mention them in the Dreſſing, which ſhould be in this manner.

Your *Herbs* being handſomly 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* (* ſweeteſt of all *Condiments*) *Limon*, or Juice of *Orange*, one Part; and therein let ſteep ſome Slices of *Horſe-Radiſh*, with a little *Salt*: Some, in a ſeparate *Vinegar*, gently bruiſe a *Pod* of *Guiney-Pepper*, ſtraining both the *Vinegars* a-part, to make uſe of either, or one alone, or of both, as they beſt like; then add as much *Tewksbury*, 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 *Tolk* of two new-laid *Eggs* (boil'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 throughly imbib'd; not forgetting the Sprinklings of *Aromatics*, and ſuch Flowers as we have already mentioned, if you think fit, and garniſhing the Diſh with the thin Slices of *Horſe-Radiſh*, *Red Beet*, *Berberries*, &c.

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

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 † Proverb has it,

† Cratinus in Glauco.

Οὐ παντὸς ἀνδὸς ἔστιν ἀρτῦσαι καλῶς.

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 wholſom 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 enquir'd into; eſpecially, when we compare the *Antediluvians* mention'd *Gen.* 1. 29. — the whole *Fifth* and *Ninth* Chapters, *ver.* 31 confining them to *Fruit* and wholſom *Sallets*: I deny not that both the *Air* and *Earth* might then be leſs humid and clammy, and conſequently Plants and Herbs better fermented, concocted, and leſs rheumatick, than ſince, and preſently after; to ſay nothing of the infinite Numbers of putrid Carcaſſes of dead Animals, periſhing in the Flood, (of which I find few, if any, have taken notice) which needs muſt have corrupted the Air: Thoſe who live in Marſhes, and uliginous Places, (like the Hundreds of *Eſſex*) being more obnoxious to *Fevers*, *Agues*, *Pleuriſies*, and generally unhealthful: The Earth alſo then a very Bog, compar'd with what it likely was before that deſtructive *Cataclyſm*, when Men breath'd the pure *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 confeſs, the two firſt, eſpecially that of *Conſtitution*, ſeems to me the more likely Cauſe of Health, and conſequently of Long-life; which induc'd me to conſider of what Quality the uſual *Sallet* Furniture did more eminently conſiſt, that ſo it might become more ſafely applicable to the Temper, Humour, and Diſpoſition of our Bodies; according to which, the various Mixtures might be regulated and proportion'd: There's no doubt, but thoſe whoſe Conſtitutions are cold and moiſt, are naturally affected with Things which are hot and dry; as on the contrary, hot and dry Complexions, with ſuch as cool and refrigerate; which perhaps made the *Junior Gordian* (and others like him) prefer the *frigidæ Menſæ* (as of old they call'd *Sallets*) which, according to *Cornelius Celſus*, is the fitteſt Diet for *Obeſe* and corpulent Perſons, as not ſo nutritive, and apt to pamper; and conſequently, that for the cold, lean, and emaciated, ſuch Herby Ingredients ſhould be made choice of, as warm, and cheriſh the natural Heat, depure the Blood, breed a laudable Juice, and revive the Spirits: And therefore my Lord * *Bacon* ſhews what are beſt raw, what boil'd, and what Parts of Plants fitteſt to nouriſh. *Galen*, indeed, ſeems to

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

to exclude them all, unleſs well accompany'd 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 ſtrengthning, as we find in the moſt vigorous Animals, whoſe Food is only Graſs. 'Tis true, indeed, Nature has providentially mingl'd and dreſs'd a *Sallet* for them in every Field, beſides what they diſtinguiſh by Smell; nor queſtion I, but Man at firſt knew what Plants and Fruits were good before the Fall, by his natural Sagacity, and not Experience; which ſince, by Art and Trial, and long Obſervation of their Properties and Effects, they hardly recover. In ſhort, I am ſo well ſatisfy'd of the wonderful, tho' yet undetected, Vertue of Plants and Vegetables, applicable to all Humane Infirmities whatſoever, (extream old Age excepted, and the irreverſible Decree, That we all muſt die) as ſhews, that *GOD*, by his *Omniſcience*, knowing that Man would tranſgreſs, and that ſpontaneouſly, (tho' left entirely free) providentially endow'd the Vegetable with thoſe admirable Properties we daily diſcover in them, and yet remain'd conceal'd; ſince otherwiſe (had our firſt Parent perſiſted in his Integrity) there had been no uſe of Remedies, no Sickneſs or Diſeaſe requiring them: But to return, as to what in the preſent State Things are, ſuppoſing with * *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 wholſom Change; as *Onions*, *Garlick*, *Rochet*, &c. which are both nutritive and warm; *Lettuce*, *Purſelan*, the *Intybs*, &c. and indeed moſt of the *Olera* refreſh and cool: And as their reſpective Juices being converted into the Subſtances of our Bodies, they become *Aliment*; ſo in regard of their Change and Alteration, we may allow them *Medicinal*; eſpecially the greater Numbers, among which we all this while have Skill but of very few (not only in the Vegetable Kingdom, but in the whole *Materia Medica*) which may be juſtly call'd *Infallible Specifics*, and upon whoſe Performance we may as ſafely depend, as we may on ſuch as familiarly we uſe for a crude *Herb-Sallet*; diſcreetly choſen, mingl'd, and dreſs'd accordingly: Not but that many of them may be improv'd, and render'd better in Broaths and Decoctions, than in *Oyl*, *Vinegar*, and other Liquids and Ingredients: But as this holds not in all, nay, perhaps in very 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.

* Card. *Contradicent. Med.* l. iv. *Cant.* 18. Diphilus *not at all.* Athenæus.

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

and *Bilious*, Young and over-*Sanguine*, Cold, *Pituit*, and Melancholy: In a word, for Persons of all Ages, Humours, and Constitutions whatsoever.

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

* Sir Thomas Brown's *Miscel.*

It is certain, says a * Learned Person, that about populous Cities, where Grounds are over-forc'd for Fruit and early *Salleting*, nothing is more unwholsom: 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, inviron'd with rotten Dung, loathsom and common *Lay-Stalls*; whose noisom 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 of those *Præcoces* indeed, and forward Plants and Roots for the wanton Palate; but which being corrupt in the Original, cannot but produce malignant and ill Effects to those who feed upon them. And the same was well observ'd by the *Editor* of our famous *Roger Bacon*'s Treatise concerning the *Cure of Old Age*, and *Preservation of Youth*: There being nothing so proper for *Sallet Herbs* and other *Edule Plants*, as the genial and natural Mould, impregnate, and enrich'd with well-digested Compost (when requisite) without any mixture of Garbage, odious Carrion, and other filthy Ordure, not half consum'd and ventilated, and indeed reduc'd to the next Disposition of Earth it self, as it should be; and that in sweet, † rising, aery, and moderately perflatile Grounds, where not only *Plants* but *Men* do last, and live much longer. Nor doubt I, but that every Body would prefer Corn and other Grain, rais'd from *Marle*, *Chalk*, *Lime*, and other sweet Soil and Amendments, before that which is produc'd from the *Dunghil* only. Beside, Experience shews that the rankness of *Dung* is frequently the cause of Blasts and Smuttiness; as if the *Lord* of the *Universe*, by an Act of visible Providence would check us, to take heed of all unnatural Sordidness and Mixtures. We sensibly find this difference in Cattle and their Pasture; but most powerfully in *Fowl*, from such as are nourish'd with Corn, sweet and dry Food: And as of Vegetable *Meats*, so of *Drinks*, 'tis observ'd, that the same Vine, according to the Soil, produces a *Wine* twice as heady as in the same, and a less forc'd Ground; and the like I believe of all other Fruit; not to determine any thing of the *Peach*, said to be Poison in *Persia*, because 'tis a *vulgar Error*. In the mean while, this is highly remarkable, (if constant) That since the Conflagration, the so frequent *Lay-Stalls* of Dung, and other noxious Filth, which poison'd the ambient Air in and about the City of *London*,

* Caule suburbano qui siccis crevit in agris dulcior.— Hor. *Sat.* l. 2. § 4.

London, have been remov'd, the Pits and Receptacles fill'd up, drain'd, made level, and in divers Places built upon, and turn'd into ample Squares, *Piazzas*, and Streets, as (*Bridewell-Dock*, *Lincoln's-Inn-Fields*, *Covent-Garden*, the great Square and Grounds about St. *James's*, and several other greater, some in the very middle of the Town) I say, since this Purgation, it has been observ'd, that the *Bills* of *Weekly Mortality* have considerably decreas'd, the Number of Inhabitants and Buildings exceedingly increasing, being compar'd with the former.

And now to return to those *Olitories*, most sensibly affected with those Contaminations, and for that, among other Things, nothing more betrays its unclean and spurious Birth, than what is so impatiently long'd after, as *early Asparagus*, &c. * Dr. *Lister*, (according to his communicative and obliging Nature) has taught us how to raise such as our *Gard'ners* cover with nasty Litter during the Winter; by rather laying of clean and sweet *Wheat-Straw* upon the Beds, *super seminating* and over-strowing them thick with the Powder of bruised *Oyster-Shells*, &c. to produce that most tender and delicious *Sallet*. And there is an Art so to raise those Plants, in the midst of the severest *Winter-Season*, without the least taint of the fulsome Bed, to the loss of the Mother-Roots, which always perish in exerting their utmost Vigour (like a Woman in difficult Travail) with their Life; as shall not only preserve both the one and the other, but be exceedingly agreeable: It being the loss of the Mother-Plant in the vulgar Method, which renders this Delicacy so dear in the *Market*, in recompense of the *Gard'ner's* Loss, to gratify the luxurious *Palate*: But this, and other *Secrets* of Horticulture Mysteries, are reserv'd for another Occasion: In the mean while, if nothing will satisfy save what is rais'd *Extempore*, 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 sat down to Table, sowed *Lettuce*, and some other Seeds, in a certain Composition of Mould he had prepared; which within the Space of two Hours, being risen near two Inches high, presented them with a delicate and tender *Sallet*; and this, without making use of any nauseous or fulsome Mixture; but of Ingredients not altogether so cheap perhaps. *Honoratus Faber* (no mean *Philosopher*) shews us another Method, by sowing the Seeds steep'd in *Vinegar*, casting on it a good quantity of *Bean-Shell* Ashes, irrigating them with *Spirit of Wine*, and keeping the Beds well cover'd under dry Matts. Such another Process for the raising early *Peas* and *Beans*, &c. we have the like* Accounts of, especially that of Mr. *Gifford*, Minister of *Montacute*, as follows. May *the* 10th. 2679. *I steep'd Nine Beans first in Sack Five Days, then being taken out, I put them in Sallet-Oyl Five Days, then in Brandy Four Days, and about Noon set them in an Hot Bed against a South-Wall, casting all the Liquor wherein they had been infus'd (and reserv'd in several Pots) negligently*

* Transact. Philos. *Num.* xxv.

* *Numb.* xviii.

negligently about the Holes: The same Day, within Three Hours Space, (that is about Two a-clock) Eight of the Nine came up, and were then a foot high, with all their Leaves, (as other growing Beans use to have) and on the Morrow a foot more in height; the Third Day they blossom'd, and in a Week were podded, and full ripe, and some even black-ey'd, but none of them bigger than our common Field or Horse-Beans, tho' what I try'd the Experiment with were of the largest. The *Process* was nothing so speedy as those mentioned. And after all, were it, much more practicable and certain, I confess I should not be fonder of them, than of such as the honest industrious Country-Man's Field, and Good-Wife's Garden, seasonably produce; where they are legitimately born in just time, and without forcing Nature.

But to return again to *Health* and *Long-Life*, and the Wholesomness of the Herby-Diet, * *John Beverovicius*, a Learned Physician, (out of *Peter Moxa*, a *Spaniard*) treating of the extream Age, which those of *America* usually arrive to, asserts in behalf of crude and natural Herbs: *Diphilus* of Old, † as *Athenæus* tells us, was on the other side, against all the Tribe of *Olera* in general; and *Cardan* of late (as already noted) no great Friend to them, affirming Flesh-Eaters to be much wiser and more sagacious. But this his || Learned 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, subtle, and of deeper Penetration; witness the *Chaldæans*, *Assyrians*, *Egyptians*, &c. And further argues from the short Lives of most *Carnivorous* Animals, compar'd with Grass Feeders, and ruminating kind; as the *Hart*, *Camel*, and the longævous *Elephant*, and other Feeders on Roots and Vegetables.

* *Thesaur. Sanit.* c. 2.

† *As* Dalecampius *interprets the Place.*

|| Scaliger *ad* Card. Exercit. 213.

I know what is pretended of our Bodies being compos'd of *Dissimilar* Parts, and so requiring variety of Food: Nor do I reject the Opinion, keeping to the same *Species*; of which there is infinitely more variety in the *Herby* Family, than in all Nature besides: But the danger is in the *Generical* difference of *Flesh*, *Fish*, *Fruit*, &c. with other made Dishes and exotic Sauces; which a wanton and expensive Luxury has introduc'd; debauching the Stomach, and sharpening it to devour things of such difficult Concoction, with those of more easy 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 * *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 *Dissimilar* 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

* *Cel.* Lib. Cap. 4.

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 wholsom, according to that of the * Naturalist, *Hominis cibus utilissimus simplex.* And that so it is in other Animals, we find by their being so seldom afflicted with Men's Distempers, deriv'd from the Causes above-mentioned: And if the many Diseases of *Horses* seem to † 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 qualify'd; being restrain'd 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 fulsom Drenches, unseasonable Wat'rings, 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 Signior* does his *Meccha-Camel*) have been known to live *Forty*, *Fifty*, nay (says || *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 drop'd away: For, as we have shew'd, the Stomach easily concocts plain and familiar Food; but finds it a hard and difficult Task to vanquish and overcome Meats of * different Substances: Whence we so often see temperate and abstemious Persons, of a Collegiate Diet, very healthy; Husbandmen and laborious People, more robust, and longer liv'd, than others of an uncertain extravagant Diet.

* Plin. *Nat. Hist. l.* 3. c. 14.

† Hanc brevitatem Vitæ (*speaking of Horses*) fortasse homini debet, *Verul. Hist.* Vit. & Mort. *See this throughly controverted,* Macrob. *Saturn.* l. vii. c. v.

|| Arist. *Hist. Animal. l.* v. c. 14.

* ἀνόμοια σαπρίζει.

† ——*Nam variæ res*
Ut noceant Homini, credas, memor illius escæ,
Quæ simplex olim tibi sederit.——

† Hor. *Sat. l.* II. *Sat.* II. Macr. *Sat. l.* VII.

For different Meats do hurt; remember how
When to one Dish confin'd, thou healthier wast then 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 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 Perſons ſince, who living very temperately, came not much ſhort of the *Poſt-diluvians* themſelves, counting from *Abraham* to this Day; and ſome exceeding them, who liv'd in pure Air, a conſtant, tho' courſe and ſimple Diet; wholſom and uncompounded Drink; that never taſted *Brandy* or *Exotic Spirits*, but us'd moderate Exerciſe, and obſerv'd good Hours: For ſuch a one a curious *Miſſionary* tells us of in *Perſia*, 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 ſo may be ſtill for ought we know. But, to our *Sallet*.

* Gen. ix. Certain it is, Almighty God ordaining * *Herbs* and *Fruit* for the Food of Men, ſpeaks not a Word concerning *Fleſh* for Two thouſand Years. And when after, by the *Moſaic* Conſtitution, there were Diſtinctions and Prohibitions about the legal Uncleanneſs of *Animals*; *Plants*, of what kind ſoever, were left free and indifferent for every one to chooſe what beſt he lik'd. And what if it was held undecent and unbecoming the Excellency of Man's Nature, before Sin entred, and grew enormouſly wicked, that any Creature ſhould be put to Death and Pain for him who had ſuch infinite Store of the moſt delicious and nouriſhing Fruit to delight, and the Tree of Life to ſuſtain him? Doubtleſs there was no need of it. Infants ſought the Mother's Nipple as ſoon 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 † *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 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 * 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 Aſſault: 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 tranſacted as thoſe do fancy, who take their Meaſure from the Summary *Moſes* gives us; who did not write to gratify Mens Curioſity, but to tranſmit what was neceſſary and ſufficient for us to know.

† Metam. i. Fab. iii. & xv.

* Gen. xi. 19.

This

This then premis'd (as I ſee no reaſon why it ſhould not) and that during all this Space they liv'd on *Fruits* and *Sallets*; 'tis little probable, that after their Tranſgreſſion, and that they had forfeited their Dominion over the Creature (and were ſentenc'd and exil'd to a Life of Sweat and Labour on a curſed and ungrateful Soil) the offended God ſhould regale them with Pampering *Fleſh*, or ſo much as ſuffer them to ſlay the more innocent Animal: Or, that if at any time they had Permiſſion, it was for any thing ſave Skins to cloath them, or in way of Adoration, or *Holocauſt* for Expiation, of which nothing of the *Fleſh* was to be eaten. Nor did the Brutes themſelves ſubſiſt by Prey (tho' pleas'd perhaps with Hunting, without deſtroying their Fellow-Creatures) as may be preſum'd from their long Seclusion of the moſt Carnivorous among them in the Ark.

Thus then for Two thouſand Years, the Univerſal Food was *Herbs* and *Plants*; which abundantly recompens'd the want of *Fleſh* and other luxurious Meats, which ſhortned their Lives ſo many Hundred Years; the * μακροβιότητα of the Patriarchs, which was an Emblem of Eternity as it were (after the new Conceſſion) beginning to dwindle to a little Span, a Nothing in Compariſon. I know well what the late *Claudius Freſſen*, in his *Biblicæ Diſquiſitiones*, has ſaid upon this occaſion; however I ſtill adhere to the other Opinion.

* Gen. ix.

On the other ſide, examine we the preſent Uſages of ſeveral other Heathen Nations; particularly (beſides the *Ægyptian* Prieſts of old) the *Indian Bramins*, Relicts of the ancient *Gymnoſophiſts*, to this Day obſerving the Inſtitutions of their Founder. *Fleſh*, we know was baniſh'd the *Platonic* Tables, as well as from thoſe of *Pythagoras*; (See † *Porphyry* and their Diſciples) tho' on different Accounts. Among others of the Philoſophers, from *Xenocrates*, *Polemon*, &c. we hear of many. The like we find in || *Clement Alexand.* * *Euſebius* names more. *Zeno*, *Archinomus*, *Phraartes*, *Chiron*, and others, whom *Laertius* reckons up. In ſhort, ſo very many, eſpecially of the Chriſtian Profeſſion, that ſome, even of the ancient || Fathers themſelves, have almoſt thought that the Permiſſion of eating Fleſh to *Noah* and his Sons, was granted them no otherwiſe than *Repudiation* of Wives was to the *Jews*, namely, for *the hardneſs of their Hearts*, and to ſatisfy a murmuring Generation, that a little after loathed *Manna* it ſelf, and *Bread from Heaven*. So difficult a thing it is *circumſcribere gulam & ventrem*, to ſubdue an unruly Appetite; which notwithſtanding * *Seneca* thinks not ſo hard a Task; where ſpeaking of the Philoſopher *Sextius*, and *Socion's* (abhorring Cruelty and Intemperance) he celebrates the Advantages of the *Herby* and *Sallet* Diet, as *Phyſical*, and *Natural* Advancers of Health and other Bleſſings; whilſt Abſtinence from Fleſh deprives Men of nothing but what *Lions*, *Vultures*, Beaſts and Birds of Prey, blood and gorge themſelves withal. The whole *Epiſtle* deſerves the reading, for the excellent Advice he gives on this and other Subjects; and how from many troubleſom and ſlaviſh Impertinences,

† *Porphyr.* de Abſtin. *Proclum*, *Jamblicum*, &c.

|| Strom. vii.

* Præp. Ev paſſim.

|| Tertul. *de Jejun.* cap. iv. Hieron. *ad. verſ.* Jovin.

* Sen. *Epiſt.* 108.

nences,

nences, grown into Habit and Cuſtom (old as he was) he had emancipated and freed himſelf; and never would eat *Oyſters*, *Muſhroms*, &c. *Hæc enim non Cibi, ſed Oblectamenta ſunt*; not ſo much as allowing them the Name of Food: 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* deck'd in its beſt Trim, is never like to invite Men who once have taſted *Fleſh*, to quit and abdicate a Cuſtom which has now ſo long obtain'd. Nor truly do I think Conſcience at all concern'd in the matter, upon any account of diſtinction of *Pure* and *Impure*; tho' ſeriouſly conſider'd (as *Sextius* held) *rationi magis congrua*, as it regards the cruel Butcheries of ſo many harmleſs Creatures; ſome of which we put to mercileſs and needleſs Torment, to accommodate them for exquiſite and uncommon *Epicuriſm*. There lies elſe no poſitive Prohibition; Diſcrimination of Meats being * 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 wholſom Vegetables, both long and happily: For ſo

* 1 Cor. viii. 8. 1 Tim. iv. 1. 3. 14. Rom. ii. 3.

|| Colei Plaut. Lib. I. Lactuca.

|| *Has Epulas habuit teneri gens aurea mundi,*
Et cœnæ ingentis tunc caput ipſa fui.
Semideúmque meo creverunt corpora ſucco,
Materiam tanti ſanguinis ille dedit.
Tunc neque fraus nota eſt, neque vis, neque fœda libido;
Hæc nimii proles ſæva caloris erat.
Sit ſacrum illorum, ſit deteſtabile nomen,
Qui primi ſervæ regna dedere gulæ.
Hinc vitiis pateſacta via eſt, morbiſque ſecutis
Se lethi facies exeruere novæ,
Ah, fuge crudeles Animantum ſanguine menſas,
Quaſque tibi obſonat mors inimica dapes.
Poſcas tandem æger, ſi ſanus negligis, herbas.
Eſſe cibus nequeunt? at medicamen erunt.

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 Luſt,
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,

Ah, from ſuch reaking, 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 Controverſy which concerns us, αἱματοφάγοι, and *Occidental Blood-Eaters*; ſome Grave and Learned Men of late ſeem to ſcruple the preſent Uſage, whilſt they ſee the Prohibition appearing, and to carry ſuch a Face of *Antiquity*, * *Scripture*, † *Councils*, || *Canons*, ¶ *Fathers*, *Imperial Conſtitutions*, and *Univerſal Practice*, unleſs it be among us of theſe Tracts of *Europe*, whither, with other Barbarities, that of eating the *Blood* and *Animal* Life of Creatures firſt was brought; and by our Mixtures with the *Goths*, *Vandals*, and other Spawn of Pagan *Scythians*, grown a Cuſtom; and ſince which I am perſuaded more Blood has been ſhed between *Chriſtians*, than there ever was before the Water of the Flood covered this Corner of the World: Not that I impute it only to our eating *Blood*, but ſometimes wonder how it hapned 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 Cavils about other ſuperſtitious Fopperies, which frequently end in Blood and cutting of Throats.

* Gen. ix.
† Ancyra xiv.
|| Can. Apoſt. 50.
¶ Clem. Pædag. *Lib.* 11. *c.* 1. *Vide* Prudent. *Hymn* ἀπὸ μεσονυκ. Nos Oloris Coma, nos ſiliqua facta legumine multitudo paraveris innocuis Epulis.

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 unwholſom, cauſing Indigeſtion and Obſtructions) if a poſitive 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 * *neceſſary*, and rank'd with *Idolatry*, which was not to be local or temporary; but univerſally injoyn'd to converted Strangers and *Proſelytes*, as well as *Jews*: Nor cou'd 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

† Quæſt. & Reſp. ad Orthod. *Tho. Bartholinus* de Eſu Sanguinis.
* xv *Acts* 20, 29.

in

in Scripture seems to be more expres. In the mean time, to relieve all other Scruples, it does not, they say, extend to that ἀκρίβεια 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-Busy:* 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*, St. *Chrysostom*, &c. to the later Doctors and Divines, *Lyra*, *Tostatus*, *Dionysius Carthusianus*, *Pererius*, amongst the *Pontificians*; of *Peter Martyr*, *Zanchy*, *Aretius*, *Jac. Capellus*, *Hiddiger*, *Cocceius*, *Bochartus*, &c. amongst the *Protestants*; and *instar omnium*, by *Salmatius*, *Grotius*, *Vossius*, *Blundel*: In a word, by the Learned of both Persuasions, favourable enough to these Opinions, *Cajetan* and *Calvin* only excepted, 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 Θεραπευται, and other devout and contemplative Sects, distinguish'd themselves; whose Course of Life we have at large describ'd in * *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 Causâ*, and for Discipline sake; but such as forbear *ex Opinione*, (because it has been the ancient Custom) provided they blam'd none who freely us'd their Liberty; and I think he's in the right.

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

But leaving this Controversy (*nè 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 *Effæte*, impair'd and divested 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 † *Decay in Nature*, where equal Industry and Skill's apply'd. 'Tis true indeed, that the *Ordo Foliatorum*, *Feuillantines* (a late Order of *Ascetic Nuns)* amongst other Mortifications, made Trial upon the

† *Hackwell.* Apolog.

the *Leaves* of *Plants* alone, to which they would needs confine themselves; but were not able to go thro' 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 Sustenance, 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 Use 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 * *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 Grass* (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 Grass, is nourish'd with them still; and so becoming an *Incarnate Herb*, and innocent *Canibal*, may truly be said to devour himself.

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

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 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 Men's 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 ἐθελοπεριοσοθρησκεια, 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 *Friars*, who pretending to justify a mistaken Zeal and meritorious Abstinence; not only by a peculiar Diet and Distinction of Meats (which God without Distinction has made the moderate Use of common and * 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 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 Resort; ambitious, doubtless, of the Peoples Veneration and Opinion of an extraordinary Sanctity; and therefore

‖ L. C. *Annot. in* Colos. s. 2.

* 2 *Tim.* iv. 3.

therefore flying the *Deſarts*, 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 Emperor *Valentinian* baniſh'd 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 edify none; ſleep little, and lie hard, are clad naſtily, 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 * Sloth accompanying it; which renders it ſo far from *Penance*, and the Mortification pretended, that they know not how to live, or ſpend their 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 † Learned Perſon, amongſt others of his uſeful Remarks Abroad.

† *This with their prodigious Ignorance. See* Mab. des Etudes Monaſt. *Part* 2. *c.* 17.

† *Dr.* Liſter's *Journey to* Paris. *See* L'*Apocalyps* deMeliton, *ou Revelation des Myſteres Cenobitiques.*

'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 (forſooth) *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 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 deſerve 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 chearful, innocent, and profitable Converſation; ſo far from giving the leaſt Incouragement to thoſe Millions of *idle Lubbers*, ſwarming about, and diffus'd over the *Superſtitious* Parts of *Chriſtendom*; that there are hardly left Men enough to plow, ſow, and cultivate the Countries (where thoſe *Vermine* nurture themſelves, and live upon the Labour of others) where this Devaſtation continues and prevails.

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 Advan-

Advantages, which accompany it, are no leſs attributable to it. Let us hear our excellent *Botaniſt*, * Mr. *Ray*.

* Plantarum uſus latiſſimè patet, & in omni vitæ parte occurrit, ſine illis lautè, ſine illis commodè non vivitur, ac nec vivitur omninò. Quæcunque ad victum neceſſaria ſunt, quæcunque ad delicias faciunt, è locupletiſſimo ſuo penu abunde ſubminiſtrant: Quantò ex eis menſa innocentior, mundior, ſalubrior, quam ex animalium cæde & Laniena! Homo certè naturâ animal carnivorum non eſt; nullis ad prædam & rapinam armis inſtructum; non dentibus exertis & ſerratis, non unguibus aduncis: Manus ad fructus colligendos dentes ad mandendos comparati; nec legimus ei ante diluvium carnes ad eſum conceſſas, &c. *Raii Hiſt. Plant. lib.* 1. *cap.* 24.

'The Uſe of Plants (ſays he) is all our Life long of that univerſal Importance and Concern, that we can neither live nor ſubſiſt in any Plenty with Decency or Conveniency, or be ſaid to live indeed at all without them: Whatſoever Food is neceſſary to ſuſtain us, whatſoever contributes to delight and refreſh us, are ſupply'd and brought forth out of that plentiful and abundant Store: And ah, how much more innocent, ſweet, and healthful, is a Table cover'd with theſe, than with all the reeking Fleſh of butcher'd and ſlaughter'd Animals! Certainly Man by Nature was never made to be a *Carnivorous* Creature; nor is he arm'd at all for Prey and Rapine, with gag'd and pointed Teeth, and crooked Claws, ſharpned 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 refreſh, ſuch pinguid *Juice* to nouriſh and feed the Body, ſuch quickning *Acids* to compel the Appetite, and grateful *Vehicles* to court the Obedience of the Palate, ſuch *Vigour* to renew and ſupport our natural Strength, ſuch raviſhing Flavour and Perfumes to recreate and delight us: In ſhort, ſuch *ſpirituous* and *active* Force to animate and revive every Faculty and Part, to all the kinds of *Human*, and, I had almoſt ſaid, *Heavenly* Capacity too. What ſhall we add more? Our Gardens preſent us with them all; and whilſt the Shambles are cover'd with Gore and Stench, our *Sallets* 'ſcape the Inſults of the Summer *Fly*, purifie and warm the Blood againſt Winter Rage: Nor wants there Variety in more abundance than any of the former Ages could ſhew.

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

——* *Varias, quas habet hortus opes?*

How richly the Garden's ſtor'd!

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

In quibus eſt Lactuca ſedens, & tonſile porrum,
Nec deeſt ructatrix Mentha, nec herba ſalax, &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 Compariſon. And, for Magnificence, let the *Sallet* dreſs'd by the Lady for an Entertainment made by *Jacobus Catſius* (deſcrib'd by the Poet * *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 || *Nicomedes* a certain King of *Bithynia*, whoſe Cook made him a *Pilchard* (a Fiſh he exceedingly long'd for) of a well diſſembl'd *Turnip*, carv'd in its Shape, and dreſs'd with *Oyl*, *Salt*, and *Pepper*, that ſo deceiv'd, and yet pleas'd the Prince, that he commended it for the beſt Fiſh he had ever eaten. Such a σόφισμα, *Cibaria ſcitè apparata*, *Xenophon* ſays, purchas'd the Name of σοφιστὴς, to a skilful *Sallet-Dreſſer*. Nor does all this exceed what every induſtrious *Gard'ner* may innocently enjoy, as well as the greateſt Potentate on Earth.

* Barl. Eleg. lib. 3.

|| Athen. Deip. l. 1.

Vitellius's *Table, to which every Day*
All Countries 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 Gardner's 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 liſted in the Glutton's Bill of Fare,
Tet ſtill the Sallet *and the* Fruit *we ſee*
Plac'd the third Story high in all her Luxury.

† Cowley, *Garden. Stanz.* 6.

So the ſweet † *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 *Kitchin*, that ever * *Apicius* knew) ſeems loudly to call, and kindly invite, all her living Inhabitants (none excepted) who are of gentle Nature, and moſt uſeful to the ſame *Hoſpitable* and Common-Board, which firſt ſhe furniſhed with *Plants*

* *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,* Βοσκόμεθ' ὕλης ἀπὸ παντοδαπῆς, ἐλάτης, &c. *After which follows a Banquet of innumerable ſorts.*

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* * Prophet adumbrating the future Glory of the *Catholick Church*, (of which that happy *Garden* was the *Anti-type*) the *Wolf and the Lamb*, *the angry and furious Lion*, *ſhould eat Graſs and Herbs together with the Ox*. But after all, *latet anguis in herba*, there's a *Snake* in the Graſs; Luxury and Exceſs in our moſt innocent Fruitions. There was a Time indeed when the Garden furniſh'd Entertainments for the moſt renown'd Heroes, virtuous and excellent Perſons; till the Blood-thirſty and Ambitious, over-running the Nations, by Murders and Rapine riſl'd the World, to tranſplant its Luxury to its new Miſtreſs, *Rome*. Thoſe whom heretofore † two Acres of Land would have ſatisfy'd, and plentifully maintain'd; had afterwards their very Kitchins almoſt as large as their firſt Territories: Nor was that enough: Entire || *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 * *Edicts* and *Sumptuary Laws*, enacted to reſtrain even the Pride and Exceſs of *Sallets*. Taſtes (ſays *Pliny*) were mingl'd, and one is forc'd to pleaſe and gratify another: Nay, Heaven and Earth are blended together; for one kind of Fruit *India* is ſummon'd; for another, *Ægypt*; *Crete*, *Cyrene*, and every Country in its turn; nor abſtain Men from † *Poiſon* it ſelf, till they devour all. This is ſufficiently evident in *Herbarum Natura*, the Tribe of *Sallet-Herbs*. 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 *Scepter*; and the Nobleſt || 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 cou'd be vary'd by the Cook (*Heu quam prodiga ventris*!) that, as *Pliny* tells us (*non ſine pudore*, not without bluſhing) a poor Man could hardly find a *Thiſtle* to dreſs for his Supper; or what his hungry * *Aſs* would not touch, for fear of pricking his Lips.

* Eſa. lxv. 25

* Bina tunc jugera populo Romano ſatis erat, nullique majorem modum attribuit, quo ſervos paulo ante Principis Neronis, contemptis hujus ſpatii Viridariis, piſcinas juvat habere majores, gratúmque, ſi non aliquem & culinas. *Plin. Hiſt. Nat. lib.* xviii. c. 2.

|| Interea guſtus elementa per omnia quærunt. *Juv. Sat.* 4.

* Cicero. *Epiſt.* Lib. 7. Ep. 26. *Complaining of a coſtly Sallet, that had almoſt coſt him his Life.*

† Nec ceſſat in veneficiis vita, & dummodo omnia devoret: Planius hoc fiet in Herbarum Natura. *Plin. H. Nat.* lib. xv. cap. 26.

|| Valeriana *That of* Lactucini, Achilleia, Lyſimachia. Fabius, Cicero, Lentuli, Piſo, &c. à Fabis, Cicere, Lente, Piſis, bene ſerendis dicti, *Plin.*

* Mirum eſſet portenta quoque terrarum in ganeam vertimus, etiam quæ refugiunt quadrupedes conſciæ, *Plin.* Hiſt. Nat. lib. xix. cap. 8.

non licere pecori Carduis veſci, non licet plebei, &c. *And in another Place*, Quoniam

Verily, the Luxury of the Eaſt ruin'd the greateſt Monarchies; firſt, the *Perſian*, then the *Grecian*, and afterwards *Rome* her ſelf; nor are we of the *Weſt* inexcuſable, whilſt we ſo ſtudiouſly mangle and diſguiſe the plain and wholſom Diet of our Forefathers; that 'tis almoſt impoſſible to tell by the Taſte what it is

we eat: Add to this the *Quelques-choſes*, and other *Cupediæ*, that debauch the natural Appetite: By what Steps this wanton Exuberance ruin'd that once glorious Empire, ſee elegantly deſcrib'd in Old * *Gratius* the *Faliſtian*, deploring his own Age, compar'd with the former:

* Gra. Faliſc. Cyneget. Waſ. *See concerning this Exceſs.* Macr. *Sat. l.* 2. *c.* 9. & ſequ.

O quantum, & quoties decoris fruſtrata paterni!
At qualis noſtris, quam ſimplex menſa Camillis!
Qui tibi cultus erat poſt, tot Serrane triumphos?
Ergo illi ex habitu, virtutiſque 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:
Therefore ſuch Hardſhip, and their Heart ſo great,
Gave *Rome* to be the World's Imperial Seat.

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

* Horti maximè placebant, quia non egerent igni, parcerentque ligno, expedita res, & parata ſemper, unde *Acetaria* appellantur, facilia concoqui, nec oneratura ſenſum cibo, & quæ minimè accenderent deſiderium 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. *Sat. l.* 1. *Sat.* 1.

† Panis ematur, Olus, Vini Sextarius; adde,
Queis humana ſibi doleat natura negatis.

Bread, Wine, and wholſom Sallet you may buy,
What Nature adds beſides is Luxury.

‖ Nequam eſſe in domo matrem familias (etenim hæc cura Fœminæ dicebatur (ubi indiligens eſſet hortus. * 15 Prov 17. † Et priſco more bibantur aquæ. Caulibus & pomis & aperto viveret horto. *Tibul.* l 2. El. 3. *Juv.* Sat. 6.

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 *Kitchin-Garden* (for that was ſtill the Good-Womans Province) was never reputed a tolerable Houſewife: *Si veſpertinus ſubitò te oppreſſerit hoſpes*, ſhe was never ſurpriz'd, had all (as we ſaid) at hand, and could in a Trice ſet forth an handſom *Sallet*: * A Dinner of *Herbs* where Love is, how preferable to a Stall'd Ox! And if this was Happineſs, *Convictus facilis ſine arte Menſa*, (as the *Poet* reckons it) and the innocent † Cup went merrily round; it was herein Perfection. In a word, ſo univerſal was the *Sallet*, that the Un-bloody

Un-bloody Shambles (as *Pliny* calls them) yielded the † *Roman* State a more conſiderable Cuſtom (when there was little more than honeſt *Cabbage* and *Worts*) than almoſt any thing beſides brought to Market.

† Alterum ſuccidium. *Cic.* in *Catone*, Tiberius *had a Tribute of* Skirrits *paid him.*

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.

¶ ——— *Vides ut pallidus omnis*
Cœna deſurgat 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 ſuff'ring, but the Mind,
That nobler Part, dull'd and depreſs'd we find.

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

Drowſy 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 Emperor *Tacitus* being us'd to ſay of *Lettuce*, that he did *ſomnum ſe mercari* when he eat of them, and call'd it a ſumptuous Feaſt, with a *Sallet* and a ſingle *Pullet*, which was uſually all the Fleſh-Meat that ſober Prince eat of; whilſt *Maximinus* (a profeſs'd Enemy to *Sallet*) is reported to have ſcarce been ſatisfy'd with Sixty Pounds of *Fleſh*, and Drink proportionable.

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

** With ſav'ry Fruit of Taſte to pleaſe*
True Appetite, —— and brings
Whatever Earth's all-bearing Mother yields,
——Fruit of all kinds, in Coat

* Milton's *Paradiſe*, l. v. ver. 228.

Rough

Rough, or ſmooth-Rind, or bearded Husk, or Shell.
Heaps with unſparing Hand: For Drink the Grape
She cruſhes, inoffenſive Mouſt and Meathes
From many a Berry, and from ſweet Kernel preſt,
She temper'd dulcid Creams.——

Then for the Board.

——————Rais'd of a graſſy Turf
The Table was, and Moſſy Seats had round;
And on the ample Square from ſide to ſide
All Autumn pil'd: Ah Innocence,
Deſerving Paradiſe!

Thus the *Hortulan* Proviſion of the * *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.

* At vetus illa ætas cui fecimus aurea nomen.
Fructibus arboreis, & quas humus educat herbis
Fortunata fuit.——*Met.* xv.

But now after all (and for Cloſe of all) let none yet imagine, that whilſt we juſtify our preſent Subject thro' all the *Topics* of *Panegyric*, we would, in Favour of the *Sallet*, dreſs'd with all its Pomp and Advantage, turn Mankind to *Graſs* again; which were ungratefully to neglect the Bounty of Heaven, as well as his Health and Comfort: But by theſe noble Inſtances and Examples, reproach the *Luxury* of the preſent Age; by ſhewing the infinite Bleſſing and Effects of Temperance, and the Vertues accompanying it; with how little Nature, and a * 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,

* Benemoratus venter.

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

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

|| TAB. II.

* *Fœlix, quem miſerâ procul ambitione remotum,*
Parvus ager placidè, parvus & hortus, alit.
Præbet ager quicquid frugi natura requirit,
Hortus habet quicquid luxurioſa petit,
Cætera ſollicitæ ſpecioſa incommoda vitæ
Permittit ſtultis quærere, habere malis.

* Cowley, Pl. lib. iv.

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

O fortunatos nimium bona ſi ſua norint
Horticolas!

APPEN-

APPENDIX.

THO' it was far from our firſt Intention to charge this ſmall Volume and Diſcourſe concerning *Crude Sallets*, with any of the following Receits: Yet having ſince received them from an *Experienc'd Houſe-wife*; 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 * *Noble* and *Illuſtrious* Perſons, both among the *Ancient* and *Modern*.

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

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. 145, 146.

Aſhen-Keys.
Aſparagus.
Beets.
Broom.
Buds.
Capers.
} See *Pickle.*

Carrot, See *Pudding.*
Champignon, See *Muſhrom.*

2. *Cheſſnut.* Roaſted under the Embers, or dry-fry'd, till they ſhell, and quit their Husks, may be ſlit; the Juice of Orange ſqueezed on a lump of hard Sugar diſſolv'd; to which add ſome Claret-Wine.

Cauly-Flower,
Cucumber,
Elder Flowers,
Flowers,
July-Flowers,
} See *Pickle.*

Herbs, See *Pudding* and *Tart.*
Limon, See *Pickle.*

3. *Muſhrom,*

3. *Muſhrom.* Chuſe the ſmall, firm, and white Buttons, *growing* upon ſweet Paſture 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 *Parſley* bound up with two or three Sprigs of *Thyme*, an *Anchovy*, *Oyſters* raw or pickl'd; a little *Salt*, *Sweet-Butter*; and ſo let them ſtew. See *Acetar.* p. 196.

Another.

Prepar'd, 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 *Muſhroms*, 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 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 chop'd ſmall; and laſtly, ſome Mutton-Gravy, rubbing the Diſh gently with a Clove of Garlick, or ſome *Roccombo* 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 prepar'd) caſt them into a Pipkin, where, with the Sweet-Herbs, Spice, 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 *Muſhroms* well cleans'd, *&c.* being cut into Quarters, and ſtrew'd with Pepper and Salt, are broil'd on the Grid-Iron, and eaten with Freſh-Butter.

In *Powder.*

Being freſh gather'd, 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-Glaz'd Pot, ſet them into the Oven after the Bread is drawn: Repeat this till they are perfectly

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 ſound (which will ſink to the bottom) rub it very dry in warm coarſe Cloths, ſhewing it alſo a little to the Fire in a Diſh or Pan. Then ſtamp it as ſmall as to paſs thro' a fine Tiffany Sieve: Then ſlice ſome Horſe-Radiſh, and lay it to ſoak in ſtrong Vinegar, with a ſmall lump of hard Sugar (which ſome leave out) to temper the Flower with, being drained from the Radiſh, and ſo pot 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 *Receit* 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 eaten again; and you may reſerve the Flower in a well clos'd Glaſs, and make freſh Muſtard when you pleaſe. See *Acetaria*, p. 162, 176.

Naſturtium, Vide *Pickle.*
Orange, See *Limon* in Pickle.

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

There is made a Maſh or Pomate of this Root, being boil'd 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.

Penny-royal, See *Pudding.*

PICKLES.

6. *Artichoaks*, See *Acetaria*, p. 146.

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

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

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

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

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 cover'd till green; and then pot them with Vinegar and Salt, which has had one Boil up to cleanſe it.

12. *Caulyflowers.* 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*, groſs Pepper, a pretty Quantity of Salt, when cold, add as much Vinegar as will make it ſharp, and pour all upon the *Caulyflower*; and ſo as to keep them from touching one another; which is prevented by putting Paper cloſe to them.

Cornelians are pickl'd like *Olives*.

13. *Cowſlips.* Pick'd 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-July-Flowers*, *Elder*, and other Flowers, which being eaten alone, make a very agreeable Salletine.

14. *Cucum-*

14. *Cucumbers.* Take the *Gorkems*, or ſmaller *Cucumbers*; put them into *Rape-Vinegar*, and boil, and cover them ſo cloſe, as none of the Vapour may iſſue forth; and alſo let them ſtand till the next Day, or longer: 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-mouth'd Glaſs, 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.

Note, *That the* Cucumbers *and the* Gorkems *are not to be boil'd in either of the Vinegars, but poured ſcalding hot upon them.*

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

Another.

Wiping them clean, put them into 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 *Barellet* 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 clos'd. 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, Hyſop, 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* ſize) that look green: Open them on the Top or Side; and ſcooping out the Seeds, ſupply their Place with a ſmall Clove of Garlick, or ſome *Roccombo* Seeds. Then put them into an Earthen-glaz'd *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 make a gentle Brine; and ſo pour all boiling-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 Boil 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 ſo 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 *Cowſlips*, and for other *Flowers*.

15. *Limon.* Take Slices of the thick Rind Limon, boil and ſhift 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 ſcum'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 pickl'd as *Cucumber*, make an excellent Sallet.

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

Another.

The *Muſhroms* 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 *Muſhroms*, and fill up the Pot with the beſt White-wine, a Bay-Leaf or two, and an Handful of Salt: Then cover them with the Liquor; and if for long keeping, pour Sallet-Oyl over all, tho' they will be preſerv'd a Year without it.

They are ſometimes boil'd in Salt and Water, with ſome Milk, and laying them in the Cullender to drain, till cold; and wip'd 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. And when all this Coſt is beſtow'd upon them, take my *Advice*, and *fling them away*. Malignant, exitial, mortal, and deleterious, *qualicunque ſit apparatus inſtructu.*

Athanaſ. Kircher de Peſte.

18. *Naſturtium Indicum.* Gather the Buds before they open to flower; lay them in the Shade three or four Hours, and putting them into an Earthen glaz'd Veſſel, pour good Vinegar on them, and cover it with a Board. Thus letting it ſtand for eight or ten Days: Then being taken out, and gently preſs'd, caſt them into

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 pickl'd, 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 ſeaſon'd 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 Pies, *&c.*

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

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

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

this ſpace: Then lay them to drain and dry on a clean coarſe Cloth, and put them up in a Glaſs Jarr, with a few Walnut Leaves, Dill, Cloves, Pepper, whole Mace and Salt; ſtrewing 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 Jarr with ſome Dill, an Handful of Bay-Salt, &c. and then a Bed of Nuts; and ſo *ſtratum* upon *ſtratum*, as above, adding to the *Spice* ſome *Roccombo-Seeds*; and filling the reſt of the Jarr with the beſt White-wine Vinegar, mingled with the beſt Muſtard; and ſo let them remain cloſe cover'd, 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 Race or two of Ginger, ty'd 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 dry'd) put them into the Pottage juſt as it is going to be eaten.

The ſame Herbs clean waſh'd, broken and pull'd 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 the Cruſt and tougher Part of two Penny White-Loaves, grating the reſt, as alſo half as much of the Root: Then take 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

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 Flowers, &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 chop'd 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 bak'd 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 dry'd, 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 boil'd 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 Receits for *Herb-Puddings.*

29. *Skirret-Milk* is made by boiling the Roots tender, and the Pulp ſtrained out, put into Cream or New Milk boil'd, 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. 164.

30. *Tanſy.* 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 Tanſy, and let it be fry'd 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 fry'd 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, Beet (or what other Herb you pleaſe) being firſt par-boil'd and chop'd. Then add *Macaron*, or Almonds beaten to a Paſte,

Paſte, a little Sweet-Butter, the Yolk of five Eggs, three of the Whites rejected. 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 wholſom 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 *Muſhroms* are. Vide *Acetar.* p. 157.

34. *Turnip.* 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 Water: Then have pickl'd Cucumbers, Olives, Cornelians, Capers, Berberries, Red-Beet, Buds of *Naſturtium*, Broom, *&c.* Purſlain-Stalk, Sampier, Aſh-keys, Walnuts, Muſhroms (and almoſt of all the pickl'd Furniture) with Raiſins of the Sun ſton'd, Citron and Orange-Peel, Corinths (well cleans'd and dry'd) *&c.* mince them ſeverally (except the Corinths) or all together; and ſtrew them over with any Candy'd Flowers, and ſo diſpoſe of them in the ſame Diſh both mix'd, 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 Pickl'd 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 unpickl'd, under a ſtately *Pennaſh* of *Sellery*, 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 tho' ſome of 'em may be vulgar, (as are moſt of the beſt Things;) yet ſhe was willing to impart them, to ſhew the Plenty, Riches, and Variety of the *Sallet-Garden*: And to juſtify what has been aſſerted of the Poſſibility of living (not unhappily) on *Herbs* and *Plants*, according to *Original* and *Divine Inſtitution*, improved by Time

Time and long Experience. And if we have admitted *Muſhroms* among the reſt (contrary to our Intention, and for Reaſons given, *Acetar.* p. 157.) ſince many will by no means abandon them, we have endeavour'd 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 ingroſs'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 Glaſs of generous Wine of the ſame Growth with the reſt of the Garden to recommend it, let us have your Opinion of the following.

Cowſlip-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 Syrop of *Citron* with it, an Ounce and half of Syrop to each Gallon of Liquor: Then put in the *Toaſt* whilſt hot, to aſſiſt its *Fermentation*, which will ceaſe in two Days; during which time caſt in the *Cowſlip-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 Syrop.

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-hoop'd 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 untouch'd for three Months, before it be drawn off, and it will prove excellent *Vinegar.*

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

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