



## Vegetable Pickles

*Remember to follow tested recipes for vegetable pickles. Pickles are acidified vegetables--vinegar or other sources of acid are key ingredients. Omitting or skimping on the amount of acid or not following the directions exactly can lead to the very serious illness.*

### SAUERKRAUT

25 Pounds cabbage

$\frac{3}{4}$  cup canning or pickling salt

**Quality:** For the best sauerkraut, use firm heads of fresh cabbage. Shred cabbage and start kraut between 24 and 48 hours after harvest.

**Yield:** About 9 quarts

**Procedure:** Work with about 5 pounds of cabbage at a time. Discard outer leaves. Rinse heads under cold running water and drain. Cut heads in quarters and remove cores. Shred or slice to a thickness of a quarter. Put cabbage in a suitable fermentation container (see page 6-6) and add 3 tablespoons of salt. Mix thoroughly, using clean hands. Pack firmly until salt draws juices from cabbage. Repeat shredding, salting, and packing until all cabbage is in the container. Be sure it is deep enough so that its rim is at least 4 or 5 inches above the cabbage. If juice does not cover cabbage, add boiled and cooled brine (1-1/2 tablespoons of salt per quart of water). Add plate and weights; cover container with a clean bath towel. Store at 70° to 75°F while fermenting. At temperatures between 70° and 75°F, kraut will be fully fermented in about 3 to 4 weeks; at 60° to 65°F, fermentation may take 5 to 6 weeks. At temperatures lower than 60°F, kraut may not ferment. Above 75°F, kraut may become soft.

If you weigh the cabbage down with a brine-filled bag, do not disturb the crock until normal fermentation is completed (when bubbling ceases). If you use jars as weight, you will have to check the kraut two to three times each week and remove scum if it forms. Fully fermented kraut may be kept tightly covered in the refrigerator for several months or it may be canned as follows:

**Hot pack**—Bring kraut and liquid slowly to a boil in a large kettle, stirring frequently. Remove from heat and fill hot jars rather firmly with kraut and juices, leaving 1/2-inch headspace.

**Raw pack**—Fill hot jars firmly with kraut and cover with juices, leaving 1/2-inch headspace.

Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process according to table below:



## Recommended process time for Sauerkraut in a boiling-water canner

Style of Pack	Jar Size	Process Time at Altitudes of			
		0–1,000 ft	1,001–3,000 ft	3,001–6,000 ft	Above 6,000 ft
Hot	Pints	10 min	15	15	20
	Quarts	15	20	20	25
Raw	Pints	20	25	30	35
	Quarts	25	30	35	40

Source of approved recipe: United States Department of Agriculture: Complete Guide to Home Canning, Guide 6 pages 8-9. 2015 edition.

### **Bread and Butter Zucchini Pickles Yield: 8 to 9-pint jars**



- 16 cups sliced zucchini squash
- 4 cups thinly sliced onions (about 1 ½ pounds medium onions)
- ½ cup pickling or canning salt
- 4 cups white vinegar 5%
- 2 cups sugar
- 2 teaspoons turmeric
- 2 tablespoons celery seed
- 4 tablespoons mustard seed

1. Slice zucchini into rounds, ¼ thick. Slice onions into ¼ inch slices.
2. Place sliced vegetables in a large flat, glass or plastic container. Cover sliced vegetables with 1-inch of water and the salt. Let stand for 2 hours. Add ice cubes over the top, if desired.
3. Drain thoroughly after the 2 hours. Rinse vegetables in cool water if you desire a less salty product.
4. Bring spices, sugar and vinegar to a boil in a non-aluminum saucepan.
5. Add the sliced vegetables to the spice/vinegar mixture.
6. Bring the mixture to a boil. Simmer for 5 minutes
7. Pack pickles into clean pint-size canning jars. Remove bubbles. Wipe rims and place on prepared sealing lids and ring bands. Treat canning lids according to manufacturer's instructions.
8. Place jars in a boiling water canner. Fill with enough water to cover the top of the jars by 1-2 inches. Bring the water to a boil. After the water begins to boil,

process pints or quarts for 10 minutes. (see chart below for higher altitude times) After processing time elapses, turn off the heat. Let jars sit in hot water for an additional 5 minutes.

9. Remove jars from the canner; place on cooling rack or cloth. Let sit undisturbed for 12- 24 hours.
10. Wipe jars clean including under the ring band. Store in a cool, dry location.

Recommended process time for Pickled Bread-and-Butter Zucchini in a boiling-water canner				
Style of Pack	Jar Size	Process Time at Altitudes of		
		0–1,000 ft	1,001–6,000 ft	Above 6,000 ft
Hot	Pints or Quarts	10 min	15	20

**Source of approved recipe:** USDA’s Complete Guide to Home Canning--2015, Guide 6, page 26.

### **PICKLED DILLED OKRA**

- 7 pounds small okra pods
- 6 small hot peppers
- 4 teaspoons dill seed
- 8 to 9 garlic cloves, peeled and pierced to allow vinegar penetration
- 2/3 cup canning or pickling salt
- 6 cups water
- 6 cups vinegar (5%)



**Yield:** About 8 to 9 pints

#### **Procedure:**

- 1) Wash and trim okra.
- 2) Fill hot jars firmly with whole okra, leaving 1/2-inch headspace.
- 3) Place 1 garlic clove in each jar.
- 4) Combine salt, hot peppers, dill seed, water, and vinegar in large saucepan and bring to a boil.
- 5) Pour hot pickling solution over okra, leaving 1/2-inch headspace.
- 6) Pack pickles into clean pint-size canning jars. Remove bubbles. Wipe rims and place on prepared sealing lids and ring bands. Treat canning lids according to manufacturer’s instructions.

- 7) Place jars in a half-filled boiling water canner that has been heating with water to 140 degrees F. Fill with additional water to cover the top of the jars by 1-2 inches. Bring the water to a boil. After the water begins to boil, process pints for 10 minutes. (see chart below for higher altitude times) After processing time elapses, turn off the heat. Let jars sit in hot water for an additional 5 minutes.
- 8) Remove jars from the canner; place on cooling rack or cloth. Let sit undisturbed for 12- 24 hours.
- 9) Wipe jars clean including under the ring band. Store in a cool, dry location.

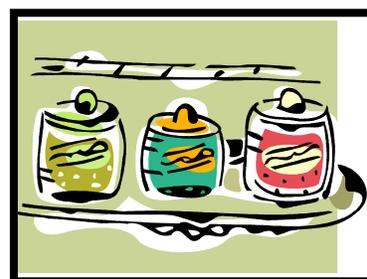
Recommended process time for Pickled Dilled Okra in a boiling-water canner				
Style of Pack	Jar Size	Process Time at Altitudes of		
		0–1,000 ft	1,001–6,000 ft	Above 6,000 ft
Hot	Pints	10 min	15	20

**Source of approved recipe:** USDA’s Complete Guide to Home Canning--2015, Guide 6, page 19.

## **OTHER APPROVED PICKLE RECIPES:**

### **PICKLE RELISH**    **Yield:** About 9 pints

- 3 quarts chopped cucumbers
- 3 cups each of chopped sweet green and red peppers
- 1 cup chopped onions
- 3/4 cup canning or pickling salt
- 4 cups ice
- 8 cups water
- 2 cups sugar
- 4 tsp each of mustard seed, turmeric, whole allspice, and whole cloves
- 6 cups white vinegar (5%)



**Procedure:** Add cucumbers, peppers, onions, salt, and ice to water and let stand 4 hours. Drain and re-cover vegetables with fresh ice water for another hour. Drain again. Combine spices in a spice or cheesecloth bag. Add spices to sugar and vinegar. Heat to boiling and pour mixture over vegetables. Cover and refrigerate 24 hours. Heat mixture to boiling and fill clean jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process half pints or pints for 10 minutes in a boiling water canner with water over the top of the jars by one to two inches. At the end of the processing time, leave the jars in the canner’s hot water for 5 more minutes. Then remove to a cooling rack. Leave for 12-24 hours. Check seals. Remove ring bands and clean jars. Store in a cool, dry, dark location. **Source:** *United States Department of Agriculture: Complete Guide to Home Canning 2015 edition.*

## **BREAD-AND-BUTTER PICKLED JICAMA**

- 14 cups cubed jicama
- 3 cups thinly sliced onion
- 1 cup chopped red bell pepper
- 4 cups white vinegar (5%)
- 4-1/2 cups sugar
- 1 teaspoon pickling salt, if desired
- 2 tbsp mustard seed
- 1 tbsp celery seed
- 1 tsp ground turmeric



**Yield:** About 6 pints

**Procedure:** Combine vinegar, sugar, spices and salt, if used, in a 12-quart Dutch oven or large saucepot. Stir and bring to a boil. Stir in prepared jicama, onion slices, and red bell pepper. Return to a boil, reduce heat and simmer 5 minutes. Stir occasionally. Fill hot solids into hot pint jars, leaving 1/2-inch headspace. Cover with boiling cooking liquid, leaving 1/2-inch headspace. Add ½ teaspoon salt to each jar if desired. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process half pints or pints for 15 minutes in a boiling water canner with water over the top of the jars by one to two inches. When processing time is completed, turn off the heat and leave jars in the hot water for 5 more minutes. Then remove jars from the canner to a cooling rack. Cool for 12-24 hours; check for seals. Remove ring bands; clean the jars. Store clean jars in cool, dry and dark location for best quality products.

**Source:** United States Department of Agriculture: Complete Guide to Home Canning, Guide 6, page 18 2015 edition.

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## PICKLED BEETS

- 7 pounds of 2- to 2-1/2-inch diameter beets
- 4 cups vinegar (5%)
- 1½ teaspoons canning or pickling salt
- 2 cups sugar
- 2 cups water
- 2 cinnamon sticks
- 12 whole cloves
- 10 whole peppercorns (optional)
- 1 teaspoon whole allspice (optional)
- 1 tablespoon mustard seed (optional)
- 4 to 6 onions (2- to 2-1/2-inch diameter), if desired



**Yield:** About 8 pints **Recipe Source:** USDA Complete Guide to Home Canning, Guide 6, page 15. 2015 version.

**Procedure:** Trim off beet tops, leaving 1 inch of stem and roots to prevent bleeding of color. Wash thoroughly. Sort for size. Cover similar sizes together with boiling water and cook until tender (about 25 to 30 minutes). **Caution: Drain and discard liquid.** Cool beets. Trim off roots and stems and slip off skins. Slice into 1/4-inch slices. Peel and thinly slice onions. Combine vinegar, salt, sugar, and fresh water. Put spices in cheesecloth bag and add to vinegar mixture. Bring to a boil. Add beets and onions. Simmer vegetables in spiced brine for 15 minutes. Remove spice bag. Fill jars with beets and onions, leaving 1/2-inch headspace. Add hot vinegar brine solution, allowing 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process according to chart below in a boiling water canner with water over the top of the jars by one to two inches.

**Variation:** For pickled whole baby beets, follow above directions but use beets that are 1-to 1-1/2 inches in diameter. Pack whole; do not slice. Onions may be omitted.

Recommended process time for Pickled Beets in a boiling-water canner					
Style of Pack	Jar Size	Process Time at Altitudes of			
		0–1,000 ft	1,001–3,000 ft	3,001–6,000 ft	Above 6,000 ft
Hot	Pints or Quarts	30 min	35	40	45

**Source of approved recipe:** United States Department of Agriculture: Complete Guide to Home Canning, Guide 6, page 15-16, 2015 edition. Optional spices from Pickled Beets recipe found in from the Ortho Books: All About Pickles.

## FRESH PACK QUICK DILL PICKLES

(Makes 7 to 9 pints)



- 8 pounds cucumbers, freshly picked
- 2 gallons water
- 1 ¼ cups canning or pickling salt, divided
- 6 cups vinegar (5% strength)
- 8 cups water
- ¼ cup sugar
- 2 tablespoons whole mixed pickling spices, optional
- 3 tablespoons dill seed or 9 heads fresh or dried dill seed (1 ½ heads or 1 ½ teaspoon per pint jar).
- 3 tablespoons mustard seed (1 teaspoon per pint jar)

- 1) For whole pickles, small cucumbers up to 4 inches long are preferred. Cut larger cucumbers into slices or spears.
- 2) Wash cucumbers thoroughly. Cut one-sixteenth end off of blossom end. Discard. Leave ¼ inch of stem on each pickle if possible.
- 3) Dissolve ¾ cup salt into the two gallons of water. Pour over prepared cucumbers and let sit for 12 hours. Drain and rinse if less salty pickles are desired.
- 4) Combine the ½ cup salt, ¼ cup sugar, 6 cups vinegar and 8 cups water in stainless steel pan. Tie up the whole pickling spices into a square of cheesecloth and put into pan. Heat mixture to a simmer.
- 5) To each pint jar add 1 ½ heads of dill or 1 ½ teaspoons of dill seed, and 1 teaspoon mustard seed. Add the cucumbers to each jar allowing ½ inch head space.
- 6) Fill jars with hot vinegar-water solution to ½ inch from the top. Remove bubbles. Wipe rims of the jars. Top with prepared canning lids and sealing bands. Place jars into warm water in a boiling water canner. Cover jars with water at least one inch over the top of the jars. Turn the heat to HIGH and bring water to a boil. Process pints for 10 minutes and 15 minutes for quarts. Begin counting the process time when the water starts to boil. At the end of the processing, turn off the heat and leave jars in water for 5 more minutes.
- 7) Remove the jars from the canner to a padded cooling rack and let cool undisturbed for 12-24 hours. Jars that have not sealed should be stored in the refrigerator.
- 8) Clean jars; then store in a cool, dark, dry location. Pickles are best if you wait four weeks before eating.

### Recommended process time for Quick Fresh-Pack Dill Pickles in a boiling-water canner

Style of Pack	Jar Size	Process Time at Altitudes of		
		0–1,000 ft	1,001–6,000 ft	Above 6,000 ft
Raw	Pints	10 min	15	20
	Quarts	15	20	25

**Source:** United States Department of Agriculture: Complete Guide to Home Canning, Guide 6 page 10, 2015 edition.

## PICKLED GREEN BEANS --DILLY BEANS –Makes 7 to 8 pints

- 4 Pounds of green beans
- 8-16 heads of dill or 8 tablespoons dill seed (allow 1  
Tablespoon dill seed or 1 head fresh dill per jar
- ½ cup pickling salt
- 8 cloves garlic (optional)
- 1 teaspoon hot red pepper, crushed (optional)
- 1 Tablespoon mustard seed (optional)
- 4 Cups vinegar
- 4 Cups water



1. Wash beans thoroughly and cut to fit the jars or in small uniform pieces.
2. Add 1 or 2 heads of dill or 1 tablespoon dill seed to each jar.
3. Pack beans into clean, pint-sized jars making sure there is ½ inch headspace.
4. Combine salt, vinegar, water and crushed peppers if used; heat the mixture to just barely boiling (simmering).
5. Fill with hot vinegar mixture to ½ inch of jar top. Remove bubbles. Wipe rims of jar.
6. Add lids and ring bands prepared following manufacturer's directions.
7. Then place the jars into a boiling water canner that has been heated to 140 degrees F. Fill canner with additional water, if needed, to cover the jars by one to two inches of water over the jars.
8. Process the pint jars in a boiling water bath canner for 10 minutes. Start timing when the water boils. When the processing time is completed, turn off the heat and let the jars sit in the hot water for an additional 5 minutes.
9. Remove the jars from the canner to cooling rack. Let cool in non-drafty location for 12-24 hours. Check seals. Remove ring bands and clean the jars. Dry jars and replace clean ring bands if desired. Store in a cool, dry, dark location for best quality product.

**Recipe Source:** United States Department of Agriculture: Complete Guide to Home Canning, Guide 6 page 14, 2015 edition.