



UCCE Master Food Preservers of El Dorado County

311 Fair Lane, Placerville CA 95667

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Spring is fast approaching, but we are still relying on winter produce here in the foothills. Cauliflower, carrots, and Brussels sprouts are still fresh and tasty. Why not make a batch of mixed vegetable pickles? They are delicious and absolutely gorgeous. I always get compliments when I serve them for guests. They make great hostess gifts, too.

The recipe below allows a lot of leeway. Use vegetables that are available, either from your garden or at the grocery store. As you may see in the picture, I used whole sweet cherry peppers from my garden, green beans, cauliflower, carrots, and Brussels sprouts. I also added slivered garlic to the mix.

Another way to make this recipe your own is play with the vinegar. You can substitute, white or red wine vinegar, or, for a sweeter taste use, apple cider vinegar or sherry vinegar. Make sure the vinegar you use is at least 5% acidity. This acidity is printed on the label of the vinegar container.

Using herbs and spices that you and your family like will also make your pickles unique. Jardiniere is a French word, but you can also give this recipe an Italian flare by using Italian herbs and spices such as oregano, marjoram, sweet basil, rosemary, and thyme. Using pre-mixed Italian seasoning is perfectly fine. For a little kick, add some hot pepper flakes.





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Jardiniere

Yield: about 5 pint jars

- 3 Bay leaves
- 6 whole black peppercorns
- 3 cloves of garlic, thinly sliced
- 4 cups white vinegar
- 2 cups water
- 2 cups granulated sugar
- 1 Tbs pickling or canning salt

- 2 cups small cauliflower florets
- 1 ½ cups pickling or pearl onions (sliced onions may be substituted)
- 3 stalks of celery, cut into ¼ in slices
- 2 carrots, peeled and cut into sticks 1 ½ inches long and ½ inch wide. (Baby carrots may be used)
- 1 small zucchini, cut into ¼ inch slices (I used Brussels sprouts)
- 2 large red bell peppers, seeded and cut into ¼ inch strips
- 1 large yellow bell pepper, seeded and cut into ¼ inch strips
- 1 large green bell pepper, seeded and cut into ¼ inch strips

Prepare canner, jars and lids.

Tie bay leaves, peppercorns and garlic in a square of cheesecloth or using a spice ball.

In a large stainless steel saucepan, combine the vinegar, water, sugar, salt and the spice bag/ball. Bring to a boil over medium heat, stirring to dissolve sugar. Reduce heat, cover, and boil gently for 5 minutes until spices have infused the liquid. Add cauliflower, onions, celery, carrots, and zucchini and return to a boil. Remove from heat and stir in red, yellow, and green peppers. Discard the spice bag/ball.

Pack veggies into hot jars to within a generous ½ inch of the top of the jar. Ladle hot pickling liquid into jar to cover veggies leaving ½ inch head-space. Remove air bubbles and adjust head-space, if necessary, by adding more hot pickling liquid. Wipe rim with clean cloth or paper-towel, center lid on jar, screw band down till resistance is met, then increase to fingertip-tight.

Place jars in water bath canner, ensuring they are completely covered with 1-2 inches of water. Bring to a boil and process for 10 minutes, adjust for altitude (see chart below). Remove canner lid. Wait 5 minutes, then remove jars, cool, label, and store.

Recipe source: Ball Complete Book of Home Preserving, 2006



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BOILING WATER BATH CANNING Altitude Adjustment Chart

ALTITUDE	IF YOUR PROCESSING TIME IS LESS THAN 20 MINUTES	IF YOUR PROCESSING TIME IS MORE THAN 20 MINUTES
1,001 - 3,000 ft (305 - 914 m)	add 5 minutes to processing time	add 5 minutes to processing time
3,001 - 6,000 ft (915 - 1828 m)	add 10 minutes to processing time	
6,001 ft and up (1829 m +)	add 15 minutes to processing time	add 10 minutes to processing time