AVAILABILITY
July to August

TRIM LOSS
2 to 4 percent from blossom ends of cucumbers

YIELD
1-1 1/2 pounds fresh 1 pint canned sweet
gherkins (1 1/2 inches or less)
1 1/2-2 pounds fresh 1 quart canned dills
(4-inch average)
1 bushel (48 pounds) 16-24 quarts (average
2 pounds per quart)
14 pounds fresh canner load of 7 quarts
9 pounds fresh canner load of 9 pints

QUALITY
Always use a pickling variety of cucumber to
make pickles. Check your local nursery for vari­
eties available in your area. Select fresh, firm,
unwaxed cucumbers. Waxed cucumbers do not
allow penetration of brine and may not cure
properly. For best results, pickle cucumbers and
vegetables within 24 hours after harvesting.

PREPARATION
Thoroughly wash cucumbers, especially around
the stem, where soil can be trapped. Bacteria
trapped in soil are often a cause of softening of
pickles. Remove and discard a 1/2 inch slice from
the blossom end of fresh cucumbers—blossoms
contain an enzyme that causes excessive softening
of pickles. Sort cucumbers by size—use those
1 1/2 inches or less for gherkins and those 4 inches
do dills. Use odd-shaped and more mature
cucumbers for relishes and bread-and-butter
style pickles.
Thoroughly wash all containers and utensils in
hot, sudsy water and rinse with very hot water
before using.

INGREDIENTS

Water
Avoid using very hard water—minerals such as
iron and copper can discolor and soften pickles.
If using very hard water, boil water for 5 min­
utes, allow the minerals to settle and remove the
top scum. Then, pour off the water to use. Strain
heavy sedimentation through several layers of
cloth. Or, dilute hard water with soft water. To
dilute, mix one part hard water with two parts
soft water. Water softened by a commercial
water softener may be too soft and mushy
pickles may result.

Salt (sodium chloride)
Use canning or pickling salt. Iodized or non­
iodized salt can safely be used to make fermented
or fresh packed pickles, though non-caking mate­
rials added to table salt may make the brine
cloudy, and iodized salt may darken pickles.
Flake salt varies in density and is not recom­
ended. Reduced-sodium salt is not recom­
ended in fermented pickle recipes.

Vinegar
Use vinegar with 5 percent acidity (50 grain).
Correct acidity is important. Do not decrease,
omit or dilute vinegar unless indicated. Do not
use homemade vinegar or vinegar of unknown
acidity.
Purchase fresh vinegar to make pickles. Use
either commercial white or cider vinegar. White
vinegar is tart—use when a light color is impor­
tant. Cider vinegar has a more mellow flavor,
and can cause darkening of the product.

Sugar
Use either white or brown sugar. When measur­
ing, pack brown sugar. As with cider vinegar,
dark brown sugar can cause darkening of the
product. Use white sugar when a light color is
important.

Spices
Use fresh or dried spices. Buy spices in small
quantities and store them in a cool, dry place.
Spices tend to lose their pungency over long
periods, especially in warm and humid weather.
Ground spices darken pickles to a greater extent
than whole spices. To minimize darkening, tie
spices in a bag made from several layers of clean
cheesecloth, then add the bag to brine during cooking and fermenting. Remove the bag before canning.

**Firming Agents**

Alum or lime may be safely used to firm fermented cucumbers. However, these are unnecessary and are not included in the recipes in this publication. To produce crisp pickles, always use fresh, high quality ingredients and follow pickling directions carefully.

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**PROCESSING PICKLES**

**Low Temperature Pasteurization**

Use low temperature pasteurization processing only when recipe indicates. Low temperature pasteurization is an alternative to boiling water canner processing. It produces a better product texture than that achieved by boiling water processing. Pasteurization must be carefully managed, however, to prevent spoilage.

**Caution:** Use low temperature pasteurization processing only when recipe indicates.

To process pickles using this method, place filled jars in a canner half-filled with very warm (120° to 140°F) water. Add hot water to a level 1 inch above jars. Heat water enough to maintain 180° to 185°F for 30 minutes. Accurate temperature is crucial so use a thermometer to maintain a consistent water temperature above 180°F for the entire 30 minutes. Carefully place the thermometer so it doesn't touch the bottom or sides of the kettle or the canning jars to ensure accurate temperature measurement. Process all pickle products for 30 minutes.

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**EQUIPMENT**

For heating pickling liquids, use unchipped enamelware, stainless steel, aluminum or glass kettles. Do not use iron, copper or galvanized kettles and utensils, which can cause undesirable colors, flavors and can react with ingredients to form potentially toxic compounds.

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**TYPES OF PICKLES**

**Fermented Pickles**

Fermented or brined pickles are cured for several days to a few weeks, during which time bacteria produce the characteristic lactic acid flavor. After fermenting, process pickles in a boiling water canner.

When making fermented pickles, you'll need a 1-gallon container for each 5 pounds of fresh cucumbers. An unchipped 5-gallon stone crock is an ideal size for fermenting about 25 pounds of cucumbers. Food-grade plastic and glass containers are excellent substitutes for stone crocks. Other 1- to 3-gallon nonfood-grade plastic containers may be used if they're lined inside with a clean, food-grade plastic bag. Freezer bags sold for packaging turkeys are suitable for use with 5-gallon containers. **Caution:** Be certain foods come in contact only with food-grade plastics. Do not use garbage bags, trash can liners or galvanized or plastic garbage cans.

Cucumbers must be kept 1 to 2 inches below the brine surface while fermenting. After adding cucumbers and brine, insert a suitably sized dinner plate or glass pie plate inside the fermentation container. The plate must be slightly smaller than the container opening, yet large enough to cover most of the cucumbers. To keep the plate under the brine, place two to three clean, quart jars with lids filled with water on the plate.

Or, weight down the plate with a very large, clean, food-grade plastic bag filled with 3 quarts of water containing 4½ tablespoons of salt. Make sure the plastic bag is sealed. In the event the bag leaks or breaks, the salt prevents dilution of the brine.

Cover the container opening with a clean, heavy bath towel to prevent contamination from insects and molds while cucumbers are fermenting.

**Fresh Packed Pickles**

Fresh packed or quick process pickles are soaked in a salt solution for several hours or overnight, drained and combined with a boiling solution of vinegar and spices, then processed in a boiling water canner. The acetic acid of the vinegar produces the tart flavor.
Fermented Dill Pickles
(about 2 quarts or 4 pounds of cucumbers)

Use the following quantities for each gallon capacity of your container.

4 pounds of 4-inch pickling cucumbers
2 tablespoons dill seed or 4 to 5 heads fresh or dry dill weed
½ cup canning or pickling salt
¼ cup vinegar (5% acidity or 50 grain)
8 cups water and one or more of the following:
2 cloves garlic
2 dried red peppers
2 teaspoons whole mixed pickling spices

Wash cucumbers. Cut a ¼-inch slice off blossom ends and discard. Leave ¼ inch of stem attached, if desired. Place half of dill and spices on the bottom of a clean, suitable container. Add cucumbers, remaining dill and spices. Dissolve salt in vinegar, add water and pour over cucumbers. Add suitable cover and weight (see directions above). Store at temperatures between 70° and 75°F for about 3 to 4 weeks while fermenting. Temperatures of 55° to 65°F are acceptable, but the fermentation will take 5 to 6 weeks. Avoid temperatures above 80°F or pickles will become too soft during fermentation.

Check the container several times a week and promptly remove any surface scum or mold. If pickles become soft or slimy or develop a disagreeable odor, discard them.

Store fully fermented pickles in the refrigerator for 4 to 6 months. Remove surface scum and molds regularly. For better storage, can fully fermented pickles.

To can, pour the brine into a pan, heat slowly to a boil, and simmer 5 minutes. If desired, filter the brine through coffee filters to reduce cloudiness. Fill clean jars with pickles and hot brine, leaving ½ inch headspace. Avoid packing pickles too tightly—pickling liquids must be able to circulate around cucumbers. Pickles may spoil if they are wedged in jars so tightly that pickling liquid cannot get between them. Remove air bubbles and wipe rims before adjusting lids. Adjust lids and process in a boiling water canner.

Processing time (in minutes) at altitude of

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<th>Jar size</th>
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Or, process dill pickles by the low temperature pasteurization method (see directions above).

Fresh Pack Sweet Gherkin Pickles
(about 6 to 7 pints)

7 pounds cucumbers (1½ inches or less)
½ cup canning or pickling salt
8 cups sugar
6 cups vinegar (5% acidity or 50 grain)
¾ teaspoon turmeric
2 teaspoons celery seeds
2 teaspoons whole mixed pickling spice
2 cinnamon sticks
½ teaspoon fennel (optional)
2 teaspoons vanilla (optional)

Wash cucumbers. Cut ¼-inch slice off blossom ends and discard. If desired, leave ¼ inch of stem attached. Place cucumbers in a large container and cover with boiling water. Six to 8 hours later, drain and cover with fresh boiling water. On the second day, drain and cover with fresh boiling water. On the third day, drain and prick cucumbers with a fork. Combine and bring to a boil 3 cups vinegar, 3 cups sugar, turmeric and spices. Pour over cucumbers. Six to 8 hours later, drain, saving the pickling syrup. To the syrup add another 2 cups each of sugar and vinegar and reheat to boiling. Pour over pickles. On the fourth day, drain and save syrup again. Add another 2 cups sugar and 1 cup vinegar to syrup. Heat to boiling and pour over pickles. Six to 8 hours later, drain and save pickling syrup again. Add 1 cup sugar and 2 teaspoons vanilla to pickling syrup, heat to boiling. Fill sterile pint jars with pickles and cover with hot syrup, leaving ½ inch headspace. Avoid packing pickles too tightly—pickling liquids must be able to circulate around cucumbers. Pickles may spoil if they are wedged in jars so tightly that pickling liquid cannot get between them. Remove air bubbles and wipe rims before adjusting lids. Adjust lids and process in a boiling water canner.

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Or, process gherkins by the low temperature pasteurization method (see directions above).
Fresh Pack Bread-and-Butter Pickles  
(about 8 pints)

- 6 pounds of 4- to 5-inch pickling cucumbers
- 8 cups thinly sliced onions (about 3 pounds)
- ½ cup canning or pickling salt
- 4 cups vinegar (5% acidity or 50 grain)
- 4½ cups sugar
- 2 teaspoons mustard seed
- 1½ teaspoons celery seed
- 1½ teaspoons ground turmeric

Crushed ice or ice cubes

Wash cucumbers. Cut ⅛ inch off blossom ends and discard. Cut into ¾ inch slices. Combine cucumbers and onions in a large bowl. Add salt. Cover with 2 inches crushed or cubed ice. Refrigerate 3 to 4 hours, adding more ice as needed. Drain ice and water from cucumber and onion mixture. Add sugar and remaining ingredients to vinegar in a large kettle. Boil for 10 minutes. Add drained cucumber and onion mixture to the kettle and slowly reheat to boiling. Fill clean jars with slices and cooking syrup, leaving ⅜ inch headspace. Avoid packing pickles too tightly—pickling liquids must be able to circulate around cucumbers. Pickles may spoil if they are wedged in jars so tightly that pickling liquid cannot get between them. Remove air bubbles and wipe rims before adjusting lids. Adjust lids and process in a boiling water canner.

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<td>Pints or quarts</td>
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Or, process bread-and-butter pickles by the low temperature pasteurization method (see directions above). After processing and cooling, store jars 4 to 5 weeks to allow flavor to fully develop.

Fresh Pack Pickle Relish  
(about 9 pints)

- 3 quarts chopped cucumbers
- 3 cups each of chopped sweet green and red peppers
- 1 cup chopped onions
- ½ cup canning or pickling salt
- 4 cups ice
- 8 cups water
- 2 cups sugar
- 4 teaspoons each of mustard seed, turmeric, whole allspice and whole cloves
- 6 cups white vinegar (5% acidity or 50 grain)

Add cucumbers, peppers, onions, salt and ice to water and let stand 4 hours. Drain and re-cover vegetables with fresh ice water for another hour. Drain again. Combine spices in a spice or cheesecloth bag. Add spice bag to sugar and vinegar. Heat to boiling and pour mixture over vegetables. Cover and refrigerate 24 hours. Heat mixture to boiling and fill clean jars, leaving ½ inch headspace. Remove air bubbles and wipe rims before adjusting lids. Adjust lids and process in a boiling water canner.

| Processing time (in minutes) at altitude of | Jar size | 0-1,000 ft | 1,001-6,000 ft | 6,001-8,000 ft |
|--------------------------------------------|----------|------------|----------------|
| 10 pints or quarts                          | 10       | 15         | 20             |

For more information on pickling procedures contact the home economist at your county Cooperative Extension Service office.

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