



OLD FARM COMMUNITY GARDENS NEWSLETTER

September 2021

A Word from Your President

Happy Gardening EVERYONE!

As you are reading this I am happy to announce your "NEW" OFCG Garden Board. Your eight members are: Tiffany Lherisson, Cynthia Fox, Susan Metzger, Hope LaMonica, Mike Harvey, Frank Pado, Chris Scott and Carol Kinate. As I indicated in a previous email the New board will choose your New officers. You will be notified by me who they are before they take over their positions at our Annual picnic (September 25th).

It has been a pleasure being your President for the last year but I know you are going to be very pleased with your new leadership. Thanks to everyone that voted!

DATES TO REMEMBER:

- September 25th (OFCG Annual Picnic)
- October 31st (DEADLINE for year-end cleanup)

Carol Kinate, Board President
719-648-9015 (call/text)

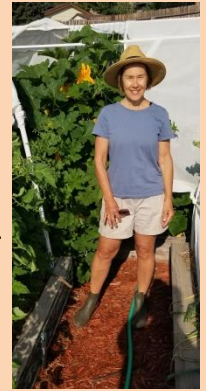
P.S. I hope you enjoy this edition of our newsletter with a focus on pickling. If you would like to see the newsletter continue next year, please send a quick email to debraathitis@gmail.com.

Gardener's Profile

Susan Metzger

One of the best decisions I have made has been to become a member of O.F.C.G. This is my second year in the garden. The people I have met have enriched my life. Learning how to make things grow and putting the knowledge to work has brought such satisfaction. I love picking and using what I have labored over.

I see the garden as my spa, a haven away from the clamor and noise. The snakes still bring in a little turmoil from time to time but they are a good thing. I am a great weeder, and hopefully with each year I will be a productive gardener. Thanks to all who have encouraged and shared tidbits with me about my plot. So fun to pay it all forward.



Submitted by Carol Kinate

Quick Pickled Cucumbers - Refrigerator Pickles

- 1 cup water
- 1/3 cup vinegar (apple cider, white, and rice wine are all good)
- 2 tablespoons sugar (optional)
- 1 to 2 teaspoons salt
- sliced garden cucumbers (about 2 cups)
- sliced onion or green onion (about 1/2 cup)
- additional vegetables as you like (bell pepper, whole cherry tomatoes, etc.)

INSTRUCTIONS

- In a small bowl add the water, vinegar, sugar and salt. Stir to combine and until the sugar and salt have dissolved. Add the cucumber and onion. Taste and adjust the ingredients to your liking.
- All the cucumbers should be covered in the brine, if you have lots of cucumbers or are making a big batch, make more brine.
- Let the mixture rest in the fridge until you are ready to eat. The flavors develop over time, so an overnight soak is great but mine are normally gone by dinner.

- * You really can't mess this up. Just adjust to taste and enjoy!
- * The pickles will last at least a week in the fridge but get less crisp as time goes on.
- * You can reuse your brine a time or two, just add more cucumbers!



Submitted by Anna Stebbins

Sweet Pickle Relish

- 1 qt chopped cucumbers (approx 4 medium) ¼ C salt
- 2 C. chopped onions (approx 2 medium) 3 ½ C sugar
- 1 C chopped sweet green pepper (approx 1 medium) 2 C cider vinegar
- 1 C chopped sweet red pepper (approx 1 medium) 1 T celery seed
- 1 T mustard seed

Combine cucumbers, onions, green & red peppers in large bowl; sprinkle with salt and cover with cold water. Let stand 2 hours. Drain thoroughly; press out excess liquid. Combine sugar, vinegar & spices in drained vegetables and simmer 10 minutes. Pack hot into hot jars, leaving ¼-inch head space. Adjust caps. Process 10 minutes in boiling water bath. Yield about 8 half pints.

Bread & Butter Pickles

YIELD: 8 pints

- 6 lbs of 4-5" pickling cucumbers 4 C vinegar (5% acidity) 2 T mustard seed
- 8 C thinly sliced onions (about 3 lbs) 4 ½ C sugar 1 ½ T celery seed
- ½ C canning or pickling salt 1 T ground turmeric

Wash cucumbers. Cut 1/16" off blossom end and discard. Cut into 3/16" slices. Combine cucumbers and onions in large bowl. Add salt. Cover with 2" crushed or cubed ice. Refrigerate 3-4 hours, adding more ice as needed. Combine remaining ingredients in a large pot. Boil 10 min. Drain and add cucumbers and onions and slowly reheat to boiling. Fill jars with slice and cooking syrup leaving ½" headspace. Adjust lids and process 20 minutes in water bath. After processing and cooling, jars should be stored 4-5 weeks to develop ideal flavor. VARIATION: Substitute slender (1-1 ½" in diameter) zucchini or yellow summer squash for cucumbers.

Recipe from National Center for Home Food Preservation.

Submitted by Debra Othitis

Grow & Give Update as of August 27th:

OFCG - 644 pounds of produce donated to Care & Share to date.

Colorado State University Extension (statewide) - 10,721 pounds of produce donated to date.



Research-based recommendations and/or classes for most methods of home food preservation:

- National Center for Home Food Preservation - <https://nchfp.uga.edu/>
- El Paso County Extension Office - <https://elpaso.extension.colostate.edu/food-preservation/>

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September 2021 (page 2 of 2)

Dill Pickles (canning method)

Provided by Terry Schneider

8 cups water
3 cups white vinegar
1/2 cup kosher salt
5 pounds pickling cucumbers
6 large heads dill
1-2 Spicy red peppers sliced open (if spice desired for your pickles)
Onion (small amount to add flavor)
1/2 garlic clove per jar

Wash six 1-quart canning jars in a dishwasher set to hot. If not canning immediately, place in oven at lowest heat to warm before canning to avoid breakage during water bath.

Place lids and bands in a pot of water and simmer before sealing jars. Combine water, vinegar, and salt in a pot and bring to boil then remove from heat. Add peppers, onion and garlic to each jar. Place a head of dill in each jar and then pack cucumbers tightly into each jar. Pour brine into jars, leaving 1/2" of space at the top, but making sure cucumbers are completely covered. Close jars with lids and bands. Bands should be snug, but do not over-tighten.

Process jars in boiling water for 15 minutes. Store in a cool, dry place at least 3 weeks before eating. Refrigerate after opening; Unopened pickles may be stored up to a year.

Refrigerator Dill Pickles

Provided by Donna Jaime

3 pickling cucumbers 4-4 1/2" long, but no longer
1/4 oz fresh dill a few sprigs per jar
1/2 cup white vinegar
1/2 cup water
1 1/2 tsp kosher salt
1/4 tsp sugar
1/2 tsp whole mustard seeds
1/4 tsp whole black peppercorns
2 cloves garlic crushed with knife



1. Wash cucumbers and cut into spears or slices. Pack into a wide mouth pint sized canning jar, or any clean glass jar. Since these are refrigerator pickles a canning jar is not necessary. Tuck several sprigs of dill in between the cucumbers.

2. In a non-reactive saucepan combine the vinegar, water, garlic cloves, salt, sugar, mustard seeds, and peppercorns. Bring to a boil and stir until the salt and sugar are dissolved. Remove from heat and cool to room temperature.

3. Pour liquid over cucumbers in the jar. Make sure to include all the mustard seeds, peppercorns and garlic. (If making multiple jars, include two cloves of garlic per jar and divide the mustard seeds and peppercorns approximately evenly between jars.) If you are using a slightly larger jar and the liquid doesn't fully cover the pickles, fill the rest of the jar up with water.

4. Close the jar and refrigerate for a minimum of 24 hours but preferably 48 hours. Enjoy! (Recipe found on Pinterest)

Cowboy Candy

**makes 2 pints

Submitted by Chris Scott

Ingredients

1 pound fresh jalapeños
2 cups white granulated sugar
2/3 cup apple cider vinegar
1 teaspoon granulated garlic powder
1 teaspoon celery seed
1/2 teaspoon ground turmeric
1/4 teaspoon red pepper flakes



Instructions

- Using food safe gloves and a sharp knife, slice Jalapeños into rounds. Set aside.
- To a medium-size pot or dutch oven, add sugar, apple cider vinegar, garlic powder, celery seed, turmeric, and red pepper. Stir and bring to a boil. Reduce to a simmer and cook for 5 minutes, until sugar is completely melted.
- Add sliced jalapeños and stir. Bring mixture back to a boil, then reduce to a simmer and cook for 5 minutes, stirring every so often.
- Using tongs or a slotted spoon, remove peppers from pot and place into pint jars. Bring remaining liquid up to a boil to reduce mixture, cooking for approximately 5 minutes.
- Carefully pour syrup into jars, over the peppers and let cool. Cover with lid and store in refrigerator. Can be stored for up to three months.

Pickled Beets

Provided by Debra Othitis

Bring the following to a boil:

2 C vinegar
2 C water
2 C sugar
1 T cinnamon
1 tsp. ground cloves
1 tsp. allspice



Pour hot mixture over cooked, sliced beets which have been placed in hot pint jars. Seal with lids and caps. Process for 30 minutes. One batch of pickling mixture will cover approximately 6 pints of beets.

Home-Style Pickled Jalapenos

Submitted by Jennifer Phillips

Easy, Pickles, Waterbath Preserving

1.6 kg jalapeno peppers, seeded and quartered
250 g thinly sliced white onion
2 large carrots, thinly sliced
625 mL white vinegar (5% acidity)
625 mL water
2 T pickling salt
1 T sugar
6 garlic cloves (optional)



DIRECTIONS:

Put on gloves and cut peppers in half lengthwise; remove seeds. Cut halves in half lengthwise to create long strips. Place jalapeno strips in a large bowl. Add onion and carrot; toss well.

Combine vinegar and next 3 ingredients in a large, stainless steel or enameled saucepan. Bring to a boil.

Place 1 crushed garlic clove in a hot jar and pack jar tightly with vegetable mixture, leaving 1 cm headspace. Ladle hot pickling liquid over vegetables, leaving 1 cm headspace. Remove air bubbles. Wipe jar rim. Centre lid on jar. Apply band and adjust to fingertip-tight. Place jar in boiling-water preserver. Repeat until all jars are filled.

Process jars 5 minutes, adjusting for altitude. Turn off heat; remove lid and let jars stand 5 minutes. Remove jars and cool.

<http://www.freshpreserving.com.au/2018/11/30/home-style-pickled-jalapenos/>

Easy Refrigerator Dill Pickles

Provided by Terry Schneider

10-12 pickling cucumbers
4 cups water

2 cups white vinegar
2 tablespoons kosher salt
1 teaspoon sugar



Slice cucumbers into 1/4 inch slices or spears. Set aside

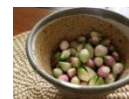
To make brine, combine water, vinegar, salt, and sugar in medium sauce pan. Bring to boil and swirl to make sugar and salt dissolve. Remove from heat and cool to room temperature.

Add cucumbers to jars. Do not pack them super tight as you will want room for the brine. Add the fresh dill, smashed garlic, and peppercorns to the jars. Finish by adding enough brine to cover the cucumbers. Seal with an airtight lid and store in the refrigerator for at least one week. Pickles should be good for at least 4-6 weeks after that. This recipe made enough for me to one pint and fill two quart jars.

Pickled Garlic Onions

Submitted by Jennifer Phillips

6 qt pearl onions
6 cloves garlic
4 C vinegar, 5% acidity
1 C water



1 C sugar
1 1/2 tsp Ball salt for pickling
Ball Pickle Crisp (optional)

PREP – To peel pearl onions, blanch in boiling water for 30 seconds. Immediately immerse onions in cold water. When onions are cool enough to touch, cut off 1/16 inch from root end and peel. Trim 1/16 inch from blossom end, if desired. Peel garlic and finely mince.

COOK – Combine vinegar, water, sugar, salt & minced garlic in medium saucepan. Bring to a boil. Reduce heat to a simmer for 5 minutes.

FILL – Pack onions into hot jars, leaving 1/2 inch headspace. Add 1/16 tsp Pickle Crisp to half-pint jars if desired. Ladle hot pickling liquid over onions, leaving 1/2 inch headspace. Remove air bubbles. Clean jar rim. Center lid on jar and adjust band to fingertip-tight.

PROCESS – Half-pint jars 10 minutes.

If you have questions or concerns about Old Farm Community Gardens, contact Carol Kinate at kinatec@aol.com or text 719-648-9015