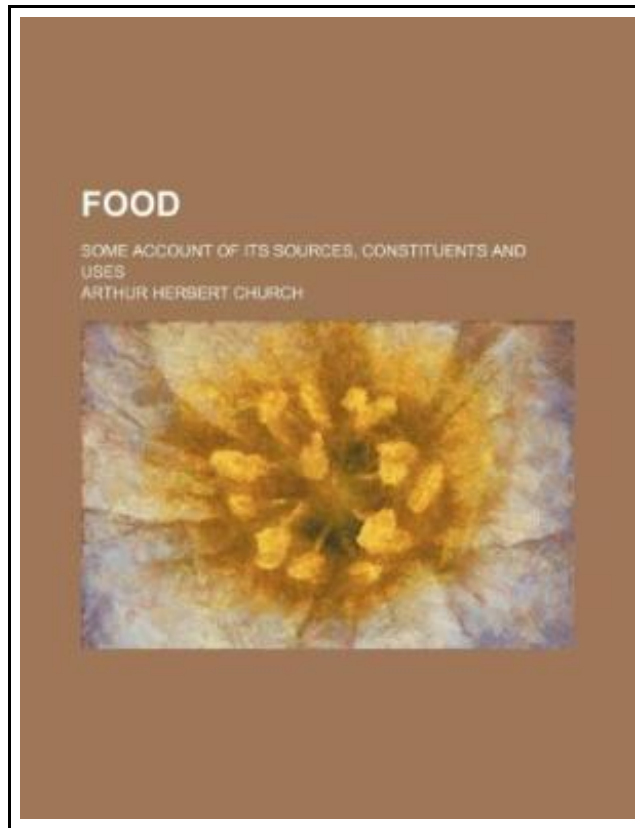


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## FOOD; SOME ACCOUNT OF ITS SOURCES, CONSTITUENTS AND USES



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Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1876 Excerpt: .case of watercresses, with which many internal parasitic or entozoal animals are often introduced into the human body. Salad plants generally contain but little nourishing food of the heat-giving and flesh-forming kinds. But they are useful as being comparatively rich in saline matters, especially in potash salts, which are generally extracted from cooked vegetables in the process of boiling. They serve also to introduce large quantities of water into the system, and are refreshing additions to richer foods, especially in hot weather, when their crisp, cool succulence is peculiarly acceptable. In order to be thus juicy and crisp, lettuces and other salads, such as cucumbers, must not be gathered when wilted and drooping after a hot day; too often this is the case, or else subsequent partial drying causes toughness. To obviate this defect, the root of lettuce or celery, c., when dug up, should be trimmed under water, so as not to expose the cut stem or leaf-stalks to the air. The plants will then, if left in the water, imbibe more fluid very readily till their tissues are well filled The stalk of the cucumber should be cut under water, and remain in it just in the same way. In addition to lettuce, celery, watercress, and cucumber, which are more fully described further on, the following salad plants may be here noted: Cress (*Lepidium sativum*) is a small cruciferous annual, probably a native of Persia. Its seeds may be grown very readily upon any...



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