



Coastal
Foodways

PICKLING BASICS

WHAT IS PICKLING?

Pickling is the process of preserving edible products in an acid solution – like a pickling brine. It's a simple way to preserve shelf-stable food!

WHAT DO YOU NEED?

- Clean jars
- Produce for pickling
- Ingredients for the brine (vinegar, water, salt, sugar)
- Pickling spices
- A canning pot for the water bath

WHAT'S THE METHOD?

Cut your veggies to size and pack them into clean jars, leaving about ½" of space at the top of the jar. Put in pickling spices to taste (we like to do about ½ tsp per pint jar), then slowly pour prepared pickling brine into the jars until the veggies are covered.

Put new lids on the jars, then tighten the rings "finger tight," or as tight as you can get them using only your fingers.

Place your jars in a water bath on the stove and bring them to a rolling boil for 10 minutes, then lift them out of the pot and set them aside to cool. Make sure your lids pop and seal, then store the jars in a cool, dark place.

BASIC BRINE RECIPE

- 1 cup water
- 1 cup vinegar
- 1 tablespoon salt
- 1 tablespoon sugar

Combine ingredients and bring them to a rolling boil.
Try apple cider vinegar for a sweeter flavour profile!

MORE INFORMATION

For more information on pickling methods and options, including quick pickling, we recommend checking out the Old Farmer's Almanac Step-by-Step Pickling Guide or Mountain Feed and Farm Supply's Home Pickling Basics.