

Maison Rustique,
Or,
THE COUNTRY
FARME.

Compyled in the French Tongue by
CHARLES STEVENS, and IOHN
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And tranflated into English by RICHARD
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🌿 *The Countrey Farme* 🌿

Although the immense popularity of Estienne & Liébault's *Maison Rustique* did little enough to help its authors - Estienne died in debtor's prison & Liébault as a beggar on the streets of Paris - it did ensure that the book was widely translated, & thus widely read outside of France.

Among these many translations is the present one into Elizabethan English, by Richard Purflet. It was published first in 1600, with a second edition in 1606; it was then revised and expanded by Gervase Markham, and published again in 1616, which is the edition from which the following transcriptions were made.

And of course, among the many virtues of this translation is the sheer pleasure of its language, as when "*Aristotle sayeth, That the seed of drunkards becommeth dead and fruitlesse, and their children blocke-headed groutnolles*", or when we are told about the new-fangled tomato, that "*Many licorish mouthes let not to be eating of these, no more than of mushroomes: they take away their pilling, they cut them in slices, boyle them in water, and after frie them in the flower of meale and butter or oyle, and then cast vpon them pepper and salt: this kind of meat is good for such men as are inclined to dallie with common dames, and short-heeld huswiues, because it is windie, and withall ingendreth cholericke humours, infinite obstructions and head-ach, sadnesse, melancholicke dreames, and in the end long continuing agues: and therefore it were better to forbear them.*"

But it also contains the first detailed description in English of the wines of France. Not least because no one seems to realize that this is the case, I have transcribed that account in its entirety.

And I couldn't resist including a splendid hymn to the goddess nature by Richard Purflet, just possibly influenced by the presence of Elizabeth I on the throne; a very early account of cider-making; a mean-spirited (in my opinion) little note on curing the narcissistic frenzy of mares by showing them how homely they really are; and some other odds & ends, all of which I do hope a few readers will enjoy as much as I do.

¶ *A hymn to the Goddess: by Richard Surflet, from The Epistle Dedicatorie,
addressed to Sir Peregrine Bartie, Knight, Lord Willoughbie, Baron of Willoughbie
and Eresbie, Lord Governor of her Maiesties Towne of Barwicke, and Lord Warden
of the East Marches* ¶

...I do not take this earth to be worthie to bee accounted of in contemptible wife, but rather to be held as a soueraigne Empresse, and sole Monarch ouer earthly creatures, as wearing by best right, and title, the naturall imperiall Crowne: a Diuine sage, as wearing not only the lawrell, but also euery other beautifull and flowring branch that may be ensigne of the same: A Celestiall bodie, as one that being well viewed round about, will be found for hew and ornaments incomparable: And lastly, a mother of Celestiall offspring. For if wee consider it in her figure, wee shall find it to be exactly sphæricall and round. If in her matter, it is such as is full of conception, and that not with one or two, nor yet eleuen at once, as was that *Dorothie* of whom *Franciscus Picus Mirandula* writeth: neither yet with so few as fixe and thirtie, as was that noble woman called *Margaret*, dwelling in the territories of Cracouia, and mentioned by *Martinus Cromerus*: but with an infinite number of millions; infomuch as that in that respect, it may be compared to those *Insecta animalia*, which haue not their life and vitall power, restrained more vnto some one part of their bodies than to another, but to the whole indifferently and alike. For so fruitfull is this great mother of the world, as that not only in her wombe and inward bowels, she conceiueth, perfecteth, and bringeth forth most pretious, seruiceable and beautifull babes: but in euerie other part, euen in her most superficiall and outward crust. For what is there which gold, siluer, minerals, and pretious stones, may not bee matcht withall? How durable, faire, and seruiceable are they? And what pleasure, profit, or reliefe against hard and vnsupportable necessitie, is like to that of so manifold sorts of corne, trees, herbes, flowers, feedes, licours, gummes, beasts, birds and wormes? Yea, what so excellent a creature as man and woman, the very quintessence and *Summum arcanum* of all the extractions and preparations that euer were or shall bee made out of this earthly masse? For although that hence arise the matter of those strange and admirable bodies, which worke so much wonder in the minds of the common people (namely, the firie and therefore fearefull meteors, called by the names of the firie pillar, firie shaft, burning candle,

night flashes, skipping goat, flying sparks, and blazing stars: and those other not fire, and therefore not so fearful, as winds, whirlwinds, and earthquakes) yet there is not any one nor all of them to be compared with man and woman, called by *Plinie* a little world, and by *Zoroaster*, the uttermost endeavour of nature. Neither shall you find, that it can want any one of these perfections, if you do but weigh how that it was made to be the mother, and nurse of every living thing, and therefore to containe whatsoever necessarie thing that might be of use, either for the generation or nourishment of any, or all the living things that are. Neither yet seeing it was made, and is maintained by his word, by whom alone every thing hath not only his being, but also to be such as it is, whether of things in heaven, earth, or in the depths: and without whom likewise, nothing can hereafter be, that now is not, or continue, which already is... From the earth likewise it is that there are so many Emperours, Kings, Queenes, Archdukes, Dukes, Marquesses, Earles &c. being all called Princes of the Earth, as not only begotten and borne of earthly matter: but also for that according to the largeness of the lands which they hold in their possession; so is their power, magnificence, and renowne. Furthermore, of or from the earth, is ministered matter to defend or offend, feed or famish, cherish or starve, make blind, or restore sight, to overturne, or build up great towers, to give, or take away light, to procure health or sickness, foes or friends, peace or warre, pleasure or paine, sorrow or mirth, taste or distaste, sleepe or watchfulness, sores or soundness, barrenness or fruitfulness, life or death: and what not? Yea, if you should desire to looke upon the counterfeit of beautie, or to know Divine *Pandora* her manifold other graces, you need not farre to search, seeing herein irreprehensible shape, surpassing faireness, infinite riches, rare attire, robes, ornaments, issue, ability, utility, wisdom, and government: seeing it also (as the center of the world) attended with so many glittering globes which the Heavens doe containe, every one ready and prest to applie themselves, and whatsoever is in them in all serviceable sort, for the effecting of her affaires... And finally, this sacred goddess, as she sheweth her beautie, in being clothed in her gayest colours, and her perfection in her naturall kindness, by pressing out of her neuer drying breasts (though evermore conceived) even millions of streams to feed (as with sweet milke) both the young and old fruit of her wombe... you shall cleerely see, that there cannot too reverend an estimation be had of the earth; and that it is to faile and come short of the scope of the Creatour (by whom first and principally all names are given) to account thereof, in any base and vile manner. Now seeing the earth is so divine

a substance as hath beene proved, and that every man, as also his labours, are so much the more or lesse to be regarded, or honoured, as the subject is, whereabout he is occupied, I cannot doubt but that this so renowned a Grace, shall be vouchsafed to haue conferred, all due and worthie dignitie and grace, vpon such as take paines, like deuoted fauorites, and feruent true louers, to make her admired and honoured of all. Especially the same falling out not vpon any light and wanton fantasies, that young and youthfull yeares may breed; (her last and worst age, hauing already very deeply seized vpon her:) but rather of intire affection (if not compulsiue dutie) pricking them forward (so much as lieth in them) to pluck off her stiffe, hard, and drie growne slough, that so she might receiue as it were a second birth, to the doubling of the thred of her liuely and lustie daies... Againe, if such as faithfully set downe the acts, the speeches, and seuerall occurrences of persons and times, for performing so woonderful a worke, as to make the things past, and perished, in the first breathing of the world, still to liue and yeeld forth a liuely breath vnto the last and finall end of all; and on the contrarie, that which shall be last, and neuer was before, to be all beset with the hoarie haire of the very first and eldest antiquities, be truly worthie of immortal honour: then how much more should they, who from painfull plodding precept, haue reuealed the knowledge of bringing forth, as also of recording, whatsoever such famous deedes or sayings? Wherefore accept, and take in good part, R.Honourable (as one who can neuer let slip any the least kinnesse that hath bin offered to a mother) this laboured worke, the magazin, and storehouse of all such knowledge, as may make for the honour, dignitie, maintenance, and beautie of that common mother; from whose wombe we (euen all of us) are not onely descended, but by whom we are still sustained; and into whose bosome, death shall no sooner cast vs, than we shall be welcome, louingly receiued, throughly and indistinctly reunited, and safely referued vntill the great day of summons, wherupon she will as readily render and repay, whatsoever hath beene thus committed to her custodie, and charge. And that God that shall send forth his glorious Angels to the executing of this great citation and summons; and who hath raised and deriued you from an honourable, princely, yea a Christian and truly religious stemme, (vouchsafed the great dignitie of fellow suffering with Christ, and that in a deepe degree;) continued your life, and drawne out your daies in his feare, and the loue of truth according to sinceritie; and made you as a wall of brasse to the daunting and disappointing of the power of the proud idolaters, and bloody *Nimrods* of our time: giue you stil so to proceed; that so

euen dying you may not onely shew forth the flourishing state of a greene oliue tree planted in the Courts of the Lord; but leaue behind you the sprouts of pietie and magnanimitie, in all vnfaigned holines, prudence, and fortitude, to expresse and represent you vnto their liues ends.

Your Honours in all humble dutifulnesse,

Richard Svrfler.

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🌿 *The wines of France* 🌿

*The differences of Wines, according to the properties
of the Countries.*

IT remaineth now, that we briefly discourse of the wines which we vse in Paris, and those such as are either growne there, or brought thither out of other Countries and Regions. The French wines offer themselues in the first ranke, which growing in the grounds & borders neere about Paris, and the Isle of Fraunce, and other places adioyning thereunto, are amongst all others, and aboue all others, best agreeing with students, Citizens of Townes: and to be briefe, with all such as liue a quiet, idle, and restfull life, especially those which are made in well seasoned years, or such as shew forth their feuerall qualities, euerie one in his proper and due season. For such wines doe not heat, burne, and dry the inward parts of the bodie, as the wines doe which are brought vs from Gascoignie, Spaine, and other countries more hot, vvhich by reason of excessiue heat, and too great drinesse, do burne the liuer and spleene in such as drink them: Such wines doe not make a repleate, heauie, or offended head with multitude of vapours, as other wines of Orleance doe. In like manner, such wines doe not load the bodie with superfluousnesse of serous excrements, as doe the crude & greenish wines, which grow in these grounds in cold and moist yeares, or which are brought vs hither from other cold Regions and Countries. Such wines likewise ingender no obstructions, neither doe they gather any quantitie of melancholike

humour, as doe the thicke and red vvines, vvhich are sent vs by sea from Burdeaux. These vvines, vvhen they be thorough ripe, they are of a very pleasant cast, especially such as are yellow, claret, and white, which are of a hot and dry temperature, as other wines, but not about the first degree, or the beginning of the second: on the contrarie, the wines of Spaine, Gascoigne, and others such like, are hot & drie in the end of the third degree. Wherefor these our French and natie wines ought to be preferred before all strange & forraine ones, seeing they burne and heat the bowels & inward part ouer-much, and that as wel for the vse of such as are in health, as of those that being sicke, are yet permitted their vvine. Amongst these our French vvines, some are white, other some are of a deepe yellow, commonly called clarets, or reddish vvines, vvhich are the most wholesome of all, so that they be not accompanied with any sowrenesse and harshnesse: for rough & harsh vvines, and others which are greene, if they become not ripe and mellow in time, by the concocting of their cruditie & greenenesse, they stand for things not fit to be vsed of any but rude and rusticall fellowes, vvhich liue by toying their bodies vvith great labour and trauell. The rest are all red, more or lesse. But of all other French vvines, there is very small store of sad and light red coloured ones.

White claret vvines being bright, cleare, and through ripe or mellow, in as much as they are of a subtile substance, are easily concocted, digested, and distributed: they prouoke vrine, nourish the bodie but a little, but they reioyce the spirit, and are for the same cause taken, longed after, and desired of all. Some of them are readie to be drunke the second or third month: other some not before the seuenth or eight moneth. All of them begin to fade and loose their goodnesse in the beginning of the second yeare. The red, although they be bright and cleare, are not of so subtile a substance as the former, and therefore they nourish more, and are more fit for such as liue hardly, than for such as liue delicately and nicely: and what although they cannot bee so easily concocted and digested, nor so speedily distributed, neither yet cause such abundance of vrine, as those which are yellow, claret or white: yet trauell, often exercises and labour doth ouercome all these inconueniencies, yea, and whatsoever greater that such red wines may ingender and breed. Amongst them, those which participate and haue any sourenes or astriction, become not mellow before the Sommer heat, whereupon it followeth, that the second yeare, their crud and raw parts being concocted and digested, they grow to bee more excellent than they were in the first.

The deepe red and vermilion coloured are for the most part harsh and rough,

and so the most vnpleasant and vnwholesome of all other: for that they are wont to bee ill concocted and digested, and slowly distributed, as also to ingender many obstructions, and beget a grosse and melancholicke bloud. And for these causes are not conueient but for such as labour and lead a very toilesome life, in whose bodies they being once concocted and digested, do nourish very much, and make them more strong and lustie to go about and finish their worke, and therewithall corroborate their stomacke.

Of white French wines, those are most accounted of, which are cleere and bright as rocke water, of a subtile substance, neither sweet nor greene: such do nourish the bodie a great deal lesse than the yellow and claret wines; but in recompence thereof, they are more easily concocted, digested, distributed, and carried more speedily and readily through all the veines. True it is, that they are accompanied with this inconuenience, namely, that they do more assault the head, (and therefore are to bee accounted greater enemies vnto goutie persons, such as haue weake braines, and are subiect to rheumes and diseases of the ioints, and such likewise as haue weake ioints) than the red which are not yet come to their liuelyhood and maturitie, which strengthen and corroborate the mouth of the stomacke, by reason of some easie astringencie that is in them. Such as in the first moneths become somewhat sweet, if they bee kept any time, in the end grow so concocted and ripe, that hauing left their sweetnes, they proue strong, mightie, and most excellent wines.

Greene wines whether they be white or red, (such as we oftentimes see in these countries, especially in cold and moist yeares) if they containe any strong heate, as it were buried in their crud and raw parts, if they be kept any time, are wont to concoct themselues, and attaine to such a degree of ripenessse, as that they are found good, well contenting the taste, and pleasant vpon the tongue: such as those are which are not simply greene, but together with their greenenessse doe taste somewhat rough and sower: the other become spent, faded, & decayed in the beginning of Sommer, by reason of the said euaporating and wast of their weak & feeble heate. Wherefore you must drinke such vvines are are greenish and waterie, not hauing any sharpenesse or sownessse in them, in the beginning of Summer, that so you may be sure, that the great Summer heat shall not cause them to fade vtterly, and quite fall away, by the spending of their feeble heat, caused through the vehemencie of the Summer heat: but those which are greene, rough, and harsh, hauing a strong heat couched and lying in grosse and thicke matter, may be kept very securely vnto Autumne or Haruest time. Such as are

onely and simply greene, are good and fit for seruants drinke, and other such folke as liue hardly and in great labour, as also for all such as feele a fire and extreame heat in the liuer and other inward parts: for such vvines in idle and delicate persons, as also all such as are of a cold temperature, or are growne into old age, doe not onely not become well concocted and digested, but withall engender a masse of many crudities, and much flatuoufnesse, become slowly distributed, procure many obstructions, offend the stomacke, entrailes, and matrix: notwithstanding, they sometimes appease the paines of the reines, and become foueraigne for the weake head. And thus much in generall, and summarily, of the nature, temperature, qualities, and differences of French vvines. For the diuersitie which is found in them, by reason of feuerall Soiles, Townes, Villages, and great or small Boroughs, where they grow, doth in such sort alter and change yerely, through the variableness of the constitutions of the yeares, as that it would be hard, yea impossible, to lay them downe in a certaine and assured description. Notwithstanding, the most excellent of and ouer all the rest, are the French vvines of Couffye, appointed and ordinarily taken for the Kings vse. Then those of Seure, both of them being red or claret, noble, strong, and mightie vvines, most proper and fit for such as are altogether cast downe, and in whom nature is (as it were) wholly spent, falling thereby into many faintings and swoones, whether they be fallen hereinto by excessiue and insatiable vse of vvomen, or through any other notable and immoderate euacuation. The vvines of Vanues, Argentoile, and Montmartre, and all other vvines which grow in grauelly or sandie grounds about Paris, are the more healthfull. For all these wines, in as much as they are of a thinne and subtill substance, without all greene or manifest harsh taste (especially in hot and well tempered yeares) keeping their proper and naturall temperature, are easily concocted and digested, and speedily and quickly distributed through the veines: and vvhich yet notwithstanding, doe not much pester the head, and that because they are not very strong, and therefore doe not heat much.

The vvines of Burgundie, which are sent vs from Sens, Auxerre, Tonnerre, Ioigny, and Chablie, are generally all of them red: manie of them, yea the greatest part of them, are in their first moneths astringent and somewhat rough, and thereby doe make more solide, bind, comfort, and corroborate a lanke and loose stomacke, and so they nothing annoy the braine by any great store of vapours or fumes carried vp from them: by which reason they proue the most wholesome and conuenient of all other for such as haue the gout, and are subiect

to haue the distillations of the head falling vpon the inferiour parts. Notwithstanding if you drinke them before they be come to their full and perfect ripenessse, you shall well perceiue them somewhat the harder to be digested, and to bee more slowly distributed than the French claret wines are.

Wherefore I would aduise men, not to vse them in the beginning of the yeare, but rather in the latter end, if so be they subiect to the obstructions of the liuer, spleene, and *Mesenterium*, or such as liue idly, or yet such as are delicately giuen, and haue but little naturall heate within them, as forsooth being the time wherein they abound with much harshnesse and astringencie: which yet may euen then bee verie well vsed of them which are accustomed to trauell, and haue a strong and good stomacke. Likewise if you let them ripen and loofe by little and little their astringencie and harshnesse, you shall find them as good and pleasant as the French wines. This is the cause why good householders do lay them in cellars, & referue them diligently to the end of the first yeare, or to the beginning of the second to send them into forreine countries by sea: which being so transported proue better and more excellent than they did in France, or whiles they lay couched vpon their cantling, as men call it, because the carrying and transporting of them, increaseth their naturall heate, as wee haue before declared, and causeth it by such motion to growe more ripe and concocted. Notwithstanding, very many of these Burgundian wines in hot and drie yeares, are in some countries found good the first yeare.

Amongst the Burgundian wines, those of Beaune are most highly commended, for they are so good as that I dare bee bold to prefer them before the wines of Orleance and Ay, which are so much esteemed of in Paris, because they are of a subtile substance, of the colour of a partidges eie, not giuen to fume or fill the head full of vapours, and thereby lesse affailing the head, and hurting the braine, than those of Orleance. Likewise the common verse made of the wine of Beaune, hath bene alwaies receiued for true and currant.

Vinum Belnense, super omnia vina recenset.

Such as take a very good tast of those wines, doe compare and match them with the wines of the Kings yard at Couffy, whose plants when they were young, were otherwise brought from Greece, in such sort, as that the wines of Couffy and Beaune come very neere vnto the goodnessse and perfection of the Greekish wines. Some do also compare the wines of Beaune to the wines that grow in the yard of the King of Nauarre, which is some fiue leagues from Vendosme, called Prepaton, and this name was giuen it because the plants therein were chosen and

take out of the best in all places. The wine is a claret, of the colour of a partridges eie, of a thin substance, not fuming or being vaporous, of a pleasant tast, and delicat to drinke, if there be any wine in the world so qualified. All these three sorts of wine, of Couffy, Beaune, and Prepaton, are the most excellent that are to be found in all France, & that because both in good and euill yeares, they are found and tried to be better than any other, and readier to bee drunke vpon. Amongst the wines of Beaune, the wine of Dijon must be reckoned, and they are those which grow in the Kings vineyard at Chenoue, Fontaine, Plombiere, and Tolent. True it is, that before a man iudge of the goodnesse and qualities of wines, he must euery yeare consider the estate and constitution of the seasons of euery yeare, as also take a diligent taste of the wines, thereby to giue the more assured iudgement: because it falleth out somtimes the French wines, sometimes the Burgongnie wines, and other some yeares the wines of Orleance doe proue most excellent, and sometimes the wines of Anjou proue better than all the rest. Yea, and as the number, and to be reckoned vp amonst the rest, are the wines of Ay and Isancy, and doe for the most part hold the first and principall place for their goodnesse and perfection, wherein they excell all other wines, and are in all good or euill yeares found better than any other, whether they be French, Bourgongnie, or Anjou wines. The wines of Ay are claret and yellowish, subtile, fine, and in tast very pleasing vnto the palate, and therefore eagerly sought after, for the vse of Kings, Princes, and great Lords, being yet therewithall such wines as the Greekes call *Oligophora*, and will not admit the mixture of much water. The wines of Isancy are of a middle consistence, and red of colour: when they are come to their ripenes, they proue strong and noble wines, in so much as that you may iustly compare them in goodnesse with the wines of Nerac, notwithstanding they be so highly esteemed of, and had in request for great perfonages.

The wines of Orleance are set in the first ranke and chiefe place for goodnesse and perfection, amonst all the wines of France: Such are red, for the most part, of a middle consistence betwixt thicke and thinne, of a good tast, strong, and profitable for the stomach and inward parts. They heate more without comparifon, and more nourish the bodie than any French wines, a few excepted, as the wines of Couffy and Seure. But in the meane time they fill the head and hurt the braine, more than any other, if you continue the vse of them any long time, especially in such as haue a weake braine, and are subiect to cause many distillations, as also in those which are subiect to inflammations of the lungs, and disposed by

their bodily constitution to fall into pleurifies: yea, these vvines are worse than any other for gowtie folke, as also for such as are troubled with agues, and others, which haue their principall and inward parts of a hot and drie constitution, and to them that are troubled with the diseases of the skinne, as the itch, leprosie, benumbedness, tetters, wild fire, scabs, and others such like. But on the contrarie, they are most apt for, and best agreeing, with natures and diseases that are cold, and moued of cold causes, in swoones and faintness comming of abundant and excessiue euacuation, by too much vse of vvomen, vvatching, or other such like causes, and in like manner, of them which languish vpon cold and long diseases. And thus much of that which wee can iudge to be in the vvines of Orleance.

For as in other Countries and Soiles, so likewise in the grounds about Orleance the earth doth naturally engender diuers qualities and faculties in wine. For amongst others, such as are yellowish, claret, and bright cleare, are accounted the excellentest and best of all: such are they which grow and are gathered neere vnto Orleance, in the boroughes of Saintcay, S.Hillairies Chappell, S.Mesmain the long, of the Loyre, or at Checy. Those which grow at the village of S. de Bouc, are (in good sooth) all of them right noble and excellent vvines, but somewhat of a more grosse and reddish consistence, vvhich is the cause that they come not to their best till about Easter. The weakest and feeblest are those of Liuet, S.Gy, and Nigray, vvhich yet are more healthfull for such as liue idly, and follow their studie, than the vvines vvhich are stronger. At Paris wee account for very precious those vvhich are brought vs from Messay, vvhich although they be farre behind in goodness and perfection vnto the best vvines of Orleance, because they are of a thicke consistence, and cost not much: notwithstanding, seeing that by transportation and carriage they become thinner and more ripe, they are the better accounted of, of the Marchants.

Such as grow neere the Abbey of Neighbours, are cousin germans and much alike to the vvines of Messay.

The vvwhite vvines of Orleance doe surrender and partly giue ouer the praise vnto French vvwhite vvines, vvhich is the cause that they are transported but as little as may be out of the Country.

The vvines of Lourye, which doe tast somewhat sweet, are accounted the chiefe of all the rest in that place, as likewise those of Rebechi. The vvines of Aniou, such of them as are good, are (in a manner) all of them white and sweet, and for the most part temperate, or hot and drie (when the temperature of the yeare falleth out hot and drie) strong, noble, and mightie; in such sort, as that

amongst all French vvines they keep the first place for goodnesse. All the while they are sweet, thick, and vnconcocted, they swell the stomacke and the flankes, stoppe the veines, swell the noble parts, and prouoke thirst, especially in cholericke natures: and sometimes also they loosen the belly. But when as, through their working and boyling vp, they haue cast out all their drosse and dregges, and that they are become sufficiently ripe, concocted, and digested, that is to say, in their middle age (vvhich they attaine vnto the second yeare) as then they become faire, bright, and cleare, as also very pleafant: so, hauing lost their ill qualities, mentioned before, they get such qualities, powers, and vertues, as are altogether contrairie vnto those which they had, at such time as they were sweet, and of a grosse consistence: for they become easily concocted, quickly piercing, sufficiently prouoking vrine, and causing to spit abundantly. When the yeare falleth cold and rainie, the most part of the vvines of Aniou become raw and greenish, as by experience wee plainly saw in the yeares 1576 and 1577.

When the yeare is hot and drie, the wines growing in Aniou are strong and mightie, and keepe their vertues and qualities entire and whole till they be fixe or seuen yeares old. But when the yeare falleth out cold and moist, they proue to be of cleane contrarie qualities.

The vvines of high Normandie (I meane not those which are gathered and beaten downe with poles) doe somewhat resemble the French vvines, vvhen the yeares fall seasonable, and keepe their naturall temperature: such, for the most part, are of a yellow colour: but not continuing so any long time, they by and by loose their force: which is the cause, that they are easily digested, and quickly distributed and carried along all the veines, vvithout annoying the braine any whit, in as much as they be not strong, or mightie, but oligophorous. But when the yeares fall out cold and moist, the greatest part of them will not keepe well, because they be greene, and that in such sort, as that their greenenesse canot be concocted and digested by reason of the weakenesse of their heat, and therefore it behoueth to drinke them in the beginning of the first yeare. The vvines which grow in Compiene, and other parts of Picardie, are of the same consistence, qualitie, and vertue that those of Normandie are, and therefore deserue not to much set by, or desired, but when others are waisting.

The Countries of Guyenne send vs varietie of vvines. The best of them, are those which grow about Nerac, vvhich come very neere vnto the goodnesse of the French vvines of Couffy, which, by reason of their ruffet colour, are called in the Countrey Ruffet vvines: in the number whereof, are contained the red vvines, or

fad, and light red. They nourish sufficient abundantly: but in that they make obstructions, and encrease great masses of melancholicke humors (especially those which are sweet) they must not be vsed but of them which liue in toile and trauaile. Those which are of a thinne and subtile substance, whether they be white, claret, or of a light yellow, for a much as they haue a very pleasant tast, and are easily concocted, and quickly distributed, the are desired and much required at the Tables of great men.

Let vs conclude then, that amongst all the vvines vvhich we vse at Paris, as concerning the red, the best are those of Couffy, Seure, Vanues, and Meudon: and as concerning the white, those of Argenteuell: and then those of Ay, Ifancy, & Beaune in Bourgognie, being wel ripened: next, those of Orleance. As concerning white, the wines of Longjumeau, Palefiau, Massy, Pont d'Anthony: then those of Barfurabe, Aniou, and others, which are brought to vs from Arbois, Gascoigny, & Languedoc. The wines of the grounds neere vnto Paris, as of Villeiufue, Vitry, and Iury, which are white; of Fontenay and Montreuil, which are reddish; are not so much set by, because they are greenish, and of an vnpleasant tast. The vvines of Gascoigny are vvithout comparison more hot and drie than the vvines of Orleance, and yet they be not so vaporous, neither yet affaile the head so mightily, as I haue proued that the vvines of Orleance doe.

The vvines which Greece, Languedoc, and Spaine doe fend vs, or rather, vvhich the delicacie and voluptuosnesse of our French throats cause to be fetched from beyond the Sea, such as are Sacks, Muscadels of Frontignan, Malmesies, Bastards (which seeme to me to be so called, because they are oftentimes adulterated and falsified with honey, as we see vvine Hydromell to be prepared) and Corsick vvines, so much vsed of the Romanes, are very pernicious vnto vs, if we vse them as our common drinke. Notwithstanding, we proue them very singular good in cold diseases, caused of cold humours, without the hot distemperature of the liuer, or of any other noble part: but chiefly and principally Malmesey, vvhich we daily note and obserue to be very soueraigne in the crudities of the stomacke, and collickes, by reason of the singular force and virtue it hath in concocting of crude and raw matter, and in dissoluing of vvinde and flatuoufnesse. But howfoeuer forraine vvines, vvhich are fetched from farre Countries, may seeme pleasant vnto our taste, yet indeede the truth is, that we are not to vse them, except it be with as great aduise and iudgement as may be, because that besides their manifest outward qualities, they haue also close and hidden ones, vvhich indeed may become familiar and well agreeing, through some sympathye, vvith the

inhabitants of those Countries vvhether the said vvines grow: but vnto vs they are enemies, by an antipathie or contraritie vvhich is betwixt them and vs, which are of a foyle and countrey farre vnlike. Which point if we regard not, we cannot but for the most part offend against the rules of art, and commit infinite faults in prescribing and laying downe such diet, and order of gouernment, as shall be for the direction of other mens liues.

Some do make and compound spiced wines which somewhat resemble the foresaid forraine wines, and that not so much for the necessitie of life or health, as for pleasure, and the delighting of the swallow: of which sort are the claret, the preparing whereof we haue set downe before, and hipocras, so called, not that *Hipocrates* did euer inuent it or vse it, but (of the mixture and temperature according whereunto the said wine is compounded and made) it is so called of the Greeke verbe [...], which signifieth to temper. Men ought seldome to temper these wines, because that by their vnwoonted heate and great vaporoussnesse, they procure many troublesom diseases, as the squinancie, strangurie, apoplexie, palsie, and other such like: notwithstanding such as feele a certaine coldnesse and weakenes in their stomake, may vse them, not as their common drinke, but sometimes only as remedie or medecine.

And thus in briefe you haue what I thought good to deliuer concerning the qualities and vertues as well of such wines as grow in France, as also of them which are brought vs from strange countries. By the reading of this slight discourse, the Reader which is carefull of his health, may learne to make choice of such wine as is fittest for his owne drinking, as he shall perceiue to be agreeable and profitable, not onely for his nature and disposition, but also for his health. As for example, he that hath a very hot and drie liuer, his lungs subiect to inflammations, and readie to receiue sharp distillations from the braine, and his braine very moift, shall not vse hot and drie wines, such as are those of Languedoc, Gascoignie, and Orleance: but he shall content himselfe with some small French wine, somewhat greenish, and which beareth but small store of water. He likewise which hath a cold stomake, and is subiect to cold and windie diseases, shall vse the wine that is good, and haue nothing to doe with the small and greene wines, and for this purpose shall make his aduantage of this our discourse, which will instruct and teach him the diuersitie and qualities of wines. (pp. 637-43, complete).

🌿 *The perils of wine detailed* 🌿

...*Aristotle* sayeth, That the seed of drunkards becommeth dead and fruitlesse, and their children blocke-headed groutnolles. Wherefore euen as wine (when as by its feruent vapours it affaileth the head, and filleth the braine) prouoketh drunkenesse and foolishnesse: so when the said vapours are thickned somewhat and congealed into a ferous and waterish substance, by the coldnesse of the head, if they be not discuffed and spent by the power and force of nature, the excrement which shall be thereby ingendred (although that the drunken fit being passed ouer, the partie come againe to the enjoying of his former estate, and seeme to bee well) if it remaine long time in the braine, and being fast fetled therein, grow further and gather more vnto it, doth in the end stirre vp many diseases of the head, as hardnesse of hearing, deafnesse, noyses in the eares, blindnesse, the falling sicknesse, conuulsions, palsies, apoplexies, and many other such like, of all which, it is not otherwise to be accounted the cause and originall, than by way of accident, as also of that sudden strangling disease, which it causeth not but very seldome. On the other side, if this excrement gathered in the braine by the immoderate vse of wine, happen to fall downe vpon the inferiour parts, it will breed many distillations, and catarrhes, hoarsnes, rheumes, coughs, gouts, difficulty of breathing, and many other symptomes, very hard to be cured: yea and by its vapourousnes, how soberly, and in how moderate quantitie soeuer it be drunke, it becommeth noysome and hurtfull to such as haue a weake braine, and their sinewes and ioints infirme and feeble; for vnto such people it becommeth so egregious an aduersarie, as that if one troubled with the gout, should at the same time that this paine is vpon him, tast but some few drops thereof washing his mouth onely therewithall, he shall presently feele his paine increased, and falling into a far greater rage. Yea which is more, such excrement ingendred in the head, getteth there such a kind of enimitie and aduersse qualitie, and that so at iarre and malitiously bent against the ioints, as that it rusheth it selfe in its distillations, rather vpon the ioints than vpon any other parts, and so causeth gouts and ioint aches. Finally, this excrement being of a subtile and sharp substance, falleth and penetrateth easily into the lungs, as also corrupteth and exulcerateth them. There are also other most dangerous annoyntces which wine of it selfe and by its very nature causeth. For in as much as it is of a hot and drie temperature, if it be not drunke moderately and well delaied, by the long vse thereof in hot and drie

bodies, it is woot to ouer heat and drie their noble parts, to ingender great of cholericke humours, which ftanding without remoooue and motion, muft needs breed many maladies and difeafes.

From hence fpring out agues both continuall and intermitten, inflammations of the inward parts, as the liuer, spleene, and lungs, the plurifie, paffion of the reines, and fuch other inflammations of many other parts, which haue not as yet any proper name affigned them. Hence likewise grow all itches, tetter, wild fires, flying fires, cankers, and all forts of vlcers. Thofe therefore that are prone and apt to fall into fuch inconueniencies of difeafes, or which are alreadie through the ill ordering of the life fallen into the fame, muft altogether abftaine the drinking of wine, or a the leaft drinke but a very little, yea though it fhould be very weake and well delaided with water... (pp. 626-7).

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🍏 Apples of Love 🍏

Manie men being verie defirous to adorne and fet forth their Garden with all forts of Plants, doe amongst the reft prouide to furnifh it with Apples of Loue (which the Latines call *Mala infana*) by reafon of the beautie of their fruit, which is as thicke as a Cucumber drawing towards a red colour. They muft be fowne in the Spring, in a fat and well battild foyle, and where the Sun hath great power, becaufe they cannot abide any cold: they craue the like ordering and husbandrie the Cucumber doth.

Many licorifh mouthes let not to be eating of thefe, no more than of mushroomes: they take away their pilling, they cut them in flices, boyle them in water, and after frie them in the flower of meale and butter or oyle, and then caft vpon them pepper and falt: this kind of meat is good for fuch men as are inclined to dallie with common dames, and fhort-heeld hufwiues, becaufe it is windie, and withall ingendreth cholericke humours, infinite obstructions and headach, fadneffe, melancholicke dreames, and in the end long continuing agues: and therefore it were better to forbear them. (pp. 252-3)

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‡ *The cause of sowrenesse in wines* ‡

...Some thinke, that vvines are changed and turne fowre through heat, because that daintie, weake, and feeble vvines are changed and turne fowre in the Spring time and Summer, and in Winter retaine their naturall qualities entire and found. This opinion is confirmed, because that weake vvines being stirred and tumbled in forcible fort, or carried farre, or laid in cellars that are open vpon the South or Easterne quarter, doe quickly become fowre. And contrarily, such as are not tossed to and fro, or remoued, but kept in cellars lying vpon the North, doe not fowre at all: as if it were by the cold, that their vertues and good qualities were preferued, and by the heat, that they were changed and corrupted. So as the like in all points doth befall vvines which are weake and waterish, to that which happeneth vnto a burning candle, and to small and weake sparkes of fire, vvhich if you lay open in the hot Sunne, or before any great and vehement flame, you shall see them languish, yea wax darke, and altogether to fade away and goe out. It is then through heat, that all the weakeft wines turne fowre, and that by hauing their weake heat spent and ouercome by an outward and accidentall heat, which is more strong, causing the same to fade, and for the most part vanish quite away: For a weake nature cannot endure either any strong heat, or vehement motion, but fainting vnder them, it becommeth wasted and spent, and in fine perisheth. But contrariwise, wine which haue their heat strong, and consist of such matter as is not easie or apt to be wasted and spent, being remoued, rolled, transported, or else laid open to the South Sunne, or kept in any hot place, doe not onely not fowre quickly, and in a short time, but rather become a great deale the more ripe, and are made more readie and better to be drunke. For that which befalleth through long continuance of time to strong, mightie, and noble vvines, vvhich are shut vp and layd in cold caues vnder the earth, by the meanes, power, vertue, and efficacie of their owne and naturall heat, which concocteth, digesteth, and ripeneth by little and little their crude and raw matter: the same is effected and wrought in a short time in vvines which are heated by art, that is to say, by stirring and rowling, and by the heat of the Sunne, or of some fine subtile fire, vvhich doth concoct and digest the most crude and raw matter that they can be found to haue. For as the enduring of the heat of the Sunne, and the vnder-going of vehement exercises, maketh stronger and more able the bodies of men that are

hot and lustie, but on the contrarie, doth ouerthrow, weaken, dissolue, and coole weake bodies: euen so, hot vvines are sooner ripe, concocted, and digested, by heat, or mouing either of the Sunne, or of some hot fire made neere vnto them: but those which are more weake and waterie, if you heat them ouer-much, doe take great dammage and harme, and are weakened more by the working of such vehement heat, either of the Sunne, stirring, or fire, vvhich corrupteth and spendeth at once, and in a moment, some part and portion of their weake and feeble heat, vvhich afterward, in like manner, by little and little, will be ouercome and wasted, and thereupon such vvines weakened and made vn-sauoie. It is the meane and middle heat therefore that all things receiue profit by: seeing the immoderate and extreame is no lesse harmfull than cold. Wherefore, after that the weake heat of vvine shall, for the most part, become wasted and spent, by the outward heat of the ayre compassing it round about, it groweth sowre: and so likewise it is wont to fall out by the maliciousnesse of strong and piercing cold, breaking the heart of the weake heat in the vvine, and thereby killing the same.

(pp. 633-4)

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🌿 *Cider, or citer* 🌿

CHAP. XLIX.

*A brieue discourse of making of drinkes of the iuces
of Fruits.*

IN such Countries as the vine cannot beare fruit in, because of the cold distemperature and churlish roughnesse of the aire, and whereas notwithstanding there grow singular good fruits, and in great abundance in recompense of the same (as in Britaine, Normandie, the countrie of Mans, Chartraine, and Touraine) although there be the meanes to make Wine of a certaine kind of corne, called Bier: yet by reason of the lesse cost and charges, as also by reason of the greater profit, they vse to make diuers sorts of drinkes of fruits: and to giue them their seuerall and particular names from the seuerall and particular fruits whereof they are made. As for example, that which is made of apples, cider or citer, and so the Normans and other countries bordering

thereupon doe call it, as hauing a smell or other excellent qualitie resembling the citron. Perrie which is pressed out of the Peares, and ceruise Wine, quince Wine, pomegranat Wine, mulberrie Wine, gooseberrie Wine, and floe Wine, vvhich are made of the iuices of these fruits pressed out. And hereof vve are to obserue that all fruits are not fit to make Wine of; but onely those vvhich vwill not putrifie easily, and haue great quantitie of Wine iuice vwithin them, of vvhich kind these are vvhereof I haue now spoken. For of cherries there is not any wine to be pressed, because their iuice doth easily corrupt and putrifie verie quickly: neither yet of Almonds, Common nuts, Filberds, Pine nuts, or other such fruits, for they yeeld an oylie and not a Wine-like humour. But for as much as we are not determined to speake in this place of all these sorts of fruit drinckes, but onely of them vvhich are called cider, perrie, and carafie, vvhich next vnto the iuice of the vine, are the most profitable and necessarie liquor for the life and health of man: vve vwill set downe before hand a certaine summarie, and as it vvere a transition and plaine declaration of and vnto as well the making, as also of and vnto the qualities and vertues of the said cider, perrie, and carafie, and will referre the Reader vnto the Latine Booke now long agoe looked for from *Monsieur Paulmie* Doctor of Physicke at Paris, therein to read and learne the intire and perfect knowledge of this so pleasant and delightfome a drinke. And to begin with our purposed matter, I intend not here to stand about the finding out of the first iuentour and deuifor of this drinke, onely I will say, that as *Noe* carried away with the pleasant taste of the iuice, vvhich he pressed out of the grape of the wild vine planted by him, was the first iuentor of making and drinking of vvine: so a certaine Norman hauing his taste vvonderfully pleased vvith a delicate and daintie taste and relish of the iuice of Apples and Peares, inuented the making of Cider and Perrie: I say, a certaine Norman, for this in base Normandie called the Countrey of Neuz, where this drinke had first his beginning.

The way to make these kinds of drinckes generally, is to gather the fruit not all out ripe, and after to let them ripen some certaine time in the open ayre, or to drie them in the Sunne, for the spending and wasting of their waterie humour; then to breake and crush them with Mill-stones, or such other heauie instruments, and lastly, to presse them out; but withall you must obserue this speciall qualitie in certaine Apples, which the longer they are kept, and the riper they be, the better and greater store of iuice they yeeld, though then indeed it be not so durable.

On the contrarie, wild Peares doe yeeld more liquor, and of a better taste, and withall of longer continuance, than doe the tame and garden ones. When the

iuce is pressed out from the fruit, it must be put into caske, for to boile therein a certaine time, and to be ordered after the manner of the ordering of the iuce of Grapes, as we intend to declare more particularly.

How Cider is made.

THe drinks made of fruits that are most commonly vsed, are Cider and Perrie, vvhich as they are pressed out of diuers sorts of Apples and Peares, so are they differing as well in taste as in goodnesse. For to make your Cider, you must see that your Apples be not wild ones, but garden and tame ones, growne and bred in orchards carefully and diligently dressed, kept, husbanded, and ordered all the yeare long, according to that care and diligence vvhich vve haue said to be needfull before in speaking of the Orchard, and yet vwithout hauing any great regard vnto the place vvhether the Orchards are planted, and doe grow, as vvhether they be gardens, greene-plots, arable ground, or other such like places; alwaies prouided and foreseene, that the ground be good, and vvell seasoned. And aboue all things such Apples must haue a firme, solide, and fast flesh, accompanied with a great store of iuce, of a pleasant smell, and delightful taste, and of a beautifull colour: such are these that follow, the Heroet, Ruddocke, Maligar, Rambur, Fairewife, Gastlet, Clanget, great Eye, Greening, Curtaine, Grosgraft, Rucke, long, sower, and sweet Kennet, Barbarian, Rangelet, and Adouill. The Shorttart, Honie meale, and Garden-globe, notwithstanding that they be rare and singular apples, and of a more pleasant smell, and delightful taste, than any other sorts of Apples, yet are they not fit to make any Cider of, as well in respect of the tendernesse and delicacie of their flesh, as for the little and insufficient store of iuce which they yeeld, not worthie the putting into the presse to make any quantitie of Cider of. And hereto you may put another reason; namely, that these Apples are not so plentifull, neither grow they in such store as others doe, and therefore it is better to keepe them to eate, or to imploy them in broths or sirope of king *Sabor*, and *de suceis pomorum*, than about the making of any common drinke.

The most common time to gather Apples is about mid-September, after they haue bene partakers of Sommers heat, and receiued some small raine and gentle vvinds from September: some being verie ripe; others yet not altogether ripe; principally those which haue a faster and lesse delicate flesh: the greatest part whereof (being kept some time) yeeldeth greater store of iuce, and better concocted

and digested by the vvorke and operation of their owne naturall heat. In the gathering of them there is necessarily to be vsed cudgels and poles, except it be that wee lay our hands to them, vvhich vvee haue a purpose to keepe: there must in this businesse also be chosen such a day as is faire, drie, cleare, beautifull, and full of Sunne-shine, for if they should be moist with any raine or dew, they would rot in their garner.

Being gathered, they must not all of the sodaine be taken in hand to be made into Cider, but they must be suffered to take a heat in heapes, (as the Normans call it) and be kept some three vveekes or a moneth, more or lesse, according to their consistence and kind, seeing vnto it in the meane time (at their owne perill) that they rot not; as also, they may be layed on great heapes in Gardens, or vnder some rooffe open to the ayre vvhether it freezeth not, or vvhether it freezeth, to couer them with straw newly threshed, or else vvvith some Mattresses or Featherbeds to keepe them from the frost. Some during the time of the frost, couer them vvvith linnen Clothes steeped in water, and vvrung out, and these being frozen once themselues, doe keepe that the ayre cannot passe vnto the Apples to freeze them: the best of all is to prouide them warme garner, the floores being layed neither with plaster nor tiles, but with straw, hauing the windowes verie close, the doores firme and fast shut, and all the creuises or chinkes perfectly stopt to resist the entrance of the cold ayre. And notwithstanding all this, yet you must not tarrise and waite vntill they be thoroughly ripe, and almost vpon the rotting especially: but you must take your time somewhat before that they be come to this exact maturity and height of ripenesse, for else your cider will not proue durable, but withall will gather great quantitie of lees, and grow couered with much vvhite mother swimming aloft: if they be frozen, then trouble not your selfe with going about to make Cider, for hauing lost their naturall and accustomed smell and colour, they haue also lost all their force and vertue, and so it is not possible to make any thing of them but a raw, weake, vnpleasant, vvaterish, vvdurable, and soone sowering licour. When as therefore the apples shall be vvell prepared, and come to a good scantling of ripenesse, not such a one as is exact, but rather of the first or second degree of ripenesse, and that they shall yeeld and breath out a verie pleasant and sweet smell: then it shall be high time for you to goe in hand vvvith making of your Cider. Which oportunitie if you foreslow and still stay longer for their further and exact ripening, they vvill vvither and fall away, and the Cider that you shal presse out of them, wil become vvaterish, weake, and sower out of hand.

There are diuers wayes vsed in pressing out this drinke made of Apples in the countrie of Neuz: Some doe stampe them, putting them in fats, and afterward fill them vp with great quantitie of water, letting them ferment, boyle, and purge, so long as vntill the water haue got the force and strength of the Cider. Others stampe them in a mortar, and after powre them together with a great quantitie of water into some fat, not giuing them any time of concoction and purging: but these two wayes are not so much worth; this third is better than them both. First, you must breake your Apples in peeces, and after presse them out: the way to breake them in peeces, is to put them in a presser made round, and containing in compasse some seuen or eight fadome, the said compasse and round being contriued after the manner of a trough of two foot broad and deepe at the least, in these troughes shall be put and containd the said apples for the better staying and keeping of them in close together. Within these troughes there shall turne about one or two great millstones of stone, or of some hard, massie, and weightie wood, fashioned like a wheele, carried about vvith one Oxe or Horse, or two, so as shall be sufficient for power and strength, as we haue said in the making of Oyles. When the Apples shall be sufficiently broken you must gather into heapes the same, and cast them into tubs for the purpose, and there let them worke for a time as Wine doth, and when it hath wrought, then you must draw out the juice or liquor (call it as you vvill) which shall haue runne out of the substance without being prest, and turne it vp into vessels, whether they be pipes or hogsheds, old or altogether new; prouided that they haue not taken any ill taste of any vnfauorie liquor: the best vessells or caske of all other, is that wherein there hath beene Wine, and especially white Wine, for the fauour of the Wine doth make this juice more acceptable, and more affected. The Cider that commeth voluntarily without being pressed, is the best and sweetest, though not alwaies stronger than that which hath abode the presse: that likewise is better and more excellent which is made without any mixture of vvater: It is true indeed, that when apples haue a verie fast and solide pulpe, and haue not so much moifture, but withall some sharpe relish, that then it will not be amisse to mingle some small quantitie of vvater with them to make them breake the better, as also, after that they be broken by force of the turning stone, euen whiles they are working in their fats, or before they be put into their fats a working, euen at their going to the presse, there may vvater be mixt with them, to preuent that the Cider may not be too ranke, neither yet too sowre or greenish. The grounds of the vvorking fat shall be layed vpon the presse interlaced with long straw, to keepe the said

stamped Apples steedie and stayed, that they slip ot to and fro when they are pressed, (the Apples by reason of the roundnesse, not being able to stay and abide vnder the doore and other boards of the presse, except they be kept in vpon the sides with something) and that which shall run out vpon the pressing of them, shall be tunned vp into caske, and put to the former: or else, which is better, tunne it vp by it selfe, as is done by wine, without mingling of it with that which did run out vnpressed, the pressed being the stronger, though the vnpressed be the more pleasant and sweet. The drosse or grosse substance remayning after the pressing, shall be put againe into the fat, and stamped, and sufficient quantitie of water powred in amongst, and it shall be let so rest, steepe, and boyle together for the space of four and twentie houres: after which, there shall be made thereof spending Cider, or small drinke for the household. For the making of this household drinke, it shall be after the rate of gathering of one vessell thereof from so much drosse as made foure vessels of the best.

When the Cider is tunned vp into caske, you must let it boyle within the caske by the bung-hole of the caske left open, and thereby to purge it selfe of all his froth, scumme, and other impurities, after the manner of wine: and when it is thus well purged, you must bung it vp very close, and so leaue it to boile againe within his vessell: but you must see that at this time the vessell be not top full, leaft in the boiling it breake the vessell. And indeed this kind of Cider is a great deale more strong than that which boileth all his boiling with the bung of the vessell open, but somewhat more fuming, and not so pleasant as the other: and it must lye in some cellar for the Winter time, but in some caue in the Summer.

Cider, as concerning the tast, doth resemble and become like vnto Wine: for at the first it is sweet; afterward, being fined, it is somewhat sharpe; and when it is altogether fined, it hath then a sharper rellish, but yet altered from his former verdure: euen after the manner of Wine, as being more pleasant when it is in fining, than when it is fined.

The Cider is better to keepe than Perrie: and there are Ciders found of two or three yeares old, as good, in their place, as anie Wine that is made. It is true indeed, that it is subject vnto the same accidents that Wine is, and it must be as heedily regarded in the piercing of it, as if it were Wine, not giuing it any ayre in the drawing of it, if it be possible, or if you giue it any at all, to giue it when the fossot is halfe out, causing the ayre to recoyle before the fountaine be stopt vp and shut. So soone as the Cider vessell is emptie, you must looke that the lees be not let stand in it any long time, because that it would breed an infinite number

of wormes, which would make it to haue an ill smell and stinke, in such sort, as that it would neuer be good afterward to keepe any Cider. And thus much for the making and keeping of Cider. Now we will speake of the making of our choise of the Apples.

To haue excellent Cider, you must make it of sweet Apples, and that but of one or two sorts, and both of them in his kind verie good, of a pleasant tast, and sweet smell: and you must breake and stampe them euery sort by it selfe, but put them together vnder the presser. That which is made of sweet Apples mixt amongst some sowre ones, is not altogether so excellent good, and yet in the heat of Summer to be preferred before the most excellent Ciders, in that it is more cleare, heateth lesse, and quenbeth thirst better. And of a certaintie experience hath taught it, that the Cider made of sweet Apples, hauing a soft and tender flesh, is more apt to sowre, if that there be not some sowre ones mingled amongst them, because that such sweet Apples haue but a weake heat, and easily ouercome and waisted. But such sweet Apples as haue a fast flesh, and thick iuice, stand not in need of hauing any sowre Apples mixt with them, to the helping of them to make good Cider. It is true, that sweet Apples yeeld lesse Cider than sowre ones: but yet, in as much as the sweet haue the lesse iuice and the thicker, therefore their Cider is the better, lasteth longer, nourisheth the body more, and is a longer time in fining: But on the contrarie, those sweet Apples which haue much iuice, doe make much Cider: but this Cider is not so good, nor making so good nourishment, notwithstanding it be sooner fined and readie for drinking. Sowrish Apples doe yeeld much iuice, that is waterie, thinne, and soone fined, but nourishing verie little.

The Cider that is all neat, and of it selfe, without any mixture of water, doth fine and become cleare more slowly than that which is made with water: In like sort it retaineth his smell and tast a longer time, and all other the vertues and qualities of the Apples whereof it was made: for water added but in small quantitie, after fixe moneths once past, or if somewhat longer, yet after one yeare it causeth the Cider to sowre, and then so much the sooner, as there shall be the greater quantitie in the mixture, as in the household or ordinarie drinke. Wherefore such Ciders as you would haue to last long, must be made without water, and vse rather to mixe your vvater vvith them vvhen they are drawne out of the vessell to drinke, if then you find them too strong for you: and this also is the same course taken with Wine, especially when such a sicknesse hath seised vpon the partie, as craueth a thin, weake, and vvaterish drinke.

Ciders differ one from another, especially in colour, and fauour, or relish: for as for their colour, some represent the scarlet as it were like vnto Claret-wine, and such is that vvhich is made of Apples that are red vvithin and without: such also will last long, and fine, not vnder the colour of high Clarets, and haue a taste resembling the same somewhat a farre off, but afterward comming neere to the resembling of Hypocras. Others are of the colour of Muscadells, and resembling the same also in relish. The greatest part of the rest draw neere to a yellow colour, and some of them cleare as the rocke vvater. *(pp. 410-14)*

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🌿 A strange note on the rages of mares 🌿

It commeth to passe sometimes that Mares are troubled with a kind of rage, that is to say, vvhen they see their owne pictures in the vvater they are taken with loue: and hereupon they forget to eat and drinke, and drie vp their heat or signe of desiring the horse. The signes of this madnesse are manifested by their running through the pastures, as if they were spurred, oftentimes looking round about them, as if they fought and desired something. They are cured of this madnesse by being brought vnto the water; for when they see by their shadows how ill fauoured they be, they will forget the first shape which they had beheld before. *(p. 147)*

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