



# VEGGIE PICKLING

## SUPPLIES NEEDED:

- 1 LB OF FRESH VEGETABLES (EX. CARROTS, CUCUMBERS, BEETS, ONIONS, ETC)
- 1 TSP OF RED PEPPER FLAKES
- 2 TSP OF DRIED DILL
- 2 GARLIC CLOVES, SMASHED
- 1 TBSP OF SALT
- 1 TBSP OF SUGAR
- 1 CUP OF VINEGAR (EX. WHITE, RICE, APPLE CIDER, WHITE WINE, ETC)
- 1 CUP OF WATER

## EQUIPMENT NEEDED:

- 2 16OZ JARS
- SAUCEPAN
- KNIFE

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- WASH AND DRY VEGETABLES, PEELING THEM IF NEEDED, AND SLICING THEM INTO ROUNDS OR STICKS.
  - DIVIDE THE RED PEPPER FLAKES, DILL, AND GARLIC BETWEEN BOTH JARS.
  - ADD VEGETABLES EVENLY TO EACH JAR, PACKING IT IN AS TIGHTLY AS YOU CAN WITHOUT CRUSHING THEM. THERE SHOULD BE HALF AN INCH BETWEEN THEM AND THE RIM OF THE JAR.
  - PLACE VINEGAR, WATER, SALT, AND SUGAR IN A SAUCEPAN ON HIGH HEAT UNTIL IT BOILS AND SALT AND SUGAR HAVE DISSOLVED.
  - POUR VINEGAR MIXTURE EVENLY BETWEEN BOTH JARS, LEAVING HALF AN INCH OF SPACE FROM THE RIM. TAP THE JAR TO REMOVE AIR BUBBLES AND POUR EXTRA BRINE IN IF NEEDED. YOU MAY NOT NEED TO USE ALL OF THE BRINE.
  - SEAL THE JARS AND LET THEM COOL TO ROOM TEMPERATURE BEFORE PLACING IN THE FRIDGE FOR 48 HOURS BEFORE OPENING. THE PICKLED VEGETABLES WILL KEEP IN THE FRIDGE FOR UP TO 2 MONTHS.

**FUN  
FACT**

THE FIRST RECORD OF THE PICKLE IS DATED TO 2400 BCE IN ANCIENT MESOPOTAMIA. NOW THAT'S AN OLD PICKLE!