



HARVEST OF THE MONTH

Ingredient: Beets

Quick Pickled Beets

PREP TIME:	5 minutes
COOK TIME:	15 minutes
TOTAL TIME:	1-2 weeks
SERVINGS:	5 servings
AUTHOR:	Adapted from FoodCorps recipe

INGREDIENTS

Pickling Brine:

1 cup water, 1 cup distilled white vinegar, 1
tbsp salt, 1 tbsp sugar

4-5 small beets, peeled and sliced

Seasoning of your choice:

Suggestions: dill, rosemary, thyme, honey, coriander,
ginger, turmeric, cumin, red pepper, black peppercorns,
paprika, garlic cloves, cinnamon sticks, star anise

INSTRUCTIONS

1. Make the brine by simmering all ingredients over medium heat
2. in a saucepan until salt and sugar dissolve. Cool to room temperature.
3. 2. Peel and slice beets to desired thickness.
4. 3. Add beets and chosen seasoning to a pint size jar. Fill just below the brim with brine.
5. 4. Seal and leave in the refrigerator 1-2 weeks to develop flavor.
6. 5. Pickles should be enjoyed within two months and stored in the refrigerator.

NOTE:

Each pint jar uses about 1/2 cup of brine. Also, a little seasoning goes a long way! Especially with strong, fresh spices, a 1/2 tsp or less is recommended. Other fruits and veggies can be pickled, too! Try carrots, celery, peppers, and cucumbers!