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Acetaria: A Discourse of Sallets by John Evelyn

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[Illustration: Joannes Evelyn Arm^r]

ACETARIA

A DISCOURSE OF SALLETS

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By *JOHN EVELYN, Esq.*

Author of the *Kalendarium*

* * * * *

BROOKLYN,

Published by the *Women's Auxiliary,*

BROOKLYN BOTANIC GARDEN

1937

Printed in the United States of America

Publisher's Note

This edition of Acetaria is a faithful reprint of the First Edition of 1699, with the correction of a few obvious typographical errors, and those noted in the Errata of the original edition. Whereas no attempt has been made to reproduce the typography of the original, the spirit has been retained, and the vagaries of spelling and punctuation have been carefully followed; also the old-style S [s] has been retained. Much of the flavour of Acetaria is lost if it is scanned too hurriedly; and one should remember also that Latin and Greek were the gauge of a man of letters, and if the titles and

quotations seem a bit ponderous, they are as amusing a conceit as the French and German complacencies of a more recent generation.

Foreword to Acetaria

John Evelyn, famous for his "Diary," was a friend and contemporary of Samuel Pepys. Both were conscientious public servants who had held minor offices in the government. But, while Pepys' diary is sparkling and redolent of the free manners of the Restoration, Evelyn's is the record of a sober, scholarly man. His mind turned to gardens, to sculpture and architecture, rather than to the gaieties of contemporary social life. Pepys was an urban figure and Evelyn was "country." He represents the combination of public servant and country gentleman which has been the supreme achievement of English culture.

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

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

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

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

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

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

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

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

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

Helen M. Fox

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[Illustration: *Facsimile of Title Page of First Edition*]

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To the Right Honourable

JOHN

Lord Somers

of Evesham

Lord *High-Chancellor* of England,

and *President* of the *Royal-Society*.

* * * * *

My Lord,

The *Idea* and *Plan* of the *Royal-Society* having been first conceiv'd and delineated by a *Great* and *Learned Chancellor*, which High Office your Lordship deservedly bears; not as an Acquisition of Fortune, but your Intellectual Endowments; Conspicuous (among other Excellencies) by the Inclination Your Lordship discovers to promote *Natural Knowledge*: As it justifies the Discernment of that *Assembly*, to pitch upon Your Lordship for their *President*, so does it no less discover the Candor, yea, I presume to say, the Sublimity of your Mind, in so generously honoring them with your *Acceptance* of the *Choice* they have made.

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

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

My Lord, That which the *Royal Society* needs to accomplish an entire Freedom, and (by rendring their Circumstances more easie) capable to subsist with Honor, and to reach indeed the Glorious Ends of its *Institution*, is an Establishment in a more Sett'l'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 Great a *Prince* may build *Solomon's House*, as that Great *Chancellor* (one of Your Lordship's Learned *Predecessors*) had design'd the *Plan*; there being nothing in that *August and Noble Model* impossible, or beyond the *Power of Nature* and Learned Industry.

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

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

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

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

Will Your Lordship give me Leave to repeat what is said of the Younger *Pliny*, (Nephew to the *Naturalist*) and whom I think we may parallel with the Greatest of his time (and perhaps of any since) under the Worthiest *Emperor* the *Roman*

world ever had? A Person of vast Abilities, Rich, and High in his Master's Favour; that so Husbanded his time, as in the Midst of the weightiest Affairs, to have Answer'd, and by his [2]_Example_, made good what I have said on this Occasion. The Ancient and best Magistrates of *Rome* allow'd but the *Ninth Day* for the *City* and *Publick Business*; the rest for the *Country* and the *Sallet Garden*: There were then fewer *Causes* indeed at the *Bar*; but never greater *Justice*, nor *better Judges* and *Advocates*. And 'tis hence observed, that we hardly find a Great and Wise Man among the Ancients, *qui nullos habuit hortos*, excepting only *Pomponius Atticus*; wilst 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, *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 of *dressing Sallets*, who minded anything serious, besides the gratifying a Sensual Appetite with a Voluptuary *Apician Art*.

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

But, *My Lord*, wilst 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 upon Your Lordship; among whom I had the Honor to be a Witness of Your Generous, and Favourable Acceptance of their Addresses, who am,

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

JOHN EVELYN_.

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THE PREFACE

The *Favourable Entertainment* which the *Kalendar* has found, encouraging the Bookseller to adventure upon a Ninth Impression, I could not refuse his Request of my Revising, and Giving it the best Improvement I was capable, to an Inexhaustible Subject, as it regards a Part of Horticulture; and offer some little Aid to such as love a Diversion so Innocent and Laudable. There are those of late, who have arrogated, and given the Glorious Title of Compleat and Accomplish'd Gardiners, to what they have Publish'd; as if there were nothing wanting, nothing more remaining, or farther to be expected from the Field; and that Nature had been quite emptied of all her fertile Store: Whilst those who thus magnifie their Discoveries, have after all, penetrated but a very little Way into this Vast, Ample, and as yet, Unknown Territory; Who see not, that it would still require the Revolution of many Ages; deep, and long Experience, for any Man to Emerge that Perfect, and Accomplish'd Artist Gardiner they boast themselves to be: Nor do I think, Men will ever reach the End, and far extended Limits of the Vegetable Kingdom, so incomprehensible is the Variety it every Day produces, of the most Useful, and Admirable of all the Aspectable Works of God; since almost all we see, and touch, and taste, and smell, eat and drink, are clad with, and defended (from the Greatest Prince to the Meanest Peasant) is furnished from that Great and Universal Plantation, Epitomiz'd in our Gardens, highly worth the Contemplation of the most Profound Divine, and Deepest Philosopher.

I should be asham'd to acknowledge how little I have advanced, could I find that ever any Mortal Man from Adam, Noah, Solomon, 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 [3]_longer Day; that is_, When Time shall be no more, but Knowledge shall be encreas'd.

We have heard of one who studied and contemplated the Nature of Bees only, for Sixty Years: After which, you will not wonder, that a Person of my Acquaintance, should have spent almost Forty, in Gathering and Amassing Materials for an Hortulan Design, to so enormous an Heap, as to fill some Thousand Pages; and yet be comprehended within two, or three Acres of Ground; nay, within the Square of less than One (skilfully Planted and Cultivated) sufficient to furnish, and entertain his Time and Thoughts all his Life long, with a most Innocent, Agreeable, and Useful Employment. But you may justly wonder, and Condemn the Vanity of it too, with that Reproach, This Man began to build, but was not able to finish! This has been the Fate of that Undertaking; and I dare promise, will be of whosoever imagines (without the Circumstances of extraordinary Assistance, and no ordinary Expence) to pursue the Plan, erect, and finish the Fabrick as it ought to be.

But this is that which Abortives the Perfection of the most Glorious and Useful Undertakings; the Unsatiabie Coveting to Exhaust all that should, or can be said upon every Head: If such a one have any thing else to mind, or do in the World, let me tell him, he thinks of Building too late; and rarely find we any, who care to superstruct upon the Foundation of another, and whose Ideas are alike. There ought therefore to be as many Hands, and Subsidiaries to such a Design (and those Matters too) as there are distinct Parts of the Whole (according to the subsequent Table) that those who have the Means and Courage, may (tho' they do not undertake the Whole) finish a Part at least, and in time Unite their Labours into one Intire, Compleat, and Consummate Work indeed.

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

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

... Jurtilis olim
Ne Videar vixisse.

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

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THE

PLAN

OF A

ROYAL GARDEN:

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

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In Three Books

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BOOK I.

Chap. I. Of Principles and Elements in general.

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

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

Chap. IV. Of the Four Annual Seasons.

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

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

BOOK II.

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

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

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

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

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

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

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

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

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

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

Chap. XI. Of Statues, Busts, Obelisks, Columns, Inscriptions, Dials, Vasa's, Perspectives, Paintings, and other Ornaments.

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

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

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

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

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

Chap. XVII. Of the Philosophical Medical Garden.

Chap. XVIII. Of Stupendous and Wonderful Plants.

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

Chap. XX. Of Sallets.

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

Chap. XXII. Of Watering, Pruning, Plashing, Pallisading, Nailing, Clipping, Mowing, Rowlling, Weeding, Cleansing, &c.

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

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

BOOK III.

Chap. I. Of Conserving, Properating, Retarding, Multiplying, Transmuting, and Altering the Species, Forms, and (reputed) Substantial Qualities of Plants, Fruits and Flowers.

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

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

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

Chap. V. Of Crowns, Chaplets, Garlands, Festoons, Encarpa, Flower-Pots, Nosegays, Poeses, Deckings, and other Flowery Poms.

Chap. VI. Of Hortulan Laws and Privileges.

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

Chap. 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.

Chap. IX. Of Garden Burial.

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

Chap. XI. The Description of a Villa.

Chap. XII. The Corollary and Conclusion.

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

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[Illustration]

ACETARIA:

A Discourse of Sallets

* * * * *

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

Those who *Criticize* not so nicely upon the Word, seem to distinguish the [4]_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 [Greek: Olos], comprehending the *Universal Genus* of the Vegetable Kingdom; as from [Greek: Pan] *Panis*; esteeming that he who had [5]_Bread_ and *Herbs*, was sufficiently bless'd with all a frugal Man cou'd need or desire: Others again will have it, *ab Olendo*, *i.e. Crescendo*, from its continual *growth and springing up*: So the younger *Scaliger* on *Varro*: But his Father *Julius* extends it not so generally to all Plants, as to all the *Esculents*, according to the Text: *We call those Olera* (says [6]_Theophrastus) 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 [7]Creation.

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

Furniture and Materials

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

1. Alexanders, *Hipposelinum*; *S. Smyrniun 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*, *Pepper*, *Salt*, &c. by themselves, or in Composition: They make also an excellent *Vernal Pottage*.

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

They are likewise, whilst tender and small, fried in fresh *Butter* crisp with *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 Parboiling, allowing to every *Bottom*, a small earthen glaz'd Pot; burying it all over in fresh melted *Butter*, as they do Wild-Fowl, _&c._ Or if more than one, in a larger Pot, in the same Bed and Covering, *Layer* upon *Layer*.

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

'Tis not very long since this noble *Thistle* came first into *Italy*, Improv'd to this Magnitude by Culture; and so rare in *England*, that they were commonly sold for *Crowns* a piece: But what *Carthage* yearly spent in them (as *Pliny* computes the Sum) amounted to *Sestertia Sena Millia*, 30000 *l. Sterling*.

Note, That the *Spanish Cardon*, a wild and smaller *Artichoak*, 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 exhilarating, sovereign for the Brain, strengthning the Memory, and powerfully chasing away *Melancholy*. The tender Leaves are us'd in Composition with other Herbs; and the Sprigs fresh gather'd, put into *Wine* or other Drinks, during the heat of Summer, give it a marvellous quickness: This noble Plant yields an incomparable *Wine*, made as is that of *Cowslip*-Flowers.

5. Beet, *Beta*; of which there is both *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 *Inspid*, as *Innocentior quam Olus* (for so the Learned [14]_Harduin_ reads the place) 'tis by *Diphilus* of old, and others since, prefer'd before *Cabbage* as of better Nourishment: *Martial* (not unlearn'd in the Art of *Sallet*) commends it with *Wine* and *Pepper*: He names 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 detersive Nature, 'tis *Inspid* enough.

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

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

9. Bugloss, *Buglossum*; in mature much like *Borrago*, yet something more astringent. The Flowers of both, with the intire Plant, greatly restorative, being Conserv'd: And for the rest, so much commended by *Averroes*; that for its effects, cherishing the Spirits, justly call'd *Euphrosynum*; Nay, some will have it the *Nepenthes* of *Homer*: But indeed, what we now call *Bugloss*, was not that of the Ancients, but rather *Borrago*, for the like Vertue 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. Cabbage, *Brassica* (and its several kinds) *Pompey's* beloved Dish, so highly celebrated by old [15]_Cato_, *Pythagoras*, and *Chrysippus* the Physician (as the only *Panacea*) is not so generally magnify'd by the rest of Doctors, as affording but a 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 *Cymae*, 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 Coste*, 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 *Halmyridia* of *Pliny* (or *Athenaeus* rather) *Capiata marina & florida*, our *Sea-keele* (the ancient *Crambe*) and growing on our Coast, are very delicate, as are the *Savoys*, commended for being not so rank, but agreeable to most *Palates*, and of better Nourishment: In general, *Cabbages* are thought to allay Fumes, and prevent Intoxication: But some will have them noxious to the Sight; others impute it to the *Cauly-flower* rather: But whilst the Learned are not agreed about it, *Theophrastus* affirms the contrary, and *Pliny* commends the Juice raw, with a little *Honey*, for the moist and weeping Eye, not the dry or dull. But after all, *Cabbage* ('tis confess'd) is greatly accus'd for lying undigested in the Stomach, and 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, *Chaerophyllum*, *Myrrhis*; The sweet aromatick *Spanish Chervile*, moderately hot and dry: The tender *Cimae*, 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. \

Cives. / Vide Onions, *Schoenopraesson*.

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

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

17. Corn-sallet, *Valerianella*; loos'n'ing 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*, *Cappuchin Capers*, and *Flowers*, are laudably mixed with the colder Plants. The *Buds* being Candy'd, are likewise us'd in Strewings all Winter. There is the *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, [16]&c. if rightly prepar'd; that is, by rectifying the vulgar Mistake of altogether extracting the Juice, in which it should rather be soak'd: Nor ought it to be over Oyl'd, too much abating of its grateful *Acidity*, and *palling* the Taste from a contrariety of Particles: Let them therefore be pared, and cut in thin Slices, with a *Clove* or two of *Onion* to correct the Crudity, macerated in the Juice, often turn'd and moderately drain'd. Others prepare them, by shaking the Slices between two Dishes, and dress them with very little *Oyl*, well beaten, and mingled with the Juice of *Limon*, *Orange*, or *Vinegar*, *Salt* and *Pepper*. Some again, (and indeed the most approv'd) eat them as soon as they are cut, retaining their Liquor, which being exhausted (by the former Method) have nothing remaining in them to help the Concoction. Of old they [17]boil'd the *Cucumber*, and paring off the Rind, eat them with *Oyl*, *Vinegar*, and *Honey*; *Sugar* not being so well known. Lastly, the *Pulp* in Broth is greatly refreshing, and may be mingl'd in most *Sallets*, without the least damage, contrary to the common Opinion; it not being long, since *Cucumber*, however 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 *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 *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 Obstructions of the Liver: The curled is more delicate, being eaten alone, or in Composition, with the usual *Intinctus*: It is also excellent being boil'd; the middle part of the Blanch'd-Stalk separated, eats firm, and the ampler Leaves by many perferr'd before *Lettuce*. See *Succory*.

Eschalot. See *Onions*.

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

28. Garlick, *Allium*; dry towards Excess; and tho' both by *Spaniards* and *Italians*, and the more Southern People, familiarly eaten, with almost every thing, and esteem'd of such singular Vertue to help Conception, and thought a Charm against all Infection and Poyson (by which it has obtain'd the Name of the *Country-man's Theriacle*) we yet think it more proper for our Northern Rustics, especially living in *Uliginous* and moist places, or such as use the *Sea*: Whilst we absolutely forbid it entrance into our *Salleting*, by reason of its intolerable Rankness, and which made it so detested of old; that the eating of it was (as we read) part of the Punishment for such as had committed the horrid'st Crimes. To be sure, 'tis not for Ladies Palats, nor those who court them, farther than to permit a light touch on the Dish, with a *Clove* thereof, much better supply'd by the gentler *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 *Tendrels* excepted, which may be eaten raw; but more conveniently being boil'd, and cold like *Asparagus*: They are *Diuretic*; deurate the Blood, and open Obstructions.

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

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

33. Leeks, and *Cibbols*, *Porrum*; hot, and of Vertue Prolifick, since *Latona*, the Mother of *Appolo* long'd after them: The *Welch*, who eat them much, are observ'd to be very fruitful: They are also friendly to the Lungs and Stomach, being 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 [18]_Mortuorum Cibi_, (to say nothing of [19]_Adonis_ and his sad *Mistriss*) 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 *Lactucini*.

It is indeed of Nature more cold and moist than any of the rest; yet less astringent, and so harmless that it may safely be eaten raw in Fevers; for it allays Heat, bridles Choler, extinguishes Thirst, excites Appetite, kindly Nourishes, and above all represses Vapours, conciliates Sleep, mitigates Pain; besides the effect it has upon the Morals, *Temperance* and *Chastity*. Galen (whose beloved *Sallet* it was) from its *pinguid*, *subdulcid* and agreeable Nature, says it breeds the most laudable Blood. No marvel then that they were by the Ancients called *Sana*, by way of eminency, and so highly valu'd by the great [20]_Augustus_, that attributing his Recovery of a dangerous Sickness to them, 'tis reported, he erected a *Statue*, and built an *Altar* to this noble Plant. And that the most abstemious and excellent Emperor [21]_Tacitus_ (spending almost nothing at his frugal Table in other Dainties) was yet so great a Friend to *Lettuce*, that he was us'd to say of his Prodigality, *Somnum se mercari illa sumptus effusione*. How it was celebrated by *Galen* we have heard; how he us'd it he tells himself; namely, beginning with *Lettuce* in his younger Days, and concluding with it when he grew old, and that to his great advantage. In a word, we meet with nothing among all our crude Materials and *Sallet* store, so proper to mingle with any of the rest, nor so wholesome to be eaten alone, or in Composition, moderately, and with the usual *Oxeloelum* of *Vinegar*, *Pepper*, and *Oyl*, &c. which last does not so perfectly agree with the *Alphange*, to which the Juice of *Orange*, or *Limon* and *Sugar* is more desirable: *Aristoxenus* is reported to have irrigated his *Lettuce*-Beds with an *Oinomite*, or mixture of *Wine* and *Honey*: And certainly 'tis not for nothing that our Garden-Lovers, and *Brothers of the Sallet*, have been so exceedingly Industrious to cultivate this Noble Plant, and multiply its *Species*; for to name a few in present use: We have the *Alphange* of *Montpelier*, crisp and delicate; the *Arabic*; *Ambervellers*; *Belgrade*, *Cabbage*, *Capuchin*, *Coss-Lettuce*, *Curl'd*; the *Genoa* (lasting all the Winter) the *Imperial*, *Lambs*, or *Agnine*, and *Lobbs* or *Lop-Lettuces*. The *French Minion* a dwarf kind: The *Oak-Leaf*, *Passion*, *Roman*, *Shell*, and *Silesian*, hard and crimp (esteemed of the best and rarest) with divers more: And here let it be noted, that besides three or four sorts of this Plant, and some few of the rest, there was within our remembrance, rarely any other *Salleting* serv'd up to the best Tables; with unblanch'd *Endive*, *Succory*, *Purselan*, (and indeed little other variety) *Sugar* and *Vinegar* being the constant *Vehicles* (without *Oyl*) but now *Sugar* is almost wholly banish'd from all, except the more effeminate Palates, as too much palling, and taking from the grateful *Acid* now in use, tho' otherwise not totally to be 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 *Malvae folium Sanctissimum*; and we find *Epimenides* in [22]Plato at his *Mallows* and *Asphodel*; and indeed it was of old the first Dish at Table: The *Romans* had it also in *deliciis*, [23]_Malvae salubres corpori_, approved by [24]_Galen_ and [25]_Dioscorides_; namely the *Garden-Mallow*, by others the *Wild*; but I think both proper rather for the *Pot*, than *Sallet*. *Nonius* supposes the tall *Rosea*, *Arborescent Holi-hocks*, that bears the broad Flower, for the best, and very [26]_Laxative_; but by reason of their clamminess and *Lentor*, banished from our *Sallet*, tho' by some commended and eaten with *Oyl* and *Vinegar*, and some with *Butter*.

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

37. Melon, *Melo*; to have been reckon'd rather among *Fruits*; and tho' an usual Ingredient in our *Sallet*; yet for its transcendent delicacy and flavor, cooling and exhilarating Nature (if sweet, dry, weighty, and well-fed) not only superior all the *Gourd*-kind, but Paragon with the noblest Productions of the Garden. *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*. I my self remembering, when an ordinary *Melon* would have been sold for five or six Shillings. The small unripe Fruit, when the others are past, may be Pickl'd with *Mango*, and are very delicate.

38. Mint, *Mentha*; the *Angustifolia Spicata*, Spear-Mint; dry and warm, very fragrant, a little 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 [27]Orator call'd *Terrae*, by *Porphyry Deorum filii*, without Seed (as produc'd by the Midwifry of *Autumnal Thunder-Storms*, portending the Mischief they cause) by the *French*, *Champignons*, with all the Species of the *Boletus*, &c. for being, as some hold, neither *Root*, *Herb*, *Flower*, nor *Fruit*, nor to be eaten crude; should be therefore banish'd entry into our *Sallet*, were I to order the Composition; however so highly contended for by many, as the very principal and top of all the rest; whilst I think them tolerable only (at least in this *Climate*) if being fresh and skilfully chosen, they are accommodated with the nicest Care and Circumspection; generally reported to have something malignant and noxious in them: Nor without cause; from the many sad Examples, frequent Mischiefs, and funest Accidents they have produc'd, not only to particular Persons, but whole Families: Exalted indeed they were to the second Course of the *Caesarian Tables*, with the noble Title [Greek: Bromatheon], a Dainty fit for the *Gods* alone; to whom they sent the Emperor [28]_Claudius_, as they have many since, to the other World. But he that reads how [29]_Seneca_ deplores his lost Friend, that brave Commander *Annaeus Serenus*, and several other gallant Persons with him, who all of them perish'd at the same Repast; would be apt to ask with the [30]_Naturalist_ (speaking of this suspicious Dainty) *Quae voluptas tanta ancipitis cibi?* and who indeed would hazard it? So true is that of the Poet; He that eats *Mushrooms*, many time *Nil amplius edit*, eats no more perhaps all his Life after. What other deterring *Epithets* are given for our Caution, [Greek: Bare pnigoenta muketon], *heavy* and *choaking*. (*Athenaeus* 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*, *Pig-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 Chessnut 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 other [31]places too were they sought after. How these rank and provocative Excrescences are to be [32]treated (of themselves insipid enough, and only famous for their kindly taking any Pickle or *Conditure*) that they may do the less Mischief we might here set down. But since there be so many ways of Dressing them, that I can encourage none to use them, for Reasons given (besides that they do not at all concern our safer and innocent *Sallet* Furniture) I forbear it; and referr those who long after this beloved *Ragout*, and other *Voluptuaria Venena* (as *Seneca* calls them) to what our Learned Dr. *Lyster*[33] says of the many Venomous *Insects* harbouring and corrupting in a new found-out Species of *Mushrooms* had lately in deliciis. Those, in the mean time, which are esteemed best, and less pernicious, (of which see the *Appendix*) are such as rise in rich, airy, and dry [34]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 [35]Artificially; as at *Naples* in their Wine-Cellars, upon an heap of rank Earth, heaped upon a certain supposed *Stone*, but in truth, (as the curious and noble [36]_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 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: The Buds, and very tender *Cimae*, a little bruised, are by some eaten raw, by others boil'd, especially in *Spring-Pottage*, with other Herbs.

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 mean time, as to their being noxious to the Sight, is imputable only to the Vapour rising from the raw Onion, when peeled, which some commend for its purging and quickning that Sense. How they are us'd in Pottage, boil'd in Milk, stew'd, &c. concerns the Kitchin. 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 *Seed* or two of *Raccombo*, 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 [37]_Egypt_ we are told, and that whilst they were building the *Pyramids*, there was spent in this Root [38]_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 *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, *Arantiae* (*Malum aureum*) Moderately dry, cooling, and incisive; sharpens Appetite, exceedingly refreshes and resists Putrefaction: We speak of the *Sub acid*; the sweet and bitter *Orange* being of no use in our *Sallet*. The *Limon* is somewhat more acute, cooling and extinguishing Thirst; of all the [Greek: Oxubapha] the best *succedaneum* to *Vinegar*. The very Spoils and Rinds of *Orange* and *Limon* being shred and sprinkl'd among the other Herbs, correct the Acrimony. But they are the tender *Seedlings* from the *Hot-Bed*, which impart an *Aromatic* exceedingly grateful to the Stomach. *Vide* Limon.

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 grosly 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 Condiment; but wou'd be of dangerous consequence with us; being so much more of an acrimonious and terribly biting quality, which by Art and Mixture is notwithstanding render'd not only safe, but very agreeable in our *Sallet*.

Take the *Pods*, and dry them well in a Pan; and when they are become sufficiently hard, cut them into small pieces, and stamp 'em in a Mortar to dust: To each Ounce of which add a Pound of *Wheat-flour*, fermented with a little *Levain*: 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 ferce 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 *Olitories*. *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 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 e buon, ne bella
Ove non e 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 *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 *Acidule*, 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; raised on the [39]Monthly *Hot-Bed*, almost the whole Year round, affording a very grateful mordacity, and sufficiently attempers the cooler Ingredients: The bigger Roots (so much desir'd) should be such as being transparent, eat short and quick, without stringiness, and not too biting. These are eaten alone with *Salt* only, as carrying their *Peper* in them; and were indeed by *Dioscorides* and *Pliny* celebrated above all Roots whatsoever; insomuch as in the *Delphic* Temple, there was *Raphanus ex auro dicatus*, a Radish of solid Gold; and 'tis said of *Moschius*, that he wrote a whole Volume in their praise. Notwithstanding all which, I am sure, the great [40]_Hippocrates_ utterly condemns them, as *Vitiosoe, innatantes ac aegre concoctiles*. And the *Naturalist* calls it *Cibus Illiberalis*, fitter for *Rustics* than *Gentlemens* Tables. And indeed (besides that they decay the *Teeth*) experience tells us, that as the Prince of *Physicians* writes, It is hard of Digestion, *Inimicous* to the Stomach, causing nauseous Eructations, and sometimes Vomiting, tho' otherwise *Diuretic*, and thought to repel the Vapours of *Wine*, when the *Wits* were at their genial *Club*. *Dioscorides* and [41]_Galen_ differ about their Eating; One prescribes it before Meals, the latter for after. Some macerate the young Roots in warm milk, to render them more *Nourishing*.

There is a *Raphanus rusticanus*, the *Spanish* black *Horse Radish*, of a hotter quality, and not so friendly to the Head; but a notable *Antiscorbutic*, which may be eaten all the Winter, and on that account an excellent Ingredient in the Composition of *Mustard*; as are also the thin Shavings, mingled with our cold Herbs. And now before I have done with this Root, for an excellent and universal *Condiment*. Take *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*, *Purcelain*, and the rest, &c. See *Tarragon*.

Roccombo. See *Onions*.

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

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

Salsifax, *Scorzonera*. See *Vipergrass*.

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

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

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

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 *Blancht* Stalk do well in our *Sallet*, as likewise the slices of the whiten'd Stems, which being crimp and short, first peel'd and 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 *Praetors* 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 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, Abstersive, 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 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 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. Tarragon, *Draco Herba*, of *Spanish* Extraction; hot and spicy: The Tops and young Shoots, like those of *Rochet*, never to be secluded our Composition, especially where there is much *Lettuce*. 'Tis highly cordial and friendly to the Head, Heart, Liver, correcting the weakness of the Ventricle, _&c._

68. Thistle, *Carduus Mariae*; 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 *Artichoak*; but the tender Stalk boil'd or fry'd, some preferr; 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 preferr'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 here should not be forgotten, that wholesome, as well as agreeable sort of *Bread*, we are [42]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 pounded very fine) with their weight of Wheat-Meal, season it as you do other *Bread*, and knead it up; then letting the Dough remain a little to *ferment*, fashion the Paste into Loaves, and bake it like common Bread.

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

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-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 especially, with *Oyl*, *Vinegar*, and *Peper*. And so the small *tuberous* Roots of *Gramen Amygdalosum*; which they also roast, and make an *Emulsion* of, to use in Broaths as a great Restorative. The *Oxylapathum*, us'd of old; in the time of *Galen* was eaten frequently. As also *Dracontium*, with the Mordicant *Arum Theophrasti*, which *Dodonaeus* 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 Poppy*, by most accounted among the deadly Poysons: How cautious then ought our *Sallet-Gatherers* to be, in reading ancient Authors; lest they happen to be impos'd on, where they treat of 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 with their young Heads, *Lysimachia siliquosa glabra minor*, when fresh and tender, begins to come into the *Sallet-Tribe*. The pale whiter *Popy*, is eaten by the *Genouese*. By the *Spaniards*, the tops of *Wormwood* with *Oyl* alone, and without so much as *Bread*; profitable indeed to the Stomach, but offensive to the Head; As is also *Coriander* and *Rue*, which *Galen* was accustom'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 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 [43]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 [44]Coin; and when they would commend a thing for its worth to the Skies, [Greek: Bat-ou silphion], 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 [45]_Benzoin_? But doubtless had we the true and genuine *Silphium* (for it appears to have been often sophisticated, and a spurious sort brought into *Italy*) it would soon recover its pristine Reputation, and that it was not celebrated so for nothing extraordinary; since besides its Medicinal Vertue; it was a wonderful Corroborater of the Stomach, a Restorer of lost Appetite, and Masculine Vigour, _&c._ and that they made use of it almost in every thing they eat.

But should we now really tell the World, that this precious Juice is, by many, thought to be no other than the [46]_Faetid 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, *Garcius*, *Bontius*, and others, assure us, that the *Indians* at this day universally sauce their Viands with it; and the *Bramins* (who eat no Flesh at all) enrich their *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 understood according to the different Texture of their *component Particles*) it has not been without what I thought necessary for the Instruction of the *Gatherer*, and *Sallet-Dresser*; how he ought to choose, sort, and mingle his Materials and Ingredients together.

What Care and Circumspection should attend the choice and collection of *Sallet* Herbs, has been partly shew'd. I can therefore, by no means, approve of that extravagant Fancy of some, who tell us, that a *Fool* is as fit to be the *Gatherer* of a *Sallet* as a *Wiser* Man. Because, say they, one can hardly choose amiss, provided the Plants be green, young, and tender, where-ever they meet with them: But sad experience shews, how many fatal Mistakes have been committed by those who took the deadly *Cicutae*, *Hemlocks*, *Aconits*, &c. for Garden *Persley*, and *Parsneps*; the *Myrrhis Sylvestris*, or *Cow-Weed*, for *Chaerophilum*, (*Chervil*) *Thapsia* for *Fennel*; the wild *Chondrilla* for *Succory*; *Dogs-Mercury* instead of *Spinach*: *Papaver Corniculatum Luteum*, and horn'd *Poppy* for *Eringo*; *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 [47]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 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 wholsome in ours, and among us) mislead not the unskilful Gatherer; to prevent which we read of divers *Popes* and *Emperors*, that had sometimes Learned *Physicians* for their *Master-Cooks*. I cannot therefore but exceedingly approve of that charitable Advice of Mr. *Ray* [48](*Transact. Num.* 238.) who thinks it the Interest of Mankind, that all Persons should be caution'd of advent'ring upon unknown Herbs and Plants to their Prejudice: Of such, I say, with our excellent [49]_Poet_ (a little chang'd)

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

The Illustrious and Learned *Columna* has, by observing what [50]_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 wholsomness: For tho' indeed one may safely eat of a *Peach* or *Abricot*, after a *Snail* has been Taster, I question whether it might be so of all other Fruits and Herbs attack'd by other *Insects*: Nor would one conclude, the *Hyoscyamus* harmless, because the *Cimex* feeds upon it, as the Learned Dr. *Lyster* has discover'd. Notice should therefore be taken what *Eggs* of *Insects* are found adhering to the Leaves of *Sallet-Herbs*, and frequently cleave so firmly to them, as not easily to be wash'd off, and so not being taken notice of, passing for accidental and harmless Spots only, may yet produce very ill effects.

Grillus, who according to the Doctrine of *Transmigration* (as *Plutarch* tells us) had, in his turn, been a *Beast*; discourses how much better he fed, and liv'd, than when he was turn'd to *Man* again, as knowing then, what Plants were best and most proper for him: Whilst Men, *Sarcophagists* (Flesh-Eaters) in all this time were yet to seek. And 'tis indeed very evident, that Cattel, and other [Greek: panphaga], and *herbaceous* Animals which feed on Plants, are directed by their Smell, and accordingly make election of their Food: But Men (bessides 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 [51]looking on them only; and some by the touch. The truth is, there's need of all the Senses to determine *Analogically* concerning the Vertues and Properties, even of the *Leaves* alone of many *Edule Plants*: The most eminent Principles of near the whole Tribe of *Sallet* Vegetables, inclining rather to *Acid* and *Sowre* than to any other quality, especially, Salt, Sweet, or Luscious. There is therefore Skill and Judgment requir'd, how to suit and mingle our *Sallet*-Ingredients, so as may best agree with the Constitution of the (vulgarly reputed) *Humors* of those who either stand in need of, or affect these Refreshments, and by so adjusting them, that as nothing should be suffer'd to domineer, so should none of them lose their genuine Gust, Savour, or Vertue. To this end,

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

The Hot, Dry, Aromatic, Cordial and friendly to the Brain, may be qualify'd by the Cold and Moist: The Bitter and Stomachical, with the *Sub-acid* and gentler Herbs: The *Mordicant* 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 Eueptic, 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 sovereign Diet in that *Endemial* (and indeed with us, *Epidemical* and almost universal) Contagion the *Scorbute*, to which we of this Nation, and most other *Ilanders* 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 [52]sweet *Cowley*)

*If thro' the strong and beauteous Fence
Of Temperance and Innocence,
And wholsome Labours, and a quiet Mind,
Diseases passage find;
They must not think here to assail
A Land unarm'd, or without Guard,
They must fight for it, and dispute it hard,
Before they can prevail;
Scarce any Plant is used here,
Which 'gainst some Aile a Weapon does not bear.*

We have said how necessary it is, that in the 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. Thus the Comical *Master-Cook*, introduc'd by *Damoxenus*, when asked [Greek: pos esin autois onmphonia]; *What Harmony there was in Meats?* The very same (says he) that a *Diatessaron*, *Diapente*, and *Diapason* have one to another in a Consort of Music: And that there was as great care requir'd, not to mingle [53]_Sapores minime consentientes_, jarring and repugnant Tastes; looking upon him as a lamentable Ignorant, who should be no better vers'd in *Democritus*. The whole Scene is very diverting, as *Athenaeus* presents it; and to the same sense *Macrobius*, *Saturn. lib. I. cap. I*. 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 kindest change.*

As our [54]_Paradisian Bard_ introduces Eve, dressing of a *Sallet* for her *Angelical* Guest.

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 *Inspid*, should (according to the *Italian Rule*) prescribe in my Opinion; since *One* may be too profuse, the *Other* [55]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* of Tastes, according to the *Scheme* set us down in the *Tables* of the Learned [56]Dr. *Grew*, to which I refer the Curious.

'Tis moreover to be 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 *e contra*. Of others, in the *Stem*, *Leaves*, *Buds*, *Flowers*, &c. Some exert their Vigour without *Decoction*; others being a little press'd or contus'd; others again *Raw*, and best in Consort; some alone, and *per se* without any [Greek: skenasia], 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 be rather discreetly sprinkl'd, than over-much sob'd with Spring-Water, especially *Lettuce*, which Dr. [57]_Muffet_ thinks impairs their Vertue; but this, I suppose he means of the *Cabbage*-kind, whose heads are sufficiently protected by the outer Leaves which cover it. After washing, let them remain a while in the *Cullender*, to drain the superfluous moisture: And lastly, 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 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, 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) detersive, penetrating, quickning (and so great a resister of Putrefaction, and universal use, as to have sometimes merited Divine Epithets) be of the brightest *Bay grey-Salt*; moderately 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 Mess; whilst the perfection of *Sallets*, and that which gives them the name, consists in the grateful *Saline Acid*-point, temper'd as is directed, and which we find to be most esteem'd by judicious Palates: Some, in the mean time, have been so nice, and luxuriously curious as for the heightning, and (as they affect to speak) giving the utmost *pointant* and *Relevee* in lieu of our vulgar *Salt*, to recommend and cry-up the *Essential-Salts* and *Spirits* of the most Sanative Vegetables; or such of the *Alcalizate* and *Fixt*; extracted from the *Calcination* of *Baulm, Rosemary, Wormwood, Scurvy-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, 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 *Simplex*, 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 [58]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*, clean, bright, dry, and without claminess.

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

V. That the *Mustard* (another noble Ingredient) be of the best *Tewksberry*; or else compos'd of the 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 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 bruis'd to too small a Dust; which, as we caution'd, is very prejudicial. And here let me mention the *Root* of the *Minor Pimpinella*, or small *Burnet Saxifrage*; which being dried, is by some extoll'd beyond all other *Peppers*, and more wholsom.

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

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

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

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

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

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

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

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

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

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Species. Ordering and Culture.
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/ 1. Endive, Tied-up to Blanch.
| 2. Cichory, \
| 3. Sellery, | Earth'd-up
IX. | 4. Sweet-Fennel, |
Blanch'd | 5. Rampions, /
|
| 6. Roman \ \ Tied-up to Blanch.
| 7. Cosse | Lettuce, |
| 8. Silesian || Tied close up.
\ 9. Cabbage // Pome and Blanch of themselves.

/ 10. Lob-Lettuce, \
| 11. Corn-Sallet, | Leaves, all of a midling size.
| 12. Purslane, /
|
XXVI. | 13. Cresses broad, \ Seed-Leaves,
| 14. Spinach, curled, / and the next to them.
|
Green | 15. Sorrel, French, \ The fine young Leaves only,
Unblanch'd | 16. Sorrel, Greenland, / with the first Shoots.
|
| 17. Radish, Only the tender young Leaves.
| 18. Cresses, The Seed-Leaves, and those
| only next them.
| 19. Turnip, \

| 20. Mustard, | The Seed-Leaves only.
| 21. Scurvy-grass, /
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| 22. *Chervil*, \ The young Leaves  
 | 23. *Burnet*, | immediately after  
 | 24. *Rocket*, Spanish, | the Seedlings.  
 | 25. *Persly*, /  
 |  
 | 26. *Tarragon*, \ The tender Shoots  
 | 27. *Mints*, / and Tops.  
 |  
 | 28. *Sampier*, \  
 | 29. *Balm*, | The young tender  
 | 30. *Sage*, Red, / Leaves and Shoots.  
 |  
 | 31. *Shalots*, \  
 | 32. *Cives* and *Onion*, / The tender young leaves.  
 |  
 | 33. *Nasturtium*, Indian The Flowers and Bud-Flowers.  
 |  
 | 34. *Rampion*, Belgrade \ The Seed-Leaves  
 \ 35. *Trip-Madame*, / and young Tops.

=====  
 =====

=====  
 ===== Month. *January*, *February*, and *March*.  
 =====

=====  
 ===== Ordering and Species. Proportion. Culture.

/ *Rampions*, / 10 \  
 Blanch'd | *Endive*, | 2 |  
 as before | *Succory*, | 5 | Roots in Number.  
 | *Fennel*, Sweet. | 10 |  
 \ *Sellery*, \ 4 // *Lamb-Lettuce*, \  
 | *Lob-Lettuce*, / A pugil of each.  
 |  
 | *Radish*, \  
 | *Cresses*, / Three parts each.  
 |  
 | *Turneps*, \  
 | *Mustard*, Seedlings, / Of each One part.  
 | *Scurvy-grass*,  
 | *Spinach*, Two parts.  
 | *Sorrel*, Greenland, \  
 Green and | *Sorrel*, French |  
 Unblanch'd | *Chervil*, sweet, | One part of each.  
 | *Burnet*, |  
 | *Rocket*, /  
 | Twenty large Leaves.  
 | *Tarragon*,  
 | *Balm*, \  
 | *Mint*, / One small part of each.  
 | *Sampier*,

| *Shalots,* \

| *Cives,* / Very few

|

| *Cabbage,* Winter. Two pugils or

\ small handfuls.

=====  
 ===== Month. *April, May, and June.*  
 =====  
 ===== Ordering and Species. Proportion. Culture.

/ *Lop,* \ \

Blanch'd | *Silesan,* Winter, | Lettuce. | Of each a pugil.

\ *Roman,* Winter, / /

/ *Radishes,* Three parts.

Green Herbs | *Cresses,* Two parts.

Unblanch'd. | *Purselan,* 1 Fasciat,

| or pretty full gripe

| *Sorrel,* French, Two parts.

Note, That | *Sampier,* One part.

the young | *Onions,* young. Six parts.

Seedling | *Sage-tops,* the Red, Two parts.

Leaves of |

Orange and | *Persley,* \

Lemon may | *Cresses,* the Indian, |

all these | *Lettuce,* Belgrade, | Of each One part.

months be | *Trip-Madame,* |

mingled with | *Chervil,* sweet /

the Sallet.\_ |

\ *Burnet,* Two parts.

=====  
 ===== Month. *July, August, and September.*  
 =====  
 ===== Ordering and Species. Proportion. Culture.

Blanch'd, / *Silesian Lettuce,* One whole *Lettuce.*

and may be /

eaten by | *Roman Lettuce,* \ Two parts.

themselves | *Cress,* /

with some\_ |

*Nasturtium-* \ *Cabbage,* Four parts.

*flowers.* / *Cresses,* \

| *Nasturtium,* / Two parts.

|

| *Purslane,* \

| *Lop-Lettuce,* / One part.

|

Green Herbs | *Belgrade,* or \

by / Crumpen-Lettuce\_ / Two parts.  
 themselves |  
 or mingl'd | Tarragon, One part.  
 with the\_ |  
 Blanch'd. | Sorrel, French \  
 | Burnet, / Two parts of each.  
 |  
 \ Trip-Madame, One part.

=====  
 ===== Month. *October, November, and December.*  
 =====  
 ===== Ordering and Species. Proportion. Culture.

/ Endive. \ Two if large, four  
 / Sellery\_, | if small, Stalk and  
 | | part of the Root and  
 | | / tenderest Leaves.  
 |  
 Blanch'd | Lop-Lettuce, \  
 | Lambs-Lettuce, / An handful of each.  
 |  
 | Radish, Three parts.  
 \ Cresses, Two parts. / Turneps, \  
 | Mustard Seedlings, / One part of each.  
 Green |  
 | Cresses, broad, \  
 \ Spinach, / Two parts of each.

\*\*\*\*\*

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

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

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

Moreover, in *Gathering*, Respect is to be had to their Proportions, as provided for in the *Table* under that Head, be the Quality whatsoever: For tho' there is indeed nothing more wholesome than *Lettuce* and *Mustard* for the *Head* and *Eyes*; yet either of them eaten in excess, were highly prejudicial to them both: Too much of the *first* extremely debilitating and weakening the *Ventricle*, and hastning the further decay of 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 our *Kalendar*, together with their Culture; whilst we confine our selves to such Plants and *Esculenta* as we find at hand; delight our selves to gather, and are easily prepar'd for an *Extemporary Collation*, or to Usher in, and Accompany other (more Solid, tho' haply not more Agreeable) Dishes, as the Custom is.

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

[60]\_Prima tibi dabitur Ventri\_ Lactuca movendo  
Utilis, & Poris fila refecta suis.

And tho' this Custom came in about Domitian's time[61], [Greek: ho m arkaioi], they anciently did quite the contrary,

[62]\_Grataque nobilium Lactuca ciborum\_.

But of later Times, they were constant at the *Ante-coenia*, eating plentifully of *Sallet*, especially of *Lettuce*, and more refrigerating Herbs. Nor without Cause: For drinking liberally they were found to expell, and allay the Fumes and Vapors of the *genial 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.

[63]-----*Nam Lactuca innata acri*  
*Post Vinum Stomacho*-----

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

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

[64]\_Claudere quae coenas\_ *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 *Salleting*; and when likewise most seasonably to be eaten? But as none of these do properly belong to our *Catalogue of Herbs and Plants*, to which this Discourse is confin'd (bessides what we may occasionally speak of hereafter) there is a very useful [65]Treatise on that Subject already publish'd. We hasten then in the next place to the *Dressing*, and *Composing* of our Sallet: For by this time, our Scholar may long to see the *Rules* reduc'd to *Practice*, and Refresh himself with what he finds growing among his own *Lactuceta* and other Beds of the *Kitchin-Garden*.

\* \* \* \* \*

## DRESSING

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

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

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

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

Your *Herbs* being handsomely parcell'd, and spread on a clean Napkin before you, are to be mingl'd together in one of the Earthen glaz'd Dishes: Then, for the *Oxoleon*; Take of clear, and perfectly good *Oyl-Olive*, three Parts; of sharpest *Vinegar* ([67]sweetest of all *Condiments*) *Limon*, or Juice of *Orange*, one Part; and therein let steep some Slices of *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 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 [68]Proverb has it,

[Greek: 'Ou oantos andros esin artusai kalos.]

*Non est cuiusvis recte condire.*

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

What Opinion the Prince of Physicians had of them, we shall see hereafter; as also what the Sacred Records of elder Times seem to infer, before there were any 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 *Herbs* better fermented, concocted, and less Rheumatick, than since, and presently after; to say nothing of the infinite Numbers of putrid Carcasses of Dead Animals, perishing in the Flood, (of which I find few, if any, have taken notice) which needs must have corrupted the *Air*: Those who live in Marshes, and Uliginous Places (like the Hundreds of *Essex*) being more obnoxious to *Fevers*, *Agues*, *Pleurisies*, and generally unhealthful: The *Earth* also then a very Bog, compar'd with what it likely was before that destructive *Cataclysm*, when Men breath'd the pure *Paradisian* Air, sucking in a more *aethereal*, nourishing, and baulmy *Pabulum*, so foully vitiated now, thro' the Intemperance, Luxury, and softer Education and Effeminacy of the Ages since.

*Custom*, and *Constitution* come next to be examin'd, together with the Qualities, and *Vertue* of the Food; and I confess, the two first, especially that of *Constitution*, seems to me the more likely Cause of Health, and consequently of Long-life; which induc'd me to consider of what Quality the usual *Sallet* Furniture did more eminently consist, that so it might become more safely applicable to the Temper, Humour, and Disposition of our Bodies; according to which, the various Mixtures might be regulated and proportion'd: There's no doubt, but those whose Constitutions are Cold and Moist, are naturally affected with Things which are Hot and Dry; as on the contrary, Hot, and Dry Complexions, with such as cool and refrigerate; which perhaps made the *Junior Gordian* (and others like him) prefer the *frigidae Mensae* (as of old they call'd *Sallets*) which, according to *Cornelius Celsus*, is the fittest Diet for *Obese* and Corpulent Persons, as not so Nutritive, and apt to Pamper: And consequently, that for the Cold, Lean, and Emaciated; such Herby Ingredients should be made choice of, as warm, and cherish the Natural Heat, depure the Blood, breed a laudable Juice, and revive the Spirits: And therefore my *Lord* [69]\_Bacon\_ shews what are best Raw, what Boil'd, and what Parts of *Plants* fittest to nourish. *Galen* indeed seems to exclude them all, unless well accompanied with their due Correctives, of which we have taken care: Notwithstanding yet, that even the most *Crude* and *Herby*, actually Cold and Weak, may potentially be Hot, and Strengthening, as we find in the most vigorous Animals, whose Food is only Grass. 'Tis true indeed, Nature has providentially mingl'd, and dress'd a *Sallet* for them in every field, besides what they distinguish by Smell; nor question I, but Man at first knew what *Plants* and *Fruits* were good, before the Fall, by his Natural Sagacity, and not Experience; which since by Art, and Trial, and long Observation of their Properties and Effects, they hardly recover: But in all Events, supposing with [70]\_Cardan\_, that *Plants* nourish little, they hurt as little. Nay, Experience tells us, that they not only hurt not at all, but exceedingly benefit those who use them; indu'd as they are with such admirable Properties as they every day discover: For some *Plants* not only nourish laudably, but induce a manifest and wholesom Change; as *Onions*, *Garlick*, *Rochet*, &c. which are both nutritive and warm; *Lettuce*, *Purselan*, the *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 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 [71]Learned Person, that about populous Cities, where Grounds are over-forc'd for Fruit and early *Salleting*, nothing is more unwholsom: Men in the Country look so much more healthy and fresh; and commonly are longer liv'd than those who dwell in the Middle and Skirts of vast and crowded Cities, inviron'd with rotten Dung, loathsome and common Lay Stalls; whose noisome Steams, wafted by the Wind, poison and infect the ambient Air and vital Spirits, with those pernicious Exhalations, and Materials of which they make the *Hot Beds* for the raising those *Praecoces* indeed, and forward Plants and Roots for the wanton Palate; but which being corrupt in the Original, cannot but produce malignant and ill Effects to those who feed upon them. And the same was well observ'd by the *Editor* of our famous *Roger Bacon's* Treatise concerning the *Cure of Old Age*, and *Preservation of Youth*: There being nothing so proper for *Sallet Herbs* and other *Edule Plants*, as the Genial and Natural Mould, impregnate, and enrich'd with well-digested Compost (when requisite) without any Mixture of Garbage, odious Carrion, and other filthy Ordure, not half consum'd and ventilated and indeed reduc'd to the next Disposition of Earth it self, as it should be; and that in Sweet, [72]Rising, Aery and moderately Perflatile Grounds; where not only *Plants* but *Men* do last, and live much longer. Nor doubt I, but that every body would prefer Corn, and other Grain rais'd from *Marle*, *Chalk*, *Lime*, and other sweet Soil and Amendments, before that which is produc'd from the *Dunghil* only. Beside, Experience shews, that the Rankness of *Dung* is frequently the Cause of Blasts and Smuttiness; as if the *Lord* of the *Universe*, by an Act of visible Providence would check us, to take heed of all unnatural Sordidness and Mixtures. We sensibly find this Difference in Cattle and their Pasture; but most powerfully in *Fowl*, from such as are nourish'd with Corn, sweet and dry Food: And as of Vegetable *Meats*, so of *Drinks*, 'tis observ'd, that the same Vine, according to the Soil, produces a *Wine* twice as heady as in the same, and a less forc'd Ground; and the like I believe of all other Fruit, not to determine any thing of the *Peach* said to be Poison in *Persia*; because 'tis a *Vulgar Error*.

Now, because among other things, nothing more betrays its unclean and spurious Birth than what is so impatiently longed after as *Early Asparagus*, &c. [73]Dr. *Lister*, (according to his communicative and obliging Nature) has taught us how to raise such as our *Gardiniers* 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 satisfie save what is rais'd *Ex tempore*, and by Miracles of Art so long before the time; let them study (like the *Adepti*) as did a very ingenious Gentleman whom I knew; That having some Friends of his accidentally come to Dine with him, and wanting an early

Sallet, Before they sate 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 [74]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 time, and without forcing Nature.

But to return again to *Health* and *Long Life*, and the Wholesomness of the Herby-Diet, [75]\_John Beverovicus\_, a Learn'd Physician (out of *Peter Moxa*, a *Spaniard*) treating of the extream Age, which those of *America* usually arrive to, asserts in behalf of Crude and Natural Herbs: *Diphilus* of old, as [76]\_Athenaeus\_ 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 [77]Learned Antagonist utterly denies; Whole Nations, Flesh-Devourers (such as the farthest *Northern*) becoming Heavy, Dull, Unactive, and much more Stupid than the *Southern*; and such as feed much on Plants, are more Acute, Subtil, and of deeper Penetration: Witness the *Chaldaeans*, *Assyrians*, *AEgyptians*, &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 longaevous *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 introduc'd; debauching the Stomach, and sharpening it to devour things of such difficult Concoction, with those of more easie Digestion, and of contrary Substances, more than it can well dispose of: Otherwise Food of the same kind would do us little hurt: So true is that of [78]\_Celsus\_, *Eduntur facilius; ad concoctionem autem 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 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 [79]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 [80]contradict it, I am apt to think it much imputable to the Rack and Manger, the dry and wither'd Stable Commons, which they must eat or starve, however qualified; being restrained from their Natural and Spontaneous Choice, which Nature and Instinct directs them to: To these add the Closeness of the Air, standing in an almost continu'd Posture; besides the fulsome Drenches, unseasonable Watrings, and other Practices of ignorant *Horse-Quacks* and surly Grooms: The Tyranny and cruel Usage of their Masters in tiring Journeys, hard, labouring and unmerciful Treatment, Heats, Colds, \_&c.\_ which wear out and destroy so many of those useful and generous Creatures before the time: Such as have been better us'd, and some, whom their more gentle and good-natur'd Patrons have in recompence of their long and faithful service, dismiss'd, and sent to Pasture for the rest of their Lives (as the *Grand Seignior* does his *Meccha-Camel*) have been known to live *forty, fifty*, nay (says [81]\_Aristotle\_) no fewer than *sixty five* Years. When once Old *Par* came to change his simple, homely Diet, to that of the *Court* and *Arundel-House*, he quickly sunk and dropt away: For, as we have shew'd, the Stomack easily concocts plain, and familiar Food; but finds it an hard and difficult Task, to vanquish and overcome Meats of [82]different Substances: Whence we so often see temperate and abstemious Persons, of a Collegiate Diet, very healthy;

Husbandsmen and laborious People, more robust, and longer liv'd than others of an uncertain extravagant Diet.

[83]-----*Nam variae res*  
*Ut noceant Homini, credas, memor illius escae,*  
*Quae simplex olim tibi sederit*-----

For different Meats do hurt;  
Remember 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 unnecessary, nor any thing more grateful, refreshing and proper for those especially who lead sedentary and studious Lives; Men of deep Thought, and such as are otherwise disturb'd with Secular Cares and Businesses, which hinders the Function of the Stomach and other Organs: whilst those who have their Minds free, use much Exercise, and are more active, create themselves a natural Appetite, which needs little or no Variety to quicken and content it.

And here might we attest the *Patriarchal* World, nay, and many Persons since; who living very temperately came not much short of the *Post-Diluvians* themselves, counting from *Abraham* to this Day; and some exceeding them, who liv'd in pure Air, a constant, tho' course and simple Diet; 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 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 [84]\_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 Uncleaness of *Animals*; *Plants*, of what kind soever, were left free and indifferent for every one to choose what best he lik'd. And what if it was held undecent and unbecoming the Excellency of Man's Nature, before Sin entred, and grew enormously wicked, that any Creature should be put to Death and Pain for him who had such infinite store of the most delicious and nourishing Fruit to delight, and the Tree of Life to sustain him? Doubtless there was no need of it. Infants sought the Mother's Nipple as soon as born; and when grown, and able to feed themselves, run naturally to Fruit, and still will choose to eat it rather than Flesh and certainly might so persist to do, did not Custom prevail, even against the very Dictates of Nature: Nor, question I, but that what the Heathen [85]\_Poets\_ recount of the Happiness of the *Golden Age*, sprung from some Tradition they had received of the *Paradisian* Fare, their innocent and healthful Lives in that delightful Garden. Let it suffice, that *Adam*, and his yet innocent Spouse, fed on Vegetables and other Hortulan Productions before the fatal Lapse; which, by the way, many Learned Men will hardly allow to have fallen out so soon as those imagine who scarcely grant them a single Day; nay, nor half a one, for their Continuance in the State of Original Perfection; whilst the sending him into the Garden; Instructions how he should keep and cultivate it; Edict, and Prohibition concerning the *Sacramental* Trees; the Imposition of [86]Names, so apposite to the Nature of such an Infinity of Living Creatures (requiring deep Inspection) the Formation of *Eve*, a meet Companion to relieve his Solitude; the Solemnity of their Marriage; the Dialogues and Success of the crafty Tempter, whom we cannot reasonably think made but one 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 offended God should regale them with Pampering *Flesh*, or so much as suffer them to slay the more innocent Animal: Or, that if at any time they had Permission, it was for any thing save Skins to cloath them, or in way of Adoration, or *Holocaust* for Expiation, of which nothing of the *Flesh* was to be eaten. Nor did the Brutes themselves subsist by Prey (tho' pleas'd perhaps with Hunting, without destroying their Fellow Creatures) as may be presum'd from their long Seclusion of the most Carnivorous among them in the Ark.

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

On the other side, examine we the present Usages of several other Heathen Nations; particularly (bessides the *aegyptian* Priests of old) the *Indian Bramins*, Relicts of the ancient *Gymnosophists* to this Day, observing the Institutions of their Founder. *Flesh*, we know was banish'd the *Platonic* Tables, as well as from those of *Pythagoras*; (See [88]\_Porphyry\_ and their Disciples) tho' on different Accounts. Among others of the Philosophers, from *Xenocrates*, *Polemon*, &c. we hear of many. The like we find in [89]\_Clement Alexand.\_ [90]\_Eusebius\_ names more. *Zeno*, *Archinomus*, *Phraartes*, *Chiron*, and others, whom *Laertius* reckons up. In short, so very many, especially of the Christian Profession, that some, even of the ancient [91]Fathers themselves, have almost thought that the Permission of eating *Flesh* to *Noah* and his Sons, was granted them no otherwise than *Repudiation* of Wives was to the *Jews*, namely, for the *Hardness of their Hearts*, and to satisfie a murmuring Generation that a little after loathed *Manna* it self, and *Bread from Heaven*. So difficult a thing it is to subdue an unruly Appetite; which notwithstanding [92]\_Seneca\_ thinks not so hard a Task; where speaking of the Philosopher *Sextius*, and *Socion's* (abhorring Cruelty and Intemperance) he celebrates the Advantages of the *Herby* and *Sallet* Diet, as *Physical*, and *Natural* Advancers of Health and other Blessings; whilst Abstinence from *Flesh* deprives Men of nothing but what *Lions*, *Vultures*, Beasts and birds of Prey, blood and gorge themselves withal, The whole *Epistle* deserves the Reading, for the excellent Advice he gives on this and other Subjects; and how from many troublesome and 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 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) *rationali magis congrua*, as it regards the cruel Butcheries of so many harmless Creatures; some of which we put to merciless and needless Torment, to accommodate them for exquisite and uncommon *Epicurism*. There lies else no positive Prohibition; Discrimination of Meats being [93]Condemn'd as the *Doctrine of Devils*: Nor do Meats commend us to God. One eats *quid vult* (of every thing:) another *Olera*, and of *Sallets* only: But this is not my Business, further than to shew how possible it is by so many Instances and Examples, to live on wholesome Vegetables, both long and happily: For so

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

As to the other part of the Controversie, which concerns us, [Greek: aimatophagoi], and *Occidental Blood-Eaters*; some Grave and Learn'd Men of late seem to scruple the present Usage, whilst they see the Prohibition appearing, and to carry such a Face of *Antiquity*, [95]\_Scripture\_, [96]\_Councils\_, [97]\_Canons\_, [98]\_Fathers\_; *Imperial Constitutions*, and *Universal Practice*, unless it be among us of these Tracts of *Europe*, whither, with other Barbarities, that of eating the *Blood* and *Animal* Life of Creatures first was brought; and by our Mixtures with the *Goths*, *Vandals*, and other Spawn of Pagan *Scythians*; grown a Custom, and since which I am persuaded more Blood has been shed between *Christians* than there ever was before the Water of the Flood covered this Corner of the World: Not that I impute it only to our eating *Blood*; but sometimes wonder how it hap'n'd that so strict, so solemn and famous a *Sanction* not upon a *Ceremonial Account*; but (as some affirm) a *Moral* and *Perpetual* from *Noah*, to whom the Concession of eating *Flesh* was granted, and that of *Blood* forbidden (nor to this Day once revok'd) and whilst there also seems to lie fairer Proofs than for most other Controversies agitated among *Christians*, should be so generally forgotten, and give place to so many other impertinent Disputes and Cavels about other superstitious Fopperies, which frequently end in Blood and cutting of Throats.

As to the Reason of this Prohibition, its favouring of Cruelty excepted, (and that by *Galen*, and other experienc'd Physicians, the eating Blood is condemn'd as unwholsome, causing Indigestion and Obstructions) if a positive Command of *Almighty God* were not enough, it seems sufficiently intimated; because *Blood* was the *Vehicle* of the *Life* and *Animal Soul* of the Creature: For what other mysterious Cause, as haply its being always dedicated to *Expiatory Sacrifices*, &c. it is not for us to enquire. 'Tis said, that *Justin Martyr* being asked, why the *Christians* of his time were permitted the eating *Flesh* and not the *Blood*? readily answer'd, That God might distinguish them from Beasts, which eat them both together. 'Tis likewise urg'd, that by the *Apostolical Synod* (when the rest of the *Jewish* Ceremonies and Types were abolish'd) this Prohibition was mention'd as a thing [99]\_necessary\_, and rank'd with *Idolatry*, which was not to be local or temporary; but universally injoy'n'd to converted Strangers and *Proselytes*, 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 [Greek: akribēia] of those few diluted Drops of *Extravasated Blood*, which might happen to tinge the Juice and Gravy of the *Flesh* (which were indeed *to strain at a Gnat*) but to those who devour the *Venal* and *Arterial Blood* separately, and in Quantity, as a choice Ingredient of their luxurious Preparations and *Apician* Tables.

But this, and all the rest will, I fear, seem but *Oleribus verba facere*, and (as the Proverb goes) be Labour-in-vain to think of preaching down *Hogs-Puddings*, and usurp the Chair of *Rabby-Busy*: And therefore what is advanc'd in Countenance of the *Antediluvian* Diet, we leave to be ventilated by the Learned, and such as *Curcellaeus*, 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*, *Pererius*, 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, 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 [Greek: theriaontai], and other devout and contemplative Sects, distinguish'd themselves; whose Course of Life we have at large describ'd in [100]\_Philo\_ (who liv'd and taught much in Gardens) with others of the Abstemious *Christians*; among whom, *Clemens* brings in *St. Mark* the *Evangelist* himself, *James* our Lord's Brother. *St. John*, &c. and with several of the devout Sex, the famous *Diaconesse Olympias*, mention'd by *Palladius* (not to name the rest) who abstaining from *Flesh*, betook themselves to *Herbs* and *Sallets* upon the Account of Temperance, and the Vertues accompanying it; and concerning which the incomparable *Grotius* declares ingenuously his Opinion to be far from censuring, not only those who forbear the eating *Flesh* and *Blood*, *Experimenti Causa*, and for Discipline sake; but such as forbear *ex Opinione*, and (because it has been the ancient Custom) provided they blam'd none who freely us'd

their Liberty; and I think he's in the right.

But leaving this Controversie (*ne nimium extra oleas*) it has often been objected, that *Fruit*, and *Plants*, and all other things, may since the Beginning, and as the World grows older, have universally become *Effoete*, impair'd and diverted of those Nutritious and transcendent Vertues they were at first endow'd withal: But as this is begging the Question, and to which we have already spoken; so all are not agreed that there is any, the least [101]\_Decay in Nature\_, where equal Industry and Skill's apply'd. 'Tis true indeed, that the *Ordo Foliatorum, Feuillantines* (a late Order of *Ascetic Nuns*) amongst other Mortifications, made Trial upon the *Leaves* of *Plants* alone, to which they would needs confine themselves; but were not able to go through that thin and meagre Diet: But then it would be enquir'd whether they had not first, and from their very Childhood, been fed and brought up with *Flesh*, and better Sustenance till they enter'd the *Cloyster*; and what the Vegetables and the Preparation of them were allow'd by their Institution? Wherefore this is nothing to our Modern Use of *Sallets*, or its Disparagement. In the mean time, that we still think it not only possible, but likely, and with no great Art or Charge (taking *Roots* and *Fruit* into the Basket) substantially to maintain Mens Lives in Health and Vigour: For to *this*, and less than this, we have the Suffrage of the great [102]\_Hippocrates\_ himself; who thinks, *ab initio etiam hominum* (as well as other Animals) *tali victu usum esse*, and needed no other Food. Nor is it an inconsiderable Speculation, That since *all Flesh is 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 *Incarinate 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 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 [*Greek: etheloperiosothreskeia*], or thinks they were for that Cause the more pleasing to *God*. This being so, what may we then think of such *Armies of Hermits, Monks* and *Friers*, who pretending to 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 [103]indifferent amongst *Christians*) but by other sordid *Usages*, and unnecessary *Hardships*, wilfully prejudice their *Health* and *Constitution*? and through a singular manner of living, dark and *Saturnine*; whilst 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 *Sanclity*; 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 unwholsom) and therefore benefit none; Not because they might not, both for their own, and the *Good* of others, and the *Publick*; but because they will not; Custom, and a prodigious [104]Sloth accompanying it; which renders it so far from *Penance*, and the *Mortification* pretended, that they know not how to live, or spend their *Time* otherwise. This, as I have often consider'd, so was I glad to find it justly perstring'd, and taken notice of by a [105]Learned Person, amongst others of his useful *Remarks* abroad.

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

these (forsooth) Fathers (as they affect to be call'd) spending their Days in idle and fruitless Forms, and tedious Repetitions; and thereby thinking to merit the Reward of those Ancient, and truly pious *Solitaries*, who, God knows, were driven from their Countries and Repose, by the Incursions of barbarous Nations (whilst these have no such Cause) and compell'd to Austerities, not of their own chusing and making, but the publick Calamity; and to *labour* with their *Hands* for their own, and others necessary Support, as well as with their *Prayers* and holy Lives, Examples to all the World: And some of these indeed (bessides 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, bessides its Antiquity, Health and *Longaevity* of the *Antediluvians*; that Temperance, Frugality, Leisure, Ease, and innumerable other Vertues and Advantages, which accompany it, are no less attributable to it. Let us hear our excellent *Botanist* [106]Mr. *Ray*.

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

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

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

----[107]\_Varias, quas habet hortus opes?\_

How richly the Garden's stor'd:

*In quibus est Luctuca sedens, & tonsile porrum,  
Nee deest ructatrix Mentha, nec herba salax, &c.*

\* \* \* \* \*

A Goodly Sallet!

*Lettuce, Leeks, Mint, Rocket, Colewort-Tops, with Oyl and Eggs, and such an Hotch-Pot following (as the Cook in Plautus would deservedly laugh at). But how infinitely out-done in this Age of ours, by the Variety of so many rare Edules unknown to the Ancients, that there's no room for the Comparison. And, for Magnificence, let the Sallet drest by the Lady for an Entertainment made by Jacobus Catsius (describ'd by the Poet [108]\_Barlaeus\_) shew; not at all yet out-doing what we every Day almost find at our Lord Mayor's Table, and other great Persons, Lovers of the Gardens; that sort of elegant Cookery being capable of such wonderful Variety, tho' not altogether wanting of old, if that be true which is related to us of [109]\_Nicomedes\_ a certain King of Bithynia, whose Cook made him a Pilchard (a Fish he exceedingly long'd for) of a well dissembl'd Turnip, carv'd in its Shape, and drest with Oyl, Salt, and Pepper, that so deceiv'd, and yet 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 lifted in the Glutton's Bill of Fare; Yet still the Sallet, and the Fruit we see Plac'd the third Story high in all her Luxury.*

So the Sweet [110]\_Poet\_, whom I can never part with for his Love to this delicious Toil, and the Honour he has done me.

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

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

*O quantum, & quoties decoris frustrata paterni! At qualis nostris, quam simplex mensa Camillis! Qui tibi cultus erat post tot, serrane, triumphos? Ergo illi ex habitu, virtutisq; indole priscae, Imposuere orbi Romam caput:-----*

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

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

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

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

They could then make an honest Meal, and dine upon a *Sallet* without so much as a Grain, of *Exotic Spice*; And the *Potagere* was in such Reputation, that she who neglected her *Kitchen-Garden* (for that was still the Good-Woman's Province) was never reputed a tolerable Hus-wife: *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 [120]Un-bloody Shambles (as *Pliny* calls them) yielded the [121]\_Roman\_ State a more considerable Custom (when there was little more than honest *Cabbage* and *Worts*) than almost any thing besides brought to Market.

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

[122]-----*Vides ut pallidus omnis Coena desurgat dubia? quin corpus onustum Hesternis vitiis,  
animum quoque praegravat una, Atque affigit humo divinae particulam aurae.*

See but how pale they look, how wretchedly,  
With Yesterday's Surcharge disturb'd they be!  
Nor Body only suffring, but the Mind,  
That nobler Part, dull'd and depress'd we find.  
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 praescripta ad munera surgit.*

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

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

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

[123]\_With sav'ry Fruit of Taste to please\_ *True Appetite*, ----- *and brings Whatever Earth's all-bearing Mother yields* \_-----Fruit of all kinds, in Coat\_ *Rough, or smooth-Rind, or bearded Husk, or Shell. Heaps with unsparing Hand: For Drink the Grape She crushes, inoffensive 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 Meaths from Side to Side, All Autumn pil'd: Ah Innocence, Deserving Paradise!*

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

But now after all (and for 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 infinite Blessing and Effects of Temperance, and the Vertues accompanying it; with how little Nature, and a [125]Civil Appetite may be happy, contented with moderate things, and within a little Compass, reserving the rest, to the nobler Parts of Life. And thus of old,

*Hoc erat in votis, modus agri non ita magnus, &a.\_*

He that was possess'd of a little Spot of Ground, and well=cultivated *Garden*, with other moderate Circumstances, had [126]\_Haeredium\_. All that a modest Man could well desire. Then,

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

O Fortunatos nimium bona si sua norint Horticulos!

*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 [128]Noble and Illustrious Persons both among the Ancient and Modern.

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

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

Ashen-keys. *See Pickle.*

Asparagus. *See Pickle.*

Beets.     \  
Broom.     |  
Buds.     |     See Pickle.  
Capers.    /

Carrot. *See Pudding.*

Champignon. *See Mushroom.*

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

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 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 Persly bound up with two or three Spriggs of Thyme, an Anchovy, Oysters raw, or pickl'd; a little Salt, sweet Butter; and so let them stew. See Acetar. p. 26.

Another.

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

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

In Poiverade.

The large Mushrooms well cleansed, &c. being cut into quarters and 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 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 Receipt is improv'd, if instead of Vinegar, Water only, or the Broth of powder'd Beef be made use of. And to some of this Mustard adding Verjuice, Sugar, Claret-Wine, and Juice of Limon, you have an excellent Sauce to any sort of Flesh or Fish.

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

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 accomodate other Roots.*

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

Peny-royal. *See* Pudding.

Pickles.

6. *Pickl'd*

Artichoaks. *See* Acetaria, p. 5.

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

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

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

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

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

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

12. *Collyflowers. Boil them till they fall in Pieces: Then with some of the Stalk, and worst of the Flower, boil it in a part of the Liquor till pretty strong: Then being taken off, strain it; and when settled, clear it from the Bottom. Then with Dill, 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.*

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

14. Cucumbers. *Take the Gorkems, or smaller Cucumbers; put them into Rape-Vinegar, and boyl, and cover them so close, as none of the Vapour may issue forth; and also let them stand till the next day: Then boil them in fresh White-Wine Vinegar, with large Mace, Nutmeg, Ginger, white Pepper, and a little Salt, (according to discretion) straining the former Liquor from the Cucumbers; and so place them in a Jarr, or wide mouthed Glass, laying a little Dill and Fennel between each Rank; and covering all with the fresh scalding-hot Pickle, keep all close, and repeat it daily, till you find them sufficiently green.*

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

Another.

*Wiping them clean, put them in a very strong Brine of Water and Salt, to soak two or three Hours or longer, if you see Cause: Then range them in the Jarr or Barrelet with Herbs and Spice as usual; and cover them with hot Liquor made of two parts Beer-Vinegar, and one of White-Wine Vinegar: Let all be very well closed. A Fortnight after scald the Pickle again, and repeat it, as above: Thus they will keep longer, and from being so soon sharp, eat crimp and well tasted, tho' not altogether so green. You may add a Walnut-Leaf, 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-Wine Vinegar as will cover them. Boil them in the Vinegar with Pepper, Cloves, Mace, &c. and when off the Fire, as much Salt as will make a gentle Brine; and so pour all boylng-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, 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, with some Limon-Peel, white Pepper; and if you please a whole raw Onion, which take out again when it begins to perish.*

Another.

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

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

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.*

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: Then set them on the Fire for three or four Hours, often shaking and stirring them: Then open the Cover, and turn and remove those Stalks which lie at the Bottom, to the Top, and boil them as before, till they are all of a Colour. When all is cold, pot them with fresh White-Wine Vinegar, and so you may preserve them the whole Year round.*

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

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

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

To make a *Mango* with them.

*The green Nuts prepared as before, cover the Bottom of the Jar with some Dill, an Handful of Bay-Salt, &c. and then a Bed of Nuts; and 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 to let them remain close covered, during two or three Months time: And thus have you a more agreeable Mango than what is brought us from abroad; which you may use in any Sauce, and is of it self a rich Condiment.*

*Thus far Pickles.*

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

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

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

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

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

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

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

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

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

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

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

*Take Almonds blanch'd in cold Water, cut them round and thin, and so leave them in the Water; Then have pickl'd Cucumbers, Olives, Cornelians, Capers, Berberries, 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 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 unhappily) on Herbs and Plants, according to Original and Divine Institution, improved by Time and long Experience. And if we have admitted Mushrooms among the rest (contrary to our Intention, and for Reasons given, Acet. p. 43.) since many will by no means abandon them, we have endeavoured to preserve them from those pernicious Effects which are attributed to, and really in them: We cannot tell indeed whether they were so treated and accommodated for the most Luxurious of the Caesarean Tables, when that Monarchy was in its highest Strain of Epicurism, and ingross'd this Haugout for their second Course; whilst this we know, that 'tis but what Nature affords all her Vagabonds under every Hedge.*

*And now, that our Sallets may not want a Glass of generous Wine of the same Growth with the rest of the Garden to recommend it, let us have your Opinion of the following.*

*Cowslip-Wine. To every Gallon of Water put two Pounds of Sugar; boil it an Hour, and set it to cool: Then spread a good brown Toast on both Sides with Yeast: But before you make use of it, beat some Syrup of Citron with it, an Ounce and half of Syrup to each Gallon of Liquor: Then put in the Toast whilst hot, to assist its Fermentation, which will cease in two Days; during which time cast in the Cowslip-Flowers (a little bruised, but not much stamp'd) to the Quantity of half a Bushel to ten Gallons (or rather three Pecks) four Limons slic'd, with the Rinds and all. Lastly, one Pottle of White or Rhenish Wine; and then after two Days, tun it up in a sweet Cask. Some leave out all the 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 Jarr, and place them where they may have the hottest Sun, from May till Michaelmas: Then pressing them well, Tun the Liquor up in a very strong Iron-Hooped Vessel to prevent its bursting. It will appear very thick and muddy when newly press'd, but will refine in the Vessel, and be as clear as Wine. Thus let it remain untouched for three Months, before it be drawn off, and it will prove Excellent Vinegar.*

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

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

*THE END*

\* \* \* \* \*

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FOOTNOTES

[Footnote 1: *Lord Viscount Brouncker, Chancellor to the Late Qu. Consort, now Dowager. The Right Honourable Cha. Montague, Esq; Chancellor of the Exchequer.*]

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

[Footnote 3: Ut hujusmodi historiam vix dum inchoatum, non ante absolvendam putem.

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

[Footnote 4: Olera a frigidis distinct. *See Spartianus in Pescennio. Salmas. in Jul. Capitolin.*]

[Footnote 5:

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

Ovid, *Fastor. IV.*]

[Footnote 6: [Greek: kaloumen gar lachana ta oros ten hemeneran chreian], *Theophrast. Plant. 1. VII. cap. 7.*]

[Footnote 7: *Gen. I. 29.*]

[Footnote 8: *Plutarch Sympos.*]

[Footnote 9: *Salmas. in Solin. against Hieron. Mercurialis.*]

[Footnote 10: *Galen. 2R. Aliment. cap. 1. Et Simp. Medic. Averroes, lib. V. Golloc.*]

[Footnote 11: *Plin. lib. XIX. c. 4.*]

[Footnote 12: *Convictus facilis, fine arte mensa. Mart. Ep. 74.*]

[Footnote 13: [Greek: Apuron trophui], *which Suidas calls* [Greek: lachana], *Olera quae cruda sumuntur ex Aceto. Harduin in loc.*]

[Footnote 14: *Plin. H. Nat. lib. xix. cap. 8.*]

[Footnote 15: *De R.R. cap. clvii.*]

[Footnote 16: [Greek: 'Ephthos, dosikuos, apalos, aluos, ouretikos]. *Athen.*]

[Footnote 17: *Cucumis elixus delicatior, innocentior. Athenaeus.*]

[Footnote 18: Eubulus.]

[Footnote 19: In Lactuca occultatum a Venere Adonin cecinit *Callimachus*, quod Allegorice interpretatus *Athenaeus* illuc referendum putat, quod in Venerem hebetiores fiant Lactucis vescentes assidue.]

[Footnote 20: Apud Sueton.]

[Footnote 21: Vopiseus 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.*]

[Footnote 22: De Legib.]

[Footnote 23: *Hor. Epod. II.*]

[Footnote 24: De Simp. Medic. L. vii.]

[Footnote 25: *Lib. ii. cap. 3.*]

[Footnote 26: 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 placide regerat,  
blandequere relaxat, Emollitque vias, nec sinit esse rudes.

Cowl. *Plan. L. 4.*]

[Footnote 27: *Cic ad Attic.*]

[Footnote 28: Sueton *in Claudi.*]

[Footnote 29: *Sen. Ep. lxiii.*]

[Footnote 30: *Plin. N.H. l. xxi. c. 23.*]

[Footnote 31: *Transact. Philos. Num. 202.*]

[Footnote 32: *Apitius, lib. vii. cap. 13.*]

[Footnote 33: *Philos. Transact. Num. 69. Journey to Paris.*]

[Footnote 34: *Pratensibus optima fungis Natura est: aliis male creditur. Hor. Sat. l. 7. Sat. 4.*]

[Footnote 35: *Bacon Nat. Hist. 12. Cent. vii. 547, 548, &c.*]

[Footnote 36: *Gaffend. Vita Peirs. l. iv. Raderus Mart. l. Epig. xlvi. In ponticum---says, within four Days.*]

[Footnote 37: O Sanctas gentes, quibus haec nascuntur in hortis Numina\*\*\*\*----- *Juv. Sat. 15.*]

[Footnote 38: Herodotus.]

[Footnote 39: [Greek: hora to rhadios phaines], quia tertio a fatu die apparet.]

[Footnote 40: De diaeta *lib. ii. cap. 25.*]

[Footnote 41: De Aliment. *Facult. lib. ii.*]

[Footnote 42: *Philos. Transact. Vol. xvii. Num. 205. p. 970.*]

[Footnote 43: *Plin. H. Nat. Lib. xix. cap. 3. & xx. c. 22. See Jo. Tzetzes Chil. vi. 48. & xvii. 119.*]

[Footnote 44: Spanheim, De usu & Praest. Numis. *Dissert. 4to. It was sometimes also the Reverse of Jupiter Hammon.*]

[Footnote 45:

[Greek: oud an eidoies ge moi]

[Greek: Ton plouton auton k- to Bat-ou silphion].

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

[Footnote 46: *Of which some would have it a courser sort inamoeni 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. Budaeus a Stapul. Comment. in Theophrast. lib. vi. cap. 1. and Bauhin. Hist. Plant. lib. xxvii. cap. 53.*]

[Footnote 47: Vide *Cardanum de usu Cibi.*]

[Footnote 48: *Vol. xx.*]

[Footnote 49: Cowley:

[Greek: Oud oson in malache te k- asphodelo meg oneiar]

[Greek: Krupsantes gar echousi theoi Bion anthropoisi.]

Hesiod.]

[Footnote 50: *Concerning this of Insects, See Mr. Ray's Hist. Plant. li. l. cap. 24.*]

[Footnote 51: *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.*]

[Footnote 52: Cowley, *Garden, Miscel. Stanz. 8.*]

[Footnote 53: Sapores minime Consentientes [Greek: kai sumpleko-uas ouchi symphonous haphas]: Haec despiciere ingeniosi est artificis: *Neither did the Artist mingle his Provisions without extraordinary Study and Consideration:* [Greek: Alla mixas panta kata symphonian]. Horum singulis seorsum assumptis, tu expedito: Sic ego tanquam Oraculo jubeo.-----Itaque literarum ignarum Coquum, tu cum videris, & qui Democriti scripta omnia non perlegerit, vel potius, impromptu non habeat, eum deride ut futilem: Ac ilium Mercede conducito, qui Epicuri Canonem usu plane didicerit, \_&c. as it follows in the\_ *Gastronomia of Archestratus, Athen. lib. xxiii. Such another Bragadoccio Cook Horace*

*describes*

Nec sibi Coenarum quivis temere arroget artem  
Non prius exacta tenui ratione saporem.  
*Sat. lib. ii. Sat. 4.*]

[Footnote 54: Milton's *Paradise Lost*.]

[Footnote 55:

----- Qui  
Tingat olus siccum muria vaser in calice empta  
Ipse sacrum irrorans piper ----- Pers. *Sat. vi.*]

[Footnote 56: *Dr. Grew, Lect. vi. c. 2. 3.*]

[Footnote 57: *Muffet, de Diaeta, c. 23.*]

[Footnote 58: *Dr. Grew, Annat. Plant. Lib. I. Sect. iv. cap. I, &c. See also, Transact. Num. 107. Vol. ix.*]

[Footnote 59: *Philosoph. Transact. Vol. III. Num. xl. p. 799.*]

[Footnote 60: *Mart. Epig. lib. xi. 39.*]

[Footnote 61: *Athen. I. 2. Of which Change of Diet see Plut. iv. Sympos. 9. Plinii Epist. I. ad Eretrium.*]

[Footnote 62: *Virg. Moreto.*]

[Footnote 63: *Hor. Sat. I. 2. Sat. 4.*]

[Footnote 64: *Mart. Ep. I. v. Ep. 17.*]

[Footnote 65: *Concerning the Use of Fruit (bessides 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.*]

[Footnote 66: *Achilles, Patroclus, Automedon. Iliad. ix. & alibi.*]

[Footnote 67: *For so some pronounce it, V. Athenaeum Deip. Lib. II. Cap. 26 [Greek: ed-] quasi [Greek: edusma], perhaps for that it incites Appetite, and causes Hunger, which is the best Sauce.*]

[Footnote 68: *Cratinus in Glauco.*]

[Footnote 69: *Nat. Hist. IV. Cent. VII. 130. Se Arist. Prob. Sect. xx. Quaest. 36. Why some Fruits and Plants are best raw, others boil'd, roasted, &c, as becoming sweeter; but the Crude more sapid and grateful.*]

[Footnote 70: *Card. Contradient. Med. I. iv. Cant. 18. Diphilus not at all. Athenaeus.*]

[Footnote 71: *Sir Tho. Brown's Miscel.*]

[Footnote 72: *Caule suburbano qui ficcis crevit in agris Dulcior,--- ---Hor. Sat. 1. 2. Section 4.*]

[Footnote 73: *Transact. Philos. Num. xxv.*]

[Footnote 74: *Num. xviii.*]

[Footnote 75: *Thesaur. Sanit. c. 2.*]

[Footnote 76: *As Delcampius interprets the Place.*]

[Footnote 77: *Scaliger ad Card. Exercit. 213.*]

[Footnote 78: *Cel. Lib. Cap. 4.*]

[Footnote 79: *Plin. Nat. Hist. l. 3. c. 12.*]

[Footnote 80: *Hanc brevitatem Vitae (speaking of Horses) fortasse homini debet, Verul. Hist. Vit. & Mort. See this thoroughly controverted, Macrob. Saturn. 1. vii. c. v.*]

[Footnote 81: *Arist. Hist. Animal. l. v. c. 14.*]

[Footnote 82: [Greek: *anomoia sasiazei*].]

[Footnote 83: *Hor. Sat. l. II. Sat. 2. Macr. Sat. l. VII.*]

[Footnote 84: *Gen. ix.*]

[Footnote 85: *Metam. i. Fab. iii. and xv.*]

[Footnote 86: *Gen. xi. 19.*]

[Footnote 87: *Gen. ix.*]

[Footnote 88: *Porphy. de Abstin. Proclum, Jambleum, &c.*]

[Footnote 89: *Strom, vii.*]

[Footnote 90: *Praep. Lv. passim.*]

[Footnote 91: *Tertul. de Tejun. cap. iv. Hieron. advers. Jovin.*]

[Footnote 92: *Sen. Epist. 108.*]

[Footnote 93: *1 Cor. viii. 8. 1. Tim. iv. 1. 3. 14. Rom. ii. 3.*]

[Footnote 94:

Has Epulas habuit teneri gens aurea mundis  
Et coenae ingentis tunc caput ipsa sui.  
Semide unque meo creverunt corpora succo,  
Materiam tanti sanguinis ille dedit.  
Tunc neque fraus nota est, neque vis, neque foeda libido;  
Haec nimis proles saeva caloris erat.  
Si sacrum illorum, sit detestabile nomen,  
Qui primi servae regne dedere gulae.  
Hinc vitiis patefacta via est, morbisq; secutis sas,  
Se lethi facies exeruere novae.  
Ah, fuge crudeles Animantum sanguine men  
Quasque tibi obsonat mors inimica dapes.  
Poscas tandem aeger, si sanus negligis, herbas.  
Esse cibus nequeunt? at medicamen erunt.  
*Colci Plaut. lib. 1. Lactuca.*]

[Footnote 95: Gen. ix.]

[Footnote 96: Ancyra xiv.]

[Footnote 97: Can. Apost. 50.]

[Footnote 98: Clem. Paedag. *Lib. ii. c. 1. Vide Prudent. Hymn.* [Greek: cha themerinon]: Nos Oloris Coma, nos siliqua facta legumine multitudo paraveris innocuis Epulis.]

[Footnote 99: xv. *Acts*, 20, 29.]

[Footnote 100: *Philo de Vit. Contemp. Joseph. Antiq. Lib. 13 Cap. 9.*]

[Footnote 101: *Hackwell. Apolog.*]

[Footnote 102: Hippoc. de veteri Medicina, Cap. 6, 7.]

[Footnote 103: 2 *Tim.* iv. 3.]

[Footnote 104: *This, with their prodigious Ignorance. See Mab. des Etudes Monast. Part. 2. c. 17.*]

[Footnote 105: *Dr. Lister's Journey to Paris. See L'Apocalyps de Meliton, ou Revelation des Mysteres Cenobitiques.*]

[Footnote 106: Plantarum usus latissime patet, & in omni vitae parte occurrit, sine illis laute, sine illis commode non vivitur, ac nec vivitur omnino. Quaecunque ad victu necessaria sunt, quaecunque ad delicias faciunt, e locupletissimo suo penu abunde subministrant: Quanto ex eis mensa innocentior, mundior, salubrior, quam ex animalium caede & Laniena! Homo certe natura animalium carnivorum non est; nullis ad praedam & rapinam armis instructum; non dentibus exertis & ferratis, non unguibus aduncis: Manus ad fructos colligendos, dentes ad mandendos comparati; nee legimus se ante diluvium carnes ad esum concessas, &c. *Raii Hist. Plant. Lib. 1. cap. 24.*]

[Footnote 107: *Mart. lib. x. Epig. 44.*]

[Footnote 108: *Barl. Eleg. lib. 3.*]

[Footnote 109: *Athen. Deip. l. i.*]

[Footnote 110: *Cowley, Garden. Stanz. 6.*]

[Footnote 111: *Hence in Macrobius Sat. lib. vii. c. 5. we find Eupolis the Comedian in his aeges, bringing in Goats boasting the Variety of their Food, [Greek: Boskometh ules apo pantodaoes, elates], &c. After which follows a Banquet of innumerable sorts.*]

[Footnote 112: *Esa. lxxv. 25.*]

[Footnote 113: *Bina tunc jugera populo Romano satis erat, nullique majorem modum attribuit, quo servos paulo ante principis Neronis, contemptis hujus spatii Virdariis, piscinas juvat habere majores, gratumque, si non aliquem & culinas. Plin. Hist. Nat. lib. xviii. c. 2.*]

[Footnote 114: *Interea gustus elements per omnia quaerunt. Juv. Sat. 4.*]

[Footnote 115: *Cicero. Epist. Lib. 7. Ep. 26. Complaining of a costly Sallet, that had almost cost him his Life.*]

[Footnote 116: *Valeriana, That of Lectucini, Achilleia, Lysimachia, Fabius, Cicero, Lentulus, Piso, &c. a Fabis, Cicere, Lente, Pisis bene serendis dicti, Plin.*]

[Footnote 117: *Mirum esset non licere pecori Carduis vesci, non licet plebei, &c. And in another Place, Quoniam portenta quoque terrarum in ganeam vertimus, etiam quae refugeant quadrupeded consciae, Plin. Hist. Nat. l. xix. c. 8.*]

[Footnote 118: *Gra. Falisc. Gyneget. Was. See concerning this Excess Macr. Sat. l. 2. c. 9. & sequ.*]

[Footnote 119: *Horti maxime placebant, quia non egerent igni, parcerentque ligno, expedita res, & parata semper, unde Acetaria appellantur, facilia concoqui, nee oneratura sensum cibo, & quae minime accenderent desiderium panis. Plin. Hist. Nat. Lib. xix. c. 4. And of this exceeding Frugality of the Romans, till after the Mithridatic War, see Athenaeus Deip. Lib. 6. cap. 21. Horat. Serm. Sat. 1.*]

[Footnote 120: *Nequam esse in domo matrem familias (etenim haec cura Foeminae dicebatur) ubi indiligens esset hortus.*]

[Footnote 121: *Alterum succidium. Cic. in Catone. Tiberias had a Tribute of Skirrits paid him.*]

[Footnote 122: *Hor. Sat. l. 2. Vix prae vino sustinet palpebras, eunti in consilium, &c. See the Oration of C. Titius de Leg. Fan. Mac Sat. l. 2. c. 12.*]

[Footnote 123: *Milton's Paradise, 1. v. ver. 228.*]

[Footnote 124:

At victus illa aetas cui secimus aurea nomen  
Fructibus arboreis, & quas humus educat herbis  
Fortunata fuit.----*Met. xv.*]

[Footnote 125: Bene moratus venter.]

[Footnote 126: TAB. II.]

[Footnote 127:

Foelix, quem misera procul ambitione remotum,  
Parvus ager placide, parvus & hortus, alit.  
Praebet ager quicquid frugi natura requirit,  
Hortus habet quicquid luxuriosa petit,  
Caetera follicitae speciosa incommoda vitae  
Permittit stultis quaerere, habere malis.  
*Cowley, Pl. lib. iv.]*

[Footnote 128: Plin. Athenaeus, Macrobius, Bacon, Boyle, Digby, \_&c.\_]

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