

Quick Refrigerator Pickles

YIELD: ABOUT 10 SERVINGS PER JAR

We developed this recipe for the FoodCorps lesson, Quick, Pickle That!. Use the delicious sweet and savory examples below, or refer to the table to explore even more possibilities. Note: You'll need approximately 5 cups of produce (1 cup for each group). Consider having two produce options, so half the groups can work on a different main ingredient.

PICKLING BRINE RATIO

- 2 cups vinegar
- 2 cups water
- 2 tablespoons salt



STEPS

1. Adjust the brine amounts assuming each half-pint jar will need approximately a ½ cup of brine. Combine ingredients in a saucepan over high heat and bring to a boil.
2. Stir liquid so the salt dissolves, then remove from heat.
3. Let cool and then store in an airtight container until ready for use.

Examples

EXAMPLE OF A SAVORY PICKLE

- 1 cup carrots (about 1 ½ medium carrots)
- ½ tablespoon coriander seeds
- 1 garlic clove
- ½–1 cup of rice vinegar brine, enough to submerge fruit/veg in jar (an extra ¼ cup)

EXAMPLE OF A SWEET PICKLE

- ¾–1 cup strawberries
- ½ tablespoon honey
- ½–1 cup of apple cider vinegar brine, enough to submerge fruit/veg in jar

STEPS

1. Prepare fruit and/or vegetables—enough to fit in one ½-pint jar, approximately 1 cup.
2. If making a sweet brine, stir honey or sweetener of choice into brine until it dissolves.
3. Place half of herbs and seasoning at the bottom of the jar. Fill halfway with the vegetable, add the rest of herbs and seasoning, then add the rest of the vegetable. Pour the prepared brine over ingredients, leaving ½ inch of headroom at the top.
4. Wipe down jar rim, and screw on metal top. Refrigerate immediately.
5. Remember to eat the pickles within three weeks after making them. Children who are at high risk for food-borne illnesses (those with compromised immune systems) should eat refrigerator pickles within the fresh food guideline time frame of three days.

See next page for flavor variations.

Possible Pickle Ingredients

Produce

Carrots
Cucumbers
Green beans
Radishes
Rhubarb
Strawberries
Summer squash
Sweet peppers
Turnips
Zucchini

Vinegar

(1-to-1 ratio with water)

Apple cider vinegar
Rice vinegar
White vinegar

Herbs and Seasoning

Basil
Coriander seeds
Dill flower heads and seeds
Garlic cloves
Honey
Mint
Paprika
Rosemary
Thyme
Turmeric