

FACT SHEET 1: DRYING

What is drying?

Drying is the process of preserving food by removing water from it. Removing water prevents decay and the growth of microorganisms. Drying foods (air drying, sun drying, wind drying, or drying near an open fire) to prevent spoiling has been known since ancient times.

Examples of foods that were preserved by drying in the 1700s:

Apples	Herbs and spices (basil, dill, oregano, parsley, sage, rosemary, thyme, etc.)
Artichokes	
Beef	Lemons
Carrots	Mushrooms
Cherries	Oranges
Corn	Parsnips
Dates	Pears
Figs	Plums
Fish	Pork
Grapes	Sweet potatoes
Green Peas	Tea leaves

FACT SHEET 2: SALTING

What is salting?

Salting, especially of meat, is the process of preserving food with salt (and a little saltpeter). This method draws out moisture that causes decay. Also, most bacteria, fungi, and other disease-causing organisms cannot survive in such a salty environment. Meat salted in cold weather (so it does not spoil before the salt has time to take effect), can last for many years.

Salted meat was often smoked as well, by exposing it to smoke from a wood fire. In the American colonies, most home properties included a smokehouse where meats were smoked and stored. The practice of preserving meat with salt was so common in the 1700s that most people ate salted meat at nearly every meal.

Examples of foods that were preserved by salting in the 1700s:

- Beef
- Eel
- Fish
- Lamb
- Oysters
- Pork
- Poultry

FACT SHEET 3: PICKLING

What is Pickling?

Pickling is the process of preserving food in an acid (usually vinegar). In the past, pickling was used to preserve a wide variety of meats, fruits and vegetables. Today, however, it is used almost exclusively to make “pickles” from cucumbers. The vinegar used in the pickling process creates an acid environment that prevents undesirable bacteria growth.

Most pickled foods are salted or soaked in brine (a *very* salty liquid) first to draw out moisture that would water down the vinegar. Properly pickled foods can last for years.

Examples of foods that were preserved by pickling in the 1700s:

Artichokes	Lemons
Asparagus	Mushrooms
Beef	Peaches
Beets	Peppers
Cabbage	Pork
Cauliflower	Radishes
Cucumbers	Olives
Eggs	Onions
Fish	Oysters
Garlic	Walnuts
Grapes	Watermelon rind
Horseradish	

FACT SHEET 4: JELLYING

What is jellying?

Jellying is the general term for the process of preserving fruit with sugar (usually in syrup form). There are actually four different kinds of jellying:

1. **Jellies**—Clear, sweet spreads that are firm enough to keep their shape when removed from their containers. They are made from fruit juice and sugar.
2. **Jams**—Thick, sweet spreads which will hold their shape, but are less firm than jelly. They are made from fruit pulp or crushed fruit and sugar.
3. **Conserves**—Jams made from a mixture of fruits, especially when they include citrus fruits, nuts, or raisins.
4. **Preserves**—Small, whole fruits or same-size pieces of fruit in a clear, thick, slightly jellied syrup.
5. **Marmalades**—Often contain citrus fruits and are soft fruit jellies containing small pieces of fruit or peel, evenly suspended in the transparent jelly.

Examples of foods that were preserved by jellying in the 1700s:

Apples	Pears
Apricots	Plums
Cherries	Raspberries
Currants	Rosebuds
Grapes	Strawberries
Oranges	Tomatoes
Peaches	Walnuts