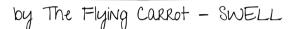




DILL PICKLES





Ingredients

Makes 5 jars

15 small pickling cucumbers

10 garlic cloves, peeled and halved

10 tsp. dill seed

2 ½ tsp. red chili flakes

2 ½ cups distilled white vinegar

2 ½ cups apple cider vinegar

5 cups water

7 Tbsp. salt

Directions

Slice cucumbers into spears and divide equally between the jars. Add 2 cloves of garlic, 2 tsp of dill seed, and 1/2 tsp of chili flakes to each jar. Add the onion slices, divided equally between the jars. In a pot, bring the remaining ingredients to a boil to create the brine, then ladle the brine into the jars. Be sure to leave 1/2 inch of space below the top of the jar. Seal jars with lids and rings.

For refrigerator pickles: Allow jars to cool and place in the refrigerator. Should keep for up to two weeks. For longer storage: Add the jars to a warm water bath. Bring water to a boil and boil for five minutes. Remove from heat, allow to cool and place jars on the shelf for storage.

For tips and food safety information visit: https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/making-pickles-9-304/

We believe that health starts with good food, but good food does not exist without real farms.

Thank you for joining our sibscription program and helping us promote health through a sustainable food system.

Mother Earth will thank you too, and you will feel the difference!











