

Pickling

Class Length:

1 hour 15 min

Class Size:

Up to 25 participants

Class Location:

Learning Lab @ the Farber Farm

Materials:

- jars or crocks
- lids and air locks
- weights
- sea salt (granulated)
- water
- veggies & herbs (whatever is planned)
- vinegar (if doing quick pickles)
- bowls
- paper towel
- sauce pan

Introduction: There are two types of pickling methods that we work with at the Farber Farm.

One being lacto-fermentation, which is the process of using salt water instead of the typical vinegar pickles. The pickles will ferment, and the sugars and starches inside the vegetables will be turned into lactic acid by our best friend lactobacilli – bacteria our bodies want! - which means a lot of healthy probiotics will help pickle the veggies, which will keep our bodies healthy, and will help fight colds!

The other method is quick vinegar pickles in which we mix white vinegar, or a vinegar of your choice, combined with water, sea salt, and sugar if you so choose, to create a quickly pickled vegetable. Examples of this would be quick pickled radishes or onions.

Instructions:

Lacto-fermented

- 1 TBS sea salt
- 1 cup water
- 1 grape leaf (optional)*
- 3-4 coriander seeds
- 5-6 dill seeds

- Enough veggie of choice to fill the 8 oz jar

1. Add all ingredients to the 8 oz jar, and separately mix the 1 tbs sea salt with the 1 cup warm water.
2. Once mixed, add the salt water solution to the jar, screw on the cap tightly, and give it a good shake!
3. Store your pickle jar in a warm, dark space. A kitchen cabinet is best. Every day for one week give your pickle jar a shake, and loosen the lid for a few minutes so that the lactobacilli (good bacteria) can breath and break down the sugars in the vegetable.
- 3b. If you have a pickle pipe lid, or an airlock lid, you can skip the daily shake step, because the gas let off by the fermenting veggies will release by itself!
4. Taste a piece after a week, and if you want it to be pickled even more, go ahead and repeat step 3 for another week. Refrigerate & Enjoy!

* grape leaves contain tannic acid, a compound to preserve crispness. You can also use oak leaves, bay leaves, or even black tea.

QUICK PICKLES

- 2 pickling cucumbers or veggie of choice
- ½ cup white vinegar
- ½ cup hot water
- ½ tbs sea salt
- 1 tsp sugar (optional)
- ½ tsp of each: dill seed, coriander seed (optional)
- ¼ tsp of each: mustard seed, black peppercorn (optional)
- 1 garlic clove

1. Combine vinegar, hot water, salt, and sugar (optional – will help cut sourness of pickles) in a saucepan or heat proof measuring cup. Mix solution until all ingredients dissolve.
2. Prep jars with warm water so hot solution doesn't crack your jar (make sure you pour the warm water out before adding your cucumbers and solution).
3. Place cukes, garlic and all seeds and peppercorns in the jar. Pour your hot solution over ingredients, leaving 1 cm (1/2 in) head space from the top of the jar.
4. Place in refrigerator overnight. Will last one week or so in the fridge from opening.