

## **PICKLED VEGETABLES**

*These recipes for pickled cucumbers and pickled beans come from my sister, Elaine. She is responsible for turning me on to home canning, and I hold her responsible for my obsessive preoccupation with fresh produce and the many ways it can be preserved. My sister and I have developed a friendly, competitive attitude toward our canning, egging each other on by sending pictures of the day's accomplishments throughout a weekend of canning. Needless to say, both families have benefitted from this lighthearted competitive banter, though the husbands may not have been thrilled with the necessity to build larger pantries due to the increase in jar production.*

## **PICKLED GREEN BEANS**

Yield: approximately 7 pints

4 pounds green beans (about 4 quarts)

5 cups white vinegar

5 cups water

½ cup pickling salt

½ tsp dill seeds per jar

1 garlic clove per jar

½ tsp whole mustard seeds per jar

½ tsp crushed red pepper per jar

□ Optional: I have also started adding a handful of carrot sticks and sliced red and yellow peppers into my jars for a little color. Wash the beans and cut to fit into the jars. Combine the vinegar, water, and salt and bring to a boil.

Into each clean, hot pint jar, place the dill seeds, garlic clove, mustard seeds and crushed red pepper. Pack the beans into the jars. Pour the hot brine over the beans, leaving ½ inch headspace. Adjust seals. Process in a boiling water bath canner for 10 minutes. Allow the jars to sit for a minimum of 4 weeks to develop the full flavor.

*Original recipe source from Alice V. Lucas, Poughkeepsie, New York, and Jerry K. Otto, Roy, Washington.*

## PICKLE STICKS

Yield: approximately 8 pints

36-50 4-inch cucumbers

5 ½ cups white vinegar

4 cups water

8 tbsp pickling salt

4 tbsp celery seeds

4 tbsp turmeric

1 tbsp mustard seeds

9 cups of sugar \*\*Since I prefer my dill pickles more sour than sweet, I omit the sugar from my batches. You can adjust to suit your own taste.

Wash the cucumbers and cut into strips. Combine the remaining ingredients in a sauce pan and bring to a boil. Boil for 5 minutes.

Meanwhile, pack the cucumber sticks into hot, sterilized pint jars. Pour the hot vinegar solution over the cucumbers, leaving ½ inch headspace. Seal.

Process in a boiling water bath canner for 5 minutes.

*Original recipe source from Mrs. Walter Pool, Lancaster, Ohio.*