Jeanette's Pickling Guide

Why pickle?
Preserves seasonal fruits and vegetables for use all year long.
Minimal processing helps to keep nutritional value of food.
Safer than plain water bath due to addition of vinegar, salt, and/or sugar.
Easier than pressure canning vegetables with a pressure cooker.
Tasty – Creative – Great Giveaway Gifts

What is needed to pickle?
FRESH with no bruises, rotten spots, or critters.
Freshly picked fruits, berries, or vegetables
Vinegar – white vinegar or apple cider vinegar
Canning & Pickling salt – non-iodized, low mineral content
Sugar – raw, white, or brown
Spices to flavor – whole spices are preferable as they don’t make the solution cloudy
Canning jars – reusable
Canning screw tops – reusable
Canning lids – new only
Large pot for water bath – preferably with a rack for jars

Basic process
1. Harvest fresh produce. Ideally, process within twelve hours.
   1. Wash well in cold water.
   2. Remove stems and flowers.
   3. Use only firm, ripe, and unmarred produce.
2. Soak in brine for 12 – 24 hours – only some vegetables need this. It removes extra water that helps to prevent microorganisms from growing.
3. Pack tightly into clean canning jars – everything tends to shrink with processing.
4. Add spices per recipe – you can also put the spices in first.
5. Fill jars with pickling solution per recipe – within 1” for quarts, ½” for pints and smaller.
6. Clean jar tops with clean, moist cloth.
7. Cover with washed, new canning lids and screw bands
8. Water bath process according to recipe.
9. Once cooled, remove screw bands and wash jars.
10. Label lid with date and contents.
11. Store in a cool, dark place for up to one year.

Soaking Brine When Required
1 ½ cups pickling salt
4 quarts water
In large, non-reactive pot or bowl, mix until salt is dissolved.
Do not use cast iron. Stainless steel is okay. Straight sided container works best.
Add vegetables. They must be completely covered with brine. If they float, put a heavy plate on top to hold them down.

**Pickling Spices Master List** – Add additions to my recipes as desired. Whole spices are best.
- Dill – seeds and leaf (weed)
- Peppercorns – black, white, pink
- Mustard Seed
- Celery Seed
- Bay leaf
- Cardamom seeds
- Coriander seeds
- Cinnamon Stick
- Cloves
- Allspice
- Fennel Seed
- Turmeric – adds color and flavor
- Fresh Ginger Root - sliced

**Recipes**
- **BEETS – Sweet**
- **BERRIES – Sweet or Savory**
- **CUCUMBER (SLICED) – Sweet & Sour**
- **CUCUMBERS (WHOLE, SPEARED, SLICED) – Dill**
- **GREEN BEANS – Dill**
- **PEPPERS – Savory**

**BERRIES – SWEET or SAVORY**
Wash and remove all stems and flowers of firm berries – blueberry, red and blue huckleberry, currant, lingonberry, low bush cranberry, gooseberry, service berry, oso berry, or similar.
Pack in jars and add spices to each half-pint
- Sweet options: Cinnamon, Cloves, Allspice
- Savory options: Fresh sliced ginger, Fresh rosemary sprig, Fennel Seed
Pickling brine: Fill half-pint jars to ½” of top
- 1 cup white vinegar
- 3 Tablespoons white sugar
- 1 teaspoon pickling salt
Water Bath 10 – 15 minutes
Pickled berries go well as a garnish for meat and fish.

**BEETS – SWEET**
Wash fresh beets – leaving on root and one inch of stem (this stem helps preserve color).
Place in very large pot and cover with water.
Boil until skins can easily slip off. You can test this by prodding with a spoon to see if the skin comes off.
Dump in sink and rinse with cold water, slipping off the skins as soon as they are cool enough to touch.
Cut into ~½” cubes or slices.
Pack in jars and add spices to each pint
  2 cinnamon sticks
  12 whole cloves
  1 teaspoon whole allspice
Pickling brine: Fill pint jars to ½” of top
  4 cups apple cider vinegar
  2 cups water
1 ½ teaspoon salt
  2 cups sugar
Water Bath 15 – 20 minutes

**CUCUMBER (SLICED) – “CUCUMBER CHIP” or “SWEET & SOUR”**
Slice Cucumbers
Soak in brine 3 hours
Drain – don’t rinse
Pack in jars and add spices to each quart (use ~half as much for pints)
  1 teaspoon turmeric
  1 teaspoon celery seed
  1 teaspoon mustard seed
Pickling brine: Fill quart jars to 1” of top, pint jars to ½” of top
  1 ½ cups apple cider vinegar
  1 cup sugar
Water Bath 10 – 20 min

**CUCUMBERS (WHOLE, SPEARED, SLICED) – DILL**
Soak 12 – 24 hours
Drain & Rinse
Pack tightly in jars and add spices to each quart (use ~half as much for pints)
Dill Seed & Leaf (Weed)
  6 peppercorns
  ¼ tsp mustard seed
  ¼ tsp celery seed
Pickling brine: Fill quart jars to 1” of top, pint jars to ½” of top
  2 cup white vinegar
  3 cup water
  ¼ cup pickling salt
Water Bath 25 – 30 minutes
GREEN BEANS – DILL

Don’t soak
Pack tightly in jars and add spices to each quart (use ~half as much for pints)
Dill Seed & Leaf (Weed)
10 peppercorns
¼ tsp mustard seed
¼ tsp celery seed
Optional: 1 or 2 hot chili peppers
Pickling brine: Fill quart jars to 1" of top, pint jars to ½" of top
2 ½ cup white vinegar
2 ½ cup water
2 Tablespoons pickling salt
Water Bath 15 – 20 minutes

PEPPERS - SAVORY

Prepare ~1 pound chili peppers
cut in half lengthwise or in round slices
remove seeds and pith
Pack tightly in jars and add spices to each quart (use ~half as much for pints)
1 bay leaf
10 peppercorns
¼ tsp mustard seed
¼ tsp celery seed
Pickling brine: Fill quart jars to 1" of top, pint jars to ½" of top
3 cups white vinegar
1 cup water
2 Tablespoons pickling salt
Water Bath 15 – 20 minutes