

Easy Refrigerator Pickling
Tilth Alliance
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Fridge pickling is the easiest to make and can be safer than canning. Choose whatever firm and crispy veggies you like. Some favorites are green beans, onions, bell peppers, cucumbers, sliced carrots, cabbage and cauliflower. Leave whole, slice, or cut into bite sized pieces. The smaller the pieces, the faster they pickle.

Pack into a quart jar adding herbs and spices like a clove of garlic, a head of dill, or a spicy pepper. Add 1 Tablespoon sea salt or Himalayan pink salt.

Cover the veggies and herbs; fill the jar 1/3 with vinegar and 2/3 with water. Cap the jar, give it a shake and store in the fridge. Give the jar a shake whenever you go in the fridge.

Start tasting your pickles in about one week. They will get better as they age. After a year or so, the texture may start to break down, but these will be so delicious they never last that long!