



CANNING: PICKLES

Pickling is preserving a food with acid and salt. The key to safe pickling is making sure that the acid is high enough to kill any microorganism that can lead to spoilage and illness. There are four types of pickles: fermented or brined, quick pack, fruit, and relishes. See more information and recipes for all four types beginning on page 6.

INGREDIENTS

All vegetables, fruits, spices, and herbs used in pickle products should be fresh and of high quality. Pickling will not improve poor quality products.

Cucumbers Plant a variety of cucumbers intended for pickling. Immature salad or slicing cucumbers do not make good quality pickles. Burpless cucumbers are not recommended for pickles because they have a tough skin that may inhibit brine absorption and also contain enzymes that could cause pickles to soften. If you purchase cucumbers, make sure they have not been waxed. Although the wax used on cucumbers is completely safe, it may inhibit penetration of the brine and pickling solutions.

Pickle quality is affected by the time lapse between harvesting and pickling. Plan to pickle fruits or vegetables within 24 hours after harvesting. Soil can harbor bacteria that can cause spoilage or softening, so be sure vegetables are washed well, especially around the stem. Blossoms contain enzymes that can cause softening, so always remove a 1/16-inch slice from the blossom end of the vegetable.

Vinegar Cider vinegar or white distilled vinegar can be used in pickle recipes. Cider vinegar tastes more mellow, but may darken white or light-colored fruits and vegetables. White distilled vinegar has a sharper taste and should be used when a light color is important.

Do not use homemade vinegar. The level of acidity is important to both the flavor and safety of the product. Pickles may spoil if the vinegar contains less than 4 percent acetic acid. Never alter the amount of vinegar or water. All USDA tested pickle recipes are based on the use of vinegar with 4 to 6 percent acetic acid. This is the range of acidity of most high quality, commercially bottled vinegar.

Some fermented pickle products, like sauerkraut, do not require vinegar or acetic acid because of lactic acid produced during brining and fermentation. In certain recipes for genuine dill pickles, some vinegar is added initially and lactic acid is formed during the fermentation process.

Salt Use only canning or pickling salt. Table salt is pure but contains iodine and anti-caking agents that might cause pickles to darken or the liquid to become cloudy. Do not use flaked salt or rock salt.

Reduced sodium salt may be used in quick pickle recipes but the pickles will have a different flavor. Reduced sodium salt should not be used in fermented pickle recipes.

Always use the amount and type of salt specified. Salt, as used in brining, functions as a preservative. The brine draws moisture and natural sugars from the vegetable. Lactic acid is then produced, which prevents spoiling.

Water Use soft water for best results. Extremely hard water can interfere with curing and cause discoloration of pickles, particularly if the water has a high iron content. Some types of hard water can be softened by the following method. Boil water for 15 minutes, remove the scum, cover and let the water stand 24 hours. When the sediment has settled to the bottom, pour off the water without disturbing the sediment. Discard sediment and use water. Distilled or bottled water can be used for pickles also, but may be expensive.

Sugar Use white granulated sugar unless otherwise specified. Brown sugar may darken the liquid and change the flavor slightly. If you plan to use a nonnutritive sweetener, use tested recipes that accompany these products

Spices and Herbs Spices and herbs lose quality rapidly after opening; for best flavor always buy fresh seasonings yearly.

Use clean, fresh, insect-free heads of dill. Avoid overmature, dry, brown dill. Fresh dill is preferred because it gives better flavor, but 1 to 3 teaspoons dill seed can be substituted for one head fresh dill.

Lime Using quality ingredients and current pickling methods eliminates the need for crisping or coloring ingredients. Calcium increases the firmness of both pickled and fermented cucumber; alum only improves the firmness of fermented cucumbers. Pickling lime (calcium hydroxide) is a common calcium source added to firm pickles. DO NOT use quick lime or agriculture lime as they are unsafe for human consumption. Food-grade lime can be purchased

at most supermarkets and drugstores. Lime should be used only as a soak solution, not in the processing liquid. The absorbed lime will increase to the pH of the cucumbers so they must be rinsed thoroughly before processing according to the tested recipe.

Combine 1 cup pickling lime with ½ cup canning or pickling salt and 1 gallon water in a 2- or 3-gallon crock or enameled container. Avoid inhaling lime dust when mixing solution. Soak cucumbers in lime water for 12 to 24 hours. To rinse, drain the lime water solution, then put cucumbers in a large clean container and soak in fresh, cold water for 1 hour. Repeat rinsing and soaking steps two more times, using fresh, cold water each time. Drain well.

Store any leftover pickling lime in a clean, labeled glass jar with a tight fitting lid to keep the powder dry and free-flowing.

EQUIPMENT

Use unchipped enamelware, stainless steel, aluminum, or glass pots for heating pickling liquids. Do not use copper, brass, iron, or galvanized pans or utensils. These metals can react with acids or salts to produce undesirable changes in color or flavor, or even form toxic compounds.

Genuine dill pickles and sauerkraut are traditionally fermented in stoneware crocks but can be brined in large containers made of glass, unchipped enamelware, or food-grade plastic. Large plastic pails can be purchased in home winemaking shops or at restaurant supply stores. Do not use plastic wastebaskets or garbage cans or copper, iron, or galvanized metal containers.

Fermented pickles and sauerkraut must be kept submerged during the fermentation period. The vegetables should be covered by 1 to 2 inches of brine. Cover pickles with a clean, heavy glass lid, pie plate, or dinner plate and weight down with clean, sealed jars of water. Do not use stones or bricks that might introduce impurities. A heavy, food-grade plastic bag filled with brine makes a good cover and weight for sauerkraut and pickles. For extra protection use two plastic bags. The bag is filled with brine as a precaution; if it is punctured accidentally the brine in the container will not be diluted.

Cover the container of fermenting vegetables with a clean, heavy bath towel to prevent contamination from insects and molds. Be sure the towel does not smell like detergent or fabric softener because this could impart a perfumed or soapy flavor to the pickles.

JARS

Use standard canning jars and two-piece lids for packing pickles. Jars should be free of chips, cracks, or nicks that could prevent an airtight seal. Mayonnaise jars or other commercial jars are not recommended for home canning because they are not designed for use with two-piece lids and because the glass is more likely to break during heat processing. To clean jars, wash them in hot, soapy water and rinse well. If a sterilized jar is needed, follow the instructions given below. Prepare bands according to manufacturer's directions.

Mineral deposits or hard water film on jars can be removed by soaking the empty jars for several hours in a solution of 1 cup vinegar per gallon of water. To avoid mineral deposits on jars during processing, add ¼ cup vinegar per gallon of water used in the boiling water canner.

Sterilize empty jars Sterile jars should be used for all pickled products processed in a boiling water canner for less than 10 minutes or by low-temperature pasteurization. Jars do not have to be sterilized if food will be processed 10 minutes or longer.

To sterilize empty jars, put them right side up on the rack in a boiling water canner. Fill canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes if you are canning at altitudes of less than 1,000 feet or for 11 minutes if elevation is between 1,000 and 2,000 feet. Using a jar lifter or tongs, remove and drain hot sterilized jars one at a time. Fill with food, add lids, tighten screw bands and process. Save the hot water for processing filled jars.

PROCESSING

All pickle products must be heat processed to destroy yeast, mold, and bacteria that cause spoilage and to inactivate enzymes that might affect color, flavor, or texture of the product. Genuine dill pickles, sweet gherkins, and sauerkraut are heat processed to halt fermentation and destroy any microorganisms or enzymes that could cause spoilage or the development of off-flavors. Heat processing also ensures a good, airtight seal.

Processing time varies with altitude. As altitude increases, water boils at a lower temperature (less than 212° F). Since lower temperatures are less effective for killing bacteria, processing time must be increased as altitude increases when using a boiling water canner. Refer to the map on page 5 for the altitude of your county.

Pickle products can be heat processed in a boiling water canner or, if indicated in the recipe, by low-temperature pasteurization. Processing times for the boiling water canner and low-temperature pasteurization are not interchangeable. Level of acidity (pH), size of food pieces (density), and percentage of salt determine the processing

time and procedure necessary to safely preserve pickles. If processing in the boiling water canner, make sure the water is boiling (212° F) and use the specific time recommended in Table 1.

If the recipe indicates the pickles should be processed by the low-temperature pasteurization method, make sure the water is maintained at 180° F to 185° F and that the pickles are processed for the entire 30 minutes.

To process in a boiling water canner Fill canner halfway with water and preheat to 180°F for hot pack or 140°F for raw pack. Load jars into canner. Be sure water can circulate freely around each jar. Add boiling water to a level of 1 to 2 inches above the jars. Bring water in canner to a vigorous boil, adjust heat to maintain a gentle boil, cover, and process for the time specified in Table 1. Leave the lid on the canner. Keep water boiling (212°F) during the entire processing period. If water evaporates, add boiling water to keep it at least one inch over the top of jars. Do not reduce the processing time. When processed for the recommended time, turn off the heat and remove the canner lid. Wait five minutes before removing the jars.

To process by low-temperature pasteurization

Caution: Use only when recipe indicates. Low-temperature pasteurization results in better pickle texture but must be carefully managed to avoid possible spoilage. Place jars in a canner filled halfway with warm (120-140° F) water. Add hot water to a level 1 to 2 inches above jars. Regulate heat to maintain 180 to 185° F water temperature for

30 minutes. Check with a candy or jelly thermometer to be certain water temperature is at least 180° F during the entire 30 minutes. Temperatures above 185° F could cause unnecessary softening of pickles; temperatures below 180° F could result in spoilage. Do not change the processing time. Remove jars when processing time is up.

Remove and store jars After waiting five minutes, take jars from canner and set upright on a rack or on a folded cloth away from drafts. Do not tighten screw bands. Allow jars to cool undisturbed for 12 to 24 hours. Check for sealing failures. To test jar, press center of lid. If lid is down and will not move, jar is sealed. Remove screw bands carefully. Wash, dry, label, and store jars in a cool, dark place. If any jars have not sealed, refrigerate them. Pickles may be reprocessed starting with new lids and clean jars, but quality will be affected. Pickle products are safe as long as lids remain sealed. Never use products that show evidence of mold.

QUALITY

Many factors affect pickle quality, including soil and growing conditions, type of salt and vinegar used, variety and maturity of produce, time lapse between gathering and pickling, and method of processing. Always use USDA tested recipes and follow the directions exactly. Spoilage can result when improper processing, unsanitary techniques, or poor quality ingredients are used.

Table 1. Recommended Processing Times in a Boiling Water Canner

PRODUCT	STYLE of PACK	JAR SIZE	PROCESS TIMES at ALTITUDES of	
			0-1,000 FT	1,001-6,000 FT
DILL PICKLES	Raw	Pint	10	15
		Quart	15	20
QUICK DILL PICKLES	Raw	Pint	10	15
		Quart	15	20
REDUCED-SODIUM SLICED DILL PICKLES	Raw	Pint	15	20
PICKLED BEETS	Hot	Pint or Quart	30	35
PICKLED BELL OR SWEET PEPPERS	Hot	Half-pint or Pint	5	10
PICKLED HOT PEPPERS	Raw	Half-pint or Pint	10	15
BREAD AND BUTTER PICKLES	Hot	Pint or Quart	10	15
REDUCED-SODIUM SLICED SWEET PICKLES	Hot	Pint	10	15
SWEET GHERKIN PICKLES	Raw	Pint	5	10
PICKLE RELISH	Hot	Half-pint or Pint	10	15
14-DAY SWEET PICKLES	Raw	Pint	5	10
		Quart	10	15
QUICK SWEET PICKLES	Raw	Pint	10	15
		Quart	15	20
SAUERKRAUT	Raw	Pint	20	25
		Quart	25	30
	Hot	Pint	10	15
		Quart	15	20

Always look for signs of spoilage before opening the jar. An unsealed lid means the product has probably spoiled. Other obvious signs are mold, a soft or slippery product, change of color, or disagreeable odor. If any of these are present or if you question the safety of the product, don't taste it. Discard contents so they cannot be eaten by humans or animals. Wash jar in hot, soapy water and then place in boiling water for 15 minutes before using the jar again.

For information about specific pickle and sauerkraut problems, see Table 2 (below) and 3 (page 5).

Table 2. Common Pickle Problems

PROBLEM	CAUSE
Soft or slippery	<ol style="list-style-type: none"> 1. Brine or vinegar was too weak. Use vinegar of 4 to 6% acidity. 2. Pickles were not kept covered with liquid during brining and when packed in jars. 3. Scum was not kept removed from top of brine; it should be removed daily during the brining process. 4. Pickles were not processed long enough to destroy spoilage microorganisms. 5. If unspoiled, pickles were overprocessed or heated at too high a temperature (over 200° F). 6. Blossom end was left attached to cucumbers and enzymes present caused softening. 7. Pickles were stored in an area that was too warm.
Dark or discolored	<ol style="list-style-type: none"> 1. Iron present in hard water. 2. Brass, iron, copper, or zinc utensils were used. 3. Ground spices were used instead of whole spices. 4. Whole spices used to flavor pickling liquid were not removed prior to packing. 5. Iodized salt used. 6. Cider or malt vinegar used for light colored pickles.
White sediment in bottom of jars and firm, fermented pickles. (If pickles are soft, spoilage is evident. Do not use.)	<ol style="list-style-type: none"> 1. Harmless yeast grew on the surface and then settled. The presence of a small amount of white sediment is common. 2. Table salt was used. 3. Temperature was not controlled.
Hollow	<ol style="list-style-type: none"> 1. Faulty growth of cucumber. When washing cucumbers, note that hollow cucumbers usually float. These can be used in relishes. 2. Cucumbers were not fresh when pickling was begun. 3. Wrong variety of cucumber used; must use pickling variety. 4. Temperature was too high during fermentation. 5. Fermentative yeasts caused a gaseous type spoilage. 6. Sugar added to brine. 7. Improper heat treatment to pasteurize.
Bitter flavor	<ol style="list-style-type: none"> 1. Cucumbers had dry growing season. 2. Too much spice.
Shriveled	<ol style="list-style-type: none"> 1. Too much time lapse between gathering and pickling cucumbers. 2. Brine was too strong at beginning of curing. 3. Too much salt, sugar, or vinegar used. 4. Cooked too fast in strong salt or sugar solution. 5. Overcooking or over processing.
Dull, faded color	<ol style="list-style-type: none"> 1. Cucumbers were over-mature, sunburned, grown under unfavorable conditions, or of poor quality. 2. Pickles not covered with liquid.

Table 3. Common Causes of Spoilage in Sauerkraut

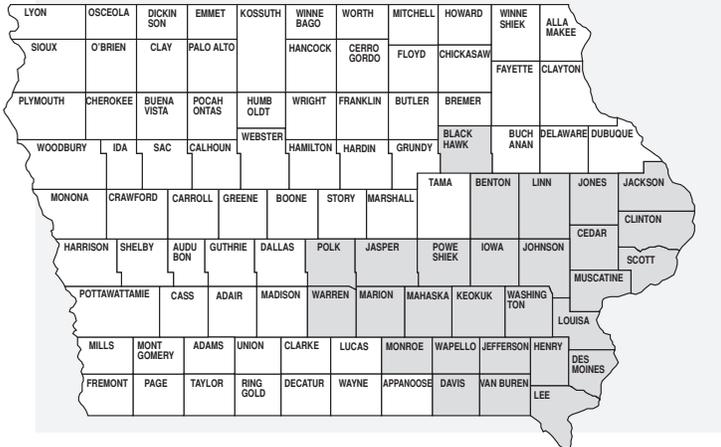
If sauerkraut becomes soft, slimy, or develops a disagreeable odor or unnatural color, discard it.

PROBLEM	CAUSE
Soft Kraut	<ol style="list-style-type: none"> 1. Not enough salt. 2. Temperature was too high during fermentation. 3. Uneven distribution of salt. 4. Air pockets caused by improper packing.
Pink Kraut	<ol style="list-style-type: none"> 1. Growth of certain types of yeast on surface. 2. Uneven distribution of salt. 3. Improperly covered or weighted during fermentation.
Dark Kraut	<ol style="list-style-type: none"> 1. Unwashed and improperly trimmed cabbage. 2. Juice did not cover fermenting cabbage. 3. Uneven distribution of salt. 4. Exposure to air. 5. High temperatures during fermentation, processing, and storage. 6. Long storage period.
Rotted Kraut	Usually found at surface where the cabbage has not been covered sufficiently to exclude air during fermentation.

Altitudes of Iowa Counties

Shaded areas are less than 1,000 feet

Unshaded areas are 1,000 to 2,000 feet



Fermented Pickles and Sauerkraut are cucumbers and cabbage that may be fermented by bacteria producing lactic acid. The lactic acid helps preserve the food by lowering the pH to less than 4.0, making them simple to preserve. The fermentation process changes the flavor, texture and color of the foods. This process can take between two to six weeks. Examples include genuine dill pickles, sweet gherkins and sauerkraut. **Quick or fresh packed pickles** include whole cucumber slices and bread and butter pickles. These are easily prepared pickles that have a tart flavor. These are cured in a salt solution for several hours or directly combined with boiling hot vinegar, spices, and other seasonings. **Pickled Fruit** consist of whole fruit usually simmered in a spicy, sweet-sour syrup. **Relishes** are made from chopped fruit and vegetables that are seasoned and cooked to the desired consistency in a spicy vinegar solution.

RECIPES

Dill Pickles (Fermented)

Measure fermentation container; for each gallon use the following quantities:

4 pounds pickling cucumbers (4-inch)
4 to 5 heads fresh dill
2 cloves garlic (optional)
2 dried red peppers (optional)
2 teaspoons whole mixed pickling spices (optional)
8 cups water
¼ cup vinegar (4-6%)
½ cup pickling salt

Wash cucumbers. Cut ⅛-inch slice off blossom end and discard. Leave ¼-inch of stem attached. Place half of dill and optional seasonings on bottom of a clean, suitable container. Add cucumbers, remaining dill and seasonings. Combine water and vinegar; add salt, stirring to dissolve; pour over cucumbers. Add suitable cover and weight to keep cucumbers submerged. Cover container with a clean, odor-free towel.

Store where temperature is between 70° F and 75° F for 3 to 4 weeks. Temperatures of 55 to 65° F are acceptable, but the fermentation will take 5 to 6 weeks. Avoid temperatures above 80° F, or pickles will become too soft. Fermenting pickles cure slowly. Check the container several times a week and promptly remove surface scum.

CAUTION: If the pickles become soft, moldy, slimy or develop a disagreeable odor, discard them.

Fully fermented pickles may be stored in the refrigerator for 4 to 6 months but canning is a better way to preserve them. To can them, pour the brine into a pan, heat slowly to a boil, reduce heat and simmer 5 minutes. Brine can be filtered through paper coffee filters to reduce cloudiness. Fill jars with pickles and hot brine, leaving ½ inch headspace. Wipe jar rims. Adjust lids and heat process in boiling water canner for the time specified in Table 1 or use the low-temperature pasteurization treatment described on page 3.

Refrigerator Dills - Whole Pack (Fermented) Yield: 4 to 5 quarts

6 pounds pickling cucumbers (3- to 4-inch)
18 to 24 large heads of fresh dill weed or ¾ cup dill seed
6 quarts water
¾ cup canning or pickling salt
2 to 3 cloves garlic, peeled and sliced
6 tablespoons whole mixed pickling spices

Wash cucumbers. Cut ⅛-inch slice from blossom end and discard. Leave ¼-inch stem attached. Place cucumbers in a suitable 3-gallon container. Add dill. Combine water, salt, garlic and pickling spices. Bring to a boil. Cool solution and pour over cucumbers in container. Add suitable cover and weight to keep cucumbers submerged. Cover container with a clean, odor-free towel. Keep at room temperature for 1 week. Then fill clean jars with pickles and brine. Wipe rims, cap and store in refrigerator. Pickles may be eaten after 3 days and should be consumed within 2 months.

Dill Pickles (Fermented)

Measure fermentation container; for each gallon use the following quantities:

4 pounds pickling cucumbers (4-inch)
4 to 5 heads fresh dill
2 cloves garlic (optional)
2 dried red peppers (optional)
2 teaspoons whole mixed pickling spices (optional)
8 cups water
¼ cup vinegar (4-6%)
½ cup pickling salt

Wash cucumbers. Cut ⅛-inch slice off blossom end and discard. Leave ¼-inch of stem attached. Place half of dill and optional seasonings on bottom of a clean, suitable container. Add cucumbers, remaining dill and seasonings. Combine water and vinegar; add salt, stirring to dissolve; pour over cucumbers. Add suitable cover and weight to keep cucumbers submerged. Cover container with a clean, odor-free towel.

Store where temperature is between 70° F and 75° F for 3 to 4 weeks. Temperatures of 55 to 65° F are acceptable, but the fermentation will take 5 to 6 weeks. Avoid temperatures above 80° F, or pickles will become too soft. Fermenting pickles cure slowly. Check the container several times a week and promptly remove surface scum.

CAUTION: If the pickles become soft, moldy, slimy or develop a disagreeable odor, discard them.

Fully fermented pickles may be stored in the refrigerator for 4 to 6 months but canning is a better way to preserve them. To can them, pour the brine into a pan, heat slowly to a boil, reduce heat and simmer 5 minutes. Brine can be filtered through paper coffee filters to reduce cloudiness. Fill jars with pickles and hot brine, leaving ½ inch headspace. Wipe jar rims. Adjust lids and heat process in boiling water canner for the time specified in Table 1 or use the low-temperature pasteurization treatment described on page 3.

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6 quarts water
¾ cup canning or pickling salt
2 to 3 cloves garlic, peeled and sliced
6 tablespoons whole mixed pickling spices

Wash cucumbers. Cut ⅛-inch slice from blossom end and discard. Leave ¼-inch stem attached. Place cucumbers in a suitable 3-gallon container. Add dill. Combine water, salt, garlic and pickling spices. Bring to a boil. Cool solution and pour over cucumbers in container. Add suitable cover and weight to keep cucumbers submerged. Cover container with a clean, odor-free towel. Keep at room temperature for 1 week. Then fill clean jars with pickles and brine. Wipe rims, cap and store in refrigerator. Pickles may be eaten after 3 days and should be consumed within 2 months.

Pickled Beets (Fresh Pack) Yield: About 8 pints

7 pounds beets (2- to 2 ½-inch diameter)
4 to 6 onions (2 to 2 ½-inch diameter), optional
4 cups vinegar (4-6%)
¼ cup canning or pickling salt
2 cups sugar
2 cups water
2 cinnamon sticks
12 whole cloves

Trim off beet greens. Leave 1-inch of stem and roots to prevent color from bleeding. Wash beets thoroughly. Cover with boiling water and cook until tender (about 25 to 30 minutes).

CAUTION: Drain and discard cooking liquid. Cool beets.

Trim off roots and stems and slip off skins. Cut into ¼-inch slices. Peel and thinly slice onions. Combine vinegar, salt, sugar, and 2 cups water. Put spices in cheesecloth bag and add to vinegar mixture. Bring to a boil. Add beets and onions. Simmer 5 minutes. Remove spice bag. Fill jars with beets and onions, leaving ½ inch headspace. Cover with hot vinegar solution, maintaining ½ inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1.

Pickled Bell or Sweet Peppers (Fresh Pack) Yield: About 9 pints

7 pounds firm bell or sweet green, red, or yellow peppers
3½ cups sugar
3 cups vinegar (4-6%)
3 cups water
9 cloves garlic
4½ teaspoons canning or pickling salt

Have ready 9 sterile pint jars or 18 sterile half-pint jars. Wash peppers, cut into quarters, remove cores and seeds, and cut away any blemishes. Slice peppers into strips. Combine sugar, vinegar, and water; heat to boiling and boil 1 minute. Add peppers and return to a boil. Place 1 clove of garlic and ½ teaspoon salt in each pint jar; use half the amount for smaller jars. Add pepper strips and cover with hot vinegar mixture, leaving ½-inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1.

Pickled Hot Peppers (Fresh Pack) Yield: About 9 pints

4 pounds hot long red, green, or yellow peppers (Hungarian, banana, chile, jalepeno)
3 pounds sweet red and green peppers, mixed
5 cups vinegar (4-6%)
1 cup water
4 teaspoons canning or pickling salt
2 tablespoons sugar
2 cloves garlic

CAUTION: To prevent skin irritation always wear rubber gloves when handling hot peppers.

Wash all peppers. If small peppers are left whole, slash 2 to 4 slits in each. Quarter large peppers. Blanch hot and sweet peppers in boiling water or blister in order to peel.

To blister in oven or broiler: Place peppers in a 400° F oven or broiler for 6 to 8 minutes or until skins blister. *To blister on range-top:* Cover hot burner, either gas or electric, with heavy wire mesh. Place peppers on burner for several minutes until skins blister.

Cool and peel peppers. Flatten small peppers. Fill clean jars with peppers, leaving ½-inch headspace. Combine remaining ingredients, heat to boiling and simmer 10 minutes. Remove garlic. Pour hot pickling solution over peppers, maintaining ½-inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1.

Bread-and-Butter Pickles (Fresh Pack) Yield: About 8 pints

6 pounds pickling cucumbers (4- to 5-inch)
8 cups thinly sliced onions (about 3 pounds)
½ cup canning or pickling salt
Crushed or cubed ice
4 cups vinegar (4-6%)
4½ cups sugar
2 tablespoons mustard seed
1½ tablespoons celery seed
1 tablespoon ground turmeric

Wash cucumbers. Cut ¼-inch off blossom end and discard. Cut cucumbers into ¾-inch slices. Place cucumbers and onions in a large bowl. Add salt. Cover with 2 inches crushed or cubed ice. Refrigerate 3 to 4 hours, adding more ice as needed. (For firmer pickles see variation with pickling lime.)

In a large pan heat remaining ingredients to boiling. Boil 10 minutes. Add cucumbers and onions and slowly reheat to boiling. Fill jars with hot cucumber slices and cooking syrup, leaving ½ inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1 or use low-temperature pasteurization described on page 3. After processing and cooling, pickles should be stored 4 to 5 weeks to develop ideal flavor.

Variation for firmer pickles: Wash cucumbers. Cut ¼-inch off blossom end and discard. Cut into ¾-inch slices. Mix 1 cup pickling lime and ½ cup pickling or canning salt with 1 gallon water in a 2- to 3-gallon crock or enameled container. CAUTION: Avoid inhaling lime dust while mixing the lime-water solution. Soak cucumber slices in lime water for 12 to 24 hours, stirring occasionally. Using a slotted spoon, remove cucumbers from lime solution, place in a colander or strainer, and rinse well. Put cucumbers in a large clean container and soak in fresh, cold water for 1 hour. Repeat rinsing and soaking steps two more times, using fresh, cold water each time. Handle carefully, as slices will be brittle. Drain well and proceed as above.

Quick Dill Pickles (Fresh Pack) Yield: About 7 quarts

18 pounds pickling cucumbers (3- to 5-inch)	2¼ cups water
1½ cups canning or pickling salt	2 tablespoons whole mixed pickling spice
2 gallons water	7 tablespoons dill seed (1 tablespoon per quart jar)
1½ quarts vinegar (4-6%)	21 heads fresh dill (3 heads per quart jar) OR
¼ cup sugar	
5 tablespoons whole mustard seed (2 teaspoons per quart jar)	

Wash cucumbers. Cut ⅛-inch slice off blossom end and discard; leave ¼-inch of stem attached. Place cucumbers in a large suitable container. Dissolve ¾ cup of the salt in 2 gallons water. Pour over cucumbers and let stand 12 hours. Drain. Combine vinegar, remaining ¾ cup salt, sugar, and 2¼ cups water. Place pickling spices in a spice or cheesecloth bag and add to pickling solution. Heat to boiling. Fill jars with pickles. Add 2 teaspoons mustard seed and 3 heads fresh dill (or 1 tablespoon dill seed) to each quart. Cover with boiling pickling solution, leaving ½-inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1 or use low-temperature pasteurization as described on page 3.

Reduced-Sodium Sliced Dill Pickles (Fresh Pack) Yield: About 8 pints

4 pounds pickling cucumbers (3- to 5-inch)	1½ teaspoons celery seed
6 cups vinegar (4-6%)	1½ teaspoons mustard seed
6 cups sugar	2 large onions, thinly sliced
2 tablespoons canning or pickling salt	8 heads fresh dill

Wash cucumbers. Cut ⅛-inch slice off blossom end and discard. Cut cucumbers in ¼-inch slices. Combine vinegar, sugar, salt, celery, and mustard seeds in large saucepan. Bring mixture to boiling. Put 2 slices of onion and ½ head of dill in each pint jar. Fill jars with cucumber slices, leaving ½ inch headspace. Place 1 slice of onion and ½ head of dill on top. Pour hot pickling solution over cucumbers, leaving ¼ inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1.

Sweet Gherkin Pickles (Fresh Pack) Yield: 6 to 7 pints

7 pounds cucumbers (1½-inch or less)	2 teaspoons celery seeds
½ cup canning or pickling salt	2 teaspoons whole mixed pickling spice
8 cups sugar	2 cinnamon sticks
6 cups vinegar (4-6%)	½ teaspoon fennel (optional)
¾ teaspoon turmeric	2 teaspoons vanilla (optional)

Day 1—Wash cucumbers. Cut ⅛-inch slice off blossom end and discard; leave ¼-inch of stem attached. Place cucumbers in large container and cover with boiling water. Six to 8 hours later, drain and cover with 6 quarts of fresh boiling water containing ¼ cup salt.

Day 2—Drain pickles. Cover with 6 quarts of fresh boiling water containing ¼ cup salt.

Day 3—Drain pickles; prick each with a table fork. In a saucepan combine 3 cups vinegar, 3 cups sugar, turmeric and spices; bring to a boil. Pour pickling syrup over cucumbers. Six to 8 hours later, drain and save the pickling syrup. Add another 2 cups sugar and 2 cups vinegar to the pickling syrup. Heat to boiling and pour over pickles.

Day 4—Drain and save syrup. Add another 2 cups sugar and 1 cup vinegar to the pickling syrup. Heat to boiling and pour over pickles. Cover and leave for 6 to 8 hours. Drain and save pickling syrup. Add 1 cup sugar and 2 teaspoons vanilla to pickling syrup and heat to boiling. Fill pint jars with pickles and cover with hot syrup, leaving ½-inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1 or use low-temperature pasteurization described on page 3.

Pickle Relish (Fresh Pack) Yield: About 9 pints

3 quarts chopped cucumbers	Ice
3 cups chopped sweet green peppers	Water
3 cups chopped sweet red peppers	2 cups sugar
1 cup chopped onions	6 cups white vinegar (4-6%)
¾ cup canning or pickling salt	
4 teaspoons each: mustard seed, turmeric, whole allspice, and whole cloves	

Add cucumbers, peppers, onions, and salt to ice water (4 cups ice in 8 cups water); let stand 4 hours. Drain and cover vegetables with fresh ice water (4 cups ice in 8 cups water) for another hour. Drain again.

Place spices in a spice or cheesecloth bag. In a saucepan combine sugar and vinegar; add spice bag. Heat to boiling and pour mixture over vegetables. Cover and refrigerate 24 hours. Heat mixture to boiling. Fill clean jars with hot pickle relish, leaving ½-inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1.

14-Day Sweet Pickles (Fresh Pack)

Can whole or in strips or slices. Yield: About 5 to 9 pints

4 pounds pickling cucumbers (2- to 5-inch) (If packed whole, use cucumbers of uniform size)	
¾ cup canning or pickling salt	4 cups vinegar (5%)
Water	2 teaspoons celery seed
5½ cups sugar	2 tablespoons mixed pickling spices

This type of pickle requires attention throughout the 14-day cycle; follow the schedule outlined below.

Day 1—Wash cucumbers. Cut ⅛-inch slice off blossom end and discard; leave ¼-inch of stem attached. Place whole cucumbers in suitable 1-gallon container. Add ¼ cup canning or pickling salt to 2 quarts water and bring to a boil. Pour over cucumbers. Add suitable cover and weight to keep cucumbers submerged. Place clean, odor-free towel over container and keep cucumbers at about 70° F throughout the 14-day period.

Day 2—Pickles at rest.

Day 3—Drain salt water and discard. Rinse cucumbers. Scald the cover and weight. Return cucumbers to container. Add ¼ cup salt to 2 quarts fresh water and boil. Pour salt solution over cucumbers. Replace cover and weight; cover with a clean towel.

Day 4—Pickles at rest.

Day 5—Drain salt water and discard. Rinse cucumbers and scald the cover and weight. Return cucumbers to container. Add ¼ cup salt to 2 quarts fresh water and boil. Pour salt solution over cucumbers. Replace cover and weight; cover with a clean towel.

Day 6—Pickles at rest.

Day 7—Drain salt water and discard. Rinse cucumbers and scald container, cover, and weight. Leave cucumbers whole or cut into strips or slices, as desired; return them to the clean container. In a saucepan combine 2 cups sugar and 4 cups vinegar; add celery seed and pickling spices in small cheesecloth bag. Heat to boiling. Pour syrup over cucumbers; add spice bag to container. Add cover and weight to keep pickles submerged. Cover with a clean towel.

Days 8-13—On each of the next six days, drain syrup into a saucepan. Remove spice bag and place it in the syrup. Add ½ cup sugar to syrup and heat to boiling. Remove cucumbers from container and rinse. Scald container, cover, and weight. Return cucumbers to container, add boiled syrup and spice bag. Cover and weight. Cover pickles with a clean towel.

Day 14—Drain syrup into saucepan. Add ½ cup sugar and spice bag to syrup and bring to boil. Remove spice bag. Pack pickles into jars, leaving ½-inch headspace. Pour hot syrup over cucumbers, leaving ½-inch headspace. Wipe jar rims.

Adjust lids and process in boiling water canner for time specified in Table 1 or use low-temperature pasteurization as described on page 3.

Quick Sweet Pickles (Fresh Pack) Can in strips or slices. Yield: 7 to 9 pints

8 pounds pickling cucumbers (3- to 4-inch)	3½ cups vinegar (4-6%)
½ cup canning or pickling salt	2 teaspoons celery seed
Crushed or cubed ice	1 tablespoon whole allspice
4½ cups sugar	2 tablespoons mustard seed

Wash cucumbers. Cut ⅛-inch off blossom end and discard; leave ¼-inch of stem attached. Slice cucumbers or cut into strips, as desired. Place in bowl and sprinkle with ½ cup salt. Cover with 2 inches of crushed or cubed ice. Refrigerate 3 to 4 hours, adding more ice as needed to maintain 2-inch depth. Drain well.

In a 6-quart kettle combine sugar, vinegar, celery seed, allspice, and mustard seed. Heat to boiling.

Hot pack—Add cucumbers to pickling syrup and heat slowly until mixture returns to boiling. Stir occasionally to make sure mixture heats evenly. Fill jars with hot pickles, leaving ½-inch headspace. Add hot pickling syrup, maintaining ½-inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1 or use the low-temperature pasteurization treatment described on page 3.

Raw pack—Fill jars with pickles, leaving ½-inch headspace. Add hot pickling syrup, maintaining ½-inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1 or use the low-temperature pasteurization treatment described on page. After processing and cooling, jars should be stored 4 to 5 weeks to develop ideal flavor. Variation for firmer pickles—Wash cucumbers. Cut ⅛-inch off blossom end and discard; leave ¼-inch of stem attached. Slice cucumbers or cut into strips. Combine 1 cup pickling lime, ⅓ cup canning or pickling salt, and 1 gallon water in a 2- to 3-gallon crock or enamelware container.

CAUTION: Avoid inhaling lime dust while mixing the lime-water solution. Soak cucumber slices or strips in lime water solution for 12 to 24 hours, stirring occasionally. Using a slotted spoon, remove cucumbers from lime solution, place in a colander or strainer, and rinse well. Put cucumbers in a large clean container and soak in fresh, cold water for 1 hour. Repeat rinsing and soaking steps two more times. Handle carefully because slices or strips will be brittle. Drain well. Process according to instructions outlined above.

Reduced-Sodium Sliced Sweet Pickles (Fresh Pack)

4 pounds pickling cucumbers (3- to 4-inch) Yield: 4 to 5 pints

Canning syrup

1 ½ cups distilled white vinegar (4-6%)	1 tablespoon whole allspice
3 cups sugar	2 ¼ teaspoon celery seed

Brine

1 quart distilled white vinegar (4-6%)	1 tablespoon mustard seed
1 tablespoon canning or pickling salt	½ cup sugar

Wash cucumbers. Cut ⅛-inch off blossom end and discard. Cut cucumbers into ¼-inch slices. Combine all ingredients for syrup in a saucepan and heat to boiling; keep hot until used. In a large kettle, mix the ingredients for the brine; add the cut cucumbers, cover and simmer until the cucumbers change color from bright to dull green (about 5 to 7 minutes). Drain the cucumber slices. Fill pint jars with cucumber slices, and cover with hot canning syrup, leaving ½ inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1.

Sauerkraut (Fermented) Yield: About 9 quarts

25 pounds cabbage

$\frac{3}{4}$ cup canning or pickling salt

For the best sauerkraut, use firm heads of fresh cabbage. Shred cabbage and start kraut 24 to 48 hours after harvest.

Work with about 5 pounds of cabbage at a time. Discard outer leaves. Rinse heads under cold running water and drain. Quarter heads and remove cores. Shred or slice to the thickness of a quarter. Put cabbage in a suitable fermentation container and add 3 tablespoons salt. Mix thoroughly, using clean hands. Pack firmly but gently until salt draws juices from cabbage. Repeat shredding, salting, and packing until all cabbage is in the container. Be sure container is deep enough so that the rim is at least 4 or 5 inches above the cabbage.

Do not leave any air pockets in the crock or pail. The desirable fermentation bacteria grow best when there is no air; spoilage bacteria thrive in air pockets. If juice does not cover cabbage, add boiled and cooled brine (1½ tablespoons of salt per quart of water).

The top surface of the fermenting kraut must be covered with brine to keep out air; otherwise mold will grow. A large, heavy-weight, food grade plastic bag filled with brine makes a good cover. For extra protection use 2 plastic bags. The amount of brine in the plastic bag can be adjusted to give just enough pressure to keep the fermenting cabbage submerged. The bag is filled with brine as a precaution; if it is accidentally punctured the brine in the container will not be diluted. Cover container with a clean, odor-free towel.

Store at 70 to 75° F while fermenting. Formation of gas bubbles indicates fermentation is taking place. At temperatures between 70 and 75° F, kraut will be fully fermented in 3 to 4 weeks; at 60 to 65° F, fermentation may take 5 to 6 weeks. At temperatures below 60° F, kraut may not ferment. Above 75° F, kraut may soften or spoil.

If the cabbage is weighted down with a brine-filled plastic bag, do not disturb the crock until normal fermentation is completed (when bubbling ceases). If jars of water are used as weights, check the kraut 2 or 3 times each week and remove any scum. Fully fermented kraut can be kept tightly covered in the refrigerator for 3 to 4 months or canned as follows:

Hot pack —Bring kraut and liquid slowly to a boil in a large kettle, stirring frequently. Remove from heat and pack jars firmly with kraut and juices, leaving 1/2-inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1.

Raw pack —Fill jars firmly with kraut and cover with juices, leaving ½-inch headspace. Wipe jar rims. Adjust lids and process in boiling water canner for time specified in Table 1.

Sauerkraut can be frozen to halt fermentation. Frozen sauerkraut should be eaten within one year.

FOR MORE INFORMATION

For more information on food preservation call your local extension office or Answer Line (800) 262-3804 (voice) or (800) 854-1658 (telecommunications device for deaf).

ISU Extension fact sheets are available at www.extension.iastate.edu/store

The U.S. Department of Agriculture's Complete Guide to Home Canning is available at www.uga.edu/nchfp

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Map prepared by Iowa Department of Natural Resources, Geological Survey Bureau

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