

racks, attached to the chimneypiece, for cooking in winter. It was suspended from a pole supported by posts with a fire built beneath it, for outdoor cooking in summer. There were brass, tin and copper kettles, and iron spits for roasting. Other items were iron and brass ladles for pouring the gravy over flesh as it was cooking, gridirons, brass skillets, chafing dishes, skimmers and saucepans. There were bread graters, hominy sifters, and wooden trays for carrying the meals from the kitchen. Included, were knives, and large flesh forks for turning meats. There were powdering tubs in which fresh meat was salted. All kitchens had flour tubs, meal-barrels, colanders, bowls, rolling pins, bellows, scales and weights.

As tobacco was the most important crop in Tidewater Virginia then, it is likely that a portion of Harmon's land was used for the cultivation of that crop. All of the English vegetables flourished in the soil of Virginia. There were several varieties of peas, sweet and Irish potatoes, pumpkins, and melons. Also, there were roasting ears of Indian Corn. Records suggest that Virginia fruit was superior in flavor to that of England. This was most noticed in the peaches and quince. There were grapes, plums and figs in many gardens, and apple orchards were established as well. In the summertime, wild berries added to the variety of fruits available for the colonist tables.

Some articles of food were imported. Among these were rice, sweetmeats, sugar, lime juice, oranges, lemons, raisins and prunes. Spices in large quantity were imported: pepper and cloves, mace, cinnamon and ginger. Salt was of major importance in every home, not only for flavoring the foods in cooking but also for the preservation of meat. One household's inventory of 1657 listed two hogsheds of salt, one of white, the other of bay salts

Water was the one beverage the early settlers did not drink if they could avoid it. They believed the water in Virginia was causing many illnesses that resulted in a high mortality rate among them. Liquor was quite important in the lives of these early planters. Harmon's wife Mary left the Brandy still to her sons Moses and Jesse. Brew houses, while quite popular in the early days of the colony, became a lesser source when plantations began growing their own malt extracted from the barley and hops grown for that purpose. Cider was in as common use as beer. In fact, it was a form of exchange, just as tobacco was used. It often showed up in estate inventory lists.

One final note: the most expensive part of most funerals of the planters was providing the liquid refreshments for the visitors who came long miles and frequently stayed for several days. Cider, rum, brandy, wine and beer was consumed by the gallon and most families kept quantities on hand for just such an event. (6)

In 1733 Harmon was an appraiser for the estate of Edward Gulledege, in Isle of Wight County, Virginia. (7) In 1737 he was the executor of the estate of William Beach. (8) Shortly before he left