

# PRESERVING - Then and Now

During the time of Mrs. Beeton, people were self-reliant in putting fresh produce on their tables. When fresh was not available or was out of season, they relied on canning and preserving to get them through the bleak winter months. Special attention was paid to growing vegetables that could be stored, canned or pickled for consumption later. A simple mixture of boiling vinegar, salt and spices was used for pickling, a method which remains unchanged today. Fruit was canned in simple syrup or made into preserves. By the 1850's, meats were being commercially-tinned and ready-made foods were becoming popular with the wealthier classes. The end of the 19<sup>th</sup> century saw a sharp decline in canning and preserving at home.

Today we see a resurgence of canning and preserving. The movement towards eating locally and organically, knowing exactly what is in the food we eat and where it comes from, has seen a rise in the popularity of these old-time techniques.

Mrs. Beeton suggests making your own gherkins. Please visit [www.mrsbeeton.com](http://www.mrsbeeton.com) for her recipe.



This 1884 recipe from Mrs. Lincoln's Boston Cook Book describes how to preserve tomatoes by canning. We still use the same basic methods today.

