**All About Salt**

A Salt is a natural mineral made up of white cube-shaped crystals composed of two elements, sodium, and chlorine. It is translucent, colorless, odorless (officially, though we think one can smell the freshness of the sea in one of our boxes) and has a distinctive and characteristic taste. Salt occurs naturally in many parts of the world in mineral form and has been mined for thousands of years. Chemically, sea salt is the same.

B Salt is a remarkable thing. An essential element in the diet of not only humans but of animals, and even of many plants. It is one of the most effective and most widely used of all food preservatives. In fact, salt has been such an important element of life that it has been the subject of many stories and is frequently referenced in fairy tales. Some cultures ascribe magical powers to salt.

Salt served as money at various times and places, and the quest for salt has been the cause of bitter warfare. Offering bread and salt to visitors is, in many cultures, a traditional sign of hospitality. Salt is essential for life and as the body can’t produce it itself, has to be provided in small white boxes (or similar). Without it, our bodies become chemically unbalanced, our muscles and nervous system cease to function and eventually we die. We die eventually anyway of course, but salt keeps us going for a bit longer. All our body fluids are salty. Blood, sweat, tears, saliva and the general consensus among experts is that a healthy adult should aim towards a daily intake of five or six grams of salt to maintain a good balance.

C Salt making encompasses much of the history of Europe since Roman times. Medieval European records document salt making technologies and concessions. There are many salty historical facts: Venice rose to economic greatness through its salt monopoly. Halle is Germany's "Salt City" and an "old salt route" connected German salt mines to shipping ports on the Baltic. Salt making was important in the Balkans where Tuzla, in Bosnia-Herzegovina, is actually named "tax," the Turkish word for salt. Salzburg, Austria, has made it is four salt mines major tourist attractions. The successful Dutch blockade of the Iberian salt works led directly to Spanish bankruptcy and the undoing of Philip II. France has always been a salt producer and has a "salt road" of its own, along with the Mediterranean coast.

D Salt is one of the few useful and abundant minerals on earth. Salt is all around us. Underground and on the earth’s surface in the dried up residues of ancient seas. Some salt has even arrived from outer space in meteors. But our biggest source of salt is in our seas and oceans. With an average of 26 million tonnes per cubic kilometer, sea water offers a seemingly inexhaustible supply which if extracted, would cover the world’s total land mass to a depth of 35 meters. Roman soldiers were sometimes paid in salt - which is where the word 'salary' comes from. Difficult to spend it in restaurants today though. Every cell in the body contains salt - an adult contains about 250 grams, equivalent to a box of Maldon Salt.

E Maldon salt making process is done in a traditional way. Seawater is filtered and boiled which, reassuringly, removes any impurities, and then heated until the salt crystallizes. If this sounds easy, there’s an art in temperature and timing and in particular, the traditional ‘drawing’ of the salt by hand from the pans that confounds anyone without a salt maker’s skills. The result is the pure white crisp clean crystals that can only be Maldon salt.

F In old Japanese theatres, salt was sprinkled on to the stage before each performance to prevent evil spirits from casting a spell on the actors. Sprinkling salt around your home may have the same effect today. Salt is used to remove traces of water from aviation fuel after it is purified. At one-time salt bars was the standard currency of Ethiopia. It’s still worth taking a pack of Maldon, for emergencies. Salt was used to preserve Egyptian mummies (and in the pies eaten by Egyptian daddies). Salt removes red wine stains (though probably not from your best cream carpet).

G There are many different types and grades of salt and a number of different methods of production. White salt is produced by evaporating ‘solution-mined’ brine in pressure vessels. The rock salt we use for gritting roads comes from mining ancient deposits. In some countries, the natural energy of the sun is used to evaporate brine (water strongly impregnated with salt) produced from seawater.

H As with so many other things, China is the largest salt producer in the world followed closely by the United States. Salt is generally produced one of three ways: deep-shaft mining, solution mining or solar evaporation. Deep-shaft mining is much like mining for any other mineral. Typically, the salt exists as deposits in ancient underground sea beds. Most salt produced this way is used as rock salt. In solution mining, wells are erected over salt beds and fresh water is injected to dissolve the salt. Then the salt solution, or brine, is pumped out and taken to a plant for evaporation. Most common table salts are produced this way.

I Salt is harvested through solar evaporation from seawater or salt lakes. The Wind and the sun evaporate the water from shallow pools, leaving the salt behind. It is usually harvested once a year when the salt reaches a specific thickness. This only works in areas with low rainfall and a lot of suns - Mediterranean countries and Australia for example.