



Pickled Veggies Recipe

Wild Fermentation Method

Supplies:

- 1 half gallon jar, or glass jar of choice
- 1 pebble or small jar (for inside weight)
- Piece of parchment paper (~8"x8")
- Strong elastic band
- Salt for Brine (~ 3 Tbsp sea salt : 1 quart filtered water)

Groceries:

- Small Cucumbers, as fresh as possible, enough to fit into your jar of choice
& *Tannin-rich leaf: 1Tbsp Green Tea, or palm-sized piece of Banana Leaf (or Grape, Cherry, Oak, and/or Horseradish Leaves, 1-3 per jar)
- Other Pickling Veggies (*these do not require banana leaf*):
Carrot, Beet, Green Bean, Cauliflower, Zucchini

Optional Flavor Enhancers:

Garlic, Onion, Mustard Seeds, Dill Seeds, Flowering Fresh Dill, Black Peppercorns, Celery Seed, Coriander Seeds, Red Pepper Flakes or Whole Dried, Juniper Berries, Cinnamon Stick, Cardamom, Ginger, Cloves, Bay Leaf, etc

Basic Instructions:

1. Wash veggies, peel if necessary. Soak *cucumbers* in ice water for 1-2 hours.
2. Make brine. You'll need about half the amount of total liquid of selected jar
— 8 cup pickle jar = 4 cups brine — Brine ratio ~ 3 Tbsp sea salt : 4 cups filtered water.
3. Add your choice of spices to bottom of jar.
4. *Highly recommended for cucumbers:* add a tannin-rich leaf to jar, *see above.
5. Add sliced veggies/cucumbers stacked upright side-by-side. Be sure the veggies do not come above 2 inches of the lip of the jar.
6. *Cucumbers only:* slice off a sliver of the blossom end, 1/16th of an inch.
7. Pour brine over top, and add weight to keep veggies from floating.
8. Secure parchment paper with rubber band.
9. Place inside a bowl on countertop to catch any potential overflow.
10. Be patient for 2-4 days (for softer veggies like cucumbers) or up to ~1-2 weeks (for denser veggies like carrots).
11. Remove with a clean fork each time, and store in refrigerator.



Detailed Instructions:

1. Place veggies (especially **cucumbers**) in a bowl of **ice water**. Allow them to sit in ice water for an hour or two. This helps to firm them up for extra crunchy pickles.
2. Make **brine** by dissolving salt in a small amount of hot water, ~ 1/2 C , set aside.
3. Add piece of banana leaf (or other **tannin-rich leaf**) to jar.
4. Add optional **spices** to jar, ~1-3 tsp of each of your choice.
5. For each cucumber, slice off just under the blossom nub (1/16th of an inch).
6. Other veggies prep as desired -- evenly cut, bite sized pieces work well.
1. Note — pickle cucumbers alone, other veggies can be mixed.
2. Add veggies to jar, fitting **tightly and gently**, taking care not to bruise the veggies (especially cucumbers). Leave at least 1 inch headspace.
3. Now that your salt is dissolved, finish brine by adding the rest of measured water. Remember **3 TBSP salt : 4 cups water**.
4. **Pour brine** into pickle jar, over top of veggies. Brine should be above veggies by at least ¼ inch.
5. Place **clean pebble** (or weight of choice) over top of the cucumbers, to keep them under the brine.
6. Secure **parchment paper** all the way to the outer rim of the jar. This is to allow air (CO₂, the fermentation farts) to escape, while blocking foreign critters from diving in for a taste.
7. Label jar with **today's date and ingredients**.
8. **Place on a plate** to catch any overflow, **on the countertop** or cool place (60-70 degrees, ideally).
9. Check it after 2-4 days. Taste-test with a clean utensil. At this point you can start eating them, or you can let the fermentation continue for up to a week or more. (If you make a stronger brine, maybe even weeks/months.)
10. If any scum or white yeasty stuff grows on the surface, it's probably ok, just scoop this out as best you can. It's not dangerous to eat, but tastes funky.
11. Toss the whole batch if... any colorful or foul-smelling mold appears, or the veggies are soft and fall apart, or especially if your intuition says it rotten.
12. When you decide they're ready to your liking, place in refrigerator to slow down the fermentation. It will last a long time in the refrigerator (... just as long as you can resist eating it! & as long as it's not contaminated with a dirty fork).

Enjoy a fermented food at least once a day and your digestive system will thank you!