

Pickling



Pickling is a form of preserving produce in a brine of vinegar and salt: it is a great way to extend the life of many crisp, seasonal fruits and vegetables.

What to pickle

Many firm, crisp vegetables can be pickled: cucumbers, radishes, cabbage, carrots, green beans, beets, peppers, onions, and more. Even some fruits can be pickled: peaches, cherries, apples, and watermelon rind make tasty pickled snacks.



Types of pickles

While pickles can be fermented or canned, the easiest way to pickle is in the fridge with a simple vinegar brine. Check out the recipe on the other side of this card.



Using pickles

Pickles make a tasty and refreshing snack, but there are lots of other ways to eat them too! Add to sandwiches, chop and add to pasta or tuna salads, or serve with cheese & salami for a fancy appetizer. You can even incorporate them into cocktails!

Quick Fridge Pickles



Ingredients:

- 8-10 firm pickling cucumbers*
- 3 tbsp kosher or pickling salt (table salt may discolor the pickles)
- 2 tbsp chopped fresh dill
- ½ cup white vinegar

Directions:

1. Cut cucumbers into slices or spears. Pack them as tightly as possible into a quart jar. Add salt and dill, then pour in white vinegar. Close the jar and shake it to distribute the ingredients.
2. Add ½ cup cold water, or just enough to almost cover cucumbers. Within an hour or two, the salt will draw the moisture from the cucumbers and wilt them, while the liquid becomes a perfectly balanced pickle brine.
3. You can eat them as little as 1 to 2 hours later, but they become ideal at 6 to 8 hours. They'll keep in the fridge, submerged in their brine, for 3-4 weeks.



*Try using other vegetables as well: any firm vegetable will work. Try carrots, cauliflower, peppers, green onions, beets, okra, or anything else you have on hand!