



Index

- 100.0 degrees Centigrade, 28
- 10-percent brine solution, 49
- 120 to 140 degrees F, 31
- 15- to 20-percent salt, 49
- 180 to 185 degrees F, 31
- 212.0 degrees, 28
- 3-9 V Italian Style Pickles, 113
- 4.6-pH line, 31, 171
- 55- to 75-degrees environment, 104
- 5-percent-acidity vinegar, 74, 124
- 6-percent headspace, 26, 179
- 6-percent-acidity vinegar, 74, 94
- 94 percent full, 26

- “A”, 26
- A1 Steak Sauce®, 150
- Aalu Chatni, 150
- acesulfame K, 36
- Acetaria (1699), 62
- acetic acid, 47, 49
 - fermentation, 47
- Acetobacter* species, 45
- Achara (Atsara), 139
- acid, 16, 31, 33, 85
 - fermentation of vegetables, 48
 - brine, 85, 145
- acidification, 16, 22
 - knowledge, 53
 - food, 46
 - pickle, 21
- acidifiers, 30, 182
- acorns, 131
- actual boiling point of water, 28
- Adams, John, 42
- adaptogenic herbs, 157
- adaptogens, 157
- ADHD students, 20
- agave, 76, 86, 89, 117, 134
 - syrup, 77
 - Quickles with Zucchini and Red Onion, 89
- agitating retort, 24
- agro-processing, 41, 43, 71
- air in the product, 23
- air lock(s), 48, 118
 - with Ziploc® of brine, 105
- air space, 22
- Albina Verduna, 163
- Alfeld Nomenclature System, 26, 31
- alkaline, 33
 - fermentations, 47-48
- All-Clad, 25, 28
- allergic reactions, 167
- alligator meat, 151
- Allium cepa*, 55
- Allium sativum* L., 113
- Allium scorodoprasum*, 62
- allspice, 37, 104
- almond(s), 168
 - extract, 37
- alternative sweeteners, 36
- altitude-conversion charts, 27
- alum, 107
- aluminum, 28
- American cantaloupes, 164
- American gooseberry, 174
- Anacardium occidentale*, 48
- Anderson, Joan, 107
- anaerobic fermentation, 65
- annanas flowers, 153
- annatto, 59
- anthocyanin, 29
- anthrax, 32
- antitoxin, 32
- Apicius, 47
- Apium graveolens* L. var. *rapaceum* (Mill.), 56
- Appert, Nicholas, 42

- appetite, 112
 Apple-and-Maple Preserves, 86
 apple(s), 61, 151
 chutney, 155
 conserve with spices, 155
 pears, 32
 Apricot Chutney, 165
 Apricot-Raspberry Chutney, 171
 apricot(s), 131
 Aristotle, 41
 Armenian cracker bread, 162
 Aromatic Broccoli Pickle, 113
 aromatic esters, 49
 aromatic pickle, 112
Art of Cookery, The, 145
Art of Cooking, The, 47
 artichoke, 119
 artificial sweeteners, 36, 77
 asafetida, 137
 ascorbic acid
 crystals, 134
 acid water, 134
 asparagus, 111
Asparagus officinalis, 111
 aspartame, 36, 76, 77
 aspic, 146
 assumptions, 172
 Atjar Bening, 106
 ATP, 43
 Aunt Frances Basten's Bread and Butter Pickles, 85-86
 Aunt Patty's Agave Syrup, 89, 91
 Australian Food Safety Centre of Excellence, 114
 a_w , 45
 Aztecs, 67

 B&B, 85
 Babylon, 47
Bacillus subtilis, 47
 bacteria, 16, 28, 45, 47
 Bailey, L. H., 147
 baked papaya, 139
 balance, 16, 18
Ball Blue Book, The, 155
 balsamic vinegar, 123, 128, 162
 banana beer, 48
 Banana Chutney, 176
 Banana Pickle, 136
 Banana Relish, 79
 bappir, 50
 Basten, Frances, 102

 barley, 50
 malt syrup, 36
 barometric pressure, 27-28
 basil leaves, 113, 129
 Bassanos, 163
 bay leaf, 104
 bean pickles, 114
 beekeeper, 70
 Beekeeper's Corn and Pepper Relish, 74
 beer, 44, 50, 139
 Beet and Cabbage Relish, 81
 beetroot chutney, 163
 Beet-Root Pickles, 91
 beets, 91, 163
 beginner's recipe, 102, 139
 beginners, 85, 136
 Bengal Chutney, 150-51
 Berquist, Edna Smith, 88
Beta vulgaris, 163
 Bev's Fruity Tomato Chutney, 158
 Bible, 42
 biennial, 73, 163
 Big Boy Tomatoes, 67
 bilberry, 174
 Bilton, Jan, 166
 bio-holographic law, 43
 black huckleberries, 135
 black peppercorns, 37
 black tea, 141
 Blackberry-Apple Chutney, 173
 blanch, 124
 Blaz, Star, 107
 bleach, 26
 water, 24
 Blit, Professor H., 64
 blood oranges, 169
 Bloody Mary, 112, 182
 bloom end(s), 104, 174
 blue ribbons, 98
 blue sulfate, 29
 blueberries, 135
 Blueberry Chutney, 174
 blueberry vinegar, 136
 Bob Aicher's Hot Beef, 115
 Bob Aicher's Italian Beef, 116
 Boggs, Scott, 144
 Bohs, 166
 boiling point of water, 27-28
 Bolivia, 166
Bon Appétit magazine, 179

- Bordeaux Sauce, 69
 Botrytis group, 112
 botulinum spores, 32
 botulinus, 70, 181
 toxin, 182
 botulism, 32-33, 114, 141
 in infants, 33
 toxin, 114
 botulismotoxin, 182
 bound water, 45
 Brandied Peach Pickles, 131
 brandy, 180
 brass, 28
Brassica oleracea, 55, 80, 112, 116
 bread, 50
 and butter pickle, 27
 in a jar, 31
 puddings, 146
 brewing, 50
 brine, 30, 105, 145
 solution, 16
 Brix reading, 48
 broccoli, 112
 brown mustard, 37
 Brown Rice Quickles, 89
 brown rice syrup, 36, 86, 89
 brussels sprouts, 80
 BTUs, 24-25, 29
 bubbler(s), 21, 23
 budding, 47
 tops, 102
 buds, 102
 buffering capacities, 172
 buffering solutions, 33
 bulbs, 146
 bulging jars, 30
 Bull's Blood, 163
 burn, 28

C. botulinum, 46-47
 Ca(OH), 108
 Ca(OH)₂, 107
 Caesar, Julius, 41
 Cajun Pickled Okra Pods, 96
 calcium chloride, 107
 calcium hydroxide, 107-8
 calcium oxide, 108
 calendulas, 146
 Campden tablet, 48
 Canada, 42

 Canadian Food Inspection Agency, 100
 candied lemon or mixed peel, 180
 canner, 24
 canning, 15
 funnel, 24
 jar, 21
 recipe, 36
 rings, 28
 spices, 37
 with oil, 70, 119
 cantaloupe(s), 132, 164
 Cantaloupe and Peach Chutney, 164
 Cantaloupe Pickle, 132
 CaO, 108
 caper(s), 69, 146
 bush, 146
 buds, 37
Capparis spinosa, 146
 capper vacuum efficiency, 23
Capsicum annuum var. *annuum*, 37, 55
 caraway, 153
 seed, 37
 carbohydrates, 45
 carbon dioxide, 47
 cardamom, 37, 153
 carrot, 73
 Cartier, 42
 cashew wine, 48
 cassava, 43
 leaves, 48
 cassia, 153
 buds, 37
Cassia obtusifolia, 47
 caster sugar, 166
 catalysts, 45
 cauliflower, 45, 116
 caution, 139, 146, 172, 179, 181-82
 celeriac, 56
 celery
 hearts, 99
 relish, 80
 root, 56
 seed, 37
 cellular growth, 45
 cellulases, 44
 ceramic, 28
 ceviche, 16
Chamber's Cookery and Domestic Economy for Young Housewives, 144
 champagne vinegar, 74

- Champion juicing machine, 170
 chardonnay, 122
 Charlotte Church Chutney, 171
 chatni(s), 149
 Chayote and Pear Relish, 90
 chayote squash, 90
 Chayote Squash Pickles, 90
 cheesecloth, 30, 104
 chemical processes, 42
 chemical free, 29
 cherokees, 42
 chervil, 37
 chewing gums, 36
 chicken, 49
 children, 19
 chili chilaca peppers, 94
 chili peppers, 37
 chili sauce, 175
 China, 119
 Chinese, 47, 50
 5-Spice, 152
 5-Spice Tomato Chutney, 153
 cabbage, 118
 cauliflower pickle, 117
 Red Yeast, 71
 Rice, 44
 Chioggia, 163
 chocolate-covered cherries, 135
 Chokoloskee Island Chutney, 169
 chow-chow, 58-59, 123
 Chow-Chow Relish, 59
 Christmas Chutney, 157
 christophene, 90, 183
 Chrysanthemum flowers, 37
 chutney, 54, 78, 149-50
 basic, 161
 Indian, 123
 dip, 151
Cinnamomum zeylanicum Nees., 179
 cinnamon, 37, 88
 stick, 169, 179
 citric acid, 31, 119, 122, 145, 181-82
Citrullus vulgaris L., 133
 clamp-on style lids, 30
 class arrogance, 42
 Classic Cucumber Relish, 72
 Classic Onion Relish, 54
 Classic Pickled "Cantaloupe", 133
 Classic Red Pepper Relish, 54
 clementine fruit, 80
 Cleopatra, 41
 cloned meats, 39
Clostridium botulinum, 32, 45
 cloudy jelly, 30
 clover-ginseng honey, 71
 clove, 37
 buds, 102
 Campbell, Clyde H., 103
 cochineal, 141
 coconut by-products, 45
 coconut palm sap, 48
 Code of Hammurabi, 50
 Coleman, Steven, 43
 Columbus, Christopher, 41
Comfort, 109
 commercially canned meat, 180
Compleat Houfewise, The, 63
Complete Middle East Cookbook, The, 145
 complex proteins, 45
 computerized files, 31
 condiment, 149
 consequences, 19
 contraception, 42, 71
 contraceptive herbs, 42
 contracts, 41
 cooked beets, 92
 copper, 28-29
 copy books, 17
 coriander, 37, 149, 153
 seed, 104, 160
 corn, 74
 cobs, 75
 relish, 74-75
 syrup, 36
 pH, 77
 Corn Cob Jelly, 75
Cornibacterium lactii, 43
 cotton seeds, 48
 crab apple(s), 80, 167
 Crab Apple Chutney, 168
 cracks in jars, 30
 Claiborne, Crag, 61
 Cranberry Chutney, 177
 cranberry sauce, 150
 Cranberry, Ginger, and Lemon Chutney, 177
 Cranberry-Fig Chutney with Cinnamon and Pistachios,
 179
 creative endeavors, 171
 Creative Fermentation Technology, 44
 creative spirit, 16

- crock, 49, 65
- crock pickles, 31
- crockpot, 30
- Crocodile Chutney, 151
- Crunchy Lemon Pickles, 109
- Crunchy Orange Pickles, 109
- Crunchy Spearmint Pickles, 109
- Crystal Green Tomato Raisin Pickle, 109-10
- Crystal Lake, Illinois, 107
- Crystal Tomato Pickles, 110
- crystallized ginger, 177
- crystals in jelly, 30
- cucumber(s), 41-42, 70, 131
- Cucumber Mangoes, 65
- Cucumber Pickles, 110
- Cucumber Preserves, 64
- cucumber seeds, 43
- cucumber yields, 43
- Cucumis melo*, 132, 164
- Cucumis melo reticulatus*, 164
- Cucumis sativus*, 70
- culinary arts, 16
- culinary ingredients, 150
- culinologist™, 16
- cultures, 150
- cumin, 37, 137, 153
- Cunningham, Jane, 109
- Curcuma longa*, 72
- curing, 15
- currants, 137, 174
- curries, 165
- Curry Bread and Butter Pickles, 86
- cyanide, 48, 134, 170
- cyanogenic glucoside, 43
- Cynara scolymus*, 119
- Cyphomandra, 166

- dairy products, 44
- Daisy's Hot Green Tomato Relish, 68
- Dally, S., 62
- damaged jars, 26
- damson plums may be preserved in vodka, 135
- dandelions, 146
- dangerous recipes, 22
- date(s), 33, 154, 160, 172, 176
 - palm, 173
 - sugar, 36
 - Chutney, 173
- Daucus carota* var. *sativus*, 73
- Davies, Barbara, 56

- dawadawa, 48
- day lilies, 146
- deck containers, 73
- dehiscing, 112
- dehydrated cane juice, 36
- deliberate focus, 171
- Detroit Dark Red, 163
- deviled eggs, 73
- dextrose, 44
- diabetics, 164
- dietary basis of scurvy, 42
- digestibility, 44
- dill seed, 37
- dill weed, 37
- Dilled Cauliflower Pickles, 118
- Dilled Pickled Mushroom Caps, 122
- dilly bean, 114, 182
- Dilly Okra, 96
- dime book, 17
- dime cookbooks, 62
- diplomacy skills, 41
- discard, 30
- discolored pickles, 30
- disease, 44
- dishwasher, 24, 30
 - processing, 21
- dispose, 30
- distilled Zaopei, 50
- Dixie Relish, 55-56
- Dolmades, 145
- Domagaia, 42
- drain well, 31
- drain/squeeze, 31
- dried foods, 45
 - apricots, 164
 - cranberries, 163
- Dromedary dates, 173
- Drugs of the North American Indians, The*, 42
- drunken blackbirds, 47
- dry the latex, 139
- dry-salted, 16, 48, 119
 - weights, 105
 - cucumbers, 45
- Dutch, 42
 - Ginger Pears, 132
 - oven, 28

- E.J. Brach's Cinnamon Imperials, 109
- Earnest Workers' Cook Book, The*, 62
- ECIWO, 16, 43

- eco-specific pickles, 43
- eco-specific regions, 42
- educate more, 46
- eggplant(s), 118-19, 161
 - caviar, 161-62
 - chutney, 160-61
 - nuggets, 120
- eggs, 48-49
- eggsperiment, 49
- Egypt, 47
- dehydrated lime, 107
- El-Begearmi, Mahmoud, 142
- elderberries, 48, 146
- Elderberry Chutney, 170
- electrode, 33, 171
- Andoh, Elizabeth, 118
- Elizabeth I, Queen, 41
- Elliott, Sarah A., 62, 65
- Emmanuel's Marketplace, 177
- emphysema, 132
- enamelware, 28, 53
- End of the Garden relish, 56
- End-of-Summer Pickled Green Tomatoes, 99
- English Lamb Chutney, 158
- environments, 30
- enzymes, 29, 45
- equilibrium relative humidity, 45
- era of tailor-made foods, 44
- ERH, 45
- ethyl alcohol, 47
- Evelyn, John, 62
- Every-Day Cook Book and Encyclopedia of Practical Recipes, The*, 135
- Everyday Cookbook, The*, 119
- excessive pH, 86
- experimental pickles, 125
- experiments, 139
- Extra Hot Dilly Beans, 115

- facts on fiddleheads, 142
- faded pickle, 30
- Fall Chutney recipe, 78
- Fall Tomato Chutney, 154
- false capers, 142, 146
- farmers' markets, 39
- fast food, 18
- father of canning, 42
- FDA regulation, 46
- fennel, 37
- fenugreek, 37
 - leaves, 57
 - seeds, 137
- fermentation, 15-16, 41-43, 49
 - Asiatic, 44
 - pits, 50
 - pickling, 103
 - process, 16
 - of starchy vegetables, 50
 - drinks, 47, 50
 - fish sauce, 47
 - foods, 50
 - fruits, 41, 47
 - grains, 47, 50
 - papaya pickle, 138
 - pickles, 31, 85
 - product, 31
 - relishes, 53
 - saucers, 157
- Fermented Polish-Dill Pickles, 104
- fern heads, 141
- Fiddlehead Pie, 142
- fiddleheads, 141
- figs, 179
- filet mignon, 144
- Filipino, 139
- fill line, 22
- final pH, 124, 171
- fish sauce, 47, 118
- five-star pickle, 88
- flavored vinegar, 113
- flower buds, 146
- food
 - choices, 15
 - dye stuff, 141
 - fermentations, 45
 - preservation, 15-16, 50
 - science, 16
 - supply, 15
 - grade chemicals, 108
- foot-long green bean, 126
- formulations for B&B pickles, 88
- Forona, 163
- forward slash, 32
- free water, 45
- freeze, 15, 26
 - coleslaw, 92
 - containers, 179
- Freezer Pickles, 102
- French beans, 114-15
- French Laundry Restaurant, 144

- fried green tomatoes, 151
 fritters, 146
 Frozen Mincemeat Pies, 180
 frozen pie, 181
 fructooligosaccharides (FOS), 36
 fructose, 31, 36
 fruit
 chili sauce, 79
 juice concentrates, 36
 relish, 78
 soup, 167
 vinegar, 47
Fruit Gardener magazine, 144
 Fukujinzuke, 118
 full-strength vinegar, 65
 full-rolling boil, 100
 functional food age, 44
 functional foods, 157
 fungal fermentations, 44
 fungi, 45
 furundu, 45
- Garam Masala Chutney, 153
 garden beet, 163
 garden pickles (English), 123
 garlic, 29, 113
 buds, 102
 cloves, 37
 giant, 62
 Pickled Eggs, 141
 garum, 47
 gas, 104
 Gaylussacia, 136, 174
 gel, 31
 gelato (Italian), 123
 genetic engineering, 18
 genetically altered food, 39
 genus *Lilium*, 146
Geotrichum candida, 43
 geranium leaves, 37
 Ghana, 48
 giardiniera, 123
 Gillette and Ziemann, 63
 ginger, 37, 118, 179
 Gingered Pumpkin Chutney, 161
 gingerroot, 32, 132, 146
 ginseng berries, 42
 glass, 28, 53
 caps, 30
 electrode, 33
- glucose, 31, 36, 44
 glycolysis, 43
 goggles, 108
 golden, 163
 Golden Slices of Carrots, 121
 Golden Zucchini Relish, 73
 gooseberries, 174
 governmental regulations, 39
 grains of wheat, 131
 Grand Marnier, 138
 grape leaves, 104
 great diaspora of cucumber seeds, 41
 Greek-stuffed vine leaves, 145
 green bean salad, 92
 green beans, 114
 Green Mango Chutney, 165
 green muskmelon, 61
 Green Olives in Brine, 142
 green peppercorns, 166
 green peppers, 61
 Green Tomato and Apple Relish, 61
 Green Tomato Piccalilli, 67
 Green Tomato-Apple Mincemeat, 180
 green tomatoes, 60-61, 98, 153
 Green-Boy Relish, 67
 green-pepper mangoes, 63
 grocery store shelf, 16
 ground cherry, 67, 162
 Ground Cherry Chutney, 163
 guacamole (Mexican), 123
 guava, 176
 Guava Chutney, 177
 Guess What Pie, 92-93
 gumbo, 95
 Gundruk, 44, 50
 Sadheko, 45
 gyro (Greek), 123
- Haiti, 41
 half-sours, 102
 hands-on instruction, 17
 hard water, 29-30, 53
 harmful bacteria, 16, 30
 Harsch Fermenting Crock, 104
 Hawaiian foods, 151
 Hawaiians, 150
 head-and-tailing, 174
 headspace, 22, 111
 heat penetration, 91
 Heber, David, 44

- He-Man Relish, 57
Hemerocallis genus, 146
 herbs, 37, 149
Hibiscus esculentus, 95
 hibiscus, 146
 seeds, 45
 hides, 45
 high acid, 33
 high bush blueberry, 174
 high fructose corn syrup, 36
High Maples Farm Cookbook, The, 88
 high pectin, 31
 high pH, 113
 high salt, 33
 high-acid, 33, 171
 high-altitude, 27
 canners, 28
 historic pickling, 41
 hollow cucumbers, 29
 home economics, 17
 homemade vinegar, 29
 homemade wine, 48
 homemaker experimentation, 46
 honey, 36, 70, 74, 86, 89, 102, 111, 113, 117, 120,
 134, 162
 pickles, 86
 pods, 112
 quickles, 89
 Honey-Sweet Eggplant Nuggets, 120
 horseradish, 93
 leaf, 104
 root, 37, 81
 Hosford, C. H., 111
 Hot Baby Jardinière, 130
 Hot Beekeeper's Bread and Butter Pickles, 88
 Hot Beekeeper's Corn Relish, 74
 Hot Beekeeper's Relish, 71
 Hot Brussels Sprout Relish, 80
 Hot Chow-Chow, 59
 Hot Crocodile Chutney, 152
 Hot Dilled Brussels Sprouts, 95
 Hot Dilled E-C Jardinière, 127
 Hot Dilled Garlic with Carrot Accents, 114
 Hot Dilled Mushroom Caps, 122
 Hot Dilly Asparagus, 112
 Hot Eggplant Caviar, 162
 Hot Garlicky Jardinière, 128
 Hot Green Tomato Chutney, 154
 Hot Green-Boy Relish, 67
 Hot Harkema Dills, 100
 Hot India Relish, 59
 Hot Ini Corn Relish, 75
 Hot Jardinière with Balsamic, 128
 Hot Jardinière with Basil Leaves, 129
 Hot Jardinière with Oregano Leaves, 126
 Hot Lemon-Boy Chili Sauce, 175
 Hot Moroccan Relish, 69
 Hot Okra Pickles, 96
 Hot Onion Relish, 54
 Hot Orange Seedless Shirley Sauce, 155
 hot pack, 31, 95
 hot pepper jelly, 90
 hot peppers, 94, 139
 Hot Pickled Beets, 92
 hot pickled carrot stick, 182
 Hot Pickled Eggplant, 119
 Hot Pickled Green Walnuts, 143
 Hot Pickled Jalapeño Peppers, 94
 hot pickled limes, 137
 Hot Pickled Mangoes, 138
 Hot Pickled Mushroom Caps, 122
 Hot Pickled Peanuts, 144
 hot rummage relish, 56
 Hot Sandwich Jardinière, 130
 Hot Seedless Shirley, 155
 Hot Spicy Asian-Bartlett Chutney, 156
 Hot Tomatillo Relish, 67
 how to do pickling, 64
 huckleberry, 135, 174
 Huckleberry Chutney, 174
 Huguenot Historical Society Library, 66
 human survival, 15
 Humiston's Funeral Home, 60
 husk tomato, 67
 hydrogen cyanide, 134
 hydrogen ion, 3301
 hydrometer, 49
 hydrostatic retort, 24
 hygrometer, 45
Hymn to Ninkasi, The, 50-51
 hyssop leaves and flowers, 37

 Iburi Gakko, 118
 ice, 107
 ichiyazuke, 117
 immature garlic, 29
 improper seal, 30
 inadvertent botulism, 32
 increased altitude, 26
 India, 146, 149
 relish, 58
 curries, 80

- pickles, 137
 - spice blend, 153
- Indonesian mixed-vegetable pickle, 106
- inedible plant material, 71
- infant, 32
- infusion, 156-57
- Ingham, B., 145
- Ini Corn Relish, 75
- insects, 45
- integrity of the seal, 27
- interchangeable, 94
- International Pickle Festival, 42, 98
- inversion, 21
- iodized salt, 30
- Iran, 42
- iron, 28
 - utensils, 30
- ISFET (Ion Specific Field Effect Transistor) silicon chip
 - pH sensors, 33
- Italian Mostardi di Cremona, 79
- Italian-Style Asparagus Pickle, 111
- Italica group, 112

- jam, 54
- Jamlady Newsletter, 39
- Jamlady's Bunny Relish, 74
- Jamlady's Cadillac Chutney, 167
- Jamlady's Hot Beekkeeper's Relish, 70
- Jamlady's Hot Burger Chow, 59
- Jamlady's Hot Honey Relish, 72
- Japan, 42
- Japanese Gari, 146
- Japanese market, 177
- Japanese pickles, 117
- jar rim, 26
- jardin, 123
- jardinière, 23, 120, 123
- jars of love, 16
- Jayne, D., 64
- Jefferson, Thomas, 42
- jelly, 90
- Jelly Quickles, 89-90
- Joe Watson's Cranberry Chutney, 177, 179
- JSE, 26
- JSP/10SPI, 26
- JSP/180-185dF/30(16OZ), 31
- JSP/180dF/30(16OZ)A, 26
- JSP/83-85dC/30(16OZ), 31
- JSP/RWB10, 26
- JSP/RWB10A, 26
- JSR, 26, 66

- juicing machine, 156, 168, 182
- juniper berry, 37, 104, 113, 130, 161

- Kasuzuke, 118
- Katz, David A., 104
- Kaup, Maria, 104
- kawal, 45, 47-48
- Kentucky Derby Day, 144
- Kerner, Justinus, 32
- ketchup, 95, 123, 150
- Key Lime Chutney, 168
- key limes, 168
- kicker, 54
- kidney beans, 114
- kimchee, 47, 118
- kimchi, 44, 105, 118
- kinema, 48
- Kingston, New York, 102
- Kirby cucumbers, 31, 71, 102
- Kitchen Sink Relish, 58
- Koji, 118
- kojizuke, 118
- konbu seaweed, 118
- Koran, 42
- Korea, 118
- Korean-Style Kimchi, 118
- Kosher Dills, 101
- Kosher-Style Dilled Green Tomatoes, 98
- kraut, 105
- Kurlansky, Mark, 42

- lactic acid, 45, 49, 85, 103, 139
- lactic bacteria, 16
- lactic-acid bacteria, 47
- lactic-acid fermentations, 47
- Lactobacillaceae*, 45
- Lactobacillus acetotolerans*, 50
- Lactobacillus cucumeris*, 49
- Lactobacillus mesenteroides*, 50
- Lactobacillus pentoacetius*, 49
- Lactobacillus plantarum*, 49
- lactose, 36
- lahvosh, 162
- Lazy Day Pickles, 110
- Le Vichyssois Restaurant, 155
- learning, 17, 150
 - strategies, 18
 - through recipes, 20
- Lee, Cheryl-Ho, 44
- legale leaves, 48
- legume leaves, 45

- Lemcke, Gesine, 77, 132, 176
 lemon(s), 33, 69
 Lemon Bread and Butter Pickles, 86
 lemon cucumber, 70
 Lemon Verbena, 37
 lemon-juice solution, 119
Leuconostoc mesenteroides, 49
 level of the brine, 103
 licorice, 36
 lid application, 23
 lid with ring, 21
 life span, 18
 lifestyle, 18
 light locations, 29
Light of the Kitchen, The, 60-61, 69
 Lilly's lime, 110
 lima beans, 58, 114
 lime juice, 85
 lime pickles, 107
 limitation, 171
 limited variable-design problem, 160
 Line, James, 42
 Linus Pauling Institute, 72
 liquamen, 47
 local food sources, 16
 locust beans, 48
 lotus root, 118
 Lovage seeds, 37
 love of learning, 20
 low-acid, 171
 canning, 36
 food, 46
 ingredients, 30
 product, 33
 vegetable(s), 22, 55, 125
 lowering cholesterol, 44
 low-temperature pasteurization, 26, 31
 Lundberg's Sweet Dreams Brown Rice Syrup, 89
 Luxardo family, 135
 Luxardo, Franco, 135
Lycopersicon lycopersicum, 66, 149
 Lye-Treated Green Olives, 142

 macadamia nuts, 157
 mace, 37, 133, 137, 153
 Madison, Dolly, 42
 Maisy's Green Tomato Relish, 67
 Mallos, T., 145
 maltitol, 36
 maltodextrin, 36
 maltose, 36

 Manfred, 150
Mangifera indica, 61
 mango, 42, 61-62, 64, 92
 bird, 61
 Chutney, 165
 cucumbers, 63
 definition, 61
 fish, 61
 ree, 61
 tropical fruit, 131
 mangoed pickles of melons, 62
 mangoed pickled peaches, 132
 Mangoes of Melons, 62
 mannitol, 36
Manual on Canning, Pickling and Preserving, A, 103
 Maple Bread and Butter Pickles, 88
 maple syrup, 36, 77, 86
 Maple Syrup Bread and Butter Pickles, 87
 maple-syrup-sweetened pickles, 87
 marasca-cherry tree orchard, 135
 maraschino, 134-35
 Maraschino Cherry Recipe #2, 134
 Maraschino liqueur, 135
 marrow chutney, 160
 marrow recipes, 160
Matteuccia struthiopteris, 141
 meat tenderizer, 139
 medicinal benefits, 157
 medicinal jellies, 157
 medicinal value, 72, 132
 medicine, 16, 44
 Mediterranean, 146
 Medium Hot Dilly Beans, 115
 Medium Hot Garden Corn Relish, 77
 Melon Mangoes, 63-64
 melon seeds, 48
 melting pot phenomenon, 123
 Mesopotamia, 41
 metal disc, 21
 metal ring, 26
 Methods of Canning Fruits and Vegetables, 64
 methods of fermentation, 44
 Mexican Green Tomato, 67
 mezcal, 48
 Michael Pechman's Zucchini Quickles, 90
 microbes, 42
 microwave, 24, 30
 Midwest huckleberries, 174
 Mild Dilly Beans, 115
 Mild He-Man Relish, 57
 milk, 139

- Miller Orchards, 180
 millibars, 28
 mincemeat, 179
 mincemeat filling, 181
 Mincemeat with Brandy, 180
 mint, 149, 167
 jelly, 54
 leaves, 37, 158
 mirin, 118
 mirliton, 90
 miso paste, 118
 Misozuke, 118
 mixed salads, 92
 Mock Lemon (Vinegar) Pie, 93
 mock lemon pie, 92
 mock mincemeat, 179
 molarity, 172
 molasses, 36, 66
 mold, 30, 45-46
 Moore, O.A., 70
 Moroccan side pickle, 137
 moscovado sugar, 36
 Mostardi di Cremona, 79
 mountain-ash berries, 48
 Mr. Pumpkin Chutney, 161
 Mrs. Anderson's Green Lime Pickle Chunks, 108
*Mrs. Beeton's Household Management, A Complete
 Cookery Book*, 133, 147
 Mrs. Cunningham's Red Cinnamon Pickles, 109
Mrs. Elliott's Housewife, 62
 Mrs. Grant's Apple and Tomato Relish, 61
 Mrs. Humiston's Chow-Chow, 60
Mrs. Mary Randolph's Virginia Housewife, 143
Mrs. Winslow's Domestic Receipt Book for 1871, 62
 Multi-Colored Pepper Hash, 54
 multi-sensory, 17
 Muskmelon and Pineapple Chutney, 165
 muskmelons, 132, 164
 mustard, 45
 seeds (yellow), 37
 pickles, 58, 111
 Mustard Cukes, 110

 NA(16OZ)R, 26
 Nakazuke pickles, 117
 Napoleon, 41
 Nappa cabbage, 118
 Nappanee, Indiana, 180
 nasturtiums, 146
 seed, 62
National Cook Book, The, 134

 natural herbs, 42
 natural pectin, 31
 natural remedy, 42
 natural sweeteners, 36
 natural sugars, 86
 nausea, 107
 Nectarine Chutney, 165
 nectarines, 169
 Nellie Melba Chutney, 170-71
 Nepal, 44
 neutral, 33
 new crops, 43
 new foods, 150
New High Altitude Cookbook, The, 27
 New Paltz, New York, 66
 New Zealand, 166
 New Zealand Maoris, 43
 Nichols, Nick, 163
 nigella seeds, 137
 nightshade chutney, 161
 non-acidified tomatoes, 33
 non-spore forming bacteria, 46
 northern B&B pickle, 85
 Northern Italy, 135
 No-Sugar-Added Corn Relish, 77
 Not Hot Jardinière, 126
 notation system, 26
 Not-Hot Pickled Garlic, 114
 novice canners, 75
 nsafufuo, 48
 nuka (rice bran), 117
 nutmeg, 37, 137
 nutrition, 16
 nutritional value, 31, 44
 nuts, 149

 ogiri, 48
 oil, 70
 beans, 48
 Cured Greek Style Olives, 143
 lid-compound compatibility, 70
 of Cinnamon, 37, 108, 109
 of Clove, 37, 108, 109, 133
 of lemon, 109
 of orange, 109
 of Spearmint, 37, 109
 okra, 95
 pods, 95
 Old South Cucumber Lime Pickles, 109
 old zinc lids, 30
 old-fashioned rubber seals, 30

- Old-Fashioned Shirley Sauce, 155
 olives, 44
 Ombolo wa koba, 48
 on-off method, 55, 151, 164, 175
 open-kettle method, 30
Opuntia tuna, 183
 oranges, 92
 oregano leaves, 94, 111, 113, 119, 125-26, 128, 130
Oriolus kundoo, 61
 osmosis, 16
 ostrich ferns, 141
 oven, 30
 overall product pH, 77
 overcooked, 25, 30
 overfill, 26
 overpack, 23, 131
 oxidation, 79
- P'ao Ts'ai, 117
 pack a jar, 30
 packing, 100
 Pakistan, 149
 palm wine, 48
 Palmer, Minnie, 64
 pan-pan squash, 58
 pans, 53
 papaya, 169
 para cress, 153
 paraffin, 49, 135
 wax, 103
 parboiled, 124
 parsley, 37
 pasteurized wine, 48
 Patagonia, 41
 paua, 43
 pea pods, 112, 131
 peach and pepper relish, 78
 Peach Chutney, 165
 Peach Mangoes, 65, 131
 peaches, 62
 peanut, 45
 pear(s), 163, 167
 and Walnut Sandwich Chutney, 160
 Chutney, 156
 tomatoes, 155
 Pearcot Chutney, 157
 Pearl, Mary, 88
 pea shoots, 125
 pecan, 173
 Pechman, Michael, 98, 122
- pectin, 31
 pectinases, 44
 Pennsylvanian 24-hour Cucumbers, 102
 People's Republic of China, 42
 pepper and pear chutney, 78
 pepper hash, 53, 62
 Pepper Hash made from Mangoes, 61
 Pepper Hash with Dill Seeds, 54
 pepperoncini, 116
 peppers, 94
 peppers packed in oil, 120
 peppery pods, 112
 perennial vegetable, 111
 perforated basket, 21
 Persian Sweet Garlic, 113
Peterson's Preserving, Pickling & Canning, 132
 petite cucumbers, 99
 pH, 17, 22, 33, 160
 issues, 156
 measurements, 33
 meter, 22, 32-33, 66, 77, 171
 of dates, 173
 over 4.3, 33
 values, 172
Phaseolus vulgaris, 114
 philosophy of life, 15
Phoenix dactylifera, 173
Physalis alkekengi, 162
Physalis ixoxarpa Brot, 66
 pickle(s), 41-42, 44, 49, 85
 and Preserves, 144
 pot, 118
 power, 15, 42, 51
 press, 117
 pickled
 fruit, 131
 Apple Quarters, 132
 Apples, 135
 Apricots, 132
 artichokes, 119
 asparagus stalk, 182
 Beet Pie, 92
 beets, 91
 Beets with Horseradish in Spiced Red Wine Vinegar, 93
 Black Cherries, 134
 Brussels sprouts, 182
 buds, 146
 celery sprig, 182
 cherries, 134
 Cherries with Hyssop or Tarragon, 134

- Chinese Eggs, 141
- Cocktail Onions, 123
- Dilled Eggplants & Peppers, 129
- eggs, 141
- fiddleheads, 142
- figs, 139
- fish, 16
- garlic, 113
- Garlic Buds, 102
- Grape Leaves, 145
- grapes, 136
- Green Almonds, 144
- green walnuts, 144
- Immature Butternuts, 143
- kumquats, 137
- lemons, 137
- limes, 137
- mangoes, 42, 62, 132
- Mushroom Caps, 122
- Mushrooms in Truffle Oil, 122
- Mushrooms with Shrimp, 122
- muskemelon, 132
- Nasturtium Buds, 146
- nuts, 143
- Oranges, 137
- Papaya, 138
- peaches, 131
- Pears, 132, 135
- Pecans, 145
- Peppers in Oil, 120
- Pink Cauliflower, 116
- Pipinolas, 90
- Plums, 135
- Royal Ann Cherries, 134
- solo, 93, 142
- Sweet Fiddleheads, 142
- Three-Bean Salad, 92
- Walnuts, 145
- Watermelon Rind, 133, 169
- Whole Crab Apples, 132
- Whole Sour Cherries, 134
- young radish pods, 147
- pickling, 15-16, 42
 - festivals, 39
 - lime, 107-10, 133
 - salt, 53
 - solution, 17
 - Spice, 37
- pidan, 48-49
- pies, 61, 180
- Pink Peppercorns, 37, 166
- pink-pickled eggs, 163
- pinto beans, 114
- pipinolas, 90
- piquins, 75
- pistachio nuts, 150
- Pisum sativum* var. *saccharatum*, 112
- pit fermentations, 50
- pita sandwiches, 149
- pits, 51
- plant saps, 48
- plastic bag, 105
- Plastic Bag Pickles, 103
- Ploughman's Piccalilli, 69
- plum tomatoes, 155
- plunge method, 151, 154-55, 167
- Pods on radishes, 147
- poison, 43
- pole beans, 43
- Polynemus risua*, 61
- poppy seeds, 153
- porridges, 44
- positive-self statements, 19
- post-glacial era, 50
- pot fermented, 45
- Potato Chutney, 150
- potatoes, 150
- potential of hydrogen, 33
- Potpourri Chutney, 154
- power, 41
- preblanching, 119
- preservatives, 53
- preserve food, 41
- preserved grape leaves, 145
- preserved lemon, 137
- preserving and pickling, 132
- pressure-cooker, 21, 30, 181
 - canning, 28
- pretreatment, 120
- process notebook, 31
- processing temperature, 23
- processing time, 24, 27, 29, 100-101
- product expansion, 23
- product thickness, 100
- proper seal, 23
- propionic acid, 49
- prosciutto, 111
- Prunus cerasus marasca*, 134
- Psidium guajava*, 176
- PubMed.com, 36

- pulque, 48
 Pumpkin chutney, 160
 Pumpkin or Marrow Chutney, 161
 putrefaction, 43
 pyramid cauliflower, 116
- question, 39
 quick and fresh chutney, 149
 Quick Atjar, 106
 quick pickle, 32, 85, 117
 Quick Pickled Papaya, 139
 quickle, 32, 98
 quicklime, 108
- rack, 25, 28
 rack agitation, 30
 radish, 45, 147
 pods, 142, 147
 relish, 80
 rainwater, 53
 raisins, 150
Raphanus sativus var. caudatus, 147
 raspberry, 173
 pulp, 171
 puree, 170, 172
 Rhubarb Chutney, 172
 apple chutney, 173
 rat-tailed radish, 147
 raw elderberries, 48, 170
 raw honey, 70
 raw pack, 31, 111, 124, 134
 reactive metal, 28
 reclosable plastic bag, 118
 reclosable plastic-bag-pickle technique, 103
 red ace, 163
 red bananas, 176
 Red Beetroot Chutney, 164
 red cabbage, 57
 Red Gooseberry Chutney, 174
 red jungle fowl, 49
 red sorrel seeds, 45
 Red Tamarillo Chutney, 167
 Red Watermelon, 133
 red-hot cinnamon-stick lime pickles, 109
 reduced calorie sweeteners, 36
 reduced salt formulations, 116
 refrigerate, 15, 26
 refrigerate only, 32
 recipe, 66
 Refrigerated Pink Eggs, 141
 Regular Eggplant Caviar, 162
- regulate pH, 172
 reliable closure, 23
 relish, 53-54, 78
 reprocessed, 27
 Research Chefs Association, 16
 resourcefulness, 46
 restaurant-supply store, 28
 retorts, 24
 rewards, 19
Rheum rhaponticum, 171
 rhizomes, 146
 rhubarb, 171
 and Date Chutney, 172
 and figs, 172
 chutney, 171
 leaves, 172
Ribes hirtellum, 174
Ribes speciosum, 174
 rice mold, 118
 rice vinegar, 102, 117
 rice wine vinegar, 146
 Rocambole (rok'-am-bohl), 62
 roccombo seeds, 62
 rocoto/manzana hot pepper, 94
 rolling-water bath, 21, 24, 33
Roman Cookery Book, The, 47
 root cellar, 77
 rose hips, 157
 rosemary, 37, 161
 roulades, 66
 rowanberries, 48
 Royal Ann cherries, 134-35
 rubber seal, 26
 Rubus Pome Chutney, 173
 Ruby Queen beets, 163
 Rummage Pickle (Relish), 56
 RWB, 21, 26
- saccharin, 36
Saccharomyces cerevisiae, 47
 safe drinking water, 48
 Safeid Til ki Chatni, 150
 saffron, 37
 sage, 37, 112
 Sahni, J., 179
 sake, 118
 sakekasu, 118
 salometer, 49
 salsa, 149-50
 salt, 17, 41, 46, 107
Salt: A World History, 42

- salted shrimp, 118
- salt-mordant, 141
- sauerkraut, 44, 48-49
- sausage poison, 32
- savory, 37
- savoy cabbage, 56
- scarcity, 171
- Schoonmaker, Donald L., 60
- Schoonmaker, Doris, 72
- Schoonmaker, Doris's Zucchini Relish, 72
- Schoonmaker, Elizabeth F. Decker, 60
- Schoonmaker, Gross B., 60
- scientific inquiry, 157
- scientific-instrument companies, 33
- scientific-supply house, 32
- Scoville Unit, 130
- Scovillian Corn Relish, 76
- screw bands, 30
- scum, 103
- scurvy, 42, 71
- sea level, 26, 28
- sea traders, 42
- seal, 22
- seal a jar, 21, 26
- sealing product, 21
- Sechium edule*, 183
- Sechlum edule*, 90
- security, 42
- seed selection, 16, 43
- Seedless Shirley, 155
- seeds, 18
- self-blanching, 116
- self-discipline, 18
- self-sufficiency, 15-17, 46
- semi-sweet chocolate squares, 135
- Senmaizuke, 118
- sensory preferences, 17
- serpent radish, 147
- sesame, 45
- Seymour, E.L.D., 95
- shelf-stable, 21
 - pickles, 85
- shiitakes, 118
- Shiozuke, 117
- Shirley Pasta Salad, 155
- Shirley Sauce, 155
- shirouri, 118
- shiso buds, 118
- shoyu, 118
- Shoyuzuke, 118
- shredded beets, 92
- Shredded Mixed Pickles, 92
- Shredded Pickled Beets, 92
- shrimp chips, 150
- shrinkage, 31
- shriveled pickles, 50
- Shu-Ching, 47
- Sickle-Pod Plant, 47
- sigda, 45
- simple chutney, 155
- simple fission, 47
- Simple Plum Chutney, 176
- simple sugars, 31
- simple syrup, 181
- slaked lime, 107
- slip the skins, 92
- slow food, 15, 18
- small batch, 54
- small batch of kraut, 105
- Small Mangoed Peppers, 66
- Small-Batch Cucumber Quickles with Agave, 91
- Small-Batch Zucchini Quickles with Agave, 91
- small-scale operations, 46
- Smith, E., 63
- snap beans, 114
- Snap Pea Jardinière, 125
- Snappy Tomato Juice, 181, 182
- sodium chloride, 49
- soft pickles, 31
- Solanum*, 166
- Solanum betaceum*, 166
- Solanum melongena*, 119, 161
- solo fruits, 181
- solo vegetable, 112
- sorbitol, 36
- Sorbus aucuparia*, 48
- sore throat, 112
- sorghum flour, 48
- sorghum leaves, 47
- sorghum molasses, 36
- sour cherry, 134
- Sour Pickle Chunks, 102
- sour pickles, 102, 104
- sour salt, 181
- South Pacific Islands, 50
- South American fruit, 166
- soy sauce, 102, 118
 - pickle, 118
- soybeans, 48
- Spanish Flag Chutney, 155
- Special Pickles, 111
- Special Techniques, 29

- Speckled Horse Relish, 73
 Spiced Cabbage, 66
 Spiced cabbage-relish recipes, 65
 Spiced Damson Plums, 135
 Spiced Mangoes, 138
 Spiced Nutmeg Melon, 64
 Spiced Pickled Cauliflower, 119
 Spiced Pickled Eggs, 141
 spiced plums, 176
 Spiced Red Wine Vinegar, 93
 Spicy Apple Relish, 79
 Spicy Damson Plum Chutney, 176
 Spicy Hot 3-Pome Chutney, 156
 Spicy Hot Apple Chutney, 156
 Spicy Hot Asian Pear Chutney, 156
 Spicy Hot Pear Chutney, 156
 Spicy Hot Pear-Apple Chutney, 156
 spicy meatballs, 149
 Spicy Old-Fashioned Chili Sauce, 175
 Spicy Pear Chutney, 78
 Spicy Pepper Hash, 54
 Spicy Pickled Blueberries, 136
 Spicy Pickled Huckleberries, 136
 Spicy Pome Relish, 79
 Spicy Winter-Pear Relish, 78
 spoilage, 103
 spoiler enzymes, 53
 spoilers, 45
 spores, 182
 Sri Lanka, 48
 stainless steel, 28, 53
 standard canner, 28
Standard Cyclopedia of Horticulture, The, 147
 standardize the meter, 33
 starch, 30, 44
 steam, 21, 23
 steam-canner, 30
 Steinkraus, 44
 sterilize, 24, 26
 stevia, 36
 stewed tomatoes, 182
 stir-fried vegetables, 117
 stockpot, 25, 28
 stone flower, 153
 Stone Ridge, New York, 177
 straight vinegar, 113, 124
Streptococcus lactis, 49
 string beans, 58, 114
 stuffed peppers, 62
 stuffed sweet pepper, 61
 substitute hot peppers, 94
 substituting vegetables, 56
 sucrose, 36
 Sudan, 45
 suet, 168, 180
 sufficient acid, 31
 sugar, 17, 46, 156
 alcohols, 36
 beet, 43, 163
 paste, 70
 superfine, 166
 syrup, 30
 suicide seeds, 18
 sulfur compounds, 29
 sulfur dioxide, 48
 Sumerian beer recipe, 50
 Sumerians, 50
 sun dried, 45
 Sunshine Chutney, 170
 Sunshine Relish, 54
 survival food age, 44
 Suzuke, 117
 Swallowtail Garden Seeds, 163
 Sweet and Sour Okra Pods, 97
 Sweet and Tart Pepper Jam, 55
 sweet apple chutney, 155
 Sweet Cicely Seeds, 37
 Sweet Crab Apple Relish, 80
 Sweet Dills, 101
 Sweet Gherkin Pickles, 101
 sweet peppers, 94
 Sweet Persian Pickled Garlic, 114
 Sweet Pickle Relish, 70
 Sweet Pickled Nuts, 144
 sweet-and-sour sauce, 149
 sweet-apple chutney, 149
 switch method, 151
 sword beans, 118
 symptoms of botulism, 32
 synagogue-ladies, 60

 Takuan, 118
 tallow, 168
 recipes, 180
 tamarillo, 166
 Chutney, 166
 fruit, 167
 Guacamole, 167
 Mayonnaise, 167
Tamarillo Cook Book, 166

- Tamarillo Growers Association, Inc, 166
 tamarinds, 176
 tarragon, 37
 Tart Apple Relish, 78
 tartness, 53
 tartrate crystals, 30
Taste of Britain by Post, A, 144
 tea infusions, 157
 teaching, 18
 tempeh, 44
 temperature fluctuations, 27
 temperature probe, 33, 66, 171
 tempura, 146
 Ten Thousand Islands, 169
 tequila, 48
 Terrific Southern Bread N' Butter Pickles, 88
 Thailand, 49
 theory of ECIWO biology, 42
 thermal process, 46
 thermometer, 120
 thicken soups, 95
 thicker product, 27, 153
 thick-metal core, 28
 third-world nations, 15
 This and That Relish, 58
 thua-nao, 48
 thujone, 113
 thyme, 37
 Tiberius, 41
 Tigris Valley, 41
 tindoras, 99
 tipping the green beans, 114
 Tobago, 137
 toddy, 48
 tomate de Árbol, 166
 tomatillo, 66-67
 Tomatillo Piccalli, 67
 Tomatillo Relish, 67
 tomato, 31, 66, 149, 151
 juice, 181-82
 separates in the jar, 182
 puree, 181
 tomb of Lady Puabi at Ur, 50
 Tomio, Sei, 42
 tongs, 21, 24
 toothpick closures, 64
 towel, 31
 toxic, 172
 toxin(s), 30, 182
 trade agreements, 41
 traditional canner, 25
 Traditional Pickled Beets, 92
 traditional pickles, 42
 transitioning jar, 25
 trapped air bubbles, 23
 tree-tomato, 166
 trials, 105
Tried and True: Cookbook of Domestic Receipts, 61
 Trinidad, 137
 Trinity Church, Chicago, 62
 true cinnamon, 133
 sticks, 110
 tsukemonos, 117
 turmeric, 37, 153
 curcumin, 72
 turnip pickle, 118
 turnips, 118
 twisties, 28
 two-piece lid and ring, 30
 Two-Year Bengal, 151
 types of bacterial fermentations, 47

 udo, 118
 ugba, 48
 umeboshi, 117
 underfilling, 131
 underpack, 23
 underripe peaches, 131
 Underwood, Mayo, 163
 unique pickles, 42
 Unpeeled Apple Relish, 79
 unsafe to can, 86
 unsuitable for fermentation, 103
 USDA, 27

V. corymbosum Linn., 174
V. myrtillus, 174
V. pennsylvanicum, 135, 174
 V-8 type juices, 181
 vaccines, 32
Vaccinium canadensis, 135, 174
 vacuum, 22-23
 gauge, 23
 sealed, 24
 Van Ermengem, Emile Pierre, 32
 Variegated Bread and Butter Pickles, 86
 varieties of corn, 75
 vegetable pear, 90
 vegetative cells, 33
 Venice, Italy, 134

- venison steak, 144
- Vermont Maple Recipes, 88
- Vespucci, Amerigo, 41
- Vidalia Onion Relish, 83
- vine leaves, 145
- vinegar, 16, 43-44, 53, 85-86
 - free, 177
 - pie, 92
 - to water, 116
 - ratio, 119
- Virginia, 42
- Virginia Indians, 42
- vitamins, 16, 167
- Vongsawasdi, P, 138

- Wageningen Agricultural University, 138
- Washington, George, 42
- water, 45
 - activity, 33, 45-46, 156
 - to vinegar ratio, 124
- watermelon jam, 169
- watermelon molasses, 169
- Watermelon Pickle, 133
- Watermelon Preserve, 133
- Watermelon Rind Preserves, 169
- Watson, Thomas J., 177
- wax beans, 114
- wax seals, 21
- weight stone, 104
- weighted plate, 118
- Western food, 18
- White Bassano Chutney, 163
- white beets, 163
- White House Cookbook, The*, 63
- white peppercorns, 37, 96, 167
- white radishes, 118
- White Sesame Chutney, 150
- whortleberry, 174
- wild grains, 50
- wild mustard leaves, 50
- wild plant, 43

- wild yeast, 48
- wild-legume leaves, 47
- Wilmette Farmers' Market, 56
- wine, 48
- wire bails, 30
- Wise Garden Encyclopedia, The*, 95
- Woman's Exchange Cook Book, The*, 64, 91, 110
- Woodstock, Illinois, 109
- Worcestershire Sauce, 174
- work, 17
- world hunger, 43
- worms, 113
- wound, 32
- www.UnderwoodGardens.com, 163

- xylitol, 36

- Yamaguchi, Eri, 42
- yeast, 45, 47
 - scum, 49
- yellow beet, 163
- yellowing fruit, 70
- yogurt dip, 149
- yolks, 92
- Youngken, Heber W., 42
- Yountville, California, 144
- Yugoslavia, 135

- Zaire, 48
- Zaopei, 50
- Zea mays* var. *rugosa*, 74
- Zhang, Yingquin, 43
- zinc, 28
- zinfandel, 122
- Zip-Lock Pickle, 104
- Zucchini Bread and Butter Pickles, 89
- zucchini bread-and-butter quickles, 89
- Zucchini Quickles with Rice-Syrup, 91
- Zucchini Relish, 72
- Zuzhou-flavored Liqueur, 50
- zymosis, 43