



# 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)<sub>2</sub>, 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
- spoilage enzymes, 53
- spoilage, 45
- spores, 182
- Sri Lanka, 48
- stainless steel, 28, 53
- standard canner, 28
- Standard Cyclopaedia 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