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## **Pickling Vegetables**

Today on Gardening in a Minute: pickling vegetables.

Summer is a great time for making pickles using vegetables from your garden.

Cucumbers are an obvious choice, but don't forget that green beans, okra, and other vegetables can also be pickled.

You'll need to gather several items: fresh, clean vegetables, food-safe containers, vinegar, pickling salt, seasonings, and canning supplies.

There are two types of pickles. Brined pickles are cured for several weeks at room temperature and become acidic through the growth of naturally occurring bacteria. Quick pickles are produced using a hot vinegar solution, and take just a few days.

Find a recipe that has been tested and that you like, and follow all of the instructions carefully. That way you'll be sure to end up with pickles that are tasty, and also safe to eat!

For more information about pickling vegetables and many other gardening topics, contact your county Extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida's Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.

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