

# Picked, Prepared, Canned, and Eaten

## Culinary History at Virginia Tech

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## To Pickle Great Cucumbers

Take 12 Cucumbers before they have seeds pare them and slice them pretty thin then take 6 Onions & slice on them & take one handful of salt & thro' on them so let them stand 24 hours then let them

**“Management is an art that may be acquired by every woman of good sense and tolerable memory.”**

## To Pickle Muskmelons

Take 12 Green Melons & a little peice out of y<sup>e</sup> side of each pick out all y<sup>e</sup> seeds with a penknife take Ginger sliced Cloves & Mace Nutmegs Cut in peices, pepper Cloves of Garlich whole Mustards fill y<sup>e</sup> Melons with this liquor boyleing hot upon y<sup>e</sup> fire shake y<sup>e</sup> pickle up very close then 4 Quarts of Wine Vinegar 2 Quarts of Water a hand full of Salt put in some of y<sup>e</sup> same Spices & Garlich boyle it well and Scumm it Every Clean, let y<sup>e</sup> Melons be put into a pot then powder this liquor boyleing hot upon y<sup>e</sup> fire shake y<sup>e</sup> pickle

= three days to gather & pour it boyleing hot upon y<sup>e</sup> Melons when you have done Scalling thus when y<sup>e</sup> pickle is Cold put in some bruised Mustard seeds & keep them Close tyed down

## To Pickle French beans

Take Some beans lay y<sup>m</sup> in Salt & water 9 Days, you must take y<sup>m</sup> out & wipe very dry & put y<sup>m</sup> in Red Vinegar & boyle y<sup>m</sup> then pour y<sup>e</sup> into a Crook let y<sup>e</sup> stand till they are till Cold drain y<sup>e</sup> other Vinegar from y<sup>e</sup> beans then put y<sup>e</sup> Vinegar with Spice to them

## To Pickle Kidney Beans

Take them very young & tender towards y<sup>e</sup> last Season of then put y<sup>m</sup> in steep with half Vinegar half Water & Salt close covered with a very slow fire uncer them when they are soft to pour on them put them over y<sup>e</sup> fire again Close covered till they be very Green be shure y<sup>e</sup> fire be very little you may keep them 6 Weeks in the Last Pickle before you Change them

Introduction to

**The Virginia Housewife: or, Methodical Cook,**

1820

# Origins of the Collection

Peacock-Harper Collection (1999)

+ Ann Hertzler Children's Literature and Nutrition Collection (2006-present)

+ Purchases (c.2000-present)

+ Donations (1999-present)

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= Culinary History Collection  
at Special Collections

# About the Culinary History Collection

- Currently contains more than 3,700 volumes
- 2,400+ of these are housed in Special Collections
- Also contains two dozen manuscript collections
  - Handwritten receipt (recipe) and home remedy books, household account ledgers, faculty papers, and product pamphlets/publications

# Collection Focus

- Recently revisited our Collection Development policy, originally created in 1999.
- Emphasis on:
  - Regional cookbooks and materials from dietitians, extension/home demonstration agents, chefs
  - Community cookbooks (Virginia and Appalachia)
  - Brand-name cookbooks and product publications
  - Menus, nutrition education, and kitchen planning
  - Books documenting social, domestic, and economic history; changes in food behavior; food-related processing and technology
  - Faculty papers
  - Manuscript receipt/recipe books

To Pickle Great Cucumbers

take 12 Cucumbers before they have seeds pare them and  
them pretty thin then take 6 Onions & slice on them  
& take one half of Salt & one of Mustard & one of  
then let them drain very well in a Sieve then put them in  
A pot or Earthen Jarr & take one quart of White Wine  
Vinegar, 6 blades of mace & 6 cloves then pour it boiling hot on  
Your Cucumbers let them stand till they are cold then cover them

= three days to gather & pour it boiling hot upon y<sup>e</sup> When you  
have done Scalding thus when y<sup>e</sup> pickle is Cold put in some  
bruis'd Mustard & keep the Close Lids down  
To Pickle French Beans

you must  
then  
take y<sup>e</sup> 4<sup>th</sup> take & wipe very dry & put y<sup>e</sup> in Cold Vinegar &  
6 blades of mace & 6 cloves then pour it boiling hot on  
Your Cucumbers let them stand till they are cold then cover them  
till Cold drain y<sup>e</sup> then Vinegar & salt from y<sup>e</sup> beans then

“Bean taffy easily takes first rank among  
all the taffies—vegetable or otherwise.  
The taste is good beyond words, and the  
consistency is pleasingly ‘chewy’ without  
being tenacious to the point of teeth  
pulling! Lima beans are the best to  
use...”

To Pickle Muskmelons

take 12 Green Melons & a little piece out of y<sup>e</sup> Side of Each pick  
out all y<sup>e</sup> Seeds with a penknife take Ginger Sliced Cloves & Mace  
Nutmegs Cut in pieces, pepper Cloves of Garlic whole Mustard  
fill y<sup>e</sup> Melons with these Spices put y<sup>e</sup> Spices on again & wash them  
Up Very Close then y<sup>e</sup> Quarts of White Vinegar 2 Quarts of Water & half  
full of Salt put in some of y<sup>e</sup> same Spices & Garlic boyle  
well and Scumm it Every Clean, let y<sup>e</sup> Melons be put into a  
pot then powder this Sygar boyleing hot upon y<sup>e</sup> Shake y<sup>e</sup> pickle

To Pickle Kidney Beans

Take them very young & tender towards y<sup>e</sup> last Season of  
them put y<sup>e</sup> in steep with half Vinegar half Water &  
Salt close covered with a very slow fire under them when they  
are very Green & tender wash them clean & have  
the Vinegar & water on them till they are  
covered till they be very Green be shure y<sup>e</sup> fire be very  
little you may keep them 6 weeks in the last Pickle  
before you Change them

From Mary Elizabeth Hall's *Candy-making revolutionized;*  
*confectionery from vegetables.* New York: Sturgis & Walton  
Co., 1912

# Picked: Donations and Purchases

## • Donations

- Form the majority of the collection to date
- Method of acquisition the department is dependent upon
- Mostly books, but this is changing as word of the collection is spreading

## • Purchases

- No dedicated fund or endowment for general culinary materials in Special Collections
- Endowment for Children's Literature and Nutrition Collection materials

# Prepared: Access

- Department goals:

- Getting materials into the hands of researchers
- Meeting the demand for 24/7 access to materials to the extent possible

- Catalog records

- Finding aids

- Posting collection guides for manuscript items/collections on Virginia Heritage:

<http://ead.lib.virginia.edu>

- Culinary Pamphlet Collection, Ms2011-002

To Pickle Great Cucumbers

Take 12 Cucumbers before they are too big  
them pritty thin then take 6 Onions & slice on them  
& take one handful of salt & thro, on them so let them stand 24 hours

then take a pot or Earthen yard & take one  
A pot or Earthen yard & take one  
Venegar, boyle it with one spoonfull of hole pepper  
6 blades of mace  
Your Cucumbers to the  
Up Close

To Pickle Mushmelons  
Take 12 Mushmelons of y<sup>e</sup> Side of Each pick  
cut all y<sup>e</sup> Seeds  
Nutmegs Cut in  
fill y<sup>e</sup> Melons with  
Up Very Close then  
Full of Salt put in  
well and Scumm it  
pot then powder this

liquor boylng hot upon y<sup>e</sup> Shake y<sup>e</sup> pickle

= three days to gather & pour it boylng hot upon y<sup>e</sup> When you  
have done Sealing thus when y<sup>e</sup> pickle is Cold put in some  
Close 1/2 doz

To Pickle French beans

Take some beans lay y<sup>e</sup> in salt & water 9 Days, you must  
Change them once in the time into fresh water & salt then  
boyle y<sup>e</sup> then pour y<sup>e</sup> into a crock & let y<sup>e</sup> stand till they are  
Cold then boyle some more Venegar with Spice let it stand  
y<sup>e</sup> Cold then y<sup>e</sup> other Venegar from y<sup>e</sup> beans then  
put y<sup>e</sup> Venegar with Spice to them

To Pickle Kidney Beans

Take them very young & tender towards y<sup>e</sup> last Season of  
Venegar half water &  
fire uncer them when they  
very Green & tender povere their liquor from them have  
fire again  
Close coverd till they be very Green be shure y<sup>e</sup> fire be very  
Little You may keep them 6 Weeks in the Last Pickle  
before You Change them



# Canned: Preservation

- Department goals: Preserving fragile and rare materials for the future

- What we can do

  - Keep unique items out of circulation

  - Digitize manuscript materials

    - [Ms2008-023](#)

    - [Ms2008-024](#)

  - Digitizing books

    - [Recipes from Old Virginia](#) (1946)

    - [Virginia Cookery Book](#) (1884)

# Eaten: Reference and Research

- General Inquiries

- Recent Projects

- Approaches to children's nutrition through cookbooks in the mid-20<sup>th</sup> century

- Preservation methodologies (pickling)

- Music inspired by vegetable poetry!

- Future Plans

- New ideas for potential research uses

- Outreach through exhibits, events, tours, and classes

= three days to gather & pour it boylng hot upon y<sup>e</sup>. When you have done scalding thus when y<sup>e</sup> pickle is cold put in some

To Pickle French beans

take Some beans lay y<sup>m</sup> in Salt & water 9 Days, you must Change them once in the time into fresh Water & Salt then

take y<sup>m</sup> take & wipe very dry, & put y<sup>m</sup> in Cold Vinegar & boyle y<sup>m</sup> then pour y<sup>m</sup> into a crock & let y<sup>m</sup> stand till they are

very tender & tender towards y<sup>e</sup> last Season of them put y<sup>m</sup> in steep with half Vinegar half Water &

close covered till they be very Green be shure y<sup>e</sup> fire be very little You may keep them 6 Weeks in the last Pickle before You Change them

To Pickle Kidney Beans

take them very young & tender towards y<sup>e</sup> last Season of them put y<sup>m</sup> in steep with half Vinegar half Water &

close covered till they be very Green be shure y<sup>e</sup> fire be very little You may keep them 6 Weeks in the last Pickle before You Change them

before You Change them

To Pickle Great Cucumbers

Take 12 Cucumbers before they have seeds pare them and slice them pretty thin then take 6 Onions & slice on them

Take one handful of salt & three on them to let them stand 24 hours then let them drain very well in a sieve then put them into a pot or Earthen Dish

6 blades of mace of 6 cloves then pour it boylng hot on your Cucumbers

To Pickle Water Melons

Take 12 Water Melons cut all y<sup>e</sup> seeds with a pen knife take Ginger sliced Cloves Nutmegs Cut in pieces pepper Cloves of Garlic whole Mustard

Up Very Close then 4 Quarts of Wine Digest 2 Quarts of Water a hand full of Salt put in some of y<sup>e</sup> same spices & Garlic boyle it well and Scumm it Every Clean let y<sup>e</sup> Melons be put into a pot then powder this liquor boylng hot upon y<sup>e</sup> Shake y<sup>e</sup> pickle

= three days to gather & pour it boylng hot upon y<sup>e</sup> When you have done Scalling thus when y<sup>e</sup> pickle is Cold put in some bruised Mustard seeds & keep them Close tyed down

To Pickle French beans

Take some beans lay y<sup>e</sup> in salt & water 3 Days, you must change them once in the time into fresh Water & Salt then

Let them boyle some more Vinegar with Spice to it Stand up Close

To Pickle Kidney Beans

Take some young or tender kidney beans wash y<sup>e</sup> in steep with half Vinegar half Water & Salt close covered with a very slow fire uncer them when they

are very Green & tender powere their liquor from them have a little more Vinegar put in y<sup>e</sup> fire again Close covered till they be very Green be shure y<sup>e</sup> fire be very little You may keep them 6 Weeks in the Last Pickle before You change them

"I would say to housewives, be not daunted by one failure, nor by twenty. Resolve that you will have good bread, and never cease striving after this result until you have effected it. If persons without brains can accomplish this, why cannot you?"

Housekeeping in Old Virginia, c.1879

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= three days to gather & pour it boylng hot upon y<sup>e</sup> When you have done sealing thus when y<sup>e</sup> pickle is cold put in some bruised Mustard seeds & keep them Close tyed down

## To Pickle French beans

take some beans lay y<sup>m</sup> in salt & water 9 Days, you must change them once in the time into fresh Water & salt then take y<sup>m</sup> out & wipe very dry, & put y<sup>m</sup> in cold Vinegar & boyle y<sup>m</sup> then pour y<sup>m</sup> into a Crook & let y<sup>m</sup> stand till they are cold then boyle some more Vinegar with Spice let it stand till cold drain y<sup>e</sup> other Vinegar from y<sup>e</sup> beans then put y<sup>e</sup> beans in with Spice to them

# Questions?

## Contact Information:

## To Pickle Muskmelons

take 12 Green Melons & a little peice out of y<sup>e</sup> top cut all y<sup>e</sup> seeds with a son knife take Ginger sliced Cloves & Mace Nutmegs Cut in peices pepper & salt fill y<sup>e</sup> Melons with these up very Close then 4 Quarts of Wine Vinegar 2 Quarts full of salt put in some of y<sup>e</sup> same Spices & Garlick boyle it well and Scumm it Every Clean, let y<sup>e</sup> Melons be put into a pot then powder this liquor boylng hot upon y<sup>m</sup> Shake y<sup>e</sup> pickle

## To Pickle Kidney Beans

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