

Quick Pickling

This handout focuses on quick process pickles, not long brining/fermenting (such as sauerkraut), refrigerator, or freezer methods.

Why pickle?

To preserve the masses of cucumbers, zucchini, and green beans that are coming out of your garden, of course. However, many nutrients are lost in the pickling process (most to the brine) so pickles should be used as condiments not winter staples.

What to pickle?

Pickles are vegetables preserved through brining or fermentation – and there are thousands of flavor options. Practically any vegetable can be pickled, including cucumbers, green beans, brussel sprouts, cabbage, cauliflower, and beets.

Tools:

Vinegar (at least 4-6 percent acetic acid)

Seasonings (mustard seed, celery seed, cinnamon sticks, dill fronds or dried heads, garlic, honey or sugar, etc.)

Large canning pot

Canning rack or something to lift jars off bottom of pot (I have used canning jar rings in the past)

Canning jars and lids

Pot for boiling vinegar and vegetables

Pickling salt (no iodine added)

Jar lifters

Tea pot

Recipes:

Bread and Butter pickles (Lois Burmeister)

1 gallon cucumbers

8 small onions

½ c salt

- Slice cucumbers and onions thinly
- Mix in large bowl with salt
- Ice and let sit about 8 hours in the fridge (can do as few as 3 hours)
- Drain

5 c vinegar

5 c sugar

1 ½ t turmeric

½ t cloves

2 t celery seeds

1 t mustard seeds

- Mix vinegar, sugar, and spices together in a sauce pan
- Bring to boil
- Mix in cucumbers and onions, bring spiced vinegar back to a boil
- Fill canning jars, leaving ¼ inch head space

- Process in a boiling water bath 10 minutes

Dilly Beans (from *Keeping the Harvest*)

2 pounds green beans, trimmed

1 t cayenne pepper (optional)

4 cloves garlic

4 heads dill

2 ½ c water

2 ½ c vinegar

¼ c salt

- Have ready hot, sterilized pint jars
- Bring water, vinegar, and salt to a boil
- While vinegar is heating, pack beans into jars, leaving ½ inch headroom
- Add ¼ t cayenne pepper, 1 clove garlic, 1 head dill to each jar (double if using quart jars)
- Pour boiling liquid over beans, leaving ¼ inch headroom
- Process 10 minutes in a boiling water bath

Pickled Beets (from *Stocking Up*)

1 gallon small beets

2 T whole allspice

2 sticks of cinnamon, 2 inches long

1 ½ quarts vinegar

½ c honey

- Cook beets until tender (slice either before or after boiling; if small enough, leave whole)
- Drain water
- Combine vinegar, allspice, and cinnamon and pour over beets
- Bring mixture to boil
- Add honey once boiling
- Pack into sterilized jars, leaving ¼ inch headspace
- Process in a boiling water bath 10 minutes

Resources:

Chioffi, N. and G. Mead. 1980. *Keeping the Harvest: Home Storage of Fruits and Vegetables*. Charlotte, VT: Garden Way Publishing.

Hupping, C. 1986. *Stocking Up: Third Edition*. New York: Simon and Schuster.

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