



## 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