Grow Your Own Vegetables

Zucchini Quick Pickles

Ingredients

1 medium zucchini per pint jar

1/2 cup apple cider vinegar per pint jar

1/2 cup water per pint jar

1/2 teaspoon salt per pint jar
(or less based on your preference)

Optional: 1/2 teaspoon sugar or honey per pint jar based on your tastes

Spice Blend 1: Fresh dill, Garlic Clove (peeled), Celery Seed, Mustard Seed, All Spice, Turmeric, Red Chili Flakes, Bay Leaf, Coriander Seed

Spice Blend 2: 1/2 Small Onion sliced thin, Dried Dandelion Leaves, Cardamom Pods, Turmeric, Ginger

Spice Blend 3: Dried Elderberries, Dried Hibiscus

Kids Favorite!
In general, quick pickles do well among kids. They typically like the sour of the vinegar. Kids also like fun colors like purple, red & orange. So allow your spice blend to create visual excitement as well as flavor.

Preparation Time: 5-10 minutes
Chill Time: 1-2 days

1. Chop vegetables to desired shape and size: spears, rounds, etc.
2. Pack heat-safe jars with vegetables.
3. Add desired spice blends to jars.
4. Bring brine to boil: vinegar, water, salt (sugar or honey is optional, these pickles are delicious without it!). Note how many jars you have packed and scale up the brine proportionately. If you're on a low salt diet, salt helps to bring out flavors in this recipe, but you can scale back to just a dash. You don't need to add sugar for these to be delicious, because you can add sweetness with your spice blend (elderberries, hibiscus, cardamom, etc).
5. Pour brine over packed vegetables.
6. Place in fridge and cool for 1-2 days. You can try them after 20 minutes, but you'll most likely only taste the vinegar. The rest of the flavors will emerge within 1 day and you will find peak flavors emerge after 2 days.

NOTE: You can make quick pickles in a big bowl if you like. Anything that can withstand the boiling water.Jars are great for creating multiple recipes at once so you always have something new to try.

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