

# FRESH-PACK

## ... DILL PICKLES



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for... expanded nutrition program  
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Fresh-pack is the process of packing fresh fruits or vegetables into hot, clean jars, adding hot pickling liquid and simmering for a prescribed length of time.



*SELECT QUALITY PRODUCE; UNIFORM SIZED CUCUMBERS SHOULD BE FRESH (CRISP), FIRM, AND DARK TO LIGHT GREEN WITH NO SOFT SPOTS OR MOLD. 17-18 POUNDS YIELD ABOUT 7 QUARTS.*

### EQUIPMENT:



crock or stone jar,  
enamel-lined pan,  
glass bowl, or  
casserole

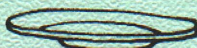


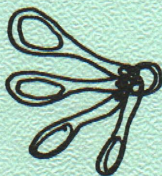
plate to hold cucumbers  
in brine



glass measuring cup



dry measuring cup



measuring  
spoons



wide mouth funnel

HEATING, PICKLING MIXTURE - USE UNCHIPPED ENAMELWARE, STAINLESS STEEL, ALUMINUM OR GLASS. DO NOT USE BRASS, COPPER, GALVANIZED OR IRON UTENSILS.

- clean white cloth - 4"x6"
- clean white string
- mason jars
- new flat lids
- clean rings

- tongs
- clean dish cloth & towel
- pot holders
- ingredients

(see recipe)





## HERE'S WHAT TO USE

TO FRESH-PACK DILL PICKLES ...

- cucumbers, 3-5" in length,  
packed 7-10 per quart jar ... 17 to 18 pounds
- 5% brine ( $\frac{3}{4}$  cup pure granu-  
lated salt per gallon of water) ... about 2 gallons
- vinegar ... 6 cups ( $1\frac{1}{2}$  quarts)
- salt, pure granulated ...  $\frac{3}{4}$  cup
- sugar ...  $\frac{1}{4}$  cup
- water ... 9 cups ( $2\frac{1}{4}$  quarts)
- whole mixed pickling spices ... 2 tablespoons
- whole mustard seed ... 2 teaspoons per quart jar
- garlic, if desired ... 1-2 cloves per quart jar
- dill plant, fresh or dried ... 3 heads per quart jar  
or  
dill seed ... 1 tablespoon per quart jar







AND... HERE'S  
HOW TO DO IT...

1 SELECT QUALITY CUCUMBERS. *DO NOT* USE WAXED CUCUMBERS BECAUSE THE BRINE CANNOT GET THROUGH THE WAX. IT IS BEST IF ALL CUCUMBERS ARE ABOUT THE SAME SIZE.

2 GET ALL EQUIPMENT AND DIRECTIONS READY. WASH YOUR HANDS.

3 WASH CUCUMBERS THOROUGHLY IN COLD WATER. SCRUB WITH VEGETABLE BRUSH A FEW AT A TIME. REMOVE ALL BLOSSOMS - THEY MAY CONTAIN ENZYMES THAT CAUSE THE CUCUMBERS TO SOFTEN. HANDLE GENTLY TO AVOID BRUISING. DRAIN.

4 COVER WITH THE 5-PERCENT BRINE ( $\frac{3}{4}$  CUP SALT PER GALLON OF WATER. PUT A PLATE ON TOP OF THE CROCK OR BOWL TO HOLD THE CUCUMBERS UNDER THE BRINE. LET SIT OVERNIGHT. DRAIN.



KNOW YOUR INGREDIENTS...  
HERE ARE SOME TIPS —



**SALT**... USE PURE GRANULATED SALT ONLY ("KOSHER" SALT) DO NOT USE IODIZED SALT FOR PICKLING — IT MAY DARKEN THE PICKLES. ORDINARY TABLE SALT CONTAINS AN ANTI-CAKING INGREDIENT THAT MAKES THE BRINE CLOUDY.

**VINEGAR**... USE HIGH GRADE VINEGAR - CIDER OR PREFERABLY WHITE DISTILLED OF 4-6 PERCENT ACIDITY. READ THE LABEL! DO NOT USE ANY VINEGAR THAT IS NOT LABELED - SUCH AS HOMEMADE VINEGAR OR THAT SOLD IN BARRELS. DO NOT DILUTE VINEGAR — THE ACID STRENGTH PREVENTS BOTULISM.

**SUGAR**... USE EITHER WHITE OR BROWN SUGAR

**SPICES**... USE FRESH SPICES FOR BEST FLAVOR IN PICKLES.

5 COMBINE VINEGAR, SALT, SUGAR, WATER, AND MIXED PICKLING SPICES THAT ARE TIED IN A CLEAN, THIN WHITE CLOTH; HEAT TO BOILING.

6 PACK CUCUMBERS INTO CLEAN, HOT QUART JARS. ADD MUSTARD SEED, DILL, AND GARLIC TO EACH JAR. COVER WITH BOILING LIQUID  $\frac{1}{2}$ " FROM TOP OF JAR.

7 PUT LIDS ON JARS. PUT JARS IN SIMMERING WATER BATH AND PROCESS FOR 20 MINUTES. (TIMING IS IMPORTANT). START TIMING AS SOON AS JARS ARE PUT INTO THE SIMMERING WATER.