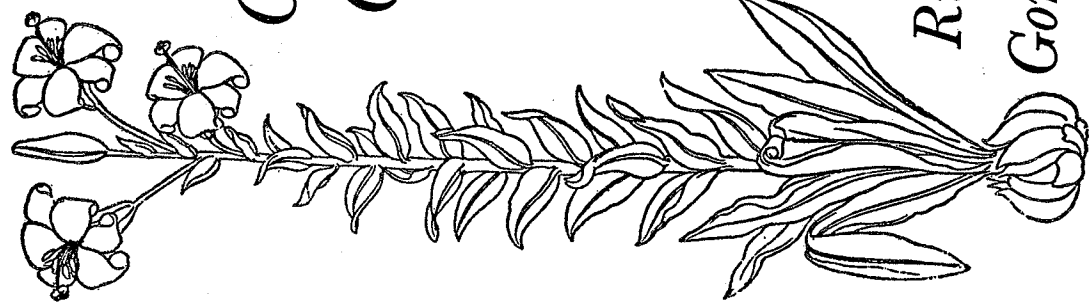




COLONIAL GARDENS

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stone or gravel in the veins or kidneys, because it doth a little open and cleanse those end parts.' Parkinson, *Paradisi*.

BARLEY

Hordeum vulgare L.
'The ancients fed their horses with barley, as we do with oats. It was eaten also in bread by the lower sort of people; and the Gladiators were called *Hordearei*, from their feeding on this grain.' Miller.

BEANS, FRENCH OR KIDNEY BEANS

Phaseolus vulgaris L.
Cultivated in England in the time of Gerarde, 1596. 'The Gardenden Beans serve (as I said before) more for the use of the poor than of the rich. I shall therefore only shew you the order the poor take with them, . . . They are only boyled in fair water and a little salt, and afterwards stewed with some butter, a little vinegar and pepper being put into them, and so eaten. . . . The Kidney Beans boyled in water, husk and all, onely the ends cut off, and the string taken away, and stewed with butter, are esteemed more savory meat to many mens palates, than the former, and are a dish more often times at rich mens Tables than at the poor.' Parkinson, *Paradisi*.

BEANS, SCARLET

Phaseolus coccineus L.
Cultivated in 1633 by John Tradescant. 'The Scarlet Beane riseth up with sundry branches twining about stakes that are set for it to runne thereon, still turning contrary to the Sunne, having three leaves on a foote stalke, . . . the flowers are for fashion like unto the rest, but are many more set together, and of a most orient scarlet color: the Beanes are larger than the ordinary kinde, and of a deepe purple turning to be blacke when is ripe and drie.' Parkinson, *Theatrum botanicum*.

BEETS

Beta vulgaris L.
'The roots of the Roman red Beet being boyled, are eaten of divers while they are hot with a little oyle and vinegar, and is accounted a delicate sallet for the winter; and being cold they are so used and eaten likewise.' Parkinson, *Paradisi*.

BUCKWHEAT

Fagopyrum esculentum Moench
It is now generally sown in most of these Northern Coun-

III Vegetables and Field Crops before 1700

ARTICHOKE

Cynara scolymus L.
Miller says, in his *Gardener's Dictionary*: 'In some parts it is eaten raw in its wild state, by the common people, and surely, must be a most wretched food. It is said to dye a good yellow: and the flowers are used instead of rennet to turn milk for cheese. . . . We learn from Turner that the Artichoke was certainly cultivated in England in 1551. We probably had it sooner.'

ARTICHOKE, JERUSALEM

Helianthus tuberosus L.
Cultivated in England at least by 1617. Parkinson writes, in *Paradisi in sole*: 'We in England, from some ignorant and idle head, have called them Artichokes of Jerusalem, only because the root, being boiled, is in taste like the bottom of an artichoke head; the Franks brought them first from Canada into these parts . . . [they] . . . are by reason of their great increasing, grown to be so common here with us at London, that even the most vulgar begin to despise them, where as when they were first received among us, they were dainties for a queen.'

ASPARAGUS, SPERAGE

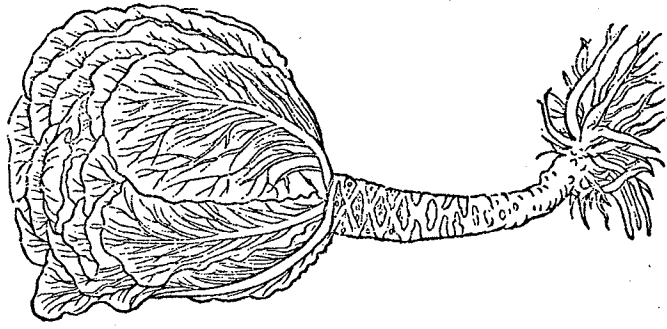
Asparagus officinalis L.
'The first shoots or heads of Asparagus are a Sallet of much esteem with all sorts of persons, as any other whatsoever, being boiled tender, and eaten with butter, vinegar, and pepper, oyl and vinegar, or as every ones manner doth please; and are almost wholly spent for the pleasure of the palate. It is specially good to provoke urine, and for those that are troubled with

tries, where for the use and profit is made of it many fields are sown there with, . . . and will not refuse to grow in an hungry ground, but is held generally to be as good as a dunging to the ground where on it is sowed, the straw thereof also being turned in thereto.' Parkinson, *Theatrum*.

CABBAGE

Brassica oleracea L. var.
capitata L.

'They are most usually boyled in powdered beef broth until they be tender, and then eaten with much fat put among them . . . In the cold Countries of Russia and Muscovia, they powder up a number of Cabbages, which serve them, especially the poorer sort, for their most Ordinary food in winter; and although they stink most grievously, yet to them they are ac-



Cabbage, *Brassica tritiana*. From Dodoens, *A Nieuwe Herball*.

counted good meat.' 'The *Savoy* Cabbage, one is of a deeper green coloured-leaf, and curled when it is to be gathered.' Parkinson, *Paradisi*.

CARROT

Daucus carota L.
'The carrot hath many winged leaves . . . of a deep green colour, some where of in autumn will turn to be of a fine red or purple (the beauty whereof allureth many Gentlewomen oftentimes to gather the leaves, and stick them in their hats or heads, or pin them on their arms instead of feathers).' Parkinson, *Paradisi*.

CAULIFLOWER, COLE-FLOWER

Brassica oleracea L. var.
botrytis L.

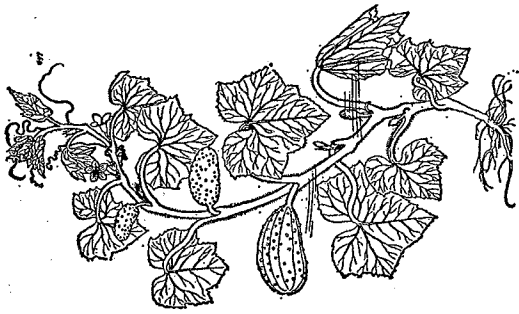
'The Cole-flower is a kind of Cole-wort, whose leaves are large, and like the cabbage leaves, but somewhat smaller, and indented about the edges, in the middle whereof, sometimes in the beginning of Autumn, and sometimes much sooner, there appeareth a hard head of whitish yellow tufts of flowers, closely thrust together, but never open, nor spreading much with us, which then is fittest to be used, . . . this hath a much pleasanter taste than either the Cole-wort, or cabbage of any kind, and is therefore of the more regard and respect at good men's tables.' Parkinson, *Paradisi*.

CORN

Triticum sp.
One of the most confusing common names in English is 'corn.' In Britain, and in colonial times in America, the name was a general term for field grains, most generally wheat. *Zea maize* in the time of Parkinson was Indian or Turkie Wheat, or Maize.

CUCUMBER, 'COWCUMBERS'

Cucumis sativus L.
Cultivated in the time of Gerard, 1566. 'Some used to cast a little salt on their sliced Cowcumbers, and let them stand half an hour or more in a dish, and then powr away the water that cometh from them by the salt, and after put vinegar, oyl, etc. thereon, as every one liketh.' Parkinson, *Paradisi*.



Cucumber, *Cucumer*. From Fuchs, *De Historia stirpium*.

DANDELION

Taraxacum officinale Weber

Miller writes: 'There are four or five Species of this Genus, which grow naturally in the Fields, so are not cultivated in Gardens; but some People in the Spring gather the Roots out of the Fields, and blanch them in their Gardens for a Salad Herb; however, as they are not cultivated, I shall forbear saying any Thing more of them, than that they are very bad Weeds both in Gardens and Fields, so should be rooted out before their Seeds are ripe.' 'Early in the spring, whilst the leaves are hardly unfolded, they are no bad ingredients in salads. The French eat the roots, and the leaves blanched, with bread and butter. Its diuretic effects have given it a vulgar name, not only in England, but other European nations.' Parkinson, in *Theatrum*, says: 'It wonderfully openeth the uritoric parts, causing abundance of urine, not only in children whose meseraical veins are not sufficiently strong to containe the quantitie of urine drawne in the night, but that then without restraint or keeping it backe they water their beds, but in those of old age also upon the stopping or yeelding small quantitie of urine.'

ENDIVE

Cichorium endivia L.
Cultivated in 1562. 'Endive being whited . . . usually being buried a while in sand, . . . is much used in winter as a sallet herb, with great delight.' Parkinson, *Paradisi*.

SUCCORY, CHICORY

Cichorium intybus L.
'Although Succorie be somewhat more bitter in taste than the Endives, yet it is often times, and of many eaten green, but more usually being buried a while in sand, that it may grow white, which causeth it to lose both some part of the bitterness, or also to the more tender in the eating.' Parkinson, *Paradisi*.

GARLIC

Allium sativum L.

'It being well boyled in salt broth, is often eaten of them that have strong stomachs, but will not brook in a weak and tender stomach.' Parkinson, *Paradisi*.

GOURDS See also MELON,

PUMPKIN, and SQUASH

Cucurbita lagenaria L.

Lagenaria vulgaris Ser.

'Fruit shaped like a bottle, with a large roundish belly and a neck, very smooth, when ripe of a pale yellow colour, some near six feet long, and eighteen inches round; the rind becomes hard, and being dried, contains water. . . . The Arabians call the bottle Gourd *Charrah*. The poor people eat it boiled, with vinegar; or fill the shell with rice and meat, and thus making a kind of pudding of it.' Miller.

HEMP

Cannabis sativa L.

'The Manured Hempe (which is of so great use, both for linnen cloath and cordage) is as I sayd of two sorts, male and female . . . to shew you the manner of steeping, drying, beating, and clensing hereof, to be made into cloth or cordage, is not my purpose or pertenant for this work; besides that, it would take up too much roome and time; it is familiarly known to every country housewife almost.' Parkinson, *Theatrum*.

HOPS

Humulus lupulus L.

'The young shoots are eaten early in the spring as asparagus, . . . The herb will dye wool yellow. From the stalks a strong cloth is made in Sweden.' Miller. 'The ale which our fore-

fathers were accustomed onely to drinke, being a kinde of thicker drinke than beere (caused a stranger to say of it . . . there is no drinke thicker that is drunke, there is no Urine cleerer that is made from it, it must needes be therefore that it leaveth much behind it in the belly) is now almost quite left off to be made, the use of Hoppes to be put therein, altering the quality thereof, to be much more healthfull, or rather physiocall, to preserve the body from the reption of grosse humors, which the Ale engendered.' Parkinson, *Theatrum*.

INDIAN OR TURKIE CORNE, MAIZE

Zea mays L.
Cultivated in England in 1562. 'Is cultivated in North America and Germany. . . The most common colour is a yellowish white; but there are some with deep yellow, others with purple, and some with blue grains; in Italy, Germany, and North America it is the food of the poor inhabitants. The Corn is ground to flour, and the poorest sort of people in America . . . make their bread of this flour; . . . this grain seldom agrees with those who have not been accustomed to eat it; however, in times of scarcity of other grain, this would be a better substitute for the poor than Bean flour.' Miller.

LEEKES

Allium porrum L.
Cultivated by Gerarde in 1596. 'The old world, as we find in Scripture, in the time of the children of *Israel's* being in Egypt, and no doubt long before, fed much upon Leeks, Onions and Garlick boyled with flesh; and the antiquity of the Gentiles relate the same manner of feeding on them, to be in all countries the like, which howsoever our dainty age now refuseth wholly in all sorts except the poorest.' Parkinson, *Paradisi*.

LETTUCE

Lactuca sativa L.
Mentioned by Turner in 1562. 'All sorts of Lettuce are spent in Sallets, with oyl and vinegar, or as everyone please, for the most part, while they are fresh and green, or whited, as is declared in some of the sortes before, to cause them to eat the more delicate and tender. They are also boyled, to serve for many sorts of dishes of meat, as the Cooks know best.' Parkinson, *Paradisi*.

MELON CITRALL, OR

TURKIE MELON, WATERMELON (Thunberg) Mansfield Cultivated in 1597 by Gerarde. 'This fruit should be eaten by Europeans with great caution; when taken in the heat of the day, whilst the body is warm, colics and other bad consequences often insue; and it is well known that persons are much troubled with worms, at the time this fruit is in season.' Miller.

MUSK MELON

Cucumis melo L.
'They have been formerly only eaten by great personages, because the fruit was not only delicate but rare; and therefore divers were brought from *France*, and since were nursed up by the Kings or Noblemens Gardiners only, to serve for their Masters delight; but now divers others that have skill and convenience of ground for them, do plant them and make them more common.' Parkinson, *Paradisi*.



Muskmelon, *Melo*. From Gerarde, *Herball*.

OATS

Avena sativa L.

'The meal of this grain makes tolerable good bread, and is the common food of the country people in the north [of Britain]. In the south it is esteemed for pottage, and other messes, and in some places they make beer with it.' Miller.

ONIONS

Allium cepa L.

'Onions are used many ways, as sliced and put into pottage, or boyled and peeled and laid in dishes for sallets at supper, or sliced and put into water, for a sawce for Mutton or Oysters, or into meat roasted being stuffed with Parsley, and so many ways that I cannot recount them.' Parkinson, *Paradisi*.

PARSLEY

Petroselinum crispum (Miller) Nym.

'Parsley is much used in all sorts of meats, being boyled, roasted, fried, stewed, and being green, it serveth to lay upon sundry meats, as also to draw meat withall.' Parkinson, *Paradisi*.

PARSNIP

Pastinaca sativa L.

'The Parsnep root is a great nourisher, and is much more used in this time of *Lent*, being boyled and stewed with butter, than in any other time of the year; yet it is very good all the winter long.' Parkinson, *Paradisi*.

PEAS

Pisum sativum L.

'Pease of all or the most of these sorts, are either used when they are green, and be a dish of meat for the table of the rich as well as the poor, yet every one observing his time, and the kind: the fairest, sweetest, youngest, and earliest, for the better sort, the later and meaner kind for the meaner, who do not give the dearest price: or Being dry, they serve to boyl into a kind of broth or pottage, wherein many do put Tyme, Mints, Savory, or some other such hot herbs, to give it the better relish, and is much used in Town and Country in the Lent time.' Parkinson, *Paradisi*.

POTATO

Solanum tuberosum L.

These and the sweet potato *Ipomoea batatas* are much confused

in early accounts; however, they seem to have been cultivated in Virginia in 1609. They are said to have been introduced into Ireland either in 1565 by Hawkins or 1584 by Sir Walter Raleigh. Gerarde had the potato in his garden in London in 1597. In *Sturtevant's Notes on Edible Plants*, ed. U. P. Hedrick, we are told: 'Potatoes are said to have been introduced into New England by a colony of Presbyterian Irish who settled in Londonderry, New Hampshire, in 1719, but cultivation did not become general for many years.'

PUMPKINS, POMPIONS

Cucurbita pepo L.

Cultivated before 1570 according to L'Obel. 'They use likewise to take out the inner watery substance with the seeds, and fill up the place with Pippins [apples], and having laid on the cover which they cut off from the top, to take out the pulp, they bake them together, and the poor of the City, as well as of the Country people, do eat thereof as of a dainty dish.' Parkinson, *Paradisi*.

RADISH

Raphanus sativus L.

'Raddishes do serve usually as a stimulum before meat, giving an appetite there unto; the poor eat them alone with bread and salt.' Parkinson, *Paradisi*.

RAMPION

Campanula rapunculus L.

Cultivated by Gerarde in 1596. Native in Europe from the Netherlands southwards. 'The fleshy roots are eatable, and are much cultivated in France for salads. Some years past it was cultivated in English gardens for the same purpose, but is now generally neglected.... The roots are eaten not only raw in salads, but boiled like Asparagus. They were boiled tender and eaten cold with vinegar and pepper in the time of Parkinson.' Miller.

RYE

Secale cereale L.

'Rye is of a more clammy substance than Wheate, and neither is digested so quickly, nor nourished so well, yet is accounted to be next in goodnesse unto Wheate, especially if the corne [grain] be sweet and good, and the bread well fermented and baked.' Parkinson, *Theatrum*.

SPINACH, SPINAGE

Spinacia oleracea L.

'Spinage is an herb fit for sallets, and for divers other purposes for the table only; for it is not known to be used physically at all.' Parkinson, *Paradis*.

SQUASH, SUMMER SQUASH

Cucurbita pepo L. var. *melopepa* (L.) Alef.

'The word "squash" seems to have been derived from the American aborigines and in particular from those tribes occupying the northeastern Atlantic Coast. . . . The distinctions between the various forms of cucurbits seem to have been kept in mind by the vernacular writers, who did not use the words pompon [pumpkin] and gourd, as synonyms. . . . The word "squash" in its early use, we may conclude, applied to those varieties of cucurbits which furnish a summer vegetable and was carefully distinguished from the pumpkin. . . . At the present time, the word squash is used only in America, gourds, pumpkins, and marrows being the equivalent English names, and the American use of the word is so confusing that it can only be defined as applying to those varieties of cucurbits which are grown in gardens for table use; the word pumpkin applies to those varieties grown in fields for stock purposes; and the word gourd to those ornamental forms with a woody rind and bitter flesh, or to the Lagenaria.' Sturtevant.

SUCCORY, See ENDIVE

TURNIP

Brassica rapa L.

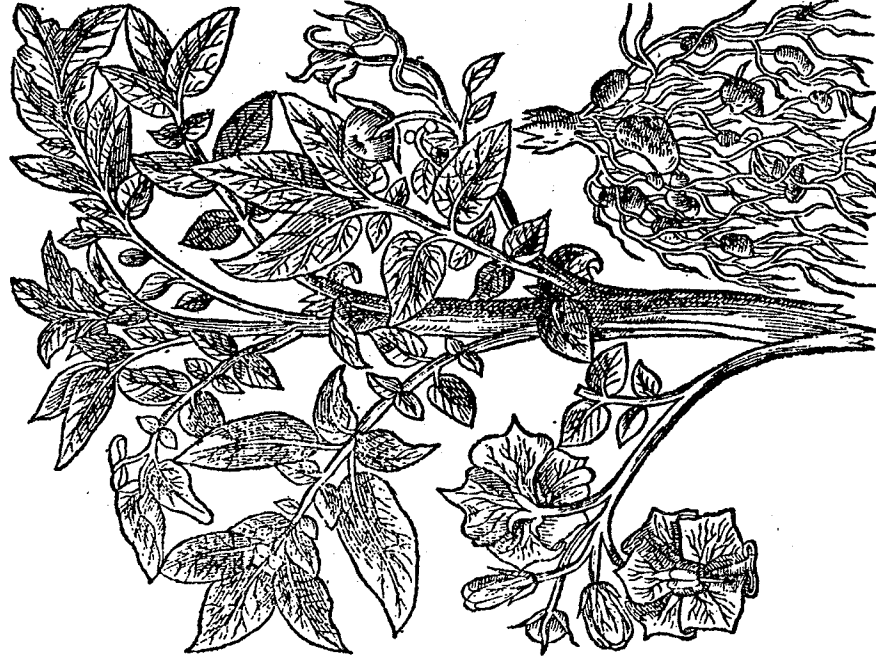
'Being boyled in salt broth, they all of them eat most kindly, and by reason of their sweetness are much esteemed, and often seen as a dish at good men's tables: but the greater quantity of them are spent at poor men's feasts.' Parkinson, *Paradis*. Turnips are said to have been introduced into England from Holland in 1550. They were reported to be in cultivation in Massachusetts in 1629.

WHEAT

Triticum aestivum L.

Wheat was an unimportant grain in England as late as the

reign of the first Elizabeth. It was ordered, from England, by the Plymouth Colony in 1629. By that time it seems to have been widely grown in England in many varieties.



Virginia potato, *Battata virginiana*. From Gerarde, *Herball*.