

**INCORRIGIBLE COLONIST:  
GINGER IN AUSTRALIA, 1788–1950**

**Leonie Anne Ryder**

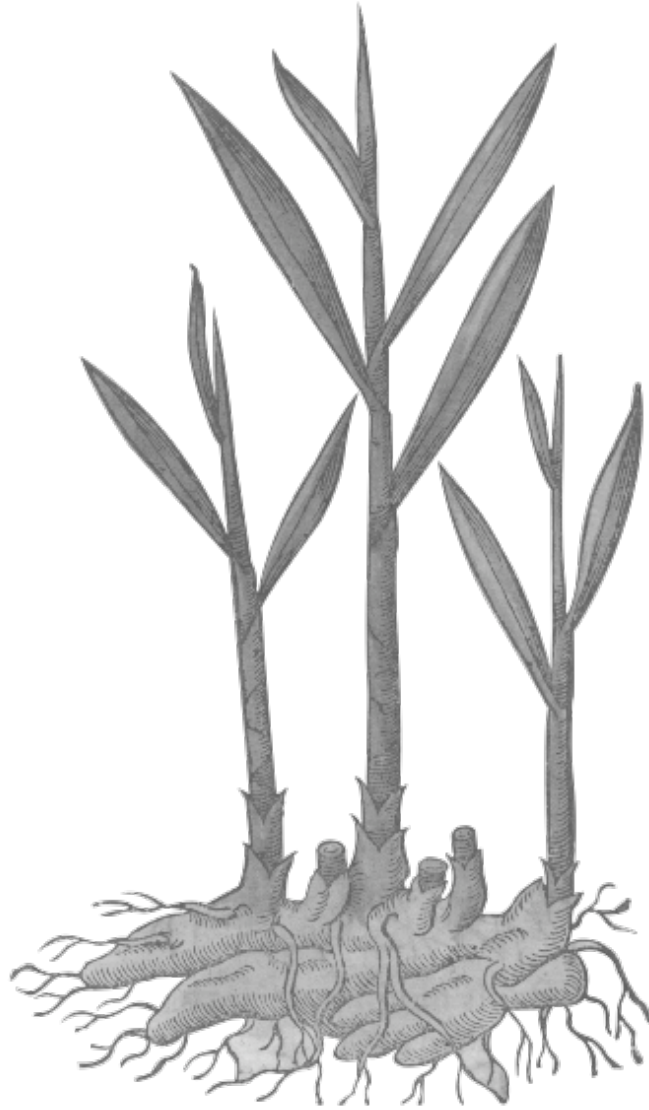
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**FIGURE 1 Botanical Illustration of the Ginger Plant**

**Source:** Gerarde, *Herball*, 61, from Barr Smith Library, University of Adelaide.

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## ABSTRACT

Ginger, an ‘incorrigible colonist’ since prehistoric times, was transported to Australia as both living plant and dried spice on the First Fleet. The spice was in great demand in Britain, and Joseph Banks considered the plant a potential economic crop for the new colony. From the early 19<sup>th</sup> century, Chinese settlers also brought ginger rhizomes with them. This thesis provides a commodity history of ginger, focusing on ginger growing and the use of ginger in Australia from 1788 to the mid-20<sup>th</sup> century.

Both British and Chinese settlers arrived in Australia determined to maintain their traditional culinary and medical practices, which required large quantities of ginger. The thesis argues that it was the extent of this demand, together with suitable growing conditions, which eventually led to the establishment of an Australian ginger industry. It highlights the important part played by Chinese settlers, and adds to the written history of Australian culinary and medical practices.

The Australian story is set in the context of ginger’s long-standing importance in China, India and Britain. Ginger has been indispensable to Chinese and Indian medicine and food since antiquity, and it was one of the earliest spices to reach the West. The thesis begins by exploring ginger in China and India, and then follows the spice from India through ancient Greece and Rome to Britain, where ginger became used widely in both food and medicine. It also traces the much later journey of the plant from India to the West Indies and then to hothouses in Britain, from where it was brought to Australia.

Ginger was grown in the first garden in Sydney. As settlements were established further north, ginger thrived in Australia's sub-tropical and tropical areas. Despite this, and considerable efforts by governments to persuade farmers to grow ginger commercially, a large-scale Australian ginger industry was not established until the mid-20<sup>th</sup> century. A major obstacle was that the British required ginger in dried and preserved forms, and processing had to be carried out close to the source of production. Chinese settlers also grew ginger, but Chinese and European ginger growing enterprises were carried out almost completely independently, with little communication. While Chinese gardeners supplied much of the Chinese need for fresh ginger, the Chinese also required ginger in dried and preserved forms.

From the beginning of European settlement, large quantities of dried and preserved ginger were imported to meet the ever-increasing demands. As Australians continued British culinary practices, home cooks and food manufacturers used ginger extensively in a variety of cakes and puddings, jams and preserves, condiments and curries, and beverages.

Chinese settlers, too, maintained their own food traditions. In addition, ginger continued to be valued for its medicinal properties. Traditional British and Chinese medical practices involved the widespread use of ginger for essentially the same purposes, principally to treat cold-related illnesses, as a digestive, and as a stimulant. The thesis provides compelling evidence that ginger remained in great demand in food and medicine for the period studied.

## **DECLARATION**

This thesis contains no material that has been accepted for the award of any other degree or diploma in any university or other tertiary institution to Leonie Anne Ryder and, to the best of my knowledge and belief, contains no material previously published or written by another person, except where due reference has been made in the text.

I give consent to this copy of my thesis, when deposited in the University Library, being made available for loan and photocopying, subject to the provisions of the Copyright Act 1968.

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# 1 INTRODUCTION

Ginger is a ‘very ancient spice, perhaps the most ancient of all’.<sup>1</sup>

Ginger is perhaps the most widely used of all spices. It is employed whole in the preparation of various confections, chutneys, pickles and the like, and in the ground condition for a great variety of purposes ... [including] the manufacture of ginger beer, ginger ale and similar beverages. Its medicinal value is well known, the root being used chiefly as a stomachic and internal stimulant, especially in flatulency and colic.<sup>2</sup>

Ginger is one of the oldest, most popular, and most versatile of spices. An ‘incorrigible colonist’, ginger was distributed widely ‘throughout the East and the Pacific in prehistoric times.’<sup>3</sup> For thousands of years, ginger has been used as medicine, vegetable, flavouring for food and beverages, confectionery, perfume, aphrodisiac, and in embalming and funeral rites.<sup>4</sup> Ginger was indispensable to Eastern medicine and food, and one of the earliest spices to reach the West. Highly valued in the Roman Empire, the spice arrived in Britain with the Romans.<sup>5</sup> Ginger became so important in British food and medicine that not only the spice but also the plant was transported to Australia on the First Fleet. Ginger was planted in the first garden in Sydney Cove in January 1788. In the early 19<sup>th</sup> century, Chinese immigrants to Australia also brought with them ginger plants, or *rhizomes*, together with a considerable need for ginger.

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<sup>1</sup> Dalby, *Dangerous Tastes*, 21.

<sup>2</sup> *Bulletin of the Imperial Institute* 24 (1926): 676-677.

<sup>3</sup> Keay, *Spice Route*, 20.

<sup>4</sup> Ridley, *Spices*, 417; Rodriguez, *Ginger*, 3; Norman, “Spices,” 287; Ferry-Swainson, 7; Dalby, *Dangerous Tastes*, 21, 99; Jack Turner, *Spice*, xxxvii, 213, 215, 254; Ravindran et al., *Advances in Spices Research*, 957; Czarra, *Spices*, 142.

<sup>5</sup> Cost, *Ginger East to West*, 53-55; Dalby, *Dangerous Tastes*, 22; Ferry-Swainson, 7; Flower and Rosenbaum. *Roman Cookery Book*, 55, 57, 67; Ian Hemphill, *Spice Notes*, 195-200; Norman, 287-8; Purselove et al., *Spices*, 447-8; Ravindran et al., 52, Ridley, 391; Tannahill, *Food in History*, 56.



British culinary and medical practices were adopted in Australia, though the Chinese maintained their own traditions. Thus, as the European and Chinese populations in Australia increased, so too did the demand for ginger and ginger products. While Chinese gardeners grew sufficient to meet much of the Chinese need for fresh ginger, large quantities of dried and preserved ginger had to be imported. The extent and cost of these imports prompted government authorities and others to encourage European farmers and home gardeners to grow ginger. When settlements were established north from Sydney, ginger plants went too, taking root and flourishing in the warmer regions. This thesis tells the story of ginger in Australia, a story not told previously. It explores both ginger growing and the use of ginger in food and medicine, and argues that the combination of the significant demand for ginger, together with congenial growing conditions, led to the development of an Australian ginger industry in South East Queensland. To use the words of Michael Coe in his introduction to *The True History of Chocolate*, this is the ‘true history’ as opposed to the ‘accepted fiction’ of ginger in Australia.<sup>6</sup>

## 1.1 Ginger

Ginger is known botanically as *Zingiber officinale* Roscoe.<sup>7</sup> It is an herbaceous perennial plant belonging to the family *Zingiberaceae* in the order *Scitamineae*.<sup>8</sup> The very large ginger family includes other well-known spices such as Japanese ginger (*Zingiber mioga*),

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<sup>6</sup> Sophie Coe and Michael Coe, *Chocolate*, 12.

<sup>7</sup> Classified by Linnaeus as *Amomum zingiber*, ‘the present name was bestowed by the great Liverpoolian gentleman, botanist and garden founder William Roscoe who was the first seriously to sort out the taxonomy of the ginger order (Zingiberales) in his *Monandrian Plants*’ in the early 1800s, (email from David Frodin, Taxonomist, Chelsea Physic Garden, 16 April 2008).

<sup>8</sup> Ridley, 389; Fulder, *Ginger Book*, 54-57; Ian Hemphill, 195; Ravindran and Babu, *Ginger*, 1.

turmeric (*Curcuma longa*), cardamom (*Elettaria cardamomum* Maton), and greater and lesser galangal (*Alpinia galangal* and *Alpinia officinarum*).<sup>9</sup> So-called wild gingers, including *Alpinia caerulea* and *Alpinia arundeliana* which are native to South East Queensland, are different species.<sup>10</sup> The present study is concerned with only *Zingiber officinale*, or common ginger, the ginger of commerce.

Laurioux, in 1985, decried the fact that, while ‘every spice ... has its own history’, those writing about the introduction into and subsequent use of spices in Europe were too much concerned with spices in general and too little concerned with individual spices.<sup>11</sup>

Nevertheless, ginger has been the subject of a number of works. For example, Ross explores the derivation of the word *ginger*.<sup>12</sup> Ravindran and Babu are concerned primarily with the industrial profile of the plant.<sup>13</sup> The medicinal qualities of ginger are the focus of books by Fulder, Schulick, Ryan, Sturt and Paterson, and Ferry-Swainson.<sup>14</sup> A number of cookbooks are devoted to ginger, including those of Seely, Cost, Walker, King and Evans, Fraser, Simonds, and Frieser.<sup>15</sup> Most of these works include some discussion of the history of the plant and its uses, as do more general works about spices and the spice trade, such as those of Purselove et al., Norman, Hemphill, Dalby, Keay, Turner, Ravindran et al.,

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<sup>9</sup> Clark and Warner, *Production and Marketing of Japanese Ginger*; Cost, *Ginger East to West*, 93; Fulder, 54-57; Schulick, *Ginger*, 6.

<sup>10</sup> Queensland Parliament, *Votes and Proceedings*, vol. 3, 1885, 342; Cribb and Cribb, *Wild Food in Australia*, 95-96; Gregory, 52, 106; Walker, King and Evans. *Ginger for a Tropical Taste*, 3; Dalby, *Dangerous Tastes*, 24, 76, 101.

<sup>11</sup> Laurioux, “Spices in the Medieval Diet”, 44.

<sup>12</sup> Alan Ross, *Ginger*.

<sup>13</sup> Ravindran and Babu, *Ginger*.

<sup>14</sup> Fulder, *Ginger Book*; Schulick, *Ginger*; Ryan, *In a Nutshell*; Sturt and Paterson. *Ancient Spice*; and Ferry-Swainson, *Ginger*.

<sup>15</sup> Seely, *Ginger up Your Cookery*; Cost, *Ginger East to West*; Walker, King and Evans. *Ginger for a Tropical Taste*; Fraser, *Ginger*; Simonds, *A Spoonful of Ginger*; Frieser, *Ginger*.

Freedman, and Czarra.<sup>16</sup> Hogarth traces the development of the Buderim ginger industry in Queensland's Maroochy Shire, approximately 100 kilometres north of Brisbane, from 1916 to 1998.<sup>17</sup> Lauriou's concerns remain pertinent, however, as little of the information about ginger has been aggregated in any comprehensive fashion. This thesis aims to fill the gap by providing a thorough commodity history of ginger.

### 1.1.1 Origins and Early Migration

Keay describes ginger as an 'incurable colonist' with good reason.<sup>18</sup> One of the easiest of all spices to cultivate, ginger was among the very few spices transplanted by ancient gardeners rather than traders.<sup>19</sup> The exact origins of ginger, shrouded in uncertainty, have given rise to much speculation. Based on mostly linguistic evidence, Dalby and Matsuyama both conclude that ginger is native to southern China or, more generally, Southeast Asia, where the Austronesian inhabitants cultivated it in prehistoric times. They suggest that, about 6000 years ago, Austronesians carried living ginger rhizomes with them when they began to migrate southward, via the Philippines and the Spice Islands to the Malay Peninsula, Indonesia, and Melanesia.<sup>20</sup> Later, ginger was transplanted west to India, Madagascar and the east coast of Africa.<sup>21</sup> Because it was a necessity of life as medicine and spice, the voyagers planted ginger in their gardens wherever they settled. Cost argues

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<sup>16</sup> Purseglove, et al., Norman; Ian Hemphill; Dalby, *Dangerous Tastes*; Keay, *Spice Route*; Jack Turner; Ravindran et al.; Paul Freedman, *Out of the East*; Czarra.

<sup>17</sup> Hogarth, *Buderim Ginger*.

<sup>18</sup> Keay, *Spice Route*, 20.

<sup>19</sup> Alan Ross, 31; Keay, 20; Dalby, *Dangerous Tastes*, 10-12; Jack Turner, xxxvii.

<sup>20</sup> Dalby, *Dangerous Tastes*, 8, 20-21; Matsuyama, *Dietary Culture of Southeast Asia*, 34-35, 103-105. Malcolm Ross suggests that while *Zingiber officinale* 'appears to have arrived in Near Oceania a long time ago', it may not have arrived in some parts of 'Remote Oceania until European contact, where the only species of ginger was *Z. zerumbet*' ("Other Cultivated Plants," 413).

<sup>21</sup> Dalby, *Dangerous Tastes*, 8, 21-2, 42-3, 95-6;

that, because Ethiopians have long used fresh ginger while other North Africans use it dried, there was ‘an early connection between Ethiopia and Java’.<sup>22</sup>

Ross, also using linguistic evidence, concludes that the ‘ultimate origin of the word *ginger* lies in Further India’ where the ‘cultivation of the plant is old’, although he acknowledges uncertainty about the plant’s original home and agrees that ginger ‘was very early distributed over tropical Asia from India to China’.<sup>23</sup> Sen cites evidence that the ‘earliest known inhabitants of India, called Munda or Australoids’, came ‘by sea from East Africa and by land from East Asia’ and were cultivating crops at least as early as 5000–4000 BC. Ginger is one of the spices believed to be of Munda origin.<sup>24</sup> Other writers about spices are less specific. Achaya, Cost, Keay, Purseglove, and Ravindran et al. are all satisfied that ginger is a native of Southeast Asia.<sup>25</sup> Turner simply describes ginger as one of the archetypal, tropical Asian spices.<sup>26</sup> Hemphill suggests that, because ginger was cultivated ‘by both the ancient Chinese and Hindus ... [it] may have originated somewhere between northern India and East Asia.’<sup>27</sup> Simoons considers ginger’s origins to be India, Southeast Asia, or South China.<sup>28</sup> Wherever its origins, there is evidence that ginger has been cultivated and used in India, China and other parts of Asia for thousands of years.

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<sup>22</sup> Cost, *Ginger East to West*, 120.

<sup>23</sup> Alan Ross, 19, 22, 31.

<sup>24</sup> Sen, *Food Culture in India*, 1.

<sup>25</sup> Achaya, *Indian Food*, 213; Cost, *Ginger East to West*, 20; Keay, 20; Purseglove et al., 447; Ravindran et al., 365.

<sup>26</sup> Jack Turner, xxxvii.

<sup>27</sup> Ian Hemphill, 196.

<sup>28</sup> Simoons, *Food in China*; 370.

Ginger rhizomes were introduced into the New World in the early 16<sup>th</sup> century, when the Spanish took the plant from India to their colonies in Mexico and the West Indies. Today ginger is grown commercially in most tropical and subtropical regions of the world.<sup>29</sup>

### 1.1.2 Cultivation and Uses

Ginger has been cultivated for so long that it is no longer found in a wild state. It is propagated only from cuttings of the rhizomes, never from seed.<sup>30</sup> Although classified as a perennial, ginger is cultivated commercially as an annual crop. If rhizomes are not dug up and replanted each year, the plant deteriorates steadily in size and flavour from year to year.<sup>31</sup> Ginger grows readily in any suitably hot and wet conditions, but its quality varies with different localities and methods of cultivation.<sup>32</sup>

The edible part of ginger is its thick knobbly root, or rhizome. Fresh ginger, also called *green ginger*, is used as vegetable and medicine. Young tender rhizomes are used to manufacture ginger preserved in syrup, crystallised ginger and other confectionery. More mature rhizomes are dried and ground. Powdered ginger is used in the manufacture of ginger beverages, and is an important ingredient in curry powder and numerous condiments. Ginger oil, obtained by steam distillation of coarsely ground ginger, is used to

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<sup>29</sup> Ridley, 393; Gibb, 59; Cost, "Ginger, Here and There," 53; Davidson, *Oxford Companion to Food*, 405; Ferry-Swainson, 8; Ian Hemphill, 200; Ravindran & Babu, 11.

<sup>30</sup> Fred Turner, "Cultivation of Ginger," 298-299; Ridley, 389-392, 396; Gibb, 59; J. Innes Miller, *Spice Trade of the Roman Empire*, 53; Purselove et al., 447; Macmillan, *Tropical Planting and Gardening*, 380; Sanewski, "Ginger", 201; Davidson, 338; Dalby, 21; Jack Turner, xxxvii; Ravindran et al., 70.

<sup>31</sup> *Queensland Agricultural Journal* 3 (October 1898): 297, 23 (November 1909): 268; *Bulletin of the Imperial Institute* 10 (1912): 113, 24 (1926): 671; J. Innes Miller, 53; New South Wales Department of Agriculture, *Notes on Ginger*, 1; Purselove et al., 447.

<sup>32</sup> Ridley, 391; *Bulletin of the Imperial Institute* 24 (1926): 668; Ross, 31; Keay, 20; Jack Turner, xxxvii; Ravindran et al., 70-71. In *Buderim Ginger*, Hogarth discusses in detail ginger growing and the effects of research and technology on the ginger industry.

make tinctures of ginger for pharmaceuticals, essences and perfumes. Oleoresin of ginger is extracted from ground ginger using solvents. Both the oil and oleoresin are used in ginger beverages and foodstuffs including sauces, chutneys, and a variety of baked goods.<sup>33</sup>

In South East Queensland, ginger is planted in September using small pieces of rhizomes from the previous year's crop. Most of the crop is harvested in February and March while the rhizomes are immature and relatively free of fibre, and used to manufacture ginger confectionery. Later harvests take place when the rhizomes are larger and their flavour hotter. Ginger dug in May and June is dried, and oil and oleoresin extracted for use in flavourings, essences and fragrances. A second late harvest, from July until about October, is used for dried ground ginger, much of which is used in the manufacture of ginger beverages. Some fresh ginger is sold to fruit and vegetable markets for culinary use.<sup>34</sup>

### 1.1.3 Buderim Myth

The Australian ginger industry today is situated in the Maroochy Shire in South East Queensland, where Buderim Ginger Limited processes some of the world's finest confectionery ginger.<sup>35</sup> According to commonly accepted mythology, Robert Duthie, a Brisbane merchant, introduced ginger to Buderim during World War I, when he brought back from China a small parcel of seed ginger which he gave to his friend, Arthur Burnett. Arthur, who had been growing a variety of small crops on the side of Buderim Mountain

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<sup>33</sup> Ridley, 419; Levington, "Ginger Technology," 309; Macmillan, 380; Ravindran et al., 404-406, 912.

<sup>34</sup> Fred Turner, 298-299; Bendall and Collins, *Australian Ginger Growing Industry*, 3; Leverington, "Ginger Technology", 309; New South Wales Department of Agriculture, *Notes on Ginger*, 2; Seely, 9-10; Buderim Ginger Limited (2009).

<sup>35</sup> Buderim Ginger Limited, *Annual Report for 2005*; Wilson et al., 20; Gregory, *Making Maroochy*, 172; Hogarth, *Buderim Ginger*, xiv; Ripe, *Ripe Enough*, 84; Queensland Government, *Ginger Information*.

since 1894, planted the ginger and gave rhizomes to other farmers including his brother, George, and Vince Crosby.<sup>36</sup> The myth says that the Buderim ginger industry is the result of a chance occurrence.<sup>37</sup> This story of how the industry began has been told in the company's literature, and repeated in scholarly works, local historical publications, food books and magazines. Hogarth's work adds weight to the myth. While citing a paper by Gibb that 'the first ginger grown in Australia was planted by Chinese in the Palmer River area, during the 1870s', and acknowledging that ginger was cultivated in Northern New South Wales from the 1880s, she maintains that the 'first ginger grown in southern Queensland was on Buderim Mountain', and credits Duthie with 'bringing the first ginger to Buderim in 1916'.<sup>38</sup>

The present study provides evidence that both the Buderim myth and Hogarth's version of the beginnings of Australian ginger growing fail to reflect the much longer history of ginger in Australia. The foundations for the now thriving industry can be traced back to the arrival of the First Fleet in 1788. Ginger rhizomes were transported on the First Fleet as a potential economic crop. Dried ginger came in the medicine chests and probably in the food supplies. Preserved ginger, too, was likely among the medicines. The sailors, marines and convicts brought with them a demand for dried ginger for use in food, beverages and medicines. A little later, Chinese settlers also brought ginger plants, because of their need for fresh ginger, which was essential for their medicines and food. Both groups arrived with a taste for ginger preserved in syrup. This thesis argues that it

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<sup>36</sup> Buderim Ginger, *Insight into the World of Ginger*; Commonwealth of Australia, *Tariff Board's Report 1931*; Hogarth, *Buderim Ginger*, x, 19; A. Robertson, *Buderim*, 17; Fielding; Lilly, *Secret Gardens of Buderim*, 6; Lindsell, *Buderim Born*, 5; Ripe, 85; Wilson et al., 19. Buderim Ginger (1989) reported the date as 1912, but in 2002 changed it to 1916, when 'many of the Facts and Figures were confirmed from Joan Hogarth's book,' (Buderim Ginger, *Buderim Ginger*).

<sup>37</sup> Buderim Ginger (1989); Hogarth, *Buderim Ginger*, x.

<sup>38</sup> Gibb, "Ginger from Queensland," 59-60; Hogarth, *Buderim Ginger*, 5, 12, 19

was the considerable demand for ginger from the beginning of white settlement which eventually led to the establishment of the Australian ginger industry.

## 1.2 Commodity Histories

The study of ginger fits into the genre of commodity histories. A commodity, according to Adshead, is a product used for immediate consumption rather than as part of a process.<sup>39</sup> Commodity histories are not new.<sup>40</sup> For example, in 1874, German naturalist Schleiden published a history of salt, using evidence from ‘history, literature, commerce, folklore, science and technology’.<sup>41</sup> Salaman’s groundbreaking work on the potato appeared in 1949, and Dermigny’s history of Chinese tea in Europe in 1964. What has changed in recent years is the emphasis of commodity histories. As the genre has developed, commodities are no longer perceived as just simple items of commerce, but as objects imbued with rich cultural significance.<sup>42</sup> Over the last 30 years or so, historians, anthropologists, chemists, writers, and others have studied a variety of foodstuffs as commodities, drawing on resources from a wide range of disciplines, including not only history and anthropology, but also archaeology, science and technology, medicine, political science, commerce, religion, literature, linguistics, folklore, and culinary history. Among the earliest of these modern studies are Multhauf’s 1978 *Neptune’s Gift: A History of Common Salt*, and Mintz’s *Sweetness and Power: The Place of Sugar in Modern History*, published in 1985. Salt also has been the subject of later works by Adshead, Laszlo, and Kurlansky.<sup>43</sup> The histories have been explored of a number of other commodities,

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<sup>39</sup> Adshead, *Salt and Civilization*, ix.

<sup>40</sup> Multhauf, *Common Salt*, xiii; Adshead, x.

<sup>41</sup> Multhauf, xiii.

<sup>42</sup> Adshead, x, 3.

<sup>43</sup> Adshead, *Salt and Civilization*; Laszlo, *Salt*; Kurlansky, *Salt*. Beginning in the late 18<sup>th</sup> century, salt was transformed from commodity to industrial mineral, so that today only a very small proportion of salt is used



including chocolate and coffee, nutmeg and vanilla, citrus, beans, corn, and potatoes.<sup>44</sup>

Kurlansky's books on cod and oysters can also be situated in the genre of commodity histories.<sup>45</sup>

Like Multhauf, most authors attempted 'to write a book which could appeal to ... a wide readership, while at the same time serving as a guide for those particularly interested in various facets of the subject.'<sup>46</sup> Thus the majority of the works cited are based on thorough research, using primary sources. For example, Milton extracts the story of the quest for nutmeg from the 'hand-written journals of the gentlemen adventurers' involved in the 16<sup>th</sup> and 17<sup>th</sup> century spice trade.<sup>47</sup> Sophie Coe was a stickler for 'going to the sources' as she traced the history of chocolate, from its origins in ancient Mesoamerica up to modern times.<sup>48</sup> Some authors were less rigorous, Moss and Badenoch's later work on chocolate telling a much more general tale of myths, manufactures and marketing based on secondary sources.<sup>49</sup> Rain relies mostly on interviews and internet sources to research vanilla, providing more speculations than facts, while Russell's work on corn is little more than a personal journey interspersed with some historical information. Several works contain recipes to demonstrate the culinary uses of the foodstuff during the periods studied. Kurlansky provides recipes in all three of his books, the oldest *Salt* recipe from Cato in the

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for food. It is therefore questionable whether salt can properly be called a *commodity* (Multhauf, viii, 3, 100, 215-6; Adshead, ix-x; Kurlansky, *Salt*, 435).

<sup>44</sup> Coe and Coe, *Chocolate*; Moss and Badenoch, *Chocolate*; Pendergrast, *Coffee*; Milton, *Nathaniel's Nutmeg*; Rain, *Vanilla*; Laszlo, *Citrus*; Albala, *Beans*; Fussell, *Corn*; Zuckerman, *Potato*.

<sup>45</sup> Kurlansky, *Big Oyster*; Kurlansky, *Cod*.

<sup>46</sup> Multhauf, xiii.

<sup>47</sup> Milton, v.

<sup>48</sup> Coe and Coe, 7.

<sup>49</sup> Moss and Badenoch, *Chocolate*.

2<sup>nd</sup> century BC, while some of those in *Cod* and *The Big Oyster* are 600 years old.<sup>50</sup>

Albala's earliest *Beans* recipe is from the 1<sup>st</sup> century AD manuscript attributed to Apicius.<sup>51</sup> Both Albala and Kurlansky leave historic recipes in their original wording and format, while Rain's *Vanilla* recipes are modern adaptations of purportedly ancient recipes.

In the absence of an established methodology, authors' approaches to telling the stories of their chosen commodity vary markedly, from detailing its long-term history, to focusing on particular time periods or places or people, to collections of short stories about selected characteristics of the commodity. Kurlansky's *Salt* traces the history of salt, its production and its various culinary, industrial and other uses, from China in 6000 BC and India in 3000 BC, through the ancient Western world and later to North America.<sup>52</sup> In a rather more superficial study, Rain follows the path of vanilla from its origins in prehistoric Central America, through its dispersal throughout the tropics, to the growth of the modern industry.<sup>53</sup> At the other end of the spectrum, Laszlo provides a collection of vignettes about different aspects of salt, including the human need for salt, harvesting it, salt-cured foods, salt as a political tool, and its cultural uses.<sup>54</sup> He takes a similar, if rather less structured approach, in following the trail of citrus from Europe to South America and the United States.<sup>55</sup> Albala's *Beans* is a series of biographies of the most common types of beans, including soy and lima beans, lentils, and peas, eaten by humans.<sup>56</sup> Milton features the previously little known role played by the courageous Englishman Nathaniel

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<sup>50</sup> Kurlansky, *Salt*, 64; Kurlansky, *Cod*, 235-276; Kurlansky, *Big Oyster*, 68.

<sup>51</sup> Albala, 43-44.

<sup>52</sup> Kurlansky, *Salt*.

<sup>53</sup> Rain, *Vanilla*.

<sup>54</sup> Laszlo, *Salt*.

<sup>55</sup> Laszlo, *Citrus*.

<sup>56</sup> Albala, *Beans*.

Courthope in nutmeg's history.<sup>57</sup> Kurlansky's work on New York oysters is as much a history of that city and its people, as it is of the mollusc.<sup>58</sup>

While most of the works emphasise one important facet of the commodity's history, they all place the commodity in the context of its broader history. For example, against a background of sugar's longer-term history, Mintz focuses on the Caribbean as an important source of sugar, in his exploration of how and why sugar was important to European peoples, sugar cultivation and processing, its availability, and its consumption in Britain from 1650–1900.<sup>59</sup> Coe and Coe devote two chapters to the very early history of chocolate, its cultivation by the Olmec in southern Mexico and its use as a valued beverage in the royal courts of the classic Maya and the Aztecs, before exploring chocolate's introduction into Europe as a medicinal drink for the elite, and its transformation in the early 19<sup>th</sup> century into a solid sweetmeat enjoyed by all classes.<sup>60</sup> As background to the history of the United States coffee industry, Pendergrast traces coffee from its origins in Ethiopia, and the spread of the plant throughout the tropics. Like chocolate, coffee was introduced as a medicinal drink into Europe, where later it became a favourite beverage.

Using different approaches, all of these works provide fascinating insights into foodstuffs which today we take for granted, allowing us to better understand and appreciate where they came from, in what ways they were important, how they have been used by different peoples over the ages, and the circuitous and often extremely dangerous routes by which they have come to our tables. The story of ginger is no less interesting. Like the more

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<sup>57</sup> Milton, *Nathaniel's Nutmeg*.

<sup>58</sup> Kurlansky, *Big Oyster*.7

<sup>59</sup> Mintz, *Sweetness and Power*.

<sup>60</sup> Coe and Coe, 12-15.

thorough and rigorous of the studies cited, this thesis draws on resources from a variety of disciplines and uses primary sources wherever possible.

### **1.3 The Present Study**

The present study of ginger adopts an approach similar to that of several other commodity studies, especially those of Mintz, and Coe and Coe. It is not a complete history, but focuses on ginger in Australia, while also tracing the much earlier history of ginger, the plant and its uses, from prehistory in China and India, through Ancient Greece and Rome to Britain, from whence it came to Australia.

Some aspects of ginger's history parallel the histories of other commodities, but some are markedly different. Just as most commodities were produced for local consumption in their places of origin long before they were discovered by the wider world, ginger was produced and consumed in India and China for thousands of years before it became known and valued in the West. Essential to both Chinese and Indian medicine and food, ginger was a common commodity, used widely by rich and poor alike. In the West, by comparison, because of the cost of transporting it to Europe, ginger was at first very expensive and, like other spices, enjoyed only by the very wealthy. When a direct sea route from Europe to the East Indies was established in the 16<sup>th</sup> century, supplies of ginger became more plentiful, demand increased, and it became affordable by those lower down the social scale. Once the Spanish began growing ginger in their New World colonies, it became even more readily available and its cost decreased further because the crop was grown by black slave labour on sugar plantations, not for local consumption but for export to Europe. Eventually, ginger became commonplace in Britain. Unlike many of the other commodities studied, ginger continued to be extensively cultivated and consumed in its

countries of origin. Today, India and China remain the world's largest producers and consumers of ginger, which is still used in traditional ways. Ginger, like nutmeg, vanilla, chocolate and coffee, was introduced into Europe as a medicine for the elite, but became a foodstuff of the masses. In contrast to these other commodities, ginger continues to be used for its medicinal as well as its culinary properties.

This thesis is the first comprehensive study of ginger in Australia. While Hogarth provides a thorough applied and social history of the ginger industry in the Buderim area from 1916 to 1998, she does not explore in any detail the history of early ginger growing in Australia, how or by whom ginger was used, or the role played by the Chinese.<sup>61</sup> The present work traces the history of ginger in Australia, both ginger growing and the use of ginger in food and medicine, from 1788 until the mid-20th century when the Buderim ginger industry was established. It discusses the importance of ginger to early British and Chinese settlers, the arrival of living ginger rhizomes and their subsequent dispersion to subtropical and tropical regions, and the uses made of ginger in the 19<sup>th</sup> and 20<sup>th</sup> centuries.

In order to explain why ginger was important to early settlers, it is necessary to determine how and when the British and Chinese developed their demand for ginger. Thus the study begins with two chapters which trace the early history of ginger. Chapter 2 explores ginger growing and the use of ginger in China and India from prehistoric times. Both countries are linked directly with the history of ginger in Australia. Early Chinese settlers brought with them not only a demand for ginger, but also living rhizomes. Nevertheless, it was from India via British hothouses that ginger rhizomes first came to Australia. Ginger was grown in hothouses in Britain from the early 18<sup>th</sup> century, using rhizomes from the West Indies. It had been transplanted from India to the West Indies in the 16<sup>th</sup> century. The

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<sup>61</sup> Hogarth, *Buderim Ginger*.

Indian connection is also relevant to the British demand for ginger, which increased from the 17<sup>th</sup> century as the British in India found new uses for ginger in foodstuffs such as curries and chutneys. Chapter 3 begins with the adoption of dried ginger from India in ancient Greece and Rome, and follows its use in Britain from AD 43 to the 19<sup>th</sup> century.

Having established why ginger was important to both the British and the Chinese early settlers, the subsequent chapters focus on ginger in Australia. The chapters are divided by theme rather than chronologically. Chapter 4 follows the history of European ginger growing, from its beginning in the first garden in Sydney until the mid 20<sup>th</sup> century, while Chapter 5 discusses the role played by Chinese settlers in growing ginger. These enterprises are discussed separately, as the two groups pursued ginger growing in parallel, mostly independent of one another. The extent of the demand for ginger is illustrated first in Chapter 6, which considers the supply of ginger and ginger products from the earliest days of settlement. The following three chapters, which investigate specific uses of ginger, in food, beverages, and medicine, provided further evidence of the need for large quantities of ginger. It was the considerable demand for ginger, together with the plant's proven suitability for cultivation in parts of Australia, which provides the true background to the Australian ginger industry.

### **1.3.1 Methodology**

The primary emphasis of this study is on the history of ginger growing and the use of the spice in Australia from 1788 until the mid-1900s. The earlier history of ginger is explored in sufficient depth to provide an adequate context for the Australian story.

At a basic level, the research employs the theoretical framework of the history discipline. Like other commodities, however, ginger is much more than a simple product of cultivation and commerce. As both foodstuff and medicine, ginger has had long-term cultural significance for the Chinese, the Indians, and the British, and it has been attributed with various mythical qualities and referred to in many literary works. In order to explore and integrate these broader avenues of research, the study also employs the theoretical framework of the emerging multidisciplinary field of gastronomy which, like that of commodity histories, draws upon the ‘broad spectrum of the humanities, from literature and history to philosophy, religion, communication and politics’, as well as the social and natural sciences.<sup>62</sup>

The majority of material for this thesis is drawn from a diverse range of primary sources, including government records, newspapers, personal histories and diaries, cookbooks and household records, early British manuscripts, and medical texts. The National Library of Australia’s online database of selected newspapers was a valuable source of information.<sup>63</sup> While there is very little published material specifically about ginger in Australia or Britain, there are a considerable number of secondary sources pertinent to the early history of ginger, and some relevant to the use of the spice in Britain. Like Gollan’s work on Australian cooking, this study is ‘an excursion ... back through time and the evidence’.<sup>64</sup> Given the breadth of the area covered by this research, and the limited amount of information which could be found for some aspects, the thesis provides a comprehensive but not necessarily complete history of ginger in Australia.

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<sup>62</sup> Santich, “Study of Gastronomy,” 53.

<sup>63</sup> <http://newspapers.nla.gov.au/>. From late 2008 until early 2009, searches were made for the earliest advertisements for ginger and products containing ginger, and articles about ginger. However, since new entries were being added daily, additional information may now be available.

<sup>64</sup> Gollan, *Tradition of Australian Cooking*, vii.

### **1.3.2 Contribution to the Discipline**

The contribution of this research is to provide a commodity history of ginger, a story not told previously. While the thesis focuses on ginger in Australia from 1788 to the 1950s, and covers both ginger growing and the use of ginger in food and medicine, the Australian story is situated in the context of the long-standing importance of ginger to both British and Chinese culinary and medical traditions. This has been done by tracing the history of ginger, plant and spice, from prehistoric times, with particular emphasis on early China and India, and the subsequent use of the spice in Britain. The thesis presents not only a thorough background to and rationale for the current Australian ginger industry, but also highlights the very important but previously unacknowledged part played by early Chinese settlers, and it adds to the written history of Australian culinary and medical practices.



## **2 GINGER IN THE EAST**

Ginger's history begins in ancient China and India where, ultimately, the Australian story of ginger has its roots. Early Chinese immigrants brought with them not only a need for ginger, essential to their medicine and food, but also living rhizomes which they grew in their gardens. While the impact of India on the development of an Australian ginger industry is less direct, it is of considerable importance. It was from India that dried ginger went to ancient Greece and Rome and, later, to Britain where it also became used widely in food and medicine. From India, too, ginger rhizomes came to Australia, albeit by a roundabout route, via the West Indies and hothouses in Britain. In India, the British developed a taste for Indian savoury dishes and condiments containing ginger, thus increasing their demand for ginger.

There are many parallels in the histories of medicine and food in India and China. In both countries, where food has been inextricably connected with physical, mental and spiritual health for thousands of years, ginger has always played an important role. This chapter explores the history of ginger in China and India. For each country, a general discussion of ginger's medicinal uses is followed by a brief discussion of the use of ginger in food through the ages.

### **2.1 Ginger In China**

In ancient China, there were no clear divisions between foods and medicines. Early in the Zhou dynasty, or about 3000 years ago, there was a group of experts, the so-called 'nutritional medical staff', who specialized in making up menus for emperors in order to

maintain their health. In a famous work of the Zhou dynasty, *Spring and autumn*, ginger and cassia bark were described as both flavourings and herbal medicines.<sup>65</sup>

An integral part of social and religious events, food plays a vital role in Chinese culture.<sup>66</sup> Chang argues that ‘few other cultures are as food oriented as the Chinese’, an orientation ‘as ancient as the Chinese culture itself.’<sup>67</sup> All major life events, including birth, marriage and death, involve eating. Worship involves making ritual food offerings to both deities and ancestral spirits.<sup>68</sup> Not only does food provide sustenance and pleasure, but also it is essential to good health.<sup>69</sup> The study of medicine necessarily involves the study of diet, with many Chinese recipes based upon medical beliefs.<sup>70</sup> Indeed, the Chinese word *fang* refers to both a medical formula and a written recipe.<sup>71</sup> Traditional Chinese medical and nutritional beliefs persist to the present time.<sup>72</sup> For thousands of years, the Chinese have used ginger as an aphrodisiac, one which reputedly increases both sexual desire and potency.<sup>73</sup> In Hong Kong today, the belief flourishes that ‘ginger hung on huge paper constructions offered to the deity acquires vastly heightened powers of increasing fertility.’<sup>74</sup> Because it is considered able to purify the body by eliminating body odour and,

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<sup>65</sup> Zhen-Gang Wang and Jun Ren, “Traditional Chinese Medicines,” 44.

<sup>66</sup> Chang, *Food in Chinese Culture*, 11; Freeman, “Sung,” 163; Simoons, *Food in China*, 14, 26; Chong, *Heritage of Chinese Cooking*, 11.

<sup>67</sup> Chang, 11.

<sup>68</sup> Freeman, 163; Geechoun, *Cooking the Chinese Way*, back cover; Simoons, 26-27; Chan, “Sweet and Sour”, 180.

<sup>69</sup> Buell and Anderson, *Soup for the Qan*, 173; Chang, 9; Freeman, 163; Hom, *Taste of China*; 168.

<sup>70</sup> Anderson, *Food of China*, 53-54, 86; Chang, 9; Freeman, 171; Hom, 168; Mote, “Yüan and Ming,” 226; Newman, *Food Culture in China*, 13; Schafer, *Golden Peaches of Samarkand*, 139; Wang and Ren, 44.

<sup>71</sup> Anderson, 86; Harper, *Early Chinese Medical Literature*, 45.

<sup>72</sup> Anderson, 230; Cost, *Ginger East to West*, 52, 168.

<sup>73</sup> Anderson and Anderson, “Modern China: South,” 330; Andrews, *Nectar and Ambrosia*, 101; Dalby, *Dangerous Tastes*, 24; Ferry-Swainson, *Ginger*, 41; Schulick, *Ginger*, 24; Simoons, 372.

when chewed with jujube fruit, cleansing the breath, ginger also has spiritual significance as it makes the individual acceptable to the gods.<sup>75</sup>

While it is not known where or when ginger was first cultivated and used in China, Chang maintains that ginger is among the spices which have ‘grown prosperously in the Chinese land for a long time.’<sup>76</sup> Initially grown in the south, in ancient times ginger was introduced into the north ‘where Chinese civilization and medicine developed.’<sup>77</sup> Cost cites a reference to the best ginger being grown in a small region of the Sichuan Province at the beginning of the Shang dynasty (18<sup>th</sup>–12<sup>th</sup> century BC).<sup>78</sup> Since antiquity, fresh and dried ginger have been indispensable to both Chinese medicine and Chinese cuisine.<sup>79</sup> Ginger’s importance is highlighted by the fact that Chinese sailors continued the Austronesian practice of carrying ginger rhizomes growing in pots or wooden troughs on their boats, to prevent seasickness and scurvy and to flavour their food. This practice is described in Fa-hsien’s *Travels*, in AD 406. A millennium later, ginger was reported growing in wooden buckets on the junks of the Ming fleets in the early 15<sup>th</sup> century.<sup>80</sup>

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<sup>74</sup> Anderson and Anderson, 379.

<sup>75</sup> Anderson, 86; Castleman, 186; Cost, *Ginger East to West*, 167.

<sup>76</sup> Chang, 67.

<sup>77</sup> Dalby, *Dangerous Tastes*, 23.

<sup>78</sup> Cost, *Ginger East to West*, 51.

<sup>79</sup> Purselove et al., *Spices*, 447; Schafer, “T’ang,” 111;

<sup>80</sup> J. Innes Miller, *Spice Trade of the Roman Empire*, 54; Tannahill, *Food in History*, 272. Cost, “Ginger, Here and There,” 56; Dalby, *Dangerous Tastes*, 21-22; Keay, *Spice Route*, 20; Powell, *Far Country*, 22.

### 2.1.1 Chinese Medicine

Ginger, known to ancient Chinese as the plant which repels dampness, is one of the most common ingredients in Chinese remedies and it is used to treat a wide range of ailments.<sup>81</sup> Medicinal uses of ginger are documented in the two earliest existing Chinese pharmaceutical and medical texts, compiled in the Han era (206 BC–AD 220). The *Shen Nung Pen Ts'ao* (*Pharmacopoeia of the Heavenly Husbandman*) lists ginger among the drugs considered to have strengthening and therapeutic qualities, and suggests that using ginger regularly will 'enable one to communicate with the spirit'.<sup>82</sup> The *Huang Ti Nei Ching* (*Yellow Emperor's Classic of Internal Medicine*) includes ginger in various remedies.<sup>83</sup> The sources for both of these works can be traced back at least as far as the fourth century BC.<sup>84</sup> Approximately contemporaneous are the five medical manuscripts discovered in Mawangdui Tomb 3, the tomb of a man buried in 168 BC in Chansha in the Hunan Province. The Mawangdui medical manuscripts, believed to have been copied in approximately 200 BC from texts available in the previous century, represent 'a broad range of lost medical literature' and include more than 400 recipes. Ginger, described as a pungent aromatic, is used in six of the 283 'Recipes for 52 Ailments', five of the 92 'Recipes for Nurturing Life', and four of the 42 'Recipes for Various Cures'. It features in remedies designed to aid the digestive system and to stimulate sexual excitement. A recipe for 'Mash-liquor to Benefit the Inside' promises that: 'When ingested for one hundred days, it makes the eyes bright and ears perceptive; the extremities all become strong'.<sup>85</sup>

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<sup>81</sup> Cost, *Ginger East to West*, 167; Fuchun and Yuhua, 3; Fulder, 11; Hyatt, 114

<sup>82</sup> Ody, *Secrets of Chinese Herbal Medicine*, 146.

<sup>83</sup> Ferry-Swainson, 18.

<sup>84</sup> Anderson, 59-60; Bensky and Gamble, 3; Gao, 21, 25; Tannahill, 143; Hyatt, *Chinese Herbal Medicine*, 19, 23.

<sup>85</sup> Harper, 4-5, 103, 221-222, 276-277, 292-293, 334-336, 347-348, 351, 361-365.

These ancient texts provide solid proof of the significance of ginger in traditional Chinese medicine, which has remained largely unchanged and is still practised widely.

Medicinally, ginger is used in both its fresh and dried forms, the functions of each being somewhat different. Fresh ginger (*shēng jīang*) is pungent in flavour and slightly warm in nature. It is used to disperse exterior cold, promote sweating, alleviate vomiting and coughing, stimulate the heart, the stomach and the appetite, and to counteract the effects of other herbs or ingredients of a meal. Combined with other herbs, it is recommended to alleviate epigastric pain, nausea, vomiting, and headache, and reduce irritation of the gastrointestinal tract caused by other herbs. Fresh ginger roasted in hot ashes is used to treat diarrhoea and to stop bleeding. Quick-fried fresh ginger is used for haemorrhage and lower abdominal and gynaecological problems. The skin of fresh ginger (*shēng jīang pi*), believed to contain a diuretic agent, is used to promote urination and to reduce oedema and abdominal bloating. Dried ginger (*gān jīang*) is pungent in flavour, hot in nature, and contains volatile oils. It is used to disperse interior cold, to increase blood circulation and stimulate the heart, and to warm and stimulate the stomach, spleen and lungs. Ginger is used as an analgesic for stomach aches, and to treat symptoms such as pallor, poor appetite, cold limbs, vomiting, diarrhoea, cold abdomen and chest, and slow pulse. It is combined with other herbs to treat epigastric pain and distension, abdominal pain, vomiting, cold-induced congestion, dysentery-like disorders, bloody stool and uterine haemorrhage, coughing and wheezing, and rheumatism.<sup>86</sup> The third century physician, Zhang Zhong Jing, treated fever with a mutton soup flavoured with angelica root and fresh ginger.<sup>87</sup> Hyatt describes 102 of the approximately 120 basic prescriptions for teas and

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<sup>86</sup> Bensky and Gamble, 5, 46-47, 431-2; Cost, *Ginger East to West*, 167-168; Fuchun and Yahua, 2-3; Fulder, 17; Gao, 25, 105, 111; Hyatt, 114-115; Lu, *Chinese System of Food Cures*, 11, 18-19, 53-53; Ody, *Medicinal Herbal*, 139; Schafer, *Golden Peaches of Samarkand*, 178-181; Schafer, "T'ang," 111.

<sup>87</sup> Gao, 88.

other herbal preparations which make up the traditional Chinese medicine repertoire, 44 (43%) of which contain ginger.<sup>88</sup>

### 2.1.2 Chinese Food

Chinese cuisine has been documented for more than 3000 years, during which ‘changes surely occurred but without altering its fundamental character.’<sup>89</sup> During all of this time, ginger has played an illustrious role. Being considered a *yang*, or hot ingredient, ginger is used in cooking to balance cold ingredients such as spring onions. Long known for its medicinal qualities, ginger became an indispensable ingredient when Chinese cuisine as we know it emerged during the Zhou period (12<sup>th</sup> century–221 BC), and it remains one of the most widely used spices. Ginger is used fresh, as spice and vegetable, and dried, though dried ginger is less common in cooking than in medicine. Preserved ginger is eaten as a snack and used in sweet dishes.<sup>90</sup> Since ancient times, the Chinese have included ginger in the pickling solution for soybeans and other vegetables.<sup>91</sup> Ginger, rice wine and soy sauce form the basic flavour combination which characterises Chinese cuisine. China’s regional cuisines, each with different additional flavourings, are variations on this principle. Still the most important spice in southern China, ginger is second only to soy bean products as an everyday seasoning.<sup>92</sup> In Guangdong province, even monkey brain is served with ‘the usual soy sauce and ginger’.<sup>93</sup>

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<sup>88</sup> Hyatt, 71, 74-111, 114, 125, 134.

<sup>89</sup> Chang, 14.

<sup>90</sup> Albala, *Beans*, 210, 214; Anderson, 219; Anderson and Anderson, 330; Buell and Anderson, 153; Chong, 13; Cost, *Ginger East to West*, 52-53; Hom, 33; Newman, 56; Purselove et al., 447; Simoons, 24, 370.

<sup>91</sup> Kurlansky, *Salt*, 21-22.

<sup>92</sup> Rozin, *Flavor-Principle Cookbook*, 5; Santich, *Looking for Flavour*, 13, 17; Simoons, 43.

<sup>93</sup> Lin and Lin, *Chinese Gastronomy*, 149.

Some of the earliest Chinese recipes are contained in the *Li Chi (Book of Rites)*, which describes Zhou feasts and sacrifices. If meat was to be dried, it was first seasoned with ginger and other spices. One of the Eight Delicacies prepared for the aged on ceremonial occasions was the Grill, made by pounding beef, mutton or deer, laying it on a frame of reeds to dry, and seasoning it with cinnamon, ginger and salt.<sup>94</sup> Some of the elaborate dishes enjoyed by the upper classes in the south during the Zhou dynasty are described in the poems in *Ch'u ts'e*. In the second poem, *Ta Chao, (The Great Summons)*, ginger-flavoured mince was one of the dishes 'offered as bribes to lure back the lost soul'.<sup>95</sup> The sage Confucius (551–479 BC), who was reputed to be never without ginger when he ate, approved its use even for sacrificial worship and during periods of fasting when garlic and other pungent seasonings were banned.<sup>96</sup>

By the Han Dynasty (206 BC–AD 220) ginger was used widely, its importance in the north being confirmed by archaeological evidence.<sup>97</sup> One of the Mawangdui tombs contained the corpse of a woman holding silken pouches filled with aromatics. Buried with her were six sacks, 'five of which were filled with a mixture of zanthoxylum, cinnamon, ginger, and other aromatics'.<sup>98</sup> Ginger was one of the foodstuffs often mentioned in Han feasts. It was also used, together with *fagara* [Sichuan pepper] and salted beans, to season snacks of dried meat and fish which were served with wine after a feast by a host who wanted to

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<sup>94</sup> Anderson, 39-42; Chang, 11, 33-34, 52; Hsu and Linduff, *Western Chou Civilization*, 358-359; Tannahill, 143.

<sup>95</sup> Chang, 32-3.

<sup>96</sup> Chang, 52; Cost, *Ginger East to West*, 52, 56; Simoons, 372.

<sup>97</sup> Cost, *Ginger East to West*, 51; Dalby, *Dangerous Tastes*, 23, 76; Grafflin, Review of "Han Agriculture", 170; Yü, "Han," 55-56.

<sup>98</sup> Harper, 103.

continue to drink with his guests. Later in Han, when noodles became popular, they were served with meat seasoned with ginger, spring onions, *fagara* and beans.<sup>99</sup>

Jia Sixie compiled the *Qimin Yaoshu* (*Essential Techniques for the Peasantry*) between 533 and 544 AD, using some 160 sources going back to the second century BC. Although primarily an agricultural treatise, it also provides information about preserving and cooking foodstuffs. Ginger, given prominent treatment, features in recipes such as dumplings stuffed with minced lamb, pork, onions and sliced ginger, and pepper ale made from ground pepper, ginger and pomegranate juice. The *Qimin Yaoshu* contains the earliest existing recipe for ginger preserved in honey.<sup>100</sup>

In T'ang times (618-907 AD), the best ginger was grown in the south, especially in the Zhejiang (Chekiang) and Hubei provinces. Although food writings were primarily dietary guides, dishes such as venison and Muntjac deer with ginger and vinegar, initially recommended for their health benefits, later became 'appreciated as an ambrosial delight.'<sup>101</sup> T'ang gourmets ate a variety of meat dishes flavoured with ginger. While travelling, they could also sample local specialties such as dried ginger from Chekiang Province, honeyed ginger made in Yangzhou (Yang-chou) and Hangzhou (Hang-chou), and a southern dish made from water buffalo stomach flavoured with ginger and cinnamon. Ginger flavoured tea and wine were considered to have invigorating properties.<sup>102</sup>

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<sup>99</sup> Cost, *Ginger East to West*, 53; Yü, 67, 70, 82.

<sup>100</sup> Cost, *Ginger East to West*, 164; Knechtges, "Gradually Entering the Realm of Delight," 231-239; Newman, 16.

<sup>101</sup> Schafer, "T'ang," 87, 111.

<sup>102</sup> Anderson, 67; Brothwell and Brothwell, *Food in Antiquity*, 172; Ferry-Swainson, 20; Knechtges, 239; Schafer, *Golden Peaches of Samarkand*, 140-141, 152; Schafer, "T'ang," 120, 123, 131, 139; Simoons, 371.



During the Sung dynasty (960-1279), restaurants prospered and cookbooks began to be published, the oldest known one compiled by Madame Wu of Jiangsu (Kiangsu).<sup>103</sup> In K'ai-feng, in the Henan Province, street vendors hawked ginger-flavoured snacks in the late evening. As winter approached, townspeople began to eat preserved ginger, a practice observed by Marco Polo, who visited Hangzhou at the end of this period.<sup>104</sup> During this time, some came to believe that the simple meals of villagers were healthier than the rich food of the city dwellers, and they began to eat less complex dishes. When he was exiled to southern China, Poet Su Tung-po (1036–1101) enjoyed a vegetable soup flavoured only with fresh ginger.<sup>105</sup> Regional cuisines developed, Sichuan cuisine becoming distinctive for its spiciness, which included much ginger. A famous Sichuan dish, *Ma Po* bean curd, is made by stir-frying bean curd and minced pork in sesame oil with garlic, ginger, spring onions and hot bean paste or chillies.<sup>106</sup>

The Mongols who established the Yüan dynasty (1279–1368) brought with them their own culinary practices, which included ginger.<sup>107</sup> Friar Odoric de Pordenone, visiting Hangzhou in the 1320s, was amazed by the low cost of ginger.<sup>108</sup> In 1330, the imperial dietary physician Hu Szu-hui prepared a dietary manual and cookbook, the *Yin-shan Cheng-yao* (*Proper and Essential Things for the Emperor's Food and Drink*), which combined Chinese and Arabic medical traditions, and Chinese, Mongolian and northwest Indian culinary traditions. Of the 95 recipes for Exotic Delicacies, 35 call for fresh ginger,

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<sup>103</sup> Anderson, 86; Chong, 17; Lin and Lin, 8, 38.

<sup>104</sup> Anderson, 84-5; Buell and Anderson, 59; Chong, 16-18; Cost, *Ginger East to West*, 163; Freeman, "Sung," 144-5, 162-163, 168; J. Innes Miller, 53-54; Simoons, 44.

<sup>105</sup> Chong, 17; Freeman, "Sung," 172-3; Lin and Lin, 37.

<sup>106</sup> Anderson, 85, 204-205; Simoons, 53.

<sup>107</sup> Anderson, 92-3; Buell and Anderson, 73-77; Lin and Lin, 39-40; Hom, 53; Newman, 25-26.

<sup>108</sup> Tannahill, 152.

nine for ground ginger, and nine for pickled ginger. Ginger is also used in 11 of the Soups, Decoctions and Medical Recipes.<sup>109</sup> The recipes containing ginger are listed in Appendix 1. Powdered ginger was the favourite spice of the Hakka people, who moved from northern China to Guangdong and Hong Kong when the Mongols took over their homelands in the 13<sup>th</sup> century.<sup>110</sup> In the Ming dynasty (1368–1644), which marked the end of the Mongol rule of China, the capital was established in Beijing and ancient traditions were restored. During this period, both ginger plants and harvested fresh ginger were among the delicacies shipped to the imperial palace on the Grand Canal barges.<sup>111</sup>

Throughout the thousands of years in which ‘China’s foods have ... developed in a context of permanence and change’, ginger has remained an essential ingredient.<sup>112</sup> In modern China, ginger continues to be used in traditional ways: within a dish to balance *yin*, or cold, ingredients such as spring onions; to compensate for cooling cooking methods such as boiling or poaching; and in special dishes for people who are in an extreme *yin* state. For example, during pregnancy and afterwards, when women are in an extreme *yin* state, extra ginger is added to their food. A dish of pickled pigs’ trotters and ginger, shared with visitors, is commonly included in the post-partum diet.<sup>113</sup> Ginger is used to flavour soups, fish, meats, sauces and vegetables. A classic way of cooking fish is to steam it with sesame oil, fresh ginger and spring onions, both to bring out its delicate flavour and to counteract its fishy taste.<sup>114</sup> Crab is always served with ginger, which is considered to be an antidote

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<sup>109</sup> Buell and Anderson, 2-5, 10, 14, 126, 147, 161, 610-613.

<sup>110</sup> Chong, 23.

<sup>111</sup> Hom, 69; Hyatt, 24; Mote, “Yüan and Ming,” 214-215.

<sup>112</sup> Hom, 21.

<sup>113</sup> Anderson, 155; Anderson and Anderson, 330; Cost, *Ginger East to West*, 54-55, 68; Hom, 180; Simoons, 372.

to shellfish poisoning.<sup>115</sup> Ginger is included in many meat dishes to suppress any hint of rankness, and more is used with heavily flavoured meat such as beef, game and offal. Poached chicken is invariably accompanied by a ginger dipping sauce to counteract its coolness. Ginger is usually the only vegetable used in making stock from meat and bones. The raw taste of vegetables, particularly root vegetables and those in the cabbage family, is countered by the addition of sliced ginger. The huge variety of pickled meats, vegetables and fruits, which vary from region to region, usually contain garlic, chillies and ginger. Ginger itself is often pickled. Ginger is used to counteract the taste of garlic, and the effects of rich ingredients. It is also used in sweet dishes.

Given ginger's importance in Chinese food and medicine, it is understandable that early Chinese settlers brought living rhizomes with them to Australia.

## 2.2 Ginger In India

Ginger ... has been prized [in India] for its flavour and medicinal properties since ancient times... Apart from its use as a spice, it is regarded as *Mahaoushadha* (supreme medicine) in Ayurveda and recommended for liver complaints, flatulence, anemia, rheumatism, piles and jaundice in Indian systems of medicines.<sup>116</sup>

In India, as in China, food has long been very closely linked to physical, mental and spiritual health. The importance of food is discussed not only in the earliest Indian medical

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<sup>114</sup> Anderson, 174, 192; Chong, 14; Cost, *Ginger East to West*, 54; Hom, 33; Hsu and Hsu, "Modern China: North," 316.

<sup>115</sup> Castleman, 187; Cost, *Ginger East to West*, 54.

<sup>116</sup> Ravindran et al., *Spices Research*, 365.

works, but also in ancient religious, philosophical, political and literary writings.<sup>117</sup> The *Upanishads*, Vedic philosophical writings from the period 1500–800 BC, insist that it is food which ‘enables man to use all his faculties’.<sup>118</sup> Food also plays a vital role in Indian rituals surrounding major life events from birth to death, cultural traditions which have been preserved largely unchanged since antiquity. All acts of worship involve offerings of food to gods and goddesses.<sup>119</sup>

Linguistic evidence suggests that very early inhabitants of India, the Munda people, cultivated ginger in southern India from about 5000 BC, and took it with them as they spread through much of the subcontinent. Ginger became integral to both medicine and food. By about 1500 BC, Sanskrit speaking Indo-European Aryans had invaded northwest India and established an advanced civilization. Aryan cultural, culinary and medical beliefs and practices, recorded in ancient Vedic texts, laid the foundation for later beliefs and practices throughout India.<sup>120</sup>

### 2.2.1 Indian Medicine

Indian medicine, *Ayurveda*, is derived from a number of Sanskrit texts and ancient traditions. The *Rigveda*, a Hindu book of hymns dating from 1700–1500 BC, and the *Atharvaveda*, from the period 1500-800 BC, both include prayers and spells for good health and the prevention of illness, and advice about diet. Somewhat later works, the *Charaka Samhitā* and the *Sushruta (Suśruta) Samhitā*, develop *Ayurvedic* medical

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<sup>117</sup> Prakash, *Food and Drinks in Ancient India*, xvii-xix; Sen, *Food Culture in India*, 165.

<sup>118</sup> Prakash, xvii.

<sup>119</sup> Achaya, *Historical Dictionary of Indian Food*, 68; Banerji, *Land of Milk and Honey*, 42-44; Basham, *The Wonder that was India*, 4; Dalby, *Dangerous Tastes*, 99; Sen, 29.

<sup>120</sup> Achaya, *Indian Food*, 5-9, 33, 61, 213; Albala, 105-106; Cara Frost, *Indian Food and Folklore*, 7-8; Prakash, 1-2, 6, 240-241; Sen, 1-3, 7; Tannahill, 49-50.

theory.<sup>121</sup> Like traditional Chinese medicine, *Ayurveda* takes an holistic approach, treating not only a person's physical health, but also his mental, emotional and spiritual state. Since these are all affected by the food he eats, *Ayurveda* is necessarily concerned with diet.<sup>122</sup> As Achaya points out, food is more than simply a means sustaining the body: it is 'part of a cosmic moral cycle' in which 'the eater, the food he eats and the universe must all be in harmony.'<sup>123</sup> According to the *Charaka Samhitā*: 'Without proper diet, medicines are of no use; with a proper diet, medicines are unnecessary.'<sup>124</sup> Food, therefore, is the cornerstone of *Ayurvedic* medicine which, from the beginning, recognised ginger as a 'pungent spice par excellence' and one having significant medicinal properties.<sup>125</sup> Ginger, described in Sanskrit as *vishwabhesaj*, the universal medicine, is used in a large proportion of medicinal compounds, beginning with some mentioned in the *Rigveda*.<sup>126</sup> Both the *Atharvaveda* and the *Charaka Samhitā* list ginger among medicinal plants, and the *Sushruta Samhitā* contains numerous herbal remedies and recipes for nutritional foods such as Vesavāra, a meat stuffing seasoned with sugarcane juice, black pepper and ginger.<sup>127</sup> The same text includes ginger in recipes to counteract poison, and recommends that long pepper and ginger be added to meat from a chital deer, and peacock be cooked with ginger.<sup>128</sup>

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<sup>121</sup> Achaya, *Historical Dictionary of Indian Food*, 225-227; Achaya, *Indian Food*, 54, 78, 213; Albala, 111-112; Collingham, *Curry*, 8; Dash and Ramaswamy. *Ayurveda*, 8; Ody, *Medicinal Herbal*, 140; Sen, 165-6; Wujastyk, *The Roots of Ayurveda*, xxiv-xxx, 3-5, 63-64.

<sup>122</sup> Prakash, xix; Sen, 165.

<sup>123</sup> Achaya, *Historical Dictionary of Indian Food*, 61.

<sup>124</sup> *Charaka Samhitā*, cited in Sen, 169.

<sup>125</sup> Fulder, 30.

<sup>126</sup> Castleman, 10.

<sup>127</sup> Achaya, *Historical Dictionary of Indian Food*, 1, 40; Achaya, *Indian Food*, 54, 78, 82, 213; Bensky and Gamble, 24; Burkill, *Economic Products of the Malay Peninsula*, 2338; Ferry-Swainson, 16; Prakash, 113, 142.

<sup>128</sup> Wujastyk, 139.

In India, fresh and dried ginger are differentiated linguistically, Sanskrit and Hindi having different words for each: in Sanskrit green ginger is *ardhraka* and dry ginger is *srngavēra*; in Hindi green ginger is *adrak* and dried ginger *sunti*. Both forms are used, and both are pungent and hot. Green ginger is considered also to be sweet, heavy, dry, and penetrating, while dry ginger is light and oily. Ginger is used to preserve food, counteract the strong flavours of meat, aid digestion, curb flatulence, alleviate nausea, and combat cold-related ailments. Considered to be a physical and spiritual purifier, ginger is eaten before religious celebrations to make the worshippers more acceptable to the gods.<sup>129</sup>

The use of ginger in *Ayurvedic* medicine is essentially the same as in Chinese medicine and, as will be shown later, in Western medicine. Because of ginger's stimulating and warming properties, *Ayurveda* uses it either alone or combined with other herbs to: stimulate the muscles and blood vessels and improve circulation; aid digestion; combat colds, influenza, bronchial problems and pulmonary tuberculosis; balance watery and oily foods; warm the intestines; induce perspiration; alleviate nausea and vomiting, cramps, gas, and constipation; counteract body odour; reduce obesity; and prevent the build-up of toxins that result in allergies and conditions such as rheumatism.<sup>130</sup> *Śārngadhara's Compendium*, a popular medical work composed in about 1300, includes ginger in an opium-based aphrodisiac which 'makes men's seed into an erect pillar of strength and brings them to ecstasy'.<sup>131</sup>

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<sup>129</sup> Achaya, *Historical Dictionary of Indian Food*, 80; Castleman, 186; Cost, *Ginger East to West*, 93, 167-169; Ferry-Swainson, 17; Schulick, 23, 102.

<sup>130</sup> Cost, *Ginger East to West*, 93, 167; Ferry-Swainson, 45; Fulder, 28-31, 45; Ody, *Medicinal Herbal*, 25, 139; Sen, 51.

<sup>131</sup> Wujastyk, 256-7.

In 1906, Gille reported that people in southern India were using dry ginger in medicinal compounds to treat bile, coughing, asthma, fever, headache, smallpox, and worms in children. They also used ginger oil in ointments to treat boils, rheumatism and skin itches.<sup>132</sup> Many of the primitive aboriginal Naga tribes, living on the border of India and Myanmar, continue to inherit ancient knowledge through oral folklore as they have for centuries. The Nagas use ginger extensively ‘as a flavouring agent, condiment, and medicine, as well as in various ceremonial and ritual performances.’ Ointment containing ginger is applied to bone fractures and sprains. Ginger juice is drunk as expectorant, stimulant, and tonic, and to relieve dyspepsia and flatulence. Pieces of green ginger are among the offerings to the spirits during sacrifices and ceremonies, and are believed to provide protection from evil spirits.<sup>133</sup> Ginger continues to be used in about half of all *Ayurvedic* prescriptions, including home remedies, many of which have remained unchanged for centuries.<sup>134</sup>

### 2.2.2 Indian Food

In both the *Charaka Samhitā* and the *Sushruta Samhitā*, ginger is used to flavour a variety of beverages, including sugarcane juice, sweetened milk, and both sweet and sour fruit juices. Rāgasādhava is made using boiled green mango, sweetened with treacle and flavoured with dry ginger and other spices. Ginger is also used in sweet dishes. *Charaka*’s sweetmeat, Samyāva, is made from wheat flour fried in ghee, sweetened with sugarcane juice, and spiced with cardamom, pepper and ginger.<sup>135</sup>

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<sup>132</sup> Gille, “Native Medicines from Southern India,” 182-187.

<sup>133</sup> Changkija, “Folk Medicinal Plants of the Nagas in India,” 205-206, 229.

<sup>134</sup> Ferry-Swainson, 16-17; Ravindran and Babu, *Ginger*, 489-491.

<sup>135</sup> Achaya, *Historical Dictionary of Indian Food*, 81, 85-86; Prakash, 41, 145-147; Sen, 7.

By the Sūtra Period (800–300 BC) dry ginger as well as fresh ginger was used to season food, fresh ginger was eaten after meals to aid digestion, and fermented drinks were flavoured with ginger and sugar.<sup>136</sup> The epic *Mahābhārata*, from the period 350 BC–AD 200, describes a picnic meal including meat dishes garnished with ginger.<sup>137</sup> In Eastern India, milk products, especially curds, were an important part of the diet of the vegetarian Jains and Buddhists.<sup>138</sup> While the Jains avoided the use of green ginger, because roots have the potential to grow and thus contain germs of infinite life, they used dry ginger.<sup>139</sup> A favourite dish, Sikhariṇī, was prepared by mixing curds with sugar, pepper, cinnamon and dry ginger.<sup>140</sup> Although there was great disparity between the standard of living of the rich and the poor in the Maurya and Sunga Period (325 BC–AD 75), ginger was enjoyed by all.<sup>141</sup> By the Kusāna and Saka Sātavāhana Period (AD 75–300), meat eating had regained popularity, with long pepper and dry ginger being the most common seasonings.<sup>142</sup> Rice had become a staple food, and a spicy rice soup was flavoured with dry ginger, long pepper and pomegranate juice.<sup>143</sup> People in northwest India made their grains tastier by mixing them with ginger.<sup>144</sup> While many Indians accepted vegetarianism as normal in the Gupta Period (300–750), some remained meat eaters, and ginger was

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<sup>136</sup> Prakash, 43, 69; Achaya, *Indian Food*, 35, 213; Mintz, *Sweetness and Power*, 19–20.

<sup>137</sup> Achaya, *Historical Dictionary of Indian Food*, 81; Achaya, *Indian Food*, 54.

<sup>138</sup> Prakash, 62, 242.

<sup>139</sup> Achaya, *Indian Food*, 80; Frost, 6; Prakash, 161, 233; Sen, 34.

<sup>140</sup> Achaya, *Indian Food*, 47; Prakash, 63, 140.

<sup>141</sup> Achaya, *Indian Food*, 37; Prakash, xxi, 92, 242–243

<sup>142</sup> Prakash, 142, 146, 244.

<sup>143</sup> Achaya, *Indian Food*, 82; Prakash, 136.

<sup>144</sup> Prakash, 165.



essential to the diet of both groups. Dry ginger was one of the most common seasonings in meat dishes, including Dakalāvanika, a meat soup, and it was used also in drinks.<sup>145</sup>

During the Post-Gupta Period (750–1200), lentils continued to be used widely, and sliced fresh ginger was enjoyed as a vegetable. A soup was prepared with mung dahl lentils, asafoetida and green ginger, and garnished with black pepper and dry ginger. Vatakas, round cakes made from pulse flour and fried in oil, were added to a thickened sour gruel containing curds and ginger. Milk products remained popular, whey being flavoured with rock salt, ginger and cumin, while Pralehaka was a mixture of curds, fruit juices, and fragrant spices including ginger. By 959 pickles, made from mango, lime and citron, and flavoured with ginger, were being used as a relish.<sup>146</sup> Centuries later, the British in India were to discover this relish and incorporate it into their cuisine. In his *Mānasollāsa* written in about 1130, King Someshwara of Kalyānā in Central India includes recipes such as Vyañjana, a special beverage made from the water used for washing rice, mixed with buttermilk, tamarind, sugar, cardamom and ginger juice.<sup>147</sup>

From as early as the fourth century BC, foreign travellers in India reported on the widespread cultivation of ginger and the copious amounts used in Indian medicine and food. Later visitors also observed ginger being dried for the European market, and commented upon the vast trade in the spice.<sup>148</sup> For example, in his *Historia Naturalis*, Pliny the Elder (AD 23–79) based his description of ginger on the much earlier

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<sup>145</sup> Achaya, *Historical Dictionary of Indian Food*, 80; Achaya, *Indian Food*, 147; Prakash, 177, 180, 188, 195-7, 245.

<sup>146</sup> Achaya, *Historical Dictionary of Indian Food*, 73; Achaya, *Indian Food*, 90-91; Prakash, 205-206, 208-209, 218-221, 245.

<sup>147</sup> Achaya, *Indian Food*, 88-91; Prakash, xv, 218-9.

<sup>148</sup> Marco Polo, *Most Noble and Famous Travels*, 113, 127, 134-135, 147, 293; Marco Polo, *Travels of Marco Polo*, 246-8; Ross, 11, 35-40; Achaya, *Indian Food*, 150-151, 163-166, 172-175; Norman, "Spices," 288; Keay, 123, 134, 149; Collingham, 22.

observations of Megasthenes (350–290 BC), Greek ambassador to the court of Emperor Chandragupta in northern India.<sup>149</sup> In the 12<sup>th</sup> century AD, Benjamin of Tudela observed that ginger, traditionally used for embalming and in funeral rites in southern India, was still being used for this purpose.<sup>150</sup> Marco Polo, who travelled throughout India during the following century, saw ginger being used for medicinal purposes in various parts of the country. Seventh century Chinese monk I Ching reported Indian monks eating pieces of ginger at the beginning of their meals to stimulate their appetites.<sup>151</sup> Moroccan Ibn Battūta enjoyed meat cooked in ghee and flavoured with onion and green ginger at a grand dinner given by Sultan Muhammad bin Tughlak in the 14<sup>th</sup> century. He noted that the poor often seasoned their rice with green ginger, a practice also reported 300 years later by the Reverend Edward Terry, who was intrigued that Indians simply pulled ginger from the ground and ate it.<sup>152</sup> Bengal became known for its sweetmeats, especially ginger preserved in sugar, as reported by Marco Polo and later by 17<sup>th</sup> century French merchant Jean-Baptiste Tavernier.<sup>153</sup> Pires reported that, by the early 16<sup>th</sup> century, more than 2,000 quintals [100,000 kg] of ginger were produced in Malabar each year.<sup>154</sup>

From as early as the eighth century, when Arab traders became active in western India, Muslims began to influence Indian eating habits, increasing the spiciness and the complexity of Indian food and the use of ginger. The first sultanate was established in Delhi in about 1206 and, in 1526, Babur founded the Moghul Empire which lasted until 1857. The Moghuls brought with them their own Persian-influenced cultural, culinary and

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<sup>149</sup> Dalby, *Dangerous Tastes*, 94.

<sup>150</sup> *Ibid.*, 99.

<sup>151</sup> Achaya, *Indian Food*, 147-148.

<sup>152</sup> Achaya, *Indian Food*, 152-156, 162, 172-173; Collingham, 32-33; Ross, 11.

<sup>153</sup> Achaya, *Indian Food*, 151, 175; Collingham, 22.

<sup>154</sup> Ross, 37-38.

medical practices, many of which they integrated with local traditions.<sup>155</sup> Ginger was a common ingredient in Moghul cuisine, dishes being routinely ‘aromatically marinated in masalas of ginger and onion’.<sup>156</sup> Babur enjoyed Chichi, a meat dish thickened with flour and ginger. During Akbar’s rule Moghul cooking flourished, and his Prime Minister and gourmand Abul Fazl recorded court food in his *Ain-i-Akbari*. The recipes included Zard Birinj, a rice dish with meat, raisins, nuts, and flavoured with fresh ginger. After fasting during Ramadan, Akbar often called for Khichri, a mixture of pulses, rice, and sometimes meat, seasoned with onions, fresh ginger, and garlic. This dish was also prepared in vast quantities for his soldiers when his army was on the move. Another of Akbar’s favourites was Murgh Mussamman, boned whole chicken stuffed with savoury mince, marinated in a spicy paste, and slowly roasted; both stuffing and marinade containing fresh ginger. Plates of fresh ginger were among numerous side dishes, and fruits were preserved in sugar syrup and flavoured with ginger and cloves. The Moghul influence on Indian cuisine continues, with many of Akbar’s favourite dishes still being cooked in India today.<sup>157</sup> Ginger is included in 82% of the 118 savoury recipes in Westrip’s *Moghul Cooking*.<sup>158</sup>

Like those of China, Indian food habits embody the opposing principles of continuity and change. As Prakash points out: ‘changes ... come but without there being any serious break with the past’.<sup>159</sup> Originally rooted in ancient religious and medical beliefs, Indian cuisine has been significantly influenced by vegetarian practices introduced by the Buddhists and Jains in the sixth century BC, its long association with China, Muslim influence from the eighth century, and the development of distinctive regional cuisines

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<sup>155</sup> Achaya, *Indian Food*, 154; Sen 16-19, 176-177; Westrip, *Moghul Cooking*, 15-16, 19, 22.

<sup>156</sup> Westrip, 16.

<sup>157</sup> Collingham, 28, 40-43; Sen, 19; Westrip, 16-26, 98, 187.

<sup>158</sup> Westrip, 36-211. Westrip maintains that her recipes are modern versions of traditional recipes (11-14).

<sup>159</sup> Prakash, 246.

based on locally produced foodstuffs. Later, Indian cuisine was also influenced by the Portuguese who settled in Goa and Kerala in the early 16<sup>th</sup> century, the availability of ingredients from the New World, and India's colonisation by the British in the early 17<sup>th</sup> century. As will be discussed in the next chapter, however, the Indian impact on British cuisine was much greater than that of the British on Indian food. By incorporating a vast array of ingredients, dishes and techniques from a variety of sources, Indian cuisine has evolved into one of the world's most diverse cuisines, characterized by the inventive use of spices, among which ginger remains one of the most common.<sup>160</sup>

Underlying India's many marked regional, religious, ethnic and caste variations, Prakash argues, there remains a fundamental Indian diet which continues to be 'relished by all irrespective of caste or creed'.<sup>161</sup> Ginger has always been one of the essential components of this diet, for both culinary and health reasons, and it continues to be used in traditional ways. Being affordable, ginger has long been used by the poor as well as the wealthy in India, as in China. Mostly ginger is used fresh, grated, chopped, thinly sliced, or its juice extracted. In the north, reflecting the Persian origin of Moghul cuisine, dried ginger is also used. Most meat and chicken dishes include a garlic and ginger paste, used either at the beginning of the braising process or in the marinade for meat which is to be grilled or roasted. Ginger is used in most fish and shellfish dishes, to enhance the flavour of vegetable and rice dishes, and to aid the digestion of pulses and legumes. Ginger is an essential ingredient in many of the relishes, chutneys and other accompaniments to Indian meals. In Bengal, preserved ginger has been eaten for centuries.<sup>162</sup> As late as the 19<sup>th</sup>

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<sup>160</sup> Appadurai, "How to Make a National Cuisine," 4, 13-14; Collingham, 8-9; Nandy, "The Changing Popular Culture of Indian Food," 11-12; Prakash, 246-247; Wickramasinghe and Selva Rajah, *Food of India*, 6-10.

<sup>161</sup> Prakash, 247.

century, the staple diet of millions of poor in India was rice seasoned with ground chillies, ginger, mustard oil and salt.<sup>163</sup> Today, ginger is cultivated throughout much of India, which is the world's largest producer, consumer, and exporter of ginger.<sup>164</sup>

### 2.3 Summary and Conclusions

This chapter has traced the history of ginger, the plant and its uses, from prehistoric times in China and India. Ginger is an essential ingredient in the traditional medicines of both countries, used primarily to combat cold-related ailments, increase blood circulation, aid digestion, curb flatulence, alleviate nausea, treat arthritis and rheumatism, and as an aphrodisiac. An indispensable ingredient in Chinese and Indian cuisine for thousands of years, ginger remains one of the most widely used spices. It is used fresh, as spice and vegetable, and dried, and ginger preserved in syrup is enjoyed as a sweetmeat. Considered to be pungent and hot, ginger is used in both cuisines to balance cold ingredients, enhance the flavour of soups, fish, meats, sauces and vegetables, counteract the strong tastes of fish and meats, and aid the digestion of pulses and legumes. Ginger is an ingredient in many of the relishes which accompany Indian meals, and which the British were later to adopt.

The next chapter follows ginger, as the dried spice was taken from India to ancient Greece and Rome and thence to Britain, where it became important in both British medicine and food. It will be shown that the use of ginger in Western medicine was essentially the same as its use in traditional Chinese and Indian medicines. From the 17<sup>th</sup> century, Indian cuisine had a significant impact on British eating habits, which subsequently became

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<sup>162</sup> Achaya, *Historical Dictionary of Indian Food*, 81; Achaya, *Indian Food*, 47, 129-137; Cost, *Ginger East to West*, 94-96; Dalby, *Dangerous Tastes*, 98; Root, *Food*, 147; Sen, 37, 50-53; Wickramasinghe and Selva Rajah, 13-17.

<sup>163</sup> Collingham, 53.

<sup>164</sup> Ravindran et al., *Advances in Spices Research* 52, 70, 365, 957; Ridley, *Spices*, 393, 410-411; Ross, 32.

adopted in Australia. Later chapters will show that Chinese settlers in Australia also brought with them their medical and culinary traditions.

## 3 GINGER GOES WEST

Ginger has been an important spice from ancient to modern times, and one universally used.<sup>165</sup>

In medieval Europe, ginger was thought to have originated in the Garden of Eden – a beneficial substance created by God at the very beginning of time to be pleasing to humankind.<sup>166</sup>

The Romans, who used dried ginger from India as a medicine and to flavour their food and drink, took ginger to Britain as a dried spice about 2000 years ago. Thus this chapter begins by exploring the adoption of ginger in the ancient Western world, before focussing on the uses of ginger in British medicine and food from the time of the Roman invasion until the 19<sup>th</sup> century. Because of ginger's importance, early British settlers in Australia brought with them a considerable need for ginger. Ginger rhizomes, too, came to Australia from Britain, and the final section traces the introduction of ginger plants from India via Jamaica to British hothouses in the early 18<sup>th</sup> century.

### 3.1 Ginger In Ancient Greece And Rome

#### 3.1.1 Spices in the Ancient World

The story of ginger in the West unfolds in the context of spices in general. From earliest recorded times, peoples of the Mediterranean used spices. Egyptians were using spices in worship in the mid-third millennium BC, and for embalming when Ramses the Second

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<sup>165</sup> J. Innes Miller, *Spice Trade of the Roman Empire*, 53.

<sup>166</sup> Ferry-Swainson, *Ginger*, 27

died in 1224 BC.<sup>167</sup> Spices were luxury items, most coming overland via Arabian intermediaries who, for centuries, not only controlled the trade routes from Asia, but also kept secret the sources of their supplies. The Phoenicians distributed spices around the Mediterranean until Alexander the Great conquered their commercial centre, Tyre, in 332 BC, and Alexandria became the centre of commerce for the spice trade. Alexander's conquests, from the Mediterranean to the Punjab in northern India, opened up direct contact between the Hellenic world and the East. By this time, spices were widely traded within the subcontinent, giving Greece access to the full range of Indian spices, including ginger. Alexander's soldiers were introduced to these spices and their various uses as medicines, aphrodisiacs, preservatives, and flavourings in food, wine and in perfumes. Importantly, Alexander sent some Indian *Ayurvedic* medical practitioners to Greece, thereby introducing Greek physicians to the medicinal properties of Eastern spices such as ginger.<sup>168</sup>

Spices were important in the humoral theory of medicine, which prevailed in ancient Greece by the 5<sup>th</sup> century BC. There are similarities between this theory and theories which appeared concurrently in Indian and Chinese medical literature.<sup>169</sup> All use ginger for essentially the same purposes. The essence of humoral medicine is balance. Good health depends on good digestion, which requires the humours which regulate the body and the qualities of heat, cold, moisture and dryness to be balanced. Imbalance, or bad digestion, results in illness. Balance can be restored and illness treated with appropriate food and drink. Digestion is a form of cooking, using heat generated in the stomach.

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<sup>167</sup> Jack Turner, *Spice*, 165, 272.

<sup>168</sup> J. Innes Miller, 1-2, 23, 32; Tannahill, *Food in History*, 55-57; Warmington, *Commerce Between the Roman Empire and India*, 38, 184, 259; Schulick, *Ginger*, 8; Norman, "Spices," 286-287; Achaya, *Indian Food*, 80; Ian Hemphill, *Spice Notes*, 196; Keay, *Spice Route*, 13-14, 50-52; Dalby *Dangerous Tastes*, 97; Sen, *Food Culture in India*, 167; Jack Turner, 16.

<sup>169</sup> Anderson, "'Heating' and 'Cooling' Foods," 237; Buell and Anderson, *A Soup for the Qan*, 133-134.



Foods are classified according to their powers, including heating or cooling, salty or sweet, sharp or bitter, sour or watery, ease of digestion, and effects on the stomach. Since people vary in temperament, constitution, age, gender, and occupation, their dietary requirements differ. Hippocrates (460–377 BC) made use of many Indian spices, which aid digestion by warming cold foods and thus assisting the digestive cooking process. Ginger, being both hot and moist, was prescribed for illnesses of a cold and dry nature, including sexual dysfunction which was considered to be the result of excessive coldness.<sup>170</sup>

While Eastern spices were known in the West by the sixth century BC, due to the long distances over which they had to be transported and the involvement of Arabian middlemen, initially they were very expensive and only the wealthy could afford them. By the first century AD, the Romans had established trading stations on India's Malabar Coast, which not only provided a plentiful supply of Indian spices, but also acted as entrepôts for spices from other countries. Demand for spices grew with their increasing availability. They became cheaper and more widely used, as flavourings for food and wine as well as in medicines and perfumes. The Roman spice trade reached its peak in the first and second centuries AD, when the Roman Empire spent at least 25 million denarii per year on spices from India, China and Arabia. Ginger cost six denarii per pound, while a soldier's annual salary was 225 denarii.<sup>171</sup>

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<sup>170</sup> Warmington, 221-222; Anderson, "'Heating' and 'Cooling' Foods," 237, 245, 254; Cost, *Ginger East to West*, 156; Scully, *Cookery in the Middle Ages*, 41; Achaya, *Indian Food*, 154; Mazzini, "Diet and Medicine in the Ancient World," 143; Grant, *Galen on Food and Diet*, 7-11; Ody, *Medicinal Herbal*, 10Sen 7, 176-177; Dalby, *Flavours of Byzantium*, 47-48; Jack Turner, 187-189, 219-221.

<sup>171</sup> J. Innes Miller, 8, 23-24, 27-28, 56, 110; C. Anne Wilson, *Food and Drink in Britain*, 277; Cost, *Ginger East to West*, 118; Norman, 287; Warmington, 38-39; 180-184; Keay, 9, 62, 80; Dalby, *Dangerous Tastes*, 124; Jack Turner, 62-63, 70-74, 79-80, 95.

### 3.1.2 Ginger in Medicine and Food

Precisely when ginger first arrived in the West is uncertain, but it was in common use by the first century BC. Most ginger came from India, though some may have come from Trogydytica on the east coast of Africa (modern Eritrea, Ethiopia or Somalia) and from Madagascar.<sup>172</sup> Ginger usually arrived as a dried spice, though occasionally it was preserved in syrup or pickled. By the beginning of the Roman Empire, the Greeks and Romans had a plentiful supply of ginger directly from India's Malabar Coast. While the Greeks used ginger primarily for its medicinal properties, the Romans also used it to flavour their food.<sup>173</sup>

The humoral theory of medicine reached Rome in about 100 BC.<sup>174</sup> Both Greek and Roman physicians used ginger in many of their remedies, ginger's role in humoral medicine being essentially the same as in Eastern medicines. In about 80 BC, physician Crateuas prepared for Mithridates the Great a complex antidote against poison, ginger being among its 36 ingredients. The following century, Nero's physicians, Damocrates and Andromachus, prepared similar theriacs for him.<sup>175</sup> While initially used as antidotes to poison, theriacs 'became credited with the power of curing diseases as well as preventing their onset', and were to remain in British pharmacopoeia into the 18<sup>th</sup> century.<sup>176</sup>

Cornelius Celsus, the first Roman medical writer and physician under Tiberius (ruled AD

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<sup>172</sup> Burkill, *Economic Products of the Malay Peninsula*, 2338; Cost, *Ginger East to West*, 120; Dalby, *Dangerous Tastes*, 25; Keay, 12; J. Innes Miller, 7-8, 21, 51, 56-57, 107-108; Soyer, *Pantropheon*, 92; Ross, *Ginger*, 41-44; Warmington, 184.

<sup>173</sup> Cost, *Ginger East to West*, 118; Dalby, *Food in the Ancient World*, 159; Ian Hemphill, 196; Norman, 283, 286; Jack Turner, xxxvii, 16.

<sup>174</sup> Ody, *Medicinal Herbal*, 11.

<sup>175</sup> J. Innes Miller, 5, 55; Ferry-Swainson, *Ginger*, 21.

<sup>176</sup> Paul Freedman, *Out of the East*, 68; Royal College of Physicians of London, *Dispensatory*, 1773.

14–37), used ginger in his prescriptions. So, too, did Scribonius Largus, physician in the Imperial household of Claudius.<sup>177</sup>

Pedanius Dioscorides describes ginger and its properties in his *Materia Medica*, written in about AD 65, and recommends ginger as a digestive, an antidote to poisons, and to treat cataracts.<sup>178</sup> Although it is unlikely that Dioscorides had access to fresh ginger, he was aware that green ginger was eaten in places where it was grown:

Ginger is a private plant growing plentifully in Troglodyticall Arabia, the green herb of which they use for many purposes, as we doe Rue, seething & mixing it in oyle for drinkinge, & sod meates.<sup>179</sup> It hath small little roots, as those of Cyperus [turmeric] whitish, resembling pepper in tast, and of a sweet smell. Chuse those which are most without rottenesse. But of somme, because of their soone rotting, they are preserved and are carried into Italie in earthen vessels fitt for meate, but they are taken together with their pickle. But they have a warming concocting power, mollifying of the belly gently, & good for ye stomach. And it is effectuall against those thinges that darken the Pupillae. It is also mixed with Antidots, & in generall in a manner it doth resemble pepper in its strength.<sup>180</sup>

Galen (AD 129–199) developed humoral theory in his works, *De alimentorum facultatibus* and *On the Powers of Food*. Galen used ginger as a digestive, recommended apple juice mixed with honey, vinegar, ginger and white pepper to stimulate the appetite, and maintained that ginger increased the beneficial effects of dried figs in treating blockages in

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<sup>177</sup> Scribonius Largus; J. Innes Miller, 55; Warmington, 222-223; Dalby, *Siren Feasts*, 138; Grant, *Galen on Food and Diet*, 6.

<sup>178</sup> Cartwright, *Social History of Medicine*, 8; Dalby, *Dangerous Tastes*, 22; J. Innes Miller, 6-9, 54; Norman, 283, 339; Ody, *Medicinal Herbal*, 10-11; Schulick, 24; Jack Turner, 192.

<sup>179</sup> *Meate* or *mete* refers to *food* (Ross, 11).

<sup>180</sup> Dioscorides, *De Materia Medica*, book 2, 200.

the liver and spleen.<sup>181</sup> Dioscorides, Celsus and Galen influenced British medicine for more than 1200 years.<sup>182</sup>

Natural philosopher Pliny the Elder (AD 23-79) recorded that Romans had a passion for ginger and ‘admired its fragrance for its overtones of Oriental mystery.’<sup>183</sup> In his *Historia Naturalis*, Pliny reports:<sup>184</sup>

The Indians grate this root in their broth or *ragout*; they make a paste which they believe is good against scurvy. The inhabitants of Madagascar eat it green, in salad, cut in small pieces, and mixed with other herbs, which they season with salt, oil, and vinegar. In other places ginger is taken infused as a drink; it fortifies the chest, and awakens the appetite. It is preserved in sugar after it has been stripped of its bark, and soaked in vinegar. Delicious preserves are made of it with much perfume, and which keep a very long time.<sup>185</sup>

Marcus Gavius Apicius is credited with introducing spices into the Roman culinary repertoire, reputedly publishing his recipes in the first century AD.<sup>186</sup> Later compilers added to the collection of recipes attributed to Apicius. Ginger is used in several recipes in *De re coquinaria*, not only to add flavour but also, in the manner of the Chinese and Indians, to stimulate the appetite and aid digestion.<sup>187</sup> Aromatic salts, recommended ‘for the digestion, and to move the bowels’, contain ginger. So, too, does a dressing designed

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<sup>181</sup> Galen, *De alimentorum facultatibus*, 10, 116, 129, 172, 201; J. Innes Miller, 25, 56; Ody, *Medicinal Herbal*, 11; Sen, 176.

<sup>182</sup> Cartwright, 8-9.

<sup>183</sup> Cited by Ferry-Swainson, 22.

<sup>184</sup> J. Innes Miller, 20-21, 54.

<sup>185</sup> Cited in Soyer, *Pantropheon*, 92.

<sup>186</sup> Flower and Rosenbaum, *Roman Cookery Book*, 12-14; Grant, *Galen on Food*, 15.

<sup>187</sup> Flower and Rosenbaum, 13; J. Innes Miller, 10-11, 55, 110; C. Anne Wilson, 277; Tannahill, 94-5; Norman, 287; Keay, 83-83; Jack Turner, 75-76.

to make cold lettuces ‘more easily digestible [and] to prevent flatulence’.<sup>188</sup> Ginger was also used to season vegetable dishes, and in stuffings and sauces for meat dishes.<sup>189</sup> This collection of recipes remained in vogue until at least the ninth century.<sup>190</sup> In the Roman Empire, ginger was used also to flavour wine, a practice which had begun in ancient Greece.<sup>191</sup>

As a spice, ginger’s popularity was second only to that of pepper.<sup>192</sup> Indeed, Warmington maintains that pepper and ginger were the only Indian spices commonly used in Roman cooking.<sup>193</sup> Ginger was among the spices listed in the Alexandrian customs tariff of Marcus Aurelius, attracting an import duty of 25%. Diocletian, in his *Edictum de maximis pretiis* of AD 301, fixed maximum prices on a variety of retail goods including ginger, thus confirming its continuing importance.<sup>194</sup>

### 3.2 Ginger In Britain

‘For some two thousand years, English cookery has been extremely spice conscious,’ the English having ‘a natural taste for highly seasoned food’.<sup>195</sup>

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<sup>188</sup> Flower and Rosenbaum, 55, 57, 87.

<sup>189</sup> Albala, *Beans*, 43-44; Flower and Rosenbaum, 67, 117-119, 127-131, 137, 155, 163-167, 189.

<sup>190</sup> Jack Turner, 98.

<sup>191</sup> Dalby, *Dangerous Tastes*, 129; Keay, 83; Jack Turner, 128.

<sup>192</sup> C. Anne Wilson, 277; Norman, 287.

<sup>193</sup> Warmington, 222.

<sup>194</sup> J. Innes Miller, 25, 56, 279.

<sup>195</sup> David, *Spices, Salt and Aromatics*, 7.

Claudius led the Roman legions which invaded Britain in AD 43. It is likely that his physicians, among whom was Scribonius Largus, introduced ginger to Britain in their medicine kits.<sup>196</sup> As Romans settled in the country, Britons began to adopt Roman medical and culinary practices. The wealthy in Britain, like those in other parts of the Roman Empire, readily acquired a taste for exotic Eastern spices, especially pepper, ginger, and cinnamon.<sup>197</sup>

### 3.2.1 Supply of Ginger

Following the collapse of the Western Roman Empire in the fifth century AD, trade between the East and Europe decreased markedly, though ginger and pepper were still shipped from India's Malabar Coast. The traffic in spices declined even further after the Arabs conquered Alexandria in AD 641.<sup>198</sup> While small quantities of spices continued to arrive in Britain, they were often gifts between royal houses or religious establishments rather than trade goods.<sup>199</sup> Because of their medicinal properties, spices were among the few luxuries allowed to monks in the Roman church in Britain.<sup>200</sup> For example, both dried and preserved ginger were among the treasures which the Venerable Bede distributed to his brethren shortly before his death in 735.<sup>201</sup> Aelfric (c.955–1020), Abbot of Eynsham in Oxfordshire, refers to ginger.<sup>202</sup>

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<sup>196</sup> Ryan, *In a Nutshell*, 1; Sturt and Paterson, *Ancient Spice*, 116-117.

<sup>197</sup> David, 34; Kiple and Ornelas, *Cambridge World History of Food*, 1218; Lauriou, "Spices in the Medieval Diet," 66; Mason, *Food Culture in Britain*, xv, 6-7; Pullar, *Consuming Passions*, 56-59; C. Anne Wilson, 14, 277.

<sup>198</sup> Keay, 97, 111; Norman, 287; Peterson, "Arab Influence on Western European Cooking," 330; Tannahill, 55-57; Jack Turner, 71-72.

<sup>199</sup> Hagen, *Anglo-Saxon Food and Drink*, 182; Mason, *Food Culture in Britain*, 8; Norman, 287; Peterson, 330; Santich, "Two Languages, Two Cultures," 133-134; Jack Turner, 71-72, 102; C. Anne Wilson, 279.

<sup>200</sup> Jack Turner, 302, 316-317.

<sup>201</sup> Hagen, 183.

By the 11<sup>th</sup> century, the spice trade to Western Europe had revived, and English merchants were travelling to continental fairs to exchange their cloth and tin for spices, including ginger. Although most spices were destined for the kitchens of the wealthy, Hagen suggests that the very poor may also have tasted spices, either as leavings of the rich or in medicines provided by monks.<sup>203</sup> Eastern spices were shipped via the Gulf and the Red Sea to the Mediterranean, and thence to Italy, from where they were distributed overland to Germany and Northern France and across the Channel to England, or by ship through the Straits of Gibraltar and around the Iberian Peninsula to London.<sup>204</sup> By 1300, spices had become one of the most extensively traded of all commodities, pepper and ginger being the two most important spices in Western Europe in the late 14<sup>th</sup> and early 15<sup>th</sup> centuries.<sup>205</sup>

While Western Europeans began travelling to the East in the 12<sup>th</sup> century, their occasional descriptions of ginger and other spices they saw growing were met with scepticism. Until the end of the 15<sup>th</sup> century, the true origins Eastern spices remained a mystery to most.<sup>206</sup> For example, Crusader Jean de Joinville (c.1224–1317) wrote:

Before the river Nile enters Egypt, the people who are accustomed so to do, cast their nets out-spread into the river at night and when morning comes, they find in their nets such things as are sold by weight and brought into the land: ginger, rhubarb, wood of aloes, and

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<sup>202</sup> Pullar, 75; Jack Turner, 113.

<sup>203</sup> Ferry-Swainson, 27; Hagen, 185; Lauriou, “Spices in the Medieval Diet,” 64; C. Anne Wilson, 279-280.

<sup>204</sup> Dalby, 125; Norman, 288; Keay, 18, 117-118; Sass, 1981, 11; Jack Turner, 50-51; Tannahill, 186-187; C. Anne Wilson, 277, 281.

<sup>205</sup> Keay, 120; Lauriou, “Spices in the Medieval Diet,” 56-67; Ridley, *Spices*, 391-392.

<sup>206</sup> Ian Hemphill, 196; Keay, 4, 121-123, 149; Mintz, *Sweetness and Power*, 80-81; Scully, *Cookery in the Middle Ages*, 31; Jack Turner, xxvii, 45-49, 54; Warmington, 38.

cinnamon. And it is said that these things come from the earthly paradise, just as the wind blows down the dry wood in the forests of our own land.<sup>207</sup>

In medieval Europe, ginger was classified according to its provenance and its method of preparation. In 1320, Florentine merchant Francesco Balducci Pegolotti differentiated three types of ginger, each named for the region in which it was thought to originate.<sup>208</sup> *Columbyne*, or columbine, referred to ginger from Quilon on India's Malabar coast. *Belendyn*, or *beledi*, or *valadyne* ginger grew in many other parts of India, including the Coromandel Coast and the coast of Bengal. *Maykyn* ginger came through Mecca, from unidentified sources. While only one variety of ginger was cultivated in India, the quality varied with the locality in which it was grown. Originally *beledi* ginger was considered the best.<sup>209</sup> By the 15<sup>th</sup> century, columbine had become more highly valued, as John Russell makes clear in his *Boke of Nurture* (1460–1470):

For Good gynger columbyne is best to drynke and ete;  
Gynger valadyne or madelyn ar not so holsom in mete.<sup>210</sup>

Ginger reached Britain dried or preserved in syrup.<sup>211</sup> Dried ginger usually arrived whole, most of that from India being dried with its skin on and referred to as *black ginger*. From the 17<sup>th</sup> century, much of the *white ginger*, dried rhizomes which had been peeled or bleached with lime, came from Jamaica.<sup>212</sup> Preserved ginger from India, China, and later

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<sup>207</sup> Cited in Sass, "Religion, Medicine, Politics and Spices," 11-12.

<sup>208</sup> Dalby, *Dangerous Tastes*, 24; Keay, 24, 29; Ross, 9-12, 33; Scully, *Cookery in the Middle Ages*, 20.

<sup>209</sup> Ross, 9-12, 23, 29, 31, 39, 43.

<sup>210</sup> John Russell, *Boke of Nurture*, 10.

<sup>211</sup> Davidson, *Oxford Companion to Food*, 338; Ross, 33; Jack Turner, xxxvii.

<sup>212</sup> Burkill, 2341-2342; Ridley, 401-403; Sloane, *Voyage to the Islands*, 1:xviii.



Jamaica, consisted of peeled young fresh rhizomes which had been boiled in honey or sugar syrup.<sup>213</sup> In 13<sup>th</sup> century Britain, ‘the most renowned preserve was a paste made of candied ginger’.<sup>214</sup> Preserved ginger was sometimes called *green ginger*.<sup>215</sup> Recipes for making *green ginger* from whole dried ginger appeared in English recipe books from the 15<sup>th</sup> century.<sup>216</sup> Until the second half of the 20<sup>th</sup> century, few British had eaten fresh green ginger in Britain, though colonists in the West Indies and India did so.<sup>217</sup> Gingerbread was imported in the 13<sup>th</sup> century, probably from the Netherlands, and was subject to customs duty at London.<sup>218</sup>

London became the centre of the British spice trade and spices were readily available to anyone who could afford them, though the price of a pound of ginger was approximately the price of a sheep.<sup>219</sup> In other parts of the country, most spices could be obtained at regional fairs, often more cheaply than in London. The more common spices such as ginger were also sold by itinerant peddlers and by apothecaries.<sup>220</sup> As the demand for spices grew, some unscrupulous traders took to adulterating their spices, for example moistening ginger to increase its weight. The Guild of Pepperers retaliated in 1316, by issuing regulations designed to control the quality of spices sold.<sup>221</sup>

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<sup>213</sup> Milburn, *Oriental Commerce*, 507; Ross, 33.

<sup>214</sup> “Indian Preserves,” 60.

<sup>215</sup> Kurlansky, 55, reports that, in 16<sup>th</sup> century Britain, salted and undried cod became known as *green*, ‘not because of the color but because it was considered a more natural state than dried fish’. The same reasoning may have applied to ginger. Ginger preserved in syrup was still known as *green ginger* in Britain in 1937 (Holland, *Overseas Plant Products*, 64).

<sup>216</sup> Brigid Allen, 37-38; Banham and Mason, “Confectionery Recipes,” 55-59; Ridley, 392.

<sup>217</sup> David, 35; Jack Turner, xxxvii.

<sup>218</sup> C. Anne Wilson, 247.

<sup>219</sup> Ferry-Swainson, 27; Jenkins, “Medicines and Spices,” 47; Mead, *English Medieval Feast*, 228

<sup>220</sup> Freedman points out that, in the Middle Ages, ‘the difference between a spice merchant and an apothecary was never very clear’ (60). The distinction remained unclear in early Australia.

By the late 12<sup>th</sup> century, ginger was in common use in Britain. In his *De naturis rerum* (*On the Natures of Things*), written 1180–1194, Alexander Neckham lists ginger not among rare, exotic substances but among generally useful herbs.<sup>222</sup> Chaucer (1343–1400) mentions ginger and gingerbread in his *Canterbury Tales*.<sup>223</sup> In 1439, a pound of ginger cost the equivalent of almost two days wages of a skilled London craftsman, leading Freedman to conclude that ginger was ‘expensive but relatively affordable’.<sup>224</sup> An essential part of the diet of the wealthy, spices were usually purchased in bulk and considered to be treasures rather than simple consumables. In some large households spices were the responsibility of the apothecary, since they were used for medicinal as well as culinary purposes.<sup>225</sup> Evidence for the widespread use of ginger is to be found in the accounts of wealthy households and religious establishments. Tables 1 and 2 summarise references to ginger in such accounts from the 12<sup>th</sup> to the 15<sup>th</sup> century.

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<sup>221</sup> Spencer, *British Food*, 48; C. Anne Wilson, 282-283.

<sup>222</sup> Hagen, 184.

<sup>223</sup> Biebel, “Pilgrims to Table,” 23; Fulder, *Ginger Book*, 88-89; Paul Freedman, 155-156; Pullar, 78, 83.

<sup>224</sup> Paul Freedman, 127-128.

<sup>225</sup> Hammond, *Food and Feast in Medieval England*, 65; Scully, *Cookery in the Middle Ages*, 30; Woolgar, *Household Accounts from Medieval England*, 14.

**TABLE 1**  
**Ginger in Household Accounts, 12<sup>th</sup>–14<sup>th</sup> century**

<b>Date</b>	<b>Establishment/ Person</b>	<b>Details</b>	<b>Source</b>
12 <sup>th</sup> century	Westminster Abbey Infirmarer's Rolls	Frequent purchases of ginger	Jenkins, 48
1205-1207	King John	Ginger	Spencer, 47
1256	King and Queen of Scotland	50 lb ginger for Feast of Assumption	Jack Turner, 49-50
1265	Eleanor de Montfort, sister of Henry III	5 lb gingerbread from the Netherlands	Hieatt and Butler, <i>Curye on Inglysch</i> , 13; Laurioux, "Spices in the Medieval Diet," 51-53; Pullar, 83, 89; C. Anne Wilson, 247
1267	Sir Robert Leyburn	Ginger used both to season sauces while travelling and in banquet for 102	Carlin, "Fast Food and Urban Living Standards", 35
1289-90	Richard de Swinfield, Bishop of Hereford	Ginger	Hammond, 65; Hieatt and Butler, 13; Laurioux, "Spices in the Medieval Diet," 51-53; Mead, 73
1290	King Edward I	Ginger and gingerbread offered during marriage arrangements for his son	Jack Turner, 151
1303	Richard, Bishop of London	Quilon ginger	Ross, 11
1310	Thomas Bishop of Exeter	Quilon ginger	Ross, 11
1334-5, 1366	Abbey of Durham	Ginger comfits, ginger	<i>Oxford English Dictionary</i>
1336-1337	Katherine de Norwich	Ginger and preserved ginger	Woolgar, 177, 227
1337	Abbot of Ramsey	Ginger used in Christmas banquet for Cardinals	Carlin, 37
1346-1349	Norwich Cathedral priory	Ginger most commonly used spice	Jenkins, 48
1347-1348	John de Multon, Lincolnshire	Ginger	Woolgar, 227, 243-245
1356-57	Abbey of Abington	Ginger	Laurioux, "Spices in the Medieval Diet," 51-53
1359-1360	John the Good, while captive in England	Ginger	Laurioux, "Spices in the Medieval Diet," 51-53
1376	Richard Lyons, Vintner	6 lb gingerbread, among goods seized	Carlin, 33; Hieatt, "Medieval Culinary Records," 103-104
1378	Edmund Mortimer, Earl of March	Carried 16 lb powdered ginger to Scotland while on King's business	Carlin, 38; Woolgar, 245-246

**TABLE 2**  
**Ginger in Household Accounts, 15<sup>th</sup> century**

<b>Date</b>	<b>Establishment/ Person</b>	<b>Details</b>	<b>Source</b>
1403	Henry IV	Comfitures of ginger in wedding feast	Mead, 155; Mintz, <i>Sweetness and Power</i> , 124
1416-1417	Robert Waterton, Leeds	Ginger	Woolgar, 503, 507
1418-1419	Dame Alice de Bryene	2½ lb ginger	Hammond, 71; Hieatt and Butler, 13; C. Anne Wilson, 283
1421-1440	St Alban's Abbey	Infirmarer gave ginger to Abbot as Christmas gifts	Jenkins, 48
1424-1425	Talbot family Shropshire	14 lb ginger	Paul Freedman, 4
1431-1432	John de Vere, 12 <sup>th</sup> Earl of Oxford	Ginger	Woolgar, 522, 528, 546
1452-1453	Duke of Buckingham	194 lbs. of ginger and <i>blaunchpoudre</i> , [ginger ground with sugar]	Hammond, 71; Jack Turner, 120
Mid-15 <sup>th</sup> century	Munden's Chantry, Dorset	Ginger used by priests, whose 'diet was more similar to that of richer peasants than the gentry'	Hammond, 63-67; C. Anne Wilson, 283
1481-1482	Lord Howard (later Duke of Norfolk).	Ginger	Lauriou, "Spices in the Medieval Diet," 51-53
1483	King Richard III	26 lb ginger used in coronation banquet	Lehmann, <i>British Housewife</i> , 27

Following the fall of Constantinople to the Turks in 1453 and the subsequent interruption to the oriental spice trade, the price of spices increased and Europeans sought a direct sea route to the Indies.<sup>226</sup> Portuguese explorer Vasco da Gama reached Calicut on India's Malabar coast in May 1498, having sailed around the Cape of Good Hope, and at last spices could be shipped directly to Europe.<sup>227</sup> Da Gama returned to Portugal with a cargo of spices, including ginger.<sup>228</sup> Early in the 16<sup>th</sup> century the Portuguese trading company,

<sup>226</sup> Sen, 19-20.

<sup>227</sup> Dalby, *Dangerous Tastes*, 101; Keay, 18, 177; Ritchie, *Food in Civilization*, 83; Ross, 42; Sen, 19-20; Jack Turner, 16-20; C. Anne Wilson, 291.

<sup>228</sup> David, 9; Norman, 288; Ross, 38; Sen, 19-20.

*Carreira da India*, took over the spice trade, despatching regular fleets to the Malabar Coast. One fleet alone returned with 28 tons of ginger.<sup>229</sup> Portuguese spice ships were reported at Falmouth on Britain's Cornwall coast in 1504.<sup>230</sup>

During the 16<sup>th</sup> century, the demand for spices in Europe had increased to the extent that 'in Malabar the cultivation of pepper ... and of ginger and cinnamon was extended almost to its natural limits.'<sup>231</sup> Fortunately for European spice lovers, an additional source of supply was to be established in the New World. In 1492, Columbus landed on the Caribbean island of Hispaniola and on mainland America, and Spaniard Hernan Cortés conquered Mexico in 1519. Soon afterwards, Spanish explorer Francisco de Mendoza took ginger rhizomes from India to the West Indies, where they thrived.<sup>232</sup> At Hispaniola in 1562, English sailor John Hawkins traded 300 slaves for 'hides, ginger, sugar, and some pearls.'<sup>233</sup> By 1587, Spanish colonies were providing Europe with some 1000 tons of ginger per year, 'ten times that carried by the Portuguese from India.'<sup>234</sup> In 1655, the British captured Jamaica from the Spanish, and British colonists continued to cultivate ginger on sugar estates.<sup>235</sup> This is discussed further in Section 3.2.4.

In the late 16<sup>th</sup> century, the English gained control of the very lucrative Indian spice trade. The British East India Company, granted a charter by Queen Elizabeth I in 1600,

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<sup>229</sup> Achaya, *Indian Food*, 164.

<sup>230</sup> C. Anne Wilson, 292.

<sup>231</sup> Harrison, 340.

<sup>232</sup> Dalby, *Dangerous Tastes*, 25; Ridley, 392; Rodriquez, *Ginger*, 4; Ryan, 12; Sloane, *Voyage to the Islands*, 1:163-164; Jack Turner, 349; Anne C. Wilson, 292.

<sup>233</sup> Edwards, *History of the British Colonies*, 2:40.

<sup>234</sup> Kiple and Ornelas, 1525.

<sup>235</sup> Rodriquez, 4.

established its first factory at Surat, near Bombay, in 1612.<sup>236</sup> By 1647, it had 28 trading establishments on the subcontinent. As Mughal power in northern India decreased in the early 18th century, the Company's power increased and, in 1757, the English defeated the Mughal forces occupying Calcutta. Soon afterwards, the Company assumed responsibility for the administration of British territories in India, transferring control to the British crown in 1858. The British Indian Empire ended in 1947.<sup>237</sup>

The opening of direct sea routes to the East Indies, the discovery of the Americas, and the British occupation of India and Jamaica, impacted significantly on British eating habits.<sup>238</sup> While ginger's popularity in other parts of Europe waned in the 17<sup>th</sup> century, it remained an essential ingredient in British cuisine.<sup>239</sup> In 1696–97, Britain imported more than 800 tons of dry ginger and two-thirds of a ton of preserved ginger.<sup>240</sup> By 1788, almost 500 tons of ginger was coming from the West Indies alone.<sup>241</sup> The wealthy continued to purchase large quantities, and preserved ginger became very popular at fairs.<sup>242</sup> In 1868, Crawford noted that dried ginger was 'one of the most extensively used condiments' in Britain, second only to pepper, with an estimated consumption rate of more than 1000 tons per year, much of it used by food manufacturers.<sup>243</sup> Less than 20 years later, the quantity had

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<sup>236</sup> *Factory* was the term for a trading establishment at a foreign port. The factory included storehouses and living quarters, the representatives being called *factors* (Collingham, 82).

<sup>237</sup> Brennan, *Curries and Bugles*, 23; Burton, *Raj at Table*, 2; Collingham, 81, 84-85, 99, 150; Keay, 244; Sen, 22-25; C. Anne Wilson, 292.

<sup>238</sup> Brigid Allen, 41; Collingham, 136; Mason, *Food Culture in Britain*, 2004, 21; Root, *Food*, 148.

<sup>239</sup> Lauriou, "Spices in the Medieval Diet," 46; Root, 148.

<sup>240</sup> Dence, "Long Pepper," 65-66.

<sup>241</sup> Edwards, 2:368.

<sup>242</sup> Brigid Allen, 38, 41; Spencer, 118.

<sup>243</sup> Crawford, "History of Cultivated Plants," 203-204.

more than doubled, with 2500 tons of dried ginger being imported in 1880.<sup>244</sup> Large quantities of preserved ginger were also imported. An article in the *Journal Science* in 1891 reported that ginger, candied or dried in sugar, made up the bulk of the sweetmeats imported from the Chinese Empire, with '18,000 to 20,000 hundredweight [900-1000 tons] coming from Hong-Kong', in addition to that received from India.<sup>245</sup>

### 3.2.2 Ginger in British Medicine

Ginger, introduced into Britain as a medicinal, remained among *materia medica* in British Pharmacopoeias in the mid-20<sup>th</sup> century. This section provides an introduction to British medicine, which will be discussed in more detail in Chapter 9, as British medical practices were adopted in Australia.

Because humoral theory remained the basis of British medicine until the early 19<sup>th</sup> century, medicine and cookery were closely related.<sup>246</sup> In Britain, as in China and India, medical physicians and dieticians provided guidelines for cooking and seasoning food which improved its taste, made it safer and more digestible and nutritional, and generally regulated the health and temperament of their aristocratic masters. Ginger was one of the spices used to counterbalance cold, damp foodstuffs, such as boiled meats, and fish.<sup>247</sup> It was more important in the winter than the summer, and particularly important for the elderly.<sup>248</sup> Ginger was also used by itself as a digestive, both before and after meals.<sup>249</sup>

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<sup>244</sup> John Smith, *Dictionary of Popular Names of Plants*, 192.

<sup>245</sup> "Indian Preserves," 60.

<sup>246</sup> Flandrin, "Dietetics to Gastronomy," 431; Grant, *Roman Cookery*, 158; Lauriou, "Spices in the Medieval Diet," 51; Peterson, 339; Sass, "Religion, Medicine, Politics and Spices," 9; Scully, *Art of Cookery*, 42.

<sup>247</sup> Thorndike, "Mediaeval Sauce-Book." 184-186; Jack Turner, 139.

Laurioux suggests that ginger was especially popular because, being hot and humid, but not too hot, it was better balanced and therefore more versatile than other spices.

Dietetically, it could be used in innumerable combinations.<sup>250</sup> Ginger's qualities also made it valued as an aphrodisiac, believed to boost both sperm and desire.<sup>251</sup> It is clear that, while remedies and recipes may have differed, ginger continued to be used in the West for essentially the same purposes as it was in the China and India.

European medical schools began to flourish late in the first millennium, though healing remained largely in the hands of the Church. The most famous school originated in the dispensary of a monastery in Salerno, Italy, in the ninth century. Salerno's theory and practices were based on those of Hippocrates and Galen. By the 11<sup>th</sup> century, Salerno's fame had spread throughout Western Europe, including Britain.<sup>252</sup> Ginger was highly regarded in the Salerno school, as is illustrated in the following verse from the *Regimen Sanitatis Salernitatum*:

Within the stomach, loins, and in the lung  
Praise of hot ginger rightly may be sung.  
It quenches thirst, revives, excites the brain  
And in old age awakes young love again.<sup>253</sup>

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<sup>248</sup> Flandrin, 316-324, "From Dietetics to Gastronomy," 419, 422, 426; Flandrin, "Seasoning, Cooking, and Dietetics," 313-327; Laurioux, "Medieval Cooking," 296-298; Mason, *Food Culture in Britain* 14; Montanari, "Food Systems," 75; Ritchie, 69; Jack Turner, 141.

<sup>249</sup> Mead, 77; Scully, *Art of Cookery*, 42, 129-131.

<sup>250</sup> Laurioux, "Spices in the Medieval Diet," 53, 69.

<sup>251</sup> Paul Freedman, 72; Jack Turner, 221.

<sup>252</sup> Cartwright, 42-43; "Medieval Manuscripts"; Ody, 18.

<sup>253</sup> Cited in Toussaint-Samat, *History of Food*, 496.



The *Regimen Sanitatis Salernitatum* formed the basis of English medical writings and practice until the 17<sup>th</sup> century.<sup>254</sup> Early English medical works, or *Leechdoms*, written in the 10<sup>th</sup> and 11<sup>th</sup> centuries refer to ginger.<sup>255</sup> In the early 13<sup>th</sup> century Gilbertus Anglicus, Britain's first major medical writer, based his *Compendium medicine* on humoral theory.<sup>256</sup> Ginger 'was the principal ingredient of some of the remedies used during the Great Plague of London which began about the year 1347.'<sup>257</sup>

King Henry VIII (1491–1547) is reputed to have valued the medicinal and aphrodisiac powers of ginger, and to have insisted that the Lord Mayor of London use ginger against the plague.<sup>258</sup> Queen Elizabeth I (1533–1603) is said to have taken ginger powders 'at anietime after or before meate, to expel winde, comfort ye stomach, and help digestion.'<sup>259</sup>

In his 1599 *Dyets Dry Dinner*, Buttes wrote of dry ginger that it:

'Breaketh winde, yet heateth slowlier than pepper: good for cold stomacks: provoketh sluggish husbandes: wasteth fleame [expels phlegm]: sharpeth the sight', while preserved ginger in particular 'is very restorative ... [and] warmes old mens bellyes'.<sup>260</sup>

Clowes (1596) included ginger in his scurvy-grass beer remedy for scurvy.<sup>261</sup> The Chinese had used ginger in the treatment of scurvy for thousands of years, and the British continued

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<sup>254</sup> Cartwright, 42-43; Drummond and Wilbraham, *Englishman's Food*, 67-68.

<sup>255</sup> Brigid Allen, 37; Hagen, 184; Ravindran and Babu, 4; Rodriquez, 3. *Leech* is from the Anglo-Saxon word *laece*, meaning *physician*.

<sup>256</sup> "Medieval Manuscripts".

<sup>257</sup> Rodriquez, 3.

<sup>258</sup> Brennan, 2000, 40; Fulder, 45, 91; Ian Hemphill, 197.

<sup>259</sup> Fulder, 91.

<sup>260</sup> Henry Buttes, cited in Brigid Allen, 38.

to do so until the 19<sup>th</sup> century. Nostradamus (1503–1566), French physician and apothecary, was so impressed by the medicinal and aphrodisiac qualities of preserved ginger that he devised recipes, not only for making *green* ginger from dried ginger, but also for making a cheaper and easier imitation from sea holly or welshed-thistle roots flavoured with dried ginger.<sup>262</sup> The practice of making imitation preserved ginger from more readily available and cheaper foodstuffs was later adopted in Britain and continued in Australia.

In his 1597 *Herball*, John Gerarde describes the ginger plant, having been sent some living rhizomes from the West Indies. Of ginger's qualities, he says:

Ginger, as Dioscorides reporteth, is right good with meat, in sauces, or otherwise in conditures; for it is of an heating and digesting quality, gently looseth the belly, and is profitable for the stomach and effectually opposes itself against all darkness of the sight; answering the qualities and effects of pepper. It is to be considered that, candied, greene, or condited Ginger is hot and moist in quality, provoking Venerie: and being dried, it heateth and drieth in the third degree.<sup>263</sup>

Similarly, apothecary John Parkinson wrote in his 1640 *Theatrum botanicum*:

The properties of Ginger is to warme a cold stomacke, and to helpe digestion, to dissolve wind both there and in the bowels ... The preserved Ginger is most acceptable and comfortable to the stomacke, and is availeable to all the purposes aforesaid.<sup>264</sup>

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<sup>261</sup> R. Elwyn Hughes, "Rise and Fall of the 'Antiscorbutics'," 61-62.

<sup>262</sup> Nostradamus, *Elixirs of Michel Nostradamus*, 112-118.

<sup>263</sup> Gerarde, *Herball*, 61-62.

<sup>264</sup> Parkinson, *Theatrum botanicum* 1612-1614.

The holistic medicine of Nicholas Culpeper was based on humoral medicine. In his *Complete Herbal*, published in 1653, Culpeper recommends ginger not only as a stomachic, because its warming effects on the stomach aids digestion, but also as a rubefacient, to ‘draw blood and spirits to wasted or paralysed limbs’, and a diuretic.<sup>265</sup> The best way of taking it, he says is ‘as it comes over preserved from the East Indies’.<sup>266</sup>

Hans Sloane, British physician to the Governor of Jamaica from 1687–1689, used a mixture of ginger, cider and wine to treat a patient who had taken a very severe fit.<sup>267</sup> He described the range of contemporary medical uses of ginger:

The chief vertue is in the Root, which, besides taken in Victuals, remedies Asthmas, Coughs, tough Flegm, Squeamishness, being helpful to the evil disposed Stomach. Outwardly applied it Cures the Gout in the Feet and Hands. Beaten with water, and infused into the Eyes, it Cures the Vertigo that comes from Stoppages in Women after Childbirth, which, unless cured in time, brings Palsies, Epilepsy, Madnesses, and even Death its self in those Regions.

... Preserv'd and other Ginger is us'd by the Northern Nations, on Sea, to warm and prevent scurvy.<sup>268</sup>

The 1702 edition of the *New London Dispensatory*, produced by the Royal College of Physicians, London, confirms that various forms of ginger continued to play an important role in British medicine:

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<sup>265</sup> Tobyne, *Culpepper's Medicine*, xiii, 116-118, 195, 206, 213, 221.

<sup>266</sup> Cited in Ferry-Swainson, 32.

<sup>267</sup> Sloane, 1:cliii.

<sup>268</sup> *Ibid.*, 1:163-164; 2:366.

It is excellent to warm a cold Stomach, and expel Wind, making a good Digestion, opening, cutting and cleansing, resisting Corruption and Petrification of the Humors; thereby becoming prevalent against Plague, Poison, and the like. *You may make a Confect thereof, after you have a while steeped it in Water, and cut it into slices, and dry'd it.*  
 ... From [the root] you may Distil an Oil, of great force against Ulcers.<sup>269</sup>

In addition to providing instructions for making ginger oil, extract of ginger and preserved ginger, the *Dispensatory* calls for ginger in a variety of waters and wines, pills, powders, and pastes. Among the 87 compounds containing ginger are the ancient Roman Mithridate of Damocrates and *Theriaca Andromachii*.<sup>270</sup>

### 3.2.3 Ginger in British Food

In Britain, ginger was very popular as a flavouring for foodstuffs, as well as for its therapeutic properties. The discussion of ginger in British food provides an introduction to the food practices adopted in Australia.

Although no European cookbooks survive from the sixth to the 13<sup>th</sup> centuries, Lauriou points out that other documents, some of which reflect Apicius' legacy, provide information on food practices of the time.<sup>271</sup> Ginger is used in recipes attributed to Vinidarius, dating from about the late fifth century AD. In the *Excerpta* manuscript, which

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<sup>269</sup> Royal College of Physicians of London. *Pharmacopoeia*, 1702, 19-20, 118.

<sup>270</sup> *Ibid.*, 658, 660.

<sup>271</sup> Lauriou, "Spices in the Medieval Diet," 62.

dates from the seventh or eighth century, ginger appears in the list of indispensable cooking spices.<sup>272</sup>

Following the Norman invasion of England in 1066, the adoption of Norman culinary practices led to an increase in the use of spices. From the 12<sup>th</sup> century, those who participated in the Crusades brought back with them a taste for the foods encountered in foreign lands, and an even greater demand for spices.<sup>273</sup> The earliest collections of English written recipes date from the 14<sup>th</sup> century and represent traditions going back to the 12<sup>th</sup> century. Until well into the 16<sup>th</sup> century, cuisine remained largely unchanged, though the recipes became more complex and more highly spiced.<sup>274</sup> Some of the early culinary manuscripts include medical remedies, highlighting the continuing close relationship between food and medicine.<sup>275</sup> The most extensive collection is the *Forme of Cury*, c.1390s, a compilation of 205 dishes prepared for King Richard II.<sup>276</sup> The 56 (27%) recipes using ginger are listed in Table 3. Recipes for the highly esteemed cranes and herons, peacocks and partridges recommend that these birds be eaten with ginger alone, probably because of its digestive qualities.<sup>277</sup> As mentioned previously, the Indians had been cooking peacock with ginger since antiquity.

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<sup>272</sup> Lauriou, "Spices in the Medieval Diet," 62; Jack Turner, 98.

<sup>273</sup> Santich, "Two Languages, Two Cultures," 135-136; C. Anne Wilson, 1981, 13.

<sup>274</sup> Hieatt and Butler, 1, 9-12; Scully, 1995, 4.

<sup>275</sup> Brunskill, "Medieval Book of Herbs," 177; Lehmann, 21; Scully, *Cookery in the Middle Ages*, 42-43; Scully, *Vivendier*, 2-5.

<sup>276</sup> Thomas Austin, *Two Fifteenth-Century Cookery-Books*, vii-viii; Hieatt and Butler, 20-24; Mason, *Food Culture in Britain*, 14.

<sup>277</sup> Hieatt and Butler, 131-132.

English cuisine, in common with the cuisines of France and Italy, used a wide variety of spices, many of which are still in common use today.<sup>278</sup> Ginger was one of the two most frequently used spices in 14<sup>th</sup> century Britain, where it increased in popularity in the following century.<sup>279</sup> Table 4 shows the number of recipes containing ginger in some manuscripts from this period. From the early 14<sup>th</sup> century, ginger became more affordable and therefore used more extensively across the social spectrum, but it still conveyed prestige.<sup>280</sup>

Most recipes called for dried ginger, ground, bruised, or occasionally finely sliced, though a few used preserved ginger. Ginger was usually included during the cooking process, but sometimes it was also used to garnish a dish immediately before it was served. Many recipes used not only individual spices but also mixtures of spices. Ginger, which ‘combines easily with other spices and all foods’, was an ingredient in two of the most commonly used spice mixtures, *blawnce powder* made from ginger ground with sugar, and *powdour fort*, containing several hot spices.<sup>281</sup> Ginger was also an important ingredient in several frequently used sauces, among them ginger sauce.<sup>282</sup>

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<sup>278</sup> Thomas Austin, viii; Hieatt and Butler, 12; Lauriou, “Spices in the Medieval Diet,” 45-6; Mead, 74; Scully, 1995, 31.

<sup>279</sup> David, 34; Dence, 65; Lauriou, “Spices in the Medieval Diet,” 45-46; Lehmann, 22.

<sup>280</sup> Paul Freedman, 32; Hammond, 11; Lauriou, “Spices in the Medieval Diet,” 56-61.

<sup>281</sup> Lauriou, “Spices in the Medieval Diet,” 46; Hieatt and Butler, 101, 153, 173, 208-209; Lehmann, 23; C. Anne Wilson, 284.

<sup>282</sup> Thomas Austin, T., 77, 108-109; Hieatt and Butler, 130-131; Mason, *Food Culture in Britain*, 16; Scully, *Cookery in the Middle Ages*, 216; Jack Turner, 126-127.

**TABLE 3**  
**Recipes Containing Ginger in *Forme of Cury***

<b>Recipe No.</b>	<b>Name of Recipe</b>	<b>Recipe No.</b>	<b>Name of Recipe</b>
16	Roo [roe deer] broth	113	Eles [eels] in brewet
19	Bukkenade [veal stew]	115	Plays in cyuee [plaice in sauce]
22	Mawmenee [minced poultry]	123	Tenches in cyuee
23	Egurdouce [sweet and sour rabbit]	124	Oysters in grauey
28	Connynges [rabbits] in grauey	130	Laumpreys in galyntyne [jellied lampreys]
29	Chykens in grauey	131	Laumprouns [small lampreys] in galyntyne
35	Chydel in cawdel [egg broth]	135	Cold brewet
42	Charlet yforced [minced pork]	136	Peeres in confyt [pears in red wine]
43	Cawdel ferry [wine sauce or soup]	138	Colde brewet [with meat]
46	Mortrews [broth]	140	Sawse blanche for capouns ysode
47	Mortrews blank [with fish]	141	Sawse noyre for capouns yrosted
48	Brewet of Almayne [meat broth]	142	Galyntyne [sauce]
53	Rosee [roses]	143	Gyngeuer [sauce]
65	Connyges in cyrip	144	Verde sawse
66	Leche Lumbard [boiled pork pudding]	145	Sawse noyre for malard
67	Connynges in clere broth	147	Chawdown for swannes
68	Payn ragoun [confection]	149	Sawse camelyne
72	Pesoun [peas] of Almayne	151	Cranes and herouns
74	Lopins [lupins]	152	Pokok and pertruch [peacock and partridge]
84	Sowpes dorry [sweet soup]	153	Frytour blanched [fried pastry in syrup]
90	Cawdel of almaund mylk	158	Raphroles [meatballs]
91	Fygey [fig pudding]	165	Leche frys of fische daye [cheese and egg tart]
92	Pochee [poached eggs]	172	Tartee [open meat tart]
96	Tostee [toasted bread in wine syrup]	174	Tart de Bry [Brie tart]
99	Rysmole [rice]	193	Chewets on flesshe day [small pies]
102	Vyaund ryal [spiced wine]	196	Comadore [fruit filling]
110	Pykes in brasey [pike in wine sauce]	199	Pur fait ypocras [sweet spiced wine]
112	Balloc [fish] broth	203	Pety peruuant [small pastries]

**TABLE 4**  
**Ginger in 14<sup>th</sup> and 15<sup>th</sup> Century English Cooking Manuscript**

Manuscript	No. of Recipes	No. with Ginger	Percentage
<b>14<sup>th</sup> Century</b>			
<i>Diuersa Cibaria</i>	63	18	29
<i>Diuersa Seruicia</i>	92	16	17
<i>Utilis Coquinario</i>	37	12	32
<i>Forme of Cury</i>	205	56	27
<i>Goud Kokery</i>	11	25	44
<b>15<sup>th</sup> Century</b>			
Harleian MS 279	258	111	43
<i>A Boke of Kokery</i>	182	83	46
MS Beinecke 163	189	89	47

**Sources:** Hieatt and Butler, for 14<sup>th</sup> Century; Thomas Austin, for Harleian and *Boke of Kokery*; Lehmann for Beinecke.

In the late Middle Ages, confectionery and preserved fruit were considered to be both medicines and luxuries. A manuscript written in the early 15<sup>th</sup> century at Spalding Priory, Lincolnshire, contains the oldest surviving recipes from an English monastery. The recipes for preserving green walnuts, pears, and quinces all include ginger. Preserved ginger is made from whole dried ginger, and is coloured green with sulphate of iron, illustrating the popularity of *green ginger*.<sup>283</sup> The *York Minster Manuscript*, a medicinal text published c.1500, contains some 20 confectionery recipes, eight of which contain ginger.<sup>284</sup>

Aperitifs and digestives were consumed before and after meals to warm the stomach and thus facilitate its digestive function. Ginger, preserved in syrup or coated with sugar or

<sup>283</sup> Banham and Mason, 45, 47, 51-61, 63-63, 67.

<sup>284</sup> Banham and Mason, 63; Brunskill, 177, 181-186, 358-361; Mason, *Food Culture in Britain 2004*, 51, 67-68, 127.



honey, was especially popular.<sup>285</sup> Typically, meals finished with fruits and candied spices such as preserved ginger, presented in special comfit boxes, and sweet and spicy wine-based drinks.<sup>286</sup> Ginger was an ingredient in all of the more common beverages, *hippocras*, *clarrey*, *vyaunde ryal*, and mead. *Hippocras*, named for Hippocrates, was considered ‘as close to a universal elixir as anyone who was anxious about his digestion and general health could wish for.’<sup>287</sup> While recipes varied, invariably they included ginger.<sup>288</sup> Russell provides two recipes, one for the wealthy and the other for the less well to do:

Good son, to make ypocras, hit were gret lernyng,  
and for to take the spice therto aftur the proporcionyng,  
Gynger, Synamome, Graynis, Sugur, Turnesole, that is good colouryng;  
For commyn peple Gynger, Canelle, longe pepur, hony aftur claryfyng.<sup>289</sup>

Although the ancient Greeks and Romans had distilled wine to produce alcohol, it was not until the 12<sup>th</sup> century that the practice became common in Europe. A 14<sup>th</sup> century English recipe for *acqua vitae* (water of life) includes ginger among the spices with which wine was infused during the distillation process. Initially produced by apothecaries or in monasteries and used as a medicine, by the late 14<sup>th</sup> century alcohol was produced commercially and used in spiced wines.<sup>290</sup>

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<sup>285</sup> Sass, “Religion, Medicine, Politics,” 10; John Russell, 5; Scully, *Cookery in the Middle Ages*, 129, 131.

<sup>286</sup> Hieatt and Butler, 151-2; Jack Turner, 128; C. Anne Wilson, 288; Mead, 76-77; John Russell, 52-55.

<sup>287</sup> Scully, *Cookery in the Middle Ages*, 131.

<sup>288</sup> Dalby, 130-131; Scully, *Cookery in the Middle Ages*, 148-149.

<sup>289</sup> John Russell, 9-10.

<sup>290</sup> C. Anne Wilson, 381; Hammond, 60; Hieatt and Butler, 120, 143-144, 148-149; Scully, *Cookery in the Middle Ages*, 131, 160-161;.

Gingerbread was well known in Britain in the late Middle Ages. While originally used for its medicinal properties, it became a favourite sweetmeat for the wealthy.<sup>291</sup> There were two main types, one a toffee-like confection made with honey and ginger, the other a stiff confection containing breadcrumbs.<sup>292</sup> Sometimes it was coloured red with sandalwood, while white gingerbread was ginger-flavoured marzipan.<sup>293</sup> A legend in the Lancashire town of Ormskirk relates that the local Lord of Lathom developed a taste for ginger when he followed King Richard to the Holy Land. On his return, his lady appealed to local merchants to invent some spicy dishes for her husband. They produced a ginger biscuit for which the townspeople, who had to eat the trial batches, also acquired a taste.<sup>294</sup>

Table forks were not commonly used in Britain until about the 17<sup>th</sup> century, but much earlier the gentry were using small forks for eating sticky or powdery sweetmeats.<sup>295</sup> In medieval England, small ‘suckett’ forks were used for eating ginger preserved in syrup.<sup>296</sup> Hazlitt describes a typical set of dessert cutlery as consisting of ‘eleven knives and one fork for ginger, with handles of glass or crystal ... particularised among the treasures of kings as if they had been crown jewels.’<sup>297</sup> In 1465, a wealthy Suffolk man bequeathed his ‘silver fork for green ginger’, confirming the prestige of ginger.<sup>298</sup>

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<sup>291</sup> Katz and Weaver, 132-133; C. Anne Wilson, 247.

<sup>292</sup> Carlin, 103-104; Cost, *Ginger East to West*, 134; Hieatt and Butler, 31, 154; Katz and Weaver, 133; C. Anne Wilson, 247.

<sup>293</sup> C. Anne Wilson, 247, 264.

<sup>294</sup> “Lancashire’s ‘Gingerbread Town,’” *This England* (Summer 1982): 61.

<sup>295</sup> Tannahill, 226-227; Visser, 189; C. Anne Wilson, 53.

<sup>296</sup> Hazlitt, *Old Cookery Books*; Mason, *Food Culture in Britain* 2004, 19; Oxford English Dictionary online; Visser, *The Rituals of Dinner*, 189; C. Anne Wilson, 53.

<sup>297</sup> Hazlitt.

<sup>298</sup> Brigid Allen, 38.

During the 16<sup>th</sup> century, spices became more readily available and cheaper and, by the mid-17<sup>th</sup> century, they were affordable by all but the poor.<sup>299</sup> Spices figured prominently in English cookbooks such as the *Proper Newe Booke of Cookerye* (1576), which contains numerous spiced sauces and confections of earlier times.<sup>300</sup> Large quantities of ginger were used in a variety of savoury and sweet dishes, including baked eels, capon in spiced orange juice, artichoke pie, stuffed turnips, spinach fritters, apple and orange pie, and gingerbread.<sup>301</sup> Sweet toasts were covered with finely chopped veal kidney, and seasoned with cinnamon, ginger, sugar and rosewater. The final course of a meal was expanded to include conserves, fruit jellies and gingerbread, although comfits remained popular.<sup>302</sup> Queen Elizabeth I (1533–1603) is reputed to have enjoyed gingerbread.<sup>303</sup> By this time, English gingerbread had evolved into highly spiced ginger biscuits and, subsequently, numerous towns throughout Britain developed their own versions. Grassmere gingerbread comes from the English Lake District where, from the 16<sup>th</sup> century, local ports traded with the West Indian colonies and the people's taste for sugar, rum and ginger increased.<sup>304</sup> From the late 16<sup>th</sup> century, and for at least 200 years, gingerbread was 'traditional fair for patrons of the London theatres.'<sup>305</sup> Like their ancestors, the Elizabethans drank *hippocras*.<sup>306</sup> Ground ginger was available in English taverns for sprinkling on ale or porter, a practice which continued into the 20<sup>th</sup> century.<sup>307</sup> The widespread use of ginger is

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<sup>299</sup> Burton, 3; David, 9; Jack Turner, 344-346.

<sup>300</sup> Mason, *Food Culture in Britain* 2004, 22; Jack Turner, 347.

<sup>301</sup> Dence, 65; Sass, *To the Queen's Taste*, 42, 50, 66, 70, 74, 96, 98.

<sup>302</sup> C. Anne Wilson, 265, 301.

<sup>303</sup> Ian Hemphill, 197; Root, 148, Ryan, 11.

<sup>304</sup> Katz and Weaver, 253; Mason and Brown, *Traditional Foods of Britain*, 257.

<sup>305</sup> Pierre Laszlo, *Citrus*, 135.

<sup>306</sup> Sass, *To the Queen's Taste*, 31.

<sup>307</sup> Cost, *Ginger East to West*, 156; *Encyclopedia of Spices*; Ravindran and Babu, 4; Seely, 7.

reflected in literature of the time. Shakespeare (1564–1616) mentions ginger and gingerbread in several of his plays, including *Twelfth Night*, *Winter's Tale*, *Love's Labour Lost*, *The Merchant of Venice*, and *Henry V*.<sup>308</sup> Ginger was referred to in the refrain of a drinking song dating back to at least 1596.<sup>309</sup>

Contrary to Mintz's observation that, 'like many eastern spices, ginger almost drops out of sight in British cuisine after 1650', there is considerable evidence that 'England remained wedded to ginger', as Root points out.<sup>310</sup> The way in which spices were used began to change, however. Cookbooks such as *Queen's Closet Opened*, published for the middle classes in 1665, provided less exotic, cheaper, and much less spicy recipes.<sup>311</sup>

Increasingly, ginger was used in sweet dishes and beverages, such as Plat's candied ginger, ginger comfits, gingerbread, and *green* ginger in syrup, and Evelyn's sweet jelly, stewed apples, various types of cakes, and gingerbread.<sup>312</sup> In the style of Nostradamus, imitation preserved ginger was made from marrows boiled in spicy syrup.<sup>313</sup> Gingerbread evolved from a breadcrumb-based confection to one made from flour and treacle, first made for King Charles II (1660-1685).<sup>314</sup> Ginger continued to be used to flavour beverages, though the types of beverages changed. While *hippocras* remained in vogue, it began to be replaced by ginger wine, made from water, dry ginger and raisins, and fermented with

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<sup>308</sup> Dalby, *Dangerous Tastes*, 24; Ferry-Swainson, 6; Fulder, 89; Oxford English Dictionary online; Sass, *To the Queen's Taste*, 96.

<sup>309</sup> Swaen, "A Looking-Glass for London," 404-405.

<sup>310</sup> Mintz, "Asia's Contributions to World Cuisine," 204; Root, 148.

<sup>311</sup> David, 9; Mason, *Food Culture in Britain*, 24-25; Jack Turner, 347-351.

<sup>312</sup> Burton, 3; Collingham, 135; David, 9; Davidson, 405; Jack Turner, 351-353; Plat, *Delights for Ladies*, 29-30, 34, 36, 40, 42, 45; C. Anne Wilson, 301-2; Driver, *John Evelyn, Cook*, 65, 88, 95-96, 100, 108, 158, 174.

<sup>313</sup> Burton, 219.

<sup>314</sup> Mason, *Food Culture in Britain*, 32; C. Anne Wilson, 264, 305-306.

yeast and sugar.<sup>315</sup> Evelyn includes ginger in recipes for ale and mead, the latter a fermented drink made of honey.<sup>316</sup> Ginger, still valued for its medicinal properties, was an ingredient in Austins Ale, to be drunk in the morning and before going to bed, to warm the blood, ‘cleanse the Bodie, and procure a good stomach’, and Doctor Steven’s Water, made from ginger wine and herbs, and ‘commonly found in most English medicine chests.’<sup>317</sup>

Ginger did not go out of favour as an ingredient in savoury dishes, though its direct use decreased.<sup>318</sup> For example, Evelyn’s recipes call for ginger in a variety of fish and meat dishes, and in pea soup and pickled walnuts and cucumbers.<sup>319</sup> Plat seasons his pork sausages with ginger.<sup>320</sup> Fettiplace uses ginger in her spinach tart.<sup>321</sup> May, in his 1665 *Accomplisht Cook*, recommends that salted wild boar from France be soaked and par-boiled before it is seasoned with ginger and other spices, and baked in a pie. He marinates beef fillet in a ginger flavoured wine sauce before roasting.<sup>322</sup> In addition to direct seasoning, ginger was also used in spice mixtures and sauces, as in earlier times.<sup>323</sup> Recipes for Kitchen Pepper, including one from 1682 and a much later one from Rundell in 1824, contain ginger.<sup>324</sup> Evelyn calls for ginger in both a seasoned salt and a marinade

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<sup>315</sup> Mason and Brown, 348; C. Anne Wilson, 395.

<sup>316</sup> Driver, 92, 125, 134, 176.

<sup>317</sup> Dence, 65; Lehmann, 27-28, 67; Driver, 43; Brennan, 40.

<sup>318</sup> Brigid Allen, 41; Toussaint-Samat, 498; C. Anne Wilson, 296.

<sup>319</sup> Driver, 26, 51-52, 55-57, 65-68, 77-79, 85, 88, 98-99, 103, 141, 171, 185, 192.

<sup>320</sup> Plat, 73.

<sup>321</sup> Brigid Allen, 40.

<sup>322</sup> C. Anne Wilson, 111, 296.

<sup>323</sup> Sen, 25-26.

<sup>324</sup> C. Anne Wilson, 294; Maria Rundell, *New System of Domestic Cookery*, 160.

for meat.<sup>325</sup> Thin, spicy sauces called *catchups*, or *ketchups*, were developed to add flavouring to meat dishes.<sup>326</sup> Most of these, too, included ginger. The indirect use of spices, ginger included, increased markedly later in the century when Indian cuisine began to influence British cuisine, as will be discussed in the next section.

In the 17<sup>th</sup> century, the British took their taste for ginger to their colonies in America. The settlers became so ‘avid for ginger’, that it was included in the rations of American soldiers during the Revolution (1775-1783).<sup>327</sup> Later, Chinese immigrants to America were to increase the demand for ginger, as they did in Australia. The first Chinese went to America in about 1820, and large numbers followed during the Californian gold rush. They established gardens in which they grew Asian vegetables, which would have included ginger. Preserved ginger, already an important import in America, was much valued by the Chinese immigrants.<sup>328</sup>

During the 18<sup>th</sup> century, ginger remained one of the principal spices used in England, important enough to be listed among the supplies necessary ‘when any great family is going into the Country, for a summer’.<sup>329</sup> Ginger continued to be used in biscuits, cakes, and puddings. Nutt provides a recipe for ginger ice cream made with preserved ginger, as well as recipes for gingerbread nuts and ginger cakes.<sup>330</sup> The popularity of ginger confectionery spread. In Scotland, local cookery books included recipes for ginger-flavoured candy, including Scottish tablets, which resembled crisp fudge, and Edinburgh

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<sup>325</sup> Driver, 85, 103.

<sup>326</sup> Mason, *Food Culture in Britain*, 24-25.

<sup>327</sup> Root, 148.

<sup>328</sup> Kiple and Ornelas, 1313-14.

<sup>329</sup> Burnett and Saberi, 20, 24.

<sup>330</sup> Nutt, *Complete Confectioner*, 1789, 27-28, 41-42, 119.

rock. Several of them were based on medicinal confections.<sup>331</sup> Confectioners stocked ginger comfits.<sup>332</sup> In 1707 Sloane, who had become familiar with ginger in Jamaica, published a recipe for preserving fresh green ginger.<sup>333</sup>

Maclean points out that, in 18<sup>th</sup> century Britain, preparing supplies of drinks in the home was a necessity not a luxury, because potable water was rare. Although some cookbooks contained ‘sections on brewing ale and making all kinds of wine’, mostly drink was ‘treated as a separate subject and not thought of in relation to cookery or household matters’.<sup>334</sup> An early recipe for ginger wine appears in Raffald’s 1769 *Experienced English House-keeper*.<sup>335</sup> While early recipes contained some alcohol, many later ones such as those of Acton and Beeton were made much more alcoholic by the addition of brandy.<sup>336</sup> In the mid-1700s, the Finsbury Distilling Company began producing Stone’s Green Ginger Wine.<sup>337</sup> Ginger tea was drunk regularly by the likes of Samuel Taylor Coleridge.<sup>338</sup>

Beginning with Glasse’s *Art of Cookery Made Plain and Easy* published in 1747, cookbooks became even simpler and more practical, written for ‘women who managed

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<sup>331</sup> Mason, *Food Culture in Britain*, 26.

<sup>332</sup> David, 35; Mason, *Food Culture in Britain*, 26.

<sup>333</sup> Sloane, I:IXix

<sup>334</sup> Maclean, *Catalogue of Household and Cookery Books*, xix.

<sup>335</sup> Mason and Brown, 348; C. Anne Wilson, 395.

<sup>336</sup> Acton, *Modern Cookery for Private Families*, 584-585; Beeton, *Book of Household Management*, 828 (recipe 1819).

<sup>337</sup> Brigid Allen, 43; Mason and Brown, 348; <http://www.stonesgingerwine.com/heritage>. It may have been called *green ginger wine* because *green* ginger was so popular at the time.

<sup>338</sup> Brigid Allen, 43.

middle-class households.<sup>339</sup> Glasse's and several other 18<sup>th</sup> and 19<sup>th</sup> century British cookbooks which were used in Australia will be discussed in more detail in Chapter 7. Glasse includes ginger in a variety of sweet dishes, but uses it directly in only a small number of savoury dishes. She recommends that venison and hare be rubbed with beaten ginger, and that ginger be used to season baked mutton chops, boiled ducks, pickled pig's feet and ears, crawfish soup, and rolled salmon.<sup>340</sup> In her 1773 *Lady's Assistant*, Mason calls for ginger in her Yorkshire pudding, while Briggs, in his 1788 *Art of Cookery*, includes ginger in his recipe for the simple dish of toad in a hole.<sup>341</sup> Newcastle cookbooks used ginger to flavour salmon, lobster, and sturgeon dishes.<sup>342</sup> Recipes such as these, however, underestimate the real extent of ginger used in savoury dishes. Ginger was an ingredient in many sauces and a wide variety of pickled vegetables, fruits and nuts. These, in turn, were used as seasonings or condiments in a large number of meat, fish, vegetable, and egg dishes. The most common ketchup, made from mushrooms, contained ginger.<sup>343</sup>

By the 19<sup>th</sup> century, the British had gained a reputation for having a sweet tooth.<sup>344</sup> Gingerbread increased in popularity, and many new types developed, from cake-like ones to crisp biscuits and wafers, and parkin, made with oats. Street traders in London sold gingerbread, and it was commonplace at country fairs.<sup>345</sup> In the small village of Lark Rise, 'there was only one stall kept by an old woman who sold gingerbread babies'.<sup>346</sup>

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<sup>339</sup> Mason, *Food Culture in Britain*, 23.

<sup>340</sup> Glasse, *Art of Cookery*, 8, 27, 42, 50, 55, 68-70, 77, 81-82, 98, 107-108, 124, 128, 138-141.

<sup>341</sup> David, 34-45; Lehmann, 262.

<sup>342</sup> Elizabeth Marshall, *Young Ladies' Guide*, 78, 81, 94; Mary Smith, *Complete House-Keeper*, 62, 64.

<sup>343</sup> Collingham, 148-149.

<sup>344</sup> Mason, *Food Culture in Britain*, 100.

<sup>345</sup> John Burnett, *England Eats Out*, 33, 58.

<sup>346</sup> *Ibid.*, 25.



Powdered and preserved ginger was used also in other types of biscuits, cakes, and sweet dishes.<sup>347</sup> For example, London confectioner Robert Gunter served *soufflé au gingembre* at balls in the 1830s.<sup>348</sup> The British retained a passion for preserved ginger, some of which now came from the West Indies as well as India and China.<sup>349</sup> In 1862, the British *Journal of Horticulture* published instructions for preserving green ginger, for the benefit of those growing ginger in greenhouses.<sup>350</sup> Cookbooks continued to include recipes for ginger confectionery to relieve stomach problems and aid digestion.<sup>351</sup>

Ginger-flavoured beverages increased in popularity in the 19<sup>th</sup> century, with ginger beer recipes joining other ginger beverage recipes in cookbooks, one of the first appearing in Maria Rundell's 1810 *New Family Receipt-Book*.<sup>352</sup> Ginger beer, traditionally bottled in stoneware containers, was manufactured commercially from the first decade of the 19<sup>th</sup> century, and it soon became a drink of the masses. It was on sale in Cambridge by 1834, and it was displayed at London's Great Exhibition of 1851.<sup>353</sup> Street sellers began selling ginger beer in London in the early 1820s. Mayhew estimates that, by 1842, there were about 1200 ginger beer sellers in London streets and that their number had grown to 1500 by 1851.<sup>354</sup> Large employers provided ginger beer to their staff on annual outings. For

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<sup>347</sup> Beeton, 292; Mason, *Food Culture in Britain*, 52, 102, 193; Rundell, *New System of Domestic Cookery*, 331-332.

<sup>348</sup> Brigid Allen, 43.

<sup>349</sup> Mason and Brown, 309.

<sup>350</sup> *Journal of Horticulture*, 13 (April 1862), 209-211.

<sup>351</sup> Cost, *Ginger East to West*, 168; Mason, *Food Culture in Britain*, 147; Rundell, *New Family Receipt-Book*, 90; Rundell, *New System of Domestic Cookery*, 295.

<sup>352</sup> Rundell, *New Family Receipt-Book*, 193; Rundell, *New System of Domestic Cookery*, 343-344; Beeton, *Book of Household Management*, 353; Mason and Brown, 347-348;

<sup>353</sup> Brigid Allen, 43; Kiple and Ornelas, 706, 711.

<sup>354</sup> Mayhew, *London Labour and the London Poor*, 186-189. By this time, much of the ginger beer was not brewed in the traditional manner, but was made with carbonated water (Beeton, 818).

example when mill-owner Mr Ecroyd took 1200 staff to his mansion in Cumberland, he provided a meal of ‘cold roast beef, meat pies, beer or ginger-beer’.<sup>355</sup> Ginger ale originated a little later but, by 1876, it too ‘had become a favourite of the British market.’<sup>356</sup> Stone’s ginger wine continued to grow in popularity, as much for its medicinal properties as for its taste.<sup>357</sup> In the mid-19<sup>th</sup> century, the Finsbury Distilling Company also began producing ginger-flavoured gin and brandy.<sup>358</sup>

### 3.2.4 Indian Influence on British Eating Habits

For the British who went to India in the early 17<sup>th</sup> century, spicy Indian food would have held few unwelcome surprises.<sup>359</sup> Burton dates the British fascination with Indian food to ‘the time the very first seventeenth century traders sat down with Mogul princes to dine off delicately spiced meats and saffron rice’.<sup>360</sup> During the 17<sup>th</sup> and 18<sup>th</sup> centuries, many officials of the East India Company ‘lived to all intents and purposes *à la mode Indienne*’, and enjoyed Indian food.<sup>361</sup> Despite the later efforts of the memsahibs, Indian food was to have a lasting influence on British eating habits.<sup>362</sup> By comparison, the British had little influence on Indian cuisine.<sup>363</sup>

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<sup>355</sup> John Burnett, 60.

<sup>356</sup> Kiple and Ornelas, 707.

<sup>357</sup> [www.stonesgingerwine.com/heritage/](http://www.stonesgingerwine.com/heritage/).

<sup>358</sup> Brigid Allen, 43.

<sup>359</sup> Brennan, 2000, 21; Burton, 3; Mead, 76.

<sup>360</sup> Burton, viii.

<sup>361</sup> Kenney-Herbert, *Fifty Dinners*, 500; Burton, 3; Sen, 23.

<sup>362</sup> Burton, vii; Yadav, “Chicken Tikka Masala,” 11.

<sup>363</sup> Burton, viii; Collingham, 125.

The British referred to the range of spicy soups, stews and even dry dishes which they ate in India as *curry*, adopted from the Tamil *kari*, a term used to refer to spiced broths or relishes which accompanied rice.<sup>364</sup> Burnett and Saberi point out that British curries were not markedly different from medieval spiced stews.<sup>365</sup> Over time, the Indian cooks employed by the British gradually simplified their traditional recipes to suit the tastes of their masters.<sup>366</sup> Mulligatawny soup, one of the earliest Anglo-Indian dishes and which was to become very popular in colonial Australia. It was adapted from a simple south Indian pepper water soup by the addition of meat and onions and the replacement of individual spices such as fresh ginger with the ubiquitous curry powder.<sup>367</sup> *Khichri*, a favourite of Akbar, was adopted by the British as a breakfast dish and transmuted into the Anglo-Indian dish of kedgeree. The spices, including fresh ginger, and dhal were replaced by smoked fish and hard-boiled eggs.<sup>368</sup> Beeton later converted another popular dish, *dhansak*, made with meat and lentils, to chicken curry with chickpeas. Both versions contained ginger.<sup>369</sup> The British also adopted *vindaloo*, a dish originating in Portuguese Goa and consisting of meat cooked in a wine sauce with fresh ginger and other Indian spices.<sup>370</sup>

In India, the British also discovered the wide range of *achars*, or sweet chutneys and sour pickles which Indians ate with their meals. Some were made fresh daily, while others were

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<sup>364</sup> Achaya, *Indian Food*, 178; Burton, 74; Collingham, 115, 118; Sen, 25.

<sup>365</sup> Burnett and Saberi, *Road to Vindaloo*, 10-11.

<sup>366</sup> Collingham, 116.

<sup>367</sup> Burton, 94-97. The word *Anglo-Indian* originally referred all the British in India, not simply to persons of mixed descent (Charles Allen, 21).

<sup>368</sup> Burton, 83-85, 157.

<sup>369</sup> Burton, 118; Collingham, 126-127.

<sup>370</sup> Burton, 136; Collingham, 68-69, 74-75; Jack Turner, 353.

preserves which would last for long periods, but most were flavoured with ginger.<sup>371</sup>

Familiar as the British were with pickled fruit and vegetables, they were particularly impressed by the Indian versions. East India Company ships began to carry jars of chutneys and pickles, to add variety to the diet of crew and passengers. By late in the century, Indian *achars* were being imported into Britain.<sup>372</sup>

So enthusiastic were the British about the food they were eating in India that they began sending home recipes for their favourite curry powders and pastes, pickles and chutneys.<sup>373</sup> Like the crusaders before them, the British in India ‘encouraged the eating of new foods ... which they had enjoyed in foreign lands’.<sup>374</sup> From the range of spices in a typical Anglo-Indian curry sauce, a variety of home prepared and later commercially produced curry powders and pastes were developed. Fresh ginger, an essential ingredient in so many Indian dishes but unavailable in Britain, was replaced by ground ginger.<sup>375</sup> In attempting to reproduce Indian chutneys and pickles, British cooks anglicised them, too, substituting cucumbers, melons or apples for mangoes, and adding flavourings such as horseradish and mustard flour.<sup>376</sup> Indian *piccalilli*, consisting of pieces of cabbage, cauliflower and other vegetables pickled in vinegar flavoured with spices, including ginger, became very popular.<sup>377</sup>

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<sup>371</sup> Burton, 218; Collingham, 147; David, 10.

<sup>372</sup> Burton, 218-219.

<sup>373</sup> Burton, 74; Collingham, 133, 136; David, 10, 30-31.

<sup>374</sup> C. Anne Wilson, 14.

<sup>375</sup> Burton, 76-77; Collingham, 117-118; David, 30-31.

<sup>376</sup> Burnett and Saberi, 15; Burton, 219; Collingham, 147; David, 10; C. Anne Wilson, 295.

<sup>377</sup> C. Anne Wilson, 295; Burton, 219.

Glasse's was the first British cookbook to include Indian recipes.<sup>378</sup> Subsequently, Anglo-Indian recipes began to appear regularly in English cookbooks.<sup>379</sup> Raffald provides a recipe for Indian pickle.<sup>380</sup> Skeat's 1769 *Art of Cookery and Pastery* contains a curry recipe suitable for mutton, beef, fowl or fish. Both Mason and Briggs recommend using pre-prepared spice mixes. By the end of the century, the popularity of curry had spread from London, recipes appearing in Scottish cookbooks such as Frazer's *Practice of Cookery*, published in Edinburgh in 1791.<sup>381</sup> As mangoes were unavailable in Britain, imitation mangoes were made from cucumbers filled with spices, including ginger, before being pickled.<sup>382</sup> In 1845 Acton was to say:

All pickles or vegetables or fruit which have been emptied and filled with various ingredients, are called in England mangoes, having probably first been prepared in imitation of that fruit, but none that we have ever tasted, bearing the slightest resemblance to it. Young melons, large cucumbers, vegetable marrow, and peaches are all thus designated when prepared as we have described. Lemons may be converted into an excellent pickle of the same description ...<sup>383</sup>

The first specialist curry house was operating in London by 1773, and commercial curry powder, chutneys and pickles, and bottled sauces or ketchups, most containing ginger, were available soon afterwards.<sup>384</sup> David later observed: 'It is mainly through the medium of these sauces, ketchups and relishes that as a nation we consume, indirectly, such

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<sup>378</sup> Burnett and Saberi, 23, 25; Collingham, 137, 141; David, 11; Glasse, *Art of Cookery*, 52, 168.

<sup>379</sup> C. Anne Wilson, 294.

<sup>380</sup> Spencer, 235.

<sup>381</sup> Burnett and Saberi, 27; Lehmann, 255-256.

<sup>382</sup> Mary Smith, 322; Elizabeth Marshall, 38-39.

<sup>383</sup> Acton, *Modern Cookery*, 538-539.

<sup>384</sup> Burnett and Saberi, 35; Collingham, 141; David, 11, 29; Lehmann, 256, 267; C. Anne Wilson, 296.

immense quantities of spices,' including ginger.<sup>385</sup> In the 18<sup>th</sup> century, the British brought their taste for ginger and for Anglo-Indian food with them when they came to Australia.<sup>386</sup>

In the early 19<sup>th</sup> century, with the arrival of increased numbers of English women and missionaries in India, the Anglo-Indians began to re-establish British traditions.<sup>387</sup> The memsahibs 'fought strongly against Indian food'.<sup>388</sup> Curries were relegated 'to be eaten at breakfast, at luncheon, and perhaps at the little home dinner', but not at formal dinners, and they became common breakfast fare for British Army soldiers.<sup>389</sup> Despite the best efforts of the memsahibs, however, the 'Indian ambience could not be avoided'.<sup>390</sup> British children in India acquired a taste for spicy food. A popular nursery dish was Baby's Pish-Pash, a mutton broth flavoured with fresh ginger and mixed with rice, which later became invalid food.<sup>391</sup> Ginger was used to season a wide variety of vegetables. It was an ingredient in Anglo-Indian chutneys, milder than the original Indian recipes, and in numerous pickled vegetable, egg, prawn, and meat dishes. Green ginger continued to be used in curry pastes and chutneys, but dried ginger was used in curry powders.<sup>392</sup> Ginger also appeared in sweet dishes including ginger pudding, ginger pears and Indian gingerbread.<sup>393</sup> The British drank ginger wine on cool evenings and they were also fond of

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<sup>385</sup> David, 13.

<sup>386</sup> Collingham, 147.

<sup>387</sup> Charles Allen, *Plain Tales from the Raj*, 69-70; Burton, 3; Collingham, 159.

<sup>388</sup> Burton, 7.

<sup>389</sup> Kenney-Herbert, *Fifty Dinners*, 286; Burton, 17-19.

<sup>390</sup> Achaya, *Indian Food*, 176.

<sup>391</sup> Thomas, *Grannies' Remedies*, 50.

<sup>392</sup> Kenney-Herbert, *Culinary Jottings for Madras*, 291-306.

<sup>393</sup> Burton, 61-62, 143-145, 164-175, 177-178, 185, 200, 220-227.

Indian beer, made from English porter fortified with spirits, ginger, sugar and limejuice.<sup>394</sup> Tea was infused with spices, including ginger, and sometimes a tea was made from ginger alone.<sup>395</sup>

While curry may have lost favour among the upper class in India, in 19<sup>th</sup> century Britain it became firmly established as part of the national cuisine.<sup>396</sup> As the British taste for curries and their accompaniments continued to increase, curry sauce was used to season a wide variety of fresh and cooked meat and fish.<sup>397</sup> ‘Even the Queen caught the empire fever’, with Indian curries being prepared in the royal kitchens.<sup>398</sup> Anglicised recipes for curry powder became common in women’s magazines as well as in cookbooks.<sup>399</sup> Beeton includes ground ginger in her recipe, based on one from Kitchener’s 1817 *Cook’s Oracle*. She makes Bengal mango chutney from apples and powdered ginger, and uses bruised ginger in her recipe for Indian pickle.<sup>400</sup> British women in India put together collections of recipes, which later they taught to their British cooks. The first specialist Anglo-Indian cookery book was published in Britain in 1831.<sup>401</sup> Curry remains the nation’s favourite food and has become ‘an integral part of British culture.’<sup>402</sup>

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<sup>394</sup> Burton, 195; Achaya, *The Food Industries of British India*, 49.

<sup>395</sup> Burton, 195-197; Yadav, 17.

<sup>396</sup> Collingham, 138; David, 11; Lehmann, 256; Yadav, 18.

<sup>397</sup> Collingham, 138-139.

<sup>398</sup> *Ibid.*, 151.

<sup>399</sup> Brennan, 2000, 24; Burnett and Saberi, 37-40; Collingham, 139-140.

<sup>400</sup> Beeton, *Book of Household Management*, 124, 132, 217, 588; Keay, 19.

<sup>401</sup> Collingham, 133-134.

<sup>402</sup> Basu, *Curry*, x; Collingham, 235.

Initially the British imported most of their chutneys and sauces, such as Tapp's sauce made with green mangoes and green ginger, from India.<sup>403</sup> Indeed, Achaya reports that almost all of the Indian chutneys were made from mango, flavoured with ginger and other spices.<sup>404</sup> As demand increased, however, many were manufactured in Britain, some such as Sharwood's chutney reputedly based on traditional Indian recipes, though it is unlikely that it contained either green ginger or mango.<sup>405</sup> Worcestershire sauce, which contains dried ginger, was first made by two Worcester chemists in the 1830s. They used the recipe for the favourite sauce of Lord Marcus Sandys, former Governor of Bengal. By 1855, their factory was selling 30 000 bottles per year, some of it to India.<sup>406</sup> Other spicy sauces containing ginger, such as walnut ketchup and mushroom ketchup remained popular, though tomatoes eventually replaced mushrooms as the most common ingredient in sauces.<sup>407</sup> The first recipe for tomato sauce appears in Rundell's 1824 *New System of Domestic Cookery*.<sup>408</sup> *Cassell's Dictionary of Cookery*, c.1870, provides eight recipes for tomato sauce, or ketchup, all of which include ginger.<sup>409</sup> Ginger remained an important ingredient in a range of pickled fruits and vegetables.<sup>410</sup> Some curry powders were advertised as health food, recommended for digestion and circulation of the blood.<sup>411</sup> As Burnett and Saberi point out, however:

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<sup>403</sup> Burton, 72.

<sup>404</sup> Achaya, *Food Industries of British India*, 159-161.

<sup>405</sup> Brennan, 2000, 25; Burnett and Saberi, 40; Collingham, 141; Toussaint-Samat, 499.

<sup>406</sup> Burton, 72; Collingham, 149-150; Cara Frost, *Indian Food and Folklore*, 10.

<sup>407</sup> Collingham, 149; Rundell, *New Family Receipt-Book*, 99-100; *New System of Domestic Cookery*, 168-169.

<sup>408</sup> Mason, 2004, 50; Rundell, *New System of Domestic Cookery*, 153-154.

<sup>409</sup> David, 12.

<sup>410</sup> Rundell, *New System of Domestic Cookery*, 171-176.

<sup>411</sup> Collingham, 136-137.



‘when Captain William White of the Bengal Army ... published a short pamphlet entitled *Curries: Their Properties and Healthful & Medicinal Qualities* in 1844 ... he was in the process of marketing Selim’s curry pastes in London’.<sup>412</sup>

### 3.2.5 Ginger Growing in Britain

Before beginning the story of ginger in Australia, it is necessary to establish how ginger plants came to be transported on the First Fleet. Following the British capture of Jamaica in 1655, the British colonists who took over Spanish sugar plantations continued to cultivate ginger as a secondary crop, and they learned how to dry and preserve it.<sup>413</sup> By the late 17<sup>th</sup> century, ‘ginger was one of the goods regularly exported to England’.<sup>414</sup>

Even earlier, ginger plants had found their way to Britain. In the late 16<sup>th</sup> century, John Gerarde attempted to cultivate ginger using rhizomes from the West Indies, but he was defeated by the English climate:

Ginger is most impatient of the coldnesse of these our northerne regions, as my selfe have found by prooffe, for that there have beene brought vnto me at severall times sundry plants thereof, fresh, greene, and full of juyce, as well from the West Indies, as from Barbary and other places; which have sprouted and budded forth greene leaves in my garden in the heate of sommer, but as soone as it hath been but touched with the first sharp blast of winter, it hath presently perished both blade and root.<sup>415</sup>

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<sup>412</sup> Burnett and Saberi, 55.

<sup>413</sup> Rodriquez, 4.

<sup>414</sup> Sloane, 1:1v.

<sup>415</sup> Gerarde, 60-61; *Journal of Horticulture*, 209.

The interest in growing exotic plants including ginger derives from the British interest in gardening which, by the 17<sup>th</sup> century, had taken its place ‘alongside hunting, shooting and fishing as a leisure pursuit for the gentry’<sup>416</sup>. Nurseries were established to provide plants, collectors brought back exotic plants from other countries, the first books on gardening were published, and hothouses or ‘stoves’ were developed. Botanic gardens were founded at Oxford in 1621 and Edinburgh in 1670.<sup>417</sup> During this period, plants were grown primarily for food and medicine.<sup>418</sup>

Philip Miller, Gardener at the Chelsea Apothecaries’ Physic Garden from 1722 until 1770, is credited with being the first to cultivate ginger successfully in Britain.<sup>419</sup> Exactly when he began is uncertain, but it was most probably in the early 1720s. Founded in 1673 primarily to train apothecaries’ apprentices, the Chelsea Garden soon initiated an international seed and plant exchange and, for much of the next century, functioned as the country’s principal centre for plant dissemination.<sup>420</sup> The ‘most distinguished and influential Britain gardener of the eighteenth century’, Miller provided the entry for ginger in Nathan Bailey’s 1730 *Dictionarium Botanicum*, describing ginger as ‘an *Indian* Root of a biting, hot Taste well known.’<sup>421</sup> In 1731, Miller published his own *Gardeners Dictionary*, which became the definitive gardening book of the 18<sup>th</sup> century.<sup>422</sup> On cultivating ginger he says:

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<sup>416</sup> Hepper, *Royal Botanic Gardens, Kew*, 32.

<sup>417</sup> Hepper, 32; Le Rougetel, *The Chelsea Gardener*, 13.

<sup>418</sup> Hepper, 32.

<sup>419</sup> Aiton, *Hortus Kewensis*, 1:2; Banks, 99; *Journal of Horticulture*, 13 (April 1862), 209-211; Woodville, *Medical Botany*, 32.

<sup>420</sup> Desmond, *Kew*, 35; Hepper, 10; Le Rougetel, 9.

<sup>421</sup> Le Rougetel, 9; Nathan Bailey, *Dictionarium Britannicum*, ‘Ginger’.

<sup>422</sup> <http://www.library.otago.ac.nz/>.

[C]ommon ginger ... is cultivated in warm Parts of the *West-Indies* in great Plenty, from whence we are annually furnish'd with the dried Roots for Use... These Plants are preserved as Curiosities in the Gardens of those who delight in rare Plants: They are ... propagated by parting of their Roots; the best time for which is in the *Spring*...

But these Plants must be constantly kept in a Hot-bed of Tanners Bark, for they are too tender to endure the open Air in *England*, in the warmest Part of *Summer*; and in *Winter* they must be placed in a Bark Stove ... if they are not preserved in a very warm Place during that Season, they will entirely rot, as I have more than once observed...<sup>423</sup>

The dried roots ... furnish a considerable export from the *British* colonies in *America*. These roots are of great use in the kitchen, as also in medicine; and the green roots preserved as sweetmeat, are preferable to every other sort.<sup>424</sup>

Miller makes it clear that, by this time, ginger was not uncommon in the private gardens of those who could afford hothouses. Indeed, Maurice Johnson of Lincolnshire showed ginger plants at a meeting of the Spalding Gentlemen's Society in 1728.<sup>425</sup> By 1741, ginger was flourishing in the stoves of Lord Petre, an associate of Miller's, at Thorndon Hall, Essex, where:

[H]is Guavas, Pawpaws, Ginger and Lime are in such plenty that yearly he makes abundance of wet sweetmeats, of his own growth that serves his table and makes presents to his friends. Finer I never saw or tasted from Barbados or better cured.<sup>426</sup>

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<sup>423</sup> Philip Miller, *Gardener's Dictionary*, 2<sup>nd</sup> ed. A *stove* was a greenhouse heated by a stove, 'for such foreign greens that need continuous warmth' (Hepper, 60).

<sup>424</sup> Miller, 5<sup>th</sup> ed.

<sup>425</sup> Penn, *Survey of Ayscoughfee*, 6, 11-13.

<sup>426</sup> Le Rougetel, 57-58.

Ginger continued to be ‘carefully cultivated in the dry stoves of the curious.’<sup>427</sup> From 1740, ginger was listed in the catalogues of the Royal Botanic Garden Edinburgh.<sup>428</sup> Later, Mrs Beeton referred to good quality ginger being grown in the Edinburgh Garden.<sup>429</sup> Ginger appeared in commercial plant catalogues in London by the early 1770s and in Edinburgh by 1781.<sup>430</sup>

The Royal Gardens at Kew began to collect exotic plants in 1730.<sup>431</sup> In 1759 William Aiton, a pupil of Miller’s, was appointed to develop a physic garden at Kew on the Chelsea model.<sup>432</sup> He reported that ginger had been cultivated at Kew Gardens since Miller introduced it in 1731.<sup>433</sup> In 1772, King George III appointed Joseph Banks as botanical adviser to Kew Gardens. Beaglehole says in his introduction to Banks’ *Endeavour Journal*: ‘the youthful Banks had haunted the Chelsea walks, made a friend of the old man, [Philip Miller] and after his death bought his herbarium’.<sup>434</sup> Banks established Kew Gardens as a clearing-house where plants from different parts of the world could be acclimatised and then sent to areas where they might prove useful.<sup>435</sup> It was Banks who sent ginger rhizomes to Australia, probably to establish a new source of ginger for Britain as well as to meet the demands of the colony. As Mintz later observed: ‘the production of

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<sup>427</sup> Woodville, 32.

<sup>428</sup> Alston, *Index Plantarum*, ix, 33; Hope, “Catalogus Plantarum”; McNab, “Plant List”.

<sup>429</sup> Beeton, *Beeton’s Book of Household Management*, 685.

<sup>430</sup> Archibald, *Jotanist’s and Nurseryman’s Companion*, 2; Hanbury, *Planting and Gardening*, 2:506-507.

<sup>431</sup> Turrill, *Royal Botanic Gardens Kew*, 18.

<sup>432</sup> Banks, 99; Hepper, 13, 59-60; Laird, Mark. *Sir Joseph Banks Botanist*, 1; G. E. Wickens, “Economic Botanists at Kew,” 85.

<sup>433</sup> Aiton, 1:2.

<sup>434</sup> Joseph Banks, *Endeavour Journal*, 99.

<sup>435</sup> Joseph Banks, *Banks Letters*, vii; Alan Frost, *Banks and the Transfer of Plants*, 1; Hepper, 1, 10-11; Laird, 3; Turrill, 23; G. E. Wickens, 85.

tropical commodities in the colonies [became] tied ever more closely to British consumption'.<sup>436</sup>

Banks was familiar with ginger's medicinal properties and used ginger to treat his own gout.<sup>437</sup> Later he reported:

I have taken two teaspoonfuls heaped up, of ginger powder, in a pint of milk, boiled with bread, and sweetened with sugar, for breakfast, for more than a year past. The weight of ginger is between two and three drachms. At first, this quantity was difficult to swallow, if the ginger was good. I was guided in the quantity by the effect it had on my stomach; if it made me hiccough the dose was too large. I found occasionally that it produced *ardour urinae*; but this went off without any ill consequences whatever. I have not yet found it necessary to increase the dose; but I use rather a coarser powder than I did at first, which mixes more easily with the milk, and probably produces rather more effect than fine. The late Lord Rivers took ginger in large doses for more than thirty years; and at eighty was an upright and healthy old man. I have, since I used the ginger, had one fit of the gout; but it was confined entirely to my extremities, and never assailed either my head, my loins, or my stomach, and lasted only seventeen or eighteen days; but the last fit I had, before I took the ginger, affected my head, my stomach, and my loins, and lasted with intervals from the end of October to January.<sup>438</sup>

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<sup>436</sup> Mintz, *Sweetness and Power*, 42.

<sup>437</sup> Joseph Banks, *Banks Letters*, 438.

<sup>438</sup> Banks (1784), cited in Bernays, *Cultural Industries for Queensland*, 94.

### 3.3 Summary and Conclusions

This chapter has followed ginger as it was adopted in Ancient Greece and Rome and, later, in Britain. Initially, dried and preserved ginger was valued for its medicinal properties.

The Western humoral medicine used ginger for essentially the same purposes it was used in traditional Chinese and Indian medicines namely, to treat illnesses of a cold, dry nature, as a digestive, and as a stimulant. By the first century AD, ginger had also become incorporated into the culinary repertoire of Roman culture. The Romans introduced ginger into Britain. Since that time, ginger has played an important role in both British medicine and food. While ginger's role in medicine remained largely unchanged, its role in British cooking did change. By the mid-17<sup>th</sup> century, ginger was used increasingly in sweet dishes and beverages and less as a direct ingredient in savoury dishes, though it continued to be included in spice mixtures and sauces. From the early 17<sup>th</sup> century, the British who went to India became fascinated with spicy Indian food, and were influenced by Indian culinary traditions. In the following century, curries, chutneys, pickles and sauces, most of which contain ginger, became an integral part of British cuisine. These customs came to Australia with early British settlers, initiating a demand for large quantities of ginger for food and medicine. Anticipating this demand and recognising the suitability of Australia's climate for growing ginger, Joseph Banks began transporting living rhizomes on the First Fleet. The story of ginger in Australia is explored in the following chapters.

## 4 GINGER GROWING IN AUSTRALIA

This chapter provides evidence that the history of ginger growing in Australia is as old as white settlement. Covering the period from 1788 until the 1950s, the study is limited to three areas: New South Wales, where ginger growing began; the Northern Territory, where ginger grew very well but was never cultivated commercially; and Queensland, where an industry eventually became established. While ginger was grown in Botanic Gardens in Adelaide and Melbourne from the 1850s, its value was purely scientific, the climate in southern Australia being unsuitable for commercial ginger growing.<sup>439</sup>

As discussed previously, British settlers arrived in Australia with a need for dried and preserved ginger for their foodstuffs and medicines. In order to meet these demands, large quantities of ginger were imported throughout the period studied. As this thesis argues, the high cost of such imports provided the impetus for the establishment of an Australian ginger industry. The British demand for ginger was anticipated to the extent that ginger plants as well as the spice were sent to Australia on the First Fleet. From the beginning, ginger was considered to be a potential commercial crop for Australia's tropical and sub-tropical areas. Growing ginger was relatively simple. However, the British required ginger to be processed, the requirement highlighted by the fact that most instructions on how to grow ginger included instructions on how to dry and preserve it. Ultimately, this necessitated large-scale processing facilities close to the growing areas.

From the early 19<sup>th</sup> century Chinese settlers, too, arrived with a demand for ginger. Their main requirement was for fresh ginger, though they also needed dried and preserved ginger. Following age-old traditions, the Chinese brought plants with them and grew

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<sup>439</sup> *Plants in Botanic Garden, Adelaide*, 41; *Plants in Melbourne Botanic Garden*, 27; Schomburgk, *Catalogue of the Plants*, 171; *South Australian Advertiser*, 25 April 1860, 5.

ginger in their gardens. Chinese merchants imported preserved and dried ginger from China.

At least in part to meet their different requirements, Europeans and Chinese grew ginger almost entirely independently of one another. Even when struggling, European growers only rarely consulted their Chinese neighbours, and there was no evidence of communication in the Maroochy area. Language would have been a barrier, but racial prejudice also likely played a role. It was not until the early 20<sup>th</sup> century that any significant attempt was made to draw on Chinese expertise, and this was done at Government level through Hong Kong. Because they were parallel undertakings, this chapter explores European ginger growing and processing, while Chapter 5 traces Chinese ginger growing. Where appropriate, examples of communication between Europeans and Chinese are introduced in the present chapter and will be discussed further in the next chapter. Figure 2 shows the locations, referred to in this chapter and the next, in which ginger was grown.

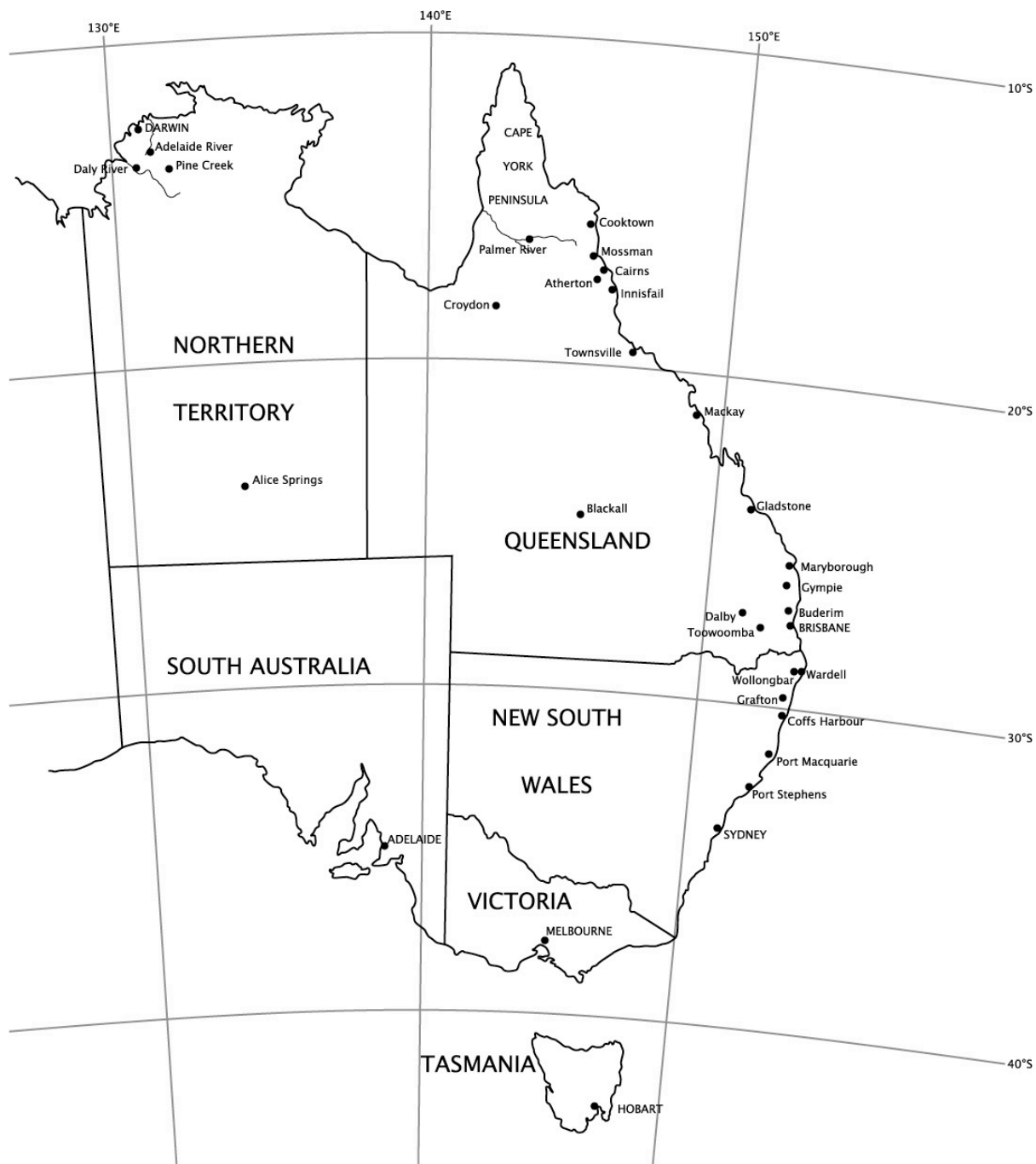
## 4.1 New South Wales

Recognising that successful settlements in Australia needed to be self-sufficient if they were to maintain traditional culinary and medical practices, Joseph Banks supervised the loading of seeds and potted plants in miniature glasshouses onto the ships of Governor Phillip's Fleet in May 1787. He also provided advice on their care and maintenance during the journey and their acclimatisation in the colony.<sup>440</sup> New South Wales was considered suitable for tropical agriculture, and ginger was among the plants which arrived in Sydney

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<sup>440</sup> Bette Austin, *Australian Cookery Books*, x; Bligh, *Cherish the Earth*, 5, 25; Cameron-Smith, *Starting from Scratch*, 7; Rutter, *First Fleet*, 60; Tanner and Begg, *Great Gardens of Australia*, 9-10.





**FIGURE 2 Map Showing Sites where Ginger was Grown**

**Source:** Compiled by the author

Cove on 26 January 1788.<sup>441</sup> In February 1788, the first of several gardens was established.<sup>442</sup> George Worgan, surgeon on H.M.S. *Sirius* and keen gardener, provides evidence that ginger was planted in the gardens. On 12 June 1788 he wrote to his brother:

The Spots of Ground that we have cultivated for Gardens, have brought forth most of the seeds that we put in soon after our Arrival here, and besides the common culinary Plants, Indigo, Coffee, Ginger, Castor Nut Oranges, Lemons and Limes, Firs & Oaks, have vegetated from Seed, but whether from any unfriendly, deleterious Quality of the Soil or the Season, nothing seems to flourish vigorously long, but they shoot suddenly after being put in the Ground, look green & luxuriant for a little Time, blossom early, fructify slowly & weakly, and ripen before they come to their proper Size. Indeed, many of the Plants wither long ere they arrive at these Periods of Growth, - but then this Circumstance must be considered, they were sown, the very worst Season.<sup>443</sup>

Banks continued to send large quantities of plants in specially designed plant cabins. The ill-fated *Guardian* struck an iceberg in December 1789, but later ships arrived safely with their precious cargo intact.<sup>444</sup> For example, in October 1798 Banks prepared a ‘List of the Culinary & Medicinal Plants ... planted in 18 Boxes & now remaining at the Royal Gardens at Kew ready to be put on board the *Porpoise* whenever she shall be prepared to leave the River’. Box 13 contained ginger rhizomes.<sup>445</sup>

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<sup>441</sup> Alan Frost, *Botany Bay Mirages*, 58; James Matra (1783) cited in Rutter, 23-24. While ginger does not appear in Banks’ List of Seeds for New South Wales, December 1786, both Barbara Cameron-Smith and Alan Frost agree that surviving records of the plants which arrived on the First Fleet are incomplete (Cameron-Smith, *Starting from Scratch*, 8; Frost, *Sir Joseph Banks*, 4, 7). Further confirmation of ginger’s presence in the original gardens is to be found in the Sydney Botanic Gardens, where ginger is growing in a garden featuring plants cultivated by the first settlers. The sign describing ginger also confirms that it was brought from England (personal observation, 30 June 2010).

<sup>442</sup> Gilbert, *Royal Botanic Gardens, Sydney*, 11.

<sup>443</sup> Worgan, *Journal of a First Fleet Surgeon*, 12.

<sup>444</sup> Alan Frost, *Sir Joseph Banks*, 17-18, 33.

An important role of colonial botanic gardens was to determine what plants could profitably be introduced ‘to increase ... the local resources and wealth of the country’.<sup>446</sup> Experiments with ginger continued, though initially without any great success. In a letter to Banks dated 20 March 1803, Governor Philip King lists ginger among the Sweet and Pot Herbs in the Colony, noting that ginger was scarce and ‘appears not to thrive in this part of the Colony’.<sup>447</sup>

Charles Fraser, Colonial Botanist and superintendent of the Sydney Botanic Gardens from 1816, introduced nearly 3000 food plants and fruit trees.<sup>448</sup> By 1820, the Sydney Botanic Gardens were performing a major role in the introduction, acclimatisation, propagation, and distribution of plants.<sup>449</sup> When the penal settlement at Moreton Bay was established in 1824, Fraser included ginger in the plants he sent north from Sydney.<sup>450</sup> He also sent plants to the early, short-lived, military settlements on the north coast of Australia.<sup>451</sup> Ginger appears in Fraser’s 1827 ‘List of plants cultivated in the Botanic Garden, Sydney that are used in commerce [and] medicine’, compiled for the Colonial Office, and in his 1828 catalogue. Fraser notes that ginger was delicate and that C. Telfair of Mauritius had introduced it in 1823.<sup>452</sup>

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<sup>445</sup> Banks (1798) cited in Alan Frost, *Sir Joseph Banks*, 35-36.

<sup>446</sup> Payne, “Dr Richard Schomburgk,” 23.

<sup>447</sup> *Historical Records Australia*, 9 May 1803, 236; Philip King to Joseph Banks, 20 March 1803.

<sup>448</sup> Herbert, “Brisbane Botanic Gardens,” 70.

<sup>449</sup> Cameron-Smith, 15; Gilbert, 45, 60; Tanner and Begg, 14.

<sup>450</sup> New South Wales, Colonial Secretary, Fraser List in Miller to Goulburn, 30 September 1824, 4/1803, reel 751, 23.

<sup>451</sup> New South Wales, Colonial Secretary, Lists from Charles Fraser, 4/1803, reel A2.4, 170, 187.

Ginger growing soon spread to other parts of the Colony. J. C. White of the Australian Agricultural Company reported that ginger was growing in ‘a botanical garden at Carrington, Port Stephens, under the management of Dr Stacy’, surgeon and botanist, in the 1830s.<sup>453</sup> In January 1840, a member of the Floral and Horticultural Society reported that plants ‘best adapted to the climate and soil of NSW’ included roots such as ginger, used for medical purposes.<sup>454</sup> The following year, a botanist wrote to the *Sydney Gazette* saying that it was ‘a disgrace to New South Wales that she should have occasion to import ginger’, when obviously the plant would grow in the Colony. Of ginger he said: ‘its use in cookery is too well known to require comment; as a medicine, it is valuable in dyspeptic and other stomachic complaints’. As further inducement to local farmers, he warned that ‘almost all the prepared powdered gingers are very liberally adulterated with flour, turmeric, and other cheap ingredients’.<sup>455</sup> Later in 1841, another contributor to the *Sydney Gazette* reported that ‘ginger and black pepper plants have been tried, and succeeded.’<sup>456</sup>

Private nurseries were established by the 1830s.<sup>457</sup> Thomas Shepherd, who began the Darling Nursery in 1827, lists ginger in his 1851 catalogue of plants cultivated at the Nursery. He described ginger as hardy in Sydney’s climate, but not in colder climates.<sup>458</sup> Ginger appeared again in the Nursery’s 1869 catalogue.<sup>459</sup>

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<sup>452</sup> Charles Fraser, *Plants Cultivated in the Botanic Garden Sydney*, 1827; *Catalogue of Plants*, 1828. While Telfair exchanged plants with Botanical Societies around the world, including Sydney, and may well have sent ginger rhizomes to Fraser, Telfair was not the first to introduce ginger to Australia.

<sup>453</sup> *Brisbane Courier*, 16 October 1868, Letter to the Editor; Harris, *Guide to Port Stephens*, 215.

<sup>454</sup> *Sydney Gazette and New South Wales Advertiser*, 30 January 1840, 2.

<sup>455</sup> *Ibid.*, 17 April 1841, 2.

<sup>456</sup> *Ibid.*, 16 October 1841, 3.

<sup>457</sup> Cameron-Smith, 15; Gilbert, 45, 60; Tanner and Begg, 14.

When gold was discovered in the 1850s, Sydney was already a large and prosperous city. ‘Many settlers were naturalists, botanists, horticulturalists, or experienced in landscape gardening. Rose Bay ... was mostly bush and Chinamen’s gardens.’<sup>460</sup> Ginger continued to be grown in the Botanic Gardens, confirming its suitability for cultivation in the Sydney climate.<sup>461</sup> Gardeners and farmers also were growing ginger, and home cooks had begun to use green ginger in jams and chutneys.<sup>462</sup> Mr Meares, member of the Acclimatisation Society of New South Wales, was growing ginger in 1865.<sup>463</sup> Three years later, while ginger was among the medical and commercial plants exhibited at the Horticultural Show, the Acclimatisation Society expressed concern that farmers were not cultivating ginger and other important plants on a larger scale.<sup>464</sup> E. Martin exhibited dry ginger in the Sydney Agricultural Show in 1871.<sup>465</sup> Farmers in northern New South Wales were growing ginger by the 1880s.<sup>466</sup>

The large quantities of ginger being imported into the Colony prompted the Department of Agriculture to encourage more farmers to cultivate ginger by distributing ‘some roots of

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<sup>458</sup> *Brisbane Courier*, 2 September 1863, 3; Shepherd, *Catalogue of Plants*, 12

<sup>459</sup> Shepherd, *Descriptive Catalogue*, 1869, 16

<sup>460</sup> Bligh, 64-65.

<sup>461</sup> New South Wales, Botanic Garden, *Catalogue of Plants 1857*, Introduction, 100.

<sup>462</sup> Coghill, “Elizabeth Coghill’s Diary, 1858-9”.

<sup>463</sup> *Sydney Morning Herald*, 26 September 1865, 5.

<sup>464</sup> *Ibid.*, 4 June 1868, 3.

<sup>465</sup> *Sydney Mail*, 2 September 1871, 838.

<sup>466</sup> Hogarth, *Buderim Ginger*, 5, 19, 27. While Hogarth maintains that ginger was being exported from the area at this time, she would seem to have misinterpreted an article by Fred Turner, (“Cultivation of Ginger,” 298). The Statistical Register of New South Wales indicates that the ginger being ‘exported’ was not a product of the Colony, but the product of foreign countries. It was imported through New South Wales for use in other Colonies (New South Wales, *Statistical Register*, 1888).

ginger for planting in the north-eastern portions of the Colony'.<sup>467</sup> In the first volume of the *Agricultural Gazette of New South Wales* in 1890, botanist Fred Turner provided detailed instructions for farmers, not only for cultivating ginger but also for by drying and preserving it, this being 'the best means of preparing it as a marketable commodity'. Like others before him, Turner warned that much of the ground ginger available in the shops was adulterated, and recommended that:

[It] would certainly pay the farmer to cultivate some ginger along with other crops in the warmer parts of the Colony ... [because] the cultivation of ginger in this Colony, in sufficient quantities to satisfy the local demand, would save the population from much imposition.<sup>468</sup>

The following year, Turner advised that, because ginger 'is a purely sub-tropical plant ... [it] cannot be grown successfully as a commercial crop much further south than the Hastings River' [Port Macquarie] in New South Wales. Confirming the widespread need for ginger, he suggested that: 'Even where farmers did not care to grow the plant for market purposes, they need not be without their ginger patch for home use.' Again he provided instructions for cultivating and processing ginger, concluding that the 'value of ginger for medicinal and flavouring purposes is too well known for me to refer to them.'<sup>469</sup> The Department of Agriculture monitored the progress of the rhizomes it distributed. Those grown in the North Coast District in 1891 produced good yields. For example, Mr Engbert of Grafton reported that 'four of [his] plants produced 2 lb. of good ginger.' The rhizomes sent to southern parts of the colony all failed.<sup>470</sup>

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<sup>467</sup> Fred Turner, "Cultivation of Ginger," 298.

<sup>468</sup> Ibid.

<sup>469</sup> Fred Turner, "New Commercial Crops for New South Wales," 508-510.

At the Wollongbar Agricultural Institute in northern New South Wales, founded in 1894, a small area of ginger was planted in 1895, ‘with a view to testing the suitability of soil and climate for the production of ginger’, but it was not a success. A second planting in September 1896 produced mixed results, varying with the type of soil.<sup>471</sup> By 1900, however, ginger was growing well at Wollongbar.<sup>472</sup> It continued to be grown until at least 1903, by which time the emphasis of the Institute had shifted to dairying.<sup>473</sup>

Ginger became a regular commercial crop in northern New South Wales, albeit on a small scale, John Bale from the Richmond River being among the growers.<sup>474</sup> Evidence of the commercial potential of ginger in northern New South Wales is the fact that, in 1899, two packages of green ginger from the area were exported to Queensland, and small quantities of ground ginger were exported in 1901 and 1902.<sup>475</sup>

In 1922, R. Bartlett from the New South Wales Department of Agriculture made another attempt to increase commercial ginger growing by publishing an article on cultivating ginger and preparing it for the fresh produce market, ‘jam factories being the main consumers’. He advised that, while harvesting was tedious, preparation required only ‘freeing the hands [rhizomes] of soil and placing them in sacks’. Because the market for fresh ginger was limited, however, he warned that ‘a beginner would be well advised to

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<sup>470</sup> *Agricultural Gazette of New South Wales* 3 (1892): 648-649.

<sup>471</sup> McKeown, “Trials of Commercial Crops,” 169; <http://www.dpi.nsw.gov.au/research/centres/wollongbar/>.

<sup>472</sup> W. H. Clarke, “Wollongbar Farm,” 134; H. V. Jackson, “Northern Rivers Districts,” 193.

<sup>473</sup> *Agricultural Gazette of New South Wales* 12 (1902): 572; 13 (1903): 932; 15 (1905): 837; 16 (1906): 1022-1029; <http://www.dpi.nsw.gov.au/research/centres/wollongbar/>.

<sup>474</sup> *Sydney Morning Herald*, 29 May 1897, 9.

<sup>475</sup> Queensland, *Statistical Register*, 1899, 91; 1901, 104; 1902, 94.

plant only a small area'. Rhizomes for planting were 'obtainable from Chinese importers as well as many of the leading seedsmen,' confirming that Chinese ginger growers were well established in the area.<sup>476</sup> Four years later, a report in the *Sydney Morning Herald* suggested that, since Sydney food manufacturers needed ginger for sauces, condiments and preserves, farmers should begin to grow larger quantities of ginger.<sup>477</sup>

In the 1930s some farmers in the Wardell area of northern New South Wales began to grow commercial quantities of ginger.<sup>478</sup> Wally Roberts is credited with being the first, planting ginger in about 1936. He had worked for six months at the Wollongbar Agricultural Institute after his arrival in Australia in 1924, and had possibly learned about ginger growing there.<sup>479</sup> In about late 1939, Roberts experimented with processing ginger and sold some crystallised ginger to a distributor in Sydney.<sup>480</sup> A cannery in Ballina was reportedly processing ginger and producing pineapples in ginger syrup in the 1940s.<sup>481</sup> Ginger production increased with the shortage of imported ginger during World War II.<sup>482</sup> In December 1939, the Secretary of the Coff's Harbour Chamber of Commerce attempted to persuade local farmers to experiment with ginger.<sup>483</sup> The New South Wales Ginger Growers Association was formed in March 1940, with Roberts as its first Secretary.<sup>484</sup>

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<sup>476</sup> Bartlett, "Cultivation of Ginger," 818.

<sup>477</sup> *Sydney Morning Herald*, 31 March 1926, 21.

<sup>478</sup> Hogarth, *Buderim Ginger*, 27; *Nambour Chronicle*, 21 June 1940, 1.

<sup>479</sup> Allan Batchelor, "Diminutive Dynamo." Newspaper cutting from Alstonville Plateau Historical Society (date unknown); Olwen King, telephone discussion with author, 4 March 2008.

<sup>480</sup> Olwen King, discussion, 4 March 2008.

<sup>481</sup> Olwen King, discussion, 4 March 2008, letter 27 March 2008; Rose Leeson, telephone discussion with author, 6 March 2008.

<sup>482</sup> *Nambour Chronicle*, 3 May 1940, 11.

<sup>483</sup> *Canberra Times*, 27 December 1939, 3.

<sup>484</sup> Hogarth, *Buderim Ginger*, 27-28; Olwen King, discussion, letter; Rose Leeson.



Crops of ginger were grown both in Wardell and Coff's Harbour in the 1941/42 season.<sup>485</sup> In 1942, the Wardell area produced 150 tons of ginger. Growers peeled the ginger and partially preserved it in brine before sending it to a Sydney food manufacturer, Sunnyside Orchards, for further processing.<sup>486</sup> The industry was to be short-lived, however. In 1946, some members attempted to sell directly to the market and, soon afterwards, the Association went bankrupt and the industry collapsed.<sup>487</sup>

While small-scale ginger growing for the fresh produce market continued in northern New South Wales until well into the 1960s, the Maroochy area in Queensland eventually became the only place in Australia producing large commercial quantities of ginger and the Buderim factory became the sole processing facility.<sup>488</sup> Before turning to Queensland, the relatively short history of ginger growing in the Northern Territory is explored.

## 4.2 Northern Territory

The story of ginger growing in the Northern Territory is one of individual initiative but insufficient interest. While trials in different locations demonstrated the success of ginger growing in the area, Europeans were unwilling to adopt it as a commercial crop. In the 1820s, attempts were made to establish military settlements on the north coast of Australia, the first on Melville Island in 1824 and a second in Raffles Bay in June 1827. Both settlements were abandoned in 1829.<sup>489</sup> During his short time in Raffles Bay, Captain

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<sup>485</sup> *Farmer and Settler*, 7 May 1942.

<sup>486</sup> Hogarth, *Buderim Ginger*, 40.

<sup>487</sup> Bendall and Collins, *Australian Ginger Growing Industry*, 2; Hogarth, *Buderim Ginger*, 40; Leeson; Commonwealth, *Rural Reconstruction Commission Report*, 7; *Tariff Board's Report*, 1953, 7.

<sup>488</sup> Hogarth, *Buderim Ginger*, 27, 40.

<sup>489</sup> De La Rue, *Evolution of Darwin*, 1; Mills, *Bibliography of the Northern Territory*, xi.

James Stirling supervised the establishment of a garden, with seeds and plants sent from the Sydney Botanic Gardens.<sup>490</sup> In February 1828, Stirling reported to the Colonial Secretary that, while ‘various attempts to improve the garden have in a considerable degree failed ... Arrow Root, Turmeric, Ginger ...are amongst the foremost and promising to prove abundant.’<sup>491</sup>

Following George Goyder’s arrival at Port Darwin on 5 February 1869, a settlement was finally established in the Northern Territory.<sup>492</sup> The settlement was required to develop government gardens, not only to provide fruit and vegetables for settlers, but also to trial potentially useful and economic plants. To this end, the expedition included naturalist Frederick Schultze, gardener William Hayes, and a variety of plants and seeds.<sup>493</sup> Within a week, the first official garden was started in Doctors Gully.<sup>494</sup> Goyder reported in March 1869 that some plants were already showing promise.<sup>495</sup> In mid-1869, under instructions from Dr Schomburgk, Curator of the Adelaide Botanic Gardens, tropical plants including ginger were planted in two small experimental gardens.<sup>496</sup>

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<sup>490</sup> New South Wales, Colonial Secretary, Letter from Stirling, reel A2.2, 623-625; Lists from Charles Fraser, reel A2.4, 170, 187.

<sup>491</sup> New South Wales, Colonial Secretary, Letter from Stirling, reel A2.2, 623-625.

<sup>492</sup> Daly, *Digging, Squatting and Pioneering*, 3-9; De La Rue, 9-10; Goyder “Northern Territory Survey Expedition”; Mills, xi-xii; See-Kee, *Chinese Contribution to Early Darwin*, 1; South Australia, *Parliamentary Papers*, 31/1869, 1. Originally called *Palmerston*, the name *Darwin* was adopted in 1911 (De La Rue, xii).

<sup>493</sup> South Australia, Letters from Northern Territory, GRS/1, 4/1868.

<sup>494</sup> June B. Bauer, “Some Other Eden,” 5; George Brown, *Planning History*, 1; Curteis & Saxby, *Holtzes in Early Northern Territory*, 3; De La Rue, 9-13; Goyder; South Australia, *Parliamentary Papers*, 31/1868, 1; Helen J. Wilson, *Darwin Botanic Gardens*, 12.

<sup>495</sup> Goyder, 2 March 1869; South Australia, *Parliamentary Papers*, 31/1869, 3.

<sup>496</sup> South Australia, *Parliamentary Papers*, 148/1870, 3.

When Captain H. B. Douglas, the first Government Resident, arrived in Darwin in June 1870 he brought with him plants from the Brisbane Botanic Gardens.<sup>497</sup> In August 1870, ginger was among the plants reported to be doing well.<sup>498</sup> Under the management of George Scott, Government Resident 1873–1876, the gardens’ role as experimental nurseries took second place to their role of growing fruit and vegetables for the government staff.<sup>499</sup> Nevertheless, Hayes continued to experiment with plants that might be commercially successful, and to supply the public with plants.<sup>500</sup> Following a visit to the Government Garden in February 1876, a representative from the *Northern Territory Times and Gazette* reported that ‘the Territory is quite capable of growing many valuable and useful trees and plants’ if only the Garden could return to its original role, and that ‘the ginger plants look well’.<sup>501</sup> When Edward Price took over as Government Resident in mid-1876, he determined that the Garden would again become an experimental nursery.<sup>502</sup> Ginger continued to grow in the Garden.<sup>503</sup>

William Hayes was succeeded on his death, in June 1878, by German botanist Maurice Holtze. Although the Gardens had been neglected for a time, ginger was still growing there.<sup>504</sup> Holtze improved the Gardens, extended the experimentation begun by Hayes and, like Hayes, gave plants to all who requested them, the Garden being the major source of

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<sup>497</sup> Daly, 121-122; South Australia, Letters from Northern Territory, GRS/1, 81/1870.

<sup>498</sup> De La Rue, 30; South Australia, *Parliamentary Papers*, 148/1870, 3.

<sup>499</sup> De La Rue, 48; *Northern Territory Times*, 2 January 1875, 6 March 1875, 19 June 1875.

<sup>500</sup> June B. Bauer, 9, 10; George Brown, 1; Northern Territory Archives, *Government Resident’s Report*, 19 January 1877, 15 May 1877; *Northern Territory Times*, 16 January, 1874, 17 December 1875.

<sup>501</sup> *Northern Territory Times*, 12 February 1876.

<sup>502</sup> De La Rue, 53, 57; *Northern Territory Times*, 2 December 1876.

<sup>503</sup> *Northern Territory Times*, 27 January 1877.

<sup>504</sup> *Ibid.*, 31 August 1878, 12 October 1878, 3.

plants in the Territory.<sup>505</sup> In 1879, Holtze moved the experimental garden to a new site at Fannie Bay.<sup>506</sup> Ginger continued to grow luxuriantly, and Holtze's report for 1884 lists ginger among the plants which were healthy, despite insufficient rain and Fannie Bay's poor soil.<sup>507</sup> Earlier, South Australian journalist William Sowden had commented on the promise of many commercially valuable plants in the Government Gardens.<sup>508</sup> The Gardens moved again when Government Resident John Parsons took over 10 acres of the nearby Paperbark Swamp, which had better soil and where Chinese had established thriving market gardens.<sup>509</sup> In June 1886, Holtze reported that all the crops in the new garden, including ginger, looked healthy.<sup>510</sup> He was clearly frustrated that:

[N]obody as yet has tried to establish a plantation of any other plant [but sugar]. Anybody who sees, for example, how well indigo, cotton ... ginger, rice ... succeed year after year, must feel convinced that the cultivation of these plants would be most successful.<sup>511</sup>

Holtze continued to recommend commercial cultivation of ginger in the Territory, though he warned that ginger required 'more careful selection of situation and soil' than some other plants.<sup>512</sup> In his 1887 list of 519 species growing in the Government Botanical

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<sup>505</sup> June B. Bauer, 12, 23; George Brown, 1; Helen J. Wilson, 12; *Northern Territory Times*, 22 June 1878, 20 July 1878; Aitken and Looker, *Oxford Companion to Australian Gardens*, 308; Northern Territory, *Government Resident's Reports*, 23 December 1878, 8 March 1879, 4 January 1882; *Northern Territory Times*, 4 January 1879, 8 March, 1879, 15 March 1879; Sowden, 97-105.

<sup>506</sup> June B. Bauer, 13-14; George Brown, 1; De La Rue, 57-58; Timothy Jones, *Chinese in the Northern Territory*, 27-29; *Northern Territory Times*, 2 August 1879, 18 October 1879; Sowden, *Northern Territory as It Is*, 98.

<sup>507</sup> *Northern Territory Times*, 3 July 1880; South Australia, Letters from Northern Territory, GRS/1, 61/1880; Northern Territory, *Government Resident's Report*, 1884, 6.

<sup>508</sup> Sowden, 97-105, 174-176.

<sup>509</sup> June B. Bauer, 19, 22-23; George Brown, 2; De La Rue, 85.

<sup>510</sup> Northern Territory, *Government Resident's Report*, 30 June 1886, 20.

<sup>511</sup> *Ibid.*, 31 December 1886, 18.

Garden and suitable for cultivating in the Territory, Holtze describes ginger as being fully successful.<sup>513</sup> At an exhibition to mark the opening of the Territory Court in 1887, ginger was among the produce from the Government Experimental Gardens and Mrs. Holtze provided some preserved and pickled ginger.<sup>514</sup> Ginger continued to thrive.<sup>515</sup> The Governor of South Australia, Lord Kintore, during visits to the Territory in 1890 and 1891, was impressed by the progress made in the experimental gardens and observed ginger in luxuriant growth.<sup>516</sup>

In 1891, when Maurice Holtze was appointed Director of the Botanic Gardens in Adelaide, his son Nicholas succeeded him as Curator in Darwin. Like his father, Nicholas attempted to promote tropical agriculture.<sup>517</sup> Nicholas Holtze reported in 1893 that: ‘Splendid tubers [of ginger] were produced last season, and I have increased the area of the block under cultivation with the same.’<sup>518</sup> From 1894 to 1909, he reported regularly that the plants of economic value, including ginger, continued to do well.<sup>519</sup> Ginger was among the commercial plants exhibited at the Darwin Agricultural and Horticultural Society Show in 1908.<sup>520</sup>

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<sup>512</sup> South Australia, *Parliamentary Papers*, 166/1891, 8 (dated 3 May 1887).

<sup>513</sup> Northern Territory, *Government Resident’s Report*, 1887, 33-40.

<sup>514</sup> *Northern Territory Times*, 10 September 1887, 3

<sup>515</sup> South Australia, *Parliamentary Papers*, 28/1889.

<sup>516</sup> June B. Bauer, 30; *Northern Territory Times*, 4 September 1891, 3.

<sup>517</sup> June B. Bauer, 31-32, 34-35, 38; *Northern Territory Times*, 4 September 1891, 3.

<sup>518</sup> Northern Territory, *Government Resident’s Report*, 1893, 7.

<sup>519</sup> *Ibid.*, 1897, 1898.

<sup>520</sup> *Northern Territory Times*, 7 August 1908, 2.

In his evidence to a Royal Commission in 1895, Maurice Holtze listed ginger among plants ‘which can be grown but which require very careful management’ in the Territory.<sup>521</sup>

Further encouragement for commercial cultivation of ginger came from the Northern Territory Agricultural Association when, in April 1895, its convenor F. Finnis pointed out that development of agricultural resources had received very little attention, and argued that money should be kept in the Territory by growing crops such as ginger.<sup>522</sup> In 1898, Finnis reported that ginger, inexpensive to cultivate, ‘grows well in the Botanic Garden and may be found in some of the Chinese gardens’.<sup>523</sup>

Despite their own considerable successes in growing ginger and other tropical crops, and their best efforts at promotion, neither of the Holtzes was able to persuade Europeans to establish a viable tropical agricultural industry in the Territory.<sup>524</sup> Their mission was complicated by the facts that the Territory’s climate was not especially suitable, a Government some 2,000 miles away administered the Territory, Europeans believed themselves unable to undertake agricultural work in the tropics, and there were no processing facilities.<sup>525</sup> Following Nicholas Holtze’s death in 1913, the Gardens were largely neglected.<sup>526</sup> The only successful agriculturalists in the Territory were the Chinese, and their story is told in Chapter 5.<sup>527</sup> It was only in South East Queensland that European ginger growers were to achieve long-term success.

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<sup>521</sup> Ibid., 29 March 1895, 2.

<sup>522</sup> Ibid., 26 April 1895, 3.

<sup>523</sup> Ibid., 27 May 1898, 3.

<sup>524</sup> June B. Bauer, 33; George Brown, 5; Campbell, “Northern Territory,” 12-18; De La Rue, 119; Helen J. Wilson, 14-15.

<sup>525</sup> F. H. Bauer, “Historical Geography of White Settlement,” 103; June B. Bauer, 33, 47-48; Campbell, 12, 14; Curteis and Saxby, 4, 14; *Northern Territory Times*, 17 April 1874; Sowden, 174-175.

<sup>526</sup> June B. Bauer, 48.

<sup>527</sup> F. H. Bauer, 103; Campbell, 12-13.

## 4.3 Queensland

### 4.3.1 Beginnings

The first European settlement at Moreton Bay was established in 1824. To assist the new settlement to become self-sufficient and develop tropical agriculture, botanist Allan Cunningham accompanied the first settlers and Charles Fraser supplied a wide range of plants and seeds from the Sydney government gardens.<sup>528</sup> Ginger was among these plants, listed under ‘Roots in Paper’.<sup>529</sup> In 1828 Cunningham returned to Moreton Bay, accompanied by Fraser, to establish Government gardens.<sup>530</sup> During a further visit in 1829, Fraser reported that the growth of everything he had planted the previous year was truly astonishing.<sup>531</sup>

From the beginning, the potential of the Moreton Bay district for cultivating tropical crops was recognised.<sup>532</sup> While few horticultural records are available for the first thirty years of its settlement, Herbert maintains that ‘the early residents ... established a great variety of economic and ornamental plants’.<sup>533</sup> Ginger rhizomes continued to arrive from the Sydney Botanic Gardens.<sup>534</sup> As settlements were established further north, ginger went too.

Maryborough was settled in 1847 and John Bidwill become the first Land Commissioner

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<sup>528</sup> Hooker, *Botanical Miscellany*, 238; Johnston, *Brisbane*, 14-15, 42, 46; Steele, *Brisbane*, 7, 17-18.

<sup>529</sup> New South Wales, Colonial Secretary, Fraser List, 30 September 1824, 4/1803, reel 751, 23.

<sup>530</sup> Bligh, 51; Herbert, 70; Johnston, 30, 42; McKinnon, “Brisbane Botanic Gardens,” 10; Moyal, *Bright and Savage Land*, 46-47.

<sup>531</sup> New South Wales, Colonial Secretary, Fraser to McLeay, June and July 1829, reel 751, A2.4, 524, 526-528, 530-531; Steele, 112-113; Hooker, 240.

<sup>532</sup> Johnston, 40, 46; Mossman and Banister, *Australia Visited and Revisited*, 298-299; Steele, 40, 58, 61.

<sup>533</sup> Herbert, 71.

<sup>534</sup> New South Wales, *Report from the Botanic Gardens for 1854*.

of the District in 1848. He was a keen botanist and immediately established a garden on his property at Tinana Creek.<sup>535</sup> Ginger was among his plants.<sup>536</sup>

The Moreton Bay Horticultural Society was formed in February 1853, its purpose to offer ‘small premiums to successful growers of agricultural product’.<sup>537</sup> By this time, ginger growing had become common enough that ginger was listed in the prize schedule for the Society’s Exhibition held in January 1854.<sup>538</sup> In 1859, its first year of publication, *Pugh’s Almanac* gardening calendar listed ginger among the field crops to be planted in August.<sup>539</sup>

Walter Hill, with experience in Edinburgh and Kew Gardens, was appointed Director of the Queensland Botanic Gardens in 1855.<sup>540</sup> He began growing economic plants to determine their suitability for Queensland, and experimenting with processing plant products into a marketable form. The Botanic Gardens soon became the centre of economic plant introduction, experimentation, and distribution, a role it retained until the Department of Agriculture was established more than 30 years later.<sup>541</sup> In order to promote Queensland’s agricultural potential and to educate the public, Hill exhibited plants and plant products at local agricultural shows and intercolonial and international exhibitions.<sup>542</sup>

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<sup>535</sup> Hewitt, Flynn and Strong, *History of Maryborough*, 28-33.

<sup>536</sup> List of Plants provided by Maryborough, Wide Bay and Burnett Historical Society.

<sup>537</sup> Johnston, 207.

<sup>538</sup> *Moreton Bay Courier*, 14 January 1854, 28 January 1854.

<sup>539</sup> *Pugh’s Moreton Bay Almanac for 1859; Pugh’s Queensland Almanac for 1860*.

<sup>540</sup> Herbert, 70; McKinnon, 10. Initially appointed Superintendent, he became the first Director and Colonial Botanist after Queensland’s separation from New South Wales in 1859.

<sup>541</sup> J. F. Bailey, “Introduction of Economic Plants into Queensland,” 78; Herbert, 71-72; Sim, *Brisbane City Botanic Gardens*, 3; McKinnon, 10-11; <http://www.brisbane.qld.gov.au/BCC:BOTANICG/>.

<sup>542</sup> Aitken and Looker, 303; McConnel, “Science and Empire”.



Hill recognised ginger as having economic potential. His first report, dated May 1861, noted that the ‘Ginger plant ... [had] been most successfully cultivated.’<sup>543</sup> Among the plants distributed from the Gardens ‘to cultivators in different parts of the colony’ in 1861-62 were 160 ginger rhizomes.<sup>544</sup> The *Brisbane Courier* was quick to point out that Hill’s experiments demonstrated Queensland’s suitability for commercial crops such as ginger.<sup>545</sup> In October 1861, a display of Queensland products being prepared for the 1862 London International Exhibition opened in Brisbane. Among Hill’s contributions were dried, preserved, and green ginger, while E. Way, nurseryman of South Brisbane, was awarded a medal for his sample of green ginger.<sup>546</sup>

In 1863 ginger was observed to be plentiful in the Botanic Gardens, and common enough not to be considered an ‘out of the way’ article at the Queensland Agricultural and Horticultural Society Exhibition.<sup>547</sup> In 1864, Hill reported that the ‘results obtained during the last two years confirm the success of the experiments made in the cultivation ... of ginger’.<sup>548</sup> During the following years, ginger, now in great demand, continued to thrive.<sup>549</sup> By 1864, Albert Hockings was advertising in the *Brisbane Courier* that he had ginger roots for sale.<sup>550</sup> A founding member of the Queensland Acclimatisation Society, Hockings had established one of the earliest commercial nurseries in the Colony in 1858, supplying both farmers and gardeners throughout Queensland. His *Queensland Garden*

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<sup>543</sup> *Brisbane Courier*, 1 June 1861, 2; Report on the Brisbane Botanical Gardens, 6 May 1861, 2 (No. 14).

<sup>544</sup> Brisbane Botanic Gardens, *Annual Report*, 3 July 1862, 2.

<sup>545</sup> *Brisbane Courier*, 16 August, 1862, 2; 29 October 1862, 2.

<sup>546</sup> *Ibid.*, 10 July 1861, 3; 30 October 1861, 2; 14 November 1861, 3-4; 23 August 1880, 5.

<sup>547</sup> *Ibid.*, 1 July 1863; 18 August 1863, 2; 3 October 1863.

<sup>548</sup> Brisbane Botanic Gardens, *Annual Report*, 18 July 1864, 1.

<sup>549</sup> Brisbane Botanic Gardens, *Annual Report*, 5 August 1865, 1; 20 March 1866, 3; *Brisbane Courier*, 18 May 1867, 5; 14 December 1867, 5.

<sup>550</sup> *Brisbane Courier*, 16 April 1864, 1S; 11 August 1865.

*Manual*, published in 1865, was the first Queensland gardening book and the first Australian book to address tropical and subtropical agriculture.<sup>551</sup> It includes instructions for cultivating, drying and preserving ginger, while the Gardening Calendar section provides separate advice for growing ginger in the farm and in the kitchen garden.<sup>552</sup> Among the gardeners growing ginger were John and Annie Burnett, who lived in Burpengary, some 40 kilometres north of Brisbane.<sup>553</sup>

Despite the fact that ginger and other plants flourished ‘with an affluence of luxuriance which shows that [in Queensland] they have encountered a thoroughly congenial climate and soil’, colonists failed to take full advantage of the agricultural potential of the colony because of their lack of capital, cheap labour, and knowledge of how best to process the produce for market.<sup>554</sup> Nevertheless, Hill continued to encourage the commercial cultivation of ginger, and local newspapers supported his campaign. For at least 30 years, from the 1860s, the *Brisbane Courier* and later the *Queenslander* regularly provided detailed guidance to both farmers and home gardeners about cultivating ginger.<sup>555</sup> The first edition of the *Australian Handbook and Almanac*, published in January 1870, advised that the soil and climate in the Burnett district, north of Brisbane, was suitable for growing tropical crops such as ginger.<sup>556</sup> J. C. White, in his 1870 booklet aimed at attracting to

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<sup>551</sup> Aitken and Looker, 305-306.

<sup>552</sup> Hockings, *Queensland Garden Manual*, 130, 160, 162-164.

<sup>553</sup> Annie Burnett, letter written to her family in England, November 1868, private collection. John was the eldest brother of Arthur Burnett. While Arthur was one of the early ginger growers on Buderim he did not introduce ginger to the area as later was claimed.

<sup>554</sup> *Brisbane Courier*, 21 March 1865, 2; 30 April 1869, 2.

<sup>555</sup> *Brisbane Courier*, 17 October 1864, 5; 17 November 1864, 2; 2 September 1865, 6; 23 April 1866, 3; 31 August 1867, 6; 29 May 1869, 7; 23 July 1869, 4; 29 November 1873, 7; 29 April 1871, 6; 27 May 1871, 6; 1 July 1871, 7; 1 June 1872, 6; 2 November 1872, 6; 30 November 1872, 7; 26 April 1873, 6; 31 May 1873, 6; 1 November 1873, 6; *Queenslander*, 31 August 1878, 698; 31 October, 1885, 718; 28 July 1888, 150; 9 September 1893, 499.

<sup>556</sup> *Australian Handbook and Almanac for 1870*, 88.

Queensland ‘the labouring classes of England, Ireland, and Scotland’, lists ginger among the various articles that could be produced in Queensland.<sup>557</sup>

The 1860s saw the emergence of regional agricultural societies.<sup>558</sup> Farmers as far west of Brisbane as Toowoomba and Dalby were growing tropical plants such as ginger, which commonly appeared in agricultural and horticultural shows.<sup>559</sup> For example, C. Jones won a prize for his green ginger at the Toowoomba Show in July 1867.<sup>560</sup> Hill provided displays of ginger in various forms for most shows.<sup>561</sup>

By March 1870, Hill was able to report not only that ginger was growing luxuriantly, but also that he continued to process it in different ways.<sup>562</sup> He exhibited essence of ginger as well as raw and preserved ginger at the Intercolonial Exhibition in Sydney in 1870, and at a meeting of the New South Wales Agricultural Society in 1871.<sup>563</sup> Ginger, preserved or green, was included in the prize schedule for the East Moreton Farmers’ Association Show held in July 1870.<sup>564</sup> The *Brisbane Courier* reported that ‘ginger ... is one of the most delicious and highest-priced preserves, inexpensive in growth and preparation, and consequently yielding a fine profit to the grower and preserver’.<sup>565</sup> Despite this, and the

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<sup>557</sup> J. C. White, *Queensland the Progressive!* 8-9.

<sup>558</sup> Aitken and Looker, 315.

<sup>559</sup> *Brisbane Courier*, 2 February 1866, 3; 6 October 1866, 3; 5 July 1867, 4; 19 February 1872, 3.

<sup>560</sup> *Ibid.*, 29 July 1867, 3

<sup>561</sup> *Brisbane Courier*, 8 June 1868, 3; 30 April 1869, 2; 15 May 1869, 2; J. C. White, 1870, 61.

<sup>562</sup> Brisbane Botanic Gardens, *Annual Report*, 28 March 1870, 2.

<sup>563</sup> *Brisbane Courier*, 3 September 1870, 3; 20 September 1871, 3; 30 September 1871, 3.

<sup>564</sup> *Queenslander*, May 14, 1870, 11.

<sup>565</sup> *Brisbane Courier*, 11 March 1871.

fact that in ‘many of the gardens about Brisbane the ginger-plant grows luxuriantly’, the Colony continued to import large quantities.<sup>566</sup>

With Hill’s encouragement and practical support, ginger growing became widespread among both home gardeners and farmers in Queensland. Large amounts of ginger were grown in the Gardens, which distributed 1060 ginger rhizomes in 1871-72, 3000 in each of the following two years, and a further 2000 in 1874-75.<sup>567</sup> In July 1875, Hill pointed to the very large number of gardeners requesting plants such as ginger, and noted that the ‘humbler classes residing in and around the Brisbane District appreciate and profit by the donations of plants ... equally with the wealthier residents.’<sup>568</sup> By this time, farmers were growing ginger commercially. The first record of ginger being exported from Queensland was in 1873, when 15 cases of green ginger grown in Queensland were exported to New South Wales.<sup>569</sup> However, this was almost certainly grown by Chinese farmers in Gladstone, not by Europeans, as will be discussed in the next chapter.<sup>570</sup> Hill continued to support agricultural and horticultural society shows, and to encourage ginger growing.<sup>571</sup> Ginger appeared in the first *Catalogue of Plants in the Queensland Botanic Gardens*, published in 1875.<sup>572</sup>

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<sup>566</sup> *Ibid.*, 15 April 1871, 4.

<sup>567</sup> Brisbane Botanic Gardens, *Annual Report*, 28 March 1871, 2; 24 March 1872, 3; 28 March 1873, 4; 8 May 1874, 3; 6 July 1875, 6; *Brisbane Courier*, 17 July 1873, 3; Caulfield, “Brisbane’s Two Botanic Gardens,” 91.

<sup>568</sup> Brisbane Botanic Gardens, *Annual Report*, 6 July 1875, 4-5.

<sup>569</sup> Queensland, *Statistical Register*, 1873, 61.

<sup>570</sup> *Brisbane Courier*, 17 March 1873, 3.

<sup>571</sup> *Brisbane Courier*, C, 3 October 1872, 7; 6 May 1873, 2; 22 August 1878, 3; 1 August 1879, 6.

<sup>572</sup> Walter Hill, *Catalogue*, 33.

In early 1870s, the Queensland Acclimatisation Society, founded in 1862 to ‘introduce plants thought desirable ... and to distribute them to subscribing members’, also began to encourage commercial ginger growing.<sup>573</sup> Ginger was one of the principal plants which it distributed widely through the Colony.<sup>574</sup> The Society provided guidance on cultivating and processing ginger, including advice on mulching given to Hockings by a Chinese ginger grower, and Chinese recipes for preserved ginger.<sup>575</sup>

Ginger continued to feature in agricultural shows in South East Queensland. Interestingly, Europeans R. Lane and W. Moore were awarded prizes for their green ginger at the East Moreton Association’s Shows in 1873 and 1874, while Chinese gardener Tommy Ah Ging won prizes for several of his vegetables.<sup>576</sup> Toowoomba farmer R. Walker exhibited preserved ginger at the local exhibition in 1876.<sup>577</sup> At the first Brisbane Exhibition, held in August 1876 to celebrate the colony’s achievements, ginger was represented in several categories.<sup>578</sup> In both 1876 and 1877, Hill was awarded prizes for his ginger plants and his processed ginger, and M. Armstrong won prizes for her preserved ginger.<sup>579</sup> Preserved ginger was displayed at the 1879 Exhibition.<sup>580</sup>

Ginger growing continued to expand. In 1878, Hill reported that ‘applications for plants of economic value have increased considerably during the year’, ginger being among the

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<sup>573</sup> Herbert, 72.

<sup>574</sup> *Brisbane Courier*, 23 January 1872, 2; 24 June 1872, 2; 14 March 1874, 6.

<sup>575</sup> *Ibid.*, 8 April 1870, 2-3; 16 June 1873, 3; 18 August 1873, 3; 23 January 1874, 3.

<sup>576</sup> *Ibid.*, 1 August, 1873, 2; 24 July 1874, 3.

<sup>577</sup> *Ibid.*, 28 January 1876, 3; 15 November 1876, 6.

<sup>578</sup> Aitken and Looker, 315; Joanne Scott and Ross Laurie, *Showtime*, 1, 13-15, 20, 26.

<sup>579</sup> *Brisbane Courier*, 30 September 1876, 6; Royal National Agricultural and Industrial Association of Queensland, Prize Catalogue, 1876, 32, 33, 56, 57; 1877, 38-39, 88-90.

<sup>580</sup> *Brisbane Courier*, 1 August 1879, 6.

plants in greatest demand. The demand was even greater in the following two years.<sup>581</sup> By this time, ginger was being sent to Central and North Queensland.<sup>582</sup> J. Barnes was growing ginger in Mackay, in 1875.<sup>583</sup> In the late 1870s, ginger was reported growing in the Innisfail area, south of Cairns, and in a large Chinese garden near Cooktown.<sup>584</sup>

In 1880, the Queensland Government commissioned Lewis Bernays to determine what progress had been made in developing plants of commercial value. He identified major obstacles to be lack of knowledge of both cultivation methods and processing techniques that would yield marketable products. To redress these problems, in 1883 he produced a guide for growers, noting that ginger ‘is simple of cultivation, and no one in localities where it will grow need be without his ginger patch for home use.’ As well as instructions for cultivating and drying ginger, Bernays provided recipes for making oil of ginger, preserved ginger and ginger beer, and he described ginger’s numerous medicinal properties.<sup>585</sup>

When Hill retired in 1881, the Gardens ‘ceased to be the botanical centre of Queensland.’<sup>586</sup> By 1883, the widespread distribution of plants to private individuals had ceased, though the Gardens still had ginger rhizomes available for distribution to schools and other public institutions at least until the beginning of the 20<sup>th</sup> century.<sup>587</sup> The Acclimatisation Society continued to distribute economic plants, and it began exhibiting

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<sup>581</sup> Brisbane Botanic Gardens, *Annual Report*, 1878, 1879, 1880.

<sup>582</sup> *Brisbane Courier*, 23 August 1880, 3.

<sup>583</sup> *Queenslander*, 27 November 1875, 22.

<sup>584</sup> *Ibid.*, 19 February 1879, 5; 5 December 1879, 3.

<sup>585</sup> Bernays, *Cultural Industries for Queensland*, vii-viii, 91-94.

<sup>586</sup> McKinnon, 11.

<sup>587</sup> Brisbane Botanic Gardens, *Annual Report*, 1883, 1897, 1901, 180, 186; Skerman, *First Hundred Years*, 20.

plants, including ginger, at Exhibitions.<sup>588</sup> Ginger appeared in its lists of ‘Important Plants... known to be established in the State’.<sup>589</sup>

By the 1880s, farmers in many parts of South East Queensland, including Buderim, were growing ginger.<sup>590</sup> In 1885, George Phillips, Inspecting Surveyor on the proposed route of a railway between Brisbane and Gympie reported that, on Buderim Mountain, an area of 80 to 100 acres was planted with ‘bananas, oranges, ginger, coffee, and various fruits’. He predicted that: ‘Coffee and ginger will yet prove staple products of this district, especially the latter, as the soil and climate are peculiarly favourable.’<sup>591</sup> Large quantities of ginger were also being cultivated in the nearby Burnett District, which encompasses Maryborough, Bundaberg and Gympie.<sup>592</sup>

F. M. Bailey’s 1885 catalogues of plants in the Brisbane Botanic Gardens and the Acclimatisation Society’s Garden list ginger as a plant of commercial value.<sup>593</sup> In the same year, the Government Botanist for Victoria, Von Mueller, included ginger in a list of plants suitable for commercial cultivation in tropical regions of Australia. He suggested that Great Britain, which had imported almost 3000 tons of ginger the previous year, was a potential market for Australian ginger.<sup>594</sup> In his *Queensland Horticulturalist*, published in 1886, Theodore Wright refers to ginger as ‘one of the most deserving of our garden

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<sup>588</sup> *Brisbane Courier*, 9 January 1880; 26 May 1880, 5; Queensland Acclimatisation Society, Reports for 1880-1881, 1888, 1892.

<sup>589</sup> Queensland Acclimatisation Society, correspondence 27 February 1905.

<sup>590</sup> Gibson, “Ginger Growing in Queensland,” 589; *Queensland Agricultural Journal* (1900): 545; Richardson, “Australia Grows Ginger,” 9.

<sup>591</sup> *Brisbane Courier*, 10 June 1885, 3; Queensland, *Votes and Proceedings*, vol. 3, 1885, 342.

<sup>592</sup> Morrison, *Aldine History of Queensland*, 2:541.

<sup>593</sup> Frederick Manson Bailey, *Catalogue of Plants*, 1885, v–vi, 99.

<sup>594</sup> Mueller, *Select Extra-Tropical Plants*, 414.

productions'.<sup>595</sup> Ginger continued to be displayed at exhibitions, in London as well as in Queensland.<sup>596</sup> For the Centennial International Exhibition held in Melbourne in 1888, Bailey produced a catalogue describing all the economic plants, including ginger, growing in Queensland.<sup>597</sup> Table 5 shows that small quantities of Queensland-grown ginger were occasionally exported to other colonies.

**TABLE 5**  
**Ginger Exports from Queensland – 19<sup>th</sup> Century**

Year	Quantity	Colonies to which exported
1873	15 cases	New South Wales
1887	14 packages	New South Wales
1891	784 lb	New South Wales (336 lb), Victoria (224 lb), South Australia (224 lb)
1894	1 package	New South Wales
1896	3 cases	

**Note:** The 1896 data do not appear in the *Statistical Register*.

**Sources:** Queensland. *Statistical Register* (1887), 101; (1891), 141; (1894), 153; Rains, "Intersections," 257, for 1896 data.

Despite the success of ginger growing in South East Queensland, few Europeans in tropical North Queensland attempted to grow it, despite considerable encouragement by the Government.<sup>598</sup> In the north, agriculture was left to the Chinese, who were not only the finest agriculturalists in areas such as Cairns, but also virtually the only ones.<sup>599</sup> One

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<sup>595</sup> Wright, *Queensland Horticulturalist*, 131.

<sup>596</sup> *Brisbane Courier*, 21 May 1880, 3; 11 August 1881, 5; Royal National Agricultural and Industrial Association of Queensland. Prize Catalogues for Brisbane Exhibitions, 1886, 86; 1887, 107; *Catalogue of the Exhibits in the Queensland Court: Colonial and Indian Exhibition, London, 1886*, 14.

<sup>597</sup> Frederick Manson Bailey, *Economic Plants of Queensland*, Preface, 71-72.

<sup>598</sup> Bolton, *A Thousand Miles Away*, 229; Jones, D. 246.



exception was Thomas Swallow, who had opened a biscuit factory in Melbourne in 1854 and later expanded into fruit canning. In 1882, he established the Hambledon Plantation at Edmonton, south of Cairns, primarily to provide sugar for his southern factories.<sup>600</sup> By 1887, in addition to sugar cane, a variety of other crops were being grown on the estate under the supervision of a Chinese overseer.<sup>601</sup> The crops included four acres of ginger, yielding approximately 12 tons per year.<sup>602</sup> Swallow dried much of his ginger, using an American fruit evaporator imported to dry bananas. The *Queenslander* reported that:

Ginger is one of the principal crops of the garden: it grows profusely, yields abundantly, and *never* fails. It is much used in the house as a pickle when the roots are young and tender, but the main crop is harvested and dried, and then sent down to Melbourne, where it is utilised in the large biscuit factory of Messrs. Swallow and Ariell.<sup>603</sup>

Swallow displayed candied ginger at the 1888 Centennial International Exhibition, Melbourne. At the same Exhibition, Daniel Hart from the Mossman River, north of Cairns, also exhibited dried ginger.<sup>604</sup> Hart, a Jamaican who had taken up land on the Mossman River in 1880, earlier had displayed ginger at the 1886 Colonial and Indian Exhibition in London.<sup>605</sup> The *Queenslander* reported that 35 cases of green ginger were

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<sup>599</sup> Dorothy Jones, *Trinity Phoenix*, 246.

<sup>600</sup> Bolton, 139; *Hambleton State School*, 22-23; Dorothy Jones, *Trinity Phoenix*, 152, 167; McInnes, *Hambleton Plantation*, 5.

<sup>601</sup> *Brisbane Courier*, 28 December 1887, 3.

<sup>602</sup> Bartlett, 818.

<sup>603</sup> *Brisbane Courier*, 28 December 1887, 3.

<sup>604</sup> *Centennial International Exhibition, Melbourne, 1888-1889*, 539.

<sup>605</sup> Prince, *Early Days of the Douglas Shire*, 10; *Catalogue of the Exhibits in the Queensland Court: Colonial and Indian Exhibition, London, 1886*, 15.

among produce from Cairns shipped to other parts of Queensland in 1890, but it is likely that the growers were Chinese.<sup>606</sup>

In October 1888 the Queensland Government established an experimental nursery at Kamerunga, near Cairns, to trial tropical plants of economic value and to encourage and support local farmers with plants and advice. Ebenezer Cowley, experienced in tropical agriculture, was appointed overseer in September 1889.<sup>607</sup> Ginger was among his first plants. In 1891 and 1892, Cowley reported planting rhizomes obtained from Chinese growers and later distributing part of his crop to local farmers. In 1892 he planted more rhizomes obtained from a Chinese gardener, and distributed some plants to a local farmer.<sup>608</sup> At the request of the Queensland Department of Agriculture, he also shipped six pounds of ginger rhizomes to Victoria, though he had to admit that:

[They] were not grown in the Nursery this plant not seeming to thrive in our soil, producing but poor results at present. The Ginger was obtained from a Chinaman neighbour for 1/-.<sup>609</sup>

Cowley continued to grow and distribute small quantities of ginger.<sup>610</sup> He was far less successful at growing ginger than his Chinese neighbours, however, and unable even to grow enough for replanting. He experimented with ginger from Jamaica, with little more success, and persisted in blaming the soil for his failures. In 1895, Cowley reported that he had attempted to convert some of his harvest into a preserve, with moderate success. In

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<sup>606</sup> *Queenslander*, 20 June 1891, 1183.

<sup>607</sup> Benfer, *History of Freshwater*, 4; Bolton, 229; Dorothy Jones, *Trinity Phoenix*, 263-264.

<sup>608</sup> Queensland Archives, PRV 5588-1-1, 1 May 1891; 5588-1-1, 2 October 1891; 5588-1-2, 1 April 1892.

<sup>609</sup> *Ibid.*, PRV 5588-1-2, 18 August 1892.

<sup>610</sup> *Ibid.*, PRV 5588-1-2, 1 September 1892; 5588-1-2, Annual Report 1893; 5588-1-3, 29 March 1894.

1896, he distributed just two pounds of ginger, but reported that his current crop looked more promising.<sup>611</sup> The following year, while reporting that he had distributed 74 pounds of rhizomes to 15 applicants, Cowley said:

There has been but slight demand for ginger, the preference being for the Chinese variety, which has a larger and softer rhizome than the Jamaica ginger introduced two years ago. There will be a considerable quantity of this latter variety available for distribution about August or September next. As I have before reported, our soil is hardly suitable for obtaining large crops of this spice, and I question whether it is wise to unearth them annually, as fragments left after digging last year's crop seem to grow equally as well as those uprooted and replanted.<sup>612</sup>

The last sentence contradicts accepted practice, then and now, and suggests that Cowley's knowledge of ginger growing was limited. Ginger continued to be grown at Kamerunga after Cowley's departure. In 1909, the new Manager reported that: 'of Chinese white ginger only a very little is available, the Jamaican variety being much more prolific.' The following year, he reported simply that ginger had been harvested.<sup>613</sup> The Nursery ceased operation in 1916.<sup>614</sup>

James Dick was 'Cooktown's most vehement advocate of agriculture', determined to demonstrate 'the area's capacity to produce almost any tropical crop'. In 1881, he established Excelsior Plantation northwest of Cooktown, primarily to grow coffee. He also grew a wide range of other tropical plants, obtained from the Brisbane Botanic Gardens

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<sup>611</sup> Queensland, *Votes and Proceedings*, 1895, vol. 3, 1047; 1896, vol. 4, 474-475.

<sup>612</sup> *Ibid.*, 1897, vol. 4, 934-935.

<sup>613</sup> Queensland, *Parliamentary Papers*, 1909, vol. 2, 400; 1910, vol. 3, 255.

<sup>614</sup> Benfer, 4.

and the Acclimatisation Society, and had regular contact with Ebenezer Cowley.<sup>615</sup> He must have been growing ginger.

Despite Government efforts, European farmers in North Queensland did not take up ginger growing commercially: 'Although the [Kamerunga] nursery showed what could be grown, in the long term none of these agricultural undertakings were important.'<sup>616</sup> As Dorothy Jones points out, farming continued to be regarded by most Europeans as 'a menial occupation fitted really only for the despised Chinaman.'<sup>617</sup> Only Botanic Gardens persevered in demonstrating North Queensland's potential for tropical agriculture. Work began on the Cooktown Botanic Gardens in 1885. The following year, the Acclimatisation Society provided the Gardens with many plants, including ginger.<sup>618</sup> In 1887 Eugene Fitzalan, with the assistance of the Cairns council, established both a botanical garden and a thriving business to cultivate medicinal and economic plants.<sup>619</sup>

The Queensland Department of Agriculture, established in 1897, began publishing the *Queensland Agricultural Journal* in the same year. The *Journal's* primary aim was: 'the publication and wide dissemination of articles of a popular educatory nature'.<sup>620</sup> The first of many articles for agriculturalists who were growing ginger appeared in October 1898. It was taken from a pamphlet on ginger cultivation and processing in Jamaica, where most of the ginger crop, almost 900 tons in 1896, was sold to England or the United States for use

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<sup>615</sup> Dick, *Peninsula Pioneer*, 65-69. 86-87.

<sup>616</sup> Dorothy Jones, *Trinity Phoenix*, 264.

<sup>617</sup> *Ibid.*, 265.

<sup>618</sup> Cooktown Botanic Gardens, *Index Plantarum*. Copy provided by the Gardens, 14 April 2008; [www.cook.qld.gov.au/visitors/Gardens/](http://www.cook.qld.gov.au/visitors/Gardens/).

<sup>619</sup> Dorothy Jones, *Trinity Phoenix*, 260.

<sup>620</sup> *Queensland Agricultural Journal* 1 (1897): 1.

in pharmaceuticals. Realising that ginger was also in great demand for culinary purposes, the *Journal* published recipes for ginger beer, ginger wine and, surprisingly, imitation preserved ginger made from vegetable marrow flavoured with ground ginger. In 1901 *Journal* pointed to a promising outlook for local ginger growers, due to a major shortage of ginger from India, increased demand in Britain, and thus the possibility of lucrative overseas markets. It continued to publish articles on cultivating and processing ginger for several years. In 1903, at the request of ginger growers, it reprinted an article which had appeared earlier in the *Pharmaceutical Journal*. By 1906, the *Agricultural Journal* was encouraging farmers ‘on all the coastal lands of the State’ to grow ginger, ‘which is in universal demand, and for which good prices can be obtained’. It reported that the United States alone was importing more than 1300 tons per year.<sup>621</sup> Britain imported more than 1800 tons (of mostly) dried ginger in 1906 and almost 3500 tons in 1911, most of it from within the British Empire.<sup>622</sup> The 1906 article was republished in 1914, in response to further requests for information about ginger.<sup>623</sup>

While growing ginger was relatively simple, preparing it for market was more difficult and time consuming.<sup>624</sup> After being dug, the roots had to be cleaned, peeled, washed, and dried in the sun or the oven. The peeling had to be done very carefully. For this reason, it was suggested that ginger was best grown by farmers who:

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<sup>621</sup> *Ibid.*, (October 1898): 297-302; (March 1900): 232; (December 1900): 566; (October 1902): 295; (February 1901): 116; (September 1901): 330; (November 1902): 354-356; (October 1903): 355-356; 23 (November 1909): 268-270; (October 1903): 355; (April 1906): 451-452.

<sup>622</sup> *Bulletin of the Imperial Institute* 10 (1912): 119.

<sup>623</sup> *Queensland Agricultural Journal* (October 1914): 317-318.

<sup>624</sup> *Bulletin of the Imperial Institute* 30 (1932).

like the Hatton Vale [60 kilometres west of Brisbane] farmer, are blessed with a family of fourteen boys and girls. Think what a lot of ginger they could prepare of an evening sitting round the fire on an August night.<sup>625</sup>

#### 4.3.2 Ginger in the Buderim Area

By the late 19<sup>th</sup> century, the rich soil and climate of the Maroochy district had been identified as suitable for producing a range of crops, including ginger.<sup>626</sup> Ginger was included in the prize schedule for the Maroochy Shows in 1904 and 1905.<sup>627</sup> At the 1904 Show, Arthur Burnett was awarded a prize for his Collection of Economic Roots, defined as ‘garlic, ginger, arrowroot, turmeric, eschalots, etc.’<sup>628</sup> Presumably, Burnett’s familiarity with ginger began when he was growing up in Burpengary where his eldest brother was growing ginger.<sup>629</sup> A. Gibson, Agricultural Instructor, confirmed that Burnett was growing ginger on Buderim Mountain in the first decade of the 20<sup>th</sup> century when, following a visit to Buderim in 1928, he reported that ‘one of the most experienced growers at present ... is Mr A. J. Burnett, who has been growing ginger for the last twenty years.’<sup>630</sup>

In March 1911, the Queensland Department of Agriculture requested that the Agent General for Queensland in London obtain both ‘full information relative to the methods in vogue in China for the purpose of neutralising the pungency in ginger intended for use as dessert (preserved ginger)’ and ‘rhizomes for planting purposes’. The Colonial Secretary,

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<sup>625</sup> *Queensland Agricultural Journal* (April 1906): 451.

<sup>626</sup> *Nambour Chronicle*, 6 November 1903, 2.

<sup>627</sup> *Ibid.*, 29 April 1904, 2-3; 21 April 1905, 4.

<sup>628</sup> *Ibid.*, 15 July 1904, 2-3.

<sup>629</sup> Hogarth, *Pioneer Cottage*, 18.

<sup>630</sup> Gibson, 589-590

Hong Kong, ‘courteously supplied full information’ about the Chinese methods of cultivating and preserving ginger, promising that, ‘when the present year’s rhizomes are matured, which will be in the autumn, I will send you a consignment for planting’.<sup>631</sup> It would seem that Arthur Burnett benefited from this consignment, as his son later recalled: ‘My Father Bought Ginger from China through Dep[artment] of Agriculture Brisbane. The size of the bag would be about 30 lbs ... I helped him plant it.’ By about 1914 Burnett was ‘supplying green ginger to Duthie Bros factory’ in Brisbane.<sup>632</sup> However, Duthie Brothers obtained most of their ginger from China, using it to manufacture melon and ginger jam, and crystallised ginger.<sup>633</sup>

The evidence clearly refutes the Buderim myth about the beginnings of the Australian ginger industry. Commercial ginger growing was established in South East Queensland by the 1860s and on Buderim by the mid-1880s. It did not begin during World War I, when Robert Duthie supposedly brought back from China ginger rhizomes which he gave to Arthur Burnett. Indeed, Robert Duthie did not go to China.<sup>634</sup> By 1914 Arthur Burnett had been growing ginger on Buderim for more than 10 years. Nor was the industry the result of chance, rather it proceeded with Government assistance and encouragement.

While Chinese gardeners were well established in the Maroochy area by this time, there is no evidence that European ginger growers consulted them.<sup>635</sup> By 1912, the local newspaper, the *Nambour Chronicle*, was providing advice to farmers about ginger

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<sup>631</sup> *Queensland Agricultural Journal* (November 1911): 249.

<sup>632</sup> S. A. Burnett, note regarding ginger, ca. 1990, private collection.

<sup>633</sup> James G. Duthie, personal communication, 26 May 2006.

<sup>634</sup> James G. Duthie; Esme Oliver, personal communication, 3 March 2006.

<sup>635</sup> Herbert Frank Fielding, personal communication, 21 December 2005; Hubert Groszmann, interview with Joan Hogarth, 3 February 1995, private collection; *Nambour Chronicle*, 8 November 1912.

cultivation.<sup>636</sup> During the following years, many European farmers along Queensland's coast grew small quantities of ginger to supplement their income from other crops.<sup>637</sup>

Because of the ever-increasing demand for ginger, the Australian Government subsidised ginger growing in Papua and New Guinea from the late 1920s. One producer sent 15 tons to Australia.<sup>638</sup>

By the early 20<sup>th</sup> century, knowledge of Australian ginger growing had spread. In his 1912 book *Spices*, Ridley, Director of Botanic Gardens in the Straits Settlements, reported that ginger was being cultivated successfully in northern Australia.<sup>639</sup> Fox, in his *History of Queensland* published in 1919, listed ginger among the tropical industries ranked as 'important assets to the State and the Commonwealth', noting that ginger 'will grow to perfection in any fit soil on all the suitable lands of the coastal districts of Queensland, and the commodity is in universal demand.'<sup>640</sup>

Nevertheless, in the 1920s, Buderim became the centre of commercial ginger cultivation in Australia.<sup>641</sup> Farmers passed on rhizomes to their neighbours, who all grew small quantities, as Frank Fielding recalled.<sup>642</sup> Although the number of growers steadily increased, their market was limited by lack of processing facilities, as most food manufacturers required dried or partially preserved ginger.<sup>643</sup> Much of the ginger was sold

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<sup>636</sup> *Nambour Chronicle*, 31 August, 1912, 4; 8 November, 1912, 3; 22 August, 1913, 6; 10 October, 1913, 1.

<sup>637</sup> Gibb, "Ginger from Queensland," 59; Hogarth, *Buderim Ginger*, 19-20; Leverington, "Ginger Processing Investigations," 243.

<sup>638</sup> Commonwealth, *Tariff Board's Report*, 1953, 5.

<sup>639</sup> Ridley, *Spices*, 393.

<sup>640</sup> Fox, *History of Queensland*, 431, 434.

<sup>641</sup> Fielding; Hogarth, *Buderim Ginger*, 19.

<sup>642</sup> Fielding.



at local fresh produce markets.<sup>644</sup> Some was shipped to markets in Melbourne, Sydney and Brisbane, or used in the manufacture of jam and chutney, for example by Henry Jones and Company (IXL) and Brisbane's Bengal Chutney Company.<sup>645</sup> A little was preserved in syrup, but this was labour intensive.<sup>646</sup> The *Queenslander* reported that, while there were several exhibitors of ginger at the 1926 Buderim Show, the buyers were mostly Chinese.<sup>647</sup>

In 1926, the *Nambour Chronicle* pointed out that, although some food manufacturers were interested in using locally grown ginger, only small areas were planted because the market for fresh ginger remained limited.<sup>648</sup> The *Bulletin of the Imperial Institute* noted that the Queensland ginger industry was yet to achieve commercial importance.<sup>649</sup> While Australia's demand for ginger was considerable, almost all ginger was imported. For example, approximately 670 tons of ginger in various forms was imported in the year 1927/28.<sup>650</sup> Despite encouragement from the Queensland Government, there were still no large-scale facilities for converting fresh ginger into a marketable product. The Buderim industry began to expand, however, and in 1929 the growers formed the Ginger Marketing Association to represent them.<sup>651</sup> By 1930, there were about 100 growers in the area who

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<sup>643</sup> Broadley, *Ginger in Queensland*, 1; *Farmer and Settler*, 7 May 1942; Fielding, 5; Gibson, 589; Richardson, 9; Commonwealth, *Tariff Board's Report*, 1931, 5-6.

<sup>644</sup> Gibb, 60.

<sup>645</sup> Bartlett, 818; Broadley, 1; S. A. Burnett; Fielding, 6; Commonwealth, *Rural Reconstruction Commission Report*, 4; Gregory, *Making Maroochy*, 106; Hogarth, *Buderim Ginger*, 20; *Nambour Chronicle*, 1 March 1929, 10; May 3, 1940, 11; Jun. 21, 1940, 1.

<sup>646</sup> Fielding, 5; *Queensland Agricultural Journal* (1906): 452.

<sup>647</sup> *Queenslander*, 26 June 1926, 38.

<sup>648</sup> *Nambour Chronicle*, 25 June 1926, 3.

<sup>649</sup> *Bulletin of the Imperial Institute* 24 (1926): 681.

<sup>650</sup> Gibson, 589.

<sup>651</sup> Gibson, 589; Hogarth, 2000, 19-20; Hessie.Lindsell, notes dated September 1996 in historical collection, Pioneer Cottage, Buderim; *Nambour Chronicle*, 25 June 1926, 3; 12 April 1929, 8.

produced 60 tons of ginger in the 1929/30 season.<sup>652</sup> Although this quantity was sufficient to meet the Australian requirement for fresh ginger, the growers were able to sell only about 15 tons because they could not compete with the better quality and lower priced imported product. In that year, a total of some 1000 tons of ginger was imported, most confectionery ginger coming from China and Hong Kong, and dried ginger for ginger beer from Jamaica.<sup>653</sup> A request by the Queensland Ginger Growers' Association to the Minister for Trade and Customs to support the local industry by increasing the duty on imported ginger was denied, as food and beverage manufacturers argued against locally produced ginger. An exception was confectioner, MacRobertson's Limited, Melbourne, which had purchased three tons and found it to be satisfactory.<sup>654</sup>

Following the Tariff Board's decision, the Buderim ginger industry languished for some years though it did not cease.<sup>655</sup> Ginger was still important enough that an advertisement for a property on Buderim in 1934 highlighted the fact that three quarters of an acre was planted with ginger, ready to market.<sup>656</sup> The *Brisbane Courier* continued to provide advice about growing ginger, and rhizomes were readily available.<sup>657</sup> In June 1940, the *Queensland Agricultural Journal* reported that, although the annual Australian requirement for ginger was approximately 1500 tons, local production was only about 20 tons.<sup>658</sup>

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<sup>652</sup> Commonwealth, *Tariff Board's Report*, 1931, 6; *Nambour Chronicle*, 29 May 1931, 12.

<sup>653</sup> Commonwealth, *Tariff Board's Report*, 1931, 4, 6; 1953, 7.

<sup>654</sup> Commonwealth, *Tariff Board's Report*, 1931, 3-7; *Nambour Chronicle*, 29 May 1931, 12.

<sup>655</sup> Hogarth, *Buderim Ginger*, 23.

<sup>656</sup> *Brisbane Courier*, 18 January 1934, 3.

<sup>657</sup> *Brisbane Courier*, 18 January 1934, 12; 10 March 1934, 21.

<sup>658</sup> *Queensland Agricultural Journal* 53 (June 1940): 591.

While MacRobertson's and Sunnyside Orchards continued to purchase Buderim ginger, there were still no processing facilities which needed to be close to the growing area.<sup>659</sup>

The situation changed during World War II, when shipping was restricted and imports of ginger dropped dramatically in 1941.<sup>660</sup> The resulting shortage provided the opportunity for local ginger growers to expand production and forced them to begin processing their ginger.<sup>661</sup> In May 1941, five Buderim farmers, led by Vince Crosby and including Arthur Burnett's nephew George Burnett, formed the Buderim Ginger Growers' Co-operative Association to control ginger cultivation and processing in Queensland.<sup>662</sup> With little capital, they processed their first 14 tons of green ginger in a disused blacksmith's shop.<sup>663</sup> After peeling the ginger, they partially preserved it in brine before sending it to Sunnyside Orchards and other food manufacturers for final processing into preserved ginger and other foodstuffs.<sup>664</sup> To market their product, the Co-operative 'sent it to trade fairs all over the place'.<sup>665</sup> In the same year, the Co-operative purchased land in Burnett Street, Buderim, where they built a factory which opened in 1943.<sup>666</sup> The fledgling ginger industry did not make use of the wealth of information available from the Department of Agriculture, the

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<sup>659</sup> Broadley, 1; *Farmer & Settler*, 7 May 1942; Gibson, 589; D. R. Lewis, "Tariff Protection Aids Ginger Growers," 569; *Nambour Chronicle*, 21 June 1940, 1; Richardson, 9; Commonwealth, *Tariff Board's Report*, 1931, 5-6.

<sup>660</sup> Hogarth, *Buderim Ginger*, 25; London Food Committee, Ginger Subcommittee, 84-85, 93-95, 77, 178; Richardson, 9.

<sup>661</sup> Broadley, 1.; Buderim Ginger Limited, *Buderim Ginger*; Fielding, 8; Ripe, *Ripe Enough*, 85; Mary-Jo Wilson et al., *Living Australia*, 19.

<sup>662</sup> Hogarth, *Buderim Ginger*, 26-27; D. R. Lewis, 569. Initially called the Queensland Ginger Growers Co-operative Association, after a few months it changed its name.

<sup>663</sup> Buderim Ginger Limited. *Buderim Ginger*; Beryl Crosby, March, 1985, Buderim Historical Society; Fielding; Hogarth, *Buderim Ginger*, 26-31; Hogarth, *Pioneer Cottage*, 38; Leverington, 243; Lindsell, *Buderim Born*, 17, 56; Mary-Jo Wilson et al., 19.

<sup>664</sup> Beryl Crosby; W. C. Chadwick, "History of Buderim", 1952, Buderim Historical Society; Fielding, 7; D. R. Lewis, 569.

<sup>665</sup> Beryl Crosby.

<sup>666</sup> Buderim Ginger Limited. *Buderim Ginger*; Fielding; Hogarth, *Buderim Ginger*, 26-31; Mary-Jo Wilson et al., 19.

Botanic Gardens, the Acclimatisation Society, local newspapers and gardening books.

Instead, it proceeded by trial and error.<sup>667</sup> Vince Crosby admitted that they knew nothing of Chinese cultivation or processing methods.<sup>668</sup>

In June 1941 representatives from Queensland, New South Wales, and Sunnyside Orchards formed the Australian Ginger Growers Council.<sup>669</sup> The Council planned to develop and control production and initial processing of ginger until it could supply all of Australia's requirements for ginger in its various forms, a plan which was never to be fully realised.<sup>670</sup> The Queensland Ginger Marketing Board, established in July 1942, appointed the Co-operative as its agent to receive, partially process and market ginger on its behalf.<sup>671</sup> By 1942, Sunnyside Orchards had long-term contracts with all European ginger growers in New South Wales and Queensland, to buy all the ginger they could produce. It intended that: 'Much of it would be preserved, and a quantity would be dehydrated. This latter would be used for making ginger beer, ginger essences and some drugs.'<sup>672</sup>

During the war years, the 'government bought all the ginger, regardless of quality, at a guaranteed minimum price' to use in foodstuffs and medicines for the troops.<sup>673</sup> The 1942 crop produced approximately 80 tons, only a fraction of the estimated requirement of 1200 tons of ginger in various forms.<sup>674</sup> By 1943, the shortage of ginger in Australia was acute.

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<sup>667</sup> Fielding; Daphne McKeiver, interview with Joan Hogarth 24 May 1995, private collection.

<sup>668</sup> Commonwealth, *Rural Reconstruction Commission Report*, 8.

<sup>669</sup> Hogarth, *Buderim Ginger*, 28; Richardson, 10.

<sup>670</sup> Commonwealth, *Rural Reconstruction Commission Report*, 4.

<sup>671</sup> H. M. Groszmann, "Ginger Production," 4; Hogarth, *Buderim Ginger*, 35; D. R. Lewis, 569.

<sup>672</sup> *Farmer & Settler*, 7 May 1942.

<sup>673</sup> Hogarth, *Buderim Ginger*, 25.

<sup>674</sup> Commonwealth, *Rural Reconstruction Commission Report*, 4.

When the Department of Supply (Defence foods) urgently required dried ginger for medicines, a dehydrator was installed at the factory. In that year the Buderim Ginger Growers' Co-operative Association provided 16 tons of dried ginger to Defence.<sup>675</sup> Ginger production in Queensland expanded, with the ginger growing district extending from Gympie to Caboolture.<sup>676</sup>

In the early 1940s, farmers in further north in Bundaberg and Innisfail requested seed ginger from the Ginger Marketing Board. Their requests were refused, the Board arguing that ginger growing should be limited to the vicinity of the processing plant as ginger dried out in transit. In 1949, ginger processing plants were proposed for the Atherton Tablelands in North Queensland and Lae in Papua New Guinea. Not wanting competition, the Board again intervened and had these plans stopped.<sup>677</sup> Thus large-scale commercial production of ginger was restricted to the Maroochy area.

At the end of the War, when the Department of Defence no longer required all of the ginger produced, imports were resumed and Buderim again had to compete against cheaper and good quality ginger imports.<sup>678</sup> The situation became worse in 1945, when health regulations prevented Sunnyside Orchards processing Buderim ginger.<sup>679</sup> The next few years were very difficult ones for the ginger industry. In 1947, the Co-operative formed an alliance with food manufacturer, Warrys of Maryborough, to produce ginger in syrup

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<sup>675</sup> Richardson, 10; Commonwealth, *Rural Reconstruction Commission Report*, 2, 5; *Tariff Board's Report*, 1953, 11. Approximately seven tons of green ginger is needed to produce one ton of ground ginger. The exact purpose for which the Defence Department required dried ginger could not be determined, but it is likely that it was used for both foodstuffs and medicines.

<sup>676</sup> Commonwealth, *Rural Reconstruction Commission Report*, 6.

<sup>677</sup> Hogarth, *Buderim Ginger*, 39.

<sup>678</sup> Hogarth, *Buderim Ginger*, 40, 49; D. R. Lewis, 570

<sup>679</sup> Hogarth, *Buderim Ginger*, 41.

under the label Merrybud.<sup>680</sup> Frank Fielding was responsible for marketing.<sup>681</sup> By this time, the Co-operative was unable to maintain its dehydrator and ground ginger had to be imported. Drying re-started in 1950, but was discontinued in 1952.<sup>682</sup> In 1948, the Co-operative expanded to produce other products, taking over Merrybud Products in 1952.<sup>683</sup> By the end of 1952, the Co-operative was producing a range of ginger products, including brined ginger, ginger in syrup and crystallized ginger.<sup>684</sup> In that year, Australia's annual requirements for ginger were approximately 25 tons of green ginger, 220 tons of dried ginger, and 300 tons of ginger preserved in brine or syrup.<sup>685</sup>

By 1950, ginger growing had spread to the surrounding areas of Woombye, Nambour, Eumundi and Cooroy, with approximately 650 tons being produced and treated in that year.<sup>686</sup> Over the next two years, however, production fell sharply as growers left the industry due to strong competition from imports, and it remained low for most of the decade.<sup>687</sup> Available production figures from 1927 to 1960 are shown in Appendix 11.2, though Hogarth warns that 'figures in official statistical records vary markedly'.<sup>688</sup> The Australian Bureau of Statistics has never included ginger in their agricultural collections.<sup>689</sup>

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<sup>680</sup> Ibid., 26, 42-43.

<sup>681</sup> Lindsell, notes.

<sup>682</sup> Hogarth, *Buderim Ginger*, 44, 123.

<sup>683</sup> Ibid., 46-46.

<sup>684</sup> Commonwealth, *Tariff Board's Report*, 1953, 7.

<sup>685</sup> Ibid., 1953, 4, 8. Apparent discrepancies in quantities are likely explained by the difference in the weight of ginger in its different forms, approximately seven tons of green ginger required to produce one ton of dried ginger.

<sup>686</sup> Hogarth, *Buderim Ginger*, 48; *Queensland Agricultural Journal* 71 (October 1950): 214.

<sup>687</sup> Bendall and Collins, 2; Commonwealth, *Tariff Board's Report*, 1953, 4, 7; Hogarth, *Buderim Ginger*, 49.

<sup>688</sup> Hogarth, *Buderim Ginger*, 20.

<sup>689</sup> Hogarth, *Buderim Ginger*, xv; Letter Australian Bureau of Statistics to Hogarth, 18 July 1997, private collection.

In the early 1950s, the tariff on imported ginger was increased.<sup>690</sup> Nevertheless, the ginger industry was in crisis.<sup>691</sup> The Buderim factory continued to operate only by processing ginger in syrup imported from China.<sup>692</sup> By 1953, the factory could not afford to process ginger, and growers were encouraged to sell their green ginger on the open market until the situation improved.<sup>693</sup> In 1954, despite the Buderim Ginger Growers Co-operative Association's monopoly of the industry and tariff protection, lack of finance and its inability to develop an export market led to bankruptcy.<sup>694</sup>

Geoff Shrapnel, appointed General Manager in October 1954, was to become the saviour of the Australian ginger industry. He improved the quality of the product, initiated research into all facets of the industry, controlled the amount of ginger grown, provided sound financial management, and made 'ginger and the factory ... part of Buderim culture'. When Shrapnel left 20 years later, the company was thriving, not only domestically but also overseas, providing confectionery ginger to countries throughout Europe, and to North America, Korea and New Zealand.<sup>695</sup> Hogarth tells the story of these years in *Buderim Ginger*.

#### 4.4 Summary and Conclusions

Joseph Banks introduced the ginger plant to Australia as a potential economic crop.

Ginger grew in the Sydney Botanic Gardens from 1788 and it thrived in Australia's north-

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<sup>690</sup> Commonwealth, *Tariff Board's Report*, 1953, 11; 1954, 6; D. R. Lewis, 570.

<sup>691</sup> Hogarth, *Buderim Ginger*, 49

<sup>692</sup> D. R. Lewis, 570

<sup>693</sup> Hogarth, *Buderim Ginger*, 51.

<sup>694</sup> *Ibid.*, 25-26.

<sup>695</sup> Hogarth, *Buderim Ginger*, 56-59; Lindsell, notes; Miles and Taylor, "Ginger Connection," 71.

eastern coastal regions and in Darwin, as settlements were established north from Sydney. Nevertheless, more than 160 years were to pass before a profitable ginger industry was finally developed. This chapter provides evidence that government bodies and agricultural societies actively promoted ginger growing, beginning in Australia's early days. Botanists in the Sydney, Brisbane, and Darwin Botanic Gardens encouraged farmers as well as home gardeners to grow ginger, not only by demonstrating its viability, but also by distributing large quantities of rhizomes. Departments of Agriculture pointed to the demand for ginger, and provided farmers with instructions on cultivating ginger and drying and preserving it. While European farmers in northern New South Wales and South East Queensland grew small quantities of ginger, their markets were limited by lack of large-scale processing facilities to convert fresh ginger into marketable products. Commercial ginger growing in North Queensland and the Northern Territory was further restricted because, throughout the 19<sup>th</sup> century, most Europeans considered themselves unsuited to agricultural work in the tropics. Although European ginger growing had become centred on Buderim by the early 20<sup>th</sup> century, it was not until ginger imports decreased markedly during World War II that the ginger growers expanded production and began processing ginger. The next chapter explores the largely independent history of Chinese ginger growing in Australia.



## 5 CHINESE GINGER GROWING IN AUSTRALIA

Since prehistoric times, Chinese sailors have carried ginger growing in pots or wooden troughs on their boats to prevent seasickness and scurvy. It has been claimed that Chinese sailors visited Australia and established settlements centuries ago, some say from as early as the Sui Dynasty (AD 589– 618), others dating initial contact to the early 15<sup>th</sup> century.<sup>696</sup> There is evidence that Chinese and Malays were fishing Australia's northern shores for *bêche-de-mer* before European settlement, and some sailors were stranded in Australia.<sup>697</sup> If Chinese did establish early settlements in Australia, they would surely have planted ginger. From the early 19<sup>th</sup> century, Chinese settlers in Australia certainly brought ginger rhizomes with them and grew ginger in their gardens.

This chapter traces the history of Chinese ginger growing in Australia in the context of Chinese market gardens, which 'hold a place of particular significance within Chinese communities as they provide food, business and medicinal resources.'<sup>698</sup> Because the Chinese established gardens wherever they settled, the chapter begins with a very brief overview of early Chinese migration to Australia. Paralleling the previous chapter, Chinese ginger growing in New South Wales, the Northern Territory, and Queensland are discussed in separate sections.

There is little direct evidence of Chinese ginger growing in Australia. This is not surprising, given the overall paucity of information about the Chinese living in Australia in the 19<sup>th</sup> century. The Chinese did not document their own stories at the time, or at least not

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<sup>696</sup> Menzies, *1421*, 32-38, 186-187, 201-229, 459, 486; Rolls, *Sojourners*, 6; See-Kee, *Chinese Contribution to Early Darwin*, 1.

<sup>697</sup> Goyder, Northern Territory Survey Expedition, 16 April 1869; Fitzgerald, *Red Tape, Gold Scissors*, 11-12; Holthouse, *River of Gold*, 3; Ling, *Plantings in a New Land*, 18; Alan Powell, *Far Country*, 22-23; Rolls, *Citizens*, 103. Goyder found a Malay camp near Darwin in April 1869.

<sup>698</sup> Arthur Yong, *Chinese Settlement in Whittlesea*, 13.

in any English texts, and few primary sources are available other than newspaper articles and reports written by Europeans.<sup>699</sup> It was not until the 1970s that researchers such as Cronin, May, Choi, and C. F. Yong began to investigate the history of the early Chinese.<sup>700</sup> The present chapter is important in drawing together what little information is available about Chinese ginger growing, and thus adding another dimension to the history of the Chinese in Australia.

## 5.1 Chinese Migration To Australia

Australia's direct links with China began in 1788, when several ships of the First Fleet returned to Britain via China and India.<sup>701</sup> Occasional Chinese settlers began arriving in New South Wales as early as 1803.<sup>702</sup> Writers such as Betts, Marjoribanks, and Mundy record the presence of Chinese in the first half of the 19<sup>th</sup> century.<sup>703</sup> The numbers of Chinese began to increase in 1848, when the first indentured labourers arrived to work on pastoral properties, primarily in northern areas including Moreton Bay.<sup>704</sup> Gold discoveries in Victoria and New South Wales from the early 1850s attracted thousands of

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<sup>699</sup> Timothy G. Jones, *Chinese in the Northern Territory*, iii.

<sup>700</sup> Cronin, "Chinese Community in Queensland," (1973); May, "Chinese Community in North Queensland," (1974); May, "Chinese-European Relations in Cairns," (1978); Choi, *Chinese Migration and Settlement in Australia*, (1975); C. F. Yong, *New Gold Mountain*, (1977).

<sup>701</sup> Fitzgerald, 13; Nash, *Cargo for the Colony*, 17; Arthur Phillip, 15 May 1788, in Rutter, *First Fleet*, 98-99, 140, 150; John White, *Journal of a Voyage to New South Wales*, 136; Williams, *Chinese Settlement in New South Wales*, 4, 20; Worgan, *Journal of a First Fleet Surgeon*, 42, 25 March 1788.

<sup>702</sup> Australian Heritage Commission, *Tracking the Dragon*; James Broadbent, *Elizabeth Farm*, 39; Fitzgerald, 16-18; Giese, *Astronauts, Lost Souls and Dragons*, 5; Jack, Holmes and Kerr, "Ah Toy's Garden," 34; Timothy Jones, xi; Max Kelly, *Anchored in a Small Cove*, 305; May, *Topsawyers*, 3; McCarthy, "Tales of the Empire City," 193; Rolls, *Citizens*, 63; Rolls, *Sojourners*, 32-34, 57; Shun Wah and Aitkin, *Banquet*, 11; Stanin, "From Li Chun to Yong Kit," 20; Williams, 4; Wilton, *Golden Threads*, 9-12.

<sup>703</sup> Betts, *Colony of Van Diemen's Land*, 50; Marjoribanks, *Travels in New South Wales*, 18-19; Mundy, *Our Antipodes*, 5.

<sup>704</sup> Choi, *Chinese Migration*, 18; Cronin, *Colonial Casualties*, 4; Fitzgerald, 19; Giese, *Astronauts, Lost Souls and Dragons*, 5; Johnston, *Brisbane*, 160; Ling, 3, 19; Rolls, *Sojourners*, 45; Williams, 4; Wilton, *Golden Threads*, 9-10; Yu, "All The Lower Order," 100.

Chinese to those colonies. The discovery of gold north of Gladstone, Central Queensland, in 1857 began attracting Chinese from the southern colonies. Their numbers increased following a major discovery at Gympie in the South East in 1867, with migration continuing as gold was discovered in various parts of North Queensland. When Queensland's richest source of alluvial gold was discovered in 1873 on the Palmer River, Cape York Peninsula, thousands more Chinese came directly from China. By 1877, Chinese made up approximately 90% of the area's non-indigenous population.<sup>705</sup> Gold discoveries in the Northern Territory, from 1870, also attracted Chinese, who came in increasing numbers later in the decade.<sup>706</sup> Following a South Australian Government decision that the Northern Territory could be developed only with cheap Asian labour, Chinese indentured labourers, too, were brought to Darwin.<sup>707</sup> From the beginning, 'Chinese have always been part of the mainstream history of the Northern Territory,' outnumbering Europeans greatly for most of its first 40 years.<sup>708</sup> With the Chinese came ginger.

## 5.2 Market Gardens

From the 1850s, Chinese established their own settlements on mineral fields, at major construction sites and in towns and cities. The larger settlements became self-supporting,

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<sup>705</sup> Bolton, *A Thousand Miles Away*, 47, 55-56; Robin B. Brown, "Chinese on the Gilbert River Gold-Field," 169, 176-177; Choi, 24, 28; Crawford, "Notes on Chinese Immigration," 21; Cronin, "Chinese Community in Queensland," 3, 7, 25; Gittins, *Diggers from China*, 109; Jack, Holmes and Kerr, 51; Timothy Jones, xi, 2; May, "Chinese Community in North Queensland," 122; Rains, "Rice Bowls and Beer Bottles," 30; Rolls, *Sojourners*, 177-179, 199, 211.

<sup>706</sup> De La Rue, *Evolution of Darwin*, 32; Timothy Jones, 1; Ling, 22-23; McCarthy, 191-192; Mills, *Bibliography of the Northern Territory*, xii; Alan Powell, 92; Rolls, *Sojourners*, 261, 272; See-Kee, 2; Helen J. Wilson, "The Northern Territory Chronicle," 4.

<sup>707</sup> Curteis and Saxby, *Holtzes in Early Northern Territory*, 14; Dewar, "Orient in the Outback," 9; Timothy Jones, xi, 8; *Northern Territory Times*, 13 March 1875, 1 September 1877; See-Kee, 1-2; Sowden, *Northern Territory as It Is*, 98; Yee, *Through Chinese Eyes*, 2.

<sup>708</sup> Giese, "Where Others Failed," 261; Timothy Jones, 57.

allowing the Chinese to maintain much of their traditional way of life, including dietary and medicinal habits. While most came as miners, some came to provide services for the miners.<sup>709</sup> Merchants set up stores and imported foodstuffs, including ginger in various forms, and herbalists and doctors treated the sick.<sup>710</sup> Gardeners brought seeds and plants with them and grew Chinese vegetables such as ginger.<sup>711</sup> Fresh ingredients were important in Chinese food and, in even ‘the harsh and primitive conditions of the goldfields, the Chinese diggers found the space and energy to grow fresh vegetables and raise pigs’.<sup>712</sup>

As gold yields declined and many Chinese miners returned to China, a number of those who remained in Australia turned to occupations such as market gardening.<sup>713</sup> While initially growing traditional vegetables for their own needs, they were soon also cultivating European vegetables for the European population.<sup>714</sup> An article in the *Horticultural Magazine and Gardener’s Calendar of NSW* in August 1867 made it clear that a large

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<sup>709</sup> Choi, 28; Crawford, “Chinese Immigration in the Australian Colonies”; Cronin, “Chinese Community in Queensland,” 3, 9-10; Giese, *Astronauts, Lost Souls and Dragons*, 5; Grimwade, “Gold, Gardens, Temples and Feasts,” 50; Jack, Holmes and Kerr, 51-52; Max Kelly, 77; Noreen Kirkman, “Chinese Miners on the Palmer,” *Cooktown Local News*, 27 June 2002, 21; Lydon, *Many Inventions*, 73-76, 91, 101; McGowan, “Chinese Market Gardens,” 6-7; May, “Chinese Community in North Queensland,” 123, 127; Rains, “Rice Bowls and Beer Bottles,” 30-31, 34; Shun Wah and Aitkin, 129; Williams, 5-7, 20-21, 26; Wilton, *Golden Threads*, 17, 26, 75; 45-46; C. F. Yong, *New Gold Mountain*, 1-4.

<sup>710</sup> Timothy Jones, x; Max Kelly, 73; Lydon, 73, 100-101; May, *Topsawyers*, 109; Rolls, *Citizens*, 63, 123; Shun Wah and Aitkin, 129; Vivian, *Tasmania’s Chinese Heritage*, 4; Williams, 5-7, 20-26; Wilton, *Golden Threads*, 17, 26, 75; Yuan, “Chinese in White Australia,” 200.

<sup>711</sup> Cooper-Ainsworth, “Chinese in Ballarat,” 174; Crawford, 9, 19, 21; Cronin, “Chinese Community in Queensland,” 3; Giese, *All the Flavour of the Time Returns*, 2; McGowan, “Chinese Market Gardens,” 3; Reynolds, *North of Capricorn*, 64, 115; Riddett, “On the Outside Gazing In,” 31; Rolls, *Citizens*, 93; See-Kee, 3, 9; Shun Wah and Aitkin, 28, 30; Stone, “Chinese Market Gardeners,” 171; Vivian, 4; Wilton, *Golden Threads*, 26; Yu, 100.

<sup>712</sup> Shun Wah and Aitkin, 22.

<sup>713</sup> Choi, 29; Cronin, “Chinese Community in Queensland,” 3; *Colonial Casualties*, 124, 127; Fitzgerald, 23-23; Giese, *Astronauts, Lost Souls and Dragons*, 5; Stanin, 21; Tscicalas, *Aliens of the Tweed and Brunswick*; Williams, 6, 38; Wilton, *Golden Threads*, 37-38; C. F. Yong, 11.

<sup>714</sup> Bligh, *Cherish the Earth*, 65; Choi, 29-31; Cooper-Ainsworth, 174; Giese, *All the Flavour of the Time Returns*, 2; Giese, *Beyond Chinatown*, 4; McGowan, 2005, 1; Riddett, 31; See-Kee, 3; Stanin, 21; C. F. Yong, 35-39.

number of Chinese were operating market gardens in Sydney by that time.<sup>715</sup> This is confirmed in the report of the 1870 Intercolonial Exhibition held in Sydney:

Sydney is surrounded with market gardens, and vegetables are now to be had in great abundance... each Colony now produces enough for its own consumption... In the interior the cultivation of vegetables has greatly increased... In this matter we owe very much to the Chinese. They taught us to see that it is possible to grow vegetables successfully where it was the custom to consider it impossible. Their patient attention to minute matters, their skill in watering and manuring surpasses that of the European. Chinese gardeners are employed by squatters, and it is to Chinese gardeners that many inland towns and scattered gold-fields are indebted for their supply of cheap and wholesome vegetables.<sup>716</sup>

By the 1880s, there were Chinese market gardeners in most cities and towns, and fresh vegetables from the gardens contributed substantially to the Australian diet.<sup>717</sup> The significant role played by Chinese gardeners in Victoria is evidenced by the fact that, for some years, 'the official Victorian gardener's licence was printed in both English and Chinese'.<sup>718</sup> A Cantonese-English phrase book, written for the Chinese community in Sydney in about 1880, devotes a large part to gardening and selling produce.<sup>719</sup>

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<sup>715</sup> Morris, "Chinese Market Gardens in Sydney," 6-7.

<sup>716</sup> *The Industrial Progress of New South Wales*, 326-327.

<sup>717</sup> Anne Atkinson, "Responses of Chinese Capital," 37; Beddoe, *Memories of Eighty Years*, 271; Bligh, 65; Choi, 29; Crawford, 3; Fitzgerald, 94; Warrick Frost, "Migrants and Technological Transfer," 125-126; Margaret Lorraine, "Our Chinese Gardner," *People*, 12 January 1966, 41; 41; McGowan, "Chinese Market Gardens," 4-12; Morris, "Chinese Market Gardens in Sydney," 5; Parker, "Report on the Chinese Question," 5; Pullman, "Along Melbourne's Rivers and Creeks," 9; *Richmond River Express and Tweed Advertiser*, 15 January 1881; Rolls, *Citizens*, 63, 72; Rolls, *Sojourners*, 173; Shun Wah and Aitkin, 129; Williams, 20, 42; C. F. Yong, 38-39; Yu, 104; Yuan, 205.

<sup>718</sup> Cooper-Ainsworth, 174.

<sup>719</sup> Hayes, "Good Morning Mrs Thompson!" 113; Galloway, "Chinese in The Rocks".

Despite the importance of Chinese market gardens in the early colonies, few studies of these gardens have been undertaken.<sup>720</sup> Little evidence remains about the gardens, except for mango trees which mark some sites in northern Australia.<sup>721</sup> Evidence of ginger growing is even more limited. As discussed previously, ginger grows readily in sub-tropical and tropical Australia. Essential to Chinese food and medicine, ginger was among the traditional vegetables grown in Chinese gardens in northern Australia.<sup>722</sup> It is likely that Chinese gardeners also grew small quantities much further south. For example, Chinese women in Ballarat added green ginger to tea.<sup>723</sup> Recipes purportedly ‘used by the early Chinese miners at the Ballarat Gold Fields’ call for fresh ginger, suggesting that ginger grew there.<sup>724</sup> Indeed, ginger may well have been among those plants growing in Chinese market gardens in northeast Tasmania in the late 1870s and early 1880s which needed ‘commitment on the part of gardeners to keep them alive.’<sup>725</sup>

There is little direct evidence of Chinese growing ginger in New South Wales, apart from an article in the *Agricultural Gazette of New South Wales* in 1922 indicating that Chinese were growing ginger using seed stock imported from China.<sup>726</sup> Nevertheless, it is reasonable to assume that ginger was being grown in the Chinese market gardens established in Rose Bay by the 1850s, referred to earlier, as well as in other gardens in Sydney. Chinese were in northern New South Wales from the mid-1850s, their numbers

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<sup>720</sup> Warrick Frost, 114; McGowan, “Chinese Market Gardens,” 1-2.

<sup>721</sup> Gaughwin, “Chinese Settlement Sites,” 236; MacGregor, “Material Heritage of Chinese Australians,” 411; Rains, “Intersections,” 230; Rolls, *Citizens*, 68, 70; Rolls, *Sojourners*, 224.

<sup>722</sup> Gibb, “Ginger from Queensland,” 59.

<sup>723</sup> Rolls, *Sojourners*, 432.

<sup>724</sup> Pescott, *Early Settlers’ Household Lore*, 105.

<sup>725</sup> Gaughwin, 236.

<sup>726</sup> Bartlett, “Cultivation of Ginger,” 818.

increasing after gold was discovered in the area in 1870.<sup>727</sup> Many worked as market gardeners and they, too, would have been growing ginger.<sup>728</sup> There is more evidence about Chinese ginger growing in the Northern Territory and Queensland, as Europeans who visited Chinese gardens during the late 19<sup>th</sup> century reported seeing ginger, and government reports and newspaper articles confirm that Chinese gardeners in these colonies commonly grew ginger.

## 5.3 Ginger Growing

### 5.3.2 Northern Territory

The Chinese monopolised gardening in the Northern Territory from the beginning of its settlement for decades, despite the fact that Chinese gardening was mostly small-scale.<sup>729</sup> Indeed, Chinese gardens, which ‘sprang up in the most unlikely and apparently inhospitable places’, became a feature of Northern Territory settlements.<sup>730</sup> By 1871, two Chinese were working in the government gardens in Darwin, and they may well have contributed to Maurice Holtze’s success with growing ginger.<sup>731</sup> In November 1873, two Chinese applied for gardening land in Doctor’s Gully in Darwin.<sup>732</sup> By that time, Song Fat had established a market garden at Peel’s Well, from which he supplied Darwin with vegetables.<sup>733</sup> At Yam Creek, south of Darwin, Ah Kim, ‘cultivated a splendid garden – the best there’.<sup>734</sup>

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<sup>727</sup> Rolls, *Citizens*, 219; Tsicalas.

<sup>728</sup> *Richmond River Express and Tweed Advertiser*, 15 January 1881; Tsicalas.

<sup>729</sup> Timothy Jones, 55.

<sup>730</sup> Reynolds, 113; Dewar, 13.

<sup>731</sup> June B. Bauer, “Some Other Eden,” 8; South Australia, letters from Northern Territory, GRS 1 84/1870.

<sup>732</sup> Northern Territory Archives, GRIC File A51.

The first group of 187 Chinese indentured labourers arrived in Darwin from Singapore in August 1874. While most went to mining companies, others worked on the overland telegraph line, and several were employed in the Botanic Gardens. The Chinese brought seeds and plants with them. They were encouraged to establish gardens at their camps, to grow vegetables both for their own use and for sale to Europeans.<sup>735</sup> By early 1875, there were 11 Chinese vegetable gardens in the mining area of Pine Creek, approximately 250 kilometres south of Darwin.<sup>736</sup> At the end of their two-year contract, many of the Chinese workers accepted the government's incentive to stay in the Territory.<sup>737</sup> Despite a shortage of vegetables, Europeans in the Territory seemed little interested in gardening and they depended entirely on Chinese gardeners.<sup>738</sup>

The role of Chinese in both the Northern Territory and North Queensland was especially important because, until the mid-20<sup>th</sup> century, Europeans commonly believed that white men were unsuited to undertaking heavy physical labour or, indeed, living in the tropics.<sup>739</sup> Even those Europeans opposed to large numbers of Chinese being allowed into the Territory considered small numbers to be necessary. Not only did the Chinese work well

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<sup>733</sup> *Northern Territory Times*, 21 November 1873.

<sup>734</sup> *Ibid.*, 15 May 1875.

<sup>735</sup> De La Rue, 33, 39-40; Timothy Jones, 1, 4-8; *Northern Territory Times*, 8 August 1874, 2 January 1875; Rolls, *Sojourners*, 267; South Australia, *Parliamentary Papers*, 38/1874, 1; See-Kee, 2; Yee, 2.

<sup>736</sup> Rolls, *Sojourners*, 278.

<sup>737</sup> Curteis and Saxby, 14; Dewar, 9; Timothy Jones, xi, 8; *Northern Territory Times*, 13 March 1875, 1 September 1877; See-Kee, 1-2; Sowden, 98; Yee, 2.

<sup>738</sup> *Northern Territory Times*, 1 April 1876, 1 June 1878; Rolls, *Citizens*, 97.

<sup>739</sup> Benfer, *History of Freshwater*, 3; Crawford, 26; Dahl, *In Savage Australia*, 5; Gordon, *Mad Dogs and Englishmen*, 11; May, "Chinese Community in North Queensland," 3; McInnes, *Hambledon Plantation*, 6; Parker, 5; Reynolds, viii, x; Rowan, *The Flower Hunter*, 35.



in conditions which most Europeans found hard to endure, but also ‘as market gardeners they contribute[d] to the health of the population’.<sup>740</sup>

As new goldfields were discovered, increasing numbers of Chinese arrived in the Territory, many of them intending to work as agricultural labourers.<sup>741</sup> Chinese made up almost 50% of the Territory’s non-Aboriginal population in early 1878, and almost 90% by 1879.<sup>742</sup> Most of the miners, Chinese included, were at the rich goldfields at Fountainhead and Pine Creek, where the Chinese also cultivated vegetable gardens.<sup>743</sup> With an increasing Chinese population on the goldfields, Chinese merchants set up stores in Darwin to provide them with supplies.<sup>744</sup>

Since work in the goldfields was possible only during the wet season, many miners came into Darwin during the dry season and, increasingly, Chinese settled in the town.<sup>745</sup> By 1879, most public works were being carried out by Chinese.<sup>746</sup> In March of that year, Holtze employed some 400 Chinese workers to clear a site for a new Government Garden at Fannie Bay, afterwards retaining 28 as gardeners.<sup>747</sup> Visiting journalist William Sowden reported that, in 1882, Holtze was employing 17 Chinese gardeners whom he preferred to Europeans, presumably because the Chinese were better workers. In Darwin and

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<sup>740</sup> Curteis and Saxby, 14; Dewar, 9; Timothy Jones, 8; *Northern Territory Times*, 13 March 1875, 1 September 1877; 21 December 1878; See-Kee, 1- 2; Sowden, 98.

<sup>741</sup> De La Rue, 55-57; Timothy Jones, 12, 25; See-Kee, 2; Northern Territory, *Government Resident’s Report*, 14 March 1878.

<sup>742</sup> Timothy Jones, 13, 20; Northern Territory, *Government Resident’s Report*, 8 March 1878; Yee, 4.

<sup>743</sup> Timothy Jones, 25-26, 28-29.

<sup>744</sup> Timothy Jones, 33; Reynolds, 107; Yee, 6.

<sup>745</sup> De La Rue, 55-57; Timothy Jones, 12.

<sup>746</sup> Timothy Jones, 23, 27, 30, 41; Sowden, 129.

<sup>747</sup> June B. Bauer, 13-14; George Brown, 1; De La Rue, 57-58; Timothy Jones, 27-29; *Northern Territory Times*, 2 August 1879, 18 October 1879; Sowden, 98.

throughout the goldfields, Sowden observed numerous flourishing Chinese vegetable gardens, the produce of which enabled the consumers to avoid scurvy. He noted that the Chinese had formed all but four agricultural settlements and that, even on the European plantations, mostly Chinese labourers were used. Generally, he perceived that Europeans were almost entirely dependent upon the Chinese.<sup>748</sup>

By this time many Chinese were self-employed as gardeners, growing much needed fresh produce.<sup>749</sup> Holtze observed the luxuriant growth of ginger and other tropical crops in Chinese market gardens in the Adelaide and Daly River areas in September 1884. He pointed out that the Chinese gardeners demonstrated the Territory's suitability for tropical agriculture.<sup>750</sup> Ah Young established a very successful garden on the Mary River in about 1886, later exhibiting his vegetables at the Brisbane National Exhibition. Rolls reports that, during the 1880s, there were also large and magnificent Chinese gardens on the Margaret and Daly Rivers. The gardeners at Daly River sold vegetables to workers at the local copper mine, and 'sent loads to [Darwin] in a junk painted with a particularly big eye on the bow so that it could find its way along the tortuous river.'<sup>751</sup> During a visit to Daly River in 1890, Alfred Searcy, Sub-Collector of Customs in Darwin, observed a Chinese garden, complete with watering facilities, growing a wide variety of vegetables including ginger. He reported that, while European farmers on the Daly River had been unsuccessful, Chinese gardeners were able to 'show the possibilities of the soil for the support of a competent farming class.'<sup>752</sup>

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<sup>748</sup> Sowden, 26, 34, 39-41, 46, 63, 95-105, 130, 134, 156-157, 183.

<sup>749</sup> Dewar, 33; Giese, *Astronauts, Lost Souls and Dragons*, 5; Timothy Jones, 12, 22; Reynolds, 113-4.

<sup>750</sup> Northern Territory, *Government Resident's Report*, 1 October 1884, 9.

<sup>751</sup> Rolls, *Citizens*, 63, 66.

<sup>752</sup> *Northern Territory Times*, 27 June 1890, 3.

Approximately 5000 Chinese were employed on the construction of the Darwin to Pine Creek railway in 1887 and 1888, and they established market gardens at their camps.<sup>753</sup> By 1888 the Chinese population in the Territory peaked at just over 7000, approximately six times the European population.<sup>754</sup> In that year, Chinese businesses in Darwin included 32 market gardens and Darwin's Chinatown was thriving.<sup>755</sup> Some Chinese had moved further south, to Katherine and Mataranka.<sup>756</sup> Timothy Jones notes that, in 1888, a solitary Chinese arrived in Arltunga, a goldfield east of Alice Springs, to grow vegetables which were 'a badly needed commodity in that remote place.'<sup>757</sup>

Knut Dahl from the Norwegian College of Agriculture, who visited the Northern Territory in 1894, was impressed by both the prosperity and happiness evident in Darwin's Chinatown, and the ability of Chinese gardeners. At the Fountainhead goldmine, Dahl observed: 'In this locality, where a white man would not put a spade in the ground, they cultivated onions, cabbages, sugar-cane and ginger.'<sup>758</sup> In April 1895 F. Finnis, convenor of the Northern Territory Agricultural Association, reported that, during his more than 26 years in the Territory, he had paid frequent visits to the Chinese gardens, where he found ginger among the crops growing well. Again in 1898, Finnis reported that ginger was to be found in the Chinese gardens.<sup>759</sup>

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<sup>753</sup> Choi, 35; Dahl, 5; De La Rue, 78, 80; Giese, *Beyond Chinatown*, 2-4; 1997, 5; See-Kee, 2, 10.

<sup>754</sup> Dewar, 13; Timothy Jones, 57.

<sup>755</sup> Choi, 35; Reynolds, 111.

<sup>756</sup> Dewar, 31.

<sup>757</sup> Timothy Jones, 55.

<sup>758</sup> Dahl, 5-6, 166.

<sup>759</sup> *Northern Territory Times*, 26 April 1895, 3; 27 May 1898, 3.

During the 19<sup>th</sup> century, Chinese were the only successful agriculturalists in the Northern Territory, and they kept the population of Darwin and surrounding areas supplied with fresh vegetables.<sup>760</sup> Ginger was among the vegetables they grew for the consumption of the large Chinese community. The reports of ginger thriving in Chinese gardens confirms the views of Maurice and Nicholas Holtze and others that ginger could have become a successful commercial crop in the Northern Territory, but it was not to be. When the new Commonwealth administration took over the Territory in 1911, it discouraged gardening by the Chinese, though some Chinese still maintained gardens.<sup>761</sup> Both market gardeners and Chinese home gardeners continued to grow ginger for their own use.<sup>762</sup>

### 5.3.1 Queensland

By 1852, a small number of Chinese had settled in Fortitude Valley, Brisbane, and market gardens began to flourish.<sup>763</sup> Ginger was growing in these gardens, and there was occasional interaction between the Chinese and European ginger growers. For example, in April 1870, nurseryman Albert Hockings reported to the Queensland Acclimatisation Society that a method of mulching ginger using fresh cow dung had been ‘recommended to him by a Chinaman, who had cultivated the plant most successfully at South Brisbane’.<sup>764</sup>

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<sup>760</sup> F. H. Bauer, “Historical Geography of White Settlement,” 103; Campbell, “Northern Territory,” 12-13.

<sup>761</sup> Timothy Jones, 97; *Northern Territory Times*, 3 March 1911, 11 August, 1911, 9 January 1913, 11 December 1913, 4 June 1914, 9 March 1918; *Northern Standard*, 6 March 1931; Shun Wah and Aitkin, 27, 139.

<sup>762</sup> Shun Wah and Aitkin, 26-27; Personal correspondence from Kenneth Wu re David Fong’s family.

<sup>763</sup> Ballard, *Brisbane the Beginning*, 139-140; Johnston, 215.

<sup>764</sup> *Brisbane Courier*, 8 April, 1870, 2-3. Indians were still using this method of mulching in the 1920s (*Bulletin of the Imperial Institute* 24 (1926), 670).

From the late 1850s, Chinese began to establish gardens in other parts of Queensland, including Gayndah in 1858, Gympie by 1868, the Cloncurry area in the late 1860s, the Gilbert River in 1869, Ravenswood by 1870, and Maryborough from 1873.<sup>765</sup> Chinese gardens were to be found ‘throughout the gold mining areas in North Queensland in the late 1860s, supplying vegetables to European diggers’.<sup>766</sup> In 1870, J. C. White reported that: ‘This indefatigable race of people ... cultivate vegetable gardens, producing articles by irrigation when the gardens of the Europeans are parched up and valueless.’<sup>767</sup> The *Queenslander* reported in 1877 that: ‘Ginger is found to grow well in the hands of the Chinese.’<sup>768</sup>

By 1873, Chinese gardeners were obviously well established in Gladstone, Central Queensland, from where the *Brisbane Courier* reported: ‘More than two tons of excellent ginger root have been grown and exported this season by Messrs. Sam Wah and Ong Hing’.<sup>769</sup> The Queensland *Statistical Register* for 1873 shows fifteen cases of green ginger, produce of the Colony, being exported to New South Wales.<sup>770</sup> This first recorded export of ginger would seem to be that from Gladstone. In 1873, too, the report on the East Moreton Agricultural Association’s Show noted: ‘we have a considerable Chinese population, many of whom are engaged in agricultural and gardening pursuits.’<sup>771</sup> The

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<sup>765</sup> *Brisbane Courier*, 11 October, 1869, 3; 14 May, 1870, 10; Robin B. Brown, 177; Holthouse, *Gympie Gold*, 98, 108; Robb, “Beyond the Coast”; Roderick, “Ravenswood 1863-1917,” 153; Rolls, *Citizens*, 72, 76-77; Wegner, “Protecting Chinese Australian Heritage Places”.

<sup>766</sup> Carrington, *Colonial Adventures*, 180-181.

<sup>767</sup> J. C. White, *Queensland the Progressive!* 53.

<sup>768</sup> *Queenslander*, 3 February 1877, 24.

<sup>769</sup> *Brisbane Courier*, 17 March 1873, 3

<sup>770</sup> Queensland, *Statistical Register*, 1873, 61.

<sup>771</sup> *Brisbane Courier*, 1 August 1873, 2.

following year several prizes were awarded to Tommy Ah Ging for his vegetables.<sup>772</sup> By the late 1880s, there was a large Chinese community in Brisbane, market gardens were well established, especially at Breakfast Creek and Eagle Farm, and Brisbane's population was almost entirely dependent on the Chinese for fresh produce.<sup>773</sup>

From the early 1870s, however, North Queensland became the focus of Chinese activities. The Chinese not only pioneered agriculture in North Queensland, but also played a vital role in the general development of the area.<sup>774</sup> The first Chinese miners and gardeners arrived on the Palmer River within weeks of the discovery of gold in 1873, and more arrived following the opening of the port of Cooktown later in the year.<sup>775</sup> Immediately, Chinese began planting gardens and establishing businesses, both in the town and on the goldfields.<sup>776</sup> As early as 1874, Chinese merchants in Cooktown were importing from China foodstuffs such as fresh ginger, pickles, chutney and sauces, not only for Chinese consumers but also for Europeans.<sup>777</sup> From the beginning of 1875, there was a massive influx of Chinese to the Palmer. By the end of that year, numerous Chinese market gardens, growing both European and Chinese vegetables, were under cultivation in the Cooktown area.<sup>778</sup> At first these gardens were not able to cope with the Chinese demand, and there was a marked increase in imports of Asian foodstuffs and plants to cater for the

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<sup>772</sup> *Ibid.*, 24 July, 1874, 3.

<sup>773</sup> Rains, "Chinese Settlement of Queensland – Time Line," email 21 July 2008.

<sup>774</sup> Robin B. Brown, 176; Cronin, "Chinese Community in Queensland," 6; Giese, *Astronauts, Lost Souls and Dragons*, 5; Martin, "Bad Old Days for Chinese," *Cairns Post*, 1 January 1993, 10; May, "Chinese Community in North Queensland," 132, 210; May, *Topsawyers*, 1-3; Reynolds, 62; 1; Shun Wah and Aitkin, 23.

<sup>775</sup> *Cooktown Courier*, 20 June 1874, 2; Rains, "Intersections," 65.

<sup>776</sup> Holthouse, *River of Gold*, 21, 124; Ling, 3; Rains, "Intersections," 65; Rolls, *Sojourners*, 196.

<sup>777</sup> *Cooktown Courier*, 9 May 1874, 16 May 1874; Rains, "Intersections," 239, 241, 243, 252.

<sup>778</sup> *Cooktown Courier*, 28 July 1875, 3; 3 November 1875, 2; Rains, "Intersections," 65, 86, 149.

new arrivals.<sup>779</sup> During two six-week periods in 1875, imports included 74 baskets, two boxes, eight cases and one cask of fresh ginger, five baskets and four cases of dried ginger, and 20 baskets of pickled ginger.<sup>780</sup>

By 1877, Cooktown had a distinctive Chinese quarter.<sup>781</sup> Following a visit to Cooktown in that year, James Crawford of the British Foreign Office reported that Chinese adhered to their traditional diet, with stores importing traditional foodstuffs, including ginger, from Canton. He observed ginger growing in Chinese gardens in and around Cooktown.<sup>782</sup> In 1879, ginger was reported growing in large Chinese garden near Cooktown, belonging to Lee Bi and partner.<sup>783</sup> A recently reconstructed heritage site in Cooktown includes a typical Chinese garden in which ginger is growing, providing further evidence that ginger growing was common among Chinese gardeners.<sup>784</sup> When the Palmer River goldfield declined in the late 1870s, many Chinese returned to China, though some stayed and turned to agricultural pursuits or moved to new North Queensland mining centres.<sup>785</sup> By the 1890s,

Chinese gardening and larger scale agriculture had become so well established in the area that growers were exporting fruit and other produce, including ginger, to southern markets.

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<sup>779</sup> Rains, "Intersections," 243, 252.

<sup>780</sup> Rains, "Intersections," 245, 249-250; Rains, personal communication 27 January 2009.

<sup>781</sup> Crawford, 27; Cronin, "Chinese Community in Queensland," 6.

<sup>782</sup> Crawford, 17, 26.

<sup>783</sup> *Brisbane Courier*, 5 December 1879, 3.

<sup>784</sup> John Shay and Bev Shay, "A Productive Community".

<sup>785</sup> Hoy, *Cairns 1987-1976*; Ling, 22-23; May, "Chinese in Cairns and Atherton," 47; Rains, "Rice Bowls and Beer Bottles," 31, 68; Whitmore, "Queensland's Industrial Heritage," 6-7. Colin Hooper reports 800 gardeners and packers on the Palmer in 1878 (Hooper, *North Queensland Deserted Towns*, 7).

On one occasion in 1896, 3 cases of ginger were among Chinese exports from Cooktown.<sup>786</sup>

Gold was discovered on the Hodgkinson River, some 100 miles south of the Palmer River, in early 1876 and the coastal town of Cairns was founded in October of that year.<sup>787</sup> The first Chinese landed soon afterwards.<sup>788</sup> During 1877-78, large numbers of Chinese moved to the area, and some established market gardens and opened stores on the goldfield and in and around Cairns.<sup>789</sup> Ginger was reported growing on the Johnston River near Innisfail, south of Cairns, in early 1879.<sup>790</sup> The European population soon became totally dependent on Chinese-grown vegetables.<sup>791</sup> In 1890, 35 cases of green ginger were shipped from the Cairns district to other parts of Queensland. By this time, a group of Chinese growers were preserving locally grown ginger.<sup>792</sup>

While continuing to grow vegetables, Chinese in the Cairns district expanded into other crops. In the 1880s and 1890s, almost all of the agriculturalists in the district were Chinese, who continued to play a major role in agriculture for the rest of the century.<sup>793</sup>

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<sup>786</sup> Rains, "Intersections," 250, 253, 256-257.

<sup>787</sup> Crawford, 21-22; "Hambledon State School," 23; Dorothy Jones, *Trinity Phoenix*, 47-48, 50, 251; Reynolds, 61.

<sup>788</sup> Crawford, 31; Dorothy Jones, *Trinity Phoenix*, 90-91; May, "Chinese Community in North Queensland," 123; May, *Topsawers*, 7-8, 112-113.

<sup>789</sup> Jones, *Trinity Phoenix*, 92; Martin, "Bad Old Days for Chinese," *Cairns Post*, 1 January 1993, 10; May, "Chinese Community in North Queensland," 123.

<sup>790</sup> *Brisbane Courier*, 19 February 1879, 5.

<sup>791</sup> *Cairns Post*, 5 February 1881; Collison, 69-70; May, "Chinese Community in North Queensland," 123, 132; May, "Chinese-European Relations in Cairns," 158, 161; Hoy, *Cairns 1987-1976*.

<sup>792</sup> *Brisbane Courier*, 24 June 1891, 7; 22 September 1890, 7.

<sup>793</sup> Benfer, 3; Bolton, 223, 225; *Cairns Post*, 5 February 1981; 12 September 2001; Collison, *Early Days of Cairns*, 71; Dorothy Jones, *Trinity Phoenix*, 156, 246-247, 252; Martin, "Hard Work Bears Fruit," 10; May, "Chinese Community in North Queensland," 123; May, "Chinese in Cairns and Atherton," 47-48; May, *Topsawers*, 112-114; Queensland Archives, Reports from Overseer Kamerunga State Nursery, 1 May 1890, 12 June 1890, 21 June 1890; Reynolds, 65, 69.



The few European agriculturalists in the area relied on Chinese labour and expertise, which was invaluable according to Ebenezer Cowley, the overseer of the Queensland Government's Kamerunga Nursery. On several occasions in the early 1890s, Cowley reported buying ginger rhizomes from Chinese gardeners because he was having little success in growing it.<sup>794</sup> Thomas Swallow, also discussed previously, employed not only a large number of Chinese workers on his Hambledon Plantation but also a Chinese overseer who supervised the cultivation of ginger and other crops.<sup>795</sup>

As the Palmer and Hodgkinson goldfields declined, some Chinese moved south to Innisfail, inland to Atherton, or even further inland to Hughenden and Blackall, and in all of these towns established stores and market gardens.<sup>796</sup> Soon after Queensland's last major goldfield, at Croydon, was proclaimed in January 1886, Chinese gardeners as well as miners began arriving in the area and gardens began to flourish.<sup>797</sup> In 1892, at Muldiva on the Chillagoe mineral fields, 'Chinese gardeners grew vegetables ... and hawked them among the hessian huts – one of the few healthy aspects of life in every mining town.'<sup>798</sup> Although their produce was very popular and necessary, the Chinese themselves were not always so well received, especially in some of the smaller country towns. John Beddoe was appalled by European attitudes towards the Chinese in Blackall in 1885:

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<sup>794</sup> Reports from Overseer Kamerunga State Nursery, 1 May 1890, 1 May 1891, 1 April 1892, 18 August 1892.

<sup>795</sup> *Brisbane Courier*, 28 December 1887, 3; Dorothy Jones, *Trinity Phoenix*, 167.

<sup>796</sup> Ovenden, *Chinese Connection Innisfail*, 3; Grimwade, "Of Gods, Timber and Maize," 308-309; Grimwade, "Temple Artefacts," 50-51; Dorothy Jones, *Hurricane Lamps and Blue Umbrellas*, 247; Ovenden, 3; Beddoe, 271-280.

<sup>797</sup> Lees, *Goldfields of Queensland*, 2-3; Mahoney, "Ying and Yang"; Robb.

<sup>798</sup> Kerr, "Outpost Mining Towns," 47.

I believe scurvy would be almost universal in the interior of the country but for these patient and industrious Chinamen. Such was the case at the little town of Blackall until one of this much-abused and misrepresented race arrived and started a kitchen garden. When the Blackallers, thanks to the vegetables they had not the sense and industry themselves to plant, had recovered their health, they held a meeting *in a Chinese restaurant* to denounce foreign labour.<sup>799</sup>

In the early 20<sup>th</sup> century Chinese gardeners were still supplying vegetables to towns throughout Queensland, including the Maroochy area, and they continued to cultivate ginger in many parts of the State.<sup>800</sup> Despite the obvious success of the Chinese in growing ginger, there was no contact between the Europeans who were trying to establish the Buderim ginger industry and local Chinese growers.<sup>801</sup> European ginger growers in the Buderim area may well have shared the negative attitudes described by Beddoe. Yet, in March 1911, the Queensland Department of Agriculture requested information from Hong Kong, via London, about Chinese methods of cultivating and preserving ginger. It would seem that Chinese expertise was valued, but the advice of the local Chinese market gardeners was not.

## 5.4 Summary and Conclusions

This chapter has demonstrated the extent of Chinese ginger growing in Australia. From the early 19<sup>th</sup> century, Chinese settlers brought with them ginger rhizomes, which they planted in gardens wherever they settled. From these gardens they were able to supply much of the Chinese demand for green ginger. The Chinese were virtually the only

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<sup>799</sup> Beddoe, 271-280.

<sup>800</sup> Fielding; *Nambour Chronicle*, 8 November 1912, 3; Gibb, 59-60.

<sup>801</sup> Fielding.

gardeners in northern Australia during the 19<sup>th</sup> century. European visitors to the Northern Territory were impressed by the ginger growing luxuriantly in Chinese gardens. By the early 1850s, a small number of Chinese had settled in Brisbane where their market gardens flourished. Later in the decade, Chinese began to establish gardens in other parts of Queensland. Chinese gardeners exported ginger from Gladstone to New South Wales in 1873. The first Chinese miners and gardeners arrived on the Palmer River in North Queensland within weeks of the discovery of gold in 1873, and soon ginger was observed growing in Chinese gardens in and around Cooktown. As goldfields declined and new ones were discovered, Chinese moved around North Queensland. By the 1890s, Chinese agriculture had become so well established that growers were exporting produce, including ginger, to southern markets. In the early 20<sup>th</sup> century, Chinese gardeners were supplying vegetables to towns throughout Queensland, including the Maroochy area, and they continued to cultivate ginger in many parts of the State. Despite their obvious success, there is no evidence that they were consulted by the Europeans who were trying to establish the Buderim ginger industry. The next Chapter traces the supply of ginger and ginger products from the beginning of white settlement in Australia.

## 6 SUPPLY OF GINGER IN AUSTRALIA

'The settlers with the First Fleet had brought with them from England all manner of livestock and seeds for subsequent planting [including ginger], as they endeavoured to maintain a familiar pattern of eating and to continue a standard and style of living similar to the one to which they were accustomed.'<sup>802</sup>

Early British settlers arrived in Australia determined to preserve the customs of their homeland, and they were largely successful in doing so.<sup>803</sup> Traditional eating habits and medical practices required large quantities of ginger, as discussed previously. Dried and preserved ginger was needed for a variety of sweet and savoury foodstuffs and beverages produced by both home cooks and food and drink manufacturers, and also for pharmaceutical preparations, patent medicines and home remedies. Chinese settlers brought their own culinary and medical traditions which they, too, strove to maintain. Ginger is indispensable to both Chinese food and medicine. While Chinese gardeners grew sufficient ginger to meet much of the Chinese need for green ginger, the Chinese also needed dried and preserved ginger. To meet these demands, large quantities of ginger had to be imported. The present chapter considers the quantities of ginger and ginger products which were imported, and their availability in early stores. The cost of ginger imports to meet the ever-increasing demand prompted governments to encourage the development of an Australian ginger industry.

Dried ginger arrived in Australia in the medicine chests on the First Fleet. Although it is likely that some ginger also came among the foodstuffs, the only information found about food supplies on the First Fleet relates to basic rations, with no mention of spices or other

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<sup>802</sup> Bette R. Austin, *Australian Cookery Books*, x.

<sup>803</sup> Symons, *One Continuous Picnic*, 18, 26-27; Gollan, Anne. *Tradition of Australian Cooking*, vii.

minor ingredients.<sup>804</sup> Later records provide evidence that dry ginger was being imported into Australia by the 1790s, and that ginger was among the goods available commercially in the first stores. From the early days of settlement, Australia imported large quantities of ginger in various forms, as well as many foodstuffs and medicines containing ginger. This chapter begins with some import statistics, and then discusses the range of ginger and ginger products available from early merchants. While Queensland data were more readily accessible, sufficient data are presented for other Colonies/States to indicate that the Queensland data are representative of the broader picture. Although every effort has been made to differentiate between supply and uses, there is necessarily some overlap. As examples of ginger's importance and of the amounts required by isolated small groups of people in particular circumstances, additional data have been extracted from imports into Cooktown, North Queensland, in the 1870s, and food supplies sent to the Antarctic in the early 20<sup>th</sup> century.

## 6.1 Imports

The Colony of New South Wales relied on imported foodstuffs for some years after its establishment, and Sydney remained the major port of entry for eastern Australia for much of the 19<sup>th</sup> century.<sup>805</sup> Initially goods were imported from Britain, but the time and costs involved very quickly forced the government to look to British merchants, or agency houses, in India. These merchants had access to goods from India and China as well as Europe. The first cargo from Calcutta, consisting 'of "rice, sougee [semolina] and Dhall [lentils]"', clothing, livestock and seeds', arrived in Sydney in June 1792.<sup>806</sup> From early

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<sup>804</sup> The term *foodstuffs* includes beverages.

<sup>805</sup> James Broadbent, Rickard and Steven, *India, China, Australia*, 9; Kingston, *Basket, Bag and Trolley*, 22.

days, too, there was also much unofficial as well as official trade between China and Australia. Broadbent, Rickard and Steven report that, between 1816 and 1822, more than 50% of imported goods came from India and China.<sup>807</sup>

Determining the quantities of ginger imported into Australia from 1788 to the 1950s was extremely difficult, since only very limited data of highly questionable reliability are available. Previously, Broadbent, Rickard and Steven, in their study of trade between India, China and Australia during the period 1788–1850, discovered that, while the ‘bald statistics of shipping movements are difficult enough to compile’, ‘more difficult still are consistent or reliable lists of imports’.<sup>808</sup> As the lists themselves are unreliable, the quantities contained in them must be considered even less so. Some details of imports, including ginger, are listed in the Statistical Registers for each Colony, but even these figures are not necessarily accurate, the New South Wales *Statistical Register* stating that the ‘quantities and values of the imports ... are in nearly every instance those furnished by importers’, and therefore not official figures.<sup>809</sup> Even much later, there were still discrepancies in import figures from different sources.<sup>810</sup>

Much of the data presented in this Section are taken directly from the Statistical Registers for New South Wales, Queensland and South Australia. The information is useful only as a general indication of the extent of the demand for ginger and foodstuffs containing ginger because it is not complete and the actual figures are inexact. Over time, different forms of

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<sup>806</sup> Broadbent, Rickard and Steven, 9, 37; Kingston, *Basket, Bag and Trolley*, 8; Nash, *Cargo for the Colony*, 17, 19, 22.

<sup>807</sup> Broadbent, Rickard and Steven, 10, 58-59.

<sup>808</sup> *Ibid.*, 10.

<sup>809</sup> New South Wales *Statistical Register*, 1897, 141.

<sup>810</sup> Hogarth, *Buderim Ginger*, 23.

ginger were recorded. It is not known what forms are included under the general term *Ginger*. Figures for ‘Green and Dried Ginger’ have little meaning, since the ratio of green to dried ginger is approximately seven to one by weight, and thus the two quantities cannot properly be combined. The way in which ginger was measured varied over time, and it is not possible to determine how much a cask, a case or a package contained.<sup>811</sup>

Nevertheless, despite vagaries and inconsistencies, the data demonstrate a significant and gradually increasing Australian demand for ginger. In addition to the ginger which came among groceries was the ginger included in medical supplies, as will be discussed in Chapter 9.

While dried ginger was being sold in the first stores in Sydney in the 1790s, only a few records could be found of actual amounts imported. For example, ‘75 Parcels [powdered] Ginger 2¼ lbs.’ arrived in Sydney on the *Calcutta* in 1803, 10 bags of ginger were in the general cargo of the *Hunter* in 1810, and one case of ginger arrived in the *Udney* from Calcutta in July 1815.<sup>812</sup>

The *Statistical Register of New South Wales* was first published in 1822. Ginger appears first in 1825, when ‘12 cases preserved Ginger and Honey’ are listed. The 1826 *Register* lists 75 boxes of ginger.<sup>813</sup> The first volume of the *Shipping Gazette and Sydney General Trade List* reports that 20 boxes of preserved ginger arrived on 6 January 1844.<sup>814</sup>

Although ginger was included in the Table of Wharfage Rates in 1840, and on the

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<sup>811</sup> The quantities differed with type of commodity. Generally, bulk items came in larger units such as casks and bags, while other items came in smaller units such as boxes and packages (Rains, “Intersections,” 239-240).

<sup>812</sup> *Historical Records of Australia*, 3 January 1803, 6; Appendix to Returns July-September, 1810, 18 October 1811, 428; Return of shipping inwards, 18 March 1816, 81.

<sup>813</sup> New South Wales, *Returns of the Colony*, 1825, 1826.

<sup>814</sup> *Shipping Gazette and Sydney General Trade List*, 1844, 3.

‘Schedule of Taxes, Duties, etc. at Public Wharves’ in 1863, the quantities of ginger imported are not routinely listed in the *Statistical Register* until 1878.<sup>815</sup> The lack of specific data does not mean that ginger was not a regular import. Dried ginger, mostly from India, would have been included in the broader category Spices, preserved ginger from China in Confectionery, and ginger essence in Flavouring Essences. Ginger’s importance and commonality is highlighted in the *Australian Handbook and Almanac for 1870*, which shows the tariff for ginger and pepper to be only half that of most other spices.<sup>816</sup>

Table 6, which shows the quantities of ginger listed in the *Statistical Register* from 1878–1888 and in 1897 indicates that, in the early 1880s, well over 100 tons of dried ginger was being imported per year.<sup>817</sup>

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<sup>815</sup> New South Wales, *Returns of the Colony*, 1840; *Statistical Register*, 1863.

<sup>816</sup> *Australian Handbook and Almanac for 1870*, 86.

<sup>817</sup> The quantities, listed in the Register under the heading ‘Entered for Home Consumption’, often differ from those listed simply as Imports, and no allowance as been made for quantities which were ‘exported’ to other Colonies or as part of ships’ rations.



**TABLE 6**  
**Ginger Imports into New South Wales, 19<sup>th</sup> Century**

<p>NOTE: This table is included on page 154 of the print copy of the thesis held in the University of Adelaide Library.</p>
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**Source:** New South Wales, *Statistical Register*.

Ginger was among the first supplies sent to new settlements. Items requested for Moreton Bay in December 1826, just two years after its founding, included four pounds of ginger, four of pepper, and 20 of sugar.<sup>818</sup> The *Statistical Register of Queensland* commenced in December 1859, when Queensland separated from New South Wales. Imports of ginger appeared regularly from 1867, and Table 7 lists the quantities of ginger imported into Queensland from 1867–1900. For the periods 1867–1871 and 1882–1885, the form of ginger is not specified, but the figures for the intervening period suggests that it was green ginger. It is most probable that the increased quantities of green ginger imported from 1875 was for the large number of Chinese on the Palmer River goldfields, as discussed previously. The decline from the mid-1880s reflects both Chinese self-sufficiency and the declining number of Chinese in Queensland. In addition to the figures shown in this table, large quantities of dried ginger were being imported for the production of ginger beer, as

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<sup>818</sup> New South Wales, Colonial Secretary, 4/1803, reel A2.1, Request to McLeay, 11 December 1826, 216.

will be discussed in Chapter 8, as well as other forms of ginger. The 1879 *Register* also records imports of 73 302 pounds of Ginger and Honey, and the 1888 *Register* lists 66 588 pounds.<sup>819</sup>

Turner reported that Australia imported 53 tons of ginger in 1888 and 60 tons in 1889.<sup>820</sup> Clearly, these figures are a considerable underestimate, even if he was referring to only green ginger. The 1888 *Statistical Registers* show that approximately 63 tons of green and dried ginger was imported into New South Wales, and a further 39 tons of preserved and dried ginger and 447 packages of green ginger were imported into Queensland. Other States would have been importing proportionate quantities of ginger in various forms.

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<sup>819</sup> 'Ginger and Honey' probably refers to preserved ginger.

<sup>820</sup> Fred Turner, "Cultivation of Ginger," 1890, 298; Fred Turner, "New Commercial Crops," 1891, 508.

**TABLE 7**  
**Ginger Imports into Queensland, 19<sup>th</sup> Century**

NOTE:

This table is included on page 156  
of the print copy of the thesis held in  
the University of Adelaide Library.

**Source:** Queensland, *Statistical Register*.

Imports included not only ginger in its various forms, but also manufactured foodstuffs containing ginger such as pickles, chutneys, sauces and curry powders.<sup>821</sup> Until an Australian food industry was established, huge quantities of these products had to be imported. The imports into Queensland during the period 1867–1900 are shown in Tables 8-10.<sup>822</sup> By this time, pickles, chutneys and sauces were also routinely produced in Australian home kitchens and, increasingly, by local commercial manufacturers. Thus the actual consumption rate was much higher than the import figures suggest. An attempt was made to estimate the consumption rate of ginger and ginger products by comparing import figures with population statistics. This proved to be impossible, not only because the import figures were incomplete and unreliable, but also because the population figures are ‘principally those of the people of European descent’ and thus excluded the Chinese who also enjoyed many of these products.<sup>823</sup>

**TABLE 8**

**Imports into Queensland of products containing ginger, 1867–1869**

<b>Year</b>	<b>Chutney</b>	<b>Pickles</b>	<b>Sauces</b>	<b>Curry Powders</b>
1867	26 cases	3,177 boxes	706 boxes	74 cases
1868	103 cases	3,883 cases	684 cases	115 cases
1869	93 cases	3,254 cases	882 cases	161 cases

<sup>821</sup> It is recognised that not all of these products contain ginger. However, as will be shown in Chapter 7, a large proportion of them do.

<sup>822</sup> The data have been presented in separate tables to align with changes in measures and items specified. From 1870, only pickles and sauces are listed, chutneys presumably being included with pickles and curry powders with spices.

<sup>823</sup> Coghlan, *Statistical Account of the Colonies*, 1890, 5.

**TABLE 9****Imports into Queensland of Pickles and Sauces, 1870–1878**

Year	Pickles		Sauces
1870	3,517 pkgs		882 pkgs
	Quarts	Pints	
1871	500 cases	3,487 cases	
1872	597 cases	5,095 cases	1,254 pkgs
1873	1,580 cases	6,559 cases	2,211 cases
1874	189 cases	4,101 cases	1,467 cases
1875	409 pkgs	6,983 pkgs	2,690 pkgs
1876	104 pkgs	7,941 pkgs	2710 cases
1877	436 cases	8,535 pkgs	8,724 pkgs
1878	106 pkgs	7,394 pkgs	4,035 cases

**TABLE 10****Imports into Queensland of Pickles and Sauces, 1879–1900**

NOTE:  
This table is included on page 158  
of the print copy of the thesis held in  
the University of Adelaide Library.

**Source:** Queensland, *Statistical Register*.

Other imported foodstuffs contained ginger but little specific information could be found. The 1869 *Statistical Register of Queensland* identified ginger beer among Aerated Waters, but not the amount. In 1890 and 1891, the *Register* lists 2404 and 1563 packages of imported Seltzer Waters and Ginger Ale, but not the quantity of ginger ale. Ginger wine would have been included under Wines or Cordials.

An illustration of the demand for ginger and products containing ginger is to be found in import data for Cooktown, first settled in late 1873 to service the Palmer River goldfields. Table 11 shows some of the ginger and products containing ginger imported by Chinese and European merchants during 1874 and 1875.<sup>824</sup> Among the products imported are various forms of ginger, green, preserved, dried and salted. As discussed earlier, green ginger had to be imported until the local Chinese market gardens could produce sufficient to meet the demand. The ginger wine was likely for the Europeans, but both groups would have enjoyed many of the pickles and sauces.

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<sup>824</sup> While Cooktown imported most of its needs from Sydney, Melbourne and Brisbane in 1874, beginning in 1875 Chinese traders imported a wide range of goods directly from Asia, supplying both Europeans and Chinese (Rains, "Intersections," 239, 243). The table does not contain a complete list of imports for 1874-1875, but includes data extracted by Rains of goods imported by Chinese merchants during two six-week periods in each year, and some additional data from ships' manifests published in the local newspapers.

**TABLE 11**  
**Imports into Cooktown 1874 and 1875**

<b>Date</b>	<b>Imports</b>
1 April 1874	3 cases Ginger Wine 8 cases Pickles
18 April 1874	1 case Ginger 8 cases Pickles 2 cases Sauce
25 April 1874	5 cases Pickles
2 May 1874	5 cases Ginger Wine 12 cases Pickles 5 cases Sauce 3 cases Chutney
9 May 1874	1 case Ginger 10 cases Ginger Wine 12 cases Chutney 11 cases Pickles 4 cases Sauce
7 April-19 May, 24 October-5 December 1874	2 baskets + 1 bundle Green Ginger, 20 cases Ginger Wine 45 cases Pickles/Chutney 13 cases Sauce
19 December 1874	1 cask Ginger 15 cases Pickles 24 cases Curry 2 cases Sauce
8 May 1875	1 cask Ginger 12 cases Sauce
4 August 1875	26 cases Pickles
7 August 1875	3 cases Preserved Ginger 2 baskets Salt Ginger 28 cases + 33 baskets + 137 jars Sauce 3 boxes Worcestershire Sauce 33 cases + 2 boxes + 15 packages Pickles 4 cases + 1 box Curry Powder
14 August 1875	19 cases Pickles
18 August 1875	1 case Ginger 10 cases Pickles 2 cases Chutney
2 May-14 June, 5 November-16 December 1875	1 cask + 2 boxes + 8 cases + 74 baskets Green Ginger 20 baskets Pickled Ginger 4 cases + 5 baskets Dried Ginger 50 cases Preserves 38 cases + 13 baskets Pickles 2 cases Chutney, 1 case Curry

**Sources:** *Cooktown Courier*, 18 April 1874; 25 April 1874; 2 May 1874; 9 May 1874; 19 December 1874, 2; 8 May 1875; *Cooktown Herald*, 1 April 1874; 19 December 1874, 2; 4 August 1875, 2; 7 August 1875; 14 August 1875; 18 August 1875; Rains, "Intersections," 241, 245, 249-252.

By the beginning of the 20<sup>th</sup> century, Statistical Registers began to differentiate between various forms of ginger, enabling more reliable estimates of the demand for ginger. Table 12 shows imports into Queensland from 1901–1904 and Table 13 lists ginger imports into Australia from 1926 until the mid-20<sup>th</sup> century, while imports into South Australia from 1902 to 1939 are shown in Appendix 11.3. The data remain incomplete until the 1930s, when dry ginger began to be included on a regular basis. During the period 1926-1930, it was estimated that 150 tons of dry ginger were imported per annum.<sup>825</sup>

By 1930, approximately 1000 tons of ginger in various forms was being imported each year, 850 tons of which was used by food and drink manufacturers. Green ginger was used mainly for jams and chutneys. Ginger in brine or syrup was used for the manufacture of preserved ginger and other ginger confectionery, and also in cakes, chutneys, jam, pickles. At that time, the greater proportion of ginger consumed in Australia was in the form of preserved ginger, either in syrup or crystallised. Most green ginger and confectionery ginger, partially preserved in brine or syrup, came from China or Hong Kong. Ginger beer manufacturers used much of the dry ginger, preferring that from Jamaica, though dry ginger was also used for making ginger essence and cordials, and in spice mixes.<sup>826</sup> The amount of dried ginger from Jamaica increased from 13 tons in 1912 to 71 tons in 1923.<sup>827</sup> By the late 1930s, imports had increased to some 1500 tons per annum, consisting of approximately 1200 tons of ginger in brine or syrup, 300 tons of dry ginger, and 20 tons of green ginger.<sup>828</sup> The New South Wales Department of Agriculture estimated that this was

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<sup>825</sup> Commonwealth, *Tariff Board's Report*, 1931, 6.

<sup>826</sup> Commonwealth, *Tariff Board's Report*, 1931, 5-6.

<sup>827</sup> *Bulletin of the Imperial Institute* 24 (1926): 679.

<sup>828</sup> Commonwealth, Council for Scientific and Industrial Research, citing the Overseas Trade Bulletin for 1938-39; *Farmer and Settler*, 7 May 1942; *Tariff Board's Report*, 1953, 13-14.



‘equivalent to almost half a pound of ginger per person per year.’<sup>829</sup> As discussed previously, the ginger imports decreased markedly during World War II but began to increase again in the early 1950s. By this time, the Australian ginger industry was becoming established.

**TABLE 12**

**Ginger Imports into Queensland, Early 20<sup>th</sup> Century**

NOTE:  
This table is included on page 162 of the print copy of the thesis held in the University of Adelaide Library.

**Source:** Queensland, *Statistical Register*.

**TABLE 13**

**Ginger Imports into Australia, 20<sup>th</sup> Century**

Year	Green lb	Dry, Unground lb	Ground lb	In Brine or Syrup lb	Preserved lb	Partially Preserved lb
1926-27	162,811			1,252,222	91,276	
1927-28	169,968			1,232,163	77,178	
1928-29	108,066			1,406,987	74,224	
1929-30	102,613			2,093,955	70,439	
1937-38	56,135	714,013	9,627	2,446,270	31,666	
1938-39	48,992	617,752	9,685	1,948,418	29,760	
1948-49	22,646	122,259	3,248	162,205	658	
1949-50	31,529	342,571	57,193	103,198	4,002	13,388
1950-51	1,895	386,055	23,218	189,247	3,948	21,020
1951-52	580	531,303	12,982	231,922	6,648	20,642

**Sources:** Commonwealth, *Tariff Board's Report*, 1931, 3-4, for 1926-1930 figures; *Tariff Board's Report*, 1953, 13-14, for 1937-1952.

<sup>829</sup> *Farmer and Settler*, 7 May 1942.

### 6.1.1 Antarctica

The importance of ginger in Australian and British food and medicine is highlighted by the quantities of ginger and ginger products which were taken on expeditions to Antarctica in the early 20<sup>th</sup> century. Table 14 indicates that, for Shackleton's expedition, the food supplies for the 15-man shore party for two years included almost 10 pounds of crystallised ginger per man, as well as ginger in other forms. While much less information is available about the stores for Scott's expedition, they included an unspecified amount of ground ginger in the food supplies, and ginger essence tablets in the medical supplies for both the ship and the shore party.<sup>830</sup> Table 15 shows that Mawson's expedition, which carried provisions to supply '25 men 6 months and portion for 25 men for 18 months', included almost one pound of dried ginger per man, as well as large quantities of ginger nut biscuits, gingerbread, and ginger beverages.<sup>831</sup> Some of the ground ginger was used to make a form of aerated ginger beer, using soda syphons. This and other more unusual uses of ginger are discussed in the following chapters. Detailed lists of relevant food and medical supplies for expeditions led by Sir Ernest Shackleton, 1907–1909, Captain Robert Scott, 1910–1913, and Sir Douglas Mawson, 1911–1914, are shown in Appendix 11.4.

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<sup>830</sup> Lyons, *Miscellaneous Data*, 45-56.

<sup>831</sup> Douglas Mawson, *Australasian Antarctic Expedition 1911-1914*.

**TABLE 14****Ginger in Shackleton's 1907–1909 Supplies**

Quantity	Product
20	Half lb tins, Ground ginger
8	2 oz bottles, Essence of ginger
144 lb	Crystallised ginger, 1 lb tins
	Gingernut biscuits
	Ginger essence [in Medical Supplies]

**Source:** Antarctic Heritage Trust, British Antarctic Expedition, 1907–1909.

**TABLE 15****Ginger in Mawson's 1911 Supplies**

Case Number	Contents
524	30 ½ lb tins Ground Ginger = 15 lbs
815	6 ½ lb tins Ground Ginger = 3 lbs
909	3 ½ lb tins Ground Ginger = 1½ lbs
110	1 No 5 tin Ginger Nuts
111	6 No 2 tins Ginger Nuts
112	1 No 5 tin Ginger Nuts
113	3 No 2 tins Ginger Nuts
115	1 No 5 tin Ginger Nuts
116	3 No 2 tins Ginger Nuts
401	26 Slabs Yorkshire Parkin [gingerbread] about 10 lbs each 6 dozen 1 lb Cakes Ginger Bread 10 6 lb tins Old Fashioned Ginger Nuts 24 2 lb tins Old Fashioned Ginger Nuts
3,521 to 3,538	12 cases Ginger Ale 2 cases Ginger Wine
1,004	1 100 Tabloid [brand] Ginger Essence min. 10 [Medical Stores]
6006	5 100 'Tabloid' Ginger Essence min. 10 [Medical Stores]
6076	5 100 'Tabloid' Ginger Essence min. 10 [Medical Stores]
6057	1 100 'Tabloid' Ginger Essence min. 10 [Medical Stores]

**Source:** Douglas Mawson, Australasian Antarctic Expedition, 1911–1914.

## 6.2 Merchants And Other Traders

Fifteen years after the first settlement at Sydney Cove, advertisements in the *Sydney Gazette and New South Wales Advertiser*, first published on 5 March 1803, provide some qualitative information about the range and diversity of imported foodstuffs available in the young colony.<sup>832</sup> While these advertisements provide much of the material, additional information has been gathered from other sources. This section, which discusses only the beginning of trade, serves as a further introduction to the following chapters.

During the first few years of the Colony, basic foodstuffs were issued from government stores, with the amount of the rations depending on the status of the individual.<sup>833</sup> Additional food items became available in the 1790s, when investment cargoes began arriving. Initially, most goods were sold wholesale to agents, who subsequently re-sold them either at auctions or directly to small shopkeepers.<sup>834</sup> The master of the *Justinian*, which arrived in Sydney in June 1790, opened one of the first shops and more were operating by October 1792.<sup>835</sup> It was not until October 1800 that settlers were allowed to trade directly with ships.<sup>836</sup> One of the first to take up this opportunity was Campbell and Company, an agency house based in Calcutta. Junior partner, Robert Campbell, who had visited Sydney in 1798, returned in 1800 to establish a trading business in The Rocks, one of Sydney's earliest commercial centres.<sup>837</sup> Among pioneer retailers were Sarah Bird, Ann

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<sup>832</sup> Broadbent, Rickard and Steven, 9-10, 144; Kingston, *Basket, Bag and Trolley*, 9. The earliest dates particular foodstuffs were advertised should not be interpreted as the dates on which these foodstuffs first became available. Dry ginger was available in Sydney in the 1790s, and it is highly probable that other forms of ginger and foodstuffs containing ginger were also available at that time.

<sup>833</sup> Curr, *Colony of Van Diemen's Land*, 125-126; Kingston, *Basket, Bag and Trolley*, 5.

<sup>834</sup> Kingston, *Basket, Bag and Trolley*, 6-9.

<sup>835</sup> David Collins, *English Colony in New South Wales*, 99, 184, 541.

<sup>836</sup> Broadbent, Rickard and Steven, 39.

Grant and Mrs Driver.<sup>838</sup> Soon after her arrival in 1796, Sarah Bird purchased a house, obtained a liquor licence and was also doing ‘a little trade in the passage here in a number of small articles’ including foodstuffs and clothing.<sup>839</sup>

Early settlers in the Sydney were avid consumers, not only of basic necessities, but also of great variety of imported luxury goods.<sup>840</sup> As Beverley Kingston points out:

Those who could afford them ordered special delicacies, for example pickles or dried fruits in large quantities... Those who could scarcely afford them bought tiny quantities infrequently as a special treat.<sup>841</sup>

Dry ginger was among the earliest groceries on sale in Sydney. George Barrington recorded that ginger, at three shillings per pound, was among the provisions which arrived on the *Providence* and *Reliance* in 1795.<sup>842</sup> Judge Advocate David Collins lists ginger at the same price in September 1796.<sup>843</sup> Preserved ginger from China was also among early trade goods, not only in Sydney but also in Hobart soon after its establishment 1804.<sup>844</sup>

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<sup>837</sup> Broadbent, Rickard and Steven, 37-40, 68; Fitzgerald, *Red Tape, Gold Scissors*, 16; Karskens, *The Rocks*, 9, 19; Max Kelly, *Anchored in a Small Cove*, 13; The Rocks Discovery Museum Trading Display.

<sup>838</sup> Kingston, *Basket, Bag and Trolley* 10-11; Karskens, *The Rocks*, 207.

<sup>839</sup> Heney, *Dear Fanny*, 16.

<sup>840</sup> Penelope Selby, “Expectations Sadly Blighted, 1840-51,” 177; Kingston, *Basket, Bag and Trolley*, 17; Max Kelly, 61; Karskens, *The Rocks*, 206-207; Broadbent, Rickard and Steven, 33, 37, 96.

<sup>841</sup> Kingston, *Basket, Bag and Trolley*, 16.

<sup>842</sup> Barrington, *Sequel to Barrington’s Voyage to New South Wales*, 87.

<sup>843</sup> David Collins, 333.

<sup>844</sup> Broadbent, Rickard and Steven, 22.

With the publication of the *Sydney Gazette*, agents and shopkeepers immediately began to advertise their goods, typically listing goods in a random manner.<sup>845</sup> Robert Campbell was the first to advertise dried ginger, the following advertisement appearing on 3 July 1803:

For Sale at Mr. Campbell's.

Hyson Tea in whole Chests, half and quarter

Rice in Bags, Pepper and Ginger

Indian and Europe Soap in boxes of 160 and 56lbs.

Virginia Leaf Tobacco and Cherroots...<sup>846</sup>

By this time many small retailers were in business, having set up shops in the front rooms of their houses.<sup>847</sup> Soon both they and other wholesalers were advertising ginger, as shown in Table 16. Joseph Underwood was advertising preserved ginger in 1812.<sup>848</sup> The following year, Mr Bevan was selling Chinese jars, 'which may have been functional or decorative'.<sup>849</sup> Others soon followed, as shown in Table 17.

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<sup>845</sup> Karskens, *The Rocks*, 219-220; Kingston, *Basket, Bag and Trolley*, 17.

<sup>846</sup> *Sydney Gazette*, 3 July 1803, 1; 10 July 1803, 4; 17 July 1803, 3.

<sup>847</sup> Kingston, *Basket, Bag and Trolley*, 10.

<sup>848</sup> *Sydney Gazette*, 22 February 1812, 2; 29 February 1812, 2

<sup>849</sup> Broadbent, Rickard and Steven, 150.

TABLE 16

## Early Advertisements for Dry Ginger in Sydney

Date	Vendor
1804	House of Ann Grant in Pitt's Row
1808	Mr Nichols's Warehouse: dried ginger from India
"	House of Samuel Foster in South Street
1809	House of Sarah Packer, Pitt's Row
"	House of Mr Hasselburg
"	John and Mrs Driver, Chapel Row
1810	Warehouse of E. Wills, George Street, Sydney
1811	Warehouse of Mr H. Kable, Windsor
1812	Warehouse of Mr Joseph Underwood
"	Warehouse of Mr Connell, Pitt Street
1813	Warehouse of Mr Crook, 14 Hunter Street
"	Warehouse of J. Laurie, 18 Hunter Street

**Sources:** *Sydney Gazette*, 8 January 1804, 4; 26 June 1808, 1; 18 December 1808, 2; 5 March 1809, 2; 12 March 1809, 2; 7 May 1809, 2; 14 May 1809, 2; 20 August 1809, 1; 7 January 1810, 4; 21 January 1810, 4; 8 December 1810, 2; 15 December 1810, 2; 26 October 1811, 4; 27 June 1812, 2; 11 July 1812, 1; 19 September 1812, 2; 26 September 1812, 2; 3 October 1812, 2; 28 August 1813, 2; 25 December 1813, 2.

TABLE 17

## Early Advertisements for Preserved Ginger

Date	Vendor
1814	J. Laurie
"	Mr Bevan
1815	Mr Riley's Stores, 88 George Street
"	Messrs Riley and Jones
1816	Mr Connell

**Sources:** *Sydney Gazette*, 25 June 1814, 2; 9 July 1814, 1; 13 August 1814, 2; 17 December 1814, 2; 21 January 1815, 2; 4 February 1815, 4; 16 December 1815, 1; 13 July 1816, 2; 27 July 1816, 15; 14 March, 1818, 4; 21 March 1818, 2; 28 November 1818, 4; 5 December 1818, 4; 19 December 1818, 4.

Table 18 lists other ginger products being advertised by the 1820s. Ginger beer powders, essence of ginger, ginger lozenges and ginger syrup were sold mostly by chemists, as family medicines. Gingerbread and gingerbread nuts [biscuits] were also considered to have medicinal qualities, which probably explains their later inclusion in Mawson's rations.

**TABLE 18**

**Early Advertisements for Other Ginger Products**

<b>Date</b>	<b>Product</b>	<b>Vendor</b>
1821	Ginger Beer Powders	Alexander Manners, Chemist and Apothecary
1822	“	Mr Thomas Icely, Macquarie Place
“	“	Macqueen, Atkinson and Pritchett
1823	“	J. Tawell, Apothecary, Druggist, Spice Dealer, 18 Pitt-street
“	Essence of Ginger	J. Tawell
“	Gingerbread Nuts	J. Tawell
1824	Ginger Lozenges	R. Mather
1825	“	J. Tawell
1826	Ginger Syrup	William Parker, 99 George Street

**Sources:** *Hobart Town Gazette*, 15 December 1821, 1; 10 December 1824, 4; *Sydney Gazette*, 8 November 1822, 3; 15 November 1822, 2S; 29 November 1822, 2S; 6 December 1822, 2S; *Sydney Gazette*, 22 November 1822, 4; 14 August 1823, 2S; 11 December 1823, 2S; 17 June 1824, 3; 27 October 1825, 4; 22 March 1826, 4; 25 March 1826, 4; 29 March 1826, 4; 12 April 1826, 4; 15 April 1826, 4; 19 April 1826, 4; 22 April 1826, 4; 11 November 1826, 1.

Not all ginger products were imported as, from the beginning of the colony, small commercial ventures were established to produce necessities such as bread and beer.<sup>850</sup>

Among the earliest manufacturers in Sydney were bakers, who also made gingerbread and gingerbread nuts, and ginger-beer manufacturers, a pattern which was to be repeated in each new settlement.<sup>851</sup> Gingerbread, probably being manufactured in the 1790s, was certainly being produced commercially at the beginning of the 1800s. In 1804, Thomas

<sup>850</sup> Godfrey Linge, *Industrial Awakening*, 27.

<sup>851</sup> *Australian Colonies at the International Exhibition*, 30; *Industrial Progress of New South Wales*, 450.



Evestaff of Pitt's Row advertised for a position as a bread, biscuit, and gingerbread baker.<sup>852</sup> The following year, G. Morgan, Cook and Confectioner, 22 Pitt's Row, was advertising gingerbread and gingerbread nuts.<sup>853</sup> Nevertheless, until the second half of the 19th century, when larger-scale biscuit manufacturing became established, some biscuits were still imported.

The first known ginger beer brewer in Sydney was Benjamin Hill, who began operations in 1814.<sup>854</sup> Local production of ginger beer increased in the 1820s. In both Sydney and Hobart, advertisements began to appear for the equipment necessary to make ginger beer, including stone ginger beer bottles, ginger beer corks, and Jamaican ginger.<sup>855</sup> By this time, dried ginger was in great demand. Andrew Frazier, for example, advertised 'some superior excellent ginger, by the bag or ton', on sale at his 'long established and well-known Premises in Cambridge-street, Rocks'.<sup>856</sup> From the early 1820s, ginger beer began to be advertised regularly, and other ginger beverages became available, many of them imported.<sup>857</sup> Taylor and Company offered ginger beer among the 'choice Stock of Wines, Spirits, and Cordials' available in its Liverpool Street premises and, later in the year, was also selling ginger beer in the Blair Arms Tavern in Hobart Town.<sup>858</sup> Ginger beer was

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<sup>852</sup> *Sydney Gazette*, 4 November 1804, 4.

<sup>853</sup> *Ibid.*, 22 December 1805, 2.

<sup>854</sup> Farrer, *Settlement Amply Supplied*, 24.

<sup>855</sup> *Hobart Town Gazette*, 10 December 1824, 4; *Sydney Gazette*, 22 September 1825, 4; 3 October 1825, 1S; 22 April 1826, 4; 3 May 1826, 4.

<sup>856</sup> *Sydney Gazette*, 5 July 1826, 4; 15 July 1826, 4; 19 July 1826, 4; 22 July 1826, 4; 26 July 1826, 3; 2 August 1826, 4; 19 August 1826, 4; 26 August 1826, 4; 30 August 1826, 4; 6 September 1826, 4.

<sup>857</sup> *Ibid.*, 14 September 1833, 3.

<sup>858</sup> *Hobart Town Gazette*, 4 May 1822, 2S; 11 May 1822, 1; 21 December 1822, 2.

available in J. James' Store at 6 King Street, Sydney.<sup>859</sup> By 1826, Mr Mason, Campbell Street, was advertising imported ginger ale and ginger wine as well as ginger beer.<sup>860</sup>

Other products containing ginger, including pickles, sauces, and curry powder were among the earliest foodstuffs available for sale. Table 19 lists some of the advertisements and items from the shipping news.

**TABLE 19**  
**Availability of Condiments Containing Ginger**

Date	Condiment	Vendor
1803	Pickles	Imported on the Brig <i>Dart</i> [Shipping News]
1804	Pickles, Sauces	Ann Grant
1805	Pickles	S. Lord's warehouse
1807	Pickles, Sauces	Imported on the Ship <i>General Wellesley</i> [Shipping News]
1809	Pickles, Mushroom Ketchup	Charles Tompson
"	Sauces, Pickles	House of Mr Kable
"	"	House of John Driver
"	"	House of Mr Underwood
"	Pickles	William Blake
"	"	M. Hayes
1813	Curry Powder	J. Laurie
1814	"	Mr Riley
1816	Curry Powder, Pickles	Mr Connell

**Sources:** *Sydney Gazette*, 2 October 1803, 4; 8 January 1804, 4; 21 April 1805, 1; 28 April 1805, 1; 15 February 1807, 2; 26 June 1808, 1; 3 July 1808, 2; 8 January 1809, 1; 5 February 1809, 2; 30 April 1809, 2; 7 May 1809, 2; 21 May 1809, 1; 28 May 1809, 2; 6 August 1809, 2; 15 October 1809, 1; 29 October 1809, 2; 5 November 1809, 1; 12 November 1809, 1; 3 December 1809, 1; 4 December 1813, 2; 25 December 1813, 2; 1 January 1814, 2; 29 January 1814; 13 August 1814, 2; 13 July 1816, 2; 27 July 1816, 15.

<sup>859</sup> *Sydney Gazette*, 25 September 1823, 1S; 23 October 1823, 1S; 30 October 1823, 2S.

<sup>860</sup> *Colonial Times*, 18 August 1826, 4; 25 August 1826, 1.

Daily auctions were still a feature of life into the mid-19<sup>th</sup> century. Penelope Selby wrote to her sisters in 1841, that: ‘Melbourne ... is so overloaded with goods of every description that they are daily sold by auction for less than they cost at home.’<sup>861</sup> In 1846, Godfrey Mundy was astounded by the number of auctions, which offered everything from ‘an allotment of Crown land ... to a “prime lot” of pork, pickles or curry powder’. At one such auction, a young friend of Mundy’s unintentionally nodded his head at the salesman, and had ‘a lot comprising “50 gross of bottles of mixed pickles” ... knocked down to him’.<sup>862</sup> It is clear that large quantities of these products were available well before they were itemized in the *Statistical Registers*.

As settlements spread out from Sydney, so, too, did the demand for ginger and ginger products and the facilities to sell them.<sup>863</sup> Transport was slow and not without its hazards. During a trip west from Sydney in the 1830s, Alexander Harris passed a capsized dray near Bathurst, the scattered load containing ‘a lot of salt junk in a flood of pickle.’<sup>864</sup> Mundy, crossing the Blue Mountains with the Governor in the mid-1840s, describes graphically one country store:

We laughed at the pompous inscription, ‘General Store and Provision Warehouse’, scrawled in white-wash over the door of a wretched little bark hovel, where were exposed for sale on a sheet of the same material, a cabbage-tree hat or two, a few bottles of ginger beer...<sup>865</sup>

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<sup>861</sup> Penelope Selby, 160.

<sup>862</sup> Mundy, *Our Antipodes*, 11-12.

<sup>863</sup> Kingston, *Basket, Bag and Trolley*, 22.

<sup>864</sup> Harris, *Settlers and Convicts*, 125.

<sup>865</sup> Mundy, 63.

Many early country stores were part of large outback sheep and cattle stations. They were filled not only with basic necessities but also with a wide range of luxuries with which squatters, station hands, and travellers could supplement their basic diet.<sup>866</sup> The stores invariably included foodstuffs containing ginger, with pickles and sauces being especially popular.<sup>867</sup> The Australian demand for other than basic necessities continued, prompting the Government Statistician of New South Wales to report in 1890 that ‘articles of diet, which in other countries are almost within the category of luxuries, are largely used, even by the poorest classes.’<sup>868</sup>

When the *Moreton Bay Courier* began publication on 20 June 1846, ginger products were among the first foodstuffs to be advertised, as shown in Table 20. Not only were these items commonplace in the settlement by this time, but also some were being manufactured in Brisbane. For example, Thomas Costin, who began brewing ginger beer in 1846, was also making aerated ginger beer by 1848, and supplies were imported for other ginger beer manufacturers.<sup>869</sup> W. Cairncross, who commenced a bakery business in September 1847, advertised gingerbread and gingerbread nuts the following year.<sup>870</sup> Other Australian-made products were available, including pickles, and ginger wine made by Lavers and Company, Sydney.

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<sup>866</sup> Addison and McKay, *Good Plain Cook*, 35; Beddoe, *Memories of Eighty Years*, 281; Blainey, *Black Kettle and Full Moon*, 410; Boldrewood, *Shearing in the Riverina 1865*, 11-13; Gollan, 46; Mossman and Banister, *Australia Visited and Revisited*, 76, 91; Mundy, 112-113; Pescott, *Early Settlers' Household Lore*, 11.

<sup>867</sup> Weidenhofer, *Colonial Ladies*, 66-67.

<sup>868</sup> Coghlan, 69.

<sup>869</sup> *Moreton Bay Courier*, 12 September 1846, 2; 26 August 1848, 3; 2 September 1848, 1, 2; 16 September 1848, 3; 23 September 1848.

<sup>870</sup> *Ibid.*, 2 October 1847, 1; 4 November 1848, 3.

TABLE 20

## Ginger and Ginger Products Available in Queensland

Date	Product	Vendor
1846	Pickles, Sauces, Spices	R. Hampden's store, South Brisbane
"	Ginger Beer	Billiards Room adjoining Sovereign Hotel
"	Jamaican Ginger	Stores of P. J. Welsh, South Brisbane
"	Ginger, Corks	Mr Thompson [Shipping News]
"	Curry Powder	Mr Richardson [Shipping News]
"	India Curry Powder, Sauces	Stores of G. S. Le Breton, North Brisbane
"	Chinese Preserved Ginger	Porter and Peek, George and Pitt Streets, Sydney
1847	China Preserves, White & Brown Ginger, Sauces, Curry Powder, Pickles	Harris's Grocery Store, South Brisbane
"	Gingerade Powders	John Taggart, Chemist, North Brisbane
"	Gingerade, English & Australian Pickles	Stores of M. Power
1848	Ginger Cordial [alcoholic]	Residence of R. F. Phelan, Ipswich
"	Brewed & aerated Ginger Beer	Thomas Costin, Brisbane
"	Gingerbread, Gingerbread Nuts	W. Cairncross, Bread and Biscuit Baker
"	Gingerbread, Essence of Ginger, Ginger Beer Powders, Curry Powder, Mushroom Ketchup, Pickles, Spices	Poole, Chemist, Grocer, North Brisbane
1849	Ginger Wine	T. G. Sawkins, Queens Place, Sydney
"	Gingerade	Ambrose Eldridge, Chemist
"	Lavers & Co. [Sydney] Ginger Wine	T. Dowse, Brisbane
"	Lavers & Co. Ginger Wine	F. A. Forbes, Ipswich
1853	Chutney, Sauces, Curry Powder	F. J. Barton, North Brisbane
"	Chutney, Curry Powder	R. Towns and Company, South Brisbane

**Sources:** *Moreton Bay Courier*, 20 June 1846, 3; 27 June 1846, 1; 4 July 1846, 3; 11 July 1846, 3; 18 July 1846, 3; 12 September 1846, 2, 3; 19 September 1846, 3; 26 September 1846, 1; 3 October 1846, 1; 10 October 1846, 1; 17 October 1846, 1; 24 October 1846, 2; 7 November 1846, 3; 28 November 1846, 3; 5 December 1846, 1; 8 May 1847, 3; 15 May 1847, 1; 22 May 1847, 1; 28 August 1847, 3; 2 October 1847, 1, 3; 4 November 1848, 3; 6 November 1847, 1; 5 February 1848, 19 February 1848, 1; 29 July 1848, 1; 5 August 1848, 1; 26 August 1848, 3; 2 September 1848, 1; 16 September 1848, 3; 23 September 1848; 14 October 1848, 1; 21 October 1848, 3; 13 January 1849, 1; 20 January 1849; 23 June 1849; 30 June 1849; 23 April 1853, 3; 29 October 1853, 3; 5 November 1853, 1; 19. November 1853, 1; 26 November 1853, 4; 24 December 1853, 3; 27 December 1853, 3; 4 February 1854, 3.

As discussed previously, within months of the establishment of Cooktown, merchants were importing various forms of ginger and foodstuffs containing ginger.<sup>871</sup> William Pocock began advertising ginger beer, ginger wine and a variety of condiments in the first edition of the *Cooktown Courier*, in April 1874, by which time Col. Patching was also manufacturing ginger beer.<sup>872</sup> A wide range of ginger products was available in Cooktown by 1875, and preserved ginger began to appear regularly in advertisements, as shown in Table 21.<sup>873</sup> It is of interest that, while many Chinese merchants were in business, it was not until later that they began to advertise in the newspapers.

**TABLE 21**

**Ginger and Ginger Products Available in Cooktown**

<b>Date</b>	<b>Product</b>	<b>Vendor</b>
1874	Ginger Wine, Curry Powder, Pickles, Chutney, Sauces	William Pocock, General Storekeeper
“	Ginger Beer	Col. Patching, Aerated Waters Manufacturer
“	Ginger Beer	Cockrell and Barron
1875	Green Ginger	John Walsh, Wholesale Merchant
“	Ginger Wine, Ginger Brandy, Ginger, Ginger Beer Bottles	Medhurst and Company
“	Ginger, Sauces, Curry Powder, Pickles, Holloways Pills	Francis Bell and Company
“	Bleached Ginger, Curry Powder, Sauces	Alfred Cleve
1876	Ginger Ale [from Rowland and Lewis, Ballarat], Sauces, Pickles, Curry Powder	Bell, Dall and Company
“	Chinese Preserves, Condiments	Sun Tung Lee and Company

**Sources:** *Cooktown Courier*, 18 April 1874; 25 April 1874; 2 May 1874; 2 May 1874, 16 May 1874; 19 December 1874, 2; 24 July 1875; 4 August 1875, 2; *Cooktown Herald*, 4 August 1875, 4; 11 August 1875; 15 April 1876, 3.

<sup>871</sup> *Cooktown Courier*, 9 May 1874, 16 May 1874; Rains, “Intersections,” 239, 241, 243, 252.

<sup>872</sup> *Cooktown Courier*, 18 April 1874; 16 May 1874.

<sup>873</sup> *Cooktown Courier*, 24 July 1875, 2; 23 October 1875, 1; 20 November 1875, 2; *Cooktown Herald*, 7 August 1875, 24 May 1876, 3; Rains, “Intersections,” 261-262.

A similar pattern emerged in the Northern Territory. Table 22 lists some early Northern Territory advertisements for ginger and foodstuffs containing ginger. The *Northern Territory Times and Gazette* carried an advertisement for local ginger beer manufacturers Crawford and Boyd in its first edition on 7 November 1873.<sup>874</sup> The following year, others were also advertising their ginger beer.<sup>875</sup>

**TABLE 22**  
**Ginger and Ginger Products Available in the Northern Territory**

<b>Date</b>	<b>Product</b>	<b>Vendor</b>
1873	Ginger Beer	Crawford and Boyd, Ginger Beer Manufacturers
“	Pickles	John Skelton, General Storekeeper
“	Preserved Ginger, Sauces	Gore and Company
1874	Ginger Beer, Ginger Beer Bottles	John Liddy and Charles Holloway, Ginger Beer Manufacturers
	Worcestershire & Tomato Sauces, Pickles	Cohen and Solomon
“	White & Brown Whole Ginger, Ginger Nut Biscuits, Sauces, Curries	John Skelton
“	Ginger Beer	W. E. Sayers, Ginger Beer Manufacturer
1875	Ginger Beer	Charles Holloway

**Sources:** *Northern Territory Times*, 7 November 1873, 1, 2; 14 November 1873, 2; 21 November 1873, 2; 25 December 1873, 1; 26 December 1873, 2; 2 January 1874, 2; 9 January 1874, 2; 16 January 1874, 4; 23 January 1874, 4; 30 January 1874, 4; 20 March 1874, 2; 27 March 1874, 2; 3 April 1874, 1; 10 April 1874, 1; 17 April 1874, 1; 24 April 1874; 5 June 1874; 1 August 1874, 2; 8 August 1874, 1; 5 September 1874, 1; 19 September 1874, 1; 26 September 1874, 1; 3 October 1874, 1; 10 October 1874, 1; 30 January 1875, 1.

In 1886, tins of curry powder and Worcester sauce were available at stores in outposts in the Northern Territory, such as Mount McMinn and Roper River, though not always in

<sup>874</sup> *Northern Territory Times*, 7 November 1873, 2; 14 November 1873, 2; 21 November 1873, 2; 25 December 1873, 1.

<sup>875</sup> *Ibid.*, 6 March 1874, 2; 20 March 1874, 2; 27 March 1874, 2; 7 November 1874; 30 January 1875, 1.

good condition.<sup>876</sup> Alfred Searcy reported that, in the Mount McMinn store, he saw itinerant worker Hugh Fraser buy six tins of curry powder but: ‘When he had departed the storekeeper told me the contents were rotten – cheerful for Fraser when the time came for him to make himself a nice savoury curry.’<sup>877</sup>

A few examples from other colonies illustrate the ubiquitous nature of ginger and ginger products. On the Victorian goldfields in the 1850s, merchants were prosperous, importing foodstuffs from other parts of Australia and overseas, including condiments from India.<sup>878</sup> Patrick Curtain, owner of a general store in Ballarat during the Eureka Stockade in 1854, had available a large quantity of pickles.<sup>879</sup> Ginger-beer sellers were also common in the goldfields by the early 1850s.<sup>880</sup> In cities, too, merchants prospered. Frank Fowler was delighted to find that, in Melbourne in the mid 1850s, ‘all the classic cries of London, from hot potatoes to iced ginger-beer, echo through the streets’.<sup>881</sup> Ginger beer was among the small list of beverages advertised on page 1 of the first edition of *The Age* in Melbourne on 17 October 1854. Before he sailed for England in 1863, Launceston grocer John Pond advertised his remaining stock, including ground ginger, sauce and pickles.<sup>882</sup>

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<sup>876</sup> Searcy, *In Australian Tropics*, 1907, 147; Searcy, *In Northern Seas*, 36.

<sup>877</sup> Searcy, *In Australian Tropics*, 1907, 147.

<sup>878</sup> Symons, *One Continuous Picnic*, 67.

<sup>879</sup> Blainey, 411.

<sup>880</sup> Mackenzie, *Gold Digger*, 50.

<sup>881</sup> Fowler, *Southern Lights and Shadows*, 16.

<sup>882</sup> Blainey, 205.



### 6.3 Summary and Conclusions

Early British and Chinese settlers in Australia strove to maintain their traditional eating and medical practices, which required large quantities of ginger in various forms. This chapter illustrates how the demands for ginger were met. Ginger arrived in Australia in the medicine chests on the First Fleet, and it is likely that ginger also came among the foodstuffs. Dry ginger was on sale in the first stores in Sydney, established in the 1790s. Preserved ginger from China was also among early trade goods, as were products containing ginger, including pickles, sauces, and curry powder. Within a few years, a range of other ginger products was readily available. Commercial manufacturers were baking gingerbread at the beginning of the 1800s, and brewing ginger beer by 1814. As settlements spread out from Sydney, so, too, did the demand for ginger and ginger products, manufacturers to produce them, and facilities to sell them. While data about the actual quantities of ginger and products containing ginger imported during Australia's first century were very limited, by the early 1880s more than 100 tons of dried ginger and large quantities of preserved ginger were imported into New South Wales alone each year. The demand for ginger products is illustrated by the importation of huge quantities of products containing ginger, such as pickles, chutneys, sauces and curry powders. These condiments were also routinely produced in Australian home kitchens and, increasingly, by local manufacturers.

At the beginning of the 20<sup>th</sup> century, Statistical Registers began to differentiate more clearly between various forms of ginger. By 1930, approximately 1000 tons of ginger in various forms was being imported each year, 850 tons of which was used by food and drink manufacturers. Only 60 tons of ginger was produced in the Buderim area in the 1929/30 season. Imports had increased to some 1500 tons annually by end of the decade. The evidence presented in this chapter provides evidence of a sustained demand for ginger

throughout the 19<sup>th</sup> and 20<sup>th</sup> centuries. It confirms that, at least in respect to their consumption of ginger and ginger products, early settlers did, indeed, succeed in maintaining the food and customs of their homelands. The following chapters explore the uses of ginger in Australian food, beverages, and medicines.

## 7 CULINARY USES OF GINGER IN AUSTRALIA

Since prehistoric times food has played a major role in the migrant experience ... [because] food is part of an individual's culture, religion and identity.<sup>883</sup>

Writing of Sydney in 1839, Louisa Meredith recounts: 'English customs and fashions are carefully followed'.<sup>884</sup>

### 7.1 Australian Eating Habits

Following age-old migrant traditions, British settlers in Australia 'sought tenaciously to hold on to familiar food and drink'.<sup>885</sup> To a large extent they succeeded in doing so and, for the next century and a half, the eating habits of white Australians remained essentially British.<sup>886</sup> The early Australian diet for all classes consisted of mainly meat, flour and tea, varying from the British diet only in the amount of meat consumed.<sup>887</sup> Australians ate large quantities of meat at almost every meal, a practice commented upon by numerous writers throughout the 19<sup>th</sup> century.<sup>888</sup> In British tradition, meat was simply boiled or roasted, and dishes were made tastier by adding condiments, including spices, sauces and pickles.<sup>889</sup>

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<sup>883</sup> Kershen, *Food in the Migrant Experience*, 1-2.

<sup>884</sup> Meredith, *Notes and Sketches of New South Wales*, 52.

<sup>885</sup> Symons, *One Continuous Picnic*, 18.

<sup>886</sup> Bette R. Austin, *Australian Cookery Books*, ix-x; Bannerman, *Friend in the Kitchen*, 9, 209; Beckett, *Convicted Tastes*, 21, 77-78, 102; Gollan, *Tradition of Australian Cooking*, vii; Santich, *Magic Pudding*, xiii, 2007; Symons, 26-27.

<sup>887</sup> Abbott, *Colonial Cook Book*, 79; Bannerman, *Friend in the Kitchen*, 9, 209; Beddoe, *Memories of Eighty Years*, 280-281; Curr, *Colony of Van Diemen's Land*, 71; Gollan, 23-38; Harris, *Guide to Port Stephens*, 171; Harris, *Settlers and Convicts*, 161, 176; Howitt, *First Catch Your Kangaroo*, 16-15; Mackenzie, *Gold Digger*, 50, 73, 123; Marjoribanks, *Travels in New South Wales*, 36-37; Santich, *Magic Pudding*, 12; Santich, "Umami in Australian Food," 2; Symons, 23, 29; Twopeny, *Town Life in Australia*, 71.

<sup>888</sup> Curr, 23; Harris, *Settlers and Convicts*, 71; William Kelly, *Life in Victoria*, 1:130, 167, 255, 2:5-6, 15-16; Mackenzie, *Gold Digger*, 73-74; Mundy, *Our Antipodes*, 113; Santich, *Magic Pudding*, 77, 80, citing Marcus Clarke (1874) and Philip Muskett (1898).

While there is no doubt about the staples of the colonial diet, Alan Frost provides compelling evidence that from the early 1790s ‘colonists were actually better fed than their official ration would suggest’. This was due to both the initiative of early settlers in cultivating the land and establishing businesses, and the government’s ‘limited but vital favouring of private markets’.<sup>890</sup> French naturalist François Peron, who visited Sydney in 1802, reported that the English government had anticipated the wants of the population ‘by filling large store-houses with every article that can be required, all of which are delivered to the colonists at fixed prices, that are extremely moderate’.<sup>891</sup> Archaeological evidence from Sydney’s The Rocks confirms that early settlers enjoyed a wide-ranging diet, which included dry ginger, preserved ginger, sauces, pickles and other condiments.<sup>892</sup>

Although a few attempts were made to adapt British food traditions to Australia’s climate and to make use of local produce, they did not result in significant long-term changes.<sup>893</sup> For example, in the mid-19<sup>th</sup> century, while some celebrated Christmas with an informal cold meal outdoors, many continued to celebrate Christmas in the traditional manner.<sup>894</sup> In 1841 Penelope Selby told her family that, in Melbourne, she had eaten kangaroo rat, opossum, and a variety of native birds.<sup>895</sup> Godfrey Mundy reported that, in Sydney in June 1846, he found himself ‘sipping doubtfully, but soon swallowing with relish, a plate of

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<sup>889</sup> Bannerman et al., *Acquired Tastes*, 44; Beckett, 79; Santich, “Umami in Australian Food,” 2.

<sup>890</sup> Alan Frost, *Botany Bay Mirages*, 217, 227.

<sup>891</sup> Peron, *Voyage of Discovery*, 274.

<sup>892</sup> Galloway, “Chinese in The Rocks,” 5; Karskens, *Inside the Rocks*, 49, 65-66; Max Kelly, *Anchored in a Small Cove*, 61.

<sup>893</sup> Addison and McKay, *Good Plain Cook*, 2; Santich, *Magic Pudding*, xiii; Symons, 46-47

<sup>894</sup> Santich, *Magic Pudding*, 24-26; Addison and McKay, 105; *Australian Town and Country*, 27 December 1879, 1216; Mary Banks, *Memories of Pioneer Days*, 56; Howitt, William. *Land, Labour, and Gold*, 1:175.

<sup>895</sup> Penelope Selby, “Expectations Sadly Blighted, 1840-51,” 159.

wallaby-tail soup, [followed by] a delicate wing of the wonga-wonga pigeon'.<sup>896</sup> Mina Rawson encouraged young and inexperienced country housewives to make use of the produce available to them, including bandicoots, kangaroo rats, wallaby and paddymelon.<sup>897</sup> Nevertheless, it is clear that even those adventurous enough to use local produce cooked it in the traditional British manner. *Australian Plain Cookery*, published in the 1880s, includes a recipe for jugged kangaroo, a simple variant on British recipes for jugged hare.<sup>898</sup> In 1883, Richard Twopeny observed that, when dining at home, even the wealthy colonist typically enjoyed 'a good plain English dinner'.<sup>899</sup> Austin Graham, attempting to entice British immigrants to Queensland at the beginning of the 20<sup>th</sup> century, reassured them that: in 'the preparation of food, English customs and methods are followed... Except for the preponderance of meat and tea, all meals in Queensland are English meals'.<sup>900</sup> As Bannerman maintains, generally 'our forebears seemed determined to ignore the riches around them and to implant a familiar but unsuitable cookery'.<sup>901</sup>

The British used ginger in a wide range of foodstuffs, most of which fall into one of five categories: gingerbread and other biscuits, cakes and puddings; condiments such as pickles, chutney, sauces and curry powder; jams, preserves and confectionery; preserved ginger; and ginger beer and other beverages. These categories provide the basic framework for a detailed study of the use of ginger by Australian home cooks and food and drink manufacturers. Sections 7.2 to 7.5 discuss the first four categories of foodstuffs while ginger beverages, about which more information is available, are discussed in the

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<sup>896</sup> Mundy, 6.

<sup>897</sup> Rawson, *Cookery Book*, v.

<sup>898</sup> Written by a 'Practical Cook', cited in Beckett, 56.

<sup>899</sup> Twopeny, 71-72.

<sup>900</sup> Graham, *Queensland at Home*, 45.

<sup>901</sup> Bannerman, *Friend in the Kitchen*, 9.

next chapter. The results clearly demonstrate the continuity of British eating habits in Australia into the mid-20<sup>th</sup> century.

Chinese settlers, too, brought to Australia their own eating traditions. Like all other cultures, ‘the Chinese take their cuisine with them wherever they go’, which has led to ‘much trade in the ingredients needed to produce it’, as Lynn Pan points out.<sup>902</sup> While ginger is an indispensable ingredient in Chinese cooking, little detailed information is available about the eating habits of Chinese people in Australia until the mid-20<sup>th</sup> century. There was little commonality in European and Chinese culinary practices, and little interaction between the two groups. The major exception was preserved ginger, used as sweetmeat and medicine by both British and Chinese. Jars of preserved ginger came to assume cultural significance, as will be discussed in Section 7.5.

Santich points out that information about food and eating habits is to be found in a diverse range of sources such as ‘novels and short stories, memoirs and reminiscences, biography and autobiography, travellers’ tales, journalism, letters and diaries, books of etiquette, menus, cookbooks and books of household management.’<sup>903</sup> The ubiquity of ginger products is illustrated by references to them in many sources, including archaeological evidence.

Material about manufactured foodstuffs is limited because many of the companies were short-lived, those that did operate for longer periods were often merged with other companies, and few records survive, except in some company histories, reports of

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<sup>902</sup> Pan, *Sons of the Yellow Emperor*, 316.

<sup>903</sup> Santich, *Magic Pudding*, xi-xii.

agricultural shows, and newspaper advertisements. Nevertheless, the range of accessible sources provides solid evidence of the widespread use of ginger in a variety of foodstuffs. Gingerbread and ginger beer were manufactured in Australia from the beginning of the 19<sup>th</sup> century, and other beverages, condiments, jams and confectionery containing ginger were being manufactured here by the middle of the century. Most early manufactured food products were imported, however, as Australia did not begin to be self-sufficient in manufacturing foodstuffs until late in the century.<sup>904</sup>

Although the manufacturing industry used a large proportion of the ginger imported into Australia, the requirement of home cooks was also significant. For example, of the 1000 tons of ginger imported in 1930 commercial food and drink manufacturers used 850, and it is reasonable to assume that home cooks and medicine manufacturers used the other 150 tons. In 1936–1937, the Australian Advisory Council on Nutrition investigated 1172 food items from 3222 domestic record books.<sup>905</sup> Table 23 lists some of the foodstuffs identified in the study. The popularity and ubiquity of ginger in home kitchens is evidenced by its use in numerous food items, from ginger snaps to ginger beer and a variety of pickles and sauces. Many other items, such as processed meats and fish, and sauces, would have contained at least small amounts of ginger.

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<sup>904</sup> Blainey, *Black Kettle and Full Moon*, 204; Godfrey Linge, *Industrial Awakening*, 7.

<sup>905</sup> Commonwealth, Department of Health, *Reports of the Advisory Council on Nutrition*, 7.

TABLE 23

## Ginger Food Items Identified in 1936–17 Nutrition Study

NOTE:  
This table is included on page 185  
of the print copy of the thesis held in  
the University of Adelaide Library.

**Source:** Commonwealth, Department of Health, *Reports of the Advisory Council on Nutrition*, 30-32, 41, 43-46.

### 7.1.1 Cookbooks

A major source of material about foodstuffs and the ways in which they are prepared is domestic cookbooks, which ‘provide a significant historical and cultural framework in which to observe the development of the culinary art.’<sup>906</sup> In them is to be found information about the eating habits of Australians from 1788. They demonstrate that, not only was Australian cookery based upon traditional British cookery, but also that it remained so throughout the period of the present study.<sup>907</sup> Cookbooks are not without their limitations, however. While they provide some indication of what people ate and how they cooked, such books cannot tell us what recipes people actually used or the frequency of their usage.<sup>908</sup> In addition, cookbooks differed in the readers for whom they were intended. Until the mid-18<sup>th</sup> century, cookbooks contained recipes for the affluent, and

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<sup>906</sup> Bette R. Austin, 2.

<sup>907</sup> Bette R. Austin, ix-x, xiv; Bannerman, *Friend in the Kitchen*, 9, 209; Beckett, 21, 77-78, 102; Santich, “Umami in Australian Food”; Symons, 26-27.

<sup>908</sup> Bette R. Austin, xvi; Bannerman et al., *Acquired Tastes*, 43.



provide little evidence of what the rest of the population were eating. Beginning with Glasse's 1747 *Art of Cookery Made Plain and Easy*, some cookbooks were written for the middle-classes, but it was not until the end of the 19<sup>th</sup> century that cookbooks began to provide everyday recipes for ordinary working-class housewives.

Bannerman suggests that, until at least the late 19<sup>th</sup> century, most Australian households would not have used cookbooks because 'cooking was part of an oral culture' which was learned in the kitchen.<sup>909</sup> Nevertheless, Haslam, Mackenzie and others report that the literacy level of early Australians was higher than generally assumed, and some did use British cookbooks.<sup>910</sup> Immigrants relied upon books they brought with them, or on books imported from Britain.<sup>911</sup> Books including that of Glasse likely came with the earliest settlers, while Rundell's *New Family Receipt-Book* (1810) and *New System of Domestic Cookery* (1824) were available in Australia early in the 19<sup>th</sup> century. A little later came Acton's *Modern Cookery for Private Families*, published in 1845, Soyer's *Modern Housewife* (1849) and *Shilling Cookery for the People* (1855), and Beeton's *Book of Household Management* (1861).<sup>912</sup> Indeed, Addison and McKay suggest that Beeton and Acton 'had devoted followers in the colonies'.<sup>913</sup> William Howitt wrote to Eliza Acton from the Bendigo goldfields in September 1853: 'your book which you were so good as to give me, goes everywhere with us, and has been most serviceable.'<sup>914</sup> The Douglas family in Darwin in the early 1870s was obviously well supplied with cookbooks, though to little

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<sup>909</sup> Bannerman et al., *Acquired Tastes*, 43.

<sup>910</sup> Haslam, *Convict-Ships*, 13; Mackenzie, *Ten years in Australia*, 99; Bannerman et al., *Acquired Tastes*, 43.

<sup>911</sup> Bette R. Austin, x; Bannerman, *Friend in the Kitchen*, 25; Bannerman, *Seed Cake and Honey Prawns*, 24; Gollan, 45; Pescott, *Early Settlers' Household Lore*, 13; Symons, 46

<sup>912</sup> Addison and McKay, 1; Aspinall, *Three Years in Melbourne*, 111; Bannerman, *Seed Cake and Honey Prawns*, 24; *Hobart Town Gazette*, 20 February 1824, 4; Symons, 57; Williamson, "Ornamental Dish by Candlelight," 2009.

<sup>913</sup> Addison and McKay, 1.

<sup>914</sup> Howitt, *First Catch Your Kangaroo*, 15.

avail, as daughter Dominic Daly recalled: ‘Cookery books were studied, and every recipe that Soyer could suggest or Mrs Beeton advise was tried, but in vain, to disguise this much abused article of food [tinned meat]’.<sup>915</sup> In 1878, Rawson remarked that: ‘Almost every young matron has among her wedding presents a good Cookery Book, either Mrs. Beeton, Warne, or some other equally good and useful’.<sup>916</sup>

Many housewives compiled household books, which included recipes.<sup>917</sup> Each brought with her ‘the housekeeping expertise handed on to her by her mother and friends, and add[ed] to it whatever experience she gained in the new colony’.<sup>918</sup> While most have been lost, a few early household books survive in libraries, including those of Elizabeth Fleetwood, dated 1775, Helenus Scott and Mary Mitchell from the 1820s, Elizabeth Coghill from the 1850s, and Phillis Clark from the 1860s.<sup>919</sup> Recipes from other household books have been subsequently collated and published, for example, in the *Convict Cookery Book*, *Pescott’s Early Settlers’ Household Lore*, *Butler’s Aunt May’s Pickles*, and *Kennedy’s Kennedy Kitchen*. Unfortunately, these recipes have been adapted to present day weights and measures, and sometimes ingredients have been substituted, making their authenticity questionable. Recipes are also to be found in newspapers and journals.

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<sup>915</sup> Daly, *Digging, Squatting and Pioneering*, 120.

<sup>916</sup> Rawson, *Cookery Book*, v.

<sup>917</sup> Such books were often guides to various household duties, including cooking and medicine (Dena Attar, 11, 43; Virginia Maclean, xviii-xix).

<sup>918</sup> Gollan, 45.

<sup>919</sup> Fleetwood, “Recipe Book”; Helenus Scott, “Receipts, 1822”; Mitchell, “Receipes, 1827”; Coghill, “Elizabeth Coghill’s Diary, 1858-9”; Phillis Clark Papers, 1866-1874.

Edward Abbott is credited with producing the first Australian cookbook in 1864, though it was published in London.<sup>920</sup> Wilkinson's 1876 *Australian Cook* is the first cookbook known to have been published in Australia.<sup>921</sup> Others followed, many of them practical guides to basic cooking and household management.<sup>922</sup> One was a collection of articles by Rita, Social Editor of the *Melbourne Herald*.<sup>923</sup> Among the first cookery teachers was Mrs Rawson, who began publishing books for country housewives in 1878.<sup>924</sup> The *Women's Missionary Union (W.M.U.) Cookery Book* was published in 1894. It was the first of many community cookbooks, 'concerned with the plain cookery of ordinary households' and containing favourite recipes contributed by groups of ladies. Bannerman suggests that community cookbooks 'provide one of the most authentic accounts' of what people actually cooked.<sup>925</sup> In a somewhat different genre was *Mrs Maclurcan's Cookery Book*, first published in North Queensland in 1897. Reputed to be one of the best cooks in Australia, Maclurcan not only provided a more cosmopolitan approach to cooking, but also included a number of recipes using local seafood and tropical produce such as green ginger.<sup>926</sup>

The production of Australian cookbooks increased in the early decades of the 20<sup>th</sup> century, as well-educated housewives had to cook for themselves, and cooking began to be taught

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<sup>920</sup> Abbott; Bette R. Austin, xi; Bannerman, *Friend in the Kitchen*, 26-27; Santich, Barbara. "Edward Abbott's Scrapbook"; Symons, 46-47.

<sup>921</sup> Bette R. Austin, xiii; Bannerman et al., *Acquired Tastes*, 29; Wilkinson, *Australian Cook*.

<sup>922</sup> Bette R. Austin, xii; Bannerman et al., *Acquired Tastes*, 35; Blainey, 214; Kingston, *My Wife, My Daughter*, 105.

<sup>923</sup> Rita, *Cottage Cookery*.

<sup>924</sup> Bette R. Austin, xii; Bannerman et al., *Acquired Tastes* 1998, 35; Rawson, *Cookery Book*.

<sup>925</sup> Bannerman et al., *Acquired Tastes*, 49.

<sup>926</sup> Addison and McKay, 2; Bette R. Austin, xiii; Bannerman, *Friend in the Kitchen*, 24; Symons, 59.

in schools and colleges.<sup>927</sup> In the preface to her 1916 *Australian Household Guide*, Lady Hackett remarked: ‘Of the making of cookery books there is literally no end. They fall from the press thick as autumnal leaves that strew the brooks in Vallombrosa.’<sup>928</sup> Austin points out that, into the 1940s, ‘Australians continued to eat well, if unimaginatively, and to use cookery books which reflected traditional English cookery.’ New editions of earlier cookbooks were published, though Austin notes that many were little more than reprints with only minor alterations to the content.<sup>929</sup>

By the 1930s, some books and magazines began to publish recipes for so-called Chinese dishes, but the extent of ‘ingredient substitution to make the recipes more accessible to Australians’ renders them far from authentic.<sup>930</sup> For example, the British Ministry of Food’s Tasty and Economical Chop Suey recipe, published in *The Argus* in 1944, uses Worcestershire sauce as the only seasoning, and Schauer’s recipe uses Worcestershire and tomato sauces.<sup>931</sup> While Chinese eating-houses had been flourishing in Australia from the 1850s, they catered mostly to Chinese clients, and those wishing to attract Europeans usually provided a British-style menu.<sup>932</sup> Bannerman points out that, although ‘town and city dwellers bought their vegetables from John Chinaman’, for decades they ‘made no attempt to learn his own ways with them.’<sup>933</sup> English language Chinese cookery books began to appear in the 1940s. Lee’s *Chinese Cookery*, published in London in 1943, was available in Australia by 1944. The first known Australian books dedicated to authentic

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<sup>927</sup> Bannerman et al., *Acquired Tastes*, 45; Symons, 58, 75.

<sup>928</sup> Buller-Murphy, *Australian Household Guide*, v-vi.

<sup>929</sup> Bette R. Austin, xvii-xviii.

<sup>930</sup> Bannerman, *Seed Cake and Honey Prawns*, 29, 64.

<sup>931</sup> *Argus*, 5 February 1944, 6; Schauer, *Australian Cookery Book*, 290-291.

<sup>932</sup> Bannerman, *Seed Cake and Honey Prawns*, 63; Symons, 85.

<sup>933</sup> Bannerman, *Friend in the Kitchen*, 9.

Chinese cookery were Sie's *Fifty Recipes for Famous Chinese Dishes*, published in about 1947, and Geechoun's 1948 *Cooking the Chinese Way*. Nevertheless, Chinese cookery did not begin to gain general acceptance by Australians until the 1950s.<sup>934</sup>

Bannerman studied 14 Australian cookbooks published between 1888 and 1919, and identified 301 recipes which appear in at least half of the books. The recipes that include ginger are listed in Table 24. A further nine recipes use curry powder, and one uses pickled walnuts, both of which contain ginger.

**TABLE 24**

**Most Popular Dishes Containing Ginger in Cookbooks, 1888–1914**

NOTE:  
This table is included on page 190  
of the print copy of the thesis held in  
the University of Adelaide Library.

**Note:** Ginger was occasionally used directly in savoury dishes, such as Stewed Fish. Other such recipes are shown in Appendix 11.5.

**Source:** Bannerman, *Friend in the Kitchen*, 221-232.

In the present study, the nature and extent of the use of ginger in Australian cooking was investigated by studying 24 British and Australian cookery books to identify recipes in which ginger is an ingredient, and recipes containing condiments likely to include ginger. The books analysed are a representative sample of those available in Australia during the period 1788–1950, and include community cookbooks, those written by cooking teachers,

<sup>934</sup> Bannerman, *Friend in the Kitchen*, 208.

and those aimed more towards the affluent. Details of the methodology, cookbooks, and results are presented in Appendix 11.5. The results for five categories of foodstuffs are summarized in this chapter and the next. In the tables, the books are listed in order of publication date and, when two books by the same author were analysed, the results are combined. The discussion includes information from other sources, not only about home cooking but also about general consumption of the foodstuffs and their commercial production. Five Chinese cookery books published in the mid-20<sup>th</sup> century were similarly analysed, and the detailed results presented in Appendix 11.7. Because the Chinese use of ginger is so very different from the European use, the results are discussed separately in Section 7.6.

For much of the period studied, there was some overlap between culinary and medical uses of ginger in Australia, as also occurred in China, India, and Britain. A number of cookbooks include home remedies containing ginger. The recipes for foodstuffs considered to have medicinal properties are discussed in this chapter, while compounds intended primarily as medicines are discussed in Chapter 9.

## **7.2 Gingerbread, Biscuits, Cakes And Puddings**

Ginger was a significant flavouring in a wide range of biscuits, cakes, puddings and other sweet dishes. The amounts used were often generous, Beeton using two ounces of ground ginger in her Sweet Gingerbread Nuts, and two large teaspoonsful of grated ginger in her Ginger Pudding.<sup>935</sup> ‘Gingerbread nuts, or ginger nuts, were a great favourite of the

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<sup>935</sup> Beeton, *Book of Household Management*, 805, 620.

pioneers, and recipes ... were among most early recipe collections'.<sup>936</sup> Puddings, a number of which contained ginger, were an essential part of any respectable meal.<sup>937</sup> The prevalence of sweet recipes containing ginger suggests that substantial quantities of ginger were used in an average Australian household.

Gingerbread and gingerbread nuts were some of the earliest foodstuffs manufactured in Australia, but initially commercial production was small-scale, usually carried out by bakers, and some ginger biscuits were imported. In 1823, Sydney apothecary and spice dealer J. Tawell listed English gingerbread nuts among his articles for family use.<sup>938</sup> Hoggans, Hobart, advertised English gingerbread nuts in 1854, and English gingerbread and ginger nuts were available in Brisbane in 1869.<sup>939</sup> Until the late 19<sup>th</sup> century, however, most biscuits were made in home kitchens.<sup>940</sup> Even when manufactured biscuits became readily available, home baking continued. Hal Porter recalls that, in the early 20<sup>th</sup> century, Saturday afternoon baking 'to provide a week's supply of those more solid delicacies Australian mothers ... regard as being as nutritiously necessary' included ginger nuts.<sup>941</sup> Gingerbread making was taught in New South Wales school cooking classes.<sup>942</sup> The Longreach Red Cross Recipe Book, published in the early 1940s, included a recipe for Gingerbread for Men's Smoko.<sup>943</sup> A recipe for War-time Gingerbread was included in a

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<sup>936</sup> Gollan, 62.

<sup>937</sup> Bannerman, *Friend in the Kitchen*, 66.

<sup>938</sup> *Sydney Gazette*, 14 August 1823, 2S; 11 December 1823, 2S.

<sup>939</sup> *Hobart Mercury*, 16 September 1854, 3; *Brisbane Courier*, 30 January 1869, 4.

<sup>940</sup> Blainey, 390.

<sup>941</sup> Cited in Santich, *Magic Pudding*, 98-99.

<sup>942</sup> Bannerman, *Friend in the Kitchen*, 42.

<sup>943</sup> Addison and McKay, 34.

book of ‘personal recipes and hints for use in adversity’, published by the Country Women’s Association of Tasmania in 1942.<sup>944</sup>

Both children and adults enjoyed gingerbread and ginger nuts, different advertisements targeting each group.<sup>945</sup> In the 1930s Jimmy the Ginger Nut featured in a children’s booklet published by biscuit manufacturers, Arnott’s.<sup>946</sup> The following advertisement appeared in the *Canberra Times* in 1935:

If you want to please the men folk, give them Ginger Nuts to crunch – but make certain to give them the best. Arnott’s Famous Ginger Nut Biscuits have never been equalled or even approached in quality and excellence, they are real Ginger Nuts, crunchy and spicy.<sup>947</sup>

In the first half of the 20<sup>th</sup> century, gingerbread men were commonly found at children’s birthday parties.<sup>948</sup> Gingerbread was included in Christmas fare in the 19<sup>th</sup> and 20<sup>th</sup> centuries.<sup>949</sup> Elinor Mordaunt visited the Melbourne Market frequently at the beginning of the 20<sup>th</sup> century, one of her favourite purchases being gingerbread. During one Christmas visit, she reported that:

The keeper of one stall, where most delicious gingerbread was sold, told me she made everything herself and had been at the market three days a week for thirty years.<sup>950</sup>

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<sup>944</sup> County and Lloyd, *Before We Eat*, 314.

<sup>945</sup> Boag, 46-47, *Arnott’s Famous Biscuits*, 64.

<sup>946</sup> *Adventures of Anthony Arrowroot*.

<sup>947</sup> *Canberra Times*, 28 November 1935, 3.

<sup>948</sup> Gollan, 162-3.

<sup>949</sup> Bannerman, *Upside-Down Pudding*, 6, 30.

<sup>950</sup> Mordaunt, *On the Wallaby*, 76, 81.



Ginger cakes were among the earliest food items advertised in the *South Australian Advertiser*, and Ginger Nuts were advertised in the early days of Darwin's *Northern Territory Times*.<sup>951</sup> Other ginger-flavoured sweet dishes were popular. Beeton recommended that Ginger Ice-cream be included in the Bill of Fare for a Game Dinner for 30 persons.<sup>952</sup> Ginger Ice Cream became popular in Australia, especially when ice-cream churns became available in the 1880s.<sup>953</sup>

Gingerbread and ginger nuts were important in Antarctica. Ginger nuts were among the supplies for Shackleton's 1907-1909 Expedition.<sup>954</sup> Mawson's 1911 supplies for 25 men included 108 pounds and numerous tins of ginger nuts, 260 pounds of John Farrah's Yorkshire Parkin [gingerbread], and 72 pounds of gingerbread cakes.<sup>955</sup> Ginger pudding was also popular. By 1913, Mawson says:

Cooking reached its acme according to our standard, and each man became remarkable for some particular dish... Bickerton once started out with the object of cooking a ginger pudding, and in an unguarded moment used mixed-spice instead of ginger.<sup>956</sup>

Gingerbread was believed to have medicinal properties, as discussed earlier. In July 1848, Poole, chemist and grocer of North Brisbane, advertised among his drugs: 'Aperient

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<sup>951</sup> *South Australian Advertiser*, 22 March 1859, 4; *Northern Territory Times*, 5, 19, 26 September 1874, 3, 10 October 1874.

<sup>952</sup> Beeton, *Book of Household Management*, 909.

<sup>953</sup> Gollan, 103.

<sup>954</sup> Antarctic Heritage Trust.

<sup>955</sup> Douglas Mawson, "Australasian Antarctic Expedition 1911-1914".

<sup>956</sup> Douglas Mawson, *Home of the Blizzard*, 319-320.

Gingerbread, a pleasant, safe, and efficacious purgative for Children and Adults'.<sup>957</sup> Soyer maintains that gingerbread cakes are 'excellent in assisting digestion after dinner'.<sup>958</sup>

### 7.2.1 Home Cooking

Table 25 lists the recipes for gingerbread and other cakes and biscuits containing ginger found in the 24 cookbooks studied, and Table 26 lists the pudding recipes. The tables simply differentiate cakes, which include biscuits, from puddings, which include other dessert dishes such as jellies and cream-based dishes. Although most recipes call for dried ginger, a few use preserved ginger and sometimes its syrup.

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<sup>957</sup> *Moreton Bay Courier*, 29 July 1848, 1; 5 August 1848, 1; 14 October 1848, 1; 21 October 1848, 3

<sup>958</sup> Soyer, *Shilling Cookery*, 143.

TABLE 25

## Gingerbread and Other Cake Recipes Containing Ginger

Cookbook	No. with Ginger	Recipe Names
<b>Glasse</b>	4	Rich Cake, Gingerbread Cakes, Gingerbread, Wigs
<b>Acton</b>	9	Gingerbread (5), Ginger cakes, Sugar Cakes, Ginger Biscuits, Mince Pies
<b>Beeton</b>	6	Dessert Biscuits, Christmas Cake, Gingerbread Nuts (2), Gingerbread (2)
<b>Abbott</b>	7	Ginger & Lemon Cakes, Ginger Biscuits, Gingerbread Nuts, Orange Gingerbread, Ginger Cake, Jersey Wonders, Ginger, Currant & Cinnamon Cake
<b>Rawson</b>	7	Gingerbread (3), Parkin, Gingerbread Nuts, Ginger Cake, Treacle Tarts
<b>Pearson</b>	5	Ginger Snaps, Gingerbread, Scots' Xmas Bun, Apple Tart, Gingerbread Cake
<b>Maclurcan</b>	3	Ginger Cakes (2), Almond Gingerbread
<b>Wicken</b>	11	Gingerbread (2), Sponge Ginger Loaf, Ginger Cake, Gingerbread Cake, Gingerbread Nuts, Coconut Buns, Ginger Wafers, Brandy Snaps, Ginger Biscuits, Ginger Snaps
<b>Aronson</b>	9	Pound Cake, Brown Cake, Twelfth Cake, Wein Kuchen, Gingerbread (3), Victoria Cakes, Nesselrode
<b>Kookaburra</b>	22	Wedding Cake, Christmas Cake, Marble Cake, Ginger Sandwich, Ginger Sponge, Brandy Snaps, Honey Cake, Gingerbread (5), Ginger Cake (4), Parkin, Ginger Nuts (3), Gingerbread Biscuits, Ginger Snaps
<b>Goulburn</b>	15	Bride Cake, Gingerbread (2), Ginger Cake (3), Ginger Nuts (3), Oatmeal Biscuits, Brandy Snaps, Ginger Biscuits, Honey Buns, Parkin, Wholemeal Rock Cakes
<b>Buller-Murphy</b>	31	Brandy Snaps (2), Ginger Drops, Ginger Nuts (3), Ginger Biscuits, Ginger Cookies, Ginger Wafers, Ginger Snaps, Sandford Biscuits, Raisin Cake, Ginger Sponge, Gingerbread (6), Parkin, Ginger Cake (5), Treacle Lunch Cakes, Cake Without Eggs, Soda Cake, Tea-Cake, Bachelor Cake, Oriental Cake
<b>Wattle Blossom</b>	2	Gingerbread, Ginger & Raisin Cake
<b>Gilmore</b>	11	Ginger Nuts (2), Gingerbread (4), Gingerbread Sponge, Plain Cake, Spice Cake, Ginger Snaps, Molasses Cookies
<b>W.M.U.</b>	10	Gingerbread (2), Gingerbread Cake, English Cheesecake, Ginger Sponge, Russian Cake, Brandy Snaps, Ginger Biscuits, Scotch Bun, Ginger Loaf
<b>Coronation</b>	7	Ginger Sandwich Cake (2), Caramel Layer Cake, Blush Cake, Christmas Cake, Oriental Gingerbread, Autumn Sponge
<b>Schauer</b>	36	Ginger Cake, Wedding Cake, Fruit Cake (3), Preserved Ginger Cake, Walnut Cake, Steamed Pudding, Ginger Sponge (2), Easter Cake, Ginger Sandwich (2), Fruit Teacake, Gingerbread (6), Gingerbread Fruit Cake, Gingerbread Sponge, Parkin, Ginger Scones, Brownie, Scotch Bun, Ginger Roll, All Bran Ginger Fingers, Anzac Biscuits, Ginger Cookies, Coffee Biscuits, Ginger Crisps, Ginger Nuts, Ginger Snaps, Honey Bran Biscuits, Try Me Good Biscuits
<b>Pell</b>	5	Gingerbread, Rock Cakes, Ginger Nuts, Cinnamon Sponge, Ginger Sponge

TABLE 26

### Pudding Recipes Containing Ginger

<b>Cookbook</b>	<b>No. with Ginger</b>	<b>Recipe Names</b>
<b>Glasse</b>	16	Oat Pudding, Suet Pudding, Plum Pudding, Suet Dumplings, Fine Fritters, Apple Fritters, Pancakes, Buttered Loaves, Quince, Apricot or Pear Pudding, Batter Pudding (2), Bread Pudding (2), Prune Pudding, Spoonful Pudding
<b>Acton</b>	5	Cabinet Pudding, Raisin Pudding, Lemon Dumplings, Lemon Jelly, Queen Mab's Pudding
<b>Beeton</b>	9	Ginger Pudding, Plum Pudding, Treacle Pudding, Vicarage Pudding, West-Indian Pudding, Ginger Apples (2), Melon & Ginger
<b>Abbott</b>	4	Pancakes, College Puddings, Save-All Pudding, Poor Clergyman's Pudding
<b>Wilkinson</b>	1	Fruit Fritters
<b>Rawson</b>	5	Ginger Pudding (2), Gingerbread Pudding, Sunday Pudding (2)
<b>Pearson</b>	2	Plum Pudding, Tomato Jelly
<b>Maclurcan</b>	2	Devonshire Dumplings, French Sponge Pudding
<b>Wicken</b>	6	Whisky Apples, Stewed Apples, Coconut Pudding, Coconut Pies, Treacle Pudding, Gingerbread Pudding
<b>Aronson</b>	1	Cabinet Pudding
<b>Kookaburra</b>	13	Plum Pudding, Ginger Pudding (2), Gingerbread Pudding, Ginger Cream (4), Jubilee Pudding, Ginger Custard, Ginger Soufflé, Ginger Loaf Sandwiches, Nut Sandwiches
<b>Goulburn</b>	6	Ginger Pudding (2), Plum Pudding, Treacle Roly-Poly, Ginger Cream, Honey Pudding
<b>Buller-Murphy</b>	20	Christmas Pudding (2), Bread Pudding, Sponge Pudding, Preserved Ginger Pudding (2), Gingerbread Pudding, Ginger Pudding (2), Vicarage Pudding, Working Man's Pudding, Apple Turnover, Rhubarb Turnovers, Tasty Turnover, Ginger Mould, Pumpkin Pie, Mincemeat Tarts, Treacle Cheese Cakes, Ginger Jelly, Cream Patricia
<b>Gilmore</b>	3	Treacle Tart, Washington Pie, Ginger Pudding
<b>W.M.U.</b>	8	Ginger Pudding, Half-Pay Pudding, Ward Pudding, Uncle Tom's Pudding, Rothsay Pudding, Ginger Cream, Apple & Date Tart, Ginger, Walnut & Cheese Sandwiches
<b>Coronation</b>	13	Preserved Ginger Pudding, Plain Dumplings, Plum Pudding, Christmas Pudding (2), Treacle Pudding, Ginger Blanc Mange, Cinnamon Apple Tart, Pumpkin Pie, Gramma Pie, Ginger Ice Cream, Banana & Ginger Sandwiches, Ginger & Nut Sandwiches
<b>Schauer</b>	18	Plum Pudding (3), Gingerbread Pudding, Christmas Pudding, Ginger Pudding, Honey Sponge Pudding, Apple Amber Pudding, Jellied Cantaloupe, Ginger Cream, Rhubarb Casserole, Apple Torte, Treacle Tart, Ginger Sandwiches (2), Sweet Sandwiches, Vanilla Sandwich, Melon Ice
<b>Pell</b>	3	Ginger Pudding, Stewed Rhubarb, Sweet Sandwiches

Recipes were also found in other sources. Elizabeth Fleetwood's 1775 household books, which she brought with her from Britain, contain recipes for Gingerbread and Ginger Cakes.<sup>959</sup> From the 1820s, Helenus Scott's and Mary Mitchell's records both include recipes for gingerbread nuts, Mitchell also having a recipe for ginger-flavoured Maltese Pudding.<sup>960</sup> Mrs Coghill, in the 1850s, provides two recipes for gingerbread nuts and one for gingerbread, while Phillis Clark's 1860s records have two gingerbread recipes.<sup>961</sup> Liersch's household books, from the 1930s, contain 12 recipes for gingerbread, ginger biscuits and other cakes and puddings.<sup>962</sup> Soyer's recipes include Ginger Cake and Common Gingerbread.<sup>963</sup> Recipes also appeared in early newspapers. A recipe for Bannock Cakes, using maize and ginger and 'fit for the most luxurious table', was published in both Maitland and Brisbane in 1846.<sup>964</sup> From the 1860s, newspapers regularly published recipes for sweet dishes such as gingerbread, ginger snaps and other biscuits, ginger flavoured pancakes, and ginger cakes.<sup>965</sup>

Tables 25 and 26 indicate that gingerbread, ginger nuts, and ginger pudding remained popular for the period studied. Indeed, in the mid-20<sup>th</sup> century, gingerbread recipes were still winning recipe competitions in women's magazines.<sup>966</sup> Ginger was also used to flavour a wide variety of other sweet dishes. Ginger and treacle or syrup was a popular

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<sup>959</sup> Fleetwood, 21, 79.

<sup>960</sup> Helenus Scott; Mary Mitchell.

<sup>961</sup> Coghill; Phillis Clark.

<sup>962</sup> Liersch..

<sup>963</sup> Soyer, *Shilling Cookery*, 143.

<sup>964</sup> *Maitland Mercury*, 18 July 1846, 4; *Moreton Bay Courier*, 5 December 1846, 3.

<sup>965</sup> *Australasian*, 27 October 1866, 933; *Australian Town and Country*, 22 January 1870, 23; 4 January 1873, 20; *Goulburn Herald*, 13 April 1867, 2; *Sydney Mail*, 10 December 1870, 11; 21 October 1871, 1084; *Weekly Times*, 9 August 1873, 3; 3 October 1874.

<sup>966</sup> *Australian Women's Weekly*, 17 August 1940, 43; 22 July 1950, 54.

combination, and ginger was often paired with fruits such as apples, pears, rhubarb and melon.<sup>967</sup> By the early 20<sup>th</sup> century, ginger was an ingredient in the custards, soufflés and other cream-based dishes which had come into vogue. Ginger was used in fruit mince recipes, in plum puddings, and also in cakes for weddings, Christmas and Easter. When sponges became popular, ginger sponge recipes became common. Ginger featured in a number of biscuits, including ginger snaps, and Schauer used it in her to Anzac biscuits and scones. In mid-20<sup>th</sup> century Australia, many recipes for gingerbread and biscuits, cakes and puddings containing ginger were the same as those which had appeared in British cookbooks 200 years earlier. These findings confirm that Australians continued to enjoy traditional British ginger-flavoured sweet dishes.

### **7.2.2 Commercial Manufacturers**

From very early days, bakers in Sydney made gingerbread, using skills they had acquired in Britain. In 1804, Thomas Evestaff applied to master bakers, describing himself as ‘capable of carrying on an extensive trade as a Bread, Biscuit, and Gingerbread Baker, having been reared regularly to those joint branches.’<sup>968</sup> The following year, G. Morgan, Cook and Confectioner, advertised his wares, including: ‘Gingerbread and gingerbread nuts, sold by the pound, fit to be taken to sea, and warranted to last the longest voyage.’<sup>969</sup> By 1823, M. Moses was baking gingerbread and gingerbread nuts in Hobart.<sup>970</sup>

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<sup>967</sup> Bannerman, *Friend in the Kitchen*, 67

<sup>968</sup> *Sydney Gazette*, 4 November 1804, 4.

<sup>969</sup> *Ibid.*, 22 December 1805, 2.

<sup>970</sup> *Hobart Town Gazette*, 12 April 1823, 2.

In 1854, Thomas Swallow began to manufacture biscuits at Port Melbourne, later taking T. H. Ariell as a partner.<sup>971</sup> Ginger biscuits were included in Swallow's first known advertisement, which appeared in 1854. By the late 1870s, Swallow and Ariell were producing more than 150 different kinds of biscuits, later branching into cakes and puddings, including gingerbread pudding. As discussed earlier, the company used dried ginger from Swallow's plantation in North Queensland. In 1920, Swallow and Ariell named a new building the Ginger Nut Bakehouse, emphasizing the popularity and importance of their ginger biscuits.<sup>972</sup> At this time, the range also included Ginger Creams, Ginger Charleys, and Ginger Nut Boomerangs, the latter two being particular favourites of children.<sup>973</sup> By the 1950s, Swallow and Ariell was one of the biggest biscuit manufacturers in the southern hemisphere.<sup>974</sup>

In the 1850s, Swallow and Ariell had competition from Melbourne-based Guest and Company, which was making Ginger Nuts by the end of the century.<sup>975</sup> In 1860, there were three bread and biscuit factories in Victoria.<sup>976</sup> In 1866, four Victoria manufacturers, including Swallow and Ariell, exhibited biscuits at the Intercolonial Exhibition, Melbourne, in 1866–67.<sup>977</sup> In 1870, several biscuit manufacturers from both Melbourne and Sydney, including Swallow and Ariell, displayed their wares at the Intercolonial Exhibition in Sydney.<sup>978</sup>

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<sup>971</sup> *Technology in Australia*, 97; Willes, *First Hundred Years*, 11-12, 33.

<sup>972</sup> Willes, 16, 25, 33.

<sup>973</sup> *Argus*, 17 October 1917, 7; 20 September 1922, 4; *Mercury*, 16 June 1917, 3.

<sup>974</sup> Willes, 27, 30.

<sup>975</sup> *Technology in Australia*, 97; *Advertiser*, 3 June 1902, 9.

<sup>976</sup> *Australian Colonies at the International Exhibition*, 30.

<sup>977</sup> *Intercolonial Exhibition of Australasia*, 19-20.

<sup>978</sup> *Industrial Progress of New South Wales*, 129.

William Arnott began manufacturing biscuits in Newcastle in 1865. By the late 1880s, Arnott's was one of Sydney's largest biscuit suppliers, producing some 80 varieties of biscuits and cakes. Ginger Nuts were launched in 1906, and Arnott's provided biscuits for troops during World Wars I and II.<sup>979</sup>

W. Cairncross, Bread and Biscuit Baker from Sydney, commenced business in North Brisbane in September 1847, making gingerbread and gingerbread nuts.<sup>980</sup> By 1865, Hurst's was manufacturing Ginger Cakes in Maryborough, Queensland.<sup>981</sup> David Webster and Sons, South Brisbane, were producing Ginger Nuts in 1930.<sup>982</sup> John Menz opened a small bakery in Adelaide in 1850. By the 1880s, he had expanded into biscuit making, including Ginger Nuts, later also producing confectionery.<sup>983</sup>

By the late 19<sup>th</sup> century, large-scale biscuit manufacturing had become established in Australia. Although most housewives continued to bake biscuits for their families, many bought factory-made biscuits for guests, and there was an increasing demand for fancy biscuits, such as lemon ginger nuts.<sup>984</sup> Other manufacturers also used ginger. For example, ginger was an ingredient in all four of the commercial recipes for Easter-bun spices in MacEwan's 1914 collation of commercial recipes.<sup>985</sup> Ground ginger was contained in a recipe for Ice-cream English Plum pudding published for ice cream

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<sup>979</sup> Arnott's; *Technology in Australia*, 98; *Canberra Times*, 17 July 1942, 2.

<sup>980</sup> Johnston, *Brisbane*, 140; *Moreton Bay Courier*, 2 October 1847, 1; 4 November 1848, 3.

<sup>981</sup> *Brisbane Courier*, 7 August 1865, 4.

<sup>982</sup> *Nambour Chronicle*, 12 December 1930, 2.

<sup>983</sup> Menz, *Hundred Years of Progress*.

<sup>984</sup> Blainey, 390.

<sup>985</sup> MacEwan, *Pharmaceutical Formulas*, 321. This work is discussed in the next Section.



manufacturers in 1925.<sup>986</sup> Thus, even when commercial manufacturers took over from home cooks, they continued to produce a wide range of ginger-flavoured biscuits and cakes, providing further evidence that Australians continued to maintain traditional British eating habits.

### 7.3 Condiments And Curries

Flavour is the soul of food, and the present-day vogue of pickles, chutneys, and sauces is but a natural development of the eternal quest for flavour.<sup>987</sup>

During the period studied, ginger was not often used directly in savoury dishes. Some exceptions, ranging from kangaroo tail soup to stewed fish and fried pork chops, are listed in Appendix 11.5. Ginger was used indirectly, however, as an ingredient in a wide range of sauces, pickles, chutneys and curry powders, which were a component of or accompanied savoury dishes. While only a small quantity of ginger might be present in many of the products, the considerable quantities of condiments and curries consumed in Australia meant that, in total, large amounts of ginger were required. The meat processing industry, which was flourishing by the late 1860s, also used ginger but this is beyond the scope of the present study.<sup>988</sup>

Although commercially manufactured condiments were available from the earliest days of Sydney's settlement, for the first century most were imported and expensive, and hence

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<sup>986</sup> *Australasian Confectioner and Soda Fountain*, 24 February 1925, 36.

<sup>987</sup> Robjohns, *Grocery Commodities*, 131.

<sup>988</sup> Blainey, 212; MacEwan, 320, 341; Ravindran and Babu, 518-520; Rodriguez, *Ginger*, 11; Seely, *Ginger up Your Cookery*, 12.

many households made their own.<sup>989</sup> Australian manufacture of condiments began in the mid-19<sup>th</sup> century, with some manufacturers producing jams and preserves as well. It was not until World War I, however, when the importation of foodstuffs from Britain was restricted, that the industry became firmly established.<sup>990</sup>

Spices such as ginger and the condiments which contained them, when used in moderation, were considered not only to add flavour to food but also to stimulate appetite and promote digestion.<sup>991</sup> There were a few dissenting voices, in both domestic medicine texts available in Australia, and among some Australian nutritionists and cookbook writers. For example, in his *Domestic Medicine*, published in 1772, British physician Buchan warned that all ‘high seasonings, pickles, &c. ... never fail to hurt the stomach,’ though he did recommend that pickles be used to prevent scurvy during long voyages when fresh fruit and vegetables were not available.<sup>992</sup> Kellogg, in his 1897 work, maintained that condiments ‘are responsible for a large number of diseases, and there is no diseased condition which is not increased by their employment’, and that pickles in particular ‘are exceedingly unwholesome as articles of food, and often cause acute dyspepsia in those who eat them.’<sup>993</sup> In her *Friend in the Kitchen*, Colcord insisted that ‘good cooking does not consist in the preparation of highly seasoned foods to pamper a perverted appetite’.<sup>994</sup> Australian nutritionist Sir Cedric Stanton Hicks agreed, arguing that:

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<sup>989</sup> Addison and McKay, 12, 25; Bannerman et al., *Acquired Tastes*, 67; Blainey, 204; Joanne Scott and Ross Laurie, *Showtime*, 37.

<sup>990</sup> *Sign of the Anchor*, 63.

<sup>991</sup> Bannerman, *Seed Cake and Honey Prawns*, 88; Rita, 25; Wicken, *Australian Home*, 69, 73.

<sup>992</sup> Buchan, *Domestic Medicine*, 81, 501-2.

<sup>993</sup> Kellogg, *Hand-Book of Domestic Hygiene*, 734; 286-288. Kellogg was American, but he was recognised as a physician in Britain and his book was available in Australia.

<sup>994</sup> Colcord, *Friend in the Kitchen*, 11.

Overindulgence in ... food accessories such as condiments, pickles and sauces which make a very small contribution to the diet in proportion to their cost, is extremely wasteful... If the foods are fresh, properly prepared and cooked with the necessary seasoning added, there should be little need for the use of prepared condiments and sauces.<sup>995</sup>

Views such as these were not widely held, however, and they had little influence on either Australian or British eating habits. Indeed, when technology for heat processing of vegetables became available late in the 19<sup>th</sup> century, most vegetables were made into pickles, chutneys and sauces.<sup>996</sup> By the early 20<sup>th</sup> century, condiments were recognised as an essential component of the Australian diet. In 1920, the Royal Commission on the Basic Wage recommended that the weekly food allowance for a family of five include a bottle of tomato sauce, half a bottle of Worcestershire sauce, half a bottle of pickles, and one and a half ounces of curry powder.<sup>997</sup> Between the First and Second World Wars, pickles were recommended as a spur to jaded appetites.<sup>998</sup>

Those from all social strata consumed condiments and curries in a variety of circumstances, from woolsheds to restaurants, on board ships and at picnics, from outback Australia to Antarctica. In May 1827, George McLeod, storekeeper at the military settlement at Port Essington in the Northern Territory, requested a few bottles or jars of pickles from Sydney.<sup>999</sup> Later, stores for Goyder's 1869 Northern Territory Survey Party included 20 pounds of curry powder and 225 gallons of mixed pickles.<sup>1000</sup> Sydney

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<sup>995</sup> Hicks, *Diet and Nutrition*, Preface, 51, 55.

<sup>996</sup> Farrer, *To Feed a Nation*, 75.

<sup>997</sup> Commonwealth, *Report of the Royal Commission on the Basic Wage*, 1920, 66-67.

<sup>998</sup> Symons, 163.

<sup>999</sup> New South Wales, Colonial Secretary, 4/1803, reel A2.4, 171.

<sup>1000</sup> South Australia, Letters from Northern Territory, GRS 1 4/1868.

solicitor, George Allen, sent some of his wife's pickles and preserves to his friend Dr Ross, stationed on Norfolk Island in 1830.<sup>1001</sup> By the early 1850s, a variety of condiments invariably including pickles was available, not only in Melbourne, but also in stores throughout the Victorian goldfields.<sup>1002</sup> The continuation of British eating habits in Australia is well illustrated by the fact that, in the mid-19<sup>th</sup> century, pickles were important enough to be included in the rations on immigrant ships to Australia.<sup>1003</sup> For example, on the Government immigrant ship, the *Everton*, bound for Queensland in 1862-63, 'mustard, pickles and peppers are asked for in every tone of nearly every language or dialect of the British Isles'.<sup>1004</sup> Some passengers supplemented the official rations with their own preserves and pickles, a practice encouraged by those giving advice to immigrants.<sup>1005</sup> By the end of the century, the New South Wales curriculum for school cookery classes included tomato sauce and pickles.<sup>1006</sup>

Rolf Boldrewood, in his fictional account of the annual sheep shearing in the Riverina district of New South Wales in the mid 1860s, lists 48 bottles of pickles in a typical week's rations for 70 shearers.<sup>1007</sup> The basic weekly food ration issued to men working on Queensland's sheep and cattle stations was sometimes supplemented with curry powder.<sup>1008</sup> Recounting his experiences in the Northern Territory in the late 19<sup>th</sup> century, Alfred Searcy observes:

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<sup>1001</sup> George Allen, *Early Georgian*, 103.

<sup>1002</sup> Blainey, 411; William Kelly, 1:67, 97, 201, 236; Mackenzie, *Gold Digger*, 44.

<sup>1003</sup> *Australian Handbook and Almanac for 1870*, 63; Blainey, 66-67.

<sup>1004</sup> Addison and McKay, 9.

<sup>1005</sup> Addison and McKay, 12, 13; Pescott, 37

<sup>1006</sup> Bannerman, *Friend in the Kitchen*, 42.

<sup>1007</sup> Boldrewood, *Shearing in the Riverina*, 1-2, 11-12.

<sup>1008</sup> Addison and McKay, 16.

I have heard it said that wherever Englishmen meet there will be found square face [gin], cards, and Lea & Perrin's [Worcester] sauce. It is true enough as far as my experience goes in the great 'out beyond' and at the outposts of civilisation on the rivers. To my idea the most important article is the Worcester sauce. What a godsend it is to all those who live out-back? How heartily sick one gets of tinned meat. But the sauce makes it piquant ... sauce mixed with jam, plum for preference ... makes an excellent chutnee... Then again, as a pick-me-up, Worcester sauce ... is most efficacious.<sup>1009</sup>

In the 'out beyond', sometimes even the meat was missing. J. H. Binnie, recalling a journey from Cooktown, with his mother and siblings, to join his father on the Palmer River goldfield in 1876, notes: 'At one stage on our journey we lived for three weeks on damper, bad tinned butter (oily and cheesy flavour) and Lee & Perrins' famous Worcestershire sauce'.<sup>1010</sup>

Condiments were consumed for pleasure, not simply necessity. They were an essential item in the picnic basket.<sup>1011</sup> Condiments featured among the 'gargantuan rations required for "roughing it" during an Easter camp' at Port Hacking in New South Wales in the late 1870s.<sup>1012</sup> Discerning diners considered mushroom ketchup to be the only sauce suitable to be served with grilled meats.<sup>1013</sup> By the second half of the 19<sup>th</sup> century, pickles and sauces were standard inclusions in meals in eating houses and restaurants.<sup>1014</sup> In the mid-

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<sup>1009</sup> Searcy, *In Australian Tropics*, 110-111.

<sup>1010</sup> Binnie, *My Life on a Tropic Goldfield*, 13.

<sup>1011</sup> Abbott, 217; Bannerman, *Seed Cake and Honey Prawns*, 56.

<sup>1012</sup> Santich, *Magic Pudding*, 30.

<sup>1013</sup> Acton, *Modern Cookery*, 188; Santich, *Magic Pudding*, 76; Thompson, *Food and Feeding*, 125.

<sup>1014</sup> Santich, *Magic Pudding*, 47, 50, 130.

1870s, soon after Darwin's establishment, one particularly good restaurant was reported serving preserved meat made palatable with sauces and pickles.<sup>1015</sup>

From the 1860s, condiments such as dry ginger, chutney, sauces and curry powder, produced by both commercial manufacturers and home cooks, were displayed at agricultural shows and exhibitions, including the 1866-67 Intercolonial Exhibition in Melbourne, the 1870 Intercolonial Exhibition in Sydney, the first Brisbane Exhibition in 1876 and subsequent exhibitions, the 1882 Agricultural Society of New South Wales Exhibition, and the Colonial and Indian Exhibition in London in 1886.<sup>1016</sup> The wife of Cooktown agriculturalist, James Dick, displayed mild and hot mango chutney at the 1893 Cooktown Show. Made from mangoes grown on their property, it was marketed under the name *Semaj Kcid*.<sup>1017</sup>

Tomato sauce was especially popular, and had become a staple of the Australian diet by the late 19<sup>th</sup> century. It was used with most savoury dishes, and later became essential at barbeques.<sup>1018</sup> Elinor Mordaunt, describing the eating habits of Victorian rural workers at the beginning of the 20<sup>th</sup> century, observed: 'as tomato sauce and jam are the cheapest relishes obtainable, every camping-place and hut is littered round with an inevitable medley of sauce-bottles and tins.'<sup>1019</sup> County and Lloyd tell of a very large shearing shed before the World War II where 'there were so many men that it required something like six

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<sup>1015</sup> Blainey, 402.

<sup>1016</sup> *Intercolonial Exhibition of Australasia*, 18-21, 66-67; *Industrial Progress of New South Wales*, 140-141; Scott and Laurie, 20; Agricultural Society of New South Wales, *Schedule of Prizes*, 25; *Centennial International Exhibition*, 509-510; *Catalogue of the Exhibits in the Queensland Court: Colonial and Indian Exhibition, London, 1886*, 14; *Brisbane Courier*, 30 September 1876, 6; Royal National Agricultural and Industrial Association of Queensland, 1876 Catalogue, 32, 33, 56, 57; 1878 Catalogue, 45, 82.

<sup>1017</sup> Dick, *Peninsula Pioneer*, 90-92; *Cooktown Courier*, 30 May 1893; 2 June 1893. *Semaj Kcid* is James Dick spelled backwards, and presumably was thought to sound like an Indian name.

<sup>1018</sup> Santich, *Magic Pudding*, 127-128, 183-4. Bannerman, *Friend in the Kitchen*, 232.

<sup>1019</sup> Mordaunt, 164.

cooks to cook for the cooks and a windmill just to pump the tomato sauce up to the rouseabouts table!’<sup>1020</sup>

Curries became ubiquitous in Australia, as they were in Britain. Clara Aspinall noted, in 1862, that meat curries were prepared in affluent households.<sup>1021</sup> By the 1870s, they were standard fare in sixpenny restaurants in Melbourne.<sup>1022</sup> ‘Curry stuffs’ from Timor were shipped to Darwin in early 1871.<sup>1023</sup> In 1864, Poet Edward Branthwayt suggested curry as a suitable dish for the Australian Christmas menu.<sup>1024</sup> Twenty years later, Marcus Clarke went further, suggesting that Australians should eat less meat, and that a new diet be based on curry, made with kid, river crayfish, or ‘young wombat treated with coriander seeds, turmeric, green mango, and dry ginger’.<sup>1025</sup>

Highlighting the important role of condiments and curries in British and Australian culinary practices, very large quantities of sauces, pickles, chutneys and curry powder were taken on Antarctic expeditions in the early 20<sup>th</sup> century, as shown in Appendix 11.4. For example, Shackleton took 120 pounds of curry powder, 200 bottles of Worcester and tomato sauces, and numerous pickles and chutneys, for 15 men for two years. Provisions for Scott’s expedition included 50 pounds of curry sauce, which was put to good use. Scott reports that members of a small party, forced to survive for several weeks in 1911 on very limited provisions, ‘rival one another in preparing succulent dishes of fried seal liver’, one

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<sup>1020</sup> County and Lloyd, 220, citing ‘Cooks and Cuckoos’ in *Ken’s Quirky Yarns*, 1999.

<sup>1021</sup> Aspinall, 111.

<sup>1022</sup> James, *Vagabond Papers*, 62.

<sup>1023</sup> Daly, 127.

<sup>1024</sup> Addison and McKay, 104.

<sup>1025</sup> Marcus Clarke (1874), cited in Santich, *Magic Pudding*, 80.

variation being the addition of a spoonful of curry powder.<sup>1026</sup> When the men returned to their main base, they were able to enjoy meals prepared by the expedition's cook, including curried seal.<sup>1027</sup> Mawson supplies included vast quantities of condiments including 132 bottles of mango chutney.

### 7.3.1 Home Cooking

When fruit and vegetables were in season, conscientious housewives preserved them in the form of pickles, chutney, sauces, and jams.<sup>1028</sup> When fresh vegetables were not available, condiments and especially pickles were used as vegetables.<sup>1029</sup> Throughout most of the 19<sup>th</sup> century, while some good quality commercially manufactured sauces were available, many homemade condiments were thought to be superior in flavour and goodness.<sup>1030</sup> Hal Porter recalls that, in the early years of the 20<sup>th</sup> century, lower middle-class Australians regarded pantry shelves 'lined with bottles of jam, with sauces, pickles, chutneys' as bare necessities.<sup>1031</sup>

Recipes for condiments containing ginger abounded in household books, newspapers, and cookbooks. Fleetwood's 1775 household books contain recipes for pickled lemons, mushrooms, gherkins and walnuts, and fish sauce.<sup>1032</sup> Scott's 1822 records include recipes

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<sup>1026</sup> Robert Falcon Scott, *Diaries*, Sledge Diary for 30 March 1911.

<sup>1027</sup> Schoonveld, "An Ideal Feast," 39.

<sup>1028</sup> Addison and McKay, 25; Bannerman, *Friend in the Kitchen*, 80, 86, 92, 161; Beeton, 48; Gollan, 76-82, 114.

<sup>1029</sup> Beeton, 48; Rita, 49.

<sup>1030</sup> Acton, 145-146, 531; Addison and McKay, 12, 25; Bannerman, *Friend in the Kitchen*, 161-162; Bannerman et al., 67; Blainey, 204; Rita, 49; Scott and Laurie, 37.

<sup>1031</sup> Cited in Santich, *Magic Pudding*, 98-99.

<sup>1032</sup> Fleetwood, 2-3, 14-15, 20, 29.



for Walnut Ketchup, Curry Powder, and a pickle called Devil Pot, while Mitchell (1827) favours pickled cucumbers, gherkins, onions and beetroots.<sup>1033</sup> Coghill (1858-59) also has a recipe for pickled cucumbers, and Clark (1866-74) includes Tomato Sauce and Tomato Chutney.<sup>1034</sup> Condiment recipes began to appear in newspapers in the 1860s and 1870s, the *Brisbane Courier* publishing recipes for Pickled Eggs, and Indian Pickle, Tomato Catsup, and Worcestershire sauce, and the *Perth Gazette* providing recipes for Mushroom Ketchup.<sup>1035</sup> In its first year of publication, the *Australian Town and Country Journal* included recipes for Mushroom Catsup, Pickled Peaches, and Pickled Lemons.<sup>1036</sup> Advertising booklets also included recipes for condiments, with Frank Weston providing a recipe for American Tomato Sauce, and the *Clements Tonic Cookery Book* one for Banana Relish.<sup>1037</sup>

Tables 27 to 29 summarise the sauce, pickle, and chutney recipes containing ginger in the 24 cookbooks studied.<sup>1038</sup> Appendix 11.5 shows that different authors include these condiments in various categories. Numerous sauce recipes continued to appear in cookbooks for the duration of the period studied. The most common sauces were mushroom, walnut, tomato, anchovy, plum, and Indian or chutney Sauce. Beeton's version of chutney sauce calls for four ounces of powdered ginger to eight ounces each of apples,

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<sup>1033</sup> Helenus Scott, Item 3, recipes 16, 17, 21; Mitchell.

<sup>1034</sup> Coghill; Phillis Clark.

<sup>1035</sup> *Brisbane Courier*, 31 May 1866, 4; 15 February 1868, 7; 22 February 1868, 7; 17 October 1868, 6; 24 August 1872, 7; *Perth Gazette* 12 July 1867, 4; 8 October 1869, 1.

<sup>1036</sup> *Australian Town and Country*, 22 January 1870, 23; 29 January 1870, 21; 9 July 1870, 21.

<sup>1037</sup> Weston, *Australian Companion*; *Clements Tonic Cookery Book*, 29.

<sup>1038</sup> The main ingredients listed do not always equal the total number of recipes, because some recipes contain more than one major ingredient.

raisins and tomatoes.<sup>1039</sup> Some books include recipes for Worcestershire sauce.<sup>1040</sup>

Tomato sauce recipes became increasingly popular from the mid-19<sup>th</sup> century.

**TABLE 27**  
**Sauce Recipes Containing Ginger**

<b>Cookbook</b>	<b>No. with Ginger</b>	<b>Main Ingredient</b>
<b>Glasse</b>	4	Mushroom (4)
<b>Acton</b>	5	Mushroom (3), Lemon, Apple
<b>Beeton</b>	6	Apple, Tomato (2), Mushroom, Walnut, Anchovy
<b>Abbott</b>	5	Gooseberry, Mushroom, Anchovy (2), Cucumber
<b>Rawson</b>	2	Tomato, Mushroom
<b>Pearson</b>	2	Tomato, Apple
<b>Shelton</b>	2	Mushroom, Tomato
<b>Maclurcan</b>	1	Tomato
<b>Aronson</b>	1	Mushroom
<b>Kookaburra</b>	5	Tomato (2), Plum, Mushroom (2)
<b>Goulburn</b>	2	Tomato (2)
<b>Buller-Murphy</b>	5	Mushroom, Tomato, Plum, Walnut, Gooseberry
<b>Wattle Blossom</b>	1	Tomato
<b>Gilmore</b>	10	Anchovy, Mushroom (4), Plum (3), Tomato (2)
<b>W.M.U.</b>	1	Plum
<b>Coronation</b>	2	Tomato, Plum
<b>Pell</b>	1	Plum
<b>Schauer</b>	15	Anchovy, Grape, Mango (2), Mixed Fruit, Pawpaw, Plum (2), Tomato (4), Walnut, Mushroom (2)

The wide range of ingredients made into pickles well illustrates Acton's contention that pickling is an easy process, which 'may be extended to almost every kind of fruit and vegetable'.<sup>1041</sup> It was sometimes extended even further. For example, Mary Thomas, one of Adelaide's first settlers, made pickles from samphire and the leaves of the Hottentot fig, while a recipe for pickled nasturtiums appeared in Melbourne's *Weekly Times* in 1883.<sup>1042</sup>

<sup>1039</sup> Beeton, 208-209, recipe 452.

<sup>1040</sup> Gilmore, *Mary Cookery Book*, 168; *Kookaburra Cookery Book*, 290; Schauer, *Australian Fruit Preserving*, 92.

<sup>1041</sup> Acton, 532.

Ginger was rarely used in pickling solutions for meat, exceptions being the *Kookaburra Cookery Book's* two recipes for Pepper Pot which include cooked meats.<sup>1043</sup> In the early 20<sup>th</sup> century, home cooks began to use green ginger in some pickles.<sup>1044</sup>

**TABLE 28**  
**Recipes for Pickles Containing Ginger**

<b>Cookbook</b>	<b>No. with Ginger</b>	<b>Main Ingredient</b>
<b>Glasse</b>	13	Mushroom, Walnut, Gherkin, Cucumber, Peach, Radish Pod, French Bean, Plum, Nectarine, Apricot, Onion, Lemon, Elder-Shoots, Cabbage, Cauliflower
<b>Acton</b>	8	Gherkin (2), Peach, Mushroom (2), Walnut, Lemon, Lime
<b>Beeton</b>	12	Cucumber (2), Egg, Gherkin, Mixed Vegetables (2), Lemon (2), Onion, Red Cabbage, Walnut
<b>Abbott</b>	2	Mixed Vegetables (2)
<b>Wilkinson</b>	3	Cucumber, Mixed Vegetables (2)
<b>Rawson</b>	6	Mixed Vegetables (3), Egg, Cucumber, Onion
<b>Pearson</b>	4	Cucumber (4)
<b>Shelton</b>	3	Apple, Cucumber, Mixed Vegetables
<b>Maclurcan</b>	4	Egg, Cabbage, Onion, Cucumber
<b>Aronson</b>	7	Mixed Vegetables, Red Cabbage, Onion, Mushroom, Egg, Asparagus, Cucumber
<b>Kookaburra</b>	8	Fig (2), Onion, Cauliflower, Tomato (2), Cooked Meat (2)
<b>Goulburn</b>	1	Red Cabbage
<b>Buller-Murphy</b>	6	Tomato (2), Onion, Cucumber, Fig, Grape
<b>Wattle Blossom</b>	3	Tomato, Red Cabbage, Onion
<b>Gilmore</b>	8	Tomato, Cucumber (3), Mushroom, Vegetable Marrow, Red Cabbage, Mixed Vegetables
<b>W.M.U.</b>	4	Red Cabbage, Tomato (2), Egg
<b>Coronation</b>	1	Tomato
<b>Schauer</b>	20	Beetroot, Red Cabbage, Carrot, Cucumber (2), Mixed Vegetables, Egg, Fig, Grape (2), Mango, Mushroom, Peach, Plum, Pumpkin, Quince (2), Rosella, Tomato (2)

<sup>1042</sup> Symons, 26. Samphire is an "herb which grows by the sea" (Hannah Glasse, 198). Australian samphire is similar to the British plant (Low, "Foods of the First Fleet," 295); *Weekly Times*, 15 December 1883, s5.

<sup>1043</sup> *Kookaburra Cookery Book*, 59

<sup>1044</sup> *Argus* 28 February 1917, 10; Wattle Blossom, *Off the Beaten Track*, 59.

**TABLE 29**  
**Chutney Recipes Containing Ginger**

Cookbook	No. with Ginger	Main Ingredient
<b>Acton</b>	2	Shrimp, Tomato
<b>Beeton</b>	1	Apple
<b>Abbott</b>	1	Mango
<b>Rawson</b>	2	Tomato (2)
<b>Shelton</b>	2	Apple, Mango
<b>Maclurcan</b>	2	Mango, Tomato
<b>Aronson</b>	7	Tomato (3), Mango, Apple (2), Vegetable Marrow
<i><b>Kookaburra</b></i>	8	Tomato (4), Apple (2), Peach, Pear, Banana, Date, Guava, Plum, Gooseberry, Cucumber, Mango
<i><b>Goulburn</b></i>	2	Apple, Tomato
<b>Buller-Murphy</b>	12	Plum, Apple (2), Mango, Tomato (3), Date, Peach, Melon, Gooseberry, Quince
<b>Wattle Blossom</b>	1	Apple
<b>Gilmore</b>	7	Gooseberry, Plum, Apple (3), Tomato (3)
<i><b>W.M.U.</b></i>	10	Mango (3), Tomato, Raisin, Apple, Date, Peach Mint, Choko
<i><b>Coronation</b></i>	21	Tomato (3), Apple (6), Plum, Melon (3), Dried Fruit, Pawpaw, Quince, Apricot (2), Lemon, Fig, Peach
<b>Schauer</b>	27	Apple (5), Apricot, Choko (2), Cucumber, Date, Gooseberry, Pineapple, Loquat, Mango (5), Mint, Pawpaw, Peach, Plum (3), Tomato (3)

As discussed earlier, while chutneys made in India contained mango and fresh ginger, British cooks made imitation mangoes from a variety of fruits and vegetables, and so-called *Mango Chutney* from sour apples and raisins, or tomatoes, and dried ginger. Many recipes required large quantities of ginger, Beeton's recipe for Mango Chutney using three-quarters of a pound of powdered ginger and 30 large unripe apples.<sup>1045</sup> British chutney recipes continued to be followed in Australia but, by the late 19<sup>th</sup> century, some recipes used mangoes and green ginger. For example, Maclurcan's Mango Chutney requires two pounds of green ginger for 12 pounds of mangoes.<sup>1046</sup> The *Kookaburra Cookery Book's* Ripe Tomato Chutney specifies one and a quarter pounds of green ginger and half a pound

<sup>1045</sup> Beeton, 183, recipe 392.

<sup>1046</sup> Maclurcan, *Cookery Book*, recipe 749.

of preserved ginger to approximately 15 pounds of fruit and vegetables.<sup>1047</sup> In 1939, Gibb reported that much of the ginger grown in Queensland was sold at local fresh produce markets, the ‘greatest demand [being] during the mango season, when the wise housewife is making pickles and chutney’.<sup>1048</sup> Apple and Tomato Chutney was important enough to warrant inclusion in a 1943 Red Cross booklet, *Thirty War-Time Recipes*.<sup>1049</sup>

Some of the earlier cookbooks included recipes for curry powder containing powdered ginger. By the late 19<sup>th</sup> century, however, commercially manufactured curry powders were readily available, and cookbooks no longer provided recipes. Authors such as Acton and Wicken recognised the inferiority of curry made from imported powders compared with curries made in India from fresh spices. Nevertheless, even when fresh spices like ginger became available in Australia, dry spices were still used in most curries.<sup>1050</sup> From the mid-19<sup>th</sup> century, both British and Australian recipe books abound in curry recipes. It seems that just about anything that could be cooked was made into curry, which perhaps is why curry powder was among the first condiments manufactured in Australia. Curry powder was used in soups, the most common being mulligatawny. A vast array of fish was curried, from oysters to lobsters, sardines to salmon and schnapper. Curries were made using both fresh and leftover cooked meats. Soyer maintains that his curry sauce recipe is excellent for ‘any kind of meat, poultry, and fish, or parts of game’ and illustrates the versatility of curry with 24 recipes, using a wide range of meats, poultry, and fish, including rabbit, duck, lamb’s head, ox tail, calf’s feet, and tripe.<sup>1051</sup> Tinned meat, too, was curried. Dominic Daly, writing of life in Darwin during the early 1870s, says that:

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<sup>1047</sup> *Kookaburra Cookery Book*, 178.

<sup>1048</sup> Gibb, “Ginger from Queensland,” 60.

<sup>1049</sup> Australian Red Cross, *Thirty War-Time Recipes*.

<sup>1050</sup> Acton, 296-297; Wicken, *Australian Home*, 72-73.

[T]he greatest privation we suffered from was a want of fresh meat; for months nothing but tinned meat was to be had, a flavourless substance rejoicing in the name of “blanket”...

Curry, hash, mince, and stew, were the forms it appeared in at table.<sup>1052</sup>

Curry took on an Australian flavour, with Rawson’s curried flying fox, Pearson’s curried wattlebirds, and Buller-Murphy’s curried kangaroo tail. Curried eggs were very popular, and vegetable curries became more common in the 20<sup>th</sup> century. Savoury toasts and sandwich fillings often contained curry powder, which also became a common ingredient in pickles and chutney.

Appendix 11.5 lists the recipes in which condiments containing ginger were used. It is evident that condiments were used in a very wide range of soup, fish, meat, poultry, game, egg and vegetable dishes. Acton and Beeton recommend that mushroom ketchup be used routinely in soups and gravies, for both flavour and colour.<sup>1053</sup> Sauces were used frequently with broiled and stewed meats, in hashes made from cold meats, and in fried, baked, and stewed fish dishes. Some of the few recipes for fresh vegetables included sauces. While occasionally used to enliven cooked fish and meat dishes, pickles were used mainly in salads and to accompany cold meats. Rita, while urging people to eat hot, freshly cooked meat, conceded that:

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<sup>1051</sup> Soyer, *Modern Housewife*, 81, 265-273.

<sup>1052</sup> Daly, 55, 120.

<sup>1053</sup> Acton, 95; Beeton, 48.

[I]f you have cold beef or pork, it is certainly better to have with it home made onion pickle. The little vinegar and the vegetables are both good, and it is a more enjoyable and wholesome meal with a properly prepared pickle than without.<sup>1054</sup>

Acton reported that, in mid-19<sup>th</sup> century Britain, chutneys were served ‘with currie, cutlets, steaks, port, cold meat, or fish, or aught else to which it would be an acceptable accompaniment.’<sup>1055</sup> This practice was followed in Australia.

### 7.3.2 Commercial Manufacturers

Some condiments were being manufactured in Australia by the mid-19<sup>th</sup> century, with Australian-made pickles available in Brisbane by October 1847.<sup>1056</sup> Joseph Keen began manufacturing Keen’s Curry Powder in Hobart in the late 1840s, using a secret recipe he brought with him from England. At the time, ‘Scallops, found in profusion around the Tasmanian coast, were often made into a curry’. In 1866–67, Keen’s curry powder was awarded a special plaque at the Intercolonial Exhibition in Melbourne.<sup>1057</sup>

Robert Harper established a food-manufacturing factory in Melbourne in 1865, later opening branches in Sydney, Adelaide, Brisbane and Fremantle. The company, which manufactured a wide range of products, including Empire curry powder, exhibited an assortment of spices at the Melbourne Exhibition.<sup>1058</sup> By the early 1920s it was using

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<sup>1054</sup> Rita, 18, 49.

<sup>1055</sup> Acton, 610.

<sup>1056</sup> *Moreton Bay Courier*, 2 October 1847, 3; 6 November 1847, 1.

<sup>1057</sup> County and Lloyd, 73.

<sup>1058</sup> *Australian Household Guide*, 41 [advertisement]; *Intercolonial Exhibition of Australasia*, 18-21.

green ginger grown in South East Queensland.<sup>1059</sup> Other exhibits at the 1866-67 Exhibition included McKenzie and Company's spices, Lavers' curry powder, Clark and Company's Worcestershire sauce, Clarson's sauces, and Fordham's pickles and sauces.<sup>1060</sup> Later, McKenzie's was to advertise ginger and curry powder among its spices.<sup>1061</sup> Tomato sauce was produced commercially in Victoria from about 1868, and a little later in New South Wales and South Australia.<sup>1062</sup> At the Intercolonial Exhibition held in Sydney in 1870, Alfred Chance of Adelaide exhibited mushroom ketchup, chutney, tomato sauce, and assorted pickles, while D. Monk from Sydney displayed pickles, and Robert Lavers' his curry powder.<sup>1063</sup> At the Sydney Agricultural Society Show in 1871, E. Martin exhibited dry ginger, curry powder, chutney and Worcestershire sauce.<sup>1064</sup> By the late 1880s, local production of condiments had become more common, a number of manufacturers displaying their wares at the Centennial International Exhibition in Melbourne in 1888–1889.<sup>1065</sup>

David and James Fowler opened a retail grocery in Adelaide in 1854. From the beginning they dealt in spices, listing essence of ginger in their first advertisement.<sup>1066</sup> Later, the firm turned to manufacture and by the late 1880s, under Lion and Standard brand names, it was manufacturing confectionery, jams and preserves, and pickles, sauces, chutney, and curry

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<sup>1059</sup> *Queenslander*, 22 July 1922, 38.

<sup>1060</sup> *Intercolonial Exhibition of Australasia*, 18-21.

<sup>1061</sup> Margaret Pearson, *Cooking Recipes* [advertisement]; Maclurcan [advertisement].

<sup>1062</sup> Santich, *Magic Pudding*, 183-4; Santich, "Umami in Australian Food," 3; Symons, 158.

<sup>1063</sup> Blainey, 204; *Intercolonial Exhibition of 1870, at Sydney*, 138, 140; *Industrial Progress of New South Wales*, 138, 140.

<sup>1064</sup> *Sydney Mail*, 2 September 1871, 838.

<sup>1065</sup> *Centennial International Exhibition*, 509-510.

<sup>1066</sup> *Years to Remember*, 1-3.



powder. Fowlers took prizes at the Jubilee Exhibition of 1887, and later at the Indian and Colonial Exhibition in London.<sup>1067</sup>

Others also moved from retailing to manufacturing. Francis Faulding, who opened a retail pharmacy in Adelaide in 1845, later manufactured grocery items including curry powder.<sup>1068</sup> Gilbert Wood, who began with a small grocer shop in Adelaide in 1854, expanded into manufacturing under the Anchor label, his goods including spices.<sup>1069</sup> Abel Hoadley established a jam and pickles factory in South Melbourne in 1881, later turning to confectionery. In 1894, H. McCracken and T. Press began the Rosella Preserving and Manufacturing Company in Carlton, Victoria, which was making tomato sauce by 1899.<sup>1070</sup>

Brainerd Skinner was manufacturing relishes and fruit preserves in Brisbane by 1884.<sup>1071</sup> Harrison and Company, which was manufacturing jams, pickles, tomato sauce, and mango chutney by the 1890s, was still operating in 1926.<sup>1072</sup> By 1900, it had received numerous awards for its high quality products.<sup>1073</sup> In January 1897, the *Brisbane Courier* reported that Tiger brand mango chutney, also manufactured in Brisbane, was fetching high prices.<sup>1074</sup> The Anglo-Indian Condiment Company operated in Edward Street from

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<sup>1067</sup> John Price, *Memoir of George Swan Fowler*, 7-11; *Years to Remember*, 51-54.

<sup>1068</sup> Donovan and Tweddell, *Faulding Formula*, 3, 28.

<sup>1069</sup> *Sign of the Anchor*, 10, 19, 61.

<sup>1070</sup> Symons, 115-116.

<sup>1071</sup> Addison and McKay, 61; *Queensland Official Directory*, 1901, 59.

<sup>1072</sup> *Brisbane Courier*, 21 January 1897, 3; *Queensland Official Directory*, 1901, 25.

<sup>1073</sup> Addison and McKay, 46.

<sup>1074</sup> *Brisbane Courier*, 21 January 1897, 3.

approximately 1917–1936.<sup>1075</sup> By the early 1920s, Arthur Burnett was supplying green ginger from Buderim to Brisbane’s Bengal Chutney Company.<sup>1076</sup>

Manufacturing spread to North Queensland. Ephraim Cowley, who opened a retail grocery in Townsville in 1879, was established also as a manufacturer by 1888.<sup>1077</sup> Among his products was Kangaroo Hunt sauce, advertised as ‘more generally useful than any other Sauce ... [and only] half the price of Lea & Perrins’.<sup>1078</sup> Mango chutney and other condiments were being manufactured in the Cairns district in the 1890s, using local produce. For example, P. Hunter established the Cairns Preserving Works in 1895, producing mango chutney and tomato relish, later opening branches in Sydney and Melbourne.<sup>1079</sup> Ebenezer Cowley overseer at the Kamerunga State Nursery, in a report on the local mango industry, maintained that there was no reason why good quality mango chutney should not be made in the district, stating that:

‘The local manufacturer of condiments produces a very good chutney and, doubtless, in time he will be able to compare favourably with the Indian produced articles’ ... [Indian] ‘mango chutney ... is a favourite with all eaters of curries in all parts of the world’.<sup>1080</sup>

While there were only a few condiment manufacturers in Queensland before the mid-1890s, some of them must have been doing well. In 1894, Queensland exported 263

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<sup>1075</sup> *Queensland Official Directory*, 1913-1940.

<sup>1076</sup> S. A. Burnett, note regarding ginger, ca.1990.

<sup>1077</sup> Morrison, *Aldine History of Queensland*, 2:Appendix.

<sup>1078</sup> Addison and McKay, 20.

<sup>1079</sup> Dorothy Jones, *Trinity Phoenix*, 259-260.

<sup>1080</sup> Ebenezer Cowley, “Scrapbook 1890-98”.

packages of sauces manufactured in the colony, not only to New South Wales, Victoria, and South Australia, but also to Britain, Hong Kong, India, and New Guinea.<sup>1081</sup>

Condiment manufacture in Australia increased in the early 20<sup>th</sup> century, though the industry was not without its difficulties. In 1910, a Royal Commission set up by the New South Wales government to inquire into the working conditions in factories and shops, revealed that:

‘One of the most disagreeable and uncomfortable occupations for women was in the pickle factories, a great many of which seem to have located in galvanised iron and hessian sheds in back-yards in outer suburbs.’<sup>1082</sup>

The Pick-Me-Up Condiment Company, Sydney, manufactured its own brand of Worcestershire Sauce, which remained popular for over 100 years.<sup>1083</sup> Ginger beverage manufacturers Sharpe Brothers produced Fru-Chup, later renamed Sharpshire, a mild fruity relish made from dried fruit and spices including ginger, which sold well:

In its first year to 31 May 1932 in Sydney over 10 000 bottles were sold, in fact more than all cordials and squashes put together. Of course this was the time of the Great Depression and the sauce as an aid to making cheap meals more palatable was seen as a better buy than sweet drinks for the kids ... During the pre-war years the main branches at Melbourne and Sydney were selling between approximately 10 000 and 23 000 bottles of Fru-Chup each per year.<sup>1084</sup>

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<sup>1081</sup> Queensland, *Statistical Register*, 1894, 161.

<sup>1082</sup> Kingston, *My Wife, My Daughter*, 63, 68

<sup>1083</sup> *Australian Household Guide*, 343, <http://www.gopetition.com/>; Symons, 163.

<sup>1084</sup> Sharpe, *Heavenly Ginger Beer*, 44-46, 236.

An authoritative source of information on the extent of the use of ginger in commercially manufactured condiments in the early 20<sup>th</sup> century is MacEwan's *Pharmaceutical Formulas*. First published in London in 1898 by *The Chemist and Druggist*, which had branches in Australia, it provided a practical guide for both British and Australian pharmacists. In addition to medicinal formulae, to be discussed in Chapter 9, the book includes recipes for foodstuffs produced by chemists and those in related businesses.<sup>1085</sup> Table 30 lists the condiment recipes containing ginger from MacEwan's 1914 edition. Of the 34 Sauce recipes, seven contain ginger, while a further 18 contain at least one of the ketchups containing ginger and some also include curry powder. Ginger is an ingredient in four of the six Ketchup recipes. All four Spiced Vinegar recipes, used as pickling solutions, contain ginger, as does the one Pickle, six of the seven Chutneys, and many of the curry powders.<sup>1086</sup> Green ginger is used in one of the Tomato Chutneys. The inclusion of condiment recipes in a pharmaceutical text highlights the continuing overlap between food and medicine.

There is no doubt that sauces, pickles, chutneys and curries remained an essential part of the Australian diet during the period of the study, as they did in Britain. Many of these condiments contained ginger. Both home cooks and food manufacturers produced them in large quantities although, by the mid-20<sup>th</sup> century, manufactured foodstuffs began to replace many of those made in the home.

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<sup>1085</sup> MacEwan, v, 550.

<sup>1086</sup> As four of these recipes are called simply *chutney*, the main ingredient(s) have been listed.

TABLE 30

## Commercial Recipes for Culinary Requisites Containing Ginger

Category	Recipe Names
Sauces	Chutney Sauce, Reading Relish, Savory's Hot Pickle, Tomato Sauce, Worcester Sauce (3),
Ketchups	Ketchup Seasoning, Mushroom Ketchup, Tomato Ketchup, Walnut Ketchup
Spiced Vinegars [for pickles]	For French Beans, For Gherkins, For Walnuts, For Use with any Vegetable
Pickles	Piccalilli
Chutneys	Apples (2), Apples + Tamarinds + Tomatoes, Gooseberries, Tomato (2)
Curry Powder	Ginger in 13/20 recipes

Source: MacEwan, *Pharmaceutical Formulas*.

## 7.4 Jams, Preserves And Confectionery

Jams and preserves occupied an important place in the larder and were used widely.<sup>1087</sup>

Ginger was used in a variety of jams, preserves and confectionery. Ginger itself was preserved and used as a sweetmeat, and enjoyed by both British and Chinese as will be discussed in the next section.

Imported jams, bottled fruits, and confectionery were among early foodstuffs available in the colonies.<sup>1088</sup> While small-scale commercial jam making began in Australia in the 1830s, for some decades English jams were preferred.<sup>1089</sup> Until the late 19<sup>th</sup> century, however, manufactured jams represented only a small proportion of jams consumed

<sup>1087</sup> Bannerman, *Friend in the Kitchen*, 161.

<sup>1088</sup> Bannerman, *Friend in the Kitchen*, 161; Farrer, *To Feed a Nation*, 26; *Sydney Gazette*, 15 June 1806, 3; 29 June 1806, 1, 24 June 1815, 2; 19 December 1818, 4.

<sup>1089</sup> *Brisbane Courier*, 9 January 1895, 3.

because most jam making and fruit preserving was done at home.<sup>1090</sup> Homemade jams were considered superior to those made in factories, according to Bannerman, who suggested that: ‘Enterprising cooks would make jam from almost any fruit or vegetable’, including melon and ginger, rhubarb and ginger, and vegetable marrow and ginger.<sup>1091</sup> Blainey pointed out that homemade jams were also cheaper, ‘so long as numerous children were conscripted to help.’<sup>1092</sup> By the late 1800s, melon and ginger jam was a frequent exhibit at bazaars and charity fetes.<sup>1093</sup>

In 1845 Acton warned that, while simple well-made preserves made at home are healthy, ‘Fruit steamed in bottles ... is not wholesome, as it produces often ... violent derangement of the system.’<sup>1094</sup> On the other hand, she recommended that:

The rich confectionery preparations called *wet preserves* (fruits preserved in syrup), which are principally adapted to formal desserts, scarcely repay the cost and trouble of making them in private families, unless they be *often* required for table.<sup>1095</sup>

While some confectionery was imported, by the 1870s most simple confectionery was made locally, though Blainey estimated that more was made in household kitchens than in factories.<sup>1096</sup> Ginger confectionery, like other ginger products, was considered to have health benefits. From the 1820s, and for at least 30 years, chemists sold ginger lozenges as

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<sup>1090</sup> Bannerman et al., *Acquired Tastes*, 67; Robjohns, 128.

<sup>1091</sup> Bannerman, *Friend in the Kitchen*, 161-162.

<sup>1092</sup> Blainey, 375.

<sup>1093</sup> *Ibid.*, 376.

<sup>1094</sup> Acton, 493-494.

<sup>1095</sup> *Ibid.*, 494.

<sup>1096</sup> Blainey, 381.

medicines.<sup>1097</sup> Beeton recommended her butterscotch recipe as an excellent remedy for coughs.<sup>1098</sup> Ginger flavoured confectionery such as Acton's Everton Toffee, and Schauer's Toffee Apples filled with preserved ginger, were common at children's birthday parties.<sup>1099</sup> In the 1920s, ginger marmalade and chocolate-coated ginger began to be advertised, while other ginger confectionery items, such as ginger paste for sandwiches and ginger marshmallows, were available in the following decade.<sup>1100</sup>

#### 7.4.1 Home Cooking

Recipes for preserves and jams which contain ginger, from the 24 cookbooks studied, are listed in Table 31. There is no clear distinction between jams and preserves, and recipes have been classified according to the term used by the authors. Table 32 lists confectionery recipes. While occasionally the same name is used for both a confectionery and a pudding, such as Ginger Cream and Ginger Sandwich, the products are different.

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<sup>1097</sup>*Hobart Gazette*, 10, 17, 24 December 1824, 4; *Sydney Gazette*, 27 October 1825, 4; *Hobarton Mercury*, 16 September 1854, 3.

<sup>1098</sup> Beeton, 754.

<sup>1099</sup> Addison and McKay, 145.

<sup>1100</sup> *Argus* 21 January 1925, 7; 27 May 1925, 6; *Brisbane Courier*, 6 January 1934, 1; 13 January 1934, 1; 13 April 1934, 1; *Canberra Times* 8 June 1934, 5.

TABLE 31

## Recipes for Preserves and Jams Containing Ginger

Cookbook	Type	No. with Ginger	Main Ingredient
<b>Beeton</b>	Preserve	2	Apple Ginger, Preserved Pumpkin
<b>Rawson</b>	Jam	5	Pie Melon, Melon, Tomato (2), Vegetable Marrow
	Preserve	2	Citron, Pear, Apricot, Melon Rind
<b>Pearson</b>	Preserve	6	Water Melon, Apples (3), Citron or Water Melon Rind, Figs
<b>Shelton</b>	Jam	1	Pie Melon
	Preserve	4	Fig, Tomato (3)
<b>Maclurcan</b>	Jam	2	Pie Melon, Vegetable Marrow
<b>Wicken</b>	Jam	1	Pineapple & Melon
<b>Aronson</b>	Jam	6	Melon (2), Rhubarb, Vegetable Marrow, Fig, Walnut
	Preserve	3	Apple, Pear, Citron
<b>Kookaburra</b>	Jam	4	Apple, Fig, Tomato, Melon
	Preserve	3	Citron, Figs, [Fruit] Mince
<b>Goulburn</b>	Jam	2	Melon (2)
<b>Buller-Murphy</b>	Jam	12	Melon & Citron, Apple, Marrow, Rhubarb (3), Tomato (3), Melon, Rhubarb & Fig
	Preserve	10	Rhubarb (3), Pear (3), Apple (2), Melon, Fig
<b>Mary Gilmore</b>	Jam	5	Vegetable Marrow, Pumpkin, Vegetable Marrow & Carrot, Melon, Rhubarb and Orange
	Preserve	3	Pear, Pumpkin, Melon
<b>W.M.U.</b>	Jam	3	Rhubarb, Melon, Tomato
	Preserve	1	Apple
<b>Coronation</b>	Jam	2	Tomato, Choko
	Preserve	3	Fig (3)
<b>Pell</b>	Jam	1	Melon
	Preserve	1	Pear
<b>Schauer</b>	Jams	21	Apple (2), Choko, Choko & Pineapple, Fig (2), Gramma (Pumpkin), Gramma & Pineapple, Marrow, Melon, Citron Melon, Melon & Lemon (2), Melon & Pineapple, Papaw, Peach, Pear, Rhubarb (2), Tomato, Quince
	Preserves	2	Melon, Tomato

Table 31 provides convincing evidence that not only did ginger remain a common ingredient in jams and preserves over the period of the study, but also that British traditions were maintained. Reflecting the matching of flavours in puddings, ginger was frequently used in preserves and jams made with apples, pears, rhubarb, and melons, a practice encouraged by Rita.<sup>1101</sup> Australian cookbooks took advantage of the much wider range of

<sup>1101</sup> Rita, 37



fruit and vegetables available here, and used ginger also with figs, tomatoes, pumpkin, and vegetable marrow and, in the early 20<sup>th</sup> century, with choko, papaw, and pineapple. While most of the earlier recipes called for ground ginger or occasionally for preserved ginger, from the mid-19<sup>th</sup> century home cooks began to use green ginger in their jams, a form of ginger not readily available in Britain. One of Coghill's recipes for Melon Jam requires half a pound of green ginger for 12 pounds of melons.<sup>1102</sup> This recipe would seem to confirm the ready availability of green ginger in Sydney by the mid-19<sup>th</sup> century. Later, Aronson used green ginger in her preserved pears.

By the early 20<sup>th</sup> century, green ginger, often in large quantities, was used commonly in jams and preserves. The *Kookaburra Cookery Book* calls for green ginger in Citron Ginger, and Apple and Green Tomato Jams, and the *Goulburn Cookery Book* in Melon Jam. Buller-Murphy uses one and a half pounds of green ginger for six pounds of rhubarb in her Rhubarb Preserve, and also uses it in Melon and Green Tomato Jams. The *W.M.U. Cookery Book* specifies green ginger in Rhubarb and Tomato Jams, while Gilmore calls for it in jams made from vegetable marrow, melons, and rhubarb and orange. Several recipes in Melbourne's *Argus* show a similar trend, with green ginger used in recipes for Pumpkin, Melon, and Fig Jams, and a recipe for Apple or Pear Ginger calling for green or preserved ginger.<sup>1103</sup> An anomaly, perhaps due to the fact that the Defence Department requisitioned Australian-grown green ginger during World War II, is a jam recipe book produced by the Red Cross in 1943. While 14 of the 117 recipes contain ginger, often in large quantities despite the War, they use preserved rather than fresh ginger. The melon marmalade recipe requires half a pound of preserved ginger for two pounds of melon.<sup>1104</sup>

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<sup>1102</sup> Coghill.

<sup>1103</sup> *Argus* 28 April 1915, 12; 17 May 1916, 12; 7 June 1916, 13; *Argus* 4 April 1917, 12; 7 August 1918, 13; 2 April 1919, 13.

**TABLE 32**  
**Confectionery Recipes Containing Ginger**

<b>Cookbook</b>	<b>No.</b>	<b>Recipe Names</b>
<b>Acton</b>	2	Ginger Candy, Seville Orange Paste
<b>Beeton</b>	1	Butterscotch
<b>Maclurcan</b>	1	Fruit Sandwiches
<b>Aronson</b>	1	Brandy Snaps
<b>Kookaburra</b>	1	Ginger Creams
<b>Goulburn</b>	1	Ginger Creams
<b>Gilmore</b>	2	Ginger Creams, Butterscotch
<b>W.M.U.</b>	3	Fruit Sandwiches, Ginger Creams, Ginger Tablet
<b>Coronation</b>	1	Ginger Creams
<b>Pell</b>	1	Chocolate Ginger
<b>Schauer</b>	5	Chocolate Squares, Coconut Roughs, Fondant Sandwich, Fondant Covered Ginger, Chocolate Covered Ginger

Although preserved ginger was a very popular sweetmeat, ginger was not a common flavouring for other homemade confectionery. Most of the recipes shown in Table 32 use preserved ginger, though powdered ginger is used in the Butterscotch and Candy recipes. A recipe for Ginger Toffee appeared in the *Brisbane Courier* in 1934.<sup>1105</sup>

#### **7.4.2 Commercial Manufacturers**

While it can be assumed that manufacturers used recipes similar to those used by home cooks, only limited information about manufacturers could be found. Many major jam makers also made condiments, while condiment manufacturers often made jams and preserves.<sup>1106</sup>

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<sup>1104</sup> Australian Red Cross, *Jam Recipe Book*.

<sup>1105</sup> *Brisbane Courier*, 12 April 1934, 18.

<sup>1106</sup> Farrer, *To Feed a Nation 75*; Santich, *Magic Pudding*, 183-184.

In the 1830s and 1840s, bottled fruits and preserves were produced on a small scale in both Sydney and Hobart.<sup>1107</sup> Doran's, founded by C. Knight in Tasmania in 1834, claims to be Australia's oldest commercial jam maker.<sup>1108</sup> One of the early larger-scale fruit preservers, and the first to can jam, was George Peacock, who established a jam factory in Hobart in 1861 and later expanded to other cities. When George Peacock retired in 1891, his company became known as IXL.<sup>1109</sup> The company was using green ginger from the Buderim area in the 1930s.<sup>1110</sup> Johnson Brothers was one of several other companies active in Hobart by the 1870s. George McEwin set up a factory on the outskirts of Adelaide in 1862. In 1868, the Perry brothers established a small business near Melbourne to make jams using fruit from their own property. Others followed in the 1870s, and Abel Hoadley began making jam in South Melbourne in 1881. By the mid-1870s, there were 10 jam factories in Sydney.<sup>1111</sup>

From at least as early as the 1860s, while small numbers of manufacturers began displaying jams, preserved fruits, and confectionery at Exhibitions, commercial fruit preserving was slow to develop.<sup>1112</sup> The report of Sydney's 1870 Intercolonial Exhibition rued the fact that:

But few of our orchard-owners have made any attempt to ... [preserve fruits], although the immense quantity of fruit that is wasted furnishes a strong inducement to do so... Of

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<sup>1107</sup> Farrer, *To Feed a Nation*, 26; County and Lloyd, *Before We Eat*, 72.

<sup>1108</sup> County and Lloyd, 72.

<sup>1109</sup> Bannerman, *Friend in the Kitchen*, 163; County and Lloyd, 73; Symons, 53, 104; *Technology in Australia*, 86-87.

<sup>1110</sup> Fielding.

<sup>1111</sup> *Technology in Australia*, 87.

<sup>1112</sup> *Intercolonial Exhibition of Australasia*, 18-21; *Industrial Progress of New South Wales*, 138, 141; Agricultural Society of New South Wales, 25; *Centennial International Exhibition*, 509-510, 539, 1002, 1023.

bottled fruits there were imported 3,283 cases [in 1869]. Bottling fruits is not at present much practised in the Colony, although the plan of boiling fruit, and hermetically sealing it down in tins, is becoming more general.<sup>1113</sup>

Commercial jam making in Queensland started later. Brainerd Skinner, who was manufacturing fruit preserves in Brisbane in the 1880s, won a medal for his products at the International Exhibition in Melbourne in 1888–89.<sup>1114</sup> By 1890, there were five manufacturers of preserves and jams in Queensland, including Harrison and Company.<sup>1115</sup> Nevertheless, in 1895, the *Brisbane Courier* reported that:

The jam-making industry in Brisbane may be regarded as still in its infancy. At the same time it is a most healthy youngster, and shows many signs of further extensive development.<sup>1116</sup>

In 1886, John and Anna Hargreaves opened a store at Breakfast Creek in Brisbane, from which they sold Anna's homemade jams. Four year later Hargreaves moved to a larger property in the Brisbane suburb of Manly, where he grew fruit and established a jam factory in which he also canned tropical fruits and made sauces, chutney, and confectionery.<sup>1117</sup> Hargreaves' jams included pineapple and ginger jam, which was very popular during World War II, and they also produced preserved ginger.<sup>1118</sup> By 1914,

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<sup>1113</sup> *Industrial Progress of New South Wales*, 328.

<sup>1114</sup> Addison and McKay, 61; Maclurcan [advertisement]; *Queensland Official Directory*, 1901, 59; *Centennial International Exhibition*, 1023

<sup>1115</sup> *Queensland Official Directory*, 1900; *Brisbane Courier*, 21 January 1897, 3; *Queensland Official Directory*, 1901, 25.

<sup>1116</sup> *Brisbane Courier*, 21 January 1895, 3.

<sup>1117</sup> Beitz, *Mangroves to Moorings*, 63-65; Fox, *History of Queensland*, 849.

<sup>1118</sup> Noel Hall, personal communication, 17 July 2008.

Duthie Brothers, Brisbane, was manufacturing jam, including melon and ginger jam, and crystallised fruit, including ginger. While they used some green ginger from the Buderim area, they imported most of their ginger from China.<sup>1119</sup> In 1920–21, there were 13 manufacturers in Queensland producing preserves and jams, and another 19 making confectionery. Appendix 11.6 shows that the numbers remained relatively constant until 1940.

By the 1920s, jam was ‘accepted as a necessity of life, enormous quantities being made in large factories and distributed by the grocery trade, besides the very large amounts made by householders’, according to Robjohns.<sup>1120</sup> Indeed, the 1920 Royal Commission on the Basic Wage had recommended that the weekly food allowance for a family of five include two pounds of jam, while the Federated Unions asked for three pounds.<sup>1121</sup> Jam factories were the main European market for green ginger.<sup>1122</sup>

Confectionery manufacturers also used ginger. Macpherson Robertson began a confectionery business in Melbourne in 1880, experimenting with chocolates and also producing tomato sauce, canned fruits, and jams and jellies. By 1913, MacRobertson’s was producing ginger confectionery and, in 1916, the company began large-scale production of high quality chocolates, with ginger being one of the chocolate centres.<sup>1123</sup> MacRobertson’s, which became the ‘largest and most successful chocolate and confectionery factory in Australia’, was the first known confectioner to use Australian

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<sup>1119</sup> S. A. Burnett, note regarding ginger; James G. Duthie, personal communication, 26 May 2006.

<sup>1120</sup> Robjohns, 128

<sup>1121</sup> Commonwealth, *Report of the Royal Commission on the Basic Wage*, 1920, 46, 66-67.

<sup>1122</sup> Bartlett, “Cultivation of Ginger,” 818.

<sup>1123</sup> Blainey, 385; MacRobertson, *Young Man and a Nail Can*; *Queensland Magazine*, January 1924, 24; Jill Robertson, Jill, *MacRobertson: Chocolate King*, 77, 102-103, 109, 119; Taylor, *Making it Happen*, 19-23, 80, 111-115, 120, 129, 144, 153, 234-235.

grown ginger.<sup>1124</sup> In 1930, MacRobertson's purchased three tons of ginger from Buderim, and found it to be of satisfactory quality though more expensive than the imported product.<sup>1125</sup> Despite the cost, MacRobertson's continued to use ginger from the Buderim district and was purchasing large quantities by the end of the decade.<sup>1126</sup>

Alfred Haigh bought a confectionery business in Adelaide where, in 1915, he began making chocolates. Haighs was producing chocolate ginger in the early 1940s, at first using ginger from China but, from approximately 1947, using Australian-grown ginger.<sup>1127</sup> As Kerry reports:

John Haigh was introduced to the little known Buderim Ginger from Queensland, and knew it was a winner. This ginger is now accepted as the best in the world and, coated with Haigh's dark couverture chocolate, it is one of the company's most popular products.<sup>1128</sup>

## 7.5 Preserved Ginger And Ginger Jars

One of the most popular types of ginger confectionery in Australia, as in Britain, was ginger preserved in syrup or crystallised in sugar. Jars of preserved ginger from China were among the earliest imports into Australia. In Sydney, the 'British & Foreign House was the place to find ... preserved fruits and ginger'.<sup>1129</sup> The contents of the jars were

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<sup>1124</sup> Jill Robertson, 127.

<sup>1125</sup> Commonwealth, *Tariff Board's Report*, 1931, 3-7.

<sup>1126</sup> *Nambour Chronicle*, 21 June 1940, 1.

<sup>1127</sup> Haigh's Chocolates, email from Marketing and Promotions Manager, 11 February 2009; Kerry, *Haigh's Book of Chocolate*, 13, 16, 20, 23, 30.

<sup>1128</sup> Kerry, 45.

enjoyed and the jars subsequently used for both storage and decoration.<sup>1130</sup> While Kingston and Rolls both report that jars of Chinese preserved ginger were commonplace in Sydney by the mid-1820s, there is evidence that it was readily available much earlier.<sup>1131</sup> As will be discussed in Chapter 9, preserved ginger was included in the medicine chests of the British Navy. A Chinese ginger jar being used as a jam pot in the 1860s was thought to date from the late 18<sup>th</sup> century. It was ‘almost identical in its crude decoration of lakes, fishermen, island houses and mountains, to the decoration of the [Chinese] toilet wares’, part of the cargo on the *Sydney Cove* which was wrecked in Bass Strait in February 1797.<sup>1132</sup> Merchants were advertising preserved ginger by 1812.

By the 1820s, preserved ginger and other Chinese preserved fruits, used in place of more expensive fresh fruit, were ‘a normal complement to colonial dinner tables.’<sup>1133</sup> George Boyes, later Colonial Secretary of Van Diemen’s Land, wrote from Sydney to his wife in England in May 1824 that, at a dinner party the previous Saturday, he had been seated next to his hostess whom he ‘supplied ... liberally with Chow Chow and preserved Ginger’. He added:

A China Ship arrived the other day – and I was tempted to purchase six Chinese Jars containing about 3 quarts each – viz two of what the Chinese call Chow Chow – a mixture of all sorts of fruits cut into fanciful forms and very delicious – two of preserved Citron

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<sup>1129</sup> Broadbent, Rickard and Steven, *India, China, Australia*, 60.

<sup>1130</sup> *Ibid.*, 150.

<sup>1131</sup> Kingston, *Basket, Bag and Trolley*, 17; Rolls, *Sojourners*, 20.

<sup>1132</sup> *Ibid.*, 143-144.

<sup>1133</sup> Broadbent, Rickard and Steven, 150.

and two of preserved Ginger ... I paid 50/- for them – the jars are worth half the money – they are generally put upon the table here and save other fruit which is expensive.<sup>1134</sup>

During ‘the prosperous decade of the 1830s’, the demand increased for luxury items such as preserved ginger.<sup>1135</sup> Wilton maintains that, by the late 1840s, jars of preserved ginger were among the colony’s favoured imports.<sup>1136</sup> The continuing popularity of preserved ginger is confirmed by archaeological finds of Chinese ginger jars in European households in The Rocks dating from the 1850s.<sup>1137</sup> Preserved ginger was among the earliest food items advertised in newspapers in newly established settlements.

Preserved ginger was part of traditional Christmas fare in the early Australian colonies and it remained so throughout the period of the study, its image sometimes featuring on Christmas cards.<sup>1138</sup> Because it was expensive, some poor farmers ate preserved ginger only at Christmas time.<sup>1139</sup> In December 1918 Lassetter and Company advertised eight Christmas food hampers, five of which contained crystallized ginger or ginger in syrup, and the most expensive containing both.<sup>1140</sup> Beckett observed in 1984:

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<sup>1134</sup> Boyes, *Diaries and Letters*, 194-195.

<sup>1135</sup> Broadbent, Rickard and Steven, 150

<sup>1136</sup> Wilton, *Golden Threads*, 10.

<sup>1137</sup> Lydon, *Many Inventions*, 57.

<sup>1138</sup> Addison and McKay, 105; *Brisbane Courier*, 23 November 1921, 9; *Sydney Morning Herald*, 12 December 1831, 3; Personal communication from Toni Risson, 28 October 2009.

<sup>1139</sup> Personal communication from Toni Risson, 28 October 2009.

<sup>1140</sup> *Sydney Mail*, 11 December 1918, 33.



Crystallised ginger at Christmas stuck fast in the Australian psyche... it is still bought by thousands of Australians during the festive season. Most haven't the slightest idea as to why they automatically include it in their shopping *musts*.<sup>1141</sup>

From the early 1860s, small quantities of Australian-grown ginger were being preserved, and preserved ginger appeared regularly at Agricultural Exhibitions, as discussed previously. Walter Hill, curator of the Brisbane Botanic Gardens, displayed preserved ginger at exhibitions throughout the 1860s and 1870s.<sup>1142</sup> Others began to follow Hill's lead, also displaying preserved ginger at shows in and around Brisbane in the 1870s.<sup>1143</sup> The report for the 1879 Brisbane Exhibition states: 'Some preserved ginger is shown from Pimpama [south of Brisbane], and it is a matter for regret that more is not prepared for market.'<sup>1144</sup> Preserved ginger was among the exhibits in the Queensland Court at the Colonial and Indian Exhibition in London in 1886.<sup>1145</sup> Swallow and Derham from Cairns exhibited candied ginger at Melbourne's International Exhibition in 1888–1889.<sup>1146</sup> At an exhibition to mark the opening of the Northern Territory Court in September 1887, Mrs Holtze, wife of the Curator of Darwin's Government Gardens, displayed her preserved and pickled ginger.<sup>1147</sup> Some ginger was being preserved in northern New South Wales. In 1897, John Bale from the Richmond River sent to the Department of Agriculture seven

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<sup>1141</sup> Beckett, 162.

<sup>1142</sup> *Brisbane Courier*, 10 July 1861, 3; 30 October 1861, 2; 8 June 1868, 3; 30 April 1869, 2; 15 May 1869, 2; 3 September 1870, 3; 30 September 1876, 6; 23 August 1880, 5; *Industrial Progress of New South Wales*, 252; Royal National Agricultural and Industrial Association Catalogues, 1876, 57; 1877, 90; J. C. White, *Queensland the Progressive*, 61.

<sup>1143</sup> *Queenslander*, 14 May 1870, 11; *Brisbane Courier*, 28 January 1876, 3; 30 September 1876, 6; 15 November 1876, 6; Royal National Agricultural and Industrial Association Catalogues, 1876, 56; 1877, 88–90.

<sup>1144</sup> *Brisbane Courier*, 1 August 1879, 6.

<sup>1145</sup> *Catalogue of the Exhibits in the Queensland Court: Colonial and Indian Exhibition, London, 1886*, 14.

<sup>1146</sup> *Centennial International Exhibition*, 539.

<sup>1147</sup> *Northern Territory Times*, 10 September 1887, 3.

pounds of ginger, which he had grown and preserved, ‘as a sample of one of the minor industries suitable for that district.’<sup>1148</sup>

Preserved ginger was enjoyed in a wide variety of circumstances. It was served at the end of a lunch featuring all Australian foodstuffs given by the Orient Steam Navigation Company in London in December 1880.<sup>1149</sup> Preserved ginger was an important part of culinary culture in the Antarctic. Shackleton’s 1907 supplies included 144 pounds of crystallised ginger, almost 10 pounds per man.<sup>1150</sup> When they had no preserved ginger, the ever-creative Antarctic explorers made it from what they had on hand. Priestly reports that, while the six men of Scott’s expedition who spent the winter of 1912 in a snow cave had very little food:

Our chocolate and sugar ration ... was always satisfactory ... We invented various ways of eating both the chocolate and sugar. ... and when [Surgeon] Levick produced ginger tabloids ... we used to ring the changes also on preserved ginger (ginger and sugar)...<sup>1151</sup>

### **7.5.1 Home Cooking**

Table 33 shows the recipes for making preserved ginger, both real and imitation, in the 24 cookbooks analysed.

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<sup>1148</sup> *Sydney Morning Herald*, 29 May 1897, 9.

<sup>1149</sup> *Brisbane Courier*, 4 February 1881, 3.

<sup>1150</sup> Antarctic Heritage Trust.

<sup>1151</sup> Priestly, *Antarctic Adventure*, 283-284.

TABLE 33

## Recipes for Preserved Ginger and Mock Ginger

Cookbook	No.	Main Ingredient
Beeton	1	Apples
Abbott	1	Green or Dried Ginger
Rawson	1	Young Cucumbers
Pearson	2	Green Ginger, Ripe Melon
<i>Kookaburra</i>	1	Melon
<i>Goulburn</i>	1	Vegetable Marrow
Buller-Murphy	3	Melon, Vegetable Marrow (2)
Gilmore	1	Pie Melon
<i>W.M.U.</i>	2	Green Ginger, Pie Melon
Schauer	4	Green Ginger (2), Pie Melon (2)

Beeton provides basic instructions for preserving green ginger, providing further evidence that some green ginger was available in Britain.<sup>1152</sup> Abbott has a recipe for making preserved ginger from either green or dried ginger.<sup>1153</sup> Pearson, the *W.M.U. Cookery Book* and Schauer all provide recipes for preserving green ginger. However, most cookbooks, even those written by Queenslanders, continued to include recipes for making imitation preserved ginger using cucumbers, melons and marrows, or other substitutes such as pumpkin, pears and chokos.<sup>1154</sup> These everyday vegetables and fruits may have been cheaper than green ginger, but the findings also point to the continuity of British culinary traditions.

Because ginger had to be dried or preserved if it was to be marketed on a large scale, recipes for preserving green ginger were available in sources other than cookbooks and newspapers. Hockings includes instructions for preserving ginger in his 1865 *Queensland*

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<sup>1152</sup> Beeton, 685.

<sup>1153</sup> Abbott, 145.

<sup>1154</sup> *Australian Town and Country*, 8 May 1875, 745; Bannerman et al., *Acquired Tastes*, 33.

*Garden Manual*.<sup>1155</sup> In 1873 and 1874, the Queensland Acclimatisation Society published recipes for preserving ginger, the first from Dr Waugh, using ‘the method adopted by the Chinese and Indian preservers’, and the second based on information from a native of Canton.<sup>1156</sup> Botanist Fred Turner, who considered preserved ginger to be the most marketable form of ginger, produced detailed instructions to farmers in the *New South Wales Agricultural Gazette* in 1890 and 1891.<sup>1157</sup> In 1922, the *Pharmaceutical Journal and Pharmacist* published notes from the Jamaica Agricultural Society, in a reply to a ‘question as to the methods in vogue in China for the purpose of neutralizing the pungency in ginger intended for use as dessert (preserved) ginger’.<sup>1158</sup> Clearly, preserved ginger was still considered to have medicinal properties.

### 7.5.2 Commercial Manufacturers

By the 1870s, some European ginger growers were preserving their ginger, as discussed earlier, but these ventures would seem to have been on a small scale. In 1890, the *Brisbane Courier* reported that some Chinese in the Cairns district were about to start a company to preserve locally grown ginger, noting that:

‘We have seen a sample of ginger preserved by a Chinese expert now in Geraldton which is simply perfect, being in every way equal to the highly appreciated imported article.’<sup>1159</sup>

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<sup>1155</sup> Hockings, *Queensland Garden Manual*, 130.

<sup>1156</sup> *Brisbane Courier*, 16 June 1873, 3; 18 August 1873, 3; 23 January 1874, 3.

<sup>1157</sup> Fred Turner, “Cultivation of Ginger,” 298; Fred Turner, “New Commercial Crops,” 509.

<sup>1158</sup> *Pharmaceutical Journal and Pharmacist*, 19 August 1922, 208.

<sup>1159</sup> *Brisbane Courier*, 22 September 1890, 7.

The fate of this company could not be determined. Another Chinese company, Joy, Sun, Chan and Company, Brisbane, was registered as a ginger manufacturer, producing dry and preserved ginger in 1899, but it is not known if they were using Australian ginger.<sup>1160</sup>

Before the 1940s few, if any, large-scale Australian manufacturers preserved locally grown ginger. Instead, they used ginger partially preserved in brine or syrup imported from China and Hong Kong. Little information about these companies could be found.

Manufacturers such as Hargreaves and the Duthie Brothers, who also made jam, were mentioned previously. In about 1910, Deakin and Ewing of Stanmore, New South Wales, began to specialise in the manufacture of preserved ginger, using ginger in brine from China. By 1925, they were advertising preserved ginger ‘specially prepared for Chocolate Dipping and Manufacturing Purposes’.<sup>1161</sup> In the 1920s other wholesalers, such as the General Wholesale Supply Company and William Fraser, were advertising ginger for use in the confectionery trade.<sup>1162</sup> By 1930, much of the ginger consumed in Australia was in the form of preserved ginger, for the manufacture of which some 700 tons of ginger in brine or syrup were imported annually. Approximately 35 tons of preserved ginger was also imported per annum.<sup>1163</sup> These figures attest to the popularity of preserved ginger.

### 7.5.3 East Meets West

Preserved ginger has been part of the culinary culture of the Chinese for thousands of years. Its importance is highlighted by the fact that those who went to America in the early

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<sup>1160</sup> *Queensland Government Gazette* 71, no. 139 (20 May 1899): 1308.

<sup>1161</sup> Commonwealth, *Tariff Board's Report*, 1931, 5; *Australasian Confectioner and Soda Fountain Journal*, 24 January 1925, 40.

<sup>1162</sup> *Argus*, 1 August 1923, 7; *Australasian Confectioner and Soda Fountain*, 24 January 1925, 77.

<sup>1163</sup> Commonwealth, *Tariff Board's Report*, 1931, 4, 6.

19th century were each allowed take with them two jars of preserved ginger for their personal use.<sup>1164</sup> The long-term taste for preserved ginger was one of the very few food traditions shared by Chinese and British immigrants to Australia. Preserved ginger came from China in ceramic jars, the jars varying in quality from relatively plain green-glazed stoneware for use by the Chinese, to finer and more decorative blue-and-white glazed ware for Europeans.<sup>1165</sup> Green-glazed earthenware jars have been discovered in excavations of former sites occupied by early Chinese throughout Australia, including: The Rocks in Sydney; the Palmer River, Cooktown, and Innisfail, in Queensland; Pine Creek in the Northern Territory; and the Blue Tier mining centre in North East Tasmania.<sup>1166</sup> Once the ginger had been eaten, the ginger jars were often re-used as tea caddies, jam pots, or storage jars, or simply displayed on a mantelpiece.<sup>1167</sup> Beckett maintains that sometimes Chinese jars were the only ornaments in country cottages.<sup>1168</sup>

Jars of preserved ginger were more than mere sweetmeats or ornaments, however. As Shun Wah and Aitkin explain: ‘For many Chinese, the giving of food is an act of friendship, generosity and affection.’<sup>1169</sup> In Australia, the gift of food, which often included jars of preserved ginger, also became a form of communication between Chinese and Europeans.<sup>1170</sup> Wilton points out that from the 1850s:

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<sup>1164</sup> Kiple and Ornelas, *Cambridge World History of Food*, 1313-1314.

<sup>1165</sup> Lydon, 153, 216, 230-232.

<sup>1166</sup> Muir, “Ceramics in the Museum of Chinese Australian History,” 45-46; Karskens, 1999, 131; Lydon, 97, 216; Comber, “Chinese Sites on the Palmer Goldfield,” 211; Rains, “Intersections,” 285; Ovenden, *Chinese Connection Innisfail*, 105; McCarthy, “Tales of the Empire City,” 200; Vivian, *Tasmania’s Chinese Heritage*, 109.

<sup>1167</sup> Broadbent, Rickard and Steven, 143-144, 150; Galloway, 7; Lydon, 216; Rains, “Intersections,” 286, 296-297.

<sup>1168</sup> Beckett, 162.

<sup>1169</sup> Shun Wah and Aitkin, *Banquet*, 92.

<sup>1170</sup> Galloway, 7; Lydon, 173.

Chinese hospitality, expressed through sharing food and drink, was ... one of the main and most comfortable ways of communicating across the cultural divide which separates Chinese from non-Chinese traditions. It is an interaction and desire well symbolised in Chinese 'ginger jars' and the recollections associated with them.<sup>1171</sup>

Across Australia, Chinese ginger jars became a common gift from Chinese to their friends, neighbours and business associates.<sup>1172</sup> They were especially important at Christmas time and Chinese New Year, when Chinese merchants, shopkeepers, and market gardeners gave gifts of blue-and-white jars of ginger to their European customers, a practice which had become widespread by the late 1800s.<sup>1173</sup> For example, at Maytown on the Palmer River goldfield in the early 1880s, a Chinese employed to supply the Waite family with water and firewood brought them Christmas presents, including a jar of preserved ginger.<sup>1174</sup> In 1896, a woman who had been presented with three jars of ginger by a Chinese vegetable seller described the 'mysterious hieroglyphics which daily confronted [her] on the tops of ginger jars and tea caddies.'<sup>1175</sup> Patsy Adam-Smith recalls the kindness of the Chinese market gardener who, one Christmas when her father was recovering from a serious accident, gave her mother not only 'the traditional jar of ginger in syrup' but also a large box of fruit and vegetables.<sup>1176</sup>

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<sup>1171</sup> Wilton, 82.

<sup>1172</sup> Galloway, 7; Wilton, *Golden Threads*, 82.

<sup>1173</sup> Beckett, 162; Fielding, interview with author, 6; Lydon, 57-8; Morris, "Chinese Market Gardens," 7; Rolls, *Citizens*, 128; Wilton, *Golden Threads*, 82.

<sup>1174</sup> Bev Shay and John Shay, *Chinese on the Goldfields*, 29.

<sup>1175</sup> Galloway, "Chinese in The Rocks." 7.

<sup>1176</sup> Adam-Smith, *Hear the Train Blow*, 146-147.

Chinese people in Sydney's The Rocks gave jars of ginger to members of the police force, customs and immigration officials, and other people working on the wharfs.<sup>1177</sup> In 1891, the Mayor of North Botany, in defending the local Chinese against criticism of their way of life, reported that they gave him preserved ginger at Christmas time.<sup>1178</sup> During the 1920s and 1930s, the young man who collected the rent from Chinese market gardeners in Botany was given gifts, including a jar of ginger, at Chinese New Year.<sup>1179</sup> David Hockings, who grew up on Thursday Island where his father was a pearler, remembers Chinese traders giving elaborate jars of preserved ginger to their business colleagues.<sup>1180</sup> The practice continued, Lennie Wallace recalling that during World War II in Tully, North Queensland:

While most goods were in extremely short supply, trades-people still delivered 'orders' of what was available ... [including] two Chinese gardeners ... Willie was the more genial of the two and always tried, at Christmas, to bring some gift for his better customers. Until the war cut off his supply line and his store depleted, it was usually a small jar of ginger preserved in a deliciously tangy syrup.<sup>1181</sup>

## 7.6 Chinese Cooking

Cooking is an art which the Chinese have fostered for some four to five thousand years, and many recipes have been handed down from time immemorial. The legendary sage, Confucius ... knew good food ... he realized the worth of vegetables in their correct

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<sup>1177</sup> Lydon, 149, 152.

<sup>1178</sup> Fitzgerald, *Red Tape, Gold Scissors*, 96.

<sup>1179</sup> Morris, 7.

<sup>1180</sup> Personal communication, 24 July 2008. David Hockings is a descendant of Albert Hockings.

<sup>1181</sup> Wallace, *From Nanango to Cooktown*, 49.



proportion and the use of green ginger as a flavouring medium. Chinese to-day still use ginger and vegetables in the same proportion as did he.<sup>1182</sup>

Chinese settlers in Australia, like the British, brought their own culinary traditions. As discussed previously, while studies of the Chinese in Australia concluded that, at least in their larger settlements, the Chinese were able to maintain much of their traditional way of life, including dietary and medicinal habits, specific information is limited. Some first hand evidence is provided by James Crawford, member of the British Foreign Office who, following a visit to Cooktown in 1877, reported that the Chinese were adhering to their traditional diet.<sup>1183</sup> Archaeological surveys have revealed numerous ovens built by Chinese miners in late 19<sup>th</sup> and early 20<sup>th</sup> centuries in many parts of Australia, from Tasmania to the Northern Territory. These ovens were used to roast whole pigs for special occasions, the pig being marinated in garlic, fresh ginger and soy sauce.<sup>1184</sup>

Five English-language Chinese cookbooks, available in Australia in the 1940s and early 1950s, were studied to identify recipes in which ginger is an ingredient and those containing condiments likely to include ginger. The list of books and detailed results are shown in Appendix 11.7. Since the books are written in English, they do not necessarily represent the eating habits of the majority of Chinese in Australia. Nevertheless, the recipes purport to reflect the ‘ancient traditions of China ... carefully preserved through the centuries’ and thus can be considered representative of what some Chinese were eating.<sup>1185</sup>

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<sup>1182</sup> Yep, *Chinese Recipes for Home Cooking*, 7.

<sup>1183</sup> Crawford, “Chinese Immigration in the Australian Colonies”, 17, 26-27.

<sup>1184</sup> Helen Vivian, *Tasmania’s Chinese Heritage*, 49, 55, 60-62, 87, 93; Peter Bell, “Chinese Ovens on Mining Settlement Sites,” 213, 220, 223; Denise Gaughwin, “Chinese Settlement Sites in North East Tasmania,” 231, 235-236; Mickey Dewar, “The Orient in the Outback,” 30; Hooper, *North Queensland Deserted Towns*, 40.

<sup>1185</sup> L. M. Wang, Chinese Consulate-General, Sydney, in Yep, 5.

The books were designed to introduce Europeans to authentic traditional Chinese recipes, albeit those suitable for the Occidental palate.<sup>1186</sup> Even more importantly, their purpose was to foster understanding and good relations between Chinese and Europeans. The Australia-China Association in Melbourne published Mrs Sie's book as a good-will gesture.<sup>1187</sup> Her belief was that: 'If you wish to be friendly with your neighbour, first learn to enjoy his food.'<sup>1188</sup> Similar sentiments were expressed in the Forward to Sou San's book: 'perhaps understanding between peoples may be effected more speedily through the stomach than the mind'.<sup>1189</sup> Yep maintains that the 'greatest aid to a happy understanding between peoples is wining and dining together'.<sup>1190</sup> Sou San, an Australian-born Chinese, also wanted to assist other Australian-born Chinese maintain their culinary traditions.<sup>1191</sup>

Table 34 summarises the results of the analysis of the five cookbooks, the recipes grouped into the categories used by the authors. Ginger is used mainly in meat, poultry and fish dishes, and soups. Since vegetables are an integral part of most savoury dishes, there are relatively few separate recipes for vegetables.<sup>1192</sup>

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<sup>1186</sup> Geechoun, 5-6; W. G. Goddard, in Forward to Sou San, *Chinese Culinary in Plain English*, 3; Yep, 10, back cover.

<sup>1187</sup> <http://www.collectionsaustralia.net.au/>.

<sup>1188</sup> Sie, *Fifty Recipes for Famous Chinese Dishes*. The title is a misnomer as the book contains only 37 recipes.

<sup>1189</sup> W.G. Goddard, in Sou San, 3.

<sup>1190</sup> L.M. Wang, in Yep, 5.

<sup>1191</sup> Sou San, 11.

<sup>1192</sup> M. P. Lee, 8.

**TABLE 34**  
**Chinese Recipes Containing Ginger**

<b>Author</b>	<b>Total Recipes</b>	<b>% With Ginger</b>	<b>Category</b>	<b>No. With Ginger</b>
<b>Lee</b>	100	16	Meat & Poultry	9
			Fish	4
			Soups	2
			Noodles	1
<b>Sie</b>	37	27	Meat & Poultry	4
			Fish	4
			Vegetables	1
			Marinades, Sauces, Condiments	1
<b>Geechoun</b>	34	35	Meat & Poultry	6
			Fish	4
			Soups	2
<b>Sou San</b>	171	23	Meat & Poultry	15
			Fish	5
			Soups	7
			Noodles	2
			Vegetables	7
			Marinades, Sauces, Condiments	4
<b>Yep</b>	91	40	Meat & Poultry	13
			Fish	8
			Soups	10
			Noodles	4
			Marinades, Sauces, Condiments	1

The quote from Yep at the beginning of this Section makes it clear that ginger remained as integral to Chinese cooking in mid-20<sup>th</sup> century Australia as it had been in China for thousands of years. Sou San lists green ginger among the essentials of Chinese cuisine.<sup>1193</sup> Both he and Yep recommend using ginger to neutralise the taste of meat and fish, especially crab.<sup>1194</sup> Sou San also recommends using young, fresh ginger as a vegetable.<sup>1195</sup>

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<sup>1193</sup> Sou San, 6.

<sup>1194</sup> Sou San, 7; Yep, 21.

<sup>1195</sup> Sou San, 100.

Pickled Pigs' Trotters, discussed previously, is a 'dish from the Chinese hinterland, reputed to be strengthening both for pre-natal and post-natal cases.'<sup>1196</sup>

While the recipes are traditional Chinese ones, substitutes for some ingredients are allowed.<sup>1197</sup> Lee's *Chinese Cookery* was published in wartime London. In several recipes, powdered ginger is given as an alternative to fresh ginger, presumably because of the difficulty of obtaining fresh ginger. A couple of recipes are identified as not authentic Chinese. Chop Suey, a mixture of meat and vegetables, originated in the United States at the end of the 19<sup>th</sup> century and had become well known in the West by the 1940s.<sup>1198</sup> As discussed earlier, recipes for considerably adapted versions had begun to appear in Australian cookbooks. Sometimes Chinese cooks, too, adapted to local demands. Sou San's Sweet and Sour Liver and Meat recipe originated in Cooktown, as he explains:

This is not a Chinese nor is it English dish. It happened in the [eighteen] eighties a young and raw Chinese came out to Australia to scratch for gold, but to his disappointment it was harder work than he expected, so he humped his swag and cleared into town, and got a job as handyman and cook at a hotel. The publican told him to cook some stew for the family. As he knew nothing about stew cooking, this is what he cooked. When the publican tasted it, he called the cook out, who was then shaking with fear that the boss was going to kick him for cooking such a concoction, but instead he praised his cooking and raised his wages from 12/6 to 15/- per week. He was on that job for ten years. This happened in Cooktown, North Queensland.<sup>1199</sup>

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<sup>1196</sup> Yep, 67.

<sup>1197</sup> Sou San, 6.

<sup>1198</sup> M. P. Lee, 9; Sou San, 13; Yep, 27.

<sup>1199</sup> Sou San, 39-40.

The use of ginger in Chinese cooking is clearly very different from its use in British cooking. The Chinese use ginger directly in a variety of savoury dishes. There are few recipes for condiments in the books studied, though many Chinese condiments were imported. None of the books contain recipes for sweet dishes or beverages, Lee explaining that ‘it is not the Chinese custom to have sweets following every meal’.<sup>1200</sup> The only use of ginger, common to Chinese, British and Australian cookbooks, is in pickles. Sie and Yep include recipes for pickled cucumber, and Sou San for a mixed vegetable pickle.<sup>1201</sup> Sie uses tomato sauce in some recipes.

## 7.7 Summary and Conclusions

Ginger, an important ingredient in 18<sup>th</sup> century British culinary culture, was used in a wide range of sweet dishes including biscuits, cakes and puddings, and jams, preserves and confectionery. It was used also in sauces, pickles, chutneys and curry powders which, in turn, were an essential component of many savoury dishes. British settlers arrived in Australia determined to maintain their familiar eating habits. This study of the uses of ginger in Australian food from 1788 provides compelling evidence of some ways in which traditional British culinary practices were followed into the mid-20<sup>th</sup> century. Early settlers brought with them cookbooks and household records. When Australian cookbooks began to be published in the late 19<sup>th</sup> century, they varied little from their British counterparts. Indeed, many recipes containing ginger remained essentially unchanged over the 200-year period spanned by the books studied. From the mid-19<sup>th</sup> century, some Australian cooks began to use green ginger instead of powdered ginger in their jams and, a little later, in chutneys and pickles. This reflected the ready availability of fresh ginger and its superior

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<sup>1200</sup> M. P. Lee, 13.

<sup>1201</sup> Sie, Recipe 35; Sou San, 28; Yep, 53.

flavour, rather than a change in eating practices. Food manufacturers also produced traditional British foodstuffs containing ginger. The earliest bakers in Sydney made gingerbread. Australian manufacture of jams, preserves, and condiments began in the mid-19<sup>th</sup> century, and large quantities of these products were imported, although for some decades those made by home cooks were preferred. By 1930, some 1000 tons of ginger was imported each year to meet the continuing demands for traditional British ginger-flavoured foodstuffs.

Chinese settlers, too, strove to maintain their traditional culinary practices in which ginger, and especially green ginger, was an essential component. Common to both Chinese and British food traditions was preserved ginger. From the 1850s jars of preserved ginger became a form of communication between the two cultures, as Chinese merchants and market gardeners gave gifts preserved ginger to their European friends and customers, especially at Christmas time and Chinese New Year. By the mid-20<sup>th</sup> century, English-language Chinese cookbooks encouraged further communication and understanding, and Chinese cuisine began to change Australian eating habits.

**INCORRIGIBLE COLONIST:  
GINGER IN AUSTRALIA, 1788–1950**

**VOLUME 2**

## 8 GINGER BEER AND OTHER BEVERAGES

Ginger beer was one of the most popular drinks in early Australia.<sup>1</sup> Enjoyed by both adults and children, ginger beer remained popular for the totality of the period studied, featuring at most social occasions from children's picnics to formal balls.<sup>2</sup> Ginger also was used in a variety of other beverages, not only as the major flavouring ingredient in drinks such as ginger ale and ginger wine, but also to enhance the flavour of hop beer and spruce beer.<sup>3</sup> In the 1850s, many breweries used ginger 'to give bitterness and pungency' to their beer.<sup>4</sup>

Over time, the nature and composition of some ginger beverages changed, and the same names were used to describe quite different drinks. Originally, ginger beer was brewed using yeast, and some ginger beer continues to be made in the traditional manner.

Although brewed ginger beer contained about 2% alcohol, it was considered to be a soft drink.<sup>5</sup> From the 1840s, many manufacturers began to produce alcohol-free ginger beer using carbonated water. Other manufacturers and some home cooks also made ginger beer from ginger beer powders. Early recipes for ginger ale are very similar to those for ginger beer, but later the term came to be used primarily to describe aerated ginger beer, sometimes also called *gingerade*. While ginger wine is alcoholic, during the late 1800s and early 1900s the term *ginger wine* was also used to denote a cordial, some versions of which contained large quantities of alcohol while others were simply based on sugar syrup. Ginger brandy was usually ginger-flavoured brandy, though some so-called *ginger brandy*

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<sup>1</sup> David Jones, *One Hundred Thirsty Years*, 2; Max Kelly, *Anchored in a Small Cove*, 66; Thomas Pearson, "Early Australian Ginger-Beer Factories," 30.

<sup>2</sup> Sharpe, *Heavenly Ginger Beer*, 35.

<sup>3</sup> Spruce beer is flavoured with the buds, needles, or essence of spruce trees.

<sup>4</sup> *Australian Cordial-Maker*, 16 September 1904, 16.

<sup>5</sup> Beers and cordials with less than 3% of proof spirit could be sold without a licence (MacEwan, *Pharmaceutical Formulas*, 278, 286).



contained no alcohol. This chapter investigates the production and consumption of ginger beverages in Australia, from the beginning of European settlement until the 1950s. The beverages are referred to by the names used in the sources cited. Ginger beer was among the earliest foodstuffs manufactured commercially in Australia. Because of its widespread and continuing popularity, and thanks to bottle collectors, more information is available about the manufacture of ginger beer than about any of the foodstuffs discussed previously.

## 8.1 Common Uses

Ginger beer was considered to be essential picnic fare by cookbook authors such as Beeton, Abbott, and Rawson, and it was widely enjoyed as such.<sup>6</sup> It was included, for example, in the refreshments at the St. Joseph's Sunday School Picnic, Townsville, in May 1875, and the Perth Boys' School Picnic in February 1876.<sup>7</sup> In June 1896, Cairns school children who helped pick coffee beans at the Kamerunga State Nursery were rewarded with 'a picnic, enlivened by ginger beer'.<sup>8</sup> Sandra Pugsley includes ginger beer among traditional foodstuffs suitable for a picnic to celebrate South Australia's 150<sup>th</sup> Jubilee.<sup>9</sup>

At Melbourne's first race meeting in 1838, refreshment booths run by publicans J. Fawkner and Michael Carr sold ginger beer.<sup>10</sup> The 'ginger beer booths ... had it all their own way' at the Greenough Races, Perth, in March 1876, when the Resident Magistrate would not grant licences for publicans to sell alcohol. At this event, 'the only fight was

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<sup>6</sup> Beeton, *Book of Household Management*, 915-916; Abbott, *Colonial Cook Book*, 217; Rawson, *Australian Enquiry Book*, 101.

<sup>7</sup> Addison and McKay, *Good Plain Cook*, 64; *Western Australian Times*, 29 February 1876, 2.

<sup>8</sup> *Cairns Argus* 10 June 1896; Ebenezer Cowley, "Scrapbook".

<sup>9</sup> Pugsley and Rosier, *Butterscotch and Ginger Beer*, 31.

<sup>10</sup> *Garryowen's Melbourne*, 143.

occasioned by Good Templars getting over-excited on ginger beer.’<sup>11</sup> Ginger beverages were popular, too, at informal race meetings, sometimes with similar unfortunate results. Mary Banks recalled that, on Boxing Day, c.1900:

The whole population of [Cressbrook] station betook itself to the Middle Plain for a picnic and horse-races. Other stations joined us... there were kegs of [brewed] ginger ale... When all were intent on the racing, the children, being hot and thirsty, stole unobserved to the kegs of ginger ale, but the mastery of this magic drink was with the taps... The keeper of the taps was away with the racers and the children had recourse only to a keg with a drip; from this, however, they managed to catch ginger ale enough for solace, and were found in heavy slumber under the kegs.<sup>12</sup>

Godfrey Mundy reports that, during the annual exhibition of the Illawarra Agricultural Society in Wollongong in 1849, the ‘little quiet village hotel was converted ... into a noisy tavern... It was very thirsty weather ... some excuse for profuse ingurgitation of malt liquors, ginger beer, etc.’<sup>13</sup> Ginger beer was available to patrons at the Brisbane Exhibition in the 1870s.<sup>14</sup>

Even before Beeton included ginger beer as one of the necessities for a Ball supper, Louisa Meredith listed ginger beer among the refreshments served at a Shilling Ball, which she and her husband attended in Melbourne in 1856.<sup>15</sup> Ginger beer was drunk on other special occasions. Hilda Brotherton, recalling her childhood near Brisbane in the late 1890s,

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<sup>11</sup> *Western Australian Times*, 3 March 1876, 3. The Good Templars was a temperance society.

<sup>12</sup> Mary Banks, *Memories of Pioneer Days*, 57-58.

<sup>13</sup> Mundy, *Our Antipodes*, 172.

<sup>14</sup> Scott and Laurie, *Showtime*, 92.

<sup>15</sup> Beeton, 914; Weidenhofer, *Colonial Ladies*, 45.

describes the family making ginger beer for her sister's wedding party.<sup>16</sup> Sorenson reports that, in preparation for a bush Christmas in the early 20<sup>th</sup> century: 'Hop-beer, ginger-beer and honeymeade [were] made, and stored away in kegs and bottles.'<sup>17</sup> Patsy Adam-Smith remembers that one Christmas during the Great Depression, 'though things were thin ... the bath was the storage place for two dozen bottles of home-made ginger beer'.<sup>18</sup> Importantly, as Rawson points out, ginger beer was easy to make:

Most people like ginger beer, and as it is so cheap and so simply made few households need be without it. If the housekeeper has no time to make it, one of the young children can. My boy of ten years old made a brew yesterday, and as I sit here writing, I can hear some corks popping one after the other, he did not trouble to tie them down.<sup>19</sup>

Ginger beer powders, available from chemists by the 1820s, were used to make ginger beer when bottled ginger beer was impractical, such as when travelling or for bush picnics.<sup>20</sup> Mossman and Banister describe a voyage to Australia in the mid-19<sup>th</sup> century during which 'Quantities of ginger-beer and soda-powders effervesced to quench a universal thirst' when the ship got into the doldrums north of the equator.<sup>21</sup> Other ginger beverages, too, were popular. Soon after arriving at her new home on the Mornington Peninsula, Victoria, in 1845, Georgina McCrae reported unpacking a case 'sent on board the boat by Mr Westgarth and found [among] the contents ... bottles of ... ginger cordial.'<sup>22</sup>

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<sup>16</sup> Brotherton, *My Family Album*, Preface, 36.

<sup>17</sup> Sorenson, *Life in the Australian Backblocks*, 292.

<sup>18</sup> Adam-Smith, *Hear the Train Blow*, 146.

<sup>19</sup> Rawson, *Australian Enquiry Book*, 91.

<sup>20</sup> *Ibid.*, 94.

<sup>21</sup> Mossman and Banister, *Australia Visited and Revisited*, 3.

<sup>22</sup> McCrae, *Georgiana's Journal*, 192.

The important role of ginger beverages is confirmed in other sources. In 1870, Annie Burnett wrote from Queensland to her mother in England, asking for a recipe for ginger wine.<sup>23</sup> Dominic Daly recalled her mother brewing ginger beer in Darwin in the early 1870s.<sup>24</sup> In the late 19<sup>th</sup> century, Chinese merchants who invited Europeans to share celebratory feasts included foodstuffs such as ginger beer ‘to put European guests at ease in their unfamiliar surroundings.’<sup>25</sup>

The cultural role of ginger beverages was such that they were included in Antarctic rations. During his 1901-1904 Antarctic Expedition, Scott recorded having ‘a supply of “sparkletts” that make excellent ginger-beer’.<sup>26</sup> When ginger beer was not available, substitutes were found. During Scott’s second Expedition, Priestly was one of the men forced to spend two winters separated from the main party. He recalled that, by May 1912:

The chief trend of our thoughts now was always of food... [Surgeon] Levick’s medicine-chest was also brought into requisition... The ginger tabloids were very nice dissolved in water and sweetened with sugar, when they went by the name of “ginger-beer”...<sup>27</sup>

Mawson’s supplies included not only bottled ginger ale and ginger wine, but also syphons for making aerated ginger beer.<sup>28</sup>

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<sup>23</sup> Annie Burnett, letter to her family in England, 14 November 1870, private collection.

<sup>24</sup> Daly, *Digging, Squatting and Pioneering*, 122.

<sup>25</sup> Hoy and Monaghan-Jamieson, “Chinese Feasts and Festivals,” 6-8.

<sup>26</sup> Robert Falcon Scott, *Voyage of ‘Discovery’*, 301.

<sup>27</sup> Priestly, *Antarctic Adventure*, 287.

<sup>28</sup> Douglas Mawson, *Australasian Antarctic Expedition*.

Ginger beverages were considered to have medicinal properties, as will be discussed further in Chapter 9. Ginger syrup was used as a digestive.<sup>29</sup> Abbott describes ginger wine as ‘an old lady’s specific for many ailments’.<sup>30</sup> In 1871, the *Brisbane Courier* provided recipes for healthy field drinks, including ginger beer and soda cream flavoured with ginger, as substitutes for the rum, molasses and water which many agriculturalists offered their workmen and which resulted in ‘many a youth form[ing] his first taste for liquor by partaking of what he esteems a most delicious beverage.’<sup>31</sup> Gilmore recalled that, during wheat harvests, ‘Our standard field-drinks ... [included] demijohns of hop-beer ... and a mixture made of a good cupful of oatmeal to a gallon of water, to which were added ground ginger’.<sup>32</sup> Rita, one of those who warned against overindulgence in tea, recommended instead a variety of beverages including ginger beer, hop beer, ginger wine, and ginger cordial, all ‘recommended as assisting to cure slight internal disorders’ such as flatulence and dyspepsia.<sup>33</sup> It was even suggested that beverages such as ginger ale and ginger tea might be used to cure excessive drinking habits.<sup>34</sup>

Huntington maintains that, by the 1820s, ‘there were few places in the world ... where in proportion to population more intoxicating drinks were consumed than in the towns of the Australian colonies.’<sup>35</sup> In 1859, Fowler reported that such drinking habits were ‘ruining a large class of the population’.<sup>36</sup> The temperance movement, which began in the 1830s,

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<sup>29</sup> *Courier (Hobart)*, 30 March 1853; 2 April 1853, 1.

<sup>30</sup> Abbott, 132.

<sup>31</sup> *Brisbane Courier*, 16 December 1871, 7.

<sup>32</sup> Gilmore, *More Recollections*, 86-87.

<sup>33</sup> Rita, *Cottage Cookery*, 46-47.

<sup>34</sup> *Maitland Mercury*, 15 May 1883, 7.

<sup>35</sup> Huntington, September 16, 1904, 11.

<sup>36</sup> Fowler, *Southern Lights and Shadows*, 52.

encouraged the consumption of ginger beverages as alternatives to alcoholic drinks.<sup>37</sup> It was suggested that: ‘on a hot, thirsty day ginger beer is possibly the most refreshing non-alcoholic drink we have yet devised’.<sup>38</sup> An article in the *Australian Cordial-Maker* in 1904 endorsed the consumption of ginger ale:

The one particular temperance beverage which is commanding a world-wide influence, is ginger ale... The popularity of ginger ale is a matter of fact. In this connection medical men ... are giving more attention than ever before ... to find something that will exhilarate, but not fan the flame. The doctors are almost a unit in the belief that this something has been found in the form of ginger ale...

... bottlers could easily help to increase the consumption of ginger ale, and thus do all a lasting benefit’.<sup>39</sup>

The temperance movement, which remained active into the 20<sup>th</sup> century, appears to have had some effects on drinking habits. According to Blainey, the sale of soft drinks rose dramatically in the second half of the 19<sup>th</sup> century and, by 1910, half of the population preferred soft drinks such as ginger beer to beer and spirits.<sup>40</sup> As discussed earlier, however, not all ginger beverages are non-alcoholic. One newspaper report argued that the ‘so-called temperance drinks, ginger wine and others of the same sort, are well known to be highly intoxicating. The sale and use of them, under the pretence of temperance, is sheer humbug.’<sup>41</sup>

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<sup>37</sup> Addison and McKay, 21; Sharpe, 49.

<sup>38</sup> Sharpe, 35, citing John Tasker. Originally the temperance movement favoured “moderation in the consumption of alcohol but this eventually became total abstinence” ([www.curriculum.edu.au/cce/glossary.9584.html](http://www.curriculum.edu.au/cce/glossary.9584.html)).

<sup>39</sup> *Australian Cordial-Maker*, September 16, 1904, 15-16.

<sup>40</sup> Blainey, *Black Kettle and Full Moon*, 287, 369.

<sup>41</sup> *Courier* (Hobart), 1 March 1854, 2.

Ginger beverages, especially ginger beer, were often mixed with other beverages in a variety of punches and other more potent drinks. The tippie most in demand at Melbourne's first race meeting in 1838 'was a "spider" (an infusion of brandy and ginger-beer)... Weak shandygass (ginger-beer and beer) was the favourite beverage of such of the ladies as indulged in an out-door restorative.'<sup>42</sup> The spider, sometimes called a *stone-fence*, was one of the favourite beverages in the mid-19<sup>th</sup> century.<sup>43</sup> Variations included the 'snowball', consisting of brandy, egg, sugar, and ginger ale, and the 'shandygaff', made with beer, ginger beer, and brandy.<sup>44</sup> Another popular beverage at the time was a Lola Mondez, made from gin, ginger, and lemon.<sup>45</sup> The consequences of imbibing such drinks were potentially dire, as illustrated in a report in the *Moreton Bay Courier* in December 1847:

At the Police-office, on Wednesday week, a vixenish-looking woman, ... appeared before the Magistrates, charged by Mr. Andrew Graham, of the Harp of Erin Tavern, South Brisbane, with making use of abusive language, and assaulting both him and his wife. Mr. Graham stated that the Defendant came into his house on the evening in question, and called for a stone-fence, *alias* brandy and ginger beer. Having partook of what had been ordered, she was about leaving the place, and the landlord asked for payment, when she abused him and struck his wife, without the slightest provocation. She then went outside, and in the true Lady Barrymore style, commenced throwing stones, one of which passed through the window and broke two panes of glass, damaging the counter of the bar; she was shortly afterwards given into custody, and confined in the lock-up. The Bench sentenced her to pay a

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<sup>42</sup> *Garryowen's Melbourne*, 143.

<sup>43</sup> Fowler, Frank, 52; *Garryowen's Melbourne*, 143; William Kelly, *Life in Victoria*, 1:135, 331.

<sup>44</sup> Beckett, *Convicted Tastes*, 195.

<sup>45</sup> Fowler, 52; Symons, *One Continuous Picnic*, 68.

fine of ten shillings for drunkenness, or in default of payment, twenty-four hours solitary confinement on bread and water in the cells.<sup>46</sup>

In the early days of the Northern Territory, out-of work miners turned to other pursuits such as making their own beverages. Some contained ginger, presumably to counteract some of the more unpleasant-tasting ingredients. Alan Powell reports that:

Confronted by the deadly monotony of bush life, by poor food and poorer living conditions ... men drank. When liquor ran short they concocted their own. One well known recipe ran: "Gin + kerosene + sugar, worcester sauce and ginger; quantities to taste, whatever one has on hand".<sup>47</sup>

Miners reputedly used a similar concoction, of rum mixed with methylated spirits, kerosene, Worcestershire sauce, sugar and ginger, as a cure for malaria in 1895.<sup>48</sup>

As new types of beverages came into vogue, ginger continued to be a popular flavouring. Between the Wars, ginger-beer cocktails were served at parties.<sup>49</sup> Recipes for punch based on ginger beer or ginger ale often appeared in newspapers and magazines.<sup>50</sup> Soda fountains, which became popular in the early 20<sup>th</sup> century, sold ginger-flavoured drinks such as Pine-Ginger Cup, Ginger Mint Nectar, and Malted Ginger Egg Shake.<sup>51</sup>

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<sup>46</sup> *Moreton Bay Courier*, 18 December 1847, 2 .

<sup>47</sup> Alan Powell, *Far Country*, 94.

<sup>48</sup> Rolls, *Sojourners*, 281.

<sup>49</sup> Symons, 166.

<sup>50</sup> Addison and McKay, 82-83

<sup>51</sup> Tuckwell, *Collecting South Australian Codd Bottles*, 48; Photograph c.1940s from Toni Risson; *Australasian Confectioner and Soda Fountain*, 24 February 1925, 18-19, 22.



## 8.2 Home Cooking

Australian home cooks commonly made ginger beverages, especially ginger beer.<sup>52</sup>

Recipes were plentiful, not only in published cookbooks but also in household records.

Fleetwood records include two recipes for whisky-based ginger cordial and one for ginger

wine.<sup>53</sup> Six of Scott's 18 food recipes are for ginger beverages, three for ginger wine, two

for ginger beer and one for hop beer.<sup>54</sup> One of her ginger wine recipes calls for half a

pound of dry ginger, confirming ginger's ready availability in Sydney by the early 1820s.

Mitchell, Coghill, Clark and Liersch all have recipes for ginger beer, while Coghill also

includes a recipe for hop beer, and Clark one for ginger cordial.<sup>55</sup>

Table 35 lists the ginger beverage recipes contained in the 24 cookbooks studied, and

further details are shown in Appendix 11.5. Overall, 18% of beverage recipes called for

ginger in some form. Recipes for ginger beer, hop beer, and ginger wine were the most

common, with almost one-third of the recipes being for ginger beer. These beverages, with

little variation in the recipes, continued to appear in cookbooks over the 200-year period

studied, clearly illustrating the continuity of British traditions. Many of the ginger beer

and ginger wine recipes contained alcohol. Some recipes which dated back to the Later

Middle Ages, such as hippocras and elder wine, disappeared after the middle of the 19th

century, while ginger ale and ginger pop recipes began to appear later in the century.

Wicken's Australian Drink, an early recipe for mixed drinks, consisted of a bottle of ginger

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<sup>52</sup> Gollan, *Tradition of Australian Cooking*, 87.

<sup>53</sup> Fleetwood, "Recipe Book," 51, 58, 80.

<sup>54</sup> Helenus Scott, "Receipts, 1822," Item 1, 16-17; Item 3, recipes 6, 46, 49, 53.

<sup>55</sup> Mitchell, "Receipts, 1827"; Coghill, "Elizabeth Coghill's Diary, 1858-9"; Phillis Clark Papers, 15, 34, 36; Liersch, Recipe Books.

beer mixed with a glass of port wine.<sup>56</sup> Buller-Murphy's Ginger Cordial contains alcohol.<sup>57</sup> While most recipes used dried ginger, ginger essence was used occasionally. From the 1890s, some recipes began to call for green ginger, including Pearson's Ginger and Lemon Syrup and Gilmore's Pear Cordial.<sup>58</sup>

**TABLE 35**  
**Beverage Recipes Containing Ginger**

Author/Title	Total No.	No. with Ginger	Beverage Names
Acton	20	2	Oxford Receipt for Bishop, Ginger Wine
Beeton	34	5	Elder Wine, Ginger Wine, Ginger Beer, A Pleasant Drink for Warm Weather, Whiskey Cordial
Abbott	117	19	Elderberry Wine, Ginger Wine, Cyprus Wine, Sugar Beer, Martinique Noyeau, Bang, King Cup, Hippocras, Imperial Pop, Ginger-beer (3), Girambing, Hop Beer, Spruce Beer, Spider, Shandy Gaff, Devilled Ale
Rawson	35	9	Ginger Beer (4), Nettle Beer, Hop Beer (2), Ginger Beer Powders, Ginger Ale
Pearson	68	10	Ginger Beer (2), Wassail Bowl, Ginger Pop, Ginger Tea, Ginger Essence, Ginger Ale, Ginger Wine, Hop Beer, Ginger and Lemon Syrup
Shelton	1	1	Ginger Beer
Maclurcan	24	4	Ginger Beer (3), Ginger Wine
Wicken	14	2	Porter Cup, Australian Drink
Aronson	8	1	Ginger Beer
<i>Kookaburra</i>	38	8	Ginger Cordial (2), Ginger Wine, Hop Beer (2), Ginger Beer (3)
<i>Goulburn</i>	17	4	Ginger Beer (3), Hop Beer
Buller-Murphy	90	13	Ginger Cordial, Ginger Syrup (2), Ginger Beer (2), Ginger Pop, King Cup, Ginger Wine (2), Nettle Wine, A Good Christmas Drink, Ginger and Fruit Syrup, Dandelion Wine
<i>W.M.U.</i>	30	5	Ginger Beer, Hop Beer, Ginger Cordial, Ginger Mint Punch, Orange Punch
Gilmore	23	7	Hop Beer, Horehound Beer, Ginger Beer (4), Pear Cordial
<i>Coronation</i>	43	7	Ginger Beer (2), Pineapple Ambrosia, Hop Beer, Fruit Punch, Summer Punch, Tea Punch
Schauer	69	14	Ginger Beer (3), Hop Beer (2), Claret Cup, Fruit Cup (2), Ginger Ale Cocktail, Grapefruit Punch, Jelly Cup, Ginger Beer Powders, Ginger Wine, Summer Drink Effervescing

<sup>56</sup> Wicken, *Australian Home*, 354.

<sup>57</sup> Buller-Murphy, *Australian Household Guide*, 1050-1051.

<sup>58</sup> Margaret Pearson, *Australian Cookery*, 60; Gilmore, *Mary Cookery Book*, 184

Recipes for ginger beverages also appeared in newspapers, journals, and other publications. In 1846, the *Maitland Mercury* published a recipe for ginger beer.<sup>59</sup> The *Brisbane Courier*, in September 1867, provided a recipe for Mead containing ginger.<sup>60</sup> Weston included a recipe for ginger beer in a pamphlet advertising his patent medicines.<sup>61</sup> Bernays, 1883, provided recipes for Ginger Champagne, Ginger Beer and Ginger Beer Powders in his guide to processing plants growing in Queensland.<sup>62</sup> At the turn of the century, the *Queensland Agricultural Journal* published recipes for Ginger Beer and Ginger Wine.<sup>63</sup> By 1880, ginger beer was so popular that one magazine, tired of responding to requests from subscribers for a recipe for ginger beer, reported that ‘this question has been answered several times recently, and hundreds of times previously’.<sup>64</sup> Yet even into the late 1950s, magazine readers were still making this request. In 1960, the *Australian Women’s Weekly* included ginger beer in its list of the 15 recipes in greatest demand.<sup>65</sup>

### 8.3 Commercial Manufacturers

From the very early days of the first colony, ginger beverages were commercially available. Benjamin Hill began making ginger beer in Chapel Row, Sydney, in 1814,

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<sup>59</sup> *Maitland Mercury*, 11 March 1846, 4.

<sup>60</sup> *Brisbane Courier*, 21 September 1867, 3.

<sup>61</sup> Weston, *Australian Companion*.

<sup>62</sup> Bernays, *Cultural Industries for Queensland*, 91-4.

<sup>63</sup> *Queensland Agricultural Journal*, 11 March 1900, 232; 1 October 1902, 295.

<sup>64</sup> *Australian Town and Country*, 18 September 1880, 542, cited in Bannerman et al., *Acquired Tastes*, 40.

<sup>65</sup> *Australian Women’s Weekly*, 13 July 1960, 32, cited in Bannerman et al., *Acquired Tastes*, 45.

before moving to larger premises in George Street.<sup>66</sup> From here, in November 1820, he advertised his ‘very superior brewings of Spruce and Ginger Beers’ stating that he did not need ‘to explain the beneficial effects of such wholesome Beverage’.<sup>67</sup> While ginger beer began to be advertised regularly in the early 1820s, much of it was imported.<sup>68</sup> Later in the decade, Mason of Campbell Street was advertising imported ginger ale and ginger wine as well as ginger beer.<sup>69</sup> By this time, however, the equipment necessary to make ginger beer was readily available, and domestic production of brewed ginger beer was increasing. Among those ‘who made vigorous efforts to modify the great and lamentable evil’ of excessive alcohol consumption was J. Driver, who made ginger beer in his cordial factory in Pitt Street.<sup>70</sup> Eight ginger beer brewers have been identified as working in The Rocks area alone in the period 1820-1850, ‘every archaeological site turn[ing] up fragments of stoneware ginger beer bottles’.<sup>71</sup>

By the early 1830s, ginger beer factories were operating in and around Sydney, including those of C. Pickering and Thomas Steadman in Pitt Street, W. Watt in Clarence Street, and George Murphy in Lower George Street.<sup>72</sup> In about 1838 William Starkey established a ginger beer factory in Elizabeth Street, Sydney, before moving to specially designed premises in Castlereagh Street in 1850. This business, which was the largest ginger beer

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<sup>66</sup> Farrer, *Settlement Amply Supplied*, 24; Huntington, “History of the Brewing,” 20 October 1903, 28; *Technology in Australia*, 74. Commercial production of ginger beer began in Australia only a couple of years after it had begun in Britain.

<sup>67</sup> *Sydney Gazette*, 25 November 1820, 2.

<sup>68</sup> *Hobart Town Gazette*, 4 May 1822, 2S; 11 May 1822, 1; 21 December 1822, 2; *Sydney Gazette*, 25 September 1823, 1S; 23 October 1823, 1S; 30 October 1823, 2S; 14 September 1833, 3.

<sup>69</sup> *Colonial Times and Tasmanian Advertiser*, 18 August 1826, 4; 25 August 1826, 1.

<sup>70</sup> Huntington, 16 September 1904, 11.

<sup>71</sup> Max Kelly, 66.

<sup>72</sup> Farrer, *Settlement Amply Supplied*, 24; David Jones, 2; Karl Korju, Introduction, in Ross Roycroft and Christine Roycroft, *One Thousand Stone Ginger Beers*, 13; Thomas Pearson, 30; *Technology in Australia*, 106, 837.

manufacturer in the Southern Hemisphere by the end of the century, continued 'brewing ginger-beer, and supplying the thirsty with ... ginger wine, gingerade ... cordials and syrups' for more than 100 years.<sup>73</sup> John Starkey displayed his ginger wine at the 1870 Intercolonial Exhibition in Sydney.<sup>74</sup> H. Reuben commenced manufacturing ginger beer in West Maitland in 1844.<sup>75</sup> By the late 1840s, there were at least 20 ginger beer brewers in the colonies, and other ginger beverages were being produced.<sup>76</sup>

Ginger wine production began in Sydney in the 1840s. Lavers and Company, George Street, was soon selling its wine to India, where it 'realized a higher price than ginger wine sent there from England'.<sup>77</sup> This wine was advertised to be both refreshing and able to settle the stomach.<sup>78</sup> By 1849, Lavers' ginger wine was on sale in Queensland, and it received an honourable mention at the International Exhibition in London in 1862.<sup>79</sup> Among Lavers' competitors were George Pidding and Messrs Caporn and Mayo, who produced ginger brandy and ginger cordial as well as ginger wine.<sup>80</sup> Pidding's ginger wine was on the way to becoming 'a favourite liqueur among the lower classes' by 1851.<sup>81</sup>

Aerated waters, introduced in the early 1840s, were common in Sydney by the end of the decade. James Smith, 'the earliest maker of aerated waters proper', commenced business

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<sup>73</sup> Thomas Pearson, 30-32; David Jones, 11.

<sup>74</sup> *Industrial Progress of New South Wales*, 144-145.

<sup>75</sup> *Maitland Mercury*, 4 March 1848, 1.

<sup>76</sup> Korju in Roycroft and Roycroft, 12; Thomas Pearson, 30-32.

<sup>77</sup> Huntington, 16 September 1904, 11.

<sup>78</sup> *Maitland Mercury*, 24 January 1849, 1.

<sup>79</sup> *Moreton Bay Courier*, 23 June 1849, 30 June 1849; *Australian Colonies at the International Exhibition*, 60.

<sup>80</sup> Huntington, 16 June 1904, 20; 16 September 1904, 11.

<sup>81</sup> *Sydney Morning Herald*, 26 February 1851.

in about 1841 in Pitt Street and, in 1844 Henry Brown established a large factory in York Street to manufacture aerated ginger beer.<sup>82</sup> Henfrey opened an aerated beverages factory in Castlereagh Street in 1848, producing gingerade and ginger wine. When he opened a larger factory in Bligh Street in 1856 and began using steam-powered machinery, his daily production was 7 000-10 000 bottles of soda water, lemonade, and gingerade, and he boasted that his beverages ‘cannot be excelled by any British manufacturer.’<sup>83</sup> In the 1850s, soda water, lemonade, and ginger beer were the most profitable products in the aerated waters trade.<sup>84</sup> Frank Fowler observed in 1859 that: the ‘ginger beer trade is “well up” in the colonies, the principal Sydney manufacturer having become a millionaire.’<sup>85</sup>

Some manufacturers continued to brew ginger beer in the traditional manner. In 1858, William Lillywhite established a factory in Goulburn Street, primarily to brew ginger beer.<sup>86</sup> At its peak in the 1870s, the business was producing 18 000 bottles of brewed ginger beer each week and also manufacturing aerated waters. By the late 1870s, when aerated waters had become more popular with Sydney consumers and sales of brewed ginger beer decreased, Lillywhite’s weekly output during the summer was 6000 bottles of brewed ginger beer, 42 000 aerated waters, and 720 cordials.<sup>87</sup>

Ginger beer was so important in the Australian culture that ginger beverage manufacturers were among the first to set up businesses as new towns and settlements were established. In 1839, when ‘Melbourne was only a scattered village’, there were several small ginger-

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<sup>82</sup> Thomas Pearson, 39-40.

<sup>83</sup> Huntington, 18 April 1904, 18, 20.

<sup>84</sup> Ibid., 16 August 1904, 15.

<sup>85</sup> Fowler, 128.

<sup>86</sup> David Jones, 5; Thomas Pearson, 42.

<sup>87</sup> Thomas Pearson, 42.

beer manufacturers, John Mills of the Melbourne Brewery being the principal one.<sup>88</sup> By 1860, there were 25 ginger beer and soda water factories in Victoria.<sup>89</sup> Andrew Cohu exhibited his Ginger Wine at the Intercolonial Exhibition in Melbourne in 1866–67.<sup>90</sup> In 1854, miners Evan Rowlands and Robert Lewis founded an aerated waters factory in Ballarat, Victoria, to make ginger beer and other aerated drinks, later opening factories in Melbourne and Sydney. The company was sold to Schweppes in the 1940s.<sup>91</sup>

The earliest known beverage manufacturer in Adelaide was Crouch and Company, established in 1839. By 1850, more than 25 manufacturers had operated in Adelaide for some time, most of them producing ginger beer.<sup>92</sup> George Hall began brewing ginger beer in 1851, founding a business which operated for more than 100 years. He received many prizes for his beverages, including at the 1879 Sydney International Exhibition and at the International Exhibition in London in 1880.<sup>93</sup> Joseph Ladd also began a soft drink business in Hindley Street, Adelaide, in the early 1850s, and was soon making ginger beer. This business, too, was to last more than a century.<sup>94</sup> Unlike most ginger beer manufacturers, who used dry ginger, Ladd made ginger beer from green ginger. In 1879, he advertised in the *Licensed Victuallers' Gazette and Sporting Chronicle*:

J. O. Ladd's Ginger Beer, manufactured from the Green Root imported by himself, has the real ginger flavour, so much superior to the dried and damaged stuff so generally used, and

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<sup>88</sup> Huntington, 18 April 1904, 16.

<sup>89</sup> *Australian Colonies at the International Exhibition*, 30.

<sup>90</sup> *Intercolonial Exhibition of Australasia*, 20.

<sup>91</sup> David Jones, 12; *Technology in Australia*, 106.

<sup>92</sup> Howie, *South Australian Aerated Waters*, 1-17.

<sup>93</sup> Chamings, *Progress, 1851-1951*, chapters 2 and 4; Tuckwell, 24

<sup>94</sup> Howie, 9; Tuckwell, 31

has been so long (nearly thirty years) before the public that it needs no recommendation...

N.B. – Families supplied with Green Ginger Root.<sup>95</sup>

Jack Allen was operating a ginger beer factory in Mt. Gambier in 1865.<sup>96</sup> J. Seppelt of Seppeltsfield, South Australia, was highly commended for his ginger wine and ginger brandy at the Intercolonial Exhibition in Sydney in 1870.<sup>97</sup> Other long-term beverage manufacturers included William Woodroffe, who began a cordial business in 1878 and later produced aerated ginger beer. William Bickford, who began business as a chemist in Hindley Street in 1840, acquired a cordial factory in Waymouth Street in 1874, and was making ginger beer by 1877.<sup>98</sup> More than 390 manufacturers were in business in South Australia for some period between 1836 and 1920.<sup>99</sup> Ginger beer manufacture continued, and Table 36 shows production figures for the period 1923–1937.

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<sup>95</sup> Reproduced in Tuckwell, 32.

<sup>96</sup> <http://www.catalogue.slsa.sa.gov.au:1084/>.

<sup>97</sup> *Industrial Progress of New South Wales*, 144-145.

<sup>98</sup> Howie, 2, 17; Tuckwell, 10-11, 52, 55; Scales, *An Alchemist's Dream*, 23, 25, 66-67.

<sup>99</sup> Howie, 1-17. Howie says that his list is not complete.



TABLE 36

**Manufacture of Ginger Beer in South Australia**

## NOTE:

This table is included on page 266 of the print copy of the thesis held in the University of Adelaide Library.

**Notes:** Prior to 1922-23, ginger beer was included in the *Aerated Waters and Cordial Factories* category of chief commodities produced in South Australia. It ceased to be listed separately in 1937.

From 1907-1940, an average of 36 aerated waters manufacturers were operating in South Australia each year.

**Source:** South Australia, *Statistical Register*.

Soon after Darwin's establishment in 1869, local ginger beer manufacturers included Crawford and Boyd, John Liddy and Charles Holloway, and W. Sayers. By 1882, Peter Bennett was reported to have been producing high quality ginger beer for some years.<sup>100</sup>

Thomas Costin began brewing ginger beer in Brisbane in 1846 and was also producing aerated ginger beer by 1848.<sup>101</sup> Other early Brisbane ginger beer manufacturers were

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<sup>100</sup> *Northern Territory Times*, 7, 14 and 21 November 1873, 2; 20 and 27 March 1874, 2; 1, 8 August 1874; 9 September 1882, 2.

Phillip Clayton, who commenced business in Buranda, soon after his arrival in 1860, and J. Fowles.<sup>102</sup> Palmer and Company established a factory in Elizabeth Street, Brisbane, in 1863. It was concerned that some of its competitors were producing poor quality ginger beer, as a result of which:

many of the citizens would not drink ginger beer at all. P. and Co., feeling confident the ginger beer they had to offer was of an entirely different kind, and having no doubt of its ultimate success, they are happy to say that their celebrated ginger beer is now universally appreciated by the inhabitants... The immense yearly increasing demand for their ginger beer proves it to be the choicest, safest, and most delightful summer drink in the Australian colonies.<sup>103</sup>

Bunworth's Cordials in Gympie was manufacturing ginger beer by 1868.<sup>104</sup> Soon after the port of Cooktown was opened in late 1873, H. Barr established the first cordial factory to manufacture ginger beer.<sup>105</sup> Other manufacturers soon followed, including Col Patching, who was making ginger beer by 1874 and was still doing so in 1893, and Cockrell and Barron.<sup>106</sup> Archaeological evidence confirms that some ginger beer was still being

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<sup>101</sup> *Moreton Bay Courier*, 26 August 1848, 3; 2 September 1848, 1; 16 September 1848, 3; 23 September 1848.

<sup>102</sup> Isbel, "First Ginger Beer Factory," 80-81; *Brisbane Courier*, 6 January 1862, 1. Isbel maintains that her great-grandfather, Phillip Clayton, was the first ginger beer manufacturer in Brisbane. Clearly, this is not accurate.

<sup>103</sup> *Brisbane Courier*, 11 December 1869, 5.

<sup>104</sup> Hamish MacDonald-Gill and Barbara MacDonald-Gill, in *Queensland Historical Bottle and Collectables Club Newsletter* (April-May) 2006, 4.

<sup>105</sup> "Cameos of Cooktown". A century later, a stoneware ginger beer bottle bearing the markings of H. E. Barr was discovered during excavation of a Chinese site in Cooktown (Rains, "Intersections," 290; Roycroft and Roycroft, 30).

<sup>106</sup> *Cooktown Courier*, 2 May 1874, 16 May 1874, 19 December 1874, 2; 19 May 1893; *Cooktown Herald*, 19 December 1874, 1-2.

imported.<sup>107</sup> In 1870, there were 31 aerated water manufacturers in Queensland, the number increasing to 58 by 1881, 142 by 1891, and 163 by 1900.<sup>108</sup>

Queensland manufacturers also made other ginger beverages, and displayed their wares at various shows. By 1869 Medhurst and Bradford, Edward Street, Brisbane, were advertising their green ginger wine.<sup>109</sup> In the 1877 Brisbane Exhibition, prizes were awarded to Dark and Stalker, W. Young, and Palmer and Company for ginger beer. In 1878, C. Bertheau of Bundaberg won prizes for his ginger wine and ginger beer.<sup>110</sup> Dark and Stalker and Bertheau won prizes again the following year.<sup>111</sup> R. Higginson won awards for his ginger ale and ginger beer at the Maroochy Show in 1904, and at the Brisbane Exhibitions in 1904 and 1906.<sup>112</sup>

By the late 1860s, most Australian towns were producing sufficient ginger beer to meet their own needs, and little was imported. Syrups and cordials, however, were a different matter. Although most varieties were manufactured locally, ‘taste rather than price regulate[d] the preference,’ and much continued to be imported from Britain.<sup>113</sup> British ginger wine was included in the grocery price lists in 1872.<sup>114</sup>

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<sup>107</sup> Rains, “Rice Bowls and Beer Bottles,” 33.

<sup>108</sup> *Brisbane Courier*, 7 November 1871, 3; Queensland, *Statistical Register*.

<sup>109</sup> *Brisbane Courier*, 24 July 1869, 8.

<sup>110</sup> Royal National Agricultural and Industrial Association of Queensland, 1877 Catalogue, 38-39, 88-90; 1878 Catalogue, 45, 82; Scott and Laurie, 49.

<sup>111</sup> *Brisbane Courier*, 1 August 1879, 6.

<sup>112</sup> *Nambour Chronicle*, 15 July 1904, 2-3; 26 August 1904, 4; 10 August 1906, 3.

<sup>113</sup> *Industrial Progress of New South Wales*, 334.

<sup>114</sup> Kingston, *Basket, Bag and Trolley*, 35.

Ginger beer remained popular and, in the early 20<sup>th</sup> century, the *Australian Cordial-Maker* was publishing recipes for brewed ginger beer, as well as carbonated ginger beer, gingerade, and ginger punch.<sup>115</sup> Jones identified 449 aerated water manufacturers known to have been operating in Sydney alone at some time during the period 1830-1930, most of whom would have been making ginger beer.<sup>116</sup>

John Sharpe and two of his brothers opened their first factory in Sydney in 1905, and soon had branches in other cities. Their aim was to provide high quality alternatives to strong alcoholic drink and their brewed beverages included ginger beer, ginger stout, ginger ale, and hop beer. 'Ginger beer was always the best seller, popular with adults and children ... [having] 'that tangy quality which overcame the sweetness and genuinely quenched the thirst'.<sup>117</sup> They also produced non-alcoholic ginger wine and ginger brandy, the latter believed to prevent winter colds. Sharpe Brothers won prizes at numerous exhibitions, including the 1908 and 1918 Sydney Royal Agricultural Shows, and the Brisbane Show in 1910.<sup>118</sup> At first the company imported dry ginger for ginger beer from Jamaica. When supplies were disrupted during World War II, however, 'ginger from Buderim, Queensland, had to be substituted, but it was not then as good as the Jamaican.'<sup>119</sup> During the War, Sharpe Brothers 'won some service contracts, for instance in September 1942, to supply the air force with 1600 litres of [ginger] beer. This led to other and larger orders'.<sup>120</sup> Perhaps this was one of the reasons the Defence Force required such large quantities of dried ginger during the War.

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<sup>115</sup> *Australian Cordial-Maker*, 16 September 1904, 16.

<sup>116</sup> David Jones, 1, 20-34

<sup>117</sup> *Ibid.*, 34-35.

<sup>118</sup> *Ibid.*, 43, 99, 122.

<sup>119</sup> *Ibid.*, 41.

Table 37 lists the beverage recipes used by pharmacists and those in allied trades in the early 20<sup>th</sup> century. Some are recipes for powders, syrups and essences on which beverages are based, while others are for the final beverages. Ginger was used to flavour a variety of commercially manufactured beverages, many of the recipes being the same as those in cookbooks. While recipes vary considerably in the quantities they produce and the amounts of ginger used, one recipe for Soluble Essence of Ginger requires 40 pounds of bruised Jamaica ginger plus 40 pounds of bruised African ginger.<sup>121</sup> Clearly, very large quantities of ginger were used in the commercial manufacture of beverages.

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<sup>120</sup> *Ibid.*, 203.

<sup>121</sup> MacEwan, *Pharmaceutical Formulas*, 872.

TABLE 37

## Commercial Beverage Recipes Containing Ginger

Category	Compound
Effervescing Powders	Ginger Powder
Effervescing Tables	Ginger-beer powder (4)
	Stone Ginger-beer Crystals
Syrups	Ginger-ale Syrup
	Ginger Syrup
Soluble Essences	Essence of Ginger
	Essence for Ginger-ale (4)
	Hot Tom Essence
Syrups for Aerated Waters	Ginger-ale
	Hot Tom
	Jubilee Pop
	Stone Ginger-beer
Ales and Beers	Ginger-beer (5)
	Ginger-beer Foam
	Ginger-ale
	Ginger-stout (2)
	Hop-ale (5)
	Herb Beer
	Horehound Beer (2)
	Spruce-beer
	Spruce-beer Extract
	Treacle-beer
Cordials	Ginger Cordial (2)
	Ginger-wine Essence (5)
	Black-currant Wine Essence
Medicinal Wines	Ginger-wine (3)
	Senna-wine
Bitters and Liqueurs	Benedictine Essence
	Bitters
	Cheshire Cordial
	Ginger Brandy

**Note:** Medicinal wine was wine which had been ‘rendered unpalatable, or otherwise unsuitable as a beverage’ (MacEwan, 291).

**Source:** MacEwan, *Pharmaceutical Formulas*.

## 8.4 Summary and Conclusions

This chapter provides compelling evidence that early British settlers in Australia brought with them a taste for a variety of ginger beverages, and that Australians maintained this taste during the period studied. Ginger beer was one of the most popular drinks, enjoyed by both adults and children at home and at a range of social functions. Home cooks used ginger in numerous beverages, including ginger beer, ginger wine, ginger ale, and alcoholic and non-alcoholic cordials. Traditionally brewed ginger beer was manufactured commercially by 1814, while aerated ginger beer, ginger wine and other ginger beverages were produced from the 1840s. As new towns and settlements were established, ginger beverage manufacturers were among the first businesses to be set up. By the late 1860s, most Australian towns were producing sufficient ginger beer to meet their own needs, and little was imported. In Australia, as in China, India, and Britain, ginger beverages were considered to have medicinal properties, and were especially valued for their ability to aid digestion. The temperance movement initially encouraged the consumption of ginger beverages as alternatives to stronger alcoholic drinks. The vast quantities of ginger beverages produced make it clear that, in addition to the ginger consumed in food, Australians also consumed large amounts of ginger in beverages. Almost all of this ginger was imported until imports were restricted during World War II, when some companies began using dried ginger from Buderim. The next chapter explores the use of ginger in medicine

## 9 MEDICINAL USES OF GINGER

No spice is more generally used in medicine than ginger...

Bruised ginger enters into the composition of most of our tinctures, and is itself made into a tincture, a syrup, and also a lozenge.<sup>122</sup>

During the period of the current study, Australian medical practice was essentially British, though Chinese doctors and herbalists ministered to Chinese and sometimes to Europeans. While branches of the British Medical Association were formed in Australia, beginning with the South Australian Branch in 1879, an independent Australian Medical Association was not formed until 1962.<sup>123</sup> The Pharmacy Guild of Australia was established in 1928, but the British Pharmacopoeia continues to provide the official standards for medicinal substances in Australia.<sup>124</sup> Relevant aspects of British medicine, not covered in Chapter 3, are discussed in this chapter. As pointed out previously, the traditional medical practices of both British and Chinese settlers include the widespread use of ginger, both directly to treat a variety of ailments, and indirectly in medicinal compounds. Since very little specific information could be found about Chinese medical practices in Australia, this chapter deals almost exclusively with European medicine.

British apothecary and surgeon Jonathan Pereira describes the physiological effects of ginger, and the uses made of it in mid-19th century medicine:

Ginger is one of the aromatic stimulants ... Its dust applied to the mucous membrane of the nostrils acts as an irritant and provokes sneezing. The rhizome chewed is a powerful

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<sup>122</sup> Philp, *Dictionary of Medical and Surgical Knowledge* (1864), 33-337. The same description appears in Philp's later edition, published in the 1880s.

<sup>123</sup> Email from Australian Medical Association, 14 September 2009; Email from the British Medical Association, 17 September 2009; Pearn, *Milestones of Australian Medicine*, viii, xi.

<sup>124</sup> <http://www.guild.org.au/>; <http://www.tga.gov.au/legis/bp2008/>.



sialogogue.<sup>125</sup> The powder mixed with hot water, and applied to the skin, causes a sensation of intense heat and tingling, and slight redness. When taken into the stomach ginger operates as a stimulant; first, to the alimentary canal; secondly, to the body generally; but especially to the organs of respiration... it acts as an excitant of the genital organs. Furthermore, it has been said to increase the energy of the cerebral functions... As a *stomachic* and *internal stimulant* it serves several important purposes. In enfeebled and relaxed habits, especially old and gouty individuals, it promotes digestion, and relieves flatulency and spasm of the stomach and bowels. It checks or prevents nausea and griping, which are apt to be produced by some drastic purgatives. It covers the nauseous flavour of many medicines, and communicates cordial and carminative qualities to tonic and other agents. As a *sialogogue* it is sometimes chewed to relieve toothache, relaxed uvula, and paralytic affection of the tongue. As a *counter-irritant* ... a *ginger plaster* ... relieve[s] violent headache when applied to the forehead.<sup>126</sup>

Pereira's description is typical of those which appear in other 19<sup>th</sup> and early 20<sup>th</sup> works, not only medical publications, such as Thomson's 1815 *London Dispensatory*, but also Abbott's 1864 cookbook and Ridley's 1912 book on spices.<sup>127</sup> Collectively, they confirm the widespread acceptance of ginger's medicinal properties. Waring includes ginger in his 1868 list of the principal drugs and medicinal plants of India 'which European experience has proved to possess value as medicinal agents'.<sup>128</sup> Since ginger was effective in preventing and treating a number of disorders, it not surprising that the range of uses of ginger in British medicine is very similar to its uses in Chinese and Indian medicines. Modern Western medicine would eventually verify scientifically many of ginger's medicinal qualities.

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<sup>125</sup> A sialogogue increases the flow of saliva.

<sup>126</sup> Pereira, *Elements of Materia Medica*, 1120.

<sup>127</sup> *London Dispensatory* (1815), 411; Abbott, *Colonial Cook Book*, 103-104; Ridley, *Spices*, 418-419.

<sup>128</sup> Waring, *Pharmacopoeia of India*, 228-229.

Ginger is among the medicinal plants identified by Hagger as popular in Australia up to the early 20<sup>th</sup> century, and it remained classified as both drug and spice in the Royal Botanic Gardens, Kew, in 1937.<sup>129</sup> Ginger was used by itself, and in numerous pharmaceuticals, patent medicines, home remedies, and veterinary medicines. This chapter presents information obtained from a variety of sources including not only works on the different types of medicines, but also cookbooks, newspapers, and memoirs. After a general discussion of medical practices in early Australia, ginger's use in each type of medicine is explored.

## 9.1 Medicine In Early Australia

### 9.1.1 Ginger's Arrival

Just as dry ginger probably arrived in Britain in medicine chests, ginger came to Australia in the medicine chests on the First Fleet. The medicines and other provisions for the sick, for use both during the voyage and in the new colony, corresponded to what were mandated for the British Navy, and were valued at more than £2 000.<sup>130</sup> Although the list of medical supplies on the First Fleet could not be found, other evidence confirms that ginger in both dried and preserved forms was among them, and that ginger was also a component of a number of compounds.

From 1740 the standard antiscorbutic used by the British Navy, on the advice of the College of Physicians, was Elixir of Vitriol, the principal ingredients of which were

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<sup>129</sup> Hagger, *Australian Colonial Medicine*, 145-146; Holland, *Overseas Plant Products*, 64.

<sup>130</sup> Alan Frost, *Botany Bay Mirages*, 116, 137, 149-151, 216; Smyth, *Journal of a Voyage from Portsmouth*, 10 December 1787. In most of the sources searched, medical supplies were referred to by value or number of packages, but the contents were not specified.

sulphuric acid, spirit of wine, cinnamon and ginger.<sup>131</sup> Despite James Lind's successful experiments with oranges and lemons for the prevention of scurvy in 1747, his advice was not implemented until the end of the century.<sup>132</sup> The preferred antiscorbutic of the surgeon on Cook's second voyage (1772–75) was Elixir of Vitriol.<sup>133</sup> John White, Surgeon on the First Fleet, reported that he was provided with 'every [antiscorbutic] remedy that could be comprised in the small compass of a medicine chest'.<sup>134</sup> These included Elixir of Vitriol and Spruce Beer.<sup>135</sup> Other medicines which formed part of a Royal Navy surgeon's sea chest at the time, and which contained ginger, included Locatellus's Balsam, Venice Treacle, *Hiera Picra*, Syrup of Buckthorn, and Syrup of Squills.<sup>136</sup> The formulae are described in Appendix 11.8.<sup>137</sup> For example, *Hiera Picra* consisted of aloes, Virginian snake-root and ginger. Syrup of Squill was a mixture of vinegar of squills flavoured with ginger, cinnamon and sugar, squill being 'a powerful diuretic and invigorating expectorant.'<sup>138</sup> The contents of the surgeon's chest remained essentially unaltered from 1742 until the late 18<sup>th</sup> century, when changes were made on the recommendation of Sir Gilbert Blane. The revised chest included powdered ginger.<sup>139</sup>

In the 18<sup>th</sup> century, the British Navy also used ginger preserved in syrup for preventing scurvy. Sloane in 1725 reported that 'Preserv'd and other Ginger is us'd by the Northern

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<sup>131</sup> Guest, "Scurvy in the Royal Navy," 242; Lloyd and Coulter, *Medicine and the Navy*, 39, 294.

<sup>132</sup> Ford, "Medical Practice in Early Sydney," 42; Lind (1753) in Lloyd, *Health of Seamen*, 41.

<sup>133</sup> Lloyd and Coulter, 313.

<sup>134</sup> John White, *Voyage to New South Wales*, 35.

<sup>135</sup> Ford, 42; Royle, *Health of the First Fleet*, 15.

<sup>136</sup> Lloyd and Coulter, 39, 376-377.

<sup>137</sup> Exceptions are Locatellus's Balsam and Venice Treacle, very complex compounds of which ginger forms only a small proportion.

<sup>138</sup> William Russell, 455-456.

<sup>139</sup> Lloyd and Coulter, 54-56.

Nations, on Sea, to warm and prevent scurvy'.<sup>140</sup> In 1753 Lind observed that the British Navy was using an assortment of preserved fruits, including preserved ginger, which he believed was extremely useful in the prevention of scurvy among sailors.<sup>141</sup> As well as medicines, ships carried Necessaries for the Sick, many of which later became part of the standard crew rations.<sup>142</sup> The necessaries included a variety of spices, and it is likely that dried ginger was among them, though it was not specified as a requirement until 1794.<sup>143</sup>

### 9.1.2 Medical Practices

Qualified medical practitioners were in very short supply in early Australia, their fees were beyond the means of much of the population, and not all of them enjoyed a good reputation. Many people turned to popular medicines or relied on remedies they brought with them from Britain.<sup>144</sup> The *Sydney Gazette* published medical advice from doctors and readers shared their knowledge of cures.<sup>145</sup> Karskens points out that the early community of The Rocks was characterised by:

[R]eliance on self and neighbours in practically all aspects of everyday life. ... When they were injured or ill, they called on neighbours to nurse them, and they treated themselves

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<sup>140</sup> Sloane, *Voyage to the Islands*, 2:366.

<sup>141</sup> Lind (1753) in Lloyd, *Health of Seamen*, 41.

<sup>142</sup> Lloyd and Coulter, 92.

<sup>143</sup> Lind (1753) in Lloyd, *Health of Seamen*, 41; Lloyd and Coulter, 92-93; Royle, 7, 30; Trotter (1804) in Lloyd, *Health of Seamen*, 253.

<sup>144</sup> Carrington, *Colonial Adventures*, 137-139; Hagger, 12, 31, 154-159, 167; Homan, Hudson and Rowe, *Popular Medicines*, 1; Wendy Selby, "Making Do," 280; Wannan, *Folk Medicine*, Preface, 116.

<sup>145</sup> Hagger, 12.

using the sorts of home remedies often published in the *Gazette* ... doctors were widely distrusted.<sup>146</sup>

Even when medical practitioners became available in cities and larger towns, there was still a shortage in rural Australia until the early 20<sup>th</sup> century.<sup>147</sup> Mossman and Banister observed in the early 1850s that:

The agricultural and pastoral labouring classes... seldom call in the services of a regular practitioner, unless the case be of a serious nature. The distance they have to send or travel for advice is generally so great, that they either allow their ailments to take the natural course of recovery, or they obtain a dose of medicine from the medicine-chest which is to be found upon all well-regulated stations.<sup>148</sup>

Women prepared their own medicines, ‘eagerly turn[ing] to the English household management books that were published during the mid-nineteenth century, especially those by Mrs Isabella Beeton.’<sup>149</sup>

Not all who practised medicine were qualified.<sup>150</sup> Visiting the Victorian goldfields in the 1850s, William Howitt remarked on the large number of unqualified men ‘calling themselves doctors, who have come out to prey upon the diggers.’<sup>151</sup> In the Australian outback in the 1860s, John Morison reported ‘a fair sprinkling of individuals who have

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<sup>146</sup> Karskens, *The Rocks*, 46.

<sup>147</sup> Carrington, 137-139; George Fullerton, *Family Medical Guide*, vii; Martyr, *Paradise of Quacks*, 64; Nelson, “Buderim Medicine”; Wendy Selby, 280, 351; Wannan, 33, 135.

<sup>148</sup> Mossman and Banister, *Australia Visited and Revisited*, 319.

<sup>149</sup> Hagger, 31-33.

<sup>150</sup> Pearn, *Outback Medicine*, viii; Hooper, *North Queensland Deserted Towns*, 23.

<sup>151</sup> Howitt, *Land, Labour, and Gold*, 2:282-284.

some knowledge of medicine ... some of them amateur doctors, others out-and-out frauds'.<sup>152</sup> Quacks also practiced in the cities, some making fortunes. Of one it was said that: 'from grooming horses he had passed to doctoring them, and from doctoring horses to doctoring asses (of the human species, male and female).'<sup>153</sup>

Dissatisfied with the competence of even some qualified practitioners, the ill often turned to other forms of medicine. In the second half of the 19<sup>th</sup> century, Chinese doctors and herbalists in cities and towns began treating Europeans as well as their own countrymen. Martyr points out that, 'often quite anti-Chinese Australians, finding their civilised medicine a failure, would adapt themselves to such an exotic practitioner.'<sup>154</sup> To judge by the obvious wealth and fame of Chinese doctors such as George On Lee, known as 'the famous Chinese Doctor of Sydney' in the 1870s, and Wing Fat in Ballarat, their patients included the wealthy as well as the less affluent.<sup>155</sup> The popularity of Chinese herbalists became widespread. By the late 19<sup>th</sup> century they had set up businesses in many country towns, continuing to treat both Europeans and Chinese until the mid-20<sup>th</sup> century. Willie Young, for example, was based at Byron Bay from the early 1890s until 1914.<sup>156</sup> Wing Yuen Lee practised in Murwillumbah from the early 1930s until his death in 1958.<sup>157</sup> When an influenza pandemic hit Ballarat in 1918, Hyslop reports that some sufferers 'did not summon a doctor at all, but relied on patent medicines or on the remedies of Chinese herbalists.' The following year, when a second pandemic hit, 'many people were seeking

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<sup>152</sup> Cited in Wannan, 135.

<sup>153</sup> Wannan, 137-139, citing Edward Kinglake.

<sup>154</sup> Martyr, 46, 73-75.

<sup>155</sup> *Ibid.*, 73-74.

<sup>156</sup> Boileau, "Willie Young," 7, Tsicalas.

<sup>157</sup> Boileau, "Remembering Wing Yuen Lee," 1.

the aid of Chinese herbalists... Any amount of house-holders did not approve of the doctors. They preferred the Chinaman.’<sup>158</sup>

Against this background, it is hardly surprising that, at least until the early 20<sup>th</sup> century, there were no clear distinctions between various types of medicines. Doctors prescribed patent medicines.<sup>159</sup> Phillips observes that ‘some of the remedies for snakebite proposed by medical practitioners were similar to quack remedies’.<sup>160</sup> Widely used pharmaceuticals became known by common names, such as the Black Draught and Gregory’s Powder, and were imitated in home remedies. Some preparations were used to treat both humans and animals. Early chemists sold all types of medicines, making up family remedies as well as pharmaceutical preparations, and selling patent medicines and veterinary compounds.<sup>161</sup> When Francis Faulding opened his chemist shop in Adelaide in May 1845, he ‘offered to compound and dispense prescriptions and family recipes, and provide sheep and cattle medicines’.<sup>162</sup> Wannan provides evidence that: ‘The use of veterinary preparations for human ailment was extremely common, especially in outback Australia, during the 19<sup>th</sup> century, and even later.’<sup>163</sup>

There was considerable overlap between practitioners within the medical field. Chemists diagnosed illnesses and prescribed medication, while some doctors also operated their own chemists’ shops.<sup>164</sup> In the 1830s, John Neilson practised as both surgeon and druggist in

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<sup>158</sup> Hyslop, *Sovereign Remedies*, 226, 229-230.

<sup>159</sup> Commonwealth, *Secret Drugs, Cures, and Foods Report*, 348-349.

<sup>160</sup> Gael Phillips, “Snakebite Remedies,” 66.

<sup>161</sup> Hagger, 167; *Sydney Gazette*, 7 July 1825, 1; Wannan, 67.

<sup>162</sup> *Century of Medical Progress*, 17; Donovan and Tweddell, *Faulding Formula*, 2.

<sup>163</sup> Wannan, 67, 179.

Sydney. So, too, did Dr George Wakefield, in Ballarat, in the 1850s, and Dr George Willis in Barcaldine, Queensland, in 1888.<sup>165</sup> Some chemists and doctors produced their own patent medicines. In his 1906 *Domestic Medicine*, Dr Thomas Lucas, who had established a papaw ointment factory in Brisbane in 1890, recommended using papaw to treat a wide range of medical conditions.<sup>166</sup>

## 9.2 Pharmaceuticals

Surgeons posted to early Australia brought with them pharmacopoeias, which detailed ‘what simple medicinal substances ought to be found in the shops of Apothecaries, and ... compositions of these,’ and drugs for preparing their own medicines.<sup>167</sup> Ginger, listed among the *materia medica* of the period, was used directly as a medicine as well as being an ingredient in a number of preparations. Ginger was one of the most common carminatives, drugs which ‘aid in the expulsion or reduction of gas in the stomach and intestines, and which thus diminish flatulence and colic.’<sup>168</sup> Various forms of ginger were used. Pharmacopoeias specify quantities for doses of powdered ginger, sometimes in the form of a pill.<sup>169</sup> A simple infusion of ginger, or ginger tea, recognised as a medicinal in Roman times, still appeared in medical texts in the 19<sup>th</sup> century.<sup>170</sup> Since ginger ‘gives out the whole of its virtue to rectified spirit, and great part of it to water’, common preparations

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<sup>164</sup> Hagger, 167-170; Martyr, 93-96.

<sup>165</sup> Martyr, 96; *Sydney Gazette*, 4 August 1838, 4; Hagger, 169; Hoch, “Medical Care at Barcaldine,” 127-128.

<sup>166</sup> Lucas, *Domestic Medicine*; Metcalf, “Dr Thomas Pennington Lucas,” 788-804.

<sup>167</sup> *Pharmacopoeia of the Royal College of Physicians, London* (1809), vii; Phillips and Pearn, “Convict and Colonial Pharmacopoeia,” 89.

<sup>168</sup> Bruce and Dilling, *Materia Medica and Therapeutics*, 182, 193.

<sup>169</sup> Murray, *System of Materia Medica*, 268; Pereira, 1120; *London Dispensatory* (1815), 411; Waring, 228.

<sup>170</sup> Pliny cited in Soyer, *Pantropheon*, 92; Pereira, 535, 1121; Waring, 229.



of ginger were tincture of ginger and ginger syrup.<sup>171</sup> Tincture of ginger, used as a stimulant and carminative, was considered ‘useful in gout when it attacks the stomach, and in flatulent colic, and as a corrigent to griping purgatives.’<sup>172</sup> Both weak and strong tinctures were used, a strong tincture of ginger often being referred to as *essence of ginger*.<sup>173</sup> Syrup of ginger, ‘impregnated with the flavour and warmth of the ginger ... is a useful adjunct to bitter infusions and griping purgatives’.<sup>174</sup> It had been available in apothecaries’ shops in Britain from the late 1700s.<sup>175</sup> Ginger sweetmeats were used for their medicinal properties:

*Preserved ginger* ... may be taken with advantage as a medicine to stimulate the stomach. *Ginger lozenges* and *ginger pearls*, commonly termed *ginger seeds* and *ginger pipe*, are useful articles of confectionary, which are frequently of benefit in dyspepsia accompanied with flatulence.<sup>176</sup>

Pereira includes recipes for ginger beer and ginger beer powders among his medical formulae, illustrating the continuing interrelationship of food and medicine.<sup>177</sup> This relationship is still evident in MacEwan’s 1914 edition of *Pharmaceutical Formulas*.

Ginger was frequently employed in combination with other medicaments, both to promote their efficacy, and to counteract negative effects.<sup>178</sup> In the present study, a sample of

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<sup>171</sup> William Lewis, *Experimental History of the Materia Medica*, 486

<sup>172</sup> *Pharmacopoeia* (1824), 216; (1851), 447.

<sup>173</sup> Pereira, 1120

<sup>174</sup> *Pharmacopoeia* (1824), 238; (1851), 441.

<sup>175</sup> William Lewis, 487.

<sup>176</sup> Pereira, 1120.

<sup>177</sup> *Ibid.*, 535, 1121.

British pharmacopoeias and other medical texts published during the period mid-1700s to the mid-1900s were searched to ascertain medicinal compounds containing ginger. Details of the methodology, the pharmacopoeias, the results of this analysis, and some formulae are presented in Appendix 11.8. The results are summarized later in this section, the discussion including information from other sources about commonly used preparations containing ginger.

### 9.2.1 Use of Pharmaceuticals

Although it was not possible to establish what drugs were brought to Australia on the First Fleet, correspondence about medical supplies provide evidence that ginger and preparations containing ginger were used in Australia from the beginning of white settlement. On 12 July 1788, surgeon John White requested medical supplies from London, including six pounds each of powdered and whole ginger, Elixir of Vitriol, and London Philonium.<sup>179</sup> There can be little doubt that this requisition was to replace supplies which had been brought on the First Fleet and used during the voyage and in the fledgling colony. Other early requisitions for ginger and pharmaceuticals containing ginger are shown in Table 38.

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<sup>178</sup> Bruce and Dilling, 193; Forsyth, *New London Medical Pocket-Book*, 159; Griffiths and Duffy, *Materia Medica and Pharmacy*, 186; Murray, 268; *London Dispensatory* (1815), 411; Woodville, *Medical Botany*, 33.

<sup>179</sup> Great Britain, Treasury Board Papers T1/671, 1789, reel PRO 3551, 210-212.

**TABLE 38**  
**Early Requisitions for Ginger**

<b>Date</b>	<b>Items</b>	<b>Requester/Purpose</b>
<b>1788</b>	6 lb powdered ginger 6 lb whole ginger Elixir of Vitriol London Philonium	Principal Surgeon
<b>1814</b>	Powdered ginger	For soldiers about to depart on <i>Surry</i>
<b>1816</b>	12 ounces ginger	Among necessaries for the sick on <i>Mariner</i> , bound for Sydney
<b>1817</b>	10 lb powdered ginger Confection of Opium Squill Pills	Principal Surgeon
<b>1820</b>	Squill Pills	Principal Surgeon
<b>1820</b>	Ginger Confection of Opium	Assistant Surgeon George Brooks received from public store
<b>1821</b>	20 lb whole ginger 6 lb powdered ginger Confection of Opium Squill Pills Compound Powder of Cinnamon Compound Powder of Scammony	Principal Surgeon
<b>1824</b>	Compound Aloes Pills	For settlement at Moreton Bay
<b>1825</b>	Confection of Opium	Doctor Turner, Medical Officer on Melville Island

**Sources:** New South Wales, Colonial Secretary's Papers, 1814, reel 6044, 4/1731, 112-116; 13 December 817, reel 6047, 4/1739, 285-288; 23 February 1820, reel 6050, 4/1746, 212-216; 10 January 1821, reel 6051, 4/1748, 18-20; 6 February 1821, reel 6051, 4/1748, 24-31; 8 November 1825, reel 6066, 4/1802, 97-98; Haslam, John. *Convict-Ships*, 7; Pearn, Petrie and Petrie, "An Early Colonial Pharmacopoeia," 630-631.

Chemists sold different forms of ginger as medicines. While some simply listed ginger among their assortment of genuine medicines, most specified the form of ginger.<sup>180</sup> In 1821, Alexander Manners advertised ginger beer powders, which he had brought with him from London, while Sydney chemists, Thomas Icely, and Macqueen, Atkinson and Pritchett were selling them the following year.<sup>181</sup> Ginger beer powders continued to be

<sup>180</sup> *Perth Gazette* 9 September 1859, 2.

<sup>181</sup> *Hobart Town Gazette*, 15 December 1821, 1; *Sydney Gazette*, 8 November 1822, 3; 15 November 1822, 2S; 22 November 1822, 4; 29 November 1822, 2S; 6 December 1822, 2S.

available from chemists into the 1930s.<sup>182</sup> In December 1823, J. Tawell, apothecary of Pitt Street, Sydney, began advertising essence of Jamaica ginger as well as ginger beer powders among his medicines for family use.<sup>183</sup> Ginger lozenges were available from 1824, and William Parker of George Street, Sydney, advertised ginger syrup in 1826.<sup>184</sup>

Essence of ginger was a particularly popular medicinal. Various described in advertisements as medicine, patent medicine, and home remedy, it was simply the Strong Tincture of Ginger of the pharmacopoeias.<sup>185</sup> It continued to be sold as a treatment for ailments such as indigestion, flatulence, and heartburn.<sup>186</sup> In his advice for intending immigrants, published in the *Queensland Daily Guardian* in August 1865, William Draper encouraged steerage passengers to: ‘Arm yourself for the voyage with ... medical comforts’, including essence of ginger.<sup>187</sup> Ginger essence was sold under several brand names. By 1838, John Neilson was advertising Oxley’s Essence of Ginger in Sydney.<sup>188</sup> This product was later sold in Hobart at Rowe’s Dispensary in Crooke’s Lane, and by J. De La Hunt.<sup>189</sup> In his *Dictionary of Medical and Surgical Knowledge*, Philp describes Oxley’s Essence of Ginger as a ‘powerful tincture, made with six or seven times the quantity of ginger to the pint of spirit ordered by the Pharmacopoeia... strongly recommended to

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<sup>182</sup> Adlard, *Tinctures and Tact*, 79; *Moreton Bay Courier*, 11 and 18 February 1854; *Perth Gazette*, 8 October 1869, 1.

<sup>183</sup> *Sydney Gazette*, 11 December 1823, 2S; 17 June 1824, 3; 11 November 1826, 1.

<sup>184</sup> *Hobart Town Gazette*, 10 December 1824, 4; *Sydney Gazette*, 27 October 1825, 4; 22 March 1826, 4; 25 March 1826, 4; 29 March 1826, 4; 12 April 1826, 4; 15 April 1826, 4; 19 April 1826, 4; 22 April 1826, 4.

<sup>185</sup> Guly, “Medicine in the Antarctic,” 314-317.

<sup>186</sup> *Sydney Morning Herald*, 3 November 1855, 2.

<sup>187</sup> Cited in Addison and McKay, *Good Plain Cook*, 12.

<sup>188</sup> *Sydney Gazette*, 4 August 1838, 4.

<sup>189</sup> *Courier (Hobart)*, 26 August 1848, 1; 13 December 1848, 3.

persons affected with weak and cold stomachs'.<sup>190</sup> The Maitland Dispensary sold Pinhey's Concentrated Essence of Ginger.<sup>191</sup> One of the special medicines of Thomas Warry, Brisbane chemist, was concentrated essence of Jamaica ginger.<sup>192</sup> In 1880, two Brisbane agents were advertising Burnett's Essence of Jamaica Ginger, described as 'an approved tonic for indigestion and pains in the stomach, dyspepsia and flatulency, and a valuable remedy for colic, cholera morbus, colds, chills, and diarrhoea.'<sup>193</sup>

Ginger syrup remained a valued medicinal, one advertisement promising that, for:

... disarrangement ... of the digestive functions of the stomach ... resulting from the frequent use of alcoholic liquors ... or mayhap from a too free indulgence in the pleasures of the table, 'the Ginger Syrup', prepared from an original and ancient recipe, and on sale at the East India Tea Warehouse, in Liverpool-street, will be found an excellent and invigorating remedy.<sup>194</sup>

Ginger was sometimes added to other medications. In May 1853, when William Kelly visited a druggist's shop in South Melbourne for a seidlitz powder, a mild cathartic, the druggist said that he would normally have included tincture of ginger in the draught but did not have any at the time.<sup>195</sup> Robert Carr reported in the *Australian Medical Journal* that he

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<sup>190</sup> Philp, 337.

<sup>191</sup> *Maitland Mercury*, 5 September 1846, 3

<sup>192</sup> *Pugh's Queensland Almanac for 1860* [advertisement].

<sup>193</sup> *Brisbane Courier*, 27 November 1880, 2; 28 December 1880, 4.

<sup>194</sup> *Courier (Hobart)*, 30 March 1853.

<sup>195</sup> William Kelly, *Life in Victoria*, 1:70.

had used calomel and jalap with ginger to treat a man who had been bitten by a venomous spider. He had used the remedy previously in India.<sup>196</sup>

Ginger travelled to Antarctica in the medicine chests, primarily as Strong Tincture of Ginger, or ginger essence, in paste or tablet form, and ginger was included in various medicinal preparations. Ginger essence was among the supplies for Shackleton's 1907-1909 expedition.<sup>197</sup> It was used 'as a carminative and aromatic stimulant in atonic dyspepsia and flatulence', and added to laxatives to prevent griping.<sup>198</sup> A tube of ginger essence was in the two boxes of precious medical supplies, weighing in total seven pounds, carried to the South Pole in 1908-09.<sup>199</sup> Ginger Essence in tablet form was taken to Antarctica on Scott's 1910-1913 expedition, an unspecified quantity being included in the ordinary requirements for hut and ship, and a further 1100 tablets in the additional medical stores.<sup>200</sup> Mawson's medical supplies for his 1911-1914 Expedition included a total of 1200 ginger essence tablets, distributed throughout his various stores.<sup>201</sup> Further details are shown in Appendix 11.4.

## 9.2.2 Ginger in Pharmaceutical Compounds

Table 39 lists pharmaceutical preparations containing ginger, using only their English names, in the order in which they appear in the pharmacopoeias studied. Appendix 11.8 provides more details. All texts list ginger among the *materia medica*. With a few

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<sup>196</sup> *Brisbane Courier*, 30 October 1865, 5.

<sup>197</sup> Antarctic Heritage Trust.

<sup>198</sup> Guly, 314-317.

<sup>199</sup> *Ibid.*

<sup>200</sup> Lyons, *Miscellaneous Data*, 51-56.

<sup>201</sup> Douglas Mawson, *Australasian Antarctic Expedition*.

exceptions, the types of compounds in which ginger was an ingredient remained stable over the period studied. A major function of ginger was ‘to correct griping of purgatives’, both simple laxatives such as aloes, buckthorn berries, rhubarb and senna, and more drastic ones such as gamboge, jalap, scammony.<sup>202</sup> While the actual laxatives varied over time, ginger remained in the preparations. Compound Rhubarb Powder, also known as Gregory’s Powder, continued to be the most common laxative given to both children and adults into the 1930s.<sup>203</sup> Ginger was also used to cover the flavours of unpleasant tasting substances like acids and ether.

Some preparations in the pharmacopoeias of the 18<sup>th</sup> century date to the first century AD. As pointed out previously, *Mithridate*, or Damocrates’s Confection, and *Theriaca Andremachi*, or Venice Treacle, were originally prepared by Nero’s physicians. Some of these complicated preparations contained more than 50 ingredients.<sup>204</sup> *Philonium Londinense* was a simpler version. By the beginning of the 19<sup>th</sup> century, these preparations had been replaced by the much simpler Confection of Opium.<sup>205</sup> Table 40 shows the proportion of ginger in most of the more enduring compounds. The proportion of ginger varied between compounds, comprising as much as one-third of the compound powders of opium and cinnamon, and more than 10% of most.

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<sup>202</sup> Griffiths and Duffy, 186; William Russell, *Domestic Medicine and Hygiene*, 460.

<sup>203</sup> Bruce and Dilling, 233-4.

<sup>204</sup> Royal College of Physicians of London, *British Dispensatory* (1747), 104-105.

<sup>205</sup> *Pharmacopoeia* (1809), 311.

**TABLE 39**  
**Compounds Containing Ginger in Pharmacopoeias**

NOTE:  
This table is included on page 289  
of the print copy of the thesis held in  
the University of Adelaide Library.

**Sources:** See Appendix 11.8.



**TABLE 40****Proportion of Ginger in Pharmaceutical Preparations****NOTE:**

This table is included on page 290 of the print copy of the thesis held in the University of Adelaide Library.

**Source:** *British Pharmacopoeia* (1867), 376.

A guide for chemists and druggists, published in both London and Australia in 1901, recommended ginger as a carminative, particularly useful in the treatment of flatulence. It was included in compounds for the treatment of acne rosacea, bronchitic cough, dyspepsia, congestion of the liver, and tapeworms.<sup>206</sup> An article on ginger appeared in the *Pharmaceutical Journal* in 1903.<sup>207</sup> MacEwan's 1914 edition of *Pharmaceutical Formulas* provides reliable information on the extent of the use of ginger in medicines in the early 20<sup>th</sup> century. Designed for use by pharmacists and others in the drug-trade, it collates formulae from Pharmacopoeias and other sources, providing a range of medicinal compounds, 'some of which are ordered by physicians, and some are popular

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<sup>206</sup> *Diseases and Remedies*, 5, 22, 61, 64, 82, 115, 183.

<sup>207</sup> *Queensland Agricultural Journal* (October 1903): 355.

medicines.’<sup>208</sup> Table 41 lists the compounds containing ginger, using English names wherever possible. It is evident that, well into the 20<sup>th</sup> century, there was no clear differentiation between pharmaceuticals and popular medicines. In all, 85 compounds include ginger. While a large number are for digestive disorders, the list also includes medicines for rheumatism and gout, coughs, increasing a man’s sperm count, and drunkenness.

In the 1920s and 1930s, Australian chemists were still making prescriptions and other pharmaceuticals in their dispensaries, using drugs imported from England and British pharmacopoeias. Student chemists were taught from a textbook first published in 1888.<sup>209</sup> Pharmaceutical journals continued to publish articles about ginger.<sup>210</sup> Even when synthetic drugs began to replace many of those made from vegetable products, ginger remained a medicine. As discussed earlier, in 1942 Sunnyside Orchards entered into long-term contracts with ginger growers, planning to dehydrate some of the crop, which ‘would be used for making ginger beer, ginger essences and some drugs.’<sup>211</sup> In 1943, Buderim Ginger installed a dehydrator to provide the 16 tons of dried ginger which the Department of Defence required, at least some of it for use in medicines.<sup>212</sup>

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<sup>208</sup> MacEwan, v, 550.

<sup>209</sup> Adlard, 12, 19, 79.

<sup>210</sup> *Pharmaceutical Journal and Pharmacist*, 7 October 1922, 356.

<sup>211</sup> *Farmer & Settler*, 7 May 1942, 4.

<sup>212</sup> Hogarth, *Buderim Ginger*, 38; Commonwealth, *Rural Reconstruction Commission Report*, 5.

**TABLE 41**  
**Medicinal Preparations Containing Ginger**

<b>Category</b>	<b>Compound</b>
<b>Acids</b>	Spiced Acetic Acid
<b>Balsams</b>	Compound Balsam of Aniseed
<b>Chlorodyne</b>	Chlorodyne
<b>Confections</b>	Chelsea Pensioner – for rheumatism and gout
<b>Drink-cures</b>	Cure for Drunkedness [2]
<b>Elixirs</b>	Elixir of Vitriol, Elixir of Buckthorn, Indian Elixir
<b>Essences</b>	Ginger Essence, Cocoa Essence, Soluble Essence of Ginger, Soluble Essence Clear Ginger-beer, Essence of Stone Ginger-beer, Essence of Dry Ginger-ale, Soluble Essence of Ginger-ale [2], Sweet Essence of Senna
<b>Guttae</b>	Hiera Picra
<b>Infusions</b>	Concentrated Infusion of Senna
<b>Liquors</b>	Ginger Liquor, Liver-Tonic
<b>Mixtures</b>	Carminative Mixture – for infants, Cholera-mixture, Diarrhoea-mixture [3], Indigestion-mixtures [3], Neuralgic Mixture, Spermatorrhoea-mixture [2], Stomachic Mixture, Liver-Stimulant, Bismuth Magnesia Stomach-mixture, Blood-mixture, Skin and Blood Mixture, Gripe-mixture for Infants, Digestive Mixture, Indigestion and Stomach Mixture, Bismuth Indigestion-mixture, Bilious and Liver Mixture, Stomach and Liver Mixture, Ruby Cough-cure
<b>Pills</b>	Antibilious Pills [2], Female Pills [2], Gout and Rheumatic Pills, Indigestion-Pills, Pitch Pills, Digestive Pills, Pil. Olei Ricini, Tonic Digestive Pills, Tonic Liver-pills, Mild Aperient and Liver Pills, Great Northern Hospital Pills, Indian Elixir Pills, May-Apple Pills, Stomach and Liver Pills, Wind and Stomach Pills
<b>Powders</b>	St. George's Hosp. Powder, Composition-powder, Neuralgic Powders, Rheumatic Powder
<b>Syrups</b>	Ginger Syrup, Curative Syrup, American Digestive Syrup, Peptonate of Iron Syrup, Buckthorn Syrup, Scammony Syrup, Soothing-syrup (2)
<b>Tinctures</b>	Tincture of Ginger, Aromatic Tincture, Carminative Tincture, Compound Tincture of Ipecac with Squills, Tincture of Podophyllini
<b>Miscellaneous</b>	Digestive or Live-Long Candy [3], Ginger Lozenges, Aromatic Cachous, Pick-me-up [tonic]

**Note:** Essences used as medicines are different from those used for culinary purposes.

**Source:** MacEwan, *Pharmaceutical Formulas*.

### 9.3 Patent Medicines

Martyr describes a ‘patent medicine’ as any:

... brand-name proprietary medicine sold in the nineteenth and early- to mid-twentieth centuries. These were health care in a bottle: containing opium, alcohol, or just vegetable products, they were fairly comparable with what a doctor could prescribe for laxative effects or pain relief. Many were made up of pantry items and some basic medical supplies, and could have been concocted by a housewife with a medical bent. Some may have in fact originated in this way – some chemists in Australia advertised their willingness to make up family preparations, whose secrets could then have been turned to profitable advantage.<sup>213</sup>

Used mainly by the poorer classes because they cost much less than visiting a doctor, patent medicines became very popular in both Britain and Australia in the 19<sup>th</sup> century and remained so until the early 20<sup>th</sup> century.<sup>214</sup> They were used, too, by those among the ‘the well-to-do and the highly placed [who] often, when not very ill, take a curious pleasure in experimenting with mysterious compounds’.<sup>215</sup> Patent medicines were available both by prescription and over the counter.<sup>216</sup> Wannan maintains that: ‘the brand-name pills, potions and purges played an important part in keeping the family on their feet’.<sup>217</sup> Most patent medicines used in Australia were imported, usually from Britain or sometimes America.<sup>218</sup> While a local industry also developed, with 10 manufacturers in New South

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<sup>213</sup> Martyr, 97.

<sup>214</sup> British Medical Association. *Secret Remedies*, vi; Homan, Hudson and Rowe, 1, 8; Hyslop, 11; Martyr, 97, 167. In the year ended 31 March 1906, the British spent more than the equivalent of 15 million American dollars on patent medicines, (Commonwealth, *Secret Drugs, Cures, and Foods Report*, 327).

<sup>215</sup> British Medical Association. *Secret Remedies*, vi-vii

<sup>216</sup> Martyr, 97.

<sup>217</sup> Wannan, 128-129.

Wales by 1887, chemists' advertisements continued to boast the British origin of their drugs.<sup>219</sup>

Bannerman suggests that the 'huge trade in laxatives, liver pills and similar preparations' was also due to the fact that 'Australians in the late nineteenth century were obsessed with their digestions.'<sup>220</sup> Some medical practitioners endorsed this obsession, which was common in Britain as well as Australia. In his 1888 *Domestic Medicine and Hygiene*, British doctor William Russell maintained that the 'most frequent cause of uneasy feelings not amounting to positive illness, is constipation.' Of patent medicines he said:

The chief basis of the whole race of patent pills and quack purgatives is aloes ...

The fault of quack medicines is not always that they are directly hurtful – in fact, some of them are tolerably good preparations and closely resemble some of those in the Pharmacopoeia – but invariably false and lying statements of their effects and uses are given, and ... they are always recommended to be too long continued ...

Providing the remedy was harmless ... it often did much good by exciting hope and cheerfulness – the best tonic.<sup>221</sup>

Later studies confirmed Russell's views that some patent medicines were effective laxatives. The 1907 report of an Australian Royal Commission into patent medicines provided formulae for some of the more readily available medicines. Shortly after this, a British Medical Association study carried out a detailed chemical analysis of many of the most common 'secret remedies' available in the early 20<sup>th</sup> century. Further information

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<sup>218</sup> Hagger, 172; Martyr, 170.

<sup>219</sup> Martyr, 170.

<sup>220</sup> Bannerman, *Upside-Down Pudding*, 39.

<sup>221</sup> William Russell, 9-11.

comes from studies by Kellogg, and by Homan, Hudson and Rowe.<sup>222</sup> Generally, it was found that many patent medicines and especially the laxatives, while failing to live up to the more extravagant claims of their producers, were at least mildly beneficial, if not of some real value, when used for short periods.<sup>223</sup> The Royal Commission Report concluded that ‘the laxatives perform what they promise – but [are] dangerous if taken regularly’.<sup>224</sup>

Table 42 lists the patent medicines in which ginger was identified as an ingredient and, where available, the percentage of ginger in the compounds. The first six categories are those of the British Medical Association reports.<sup>225</sup> Further details, including some formulae, are presented in Appendix 11.9. Kellogg, who disapproved of adding condiments to food, as discussed previously, lists English Curry Powder and Worcestershire Sauce among the patent remedies which ‘are constantly endangering life and health’.<sup>226</sup> The proportion of ginger varies considerably, from ‘a very small quantity of ginger extract’ in Dr Kidd’s Tablet 45, to ‘powdered ginger in considerable quantity’ in Horton’s Benedict Pills.<sup>227</sup> Ginger was one of a ‘small series of drugs in regular use’ in cures for indigestion and constipation.<sup>228</sup> It was a very significant ingredient in two of the most popular patent medicines, Beecham’s Pills and Holloway’s Pills, which made fortunes for their inventors.<sup>229</sup>

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<sup>222</sup> Homan, Hudson and Rowe; Kellogg, *Hand-Book of Domestic Hygiene*, 1559, 1563, 1568-1570.

<sup>223</sup> Commonwealth, *Secret Drugs, Cures, and Foods Report*, 182, 188, 274; Kellogg, 1558; Martyr, 97, 168.

<sup>224</sup> Commonwealth, *Secret Drugs, Cures, and Foods Report*, 274.

<sup>225</sup> In this table, Beecham’s Pills are listed with other laxatives, according to the Royal Commission report classification, rather than with Cure Alls, as the British study does.

<sup>226</sup> Kellogg, 286-287, 734.

<sup>227</sup> British Medical Association. *Secret Remedies*, 180; *More Secret Remedies*, 205.

<sup>228</sup> British Medical Association, *More Secret Remedies*, 87.

<sup>229</sup> Martyr, 97.

**TABLE 42**  
**Patent Medicines Containing Ginger**

Category	Name	Ginger
<b>Blood Purifiers</b>	Hughes' Blood Pills	14%
<b>Obesity Cures</b>	J.Z. Obesity Tablets	4%
	Hughes's XL Reducing Pills	7%
<b>Skin Diseases</b>	Paciderma Blood Wafers	3%
<b>Cure Alls</b>	Beecham's Pills	45%
	Dr James W. Kidd's Tablet 45	
<b>Indigestion, Constipation, Etc.</b>	Whelpton's Purifying Pills	
	Holloway's Pills	36%
	Page Woodcock's Wind Pills	
	Scott's Pills	
	Bile Beans	15%
	Woodward's Gripe Water	1%
<b>'Female Medicines'</b>	Dumas's Paris Pills	<4%
	Nurse Powell's Popular Pellets (Special)	<4%
	Nurse Mann's Remedy	
	Gautieur's Female Pills	
	Dr Patterson's Female Pills	
	Horton's Benedict Pills	
	Blanchard's Apiol and Steel Pills	
	Nurse Lilly's Female Pills	
	Blak Thyrol Female Pills	
<b>Others</b>	Steedman's Rhubarb and Ginger Pills	
	Hooper's Pills	
	Radway's Renovating Resolvant	
	Elixir of Life	
	English Curry Powder	
	Worcestershire Sauce	

**Sources:** Main sources are British Medical Association, *Secret Remedies* and British Medical Association, *More Secret Remedies*, 1912. Information on Bile Beans and Woodward's Gripe Water is from Homan, Hudson and Rowe, and that for 'Others' is from Kellogg.

Thomas Holloway began making his pills in London in 1836.<sup>230</sup> They were laxatives, consisting mainly of aloes and ginger.<sup>231</sup> Soon they were being sold throughout much of the world, and were available in Australia from the early 1840s.<sup>232</sup> Holloway's Pills were

<sup>230</sup> Homan, Hudson and Rowe, 76; *Perth Gazette*, 3 June 1843; *Sydney Gazette*, 24 October 1840, 2.

<sup>231</sup> British Medical Association, *More Secret Remedies*, 97; Homan, Hudson and Rowe, 82-83; Hyslop, 11

especially popular on the goldfields.<sup>233</sup> Robinson and Cole of Ballarat were selling them in the 1850s.<sup>234</sup> In 1853 Howitt suggested that:

[I]t is the excessive cost of regular medical treatment which causes the diggers to take Holloway's pills so universally, and in such amazing quantities. They are the digger's established nostrum. He takes them by handfuls; and when his dog is ill, he gives him a few dozen as a dose... If Professor Holloway had only the diggers for purchasers he must have made a fortune.<sup>235</sup>

The popularity of Holloway's Pills spread throughout Australia. During his four years in North Queensland in the 1860s, George Carrington observed that: 'Quinine and Holloway's Pills are the two staple remedies on which men in the Bush pin their faith'.<sup>236</sup> The Pills continued to be advertised widely into the 1930s.<sup>237</sup> They were among the first remedies available in newly established towns. For example, in March 1874 J. Long, 'Pioneer Chemist of Cooktown', and Walter Reid began advertising Holloway's Pills, and other Cooktown merchants were also selling them the following year.<sup>238</sup> Hagger tells of a shepherd on a property in north Queensland who 'spent half his wages on Holloway's pills

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<sup>232</sup> Hyslop, 11; *Colonial Times (Hobart)*, 17 January 1843, 1; *Courier (Hobart.)*, 30 July 1845, 1; 6 August 1845, 3; *Perth Gazette*, 22 April 1843; 3 June 1843; *Moreton Bay Courier*, 18 December 1847, 2; *Maitland Mercury*, 24 January 1849, 1.

<sup>233</sup> Hagger, 173.

<sup>234</sup> Hyslop, 11.

<sup>235</sup> Howitt, *Land, Labour, and Gold*, 2:283-284.

<sup>236</sup> Carrington, 137.

<sup>237</sup> *Adelaide Observer*, 12 October 1895, 47; *Advertiser*, 2 July 1861, 1; 3 July 1861; *Brisbane Courier*, 6 February 1869, 2; 17 February 1883; *Hobart Town Daily*, 11 November 1858; *Moreton Bay Courier*, 7 November 1857; 5 May 1858; *Richmond River Express*, 4 May 1878, 3; *Canberra Times*, 23 July 1938, 2; Hagger, 174.

<sup>238</sup> *Cooktown Courier* 16 May 1874, 1; *Cooktown Herald*, 20 March 1874; 25 March 1874; 19 December 1874, 1; 4 August 1975, 3-4; 10 May 1876, 4.



and ointment'.<sup>239</sup> In 1935, Gilmore described Holloway's Pills as one of the six patriarchs of patent medicines used in outback Australia which 'still live and need not be further particularized. But they must have saved millions of lives in their time, for their use went all over the world.'<sup>240</sup> Earlier, the 1907 Royal Commission had endorsed their benefits.<sup>241</sup>

Thomas Beecham, who began developing his own remedies in Lancashire in the 1830s, opened his first factory in 1858. In 1859 he maintained that Beecham's Pills were 'the best in the world for bilious and nervous disorders, wind and pain of the stomach,' and a range of other ailments. Produced for over 150 years, they became 'one of Britain's best-known and long-lived remedies.'<sup>242</sup> Homan, Hudson and Rowe suggest that the 'success of Beecham's Pills owed much to the fact that they actually worked [as a simple laxative] ...the state of the nation's bowels owed much to the efforts of Thomas Beecham'.<sup>243</sup> Beecham's Pills, which were being exported to Australia by 1875, were advertised widely from the 1880s.<sup>244</sup> They were among the very few medicines available in the mining towns in North Queensland in the late 19<sup>th</sup> century.<sup>245</sup>

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<sup>239</sup> Hagger, 173.

<sup>240</sup> Gilmore, *More Recollections*, 235.

<sup>241</sup> Commonwealth, *Secret Drugs, Cures, and Foods Report*, 182.

<sup>242</sup> Homan, Hudson and Rowe, 20, 25.

<sup>243</sup> *Ibid.*, 26.

<sup>244</sup> *Adelaide Observer*, 2 April 1898, 48; *Advertiser*, 18 June 1909, 11; *Brisbane Courier*, 29 April 1885; 8 August 1885; 10 October 1885, 10; 12 March 1889, 2; 25 November 1889, 2; 17 February 1891, 2; Commonwealth, *Secret Drugs, Cures, and Foods Report*, 189; Homan, Hudson and Rowe, 20; *Mercury*, 17 August 1896;

<sup>245</sup> Hooper, 14.

Whelpton's Purifying Pills, made by G. Whelpton and Son, London, from the 1830s, were available in Australia by the 1860s.<sup>246</sup> Page Woodcock's Wind Pills, made in Norwich, England, boasted that their 'world-wide celebrity proves them of stirling merit ... the best remedy extant for all disorders of the Stomach, Bowels, and Liver.' They were being advertised in Australia by 1877, and were still available in the early 20th century.<sup>247</sup>

Scott's Pills were among the earliest patent medicines available in Australia, being sold at Jones and Riley's Stores in Hunter Street, Sydney, in 1818.<sup>248</sup> In the 1870s, an advertisement for a competitor, Scott's Biliious and Liver Pills, warned that Scott's Pills were 'a different medicine, and causes much disappointment.'<sup>249</sup> Nevertheless, they were still being produced in the early 20<sup>th</sup> century.<sup>250</sup>

Canadian Charles Fulford and Englishman Earnest Gilbert, who met in New South Wales in 1896, developed Bile Beans, which they began to manufacture in Australia before moving production to America and England.<sup>251</sup> Bile Beans contained a large number of ingredients, with ginger being used as a carminative to prevent griping and flatulence.<sup>252</sup> From early 1898, Bile Beans were advertised widely in Australia.<sup>253</sup> It was claimed that they 'positively cured Headache, Influenza, Scrofula, Piles, ... and all Liver and Stomach

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<sup>246</sup> *Brisbane Courier*, 11 August 1865, 3; 6 February 1869, 2; 8 May 1869, 2; 4 August 1869, 4; 8 September 1869, 4; 25 September 1869, 2; *Mercury*, 24 May 1871, 4; *Perth Gazette*, 20 September 1872, 1.

<sup>247</sup> *Argus*, 12 October 1877; 3*Brisbane Courier*, 27 November 1880, 2; 28 December 1880, 4; Commonwealth, *Secret Drugs, Cures, and Foods Report*, 189; *Mercury*, 17 August 1885, 3; *Sydney Mail*, 27 August 1881.

<sup>248</sup> *Sydney Gazette*, 12 November 1818, 4; 28 November 1818, 4.

<sup>249</sup> *Brisbane Courier*, 29 April 1876, 2.

<sup>250</sup> Commonwealth, *Secret Drugs, Cures, and Foods Report*, 189

<sup>251</sup> Commonwealth, *Secret Drugs, Cures, and Foods Report*, 193; Homan, Hudson and Rowe, 29-30, 35.

<sup>252</sup> Homan, Hudson and Rowe, 33.

<sup>253</sup> *Adelaide Observer*, 2 April 1898, 42; *Argus*, 26 October 1944, 16; 15 January 1945, 16; *Brisbane Courier*, 2 November 1898; Commonwealth, *Secret Drugs, Cures, and Foods Report*, 190, 304; *West Australian*, 13 May 1898; 25 June 1898; 14 September 1898, 26 November 1898, 13 May 1899.

ailments'. By 1930, Bile Beans 'was a brand leader in the laxative market and world sales were over one million pills per day.'<sup>254</sup>

William Woodward bought a pharmacy in Nottingham in 1851, where he 'developed his gripe water to give babies relief from colic, wind and indigestion.' By 1902, there were agents for Woodward's Gripe Water throughout Australia.<sup>255</sup> Ginger was an ingredient in other patent medicines. It was a major feature of Steedman's Rhubarb and Ginger Pills, manufactured in Britain from 1830 and still being produced in the 1920s.<sup>256</sup> Radway's Resolvent was available in Australia in the early 20th century.<sup>257</sup> Ginger was included in Portland Powder, used in the early 19th century to treat gout.<sup>258</sup> Some versions of Black Draught Laxative Syrup, in common use in the 19<sup>th</sup> and early 20<sup>th</sup> centuries, contained ginger.<sup>259</sup>

## 9.4 Home Remedies

Every housekeeper must be prepared with remedies for common ailments.<sup>260</sup>

Distinctions between food and medicine remain blurred for much of the period studied, in Australia as well as in Britain and in Eastern cultures. While some foodstuffs having

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<sup>254</sup> Homan, Hudson and Rowe, 30-33.

<sup>255</sup> *Ibid.*, 148-149.

<sup>256</sup> <http://www.british-history.ac.uk/report.aspx/>; Homan, Hudson and Rowe, 129, 132.

<sup>257</sup> Commonwealth, *Secret Drugs, Cures, and Foods Report*, 185.

<sup>258</sup> Abbott, 103.

<sup>259</sup> Beeton, *Book of Household Management*, 1038; Martyr, 90-91.

<sup>260</sup> Wicken, *Australian Home*, 225

medicinal properties were discussed previously, this section focuses on medicines produced in the home.

Australian households had access to a number of British and later Australian domestic medical texts. The first major British work was William Buchan's *Domestic Medicine*, published initially in 1769 and still popular in the early 19<sup>th</sup> century.<sup>261</sup> Similar publications followed, including William Russell's *Domestic Medicine and Hygiene* and John Kellogg's *Home Hand-Book of Domestic Hygiene and Rational Medicine*.<sup>262</sup> Pears' *Shilling Cyclopaedia*, first published in 1898, included a 'Dictionary of Medical Information for the Household'. George Fullerton is credited with writing the first domestic medicine book for Australians.<sup>263</sup> An Australasian adaptation of *The Practical Home Physician and Encyclopedia of Medicine* by Lyman, Fenger, Jones, and Belfield appeared in the late 1880s, and Thomas Lucas published his *Domestic Medicine* in Brisbane in 1906. Of relevance, too, is William Bell's "*The Settlers' Guide*" or *Modern Domestic Medicine and Surgery*. While Bell completed the manuscript in 1849, financial difficulties prevented its publication.<sup>264</sup> Eventually published in 2009, its contents are pertinent to the present study as reflecting the medical opinions of the mid-19<sup>th</sup> century.

Domestic medicine works are not, however, fruitful sources of remedies made in the home. Written by qualified medical practitioners, these books interpret contemporary medical knowledge for the layman, discuss the causes of disease and means of prevention, and some suggest simple treatments. In Kellogg's work, 'drugs are recommended less

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<sup>261</sup> Attar, *Bibliography of Household Books*, 43; Buchan, *Domestic Medicine*.

<sup>262</sup> Kellogg was American, but recognised as a medical practitioner in Britain. His work was published in London.

<sup>263</sup> Lucas, 5. A copy was presented to H. C. Burnett, Buderim, in 1874 (Nelson, "Buderim Medicine").

<sup>264</sup> William Bell, iv-vii, Preface by Lois Sabine.

frequently as remedies than in most similar works ... [because] the author does not approve of the custom of making an apothecary shop of the stomach by dosing for every trifling ailment of any part of the body.'<sup>265</sup> Similarly, Bell advises against the use of popular remedies for indigestion caused by overeating and a sedentary lifestyle. Instead of making 'a drug ship of his belly', he suggested that all the patient needs is: 'Two or three dozen leeches, an enema machine, a few pints of tepid water, a horse & gig, gun, and an agreeable companion.'<sup>266</sup> Lucas relies on papaw to treat a wide range of disorders. When remedies were specified, they were often well known pharmaceuticals. For example, Buchan recommends 'some of the most simple and approved forms of medicine'.<sup>267</sup>

Although home remedies are to be found in books on household management, cookbooks, household books, newspapers, and advertising pamphlets, works devoted specifically to home remedies were difficult to locate. In researching domestic medicine in Britain, Hatfield discovered that, apart from herbal medicines, the 'history of domestic medicine in Britain has been largely ignored'.<sup>268</sup> While home remedies played a vital role in the lives of ordinary country people and their animals well into the 20th century, few reliable written records exist. Rather, domestic medicine 'was a commonsense collection of first aid worked out by instinct, by observation of animals and by trial and error, and ... preserved entirely by word of mouth.'<sup>269</sup> One exception is the records of Mai Thomas's grandmother, who lived near the English-Welsh border during the late 1800s and early

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<sup>265</sup> Kellogg, ix.

<sup>266</sup> William Bell, 99.

<sup>267</sup> Buchan, xi.

<sup>268</sup> Hatfield, *Memory, Wisdom and Healing*, xii.

<sup>269</sup> Hatfield, 4-6, 9, 14, 16.

1900s and ‘compiled a pharmacopoeia of folk-medicine for the guidance of those who should come after her.’<sup>270</sup>

A few Australian works specifically dedicated to home remedies were found. *The Australasian Home Physician and Family Guide to Health* was published in Melbourne in the 1880s. *Golden Recipes*, published initially in Britain, was being printed in Australia by 1880s. John Broadbent’s handbook of herbal remedies was published in 1889, and some remedies from the 19<sup>th</sup> century are to be found in the works of Hagger, Pescott, and Wannan.<sup>271</sup> In 1925, the Disabled Men’s Association of Australia produced the medical equivalent of a community cookbook.

The information on home remedies, albeit somewhat limited, has been gathered from a variety of sources. Domestic medicine uses not only folk remedies, but also pharmaceuticals and patent medicines, sometimes in unorthodox ways, and provides recipes for medicines found in the pharmacopoeias. In the home, as in the pharmacy, ginger is used directly as a medicine and as an ingredient in compound remedies. The list of books searched for remedies containing ginger, the results of this analysis, and some recipes are presented in Appendix 11.10. The results, supplemented by remedies from other sources, are summarised in this section. In domestic medicine, as in other forms of medicine, a major use of ginger was to treat stomach disorders. The typical view of ginger as a stomachic is that expressed in *Golden Recipes*: ‘Ginger needs no recommendation, as a stimulant in dyspepsia, wind, debility, and for all stomach complaints it is invaluable.’<sup>272</sup>

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<sup>270</sup> Thomas, *Grannies’ Remedies*, 9-10.

<sup>271</sup> John Broadbent, *Australian Botanic Guide*; Hagger, *Australian Colonial Medicine*; Pescott, *Early Settlers’ Household Lore*; Wannan, *Folk Medicine*.

<sup>272</sup> *Golden Recipes*, 16.

Table 43 lists remedies containing ginger for what can be described generally as stomach disorders, in order of publication date and using the terminology of the authors.

**TABLE 43**  
**Home Remedies for Stomach Disorders**

Source	Ailment/Purpose
<b>Buchan</b>	Stomach cough, Heartburn caused by wind, Hiccup, Stomach cramp
<b>Rundell, 1810</b>	Pain in the stomach
<b>Smith</b>	Laxative, Constipation, Indigestion
<b>Rundell, 1824</b>	Stomachic
<b>Scott</b>	Constipation
<b>Pereira</b>	Flatulence
<b>Beeton</b>	Laxative, Liver complaints
<b>Abbott</b>	Languid habits
<b>Philp</b>	Laxative
<b>Fullerton</b>	Dyspepsia. Colic. Constipation
<b>Broadbent</b>	Dyspepsia, Flatulence, Tonic
<i>Australasian Home Physician</i>	Biliousness, Cross Children, Dyspepsia, Health, Indigestion, Constipation in children, Pain in the Stomach
<b>Lyman et al.</b>	Dyspepsia, Neuralgia of the Stomach, Colic
<b>Russell</b>	Inflammation of the Bowels, Colic
<b>Early Settlers</b>	Clear blood & strengthen digestion
<b>Hagger</b>	Flatulence
<b>Rita</b>	Flatulence
<b>Rawson, 1894</b>	Constipation
<i>Pears' Cyclopaedia</i>	Colic
<i>Golden Recipes</i>	Dyspepsia, Indigestion, Spasms, Cross Child
<i>Grannie's Remedies</i>	Heartburn
<b>Buller-Murphy</b>	Constipation
<b>Wardmaster</b>	Flatulence, Indigestion, Blood Purifier
<i>Coronation Cookery Book</i>	Indigestion
<b>Kramer Family</b>	Wind Flatulence, Stomach Disorders, Nervous, Poor Digestion, Gastritis
<i>Hobart Cookery Book</i>	Tonic

Lyman et al. maintain that, for dyspepsia, a ‘domestic remedy much used ... is the familiar Jamaica ginger’.<sup>273</sup> Ginger was frequently taken in the form of tea, which Pereira describes as a very useful domestic remedy.<sup>274</sup> Hagger reports ginger tea being given ‘to children with colic, and to adults for flatulence, debility, and as a laxative.’<sup>275</sup> Lady Jane Franklin purchased ginger drops for her voyage from Sydney to Hobart in July 1839, presumably to prevent seasickness.<sup>276</sup> The obsession with digestion is illustrated clearly in domestic medicine texts. Both the *Australasian Home Physician* and *Golden Recipes* maintain that: ‘Indigestion is a breeder of disease’.<sup>277</sup> Hagger found that:

Because the bowels are the outlet by which normal waste products are evacuated, people were encouraged to expel through them nearly every conceivable illness or abnormality. It is not an exaggeration to say that people literally purged themselves to death...  
The peevish child, the nagging woman, the irritable man, the morbidly religious and the would-be suicide ... are all constipated.<sup>278</sup>

Homemade Gregory’s Powder, using variations on the formula for Compound Rhubarb Powder found in the pharmacopoeias, was used extensively. Indeed, Rawson maintained that ‘Gregory’s Powder is the best medicine for children of all ages, and no household should be without it’.<sup>279</sup> *Pears’ Cyclopaedia* agreed, stating that ‘it is one of the best stomachics ... we possess.’<sup>280</sup> The remedy for cross children, which appears in both the

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<sup>273</sup> Lyman et al., 202.

<sup>274</sup> Pereira, 535.

<sup>275</sup> Hagger, 148.

<sup>276</sup> Franklin, *This Errant Lady*, 175.

<sup>277</sup> *Australasian Home Physician*, 22; *Golden Recipes*, 19.

<sup>278</sup> Hagger, 67-68.

<sup>279</sup> Rawson, *Australian Enquiry Book*, 168.



*Australasian Home Physician* and *Golden Recipes*, is simply a variation on Gregory's Powder, with ginger making up 40% of the compound, compared with 11% in the standard formula.<sup>281</sup> The implication that children become cross when constipated supports Hagger's finding. The *Australasian Home Physician's* health remedy is also included here, for it is claimed that this fermented hop drink 'gives a cheerful mind, rich blood, and good digestion'.<sup>282</sup> Despite its name, the recipe calls for five ounces of ginger, compared with two ounces each of dandelion leaves and hops. The tonic of the *Hobart Cookery Book* is a simpler version of the older one. Generally, it was believed that 'a good home-made tonic could give immunity to many diseases.'<sup>283</sup>

Table 44 lists other home remedies containing ginger. They are grouped by type of ailment, listed in alphabetical order. Some remedies are recommended for more than one disorder, but they are included here only once, generally under first disorder specified by the author. The table shows that ginger was used in the treatment of a wide range of ailments. Ginger constituted a large proportion of some compounds, more than 60% of the 1910 cure for rheumatism, kidney trouble and bladder trouble, and 50% of the toothache remedy.<sup>284</sup>

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<sup>280</sup> *Pears' Cyclopaedia*, 1898, 674. Later editions continued to praise Gregory's Powder (*Pears' Cyclopaedia*, 1913, 813).

<sup>281</sup> *Australasian Home Physician*, 11; *Golden Recipes*, 34.

<sup>282</sup> *Australasian Home Physician*, 21.

<sup>283</sup> Hagger, 44.

<sup>284</sup> *Northern Territory Times*, 7 January 1910, 3; *Golden Recipes*, 29.

TABLE 44

## Home Remedies for Other Ailments

Ailment/Purpose	Source	Remedy/Main Ingredients
<b>Abortion</b>	Hatfield	<i>Hiera Picra</i>
<b>Boils</b>	Hagger	Flour & Ginger Poultice
<b>Cold</b>	Scott	Rum, honey, "plenty of ginger"
<b>Consumption</b>	Glasse	Artificial Asses Milk
"	Mrs Smith	Artificial Asses Milk
<b>Contagion in Sick Room</b>	<i>Golden Recipes</i>	Chew ginger
"	Hagger	Chew ginger
<b>Diuretic</b>	Broadbent	Buchu leaves, Uva Ursi ... ginger
<b>Dropsy</b>	Hatfield	Horse radish, ginger, stinging nettles, gin
<b>Fevers, Intermittent</b>	Buchan	Peruvian bark, ginger
<b>Gout</b>	Russell	Compound Jalap Powder
"	Bernays	Ginger tea
<b>Headache, Sick</b>	<i>Hobart Gazette</i> , 1818	Magnesia, ginger
<b>Headache</b>	Abbott	Ginger poultice
<b>Influenza</b>	SAA July 1860	Raspberry vinegar, ginger
"	<i>Golden Recipes</i>	Elixir of Vitriol
<b>Nervous Disorders</b>	Broadbent	Assofoetida, ginger
<b>Palsy</b>	Buchan, 1772	Chew ginger
"	Smith, 1810	Mustard flower, conserve of red roses, ginger syrup
<b>Rheumatism</b>	Wannan	Soda-bicarbonate, Epsom salts, sulphur, salt- petre, ginger
"	Liersch	Sulphur, cream of tartar, Epsom Salt, ginger
<b>Rheumatism, kidney trouble, bladder trouble</b>	<i>Northern Territory Times</i> , 1910	Tincture gentian, rhubarb syrup, liquid barkola, ginger syrup
<b>Rheumatism &amp; Gout</b>	Wardmaster,	Guaracum, rhubarb, flower of brimstone, cream of tartar, ginger, nutmeg, honey
<b>Scurvy</b>	Buchan	Elixir of Vitriol
<b>Stitch</b>	Wannan	Fermenting malt, stallion's dung, London treacle, ginger, saffron
<b>Toothache</b>	<i>Golden Recipes</i>	Ginger, Epsom salts
<b>Worms in Children</b>	<i>Australasian Home Physician</i>	Compound Scammony Powder

Ginger's use for disorders such as gout, rheumatism, colds, influenza and headaches is consistent with its use in orthodox medicine. The use in Elixir of Vitriol for the treatment of scurvy has been discussed previously. Buchan includes this Elixir in compounds to treat consumption, putrid or spotted fever, smallpox, inflammation of the throat, malignant quinsy or putrid ulcerous sore throat, vomiting, blind piles, spitting of blood, and nervous diseases causing wind.<sup>285</sup> Mai Thomas's grandmother recommends it as an antidote to poison.<sup>286</sup> William Bell uses the Elixir in remedies for bleeding from the nose, lungs, and stomach, and to prevent miscarriage.<sup>287</sup>

Although primarily a laxative, *Hiera Picra* had other uses. The 1907 Royal Commission report identified it as a remedy which was 'occasionally used for the purpose of producing criminal abortion', and Hatfield discovered that it was used for this purpose in East Anglia in the 1920s.<sup>288</sup> Buchan points out that milk was considered to be the most effective treatment for consumption, and that: 'Asses milk is generally reckoned preferable to any other'.<sup>289</sup> Since asses' milk was difficult to obtain, attempts were made to replicate its qualities in the home. The rationale of some other remedies is more difficult to understand. Especially interesting is the notion that, if those visiting the sick chewed pieces of ginger, they would not contract the illness.<sup>290</sup> It is clear that ginger remained popular in home remedies throughout the period of the present study.

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<sup>285</sup> Buchan, 230, 254, 280, 345, 350, 403-404, 427, 432, 538.

<sup>286</sup> Thomas, 29.

<sup>287</sup> William Bell, 9-11, 236.

<sup>288</sup> Commonwealth, *Secret Drugs, Cures, and Foods Report*, 182; Hatfield, 25. *Hiera Picra* appears in 18<sup>th</sup> century pharmacopoeias (Royal College of Physicians, *British Dispensatory* (1773), 232). Only some versions contain ginger.

<sup>289</sup> Buchan, 224.

<sup>290</sup> *Golden Recipes*, 27; Hagger, 40.

Ginger was used not only as medicine, but also to help the medicine go down. Castor oil was given to children regularly as a laxative, but it was very unpopular.<sup>291</sup> In 1918, the *Northern Territory Times* published a suggestion that castor oil be given to children by making it into biscuits flavoured with ginger.<sup>292</sup> Using ginger to mask the unpleasant taste of medicines was not new. In his 1869 *Carols of Cockayne*, Henry Leigh describes making cod-liver oil more palatable by mixing it with ginger wine.<sup>293</sup>

#### 9.4.1 East Meets West

An example of the similarity in the use of ginger in Chinese and Western medicine concludes this section. In the 18<sup>th</sup> and 19<sup>th</sup> centuries, part of the treatment recommended to resuscitate a person who had drowned was to excite respiration by applying strong volatiles, such as snuff or smelling salts, to the nose, or tickling the throat with a feather.<sup>294</sup> The Chinese used ginger as a volatile for this purpose, one endorsed by British surgeon Jonathan's contention that 'ginger operates as a stimulant ... especially to the organs of respiration.'<sup>295</sup> Laurel Asimus recounts a story told by an elderly lady. This lady recalled that, in the early 1900s, during a large gathering on a grazing property in Central Queensland, the children went swimming in a nearby dam. One small boy got into difficulties and was pulled from the water unconscious. The adults were unable to revive him. Fortunately, the property employed some Chinese workers who grew ginger in their garden. When they heard of the boy's condition, some of the Chinese took fresh ginger

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<sup>291</sup> Hagger, 68.

<sup>292</sup> *Northern Territory Times*, 20 April 1918, 14

<sup>293</sup> MacEwan, 603; <http://www.archive.org/details/carolscockayne/>.

<sup>294</sup> Buchan, 741; Lyman et al., 1126; William Russell, 396-397.

<sup>295</sup> Pereira, 1120.

from their garden, chewed it as they ran to the dam, and plugged the boy's nose and ears with masticated ginger. He recovered.<sup>296</sup>

## 9.5 Remedies For Animals

Ginger was used also in animal medicine and, while it is beyond the scope of this study to investigate veterinary medicine in any depth, some animal remedies containing ginger were discovered while researching human medicines. They are presented in this section, with further details and some recipes shown in Appendix 11.11. Table 45 contains commercial animal medicines found in MacEwan's *Pharmaceutical Formulas*, and Table 46 lists some home remedies.

At least some of the remedies are similar to those recommended for stomach disorders in humans. Not all of the remedies were effective, however. The *Brisbane Courier* reported that, in Britain, cattle disease was being treated with 'brandy, gruel, old ale, and ginger; but all in vain'.<sup>297</sup> On the other hand, some simple home remedies did prove beneficial, as another report from Britain attests: 'Mr. Maurice Worms, of Egham, is said to have cured several cows [of cattle plague] with a compound of small red pickling onions, ginger, and assafoetida.'<sup>298</sup>

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<sup>296</sup> Laurel Asimus, personal communication, 16 April 2009.

<sup>297</sup> *Brisbane Courier*, 27 November, 1865, 3.

<sup>298</sup> *Perth Gazette*, 1 June 1866, 3.

TABLE 45

## Commercial Recipes for Agricultural Preparations

Compound
Cattle Condition-powder
Cattle Food and Spices
Cow-powders
Diapente [horse spice]
Hay-spice
Mithridate for Cattle Drinks
Condition-powder for Horses
Cough-balls for Horses
Horse Physic-balls
Newmarket Powder for Horses
Egg-producing Spices

Source: MacEwan, *Pharmaceutical Formulas*.

TABLE 46

## Home Remedies for Animals

Source	Ailment/Purpose	Remedy/Main Ingredients
Scott, 1822	Distemper in dogs	Jalap, grated ginger, syrup of buckthorn
Scott, 1825	Looseness in Beast	Ginger ...
“	Beast that does Badly	Ginger ...
<i>Colonial Times</i> , 1829	Scabby Sheep	Nitre, ginger, colcothar of vitriol, salt
<i>Brisbane Courier</i> , 1865	Cattle disease	Brandy, gruel, old ale, ginger
<i>Brisbane Courier</i> , 1868	Sick calves	Ginger, chalk
<i>Perth Gazette</i> , 1866	Cattle plague	Pickling onions, ginger, asafoetida
Weston, c.1874	Cleansing Powders	Fenugreek, black antimony, juniper berries, rhubarb, sulphur, ginger
“	Colic or gripes	Tincture Asafoetida, Laudanum, gum camphor, ginger, tincture capsicum, whiskey or brandy
Rawson, 1894	Swelled sheep & cattle	Epsom salts, ginger, ammonia
<i>Argus</i> 1915	Tonic for Cattle	Tincture nux vomica, ammonia, tincture ginger
<i>Mercury</i> , 1916	Flatulent colic in horses	(1) Essence of ginger (2) Turpentine, tincture ginger, laudanum, linseed
<i>Mercury</i> , 1917	Tonic for Cattle	Ammonia, nux vomica, ginger
<i>Argus</i> , 1917	Cholera in calves	Eggs, ginger

Note: Full details of two of Scott's recipes were not decipherable.

## 9.6 Summary and Conclusions

Ginger arrived in Australia in the medicine chests of the First Fleet, paralleling its arrival in Britain in medicine chests more than 1700 years earlier. British medical practices were adopted in Australia, where ginger remained in the pharmacopoeias in the mid-20<sup>th</sup> century. Various forms of ginger were used as medicine. It was powdered, preserved, made into tinctures and syrups, infused in water, and made into lozenges. Ginger's warming qualities were used in the treatment of cold-related diseases. As a stimulant, it was used to treat rheumatism and gout. Ginger was one of the most common carminatives, used to alleviate flatulence, indigestion and colic. It was employed in combination with numerous other medicaments, both to promote their efficacy, and to counteract negative effects. A major function of ginger was to ameliorate the effects of harsh laxatives. While the actual laxatives varied over time, ginger remained in the preparations. Ginger was also used to cover the flavours of unpleasant tasting substances like acids and ether.

Further confirmation of ginger's medicinal value is to be found in its use in other types of medicine. Patent medicines were very popular in the 19<sup>th</sup> and early 20<sup>th</sup> centuries. Most, such as Beecham's Pills and Holloway's Pills, were laxatives, similar to those in the pharmacopoeias and containing large proportions of ginger. In domestic medicine, too, ginger was used in the treatment of stomach disorders and a wide range of other ailments. Ginger's use for disorders such as gout, rheumatism, colds, influenza and headaches is consistent with its use in orthodox medicine. Ginger was used, too, in veterinary medicine, some of the remedies being similar to those recommended for stomach disorders in humans. Ginger's effectiveness as a medicinal is highlighted by the fact that British and Australian medicine continued to use ginger for essentially the same purposes as it is used in traditional Chinese and Indian medicines.

## 10 DISCUSSION

### 10.1 Conclusions

This thesis presents a commodity history of ginger which focuses on ginger in Australia, from the beginning of white settlement to the development of an Australian ginger industry in the mid-20<sup>th</sup> century. It provides compelling evidence to support the argument that this industry developed in response to a substantial demand for ginger in both food and medicine, and discusses the various hurdles which hindered the process. The Australian story is situated in the broader history of ginger, from its earliest roots in ancient China and India, where it was essential to medical and culinary traditions, to its adoption in the West and its widespread use in Britain.

Ginger's significance to the British is highlighted by the fact that both the plant and the spice arrived in Australia on the First Fleet. The British had been using ginger in their medicine and food since the Romans introduced the dried spice in the first century AD. By the 18<sup>th</sup> century, dried and preserved ginger were used in a wide variety of cakes, biscuits and puddings, jams and preserves, confectionery, and beverages. Dried ginger was used, too, in many condiments, including Indian-inspired curry powders and pastes, as well as pickles, chutneys and sauces. British medicine used ginger for the same purposes for which it was used in the traditional medicines of China and India, primarily to combat cold-related ailments, to aid digestion, and as a stimulant to increase blood circulation. Ginger was used by itself as a medicine, and as an ingredient in numerous medicinal compounds.

Thus British settlers arrived in Australia with cultural traditions which included the use of dried and preserved ginger in both medicine and food. The story of ginger in Australia



provides an insight into the culinary and medical practices of the period. It demonstrates not only that early settlers maintained British traditions, but also that Australian food and medicine remained essentially British into the mid-20<sup>th</sup> century. From the earliest days of white settlement, large quantities of dried and preserved ginger, and products containing ginger, were imported to meet the ever-increasing demand. Dry ginger was available in the first stores in Sydney, and gingerbread and ginger beer were among the earliest foodstuffs manufactured commercially in Australia. Throughout the period studied, Australian home cooks and food manufacturers used ginger in a variety of traditional British foodstuffs including gingerbread and ginger biscuits, condiments, preserves and confectionery, and beverages. While recipes in cookbooks remained essentially unchanged over the period studied, in the mid-19<sup>th</sup> century both home cooks and manufacturers began to use fresh ginger in place of dry ginger in some chutneys, jams and preserves. They also used the wide variety of tropical and subtropical fruits and vegetables which grew in Australia.

Ginger was important enough in Britain for Joseph Banks to transport ginger rhizomes to Australia on the First Fleet; ginger being considered a potential economic crop for Australia's sub-tropical and tropical areas. Ginger has been grown in Australia since 1788, initially in government gardens, but soon also in private gardens and on agricultural properties. While ginger grew well in northern New South Wales, along Queensland's east coast, and in and around Darwin, green ginger had only a limited market among Europeans. By far the greatest demand was for dried and preserved ginger, which required that the ginger be processed, and processing needed to be carried out close to the areas in which ginger was produced. Although some agriculturalists and home gardeners dried and preserved their own ginger, it was not until the mid-20<sup>th</sup> century that a large-scale

commercial ginger industry eventually was established in the Maroochy district in South East Queensland.

Evidence provided in this thesis makes it very clear that the previously accepted story of the beginnings of the Australian ginger industry does not adequately represent ginger's very rich history, its importance in early Australia, the struggles of early botanists and farmers to grow and process it, and the encouragement provided by government bodies to establish a viable ginger industry. Contrary to the myth, ginger was deliberately introduced into Australia in 1788, in anticipation of the need for ginger. Ginger rhizomes were sent to the first settlement in Moreton Bay in 1824, and ginger growing had become commonplace in the area by the early 1850s. By the 1880s, farmers in many parts of South East Queensland, including Buderim, were growing ginger. Robert Duthie did not introduce ginger rhizomes to Buderim in 1916, and nor did he go to China. While the Queensland Department of Agriculture arranged for some Chinese ginger rhizomes to be sent to Queensland in 1911, by then ginger had been growing in the State for almost 90 years. Arthur Burnett bought some of the Chinese rhizomes but, by that time, he had been growing ginger on Buderim for some years and he was supplying green ginger to Duthie's Brisbane factory. It would seem that Hogarth and others confused the words *bought* and *brought*. For reasons which could not be determined, the Buderim farmers did not take advantage of the wide range of information about growing and processing ginger which was available in Queensland at the time. Instead, they proceeded by trial and error to develop the now thriving industry. It was perhaps because they did it alone that the myth developed.

When Chinese immigrants began arriving in Australia in the early 19<sup>th</sup> century they, too, brought with them ginger rhizomes, a need for ginger in their food and medicine, and a

determination to maintain their traditional practices. Like the British, the Chinese succeeded in doing the latter. While Chinese and British medicines used ginger in essentially the same ways, the two culinary cultures used ginger very differently. In Chinese cuisine, fresh ginger is an essential ingredient in a large proportion of savoury dishes, and Chinese market gardeners grew ginger to meet the demands of their fellow countrymen for fresh ginger. Although they were growing ginger in the same areas as European growers, there was little contact between them. The Chinese also needed other forms of ginger, and for these they had to rely on imports. One foodstuff was common to Chinese and British eating habits: both shared a passion for ginger preserved in syrup. Jars of preserved ginger, given by the Chinese to the Europeans on special occasions, became a form of communication between the two cultures.

The extensive use of ginger in Australia did not decrease in the mid-20<sup>th</sup> century. On the contrary, since then ginger has become even more widely used in both food and medicine.

## **10.2 Epilogue: Ginger Today**

Since the 1950s, the Australian ginger industry in South East Queensland has flourished, and today it produces some of the world's finest confectionery ginger. Ginger also continues to grow in other parts of Australia, but not on a commercial scale. Ginger is still growing in the Darwin Botanic Gardens, though not even the Chinese in Darwin are growing ginger in large quantities. Instead, stallholders at the produce markets and restaurateurs are obtaining their ginger from Queensland, the ready supply of good quality ginger making it not commercially viable to grow it in Darwin.<sup>299</sup>

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<sup>299</sup> Personal communications, May 2008.

Ginger continues to be used in traditional ways in gingerbread and other sweet dishes, confectionery, condiments and curries. Ginger beverages remain popular. In the second half of the 20<sup>th</sup> century, however, as Australian eating habits began to change, ginger was also used increasingly in savoury dishes. From the 1950s, Australians began embracing Chinese food in restaurants and attempting to replicate it at home, and new English-language Chinese cookbooks appeared. By the 1980s, Australians were eating a wide variety of other Asian cuisines, including Vietnamese, Thai, Japanese, Korean and Indonesian. More authentic Indian food was enjoyed.<sup>300</sup> All of these cuisines use large quantities of mostly fresh ginger in a wide variety of savoury foodstuffs.

Ginger remains among the *materia medica* in Pharmacopoeias.<sup>301</sup> In Western medicine, ginger is becoming more widely used than ever before, as scientific research verifies many of its therapeutic benefits. Increasingly, ginger is seen as a safe, effective, and palatable alternative to chemical drugs.<sup>302</sup> A number of commercially manufactured ginger medicines for travel sickness and arthritis are now available over-the-counter.<sup>303</sup> Ginger has been found effective in controlling nausea and vomiting caused by pregnancy, anaesthetics, chemotherapy, and motion-induced sickness. In addition, clinical trials are beginning to provide evidence supporting many other traditional uses of ginger. It improves digestion and protects the digestive system from ulcers. Ginger is effective in treating common colds and reducing fever. As an anti-inflammatory, ginger reduces joint pain caused by rheumatism and arthritis. It stimulates the heart, improves circulation, and

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<sup>300</sup> Bannerman, *Seed Cake and Honey Prawns*, 29; Bannerman et al., *Acquired Tastes*, 60; Symons, *One Continuous Picnic*, 91, 262, 315.

<sup>301</sup> *British Pharmacopoeia 2010*, copy of online edition obtained from Queen Elizabeth Hospital Library, Adelaide, 30 April 2010.

<sup>302</sup> Abascal and Yarnell, "Clinical Uses of *Zingiber officinale* (Ginger)," 231-237.

<sup>303</sup> Bhattarai, Tran, and Duke, "Stability of Gingerol and Shogaol," 1658; <http://www.plantcultures.org/plants/ginger/>

reduces fat deposits in the arteries.<sup>304</sup> Not only is ginger more effective than aspirin in reducing the risk of stroke, heart attack and thrombosis, but also it has none of the negative effects of aspirin.<sup>305</sup> Animal studies have found that ginger lowers cholesterol.<sup>306</sup> Research substantiates the traditional use of ginger in preventing metabolic disorders which lead to diabetes.<sup>307</sup>

Thus ginger remains one of the most versatile and most widely consumed spices, still used for many of the same purposes and in essentially the same ways that it has been used for thousands of years. Further research is needed to follow up the uses of ginger in Australia from the mid-20<sup>th</sup> century to the present time.

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<sup>304</sup> Aktan et al., "Gingerol Metabolite," 727-734; Abascal and Yarnell, 231-237; Buderim Ginger Limited, *Buderim Ginger*, 2002b, available from [http://www.buderimginger.com/consumer\\_info/health\\_benefits/](http://www.buderimginger.com/consumer_info/health_benefits/); Julia Chrubasik, Basil Roufogalis, and S. Chrubasik. "Herbal Antiinflammatory Drugs," 675-683; Ferry-Swainson, *Ginger*, 41-42; Jiang, Blair and McLachlan. "Effects of Herbal Medicines on Warfarin Response," 1370-1378; [www.plantcultures.org/plants/ginger/](http://www.plantcultures.org/plants/ginger/); Schulick, *Ginger*, 14-45; Sturt and Paterson, *Ancient Spice*, 1-16; Brett White, "Ginger," 1689.

<sup>305</sup> Koo et al., "Gingerols," 387-397; Nurtjahja-Tjendraputra et al., "Effective Anti-Platelet," 387.

<sup>306</sup> Nammi et al., "*Zingiber officinale* in the Liver of High-Fat Diet-Fed Rats," 389.

<sup>307</sup> Nammi, Sreemantula and Roufogalis, "Protective Effects of *Zingiber officinale*," 366.

## 11 APPENDICES

### 11.1 Recipes From 14<sup>th</sup> Century Chinese *Yin-Shan Cheng-Yao*

“Various Hot Beverages and Concentrates” Containing Ginger			
No.	Recipe	Benefits	Form of Ginger
96	Cassia Syrup	Produces saliva & stops thirst, augments ch'i, & harmonises the centre	Ginger juice
98	Lichee Paste	Produces saliva & stops thirst, & gets rid of irritation	Ginger juice
106	Jujube & Ginger Puree	Accords the stomach & promotes digestion of drink & food	Ginger juice
109	Oriental Flowering Apricot Puree	Cures heat of the centre, dry sensation of the 5 centres, acute diarrhea & vomiting syndrome, dry thirst, & failure of bodily fluids to pass	Ginger juice
158	Spirit Pillow		Dried ginger
160	Lamb Honey Paste	Treats ... lumbago, coughing, withered lung, & hectic fever due to <i>yin</i> deficiency	Ginger juice
162	Sheep Bone Congee	Treats <i>hsü-lao</i> disease & diseases of waist & knee	Ginger
183	Dried Beef		Ginger juice
186	Euryale Fruits Gruel Powder	Cures arthralgia... gets rid of sudden violent illnesses. Increases primary vitality of ch'i & strengthens heart & will. Makes ear & eye quick & sharp	Ginger juice
209	Black Chicken Liquor	Cures apoplexy, paralysis & inability to speak, rigidity of the pupil of the eye & fever accompanied by restlessness	Ginger
210	Sheep's Stomach Gruel	Cures the various apoplexies	Ginger

**Source:** Buell and Anderson, *A Soup for the Qan*, 280-316, 375-421.

“Strange Delicacies of Combined Flavours” Containing Ginger		
No.	Recipe	Form of Ginger
7	Deer Head Soup	Ginger juice or ground ginger
8	Pine Pollen Soup	Ginger juice
10	Barley <i>Samsa</i> Noodles	Ginger juice
11	Barley Strip-Noodles	Pickled ginger
15	Euryale Flour Swallow’s Tongue	Ginger juice
19	Euryale Flour <i>Hun-t’un</i>	Ginger juice & sliced ginger
21	Meat and Vegetable Broth	Ginger & pickled ginger
22	Pearly Noodles	Ginger & pickled ginger
23	Yellow Soup	Ground ginger
26	Long Bottle Gourd Soup	Ginger juice
27	Turtle Soup	Ginger juice
28	Cup Steamed	Ginger
31	Carp Soup	Ginger
33	<i>Ishkäne</i>	Ginger & pickled ginger & dry ginger
34	<i>Chöppün</i> Noodles	Ginger
36	Chinese Yam Noodles	Ginger juice
37	Hanging Noodles	Pickled ginger
39	Sheep’s Skin Noodles	Pickled ginger
42	Water Dragon	Pickled ginger
44	<i>Shoyla Toyyn</i>	Pickled ginger
49	Pomegranate Soup	Ginger & ground ginger
52	Deboned Chicken Morsels	Ginger juice
53	Roasted Quail	Ground ginger
55	“Tangut” Lungs	Ginger juice
57	Drum [lamb sausages]	Ginger
58	Sheep’s Heads Dressed in Flowers	Ginger & pickled ginger
59	Fish Cakes	Ginger
60	Cotton Rose Petal Chicken	Ginger
64	Tumeric Fish	Ginger
65	Deboned Wild Goose Morsels	Ground ginger
68	Deboned Sheep’s Head Morsels	Ground ginger
69	Deboned Ox Hoof Morsels	Ground ginger
71	Liver and Sprouting Ginger	Ginger
74	Boiled Sheep’s Hooves	Ground ginger
75	Boiled Sheep’s Breast	Ground ginger
76	Fine Fish Hash	Ginger
77	Red Strips	Ginger
81	Quick <i>Manta</i>	Ginger
82	Deer Milk Fat <i>Manta</i>	Ginger
85	Quartz Horns	Ginger
86	Butter Skin <i>Yubqa</i>	Ginger
88	Shilön Horns	Ginger
89	Mushroom <i>Pao-tzu</i>	Ginger
90	Qurim Bonnets	Ginger

**Notes:** The *Yin-shan Cheng-yao* sometimes refers to fresh ginger as *sprouting ginger*. In this table, it is called simply *ginger*.

Recipe 69 is also recommended for Horse’s Hoof and Bear’s Paw.

## 11. 2 Australian Production Of Green Ginger

Year	Harvest (tons)
1927-28	3
1928-29	15
1929-30	60
1930-31	60
1931-32	4
1939-40	20
1941	14
1942	83
1943	180
1944	297
1945	576
1946	744
1947	523
1948	720
1949	562
1950	645
1951	393
1952	84
1953	105
1954	46
1955	60
1956	46
1957	52
1958	143
1959	247
1960	292

**Sources:** Commonwealth, *Tariff Board's Report*, 1931, 4 (1927-1930); Tewson, "Australian Ginger," 63 (1930-31 and 1954-1960); Queensland, *Statistical Register*, 1931-32, 44H (1931-32); *Queensland Agricultural Journal* 53, (June 1940): 591 (1939-1940); Richardson, "Australia Grows Ginger," 10 (1941); Commonwealth, *Tariff Board's Report*, 1953, 8, and 1954, 4 (1942-1953).



### 11.3 Ginger Imports Into South Australia, 20<sup>th</sup> Century

NOTE:

This table is included on page 322 of the print copy of the thesis held in the University of Adelaide Library.

**Notes:** Ginger was listed separately only from 1902-1939. The figures include imports for the Northern Territory until 1910. From 1910, 'imports' no longer included goods from other States but only those from overseas. Figures for home consumption are used until 1916-17, after which these were no longer specified. From 1912-1922, *Ginger Preserved in Liquid* was referred to as *In brine, for the manufacture of Crystallised Preserved Ginger*, after which it is defined as *In Brine or Syrup*. Dried ginger was not differentiated from *Spices* until 1931-32.

**Source:** South Australia, *Statistical Register*.

## 11.4 Supplies Containing Ginger Taken To Antarctica

NOTE:

This table is included on page 323 of the print copy of the thesis held in the University of Adelaide Library.

**Notes:** Sufficient food was taken to last the 15 man shore party two years.

Many other products, such as a variety of soups and puddings, are also likely to have included ginger. This applies, too, to the supplies of Scott and Mawson.

**Source:** Antarctic Heritage Trust, British Antarctic Expedition 1907-1909.

**NOTE:**

This table is included on page 324 of the print copy of the thesis held in the University of Adelaide Library.

**Source:** Lyons, *Miscellaneous Data*, 45-46.

**NOTE:**

This table is included on page 325  
of the print copy of the thesis held in  
the University of Adelaide Library.

**Source:** Douglas Mawson, Australasian Antarctic Expedition, 1911-1914.

<b>Mawson's Supplies: Land Party, 1<sup>st</sup> Base, 12 Men, 2 Years</b>	
<b>Case No.</b>	<b>Contents</b>
110	1 case Jacobs' Biscuits [including]:- 1 No 5 tin Ginger Nuts
111	1 case Jacobs' Biscuits [including]:- 6 No 2 tins Ginger Nuts
120/121	2 cases Mason's O.K. Pickles each containing 2 dozen bottles = 4 dozen
309/312	4 cases <u>each</u> containing Brand's:- 6 bottles Mayfair Relish = 24 bottles 6 bottles Worcester = 24 bottles 3 bottles India Chutney = 12 bottles 9 bottles Mango Chutney = 36 bottles...
322/336	15 cases Heinz:- containing altogether 12 bottles East India Chutney 288 Medium tins Baked Beans and tomato sauce...
402/406	5 cases Heinz containing altogether 48 bottles India Relish 48 bottles Sweet Midgets 12 bottles Tomato Ketchup
815	1 Venesta case containing:- 6 ½ lb tins Ground Ginger = 3 lbs...
842	1 Venesta case containing:- 16 bottles Assorted Pickles
843	1 Venesta case containing:- 12 bottles Walnut Pickles 4 bottles Assorted Pickles
844	1 Venesta case containing:- 4 bottles Assorted Pickles...
846	1 Venesta case containing:- 63 ½ lb tins Curry Powder = 31½ lbs
850	1 Venesta case containing:- 57 ½ lb tins Curry Powder = 28½ lbs
1084/1086	3 Venesta cases each containing:- 48 1 lb tins Herrings in Tomato Sauce = 144 lbs
1119	1 case containing:- 6 2 lb tins Mulligatawny Soup = 12 lbs...
6006	5 100 'Tabloid' Ginger Essence min. 10 [in Medical Stores]

<b>Mawson's Supplies: Land Party, 2<sup>nd</sup> Base, 6 Men for 2 Years</b>	
<b>Case No.</b>	<b>Contents</b>
115	1 case Jacobs' Biscuits [including]:- 1 No 5 tin Ginger Nuts
116	1 case Jacobs' Biscuits [including]:- 3 No 2 tins Ginger Nuts
122	1 case Mason's O.K. Pickles, containing 2 dozen bottles
313/314	2 cases each containing Brand's:- 5 bottles Mayfair Relish = 10 bottles 3 bottles Worcester Sauce = 6 bottles 3 bottles India Chutney = 6 bottles 3 bottles Mango Chutney = 6 bottles...
315/316	2 cases each containing Brand's:- 4 bottles Mayfair Relish = 8 bottles 3 bottles Worcester Sauce = 6 bottles 3 bottles India Chutney = 6 bottles 9 bottles Mango Chutney = 18 bottles...
337/344	8 cases Heinz:- containing altogether:- 144 medium tins Baked Beans and tomato sauce...
407/409	3 cases Heinz containing altogether:- 24 bottles India Relish 24 bottles Sweet Midgets 12 bottles Tomato Ketchup
909	1 Venesta case containing:- 3 ½ lb tins Ground Ginger...
911	1 Venesta case containing:- 22 ½ lb tins Curry Powder = 11 lbs...
912/913	2 Venesta cases each containing:- 15 ½ lb tins Curry Powder = 15 lbs...
914	1 Venesta case containing:- 28 ½ lb tins Curry Powder = 14 lbs...
916	1 Venesta case containing:- 12 bottles Walnut Pickles 4 bottles Assorted Pickles
917	1 Venesta case containing:- 16 bottles Assorted Pickles
918	1 Venesta case containing:- 4 bottles Assorted Pickles...
1087/1088	2 Venesta cases each containing:- 36 1 lb tins Herrings in Tomato Sauce = 72 lbs
1131	1 case containing:- 12 2 lb tins Mulligatawny Soup = 24 lbs
6076	5 100 'Tabloid' Ginger Essence min. 10 [in Medical Stores]

<b>Mawson's Supplies: Land Party, 3<sup>rd</sup> Base, 9 Men for 2 Years</b>	
<b>Case No.</b>	<b>Contents</b>
112	1 case Jacobs' Biscuits [including]:- 1 No 5 tin Ginger Nuts
113	1 case Jacobs' Biscuits [including]:- 3 No 2 tins Ginger Nuts
123/124	2 cases Mason's O.K. Pickles, containing 2 dozen bottles = 4 dozen
317/318	2 cases each containing. Brand's:- 4 bottles Mayfair Relish = 8 bottles 3 bottles Worcester Sauce = 6 bottles 3 bottles India Chutney = 6 bottles 7 bottles Mango Chutney = 14 bottles...
319	1 case Brand's:- 4 bottles Mayfair Relish = 4 bottles 2 bottles Worcester Sauce = 2 bottles 2 bottles India Chutney = 2 bottles 7 bottles Mango Chutney = 7 bottles...
320	1 case Brand's:- 3 bottles Mayfair Relish = 3 bottles 2 bottles Worcester Sauce = 2 bottles 2 bottles India Chutney = 2 bottles 7 bottles Mango Chutney = 7 bottles...
321	1 case Brand's:- 3 bottles Mayfair Relish = 3 bottles 2 bottles Worcester Sauce = 2 bottles 2 bottles India Chutney = 2 bottles 8 bottles Mango Chutney = 8 bottles...
345/355	11 cases Heinz:- containing altogether:- 216 medium tins Baked Beans and tomato sauce...
410/413	4 cases Heinz containing altogether:- 48 bottles India Relish 24 bottles Sweet Midgets 12 bottles Tomato Ketchup
6057	1 100 'Tabloid' Ginger Essence min. 10 [in Medical Stores]

<b>Mawson's Supplies: Land Party Reserve Stores, Intermediate Depots</b>	
<b>Case No.</b>	<b>Contents</b>
401 and no number	2 cases John Farrah's Harrogate Specialities as follows:- 26 Slabs Yorkshire Parkin about 10 lbs each 6 dozen 1 lb Cakes Ginger Bread 10 6 lb tins Old Fashioned Ginger Nuts 24 2 lb tins Old Fashioned Ginger Nuts...

## 11.5 Analysis Of British And Australian Cookbooks

Twenty-four cookbooks published during the period mid-1700s to mid-1900s were analysed to ascertain which recipes include ginger and which include condiments likely to contain ginger. The books are listed below, in order of the date of publication of the edition studied. The first three were British but were used in early Australia, as discussed in Chapter 7. While most of books were ones available in the State Library of Queensland or those published in facsimile form, some were obtained from other sources. Generally, the books are representative of the various types of cookery books used in Australian households. They include: community cookbooks from New South Wales, Victoria, and Queensland, with contributions from other States; books written by cooking teachers in Victoria and Queensland; books devoted to preserving and pickling; and books aimed at different types of cooks, from those requiring very simple recipes, to those in the country, and those addressed to more affluent women.

The sample contains two cookbooks of Mina Rawson, Margaret Pearson, and Amy Schauer. In each case, the books had different purposes and there was little, if any, overlap between the recipes. Including two versions of the *Women's Missionary Union (W.M.U.)* cookery book allowed comparison of the changes in recipes from 1916 to 1930. It was found that, while the number of recipes increased by 50 percent in the later edition, most of the increase was achieved by introducing new categories of recipes rather than by changing recipes in the existing categories.

Findings for each cookery book are presented in three tables. The first shows the total number of recipes in each category and the number containing ginger and condiments. Since this table shows only categories that include ginger, the total number of recipes usually exceeds the totals in the categories listed. The second table lists the recipes which call for ginger directly, and the form of ginger required. In recipes which simply specify ginger, it is usually clear that dried ginger is meant. Mixed drinks containing ginger beer or ginger ale are included in the Ginger table. The third table shows recipes containing ginger used indirectly through the use of condiments. While not all versions of these condiments contain ginger, Chapter 7 makes it clear that a large proportion does. Condiments that only infrequently contain ginger have not been included. Where both ginger and condiments are included in a recipe, the recipe is included only in the Ginger table. For each cookbook, the recipe categories and the terms used, including spelling and punctuation, are those of the book's author or editor

A direct and meaningful comparison of cookbooks is not possible. There are considerable differences in the number of categories used and how recipes are categorised. Some of the earlier books provide general rules and 'hints' as well as actual recipes. These have been included in the totals.



<b>List of Cookbooks Studied</b>
Hannah Glasse, <i>Cookery Made Plain and Easy</i> , 1747.
Eliza Acton, Eliza. <i>Modern Cookery for Private Families</i> , 1855 ed.
Isabella Beeton, <i>Book of Household Management</i> , 1861.
Edward Abbott, <i>Colonial Cook Book</i> , 1864.
Alfred Wilkinson, <i>Australian Cook</i> , 1877.
Mina [Mrs Lance] Rawson, <i>Cookery Book and Household Hints</i> , 3 <sup>rd</sup> ed., 1890.
Margaret Pearson, <i>Australian Cookery</i> , 1892.
---, <i>Cookery Recipes for the People</i> , 3 <sup>rd</sup> ed., 1894.
Mina Rawson, <i>Australian Enquiry Book</i> , 1894.
E. M. Shelton, <i>Fruit Preserving</i> , 1895.
Hannah Maclurcan, <i>Cookery Book</i> , 1898.
Harriet Wicken, <i>Kingswood Cookery Book</i> , 4 <sup>th</sup> ed., 1898.
F. B. Aronson, <i>Twentieth Century Cooking</i> , 1900.
<i>Kookaburra Cookery Book</i> , 2 <sup>nd</sup> ed., 1912.
<i>Goulburn Cookery Book</i> , 15 <sup>th</sup> ed., 1913.
Deborah Buller-Murphy [Lady Hackett], <i>Australian Household Guide</i> , 1916.
<i>W.M.U. Cookery Book</i> , 9 <sup>th</sup> ed., 1916.
Wattle Blossom, <i>Off the Beaten Track</i> , 2 <sup>nd</sup> ed., 1917.
Mary Gilmore, <i>Mary Cookery Book</i> , 1923.
<i>W.M.U. Cookery Book</i> , 14 <sup>th</sup> ed. 1930.
<i>Coronation Cookery Book</i> , 2 <sup>nd</sup> ed., 1938.
Amy Schauer, <i>Australian Cookery Book</i> . 9 <sup>th</sup> ed., 1946.
Flora Pell, <i>Our Cookery Book</i> , 22 <sup>nd</sup> ed., 1950.
Amy Schauer, <i>Australian Fruit Preserving</i> , 1951.

**Note:** Results for the 1916 and 1930 editions of the *W.M.U. Cookery Book* have been combined.

## 11.5.1 Hannah Glasse, 1747

<b>No. of Glasse's Recipes Containing Ginger and Condiments</b>		
<b>Category (No.)</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Roasting, Boiling, &amp;c. (80)</b>	1	1
<b>Made-Dishes (225)</b>	2	23
<b>Pretty little Dishes (35)</b>	1	3
<b>To Dress Fish (5)</b>	-	1
<b>Puddings (12)</b>	4	-
<b>For Lent ... [and] any other Time (291)</b>	14	21
<b>Directions for the Sick (32)</b>	1	-
<b>For Captains of Ships (27)</b>	3	-
<b>Pickling (31)</b>	11	-
<b>Making Cakes, &amp;c. (24)</b>	4	-
<b>Ketchup, &amp;c. (17)</b>	2	-
<b>Additions from 5<sup>th</sup> Edition (8)</b>	2	-
<b>Total (990)</b>	<b>45</b>	<b>49</b>

<b>Glasse's Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Roasting, Boiling</b>	To keep Venison or Hares sweet	Beaten ginger
<b>Made-Dishes</b>	Baked Mutton Chops	Beaten ginger
	To Boil Ducks the French Way	Ginger beat fine
<b>Pretty little Dishes</b>	To Preserve or Pickle Pig's Feet and Ears	Whole ginger
<b>Puddings</b>	An Oat Pudding to Bake	Beaten ginger
	A Boiled Suet-Pudding	Beaten ginger
	A Boiled Plumb-Pudding	Beaten ginger
	Suet-Dumplings	Ginger
<b>For Lent</b>	A Crawfish Soop	Piece of ginger
	To make Fine Fritters	Ginger
	Apple Fritters	Ginger
	Pancakes	Beaten ginger
	To make Buttered Loaves	Beaten ginger
	To make a Quince, Apricot, or White Pear Plumb-Pudding	Ginger
	A Batter Pudding	Beaten ginger
	A Batter Pudding without Eggs	Beaten ginger
	A Grateful Pudding	Beaten ginger
	An Ordinary Bread Pudding	Ginger
	A Baked Bread Pudding	Ginger
	A Prune Pudding	Beaten ginger
	A Spoonful Pudding	Ginger
	To Collar [roll] Salmon	Sliced ginger
<b>For the Sick</b>	Artificial Asses Milk	Preserved ginger
<b>For Captains of Ships</b>	To make Ketchup to keep twenty Years	Races of ginger
	To pickle Mushrooms for the Sea	Races of ginger
	A Suet Pudding	Beaten ginger
<b>Pickling</b>	To pickle Wallnuts Green	Races of ginger
	To pickle Gerkins	Race of ginger sliced
	To pickle Large Cucumbers	Race of ginger sliced
	To pickle Peaches	Ginger sliced
	To pickle Reddish [radish] Pods	Ginger
	To pickle French Beans	Race of ginger sliced
	To pickle White Plumbs	Ginger sliced
	To pickle Nectarines and Apricots	Ginger sliced
	To pickle Onions	Races of ginger sliced
	To pickle Lemons	Ginger very thin
	Elder-Shoots in Imitation of Bamboo	Ginger sliced
<b>Making Cakes</b>	To make a Rich Cake	Ginger
	To make Ginger-Bread Cakes	Ginger beat fine
	To make Ginger-Bread	Beaten ginger
	To make very good Wigs	Race of ginger grated
<b>Ketchup, &amp;c</b>	To make Ketchup	Whole ginger
	Another way to make Ketchup	Races of ginger
<b>From 5<sup>th</sup> Ed.</b>	To make India Pickle	Ginger
	To make English Catchup	Race of ginger

<b>Glasse's Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Roasting, Boiling</b>	Different Sorts of Sauce for a Pig	Catchup
<b>Made-Dishes</b>	To make a White Fricasey	Mushroom-pickle
	To Hash a Calf's Head	Mushroom catchup
	To Bake a Calf's Head	Catchup
	To Ragoo a Neck of Veal	Pickles
	To Ragoo a Breast of Veal	Catchup
	To Stew a Turkey or Fowl	Catchup
	To Ragoo a Piece of Beef	Catchup
	To Stew Beef Steaks	Garnish with any pickle you like
	Beef Steaks Rolled	Catchup
	To dress a Leg of Mutton à la Royale	Catchup
	To make a Mutton Hash	Garnish with Pickles
	A Shoulder of Mutton	Catchup
	A Forced Leg of Lamb	Mushroom-pickle
	To make a Ragoo of Lamb	Mushroom-pickle
	Scotch Collops Larded	Pickled mushrooms
	Another Way to dress Sweetbreads	Catchup
	Mushroom-Sauce for boiled Fowls	Pickled mushrooms
	To make Sellery-Sauce for roasted or boiled Fowls ... or any other Game	Catchup
	To dress Livers with Mushroom-Sauce	Catchup
	To Stew a Turkey brown the nice Way	Catchup, pickled mushrooms
	Chickens à la Braise	Catchup
	To dress a Pheasant à la Braise	Catchup
	To Stew a Hare	Catchup, pickled mushrooms
<b>Pretty little Dishes</b>	A Ragoo of Livers	Pickled mushrooms or ketchup
	To dress Cold Fowl or Pigeon	Ketchup
	To Hash Cold Mutton	All sorts of pickles
<b>To Dress Fish</b>	To make Anchovy Sauce	Ketchup
<b>For Lent</b>	To Dress a Brace of Carp	Ketchup, mushroom-pickle
	To Fry Tench	Ketchup
	Oyster Sauce	Ketchup
	To Bake a Turbutt	Ketchup
	To Broil Mackrel Whole	Ketchup or walnut-pickle
	To Dress Salmon à la Braise	Pickled mushrooms
	To Dress Eels with Brown Sauce	Mushroom-pickle
	To Roast a Piece of Fresh Sturgeon	Ketchup, walnut-pickle
	To Boil Sturgeon	Ketchup
	To Fricasee [Scate] Brown	Ketchup
	To make ... Fish in Ragoo	Ketchup
	A Good Brown Gravy	Mushroom-pickle, walnut-pickle, Ketchup
	To Stew Cucumbers	Ketchup
	To Ragoo French Beans	Ketchup, mushroom-pickle, pickled French-beans, mushrooms, sampier
	Beans Ragoo's with a Cabbage	Ketchup, mushroom-pickle
	To Ragoo Salary	Ketchup
	A Ragoo of Eggs	Pickled mushrooms, Ketchup
	A Grand Dish of Eggs	Pickled mushrooms
	Peas Françoise	Ketchup
	A Farce Meagre Cabbage	Ketchup, pickled mushrooms
	To Farce Cucumber	Pickled mushrooms

## 11.5.2 Eliza Acton, 1855

<b>No. of Acton's Recipes Containing Ginger and Condiments</b>		
<b>Category (No.)</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Soups (67)</b>	1	11
<b>Fish (70)</b>	-	5
<b>Sauces (71)</b>	-	3
<b>Cold Sauces, Salads, etc. (29)</b>	1	3
<b>Store Sauces (21)</b>	5	2
<b>Beef (56)</b>	2	12
<b>Veal (46)</b>	-	10
<b>Mutton and Lamb (30)</b>	-	4
<b>Pork (32)</b>	-	1
<b>Poultry (27)</b>	-	5
<b>Curries, Potted Meats, etc (20)</b>	-	8
<b>Pastry (63)</b>	4	-
<b>Soufflés, Omelets, etc. (35)</b>	-	1
<b>Boiled Puddings (60)</b>	3	-
<b>Sweet Dishes, or Entremets (74)</b>	2	-
<b>Pickles (15)</b>	8	-
<b>Cakes (40)</b>	8	-
<b>Confectionary (12)</b>	2	-
<b>Syrups, Liqueurs, etc. (20)</b>	2	-
<b>Foreign &amp; Jewish Cookery (25)</b>	2	1
<b>Total (1162)</b>	<b>40</b>	<b>66</b>

<b>Acton's Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups</b>	Apple Soup	Powdered ginger
<b>Cold Sauces, Salads, etc.</b>	Shrimp Chatney	Powdered ginger
<b>Store Sauces</b>	Chetney Sauce (Bengal Receipt)	Powdered ginger
	Mushroom Catsup [2]	Ginger
	Double Mushroom Catsup	Ginger
	Lemon Pickle or Catsup	Ginger
<b>Beef</b>	To Stew Ox-cheek	Powdered ginger and catsup
	A Bengal Currie	Powdered ginger
<b>Pastry</b>	Mincemeat [2]	Ginger
	Mince Pies [2]	Ginger
<b>Boiled Puddings</b>	A Very Fine Cabinet Pudding	Preserved Ginger
	Very Good Raisin Puddings	Ginger
	Lemon Dumplings	Syrup of preserved ginger
<b>Sweet Dishes, or Entremets</b>	Lemon Calf's Feet Jelly	Syrup of preserved ginger
	Queen Mab's Pudding	Preserved ginger and syrup
<b>Pickles</b>	To Pickle Gherkins [2]	Ginger, sliced and bruised
	To Pickle Peaches, and Peach Mangoes	Bruised ginger
	To Pickle Mushrooms [2]	Whole ginger
	To Pickle Walnuts	Bruised ginger
	To Pickle Lemons, and Limes	Ginger, slightly bruised
	Lemon Mangoes	Ginger, sliced thin
<b>Cakes</b>	Thick, Light Gingerbread	Powdered ginger
	Acton Gingerbread	Jamaica ginger
	Cheap and Very Good Ginger Oven-Cake or Cakes	Ginger in a fine powder
	Good Common Gingerbread	Ginger in a fine powder
	Richer Gingerbread	Ginger
	Cocoa-Nut Gingerbread	Ginger
	Small Sugar Cakes	Ginger
	Ginger Biscuits	Ginger in a fine powder
<b>Confectionary</b>	Ginger Candy	Very best ginger in powder
	Seville Orange Paste	Prepared ginger
<b>Syrups, Liqueurs,</b>	Oxford Receipt for Bishop	Race of ginger
	Very Good Ginger Wine	Best ginger, bruised
<b>Foreign &amp; Jewish Cookery</b>	Tomata and Other Chatnies ( <i>Mauritian Receipts</i> )	Green ginger
	Bengal Currie Powder	White ginger

<b>Acton's Recipes Using Condiments</b>			
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>	
<b>Soups</b>	Cheap, Clear Gravy Soup	Harvey's sauce or mushroom catsup	
	Rice-Flour Soup	Currie-powder	
	Lord Mayor's Soup	Harvey's sauce	
	Mock Turtle Soup	Harvey's sauce	
	Good Calf's Head Soup	Mushroom catsup	
	Mulligatawny Soup	Currie-powder, pickled mango	
	Good Vegetable Mulligatawny	Currie-powder	
	Soup in Haste	Catsup	
	Cheap Rice Soup	Currie-paste	
	Cheap Fish Soups	Currie	
	Buchanan Carrot Soup	Currie-powder, currie-paste	
	<b>Fish</b>	Stewed Cod Fish, in Brown Sauce	Harvey's sauce
		Baked Whittings á la Française	Lemon pickle, mushroom catsup
Fried Mackerel		Harvey's sauce or mushroom catsup	
Fillets of Mackerel in Wine		Harvey's sauce	
Stewed Trout		Store sauces	
<b>Sauces</b>	Sharp Maitre D'Hotel Sauce	Catsup or Harvey's sauce	
	Christopher North's Own Sauce for Many Meats	Harvey's sauce, mushroom catsup	
	Caper Sauce for Fish	Mushroom catsup or Harvey's sauce	
<b>Cold Sauces, Salads</b>	Cold Sauce, for Salads of Vegetables, Salt Fish, or Eggs	Store sauces	
	English Sauce for Salad	Harvey's sauce	
	Remoulade	Mushroom catsup or Harvey's sauce	
<b>Store Sauces</b>	Compound, or Cook's Catsup	Mushroom catsup	
	Epicurean Sauce	Mushroom catsup	
<b>Beef</b>	To Broil Beef Steaks	Mushroom catsup	
	Stewed Beef Steak	Mushroom catsup and curry powder	
	Fried Beef Steak	Currie sauce	
	A Good English Stew	Mushroom catsup, Chetney sauce	
	Beef Palates	Curried gravy	
	Veal Roll	Currie sauce	
	Savoury Minced Collops	Catsup	
	Beef Kidney	Mushroom catsup	
	An Excellent Hash of Cold Beef	Mushroom or compound catsup	
	Norman Hash	Lemon pickle	
	Hashed Bouilli	Catsup, pickled gherkins	
	Baked Minced Beef	Mushroom catsup	
	<b>Veal</b>	Prepared Calf's Head	Currie sauce
Cutlets of Calf's Head		Currie-powder	
Cheap Hash of Calf's Head		Mushroom catsup or Harvey's sauce, lemon pickle	
To Dress Cold Calf's Head or Veal á la Maître D'Hotel		Mushroom catsup	
Knuckle of Veal en Ragout		Mushroom catsup or Harvey's sauce	
Plain Veal Cutlets		Lemon pickle	
Veal Cutlets á L'indienne		Currie-powder	
Stewed Calf's Feet		Mushroom catsup	
To Roast Calf's Liver		Lemon pickle	
Small Entrées of Sweetbreads, Calf's Brains and Ears, &c.		Curried sauce	
<b>Mutton &amp; Lamb</b>	The Cavalier's Broil	Pickled mushrooms	

	To Broil Mutton Cutlets	Mushroom catsup
	China Chilo	Currie-powder
	Mutton Kidneys á la Française	Harvey's sauce or mushroom catsup
<b>Pork (32)</b>	Pig á la Tartare	Curried crumbs, currie sauce
<b>Poultry (27)</b>	Fried Chicken á la Malabar	Currie-powder
	Hashed Fowl	Mushroom catsup or store sauce
	To Hash Venison	Christopher North's sauce
	Stewed Hare	Mushroom catsup
	To Roast The Pintail, or Sea Pheasant	Christopher North's sauce
<b>Curries, Potted Meats, etc.</b>	A Dry Currie	Currie-powder
	A Common Indian Currie	Currie-powder
	Selim's Curries ( <i>Captain White's</i> )	Currie-paste
	Curried Maccaroni	Currie-powder
	Curried Eggs	Currie-powder
	Curried Sweetbreads	Curried gravy, Indian pickled mango
	Curried Oysters	Currie-powder
	Curried Sauce	Currie-powder
<b>Soufflés, Omlets</b>	Curried Toasts with Anchovies	Captain White's Currie-paste
<b>Foreign Cookery</b>	Indian Receipt for Curried Fish	Bengal Currie Powder



## 11.5.3 Isabella Beeton, 1861

<b>No. of Beeton's Recipes Containing Ginger and Condiments</b>		
<b>Category (No.)</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Soups (95)</b>	1	7
<b>Fish (127)</b>	1	6
<b>Sauces, Pickles, Gravies and Forcemeats (178)</b>	21	20
<b>Beef (80)</b>	-	16
<b>Mutton and Lamb (56)</b>	-	8
<b>Veal (56)</b>	-	11
<b>Poultry and Rabbits (71)</b>	-	12
<b>Game (34)</b>	-	4
<b>Puddings and Pastry (180)</b>	5	-
<b>Creams, Jellies, Soufflés, Omelets and Sweet Dishes (106)</b>	2	-
<b>Preserves, Confectionery, Ices and Desert Dishes (96)</b>	6	-
<b>Bread, Biscuits and Cakes (73)</b>	6	-
<b>Beverages (34)</b>	5	-
<b>Total (1389)</b>	<b>47</b>	<b>84</b>

<b>Beeton's Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups</b>	Apple Soup	Ginger
<b>Fish</b>	Stewed Plaice	Ginger
<b>Sauces, Pickles, Gravies &amp; Forcemeats</b>	Bengal Recipe for Making Mango Chutney	Powdered ginger
	Pickled Cucumbers	Bruised ginger
	An Excellent Way of Preserving Cucumbers	Ginger
	To Pickle Eggs	Ginger
	Pickled Gherkins	Bruised ginger
	Indian Curry Powder	Ground ginger
	Indian Pickle	Bruised ginger
	Indian Chetney sauce	Powdered ginger
	To Pickle Lemons with Peel	Bruised ginger
	To Pickle Lemons without Peel	Bruised ginger
	Mixed Pickle	Bruised ginger
	Mushroom ketchup	Ginger
	Pickled Onions – 2	Bruised ginger
	Pickled Red Cabbage	Bruised ginger
	Reading Sauce	Bruised ginger & walnut pickle
	Sauce Aristocratique	Jamaica ginger bruised

	Hot Spice	Ginger
	Tomato Sauce for Keeping – 2	Powdered ginger
	Universal Pickle	Ginger
	Pickled Walnuts	Bruised ginger
	Walnut Ketchup – 1	Ginger
<b>Puddings &amp; Pastry</b>	Ginger Pudding	Grated ginger
	A Pound Plum-Pudding	Ground ginger
	Rolled Treacle Pudding	Grated ginger
	Vicarage Pudding	Ground ginger
	West-Indian Pudding	Preserved ginger & its syrup
<b>Creams, Jellies ... &amp; Sweet Dishes</b>	Ginger Apples	Whole ginger & preserved ginger
	Ginger Cream	Preserved ginger & its syrup
<b>Preserves, Confectionery, Ices &amp; Desert Dishes</b>	Apple Ginger	Tincture of ginger
	To Preserve Apples in Quarters, in Imitation of Ginger	White ginger
	Melon	Ginger
	Stewed Normandy Pippins	Ground ginger
	Preserved Pumpkin	Bruised ginger
	Butter-Scotch	Powdered ginger
<b>Bread, Biscuits &amp; Cakes</b>	Dessert Biscuits	Ground ginger
	Christmas Cake	Powdered ginger
	Rich Sweetmeat Gingerbread Nuts	Ground ginger
	Thick Gingerbread	Ginger
	Sunderland Gingerbread Nuts	Ground ginger
	White Gingerbread	Ground ginger
<b>Beverages</b>	Elder Wine	Ground ginger
	Ginger Wine	Bruised ginger
	Ginger Beer	Bruised ginger
	A Pleasant Drink for Warm Weather	Ginger beer
	Whiskey Cordial	Grated ginger

**Notes:** While Beeton includes ginger in only one of her soup recipes, she lists it among the seasonings recommended for soups (48).

Beeton recommends her butter-scotch as “an excellent thing for coughs” (754).

<b>Beeton's Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups</b>	Vegetable Soup - 3	Harvey's sauce
	Calf's Head Soup	Ketchup
	Giblet Soup	Ketchup
	Mulligatawny Soup	Curry powder & lemon pickle
	Ox-Tail Soup	Ketchup
	Turkey Soup	Harvey's sauce or ketchup
	Prawn Soup	Mushroom ketchup
<b>Fish</b>	Curried Cod	Curry-powder
	Lobster Curry	Curry-powder
	Fried Oysters	Ketchup
	Curried Salmon	Curry-powder & Harvey's sauce
	Soles with Mushrooms	Mushroom sauce
	Fish Scallop – 1	Walnut ketchup
<b>Sauces, Pickles, Gravies &amp; Forcemeats</b>	Camp Vinegar	Walnut ketchup
	Christopher North's Sauce	Harvey's sauce & Mushroom ketchup
	Epicurean Sauce for Steaks, Chops, Gravies or Fish	Walnut and mushroom ketchup
	Fish Sauce	Walnut ketchup
	A Good Beef Gravy for Poultry, Game	Harvey's sauce & Mushroom ketchup
	Rich Gravy for Hashes, Ragoûts, etc.	Ketchup or store sauces
	Gravy without Meat for Fowls	Ketchup
	Jugged Gravy	Ketchup
	Cheap Gravy for Minced Veal	Tomato sauce & Harvey's sauce or ketchup
	Indian Mustard	Ketchup
	Brown Mushroom Sauce	Mushroom ketchup
	White Mushroom Sauce - 2	Mushroom ketchup
	Brown Onion Sauce	Mushroom ketchup
	Quin's Sauce	Walnut pickle & mushroom ketchup
	Ravigotte	Mushroom ketchup & Reading sauce
	Sauce à la Matelote	Mushroom ketchup
	A Good Sauce for Steaks	Mushroom ketchup or walnut pickle
	A Sauce for Wild Fowl	Mushroom ketchup
	Store Sauce, or Cherokee	Walnut ketchup
	Tomato Sauce for Keeping – 3	Pickled gherkins
<b>Beef</b>	Broiled Beef-Steaks or Rump-Steaks	Mushroom ketchup or Harvey's sauce
	Broiled Beef and Mushroom Sauce	Mushroom ketchup
	Beef-Collops	Pickled walnut
	Minced Collops	Harvey's sauce or mushroom ketchup
	Curried Beef	Curry powder
	Fried Rump Steak	Ketchup
	Hashed Beef – 1	Tomato sauce & Harvey's sauce & mushroom ketchup
	Stewed Ox-Cheek	Mushroom ketchup & Harvey's sauce
	Stewed Ox-Tails	Mushroom ketchup
	Beef Olives – 2	Mushroom ketchup
	To Dress Beef Palates	Mushroom ketchup
	Beef Ragoût	Pickled walnuts or gherkins
	Stewed Beef or Rump Steak	Ketchup
Stewed Brisket of Beef	Ketchup	

	Stewed Rump of Beef	Ketchup
	Stewed Shin of Beef	Mushroom ketchup
<b>Mutton &amp; Lamb</b>	Curried Mutton	Curry powder
	Haricot Mutton – 1	Ketchup or Harvey's sauce
	Haricot Mutton	Mushroom ketchup
	Hashed Mutton	Ketchup or Harvey's or tomato sauce
	Italian Mutton Cutlets	Harvey's sauce
	Rolled Loin of Mutton	Mushroom ketchup
	Sheep's Brains en Matelote	Matelote sauce
	Hashed Lamb and Broiled Blade-Bone	Pickled gherkins
<b>Veal</b>	Stewed Breast of Veal and Peas	Tomato sauce & mushroom ketchup
	Curried Veal	Curry-powder
	Scotch Collops	Mushroom ketchup
	Veal à la Bourgeoise	Tomato sauce & ketchup
	Scotch Collops, White	Mushroom ketchup
	Hashed Calf's Head	Mushroom ketchup
	To Ragoût a Knuckle of Veal	Ketchup & tomato sauce
	Ragoût of Cold Veal	Mushroom ketchup
	Veal Rolls	Mushroom sauce
	Stewed Veal	Tomato sauce & mushroom ketchup
	Stewed Tendrons de Veau	Mushroom sauce
<b>Poultry &amp; Rabbits</b>	Chicken Cutlets	Mushroom ketchup
	Curried Fowl	Curry-powder
	Curried Fowl or Chicken	Curry-powder
	Hashed Fowl	Mushroom ketchup
	Hashed Fowl, Indian Fashion	Curry-powder
	An Indian Dish of Fowl	Curry-powder
	Hashed Goose	Mushroom ketchup
	Stewed Pigeons	Mushroom ketchup
	Curried Rabbit	Curry-powder
	Fried Rabbit	Mushroom ketchup
	Stewed Rabbit	Mushroom ketchup
	Hashed Turkey	Mushroom ketchup
<b>Game</b>	Hashed Game	Ketchup
	Hashed Hare	Mushroom ketchup
	Jugged Hare – 2	Mushroom ketchup
	Broiled Partridge	Mushroom sauce

## 11.5.4 Edward Abbott, 1864

No. of Abbott's Recipes Containing Ginger and Condiments		
Category (No.)	Ginger	Condiments
Soups (19)	-	2
Broiling (1)	-	1
Made Dishes (48)	1	8
Sauces (36)	1	7
Gravies (10)	-	1
Savoury Pies & Puddings (9)	-	3
Poultry (19)	-	1
Puddings & Pies (44)	4	-
Bastings & Dredgings (13)	1	-
Pickles (3)	2	-
Game (29)	-	6
Fish (28)	-	2
Forcemeat Stuffing	-	1
Chutney (2)	1	-
Home-Made Wines & Cordials (19)	3	-
Preserves & Conserves (11)	1	-
Cakes (48)	7	-
Beer (6)	1	-
Liqueurs (4)	1	-
Ketchup (4)	4	-
Curry Powder (1)	1	-
Drinks (88)	14	-
<b>Total = 673</b>	<b>42</b>	<b>32</b>

Abbott's Recipes Containing Ginger		
Category	Recipe	Ingredient
Made Dishes	Zranzy [stuffed beef]	Ginger
Sauces	Green Gooseberry Sauce	Ginger
Puddings & Pies	Pancakes	Ginger – sprinkling of
	College Puddings	Ginger
	Save-All Pudding	Ginger
	Poor Clergyman's Pudding	Ginger
Bastings & Dredgings	For young pigs	Ginger
Pickles	Pickling solution	Ginger
	Piccalilli	Ginger & curry powder
Chutney	Indian Chutney	Green ginger
Homemade Wines & Cordials	Elderberry Wine	Ginger
	Ginger Wine	Bruised ginger
	Cyprus Wine (Imitation)	Ginger
Preserves & Conserves	Preserved Ginger	Green ginger or dried ginger

<b>Cakes</b>	Ginger and Lemon Cakes	Ginger
	Ginger Biscuits	Ginger
	Gingerbread Nuts	Ginger
	Orange Gingerbread	Ground ginger
	Ginger Cake	Ground ginger
	Jersey Wonders	Ground ginger
	Ginger, Currant and Cinnamon Cake	Ground ginger
<b>Beer</b>	Sugar Beer without Yeast	Ginger
<b>Liqueurs</b>	Martinique Noyeau	Preserved ginger, its syrup & dried ginger
<b>Ketchup</b>	Mushroom Ketchup	Ginger
	Camp Ketchup [anchovies]	Ginger
	Cucumber Ketchup	Ginger
	Marine Ketchup	Ginger & mushroom ketchup
<b>Curry Powder</b>	Curry powder	Ginger
<b>Drinks</b>	Bang	Ginger
	King Cup	Bruised ginger
	Hippocras	Ginger
	Imperial Pop	Bruised ginger
	Ginger-beer	Ginger
	Ginger-beer ( <i>Family Recipe</i> )	Bruised ginger
	Ginger-beer ( <i>Ure's</i> )	Barbadoes ginger-root, bruised
	Girambing ( <i>a French drink</i> )	Powdered ginger
	Hop Beer	Bruised ginger
	Spruce Beer	Ginger
	Spider	Ginger-beer [& brandy]
	Shandy Gaff	Ginger-beer [& ale]
	Deville Ale	Ginger
	To Mull Wine ( <i>French</i> )	Bruised ginger

**Notes:** Abbott recommends his pickling solution as suitable for ‘walnuts, nasturtiums, mangoes, melons, capsicums, cucumbers, chillies, tomatoes, cauliflower, artichokes, French beans, mushrooms, red cabbage and white, samphire, horseradish, apples and peaches, marrows and pumpkin, and every mortal thing, in fact’ (64).

His Marine Ketchup recipe is used also for wine ketchup, oyster ketchup, pontac ketchup, walnut ketchup, and tomato ketchup (197).

<b>Abbott's Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups</b>	Mulligatawny Soup	Curry powder & lemon pickle
	Mock Turtle Soup	Mushroom ketchup
<b>Broiling</b>	Broiled Chops and Steaks	Tomato sauce
<b>Made Dishes</b>	Scotch Collops	Ketchup
	Stewed Beef	Pickles
	Curry – meat, fowls or rabbits	Curry stuff & ketchup
	Hashed Beef	Ketchup
	Stewed Ox Cheek	Ketchup
	Ox Tails, Stewed	Ketchup
	Leg of Lamb, with Green Peas	Ketchup
	An Unexceptional Devil – cold turkey, fowl or ducks	Mushroom ketchup & Harvey's or Worcester sauce
<b>Sauces</b>	Sauce Robert	Ketchup
	Sauce for Fried Meat	Ketchup
	Wou-Wou Sauce	Pickled walnuts or cucumbers & ketchup
	Poor Man's Sauce	Pickles
	Sauce for Roast Wild Duck	Ketchup & Harvey's sauce
	Steak Sauce	Mushroom ketchup
	Dr Kitchener's Sauce Superlative	Curry powder & mushroom ketchup
<b>Gravies</b>	Gravy without Meat	Walnut or mushroom ketchup
<b>Savoury Pies &amp; Puddings</b>	Game Pie	Ketchup
	Game Pie for Christmas	Ketchup
	Beef-Steak Pudding	Mushroom ketchup
<b>Poultry</b>	Fowls, with Ragoût of Oysters	Ketchup
<b>Game</b>	To Cook Kangaroo	Mushroom ketchup
	Kangaroo Steamer	Ketchup
	Kangaroo Steamer (Author's Recipe)	Ketchup
	Venison or Kangaroo Hashed	Ketchup
	Rabbits – fit only for pies or curries	Ketchup
	Salmis of Game	Ketchup
<b>Fish</b>	Fish – Stewed	Mushroom ketchup
	Eels	Ketchup
<b>Forcemeat Stuffing</b>	Forcemeat Balls for Turtle or Made Dishes	Curry powder

## 11.5.5 Alfred Wilkinson, 1877

<b>No. of Wilkinson's Recipes Containing Ginger and Condiments</b>		
<b>Category (No.)</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Soups in General (29)</b>	-	2
<b>Sauces in General (32)</b>	-	3
<b>Fish in General (22)</b>	-	3
<b>Entrees of Butcher's Meat (39)</b>	-	6
<b>Entrees of Poultry (13)</b>	-	3
<b>Joints, Removes, &amp;c. (10)</b>	-	1
<b>Pastry, &amp;c. (28)</b>	-	1
<b>Jams, Pickles, &amp;c. (8)</b>	3	-
<b>Economical Cookery (37)</b>	1	2
<b>Total (288)</b>	<b>4</b>	<b>21</b>

<b>Wilkinson's Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Jams, Pickles, &amp;c.</b>	To Pickle Cucumbers	Ginger
	Mixed Pickles	Ginger
	Piccalilla	Ginger & curry powder
<b>Economical Cookery</b>	Fruit Fritters	Preserved ginger



<b>Wilkinson's Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups in General</b>	Mock Turtle Soup	Catsup
	Mulligatawny Soup	Curry powder
<b>Sauces in General</b>	Devil Sauce	Worcestershire sauce
	Piquante Sauce	Pickles
	Indian Sauce	Curry paste & curry powder
<b>Fish in General</b>	Crayfish au Gratin	Ketchup or Worcestershire sauce
	Devill'd Crayfish	Worcestershire sauce
	Scolloped Oysters	Catsup
<b>Entrees of Butcher's Meat</b>	Haricot Mutton	Catsup
	Mutton Cutlets Paner	Piquante or Indian sauces
	Hashed Mutton	Catsup
	Curried Mutton	Curry powder
	Curried Mutton with Raw Meat	Curry powder
	Curried Veal	Curry powder
<b>Entrees of Poultry</b>	Fillets of Chicken	Piquante sauce
	Devilled Chicken	Devil sauce
	Curried Rabbit	Curry powder
<b>Joints, Removes, &amp;c.</b>	Breast of Veal au Gratin	Pickles
<b>Pastry, &amp;c.</b>	Welsh Rarebit	Worcestershire sauce
<b>Economical Cookery</b>	Curried Fish	Curry powder
	Devil in Fry pan	Catsup or Worcestershire sauce

## 11.5.6 Mina [Mrs Lance] Rawson, 1890

Rawson's 1890 Recipes Containing Ginger and Condiments		
Category (No.)	Ginger	Condiments
Soups, Broth & Gravies (19)	-	2
Sauces, Stuffings & Seasoning (14)	-	2
Australian Game (10)	-	1
Made Dishes (36)	-	8
Pickles (7)	3	-
Puddings, Custards, & Pancakes (76)	2	1
Savoury Dishes (15)	1	-
Cakes & Biscuits (54)	3	-
Preserves (25)	5	-
Summer Drinks (15)	2	-
<b>Total (464)</b>	<b>16</b>	<b>14</b>

Rawson's 1890 Recipes Containing Ginger		
Category	Recipe	Ingredient
Pickles	Pickle Jars	Ginger (bruised)
	Pickled Eggs	Ginger (bruised)
	Tomato Chutnee	Ginger, cut small
Puddings, Custards, & Pancakes	Ginger Pudding	Ground ginger
	Ginger-Bread Pudding	Ginger
Savoury Dishes	Mushroom Catchup	Ginger
Cakes & Biscuits	Soft Gingerbread	Ginger
	Parkin	Ginger
	Gingerbread	Ginger
Preserves	To Preserve Citrons	Whole ginger
	Pie-Melon Jam	Whole ginger, bruised
	Pears Preserved Whole	Whole ginger
	Melon Jam	Whole ginger, bruised
	Tomato Jam	Bruised ginger
Summer Drinks	Ginger Beer	Whole ginger, bruised
	Nettle Beer	Bruised ginger

<b>Rawson's 1890 Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups, Broth &amp; Gravies</b>	Soup a la Julienne	Ketchup & Worcester Sauce
	Mulligatawny	Curry powder
<b>Sauces, Stuffings &amp; Seasoning</b>	A Good Sauce	Walnut ketchup & mushroom ketchup & chutney
	Sauce for Grills	Ketchup & Harvey's or Lea and Perrin's sauce
<b>Australian Game</b>	Curried Flying Fox	Curry powder
<b>Made Dishes</b>	Curry	Curry powder & pickles
	A Dry Curry	Curry powder & Yorkshire relish
	Curried Eggs	Curry powder
	Good Dry Curry	Curry powder
	Curry [2 more recipes]	Curry powder
	Meat Pyramids	Lea and Perrin's sauce
	Meat Corks	Curry powder
<b>Puddings, Custards, &amp; Pancakes</b>	Maccaroni	Tomato sauce

### 11.5.7 Margaret Pearson, 1892

<b>No. of Pearson's 1892 Recipes Containing Ginger and Condiments</b>		
<b>Category (No.)</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Fruit, Jellies, Jams (19)</b>	1	-
<b>To Can Fruits (20)</b>	6	-
<b>Fruits for the Table (17)</b>	3	-
<b>Fruits (20)</b>	3	-
<b>Catsups, Sauces, Condiments (23)</b>	2	-
<b>Drinks (44)</b>	3	-
<b>Substitutes for Brandy (24)</b>	7	-
<b>Salads (6)</b>	-	1
<b>Cakes (29)</b>	3	-
<b>Total</b>	<b>28</b>	<b>1</b>

<b>Pearson's 1892 Recipes which Include Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Fruit, Jellies, Jams, Etc.</b>	Ripe Melon Resembling West Indian [preserved] ginger	White ginger
<b>To Can Fruits</b>	Canned Water Melon	Pieces ginger
	Preserved Apples	Whole white ginger
	Preserved Apples [2]	Bruised white ginger
	Preserved Cucumbers	White ginger
	Preserved Cucumbers [2]	White ginger
	To Preserved Small Green Cucumbers	White ginger
<b>Fruits for the Table</b>	Preserved Citron or Water Melon Rind	Piece ginger
	Preserved Figs	Ginger
	Apple Dumplings	Ginger
<b>Fruits</b>	Preserved Ginger	Green ginger
	Preserved Cucumbers	Slices [green] ginger root
	Iced Apples	Ginger
<b>Catsups, Sauces, Condiments</b>	Chutnee Sauce	Ginger
	Curry Powder	Ginger
<b>Drinks</b>	Jamaica Ginger Beer	Jamaica ginger extract
	Wassail Bowl	Ginger
	Ginger Pop	Ginger
<b>Substitutes for Brandy</b>	Ginger Tea	Grated ginger
	Ginger Essence	Essence of ginger
	Ginger Beer	Ginger
	Ginger Ale	Unbruised ginger
	Ginger Wine	Best ginger, bruised
	Hop Beer	Bruised ginger
	Ginger and Lemon Syrup	Bruised green ginger
<b>Cakes</b>	Ginger Snaps	Ginger
	Gingerbread	Ginger
	Scots' Xmas Bun	Pounded ginger

<b>Pearson's 1892 Recipe Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Salads</b>	Lobster and Crayfish Salad	Harvey's Worcester Sauce

### 11.5.8 Margaret Pearson, 1894

<b>No. of Pearson's 1894 Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Soups and Gravies (24)</b>	-	3
<b>Fish (16)</b>	-	1
<b>Meats (26)</b>	-	6
<b>Poultry and Game (12)</b>	-	4
<b>Forcemeats, Gravies, Sauces (34)</b>	1	-
<b>Puddings and Souffles (23)</b>	1	1
<b>Pastry and Cakes (31)</b>	2	-
<b>Ices, Creams, and Jellies (12)</b>	1	-
<b>Miscellaneous Recipes (18)</b>	-	1
<b>Invalid Cookery (17)</b>	-	1
<b>Total (243)</b>	<b>5</b>	<b>17</b>

<b>Pearson's 1894 Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Forcemeats, Gravies, Sauces</b>	Tomato Sauce	White ginger, bruised
<b>Puddings and Souffles</b>	Plum Pudding	Ground ginger
<b>Pastry and Cakes</b>	Apple Tart	Grated ginger
	Gingerbread Cake	Ground ginger
<b>Ices, Creams, and Jellies</b>	Tomato Jelly	Ginger, cut small

<b>Pearson's 1894 Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups and Gravies</b>	Ox Tail Soup	Catsup
	Calf's Head or Mock Turtle Soup	Catsup
	Mullagatawny	Currie powder
<b>Fish</b>	Mullet and Tomatoes	Tomato sauce
<b>Meats</b>	Beefsteak Pudding	Catchup
	Dry Curry	Curry powder
	Scots' Collops	Catchup
	Kidneys and Skirts	Catchup & Worcester sauce
	Beef Olives	Mushroom catchup & Worcester sauce
	Croquettes	Worcester sauce
<b>Poultry and Game</b>	Gravy ... for Ducks	Mushroom catchup
	Mushroom Stew	Mushroom catchup
	Curried Fowl	Curry powder
	Curried Wattle Birds	Curry powder
<b>Puddings and Souffles</b>	Potato Souffle	Worcester sauce
<b>Miscellaneous Recipes</b>	Kedgerie (Breakfast Dish)	Curry powder
<b>Invalid Cookery</b>	Minced Steak	Catchup

### 11.5.9 Mina Rawson, 1894

<b>No. of Rawson's 1894 Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Boiling Meats (10)</b>	-	1
<b>Cold Meat Dishes (5)</b>	-	2
<b>Soups (29)</b>	-	2
<b>Fish (8)</b>	-	2
<b>Biscuits (13)</b>	1	-
<b>Cakes (35)</b>	4	-
<b>Boiled Puddings (25)</b>	3	1
<b>Preserves, Jams (32)</b>	5	-
<b>Pickling (22)</b>	6	1
<b>Drinks (20)</b>	7	-
<b>Total (353)</b>	<b>26</b>	<b>9</b>



<b>Rawson's 1894 Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Biscuits</b>	Ginger Bread Nuts	Ginger
<b>Cakes</b>	Gingerbread	Ground ginger
	Ginger Cake	Ginger
	Mixture for Tartlets	Ground ginger
	Mince Meat	Ginger
<b>Boiled Puddings</b>	Sunday Pudding [2 recipes]	Ginger
	Ginger Pudding	Ground ginger
<b>Preserves, Jams</b>	Green Tomato Jam	Ginger
	Vegetable Marrow Jam	Ginger
	To Preserve Green Apricots	Ginger
	Sham Ginger	Ground ginger & green ginger
	Preserved Melon Rind	Ginger
<b>Pickling</b>	For Mustard Pickle	Whole ginger (bruised)
	Good Pickles	Ground ginger
	To Pickle Young Cucumbers	Ginger
	To Pickle Onions	Bruised ginger
	Another Chutney	Ground ginger
	An Excellent Tomato Sauce	Ground ginger
<b>Drinks</b>	Ginger Beer	Whole ginger, bruised
	Hop or Sugar Beer	Bruised ginger
	Hop Beer	Mixed ginger
	Ginger Beer	Ground ginger
	Ginger Beer – A Small Quantity	Bruised ginger
	Ginger Beer Powders	Powdered ginger
	Ginger Ale	Bruised ginger

<b>Mrs Rawson's 1894 Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Boiling Meats</b>	Pates de foie Gras	Worcester sauce
<b>Cold Meat Dishes</b>	Curry	Curry powder & Pickles
	Egg Curry	Curry powder
<b>Soups</b>	Soup a la Julienne	Worcester sauce & mushroom ketchup
	Mulligatawny Soup	Curry powder
<b>Fish</b>	Herring Curry	Curry powder
	Crayfish Curry	Curry powder
<b>Boiled Puddings</b>	Savoury Rice	Curry powder
<b>Pickling</b>	Tomato Sauce (Another)	Curry powder

## 11.5.10 Elizabeth Shelton, 1895

No. of Shelton's Recipes Containing Ginger and Condiments		
Category	Ginger	Condiments
Jam Making (25)	5	-
Pickling (17)	3	-
Chutney and Catsups (5)	4	-
Miscellaneous (5)	1	-
<b>Total (70)</b>	<b>13</b>	<b>0</b>

Shelton's Recipes Containing Ginger		
Category	Recipe	Ingredient
<b>Jam Making</b>	Pie Melon Jam	Bruised ginger root
	Fig Preserve	White ginger-nut
	Tomato Preserve – Green (No. 2)	Piece of ginger-nut
	Tomato Preserve – Ripe (No. 1)	Piece of ginger-nut
	Tomato Preserve – Ripe (No. 2)	Bag of ginger-nut
<b>Pickling</b>	Sweet Pickles	Ginger
	Cucumber Pickles	Sliced ginger
	Indian Pickles	Bruised ginger
<b>Chutney and Catsups</b>	Mushroom Catsup	Sliced ginger-root
	Tomato Catsup	Ginger
	Chutney (Mango)	Powdered ginger
	Mango Chutney	Green ginger
<b>Miscellaneous</b>	“True Blue” Gingerbeer	Ginger (bruised)

**Notes:** Shelton's Chutney (Mango) is made using apples or mangoes (54).

Her Mango Chutney recipe was 'Furnished in a Publication of the Government of Jamaica' (54).

### 11.5.11 Hannah Maclurcan, 1898

<b>No. of Maclurcan's Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Soups (30)</b>	5	2
<b>Fish (98)</b>	7	9
<b>Mutton Entrees (55)</b>	4	2
<b>Beef Entrees (51)</b>	3	6
<b>Veal Entrees (22)</b>	3	2
<b>Chicken and Fowl Recipes (25)</b>	3	4
<b>Sauces (35)</b>	-	3
<b>Vegetables (46)</b>	1	2
<b>Game (26)</b>	1	1
<b>Savouries (75)</b>	-	3
<b>Pastry, Pies and Puddings (100)</b>	2	-
<b>Cakes (64)</b>	3	-
<b>Sweets (13)</b>	1	-
<b>Chutneys and Pickles (16)</b>	7	1
<b>Jams and Preserves (27)</b>	2	-
<b>Beverages (24)</b>	4	-
<b>Total (827)</b>	<b>46</b>	<b>35</b>

<b>Maclurcan's Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups</b>	Stock	Pieces ginger
	Barley Broth	Pieces ginger
	Motza Kleiz (Jewish)	Piece ginger
	Clear Gravy Soup	Piece ginger
	Kangaroo Tail Soup	Pieces ginger (pounded)
<b>Fish</b>	Brown Stewed Fish	Ground ginger
	Stewed Fish (Jewish)	Pieces ginger
	Savoury Stewed Fish	Piece & whole ginger
	Soused Fish	Ginger
	Fish and Lemon Sauce	Ground ginger
	Brown Stewed Fish	Gingerbread, soaked
	Curried Oysters	Piece ginger & chutney & curry powder
<b>Mutton Entrees</b>	Cutlets and French Beans	Piece ginger
	Pressed Sheep's Head	Ginger
	Mutton & Turnip Stew	Pieces ginger chopped
	Peas and Kleiz [mutton chops]	Piece ginger
<b>Beef Entrees</b>	Stewed Beef and Mushrooms	Piece ginger
	Stewed Beef and Walnuts	Ginger & pickled walnuts
	Haricot Ox Tail	Piece ginger
<b>Veal Entrees</b>	Stewed Calf's Feet and Rice	Pieces ginger
	Stewed Calf's Feet and Rice with Lemon Sauce	Ginger
	Tongue Brawn	Ginger & Worcester sauce
<b>Chicken &amp; Fowl</b>	Stewed Chicken and Rice	Piece ginger
	Hashed Fowl	Piece ginger & mushroom ketchup
	Stewed Giblets and Lemon Sauce	Piece ginger
<b>Vegetables</b>	Sauer Kraut	Pieces ginger
<b>Game</b>	Ragout of Wild Duck	Piece ginger
<b>Pastry, Pies &amp; Puddings</b>	Devonshire Dumplings	Ground ginger
	French Sponge Pudding	Ground ginger
<b>Cakes</b>	Ginger Cakes	Ground ginger
	Ginger Cake	Ground ginger
	Almond Ginger Bread	Ground ginger
<b>Sweets</b>	Fruit Sandwiches	Ginger [preserved]
<b>Chutneys &amp; Pickles</b>	Tomato Sauce (Another Way)	Ground ginger
	Pickled Eggs	Pieces ginger
	Pickled Cabbage	Pieces ginger
	Pickled Onions	Pieces ginger
	Pickled Cucumbers No. 2	Ginger
	Mango Chutney	Green ginger
	Tomato Chutney (Another Way)	Pieces whole ginger
<b>Jams &amp; Preserves</b>	Pie-Melon Jam	Ground ginger
	Vegetable Marrow Jam	Ginger
<b>Beverages</b>	Ginger Beer [3 recipes]	Bruised ginger
	Ginger Wine	Bruised ginger

<b>Maclurcan's Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups</b>	Rich Mulligatawny Soup	Curry powder & chutney
	Economical Mulligatawny Soup	Curry powder
<b>Fish</b>	Curried Fish	Curry powder & Worcester sauce & chutney
	Devilled Sardines	Worcester sauce
	Curried Lobster	Curry powder
	Devilled Oysters	Worcester sauce & curry powder
	Oyster Cocktail	Worcester sauce
	Oyster Cocktail (Another Way)	Worcester sauce
	Devilled Crab	Curry powder & Worcester sauce
	Curried Prawns	Curry powder & chutney
	Devilled Prawns	Curry powder & Worcester sauce
	<b>Mutton Entrees</b>	Cutlets and Piquante Sauce
Curried Mutton		Curry powder & chutney
<b>Beef Entrees</b>	Curried Beef	Curry powder
	Stuffed Steak or Beef	Ketchup
	Kidney à la Milanese	Tomato sauce
	Stewed Ox Tail and Walnuts	Pickled walnuts
	Poor Man's Pie	Worcester sauce
	Hamburg Steak No. 2	Maconochie's [tomato] sauce
<b>Veal Entrees</b>	Stewed Veal	Mushroom ketchup
	Minced Veal and Poached Eggs	Worcester sauce
<b>Chicken &amp; Fowl</b>	Curried Chicken	Curry powder & chutney
	Country Captain	Curry powder
	Chicken Fricadel	Worcester sauce
	Chicken Kromiskies	Ketchup
<b>Sauces</b>	Sauce Piquante	Mushroom pickles
	Sauce Tartare	Mustard pickles
	Pawpaw Sauce	Worcester sauce
<b>Vegetables</b>	Curried Vegetables	Curry powder
	Curried [green] Bananas	Curry powder & Worcester sauce
<b>Game</b>	Stewed Rabbit	Ketchup
<b>Savouries</b>	Devilled Prawns	Curry powder & Worcester sauce
	Curried Eggs	Curry powder
	Devilled Oysters	Curry powder & Worcester sauce
<b>Chutneys &amp; Pickles</b>	Tomato Relish	Curry powder

## 11.5.12 Harriet Wicken, 1898

<b>No. of Wicken's Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Soups and Purées (51)</b>	-	5
<b>Fish and Savouries (72)</b>	3	4
<b>Meat and Poultry (161)</b>	-	21
<b>Pastry, Puddings, and Sweets (226)</b>	6	-
<b>Bread and Cakes, Icing, &amp;c. (90)</b>	11	-
<b>Vegetables (56)</b>	-	2
<b>Omelettes, Salads, and Savouries (56)</b>	-	5
<b>Sauces (38)</b>	-	3
<b>Eggs (26)</b>	-	1
<b>Jams (24)</b>	1	-
<b>Beverages (14)</b>	2	-
<b>Total (814)</b>	<b>23</b>	<b>41</b>

<b>Wicken's Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Fish and Savouries</b>	Fish Omelette	Ginger
	Water Souchet	Ginger
	Fillets of Whiting and Walnuts	Ginger & pickled walnuts
<b>Pastry, Puddings, &amp; Sweets</b>	Whisky Apples	Bruised ginger
	Apples, Stewed	Ginger
	Cocoanut Pudding	Ginger
	Cocoanut Pies	Ginger
	Treacle Pudding	Ginger
	Gingerbread Pudding	Ginger
	<b>Bread &amp; Cakes, Icing</b>	Gingerbread
Sponge Ginger Loaf		Ginger
Grantham Gingerbread		Ground ginger
Ginger Cake		Ginger
Gingerbread Cake		Ginger
Gingerbread Nuts		Ginger
Cocoanut Buns		Ground ginger
Ginger Wafers		Ginger
Brandy Snaps		Ginger
Ginger Biscuits		Ginger
Ginger Snaps		Ginger
<b>Jams</b>	Pineapple and Melon Jam	Ginger
<b>Beverages</b>	Porter Cup	Syrup of Ginger
	Australian Drink	Gingerbeer

<b>Wicken's Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups and Purées</b>	Kingswood Soup	Curry powder
	Mulligatawny Soup	Curry powder & curry paste
	Turkey Soup (American)	Catsup
	Technical College Soup	Pickled Gherkins
	Clear Mulligatawny	Curry powder
<b>Fish and Savouries</b>	Cold Prawn Curry	Curry powder
	Curry of Prawns and Tomatoes	Curry powder
	Curried Tailor Fish	Curry powder
	Oysters à la Normandie	Ketchup
<b>Meat and Poultry</b>	Fillet of Beef Sauté	Ketchup
	Curried Fowl	Curry powder
	Dry Curry	Curry powder
	Pork Cutlets	Tomato sauce
	Devilled Meat	Worcester sauce & ketchup
	Curry of Cold Meat	Curry powder & curry paste
	Cutlets à la Pompadour	Tomato sauce
	Broiled Chicken	Curry powder
	Rolled Loin of Mutton	Mushroom ketchup
	Curried Kidneys	Curry powder
	Kingswood Pie	Pickled walnuts
	Curried Chops	Curry powder
	Steak & Walnut Stew	Pickled walnuts
	Minced Curry	Curry powder
	Australian Venison [mutton]	Worcestershire sauce
	Meat Jelly	Gherkins
	Hasty Mutton	Ketchup
	A Good Curry	Curry powder
	Rechauffé of Lamb	Tomato sauce
	Fillets of Beef and Tomatoes	Tomato sauce
French Steak	Ketchup & Worcester sauce & pickled walnuts	
<b>Vegetables</b>	Curried Potatoes	Curry Powder
	Curried Vegetables	Curry Powder
<b>Omelettes, Salads, &amp; Savouries</b>	Salad Dressing	Harvey's sauce
	Savoury Toast Piquant	Worcester sauce
	Anchovy Toast	Worcester sauce
	Curried Rice	Curry powder
	Chutney Fritters	Chutney
<b>Sauces</b>	Sauce for Roast Pork	Curry powder
	Tartare Sauce	Gherkins
	Sauce for Wild Duck	Harvey's and Worcester sauces
<b>Eggs</b>	Eggs a L'Aurore	Tomato sauce

## 11.5.13 F. B. Aronson, 1900

<b>No. of Aronson's Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Soups (53)</b>	1	1
<b>Fish (47)</b>	3	3
<b>Meats, Entrees, and Grills (61)</b>	-	6
<b>Game and Poultry (46)</b>	-	1
<b>Veal Dishes (31)</b>	1	-
<b>Curries (11)</b>	-	10
<b>Rice Dishes (6)</b>	-	1
<b>Vegetables (69)</b>	-	5
<b>Sauces (Cold, Hot, and Sweet) (37)</b>	-	4
<b>Fish Sauces (26)</b>	-	3
<b>Gravies (2)</b>	-	1
<b>Puddings &amp; Pastry (60)</b>	1	-
<b>Salads (26)</b>	-	3
<b>Breakfast Dishes and Savouries (31)</b>	1	4
<b>Savouries (33)</b>	-	4
<b>Jams and Preserves (81)</b>	9	-
<b>Pickles (34)</b>	15	-
<b>Eggs (11)</b>	-	1
<b>Cakes (66)</b>	6	-
<b>Biscuits (33)</b>	2	-
<b>Ices (17)</b>	1	-
<b>Sweets, Fondants, Toffee, Etc. (24)</b>	1	-
<b>Summer Drinks (8)</b>	1	-
<b>Total (1116)</b>	<b>42</b>	<b>47</b>



<b>Aronson's Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups</b>	Passover Balls (Jewish Method)	Ginger
<b>Fish</b>	Stewed Fish (Jewish)	Ginger
	Sauced Fish (Own Recipe)	Ginger
	Fish Stewed Brown (Jewish Mode – Very Good)	Ginger
<b>Veal Dishes</b>	Calves Feet (Stewed)	Ginger
<b>Puddings &amp; Pastry</b>	Cabinet Pudding	Ginger
<b>Breakfast Dishes &amp; Savouries</b>	Curry Sauce	Ground ginger & curry powder & Worcester sauce
<b>Jams &amp; Preserves</b>	Apple Preserve	Whole white ginger
	Melon Jam (1)	Green ginger, sliced
	Melon Jam (2)	Bruised ginger
	Preserved Pears	Green ginger
	Citron Preserve	Piece ginger
	Rhubarb Jam	Bruised ginger
	Vegetable Marrow Jam	Whole bruised ginger
	Fig Jam	Ginger
	Walnut Jam	Bruised ginger
<b>Pickles</b>	A Reliable Piccalilli	Ginger [whole or green?]
	Simple Chutney	Powdered ginger
	Mango Chutney	Green ginger
	Bengal Chutney	Crushed ginger
	Vegetable Marrow Chutney	Ground ginger
	Chutney (to keep for years)	Powdered ginger
	Green Tomato Chutney	Ginger
	Tomato Chutney	Root ginger
	Pickled Red Cabbage	Bruised ginger
	Pickled Onions	Sliced ginger
	To Pickle Mushrooms	Ground ginger
	Mushroom ketchup	Sliced ginger
	Pickled Eggs	Ginger
	To Pickle Asparagus	Whole split ginger
	To Pickle Cucumbers (1)	Ginger
<b>Cakes</b>	Pound Cake	Ground ginger
	Brown Cake (without eggs)	Ground ginger
	Twelfth Cake	Powdered ginger
	Wein Kuchen	Powdered ginger
	Gingerbread	Ground ginger
	German Gingerbread	Ginger
<b>Biscuits</b>	Victoria Cakes	Ground ginger
	Gingerbread	Ginger
<b>Ices</b>	Nesselrode	Preserved ginger & syrup
<b>Sweets, Fondants, Toffee, Etc.</b>	Brandy Snaps	Ground ginger
<b>Summer Drinks</b>	Stone Jar Ginger Beer	Crushed ginger

<b>Aronson's Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups</b>	Mulligatawny	Curry powder
<b>Fish</b>	Whiting à la Toulon	Tomato sauce
	Fillets of Whiting or Schnapper	Indienne Sauce & gherkins
	Lobster Sauté	Tomato sauce
<b>Meats, Entrees, &amp; Grills</b>	Beef Croquets	Chutney or Worcester sauce
	Beef Olives	Worcester or tomato sauce
	Cutlets à la Medic	Gherkins
	Shepherd's Pie	Ketchup
	Cutlets in Aspic	Tomato sauce
	An Entrée of Mutton (French)	Worcester sauce
<b>Game &amp; Poultry</b>	Devilled Turkey	Piquante sauce
<b>Curries</b>	My Own Curry (Excellent Fried)	Curry powder & mango chutney
	Indian Curry	Curry powder & tomato sauce
	Dry Prawn Curry	Curry powder & chutney
	Indian Kabob Curry	Curry sauce
	Vegetable Curry	Curry powder
	Stuffed Curried Eggs	Curry powder & tomato ketchup
	Curried Schnapper	Curry powder
	Curried Eggs (Hot)	Curried sauce
	Curried Eggs (Italian – Cold)	Curry paste
	Curried Asparagus	Curry powder
<b>Rice Dishes</b>	Rice (Spanish Fashion)	Tomato sauce
<b>Vegetables</b>	Haricot Beans	Tomato sauce
	Mushroom Sauce	Mushroom ketchup
	Fried Cucumber	Tomato sauce
	Tomatoes (in Venetian Fashion)	Tomato sauce
	Ruches and Macaroni	Mushroom ketchup
<b>Sauces (Cold, Hot, &amp; Sweet)</b>	Piquante Sauce	Gherkins
	Chaufroid Sauce (Brown)	Tomato sauce
	Sauce Tartare (1)	Gherkins
	Sauce Tartare (2)	Worcester sauce & mushroom ketchup
<b>Fish Sauces</b>	Cream and Anchovy Sauce (for Schnapper or Murray Cod)	Walnut ketchup
	Indienne Sauce	Curry paste
	Cold Tomato Sauce for Masking	Tomato sauce
<b>Gravies</b>	Thick Gravy	Walnut ketchup or other sauces
<b>Salads</b>	Haring and Kartoffel Salad	Gherkins & all kinds of pickles
	Moscow Salad	Gherkins
	Chicken Salad	Pickle
<b>Breakfast Dishes &amp; Savouries</b>	Devilled Kidneys	Worcester & tomato sauces & chutney
	Grill Sauce	Mushroom ketchup
	Curried Spinach	Curry powder
	Curried Beans	Curry sauce
<b>Savouries</b>	A Savoury Without Cheese	Tomato sauce
	Egyptian Butter	Curry
	Croûtons of Lax	Curry powder
	Stuffed Olives	Chutney
<b>Eggs</b>	Indian Eggs	Curry powder

11.5.14 *Kookaburra Cookery Book, 1912*

<b>No. of <i>Kookaburra</i> Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Hors D'Oeuvres (17)</b>	1	-
<b>Soups (35)</b>	-	2
<b>Fish (50)</b>	1	-
<b>Entrees and Some Joints (65)</b>	1	14
<b>Chicken Dishes (20)</b>	-	7
<b>Cold Entrees and Suppers (27)</b>	-	2
<b>Curries (16)</b>	1	15
<b>Devils and Pepper-Pots (9)</b>	3	5
<b>Salads and Salad Dressings (46)</b>	-	2
<b>Sauces, Savoury and Sweet (50)</b>	-	4
<b>Vegetable Entrees (26)</b>	-	1
<b>Vegetables (26)</b>	-	2
<b>Spicing and Curings of ... Sausages, etc. (9)</b>	-	1
<b>Pastry (24)</b>	-	1
<b>Savoury Omelettes &amp; Egg Dishes (37)</b>	-	5
<b>Boiled Puddings (61)</b>	4	-
<b>Cold Puddings, without Gelatine (63)</b>	2	-
<b>Jellies, Creams, and Gelatine Shapes (59)</b>	4	-
<b>Sweet Souffles (11)</b>	1	-
<b>Savouries (101)</b>	-	6
<b>Various Chutneys (14)</b>	8	1
<b>Various Pickles (17)</b>	6	-
<b>Various Sauces for Keeping (9)</b>	5	3
<b>Preserves (24)</b>	4	-
<b>Jellies, Jams, and Marmalades (38)</b>	4	-
<b>Sandwiches (34)</b>	2	5
<b>Beverages (38)</b>	8	-
<b>Christmas and Plum Cakes (24)</b>	2	-
<b>Various Large Cakes (23)</b>	1	-
<b>Layer Cakes (33)</b>	4	-
<b>Ginger Bread (10)</b>	10	-
<b>Biscuits (38)</b>	5	-
<b>Confectionery (34)</b>	1	-
<b>Total (1314)</b>	<b>78</b>	<b>76</b>

<b>Kookaburra Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Hors D'Oeuvres</b>	Fruit Hors D'Oeuvres	Ground ginger
<b>Fish</b>	Baked Fish	Powdered ginger
<b>Entrees and Some Joints</b>	Walnut Stew	Ground ginger
<b>Curries</b>	Hints	Green ginger
<b>Devils and Pepper-Pots</b>	Jamaica Pepper-Pot	Green ginger & curry paste
	Pepper-Pot with Cassareep	Green ginger & curry powder & chutney
	Devilled Teal or Duck	Grated ginger, chutney & mushroom ketchup
<b>Boiled Puddings</b>	Plum Pudding, 2	Ginger
	Ginger Pudding	Preserved ginger & ginger syrup
	Gingerbread Pudding	Ground ginger
	Ginger Pudding	Ground ginger
<b>Cold Puddings, without Gelatine</b>	Ginger Cream	Preserved ginger
	Jubilee Pudding	Preserved ginger
<b>Jellies, Creams, &amp; Gelatine Shapes</b>	Ginger Custard	Preserved ginger
	Ginger Cream Shape	Preserved ginger & ginger syrup
	Ginger Cream	Preserved ginger & ginger syrup
	Ginger Cream [2]	Preserved ginger & ginger syrup
<b>Sweet Souffles</b>	Ginger Souffle	Preserved ginger
<b>Various Chutneys</b>	Good Chutney	Preserved ginger
	Sweet Chutney	Ground ginger
	Apple Chutney	Whole ginger
	Cucumber Chutney	Ginger
	Mango Chutney	Green ginger
	Ripe Tomato Chutney	Dry preserved ginger
	Madras Chutney (Simla)	Preserved ginger
	Indian Chutney	Preserved ginger
<b>Various Pickles</b>	Pickled Figs, 1	Ground ginger
	Pickled Figs, 2	Whole ginger
	Pickled Onions	Broken ginger
	Cauliflower Pickles	Ground ginger
	Green Tomato Pickle, 2	Whole ginger, bruised
	Green Tomato Pickle	Ginger
<b>Various Sauces for Keeping</b>	Tomato Sauce, 3	Ground ginger
	Tomato Relish	Whole ginger
	Plum Sauce	Whole ginger
	Mushroom ketchup	Ginger
	Worcestershire Sauce	Whole ginger & mushroom ketchup
<b>Preserves</b>	Citron Ginger	Green ginger
	Mock Ginger [melon]	Preserved ginger
	Preserved Figs	Crushed white ginger
	Mince Meat, 2	Ground ginger
<b>Jellies, Jams, &amp; Marmalades</b>	Apple Jam	Root ginger
	Fig Preserve	Bruised ginger
	Green Tomato Jam	Green ginger
	Melon Preserve	Whole & preserved ginger
<b>Sandwiches</b>	Ginger Loaf Sandwiches	Ginger loaf
	Nut Sandwiches	Preserved ginger
<b>Beverages</b>	No. 1. Ginger Cordial	Pounded ginger

	No. 2. Ginger Cordial	Pounded ginger
	Ginger Wine	Essence of ginger
	Hop Beer	Bruised ginger
	Cold Water Ginger Beer	Ground ginger
	Ginger Beer	Bruised ginger
	Ginger Beer [2]	Bruised ginger
	Hop Beer, 2	Ginger
<b>Christmas &amp; Plum Cakes</b>	Excellent Wedding Cake	Ginger
	Christmas cake	Ground ginger
<b>Various Large Cakes</b>	Marble Cake	Ginger
<b>Layer Cakes</b>	Ginger Sandwich	Ground ginger
	Ginger Sponge	Ginger
	Brandy Snaps	Ground ginger
	Honigkucken (Honey Cake)	Ground ginger
<b>Ginger Bread</b>	Light Ginger Bread	Ground ginger
	Ginger Cake	Ginger
	Sponge Ginger Bread	Ginger
	Parkin	Ground ginger
	Ginger Cake [2]	Ginger
	Molly's Soft Ginger Bread	Ginger
	Soft Ginger Cake	Ground ginger
	Ginger Bread	Ginger
	Ginger Bread [2]	Ground ginger
	Ginger Cake [3]	Ground ginger
<b>Biscuits</b>	Ginger Nuts	Ginger
	Ginger Bread Biscuits	Ginger
	Ginger Snaps	Ginger
	Ginger Nuts [2]	Ginger
	Ginger Nuts [3]	Ground ginger
<b>Confectionery</b>	Ginger Cream (Sweets)	Dry preserved ginger

<b>Kookaburra Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups</b>	Mulligatawny	Curry paste or chutney & curry powder
	Ox Tail	Ketchup
<b>Entrees &amp; Some Joints</b>	Croquettes	Lea & Perrin's Sauce
	Wakefield Steak	Tomato, ketchup and Lea & Perrin's Sauces
	Ragout of Underdone Roast Beef	Pickled walnuts & pickled gherkins
	Marinated Steak	Worcester and tomato sauces
	Indian Fillets	Curry powder and chutney
	German Patties	Curry powder
	Moreton à la Chasseur	Mushroom ketchup
	Veal Cutlets à la Milanaise	Tomato sauce
	Stewed Kidneys	Mushroom ketchup & Worcester sauce
	A Way of Using up Cold Meat	Curry Powder
	Kebobs	Curry Powder
	Plain Cutlets Stewed in Stock	Tomato sauce
	Jarrel Steak	Worcester sauce
	Kidney Toast	Worcester sauce
	<b>Chicken Dishes</b>	Tournédos of Chicken
Chicken à la Provencale		Tomato sauce
Neapolitan Croquettes		Tomato sauce
Fritôt of Chicken and Tomato Sauce		Tomato sauce
Croutes de Volaille à la Diable		Curry powder
Bobotee		Curry powder
Chickens' Livers and Rice		Chutney & curry powder
Roulard		Pickles
<b>Cold Entrees &amp; Suppers</b>	Indian Eggs	Curry powder & chutney
	Curried Sardines	Curry powder
<b>Curries</b>	A Dry Curry	Curry powder & curry paste & chutney
	Cleland Curry	Curry powder
	Curried Ox Tail	Curry powder
	A Recipe for Indian Curry	Curry powder
	Curried Walnuts	Curry powder
	Curry à la G.A. Sala	Curry powder & chutney
	Vegetable Curry	Curry powder & chutney
	Curried Peaches en Casserole	Curry powder
	Chestnut Curry	Curry powder & mango chutney
	Fish Curry	Curry powder & chutney
	Prawn Curry	Curry powder
	Curried Oysters	Curry powder
	Curried Radishes	Curry powder
	Cold Curry	Curry powder
<b>Devils and Pepper-Pots</b>	Devilled Chicken in Pieces	Chutney
	Devilled Mutton	Worcester sauce
	Indian Devil Mixture	Chutney & ketchup
	Devil Sauce	Worcester sauce
	Devilled Sauce for Grills	Worcester & tomato sauces
<b>Salads &amp; Dressings</b>	French Salad Dressing, 2	Worcester sauce
	Californian Salad Dressing	Worcester sauce

	Apple and Date Salad	Californian dressing
<b>Sauces, Savoury &amp; Sweet</b>	Cumberland Sauce	Worcester sauce & chutney
	Curry Sauce	Curry powder & chutnee
	Sauce Piquante	Tomato sauce
	Brown Sauce	Worcester & tomato sauces
<b>Vegetable Entrees</b>	Lentil Rissoles	Curry powder
<b>Vegetables</b>	Dhall and Rice	Curry powder
	Egg Plant Fritters	Tomato sauce
<b>Spicing &amp; Curings of ... Sausages, etc.</b>	Fritz Sausage	Worcester sauce
<b>Pastry</b>	Lamb Pie	Walnut pickle
<b>Savoury Omelettes &amp; Egg Dishes</b>	Curried Egg Toast	Curry powder
	Breakfast Dish	Curry powder
	Baked Eggs and Potatoes	Curry powder
	Zingara Eggs	Brown sauce
	Eggs with Curry Sauce	Curry paste & curry powder & chutney`
<b>Savouries</b>	Anchovy Croûtons	Curry powder
	Lactore Sandwiches	Curry sauce
	Devilled Sardines	Worcester sauce
	Picalilli Croûtes	Pickled cauliflower or gherkins
	Congress Savoury	Pickled gherkins
	Devilled Cheese	Worcester sauce
<b>Various Chutneys</b>	Green Tomato Chutney	Curry powder
<b>Various Sauces for Keeping</b>	Tomato Sauce, 1	Curry powder
	Tomato Relish	Curry powder
<b>Sandwiches</b>	Madras Sandwiches	Curry paste & curry powder
	Beef Sandwiches	Worcester sauce
	Chutney and Egg Sandwiches	Chutney
	Curry Butter Sandwiches	Curry powder
	Curry [Egg] Sandwiches	Curry powder

11.5.15 *Goulburn Cookery Book*, 15<sup>th</sup> ed., 1913

<i>Goulburn Recipes Containing Ginger and Condiments</i>		
Category	Ginger	Condiments
<b>Soups (43)</b>	-	8
<b>Fish, Fresh and Tinned (43)</b>	-	2
<b>Sauces (25)</b>	-	3
<b>Beef (39)</b>	-	6
<b>Mutton (23)</b>	-	3
<b>Poultry and Game (48)</b>	-	6
<b>Pork (13)</b>	-	1
<b>What to do with Cold Meat (33)</b>	-	12
<b>Breakfast and Luncheon Dishes (45)</b>	-	8
<b>Savouries (43)</b>	-	5
<b>Boiled Puddings (59)</b>	4	-
<b>Cold puddings, Jellies, Creams, Etc. (67)</b>	1	-
<b>Cakes (47)</b>	6	-
<b>Small Cakes, Biscuits, and Buns (52)</b>	4	-
<b>Jams and Jellies (43)</b>	3	-
<b>Pickles, Sauces, and Chutneys (11)</b>	5	1
<b>Beverages (17)</b>	4	-
<b>Confectionery (13)</b>	1	-
<b>Total (874)</b>	<b>28</b>	<b>55</b>
<b>1930 Supplement (113)</b>	<b>6</b>	<b>7</b>

**Notes:** *The Goulburn Cookery Book* was first published in 1899. The 34<sup>th</sup> edition, published in 1930, reprints exactly the Index and Recipes (including the page numbers) contained in the 15<sup>th</sup> edition. All editions from 2<sup>nd</sup> to 33<sup>rd</sup> contain the same number of pages (Libraries Australia Kinetica). It is therefore a reasonable assumption that the 15<sup>th</sup> edition is the same as the 1<sup>st</sup> edition. The 34<sup>th</sup> edition includes a “New Supplement” of 113 *Health Foods*, of which 6 call for ginger and 7 call for condiments. These recipes, listed at the end of the following tables, are similar to the earlier ones.



<b>Goulburn Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Boiled Puddings</b>	Ginger Pudding	Ground ginger
	Preserved Ginger Pudding	Preserved ginger & syrup
	Plum Pudding, No. 1	Ground ginger
	Treacle Roly-Poly	Ground ginger
<b>Cold puddings, Jellies, Creams, Etc.</b>	Ginger Cream	Preserved ginger
<b>Cakes</b>	Bride Cake	Ginger
	Gingerbread, No. 1	Ground ginger
	Gingerbread, No. 2	Ground ginger
	Ginger Cake, No. 1	Ground ginger
	Ginger Cake, No. 2	Ground ginger
	Preserved Ginger Cake	Preserved ginger & syrup
<b>Small Cakes, Biscuits, &amp; Buns</b>	Ginger Nuts, No. 1	Ground ginger
	Ginger Nuts, No. 2	Ground ginger
	Oatmeal Biscuits	Ground ginger
	Brandy-Snaps	Ground ginger
<b>Jams &amp; Jellies</b>	Marrow Jam (Imitation Preserved Ginger)	Ginger
	Melon Jam, No. 2	Green ginger
	Melon Jam, No. 3	Preserved ginger
<b>Pickles, Sauces, &amp; Chutneys</b>	Sweet Chutney	Green ginger
	Tomato Chutney	Ginger
	To Pickle Red Cabbage	Whole ginger
	Tomato Sauce, No. 2	Powdered ginger
	Tomato Sauce, No. 3	Ground ginger
<b>Beverages</b>	Ginger Beer	Bruised whole ginger
	Cold Water Ginger Beer	Ground ginger
	Draught Ginger Beer	Bruised ginger
	Hop Beer	Bruised ginger
<b>Confectionery</b>	Ginger Creams	Preserved ginger
<b>1930 Supplement</b>	Ginger Nuts	Ground ginger
	Ginger Biscuits	Ground ginger
	Honey Buns	Ground ginger
	Parkin	Ground ginger
	Wholemeal Rock Cakes	Ground ginger
	Honey Pudding	Ginger

<i>Goulburn Cookery Book Recipes Using Condiments</i>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups</b>	Brown Soup	Ketchup
	Chowder, No. 2	Mushroom ketchup or Worcester sauce
	Hare Soup	Mushroom ketchup
	Kidney Soup	Mushroom ketchup
	Mulligatawny Soup, No. 1	Curry powder & curry paste
	Mulligatawny Soup, No. 2	Curry powder
	Ox-Tail Soup	Ketchup & pickled walnut
	Sheep's-Head Soup	Mushroom ketchup & Worcester sauce
<b>Fish, Fresh and Tinned</b>	Curried Fish	Curry powder
	Stewed Salmon	Worcester sauce
<b>Sauces</b>	Excellent Sauce for Fish	Curry powder
	Sauce Piquante	Gherkins
	Salad Dressing, No. 2	Worcester sauce or ketchup
<b>Beef</b>	Beefsteak and Kidney Pie	Mushroom ketchup
	Casserole of Beef	Tomato sauce
	Gerard Steak	Worcester sauce & mushroom ketchup
	Marinated Steak	Worcester sauce
	Stewed Steak and Walnuts	Pickled walnuts
	Wakefield Steak	Tomato sauce and ketchup
<b>Mutton</b>	Curry	Curry powder & curry paste & tomato sauce
	Hot Pot	Curry powder
	Picnic Pie	Ketchup
<b>Poultry and Game</b>	Various Ways of Using Cold Turkey	Curry powder
	Chicken a la Inkermann	Captain White's curry paste
	Country Captain	Curry powder
	Baronet's Curry	Curry powder
	Brown Fricasse of Fowl	Mushroom ketchup & tomato sauce
	Steamed Kangaroo or Wallaby	Ketchup
<b>Pork</b>	Brawn, No. 1	Worcester sauce
<b>What to do with Cold Meat</b>	Bobotjes	Curry powder
	Croquettes, No. 1	Curry powder
	Curry	Captain White's curry paste & curry powder & tomato sauce
	Baked Curry	Curry powder
	Dry Curry	Curry powder
	Hunter's Hash	Mushroom ketchup
	Meat Pie	Tomato sauce
	Meat Souffle	Mushroom ketchup
	Mince	Ketchup
	Hashed Mutton	Worcester sauce & mushroom or walnut ketchup
	Potato Pie	Ketchup
Tomato Mayonnaise	Ketchup	
<b>Breakfast &amp; Luncheon Dishes</b>	A Wet Devil	Chutney & mushroom ketchup
	Sauce for Devilled Bones	Worcester sauce
	Curried Eggs	Curry powder
	Curried Egg Toast	Curry powder
	Eggs in Purgatory	Tomato sauce

	Eggs and Rice	Curry powder
	Mutton with Devil Sauce	Worcester sauce or ketchup
	Savoury Tomatoes	Tomato sauce
<b>Savouries</b>	Anchovies and Cream	Mushroom ketchup
	Biscuits au Diable	Chutney
	Sardine Savoury	Worcester sauce
	Sardine Toast	Worcester sauce
	Lactore Sandwiches	Curry sauce
<b>Pickles, Sauces, &amp; Chutneys</b>	Mustard Pickle	Curry powder
<b>1930 Supplement</b>	Egg Tartlets	Tomato or Worcester sauce
	Indian Curry	Curry powder and paste
	Kidney on Toast	Worcester sauce
	A Good Way of Using Cold Mutton	Any good sauce
	Stewed Oxtail	Pickled walnuts
	Curry sauce	Curry paste
	Potato Salad	Worcester sauce

## 11.5.16 Deborah Buller-Murphy [Lady Hackett], 1916

<b>No. of Buller-Murphy's Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Soup (76)</b>	1	5
<b>Fish (112)</b>	-	10
<b>Beef (97)</b>	-	8
<b>Veal (40)</b>	-	1
<b>Mutton (80)</b>	-	6
<b>Pork and Ham (26)</b>	-	1
<b>Rabbits (22)</b>	-	2
<b>Poultry and Game (72)</b>	-	6
<b>Vegetable Dishes (239)</b>	-	10
<b>Salads (51)</b>	-	1
<b>Pastes (21)</b>	-	1
<b>Forcemeats, Sauces, Etc. (90)</b>	4	7
<b>Sandwiches (36)</b>	-	5
<b>Savouries and Hors D'Oeuvres (72)</b>	-	5
<b>High Tea and Breakfast Dishes (83)</b>	-	16
<b>Egg Dishes (60)</b>	-	6
<b>Hot Puddings (202)</b>	11	-
<b>Hot Fruit Puddings (77)</b>	2	-
<b>Cold Puddings (104)</b>	2	-
<b>Pastry (54)</b>	3	-
<b>Jellies (29)</b>	1	-
<b>Ices (20)</b>	1	-
<b>Biscuits (71)</b>	10	-
<b>Cakes (232)</b>	21	-
<b>Preserves (104)</b>	25	-
<b>Pickles and Sauces, Etc. (61)</b>	23	4
<b>Beverages (90)</b>	13	-
<b>Total</b>	<b>117</b>	<b>94</b>

<b>Buller-Murphy's Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soup</b>	Kangaroo Tail Soup	Piece ginger
<b>Forcemeats, Sauces</b>	Currant Sauce	Ground ginger
	An Excellent Sweet Sauce	Ginger syrup from preserved ginger
	[Fruit] Mincemeat	Ground ginger
	An Inexpensive [Fruit] Mincemeat	Ground ginger
<b>Hot Puddings</b>	Rich Christmas Pudding	Ground ginger
	Christmas Pudding I	Ground ginger
	Scrap Bread Pudding	Ground ginger
	Sponge Pudding	Ground ginger
	Preserved Ginger Pudding	Preserved ginger & syrup
	Preserved Ginger Pudding ( <i>Another Way</i> )	Preserved ginger & syrup
	Gingerbread Pudding	Ground ginger
	Ginger Pudding ( <i>Another Way</i> )	Ground ginger
	Baked Ginger Pudding	Ground ginger
	Vicarage Pudding	Ginger
	Working Man's Pudding	Ginger
<b>Hot Fruit Puddings</b>	Apple Turnover	Ground ginger
	Rhubarb Turnovers	Powdered ginger
<b>Cold Puddings</b>	Tasty Turnover	Ground ginger
	Ginger Mould	Preserved ginger & syrup
<b>Pastry</b>	Pumpkin Pie	Ginger
	Mincemeat Tarts	[Fruit] mincemeat
	Treacle Cheese Cakes	Ground ginger
<b>Jellies</b>	Ginger Jelly	Whole ginger
<b>Ices</b>	Cream Patrica	Crystallized ginger
<b>Biscuits</b>	Home-Made Brandy Snaps	Ginger
	Brandy Snaps	Ginger
	Ginger Drops	Ginger
	Ginger Nuts	Ground ginger
	Sunderland Ginger Nuts	Ginger
	Ginger Biscuits	Ground ginger
	Ginger Cookies	Ginger
	Ginger Wafers	Ground ginger
	Ginger Snaps	Ginger
	Sandford Biscuits	Ginger
<b>Cakes</b>	Raisin Cake	Ground ginger
	Ginger Sponge Sandwich	Ginger & preserved ginger
	Ginger Bread	Ground ginger
	Real Gingerbread Sold at English Fairs	Ground ginger
	Sponge Ginger Bread	Ground ginger
	Delicious Fruit Gingerbread	Ground ginger
	White Gingerbread	Ground ginger
	Parkin Gingerbread	Ginger
	Yorkshire Parkin	Ground ginger
	Ginger Cake	Ground ginger
	Ginger Cake ( <i>Another Way</i> )	Ground ginger
	A Plain Ginger Cake Without Eggs	Ground ginger
	Frosted Ginger Cake ( <i>An Old</i>	

	<i>English Recipe)</i>	Preserved & crystallised ginger
	Treacle Lunch Cakes	Ground ginger
	Ginger Cakes	Ground ginger
	Cake Without Eggs	Ginger
	Soda Cake	Ground ginger
	Tea-Cake for Children	Ground ginger
	Brown Batchelor Cake	Ground ginger
	Oriental Cake	Preserved ginger
	Ginger Nuts	Ginger
<b>Preserves</b>	Melon and Citron Jam	Preserved ginger
	Apple Jam	Ginger
	Marrow Jam	Bruised whole ginger
	Rhubarb Jam	Preserved ginger
	Tomato Butter	Powdered ginger
	Rhubarb Ginger	White ginger
	Rhubarb Preserve	Green ginger
	Preserved Pears	Preserved ginger
	Mock Ginger [using melon]	Whole ginger, bruised
	Imitation Preserved Ginger [using vegetable marrow]	Shredded [whole] ginger
	Melon Jam II	Green ginger
	Home-Made Marmalade	Ground ginger
	Apple Ginger	Bruised ginger
	A Delicious Preserve [apples]	Whole ginger
	Rhubarb and Fig Jam	Ground ginger
	Rhubarb Marmalade	Ground ginger
	Rhubarb Marmalade ( <i>Another Way</i> )	Ground ginger
	Green Rhubarb Preserve	Whole ginger bruised
	Good Recipe for [mock] Preserved Ginger	Whole ginger
	Green Tomato Jam	Green or ground ginger
	Tomato Jam	Crystallized ginger
	Melon Preserve	Whole ginger & preserved ginger
	Fig Conserve	Preserved ginger
	Pears in Ginger	Preserved ginger
	Pear Ginger	Preserved ginger
<b>Pickles &amp; Sauces, Etc.</b>	Mushroom Ketchup	Bruised ginger
	Plum Chutney	Ginger
	Bengal Chutney	Ground ginger
	Mango Chutney [using sour apples]	Ground ginger
	Green Tomato Chutney	Ground ginger
	Pickled Tomatoes and Spanish Onions	Bruised ginger & curry powder
	Green Tomato Pickle for Winter Use	Ground ginger
	Quince Chutney	Ground ginger
	Tomato sauce ( <i>Another Way</i> )	Ginger
	Plum Sauce	Whole ginger bruised
	Pickled Onions	Crushed ginger
	Pickled Cucumbers	Ginger
	Pickled Figs	Bruised ginger
	Pickled Grapes	Ginger
	Apple Chutney	Ground ginger
	Walnut Ketchup	Bruised ginger
	Tomato Chutney II	[Whole] ginger
	Green Tomato Chutney	Green ginger
	Green Gooseberry Chutney	Ground ginger

	Chutney	Whole ginger
	Tomato Relish	White ginger
	Gooseberry Sauce	Ground ginger
	Apple Chutney ( <i>Another Way</i> )	Ground ginger
<b>Beverages</b>	Ginger Cordial	Bruised ginger
	Ginger Syrup	Essence of ginger
	Ginger Beer I	Ground ginger
	Ginger Beer II	Bruised ginger
	Ginger Pop	Whole bruised ginger
	King Cup	Bruised ginger
	Fermented Ginger Wine	Bruised ginger
	Ginger Wine	Bruised ginger
	Ginger Syrup [2]	Essence of ginger
	Nettle Wine	Ginger
	A Good Christmas Drink	Essence of ginger
	Ginger and Fruit Syrup	Bruised ginger
	Dandelion Wine	Ginger

<b>Buller-Murphy's Recipes Using Condiments</b>			
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>	
<b>Soup</b>	Brown Soup ( <i>A Cheap Way</i> )	Curry powder	
	Giblet Soup	Holbrook's Worcester sauce	
	Mulegatawny Soup	Curry powder & ketchup	
	Oxtail Soup	Ketchup & Worcester sauce	
	Pea Soup ( <i>Without Stock</i> )	Curry powder	
<b>Fish</b>	Curry Croutons	Curry powder	
	Curried Mullet	Curry powder	
	Fish Pyramids	Tomato sauce	
	Kedgeriee	Curry powder	
	Chafed Oysters	Worcestershire sauce	
	Mock Fried Oysters	Oyster catsup	
	Mayonnaise of Crayfish	Pickled gherkins	
	Fish Croquettes	Walnut ketchup	
	Curried Fish	Curry powder	
	Curried Fish ( <i>Another Way</i> )	Curry paste	
	<b>Beef</b>	Grilled Beef	Tomato sauce
		Beef Olives – I	Mushroom ketchup
		Delicious Steak	Worcester sauce
Savoury Beef		Worcester sauce	
Steak with Macaroni		Worcester sauce	
Curried Ox Tail		Curry powder	
Curried Tripe and Onions		Curry powder	
Beef and Ham Rolls		Mushroom ketchup	
<b>Veal</b>		Hashed Calf's Head	Mushroom ketchup
	<b>Mutton</b>	Lancashire Hot Pot	Curry powder
Lamb Chops (African Style)		Chutney	
Curried Mutton Chops		Curry powder & curry paste & Worcester & tomato sauces	
Savoury Curry		Curry powder & chutney	
Curried Mutton		Curry powder	
Stewed Kidneys		Curry powder	
<b>Pork and Ham</b>		Devilled Pigs' Feet	Chutney
	<b>Rabbits</b>	Curried Rabbit	Curry powder
Fillet of Rabbit		Mushroom ketchup	
<b>Poultry and Game</b>	A Mexican Chicken Dish	Sour pickles	
	Pain de Volialle a L'Indienne	Curry powder	
	Chicken a la Bechamel	Gherkins	
	Curried Fowl	Curry powder	
	Curried Fowl ( <i>Another Way</i> )	Curry powder	
	Curried Kangaroo Tail	Curry powder	
<b>Vegetable Dishes</b>	Asparagus et Sauce Tomate	Tomato ketchup	
	Bean Rarebit	Tomato sauce	
	Curried Haricot Beans	Curry powder	
	Curried Butter Beans	Curry powder	
	Curried Beans	Curry powder & curry paste	
	Curried Green Peas	Curry powder	
	Turnips with Tomato Sauce	Tomato sauce	
	Hot Rice Rolls	Pickled Walnut	
	Curried Lentils	Curry powder	
	Curried Vegetables	Curry powder	
	<b>Salads</b>	Lettuce Salad	Worcester or tomato sauce
<b>Pastes</b>		Potted Meat	Tomato sauce



<b>Forcemeats, Sauces</b>	French Mustard	Curry
	Devil Sauce	Any kind of hot sauce
	Curry Sauce	Curry powder
	Cold Tartare Sauce	Gherkins
	Hot Tartare Sauce	Pickled cucumbers
	Piquante Sauce	Gherkins
	Mayonnaise	Gherkins
<b>Sandwiches</b>	Ham Sandwiches	Green pickle
	Sardine Paste for Sandwiches	Worcester sauce
	Curried Meat and Game Sandwich	Curry paste or powder & chutney
	Curried Egg Sandwiches	Curry powder
	Cheap Savoury Sandwiches	Pickle
<b>Savouries &amp; Hors D'Oeuvres</b>	Appetiser Recipe	Tomato sauce
	Croutes of Yellow Haddock	Gherkins
	Sardines on Toast	Worcester sauce
	Curried Sardines	Curry powder
	Cheese Balls	Curry powder
<b>High Tea &amp; Breakfast Dishes</b>	Savoury Breakfast Cakes	Worcester sauce
	Brains on Toast	Curry powder
	Tinned Meat and Egg Toast	Tomato sauce
	Tomato Sausages	Tomato sauce
	Russian Sandwiches	Gherkins
	Indian Sandwiches	Curry gravy or sauce
	Beef a la Porto Rico	Cucumber pickles
	Hash	Mushroom ketchup or relish
	Patna Cutlets	Tomato sauce
	Durham Cutlets	Worcester sauce
	Swiss Cutlets	Curry powder
	Curry Pasties	Curry powder
	Croquettes on Toast	Tomato sauce
	Bobotie ( <i>An Indian Dish</i> )	Curry powder
	Indian Curry	Curry powder
	Scrap Rolls	Curry powder
<b>Egg Dishes</b>	Curried Eggs	Curry powder
	Egg Cutlets	Curry powder
	Madras Baked Eggs	Curry powder
	Savoury Eggs	Curried gravy
	French Eggs	Curry paste
	Eggs in Aspic	Gherkins
<b>Pickles and Sauces, Etc.</b>	Green Tomato Relish	Curry powder
	Mixed Pickle	Curry powder
	Pickled Cauliflower	Curry powder
	Mustard Pickles	Curry powder

## 11.5.17 Wattle Blossom, 1917

<b>No. of Wattle Blossom's Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Soups (12)</b>	-	2
<b>Meats (8)</b>	-	4
<b>Cakes, Scones, etc. (38)</b>	2	-
<b>Sauces and Pickles (7)</b>	5	-
<b>Total (119)</b>	<b>7</b>	<b>6</b>

<b>Wattle Blossom's Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Cakes, Scones, Etc.</b>	Wholemeal Ginger Bread	Ground ginger
	Ginger and Raisin Cake	Ground ginger
<b>Sauces and Pickles</b>	Apple Chutney	Ground ginger
	Tomato Sauce No. 1	Ginger
	Green Tomato Pickle	Green ginger
	Pickled Red Cabbage	Green ginger
	Pickled Onions	Piece of ginger

<b>Wattle Blossom's Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups</b>	Mulligatawny	Bengal curry powder
	Cream of Rice Soup	Bengal curry powder
<b>Meats</b>	Chops, Beans and Tomato Sauce	Mitchell's Blue tomato sauce
	Sheep's Tongues and Tomato Sauce	Mitchell's Blue tomato sauce
	Bacon and Kidney	Mitchell's Worcester sauce
	Curry and Rice	Royal Bengal curry powder

### 11.5.18 Mary Gilmore, 1923

<b>Mary Gilmore's Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Meats (149)</b>	-	14
<b>Fish (31)</b>	-	7
<b>Vegetables &amp; Vegetable Recipes (23)</b>	-	1
<b>Breakfast &amp; Luncheon Dishes (60)</b>	-	5
<b>Pastry (28)</b>	2	-
<b>Puddings (108)</b>	1	2
<b>Cakes (160)</b>	11	-
<b>Preserving (76)</b>	34	3
<b>Confectionery (18)</b>	2	-
<b>Beverages (23)</b>	7	-
<b>Total (696)</b>	<b>57</b>	<b>32</b>

<b>Mary Gilmore's Recipes Containing Ginger</b>			
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>	
<b>Pastry</b>	Treacle Tart	Ginger	
	Washington Pie	Ground ginger	
<b>Puddings</b>	Ginger Pudding	Ground ginger	
<b>Cakes</b>	Ginger Nuts	Ground ginger	
	Soft Gingerbread	Ginger	
	Gingerbread (with Vinegar)	Ground ginger	
	Gingerbread (with Candied Peel)	Ginger	
	Gingerbread Sponge	Ginger	
	Gingerbread without Eggs	Ground ginger	
	Plain Cake (2)	Ginger	
	Spice Cake	Ginger	
	Ginger Snaps	Ginger	
	Ginger Nuts	Ground ginger	
	Molasses Cookies	Ground ginger	
	<b>Preserving</b>	Vegetable Marrow Jam (2)	Green ginger
		Pumpkin and Ginger Jam	Ginger
		Household Jam	Bruised or green ginger
		Melon Jam	Green ginger
Rhubarb and Orange Jam		Green ginger	
Mock Ginger [pie melon]		Green or dry ginger	
Pear Ginger		Preserved ginger	
To Preserve Pumpkin		Ginger	
Melon Jelly		Ginger	
Anchovy Ketchup		Whole ginger	
Mushroom Ketchup (1)		Bruised ginger	
Mushroom Ketchup (2)		Powdered ginger	
Mushroom Ketchup (3)		Ginger	
Plum Sauce (1)		Ginger	
Plum Sauce (2)		Bruised ginger	
Plum Sauce (3)		Ground ginger	
Tomato Sauce (6)		Whole ginger	
Tomato Sauce (7)		Ground ginger	
Worcester sauce (4)		Ground or pounded ginger & mushroom ketchup	
Mustard Pickles		Ginger	
Green Tomato Pickles (Plain)		Whole ginger	
To Pickle Cucumbers (2)		Ginger	
To Pickle Cucumbers (4)		Ground ginger	
Preserved Cucumbers (Sweet)		Sliced green ginger	
Mushroom Pickle		Crushed ginger	
Vegetable Marrow Pickles		Ground ginger	
Red Cabbage Pickles		Bruised ginger	
Green Gooseberry Chutney		Ground ginger	
Damson & Apple Chutney		Ground ginger	
Apple Chutney (2)		Ginger	
Apple Chutney (3)	Bruised ginger		
Green Tomato Chutney	Ginger		
Apple and Tomato Chutney	Whole ginger		
Tomato Chutney (Sweet)	Ground ginger		
<b>Confectionery</b>	Ginger Creams	Preserved ginger	
	Butter Scotch (with Ginger)	Ground ginger	
<b>Beverages</b>	Hop Beer (with Ginger)	Bruised ginger	

	Horehound Beer (2)	Whole ginger (bruised)
	Ginger Beer	Dry ginger
	Cold Water Ginger Beer	Ground ginger
	Ginger Beer (with Lemons)	Bruised or ground ginger
	Ginger Beer (with Cream of Tartar)	Whole ginger
	Pear Cordial	Green ginger

<b>Mary Gilmore's Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Meat</b>	Marinated Steak	Tomato & Worcester sauce
	Steak Paste	Worcester sauce
	Dry Curry	Curry powder
	Apple Curry	Curry powder
	Savoury Rice Pudding	Worcester sauce
	Tomato Hash	Chutney
	Egg and Tomato Dumplings	Worcestershire sauce
	Braised Beef	Worcester sauce
	Kromskies	Curry powder
	Devilleed Meat	Worcester sauce & ketchup
	Kidneys on Toast	Worcester sauce
	Curried Ham	Curry powder
	Sheeps' Kidney Soup	Mushroom ketchup
	Mustard Sauce	Currie
<b>Fish</b>	Fresh Fish Pudding	Worcester sauce
	Lobster Pie	Worcester sauce or ketchup
	Salt Fish (Additional)	Worcester sauce
	Curried Sardines	Curry sauce
	Curried Cold Fish	Curry sauce
	Tasty Salmon (Hot)	Worcester sauce
	Curry Sauce	Curry powder
<b>Vegetables</b>	Vegetarian Curry	Curry powder
<b>Breakfast &amp; Luncheon Dishes</b>	Curried Eggs	Curry powder
	Maizena Omelette	Chutney
	Cheese and Rabbit Turnover	Chutney or Plum & Worcester Sauces
	Cheddar Rarebit	Worcester sauce or Curry
	Picnic Meat for Sandwiches	Worcester sauce
<b>Puddings</b>	Cheese Dumplings	Worcestershire sauce
	Plain Fritters	Worcester or other sauce
<b>Preserving</b>	Green Tomato Pickles (with Curry Powder)	Curry powder
	Mustard Pickles	Curry powder
	Choko Pickles	Curry powder

11.5.19 *W.M.U. Cookery Book, 1930*

<b>No. of <i>W.M.U.</i> Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Soups (23)</b>	-	3
<b>Fish Recipes (44)</b>	1	7
<b>Entrees, Breakfast Dishes and Meats (27)</b>	-	2
<b>Methods of Cooking Beef and Veal (42)</b>	1	
<b>Methods of Cooking Lamb and Mutton (15)</b>	-	1
<b>Methods of Cooking Poultry and Game (14)</b>	-	2
<b>Gravies and Sauces (19)</b>	1	2
<b>Vegetarian Cookery (19)</b>	-	3
<b>Boiled Puddings (45)</b>	5	-
<b>Cold Puddings, Jellies, Creams, Etc. (45)</b>	1	-
<b>Pastry, Pies, Tarts, Etc. (27)</b>	1	-
<b>Cakes (67)</b>	6	-
<b>Afternoon Tea Cakes (22)</b>	1	-
<b>Biscuits, Bread and Scones (61)</b>	4	-
<b>Sandwiches and Savouries (30)</b>	2	6
<b>Jams, Jellies and Marmalade (71)</b>	6	-
<b>Pickles and Chutneys (28)</b>	14	2
<b>Sweets (29)</b>	3	-
<b>Drinks (30)</b>	5	-
<b>Total (816)</b>	<b>51</b>	<b>33</b>

**Note:** The 900 recipes referred to in the title include household hints and other information.

<b>W.M.U. Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Fish Recipes</b>	Soused Fish	Gingerbread
<b>Beef &amp; Veal</b>	Pindahu Curry (Dry)	Ground ginger
<b>Gravies and Sauces</b>	*Plum Sauce	Whole ginger, bruised
<b>Boiled Puddings</b>	Ginger Pudding	Ginger
	Half-Pay Pudding	Ground ginger
	Ward Pudding	Ground ginger
	Uncle Tom's Pudding	Ground ginger
	Rothsay Pudding	Preserved ginger
<b>Cold Puddings, Jellies, Creams, Etc.</b>	Ginger Cream	Preserved ginger & syrup
<b>Pastry, Pies, Tarts, Etc.</b>	*Apple and Date Tart	Ginger
<b>Cakes</b>	Scotch Gingerbread	Ground ginger
	Gingerbread Cake	Ginger
	*Almond Gingerbread	Ground ginger
	*English Cheesecake	Ground ginger
	Ginger Sponge Sandwich	Ground ginger
	*Russian Cake	Preserved ginger
<b>Afternoon Tea Cakes</b>	*Brandy Snaps	Ground ginger
<b>Biscuits, Bread &amp; Scones</b>	Ginger Snaps	Ginger
	Ginger Biscuits	Ground ginger
	Scotch Bun	Ginger
	*Ginger Loaf	Preserved ginger
<b>Sandwiches &amp; Savouries</b>	*Ginger, Walnut and Cheese Sandwiches	Preserved ginger
	*Raisin Butter	Crystallised ginger
<b>Jams, Jellies &amp; Marmalade</b>	Rhubarb Jam	Green ginger
	Melon Jam, No. 2	Ginger
	Tomato Jam, No. 1	Green ginger
	Mock Ginger [from pie-melon]	Ginger, bruised
	Apple Ginger	Ginger essence or ground ginger
	Preserved Green Ginger	Green ginger
<b>Pickles and Chutneys</b>	Pickled Red Cabbage	Bruised ginger
	Tomato Pickle (Small Quantity)	Powdered ginger
	Pickled Eggs	Ginger
	Mango Chutney	Dry preserved ginger
	Mango Chutney [2]	Preserved ginger
	*Mango Chutney [3]	Ground ginger
	Chutney, Sweet	Ginger (green or preserved)
	Apple Chutney	Ground ginger
	Chutney	Ground white ginger
	Chutney with Dates	Ground ginger
	Peach Chutney	Green ginger
	Green Tomato Pickle, No. 1	Ground ginger
	*Mint Chutney	Ginger
	*Choko Chutney	Ground ginger & curry powder
<b>Sweets</b>	Fruit Sandwiches	[Preserved] ginger
	Ginger Creams	Preserved ginger
	Ginger Tablet	Ground ginger
<b>Drinks</b>	*Cold Water Ginger Beer	Ground ginger
	Hop Beer	Bruised ginger root
	Ginger Cordial	Essence of ginger

	*Ginger Mint Punch	Ginger ale
	*Orange Punch	Ginger ale

**Note:** The recipes marked with an asterick are the only ones which did not also appear in the 9<sup>th</sup> edition of the *W.M.U. Cookery Book*, published in 1916.

<b>W.M.U. Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Condiments</b>
<b>Soups</b>	Mulligatawny Soup	Curry powder & chutney
	Kidney Soup	Ketchup
	Giblet Soup	Mushroom ketchup
<b>Fish Recipes</b>	Curried Schnapper	Curry powder
	Bloater Paste	Worcester sauce
	Tinned Salmon Rissoles	Tomato sauce
	Curried Sardines	Curry powder
	Mustard Sauce for Fish	Pickles
	Curried Prawns	Curry powder & chutney
	*Schnapper Salad	Gherkins
<b>Entrees, Breakfast Dishes &amp; Meats</b>	Curried Eggs	Curry powder
	Fried Tomatoes	Curry powder
<b>Beef and Veal</b>	Aberdeen Sausage	Harvey or Worcestershire sauce
	Cold Meat Turnovers	Curry powder
	Beef Olives	Ketchup
	Meat Mince	Curry powder
	Indian Veal Collops	Curry powder
<b>Lamb and Mutton</b>	Curried Chops	Curry powder
<b>Poultry and Game</b>	Curried Rabbit	Curry powder
	Jugged Hare	Mushroom ketchup
<b>Gravies and Sauces</b>	*A Nice Sauce for a Grill	Walnut ketchup
	Tomato Sauce No. 2	Curry powder
<b>Vegetarian Cookery</b>	*Vegetarian Curry	Curry powder
	Curried Beans	Curry powder & tomato sauce
	*Curried Beans [2]	Curry powder
<b>Sandwiches &amp; Savouries</b>	*Anchovy Sandwiches	Curry powder
	*Minced Ham and Pickle	Sour pickle
	*Bengal Biscuits	Curry powder
	*Deville'd Nuts	Curry powder
	*Deville'd Toast	Curry powder & mixed pickles
	*Savoury Scones	Curry powder
<b>Pickles &amp; Chutneys</b>	Green Tomato Pickle, No. 2	Curry powder
	*Tomato Relish	Curry powder



11.5.20 *Coronation Cookery Book, 1938*

<b>No. of <i>Coronation</i> Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Fruit Cocktails (17)</b>	4	2
<b>Hors D'oeuvres (12)</b>	1	3
<b>Soups (35)</b>	-	4
<b>Fish (32)</b>	-	2
<b>Poultry and Game (76)</b>	-	3
<b>Meats (156)</b>	-	28
<b>Vegetables (21)</b>	-	1
<b>Puddings, Hot and Cold (104)</b>	7	-
<b>Pastry, Pies, and Tarts (45)</b>	3	-
<b>Ice Puddings, Ice-cream, Water Ices, Fruit Salad (37)</b>	1	-
<b>Savoury Dishes, Cheese and Cheese-Made Dishes (124)</b>	2	15
<b>Sauces, Sweet and Savoury (49)</b>	-	3
<b>Omelettes, Egg Dishes (31)</b>	-	3
<b>Salads and Salad Dressings (56)</b>	-	4
<b>Sandwiches, Sandwich Fillings, Club Sandwiches (22)</b>	2	2
<b>Savouries, Canapes, Caviare (20)</b>	-	1
<b>Cakes, Small Cakes, Sponges, Meringue and Eclairs (113)</b>	7	-
<b>Beverages, Cool Drinks, Tea and Coffee (43)</b>	7	-
<b>Home-made Sweets (29)</b>	1	-
<b>Preserves, Jam, Jellies, Conserves, Crystallised Fruits (42)</b>	4	-
<b>Pickles, Sauces, Chutney, Spiced Fruit (46)</b>	21	1
<b>Invalid Cookery (37)</b>	-	1
<b>Total (1359)</b>	<b>60</b>	<b>73</b>

<i>Coronation Recipes Containing Ginger</i>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Fruit Cocktails</b>	Grapefruit Cocktail	Ground ginger
	Cuban Cocktail	Dry ginger ale
	Eden Cocktail	Ginger ale
	Fiji Fruit Cocktail	Ginger ale
<b>Hors D'oeuvres</b>	Grapefruit as a First Course	Candied ginger
<b>Puddings, Hot &amp; Cold</b>	Preserved Ginger Pudding	Preserved ginger
	Plain Dumplings	Ground ginger
	Old English Plum Pudding	Ground ginger
	Christmas Plum Pudding	Candied ginger
	Christmas Pudding	Ginger
	Treacle Pudding	Ground ginger
	Ginger Blanc Mange	Preserved ginger & syrup
<b>Pastry, Pies, &amp; Tarts</b>	Cinnamon Apple Tart	Ginger
	Pumpkin Pie	Ginger
	Gamma Pie	Ginger
<b>Ice Puddings, Ice-cream, Water Ices, Fruit Salad</b>	Ginger Ice Cream	Preserved ginger & syrup
<b>Savoury Dishes, Cheese &amp; Cheese-Made Dishes</b>	Devilled Muscatels	Ground ginger
	Devilled Almonds	Ground ginger
<b>Sandwiches, Sandwich Fillings</b>	Banana & Ginger Filling	Canton [preserved] ginger
	Chopped Ginger & Nuts Filling	Preserved ginger
<b>Cakes, Small Cakes, Sponges, Meringue &amp; Eclairs</b>	Ginger Fluff Sandwich	Ground ginger
	Ginger Sandwich	Ginger
	Caramel Layer Cake	Ground ginger
	Blush Cake	Preserved ginger
	Rich Fruit Cake (Xmas Cake)	Preserved & ground ginger & curry powder
	Oriental Gingerbread	Ginger
	Autumn Sponge	Ginger
<b>Beverages, Cool Drinks, Tea &amp; Coffee</b>	Ginger Beer	Ginger
	Pineapple Ambrosia	Ginger ale
	(No Yeast) Ginger Beer	Bruised ginger
	Hop Beer	Bruised ginger
	Fruit Punch No. 1	Ginger ale
	Summer Punch	Ginger ale
	Tea Punch	Ginger ale
<b>Home-made Sweets</b>	Ginger Creams	Ginger essence
<b>Preserves, Jam, Jellies, Conserves, Crystallised Fruits</b>	Green Tomato Jam	Ginger [whole]
	Choko Jam	Dry preserved ginger
	Fig Conserve	Preserved ginger
	Fig Conserve [2]	Preserved ginger
<b>Pickles, Sauces, Chutney, Spiced Fruit</b>	Tomato Sauce (2) (An excellent recipe)	Ginger
	Plum Sauce	Ginger
	Green Tomato Pickles	Ground ginger
	Tomato Relish	Ground ginger & curry

		powder
	Tomato Quetta	Green ginger
	Tomato Chutney	Bruised ginger
	Indian Chutney	Preserved ginger
	Plum Chutney	Ground ginger
	Melon Chutney	Green ginger
	Melon Chutney [2]	Preserved ginger
	Apple Chutney	Ground ginger
	Dried Fruit Chutney	Ground ginger
	Indian Chutney	Whole ginger
	Paw Paw Chutney	Crushed ginger
	Indian Chutney [2]	Ground ginger
	Quince Chutney	Powdered ginger
	Apricot Chutney	Green ginger
	Delicious Lemon Chutney	Ground ginger
	Apricot Chutney [2]	Green or dried ginger, grated
	Green Figs (Preserved)	Pieces ginger
	Peach Chutney	Green ginger

<i>Coronation Recipes Using Condiments</i>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Fruit Cocktails</b>	Tomato Juice Cocktails	Lea & Perrins sauce
	Tomato Juice Cocktail	Lea & Perrins sauce
<b>Hors D'oeuvres</b>	Oyster Cocktail	Holbrooks & tomato sauces
	Oyster Cocktail [2]	Tomato catsup & Lea & Perrins sauce
	Prawn Cocktail	Tomato catsup
<b>Soups</b>	Pea Soup (Economical)	Lea & Perrins sauce
	Mulligatawny	Curry powder & curry paste
	Brown Vegetable Soup	Lea & Perrins sauce
	Cottage Soup	Lea & Perrins sauce
<b>Fish</b>	Tartare Sauce	Gherkin
	Curried Prawns	Curry powder & curry paste & chutney
<b>Poultry &amp; Game</b>	Chicken á la Cardinal	Tomato sauce
	Country Captain	Tomato sauce, chutney & curry powder
	Summer Day Chicken	Gherkins
<b>Meats</b>	Beef Roll	Ketchup
	Steak Casserole	Tomato & Worcester sauces
	Madras Steak	Curry powder
	Boeuf Bourguignonne	Tomato sauce & pickled onions
	Ox Tail	Tomato sauce
	Braised Ox Tail with Walnuts	Pickled walnuts
	Savoury Steak in Casserole	Worcester & tomato sauces
	Cocktail Sausages	Lea & Perrins sauce
	Steak Paste	Plum or tomato sauce
	Cambridge Sausage	Tomato sauce
	Roast Leg Mutton or Lamb Spanish Style	Lea & Perrins sauce
	Devilled Kidney	Lea & Perrins sauce
Devilled Sheep Tongues	Indian pickles	

	Rolls of Meat and Potato	Curry powder & tomato sauce
	Lamb's Fry and Bacon	Ketchup
	Lamb Cutlets and Spaghetti	Tomato sauce
	Cold Meat Cutlets	Tomato sauce
	Pork Rissoles with Fried Apples	Tomato sauce
	Ham Pyramids	Gherkins & chutney
	Crumbed Sweetbreads	Tomato sauce
	Cold Meat Curry	Curry powder & curry paste & chutney
	Madras Curry	Curry powder & chutney
	Curried Chicken – Madras Style	Curry powder
	Curry Sauce	Curry powder & chutney
	Curried Bananas	Curry powder & chutney
	Curried Chops	Curry powder
	Curried Eggs	Curry powder
	Singapore Fruit Curry	Curry powder & chutney
<b>Vegetables</b>	Stuffed Cucumbers	Tomato sauce
<b>Savoury Dishes, Cheese &amp; Cheese-Made Dishes</b>	French Cheese	Tomato sauce
	Devilled Chicken Livers	Gherkin pickles
	Devilled Oysters	Tomato & Worcester sauces
	Egg Savouries	Gherkins
	American Savoury – Devils on Horseback	Tomato sauce
	Cheese Boats	Gherkins
	Supper or Buffet Savouries	Lea & Perrins sauce
	A Good Savoury	Tomato & Lea & Perrins sauces
	Savoury Supreme	Mango chutney
	Curried Tomatoes	Curry powder
	Devilled Corn on Toast	Lea & Perrins sauce
	Savoury Eggs	Lea & Perrins sauce
	Cheese Rarebit	Lea & Perrins sauce
	Worcestershire Loaf	Lea & Perrins sauce
	Cawnpore Cutlets	Lea & Perrins sauce & curry powder
<b>Sauces, Sweet &amp; Savoury</b>	Gherkin Sauce	Gherkins
	Indian Sauce	Curry powder
	Genoese Sauce	Mushroom Catsup
<b>Omelettes, Egg Dishes</b>	Savoury Eggs	Tomato & Holbrooks sauces
	Eggs Fried	Tomato sauce
	Eggs Scrambled	Curry powder
<b>Salads &amp; Salad Dressings</b>	Indienne Dressing	Curry powder
	Potato Salad	Pickled onions & gherkins
	Indian Salad	Chutney
	Russian Dressing	Gherkins & tomato catsup
<b>Sandwiches, Sandwich Fillings</b>	Minced Cooked Liver and Bacon Filling	Tomato & Lea & Perrins sauces
	Minced Tongue and Pickle Filling	Pickles
<b>Savouries, Canapes, Caviare</b>	Bacon Canape	Chutney or Indian Relish
<b>Pickles, Sauces, Chutney, Spiced Fruit</b>	Melon Pickles	Curry powder
<b>Invalid Cookery</b>	Veal Broth	Tomato sauce

11.5.21 Amy Schauer. *The Schauer Australian Cookery Book*, 9<sup>th</sup> ed., 1946

<b>No. of Schauer's 1946 Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Hors D'Oeuvres and Savouries (89)</b>	-	4
<b>Sauces (56)</b>	-	3
<b>Soups and Stock (70)</b>	1	1
<b>Fish (119)</b>	1	12
<b>Meats (409)</b>	3	43
<b>Poultry (56)</b>	-	4
<b>Game (44)</b>	-	6
<b>Breakfast Dishes (86)</b>	-	3
<b>Savoury Dishes for Tea or Luncheon (22)</b>	-	4
<b>Cold Meat Cookery (36)</b>	-	12
<b>Sandwiches (78)</b>	4	13
<b>Pastry (139)</b>	2	3
<b>Puddings (182)</b>	8	-
<b>Jellies (25)</b>	2	-
<b>Fruit (41)</b>	1	1
<b>Cakes (185)</b>	23	-
<b>Scones, Pikelets, etc. (55)</b>	2	-
<b>Buns and Rolls (22)</b>	2	-
<b>Breadmaking (25)</b>	1	-
<b>Biscuits (71)</b>	9	-
<b>Ices (38)</b>	1	-
<b>Cocktails and Cups (25)</b>	6	3
<b>Iced Drinks and Summer Thirst Quenchers (15)</b>	2	-
<b>Salads (114)</b>	1	3
<b>Vegetables (166)</b>	-	5
<b>Vegetarian Dishes (12)</b>	-	1
<b>Total (2406)</b>	<b>69</b>	<b>121</b>

<b>Schauer's 1946 Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Soups &amp; Stock</b>	Bech-de-mer Soup	Green ginger
<b>Fish</b>	Soused Mullet	Piece root ginger
<b>Meats</b>	Sharp Steak	Ground ginger & Worcestershire or tomato sauce
	Spiced Leg of Lamb	Ground ginger
	Fried Pork Chops	Powdered ginger & curry powder
<b>Sandwiches</b>	Ginger ... Sandwiches	Sliced or minced [preserved] ginger
	Ginger and Pineapple	Crystallized ginger
	Sweet Sandwiches	Preserved ginger (minced)
	Vanilla Sandwich	Minced preserved ginger
<b>Pastry</b>	Apple Torte	Ground ginger
	Treacle Tart	Ground ginger
<b>Puddings</b>	Good Plum Pudding without Eggs	Ground ginger
	Empire Plum Pudding	Ground ginger
	Gingerbread Pudding	Ground ginger
	Steamed Christmas Pudding	Preserved ginger
	Ginger Pudding	Preserved and ground ginger
	Honey Sponge Pudding	Ground ginger
	Steamed Plum Pudding	Chopped [preserved] ginger
	Apple Amber Pudding	Ground ginger
<b>Jellies</b>	Cantaloupe Water-Melon Jellied	Ginger ale
	Ginger Cream	Preserved ginger
<b>Fruit</b>	Rhubarb in Casserole	Preserved ginger
<b>Cakes</b>	Ginger Cakes	Preserved ginger
	Wedding Cakes	Preserved ginger
	Steamed Fruit Cake	Ground ginger
	Preserved Ginger Cake	Preserved ginger
	Walnut Cake (Dark)	Ground ginger
	Boiled Fruit Cake – 2	Ground ginger
	Boiled Fruit Cake – 3 (Good)	Ground ginger
	Health Cake or Steamed Pudding	Ground ginger
	Spiced or Ginger Sponge	Powdered ginger
	Easter Cake	Preserved ginger
	Ginger Sandwich	Ground ginger
	Preserved Ginger Sandwich	Preserved ginger
	Wholemeal Fruit Teacake	Ginger
	American Gingerbread	Ginger
	Fruit Gingerbread	Ground ginger
	Fruit Gingerbread without Eggs	Ground ginger
	Gingerbread Fruit Cake	Ground & preserved ginger
	Gingerbread Sponge	Ginger
	Economical Gingerbread	Ground ginger
	Gingerbread Block	Ground & preserved ginger
	Good Ginger Sponge	Ginger
	Very Good Gingerbread	Ground ginger
	Parkin	Ginger
<b>Scones, Pikelets, etc.</b>	Ginger Scones	Ground ginger
	Brownie	Ground ginger
<b>Buns and Rolls</b>	Scotch Bun	Ginger
	Ginger Roll	Preserved ginger
<b>Breadmaking</b>	Home-Made Hop Yeast	Ground ginger

<b>Biscuits</b>	All Bran Ginger Fingers	Ginger
	Anzac Biscuits	Ground ginger
	Crunchy Ginger Cookies	Ginger
	Coffee Biscuits	Preserved ginger
	Ginger Crisps	Minced preserved ginger
	Ginger Nuts	Ground ginger
	Ginger Snaps	Ground ginger
	Honey Bran Biscuits	Ginger
	Try Me Good Biscuits – 2	Ground ginger
<b>Ices (38)</b>	Water and Rock Melons	Ground ginger
<b>Cocktails &amp; Cups</b>	Claret Cup	Ginger ale
	Fruit Cup – 2	Ginger ale
	Fruit Cup – 3	Ginger ale
	Ginger Ale Cocktail	Ginger ale
	Grapefruit Punch	Ginger ale
	Jelly Cup	Ginger ale
<b>Iced Drinks &amp; Summer Thirst Quenchers</b>	Ginger Beer	Ground ginger
	Hop Beer	Ginger
<b>Salads</b>	Special Christmas Salad	Preserved ginger

<b>Schauer's 1946 Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Hors D'Oeuvres &amp; Savouries</b>	Asparagus Boats	Tomato sauce
	Cheerio Sausage	Worcestershire sauce
	Prawn Savoury – 1	Worcestershire sauce
	Sardine Snacks	Worcestershire sauce
<b>Sauces</b>	Banana Sauce	Worcestershire sauce
	Curry Sauce	Curry powder & chutney
	Tartare Sauce	Pickled gherkins
<b>Soups and Stock</b>	Mulligatawny	Curry powder & chutney
<b>Fish</b>	Baked Piece of Mackerel	Tomato sauce
	Curried Fish	Curry sauce
	Grilled Mullet	Worcestershire sauce
	Mackerel and Cod Slices	Curried sauce
	Devilled Crab	Worcestershire sauce
	Curried Oysters	Curry powder & chutney
	Devilled Prawns	Worcestershire sauce
	Curried Prawns	Curry powder & chutney
	Jewish Salmon	Worcestershire sauce
	Salmon Custard	Tomato sauce
	Savoury Custard	Tomato sauce
	Summer Salmon Mould	Tomato sauce
	<b>Meats</b>	Braised Beef with Vegetables
Fillet of Beef		Tomato sauce
Fillet of Beef with Pickled Walnut		Curry sauce
Steak Braised (Special)		Worcestershire sauce
Baked Steak		Tomato sauce
Devilled Steak (Grilled Fillet)		Worcestershire & tomato sauces
Devilled Steak in Casserole – 2		Worcestershire sauce
French Steak		Worcestershire sauce

	Gerard Steak – 1	Worcestershire & tomato sauces
	Madras Steak	Curry powder
	Special Steak	Tomato sauce
	Steak Piquante	Tomato sauce
	Stewed Steak with Walnuts	Pickled walnuts
	Swiss Steak	Worcestershire sauce
	Wakefield Steak	Worcestershire & tomato sauces
	Stewed Loin of Pork	Mushroom ketchup & chutney
	Curried Chops	Curry powder & chutney
	Squab Pie	Mushroom ketchup
	Crumb Cutlets	Tomato sauce
	Minced Lamb	Mushroom ketchup
	Broiled Fillet of Veal	Tomato sauce
	Australian [veal] Cutlets	Worcestershire & tomato sauces
	Savoury Veal Cutlets	Worcestershire sauce
	Veal or Mutton Shank Dish	Tomato sauce
	Veal Cutlets with Mushrooms	Mushroom ketchup
	Sweetbread and Sausage Mould	Worcestershire and tomato sauces
	Deville Kidneys – 2	Chutney
	Kidneys a la Milanese	Tomato sauce
	Baked Liver – 2	Tomato sauce
	Liver Sandwiches	Worcestershire or tomato sauce
	Aberdeen Sausage	Worcestershire sauce
	Beehive Pudding	Tomato sauce
	Hamburger Sauce	Tomato & Worcestershire sauces
	Savoury Minced Steak	Worcestershire sauce
	Braised Sheep's Tongues	Tomato sauce
	Spiced Tongues	Gherkins & pickles
	Tongue Mould	Holbrook's sauce
	Curried Tripe	Curry sauce
	Curried Sausages	Curry sauce
	Deville Sausages	Chutney
	Egg and Sausage Pie	Tomato sauce
	Pork Sausages Baked in Batter	Tomato sauce
	Tasty Frankfurts – 1	Tomato & Worcestershire sauces
<b>Poultry</b>	Chicken and Tartare Sauce	Tartare sauce
	Minced Chicken and Spaghetti	Tomato sauce
	Stewed Giblets	Mushroom ketchup
	Poultry in Devilled Sauce	Mushroom ketchup
<b>Game</b>	Casserole Rabbit	Tomato sauce
	Deville Rabbit	Curry powder & tomato chutney
	Jugged Rabbit or Hare	Tomato & Worcestershire sauces
	Rabbit with Tomato Sauce	Tomato sauce
	Curried Rabbit	Curry sauce
	Steamed Kangaroo or Wallaby	Mushroom ketchup
<b>Breakfast Dishes</b>	Baked Eggs	Tomato sauce
	Curried Eggs	Curry sauce
	Egg Kedgeree	Curry powder
<b>Savoury Dishes for Tea or Luncheon</b>	Macaroni Curried – 1	Curry sauce
	Macaroni Curried – 2	Curry powder & Worcestershire sauce & tomato chutney
	Quick Lunch Dish [minced steak]	Worcestershire sauce
	Supper Dish [eggs]	Worcestershire & tomato sauces
<b>Cold Meat Cookery</b>	Beef and Kidney Ragout	Tomato sauce
	Cold Pork	Pickles or chutney
	Curry – Dry – 1	Chutney & curry powder
	Curry – Dry – 2	Curry powder & tomato sauce
	Curry and Rice	Chutney & curry powder



	Mince and Spaghetti	Tomato sauce
	Mince	Worcestershire or tomato sauce
	Mince Souffle	Worcestershire sauce
	Moulded Lamb and Pineapple	Tomato sauce
	Quick Chop Suey	Worcestershire and tomato sauces
	Rissoles (Curried)	Curry powder
	Steamed Mould	Worcestershire sauce
<b>Sandwiches</b>	Cheese Butter	Curry powder
	Chutney Butter	Chutney
	Curry Butter	Curry powder
	Pickle Filling	Mustard pickles
	Cheese Sandwiches	Curry powder
	Curry Sandwiches	Curry powder & chutney
	Egg Sandwiches	Gherkins or chutney or pickles
	Peanut Butter and Banana Sandwich	Worcestershire sauce
	Prawn Sandwiches	Curry sauce
	Toasted Cheese Sandwich	Worcestershire sauce
	Toasted Decker Sandwich – 1	Tomato sauce
	Toasted Decker Sandwich – 2	Chutney
	Club Sandwich – Grilled Pork Sausage	Tomato ketchup
<b>Pastry</b>	Mutton and Apple Pie	Tomato sauce
	Pork Sausage Square	Curry powder
	Windsor Patties	Tomato sauce or other store sauce
<b>Fruit</b>	Banana Favourite	Curry powder
<b>Cocktails and Cups</b>	Cocktail Sauce	Worcestershire sauce
	Tomato Juice Cocktail – 1	Worcestershire sauce
	Tomato Juice Cocktail – 2	Worcestershire sauce
<b>Salads</b>	Lima Bean Salad	Mango chutney
	Salad Balls	Curry powder
	Salmon Salad	Red pickled cabbage
<b>Vegetables</b>	Banana Curry	Curry powder
	Cauliflower Baked	Curry sauce
	Cauliflower in Curry Sauce	Curry sauce
	Pumpkin Patties	Ketchup
	Turnip Cups	Curry powder
<b>Vegetarian Dishes</b>	Curried Vegetables	Curry sauce

**Note:** Schauer's Chop Suey recipe is the first reference to Chinese food in the cookbooks studied.

11.5.22 Flora Pell, 22<sup>nd</sup> ed., 1950

<b>No. of Pell's Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Meats (50)</b>	-	7
<b>Poultry (8)</b>	-	1
<b>Soups (33)</b>	-	1
<b>Fish (35)</b>	1	3
<b>Vegetables (32)</b>	-	1
<b>Puddings (45)</b>	2	-
<b>Breakfast and Tea Dishes (11)</b>	-	1
<b>Sauces (23)</b>	-	1
<b>Salads and Sandwiches (17)</b>	1	-
<b>Cakes and Scones (43)</b>	5	-
<b>Jam Making and Fruit Bottling (9)</b>	3	-
<b>Confectionery (16)</b>	1	-
<b>Total (419)</b>	<b>13</b>	<b>15</b>

<b>Pell's Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Fish</b>	Soused Fish	Ground ginger
<b>Puddings</b>	Ginger Pudding	Ground ginger
	Stewed Rhubarb	Ground ginger
<b>Salads &amp; Sandwiches</b>	Sweet Sandwiches	Crystallized ginger
<b>Cakes &amp; Scones</b>	Gingerbread	Ground ginger
	Rock Cakes	Ground ginger
	Ginger Nuts	Ground ginger
	Cinnamon Sponge	Ground ginger
	Ginger Sponge	Ground ginger & preserved ginger
<b>Jam Making &amp; Fruit Bottling</b>	Pear Ginger	Crystallized ginger
	Melon Jam	Ginger
	Plum Sauce	Bruised ginger
<b>Confectionery</b>	Chocolate Ginger	Preserved ginger

<b>Pell's Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Meats</b>	Curry and Rice	Curry powder
	Liver and Bacon	Ketchup
	Shepherd's (Potato) Pie	Tomato sauce
	Fried Sweetbread	Tomato sauce
	Savoury Tripe	Worcester sauce
	Steak à la Wilson	Brown sauce
	Fillets of Beef and Apple	Tomato sauce
<b>Poultry</b>	Salmi Wild Duck	Brown sauce
<b>Soups</b>	Curry Soup	Curry powder & tomato sauce
<b>Fish</b>	Indian Prawns or Shrimps	Curry powder
	Sardine Savoury	Worcester sauce
	Devilled Oysters	Worcester sauce & curry powder
<b>Vegetables</b>	Curried Vegetables	Curry powder
<b>Breakfast &amp; Tea Dishes</b>	Curried Eggs	Curry powder
<b>Sauces</b>	Plain Brown Sauce	Worcester sauce

**11.5.23 Amy Schauer, *Australian Fruit Preserving*, 1951 ed.**

<b>No. of Schauer's 1951 Recipes Containing Ginger and Condiments</b>		
<b>Category</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Candied and Crystallized Fruits (5)</b>	2	-
<b>Jam Making (127)</b>	19	-
<b>Fruit Jellies (51)</b>	1	-
<b>Conserves (17)</b>	2	-
<b>Vinegars and Sauces (25)</b>	16	2
<b>Pickles and Chutneys (125)</b>	51	29
<b>Confectionery (72)</b>	5	-
<b>Drinks and Cordials (29)</b>	6	-
<b>Pressure Cooker Recipes (14)</b>	4	1
<b>Total (584)</b>	<b>106</b>	<b>32</b>

<b>Schauer's 1951 Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Candied &amp; Crystallized Fruits</b>	Dry Ginger	Green ginger
	Preserved Green Ginger in Syrup	Green ginger
<b>Jam Making</b>	Apple Jam	Ginger
	Apple and Ginger	Preserved ginger & ginger essence
	Choko Jam	Preserved ginger, minced
	Choko and Pineapple Jam	Ginger essence
	Fig Jam	Bruised green ginger
	Gramma Jam (Pumpkin)	Ground ginger
	Gramma and Pineapple	Ground ginger
	Marrow Jam	Crushed root ginger
	Melon Jam	Whole ginger
	Citron Melon and Ginger Jam	Preserved ginger and syrup
	Melon and Lemon Jam	Ginger essence
	Mock Ginger in Syrup	Dry root ginger
	Mock Ginger (Dry)	Green root ginger
	Papaw and Ginger	Preserved ginger
	Peach Jam	Dried ginger
	Pear and Ginger Jam	Preserved ginger
	Rhubarb Jam 1	Green ginger, grated
Rhubarb and Ginger Jam	Powdered ginger	
Tomato Jam 2	Ground ginger	
<b>Fruit Jellies</b>	Melon and Pineapple Jelly	Green ginger
<b>Conserves</b>	Melon Conserve	Bruised ginger
	Tomato Conserve	Ginger essence
<b>Vinegars and Sauces</b>	Spiced Vinegar	Bruised ginger
	Anchovy Catsup	Whole ginger
	Grape Sauce	Bruised or ground ginger
	Mango Sauce 1	Whole ginger, bruised
	Mango Sauce 2	Root ginger, minced
	Pan Yan Sauce	Ground ginger & curry powder
	Papaw Sauce	Ginger
	Plum Sauce 1	Whole ginger
	Plum Sauce 2	Green or dried ginger
	Sweet Tomato Sauce	Ginger
	Tomato Sauce 1	Whole ginger
	Tomato Sauce 3	Ground ginger
	Tomato Sauce (Good Keeping)	Ginger
	Walnut ketchup	Ground ginger
	Worcester Sauce	Ground ginger
Worcester Sauce without Boiling	Bruised ginger	
<b>Pickles &amp; Chutneys</b>	Bag of Spice	Whole ginger
	Cold Spiced Vinegar 2	Bruised ginger
	Cold Spiced Vinegar 3	Bruised ginger
	Pickled Beetroot	Whole ginger
	Pickled Red Cabbage 1	Ground ginger
	Special Spiced Vinegar	Bruised grated ginger
	Pickled Carrots 1	Whole ginger
	Sweet Dutch Cucumber Pickled	Whole ginger
	Chow Chow Cucumber	Whole ginger
	Pickled Eggs	Pieces ginger
Spiced Figs	Whole ginger	

	Grapes Pickled	Whole ginger
	Grape Pickles	Powdered ginger
	Pickled Mangoes	Ground ginger
	Marrow Pickles	Crushed ginger
	Mixed Pickles	Whole ginger
	Mushroom Pickles 2	Crushed ginger
	Peach Pickles 1	Pieces ginger & curry powder
	Pickled Plums	Root ginger
	Pumpkin Pickle	Green ginger
	Quince Pickles	Root ginger
	Rosella Pickle	Whole ginger
	Sweet Pickles	Root ginger
	Sweet Red Tomato Pickle	Green ginger
	Apple Chutney 1	Ginger
	Apple Chutney 2	Ground ginger
	Apple and Plum Chutney	Ground ginger
	Apricot Chutney	Green ginger
	Bengal Chutney	Bruised ginger
	Choko Chutney 1	Ground ginger
	Choko and Jam Chutney	Scraped green ginger
	Cucumber Chutney	Green, scraped ginger
	Date Chutney	Ground ginger
	Gooseberry Chutney	Ground ginger
	Indian Chutney	Preserved ginger
	Loquat Chutney	Ground ginger
	Mango Chutney 1	Root ginger, minced
	Mango Chutney 2	Green & preserved ginger
	Mango Chutney 3	Green ginger
	Mango Chutney 4	Preserved ginger & spiced vinegar
	Good Household Mango Chutney (Special)	Green ginger shredded
	Mint Chutney	Ginger
	Papaw Chutney 2	Scraped green ginger & spiced vinegar
	Peach Chutney 4	Green ginger shredded
	Pineapple Chutney 1	Ginger
	Pineapple Chutney 2	Green ginger
	Plum Chutney	Preserved ginger
	Prune Chutney	Green ginger scraped
	Green Tomato Chutney 1	Ground ginger
	Green Tomato Chutney 2	Preserved ginger
	Red Tomato Chutney	Root ginger
<b>Confectionery (72)</b>	Chocolate Squares	Preserved ginger
	Coconut Roughs	Preserved ginger
	Fondant Sandwich	Preserved ginger
	Fondant Covered Ginger	Crystallized ginger
	Chocolate Covered Ginger	Crystallized ginger
<b>Drinks and Cordials (29)</b>	Ginger Beer 1	Ground ginger
	Ginger Beer 2	Bruised ginger
	Ginger Beer Powders	Ground ginger
	Ginger Wine	Ginger essence
	Hop Beer	Bruised ginger
	Summer Drink Effervescing	Powdered ginger
<b>Pressure Cooker Recipes</b>	Quince Jam	Green ginger
	Fig Jam	Green ginger
	Melon and Lemon Jam	Preserved ginger
	Plum Chutney	Root ginger

<b>Schauer's 1951 Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Vinegars &amp; Sauces</b>	Sauces for Grills and Cold Meats	Walnut ketchup
	Tomato Sauce 2	Curry powder
<b>Pickles &amp; Chutneys</b>	Pickled Red Cabbage 2	Spiced vinegar
	Pickled Carrots 2	Spiced vinegar
	Pickled Carrots 3	Spiced vinegar
	Pickled Cauliflower	Spiced vinegar
	Mustard Cauliflower Pickles	Spiced vinegar
	Cauliflower Mustard Pickles	Curry powder
	Choko Mustard Pickles	Curry powder
	Chow Chow Pickles	Curry powder & spiced vinegar
	Cucumber Pickles	Bag of spice
	Pickled Lemons 2	Spiced vinegar
	Pickled Lemons 3	Curry powder
	Loquat Pickles	Spiced vinegar
	Mustard Pickles	Curry powder
	Pickled Onions 1	Spiced vinegar
	Pickled Onions 2	Spiced vinegar
	Papaw Pickles	Curry powder
	Piccalilli	Curry powder
	Green Tomato Pickles 1	Curry powder
	Pickled Green Tomatoes	Spiced vinegar
	Banana Chutney	Bag spice or spiced vinegar
	Choko Chutney 2	Spice bag
	Grape Chutney	Bag spices
	Melon Chutney	Bag spices & curry powder
	Persimmon Chutney	Spiced vinegar or bag spices
	Relish for Cold Meat and Salads	Curry powder
	Rosella Chutney	Worcestershire sauce
	Tomato Chutney 1	Spice bag
	Tomato Chutney 2	Worcestershire sauce
	Green Tomato Chutney 3	Spice bag
<b>Pressure Cooker Recipes</b>	Choko or Cauliflower Pickles	Curry

## 11.6 Queensland Food And Drink Manufacturers

No. of Manufacturers – 19 <sup>th</sup> Century					
	Ginger Beer, Aerated Waters, etc.	Condiments	Biscuits & Bread	Jams, Pickles, Preserves	Confectionery
1870	31				
1871	42	1		1	10
1872	37				
1873	37				
1874	44				
1875	44			3	
1876	42				
1877					
1878	57				
1879	56				
1880					
1881	58		3	1	
1882	71		4	1	
1883	86				
1884	83				20
1885	106			4	19
1886	111			4	27
1887	125		4	4	18
1888	127			2	25
1889	131			2	23
1890					
1891	142			5	25
1892	131			7	25
1893	153			8	18
1894	144			14	21
1895	151	2		13	21
1896	154	5	8		23
1897	149	13	7	19	25
1898	160	12	9	15	
1899					
1900	163	16	9	31	

**Notes:** Initially *Ginger Beer, Aerated Waters, Liqueur, Cordial Vinegar, Ink and Blacking Manufactories*, from 1882 the category was *Ginger Beer, &c.*, and from 1896 *Aerated Waters, &c.*

*Condiments* included baking powder until 1896. From 1897 it included coffee and spices.

The *Jam* category changed to *Jam and Pickles* in 1892, to *Jams, Pickles, etc.* from 1893-1895, and to *Jam and Fruit Canning* in 1896.

**Source:** Queensland, *Statistical Register*.



<b>No. of Manufacturers – 20<sup>th</sup> Century</b>					
	<b>Aerated Water ... Ginger Beer</b>	<b>Sauces, Pickles &amp; Condiments</b>	<b>Biscuits &amp; Cakes</b>	<b>Preserves &amp; Jams</b>	<b>Confectionery</b>
1920/21	>200	11	6	13	19
1925/26	>200	9	11	17	27
1930/31	>200	13	15	11	22
1935	205	13	11	13	18
1940	188	7	5	14	18

**Source:** *Queensland Official Directory*

## 11.7 Analysis Of Mid-20<sup>th</sup> Century Chinese Cookbooks

Five Chinese cookbooks, written in English and available in Australia in the mid-1900s, were analysed to ascertain which recipes include ginger and which include condiments containing ginger. The books are listed below, in order of the date of publication of the edition studied.

Findings for each book are presented in two or three tables. The first shows the total number of recipes in each category and the number that contain ginger and condiments. The second table lists the actual recipes that use ginger directly, and the form of ginger required. The recipe categories and the terms used are those of the book's author. Where available, Chinese as well as English names are shown. In Chinese recipes, 'ginger' means green ginger. A third table shows recipes containing ginger used indirectly through the use of condiments, when the book includes such recipes. Where both ginger and condiments are included in a recipe, the recipe is included only in the Ginger table.

<b>List of Cookbooks Studied</b>
M. P. <i>Chinese Cookery</i> , 1943.
L. Sie, <i>Fifty Recipes for Famous Chinese Dishes</i> , 1947.
Roy Geechoun, <i>Cooking the Chinese Way</i> , 4 <sup>th</sup> ed., 1952.
W. Sou San, <i>Chinese Culinary in Plain English</i> , 2 <sup>nd</sup> ed., 1952.
Yung Hee Yep, <i>Chinese Recipes for Home Cooking</i> , 1951.

**Note:** Despite its title, Mrs Sie's book contains only 37 recipes, not 50.

## 11.7.1 M. P. Lee, 1943

No. Lee's Recipes Containing Ginger		
Category	Total	Ginger
Rice and Noodles	12	1
Poultry and Meat	38	9
Fish and Eggs	16	4
Soups	16	2
Vegetables and Salads	18	-
<b>Total</b>	<b>100</b>	<b>16</b>

Lee's Recipes Containing Ginger		
Category	Recipe	Ingredient
<b>Rice and Noodles</b>	Spring Rolls	Fresh ginger
<b>Poultry and Meat</b>	White Boiled Chicken	Piece of ginger or ginger powder
	Braised Pigeon	Ginger
	Brown Braised Duck	Piece of ginger or ginger powder
	Duck and Dried Tangerine Skin	Piece of ginger or ginger powder
	Steamed Pork	Piece of ginger or ginger powder
	Fried Liver	Ginger
	Fried Kidney	Ginger or ginger powder
	Stewed Mutton	Piece ginger
	Lamb and Chinese Vermicelli	Piece ginger
<b>Fish and Eggs</b>	Fish Balls	Slices of ginger
	Braised Carp	Piece of ginger or ginger powder
	Lobsters (Alive)	Ginger powder
	Crab	Slices of ginger or ginger powder
<b>Soups</b>	Pig's Lung Soup	Pieces of ginger
	Fish Head Soup	Pieces of fresh or dried ginger

**Notes:** Lee's cookbook was published in wartime London. In some recipes, powdered ginger is given as an alternative to fresh ginger, presumably because of the difficulty of obtaining fresh ginger.

## 11.7.2 L. Sie, 1947

<b>No. Sie's Recipes Containing Ginger and Condiments</b>			
<b>Category</b>	<b>Total</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Total</b>	<b>37</b>	<b>10</b>	<b>4</b>

<b>Sie's Recipes Containing Ginger</b>	
<b>Recipe</b>	<b>Ingredient</b>
GUY HIN YIN Pork and Almonds	Green ginger
TAO YU GUE Chicken and Soya Bean Sauce	Green ginger
CHOW YEE PIN Filletted Fish and Vegetables	Green ginger
CHOW LONG HAR Crayfish and Vegetables	Green ginger
CHOOEY PEE YEE Fried Fish with Sweet and Sour Sauce	Green ginger & tomato sauce
BOR LOR GUY PIN Chicken and Pineapple, Sweet and Sour	Green ginger & tomato sauce
BOR LOR GEE PIN Pork and Pineapple	Green ginger & tomato sauce
BOR LOR HAR PIN Crayfish and Pineapple	Green ginger & tomato sauce
WONG GAR CHO Cucumber in Vinegar	Green ginger
KIANG THENG Ginger Sauce	Green ginger & tomato sauce

<b>Sie's Recipes Using Condiments</b>	
<b>Recipe</b>	<b>Ingredient</b>
FOO YONG HAR Crayfish Omelette	Tomato sauce
FOO YONG GUY Chicken Omelette	Tomato sauce
FOO YONG GEE Pork Omelette	Tomato sauce
SUE GEE Roast Pork	Sour cucumber

### 11.7.3 Roy Geechoun, 1952

No. of Geechoun's Containing Ginger		
Category	Total	Ginger
<b>Soups</b>	5	2
<b>Fish</b>	7	4
<b>Meats</b>	8	2
<b>Poultry</b>	8	4
<b>Total</b>	<b>34</b>	<b>12</b>

Geechoun's Recipes Containing Ginger		
Category	Recipe	Ingredient
<b>Soups</b>	DOU FOO TONG (Bean Curd Soup)	Green ginger
	DOONG KWAH ARP TONG (Melon and Duck Soup)	Green ginger
<b>Fish</b>	JING SEE YEE (Steamed Fish)	Green ginger
	CHOW YEE PIN (Fried Fish with Vegetables)	Green ginger
	CHOW YOW YEE (Dried Squid with Vegetables)	Green ginger
	MUN SIN YEE (Braised Fish)	Green ginger
<b>Meats</b>	CHOW NGOW YOOK (Beef Chop Suey)	Green ginger
	NGOW YOOK WOO DOU (Skirt Steak and Soya Beans)	Green ginger
<b>Poultry</b>	CHOW GAI PIN (Steamed Chicken and Vegetables)	Green ginger
	SHU GAI (Dry Roast Chicken)	Green ginger
	WAT GAI (Braised Chicken)	Green ginger
	JING GAI (Steamed Chicken)	Green ginger

**Note:** There is considerable difference between Geechoun's recipe for Chop Suey and Amy Schauer's Quick Chop Suey recipe.

## 11.7.4 W. Sou San, 1952.

<b>No. of Sou San's Recipes Containing Ginger and Condiments</b>			
<b>Category</b>	<b>Total</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Individual Preparation of Dishes</b>	25	4	-
<b>Meat Dishes</b>	27	10	4
<b>Chicken and Duck Dishes</b>	23	5	3
<b>Fish and Crustacean Dishes</b>	28	5	3
<b>Noodles Combination Dishes</b>	10	2	-
<b>Soups</b>	10	2	-
<b>Savoury Rice Dishes</b>	4	-	1
<b>Gruel Dishes</b>	9	5	-
<b>Method of Cooking Vegetables</b>	35	7	-
<b>Total</b>	<b>171</b>	<b>40</b>	<b>11</b>

**Notes:** The first category includes marinades, gravies and condiments which are used subsequently in a variety of dishes.

Some of the 'recipes' in the Vegetable category are simply lists of uses of the vegetable.

<b>Sou San's Recipes Containing Ginger</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Individual Preparation of Dishes</b>	Dried Mushrooms [to prepare for use]	Green ginger
	Green Ginger and Garlic Flavouring	Green ginger
	Sweet and Sour Gravy	Shredded green ginger
	Pickle Vegetables	Green ginger
<b>Meat Dishes</b>	Gnau Yook Chow Gnar Coy Braised Meat Bean Sprouts	Green ginger & garlic flavouring
	Chow Jarp Choy Braised Meat Vegetables	Green ginger & garlic flavouring
	Chow Loong Soo Choy Braised Meat Pumpkin Shoots	Green ginger & garlic flavouring
	Chow Guy Lam Braised Meat Broccoli	Green ginger & garlic flavouring
	Kwar Low Farn Bachelor Rice	Green ginger & garlic flavouring
	Chow Diy Choy Braised Meat Mustard Plant	Green ginger & garlic flavouring
	Gee Gurk Gurng Ginger Pigs Feet Sweet and Sour	Young green ginger
	See Jay Gnow Narm Stewed Flank of Beef	Green ginger crushed

	Bark Suey Mun Yook Plain Braised Steak	Green ginger (bruised)
	Tim Sin Choe Tooe Sweet and Sour Tripe	Green ginger & pickle cucumber
<b>Chicken &amp; Duck Dishes</b>	Sun Sin Wut Gay Saints Braised Chicken	Green ginger & garlic flavouring
	Bor Lor Gay Chicken Pineapple	Green ginger & garlic flavouring
	Cheng Jew Jay Fee Arp Braised Banana Duck	Green ginger
	Doong Bor Jay Arp Plain Stewed Duck	Green ginger
	Sai Hoo Arp West Lake Duck	Green ginger
<b>Fish &amp; Crustacean Dishes</b>	Doong Bor Jay Yee Braised Beanstick Fish	Green ginger
	Yee Berng Chow Gnar Choy Braised Fish Cake Bean Sprouts	Green ginger
	Chow Sin Har Yun Braised Fillet of Prawns	Green ginger
	Sarng Chow Shek Barn Koe Braised Fillet of Cod	Green ginger
	Yoe Jum Shek Barn Rock Cod Boiled in Oil	Green ginger & garlic flavouring & pickle vegetables
<b>Noodles Combination Dishes</b>	Loe Shee Farm Min Sago Rice Noodles	Green ginger & garlic flavouring
	Gnow Yook Toung Sum Fun Braised Beef Macaroni	Green ginger
<b>Soups</b>	Far Sun Gnow Mee Tong Peanut Kernels Ox-Tail Soup	Green ginger
	Guy Choy Yook Pin Tong Mustard Plant Soup	Green ginger
<b>Gruel Dishes</b>	Whart Gai Jook Chicken Gruel	Green ginger chopped
	Lin Gee Arp Jook Lotus Seed and Duck Gruel	Green ginger mashed
	Cherng Hie Jook Fresh Crab Gruel	Green ginger
	Gnow Yook Far Sung Jook Peanut and Beef Gruel	Green ginger
	Gnee Sarng Jook Raw Fish Gruel	Shredded green ginger
<b>Method of Cooking Vegetables</b>	Beans	Green ginger
	White Chinese Cabbage	Green ginger
	Chinese Mustard Plant	Bruised green ginger
	Choko Pickle	Green ginger
	Cucumber Pickle	Green ginger
	Green Ginger	
	Kohl-Rabi Pickle	Green ginger

<b>Sou San's Recipes Using Condiments</b>		
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>
<b>Meat Dishes</b>	Gum Loo Yook Sweet and Sour Pork	Mixed pickle
	Gum Loo Gnow Jarp Yook Sweet and Sour Liver and Meat	Worcester sauce
	Yook Shui Khin Pork and Bamboo Roll	Chutney
	Gum Loo Pye Kwut Fried Spare-Ribs Sweet and Sour	Pickle vegetables
<b>Chicken &amp; Duck Dishes</b>	Doong Goo Gay Koe Mushroom Chicken	Dried mushrooms
	Jar Gee Gum Gay Sweet and Sour Chicken	Chinese Mixed Pickle
	Gar Li Gay Koe Curry Chicken Cubes	Curry powder
<b>Fish &amp; Crustacean Dishes</b>	Gum Loo Yee Sweet and Sour Fish	Chinese Mixed Pickle
	Hoong Sui Diy Har Broiled King Prawns	Ketchup
	Gar Li Mung Har Curry Prawn Croquette	Curry powder
<b>Savoury Rice Dishes</b>	Kur Jup Gai Farn Chicken Ketchup Rice	Tomato ketchup



### 11.7.5 Yung Hee Yep, 1951.

<b>No. of Yep's Recipes Containing Ginger and Condiments</b>			
<b>Category</b>	<b>Total</b>	<b>Ginger</b>	<b>Condiments</b>
<b>Soups</b>	14	10	0
<b>Sea Foods</b>	19	8	0
<b>Miscellaneous</b>	23	5	0
<b>Meat</b>	15	6	0
<b>Poultry</b>	15	6	1
<b>Specialty Dishes</b>	5	1	0
<b>Total</b>	<b>91</b>	<b>36</b>	<b>1</b>

<b>Yep's Recipes Containing Ginger</b>			
<b>Category</b>	<b>Recipe</b>	<b>Ingredient</b>	
<b>Soups</b>	Sweet Corn Soup	Green ginger	
	Sweet Corn Soup (Chicken)	Green ginger	
	[Fresh] Asparagus Soup	Green ginger	
	Egg and Pea Soup	Green ginger	
	Lettuce and Egg Soup	Green ginger	
	Steamed Whole Winter Melon Soup	Green ginger	
	Mixed Soup	Green ginger	
	Clear Soup with Green Vegetables	Green ginger	
	[Fresh] Mushroom Soup	Green ginger	
	Fish Soup	Green ginger	
	<b>Sea Foods</b>	Sweet and Sour Fish (Whole)	Green ginger
		Sweet and Sour Sliced Fish	Green ginger
Fried Fish with Black Soya Beans		Green ginger	
Fish Chop Suey		Green ginger	
Boiled Fish with Savoury Sauce		Green ginger	
Steamed Crab With Black Soya Bean		Green ginger	
Savoury Prawns		Green ginger	
Prawns and Lettuce		Green ginger	
<b>Miscellaneous</b>	Fried Noodles with Chicken	Green ginger	
	Braised Noodles with Prawns	Green ginger	
	Braised Noodles with Chicken	Green ginger	
	Fried Noodles with Prawns	Green ginger	
	Pickled Cucumber	Green ginger	
<b>Meat</b>	Sweet and Sour Pork	Green ginger	
	Pork and Cabbage or Cauliflower	Green ginger	
	Pork and Peas	Green ginger	
	Steak and Chokos	Green ginger	
	Pickled Pigs' Trotters	Green ginger	
	Steak and Oyster Sauce	Green ginger	
	<b>Poultry</b>	Chicken with Peas	Green ginger
Curried Chicken		Curry Powder	
Sweet and Sour Chicken		Green ginger	
Chicken and Mushrooms		Green ginger	
Boiled Chicken with Savoury Sauce		Green ginger	
Chicken with Vegetables		Green ginger	
Sliced Duck with Pineapple		Green ginger	
<b>Specialty Dishes</b>	Sweet and Sour Whole Duck	Green ginger	

## 11.8 Ginger in Pharmaceuticals

Pharmacopoeias and other medical texts published during the period mid-1700s to mid-1900s were studied to ascertain which compounds include ginger. Prior to the British Medical Act of 1858, different pharmacopoeias were used in England, Scotland, and Ireland. In 1864, the General Council of Medical Education and Registration published the first British Pharmacopoeia, 'intended to afford the members of the Medical Profession and those engaged in the preparation of medicines throughout the British Empire one uniform standard and guide, whereby the nature and composition of substances to be used in medicine many be ascertained and determined.'<sup>308</sup>

The pharmacopoeias consulted are listed below, in order of the date of publication. Findings for a representative sample of these pharmacopoeias are presented in the following tables. The preparations containing ginger are shown in the order in which they appear in each Pharmacopoeia. Prior to 1867, preparations are divided into categories. From 1867, they are shown in alphabetical order. The categories and the terms used, including spelling and punctuation, are those of each pharmacopoeia, though only the English names of preparations are shown.

Following the tables, examples of formulae for preparations of ginger and compounds containing ginger are shown, the latter in alphabetical order. Both English and Latin names are given, as are colloquial names where appropriate. Each formula is presented in the format of the pharmacopoeia from which it is sourced. Most formulae are from the 1867 Pharmacopoeia, but there is very little variation between pharmacopoeias.

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<sup>308</sup> *British Pharmacopoeia*, 1867, vii-viii.

**Major Medical Texts Studied**

*Pharmacopoeia Officinalis and Extemporanea*, 1742.

Royal College of Physicians of London, *British Dispensatory*, 1747.

Royal College of Physicians of London, *Dispensatory*, 1773.

*Edinburgh New Dispensatory*, 1786.

William Lewis, *Experimental History of the Materia Medica*, 1791.

*Edinburgh New Dispensatory*, 1804.

*Pharmacopoeia of the Royal College of Physicians, London*, 1809.

John Murray, *System of Materia Medica and Pharmacy*, 1810.

*London Dispensatory*, 1815.

J. S. Forsyth, *New London Medical Pocket-Book*, 1825.

*Pharmacopoeia of the Royal College of Physicians of London*, 1824, 2<sup>nd</sup> ed., 1831.

*Pharmacopoeia of the Royal College of Physicians of London*, 1851.

*British Pharmacopoeia*, 1867.

Edward Waring, *Pharmacopoeia of India*, 1868.

Griffiths and Duffey, *Materia Medica and Pharmacy*, 1879.

*British Pharmacopoeia*, 1898.

Bruce and Dilling, *Materia Medica and Therapeutics*, 13<sup>th</sup> ed., 1932.

*British Pharmacopoeia*, 1948.

### 11.8.1 Pharmaceutical Compounds Containing Ginger

Royal College of Physicians of London, <i>British Dispensatory</i> , 1747	
Category	Compound
<b>Infusions &amp; Decoctions</b>	Common infusion of sena
<b>Tinctures</b>	Acid elixir of vitriol
<b>Syrups</b>	Syrup of quinces
	Syrup of squills
	Syrup of buckthorn berries
	Syrup of ginger
<b>Powders</b>	Compound powder of sena
	Aromatic species
	Species of scordium, or water germander, without opium
<b>Electuaries</b>	Electuary of scammony
	Electuary of scordium, or water germander
	Locatellus's balsam
	Mithridate
	<i>Philonium Londinense</i>
	<i>Theriaca Andremachi</i> , or Venice Treacle

**Note:** Tinctures are solutions based on alcohol. Electuaries are sweet medicinal pastes, later referred to as confections.

Royal College of Physicians of London, <i>Dispensatory</i> , 1773	
Category	Compound
<b>Tinctures</b>	Aromatic Tincture
<b>Syrups</b>	Syrup of Quinces
	Syrup of Squills
	Syrup of Buckthorn
	Syrup of Ginger
<b>Powders</b>	Compound Powder of Sena
	Aromatic species
	Species of Scordium, or Water Germander, without Opium
<b>Electaries</b>	Electary of Scammony
	Mithridate, or Damocrates's Confection
	The London Philonium
	Venice Treacle

<i>Edinburgh New Dispensatory, 1804</i>	
<b>Official Preparations</b>	Syrup of ginger
	Tincture of ginger
<b>Compositions</b>	Aromatic Powder
	Powder of Scammony, compound
	Powder of Scammony, with aloes
	Powder of Senna, compound
	Aromatic Electuary
	Electuary of Scammony
	Confection of opium
	Troch. Magnes
	Aloes Pills
	Squill Pills
	Infusion of Senna
	Syrup of Buckthorn Berries
	Tincture of Cinnamon, compound
	Wine of Aloes
	Sulphuric acid, Aromatic

<i>Pharmacopoeia of the Royal College of Physicians, London, 1809</i>	
<b>Category</b>	<b>Compound</b>
<b>Infusions</b>	Infusion of Senna
<b>Tinctures</b>	Compound Tincture of Cinnamon
	Compound Tincture of Rhubarb
	Tincture of Ginger
<b>Aether</b>	Aromatic Spirit of Aether
<b>Syrups</b>	Syrup of Buckthorn
	Syrup of Ginger
<b>Confections</b>	Confection of Opium
	Confection of Scammony
<b>Powders</b>	Compound Powder of Cinnamon
	Compound Powder of Scammony
	Compound Powder of Senna
<b>Pills</b>	Compound Squill Pills

<b><i>British Pharmacopoeia, 1867</i></b>
Aromatic Sulphuric Acid
Confection of Opium
Confection of Scammony
Infusion of Senna
Compound Squill Pill
Compound Powder of Cinnamon
Compound Powder of Jalap
Compound Powder of Opium
Compound Powder of Rhubarb
Compound Powder of Scammony
Syrup of Buckthorn
Syrup of Ginger
Tincture of Ginger
Strong Tincture of Ginger
Wine of Aloes

<b>Griffiths &amp; Duffy, 1879</b>
Syrup of Ginger
Tincture of Ginger
Strong Tincture of Ginger
Aromatic Sulphuric Acid
Confection of Opium
Aloes & Iron Pills
Compound Gamboge Pills
Compound Scammony Pills
Compound Squill Pills
Compound Cinnamon Powder
Compound Jalap Powder
Compound Opium Powder
Compound Rhubarb Powder
Compound Scammony Powder
Wine of Aloes

<b><i>British Pharmacopoeia, 1898</i></b>
Aromatic Sulphuric Acid
Infusion of Senna
Concentrated Solution of Senna
Compound Scammony Pill
Compound Squill Pill
Compound Powder of Cinnamon
Compound Powder of Jalap
Compound Powder of Opium
Compound Powder of Rhubarb
Compound Powder of Scammony
Syrup of Ginger
Tincture of Ginger

<b>Bruce &amp; Dilling, 1932</b>
Syrup of Ginger
Tincture of Ginger
Elixir of Vitriol
Aloes & Iron Pills
Compound Rhubarb Powder
Infusion of Senna
Compound Jalap Powder
Compound Scammony Powder
Compound Opium Powder

<b><i>British Pharmacopoeia. 1948</i></b>
Infusion of Senna
Concentrated Infusion of Senna
Compound Mixture of Senna
Compound Powder of Rhubarb
Syrup of Ginger
Strong Tincture of Ginger
Weak Tincture of Ginger



## 11.8.2 Formulae for Pharmaceutical Preparations Using Ginger

### SYRUPUS ZINGIBERIS.

Syrup of Ginger

Take of		
Strong Tincture of Ginger	6 fluid drachms	
Syrup	19 fluid ounces	
Ginger, in powder	1 ounce	
Mix with agitation.		

### TINCTURA ZINGIBERIS.

Tincture of Ginger

Take of		
Ginger, in coarse powder	2½ ounces	
Rectified Spirit	1 pint	
Macerate the ginger for forty-eight hours in fifteen fluid ounces of the spirit, in a closed vessel, agitating occasionally; then transfer to a percolator, and when the fluid ceases to pass, continue the percolation with the remaining five ounces of spirit. Afterwards subject the contents of the percolator to pressure, filter the product, mix the liquids, and add sufficient rectified spirit to make one pint.		

### TINCTURA ZINGIBERIS FORTIOR.

Strong Tincture of Ginger

*Synonym.* – Essence of Ginger

Take of		
Ginger, in fine powder	10 ounces	
Rectified Spirit	a sufficiency	
Pack the ginger tightly in a percolator, and pour over it carefully half a pint of the spirit. At the expiration of two hours add more spirit, and let it percolate slowly until one pint of tincture has been collected.		

### ACIDUM SULPHURICUM AROMATICUM.

Aromatic Sulphuric Acid

*Synonym.* – Elixir of Vitriol

Take of		
Sulphuric Acid	3 fluid ounces, or 2419 grains by weight	
Rectified Spirit	2 pints	
Cinnamon Bark, in coarse powder	2 ounces	
Ginger, in coarse powder	1¼ ounce	
Mix the sulphuric acid gradually with the spirit, add the cinnamon and ginger, macerate for seven days, agitating frequently, then filter.		

### CONFECTIO OPII.

Confection of Opium

Take of		
Compound Powder of Opium	192 grains	
Syrup	1 fluid ounce	
Mix.		

**CONFECTIO SCAMMONII.**

Confection of Scammony

Take of

Scammony, in fine powder	3 ounces
Ginger, in fine powder	1½ ounce
Oil of Caraway	1 fluid drachm
Oil of Cloves	½ fluid drachm
Syrup	3 fluid ounces
Clarified Honey	1 ½ ounce

Rub the powders with the syrup and the honey into a uniform mass, then add the oils, and mix.

**INFUSUM SENNAE.**

Infusion of Senna

Take of

Senna	1 ounce
Ginger, sliced	30 grains
Boiling Distilled Water	10 fluid ounces
Ginger, in coarse powder	1¼ ounce

Infuse in a covered vessel, for one hour, and strain.

*Used in.* – Compound mixture of Senna (*synonym* Black Draught).

**PHILONIUM LONDINENSE,****The London Philonium.**

Take white Pepper, ginger, caraway seeds, of each two ounces; of opium strained six drams; of diacodion boiled to the consistence of honey thrice the weight of all the rest. Mix carefully the opium, dissolved first in wine, with the syrup warmed, and then add the other species reduced to powder.

**PILLULAE ALOES COMPOSITAE****Compound Aloe Pills**

Take of Socotorine aloes, powdered one ounce, with Extract of gentian, half an ounce, with Extract of Carroway seeds, two scruples, and syrup of ginger; beat them together and compound with soap.

**PILULA SCILLAE COMPOSITA.****Compound Squill Pill**

Take of

Squill, in powder	1¼ ounce
Ginger, in powder	1 ounce
Ammoniacum, in powder	1 ounce
Hard Soap, in powder	1 ounce
Treacle, by weight	2 ounces, or a sufficiency

Mix the powders, add the treacle, and beat into a uniform mass.

**PULVIS CINNAMONI COMPOSITUS.**

Compound Powder of Cinnamon

*Synonym.* – Aromatic Powder

Take of

Cinnamon Bark, in powder	1 ounce
Cardamom Seeds, in powder	1 ounce
Ginger, in powder	1 ounce

Mix them thoroughly, pass the powder through a fine sieve, and finally rub it lightly in a mortar. Keep it in a stoppered bottle.

*Used in.* – Pill of Aloes and Iron, Compound Pill of Gamboge.

**PULVIS JALAPAE COMPOSITUS.**

Compound Powder of Jalap

Take of

Jalap, in powder	5 ounces
Acid Tartrate of Potash	9 ounces
Ginger, in powder	1 ounce

Mix them thoroughly, pass the powder through a fine sieve, and finally rub it lightly in a mortar.

**PULVIS OPII COMPOSITUS.**

Compound Powder of Opium

Take of

Opium, in powder	1½ ounce
Black Pepper, in powder	2 ounces
Ginger, in powder	5 ounces
Caraway Fruit, in powder	6 ounces
Tragacanth, in powder	½ ounce

Mix them thoroughly, pass the powder through a fine sieve, and finally rub it lightly in a mortar. Keep it in a stoppered bottle.

*Used in.* – Confection of Opium, 1 part in 4, nearly.

**PULVIS RHEI COMPOSITUS.**

Compound Powder of Rhubarb

*Synonym.* – Gregory's Powder

Take of

Rhubarb Root, in powder	2 ounces
Light Magnesia	6 ounces
Ginger, in powder	1 ounce

Mix them thoroughly, and pass the powder through a fine sieve.

**PULVIS SCAMMONII COMPOSITUS.**

Compound Powder of Scammony

Take of

Scammony, in powder	4 ounces
Jalap, in powder	3 ounces
Ginger, in powder	1 ounce

Mix them thoroughly, pass the powder through a fine sieve, and finally rub it lightly in a mortar.

**SYRUPUS RHAMNI.**

Syrup of Buckthorn

Take of

Buckthorn Juice	4 pints ounce
Ginger, sliced	$\frac{3}{4}$ ounce
Pimento, bruised	$\frac{3}{4}$ ounce
Refined Sugar	5 pounds, or a sufficiency
Rectified Spirit	6 fluid ounces

Evaporate the juice to two pints and a half, add the ginger and pimento, digest at a gentle heat for four hours, and strain. When cold add the spirit, let the mixture stand for two days, then decant off the clear liquid, and in this dissolve the sugar with a gentle heat, so as to make the specific gravity 1.32.

**VINUM ALOES.**

Wine of Aloes

Take of

Socotrine Aloes	1½ ounce
Cardamom Seeds ... bruised	80 grains
Ginger, in coarse powder	80 grains
Sherry	2 pints

Macerate for seven days in a closed vessel, with occasional agitation; filter the liquor and add sufficient sherry to make two pints.

**Sources:** The formula for London Philonium is from the Royal College of Physicians of London, *Dispensatory*, 1773, and that for Compound Aloe Pills from the 1806 *Edinburgh New Dispensatory* (cited by Pearn, Petrie and Petrie, 632). All others are from the *British Pharmacopoeia*, 1867.

## 11.9 Formulae for Patent Medicines Containing Ginger

<b>Hughes's Blood Pills</b>	
Aloes	0.7 grain
Jalap resin	0.2 grain
Powdered cinchona bark	0.3 grain
Powdered ginger	0.2 grain
Oil of cloves	Trace
In one pill	

<b>J.Z. Obesity Tablets Pills</b>	
Sulphur	24%
Ginger	4%
Sugar	61%
Acacia gum	8%
Moisture	3%

<b>Hughes's Reducing Pills</b>	
Potassium iodide	0.17 grain
Iron phosphate	0.35 grain
Powdered ginger	0.2 grain
Powdered liquorice	0.1 grain
Extract of <i>Fucus vesiculosus</i>	2.2 grains
In one pill	

<b>Paciderma Blood Wafers</b>	
Sodium bicarbonate	59 %
Precipitated sulphur	37 %
Powdered ginger	3 %
Aloin	1 %

<b>Beecham's Pills</b>	
Aloes	0.5 grains
Powdered ginger	0.55 grains
Powdered Soap	0.18 grains

<b>Holloway's Pills, 1943 Formula</b>	
Aloe	36.15%
Powdered ginger	36.15%
Powdered jalap	12.00%
Cambogia	12.00%
Hard soap	3.70%

<b>Bile Beans, 1938 Formula</b>	
Barbadoes aloes	6.67%
Podophyllum	4.42%
Scammony	8.85%
Leptandrin	3.30%
Jalap	8.85%
Colocynth	2.67%
Ext. Gentian	17.78%
Cascara	6.67%
Cardamom	2.67%
Ginger	10.67%
Soap	1.65%
Peppermint oil	4.42%
Capsicum oil	0.75%
Ginger oil	4.42%
Excipients to	100.00%

<b>Woodward's Gripe Water, 1972 Formula</b>	
Dill water concentrated	3.6%
Sodium bicarbonate	1%
Ginger tincture	1.25%
Rectified spirit	3.67%
Syrup	22.5%

<b>Dumas's Paris Pills</b>	
Sulphate of iron	38 grains
Powdered canella	22 grains
Powdered liquorice	22 grains
Powdered jalap	12 grains
Powdered ginger	6 grains
Barbadoes aloes	46 grains
Flour	12 grains
Oil of pennyroyal	2 minims
In 100 pills	

<b>Nurse Powell's Popular Pellets (Special)</b>	
Dried sulphate of iron	40 grains
Socotrine aloes	67 grains
Powdered canella	56 grains
Powdered ginger	8 grains
Oil of pennyroyal	12 minims
Maize starch	16 grains
Kaolin	50 grains
In 100 pills	

**Sources:** The first five formulae are from the British Medical Association's *Secret Remedies*. The next three are from Homan, Hudson and Rowe's *Popular Medicines*. The last two are from the British Medical Association's *More Secret Remedies*.

<b>Other Remedies</b>	
<b>Remedy</b>	<b>Principal Ingredients</b>
Dr James W. Kidd's Tablet 45	Aloes, a very small quantity of ginger
Whelpton's Purifying Pills	Aloes, powdered colocynth, ginger, gentian
Page Woodcock's Wind Pills	Aloes, a little ginger, soap
Scott's Pills	Aloes, ginger rhubarb, soap
Nurse Mann's Remedy	Sulphate of iron, Barbadoes aloes, soap, ginger, cardamom, cinnamon
Gautieur's Female Pills	Sulphate of iron, soap, powdered liquorice, a little powdered ginger
Dr Patterson's Female Pills	Sulphate of iron, Barbadoes aloes, soap, powdered ginger, cardamom, cinnamon
Horton's Benedict Pills	Sulphate of iron, Socotrine aloes, powdered ginger inconsiderable quantity
Blanchard's Apiol and Steel Pills	Sulphate of iron, soap, Barbadoes aloes, powdered ginger, cardamom, cinnamon
Nurse Lilly's Female Pills	Sulphate of iron, Socotrine aloes, cinchonine sulphate, powdered capsicum, a little powdered ginger & oil of pennyroyal
Blak Thyrol Female Pills	Reduced iron, powdered ginger, powdered liquorice
Hooper's Pills	Powdered aloes, myrrh, soap, ginger, cannella
Radway's Renovating Resolvant	Tincture of cardamom, ginger syrup
Elixir of Life	Powdered rhubarb, ginger, aloes, myrrh, cayenne, saffron
English Curry Powder	Powdered coriander, allspice ... ginger
Worcestershire Sauce	Cider vinegar, sherry ... powdered ginger ... curry powder

**Sources:** Formulae are from the British Medical Association's *More Secret Remedies*, except for James Kidd's Tablet, from the British Medical Association's *Secret Remedies*, and the final five, from Kellogg's *Home Hand-Book of Domestic Hygiene*.

## 11.10 Home Remedies Containing Ginger

The major texts consulted on domestic medicine are listed below, in order of the date of publication. These are followed by more detailed versions of Tables 43 and 44 in Chapter 9. Finally, some examples are provided of home remedies not found in the pharmacopoeias.

Major Sources of Home Remedies
William Buchan, <i>Domestic Medicine</i> , 2 <sup>nd</sup> ed., 1772.
*William Bell, <i>The Settlers' Guide</i> , 1849
*George Fullerton, <i>Family Medical Guide</i> , 3 <sup>rd</sup> ed., 1878.
*John Broadbent, <i>Australian Botanic Guide</i> , 1889.
William Russell, <i>Domestic Medicine and Hygiene</i> , 3 <sup>rd</sup> ed., 1888.
*Lyman, Fenger, Jones and Belfield, <i>Practical Home Physician</i> , Australasian Edition, 188-?
* <i>Australasian Home Physician</i> , 188-?
John Kellogg, <i>Home Hand-Book of Domestic Hygiene</i> . Rev. ed., 1897.
<i>Pears' Shilling Cyclopaedia</i> , 1898.
* <i>Golden Recipes</i> , 9 <sup>th</sup> ed., 189-?
Gabrielle Hatfield, <i>Memory, Wisdom and Healing</i> , 1999.
*Bill Wannan, <i>Folk Medicine</i> , 1970.
*Thomas Lucas, <i>Domestic Medicine</i> , 1906.
*Wardmaster, <i>Medical Prescriptions</i> , 1925.

**Note:** Those marked with an asterisk were published in Australia.



<b>Home Remedies for Stomach Disorders</b>		
<b>Source</b>	<b>Ailment/Purpose</b>	<b>Remedy/Main Ingredients</b>
<b>Buchan</b>	Stomach cough	Sacred Tincture: white wine, aloes, Virginian snake-root, ginger
“	Heartburn caused by wind	Carminatives: Ginger ...
“	Hiccup	Antispasmodic medicines: Ginger ...
“	Stomach cramp	Venice Treacle: Ginger ...
<b>Rundell, 1810</b>	Pain in the stomach	Ginger Cakes: Sugar, ginger, cinnamon
<b>Smith, 1810</b>	Laxative	Ginger Tea
“	Constipation	Opening Pills: Jalap, vitriolated tartar, ginger syrup
“	Indigestion	Carminative Powder: Coriander, ginger, nutmeg
<b>Rundell, 1824</b>	Stomachic	Ginger Drops: Candied orange, powdered ginger
<b>Scott, 1825</b>	Constipation	A Purge for ...: Rhubarb, ginger
<b>Pereira</b>	Flatulence	Ginger Tea
<b>Beeton</b>	Laxative	Black Draught: Senna, Epsom salts, ginger, coriander seeds, salvolatile
“	Liver complaints & spasms	Dandelion root, ginger, Columba root
<b>Abbott</b>	Languid habits	Ginger Tea
<b>Philp, 1867</b>	Laxative	Black Draught: Senna, bruised ginger, licorice root, Epsom salts, sal volatile
<b>Fullerton</b>	Dyspepsia	Gregory's Powder: rhubarb, magnesia, ginger
“	Colic	Ginger Tea
“	Constipation	Gregory's Powder
<b>Broadbent</b>	Dyspepsia, Flatulence, Tonic	Ginger
<i>Australasian Home Physician</i>	Biliousness	Tincture of Dandelion, Tincture of Rhubarb, Essence of Ginger
“	Cross Children	Ginger, magnesia, rhubarb
“	Dyspepsia with Flatulence	Aromatic Spirit of Ammonia, Tincture of Ginger, Spirit of Chloroform
“	Health	Tonic: Dandelion leaves, ginger, hops
“	Indigestion	Columba root, Ground Ginger, Carbonate of Soda
“	Constipation in children with Measles	Gregory's Powder
“	Pain in the Stomach	Magnesia, Rhubarb, Ginger
<b>Lyman et al.</b>	Dyspepsia	Ginger
“	Neuralgia of the Stomach	Whisky, ginger
“	Colic	Ginger, brandy or whisky
<b>Russell</b>	Inflammation of the Bowels	Gregory's Powder
“	Colic	Gregory's Powder
<b>Pescott</b>	Clear blood & strengthen digestion	Nettle Beer: Ginger, sugar, hops, nettles
<b>Hagger</b>	Flatulence	Eat Ginger
<b>Rita</b>	Flatulence	Mixtures with ginger
<b>Rawson, 1894</b>		Gregory's Powder
<i>Pears' Cyclopaedia</i>	Colic	Nepenthe, ginger essence, chloric aether, tincture of cardamoms
<i>Golden Recipes</i>	Dyspepsia	Ginger
“	Indigestion	Columba root, ginger, carbonate of soda

“	Spasms	Ginger tea
“	Cross Child	Ginger, magnesia, rhubarb
<i>Grannie's Remedies</i>	Heartburn	Sulphite of soda, sal volatile, tincture of ginger, quassia
<b>Buller-Murphy</b>		Blood Mixture: Epsom sales, cream of tartar, ginger, sulphur
<b>Wardmaster</b>	Flatulence, Indigestion	Epsom salts, powdered rhubarb, magnesia, chloric ether, sal volatile, tincture of rhubarb, tincture of ginger, peppermint water
“	Blood Purifier	Epsom salts, sulphur, ginger, cream of tartar, lemons
<i>Coronation Cookery Book</i>	Indigestion	Carbonate Soda, ground ginger
<b>Kramer Family</b>	Wind Flatulence, Stomach Disorders, Nervous, Poor Digestion	Elixir of Vitriol
“	Gastritis	Tincture of ginger, bi-carb soda
<i>Hobart Cookery Book, 1961</i>	Tonic	Home-Made Tonic: Hops, sugar, ginger

**Note:** Sacred Tincture is a wine-based version of the *Hiera Picra* of the pharmacopoeias (MacEwan, 648).

<b>Home Remedies for Other Ailments</b>		
<b>Ailment/Purpose</b>	<b>Source</b>	<b>Remedy/Main Ingredients</b>
<b>Abortion</b>	Hatfield	<i>Hiera Picra</i> : Aloes, Virginian snake-root, ginger
<b>Boils</b>	Hagger	Flour & Ginger Poultice
<b>Cold</b>	Scott, 1825	Rum, sweet oil, honey, ginger”
<b>Consumption</b>	Glasse	Artificial Asses Milk: Pearl barley, hartshorn shavings, eringo root, China root, snails, preserved ginger
“	Mrs Smith, 1810	Artificial Asses Milk
<b>Contagion in Sick Room</b>	<i>Golden Recipes</i>	Chew ginger
“	Hagger	Chew ginger
<b>Diuretic</b>	Broadbent	Assafoetida Pills: Assafoetida, ginger
<b>Dropsy</b>	Hatfield	Horse radish, ginger, stinging nettles, gin
<b>Fevers, Intermitting</b>	Buchan	Peruvian bark, ginger
<b>Gout</b>	Russell	Compound Jalap Powder: Jalap, Potash, ginger
“	Bernays	Ginger tea
<b>Headache, Sick</b>	<i>Hobart Gazette</i> , 1818	Magnesia, ginger
<b>Headache</b>	Abbott, 1864	Ginger poultice
<b>Influenza</b>	SAA July 1860	Raspberry vinegar, ground ginger
“	<i>Golden Recipes</i>	Elixir of Vitriol: Sulphuric acid, rectified spirit, cinnamon, ginger
<b>Palsy</b>	Buchan	Chew ginger
“	Smith, 1810	Mustard flower, conserve of red roses, ginger syrup
<b>Rheumatism</b>	Wannan	Soda-bicarbonate, Epsom salts, sulphur, salt-petre, ginger
“	Liersch,	Sulphur, cream of tartar, Epsom Salt, ginger
<b>Rheumatism, kidney trouble, bladder trouble</b>	<i>NTTG</i> , 1910	Tincture gentian compound, rhubarb syrup, liquid barkola compound, syrup of ginger
<b>Rheumatism &amp; Gout</b>	Wardmaster	Guaracum, rhubarb, flower of brimstone, cream of tartar, ginger, nutmeg, honey
<b>Scurvy</b>	Buchan	Elixir of Vitriol
<b>Stitch</b>	Wannan	Fermenting malt, stallion’s dung, London treacle, ginger, saffron
<b>Toothache</b>	<i>Golden Recipes</i> ,	Ginger, Epsom salts
<b>Worms in Children</b>	<i>Australasian Home Physician</i>	Scammony, Jalap, Ginger

<b>Recipes for Home Remedies</b>	
<b>Blood Mixture</b> (Buller-Murphy, 361)	Take two pints Epsom salts, one pint cream of tartar, one tablespoonful ground ginger, one tablespoon sulphur, and mix with a quart of boiling water. Take a wine-glassful in the morning.
<b>Cold: For a Cold</b> (Helenus Scott, 1822)	½ Wine Glass Rum – ½ Glass of best sweet Oil- about a Teaspoonful of honey with plenty of ginger.
<b>Consumption: Artificial Asses Milk</b> (Hannah Glass, 121)	Take two Ounces of Pearl-Barley, two large Spoonfuls of Hartshorn Shavings, one Ounce of Eringo Root, one Ounce of China Root, one Ounce of Preserved Ginger, eighteen Snails bruised with the Shells, to be boiled in three Quarts of Water, till it comes to three Pints, then boil a Pint of new Milk, and mix it with the rest, and put in two Ounces of Balsam of Tolu. Take half a Pint in the Morning, and half a Pint at Night.
<b>Colic</b> (Lyman et al., 222)	A little Jamaica ginger in a tablespoonful of brandy or whisky.
<b>Contagion in Sick Room</b> ( <i>Golden Recipes</i> , 27)	On visiting a sick chamber chew a little ginger, which prevents contagion.
<b>Dropsy</b> (Hatfield, 139, citing a 19 <sup>th</sup> century recipe)	6 oz Horse Radish cut in slices, 4 oz of the best Ginger sliced Two Handfuls of stinging nettles, to be boiled in two quarts of Water till it comes to one then to be strained off, and a bottle of the best Gin put into it, and just simmered up to be well mixed, then to be put away and bottled. One wineglassful to be taken an hour before Breakfast, another two hours before Dinner.
<b>Flatulence: Carminative Powder</b> (Mrs Smith, 318)	Take of coriander seeds half an ounce; ginger, one drachm; nutmeg, half a drachm; fine sugar, a drachm and a half. Reduce them into powder for twelve doses. This powder is used for expelling flatulencies arising from indigestion. It may likewise be given in small quantities to children in their food, when trouble with gripes.
<b>Gastritis</b> (Kramer, Home Remedies)	Tincture of Ginger ½ teaspoon, Bi Carb Soda ½ teaspoon Mix. Take in glass of hot water.
<b>Indigestion</b> ( <i>Coronation Cookery</i> , 273)	Two tablespoons of carbonate soda to 1 tablespoon of ground ginger mixed. Take 1 teaspoonful in hot water before breakfast.
<b>Influenza</b> ( <i>South Australian Advertiser</i> , 20 July 1860, 2)	Take a quarter of a pint of raspberry vinegar and as much ground ginger as will cover a sixpence, bring them to simmering heat, and drink off on going to bed.
<b>Laxative: Black Draught</b> (Beeton, 1021)	A simpler and equally efficacious form of Black Draught is made by infusing ½ oz. of Alexandrian senna, 3 oz. Epsom salts, and 2 drachms of bruised ginger and coriander-seeds, for several hours in a pint of boiling water, straining the liquor, and adding either 2 drachms of salvolatile or spirits of hartshorn to the whole, and giving 3 tablespoonfuls for a dose to an adult.
<b>Palsy: Electuary for the Palsy</b> (Mrs Smith, 316)	Take a flower of mustard, and conserve of red roses, of each an ounce; syrup of ginger, enough to make an electuary. A tea-spoonful of this may be taken three or four times a day.

<p><b>Rheumatism</b> (Liersch)</p>	<p>¼ lb Sulphur, ¼ lb Cream of Tartar, ¼ lb Epsom Salt, ¼ lb Ground ginger. Take ½ teaspoon in water ½ an hour before Breakfast every morning. Mix well.</p>
<p><b>Spasms</b> (<i>Golden Recipes</i>, 29)</p>	<p>For windy spasms, drink hot ginger tea with a pinch of cayenne or carbonate of soda in it.</p>
<p><b>Stitch: A Water for the Stitch</b> (Smith, 1753 cited in Wannan, 158)</p>	<p>Take a gallon of new ale wort, and put to it as much stone-horse [stallion's] dung as will make it pretty thick; add to this a pound of <i>London</i> treacle, two pennyworth of ginger sliced, and six pennyworth of saffron, mix these together, and distil off in a cold still: take three or four spoonfuls at a time.</p>
<p><b>Tonic</b> (<i>Australasian Home Physician</i>, 21)</p>	<p>Hop drink gives a cheerful mind, rich blood, and good digestion, which is made from two ounces of Dandelion Leaves, five ounces of Ginger, two ounces of Hops, boiled in twenty quarts of water one hour; strain off and boil again, adding three pounds of Sugar and two ounces of Spanish Juice; ferment twenty-four hours, and then bottle for use.</p>
<p><b>Toothache</b> (<i>Golden Recipes</i>, 29)</p>	<p>One teaspoonful of ground ginger and one of Epsom salts, taken in a teacupful of hot water.</p>
<p><b>Worms in Children</b> (<i>Australasian Home Physician</i>, 35)</p>	<p>Compound Scammony Powder five grains, for a child between five and eight years.</p>

## 11.11 Animal Medicines Containing Ginger

<b>Recipes for Animal Remedies</b>	
<b>Distemper in Dogs</b> (Helenus Scott)	A teaspoonful of Jalap, $\frac{1}{2}$ the quantity of grated ginger, & a table spoonful of syrup of buckthorn, made into a ball or given in a liquid in warm water; no milk but water gruel to drink & the dog must be kept very warm.
<b>Scabby Sheep</b> ( <i>Colonial Times</i> , 20 November 1829, 3)	Take nitre, in powder, six ounces, ginger, fresh powdered, four ounces; colcotha of vitriol, in fine powder, two ounces; common salt, three pounds and a half; boiling water, three gallons; pour the water hot upon the ingredients; stir them, and when about new milk warm, add to every quart of the mixture, three ounces of spirits of turpentine, and bottle for use ... give to each sheep two ounces.
<b>Sick Calves</b> ( <i>Brisbane Courier</i> , 31 August 1868, 2)	Doses of ginger and chalk ... 2 grains of ginger to 6 grains of chalk ... given amongst bran.
<b>Cleansing Powders</b> Weston	Fenugreek 4-oz., Black Antimony 5-oz., Juniper berries 2-oz., Turkey Rhubarb 2-oz., Sulphur 2-oz., Ginger 2-oz., grind them fine and mix well. Dose – One table-spoonful in mashed feed.
<b>Colic or Gripes</b> (Weston)	Take tincture of Assafetida 1-oz., Laudanum 1-oz., Gum Camphor 25 grains, Fine Jamaica Ginger 1-oz., Tincture Capsici 1 fluid drachm, Whiskey or Brandy 4-oz. Give one half, in half-pint of warm water, and in half an hour give the balance.
<b>Swelled Sheep and Cattle</b> (Rawson, 1894, 269)	Very often both sheep and cattle eat too greedily ... and as a result they swell up to a dreadful size, and, indeed, in many instances, I have known of them bursting. The best thing to give when you notice them swelled and in great pain is: Epsom salts, 1 lb.; ground ginger, $\frac{1}{2}$ oz.; carbonate of ammonia, 1 dram. Mix in a quart of cold water, and give a dose to each animal affected.
<b>Tonic for Cattle</b> ( <i>Argus</i> , 7 September 1915, 4)	1 drachm tincture nux vomica, 1 ounce aromatic spirits of ammonia, and 1 ounce of ginger, mixed in a pint of water, and given three times a day acts as a tonic to stimulate the digestive organs and strengthen the system.
<b>Flatulent colic in horses</b> ( <i>Mercury</i> , 28 November 1916, 3)	(1) 6 drachms essence of ginger in warm water (2) spirits of turpentine, 2 fluid ounces; tincture of ginger, 1 fluid ounce; laudanum, $\frac{1}{2}$ ounce; linseed, 1 pint.
<b>Calves with Cholera or White Scours</b> ( <i>Argus</i> , 21 August 1917, 3)	Eggs, ginger, warm water, and give soon after a dose of castor oil.

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