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UCCE Master Food Preservers of Sacramento County

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## *Monthly Wednesday Night Demonstration*

# *July 18, 2018*

## Filling the Pickle Jar



### *Resources:*

- Please visit the National Center for Home Food Preservation at <http://nchfp.uga.edu> for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (<http://anrcatalog.ucanr.edu>)

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 916-875-6913.

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## KOSHER DILLS

Source: So Easy to Preserve, 2014, page 131

Yield: 6 or 7 pints	Small Batch (about 1 pint)
30 to 36 cucumbers (3 to 4 inches long) 3 cups vinegar 5% 3 cups water 6 Tablespoons canning salt Fresh or dried dill Garlic Mustard Seed	6 cucumbers (3 to 4 inches long) 1/2 cup vinegar 5% 1/2 cup water 1 Tablespoon canning salt Fresh or dried dill Garlic Mustard Seed

Wash the cucumbers. Slice 1/16 inch from blossom end and discard. Leave 1/4 inch of stem attached. Make a brine of the vinegar, water, and salt. Bring to a boil.

Place a generous layer of dill, 1/2 to 1 clove of garlic (sliced), and 1/2 teaspoon of mustard seed in the bottom of each pint jar.

Pack the cucumbers into the hot jars. When the jars are half-filled with cucumbers add more dill and complete the packing of the jars.

Fill the jars 1/2 inch from top with the boiling brine. Remove air bubbles. Wipe jar rims. Adjust lids.

Process jars in either a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, and 25 minutes above 6,000 feet.

Cool undisturbed for 12-24 hours. Check seals. Clean, label and store jars in a cool, dry location.

Pickles will shrivel after processing. They will later plump in sealed jar.

## PEACH PICKLES

Source: Ball Complete Book of Home Preserving, 2012, page 325

Makes about 5 pint jars

2 cinnamon sticks (about 4 inches each), broken into pieces

2 Tbsp whole cloves

1 Tbsp grated gingerroot

6 cups granulated sugar

4 cups white vinegar

16 cups halved pitted peeled peaches, treated to prevent browning, and drained

### **DAY 1**

1. Tie cinnamon stick pieces, cloves, and gingerroot in a square of cheesecloth, creating a spice bag.
2. In a large stainless-steel saucepan, combine sugar, vinegar, and spice bag. Bring to a boil over medium-high heat, stirring to dissolve sugar. Reduce heat and boil gently for 5 minutes, until spices have infused the liquid. Add peaches and boil gently until just tender, about 7 minutes. Remove from heat, cover, and refrigerate overnight.

### **DAY 2**

1. Prepare canner, jars, and lids.
2. Over medium-high heat, bring peaches and pickling liquid to a boil. Discard spice bag.
3. Pack peaches, cavity side down, into hot jars to within a generous 1/2 inch of top of jar. Ladle hot pickling liquid into jar, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot pickling liquid. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
4. Process in either a boiling water or atmospheric steam canner for 20 minutes at 0-1,000 feet elevation, 25 minutes at 1,001-3,000 feet, 30 minutes at 3,001-6,000 feet, 35 minutes over 6,000 feet.
5. Cool undisturbed for 12-24 hours. Check seals. Clean, label and store jars in a cool, dry location.

## HOMEMADE PICKLING SPICES

Source: Ball Complete Book of Home Preserving, 2012, page 217

Makes about 1/2 cup

1	Cinnamon stick (about 4 inches) broken into pieces
5	Bay leaves, crushed
2 Tbsp	Mustard seeds
1 Tbsp	Whole allspice
1 Tbsp	Coriander seeds
1 Tbsp	Whole black peppercorns
1 Tbsp	Ground ginger
1 Tbsp	Dill seeds
2 tsp	Cardamom seeds
1 to 2 tsp	Hot pepper flakes
1 tsp	Whole cloves

In a small glass or stainless steel bowl, combine cinnamon stick pieces, bay leaves, mustard seeds, allspice, coriander seeds, peppercorns, ginger, dill seeds, cardamom seeds, hot pepper flakes and cloves. Stir well.

Store in 4-ounce jars or an 8-ounce jar, or another airtight container, for up to 1 year.

## **ZUCCHINI-PINEAPPLE**

Source: [https://nchfp.uga.edu/how/can\\_02/zucchini\\_pineapple.html](https://nchfp.uga.edu/how/can_02/zucchini_pineapple.html), 2018

**Yield:** About 8 to 9 pints

### **Ingredients:**

4 qts cubed or shredded zucchini  
46 oz canned unsweetened pineapple juice  
1½ cups bottled lemon juice  
3 cups sugar

**Procedure:** Peel zucchini and either cut into ½-inch cubes or shred. Mix zucchini with other ingredients in a large saucepan and bring to a boil. Simmer 20 minutes. Fill jars with hot mixture and cooking liquid, leaving ½-inch headspace. Adjust lids.

Process jars in either a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes at 1,001-6,000 feet, and 25 minutes above 6,000 feet.

Cool undisturbed for 12-24 hours. Check seals. Clean, label and store jars in a cool, dry location.

## SWEET GHERKIN PICKLES

Source: Ball Complete Book of Home Preserving, 2012, page 336

Yield: About seven pint jars

*Small and sweet, just the way kids love them! These sweet gherkins are the perfect addition to a relish tray. Their small size is visually appealing.*

### Ingredients:

8 lbs small pickling cucumbers (1-1/2 to 2 1/2 inches long) trimmed	2 tsp celery seeds
1/2 cup pickling or canning salt, divided	2 tsp pickling spice (see tip below)
8 cups granulated sugar, divided	2 cinnamon sticks (about 4 inches each)
Water	1/2 tsp whole allspice
6 cups white vinegar, divided	1/2 tsp ground turmeric

### PROCESS:

#### Stage 1

1. Place cucumbers in a large clean crock or glass or stainless steel container.
2. In a large stainless steel saucepan, combine half of the pickling salt and 6 quarts water. Bring to a boil over medium-high heat, stirring to dissolve salt. Ladle over cucumbers. Cover and let stand in a cool place (70 to 75°F) for 8 to 12 hours.

#### Stage 2

1. Drain cucumbers and discard brine. Rinse crock. Return cucumbers to crock. In a large stainless steel saucepan, combine remaining pickling salt and 6 quarts water. Bring to a boil over medium-high heat, stirring to dissolve salt. Ladle over cucumbers. Cover and let stand in a cool place for 8 to 12 hours.

#### Stage 3

1. Drain cucumbers and discard brine. Rinse crock. Using a toothpick, prick cucumbers in several places and return to crock.
2. Tie celery seeds, pickling spice, cinnamon sticks and allspice in a square of cheesecloth, creating a spice bag.
3. In a large stainless steel saucepan, combine 3 cups of the sugar, 3 cups of the vinegar, turmeric and spice bag. Bring to a boil over medium-high heat, stirring to dissolve sugar. Ladle over cucumbers. Place a large clean inverted plate on top of cucumbers and weight down with two or three quart jars filled with water and capped. Cover with a clean heavy towel. Let stand in a cool place for 8 to 12 hours.

**Stage 4**

Drain cucumbers, reserving liquid and spice bag. Rinse crock. Return cucumbers to crock. In a large stainless steel saucepan, combine 2 cups of the sugar, 2 cups of the vinegar, reserved liquid and spice bag. Bring to a boil over medium-high heat, stirring to dissolve sugar. Ladle over cucumbers. Weigh down as in Stage 3, Step 3, and let stand in a cool place for 8 to 12 hours.

**Stage 5**

Drain cucumbers, reserving liquid and spice bag. Rinse crock, combine 2 cups of the sugar, remaining 1 cup vinegar, reserved liquid and spice bag. Bring to a boil over medium-high heat, stirring to dissolve sugar. Ladle over cucumbers. Weigh down as in Stage 3, Step 3, and let stand in a cool place for 8 to 12 hours.

**Stage 6**

1. Prepare canner, jars and lids.
2. Remove spice bag and discard. Drain cucumbers, reserving liquid. In a large stainless steel saucepan, combine remaining 1 cup sugar and reserved liquid. Bring to a boil over medium-high heat, stirring to dissolve sugar.
3. Pack pickles into hot jars to within a generous  $\frac{1}{2}$  inch of top of jar. Ladle hot pickling liquid into jar to cover pickles leaving  $\frac{1}{2}$  inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding more hot liquid. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
4. Process jars in either a boiling water or atmospheric steam canner for 10 minutes at 0-6,000 feet elevation, and 15 minutes above 6,000 feet.
5. Cool undisturbed for 12-24 hours. Check seals. Clean, label and store jars in a cool, dry location.

**TIPS**

To wash cucumbers, hold them under cool running water and scrub with a vegetable brush to remove all grit from the crevices. Drain well.

You can buy prepared pickling spice at well-stocked supermarkets or make your own.

Ingredient quantities are approximate. Variations in the sizes of pickling cucumbers and jars dictate the number of pickles that can be placed in each jar. This, in turn, affects the quantity of liquid required.

When preparing jars and lids, prepare a couple extra in case your yield is larger than you expect. If you don't have enough jars, place any leftover preserves in an airtight container, store in the refrigerator and use within a few weeks.



## TRADITIONAL BREAD AND BUTTER PICKLES

Source: Ball Complete Book of Home Preserving, 2012, page 303

Yield: About 5 pint jars

*Bread and butter pickles are the perfect accompaniment to a sandwich. You can use this recipe to create a traditional pickle, just like Grandma's, or use the variations to create something different — zesty, with a hint of garlic or a sweet golden brown British-style pickle. Try all three and see which suits your taste.*

### Ingredients

10 cups sliced trimmed pickling cucumbers (1/4-inch slices)	2 cups granulated sugar
4 medium onions, thinly sliced	2 tbsp mustard seeds
1/2 cup pickling or canning salt	1 tsp celery seeds
3 cups white vinegar	1 tsp ground turmeric

### Process

1. In a glass or stainless steel bowl, combine cucumbers, onions and salt. Mix well, cover with cold water and let stand at room temperature for 2 hours. Transfer to a colander placed over a sink, rinse with cool running water and drain thoroughly.
2. Meanwhile, prepare canner, jars and lids.
3. In a large stainless steel saucepan, combine vinegar, sugar, mustard seeds, celery seeds and turmeric. Bring to a boil over medium-high heat, stirring to dissolve sugar. Stir in vegetables and return to a boil
4. Pack vegetables into hot jars to within a generous 1/2-inch of top of jar. Ladle hot pickling liquid into jar to cover vegetables, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot pickling liquid. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Process in either a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, and minutes above 6,000 feet.
6. Cool undisturbed for 12-24 hours. Check seals. Clean, label and store jars in a cool, dry location.

### Variations

**British Bread and Butter Pickles:** Substitute 3 cups cider vinegar for the white vinegar and 2 cups packed brown sugar for the granulated sugar. Add 1 tsp ground ginger along with the turmeric.

**Zesty Bread and Butter Pickles:** Substitute 2 tbsp prepared horseradish for the celery seeds and 2 tbsp grated gingerroot for the turmeric.

**TIPS**

Use Pickle Crisp to make fresh-pack pickles crisper. Add 3/4 teaspoon to pint jars and 1-1/2 teaspoon to quart jars before processing.

When making pickles, select uniformly sized fruits and vegetables and/or cut them into pieces of similar size. During processing, each piece of produce should be heated to the same degree. If the pieces vary too much in size, smaller pieces will soften and larger pieces may not be heated sufficiently. In addition to reduced quality, inadequate heat penetration can become a safety issue.

## **DEHYDRATED ZUCCHINI AND SUMMER SQUASH**

Source: The Dehydrator Bible, 2009, Page 43

**Preparation:** Trim zucchini or squash and cut crosswise into slices about ¼ inch thick (do not peel).

**Drying:** Place on mesh drying trays. Dry at 130°F.

**Time:** 6 to 10 hours

**Doneness test:** Slices should feel dry and crisp and have no sign of moisture inside when broken open.

### **Tip**

Thinner zucchini are better for drying, as they tend to have firmer flesh and smaller seeds than larger zucchini.

## **DEHYDRATED CUCUMBERS, ENGLISH AND FIELD**

Source: The Dehydrator Bible, 2009, Page 35

**Preparation:** Trim ends and cut cucumbers crosswise into slices about ¼ inch thick (do not peel).

**Drying:** Place on mesh drying trays. Dry at 130°F.

**Time:** 6 to 8 hours

**Doneness test:** Slices should feel dry and crisp and have no sign of moisture inside when broken open.

### **Tip**

Some field cucumbers have very thick skins and tough seeds. Those with thinner skins and smaller seeds are better suited to drying.

## SAUERKRAUT

Source: So Easy to Preserve, 2014, Page 149

### Ingredients:

Cabbage	Salt	Yields (approximately)
25 pounds	¾ cup canning salt	9 quart jars
5 pounds	3 Tbsp. salt	2 ½ quart jars
2 pounds	3 ½ tsp. salt	1 quart jar

### Process:

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

Work with about 5 pounds of cabbage at a time. Discard outer leaves. Rinse cabbage heads under cold running water and drain. Cut heads in quarters and remove cores. Shred or slice to a thickness of a 25-cent coin. Put cabbage in a suitable fermentation container (stoneware crock, glass jars or food-grade plastic containers). Add 3 tablespoons of salt. Mix thoroughly using clean hands. Pack firmly until the salt draws juice from cabbage.

Repeat shredding, salting and packing until all cabbage is in the container. Be sure the container is deep enough so that its rim is at least 4 or 5 inches above the cabbage. If juice does not cover cabbage, add boiled and cooled brine (1 ½ Tbsp. of salt per quart of water). Weight down the cabbage and cover container with a clean bath towel.

Store at 70°F to 75 °F for fermenting. At temperatures between 70 °F to 75 °F, kraut will be fully fermented in about 3 to 4 weeks; at 60 °F to 65 °F, fermentation may take 5 to 6 weeks. At temperatures below 60 °F, kraut may not ferment. Above 75 °F kraut may become soft. If you weight the cabbage down with a brine-filled bag, do not disturb the crock until normal fermentation is completed (when bubbling ceases). If you use jars as weights, you will have to check the kraut 2 to 3 times each week and remove scum if it forms. Fully fermented kraut may be tightly covered in the refrigerator for several months or canned as follows using either a boiling water canner or atmospheric steam canner:

- **Hot Pack** – Bring kraut and liquid slowly to a boil in a large pot, stirring frequently. Remove from heat and fill jars firmly with kraut and liquid, leaving ½ inch headspace.
- **Raw Pack** – Fill jars firmly with kraut and liquid, leaving ½ inch headspace

Wipe jar rims. Adjust lids. Process using the times listed below.

Style of Pack	Jar Size	0-1,000'	1,001-3,000'	3,001-6,000'	Above 6,000'
Hot pack	Pints	10 min	15 min	15 min	20 min
	Quarts	15 min	20 min	20 min	25 min
Raw pack	Pints	20 min	25 min	30 min	35 min
	Quarts	25 min	30 min	35 min	40 min

## **CHOCOLATE SAUERKRAUT CUPCAKES (or sheet cake)**

Yield: 24 servings

2/3 cup butter  
1-1/2 cups sugar  
3 large eggs  
2 teaspoons vanilla extract  
2-1/4 cups unsifted all-purpose flour  
1/2 cup unsweetened cocoa powder  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup cold water  
1 cup mini chocolate chips  
8 ounces sauerkraut

1. Preheat oven to 350°F. Grease a 9-inch by 13-inch baking pan or prepare two cupcake pans with paper liners.
2. In a clean towel, squeeze sauerkraut until dry and place in a food processor. Process until finely chopped.
3. In a large bowl of an electric mixer, beat butter on high speed until fluffy. Gradually beat in sugar until mixture is light. Add eggs, one at a time, beating well after each addition. Beat in vanilla extract.
4. In a separate bowl, sift together dry ingredients. Add 1/4 of the flour mixture to the egg mixture, then 1/3 of the water. Mix well. Continue to alternate, beating lightly until all flour mixture and water are added.
5. Stir in sauerkraut and mini chocolate chips. Pour batter into prepared pan(s)
6. Bake for 30-35 minutes or until cake tester inserted into cake comes out clean. Cool on wire rack.
7. Frost with your favorite chocolate frosting.

## VINEGARED RED ONIONS

Source: Ball Blue Book, 2014, Page 95

Yield: About 6 half-pint jars

### Ingredients

3 pounds red onions (about 2 medium)

4 cups red wine vinegar

1 clove garlic

Ball Pickle Crisp (optional)

### Prep

Peel onions. Cut onions crosswise into 1/4 inch slices. Separate onion slices into rings.

### Cook

Combine vinegar and garlic in a large saucepan. Bring mixture to a boil. Reduce heat to a simmer (180°F); simmer 5 minutes. Add onion rings. Simmer, covered, 5 minutes. Remove garlic and discard.

### Fill

Pack hot onion rings into hot jars, leaving ½-inch headspace. Add 1/16 teaspoon Pickle Crisp to a half-pint jar, if desired. Ladle hot pickling liquid over onion rings, leaving 1/2 inch headspace. Remove air bubbles. Clean jar rim. Center lid on jar and adjust band to fingertip-tight. Place jar on the rack, elevated, over simmering water (180°F) in boiling-water canner. Repeat until all jars are filled.

### Process

Process in either a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet. Cool undisturbed for 12-24 hours. Check seals. Clean, label and store jars in a cool, dry location.