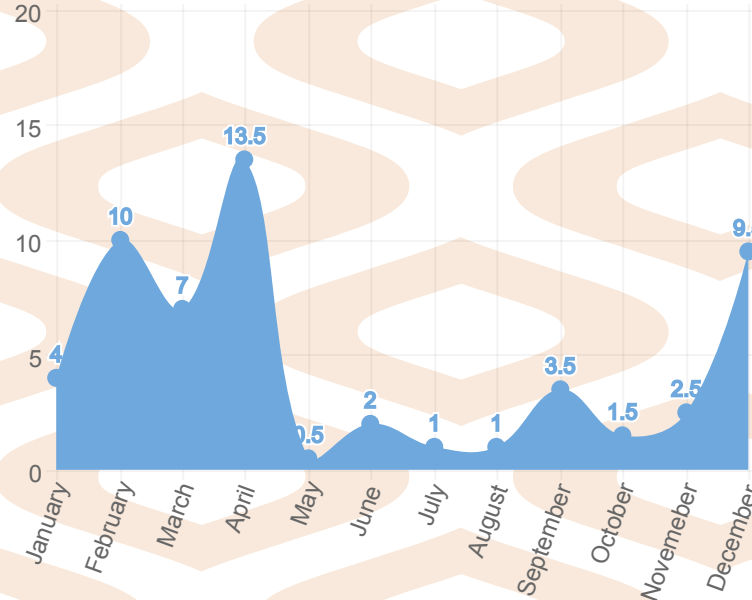


Salt Sold at Glassford & Henderson's Colchester Store

Facts about salt used in 1700s

- Salt was typically sold in bushels, which contained approximately 64 pints in a bag
- The salt used in this era was found in caves, rock walls along the ocean, or in salt springs
- The salt was used primarily for preserving meats, especially fish and pork
- Used to help melt ice during the winter and early spring months



bushels of salt sold (1761)

It seemed that nearly everyone, whether woman, man, traveler, or slave, used salt. Salt was one of the most effective ways for people during the 1700s to preserve foods for later. In this graph, we can see that the salt was purchased the most in April, during the fish runs, and was likely purchased to help preserve the fish along with other meats. Over the summer, the sale in salt dropped as there was no longer a need to use it.

During the late 1700s, salt was mined in America rather than imported. It usually came from Michigan, Massachusetts, and Ohio.

to hear about why
was used to preserve food

- Sources:
- Glassford and Henderson Ledger
- History of salt by Seasalt.com

by Ayla Lupien



what a small
amount of salt
would have looked
like