

RUTGERS UNIVERSITY
SPECIAL COLLECTIONS AND UNIVERSITY ARCHIVES

<https://www.libraries.rutgers.edu/scua>

SELECTED LIST OF HERBALS AND COOKBOOKS

HERBALS

Rare Books Collection

Gerard, John, William Rogers, John Norton, John Payne, and Rembert Dodoens. *The Herball, Or, Generall Historie of Plantes. Gathered by Iohn Gerarde of London Master in Chirurgerie very much enlarged and amended by Thomas Iohnson citizen and apothecarye of London. London: By Adam Islip Ioice Norton and Richard Whitakers, 1633.*

[X-FOLIO2 QK41.G3 1633]

*Written by one of the most respected plant experts of his time, John Gerard's Herball included plants from his own gardens, as well as from the Americas, including New World imports like potatoes, corn, yucca, and squash. To illustrate Gerard's Herball, his publisher, John Norton, rented nearly 1,800 of the most accurate illustrations of the time, woodblocks from the Frankfurt publisher of Jacobus Theodorus' *Neuwe Kreuterbuch or Eicones Plantarum* (1590). These woodcuts had themselves been reproduced from the works of earlier herbalists such as Dodoens, Chusius, de l'Obel, and Mattioli. Additionally, Norton collected commissioned 16 new woodcuts of plants new to Europe, including the potato, supposedly illustrated from a specimen grown in Gerard's garden.*

Bauhin, Caspar, Claude Prost, and Jean Bauhin. *Histoire des plantes de l'Europe, et des plus usitées qui viennent d'Asie, d'Afrique & d'Amérique. Où l'on voit leurs figures, leurs noms, en quel temps elles fleurissent, & le lieu où elles croissent. Avec un abregé de leurs qualitez, & de leurs vertus spécifiques. Divisée en deux tomes, le tout rangée selon l'ordre du Pinax de Gaspard Bauhin, 1670.*

[X QK41.H673, v.2]

In order to facilitate international discourse about the natural world—and thus indirectly supporting colonial ventures—Swiss botanists Jean and Caspar Bauhin felt compelled to publish a dictionary of synonyms of the names of 6,000 plants with woodcuts of around 140 species. The Bauhin brothers realized that both beginners and experts alike needed a guide, not only to the different forms of plants, but also to the literature describing them. Forty-plus years of labor

produced Pinax Theatri Botanici or Index to the Exposition of Plants that disentangled the names of every species of plant known to European naturalists. Because Linnaeus constantly cited Pinax, Bauhin's work remains a key guide to identifying plants in early herbals. Bauhin is known as an authority on exotic Asian plants for his descriptions of the common mango, betel palm, mangosteen, tamarind, and calamus.

Bauhin's introduction of two-part plant names—later perfected by Carl Linnaeus in the 1730s—helped to reduce plants to specimens, numbers and names, so that once identified, any plant of its type could be found in the world.

Pomet, Pierre. A complete history of drugs, written in French; to which is added what is further observable on the same subject from Mess. Lemery and Tournefort...done into English from the originals. Second Edition. Printed for R. and J. Bonwick, R. Wilkin, John Walthoe and Theodore Ward. London: Bonwicke, 1725.

[X RM84.P6513 1725]

Considered to be the most authoritative and comprehensive book of its time, Pierre Pomet's Histoire Général des Drogues covered not only on the substances now recognized as medicines, but included a broad range of intoxicants, narcotics, dyestuffs, foodstuffs, spices, minerals, and animal byproducts. Pomet's work drew its authority both from his extensive collecting trips across Europe, and from his position in the French court; both gave him access to networks of merchants who provided him with ethnobotanical stories and specimens.

By combining utilitarian medical advice with vicarious access to stories and images of far-flung places and peoples, Pomet struck a key marketing element that made Histoire Général des Drogues one of the most profitable and influential medical texts of its time. Readers could learn of the scientific and medicinal, as well as indulge in the pleasure of reading about their contextual environments, peppered with tales of mythical conjecture, and oddities like the uses of mummies, fossils, and unicorn horns in cures and treatments.

Pomet illustrated his herbal with 400 copper-plate engravings—most of which contain four plates per leaf—attributed to Jean Crépy. Amongst Crépy's detailed naturalistic depictions of plants, roots and animals from both the land and sea, are scenes of industry from fisheries, silk-weavers, and as shown here, sugar production from harvested sugar cane.

Blackwell, Elizabeth. A curious herbal, containing five hundred cuts, of the most useful plants, which are now used in the practice of physick. Engraved on folio copper plates, after drawings, taken from the life; to which is added a short description of ye plants, and their common uses in physick, 1739.

[X-FOLIO QK41.B53 1739, v. 1]

Elizabeth Blackwell's A Curious Herbal provided physicians, apothecaries, and the general public with an updated reference work that included plants from the New World. Although A Curious Herbal is mentioned in many histories of botany and botanical illustration, Blackwell herself has been largely forgotten and dismissed in the fields of botany and medicine. Her ability

to discern a need for an updated herbal, gain the support of several leading physicians and botanists, and engrave and hand-paint every one of the 500 plates herself — all unprecedented achievements for a woman of her time.

Radishes were believed to open the bowels, prevent scurvy, and stimulate the flow of urine. The pressed juice of the roots is now used for upper respiratory inflammations and disorders of the bile ducts. Thinly sliced radishes are also delicious on salads.

RARE COOKBOOKS

Rare Books Collection

Platina, Bartolomeo and Gerardus de Flandria. *De Honesta Voluptate Valetudine*. Impressum in Ciuitate Austrie [Cividale]: Impensis et expensis Gerardi de Flandria, 1480.

[X TX801.E84]

This is the first printed European cookbook, which discusses 250 recipes and information about the ingredients themselves in Latin. The title translates to “On Right Pleasure and Good Health,” which was cribbed from a slightly earlier cookbook by Martino da Como, a chef from the Milan area who traveled to Rome and became the most celebrated chef of the 15th century. Probably composed around 1450 and conserved, in its original form, in the Library of Congress in Washington D.C., Maestro Martino’s cookbook is the most complete and systematic of the works that came before. The book received considerable praise also from Martino’s contemporaries, to the point of being frequently plagiarized – it only contains 10 original pieces.

Evelyn, John, Herschel V. Jones, and Christopher Wren. *Acetaria: A Discourse of Sallets*. London: Printed for B. Tooke, 1699.

[X TX801.E84]

Early English menus and cookery books hardly mention vegetables, which led to many social historians to doubt whether much was eaten at all. Overall, the essential role of vegetables as a part of the diet was not understood until the early seventeenth century; more often than not, vegetables were labelled as watery foodstuffs with little value other than filling poor bellies. Well-heeled householders who could afford the services of physicians and barber-surgeons tended to avoid eating both fruit and vegetables, seeing them as the necessary portions of the more impoverished classes.

Going against the grain of Galenic dietary principles, which dictated that, for instance, vegetables were to be boiled twice to remove their overactive natural properties. Instead, Evelyn recommended recipes like using rampion root and arugula for salads, and using wild rock samphir or sea fennel for pickling (preserving their stems, leaves and seed pods).

Glasse, Hannah. *The Compleat Confectioner: Or, the Whole Art of Confectionary Made Plain and Easy ... Shewing, the various methods of preserving and candying, both dry and liquid, all kinds of fruit, flowers and herbs; the different ways of clarifying sugar; and the method of keeping fruit, nuts, and flowers fresh and fine all the year round ... Likewise the art of making artificial fruit, with the stalks in it, so as to resemble the natural fruit. To which are added, some bills of fare for deserts for private families.* London: I. Pottinger and J. Williams, 1750.

[X TX763.G55 1750]

*Assisted by a swathe of confectionary books like Glasse's *Compleat Confectioner*, ladies of the middling and upper classes could transform the produce of their kitchen gardens and fertile orchards into preserves and candies to help safeguard their families against illnesses, crop failure and hunger. They could also use this manual to master the art of comfet-making or candying, a culinary recreation with which the upwardly mobile urban woman could show off to her friends.*

Until the mid-seventeenth century—when a pound of sugar cost the equivalent of two days' pay for a laborer—liberal use of imported sugar reflected economic as well as social privilege. Prices gradually declined throughout the century thanks to more abundant sugar supplies and refineries in the British and French colonies. As sugar became more widely available in Europe throughout the seventeenth and eighteenth centuries, physicians and apothecaries advocated its use as a remedy for everything from asthma to gum disease. Sugar was the only important foodstuff to get cheaper, allowing confectionery, and with it a little bit of luxury, to women further down the social scale.

***The Lady's Companion: Containing Upwards of Three Thousand Different Receipts in Every Kind of Cookery: ... to Which Is Added, Bills of Fare for Every Month in the Year. Also Directions for Brewing Beers, Ales, & c., making all sorts of English wines, cyder, mum, methelgin, vinegar, verjuice, catchup, & c. Sixth Edition.* London: Printed for J. Hodges, 1753.**

[X TX705.L27 1753]

*This book was originally published under the telling title, *The Whole Duty of a Woman* (1737). The title does not exaggerate and the thousands of recipes which include many from countries (French, Italian and Dutch), but are primarily British. They cover every sort of dish imaginable; some are elaborate such as Royal-Sausages made with Partridges, Quails, Snipes, Pigeons, Chicken, Veal and fat of Ham with Mushrooms, Truffles, Eggs, Cream and seasoning made into a farce wrapped in slices of Veal then stewed gently, allowed to cool and served garnished with Lemon-peel; some simple, such as a Welch Rabbit as well as Scotch, Portugal and Italian Rabbits; Fruit Creams - mashed fruits added to boiled cream then strained, cooled and served.*

The Lady's Companion includes 'The Cook and Housewife's Calendar,' or monthly list of things in season from January to December; proper articles to cover the table every month (course lists); an example of a Housekeepers Book with year-end statement; marketing tables from one penny three farthings to three pence per pound; and a table converting expenses, income and wages from farthings to pounds and back to farthings.

Ude, Louis E. *The French Cook: A System of Fashionable and Economical Cookery, Adapted to the Use of English Families*. Seventh Edition. London: J. Ebers, 1822.

[X TX719.U3 1822]

This is perhaps the most extravagant work on French cookery published in England up to that time, first issued in 1813, by the former cook to Louis XVI and the Earl of Sefton, and steward to the Duke of York.

Cookbooks like Ude's targeted Britain's middle classes, who desired fashionable displays of wealth and sophistication. In a world that was becoming increasingly globalized, cookbooks meant that it was easier than ever to create a lifestyle – have a dinner party, for instance, that epitomized that of Britain's nobility, the ultimate expression of a life of wealth and ease. Notice how the book is written for English "ladies," a term which became associated with a specific type of attitude, wealth and sophistication rather than family history.

By the eighteenth century, French food had been clearly established as the most popular type of cuisine in Great Britain. Within cookbook introductions and commentary included with recipes we see an equation of French food with expense and extravagance, there was also a modification of French techniques, and anglicizing recipes even if a French title remained.

NEW JERSEY RECIPES AND COOKBOOKS

Special collections

Newbold Family Account Books, c. 1790-1877. Volume 1, 1790-1824

[MC 408]

The first of a series of five farm account books, kept by two generations of the Newbold family, was kept by Thomas Newbold (1760-1823) of Springfield Township, Burlington County. Amidst the records of income, expenses, and other financial transactions, the last pages contain a few recipes for food and cures.

Sinclair New Jersey Collection

***Economical Cookery: Designed to Assist the Housekeeper in Retrenching Her Expenses, by the Exclusion of Spiritous Liquors from Her Cookery.* Newark, NJ: Benjamin Olds, 1839.**

[SNCLX TX715.E187 1839]

This is the first cookbook published in New Jersey (cookbooks were only published in America beginning in 1742, with New York and Philadelphia publishers dominating the market). Written by an anonymous female author who urged women to take an active part in the Temperance Movement by eliminating brandys and other liquors from their cooking. The cookbook was the result of a few years' work "trying in every way to render her dishes palatable" without alcohol.

Howell, Sarah B. *Nine Family Breakfasts and How to Prepare Them.* Trenton, N.J: Naar, Day, & Naar, Book and Job Printers, 1891.

[SNCLY TX733.H69 1891]

This booklet was a sequel to Howell's Nine Family Dinners and was, according to the introduction "offered to the public with full assurance that it will give a satisfaction and prove a valuable assistant in the planning and preparation of an endless variety of breakfast dishes"

***Campbell's Menu Book: A Menu for Every Day in the Month.* Camden, N.J: The Joseph Campbell Company, 1910.**

[SNCLY TX728.C36 1910]

This booklet, produced by the NJ based Campbell Soup Company, lists thirty menus (a month worth) for each day of the week. The recipes cover breakfast, lunch and dinner, with Campbell soup as one of the courses for lunch, dinner, or both. The introduction caters to "the ambitious housewife, confronted daily with the necessity for catering to the capricious appetites of her household."

***Salute to New Jersey: A Collection of Original New Jersey Recipes and Historical Anecdotes.* Newark, N.J: Compliments of Home Service Dept., Public Service Electric and Gas Co, 19--**

[SNCLY TX715.S24]

This booklet was published by PSE&G as part of their publicity campaign.

Our Personalized recipes, Women's division of the Y.M.& Y.W.H.A, Elizabeth, NJ 1944

[Sinclair NJ Cookbook Collection--Elizabeth]

This booklet was used as a fundraiser by the women's division of the Young Men's and Young Women's Hebrew Assocation in Elizabeth, NJ to "bring the Home Front a little closer to our men and women in the Armed Forces." To reach as wide an audience of possible, the "pet

recipes” taken from the “some of our most famous cooks” were of a general nature. The only Jewish recipes included are for Passover. The pages are reproduction of handwritten entries with personal decorations, providing a personal touch.

Easy ways to delicious meals, 456 quick to fix recipes using Campbell's convenience foods, Campbell Company, Camden, 1950s

[Sinclair NJ Cookbook collection--Camden]

This cookbook includes few full color illustrations dishes, which was used more extensively from the 1960s

Cook Book of the Stars, Darcy Chapter no 138, Flemington, NJ, 1959

[Sinclair New Jersey Cookbooks Collection--Flemington]

The Sinclair NJ cookbook collection contains a number of local recipe books, compiled by local communities of various denominations. This recipe book was compiled by a chapter of the freemason “Order of the Eastern Star,” a freemason society founded in 1850, of which men and women could be members. The last of the recipes that are listed is a recipe to "preserve a husband."