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# Food Preservation

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# Social Studies Standards

Kindergarten - Yellow  
1st Grade - Orange  
2nd Grade - Green  
3rd Grade - Light Blue  
4th Grade - Red  
5th Grade - Purple  
Arkansas History - Grey

**E.1.K.1** Discuss needs and wants and how they are restricted by limited resources.

**G.1.K.5** Discuss cultural characteristics among families and in the community such as art, celebrations, food, language, music, and traditions.

**G.1.K.6** Identify the influence of weather and climate on people's daily lives.

**H.1.K.3** Compare the life of a student today (present) to the life of a student in the past using visual representations (e.g., growing food, rules and laws, making clothing, transportation, communication).

**H.1.K.7** Describe materials and methods that allow people to learn about the past (e.g., photos, artifacts, diaries, oral history, stories)

**G.1.1.5** Discuss how cultural characteristics contribute to diversity in a community, place, or region.

**G.1.1.6** Describe the influence of weather, climate, and physical characteristics on people's daily lives.

**G.1.1.7** Explain ways people utilize natural resources such as timber, minerals, oil, coal, and natural gas in their community.

**H.1.1.1** Explain similarities and differences of everyday life in different times using chronological terms.

**H.1.1.3** Compare present day families, objects, and events with those in the past using visual representations, news stories, and artifacts (e.g., daily life tasks, food, clothing, transportation, communication, recreation).

**H.1.1.7** Draw conclusions about life in the past using historical records and artifacts (e.g., photos, diaries, oral history).

**G.1.2.6** Explain the influence of weather, climate, and physical characteristics on people's daily lives in a place or region.

**H.1.2.3** Compare life in a community past and present using maps, photographs, news stories, artifacts, or interviews (e.g., transportation, communication, recreation, jobs, housing).

**G.1.3.5** Investigate the cultural characteristics of various places and regions from around the world.

**G.1.3.6** Investigate the influence of physical characteristics upon people's choices in Arkansas and the United States (i.e., where people live and work).

**H.1.3.3** Compare life from a specific historical time period to life today noting changes over time (e.g., transportation, jobs, urban growth, population density, natural resources, communication).

**H.1.4.3** Compare life from a specific historical time period to life today to explain changes over time (e.g., economic growth, urbanization, resources, population density, environmental issues).

**G.3.5.4** Research the characteristics of various world regions and cultures

**G.3.5.6** Compare advantages and disadvantages of one location over another for access to factors of production (e.g., human resources, natural resources, capital resources, entrepreneurship)

**G.4.5.1** Examine ways people and cultures depend on, adapt to, and interact with the physical environment over time (e.g., technology, habitation, transportation, agriculture, communication).

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# Vocabulary

## Vinegar:

a liquid with a sour taste made from wine or apples, used to add flavor to food or to preserve it

## Concentrate:

what juice is before it is diluted in water. A substance made by removing water or other diluting agent; a concentrated form of something, especially food

## Root Cellar:

an underground pantry used for keeping food

## Pickling:

a way of preserving fresh fruits or vegetables in vinegar

## Drying:

A process of food preservation where moisture is removed from the food

## Smoking:

a way of preserving food that includes skinning game and hanging the meat in a smokehouse for an extended period of time

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# Vocabulary

## Smokehouse:

a place to "smoke," or preserve,  
meat

## Preservation:

the act or process of saving  
food to keep for an extended  
period of time

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# Context

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# Primary Source Analysis

On the following pages are primary sources for teachers to review with their students. As you review the materials, promote student inquiry. Be sure to ask them about things that they notice or things that they wonder. You may also ask students about the author's purpose, how this source ties into what they have learned in class or from prior knowledge.

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# Analyze a Written Document



## Meet the document.

Are there any special markings on the document? Circle all that apply.



STAMP



POSTMARK



HANDWRITTEN  
NOTE



OFFICIAL  
SEAL



SPECIAL  
LETTERHEAD



OTHER

Is it handwritten or typed?



BOTH

Write down any words that you don't know. Then look up the definitions.



## Try to make sense of it.

What is the main idea of the document?

List two quotes (words from the document) that help support the main idea.

## Observe its parts.

Who wrote this document?

What is the date of the document?

Who read or received this document?



## Use it as historical evidence.

Where do you think you could find out more information about the persons who wrote or received this document?

Where do you think you could find out more information about this event?



# Document ~ Pickling Instructions

## PICKLES.

KETTLES lined with porcelain should always be used in preference to those of brass, copper, or bell-metal. The verdigris pro-

118 WIDDIFIELD'S RECEIPTS FOR COOKING.

duced by the vinegar on these metals, is extremely poisonous.

For most kinds of pickles, cold vinegar is the best. By boiling, much of the strength is lost by evaporation—consequently, the pickles are more liable to spoil.

Those requiring hot vinegar poured over them, should remain uncovered until perfectly cold.

Pickles should be kept in either glass or stone jars, and closely covered to exclude the air, otherwise they soon become soft. A small piece of alum in each jar, will make the pickles firm and crisp. One table-spoonful of sugar to each quart of vinegar, will be found a very great improvement to all pickles.

Long-term food storage was of critical importance to 19th century households. Pickling was one method of preserving produce. Vegetables and even some fruits would be put in glazed crocks, soaked with vinegar, and covered with either leather, clarified butter, candle wax, or pigs' bladders which would stretch and act like plastic wrap. The highly acidic environment created by the vinegar protected the food from spoiling. The cookbook this recipe is from was advertised in Arkansas in 1857.

Widdifield, Hannah. *Widdifield's New Cook Book; Or, Practical Receipts for the House Wife*. Philadelphia, T.B. Peterson, 1856.

[https://www.google.com/books/edition/Widdifield\\_s\\_New\\_Cook\\_Book/JnwEAAAAYAAJ?hl=en&gbpv=1&dq=widdifield+new+cookbook&printsec=frontcover](https://www.google.com/books/edition/Widdifield_s_New_Cook_Book/JnwEAAAAYAAJ?hl=en&gbpv=1&dq=widdifield+new+cookbook&printsec=frontcover)

# Analyze an Artifact or Object



## Meet the Artifact.

What do you think it is?

## Observe its parts.

What do you think the object is made out of? Circle all that apply.



BONE



CERAMIC  
POTTERY



FABRIC



GLASS



LEATHER



METAL



PAPER



PLASTIC



STONE



WOOD

How do you think the object feels?  
Circle all that apply.



HEAVY



LIGHT



SMOOTH



ROUGH



HARD



SOFT

What is the color of the object?

What is the shape of the object?

What size is the object? Circle one.

SMALL

LIKE A

COIN

MEDIUM

LIKE A

BASKETBALL

LARGE

LIKE A

CAR

What are three words that describe the object?

## Try to make sense of it.

What do you think the object was used for?

Who do you think would have used the object?

What does the object tell us about the time period when it was made and used?

Do we still use this object today? If so, how is it different?



## Use it as historical evidence.

Where do you think you could find out more information about the object or the people who used it?



## Artifact ~ Preserving Jar



Wilbur, J. D. *Preserving Jar*, 1865-1870, Ceramic Stoneware, 8.5h x 16.75dia inches, Accession# 89.025. Historic Arkansas Museum, Little Rock, AR.

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## Artifact ~ Kitchen Safe



This kitchen safe has two doors, each with three tin rectangles running vertically down the door. A flower and hearts design has been punched into the tin. These tiny holes allowed air to circulate while keeping pests away from the food inside. They were very useful for preserving pies, and even fruits while they were drying. Below the doors there is a small drawer with two white handles. The left and right sides of the safe have matching tin rectangles like the ones on the doors. There are two unattached boards that rest on ledges inside the safe to make shelves. This artifact was originally purchased from an elderly African American resident of Desha County, AR who said it was made on the plantation where they were born.

Artist Unrecorded, *Kitchen Safe*, no date, pine, cypress, tin, 57.75h x 47w x 17.5d inches, Accession# 2008.082. Historic Arkansas Museum, Little Rock, AR.

# Analyze a Photograph



## Meet the photo.

What do you see?

Is the photo?

☐ BLACK AND WHITE ☐ COLOR

Is there a caption?

☐ YES ☐ NO

If so, what does the caption tell you?

## Observe its parts.

Circle what you see in the photo.



PEOPLE



OBJECTS



BOTH

What are the people doing in the photo?

What are the objects used for in the photo?

Write two words that describe the photo.

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Who do you think took this photo?

Where do you think this photo was taken?

List something that helps you prove where it was taken.

Why do you think the photo was taken?

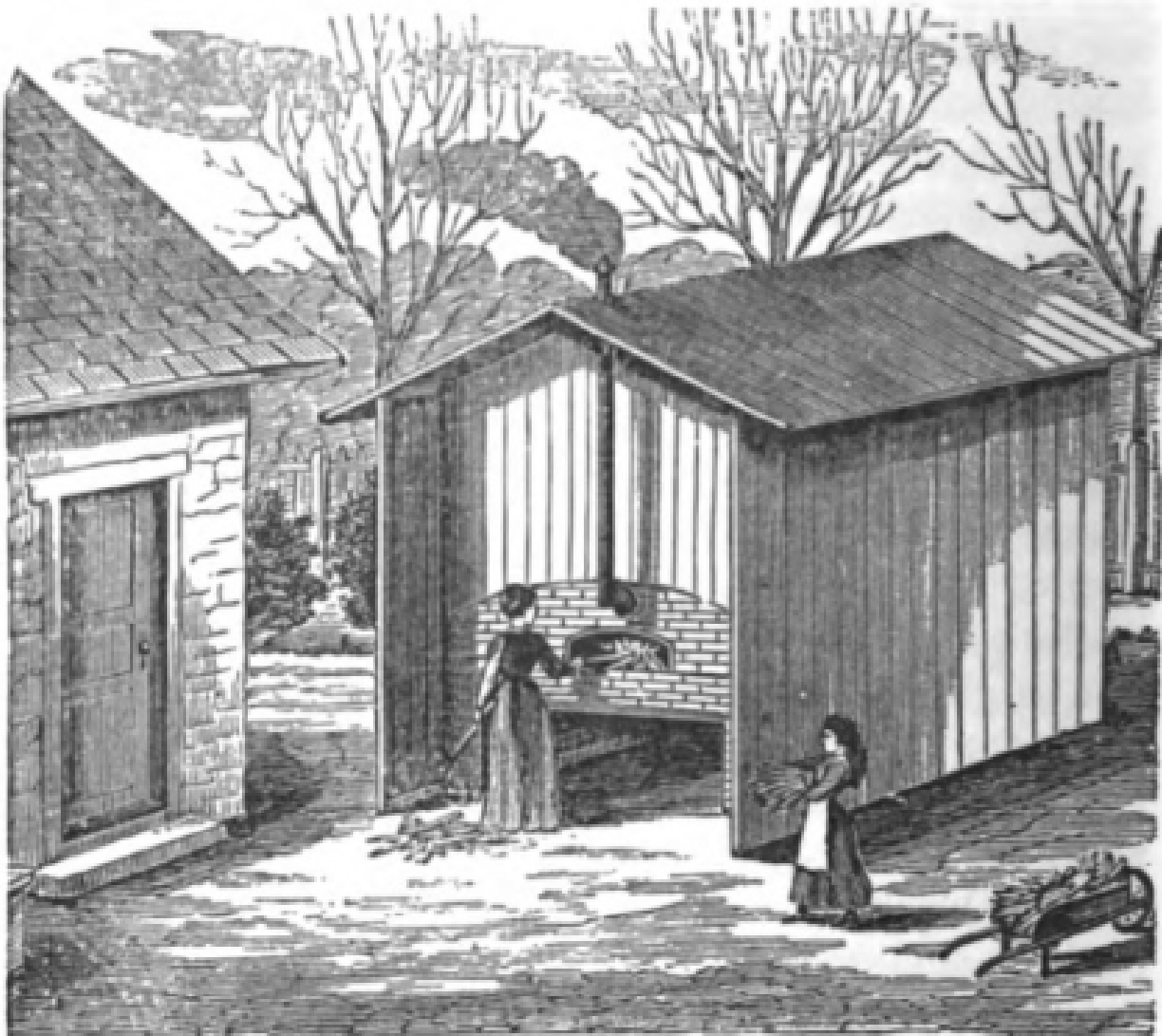
How does this photo compare to modern times?

## Use it as historical evidence.

Where do you think you could find out more information about the people or objects in the photo?



## Image ~ “Combined Oven and Smoke House”



**Fig. 204.—FRONT VIEW OF COMBINED OVEN AND SMOKE HOUSE.**

From earliest times, a smokehouse was a small enclosed shelter, a place in which a fire could be kept smoldering for a few weeks, which would only slowly release its smoke, and in which the smoked meat could hang safe from vermin and thieves. Just about any sort of vernacular shed could serve. The book this image appeared in was consulted when reconstructing the Brownlee Smokehouse at Historic Arkansas Museum.

Halsted, Byron D. "Fig. 204-Front View of Combined Oven and Smoke House." *Barns, Sheds and Outbuildings*. Battleboro, VT, The Stephen Greene Press, 1881. [Reprint: New York, Orange Judd, 1978.]

<https://babel.hathitrust.org/cgi/pt?id=umn.31951d00156996l&seq=208>

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# Document ~ Pork Preservation

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## THE SOUTHERN CULTIVATOR.

of this fact, I have used it among my cattle three times per week, mixed with salt, for three or four years. In that time I have not lost a single cow, or steer, or ox, by this disease; in the meantime, some of my neighbors have lost nearly all the cattle they owned.

I will give you a stronger case than the one above mentioned. One of my neighbors who lost all his cattle, had a neighbor living within two hundred yards of him, who had several cattle which ran daily with those that died, and his cattle all escaped. He informed me that he made it an invariable rule to give his cattle salt and lime every morning.

I have no doubt it is a sure and infallible remedy for bots in horses, and a preventive of murrain among cattle.

J. W. J.

### COMMUNICATIONS.

STANFORDVILLE, PUTNAM COUNTY, }  
October 17, 1843. }

Messrs. Editors—As I have seen no piece in your valuable paper on the subject of making pork, and curing and preserving bacon, I shall undertake, in this communication, to give you my practice in that branch of husbandry, and will say, in the outset, that if "A Lover of Good Ham," or any one else, has ever tasted of better ham than I can show at this time, they have ate of ham that was not preserved in a Southern climate. As to my own part, I have never seen better—not even the Baltimore and Smithfield cured hams.

On the subject of making pork, I shall have but little to say, except that hogs intended for pork, the ensuing winter, should be kept in a thriving condition, from the time they have the benefit of the harvest-fields. My practice is to keep them in growing order, and the first field of corn I gather, which is in September, I separate the hogs intended for pork, and give them the pick of the field; always having another field ready by the time they have consumed the peas, &c. on the first; in addition to this, I give them one feed of corn per day, with salt about three times a week. By the time they have had the run of all my corn and pea-fields, in this way, it will be the last of November or first of December. (I will here say that I never suffer my stock hogs to go into my pea-fields, as it ultimately proves to their injury.) I then get them in a small lot and feed them on corn to harden their fat. I now have a place for scalding, &c. put in readiness, as the hogs are by this time fat; and by no means miss the first weather that will be safe to kill hogs after they have been in close feed a few days. And for the purpose of saving the offal, &c. well, and doing every thing in good order, I slaughter about half; always selecting the best. Then put every thing in order for the next killing, which I have done in from 10 to 15 days. By making two killings of my pork, I manage the whole business in better order than I could do if I had it all on hand at once.

If the weather is unfavorable for saving pork, I have always found it best to kill in the evening, and let the hogs hang out all night. By so doing the cutting up is performed much easier, and the pieces can be cut smooth and nice, which is very important. In this case I have the meat salted up as fast as it is cut out; but

if the pork is killed in the morning, I have it cut out late in the evening, and spread on the smoke-house floor, on boards, for the night, and sprinkle a little salt over it, to draw out the bloody water, and early the next morning I have it all taken up and salted well; first trimming every piece smooth and nice, by taking off the little fragments, &c., and am sure to have more salt put on than the meat will take in—then I know there is no lack for salt. In cutting out my pork, I make but six pieces of a hog after the head is taken off, viz: two hams, two shoulders, and two sides, and do not take the ribs from the side pieces, as doing so is an injury to the balance by giving it a chance to rust where the ribs come from.

In salting, I use about half a pound of salt-petre to a 1000 lbs. pork, (only on the hams and jowls from 1000 lbs.) and I always use hog-heads to salt the hams in. If I have not hog-heads enough to hold all my pork, I use boxes for the sides; but have always found meat to do better to lie in the brine than to have the brine drip from it. It depends on the weather as to the length of time I let pork lie in brine. In common weather four weeks is enough, if it be very cold five weeks is best, if it be a warm time, three weeks will do. To make good bacon, pork should be killed early enough to go through the salting process by the first of January, by which time it should be hung up to cure. I salt my meat in one house and cure it in another. The only particular advantage that I know of in this is, that the first killing of pork can be curing while the other is in salt. My meat being hung up, (for this a dry, windy time is best,) after the first day I have a smoke under it every day, (except it be a very dry, windy time,) till it is thoroughly cured, which will be by the last of February; about which time, and that the driest day we can get, we have as much of it taken down as we wish, and have plenty of good hickory ashes sprinkled on the flesh side of each piece, and have as many shelves, at a convenient height round the smoke-house, as are wanting to lay up each piece of bacon, side by side, with the skin side down. There is nothing more to be done till this bacon is wanted for use, except about mid-summer it may be examined to see if any worms have collected under it; if so, they must be killed. As to skippers, they have not been known in our bacon for years. The bacon we leave hanging we have smoked occasionally with very fine chips, and sprinkle a small quantity of ground sulphur over each parcel of chips. This will clean out the flies, &c.

If any one of your readers should object to the use of ashes on bacon, as it is hard to clean off, I would advise them to put their bacon down in salt or charcoal, either of which is, perhaps, preferable to ashes; but in the use of either boxes must be used instead of shelves. I should have used salt long before now to keep bacon in, but never can have it ready for the purpose.

I must now say something about the smoke-house, as with a shackling, open house, I consider it almost impossible to make and save good bacon. To all others I prefer a framed

one, closely weatherboarded, well shingled, and so close in every particular, that a fly cannot find its way in when the door is shut. My own is pretty much of this order, and is rat-proof. To make a smoke-house rat-proof is very important, as rats are very destructive in a meat house, and the object is easily accomplished and the building costs but a trifle more. It is done by having two sets of sills, and letting one set in the ground, and placing the other set, with which the house is framed, on the set that is let in the ground, then weatherboard from the upper edge of the lower sills; ram the dirt well to the outside, and drive thin heart plank and confine to the sills on the inside, taking care to ram the dirt well round the inside, and if the door and weatherboarding be well done, and the roof be tight as it should be, I will warrant that a rat never gets in before the shingles rot so that he can cut them.

Allow me, in conclusion, to inform your correspondent A. B. L., of Newnan, that I shall comply, in a short time, with his request, and give him my method of ditching hill sides.

Yours, respectfully,

JOHN FARRAR.

BIBB COUNTY, September 29, 1843.

Gentlemen—If there is any thing desirable in life, it is to improve in every thing that is beneficial to, or that tends to better the condition of mankind. The man who takes no interest in the great improvements that are, and have been, going on for a series of years, must be a strange being. In the last fifty years, the farmers and mechanics have carried their improvements to an extent alike honorable to themselves and beneficial to mankind. I am now receiving a paper from Boston in less time, perhaps, than I could have received one from Savannah thirty years ago. So much for improvement and enterprize. But with such facts as this, and a thousand others of the kind, before our eyes, we find men among us that are not only idle, and doing nothing to advance this great work of improvement, but are actually doing what they can to retard its advancement. This is certainly strange. Wealth is the fruit of labor;—if, therefore, labor is properly directed, it must increase the wealth of the country. I have seen many strange things in life, but the way that agriculture, agricultural improvement, and agricultural papers are treated among us, is certainly one of the strangest things I ever saw. It is admitted that agriculture is of more importance, in a pecuniary point of view, to the people of Georgia, than any thing else, or, perhaps, than every thing else, and after all there is little done to improve it. I have long thought that one of the great causes of so much idleness and vice among us is, the slovenly manner in which agriculture is conducted among us. When a youth is called upon to display his physical powers under circumstances that promise nothing but endless labor, without either profit or pleasure, it is not strange if he becomes disgusted with such prospects, and, in the end, becomes an abandoned victim of vice—indeed, it is just what we might expect, according to the common law of cause and effect. I wish that parents

Instructions on how to prepare pork for the smokehouse.

Farrar, John, "Communications," *The Southern Cultivator*, October 25, 1843,  
<https://archive.org/details/southerncultivat12unse/page/n179/mode/1up>

# Analyze a Photograph



## Meet the photo.

What do you see?

Is the photo?

☐ BLACK AND WHITE ☐ COLOR

Is there a caption?

☐ YES ☐ NO

If so, what does the caption tell you?

## Observe its parts.

Circle what you see in the photo.



PEOPLE



OBJECTS



BOTH

What are the people doing in the photo?

What are the objects used for in the photo?

Write two words that describe the photo.

## Try to make sense of it.

Who do you think took this photo?

Where do you think this photo was taken?

List something that helps you prove where it was taken.

Why do you think the photo was taken?

How does this photo compare to modern times?

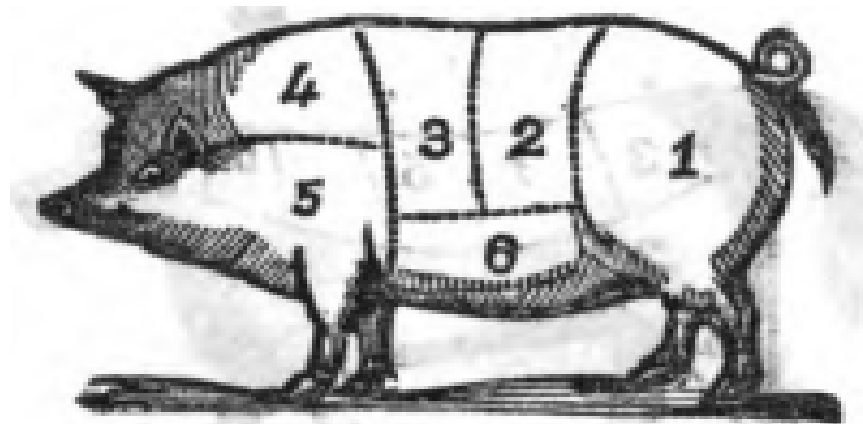
## Use it as historical evidence.

Where do you think you could find out more information about the people or objects in the photo?



# Image ~ "Pork"

## ***Pork.***



- 1. Leg.**
- 2. Hind Loin.**
- 3. Fore Loin.**

- 4. Spare Rib.**
- 5. Hand.**
- 6. Spring.**

This image illustrates how cuts of meat were sectioned when butchering a pig. The "Leg" (#1 in the image) is used to make ham, and the "Spring" (#6) is used for bacon. This cookbook was advertised in Arkansas in 1857.

Leslie, Eliza. "Pork." *Miss Leslie's New Cookery Book*. Philadelphia, T.B. Peterson and Brothers, 1857.

[https://www.google.com/books/edition/Miss\\_Leslie\\_s\\_New\\_Cookery\\_Book/xgEqAAAAYAAJ?hl=en&gbpv=1&dq=Miss+Leslie%27s+New+Cookery+Book&printsec=frontcover](https://www.google.com/books/edition/Miss_Leslie_s_New_Cookery_Book/xgEqAAAAYAAJ?hl=en&gbpv=1&dq=Miss+Leslie%27s+New+Cookery+Book&printsec=frontcover)

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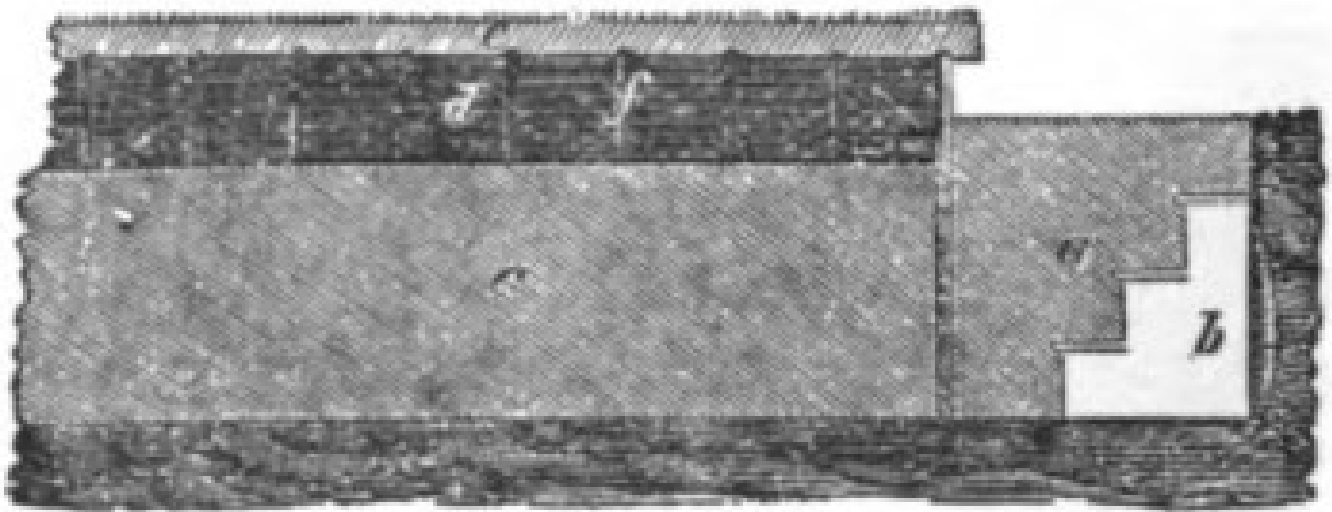
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# Image ~ “Root Cellar”



**Fig. 237.—LENGTHWISE SECTION OF ROOT CELLAR.**

The root cellar was one very important way of preserving food during the 1800s. This structure kept food supplies from freezing in winter and kept them cool enough to prevent premature rotting during the summer. Many kinds of foods including onions, carrots, winter squash, and apples could be stored in root cellars. Root cellars were most often made of stone, wood or mortar. This illustration shows an example of a suitable building design for a root cellar; it is similar to the brick root cellar at Historic Arkansas Museum.

Halsted, Byron D. "Fig. 237-Lengthwise Section of Root Cellar." *Barns, Sheds and Outbuildings*. Battleboro, VT, The Stephen Greene Press, 1881. [Reprint: New York, Orange Judd, 1978.]

<https://babel.hathitrust.org/cgi/pt?id=umn.31951d00156996l&seq=240>