

Acetaria. A discourse of sallets / By J. E[velyn]. S.R.S.

Contributors

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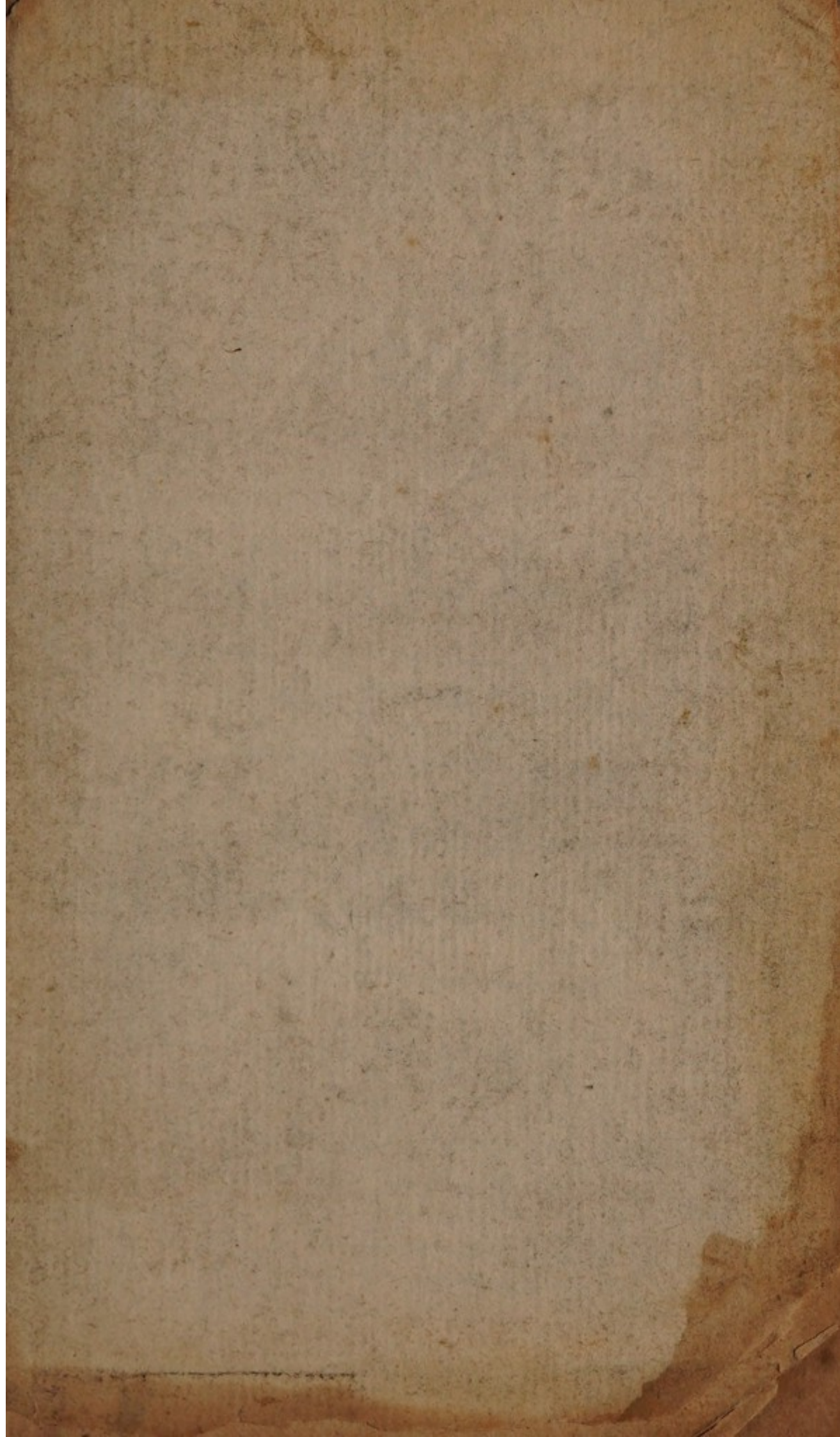
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ACETARIA.
A
DISCOURSE
OF
SALLETS.

The Second Edition.

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

Οὐ παντὸς ἀνδρὸς ἔστιν ἀρτυῖσαι χαλῶς.
Crat. in Glauc.

L O N D O N:

Printed for B. Tooke at the Middle-
Temple Gate in Fleetstreet, 1706.

ACETAR

DISCOURS

SALLIST

BY J. E. S. S. Author of
the Revolution

LOVE

Printed by A. J. ...
Gale in ...

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*, ha-
ving been first con-
ceiv'd and delineated by a
A Great

The Dedication.

Great and Learned Chancellor, 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 honoring them with your *Acceptance* of the *Choice* they have made.

The Dedication.

A Chancellor, and a very
Learned Lord, was the *First*
who honoured the *Chair*; and
a no less Honorable and
Learned Chancellor, resigns it
to Your Lordship: So as
after all the Difficulties and
Hardships the Society has hi-
therto gone through; it has
thro' the Favour and Prote-
ction of its *Presidents*, not
only preserv'd its Reputation
from the Malevolence of
Enemies and Detracters, but
gone on *Culminating*, and
now *Triumphantly* in Your
Lordship: Under whose pro-
pitious Influence, I am per-
swaded, it may promise it
self *That*, which indeed has

Lord
Viscount
Brounc-
ker, Chan-
cellor to the
Late Qu.
Consort,
now Dowager.
The Right
Honourable
Cha. Mon-
tague, Esq;
Chancellor
of the Ex-
chequer.

The Dedication.

hitherto been wanting, to
justifie the Glorious Title it
bears of a ROYAL SOCIE-
TY. The *Emancipating* it
from some Remaining and
Discouraging Circumstances,
which it as yet labours under ;
among which, that of a *Pre-
carious* and unsteady Abode, is
not the least.

This *Honor* was reserv'd
for Your Lordship ; and an
Honor, permit me to call it,
not at all unworthy the Own-
ing of the Greatest Person
living : Namely, the Esta-
blishing and Promoting *Real*
Knowledge ; and (next to what
is *Divine*) truly so called ; as
far, at least, as *Humane Na-
ture*

The Dedication.

ture extends towards the Knowledge of Nature, by enlarging her Empire beyond the Land of *Spectres, Forms, Intentional Species, Vacuum, Occult Qualities*, and other *Inadequate Notions*; which, by their *Obstreperous* and *Noisy Disputes*, affrighting, and (till of late) deterring Men from adventuring on further Discoveries, confin'd them in a lazy Acquiescence, and to be fed with *Fantasms* and fruitless Speculations, which signifie nothing to the *specifick Nature* of Things, solid and useful Knowledge; by the *Investigation* of *Causes, Principles, Energies, Powers, and Effects*

The Dedication.

fects 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 easie) capable to subsist with Honor, and to reach indeed the Glorious Ends of its Institution, is an Establishment in a more Secur'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, that
as

The Dedication.

as Great a Prince may build
Solomon's House, as that Great
Chancellor (one of Your Lord-
ship's Learned Predecessors) Verulamii
Atlantis
had design'd the Plan; there
being nothing in that August
and Noble Model impossible,
or beyond the Power of Na-
u re and Learned Industry.

Thus, whilst King Solomon's
Temple was Consecrated to the
God of Nature, and his true
Worship; This may be Dedicat-
ed, 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,

The Dedication.

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*;

The Dedication.

story ; 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 verifie this, how much might I say of *Gardens* and *Rural Employments*, preferable to the Pomp and Grandeur of other Secular Business, and that in the Estimate of as Great Men as any Age has produc'd ! And it is of such *Great Souls* we have it recorded ; That after they had perform'd

The Dedication.

form'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, Dicta-
tors, and *Wise Statesmen*;
who amidst the most impor-
tant Affairs, both in Peace
and War, have quitted all
their Pomp and Dignity in
Exchange of this Learned
Pleasure: Nor that of the
most refin'd Part of *Agricul-*
ture (the *Philosophy* of the
Garden and *Parterre* only) but
of *Herbs*, and wholesome
Sallets, and other plain and
useful Parts of *Geoponicks*, and
Wrote

The Dedication.

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

But I proceed no farther on a Topic so well known to Your Lordship: Nor urge I Examples of such Illustrious Persons laying aside their Grandeur, and even of deserting their Stations; (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

The Dedication.

the highest and busiest Employment of the *Commonwealth*, and never thought a Reproach, or the least Diminution to the Gravity and Veneration due to their Persons, and the Noble Rank they held.

Will Your Lordship give me Leave to repeat what is said of the Younger *Pliny*, (Nephew to the *Naturalist*) and whom I think we may parallel with the Greatest of his time (and perhaps of any since) under the Worthiest *Emperor* the *Roman* World ever had? A Person of vast Abilities, Rich, and High in his Master's Favour; that
so

The Dedication.

So Husbanded his time, as in the Midst of the weightiest Affairs, to have Answer'd, and by his * *Example*, made good what I have said on this Occasion. The Ancient and best Magistrates of Rome, allow'd but the Ninth Day for the City and Publick Business; the rest for the Country and the Sallet Garden: There were then fewer Causes indeed

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

The Dedication.

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,

The Dedication.

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

The Dedication.

much of dressing *Sallets* ;
who minded any thing seri-
ous, besides the gratifying a
Sensual Appetite with a Vo-
luptuary *Apician* Art.

Truly, *My Lord*, I am so
far from designing to pro-
mote those *Supplicia Luxuriæ*,
(as *Seneca* calls them) by what
I have here written ; that were
it in my Power, I would re-
call the World, if not altoge-
ther to their *Pristine Diet*, yet
to a much more *wholsome*
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 *Labori-
ous Exercises* ? and *Fishing*,
which

The Dedication.

which is indeed a *Lazy* one ?
who, after all their Pains and
Fatigue, never eat what they
take and catch in either : For
some such I have known :
And tho' I cannot affirm so
of my self, (when a well drest
and excellent *Sallet* is before
me) I am yet a very moderate
Eater of them. So as to this
Book-Luxury, I can affirm,
and that truly what the Poet
says of himself (on a less in-
nocent Occasion) *Lasciva pa-*
gina, 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
a my

The Dedication.

my *Lemma*; *In hac arte consenui* ; or to have spent my time in nothing else. The *Plan* annext to these Papers, and the *Apparatus* made to superstruct upon it, would acquit me of having bent all my Contemplations on *Sallets* only. What I humbly offer Your Lordship, is (as I said) Part of *Natural History*, the Product of *Horticulture*, and the *Field*, dignified by the most illustrious, and sometimes tilled *Laureato Vomere* ; which, as it concerns a Part of *Philosophy*, I may (without Vanity) be allow'd to have taken some Pains in Cultivating, as an inferior Member of the *Royal Society*. But,

The Dedication.

But, *My Lord*, whilst You read on (if at least You vouchsafe me that Honor 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

a 2 upon

The Dedication.

upon Your Lordship ; a-
mong whom I had the Ho-
nor to be a Witness of
Your Generous, and Favour-
able Acceptance of their Ad-
dresses, 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

The Preface.

arrogated, and given the Glorious Title of Compleat and Accomplish'd Gardiners, to what they have Publish'd; as if there were nothing wanting, nothing more remaining or farther to be expected from the Field; and that Nature had been quite emptied of all her fertile Store: Whilst those who thus magnifie their Discoveries, have after all, penetrated but a very little Way into this Vast, Ample, and as yet, Unknown Territory; Who see not, that it would still require the Revolution of many Ages; deep, and long Experience, for any Man to Emerge that Perfect, and Accomplish'd Artist Gardiner they boast themselves to be: Nor do I think

The Preface.

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 Gardens, highly worth the Contemplation of the moſt Profound Divine, and Deepeſt Philoſopher.

The Preface.

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.

* Uthujusmodi historiam vix dum inchoatum, non ante absolvendam putem,
Exitio terras quam dabit una dies. D. Raius
Præfat. Hist. Plan.

The Preface.

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,

The Preface.

der, and Condemn the Vanity of
it too, with that Reproach, This

Luke 15. 30. 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 Circumstan-
ces 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 Abor-
tives the Perfection of the most
Glorious and Useful Undertakings;
the Unsatiabable 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
build-

The Preface.

Building too late ; and rarely find we any, who care to super-struct upon the Foundation of another, and whose Ideas are alike. There ought therefore to be as many Hands, and Subsidiaries to such a Design (and those 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;
DAR;

The Preface.

DAR : Imperfect, I say, because they are both capable of Great Improvements : It is not therefore to be expected. (Let me use the Words of an Old, and Experienc'd Gardiner)

Columella de
R. R. Lib. 5.
Cap. 1. Cuncta me dictu-
rum, quæ vastitas
ejus scientiæ conti-
neret, sed plurima ; nam illud
in unius hominis prudentiam
cadere non poterit, neque
est ulla Disciplina aut Ars,
quæ singulari consummata
sit ingenio.

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

--- Jurtilis olim
Ne Videar vixisse.

Much

The Preface.

Much more might I add upon this Charming, and Fruitful Subject (I mean, concerning Gardening :) But this is not a Place to Expatiate, deterr'd, as I have long since been, from so bold an Enterprize, as the Fabrick I mentioned. I content my self then with an Humble Cottage, and a Simple Potagere, Appendant to the Calendar ; which, Treating only (and that briefly) of the Culture of Moderate Gardens ; Nothing seems to me, shou'd be more Welcome and Agreeable, than whilst the Product of them is come into more Request and Use amongst us, than

The Preface.

than heretofore (beside what
we call, and distinguish by
the Name of Fruit) I did an-
nex some particular Directi-
ons concerning **SALLETs.**

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.

The Plan of a

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

Ch. IV. Of the Four Annual Seasons.

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

Ch. VI. Of Composts, and Stercoration, Repastination, Dressing and Stirring the Earth and Mould of a Garden.

BOOK II.

Chap. I. A Garden Deriv'd and Defin'd; its Dignity, Distinction, and Sorts.

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

Ch. III. Of the Instruments belonging to a Gardiner; their various Uses, and Mechanical Powers.

Ch.

Royal Garden.

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

Ch. V. Of Enclosing, Fencing, Platting, and disposing of the Ground; and of Terraces, Walks, Allies, Malls, Bowling-Greens, &c.

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

Ch. VII. Of Knots, 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.

The Plan of a

Ch. X. Of Rocks, Grotts, Cryptæ, Mounts, Precipices, Ventiducts, 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 Hydraulic 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,
Go-

Royal Garden.

Governed and Improved; and how the Gardiner is to keep his Register.

Ch. XVII. Of the *Philosophical Medical Garden*.

Ch. XVIII. Of *Stupendous and Wonderful Plants*.

Ch. XIX. Of the *Hort-Yard* and *Potagere*; and what *Fruit-Trees*, *Olitory* and *Esculent Plants*, may be admitted into a Garden of Pleasure.

Ch. XX. Of *Sallets*.

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

Ch. XXII. Of *Watering*, *Pruning*, *Plashing*, *Pallisading*, *Nailing*, *Clipping*, *Mowing*, *Rowling*, *Weeding*, *Cleansing*, &c.

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

The Plan of a

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.

Ch. 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*.

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.

Royal Garden.

Ch. IV. Of Painting of Flowers, Flowers enamell'd, Silk, Callico's, Paper, Wax, Guns, Pasts, Horns, Glass, Shells, Feathers, Moss, Pietra Comeffa, Inlayings, Embroyderies, Carvings, and other Artificial Representations of them.

Ch. V. Of Crowns, Chaplets, Garlands, Festoons, Encarpa, Flower-Pots, Nosegays, Poesies, Deckings, and other Flowery Pomps.

Ch. VI. Of Hortulan Laws and Privileges.

Ch. VII. Of the Hortulan Study, and of a Library, Authors and Books assistant to it.

Ch. VIII. Of Hortulan Entertainments, Natural, Divine, Moral, and Political; with divers Historical Passages, and Solemnities, to shew the Riches, Beauty, Wonder, Plenty, Delight, and Universal Use of Gardens.

Ch.

The Plan of a

Ch. IX. Of Garden Burial.

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

Ch. XI. The Description of a
Villa.

Ch. XII. The Corollary and Conclu-
sion.

—Landato ingentia rura,
Exiguum colito.—

ERRATA.

Page.	Line.	Read	Page.	Line.	Read
Title,	0 6	estv.			
Dedicat.	7 8	Nature	50	12	resist
Præface,	8 penult.	inutilis	62	15	Potagere
Plan, Book 3	cap. 4.	Gum	74	7	dele not
		(Commissa	90	5	Ilanders
Acetar.	5 10	dele accept	123	14	estv
	6 17	of which	125	17	Cataclysm
	16 8	Halmyridia	158	Marg.	Efu san-
	18 20	are eaten			(guinis
	26 24	Sage	162	13	dele and
	33 11	Oxelaum	166	18	Friers
	34 4	Coss Lettuce	183	20	a well-stor'd
	42 16	Pig-Nuts	186	Mult.	Skirrits
	48 14	dele Clove,	189	19	Meaths.
		read Seeds.			

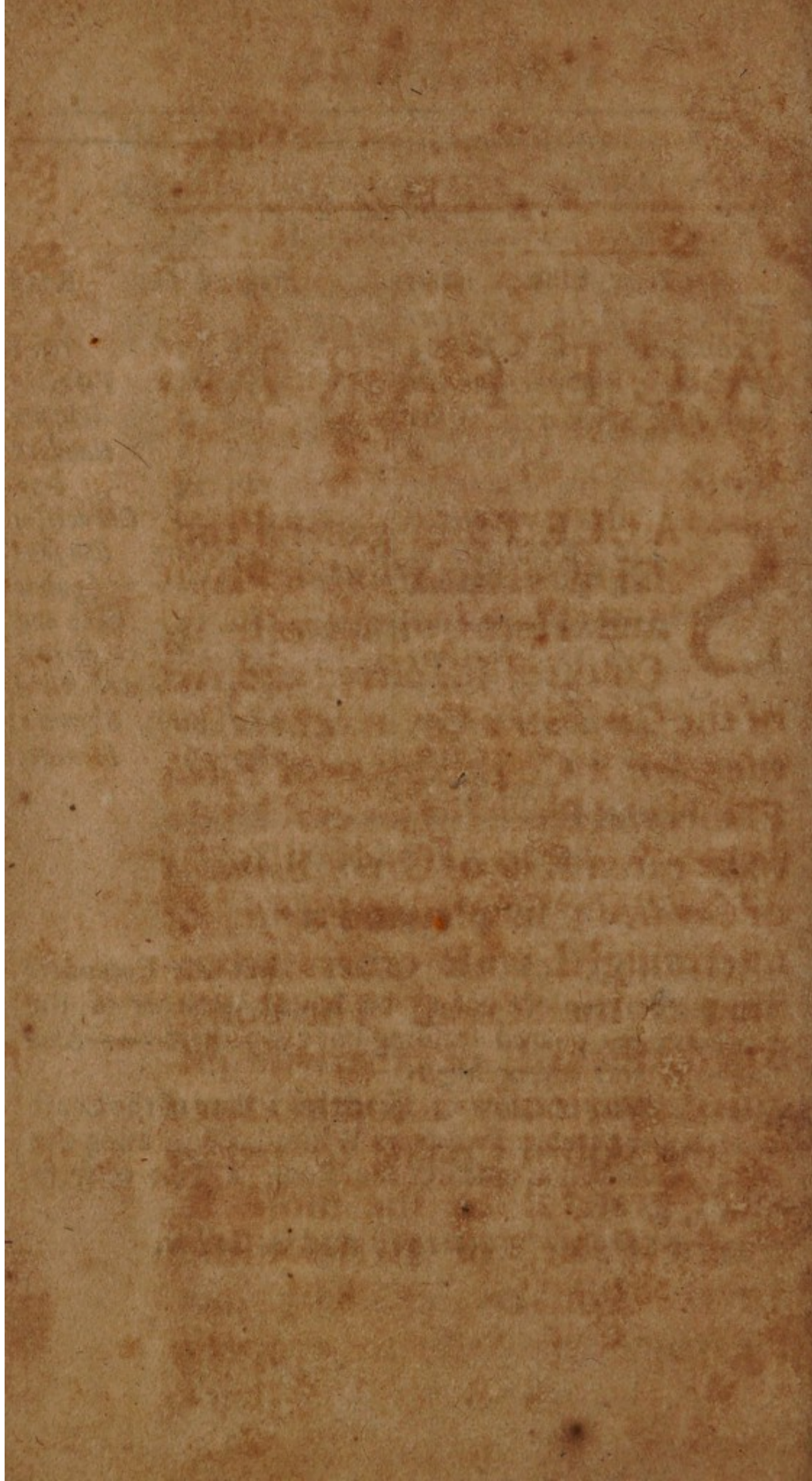
In the APPENDIX,

RECEITS.

Number 14. Cucumber. Note, That the Cucumbers and the Gerkems are not to be boiled in either of the Vinegars; but poured scalding-hot upon them.—And line 7, r. next day, or longer.

26. Pudding of Carrots. Read thus: Pare of the Crust and tougher part of a Two-peny White-Loaf, grating the rest; as also half as much of the Root, a Pint of fresh Cream, or &c.

In the Cowslip-Wine dele two; read ten Gallons.



ACETARIA.

SALLETs in general consist of certain *Esculent* Plants and Herbs, improv'd by Culture, Industry, and Art of the Gard'ner : Or, as others say, they are a Composition of *Edule* Plants and Roots of several kinds, to be eaten *Raw* or *Green*, *Blanch'd* or *Candied* ; simple, and *per se*, or intermingl'd with others according to the Season. The Boil'd, Bak'd, Pickl'd, or otherwise disguis'd, variously accommodated by the skilful Cooks, to render them grateful to the more feminine Palat, or Herbs rather for the Pot, &c. challenge not the name of *Sallet* so properly

B here,

here, tho' sometimes mention'd ;
And therefore,

Those who *Criticize* not so nicely upon the Word, seem to distinguish the * *Olera* (which were never eaten *Raw*) from *Acetaria*, which were never *Boil'd* ; and so they derive the Etymology of *Olus*, from *Olla*, the *Pot*. But others deduce it from *Ὀλος*, comprehending the *Universal Genus* of the Vegetable Kingdom ; as from *Πᾶν Panis* ; esteeming that he who had || *Bread* and *Herbs*, was sufficiently bless'd with all a frugal Man cou'd need or desire : O-

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

|| *Panis* erat primis virides mortalibus *Herbæ* ;

Quas tellus nullo sollicitante dabat.

Et modo carpebant vivaci cespite gramen ;

Nunc epulæ tenera fronde cacumen erant.

Ovid, Fa stor. iv.

thers 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 ge-
nerally to all Plants, as to all the
Esculents, according to the Text:
We call those Olera (says * *Theo-
phrastus*) *which are commonly eaten*,
in which sense it may be taken,
to include both *Boil'd* and *Raw*:
Last of all, *ab Alendo*, as having
been the Original, and genuine
Food of all Mankind from the
† Creation.

A great deal more of this
Learned Stuff were to be pick'd
up from the *Camini Sectores*, and
impertinently Curious; whilst as
it concerns the business in hand,
we are by *Sallet* to understand

καλεῖται γὰρ λαχὰνὰ τὰ πρὸς τὴν ἰμέ-
τευαν χρείαν, Theophrast. Plant. 7. vii. cap. 1.
† Gen. 1. 29.

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 * *ὑψηλὰ τεταμένα*, eaten without their due Correctives, which the Learned † *Salmasius*, and, indeed generally, the || old *Physicians* affirm (and that truly) all *Crude* and raw *λαγάρια* require to render them wholesome; 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*, though so

* *Plutarch* *Sympos.*

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

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

¶ *Plin.* lib. xix. c. 4.

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* ready at hand, and easily dress'd; requiring neither *Fire*, *Cost*, or *Attendance*, to boil, roast, and prepare them as did *Flesh*, and other *Provisions*; from which, and other *Prerogatives*, they were always in use, &c. And hence indeed the more frugal *Italians* and *French*, to this Day, Accept and gather *Ogni Verdura*, any thing almost that's *Green* and *Tender*, to the very *Tops* of *Nettles*; so as every *Hedge* affords a *Sallet* (not unagreeable) season'd with its proper *Oxybaphon* of *Vinegar*, *Salt*, *Oyl*, &c. which doubtless gives it both the *Relish* and *Name* of *Salad*, *Ensalada*†, as with us of *Sallet*; from the *Sapidity*, which renders not *Plants* and *Herbs*

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

† *Ἀπυρον τεσπλῦν*, which *Suidas* calls *ἀόχαρα*, *Olera quæ cruda sumuntur ex Aceto.* *Harduin in loc.*

alone, but Men themselves, and their Conversations, pleasant and agreeable: But of this enough, and perhaps too much; least whilst I write of *Salt* and *Sallet*, I appear my self *Inspid*: I pass therefore to the Ingredients, which we will call

Furniture and Materials.

THE *Materials* of *Sallets*, which together with the grosser *Olera*, consist of *Roots*, *Stalks*, *Leaves*, *Buds*, *Flowers*, &c. *Fruits* (belonging to another *Class*) would require a much ampler Volume, than would suit our *Kalendar*, (to which this pretends to be an *Appendix* only) should we extend the following *Catalogue* further than to a brief enumeration only of such *Herbaceous*

baceous 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, *Hippocrepium* ; *S. Smyrnum vulgare* (much of the nature of *Persly*) 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, Peper, Salt, &c. by themselves, or in Composition : They make also an excellent *Vernal Pottage*.

2. Artichaux, *Cinara*, (*Carduus Sativus*) hot and dry. The

Heads being slit in quarters first eaten raw, with *Oyl*, a little *Vinegar*, *Salt*, and *Pepper*, gratefully recommend a *Glass of Wine*; *Dr. Muffet* says, at the end of *Meals*.

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

The *Stalk* is *Blanch'd* in *Autumn*, and the *Pith* eaten raw

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

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

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

amounted to *Sestertia Sena Millia*,
300000 *l.* Sterling.

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

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

4. *Baulm*, *Melissa*, *Baum*, hot
and dry, Cordial and exhilara-
ting, soveraign for the Brain,
strengthening the Memory, and
powerfully chasing away *Me-
lancholy*. The tender Leaves are
us'd in Composition with other
Herbs ; and the Sprigs fresh ga-
ther'd,

ther'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 *Comslip-Flowers*.

5. Beet, *Beta*; of which there is both *Red*, *Black*, and *White*: The *Costa*, or Rib of the *White Beet* (by the *French* call'd the *Chard*) being boil'd, melts, and eats like Marrow. And the *Roots* (especially of the *Red*) cut into thin slices, boil'd, when cold, is of it self a grateful Winter Sallet; or being mingl'd with other *Oluscula*, *Oyl*, *Vinegar*, *Salt*, &c. 'Tis of quality Cold and Moist, and naturally somewhat Laxative: But however by the Epigrammatist stil'd Foolish and Insipid, as *Innocentior quam Olus* (for so the Learned * *Harduin*

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

reads the place) 'tis by *Diphilus* of old, and others since, preferr'd before *Cabbage* as of better Nourishment: *Martial* (not unlearn'd in the Art of *Sallet*) commends it with *Wine* and *Pepper* : He names it indeed — *Fabrorum prandia*, for its being so vulgar. But eaten with *Oyl* and *Vinegar*, as usually, it is no despicable *Sallet*. There is a *Beet* growing near the Sea, which is the most delicate of all. The Roots of the *Red Beet*, pared into thin Slices and Circles, are by the *French* and *Italians* contriv'd into curious Figures to adorn their *Sallets*.

6. *Blite*, *Blitum*; English *Mercury*, or (as our Country House-wives call it) *All-good*, the gentle *Turiones*, and Tops may be eaten as *Sparagus*, or sodden in Pottage: There is both a white and red, much us'd in *Spain* and *Italy*; but besides its humidity
and

and deterfive Nature, 'tis *Insipid* enough.

7. Borrage, *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 chear the hard Student. See *Bugloss*.

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

9. Bugloss, *Buglossum*; in nature much like *Borrage*, yet something more astringent. The Flowers of both, with the intire Plant, greatly restorative, being
Con-

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*.

Burnet, See *Pimpinella*.

10. Buds, *Gemmae*, *Turiones* ; the first Rudiments and Tops of most *Sallet*-Plants, preferable to all other less tender Parts ; such as *Ashen-Keys*, *Broom-buds*, hot and dry, retaining the vertue of *Capers*, esteem'd to be very opening, and prevalent against the *Spleen* and *Scurvy* ; and being *Pickl'd*, are sprinkl'd among the *Sallets*, or eaten by themselves.

11. Cab-

11. Cabbage, *Brassica* (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 over-much, *Astringent*, according to *C. Celsus* ; and therefore seldom eaten raw, excepting by the *Dutch*. The *Cymæ*, or Sprouts rather of the *Cole* are very delicate, so boil'd as to retain their Verdure and green Colour. In raising this *Plant* great care is to be had of the Seed. The best comes from *Denmark* and *Russia*, especially the *Cauly-flower*, (anciently unknown) or from *Aleppo*. Of the *French*, the *Pancaliere a la large*

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

Costé, the white, large and ponderous are to be chosen; and so the *Cauly-flower* : After boiling some steep them in Milk, and seethe them again in Beef-Broth : Of old they added a little *Nitre*. The *Broccoli* from *Naples*, perhaps the *Halmerida* of *Pliny* (or *Athenæus* rather) *Capitata marina* & *florida*, our *Sea-keele* (the ancient *Crambe*) and growing on our Coast, are very delicate, as are the *Savoys*, commended for being not so rank, but agreeable to most *Palates*, and of better Nourishment : In general, *Cabbages* are thought to allay Fumes, and prevent Intoxication : But some will have them noxious to the Sight ; others impute it to the *Cauly-flower* rather : But whilst the Learned are not agreed about it, *Theophrastus* affirms the contrary, and *Pliny* commends the Juice raw, with a little *Honey*, for the moist and weeping Eye,

not

not the dry or dull. But after all, *Cabbage* ('tis confess'd) is greatly accus'd for lying undigested in the Stomach, and provoking Eructations; which makes me wonder at the Veneration we read the Ancients had for them, calling them *Divine*, and Swearing, *per Brassicam*. 'Tis scarce an hundred Years since we first had *Cabbages* out of *Holland*. Sir *Anth. Ashley* of *Wiburg St. Giles* in *Dorsetshire*, being (as I am told) the first who planted them in *England*.

12. Cardon, See *Artichaux*.

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

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

Cibbols. } *Vide Onions, Schæ-*
Cives. } *nopræsson.*

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

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

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

18. Cowslips, *Paralysis* : See *Flowers*.

19. Cresses, *Nasturtium*, *Garden Cresses* ; to be monthly sown : But above all the *Indian*, moderately hot, and aromatick, quicken the torpent Spirits, and purge the Brain, and are of singular effect against the *Scorbute*. Both the tender Leaves, *Calices*, *Cap-*
C 2 *puchin*

puckin Capers, and *Flowers*, are laudably mixed with the colder Plants. The *Buds* being Candy'd, are likewise us'd in Strewings all Winter. There is the *Nastur. Hybernicum* commended also, and the vulgar *Water-Cress*, proper in the Spring, all of the same Nature, tho' of different Degrees, and best for raw and cold Stomachs, but nourish little.

20. Cucumber, *Cucumis*; tho' very cold and moist, the most approved *Sallet* alone, or in Composition, of all the *Vinaigrets*, to sharpen the Appetite, and cool the Liver, * &c. if rightly prepar'd; that is, by rectifying the vulgar Mistake of altogether extracting the Juice, in which it should rather be soak'd: Nor

* Ἐφ' αὐτῷ, δόσι κυδῶς, ἀπαλῶς, ἀλυσθῶ, ἐρηπιδῶς. Athen.

ought it to be over Oyl'd, too much abating of its grateful *Acidity*, and *palling* the Taste, from a contrariety of Particles: Let them therefore be pared, and cut in thin Slices, with a *Clove* or two of *Onion* to correct the Crudity, macerated in the Juice, often turn'd and moderately drain'd. Others prepare them, by shaking the Slices between two Dishes, and dress them with very little Oyl, well beaten, and mingled with the Juice of *Limon*, *Orange*, or *Vinegar*, *Salt* and *Pepper*. Some again, (and indeed the most approv'd) eat them as soon as they are cut, retaining their Liquor, which being exhausted (by the former Method) have nothing remaining in them to help the Concoction. Of old they * boil'd

* Cucumis elixus delicatior, innocentior. Athenæus.

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the *Cucumber*, and paring off the Rind, eat them with *Oyl*, *Vinegar*, and *Honey*; *Sugar* not being so well known. Lastly, the *Pulp* in Broth is greatly refreshing, and may be mingl'd in most *Sallets*, without the least damage, contrary to the common Opinion; it not being long, since *Cucumber*, however dress'd, was thought fit to be thrown away, being accounted little better than Poyson. *Tavernier* tells us, that in the *Levant*, if a Child cry for something to Eat, they give it a raw *Cucumber* instead of *Bread*. The young ones may be boil'd in *White-Wine*. The smaller sort (known by the name of *Gerckems*) muriated with the Seeds of *Dill*, and the *Mango Pickle* are for the Winter.

21. *Daisy*, *Bupthalmum*, *Ox-Eye*, or *Bellis-major*: The young *Roots* are frequently eaten by the
Spa-

Spaniards and *Italians* all the Spring till *June*.

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

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

Earth-Nuts, *Bulbo-Castanum*; (found in divers places of *Surry*, near *Kingston*, and other parts) the Rind par'd off, are eaten crude by *Rustics*, with a little

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Pepper ; but are best boil'd like other Roots , or in Pottage rather, and are sweet and nourishing.

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

25. Endive, *Endivium*, *Intubum Sativum* ; the largest, whitest, and tenderest Leaves best boil'd, and less crude. It is naturally Cold , profitable for hot Stomachs ; *Incisive* and opening

ing Obstructions of the Liver :
 The curled is more delicate, being eaten alone, or in Composition, with the usual *Intinctus* :
 It is also excellent being boil'd ;
 the middle part of the Blanch'd-Stalk separated, eats firm, and the ampler Leaves by many preferr'd before *Lettuce*. See *Succory*.

Eschalot. See *Onions*.

26. Fennel, *Fœniculum* : The sweetest of *Bologna* : Aromatick, hot, and dry ; expels Wind, sharpens the Sight, and recreates the Brain ; especially the tender *Umbella* and Seed-Pods. The Stalks are to be peel'd when young, and then dress'd like *Sellery*. The tender Tufts and Leaves emerging, being minc'd, are eaten alone with *Vinegar*, or *Oyl*, and *Pepper*, and to correct the colder Materials, enter properly

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

27. Flowers, *Flores* ; chiefly of the *Aromatick Esculents* and Plants are preferrable, as generally endow'd with the Vertues of their *Simples*, in a more intense degree ; and may therefore be eaten alone in their proper *Vehicles*, or Composition with other *Salleting*, sprinkl'd among them ; But give a more palatable Relish, being Infus'd in *Vinegar* ; Especially those of the *Clove-Gillyflower*, *Elder*, *Orange*, *Cowslip*, *Rosemary*, *Arch-Angel*, *Saye*, *Nasturtium Indicum*, &c. Some of them are Pickl'd, and
divers

divers of them make also very pleasant and wholesome *Theas*, as do likewise the *Wild Time*, *Bugloss*, *Mint*, &c.

28. Garlick, *Allium*; dry towards Excess; and tho' both by *Spaniards* and *Italians*, and the more Southern People, familiarly eaten, with almost every thing, and esteem'd of such singular Vertue to help Concoction, and thought a Charm against all Infection and Poyson (by which it has obtain'd the Name of the *Country-man's Theriacle*) we yet think it more proper for our Northern Rustics, especially living in *Uliginous* and moist places, or such as use the *Sea*: Whilst we absolutely forbid it-entrance into our *Salletting*, 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

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mitted the horrid'st Crimes. To be sure, 'tis not for Ladies Palats, nor those who court them, farther than to permit a light touch on the Dish, with a *Clove* thereof, much better supply'd by the gentler *Roccombo*.

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

Ginny-Pepper, *Capsicum*. See *Pepper*.

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

30. Hops, *Lupulus*: Hot and moist, rather *Medicinal*, than fit for *Sallet*; the *Buds* and young *Tendrils* excepted, which may be eaten

eaten raw ; but more conveniently being boil'd, and cold like *Asparagus* : They are *Diuretic* ; depurate the Blood, and open Obstructions.

31. Hyssop, *Hyssopus* ; *Thymus Capitatus Creticus* ; *Majoran*, *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 *Broths* and *Decoctions*, than the tender *Sallet* : Yet the *Tops* and *Flowers* reduc'd to Powder, are by some reserv'd for Strewings, upon the colder Ingredients ; communicating no ungrateful Fragrancy.

32. Jack-by-the-Hedge, *Alliaria*, or *Sauce-alone* ; has many Me-

Medicinal Properties, and is eaten as other *Sallets*, especially by Country People, growing wild under their Banks and Hedges.

33. Leeks, and *Cibbols*, *Porrum*; hot, and of Vertue 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 are also friendly to the Lungs and Stomach, being sod in Milk; a few therefore of the slender and green Summities, a little shred, do not amiss in Composition. See *Onion*.

34. Lettuce, *Lactuca*: Tho' by *Metaphor* call'd * *Mortuorum Cibi*, (to say nothing of † *Adonis*

* *Eubulus*.

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

and his sad *Mistris*) by reason of its *Soporiferous* quality, ever was, and still continues the principal Foundation of the universal *Tribe* of *Sallets*; which is to Cool and Refresh, besides its other Properties: And therefore in such high esteem with the Ancients; that divers of the *Valerian* Family, dignify'd and enobled their Name with that of *Lactucinii*.

It is indeed of Nature more cold and moist than any of the rest; yet less astringent, and so harmless that it may safely be eaten raw in Fevers; for it allays Heat, bridles Choler, extinguishes Thirst, excites Appetite, kindly Nourishes, and above all reprefses 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 Na-

Nature, says it breeds the most laudable Blood. No marvel then that they were by the Ancients called *Sana*, by way of eminency, and so highly valu'd by the great * *Augustus*, that attributing his Recovery of a dangerous Sickness to them, 'tis reported, he erected a *Statue*, and built an *Altar* to this noble Plant. And that the most abstemious and excellent Emperor † *Tacitus* (spending almost nothing at his frugal Table in other Dainties) was yet so great a Friend to *Lettuce*, that he was us'd to say of his Prodigality, *Somnum se mercari illa sumptus effusione*. How it was celebrated by *Galen* we have heard; how he us'd it he tells himself; namely, beginning with

* Apud Sueton.

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

Lettuce in his younger Days, and concluding with it when he grew old, and that to his great advantage. In a word, we meet with nothing among all our crude Materials and *Sallet* store, so proper to mingle with any of the rest, nor so wholesome to be eaten alone, or in Composition, moderately, and with the usual *Ox-oleum* of *Vinegar*, *Pepper*, and *Oyl*, &c. which last does not so perfectly agree with the *Alphange*, to which the Juice of *Orange*, or *Limon* and *Sugar* is more desirable: *Aristoxenus* is reported to have irrigated his *Lettuce-Beds* with an *Oinomelite*, or mixture of *Wine* and *Honey*: And certainly 'tis not for nothing that our Garden-Lovers, and Brothers of the *Sallet*, have been so exceedingly industrious to cultivate this Noble Plant, and multiply its *Species*; for to name a few in present use: We have the *Al-*
D *phange*

phange of *Montpelier*, crisp and delicate ; the *Arabic* ; *Amber-velleres* ; *Belgrade*, *Cabbage*, *Capuchin*, *Cross-Lettuce*, *Curl'd* ; the *Genoa* (lasting all the Winter) the *Imperial*, *Lambs*, or *Agnine*, and *Lobbs* or *Lop-Lettuces*. The *French Minion* a dwarf kind : The *Oak-Leaf*, *Passion*, *Roman*, *Shell*, and *Silesian*, hard and crimp (esteemed of the best and rarest) with divers more : And here let it be noted, that besides three or four sorts of this Plant, and some few of the rest, there was within our remembrance, rarely any other *Salleting* serv'd up to the best Tables ; with unblanch'd *Endive*, *Succory*, *Purselan*, (and indeed little other variety) *Sugar* and *Vinegar* being the constant *Vehicles* (without *Oyl*) but now *Sugar* is almost wholly banish'd from all, except the more effeminate Palates, as too much pal-ling, and taking from the grate-
ful

ful *Acid* now in use, tho' otherwise not totally to be reprov'd: *Lettuce* boil'd and *Condited* is sometimes spoken of.

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

36. Mallow, *Malva*; the curl'd, emollient, and friendly to the *Ventricle*, and so rather Medicinal; yet may the Tops, well boil'd, be admitted, and the rest (tho' out of use at present) was taken by the Poets for all *Sallets* in general. *Pythagoras* held *Malvæ folium Sanctissimum*; and we find *Epimenides* in * *Plato* at his *Mallows* and *Asphodel*; and indeed it was of

* De Legib.

old the first Dish at Table : The Romans had it also in *deliciis*, ¶ *Malvæ salubres corpori*, approved by * *Galen* and † *Dioscorides* ; namely the Garden-Mallow, by others the Wild ; but I think both proper rather for the Pot, than Sallet. *Nonius* supposes the tall *Rosea*, *Arborescent Holi-hocks*, that bears the broad Flower, for the best, and very || *Laxative* ; but by reason of their clamminess and *Lentor*, banished from our Sallet, tho' by some commended and eaten

¶ *Hor. Epod. ii.*

* *De Simp. Medic. L. vii.*

† *Lib. ii. cap. 3.*

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

Mart. Lib. x.

And our sweet Poet :

— Nulla est humanior herba,
Nulla magis suavi commoditate bona est,
Omnia tam placidè regerat, blandèque relaxat,
Emollitque vias, nec finit esse rudes.

Cowl. Plan. L. 4.

with

with Oyl and Vinegar, and some with Butter.

Mercury, Bonus Henricus, English Mercury, or Lapathum Unctuosum. See Blitum.

37. Melon, Melo; to have been reckon'd rather among Fruits; and tho' an usual Ingredient in our Sallet; yet for its transcendent delicacy and flavor, cooling and exhilarating Nature (if sweet, dry, weighty, and well-fed) not only superior to all the Gourd-kind, but Paragon with the noblest Productions of the Garden. Jos. Scaliger and Casaubon, think our Melon unknown to the Ancients, (which others contradict) as yet under the name of Cucumers: 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-Melon*, large and with black Seeds, exceedingly Cooling, brought us from abroad, and the hotter Climates, where they drink *Water* after eating *Melons*; but in the colder (after all dispute) *Wine* is judg'd the better: That it has indeed by some been accus'd as apt to corrupt in the Stomach (as do all things else eaten in excess) is not deny'd: But a perfect good *Melon* is certainly as harmless a Fruit as any whatsoever; and may safely be mingl'd with *Sallet*, in Pulp or Slices, or more properly eaten by it self, with a little *Salt* and *Pepper*; for a *Melon* which requires *Sugar* to commend it, wants of Perfection. *Note*, That this Fruit was very rarely cultivated in *England*, so as to bring it to Maturity, till Sir Geo. Gardner came out of *Spain*.

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 with *Mango*, and are very delicate.

38. 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.

39. Mushrooms, *Fungi*; By the * Orator call'd *Terræ*, by *Porphyry Deorum filii*, without Seed (as

* Cic. ad Attic.

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 Fa-

Families : Exalted indeed they were to the second Course of the *Cæsarian Tables*, with the noble Title *Βρώμα 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* . . deploras his lost Friend, that brave Commander *Annæus Serenus*, and several other gallant Persons with him, who all of them perish'd at the same Repast ; would be apt to ask with the † *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

* Sueton. in *Claudio*.

. . Sen. Ep. lxxiii.

† Plin. N. H. l. xxii. c. 23.

all his Life after. What other deterring *Epithets* are given for our Caution, Βάρι πνιζόμενα μωμήτων, *heavy and choaking*. (*Athenæus* reporting of the Poet *Euripides's*, finding a Woman and her three Children strangl'd by eating of them) one would think sufficient warning.

Among these comes in the *Fungus Reticularis*, to be found about *London*, as at *Fulham* and other places; whilst at no small charge we send for them into *France*; as we also do for *Truffles*, *Peg-nuts*, and other subterraneous *Tubera*, which in *Italy* they fry in *Oyl*, and eat with *Pepper*: They are commonly discovered by a *Nasute Swine* purposely brought up; being of a *Chestnut Colour*, and heady *Smell*, and not seldom found in *England*, particularly in a Park of my Lord *Cotton's*, at *Rushton* or *Rusbery* in *Northampton-shire*, and doubtless
in

in other † places too were they sought after. 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 Mischiefe, we might here set down. But since there be so many ways of Dressing them, that I can encourage none to use them, for Reasons given (besides that they do not at all concern our safer and innocent *Sallet Furniture*) I forbear it; and referr those who long after this beloved *Ragout*, and other *Voluptuaria Venena* (as *Seneca* calls them) to what our Learned Dr. *Lyster** says of the many Venomous *Insects* harbouring and corrupting in a

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

† *Transact. Philos. Num. 202.*

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

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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 saffronish hue, curiously radiated in parallel Lines and Edges, which becoming either Yellow, Orange, or Black, are to be rejected: But besides what the Harvest-Months produce, they are likewise rais'd * Artificially; as at *Naples* in their Wine-Cellars, upon an heap of rank Earth, heaped upon a

† *Pratensibus optima fungis Natura est: aliis male creditur, Hor. Sat. l. 7. Sat. 4.*

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

certain supposed *Stone*, but in truth, (as the curious and noble * *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 *Mushrooms* have been steeped. And in *France*, by making an hot Bed of *Asses-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.

40. Mustard, *Sinapi*; exceeding hot and *mordicant*, not only

* Gassend. *Vita Peirf.* l. iv. Raderus *Mart.* l. Epig. xlv. In ponticum, says, within four Days.

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 Palsie, 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*.

41. Nettles, *Urtica* ; Hot, dry, *Diuretic*, *Solvent* ; purifies the Blood :

Blood: The Buds, and very tender *Cimæ*, a little bruised, are by some eaten raw, by others boil'd, especially in *Spring-Pottage*, with other Herbs.

42. Onion, *Cepa*, *Porrum*; the best are such as are brought us out of *Spain*, whence they of *St. Omers* had them, and some that have weigh'd eight Pounds. Choose therefore the large, round, white, and thin Skin'd. Being eaten crude and alone with *Oyl*, *Vinegar*, and *Pepper*, we own them in *Sallet*, not so hot as *Garlick*, nor at all so rank: Boil'd, they give a kindly 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 meantime, as to their being noxious to the Sight, is imputable only to

to the Vapour rising from the raw Onion, when peeled, which some commend for its purging and quickning that Sense. How they are us'd in Pottage, boil'd in Milk, stew'd, &c. concerns the Kitchen. In our cold *Sallet* we supply them with the *Porrum Sectile*, Tops of *Leeks*, and *Eschalots* (*Ascalonia*) of gust more exalted, yet not to the degree of *Garlick*. Or (by what of later use is much preferr'd) with a *Clove* or two of *Racombo*, 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 *Scalions*, *Cives*, and *Chibbols* 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 deified in

* *Egypt*

* *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 luscious 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.

43. Orach, *Atriplex*: Is cooling, allays the *Pituit* Humor: Being set over the Fire, neither

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

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. See *Blitum*.

44. Orange, *Arantie* (*Malum aureum*) moderately dry, cooling, and incisive; sharpens Appetite, exceedingly refreshes and refits 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* exceed-

ceedingly grateful to the Stomach. *Vide Limon.*

45. Parsnep, *Pastinaca*, Carrot; first boil'd, being cold, is of it self a Winter-Sallet, eaten with Oyl, Vinegar, &c. and having something of Spicy, is by some, thought more nourishing than the Turnep.

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

47. Peper, *Piper*; hot and dry in a high degree; of approv'd Vertue against all flatulency proceeding from cold and phlegmatic Constitutions, and generally all Crudities whatsoever; and therefore for being of

universal use to correct and temper the cooler Herbs, and such as abound in moisture; It is a never to be omitted Ingredient of our *Sallets*; provided it be not too minutely beaten (as oft we find it) to an almost impalpable Dust, which is very pernicious, and frequently adheres and sticks in the folds of the Stomach, where, instead of promoting Concoction, it often causes a *Cardialgium*, and fires the Blood: It should therefore be grossly contus'd only.

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

Take

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 serce it through a fine Sieve, for a very proper Seasoning, instead of vulgar *Peper*. The Mordicancy thus allay'd, be sure to make the Mortar very clean, after having beaten *Indian 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 *Peper* in some places, and so do *Myrtle-berries*.

48. Persley, *Petroselinum*, or *Apium hortense*; being hot and dry, opens Obstructions, is very *Diuretic*, yet nourishing, *edulcorated* in shifted warm Water (the Roots especially) but of less Vertue than *Alexanders*; nor so convenient in our crude *Sallet*, as when decocted on a Medicinal Account. Some few tops of the tender Leaves may yet be admitted; tho' it was of old, we read, never brought to the Table at all, as sacred to *Oblivium* and the *Defunct*. In the mean time, there being nothing more proper for Stuffing, (*Farces*) and other *Sauces*, we consign it to the *Oli-tories*. Note, that *Persley* is not so hurtful to the Eyes as is reported. See *Sellery*.

49. Pimpernel, *Pimpinella*; eaten by the *French* and *Italians*, is our common *Burnet*; of so
cheer-

chearing and exhilarating a quality, and so generally commended, as (giving it admittance into all *Sallets*) 'tis pass'd into a Proverb :

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

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

50. Purslain, *Portulaca*; especially the *Golden* whilst tender, next the Seed-leaves, with the young Stalks, being eminently moist and cooling, quickens Appetite, asswages Thirst, and is very profitable for hot and *Bilious* Tempers, as well as *Sanguine*, and generally entertain'd in all our *Sallets*, mingled with the hotter Herbs: 'Tis likewise familiarly eaten alone with Oyl and

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Vinegar ; but with moderation, as having been sometimes found to corrupt in the Stomach, which being *Pickl'd* 'tis not so apt to do. Some eat it cold, after it has been boil'd, which Dr. *Muffet* would have in *Wine*, for Nourishment.

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

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

51. Radish, *Raphanus*. Albeit rather Medicinal, than so commendably accompanying our *Sallets* (wherein they often slice the larger Roots) are much inferior to the young Seedling Leaves and Roots ;
rai-

raised on the * Monthly *Hot-Bed*, almost the whole Year round, affording a very grateful mordacity, and sufficiently attempers the cooler Ingredients: The bigger Roots (so much desir'd) should be such as being transparent, eat short and quick, without stringiness, and not too biting. These are eaten alone with *Salt* only, as carrying their *Peper* in them; and were indeed by *Dioscorides* and *Pliny* celebrated above all Roots whatsoever; insomuch as in the *Delphic Temple*, there was *Raphanns ex auro dicatus*, a Radish of solid Gold; and 'tis said of *Moschius*, that he wrote a whole Volume in their praise. Notwithstanding all which, I am sure, the great † *Hippocrates* utterly condemns them, as *Vitiosæ, innatantes*

* *ᾧ τὸ ῥαδίως φαίνεται, quia tertio à fatu die appareat.*

† *De diæta lib. ii. cap. 25.*

tes ac ægre concoctiles. And the *Naturalist* calls it *Cibus Illiberalis*, fitter for *Rustics* than *Gentlemens* Tables. And indeed (besides that they decay the Teeth) experience tells us, that as the *Prince of Physicians* writes, It is hard of Digestion, *Inimicus* to the Stomach, causing nauseous Eructations, and sometimes Vomiting, tho' otherwise *Diuretic*, and thought to repel the Vapours of *Wine*, when the *Wits* were at their genial *Club*. *Dioscorides* and † *Galen* differ about their Eating; One prescribes it before Meals, the latter for after. Some macerate the young Roots in warm Milk, to render them more *Nourishing*.

There is a *Raphanus rusticanus*, the *Spanish* black *Horse-Radish*, of a hotter quality, and not so

† De Aliment. Facult. lib. ii.

friendly to the Head; but a notable *Antiscorbutic*, which may be eaten all the Winter, and on that account an excellent Ingredient in the Composition of *Mustard*; as are also the thin Shavings, mingled with our cold Herbs. And now before I have done with this Root, for an excellent and universal *Condiment*. Take *Horse-Radish*, whilst newly drawn out of the Earth, otherwise laid to steep in Water a competent time; then grate it on a *Grater* which has no bottom, that so it may pass thro', like a Mucilage, into a Dish of Earthen Ware: This temper'd with *Vinegar*, in which a little *Sugar* has been dissolv'd, you have a *Sauce* supplying *Mustard* to the *Sallet*, and serving likewise for any Dish besides.

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

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

Roccombo. See *Onions*.

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

55. Sage,

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

Salsifax, *Scorzonera*. See *Vipergrafs*.

56. Sampier, *Crithmum*: That growing on the Sea-Cliffs (as about

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

57. Scalions, *Ascalonia*, *Cepæ* ;
The *French* call them *Appetites*,
which it notably quickens and
stirs up : Corrects Cruditities, and
promotes Concoction. The *Ita-*
lians steep them in Water, mince,
and eat them cold with Oyl,
Vinegar, Salt, &c.

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

59. Sellery, *Apium Italicum*,
(and of the *Petroseline* Family)
was formerly a stranger with us
(nor very long since in *Italy*) is
an hot and more generous sort
of *Macedonian Persley*, or *Smallage*.
The tender Leaves of the *Blanckt*
Stalk

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 *Peper*; and for its high and grateful Taste, is ever plac'd in the middle of the *Grand Sallet*, at our Great Mens Tables, and *Prætors* Feasts, as the Grace of the whole Board. *Caution* is to be given of a small red *Worm*, often lurking in these Stalks, as does the green in *Fennil*.

Shallots. See *Onion*.

60. Skirrets, *Sisarum*; 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

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

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

F to

to be excluded. Vide *Wood-Sorrel*.

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

63. Sparagus, *Asparagus* (*ab Asperitate*) temperately hot, and moist; *Cordial*, *Diuretic*, easie of Digestion, and next to *Flesh*, nothing more nourishing, as *Sim. Sethius*, an excellent 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. I do not esteem the *Dutch* great and larger

larger sort (especially rais'd by the rankness of the Beds) so sweet and agreeable, as those of a moderate size.

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

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

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

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

67. Tar-

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

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

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

70. Turnep, *Rapum*; moderately hot and moist: *Napus*; the long *Navet* is certainly the most delicate of them, and best Nourishing. *Pliny* speaks of no fewer than six sorts, and of several Colours; some of which were suspected to be artificially tinged. But with us, the yellow 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 *Turnep*, when first beginning to Bud.

And

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

Let the *Turneps* 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 pound-ed 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 *Turneps* in a Paper under the Embers, and eat them with *Sugar* and *Butter*.

* *Philos. Transact.* Vol. xvii. Num. 205. p. 970.

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

72. Viper-grass, *Tragopogon*, *Scorzonera*, *Salsifex*, &c. tho' Medicinal, and excellent against the *Palpitation of the Heart*, *Faintings*, *Obstruction of the Bowels*, &c. are besides a very sweet and pleasant *Sallet*; being laid to soak out the bitterness, then peel'd, may be eaten raw, or *Condited*; but best of all stew'd with *Marrow*, *Spice*, *Wine*, &c. as *Artichok*, *Skirrets*, &c. sliced or whole. They likewise may bake, fry, or boil them; a more excellent Root there is hardly growing.

73. Wood-

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

To all which might we add sundry more, formerly had in *deliciis*, since grown *obsolete* or quite neglected with us: As among the noblest *Bulbs*, that of the *Tulip*; a Root of which has been valued not to eat, but for the *Flower* (and yet eaten by mistake) at more than an hundred Pounds. The young fresh *Bulbs* are sweet and high of taste.

The *Asphodil* or *Daffodil*; a *Sallet* so rare in *Hesiod's* Days, that *Lobel* thinks it the *Parsnep*, tho' not at all like it; however it was (with the *Mallow*) taken anciently for any *Edule-Root*.

The *Ornithogalons* roasted, as they do *Chestnuts*, are eaten by the *Italians*, the wild yellow
espe-

especially, with Oyl, Vinegar, and Peper. 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 *Oxy-lapathum*, not us'd of old; in the time of *Galen* was eaten frequently. As also *Dracontium*, with the Mordicant *Arum Theophrasti*, which *Dodonæus* teaches how to Dress. Nay, divers of the *Satyrions*, which some condited with Sugar, others boil'd in Milk for a great Nourisher, now discarded. But what think we of the *Cicuta*, which there are who reckon among *Sallet* Herbs? But whatever it is in any other Country, 'tis certainly Mortiferous in ours. To these add the *Viola Matronalis*, *Radix Lunaria*, &c. nay, the *Green Popy*, by most accounted among the deadly Poysons: How cautious then ought our *Sallet-Gatherers* to be, in reading an-

ancient Authors; lest they happen to be impos'd on, where they treat of Plants, that are familiarly eaten in other Countries, and among other Nations and People of more robust and strong Constitutions? besides the hazard of being mistaken in the Names of divers *Simples*, not as yet fully agreed upon among the Learned in *Botany*.

There are besides several remaining, which tho' *Abdicated* here with us, find Entertainment still in Foreign Countries: As the large *Heliotrope* and Sun-flower (e're 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

ing with their young Heads. *Lysimachia 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*, which *Galen* was accusom'd to eat raw, and by it self, with *Oyl* and *Salt*, as exceedingly grateful, as well as wholesome, and of great vertue against Infection. *Pliny*, I remember, reports it to be 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

when young, before the *Burrs* and *Clots* appear, being strip'd, and the bitterness soaked out, treated as the *Chardoon*, is eaten in *Poiverade*; Some also boil them. More might here be reckon'd up, but these may suffice; since as we find some are left off, and gone out, so others be introduc'd and come in their room, and that in much greater Plenty and Variety, than was ever known by our Ancestors. The *Cucumber* it self, now so universally eaten, being accounted little better than *Poyson*, even within our Memory, as already noted.

To conclude, and after all that has been said of Plants and *Salleting*, formerly in great esteem, (but since obsolete and quite rejected); What if the exalted Juice of the ancient *Silphium* should come in, and challenge the Precedency? It is a

* Plant

* 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 Caesar* 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

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

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

thing for its worth to the Skies, *Βάττις σίλφιον*, grew into a Proverb : *Battus* having been the Founder of the City *Cyrene*, near which it only grew. 'Tis indeed contested among the Learned *Botanosophists*, whether this Plant was not the same with *Laserpitium*, and the *Laser* it yields, the odoriferous † *Benzoin* ? But doubtless had we the true and genuine *Silphium* (for it appears to have been often sophisticated, and a spurious sort brought into *Italy*) it would soon recover its pristine Reputation, and that it was not celebrated so for nothing extraordinary ; since besides its Medicinal Vertue ; it was a wonderful Corroborater of the Stomach, a Restorer of lost Appetite, and Masculine Vigour, &c.

† ——— οὐδ' ἄν εἰδέναι γέ μοι
 Τὸν πλεοναυτὸν αὐτὸν καὶ τὸ Βάττις σίλφιον. *Aristoph.* in *Pluto*. Act. iv. Sc. 3.

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 † *Fætid Assa*; our nicer *Sallet-Eaters* (who yet bestow as odious an Epithet on the vulgar *Garlick*) would cry out upon it as intolerable, and perhaps hardly believe it: But as *Aristophanes* has brought it in, and sufficiently describ'd it; so the *Scholiast* upon the place, puts it out of Controversy: And that they made use both of the *Leaves, Stalk,* (and *Extract* especially) as we now do *Garlick*, and other *Hautgouts* as nauseous altogether. In the mean time,

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

Garcins, *Bontins*, 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 *Cipollati*, and other seasonings of that Nature.

And thus have we done with the various *Species* of all such *Esculents* as may properly enter the Composition of our *Acetaria*, and cold *Sallet*. And if I have briefly touch'd upon their Natures, Degrees, and *primary Qualities*, which *Intend* or *Remit*, as to the Scale of *Heat*, *Cold*, *Driness*, *Moisture*, &c. (which is to be un-

derstood according to the different Texture of their *component Particles*) it has not been without what I thought necessary for the Instruction of the *Gatherer*, and *Sallet-Dresser*; how he ought to choose, sort, and mingle his Materials and Ingredients together.

What Care and Circumspection should attend the choice and collection of *Sallet Herbs*, has been partly shew'd. I can therefore, by no means, approve of that extravagant Fancy of some, who tell us, that a *Fool* is as fit to be the *Gatherer* of a *Sallet* as a *Wiser Man*. Because, say they, one can hardly choose amiss, provided the Plants be green, young, and tender, where-ever they meet with them: But sad experience shews, how many fatal Mistakes have been committed by those who took the deadly *Cicutæ*, *Hemlocks*, *Aconits*, &c. for *Garden*

den Persley, and Parsneps; 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 * unwholsome; 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

* Vide Cardanum de usu Cibi.

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 wholesome in ours, and among us) mislead not the unskilful Gatherer; to prevent which we read of divers *Popes* and *Emperors*, that had sometimes Learned *Physicians* for their *Master-Cooks*. I cannot therefore but exceedingly approve of that charitable Advice of Mr. Ray * (*Transact. Num. 238.*) who thinks it the Interest of Mankind, that all Persons should be caution'd of advent'ring upon unknown Herbs and Plants to

* Vol. xx.

their Prejudice : Of such, I say,
with our excellent * Poet (a lit-
tle chang'd)

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

The Illustrious and Learned
Columna has, by observing what
† *Insects* did usually feed on,
make Conjectures of the Nature
of the Plants. But I should not
so readily adventure upon it on
that account, as to its wholsom-
ness : For tho' indeed one may
safely eat of a *Peach* or *Abricot*,
after a *Snail* has been Taster,
I question whether it might be

* Cowley :

Οὐδ' ὅσον ἐν μαλάχῃ τὲ καὶ ἀσφοδέλῳ μέγ'
ὄνειρα

Κρύψαντες γὰρ ἔχουσιν θεοὶ βίον ἀνθρώποισι.

Hesiod.

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

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

And 'tis indeed very evident, that Cattel, and other *πάνφαγα*, and *herbaceous* Animals which feed on Plants, are directed by their Smell, and accordingly make election of their Food: But Men (besides the *Smell* and *Taste*) have, or should have, *Reason*, *Experience*, and the Aids of *Natural Philosophy* to be their Guides in this Matter. We have heard of *Plants*, that (like the *Basilisk*) kill and infect by * looking on them only; and some by the touch. The truth is, there's need of all the Senses to determine *Analogically* concerning the Vertues and Properties, even of the *Leaves* alone of many *Edule-Plants*: The most

* The poyson'd Weeds: I have seen a Man, who was so poyson'd with it, that the Skin peel'd off his Face, and yet he never touch'd it, only looked on it as he pass'd by. Mr. Stafford, *Philos. Transact.* Vol. III. Num. xl. p. 794.

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

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

The Hot, Dry, Aromatic, Cordial and friendly to the Brain, may be qualify'd by the Cold and Moist: The Bitter and Stomachical

chical, 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 *piquant* and brisk: The Astringent and Binders, with such as are Laxative and Deobstruct: The over-sluggish, raw, and unactive, with those that are *Eupeptic*, and promote Concoction: There are *Pectorals* for the Breast and Bowels. Those of middle Nature, according as they appear to be more or less *Specific*; and as their Characters (tho' briefly) are describ'd in our foregoing *Catalogue*: For notwithstanding it seem in general, that raw *Sallets* and *Herbs* have experimentally been found to be the most soveraign Diet in that *Endemial*

mial (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 contain'd in our Magazine of *Sallet-Plants* upon all Occasions, rightly marshal'd and skilfully apply'd. So as (with our * sweet *Cowley*)

*If thro the strong and beauteous Fence
Of Temperance and Innocence,
And wholesome Labours, and a quiet
Diseases passage find; (Mind,*

* Cowley, Garden, Miscel. Stanz. 8.

*They must not think here to assail
A Land unarm'd, or without Guard,
They must fight for it, and dispute
it hard,*

*Before they can prevail;
Scarce any Plant is used here,
Which 'gainst some Aile a Weapon
does not bear.*

We have said how necessary it is, that in the Composure of a *Sallet*, every Plant should come in to bear its part, without being over-power'd by some Herb of a stronger Taste, so as to endanger the native *Sapor* and *Vertue* of the rest; but fall into their places, like the *Notes* in *Music*, in which there should be nothing harsh or grating: And tho admitting some *Discords* (to distinguish and illustrate the rest) striking in the more sprightly, and sometimes gentler Notes, reconcile all *Dissonancies*, and melt them into an agreeable Composition.

sition. Thus the Comical *Master-Cook*, introduc'd by *Damoxenus*, when asked πῶς ἐστὶν αὐτοῖς συμφωνία; *What Harmony there was in Meats?* The very same (says he) that a *Diateffaron*, *Diapente*, and *Diapason* have one to another in a Consort of Music: And that there was as great care requir'd, not to mingle * *Sapores*

* *Sapores minime Consentientes καὶ συμπλεκόμενας ἔχει συμφώνους ἀφάς*: Hæc despiciere ingeniosi est artificis: *Neither did the Artist mingle his Provisions without extraordinary Study and Consideration*: Ἀλλὰ μίξας πάντα κατὰ συμφωνίαν. Horum singulis seorsum assumptis, tu expedito: Sic ego tanquam Oraculo jubeo.—Itaque literarum ignarum Coquum, tu cum videris, & qui Democriti scripta omnia non perlegerit, vel potius, impromptu non habeat, eum deride ut futilem: Ac illum Mercede conducito, qui Epicuri Canonem usu plane didicerit, &c. as it follows in the *Gastronomia of Archestratus*, Athen. lib. xxiii. *Such another Bragadoccio Cook Horace describes,*

*Nec sibi Cœnarum quivis temerè arroget artem
Non prius exactâ tenui ratione saporem.*

Sat. lib. ii. Sat. 4.

minime

minime consentientes, jarring and repugnant Tastes; looking upon him as a lamentable Ignorant, who should be no better vers'd in *Democritus*. The whole Scene is very diverting, as *Athenæus* presents it; and to the same sense *Macrobius*, *Saturn. lib. 1. cap. 1.* In short, the main Skill of the Artist lies in this:

*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 kind-
liest change.*

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

* *Milton's Paradise Lost.*

Thus, by the discreet choice and mixture of the *Oxoleon* (*Oyl, Vinegar, Salt, &c.*) the Composition is perfect; so as neither the *Prodigal, Niggard, nor Insipid*, should (according to the *Italian Rule*) prescribe in my Opinion; since *One* may be too profuse, the *Other* * over-saving, and the *Third* (like himself) give it no Relish at all: It may be too sharp, if it exceed a grateful *Acid*; too *Insulse* and flat, if the Profusion be extream. From all which it appears, that a Wise-Man is the proper Composer of an excellent *Sallet*, and how many *Transcendences* belong to an accomplish'd *Sallet-Dresser*, so as to emerge an exact *Critic* indeed, He should be skill'd in the Degrees, Terms, and various *Species*

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

of *Tastes*, according to the *Scheme* set us down in the *Tables* of the Learned * *Dr. Grew*, to which I refer the 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 *Consort*; some alone, and *per se* without

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

any *σνευασία*, 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 Upland Fowl, where we have a natural *Sallet*, pick'd, and almost dress'd to our hands.

I. Preparatory to the Dressing therefore, let your Herby Ingredients be exquisitely cull'd, and cleans'd of all worm-eaten, slimy, canker'd, dry, spotted, or any ways vitiated Leaves. And then that they

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 *Intinctus* following.

II. That the *Oyl*, an ingredient so indispensibly and highly necessary, as to have obtain'd the name of *Cibarium* (and with us of *Sallet-Oyl*) be very clean, not high-colour'd, nor yellow; but

* *Muffet*, de *Diæta*, c. 23.

with an Eye rather of a pallid *Olive* green, without Smell, or the least touch of *rancid*, or indeed of any other sensible Taste or Scent at all; but smooth, light, and pleasant upon the Tongue; such as the genuine *Omphacine*, and native *Luca Olives* afford, fit to allay the tartness of *Vinegar*, and other *Acids*, yet gently to warm and humectate where it passes. Some who have an aversion to *Oyl*, substitute fresh *Butter* in its stead; but 'tis so exceedingly clogging to the Stomach, as by no means to be allow'd.

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

mary, 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 dried, and *contus'd*, as being the least Corrosive: But of this, as of *Sugar* also, which some mingle with the Salt (as warming without heating) if perfectly refin'd, there would be no great difficulty; provided none, save Ladies, were of the Mese; whilst

H 2

the

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 *poinant* and *Relevée* in lieu of our vulgar *Salt*, to commend and cry-up the *Essential-Salts* and *Spirits* of the most Sanative Vegetables ; or such of the *Alcalizate* and *Fixt* ; extracted from the *Calcination* of *Baulm*, *Rosemary*, *Wormwood*, *Scurvy-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-Cellar* only : But to say no more of this Impertinence, as to *Salts* of *Vegetables* ; many indeed there be,

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 *Colcination*. *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 *Fixed Salts* made the *common way*, are little better than our *common Salt*, let it suffice, that our *Sallet-Salt* be of the best ordinary *Bay-Salt*,

* Dr. Grew, *Annat. Plant.* Lib. i. Sect. iv. cap. 1, &c. See also, *Transact.* Num. 107. Vol. ix.

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 refined, white, hard, close, yet light and sweet as the *Madera's*: Nourishing, preserving, cleansing, delighting the Taste, and preferable to *Honey* for most uses. *Note*, That both *this*, *Salt*, and *Vinegar*, are to be proportion'd to the Constitution, as well as what is said of the Plants themselves. The one for cold, the other for hot Stomachs.

V. That the *Mustard* (another noble Ingredient) be of the best *Tewksberry*; or else compos'd of the soundest and weightiest *Yorkshire Seed*, exquisitely sifted, winnow'd, and freed from the Husks, a little (not over-much) dry'd by the Fire, temper'd to the consistence of a Pap with *Vinegar*,
in

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-stopp'd *Glass*, to temper, and have it fresh when they please. But what is yet by some esteem'd beyond all these, is compos'd of the dried Seeds of the *Indian Nasturtium*, reduc'd to Powder, finely bolted, and mixt with a little *Levain*, and so from time to time made fresh, as indeed all other *Mustard* should be.

Note, That the Seeds are pounded in a Mortar; or bruis'd with a polish'd *Cannon-Bullet*, in a large wooden Bowl-Dish, or which is most preferr'd, ground

in a *Quern* contriv'd for this purpose only.

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

Nor here should I omit (the mentioning at least of) *Saffron*, which the *German Housewives* have a way of forming into
Balls,

Balls, by mingling it with a little *Honey*; which thoroughly dried, they reduce to Powder, and sprinkle it over their *Sallets* for a noble *Cordial*. Those of *Spain* and *Italy*, we know, generally make use of this Flower, mingling its golden Tincture with almost every thing they eat; But its being so apt to prevail above every thing with which 'tis blended, we little incourage its admittance into our *Sallet*.

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

VIII. Eighthly, (according to the *super-curious*) that the *Knife*, with which the *Sallet Herbs* are cut (especially *Oranges*, *Lemons*, &c.)
be

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 stirr'd, 'till all the Furniture be equally moisten'd : Some, who are *Husbands* of their *Oyl*, pour at first the *Oyl* alone,

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.

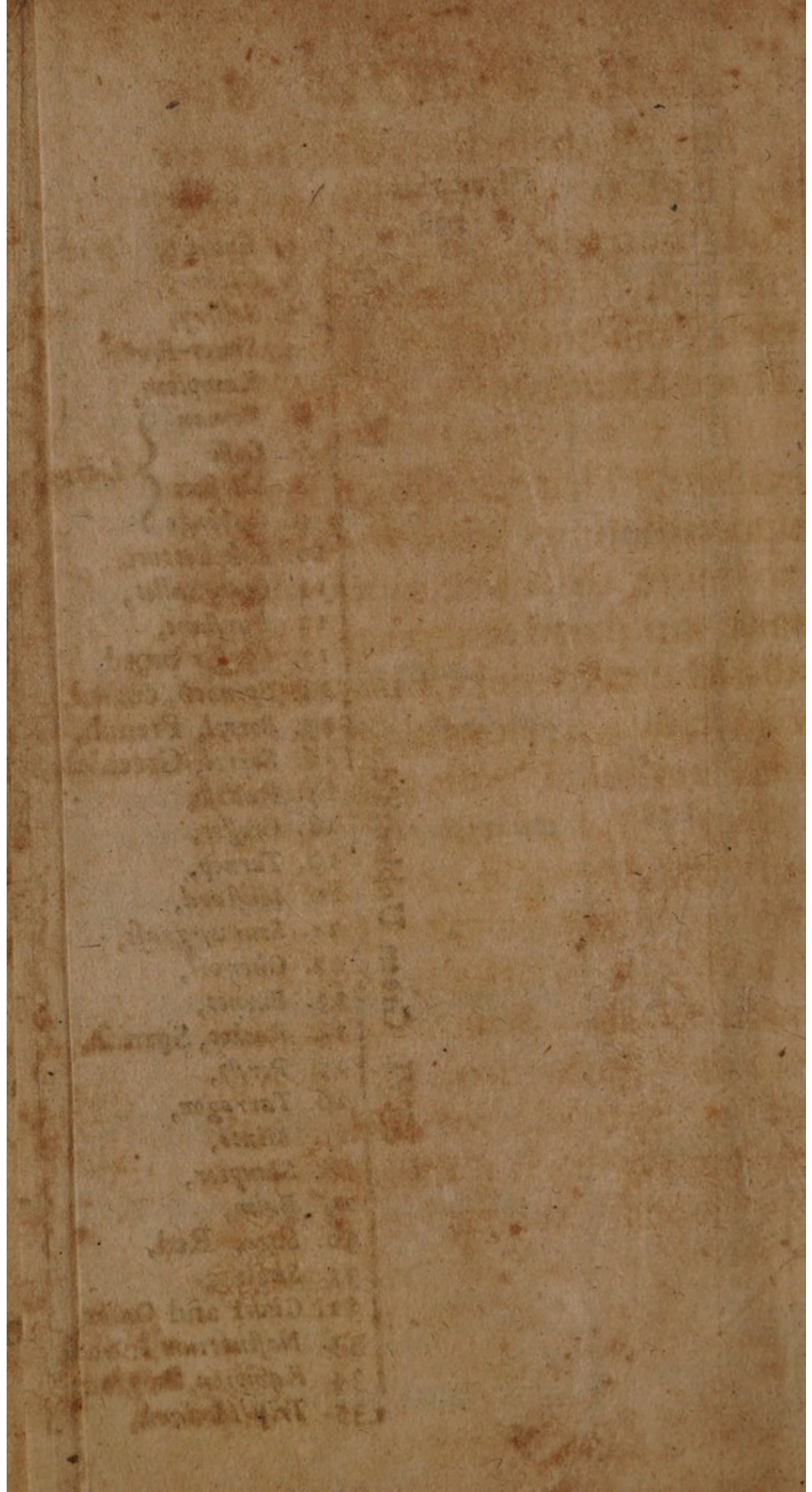
* *Philosoph. Transact.* Vol. III. Num. xl. p. 799.

I. *Species.*

	Species.	Ordering and Culture.	
XX. Blanch'd.	1. Endive,	Tied-up to Blanch.	
	2. Cichory,		
	3. Sellery,	Earth'd-up.	
	4. Sweet-Fennel,		
	5. Rampion,	Tied-up to Blanch.	
	6. Roman		
	7. Caffe		
	8. Silfium		
	Lett.	9. Galbeze	Tied close up.
		10. Lab-Lettuce,	Peet and Blanch of themselves.
11. Core-Sallet,		Leaves, all of a midling fize.	
12. Purslane,			
13. Cress broad,		Seed-Leaves, and the next to them.	
14. Spinach, curled			
15. Sorrel, French,		The fine young Leaves only, with the	
16. Sorrel, Greenleaf,		first Shoots.	
XXVI. Green Unblanch'd.		17. Radish,	Only the tender young Leaves.
		18. Cress,	The seed-Leaves and those only next them.
	19. Turnep,	The seed-Leaves only.	
	20. Newfard,		
	21. Star-grass,	Thy young Leaves immediately after the Seedlings.	
	22. Cress,		
	23. Beet,		
	24. Racket, Spanish,		
	XXVII. Green Unblanch'd.	25. Perfix,	Thy tender Shoots and Tops.
		26. Tarragon,	
27. Mint,		Thy young tender Leaves and Shoots.	
28. Samper,			
29. Balm,		Thy tender young Leaves.	
30. Sage, Red,			
31. Skolatz,		Thy Flowers and Bud-Flowers.	
32. Grew and Onion			
33. Nasturtium, Indian		Thy Seed-Leaves and young Tops.	
34. Rampion, Belgrade,			
35. Trip-Madam,			

Month.	Order and Rule.	Species.	Proportion.
January,	Black is color	<i>Rampions,</i> <i>Endive,</i> <i>Succory,</i> <i>Fennel, sweet.</i> <i>Salsify,</i> <i>Lamb-Lettuce,</i> <i>Leh-Lettuce,</i> <i>Radish,</i> <i>Cresset,</i> <i>Turnep,</i> <i>Mustard seedlings,</i> <i>Scurvy-grass,</i> <i>Spinach,</i> <i>Sorrel, Greenland,</i> <i>Sorrel, French,</i> <i>Chervil, sweet,</i> <i>Burnet,</i> <i>Rocket,</i> <i>Tarragon,</i> <i>Balm,</i> <i>Mint,</i> <i>Sampler,</i> <i>Shallots,</i> <i>Cicory,</i> <i>Cabbage-Winter.</i>	$\left. \begin{array}{l} 10 \\ 2 \\ 5 \\ 10 \\ 4 \end{array} \right\}$ Roots in Number <i>A</i> pugil of each. <i>Three</i> parts each. <i>Of</i> each <i>One</i> part. <i>Two</i> parts. <i>One</i> part of each. <i>Twenty</i> large <i>Leave.</i> <i>One</i> small part of each. <i>Very</i> few. <i>Two</i> pugils or small handfuls.
February			
March.	Green is Unkind	<i>Lep</i> <i>Silfian Winter</i> <i>Romane Winter</i> <i>Radish,</i> <i>Cresset,</i> <i>Parfildan,</i> <i>Sorrel, French,</i> <i>Sampler,</i>	$\left. \begin{array}{l} 10 \\ 2 \\ 5 \\ 10 \\ 4 \end{array} \right\}$ Roots in Number <i>A</i> pugil of each. <i>Three</i> parts. <i>Two</i> parts. <i>One</i> part of each. <i>Twenty</i> large <i>Leave.</i> <i>One</i> small part of each. <i>Very</i> few. <i>Two</i> pugils or small handfuls.
April,	Black is Unkind	<i>Lep</i> <i>Silfian Winter</i> <i>Romane Winter</i> <i>Radish,</i> <i>Cresset,</i> <i>Parfildan,</i> <i>Sorrel, French,</i> <i>Sampler,</i>	$\left. \begin{array}{l} 10 \\ 2 \\ 5 \\ 10 \\ 4 \end{array} \right\}$ Roots in Number <i>A</i> pugil of each. <i>Three</i> parts. <i>Two</i> parts. <i>One</i> part of each. <i>Twenty</i> large <i>Leave.</i> <i>One</i> small part of each. <i>Very</i> few. <i>Two</i> pugils or small handfuls.
May,			

Month.	Order, and Cult.	Species	Proportion.
	Note, <i>That the young Seedling</i>	<i>Onions, young,</i>	Six parts.
and	<i>Leaves of Onions and Lion-may all these Months be mingled with the Sallet.</i>	<i>Sage-tops, the Red, Parsley, Cresset, the Italian, Lettuce, Betende, Trip-Malone, Chervil, sweet, Burnet,</i>	Two parts.
June.			Of each One part.
			Two parts.
July,	Blanch'd, and may be eaten by themselves with some Nasturtium-Flowers.	<i>Silesian Lettuce, Roman Lettuce, Cress, Cabbage, Cresset, Nasturtium, Purslane,</i>	One whole Lettuce.
			Two parts.
			Four parts.
			Two parts.
August,	Green Herbs by themselves, or mingled with the Blanch'd.	<i>Lep-Lettuce, Belgrade, & Crum-pen-Lettuce.</i>	One part.
			Two parts.
and		<i>Tarragon, Sorrel, French, Burnet, Trip-Malone,</i>	One part.
September.			Two parts of each.
			One part.
October,	Blanch'd	<i>Endive, Sellery,</i>	Two if large, four if small, Stalks and part of the Root and tenderest Leaves.
		<i>Lep-Lettuce, Lamb-Lettuce, Radish,</i>	An handful of each.
November,		<i>Cresset,</i>	Three parts.
			Two parts.
and		<i>Turneps,</i>	One part of each.
	Green	<i>Mustard Seedlings,</i>	
December.		<i>Cresset, broad, Spinach,</i>	Two parts of each.



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 Grip, or Handful.

Farther

*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 Vi-
gour: 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,

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

Moreover, In *Gathering*, Respect is to be had to their Proportions, as provided for in the *Table* under that Head, be the Quality whatsoever: For tho' there is indeed nothing more wholesome than *Lettuce* and *Mustard* for the *Head* and *Eyes*; yet either of them eaten in excess, were highly prejudicial to them both: Too much of the *first* extreamly 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 of hard digestion, and not fit to be eaten altogether *Crude*, (of which in the *Appendix*) and among which I reckon *Ash-keys*, *Broom-buds* and *Pods*, *Haricos*, *Gurkems*, *Olives*, *Capers*, the Buds and Seeds of *Nasturtia*, *Young Wall-nuts*, *Pine-apples*, *Eringo*, *Cherries*, *Cornelians*, *Berberries*, &c. together with several Stalks, Roots, and Fruits; Ordinary Pot-herbs, *Anis*, *Cistus Hortorum*, *Horminum*, *Pulegium*, *Satureia*, *Thyme*; the intire Family of Pulse and *Legumena*; or other *Sauces*, *Pies*, *Tarts*, *Omlets*, *Tansie*, *Farces*, &c. *Condites* and Preserves with Sugar by the Hand of Ladies; tho' they are all of them the genuine Production of the Garden, and mention'd in

I our

our *Kalendar*, together with their Culture; whilst we confine ourselves to such Plants and *Esculentæ* 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

do well, to begin with their *Herbaceous Pottage*, and for the *Crauder*, 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 †, οὐκ ἀντιπαρὸν, 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

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

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

|| *Virg. Moreto,*

Cause : For drinking liberally, they were found to expell, and allay the Fumes and Vapors of the *genial Compotation*, the spirituous Liquor gently conciliating Sleep : Besides, that being of a crude nature, more dispos'd, and apt to fluctuate, corrupt, and disturb a surcharg'd Stomach ; they thought convenient to begin with *Sallets*, and innovate the ancient Usage.

* ——— *Nam Lactuca innatat acri*
Post Vinum Stomacho ———

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

The *Spaniards*, notwithstanding, eat but sparingly of Herbs at Dinner, especially *Lettuce*, beginning with *Fruit*, even before

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

the *Olio* and Hot-Meats come to the Table ; drinking their Wine pure, and eating the best Bread in the World ; so as it seems the Question still remains undecided with them,

† *Clandere quæ cœnas Lactuca solebat avorum*

Dic mihi cur nostras inchoat illa dapes ?

The *Sallet*, which of old came in at last,

Why now with it begin we our Repast ?

And now since we mention'd *Fruit*, there rises another *Scruple* : Whether *Apples*, *Pears*, *Abricots*, *Cherries*, *Plums*, and other *Tree*, and *Ort-yard-Fruit*, are to be reckon'd among *Sal-leting* ; and when likewise most

† Mart. Ep. l. v. Ep. 17.

seasonably to be eaten? But as none of these do properly belong to our Catalogue of *Herbs* and *Plants*, to which this Discourse is confin'd (besides what we may occasionally speak of hereafter) there is a very useful * Treatise on that Subject already publish'd. We hasten then in the next place to the *Dressing*, and *Composing* of our *Sallet*: For by this time, our Scholar may long to see the *Rules* reduc'd to *Practice*, and Refresh himself with what he finds growing among his own *Lactuceta* and other Beds of the *Kitchen-Garden*.

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

DRES-

DRESSING.

I Am not ambitious of being thought an excellent *Cook*, or of those who set up, and value themselves, for their Skill in *Sauces*; such as was *Mithacus* a *Culinary Philosopher*, and other *Eruditæ Gulæ*; who read Lectures of *Hautgouts*, like the *Archestratus* in *Athenæus*: Tho' after what we find the *Heroes* did of old, and see them chining out the slaughter'd Ox, dressing the Meat, and do the Offices of both *Cook* and *Butcher*, (for so * *Homer* represents *Achilles* himself, and the rest of those *Illustrious Greeks*) I say, after this, let none reproach our *Sallet-Dresser*, or disdain so clean, innocent, sweet,

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

and Natural a Quality ; compar'd with the Shambles Filth and *Nidor*, Blood and Cruelty ; whilst all the World were *Eaters*, and *Composers* of *Sallets* in its best and brightest Age.

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

Lettuce, *Cresses*, *Radish*, &c. (as was directed) must be exquisitely pick'd, cleans'd, wash'd, and put into the Strainer ; swing'd, and shaken gently, and, if you please, separately, or all together ; Because some like not so well the *Blanch'd* and Bitter Herbs, if eaten with the rest : Others mingle
Endive,

Endive, Succory, and Rampions, without distinction, and generally eat *Sellery* by it self, as also *Sweet Fennel*.

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

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

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

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

you think fit, and garnishing the Dish with the thin Slices of *Horse-Radish*, *Red Beet*, *Berberries*, &c.

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

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

Οὐ παντὸς ἀνδρὸς ἔστιν ἀρτυρεῖν
καλῶς.

Non est cujusvis rectè condire.

AND now after all we have advanc'd in favour of the *Herbaceous* Diet, there still emerges a third Inquiry; namely, Whether the Use of *Crude Herbs* and

† Cratinus in Glauco,

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 inquir'd into ; especially, when we compare the *Antediluvians* mention'd Gen. 1.29. — the whole *Fifth* and *Ninth* Chapters, ver. 3. confining them to *Fruit* and wholesom *Sallets* : I deny not that both the *Air* and *Earth* might then be less humid and clammy, and consequently *Plants*,
and

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 *Cataclism*, when Men breath'd the pure *Paradisiac* Air, sucking in a more *æthereal*, nourishing, and baulmy *Pabulum*, so foully vitiated now, thro' the Intemperance, Luxury, and softer Education and Effeminacy of the Ages since.

Custom, and *Constitution* come next to be examin'd, together
with

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 Mensæ* (as of old they call'd *Sallets*) which, according to *Cornelius Celsus*,

Celsus, is the fittest Diet for *Obese* and *Corpulent* Persons, as not so *Nutritive*, and apt to Pamper: And consequently, that for the *Cold*, *Lean*, and *Emaciated*; such *Herby* Ingredients should be made choice of, as warm, and cherish the *Natural Heat*, depure the *Blood*, breed a laudable *Juice*, and revive the *Spirits*: And therefore my *Lord* * *Bacon* shews what are best *Raw*, what *Boil'd*, and what *Parts* of *Plants* fittest to nourish. *Galen* indeed seems to exclude them all, unless well accompanied with their due *Correctives*, of which we have taken care: Notwithstanding yet, that even the most *Crude* and *Herby*, actually *Cold* and *Weak*, may potentially be *Hot*,

* *Nat. Hist. IV. Cent. VII. 130. Se 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.*

and Strengthening, as we find in the most vigorous Animals, whose Food is only Grass. 'Tis true indeed, Nature has providentially mingl'd, and dress'd a *Sallet* for them in every Field, besides what they distinguish by Smell; nor question I, but Man at first knew what Plants and Fruits were good, before the Fall, by his Natural Sagacity, and not Experience; which since by Art, and Trial, and long Observation of their Properties and Effects, they hardly recover: But in all Events, supposing with * *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

* *Card. Contradicent. Med. 1. iv. Cant. 18.*
Diphilus not at all. Athenæus.

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*, *Pursellan*, the *Intybs*, &c. and indeed most of the *Olera*, refresh and cool: And as their respective Juices being converted into the Substances of our Bodies, they become *Aliment*; so in regard of their Change and Alteration, we may allow them *Medicinal*; especially the greater Numbers, among which we all this while have skill but of very few (not only in the Vegetable Kingdom, but in the whole *Materia Medica*) which may be justly call'd *Infallible Specifics*, and upon whose Performance we may as safely depend, as we may on such as familiarly we use for a *Crude Herb-Sallet*; discreetly chosen, mingl'd, and dress'd accordingly:

Not but that many of them may be improv'd, and render'd better in Broths, and Decoctions, than in Oyl, Vinegar, and other Liquids and Ingredients: But as this holds not in all, nay, perhaps in few comparatively, (provided, as I said, the Choice, Mixture, Constitution, and Season rightly be understood) we stand up in Defence and Vindication of our *Sallet*, against all Attacks and Opposers whoever.

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

sons of all Ages, Humours, and Constitutions whatsoever.

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

It is certain, says a * Learned Person, that about populous Cities, where Grounds are overforc'd for Fruit and early *Salleting*, nothing is more unwholsom: Men in the Country look so much more healthy and fresh;

* Sir Tho. Brown's *Miscel.*

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, waisted by the Wind, poison and infect the ambient Air and vital Spirits, with those pernicious Exhalations, and Materials of which they make the *Hot Beds* for the raising those *Præcoces* indeed, and forward Plants and Roots for the wanton Palate; but which being corrupt in the Original, cannot but produce malignant and ill Effects to those who feed upon them. And the same was well observ'd by the *Editor* of our famous *Roger Bacon's* Treatise concerning the *Cure of Old Age*, and *Preservation of Youth*: There being nothing so proper for *Sallet Herbs* and other *Edule Plants*, as the Genial and Natural Mould,

im-

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

|| Caule suburba no q u siccis crevit in agris
Dulcior. ~~Hor. Sat. l. 2. §. 4.~~

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*.

Now, because among other things, nothing more betrays its unclean and spurious Birth than what is so impatiently longed after as *Early Asparagus*, &c. * Dr. *Lister*, (according to his commu-

* Transact. Philos. Num. xxv,

nicative and obliging Nature) has taught us how to raise such as our *Gardiners* 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*. In the mean while, if nothing will satisfy save what is rais'd *Ex tempore*, and by Miracles of Art so long before the time; let them study (like the *Adepti*) as did a very ingenious Gentleman whom I knew; That having some Friends of his accidentally come to Dine with him, and wanting an early *Sallet*, Before they 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; But were they practicable and certain, I confess I should not be fonder of them, than of such as the honest industrious Country-man's Field, and Good-Wife's Garden seasonably produce; where they are legitimately born in just

* *Nurs.* xviii.

time, and without forcing Nature.

But to return again to *Health* and *Long Life*, and the Wholesomeness of the Herby-Diet, * *John Beverovicus*, a Learn'd Physician (out of *Peter Moxa*, a Spaniard) treating of the extream Age, which those of *America* usually arrive to, asserts in behalf of Crude and Natural Herbs: *Diphilus* of old, as † *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,

* *Thesaur. Sanit. c. 2.*

† *As Delcampius interprets the Place.*

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

Dull, Unactive, and much more Stupid than the *Southern*; and such as feed much on Plants, are more Acute, Subtil, and of deeper Penetration: Witness the *Chaldæans*, *Affyrians*, *Ægyptians*, &c. And further argues from the short Lives of most *Carnivorous* Animals, compared with Grass Feeders, and the Ruminating kind; as the *Hart*, *Camel*, and the longævous *Elephant*, and other Feeders on Roots and Vegetables.

I know what is pretended of our Bodies being composed of *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

has introduc'd ; debauching the Stomach, and sharpening it to devour things of such difficult Concoction, with those of more easie Digestion, and of contrary Substances, more than it can well dispose of : Otherwise Food of the same kind would do us little hurt : So true is that of * *Celsus*, *Eduntur facilius ; ad concoctionem autem materiae, 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

* *Cel. Lib. Cap. 4.*

Structure, as to the Use of those Parts and Vessels destin'd to serve the Offices of Concoction, Nutrition, and other Separations for Supply of Life, &c. That it does not appear why there should need any Difference at all of Food; of which the most simple has ever been esteem'd the best, and most wholesome; according to that of the † Naturalist, *Hominis cibus utilissimus simplex*. And that so it is in other Animals, we find by their being so seldom afflicted with Mens Distempers, deriv'd from the Causes above-mentioned: And if the many Diseases of *Horses* seem to || contradict it, I am apt to think it much imputable to the Rack and Manger, the dry and wither'd Stable Com-

† Plin. *Nat. Hist.* l. 3. c. 12.

|| Hanc brevitatem Vitæ (*speaking of Horses*) fortasse homini debet, *Verul. Hist. Vit. & Mort.* See this thoroughly contraverted, *Macrobi. Saturn.* l. vii. c. v.

mons, which they must eat or starve, however qualified ; being restrained from their Natural and Spontaneous Choice, which Nature and Instinct directs them to: To these add the Closeness of the Air, standing in an almost continu'd Posture ; besides the fulsome Drenches, unseasonable Watrings, and other Practices of ignorant *Horse-Quacks* and surly Grooms: The Tyranny and cruel Usage of their Masters in tiring Journeys, hard, labouring and unmerciful Treatment, Heats, Colds, &c. which wear out and destroy so many of those useful and generous Creatures before the time : Such as have been better us'd , and some, whom their more gentle and good-natur'd Patrons have in recompence of their long and faithful Service, dismiss'd, and sent to Pasture for the rest of their Lives (as the *Grand-Seignior* does his *Meccha-*
Ca-

Camel) have been known to live *forty*, *fifty*, nay (says * *Aristotle*, no fewer than *sixty five* Years. When once Old *Par* came to change his simple, homely Diet, to that of the *Court* and *Arundel-House*, he quickly sunk and dropt away : For, as we have shew'd, the Stomack easily concocts plain, and familiar Food ; but finds it an hard and difficult Task, to vanquish and overcome Meats of || 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.

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

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

For different Meats do hurt ; Re-
 member how
 When to one Dish confin'd, thou
 healthier wast than now :

was *Osellus's Memorandum* in the
 Poet.

Not that Variety (which God
 has certainly ordain'd to delight
 and assist our Appetite) is unne-
 cessary , nor any thing more
 grateful, refreshing and proper
 for those especially who lead se-
 dentary and studious Lives ; Men
 of deep Thought, and such as
 are otherwise disturb'd with Se-
 cular Cares and Businesses, which

* Hor. Sat. l. II. Sat. 2. Macr. Sat. l. VII.
 hin.

hinders the Function of the Stomach and other Organs : whilst those who have their Minds free, use much Exercise, and are more active, create themselves a natural Appetite, which needs little or no Variety to quicken and content it.

And here might we attest the *Patriarchal* World , nay, and many Persons since ; who living very temperately came not much short of the *Post-Diluvians* themselves , counting from *Abraham* to this Day ; and some exceeding them, who liv'd in pure Air, a constant, tho' coarse and simple Diet ; wholesome 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 fa-

famous *Johannes de Temporibus*) and was living *Anno* 1636, and so may be still for ought we know. But, to our *Sallet*.

Certain it is, Almighty God ordaining * *Herbs* and *Fruit* for the Food of Men, speaks not a Word concerning *Flesh* for two thousand Years. And when after, by the *Mosaic* Constitution, there were Distinctions and Prohibitions about the legal Uncleanness of *Animals* ; *Plants*, of what kind soever, were left free and indifferent for every one to choose what best he lik'd. And what if it was held undecent and unbecoming the Excellency of Man's Nature, before Sin entered, and grew enormously wicked, that any Creature should be put to Death and Pain for him who had such infinite

* Gen. ix.

store of the most delicious and nourishing Fruit to delight, and the Tree of Life to sustain him? Doubtless there was no need of it. Infants sought the Mother's Nipple as soon as born; and when grown, and able to feed themselves, run naturally to *Fruit*, and still will choose to eat it rather than *Flesh* and certainly might so persist to do, did not Custom prevail, even against the very Dictates of Nature: Nor, question I, but that what the Heathen † *Poets* recount of the Happiness of the *Golden Age*, sprung from some Tradition they had received of the *Paradisiacal* 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 Hor-

† Metam. i. Fab. iii. and xv.

tulan 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

* Gen. xi. 19.

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 gratifie Mens Curiosity, but to transmit what was necessary and sufficient for us to know.

This then premis'd (as I see no Reason why it should not) and that during all this Space they liv'd on *Fruits* and *Sallets* ; 'tis little probable, that after their Transgression , and that they had forfeited their Dominion over the Creature (and were sentenc'd and exil'd to a Life of Sweat and Labour on a cursed and ungrateful Soil) the offend-
ed

ed 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 shortened their Lives so many hundred Years ; the * *μεγαροβιότης* 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.

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*, *Chi-*

† *Porphyr. de Abstin. Proclum, Jambleum, &c.*
* *Strom. vii. † Præp. Ev. passim.*

ron, and others, whom *Laertius* reckons up. In short, so very many, especially of the Christian Profession, that some, even of the ancient * Fathers themselves, have almost thought that the Permission of eating Flesh to *Noah* and his Sons, was granted them no otherwise than *Repudiation* of Wives was to the *Jews*, namely, for the *Hardness* of their Hearts, and to satisfy a murmuring Generation that a little after loathed *Manna* it self, and *Bread from Heaven*. So difficult a thing it is 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

* *Tertul. de Jejun. cap. iv. Hieron. advers. Jovin. || Sen. Epist. 108.*

Advantages of the *Herby* and *Sallet* Diet, as *Physical*, and *Natural* Advancers of Health and other Blessings; whilst Abstinence from Flesh deprives Men of nothing but what *Lions*, *Vultures*, Beasts and Birds of Prey, blood and gorge themselves withal. The whole *Epistle* deserves the Reading, for the excellent Advice he gives on this and other Subjects; and how from many troublesome and slavish Impertinencies, grown into Habit and Custom (old as he was) he had Emancipated and freed himself: Be this apply'd to our present excessive Drinkers of Foreign and *Exotic* Liquors. And now

I am sufficiently sensible how far, and to how little purpose I am gone on this *Topic*: The *Ply* is long since taken, and our raw *Sallet* deckt in its best Trim, is never like to invite Men who once have tasted *Flesh* to quit

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

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

shew how possible it is by so many Instances and Examples, to live on wholesome Vegetables, both long and happily: For so

** 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 nurst:
Be their vile Names in Execration held,*

**Has Epulas habuit teneri gens aurea mundi;
Et coenæ ingentis tunc caput ipsa sui.
Semideumque meo creverunt corpora succo,
Materiam tanti sanguinis ille dedit.
Tunc neque fraus nota est, neque vis, neque
foeda libido;
Hæc nimis proles fæva caloris erat.
Sit sacrum illorum, sit detestabile nomen,
Qui primi servæ regna dedere gulæ.*

Who

Who with foul Glutt'ny first the
World defil'd :

Parent of Vice, and all Diseases since,
With ghastly Death sprung up alone
from thence.

Ah, from such reeking, bloody Ta-
bles fly,

Which Death for our Destruction
does supply.

In Health, if Sallet-Herbs you
can't endure ;

Sick, you'll desire them ; or for
Food, or Cure.

As to the other part of the
Controversie, which concerns us,
ἀσπαράγοι, and Occidental Blood-
Eaters ; some Grave and Learn'd
Men of late seem to scruple
the present Usage, whilst they

Hinc vitiis patefacta via est, morbisq; secutis
Se lethi facies exerueret novæ. (fas,

Ah, fuge crudeles Animantium sanguine men-
Quasque tibi obsonat mors inimica dapes.

Poscas tandem æger, si sanus negligis, herbas.
Esse cibus nequeunt ? at medicamen erunt.

Colui Plaut. lib. I. Lactuca.

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,

* Gen. ix. † Ancyra xiv. ‖ Can. Apost. 50 ∴ Clem. Pædag. Lib II. c. I. Vide Prudent. Hymn. *καὶ θυμὸν ἐν ὧν* : Nos Oloris Coma, nos siliqua facta legumine multitudo paraveris innocuis Epulis.

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

As to the Reason of this Prohibition, its favouring of Cruelty excepted, (and that by *Galen*, and other experienc'd Physicians, the eating Blood is condemn'd as unwholesome, causing Indigestion and Obstructions) if a positive Command of *Almighty God* were not enough, it seems sufficiently in-

intimated ; because *Blood* was the *Vehicle* of the *Life* and *Animal Soul* of the *Creature* : For what other mysterious Cause, as haply its being always dedicated to *Expiatory Sacrifices*, &c. it is not for us to enquire. 'Tis said, that *Justin Martyr* being asked, why the *Christians* of his time were permitted the eating *Flesh* and not the *Blood*? readily answer'd, That God might distinguish them from *Beasts*, which eat them both together. 'Tis likewise urg'd, that by the *Apostolical Synod* (when the rest of the *Jewish Ceremonies* and *Types* were abolish'd) this *Prohibition* was mention'd as a thing **necessary*, and rank'd with *Idolatry*, which was not to be local or temporary ; but universally injoyn'd to converted *Strangers*,

† Quæst. & Resp. ad Orthod. Tho. Bartholinus, de usu Sanguinis.

* xv Acts, 20, 29.

and *Profelytes*, as well as *Jews*: Nor could the Scandal of neglecting to observe it, concern them alone, after so many Ages as it was and still is in continual Use; and those who transgress'd, so severely punish'd, as by an *Imperial Law* to be scourg'd to *Blood* and *Bone*: Indeed, so terrible was the Interdiction, that *Idolatry* excepted (which was also Moral and perpetual) nothing in Scripture seems to be more express. In the mean time, to relieve all other Scruples, it does not, they say, extend to that ἀκρίβεια of those few diluted Drops of *Extravasated Blood*, which might happen to tinge the Juice and *Gravy* of the *Flesh* (which were indeed to strain at a *Gnat*) but to those who devour the *Venal* and *Arterial Blood* separately, and in Quantity, as a choice Ingredient of their luxurious Preparations and *Apician Tables*. But

But this, and all the rest will, I fear, seem but *Oleribus verba facere*, and (as the Proverb goes) be Labour-in-vain to think of preaching down *Hogs-Puddings*, and usurp the Chair of *Rabby-Busy*: And therefore what is advanc'd in Countenance of the *Antediluvian* Diet, we leave to be ventilated by the Learned, and such as *Curcellæus*, who has borrow'd of all the Ancient Fathers, from *Tertullian*, *Hierom*, *S. Chrysostom*, &c. to the later Doctors and Divines, *Lyra*, *Tostatus*, *Dionysius Carthusianus*, *Perrinus*, amongst the *Pontificians*; of *Peter Martyr*, *Zanchy*, *Aretius*, *Jac. Capellus*, *Hiddiger*, *Cocceius*, *Bochartus*, &c. amongst the *Protestants*; and *instar omnium*, by *Salmasius*, *Grotius*, *Vossius*, *Blundel*: In a Word, by the Learn'd of both Persuasions, favourable enough to these Opinions, *Cajetan* and *Calvin* only excepted,

cepted, who hold, that as to *Abstinence* from *Flesh*, there was no positive Command or Imposition concerning it; but that the Use of *Herbs* and *Fruit* was recommended rather for Temperance sake, and the Prolongation of Life: Upon which score I am inclin'd to believe that the ancient *Σεραπίσταί*, and other devout and contemplative Sects, distinguish'd themselves; whose Course of Life we have at large describ'd in * *Philo* (who liv'd and taught much in Gardens) with others of the Abstemious *Christians*; among whom, *Clemens* brings in St. *Mark* the *Evangelist* himself, *James* our Lord's Brother, St. *John*, &c. and with several of the devout Sex, the famous *Diaconesse Olympias*, mention'd by *Palladius* (not to name the

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

rest) who abstaining from Flesh, betook themselves to *Herbs* and *Sallets* upon the Account of Temperance, and the Vertues accompanying it ; and concerning which the incomparable *Grotius* declares ingenuously his Opinion to be far from censuring, not only those who forbear the eating *Flesh* and *Blood*, *Experimenti Causâ*, and for Discipline sake ; but such as forbear *ex Opinione*, and (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 Controversie (*nè nimium extra oleas*) it has often been objected, that *Fruit*, and *Plants*, and all other things, may since the Beginning, and as the World grows older, have universally become *Effæte*, impair'd and divested of those Nutritious and transcendent Vertues they were
at

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, Fenillantines* (a late Order of *Ascetic Nuns*) amongst other Mortifications, made Trial upon the *Leaves of Plants* alone, to which they would needs confine themselves ; but were not able to go through that thin and meagre Diet : But then it would be enquir'd whether they had not first, and from their very Childhood, been fed and brought up with *Flesh*, and better Sustenance till they enter'd the *Cloyster* ; and what the Vegetables and the Preparation of

* *Hackwell. Apolog.*

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^c Basket) substantially to maintain Mens Lives in Health and Vigour: For to *this*, and less than this, we have the Suffrage of the great || *Hippocrates* himself; who thinks, *ab initio etiam hominum* (as well as other Animals) *tali victu usum esse*, and needed no other Food. Nor is it an inconsiderable Speculation, That since *all Flesh is Grass* (not in a *Figurative*, but *Natural* and *Real* Sense) *Man* himself, who lives on *Flesh*, and I think upon no Earthly Animal whatsoever,

but such as feed on Grass, is nourish'd with them still; and so becoming an *Incarnate Herb*, and Innocent *Canibal*, may truly be said to devour himself.

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 Mens neglecting plain and Essential Duties, under Colour of exercising themselves

|| L. C. Annot. in Coloss. c. 2.

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 *ἐνδελοπερασόφρησκεια*, 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 Fryars*, who pretending to justify a mistaken Zeal and meritorious Abstinence; not only by a peculiar Diet and Distinction of Meats (which God without Distinction has made the moderate Use of common and * indifferent amongst *Christians*) but by other sordid Usages, and unnecessary Hard-

* 2 Tim. iv. 3.

Hardships, wilfully prejudice their Health and Constitution? and through a singular manner of living, dark and *Saturnine*; whilst they would seem to abdicate and forsake the World (in Imitation, as they pretend, of the Ancient *Eremites*) take care to settle, and build their warm and stately Nests in the most Populous Cities, and Places of Resort; ambitious doubtless of the Peoples Veneration and Opinion of an extraordinary Sanctity; and therefore 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 Emperour *Valentinian* banished them the Cities, and *Constantine Copronymus* finding them seditious, oblig'd them to marry, to leave their Cells, and live as did others. For of these, some there are who seldom

speak, and therefore edifie none;
 sleep little, and lie hard, are
 clad nastily, and eat meanly (and
 oftentimes that which is unwhol-
 som) and therefore benefit none:
 Not because they might not, both
 for their own, and the Good of
 others, and the Publick; but be-
 cause they will not; Custom, and
 a prodigious † Sloth accompany-
 ing it; which renders it so far
 from *Penance*, and the Mortifi-
 cation 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 use-
 ful Remarks abroad.

‘ These, says he, willingly re-
 ‘ nouncing the innocent Com-
 ‘ forts of Life, plainly shew it

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

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

' 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 Gene-
 ' rations, sociable and commu-
 ' nicative, unaffected, and by no
 ' means singular and fantastic in
 ' Garb and Habit, as are these
 ' (forsooth) Fathers (as they af-
 ' fect 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 Calami-
 ty ; and to *labour* with their
Hands for their own, and others
 necessary Support, as well as
 with

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 deserv'd to have their *Names* preserv'd; not for their rigorous *Fare*, and uncouth *Disguises*; but for teaching that the *Grace* of *Temperance* and other *Vertues*, consisted in a cheerful, innocent, and profitable *Conversation*.

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

our excellent *Botanist* * Mr.
Ray.

‘ The Use of Plants (says he)
 ‘ is all our Life long of that uni-
 ‘ versal Importance and Concern,
 ‘ that we can neither live nor sub-
 ‘ sist in any Plenty with Decency,
 ‘ or Conveniency or be said to live
 ‘ indeed at all without them: what-
 ‘ soever Food is necessary to sustain
 ‘ us, whatsoever contributes to
 ‘ delight and refresh us, are sup-
 ‘ ply’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

* Plantarum usus latissimè patet, & in om-
 ni vitæ parte occurrit, sine illis lautè, sine
 illis commodè non vivitur, ac nec vivitur
 omninò. Quæcunque ad victu necessaria
 sunt, quæcunque ad delicias faciunt, è locu-
 pletissimo suo penu abundè subministrant:
 Quantò ex eis mensa innocentior, mundior,
 salubrior, quam ex animalium cæde & Lani-

‘ and

'and slaughter'd Animals ! Cer-
 'tainly Man by Nature was ne-
 'ver made to be a *Carnivorous*
 'Creature ; nor is he arm'd at
 'all for Prey and Rapin, with
 'gag'd and pointed Teeth and
 'crooked Claws , sharpned to
 'rend and tear : But with gentle
 'Hands to gather Fruit and Ve-
 'getables, 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 De-
 'luge, &c.

To this might we add that
 transporting Consideration, be-
 coming both our Veneration and

ena ! Homo certè naturâ animal carnivorum
 non est; nullis ad prædam & rapinam armis in-
 structum; non dentibus exertis & ferratis, non
 unguibus aduncis : Manus ad fructos colli-
 gendos, dentes ad mandendos comparati ;
 nec legimus se ante diluvium carnes ad esum
 concessas, &c. *Raii Hist. Plant. Lib. 1. cap. 24.*

Admiration of the infinitely wise and glorious Author of Nature, who has given to *Plants* such astonishing Properties; such fiery Heat in some to warm and cherish, such Coolness in others to temper and refresh, such pinguid Juice to nourish and feed the Body, such quickening *Acids* to compel the Appetite, and grateful Vehicles to court the Obedience of the Palate, such Vigour to renew and support our natural Strength, such ravishing Flavour and Perfumes to recreate and delight us: In short, such spirituous and active Force to animate and revive every Faculty and Part, to all the kinds of Human, and, I had almost said Heavenly Capacity too. What shall we add more? Our Gardens present us with them all; and whilst the *Shambles* are cover'd with Gore and Stench, our *Sallets* scape the Insults of the Sum-

Summer Fly, purifies and warms
the Blood against Winter Rage:
Nor wants there Variety in
more abundance, than any of
the former Ages could shew.

Survey we their *Bills of Fare*,
and Numbers of Courses serv'd
up by *Athenæus*, drest with all
the Garnish of *Nicander* and o-
ther *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 !

*In quibus est Luctuca sedens, &
tonsile porrum,*

*Nec deest ructatrix Mentha, nec
herba salax, &c.*

A Goodly Sallet !

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

*Lettuce, Leeks, Mint, Rocket, Colewort-Tops, with Oyl and Eggs, and such an Hotch-Pot following (as the Cook in *Plautus* would deservedly laugh at) But how infinitely out-done in this Age of ours, by the Variety of so many rare *Edules* unknown to the Ancients, that there's no room for the Comparison. And, for Magnificence, let the *Sallet* drest by the Lady for an Entertainment made by *Jacobus Catsius* (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*

* *Barl. Eleg. lib. 3.*

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 drest with *Oyl*, *Salt*, and *Pepper*, that so deceiv'd, and yet pleased the Prince, that he commended it for the best Fish he had ever eaten. Nor does all this exceed what every industrious *Gardiner* may innocently enjoy, as well as the greatest Potentate on Earth.

Vitellius his Table, to which every Day
All Courtiers did a constant Tribute pay,
Could nothing more delicious afford Than Nature's Liberality.
Help'd with a little Art and Industry,
Allows the meanest Gard'ners Board,

*The wanton Taste no Fish or Fowl
can chuse,*

*For which the Grape or Melon she
would lose.*

*Tho' all th' Inhabitants of Sea and
Air.*

*Be listed in the Glutton's Bill of
Fare;*

*Yet still the Sallet, and the Fruit
we see*

*Plac'd the third Story high in all
her Luxury.*

So the Sweet † Poet, whom I can
never part with for his Love to
this delicious Toil, and the Ho-
nour he has done me.

Verily, the infinite Plenty and
Abundance, with which the be-
nign and bountiful Author of
Nature has stor'd the whole Ter-
restrial World, more with Plants
and Vegetables than with any o-

† Cowley, Garden. Stanz. 6.

ther Provision whatsoever; and the Variety not only equal, but by far exceeding the Pleasure and Delight of Taste (above all the Art of the *Kitchen*, than ever * *Apicius* knew) seems loudly to call, and kindly invite all her living Inhabitants (none excepted) who are of gentle Nature, and most useful, to the same *Hospitable* and *Common-Board*, which first she furnish'd with *Plants* and *Fruit*, as to their natural and genuine Pasture; nay, and of the most wild, and savage too *ab origine*: As in *Paradise*, where, as the *Evangelical* † *Prophet* adumbrating the

* Hence in *Macrobius Sat. lib. vii. c. 5.* we find *Eupolis* the Comedian in his *Æges*, bringing in Goats boasting the Variety of their Food, Βοσκόμεθ ὕλῃς ἀπὸ παντοδαπῆς, ἐλαίης, &c. After which follows a Banquet of innumerable sorts.

† *Esa. lxxv. 25.*

future Glory of the Catholick Church, (of which that happy Garden was the *Antitype*) the Wolf and the Lamb, the angry and furious Lion, should eat Grass and Herbs together with the Ox. But after all, *latet anguis in herba*, there's a Snake in the Grass; Luxury, and Excess in our most innocent Fruitions. There was a time indeed when the Garden furnish'd Entertainments for the most Renown'd Heroes, virtuous and excellent Persons; till the Blood-thirsty and Ambitious, over-running the Nations, and by Murders and Rapine rifl'd the World, to transplant its Luxury to its new Mistriss, Rome. Those whom heretofore * two Acres

* 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 & ulinas. *Plin. Hist. Nat. lib. xviii. c. 2.*

of Land would have satisfied, and plentifully maintain'd; had afterwards their very Kitchens almost as large as their first Territories: Nor was that enough: Entire * *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*. But so it was not when the *Pease-Field* spread

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

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

a Table for the Conquerors of the World, and their Grounds were cultivated *Vomere laureato, & triumphali aratore*: The greatest Princes took the *Spade* and the *Plough-Staff* in the same Hand they held the Sceptre; and the Noblest † 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 (*Hec 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

† *Valeriana*, *That* of *Lectucini*, *Achilleia*, *Lyfimachia*. *Fabius*, *Cicero*, *Lentulus*, *Piso*, &c. à *Fabis*, *Cicere*, *Lente*, *Pifis* bene ferendis dicti, *Plin.*

his hungry * *As* would not touch, for fear of pricking his Lips.

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

O quantum, & quoties decoris frustrata paterni !

At qualis nostris, quam simplex mensa Camillis !

Qui tibi cultus erat post tot, serrane, triumphos ?

Ergo illi ex habitu, virtutisq; indole prisca,

Imposuere orbi Romam caput : —

* Mirum esset non licere pecori Carduis vesci, non licet plebei, &c. *And in another Place*, Quoniam portenta quoque terrarum in ganeam vertimus, etiam quæ refugeant quadrupedes conscia, *Plin. Hist. Nat. l. xix. c. 8.*

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

Neigh-

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 *Ser-*
ran bear:
 Therefore such Hardship, and
 their Heart so great
 Gave *Rome* to be the World's
 Imperial Seat.

But as these were the Sensual
 and Voluptuous, who abus'd
 their Plenty, spent their Fortunes
 and shortned their Lives by their
 Debauches; so never did they taste
 the Delicacies, and true Satisfaction
 of a sober Repast, and the
 infinite Conveniences of what
 well-stor'd *Garden* affords;
 so elegantly describ'd by the
 N 4 * *Natu-*

* *Naturalist*, as costing neither Fuel nor Fire to boil, Pains or time to gather and prepare, *Res expedita & parata semper*: All was so near at hand, readily drest, and of so easie Digestion; as neither to offend the Brain, or dull the Senses; and in the greatest Dearth of Corn, a little Bread suffic'd. In all Events,

|| *Panis ematur, Olus, Vini Sextarius adde*

Quæis humana sibi doleat natura negatis.

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

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

|| *Horat. Serm. Sat. .i.*

They

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

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

† Alterum fuccidium. Cic. in Catone.

Tiberias had a Tribute of Skirts paid him.

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 desurgat dubia? quin corpus
onustum*

*Hesternis vitiis, animum quoque
prægravat unâ,
Atque affigit humo divinæ particu-
laræ auræ.*

See but how pale they look, how
wretchedly,
With Yesterday's Surcharge di-
sturb'd they be!
Nor Body only suff'ring, but the
Mind,
That nobler Part, dull'd and de-
press'd we find.

* Hor. Sat. l. 2. Vix præ vino sustinet pal-
pebras, eunti in consilium, &c. See the Orati-
on of C. Titius de Leg. Fan. Mac. Sat. l. 2. c. 12.

Drowsie 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 na-
tural, their Sleep *molli sub arbore*,
sound, sweet and kindly : That
excellent Emperour *Tacitus* being
us'd to say of *Lettuce*, that he
did *somnum se mercari* when he
eat of them, and call'd it a sump-
tuous Feast, with a *Sallet* and a
single *Pullet*, which was usually
all the Flesh-Meat that sober
Prince

Prince eat of; whilst *Maximinus* (a profess'd Enemy to *Sallet*) is reported to have scarce been satisfied, with sixty Pounds of *Flesh*, and Drink proportionable.

There was then also far less expensive Grandure, but far more true State; when *Consuls*, great Statesmen (and such as atchiev'd the most renown'd Actions) sup'd in their *Gardens*; not under costly, gilded, and inlaid Roofs, but the spreading *Platan*; and drank of the Chrystal Brook, and by Temperance, and healthy Frugality, maintain'd the Glory of *Sallets*, *Ah, 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 *Regal's* her *Celestial* Guest:

* *With*

*With sav'ry Fruit of Taste to please
True Appetite,——and brings
Whatever Earth's all-bearing Mo-
ther yields

—— Fruit of all kinds, in Coat
Rough, or smooth-Rind, or beard-
ed Husk, or Shell.

Heaps with unsparing Hand : For
Drink the Grape

She crushes, inoffensive Moust, and
Meaches

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 !

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

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

But now after all (and for Close of all) Let none yet imagine, that whilst we justify our present Subject through all the *Topics* of *Panegyric*, we would in Favour of the *Sallet*, drest with all its Pomp and Advantage turn Mankind to *Grass* again ; which were ungratefully to neglect the Bounty of Heaven, as well as his Health and Comfort : But by these Noble Instances and Examples, to reproach the *Luxury* of the present Age ; and by shewing the infi-

† At victus illa ætas cui fecimus aurez
nomen

Fructibus arboreis, & quas humus educat
herbis

Fortunata fuit. ——— Met. xv.

nite

nite Blessing and Effects of Temperance, and the Vertues accompanying it; with how little Nature, and a * Civil Appetite may be happy, contented with moderate things, and within a little Compass, reserving the rest, to the nobler Parts of Life. And thus of old,

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

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

* Bene moratus venter.

|| TAB. II.

* Hap-

* Happy the Man, who from Ambition freed,
A little Garden, little Field does feed.

The Field gives frugal Nature
what's requir'd;

The Garden what's luxuriously desir'd:

The specious Evils of an anxious
Life,

He leaves to Fools to be their endless Strife.

O Fortunatos nimium bona si suanorint

Horticulos !

* Foelix, quem miserâ procul ambitione remotum,

Parvus ager placidè, parvus & hortus, alit.
Præbet ager quicquid frugi natura requirit,

Hortus habet quicquid luxuriosa petit,
Cætera sollicitæ speciosa incommoda vitæ

Permittit stultis quærere, habere malis.

Cowley, Pl. lib. iv.

FINIS.

APPENDIX.

THO' it was far from our first Intention to charge this small Volume and Discourse concerning Crude Sallets, with any of the following Receipts: Yet having since received them from an Experienc'd Housewife; and that they may possibly be useful to correct, preserve and improve our Acetaria, we have allow'd them Place as an Appendant Variety upon Occasion: Nor account we it the least Dishonour to our former Treatise, that we kindly entertain'd them; since (besides divers Learned Physicians, and such as have ex professo written de Re Cibaria) we have the Examples of many other

Appendix.

Plin. Athe-
naeus, Ma-
crobius,
Bacon,
Boyle, Dig-
by, &c.

* Noble and Illustrious Persons,
both among the Ancient and Mo-
dern.

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

How a Poiverade is made, and
the Bottoms preserv'd all the Win-
ter, See Aceraria. p. 8, 9.

Ashen-keys. See Pickle.

Asparagus. See Pickle.

Beets.

Broom.

Buds.

Capers.

} See Pickle.

Carrot. See Pudding.

Champignon. See Mushroom.

Chef-

Appendix.

2. Chestnut. Roasted under the Embers, or dry fried, till they shell, and quit their Husks, may be slit; the Juice of Orange squeezed on a Lump of hard Sugar dissolved; to which add some Claret Wine.

Collyflower. }

Cucumber. }

Elder flowers. } See Pickle.

Flowers. }

Gilly-flowers. }

Herbs. See Pudding and Tart.

Limon. See Pickle.

3. Mushroom. 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

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fresh Water, and a little sweet Butter ; (some boil them a quarter of an hour first) and then taking them out, dry them in a Cloth, pressing out the Water, and whilst hot, add the Butter ; and then boiling a full Hour (to exhaust the Malignity) shift them in another clean Water, with Butter, as before till they become sufficiently tender. Then being taken out, pour upon them as much strong Mutton (or other) Broth as will cover them, with six Spoonfuls of White-Wine, twelve Cloves, as many Pepper-Corns, four small young Onions, half an Handful of Parsly bound up with two or three Spriggs of Thyme, an Anchovy, Oysters raw, or pickl'd ; a little Salt, sweet Butter ; and so let them stew. See Acetar. p. 39.

Appendix.

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 Mushrooms, letting them boil till they become tender: Then stew them leisurely between two Dishes (the Water being drained from them) in a third Part of White-Wine and Butter, a small Bundle of sweet Herbs at discretion. To these add Broth as before, with Cloves, Mace, Nutmeg, Anchovies (one is sufficient) Oysters, &c. a small Onion, with the green Stem chopt small; and lastly, some Mutton-Gravy, rubbing the Dish gently with a Clove of Garlick, or some Rocombo Seeds in its stead. Some beat the Yolk of a fresh Egg with Vinegar, and Butter, and a little Pepper.

Appendix.

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

In Poiverade.

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

In Powder.

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

Appendix.

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 course Cloths, shewing it also a little to the Fire in a Dish or Pan. Then stamp it as small as to pass through a fine Tiffany Sieve : Then slice some Horse-Radish, and lay it to soak in strong Vinegar, with a small Lump of hard Sugar (which some leave out) to temper the Flower with, being drained from the Radish, and so put it all in a Glaz'd Mug, with an Onion, and keep it well stop'd with a Cork upon a Bladder, which is the more cleanly : But this 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

Appendix.

this Mustard adding Verjuice, Sugar, Claret-Wine, and Juice of Limon, you have an excellent Sauce to any sort of Flesh or Fish.

Note, that a Pint of good Seed is enough to make at one time, and to keep fresh a competent while. What part of it does not pass the Sarse, may be beaten again; and you may reserve the Flower in a well closed Glass, and make fresh Mustard when you please. See Acetaria, p. 59. 103.

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

Appendix.

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

Peny-royal. See Pudding.

Pickles.

Pickl'd

6. Artichoaks. See Acetaria, P. 9.

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

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8. Asparagus. Break off the hard Ends, and put them in White-Wine Vinegar and Salt, well covered with it; and so let them remain for six Weeks: Then taking them out, boil the Liqueur or Pickle, and scum it carefully. If need be, renew the Vinegar and Salt; and when 'tis cold, put 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
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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 dissolved, clearing off the Dregs and Scum. The next Day pour it from the Bottom; and having rubbed the Buds dry put them up in a Pickle-Glass, which should be frequently shaken, till they sink under it, and keep it well stopt and covered.

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

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11. Of Elder. Take the largest Buds, and boil them in a Skillet with Salt and Water, sufficient only to scald them ; and so (being taken off the Fire) let them remain covered till Green ; and then pot them with Vinegar and Salt, which has had one Boil up to cleanse it.

12. Collyflowers. Boil them till they fall in Pieces : Then with some of the Stalk, and worst of the Flower, boil it in a part of the Liquor till pretty strong : Then being taken off, strain it ; and when settled, clear it from the Bottom. Then with Dill, Gross Pepper, a pretty Quantity of Salt, when cold, add as much Vinegar as will make it sharp, and pour all upon the Collyflower ; and so as to keep them from touching one another ; which is prevented by putting Paper close to them.

Cornelians are pickled like Olives.

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

14. Cucumbers. Take the Gorkems, or smaller Cucumbers; put them into Rape-Vinegar, and boyl, and cover them so close, as none of the Vapour may issue forth; and also let them stand till the next day: Then boil them in fresh White-Wine Vinegar, with large Mace, Nutmeg, Ginger, white Pepper, and a little Salt, (according to discretion) straining the former Liquor from the Cucumbers; and so place them in a Farr, or wide mouthed Glass, laying a lit-

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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.

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Wiping them clean, put them in a very strong Brine of Water and Salt, to soak two or three Hours or longer, if you see Cause: Then range them in the Jarr or Barrellet with Herbs and Spice as usual; and cover them with hot Liquor made of two parts Beer-Vinegar, and one of White-Vine Vinegar: Let all be very well closed. A Fortnight after scald the Pickle again, and repeat it, as above: Thus they will keep longer, and from being so soon

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soon sharp, eat crimp and well tasted, tho' not altogether so green. You may add a Walnut-Leaf, Hysop, Costmary, &c. and as some do, strow on them a little Powder of Roch-Allom, which makes them firm and eatable within a Month or six Weeks after.

Mango of Cucumbers.

Take the biggest Cucumbers (and most of the Mango size) that look green: Open them on the Top or Side; and scooping out the Seeds, supply their Place with a small Clove of Garlick, or some Roccombo Seeds. Then put them into an Earthen Glazed Jarr, or wide-mouth'd Glass, with as much White Vine 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;

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Brine ; and so pour all boyling-hot on the Cucumbers, covering them close till the next Day. Then put them with a little Dill, and Pickle into a large Skillet ; and giving them a Boyl or two, return them into the Vessel again : And when all is cold, add a good Spoonful of the best Mustard, keeping it from the Air, and so have you an excellent Mango. When you have occasion to take any out, make use of a Spoon, and not your Fingers.

Elder. See Buds.

Flowers. See Cowslips, and for other Flowers.

15. Limon. Take Slices of the thick Rind Limon, Boil and shift them in several Waters, till they are pretty tender : Then drain and wipe them dry with a clean Cloth ; and make a Pickle with a little White-Wine Vinegar,

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gar, 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 pickled as Cucumber, make an excellent Sallet.

17. Mushroom. Take a Quart of the best White-Wine Vinegar; as much of White-Wine, Cloves, Mace, Nutmeg a pretty Quantity, beaten together: Let the Spice boil therein to the Consumption of half; then taken off, and being cold, pour the Liqueur on the Mushrooms; but leave out the boiled Spice, and cast in of the same sort of Spice whole, the Nutmeg only slit in Quarters,
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with some Limon-Peel, white Pepper ; and if you please a whole raw Onion, which take out again when it begins to perish.

Another.

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

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

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 Glazed Vessel, pour good Vinegar on them, and cover it with a Board. Thus letting it stand for eight or ten Days: Then being taken out, and gently press'd, cast them into fresh Vinegar, and let them so remain as long as before. Repeat this a third time, and Barrel them up with Vinegar and a little Salt.

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Orange. See Limon.

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

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:

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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, put 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 pick'd, are a pretty Sallet.

23. Sampier. Let it be gathered about Michaelmas (or the Spring) and put two or three Hours into a Brine of Water and Salt; then into a clean Tin'd Brass Pot, with three parts of strong White-Wine Vinegar, and one part of Water and Salt, or as much as will cover the Sampier, keeping the Vapour from issuing out, by pasting down

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the Pot-lid, and so hang it over the Fire for half an Hour only. Being taken off, let it remain covered till it be cold; and then put it up into small Barrels or Jars, with the Liquor, and some fresh Vinegar, Water and Salt; and thus it will keep very green. If you be near the Sea, that Water will supply the place of Brine. This is the Dover Receipt.

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 then 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

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with fresh, two or three times within this space: Then lay them to drain, and dry on a clean course Cloth, and put them up in a Glass Jar, with a few Walnut Leaves, Dill, Cloves, Pepper, whole Mace and Salt; strowing them under every Layer of Nuts, till the Vessel be three quarters full; and lastly, replenishing it with the best Vinegar, keep it well covered; and so they will be fit to spend within three Months.

To make a Mango with them.

The Green Nuts prepared as before, cover the Bottom of the Jar with some Dill, an Handful of Bay-Salt, &c. and then a Bed of Nuts; and so stratum upon stratum, as above, adding to the Spice some Roccombo-Seeds; and filling the rest of the Jar with the best White-Wine Vinegar, mingled with the best Mustard; and so

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let them remain close covered, during two or three Months time: And thus have you a more agreeable Mango than what is brought us from abroad; which you may use in any Sauce, and is of it self a rich Condiment.

Thus far Pickles.

25. Potage Maigre. Take four Quarts of Spring-Water, two or three Onions stuck with some Cloves, two or three Slices of Limon-Peel, Salt, whole white Pepper, Mace, a Raze or two of Ginger, tied up in a fine Cloth (Lawn or Tiffany) and make all boil for half an Hour; Then having Spinage, Sorrel, white Beet-Chard, a little Cabbage, a few small Tops of Cives, wash'd and pick'd clean, shred them well, and cast them into the Liquor, with a Pint of blue Pease boil'd soft and strain'd, with a Bunch of sweet Herbs, the Top and Bottom of a French Roll; and so suffer it to boil during three Hours; and then dish

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dish it with another small French Roll, and Slices about the Dish: Some cut Bread in slices, and frying them brown (being dried) put them into the Pottage just as it is going to be eaten.

The same Herbs, clean wash'd, broken and pulled 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 some of the Crust of Manchet-Bread, and grate off half as much of the rest as there is of the Root, which must also be grated: Then take half a Pint of fresh Cream or New Milk, half a Pound of fresh Butter, six new laid Eggs (taking out three of the Whites) mash

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mash and mingle them well with the Cream and Butter: Then put in the grated Bread and Carrot, with near half a Pound of Sugar, and a little Salt; some grated Nutmeg and beaten Spice; and pour all into a convenient Dish or Pan, butter'd, to keep the Ingredients from sticking and burning; set it in a quick Oven for about an Hour, and so have you a Composition for any Root-Pudding.

27. Penny-royal. *The Cream, Eggs, Spice, &c. as above, but not so much Sugar and Salt: Take a pretty Quantity of Penny-royal and Marigold Flower, &c. very well shred, and mingle with the Cream, Eggs, &c. four Spoonfuls of Sack; half a Pint more of Cream, and almost a Pound of Beef-Suet chopt very small, the Gratings of a Two-penny Loaf, and stirring all well together, put it into a Bag flower'd and tie it fast. It will be boil'd with-*

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within an Hour : Or may be baked in the Pan like the Carrot-Pudding. The sauce is for both, a little Rose-water, less Vinegar, with Butter beaten together and poured on it sweetned with the Sugar Caster.

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

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

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29. Skirret-Milk Is made by boiling the Roots tender, and the Pulp strained out, put into Cream or new Milk boiled, with three or four Yolks of Eggs, Sugar, large Mace and other Spice, &c. And thus is composed any other Root-Milk. See Acetar. p. 65.

30. Tansie. 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 Tansie, and let it be fried so as to look green in the Dish,

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Dish with a Strew of Sugar, and store of the Juice of Orange : some affect to have it fryed a little brown and crisp.

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

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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 Boletii, are roasted whole in the Embers; then slic'd and stew'd in strong Broth with Spice, &c. as Mushrooms are. Vide Acetar. p. 42.

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

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35. Minc'd, or Sallet-all-forts.

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, Berberies, Red-Beet, Buds of Nasturtium, Broom, &c. Purslan 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 cleansed and dried) &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 mixt, and by themselves. To these add roasted Maroons, Pistachios, Pine-Kernels, and of Almonds four times as much as of the rest, with some Rose-water. Here also come in the Pickled Flow-

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Flowers and Vinegar in little China Dishes. And thus have you an Universal Winter-Sallet, or an All sort in Compendium, fitted for a City Feast, and distinguished from the Grand-Sallet: which shou'd consist of the Green blanch'd and unpickled, under a stately Pennash of Sellery, adorn'd with Buds and Flowers.

And thus have we presented you a Taste of our English Garden Housewifry in the matter of Sallets: And though some of them 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 justifie what has been asserted of the Possibility of living (not unhapily) on Herbs and Plants, according to Original and Divine Institution, improved by Time and long Experience. And if we have admitted Mush-

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Mushrooms among the rest (contrary to our Intention, and for Reasons given, Acet. p. 43.) since many will by no means abandon them, we have endeavoured to preserve them from those pernicious Effects which are attributed to, and really in them: We cannot tell indeed whether they were so treated and accommodated for the most Luxurious of the Cæsarean Tables, when that Monarchy was in its highest Strain of Epicurism, and 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:

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But before you make use of it, beat some Syrop of Citron with it, an Ounce and half of Syrup to each Gallon of Liquor: Then put in the Toast whilst hot, to assist its Fermentation, 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 two Gallons (or rather three Pecks) four Limons slic'd, with the Rinds and all. Lastly, one Pottle of White or Rhenish Wine; and then after two Days, tun it up in a sweet Cask. Some leave out all the Syrup.

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

Vinegar. To every Gallon of Spring Water let there be allowed three Pounds of Malaga-Raisins: Put them in an Earthen Farr, and place them where they may have the

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hottest Sun, from May till Michaelmas: Then pressing them well, Tunn 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 untouched for three Months, before it be drawn off, and it will prove Excellent Vinegar.

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

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.

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Beans.	Orange.	
Beet.	Parfnip.	
Broom-Buds.	Peny-royal.	
Carrot.	Potato.	
Champignons.	Purselan.	
Chestnuts.	Radish.	
Cauly-flowers.	Sampier.	
Cowslips.	Skirret.	
Cucumber.	Spinach.	
Elder-flowers.	Tansie.	
Gilliflowers.	Thistle.	Turnip.
Herbs.	Vinegar.	Walnuts.
Lemons.	Wine.	Butter.
Melon.		

F I N I S.



