



**Seasonal Eating Demo with Carol Muncer**  
**Open Farm Day – September 7<sup>th</sup>, 2024**

**Sweet Pickles Using Overripe Cucumbers**

- Cut cucumbers in half lengthwise, peel and remove seeds leaving 'dugout' boats. Place in a glass or stainless-steel bowl and salt generously (1-2 T for 7 to 8 cucumbers). Toss and allow to sit for 2-3 hours or overnight (excess water will drain from the cucumbers). Drain cucumbers and rinse well. Set aside to dry.
- Prepare your jars and lids, dish washer clean or sterilize or disinfect with vinegar.
- Mix your pickling solution in a pot with the following ingredients and simmer 5-10 minutes
  - 1 part sugar to 2 parts vinegar (5% acetic acid, white, cider, or other) to 1/3-part water,
  - Onion, thinly sliced
  - Optional: Garlic cloves, peeled, slightly crushed, add one to each jar, remainder in the pot.
  - Optional peppers thinly sliced
  - Pepper corns, mustard seed, celery seed, turmeric, and or other desired pickling spices

***I did 1 tsp pepper ground, 1 TBSP coriander seed, 1 tsp dill seed, 2 TBSP mustard seed, 1 tsp powdered turmeric, 3 cups white vinegar, 1 ½ cups sugar, ½ cup water.***

- Pack your sterilized canning jars with the alternating layers of cucumbers and onions, leaving about 1/2-inch space from the top of the jars. Pour the vinegar mixture over the cucumbers and onions to fill the jars. These can be stored in the fridge but aren't shelf safe.
- For shelf storage process in a water bath for 15 minutes.
- Let sit for several days before using to let the flavor develop