

THE
BOOK OF FRUITS;

WITH
APPROPRIATE ILLUSTRATIONS.



NEW HAVEN:
PUBLISHED BY S. BABCOCK.

1850.

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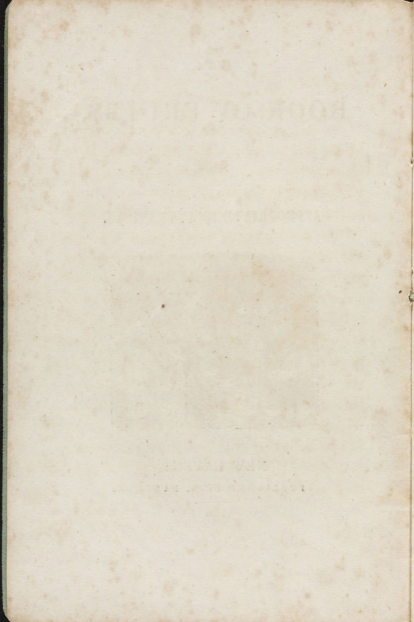
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TO CHILDREN.

Was there ever known a little boy or girl who did not jump to take a fine Orange, Peach, or Apple, when offered? Or refuse a Lemon, Tamarind, Pineapple, or a bunch of Cherries? Very seldom, I dare say. Well, here is a short history of those fruits with some others that find their way to our numerous tempting fruit stands that are so profusely dressed off near the Fulton Market, or fine showy fruit stores in Broadway or Chatham-street. This little book will tell you many things about fruit that will be useful to you to know. If there should be any part of it, or any words that you do not understand, ask your parents, or some kind friend to tell you. In this way, you will get some valuable knowledge, and be very likely to grow up useful men and women, a comfort to your parents and friends, and honored and respected by all who may know you.

PUBLISHER.

TO CHERRY

How long you know a little boy or girl's life
did not pass like a new flower. There's
Aging when all's well! Or comes a frosty day
and I'm glad to see a bunch of children. Very
often I hear say. Well, love is a short history
a love that with some others that had their
own paper moment, coming from their
and, as quickly passed. Of your life I think
I think of the short-lived history of history in
the history. This little boy will tell you
many things about that will be useful to you
in your life. It would be very good of it to
my words that you do not understand, and your
pastor or some one else should tell you. In this
way you will see the value of the paper and
be very likely to grow up with him and women.
I would like to see you and I think you should
and I hope you will be all the way with you.



MAIZE, OR INDIAN CORN.

Maize is found growing wild in many of the West Indian islands, as well as in the central parts of America, and there can be no doubt of its being a native of these regions.

Corn may be used in various ways as food,

both before and after it is ripe. One is to soak it all night in a *lassive*, or ley, and then pound it in a large wooden mortar with a wooden pestle; the skin of each grain is by that means skinned off, and the farinaceous part left whole, which being boiled swells into a white soft pulp, and eaten with milk, or with butter and sugar, is delicious.

Ground into meal, they make of it by boiling, a hasty pudding or *bouilli*, to be eaten with milk, or with butter and sugar; this resembles what the Italians call *polenta*. They make of the same meal, with water and salt, a hasty cake, which being stuck against a hoe or other flat iron, is placed erect before the fire, and so baked to be used as bread. Broth is also agreeably thickened with the same meal. It is also rendered very palatable by being parched in an iron pot containing sand, which is heated over a fire. It is thus rendered very dry, and will keep long for use. The flour of

maize, mixed with that of wheat, makes excellent bread, sweeter and more agreeable than that of wheat alone.



THE ORANGE.

Although the orange is so common a fruit in our country, it is generally brought here from a distance of many hundred miles, and comes wrapped up in brown paper, and packed

in great numbers in long boxes. Great quantities of oranges are brought from Seville in Spain. Turn to your map of Europe, and you will readily find this place. The Spanish oranges are much liked, and they are thought to keep better than any others.

The island of Malta, situated in the Mediterranean, furnishes oranges of a very sweet flavor. This fruit may also be raised in great perfection in the West India islands, and the oranges of the Bermudas are of a fine flavor and extraordinary size.

The orange tree in general has an upright smooth trunk, and smooth shining leaves. The flowers appear in May or June. Though now extensively cultivated in the south of Europe, the introduction of the orange is of modern date, and it was unknown in Europe till about the beginning of the fifteenth century, when it was brought into Portugal, from China. The tree is very long-lived and is

considered young at the age of a century. The fruit is round and of a bright yellow color. It contains a pulp filled with a sugary and refreshing juice ; and is divided by a thin delicate skin into eight or ten partitions, each containing several seeds.

Most of the oranges intended for exportation are gathered while they are still green ; for if the fruit were allowed to become ripe, it would spoil in a short time. The rind of the orange contains a strong and pungent oil, which may be procured by pressing the peel. An oil is also obtained from the flowers of the tree, and forms a perfume, which is very agreeable.

There is a species of orange of a very pleasant flavor, which is said to grow wild in Florida. Oranges are often raised in boxes and hot houses in northern countries. They may be kept fresh in every region of the world, and at almost every season of the year. The

aromatic oil and the rind preserve it from the effects both of heat and cold.



THE CITRON.

When growing wild, the Citron is a thorny tree about eight feet high, with leaves of a pale green. The flowers are white, and have a very agreeable smell. The fruit is five or six inches long, with a rough yellow rind. The outer part of it, like the orange, contains a strong and aromatic oil. The pulp is white

and good to eat, but it is quite sour, and is better when prepared as a sweetmeat.

It is generally supposed that the citron-tree was first introduced from Asia into Greece and the southern parts of Europe, where it is now cultivated. It is also raised in the island of Madeira, (where is Madeira ?) and in the West Indies. The fruit of the citron is very seldom eaten raw : it is usually candied or preserved, and thus sold by the confectioners.

THE LEMON.

The Lemon is a very common fruit, and you must often have seen it. The juice, which is one of the sharpest and most agreeable of all acids, is used for making lemonade, and various kinds of confectionery. It is procured by simply squeezing the fruit, and then straining



it. In Sicily and other parts of the Mediterranean, it forms an important article of commerce. Being a valuable remedy for the disease called the scurvy, which prevails at sea, it is generally taken by ships that are destined for long voyages.



THE TAMARIND.

The tamarind tree is a native both of the East and West Indies. It grows to be a large tree, and affords excellent timber—heavy, firm, hard, and durable. The stem is large, covered with brown bark, and divides into many branches; the leaves are not unlike those of the mountain ash, only they are of a brighter green. The tree has a very light and elegant appearance. The flowers come out from the

sides of the branches in loose bunches, and are followed by the pods, of which there are generally five or six on a bunch. The pods of the West India tamarinds, are, on an average, about three inches long, and contain about three seeds; those from the East are about double the size.

If you have ever eat tamarinds, you will recollect the form and color of the seeds. The pulp in which the seeds are inclosed, contains more acid than any other vegetable substance, in a natural state, with which we are acquainted: and therefore, it is used in fevers, and a pleasant drink may be prepared from it. The English poet, Southey, has mentioned the tamarind in one of his productions:—

“The damsel from the tamarind-tree
 Had plucked its acid fruit,
 And steeped it in water long;
 And whoso drank of the cooling draught,
 He would not wish for wine.”

The East India tamarinds are preserved without sugar. An old traveller relates, that as soon as the sun is set, the leaves of the tamarind close up the fruit to preserve it from the dew, and open as soon as the sun appears again. This fact is thus alluded to by Southey:—

“’Tis the cool evening hour:
The tamarind from the dew
Sheaths its young fruit, yet green.”

THE CASHEW-NUT.

The Cashew-nut bears a considerable resemblance to the walnut, and the leaves have nearly the same scent. The fleshy receptacle, vulgarly called apple, which the tree produces, is of an agreeable flavor, and may be fermented into a kind of wine, or distilled into arrack.

The nut, of a kidney shape, is attached to



the end of the apple; it is enclosed in two shells, between which there is a native inflammable oil, which is so caustic that it will blister the skin. The kernel is sometimes used to improve the flavor of chocolate. The milky juice of this nut will stain linen of a good black, which cannot be washed out.



THE COCOA-NUT.

The Cocoa-Palm is supposed to be a native of the south-east of Asia, and is found wild in some of the small islands off the shores; but it has been introduced into almost every part of the tropical regions. There are five species, but the most valuable one is that, which bears the fruit represented in the picture.

This tree is very tall, and the trunk is com-

posed of hard and strong fibres, which cross each other like net-work. In a moist and fertile soil, the cocoa-palm bears in four years; in a dry region fruit is not produced till it has been planted ten years.

The fruit consists externally of a thin but tough rind, of a brownish-red color; beneath which there is a quantity of very tough fibrous matter, of which cordage and coarse cloth are sometimes made. Inclosed within this fibrous mass is the shell, of great firmness, and used for many domestic purposes. While the nut is green, the whole hollow of the shell is filled with an agreeable, sweetish, refreshing liquor. When the nut is gathered, a formation takes place upon the inside of the shell producing that white, firm, pleasant tasted, but rather indigestible substance, which is called the kernel of the nut. Like the kernels of most nuts, that of the cocoa is very nutritious, from the great quantity of fixed oil that it

contains; but that is also the ingredient to which its indigestible quality is owing:



THE PAPA W.

Though the Papaw-tree is now found in the East as well as in the West, it is generally understood to be a native of America, and to

have been carried to the East about the time of the first intercourse between the two continents. The papaw rises with a hollow stem to the height of about twenty feet, after which it has a head, composed, not of branches, but of leaves and very long foot-stalks. The male and female flowers are on different trees: the female flowers are bell-shaped, large, generally yellow, and followed by a fleshy fruit, about the size of a small lemon.

THE MANGOSTAN.

The Mangostan is one of the most delicious fruits that grows; and the tree on which it is produced is very graceful and beautiful. It is a native of Sumatra, and also of the Molucca or Spice Islands, but is to be met with in many other parts of Asia.

The fruit is round, about the size of a



common orange. The pulp is divided like an orange, and the flavor is said to be that of the finest grape and strawberry united.

THE PINE-APPLE.

The Pine-Apple grows naturally in the East and West Indies, and in Africa. It is raised by planting the crowns, which grow on the fruit, or the suckers, which are produced either from the sides of the plant, or under the fruit.

The pine-apple is much esteemed as an or-



nament for the table ; and abundance of the fruit is sent to Europe and the United States. The crown is usually preserved with the apple, as its removal would diminish the elegant appearance of the fruit.

From the pine-apple there is made a wine, which is much esteemed.

This fruit, eaten in considerable quantities, is often injurious to the health, especially in warm weather.

Before being planted, the suckers or crowns of the pine-apple must be laid to dry in a warm place for four or five days, or more; for if they are immediately planted, they will rot. The certain rule of judging when they are fit to plant, is to observe if the bottom is healed over, and become hard. In summer they must be frequently watered; but not with large quantities at a time.

Plants beginning to show the fruit should never be shifted: for if they are removed, after the fruit appears, it stops the growth, and thereby causes the fruit to be smaller. With care the pine-apple may be raised in hot-beds in this country.

Pine-apples are brought in great quantities

to the United States from the West Indies, and often sold at a low price.



THE POMEGRANATE.

The Pomegranate was long known and cultivated in the countries which border on the Red Sea. In the wilderness, when the children of Israel murmured for the fruits of Egypt, they exclaimed, "It is no place of seed, or of figs, or of vines, or of pomegranates."

The pomegranate tree attains the height of

about twenty feet. The branches are thick, and the leaves of a beautiful green. The flowers come out at the end of the branches, and are sometimes used to dye cloth of a light red.

The fruit is very useful in hot countries; its juice is pleasant, and said to be "full of melting sweetness." The fruit is sometimes brought to this country in a preserved state: it is about the size of an orange.

THE GUAVA.

The Guava is a species of fruit, which grows both in the East and West Indies. There are several varieties of this fruit. The *white guava* is the best, and also the most abundant in the West Indies.

When wild the white guava is a shrub rather than a tree, as it seldom grows higher than eight or nine feet; but when cultivated,



it becomes as large as a common apple-tree. The wood is very hard and tough.

The fruit is rather bigger than a hen's egg, of a yellow color, and a peculiar smell. It is covered with a rind of some thickness, within which are the seeds, contained in a sweet and delicious pulp. Great quantities of this fruit are preserved with sugar; and guava jelly is esteemed one of the finest conserves that come from the West Indies.



PLUMS AND CHERRIES.

Plums.—There are about 300 known varieties of Plums, many of which are nearly alike except in name. One of the finest is called the *Washington*. The parent tree was purchased in the New-York market, about the year 1800. It produced no fruit; and after standing for several years, was struck down and destroyed, in a violent thunder storm. The root, however, was not killed; for it threw out a number of vigorous shoots, all of which produced fruit.

Plums are very abundant, in many parts of our western country ; and both there and in Great Britain they sometimes grow wild in the hedges. The plums of Europe appear to have been brought from Asia, and introduced into England, in the fifteenth century.

Cherries.—Cherries abound almost every where, and in numerous varieties. There are 250 varieties in England. Some are more wholesome than others ; but, like plums, they are all less wholesome than strawberries ; and if eaten at all, should be eaten in moderation, and the stones carefully avoided.

Both plums and cherries are sometimes used for a very bad purpose. Their juice is pressed out, allowed to ferment, and then used as a drink, like wine and other fermented liquors. In Dalmatia they make from black cherries a cheap kind of spirits, which they call *Kirschwasser*. But all distilled and fermented liquors do more harm than good, so

long as we are in health. Better leave the plums and cherries for the birds, than make intoxicating drinks from them.



THE OLIVE TREE.

There is something very graceful and beautiful in the appearance of the olive-tree.

The leaves bear some resemblance to those of the willow, only they are more soft and delicate. The flowers are as pretty as the leaves. At first they are of a pale yellow; but when they expand their four petals, the insides of them are white, and only the centre of the flower is yellow.

The wild olive grows in Syria, Greece and Africa. The cultivated one is easily reared in many parts of the south of Europe. Where olives abound, they give much beauty to the landscape. Tuscany, the south of France, and the plains of Spain, are the places of Europe in which the olive was first cultivated. The sweet oil of our tables is pressed from the olive.

The growth of olives and the manufacture of the oil afford a considerable employment to many of the inhabitants of France and Italy. In ancient times, the olive was a tree held in the greatest veneration. The oil was

employed in pouring out libations on the altars of the gods, while the branches formed the wreaths of the victors at the Olympic Games. The Greeks had a pretty and instructive fable in their mythology, on the origin of the olive. They said that Neptune, having a dispute with Minerva, as to the name of the city of Athens, it was decided by the gods that the deity who gave the best present to mankind should have a preference in the the dispute. Neptune struck the shore out of which sprung a horse; but Minerva produced an olive-tree. The goddess had the triumph; for it was adjudged that Peace, of which the olive is the symbol, was infinitely better than War, of which the horse was considered as an emblem.

Even in sacred history, the olive is invested with more honor than any other tree. The patriarch Noah had sent out a dove from the ark, but she returned without any token of



hope. Then "He stayed yet other seven days; and again he sent forth the dove out of the ark; and the dove came to him in the evening; and, lo, in her mouth was an olive-branch plucked off: so Noah knew that the waters were abated from the earth."



THE SHADDOCK.

The shaddock is the name of a fruit somewhat like the orange, but much larger. It is a native of China and the neighboring countries, where the name of "sweet ball" is given to it. There are many varieties of this fruit. Some have the pulp white; others have it nearly red. Some are sweet and some sour.

The shaddock derived its present name from having been first carried from China to the West Indies, by a Captain Shaddock. It has,

however, been neglected there, and now but seldom merits its oriental name of sweet ball. The planters have reared the shaddock from the seed instead of budding it, and the fruit is consequently poor and sour.

THE YAM.

This plant is a native of the East; and is supposed to have been transplanted thence to the West Indies, as it has never been found growing wild in any part of America; while in the island of Ceylon, and on the coast of Malabar, it flourishes in the woods with spontaneous and luxurious growth. It is very extensively cultivated in Africa, Asia, and America, for its root, which is nutritious and of good flavor, and is used either roasted or boiled as a substitute for bread. This root is farinaceous, or mealy, and resembles the potatoe, but is of a closer texture.



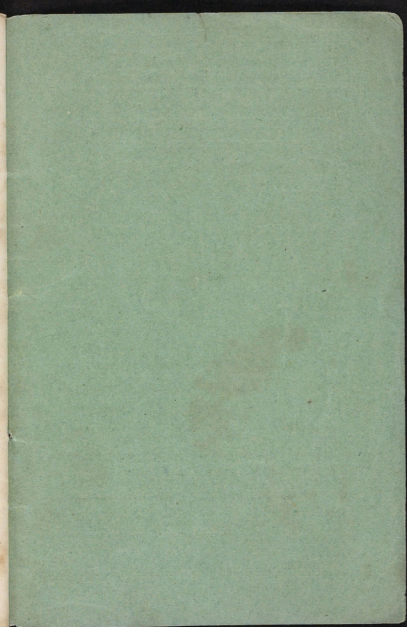
Some yams were first brought to England from the West Indies, in 1733; and they are now occasionally imported, more, however, as an article of curiosity than of commerce.

The yam is a climbing plant, with tender stalks of from eighteen to twenty feet in length; it has smooth, sharp pointed leaves, on long footstalks, from the base of which arise spikes of small flowers. The root is flat,

and palmated about a foot in breadth, white within, and externally of a dark-brown color, almost approaching to black.

There are several sorts of yam roots, as you see from the picture. The plant is extensively raised in all very warm countries, and when roasted or boiled is mealy, like the potatoe, and makes a very good substitute for bread. One kind, the *winged* yam, has very large roots. They are sometimes three feet long, and weigh about 30 pounds.

The shape and structure and color of the root are somewhat different from the potatoe. The yam is flat, and somewhat spread out, like a hand. It is white in the inside, while the outside is nearly black. The roots may be preserved for a long time after they are dug out of the earth, if dried well, and put into sand or casks, and preserved from moisture.



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□ JULY, 1850.