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ALA: MICROFILM NORMS

ACETARIA.

A DISCOURSE OF SALLETS.

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

The Second Edition much Enlarged.

Ὅτι πάντες ἄνδρες ἐπὶ ἀρτυροῖς καλῶς.

Crat. in Glauc.

L O N D O N:

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

TO THE
Right Honourable

J O H N

Lord S O M E R S;

O F

E V E S H A M,

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.

S f f f

A Chai-

The DEDICATION.

Lord Viscount
Brouncker,
Chancellor to
the late Queen
Consort, now
Dowager.
The Right Ho-
nourable Cha-
Montague,
Esq; Chan-
celor of the Ex-
chequer.

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 Detractors, but gone on *Culminating*, and now *Triumphantly* in Your Lordship: Under whose propitious Influence, I am perswaded, it may promise it self *That*, which indeed has hitherto been wanting, to justify the Glorious Title it bears of a ROYAL SOCIETY. The *Emancipating* it from some remaining and discouraging Circumstances, which it as yet labours under; among which, that of a precarious and unsteady Abode, is not the least.

This 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 *Species*, *Forms*, *Intentional Species*, *Vacuum*, *Occult Qualities*, and other *Inadequate Notions*; which, by their obstreperous and noisy Disputes, affrighting, and (till of late) deterring Men from adventuring on further Discoveries, confin'd them in a lazy Acquiescence, and to be fed with *Fantasms* and fruitless Speculations, which signify nothing to the *specifick Nature* of Things, 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

The DEDICATION.

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.

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 Geoponicks, and wrote Books of Tillage and Husbandry; and took the Plough-Tackle for their Banner, and their Names from the Grain and Pulse they sow'd, as the Marks and Characters of the highest 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

** Si quid temporis à civilibus negotiis, quibus totam jam intenderat animum, suffragari potuit, colendis agris, priscos illos Romanos Numam Pompili-um, Cincinnatum, Catonem, Fabios, Cicerones, aliisque virtute claros viros imitare; qui in magno honore constituti, vites putare, stercore agros, & irrigare nequaquam turpe & inhonustum putarunt. In Vir. Plin. 2.*

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.

But,

But, My Lord, I forget with whom I am talking thus; and a Gardener 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 Luxurie*, (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 Apparatus made to superstruct upon it, would acquit me of having bent all my Contemplations on Sallets only. What I humbly offer Your Lordship, is (as I said) Part of Natural History, the Product of Horticulture, and the Field, dignified by the most illustrious, and sometimes tilled *Laureato Vomere*; which, as it concerns a Part of Philosophy, I may (without Vanity) be allow'd to have taken some Pains in Cultivating, as an inferiour Member of the Royal Society.

But,

The DEDICATION.

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, highly 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 censure the Vanity of it too, with

Ue hujus
modi histori-
am vix dum
inchoatum,
non ante ab-
solvendam
putem,
Exitio terras
quam habet
una dies.
D. Raimo Prae-
fat. Hist. Plar.

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) Cuncta me dicturum, quæ vastitas ejus scientiæ contineret, sed plurima; nam illud in unius hominis prudentiam cadere non poterit, neque est ulla Disciplina aut Ars, quæ singulari consummata sit ingenio.

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

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 Expatriate, 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

Columella de
R. R. Lib. v.
Cap. 1.

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. **O**F Principles and Elements in general.
Ch. II. Of the Four (vulgarly reputed) Elements
Fire, Air, Water, Earth.
Ch. III. Of the Coelestial Influences, and parti-
cularly 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 reward-
ed; his Habitation, Cloathing, Diet, Under-Workmen and
Assistants.
Ch. III. Of the Instruments belonging to a Gardiner; their various
Uses, and Mechanical 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.

T t t t

Chap. VII.

The PLAN of a

- 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, Rivulets, 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 Sallers.
- 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, Pallifading, 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.

ROYAL GARDEN.

- 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, Pastes, Horns, Glais, Shells, Feathers, Moss, 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 assitant 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. —

T t t t 2

ACETA-

ACETARIA.

SALLETs in general consist of certain *Esulent* Plants and Herbs, improv'd by Culture, Industry, and Art, of the *Gardner*: 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,

* *Olera* à frigidit. distinct. See Spartianus in Pescennio. Salmat. in Jul. Capitolin.

† Panis erat primis virides
mortalibus Herbæ;

Quas tellus nullo sollicitante dabat.

Et modo carpebant vivaci
cespite gramen ;

Nunc epulæ tenera frondē
Cacumen erant.

Ovid, Fastor iv:

* Καλῶμεν γὰρ
 λῶχ' αὖτα τὰ
 πρὸς τὴν ἡμε-
 τέραν χεῖραν.
 Thophraſt.
 Plant. lib. vii
 cap. 7.

† Gen. i. 29
* Plutarch.

Sympos.

† Salmaf. in

Solin against

Hieron. Met.

curialis.

| Galen. 2 R

Aliment cap
E. Signe

1. Et Simp.
Medic. Ave

Medic. Ave
2000 1st St

FOES, *110*. V.
C'eller

¶ Plin. lib.

XIX. CAP. 4.

2-1

• **Convictus**

facilis sine a

te menia.

Mars. Ep. 74

Pav Panis; esteeming, that he who had † *Bread* and *Herbs*, was sufficiently blest 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 * *ψυχρά τεύεσθαι*, 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 Fleth, and other Provisions; from which, and other Prerogatives, they were always in use, &c. And hence indeed the more frugal *Italian*

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 *Plant's* 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

† *Aquev*
τερελν.
which Suidas
calls *ἀγρανα*,
Olera que
cruda sumun-
tur ex Ace-
to. *Haradin*
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, *Hippofelinum*; *S. Smyrniū vulgare*, French *Perfil 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 Glafs of *Wine*; *Dr. Maffer* 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 boy'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 pick'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 *Artichok*, 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 Poirerade* (that is with *Oyl*, *Pepper*, &c.) as the *French* Term is; and by them are called *Costones des Cardons d'Espagne*, or *Cardis*. In *France* they blanch likewise the Leaves of the true *Artichoks*: But the *Cardes des Cardons d'Espagne*, 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 *Sallets*.

4. Baulm, *Melissa Hortensis*, hot and dry, cordial and exhilarating, sovereign for the Brain, strengthening 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 *Oleacula*, *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) *Al-good*, *Blitum bonus Henricus* (*Lapathum Uncluosum* five tota bona *Spinachiae* 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 deterfive Nature, 'tis inspid enough.

7. Borrage, *Buglossum Latifolium Borrage* (*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 cheer the hard Student. See *Bugloss*.

8. Brooklime, *Anagallis aquatica*, or *Becca bunga* (*French Monron 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 cheering 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, *Gemmae*; 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 *Crows* of *Stock-doves* in the Spring; nay, the *Buds* and tender *Seed-Vessels*, or early *Fruits* of some *Plants*, when *marinated* or *pickl'd*, are justly esteem'd, tho' no other part of the *Plant* from which they are gather'd are eatable; such as *Asparagus-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 *Asparagi*, 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 *Gemma* 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.

* De R. R.
cap. civii.

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 *Cyme*, 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 *Panaliere a la large Côte*, the white, large, and ponderous, are to be chosen; and so the *Cauliflower*, *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 *Halmiridia* of *Pliny* (or *Athenian* rather) *Capitata marina* & *florida*, our *Sea-kale* (the ancient *Crambe*) and growing on our *Coast*, are very delicate, as are the *Savoys*, commended for being not so rank, but agreeable to most *Palates*, and of better *Nourishment*: In general, *Cabbages* are thought to allay *Fumes*, and prevent *Intoxication*: But some will have them noxious to the *Sight*; others impute it to the *Cauliflower* rather: But whilst the *Learned* are not agreed about it, *Theophrastus* affirms the contrary, and *Pliny* commends the Juice raw, with a little *Honey*, for the moist and weeping *Eye*, not the dry or dull. But after all, *Cabbage* ('tis confess'd) is greatly accus'd for lying undigested in the *Stomach*, and pro-

provoking *Eruptions*; 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 Aspleys* 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 *Danor-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 *Cime*, and *Tops*, with other *Herbs*, are never to be wanting in our *Sallets*, (as long as they may be had) being exceedingly wholesom, and clearing 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, } Vide *Onions*, *Schizopraësson*.
Cives, }

16. Clary, *Herminum Sativum Sclarea dictum*; when tender, not to be rejected; and, in *Omelets*, 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 *Paralyfis*: 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

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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-Hybernium* 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.

* Ερδός, δό-
σιμωδός, αμα-
λός, αλυσός,
απυρρής.
Athen.

* Cucumis
elixus delica-
tior, inno-
centior. A-
thenæus.

21. Cucumber, *Cucumis Sativus*; tho' very cold and moist, the most approved *Sallet* alone, or in Composition of all the *Vinai-grets*, to sharpen the Appetite, and cool the Liver, * &c. if right-ly 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-oil'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 Oil, 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 Oil, *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 *Manga* Pickle, are for the *Winter*.

22. Daisy, *Buphtalmum*, 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 wholesom, and little inferior to *Succory*, *Endive*, &c. The Tops of the *Roots*, dug out of the Ground, with the *Tusets* 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 *Southistle*.

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 wholesom 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 *Intinellus*: It is also excellent, being boil'd; the middle part of the blanch'd *Leaves* separated, eats firm, and the ampler *Leaves*, by many, prefer'd before *Lettuce*. See *Succory*.

Eichalot, See *Onions*.

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28. Fennel,

28. Fennel, *Feniculum*. We have it from *Bologna*, but the sweetest and most aromack comes from the *Azores* (*Feniculum 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 *Rocombole*.

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

31. *Rocombole* 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, *Rocombole*, 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, *Capicum*, 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 *Diuretic*; 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 *Kitchen-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 *Breths* 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 *Ancients* us'd it as a *Succedaneum* to *Scordium*) especially by *Country-People*, growing wild under their Banks and Hedges.

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

Leeks, See *Garlick*.

38. Lettuce,

* Eubulus.

† In *Lactuca*
oculatum
à Venere A-
donis cecinit
Callimachus,
quod Allego-
ricè interpre-
tatur *Athena-*
m illum refe-
rendum pu-
tat, quod in
Venere he-
betiores fiant
Lactucis ve-
scentes assi-
duè.

|| Apud Sue-
ton.

* Vopiscus
Tacit. For
the rest both of
the Kind and
Virtues of *Lec-*
tuce, See *Plin.*
H. Nat. l. xix.
c. 8. and xx.
c. 7. Fernel,
&c.

38. Lettuce, *Lactuca Sativa*: Tho' by Metaphor call'd * *Mortu-*
orum 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 *Lactu-*
cinii.

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, extin-
guishes 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 * *Ta-*
citus (spending almost nothing at his frugal Table in other Dain-
ties) 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 *Oxelyum* 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 de-
sirable: *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 no-
ble 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*, *Coss-Lettuce*
from *Turkey*, *Curl'd*; the *Genoa*, (lasting all the Winter) the *Impe-*
rial, 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*, *Purselaw*, (and, indeed, little other variety) *Su-*
gar and *Vinegar* being the constant *Vehicles* (without *Oyl*;) but

NOW

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 reprov'd:
Lettuce boil'd and condit'd 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 Marves*, 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 *Malva folium Sanctissi-*
mum; and we find *Epimenides* in * *Plato* at his *Mallows* and *As-*
phodel; and, indeed, it was of Old the first Dish at Table: The
Romans had it also in *deliciis*, * *Malva 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 *Sal-*
let. *Nonius* supposes the tall *Rosea*, *Arborescent Holi-bocks*, that
bears the broad Flower, for the best, and very
* *laxative*; but by reason of their Clamminess
and *Lentor*, banish'd 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-mal-*
low, which they call *Gnimawve*, for a most admirable
Nephritick, as is also the *Syrupus Althaus*.

Mercury, See *Blite*.

41. Melon, *Melo*; to have been reckon'd rather among *Fruits*;
and tho' an usual Ingredient in our *Sallets*, 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 *Casanbon*, think our *Melon* unknown to the An-
cients, (which others contradict) as yet under the Name of *Cu-*
cumbers: 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 Sto-
mach; and upon this account, think both this *Cucumber* and *Let-*
tuce 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

* Exoneratur Ventrem mi-
hi *Villica Malvas*
Attulit, & varias, quas ha-
bet horras, *Opes. Mart. Lib. x.*
And our sweet *Pot.*
— Nulla est humanior herba,
Nulla magis suavi commo-
ditate bona est,
Omnia tam placide regerat,
blandèque relaxat,
Emolliatque vias, nec sinit
esse rudes. *Cowl. Plan. L. 4.*

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 *Bonne*) and mix it with their Sallets.

* Cic. ad Att.
sic.

43. Mushrooms, *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 *Βρώσιον 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 Mushrooms, many times *Nil amplius edit*, eats no more perhaps all his Life after. What other deterring Epithets are given for our Caution, *Βαρὺν πυρρόν τε μωκρόν τε*, heavy and choaking. (*Athenæus* reporting of the Poet *Enripides*'s finding a Woman and her Three Children strangl'd by eating of them) one would think sufficient warning.

Among

* Sueton. in
Claudi.
† Sen. Ep.
lxiii.

|| Plin. N. H.
l. xxii. c. 23.

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 Chest-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 adjoining 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 could 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 *Cake-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^o. 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 Mushrooms 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

† Philot.
Transact.
Num. 89. 2. 2
Journey to
Paris.

|| Præsentibus
optima fungus
Natura est
alio male cre-
ditur, Hor.
Sat. l. 7. Sat.

* Bacon Nat.
Hist. 12. Cent.
vii. 447. 448.

X x x x

* Peiresky.

* Gassend. Vi-
ta Peires. liv.
Raderus Mart.
1. Epig. xlv.
In ponticum,
says, 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 *Mush-rooms* 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, *Diuretic*, *Solvent*; purifies the Blood: The Buds, and very tender *Cymæ*, a little bruised, 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 *Egypt* or *Spain*, whence they of *St. Omers* had them, and some that have weighed Eight Pounds. Choose therefore the large, round, white, and thin skind. 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 Kitchen. In our cold *Sallet* we supply them with the *Porrum Scellivum*, 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 prefer'd) with a *Bulb* or two of *Raccombale*, 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 *Egypt* 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-lustrious 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 *Egypt*, he had brought him *Onions* little inferior in Taste to *Melons*.

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

48. *Cives*, *Porrum scellivum junci solium*; 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. Byzantium*, (annex'd to those of the Famous * *Bochart*) tells us, That none, save the dregs of the People, among the *Greeks*, us'd to eat *Garlick*, or *Onions*; but the *Idumeans*, and their Neighbours, esteem'd them as their most delicious Fare, especially a sort they had from *Ascalon*; whence it derives its Name.

In short *Onions*, *Scalions*, *Cives*, *Eschalots*, &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 let 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*.

X x x x

51. There

* O Sanctas
gentes, qui-
bus hæc nas-
cuntur in hor-
tis.
Numina—
Juv. Sat. 15.
† Herodotus.

* Bocharti o-
pera, Edit.
Lugd. Bat.
1692, Fol

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 *Acidula*, 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 *Possiet-drink*, and the pereolated 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 *Possiet-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 *Tendrils*, 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 *Cardialgia*, and fires the Blood: It should therefore be grossly 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 would 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*: Knead 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 force 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 *Diuretic*, yet nourishing, *edulcorated* in shifted warm Water, (the Roots especially) but of less Vertue than *Alexanders*; nor so convenient in our crude *Sallet*, as when decocted on a Medicinal Account. Some few Tops of the tender Leaves may yet be admitted; tho' it was of old, we read, never brought to the Table at all, as sacred to *Oblivium* and the *Defunct*. In the mean time, there being nothing more proper for Stuffing, (*Farces*) and other Sauces, we consign it to the *Olitories*. Note, That Parsley is not so hurtful to the Eyes as is reported.

59. Purslain,

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.

Scallions, 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, wholesome and delicate; of all the Root-kind, not subject to be windy, and so valued by the Emperor *Tiberius*, that he accepted them for Tribute.

This excellent Root is seldom eaten raw; but being boil'd, stew'd, roasted under the Embers, bak'd in Pies, whole, 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 Sallery.

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:*) Catalogue of English Plants Edit. The barren Sorrel of Russia, deservedly esteem'd by many: But after all, the best is that of Greenland. Sorrel is by Nature cold absterfve, acid, sharpening the Appetite, allwages 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.

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, Diuretic, 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 coquantur. 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, Cælum 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 weigh'd 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 Batterfy.

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 Pulp, and without other Water than

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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 Inspida*, (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 Causiticum*; by the French, *Tripe 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. Tansey, *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 *Rocket*, 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 *Artichoke*; 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 *Malta*, 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 distinguished from the best of *Wheat*.

* *Philos. Transl.*
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 *Capreals*, *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*, *Faintings*, *Obstruction of the Bowels*, &c. are besides a very sweet and pleasant *Sallet*; being laid to soak out the bitterness, then peel'd, may be eaten raw, or condit'd; but best of all stew'd with *Marrow*.

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raw, Spice, Wine, &c. as *Artichok*, *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 *delicias*, 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 *tuberos* 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 *Satyrians*, 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*, (as it comes to expand, and shew its golden Face) which being dress'd as the *Artichok*; 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 filiquosa 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 accusom'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, *Βάττυ σίλφου* 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 Corroborator 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 * *Fetid 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

* Of which some would have it a counterfort, inammoni 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

believe it: But as *Aristophanes* has brought it in, and sufficiently describ'd it; so the *Scholast* 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 *Haut-gouts*, as nauseous altogether. In the mean time, *Garcins, 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) enrich 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 *wise* 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 Parsley* 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 *Caract.*
de usu
Cibi.

that had sometimes Learned *Physicians* 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 *Salpitiu 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 like 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, * *Vol. xx.* 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)

† Cowley:
Οὐδ' ὅσον ἐν μαλαχῇ πὶ χ' ἀσποδία
μέγ' ὄνειδος
Κρύφαρτος γὰρ ἔχουσι τοὶ Βίαι ἀνδρῶν
πύλαι.
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 wholsomeness: 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.

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 *πάρπαγα*, 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

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

* 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 ne-
ver touch'd it,
only looked on
it as he pass'd
by. *Mr. Staf-
ford, Philos.*
Transact. Vol.
III. Num. xl.
other p. 794.

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-suggish, 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 skillfully 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 wholesome 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 bruted 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 Angur descendit
in Herbas,
Ufus & 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 *Musick*, 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 ἐστὶν αὐτοῖς συμπόσιον; 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 *Musick*: 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. i. cap. i. In short, the main Skill of the Artist lies in this:

† Sapores minime Consentientes
συμπαρασπῶντες ἐπὶ συμπόσιον ἀπὸς:
Hæc despiciere ingeniosi est artificis:
Neither did the Artist mingle his Provi-
sions without extraordinary Study and Con-
sideration: Ἄλλὰ πῶς ἐστὶν ἡ ἀρετὴ
συμπόσιον. Horum singulis seorsum
assumptis, tu expedito: Sic ego tan-
quam Oraculo jubeo. — Itaque lite-
rarum ignarum Coquum, tu cum vi-
deris, & qui Democriti scripta om-
nia non perlegerit, vel potius, im-
promptu non habeat, eum deride ut
futilem: Ac illum Mercede condu-
cito, qui Epicuri Canonem usu plane
didicerit, &c. as it follows in the *Ga-
stronomia* of *Archestratus*, Athen.
lib. xxi. Such another Bragadoccio
Cook Horace describes,

Nec sibi Coenarum quivis temerè ar-
roget artem
Non prius exactâ tenui ratione sa-
porum. 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 kindest change.

As our * *Paradisiacal Bard* introduces *Eve*, dressing of a *Sallet* for * *Milton's* her *Angelical Guest*. *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 grateful

— || Qui
Tingat olus
siccum muria
vaser in cali-
ce emptâ,
Ipse sacrum
itorans piper
— Perf.
Sat. vi.

Z z z z

grateful *Acid*; too *Insulse* and flat, if the Profusion be extream. From all which it appears, that a Wise-Man is the proper Compoter 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

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

3.

Curious. '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 *Confort*; some alone, and *per se*, without any *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.

* Muffet de
Dista. c. 23.

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 sob'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 *Intinellus* following.

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

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. enrich'd with the Vertues of the Plant.

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

IV. Fourthly, That the *Salt*, (*aliorum Condimentorum Condimentum*, as *Plutarch* calls it) deterfive, 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 Mels; whilst the Perfection of *Sallets*, and that which gives them the Name, consists in the grateful *Saline Acid-point*, temper'd as is directed, and which we find to be most esteem'd by judicious Palates: Some, in the mean time, have been so nice, and luxuriously curious, as for the heightning, and (as they affect to speak) giving the utmost *pointant* and *Relevée* in lieu of our vulgar *Salt*, to recommend and cry up the *Essential-Salts* and *Spirits* of the most *Sanative* Vegetables; or such of the *Alcalizate* and *Fix'd*, extracted from the *Calcination* of *Bauim*, *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 could 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 clamminess.

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

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most

* Dr. Grew;
Annot. Plant.
Lib. 1. Sect.
iv. Cap. 1. &c.
See also Trans.
Num. 107.
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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 *Jewksberry*; or else compos'd of the soundest and weightiest *Torkshire 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 bruised 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 bruised 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 wholesom.

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

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, thoroughly 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 *super-curious*) that the *Knife*, with which the *Sallet-Herbs* are cut (especially *Oranges*, *Lemons*, &c.) be of *Silver*, and by no means of *Steel*, which all *Acids* are apt to corrode, and retain a Metallic 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,	
	3. Sallery,	Earth'd-up.
	4. Sweet-Fennel,	
	5. Rampion,	Ty'd-up to Blanch.
	6. Roman	
	7. Cossé	Lettuce.
	8. Silesian	
	9. Cabbage	
	10. Lap-Lettuce,	Ty'd close up.
	11. Corn-Sallet,	Pome and Blanch of themselves,
	12. Purslane,	Leaves, all of a midling size.
	13. Cresset, 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,	
XXVI: Green Unblanch'd.	17. Radish,	Only the tender young Leaves.
	18. Cresset,	The Seed-Leaves, and those only next them.
	19. Turnip,	
	20. Mustard,	The Seed-Leaves only.
	21. Scurvy-grass,	
	22. Chervil,	
	23. Burnet,	The young Leaves immediately after the Seedlings.
	24. Rocket, Spanish,	
	25. Parsley,	
	26. Tarragon,	The tender Shoots and Tops.
	27. Mint,	
	28. Sampier,	
	29. Balm,	The young tender Leaves and Shoots.
	30. Sage-Red,	
	31. Shalots,	The tender young Leaves.
	32. Cloves 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	Rampion, Endive, Scurvy-grass, Fennel, Sweet, Sallery, Lamb-Lettuce, Lap Lettuce, Radish, Cresset, Turnips, Mustard Seedlings, Scurvy-grass, Spinach, Sorrel, Greenland, Sorrel, French, Chervil, Sweet, Burnet, Rocket, Tarragon, Balm, Mint, Sampier, Shalots, Cloves, Cabbage-Winter,	10 2 5 10 4 A Pupil of each. Three Parts of each. Of each One Part. Two Parts. One Part of each. Twenty large Leaves. One small Part of each. Very few. Two Pupils or small Handfuls.
February,			
and	Green and Unblanch'd		
March,			
April,	Blanch'd	Lap Silesian Winter Roman Winter Radishes, Cresset, Purslane, Sorrel, French, Sampier, Onion, Young, Sage-tops, the Red, Parsley, Cresset, the Indian, Lettuce, Belgrade, Tripe-Madame, Chervil, Sweet, Burnet.	Let- tuce. Of each a Pupil. Three Parts. Two Parts. One Fasciat, or pretty full Gripe. Two Parts. One Part. Six Parts. Two Parts. Of each One Part. Two Parts.
May,	Note, That the young Seedling Leaves of Orange and Lemon may all these Months be mingled with the Sallet.		
and			
June,			
July,	Blanch'd, and may be eaten by themselves, with some Nasturtium-Flowers.	Silesian Lettuce, Roman Lettuce, Cresset, Cabbage, Cresset, Nasturtium, Purslane, Lap-Lettuce, Belgrade, or Crumpen-Lettuce, Tarragon, Sorrel, French, Burnet, Tripe-Madame,	One whole Lettuce. Two Parts. Four Parts. Two Parts. One Part. Two Parts. One Part. Two Parts of each. One Part.
August,			
and	Green Herbs by themselves, or mingl'd with the Blanch'd.		
September,			
October,		Endive, Sallery, Blanch'd	Two if large, four if small, Stalk and part of the Root and tenderest Leaves.
November,		Lap-Lettuce, Lamb-Lettuce, Radish, Cresset, Turnips, Mustard Seedlings, Cresset, Broad, Spinach,	An Handful of each. Three Parts. Two Parts. One Part of each. Two Parts of each.
and			
December,	Green		

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 Imperiments 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-fingers*, 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 extremely debilitating and weakening 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 *Aspen-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*, *Omelets*, *Tansy*, *Farcies*, &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.*

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

|| *Gratæque nobilium Lactuca ciborum.*

But of later Times, they were constant at the *Ante-cænia*, 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-

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sides

* Mart. Epig

lib xi. 39.

† Athen. l. 2.

Of which

Change of Diet

see Plut. iv.

Sympt. 9.

Plinii Epist. 1.

ad Eretrium

|| Virg. Me-

reio.

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

What Opinion the Prince of Physicians had of them, we shall see hereafter; as also what the Sacred Records of elder Times seem to infer, before there were any 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 wholesom *Sallets*: I deny not that both the *Air* and *Earth* might then be less humid and clammy, and consequently *Plants* and *Herbs* better fermented, concocted, and less rheumatick, than since, and presently after; to say nothing of the infinite Numbers of putrid Carcasses of dead Animals, perishing in the Flood, (of which I find few, if any, have taken notice) which needs must have corrupted the *Air*: Those who live in Marshes, and uliginous Places, (like the Hundreds of *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 *Paradisean* *Air*, sucking in a more *ethereal*, 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 *frigida Mensa* (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

* 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 strengthening, as we find in the most vigorous Animals, whose Food is only *Grass*. 'Tis true, indeed, Nature has providentially mingl'd and dress'd a *Sallet* for them in every Field, besides what they distinguish by Smell; nor question I, but Man at first knew what *Plants* and *Fruits* were good before the Fall, by his natural Sagacity, and not Experience; which since, by Art and Trial, and long Observation of their Properties and Effects, they hardly recover. 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 *G.O.D.*, 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 wholesom Change; as *Onions*, *Garlick*, *Rochet*, &c. which are both nutritive and warm; *Lettuce*, *Purselan*, the *Jurybs*, &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 *Infalible 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.

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

* Card. Contradict. Med. l. iv. Cant. 18. Di-philus not at all. Athenæ-
us.

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, environ'd with rotten Dung, loathsome and common *Lay-Stalls*; whose noisome Steams, wafted by the Wind, poison and infect the ambient Air and vital Spirits, with those pernicious Exhalations and Materials of which they make the *Hot Beds* for the raising 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 sub-
urbano qui
siccis crevit
in agris dul-
cior. — 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. Li-* Transact.
Philos. Num.
xxv
ster, (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* Lols, 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*, Mini- Numb. xviii
ster of *Montacute*, as follows. May the 10th. 1679. 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, tasting all the Liquor wherein they had been infus'd (and reserv'd in several Pots) negligently

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 Wholeness of the Herby-Diet, * John Beverovicus, 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 *Chaldeans*, *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.

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 materia, 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

* *Thesaur. Sannit. C. 2.*

† *As Dalecampius interprets the Place.*

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

* *Gal. 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 wholesom, 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 fustom 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 *Arndel-House*, he quickly sunk and dropp'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.

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

For different Meats do hurt; remember how
When to one Dish confin'd, thou healthier wast then now;
was *Ocellus'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.

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And

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

† *Hanc brevitate vitam (speaking of Horses) fortasse homini debet, Verul. Hist. Vit. & Mort. Set this thoroughly controverted, Macrobi. Saturn. l. vii. c. vi.*

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

* *Exhibet m. end. c.*

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

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' coarse 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 Uncleannefs 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

† Metam. i.
Fab. iii. & xv.

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 *Paradisiac* 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.

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 curst 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 * *μνησθησάντων* of the Patriarchs, which * Gen. ix. 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.

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 † *Porphyr* 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 † Tertul. de the Permission of eating *Flesh* to *Noah* and his Sons, was granted † Jeron. cap. iv. them no otherwise than *Repudiation* of Wives was to the *Jews*, † Hieron. ad. 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 troublefom and slavish Impertinences,

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nences, grown into Habit and Custom (old as he was) he had emancipated and freed himself; and never would eat *Oysters, Mushrooms, &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.

|| *Colci Plaut.*
Lib. I. Laſtu.

|| *Has Epulas habuit teneri gens aurea mundi,
Et cœnæ ingentis tunc caput ipsa sui.
Semideumque meo creverunt corpora succo,
Materiam tanti sanguinis ille dedit.
Tunc neque fraus nota est, neque vis, neque sæda libido;
Hæc nimii proles sæva caloris erat.
Sit sacrum illorum, sit detestabile nomen,
Qui primi servæ regna dedere gulæ.
Hinc vitiis patefacta via est, morbisque secutis
Se leti facies exeruere novæ,
Ab, 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 Intemperance nurs'd.
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, *αιματοφαγοι*, 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.

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 injoin'd to converted Strangers and *Profelytes*, 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

Gen. ix.
† Ancyra xiv.
|| Can. Apost.
so.
¶ Clem. Pædag. Lib. 11.
c. 1. Vide Prudent.
Hymn 343.
μεινέει: Nos Oloris Coma, nos siliqua facta legumine multitudo pavaveris innocuis Epulis.

† Quast. & Resp. ad Orthod. The Barthelemy de Esu Sanguinis.

* xv. 481 20, 29.

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in Scripture seems to be more exprefs. In the mean time, to relieve all other Scruples, it does not, they say, extend to that *expiſura* 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 *Curcellanus*, 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*, *Perrerus*, amongſt the *Pontificians*; of *Peter Martyr*, *Zancky*, *Aretius*, *Jac. Capellus*, *Hiddiger*, *Cocceius*, *Bochartus*, &c. amongſt the *Proteſtants*; and *inſtar omnium*, by *Salmatius*, *Grotius*, *Voffius*, *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 *Abſtinenſe* 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 *Σταυριτικοί*, 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 *Diaconelle Olympias*, mention'd by *Palladius*, (not to name the reſt) who abſtaining from *Fleſh*, betook themſelves to *Herbs* and *Sallets* upon the account of Temperance, and the Vertues accompanying it; and concerning which the incomparable *Grotius* declares ingenuouſly his Opinion to be far from cenſuring, not only thoſe who forbear the eating *Fleſh* and *Blood*, *Experimenti Cauſa*, and for Diſcipline ſake; but ſuch as forbear *ex Opinioſe*, (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.

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 *Effete*, 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

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

† *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 *Cloſter*; 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 viſtu uſum eſſe*, and needed no other Food. Nor is it an inconfiderable 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.

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 *ἰδωλοποιωδὲρ φρονιμῶν*, 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 Abſtinenſe; 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*; whiſt 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

* *Hippoc. de*
vetere Medi-
cina, Cap. 6, 7.

|| *L. C. Antiqu.*
in Coloff. c. 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'Apocalypse de Meliton, ou Revelation des Mysteres Genobliques.

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 Incurfions 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 Longevity 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 latissime patet, & in omni vite parte occurrit, sine illis laute, sine illis commodè non vivitur, ac nec vivitur omnino. Quæcunque ad victum necessaria sunt, quæcunque ad delicias faciunt, è locupletissimo suo penu abunde subministrant: Quamò ex eis mensa innocentior, mundior, salubrior, quam ex animalium cæde & Laniena! Homo certè naturà animal carnivorum non est; nullis ad prædam & rapinam armis instructum; non dentibus exertis & ferratis, non unguibus aduncis: Manius ad fructus colligendos dentes ad mandendos comparati; nec legimus ei ante diluvium carnes ad esum concessas, &c. Rayi 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, sharpened 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 *Spirituons* 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!

C c c c c

* Mart. lib. 2. Epig. 44.

In

*In quibus est Lactuca sedens, & confile 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 *Plantus* 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 Catfius* (describ'd by the Poet * *Barlaeus*) 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 *σπίσιμα*, *Cibaria scite apparata*, *Xenophon* says, purchas'd the Name of *σπίσις*, 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.

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

† Cowley,
Garden Stanz.
6.

* Hence in *Macrobius Sat.*
lib. viii. c. 5.
we find *Eupolis* the Comedian in his *Æges* bringing in Goats boasting the Variety of their Food, *Βοσχοὶ δὲ γὰρ καὶ ποικίλως τρώουσιν, ὡς καὶ οἱ ἀνθρώποι.* &c. After which follows a Banquet of innumerable sorts.

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 *Kitchen*, 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

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 *Fruitings*. There was a Time indeed when the *Garden* furnish'd *Entertainments* for the most renown'd *Heroes*, virtuous and excellent *Persons*; till the *Blood-thirsty* and *Ambitious*, over-running the *Nations*, by *Murders* and *Rapine* rifl'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 *Kitchens* 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 *Peace-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 could be vary'd by the Cook (*Hæc 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.

* *Mirum esset non licere pecori Cardui vesci, non licet plebei, &c.* And in another Place, *Quoniam portentosa quæ terrarum in gremium vertimus, etiam quæ refugiunt quadrupedes conscire, Plin. Hist. Nat. lib. xix. cap. 8.*

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 wholesome Diet of our *Fathers*; that 'tis almost impossible to tell by the Taste what it is

C c c c c 2 we

* *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, gratumque, si non aliquem & culinæ. Plin. Hist. Nat. lib. xvii. c. 2.*

|| *Inter ea gustus elementa per omnia quærent. Juv. Sat. 4.*

* *Cicero. Epist. Lib. 7. Ep. 26.*

Complaining of a costly Sallet, that had almost cost him his Life.

† *Nec cessat in beneficiis vira, & dummodo omnia devoret: Plinius hoc sicut in Herbarum Natura. Plin. H. Nat. lib. xv. cap. 26.*

|| *Valeriana* That of *Lactucini*, *Achilleia*, *Lysimachia*.

Fabius, Cicero, Lentulus, Piso, &c. à Fabis, Cicere, Lente, Pisis, bene ferendis dicti, Plin.

* *Mirum esset non licere pecori Cardui vesci, non licet plebei, &c.* And in another Place, *Quoniam portentosa quæ terrarum in gremium vertimus, etiam quæ refugiunt quadrupedes conscire, Plin. Hist. Nat. lib. xix. cap. 8.*

we eat : Add to this the *Quelques-chofes*, and other *Cupediae*, 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 *Faliscian*, deploring his own Age, compar'd with the former :

* Gra. Falisc.
Cynog. Waf.
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

* Horti maxime placebant, quia non egerent igni, parcerentque ligno, expedita res, & parata semper, unde *Acetaria* appellantur, facilia concoqui, nec oneratura sensum cibo, & quæ minime 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.*

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,

† Horat. Sat.
l. 1. Sat. 1.

† *Panis ematur, Olus, Vini Sextarius ; adde,
Quæis 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 famina dicebatur (ubi indiligens esset hortus.

* 15 Prov. 17.
† Et prisco more bibantur aquæ.
Caulibus & pomis & aperto viveret horto.
Tibull. 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 the who neglected her *Kitchen-Garden* (for that was still the Good-Womans Province) was never reputed a tolerable Housewife : *Si vespertinus subito te oppræsserit hospes*, she was never surpriz'd, had all (as we said) at hand, and could in a Trice set forth an handfom *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.

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
Cæna defurgat dubia ? quin corpus onustum
Hesternis vitiiis animum quoque prægravat una,
Atque affigit humo divina 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 con-
siliis, &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 achiev'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 *Cælestial 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!

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

Thus the Hortulan Provision of the * Gol-
den 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.

* Benevolen-
tus venter.

But now after all (and for Close of all) let none yet ima-
gine, 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 Ex-
amples, reproach the *Luxury* of the present Age; by shewing
the infinite Blessing and Effects of Temperance, and the Ver-
tues accompanying it; with how little Nature, and a * civil Appe-
tite may be happy, contented with moderate Things, and within
a little compass, reserving the rest to the nobler Parts of Life.
And thus of Old,

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

|| TAB. II.

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

* Cowley, Pl.
lib. iv.

* *Felix, quem misera procul ambitione remotum,
Parvus ager placide, parvus & hortus, alit.
Præbet ager quicquid frugi natura requirit,
Hortus habet quicquid luxuriosa petit,
Cætera sollicitæ speciosa incommoda vitæ
Permittit stultis querere, habere malis.*

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

*O fortunatos nimium bona si sua norint
Horticolæ!*

APPEN-

APPENDIX.

TH O' it was far from our first Intention to charge
this small Volume and Discourse concerning *Crude Sal-*
lets, with any of the following Receipts: 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 Va-*
riety 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 Athes-
neus, Ma-
crobius,
Bacon, Boyle,
Digby, &c.

1. *Artichook*. 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 *Mushroom*.

2. *Chestnut*. 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. *Mushroom*,

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 spongy 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 *Rocambo* 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 *Poivrade.*

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 put it all in a glaz'd Mug, with an Onion, and keep it well stop'd with a Cork upon a Bladder, which is the more cleanly: But this *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. *Artichocks*, See *Acetaria*, p. 146.

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

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8. *Aspara-*

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. *Cauliflowers*. 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 *Cauliflower*; 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.

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, Hyssop, Costmary, &c. and as some do, strow on them a little Powder of *Roch-Allom*, which makes them firm and eatable within a Month or Six Weeks after.

Mango of Cucumbers.

Take the biggest *Cucumbers* (and most of the *Mango* 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*.

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15. *Limon.*

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 sling them away. Malignant, extial, mortal, and deleterious, *qualicumque 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 Saller. 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 Crispness. 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 Jars, with the Liquor, and some fresh Vinegar, Water, and Salt; and thus it will keep very green. If you be near the Sea, that Water will supply the Place of Brine. This is the *Dover Receipt*.

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 *Rocombo-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, remembering 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 wholesom 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 Receipts for *Herb-Puddings*.

29. *Skirret-Milk* is made by boiling the Roots tender, and the Pulp strained out, put into Cream or New Milk boil'd, with three or four Yolks of Eggs, Sugar, large Mace, and other Spice, &c. And thus is compos'd 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 wholesome Dish. Other Stalks of the same kind may so be treated, as the *Bur*, being tender and disarmed of its Prickles, &c.

33. *Truffles*, and other *Tubers* and *Boleti*, are roasted whole in the *Embers*; then slic'd and stew'd in strong Broth with Spice, &c. as *Mushrooms* are. Vide *Acetar*. p. 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-Beer, Buds of *Nasturtium*, Broom, &c. Purslain-Stalk, Sampier, Ash-keys, Walnuts, Mushrooms (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 Housewifery* 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 *Mushrooms* 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) Receipt.

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.