



BILLINGS FARM & MUSEUM

FUN AT HOME PICKLING

Pickling is a way of preserving foods for long periods of time. The earliest “pickling” happened in ancient Mesopotamia several thousand years ago! To pickle a fruit or vegetable is to submerge them in an acidic or saltwater brine until the fruits and vegetables are no longer considered raw. By placing food into the brine and tightly sealing the container, bacteria can’t survive, allowing the food to last longer.



Fast Facts

- The word pickle originates from the Dutch word “pekel” which means salt or brine.
- Cucumbers (the source of pickles) originated in India
- The invention of the Mason Jar by John Landis Mason in 1858 helped improve pickling because his jars could seal food as well as withstand the heat used to process the food.
- You can pickle: beets, bell peppers, carrots, green beans, strawberries, squash, radishes, rhubarb, tomatoes, and turnips!



RECIPE: DILL PICKLES

USING YOUR SUMMER CROP OF CUCUMBERS, TRY MAKING PICKLES! IF YOU WANT YOUR PICKLES TO LAST FOR A YEAR, WE'VE INCLUDED STEPS TO "CAN" THE PICKLES. OTHERWISE THE PICKLES WILL BE GOOD FOR SEVERAL WEEKS IN THE FRIDGE.

Materials:

- 1 ½ pound of cucumbers
- 4 cloves of garlic (or garlic powder equivalent)
- 2 teaspoons of dill seeds
- ½ teaspoons of red pepper flakes
- 1 cup of apple cider vinegar
- 1 cup of water
- 1 ½ tablespoon of kosher salt
- 2 wide mouth pint jars with lids
- Large pot (to can)

Steps:

1. Wash out jars and wipe off lids. If you are canning, sterilize the jars and lids by placing them in boiling water.
2. Wash and dry the cucumbers. Cut off the stem. Slice the cucumber the way you want. (i.e. spears, rounds, etc.)
3. Per each jar: 2 cloves of garlic, 1 teaspoon of dill seed, ¼ teaspoon of red pepper flakes.
4. Put cucumbers in the jar leaving a ½ inch of space between the top.
5. Bring vinegar, water, and salt to a boil. Pour brine into jars leaving ½ inch of space at the top.

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Steps (continued):

6. Tap jars against the counter to get rid of air bubbles
7. Put lids and rings on.
8. If you are canning, place the cans in boiling water for five minutes. Remove immediately and make sure the lid has popped down. If not, those pickles should be eaten first after refrigerating them.
9. Let jars get to room temperature. If you canned the pickles they can be left unopened at room temperature. If you chose not to can, place pickles in the fridge.
10. Canned pickles last a year. Once opened they will last a few weeks in the fridge. “Unprocessed” pickles (ones that did not go through the second water bath) can last for a few weeks in the fridge.

Tip: At least wait 48 hours before opening your new pickles!